One of the most rewarding experiences in a pharmacy student’s career path is an internship. Pharmacy internships give students direct exposure into the responsibilities of a pharmacist.

Although every pharmacist shares fundamental roles in ensuring optimal

Annually, APhA-ASP and IPSF host a multicultural show and dinner event to raise financial support and increase student pharmacist morale for UF’s COP Global Health Outreach trips that take place over the week of Spring Break. The event itself generally consists of: an enjoyable evening with students and

January 23rd was a night of surprises and laughter at APhA-ASP’s Mr. COP pageant.

The audience marveled over Ivan Griggs presentation of the “manly” way to make a fruit salad. The crowd was amazed

February is not merely a Black History Month, a Heart Disease Awareness month, and a Cancer Prevention Month; it is also known to many as GRAD CUP MONTH!

For those of you who are unfamiliar with Grad Cup (even after the numerous E-mails that flooded your inboxes) it is a weeklong competition between the Colleges of Pharmacy, Dentistry, Medicine, and Levin’s College of Law. Each college partakes in these five sports: Softball, Soccer, Volleyball, Basketball, and Flag Football, while also participating in a sixth sport that includes T-shirt sales, a blood drive, and sponsorships. All of the money CONTINUED, PAGE 5
FSHP Internship Forum
By Sau-Hyon “Sunnie” Cho, FSHP President

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pharmaceutical care for patients, pharmacists may practice in various settings in the healthcare system. The Florida Society of Health System Pharmacists (FSHP) appreciates the significance of ensuring a successful internship experience thus hosted its annual Internship Forum on February 4th, established to give students insight into several different internships and better prepare them for well-informed career choices.

A student panel composed of pharmacy students in their second and third professional years shared their internship experiences from various settings. A few these included retail, hospital, independent, compounding, and pharmaceutical research.

Each student shared how he or she obtained their internship, details of the interview process, and the positive and negative aspects of the internship. The students who participated in the student panel included Mitch Purse from Publix, Yeh-Hyon Cho from CVS and Medisca, Inc., Maryam Khazraee from Target and Medisca, Inc., Sau-Hyon Cho from Habana Hospital and Medisca, Inc., Justin Desiongco from Wal-Mart and Sarasota Memorial Hospital, William Bryan from Sarasota Memorial Hospital, Trung Tran from Shands Hospital, and Joseph Ladd from the UF College of Pharmacy Summer Research Internship Program.

In addition to the student panel, clinical assistant professor, Dr. Katherine Vogel Anderson, provided an insightful overview on developing a proper curriculum vitae – a necessary document detailing an individual’s professional achievements and experiences. This is an essential supplement to a pharmacy student’s career, not only in applying for internships, but for future residencies and careers as well. During this event, Dr. Vogel Anderson reviewed a sample CV and identified the critical features and formatting of a proper CV as well as shared her valuable expertise and resources.

Overall, FSHP’s Internship Forum successfully provided students the opportunity to learn about particular pharmacy internships and how to create an effective CV. Hopefully, students are now better prepared to partake in a pharmacy internship in a particular setting to further enrich their educational as well as professional development.

Dr. Katherine Vogel Anderson, clinical assistant professor, leads a discussion on curriculuma vitae formatting and content at the FSHP Internship Forum.

Gator Pharmacy Wellness
By Carly Hendrix, GPW Historian

Stay fit. Stay focused. That is the motto of Gator Pharmacy Wellness (GPW) and this club has pharmacy students doing just that. This club, in its infancy, has grown by leaps and bounds. The club was developed in the spring of 2012 and at its first round of Eat This Not That Jeopardy there were only six members that took part in the game that GPW is now known for. One short year later, the club has over 30 members that contribute to the successful activities that GPW sponsors.

GPW has pharmacy students putting down the books and getting outside for a little friendly competition. In the fall semester, GPW hosted a 1PD vs. 2PD kick ball game, where the 2PDs showed the 1s that pharmacy school is more than just hitting the books, but also about building friendships and working as a team to come out as victors. There were also boot camps put on by the fitness coordinator and meetings focused on improving your health and the health of those around you.

This semester started off with a bang for GPW and its members, beginning with a welcome-back kickball
Imagine walking outside your front door and being surrounded by The Great Smoky Mountains and the leaves changing color in the fall. That is what I saw every day for the past two months I was on my ambulatory care rotation at the Cherokee Indian Hospital in Cherokee, North Carolina.

The Cherokee Indian Hospital is a family practice-based hospital and clinic that serves approximately 14,000 Native Americans across five counties through a variety of programs funded by the Indian Health Service. A typical day on rotation was spent in the anticoagulation clinic, MTM, or counseling patients.

Students spent one week in the inpatient pharmacy making IVs, going to morning rounds, performing medication reconciliation, and kinetic monitoring of certain medications. Students also spent half days at the healthy heart and pain management clinics. Every aspect of the rotation involved a lot of patient interaction. Working with such a specific patient population was a very interesting experience not only from a medical standpoint but also socially and culturally.

The hospital provided housing for students and brought together many students from all over the country, representing fields like physical therapy and medicine. Besides the learning opportunities I was afforded on this rotation, I also got to explore the surrounding area. On weekends the other students and I kept busy discovering all the Great Smoky Mountains had to offer. I toured the Biltmore Estate in Asheville, hiked DuPont State Forest where parts of The Hunger Games was filmed, visited the Gatlinburg/Pigeon Forge area, and got to see Straight No Chaser in concert at the local casino.

This rotation was an experience like no other and has been one of my favorite parts of pharmacy school. I made lifelong friends while learning and working in an environment I love.

Remember Haiti
By Keely Dahl, Liaison-elect

For years, the University of Florida College of Pharmacy has been promoting student involvement in spreading health care internationally through the annual Global Health Outreach Trips (GHOTs). This year marks the addition of the newest medical mission trip traveling to Lake Azuei, Haiti.

In effort to spread awareness of the recent history and current state of affairs in Haiti, the Lake Azuei Project created the lunch and learn event, Remember Haiti, this past January 2013.

Our featured speaker, Sue Greishaw, ARNP, painted a realistic picture of Haiti with her touching and poignant stories from her many years of participating in international medical mission trips and provided valuable advice for those intending to become actively involved in such endeavors. International Pharmaceutical Students’ Federation Liaison for the UF Gainesville campus, Ken Leonard, presented valuable information from his experiences traveling to Haiti and his extensive involvement in organizing the GHOTs.

The event was certainly considered a success from being well attended as well as raising several hundred dollars to go directly towards the trip. Keep your ears open for the Remember Haiti event next year!

GPW
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game and an “Iron Chef” competition. The Iron Chef competition allowed pharmacy students to show off their skills in the kitchen with the secret ingredient; spinach. The winners were awarded a $15 gift certificate to Trader Joes and bragging rights throughout the College.

GPW is continuously working to educate and motivate students to keep fitness, health, and nutrition one of their top priorities. Each week the GPW Facebook page features a nutrition tip of the week. “Like” the page at facebook.com/RxPhit so you can stay up to date with advice and events.

GPW is planning more fun filled, and health driven activities in the future, so keep a look out. Planned activities include a tennis clinic, “Phield” days at local elementary schools, Relay for Life, and a De-stress Ping Pong Tournament. If you are looking for something fun, something mentally and physically fulfilling, this is one organization that you – and your waistline – cannot afford to not be a part of.
Dare to S.O.A.R.

By Jessica Wu, S.O.A.R. Committee member

“Dare to S.O.A.R.” was the theme of the 2013 Student Organization Annual Retreat (S.O.A.R.), hosted by the UF COP Orlando Campus and sponsored by Target.

This two day retreat began on January 18th with a mixer held at the Orlando Airport Marriott where the attendees mingled with students from other campuses, networked with Target representatives, and played the first game of Leaderades (charades played using leadership qualities).

On day two, event took off. More than 200 students and faculty arrived at the Lake Nona Orlando Campus in Orlando. Upon check-in, all guests received folders with schedules, Passports, and various handouts. Attendees were all excited to see what activities their destination had in store for them. After a welcoming introduction by some of the Orlando faculty and the SOAR 2013 Chair, Jennifer Bahnmiller, S.O.A.R was ready to take flight.

Target representatives led the first session and taught everyone how to write a personal mission statement. This statement building activity helped present and future leaders identify their strengths and values so that CONTINUED, PAGE 5

Global Gala

By Jessica Yung

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faculty taking part in delicious community-catered food, viewing acts of talent from local performers, and participating in a raffle giveaway that even gets the most competitive faculty members involved!

But there were three visionary 1PD students: Arielle Gabarda, Priscilla Gomez, and Karen Joy Vinluan.

Therefore, there is no better way to cover the spectacular event than hearing the words from the visionaries themselves! I asked a couple of them what they thought of the event’s turnout:

Vinluan: I am very happy with how the Global Gala turned out. The decorations and show were amazing and there were so many door prizes! I was in charge of food for the event and we had a large variety of dishes—from pasta to braised beef to paneer! We had so much food that we were able to donate leftovers to St. Francis House after. We also raised a ton of money to be used by the Global Health Outreach trips. Overall, I would say this event was successful.

Gomez: Prior to the event, we had no idea what to expect, but we are proud to say that the Global Gala had an amazing turnout. The food, entertainment, and decorations were phenomenal!
Grad Cup

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raised through T-shirt sales, socials, and sponsors is collected and is split evenly between the colleges to donate to a charity of their choice. For example, Levin College of Law donated all of their money to children in need.

This year, Grad Cup underwent a lot of changes in hopes to gain more popularity and be more flexible to students’ schedules. Instead of the week-long competition, it was extended to a month, with most of the sports scheduled during the day on Saturdays. Not only did this make it easier for students when it came to exams, but now more students could be involved from distance campuses, rotation students could drive in to play, and we got the best fields (anyone who has previously played on Flavet knows what I mean)!

Another change was the addition of days for the blood drive, as well as a new pledging system with gift cards as a reward for helping the community. If a student pledged online before donating blood and then actually donated, they received either a $3 or $5 gift card to a predetermined list of restaurants of their choice. This year’s restaurants included Miller’s Ale House, Texas Roadhouse, The Flying Biscuit, Dunkin Donuts, Adam’s Rib Co., and Piesano’s Pizza.

Aside from the positive changes, Pharmacy came in 4th place overall; the College of Medicine won for the second year in a row. Some highlights for Pharmacy included a first place win in Men’s Softball, a second place win for Women’s Flag football, and a Second place ranking in T-shirt sales!

As for Grad Cup as a whole, the blood drive really shined this year. By adding extra days, spreading the word, and using a pledging system, Grad Cup had over 100 more donors this year than last. In case you didn’t know, one pint of blood can save up to three lives; that’s over 300 more lives we’ve saved! Great job, everyone! The Grad Cup executive board already has new ideas on how to gain more donors for next year, so make sure you’re on the lookout for that email about how you can get involved.

With that said, another Grad Cup comes to an end. I want to personally thank everyone who got involved, especially the players and blood donors. Next year is already planned to be bigger and better! Hopefully Pharmacy can take home another win!

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S.O.A.R.

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they know what their goal in life was. After establishing the foundation, attendees got to show off their creative sides and work with students from other campuses to design a logo representing leadership. It was entertaining seeing what students could design using basic items like Popsicle sticks, string, and paper. The day continued with keynote speaker, former Executive Vice President and CEO of FSHP, Mike McQuone shared some insight on successful leadership.

After fueling the minds of all these present and future leaders with delicious subs from Publix, everyone was ready for some seminars. Seminars covered topics from running an effective meeting to leadership from campus to career to mentoring future leaders.

The leadership lessons S.O.A.R. attendees learned can be summarized by a quote Mike McQuone shared, “Your attitude, almost always determines your altitude in life.” DARE TO SOAR.

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AMCP P&T

By Julian Leland, IPD Competitor

The P&T competition was a great opportunity to experience first-hand on how health plans determine whether or not to include a prescription drug on its formulary. This year’s competitors were given access to NUCYNTA ER’s dossier, which contained data and analyses based on studies that were conducted on its safety and efficacy for treatment in patients suffering from diabetic neuropathy.

After interpreting all the information provided, students had to prepare a 15-20 page summary on the validity of the dossier and an extensive monograph followed by a presentation where the group’s recommendation for formulary consideration was presented and supported. At the end, a panel of six judges collaborated to decide who had the most convincing argument.

Maryam Khazraee, the current President of the UF AMCP Chapter said, “All teams have the opportunity to get honors credit for successfully participating in the P&T competition. The winning team will have the exciting opportunity if placed in top eight in the nation to attend and compete at the AMCP Annual Meeting & Expo in San Diego, CA in April.”

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Mr. COP

By Caroline Davis, ASP Newsletter Editor, and Kelly Kieffer, VP of External and Professional Affairs

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as he ripped apart an orange, an apple, and even a watermelon with his bare hands. Griggs also showed off his acting abilities as he impersonated Dr. Liu.

Jonathan Phelps wore a beard made of paper towels as he drew and erased chemical structures on the chalkboard. Everyone laughed as he exaggerated Dr. Sloan’s “old-school” traditional style of teaching. Phelps’ real claim to fame from the pageant was his hip-swaying dance with his saxophone. He wooed the judges as he did a special dance for Dr. Peris. When asked later in the pageant what his most embarrassing moment in pharmacy school was, he replied that it was probably the saxophone dance he had just performed.

Alan Beers, who you may know as Mr. COP 2012, passed on his crown this year. Alan had the audience and judges in stitches as he impersonated Dr. Meldrum. Alan had prepared to demonstrate gator wrestling, but unfortunately, the gator was a no show. Luckily, Aman Dhaliwal jumped in as a substitute for the gator, saving Alan’s performance.

John Leonard, who is now Mr. COP 2013, began the night with a magical introduction. As he gazed into the crowd with “The Circle of Life” echoing in the background, the audience marveled at his grace and stature. For his talent, Leonard karate chopped and kicked wooden planks into smithereens. Leonard also acted out one of Dr. Frazier’s lectures, in normal speed AND double speed.

This pageant was more than just a night of entertainment. It was also a very successful fundraiser for the PAC Campaign, raising $350. The American Pharmacists Association Political Action Committee (APhA-PAC) provides a voice for pharmacists in the national political process to help fund the protection and promotion of our profession. This year’s friendly competition is APhA-ASP “Winter is Cold… But Advocacy is HOT!” annual fundraising campaign. Chapters all around the nation fundraise from January 15th to February 15th, and the top 5 teams to collect the most money for APhA-PAC will be recognized at APhA-ASP Annual Meeting in Los Angeles. Last year University of Florida College of Pharmacy was recognized at the Annual Meeting in New Orleans. This year we hope to shine even brighter and be recognized in Los Angeles.

Our success in fundraising for the PAC Campaign comes from the many active and compassionate student pharmacists we have at UF. Thank you to everyone who attended the Mr. COP Pageant this year!

A special thanks to: Dr. Palmieri, Dr. Peris, Dr. Munyer, and Dr. Vogel Anderson for being fabulous judges with witty remarks after each of the performances; to Sarah Chehab, Lilie Martinez, and Elizabeth Torres, APhA-ASP’s Fundraising Officers, for putting together this exciting event; to Aman Dhaliwal, Alexis Stall, and Sarah Chehab for being energetic and hilarious hosts; and last but not least, to Ivan, Jonathan, Alan, and John, for making this event such a success!

Drs. Joanna Peris, Katherine Vogel Anderson, and Anthony Palmieri volunteered as judges for the Mr. COP Pageant.
APhA-ASP Patient Counseling Competition
By Karina Criscio, Professionalism Chair

Every January, APhA-ASP kicks off the spring semester with the annual Patient Counseling Competition. All four campuses participate in their own Patient Counseling competition, asking every member in the College of Pharmacy to show off their very best pharmacotherapy skills.

Gainesville campus brought out the best of the best to participate in this unique event. Each participant was given a prescription upon entering the room and then was given five minutes to research the drug. After their five minutes was over, the participant was asked to counsel one of our academic students on the drug.

The turnout was fantastic; fourteen counseling experts from Gainesville came out on Thursday, January 17th to show off their best therapeutic skills. Not only was the title of being the best patient counselor on the line, but also an all-inclusive trip to Las Vegas, for the APhA-ASP annual meeting in March, was up for grabs. Organizing this event was APhA-ASP’s professionalism chairs, along with tremendous help from Dr. Whalen, Professor Munyer and a talented group of judges from all campuses.

P&T Competition

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As a competitor I found that from this competition I gained an immense amount of experience that I would have never obtained from a lecture. It was interesting to see how health plan P&T committees evaluate drugs on so many levels: from effective population sizes, cost utilization, comparative effectiveness, to economical status.

One aspect that this competition taught all the competitors was the fact that a study design needs to be heavily scrutinized before any conclusive results can be accepted. P&T committees are present in almost all realms of pharmacy whether it is retail, hospital, VA, and almost every other health system. Determining whether a drug should be listed on a formulary may save a patient’s life if their insurance company can cover it.

The convenient part was that we had the whole winter break to work on our project and split it among members on the team. Although this competition required much of our time and attention, it was one of the most rewarding experiences in hindsight.

During the competition we all were questioning as to why we actually wanted to do this; however after our presentation was over, we all agreed that it would go down as one of the most memorable experience of our pharmacy education. In addition we all couldn’t wait to participate in the next P&T competition.

Maryam said, “AMCP’s mission is to empower its members to serve society by using sound medication management principles and strategies to improve health care for all. Managed care pharmacy principles are based upon the use of scientific evidence to achieve healthy outcomes while making the best use of money spent on medications and their management.”

“Every day, the importance of managed care pharmacy is increasing; even more now that healthcare reform is taking place. Our student chapter seeks to enhance the professionalism of pharmacy students. The P&T competition is one way we give students the opportunity to get hands on experience among the many others we provide in our organization to fulfill this mission.”

The Pharmacy and Therapeutics competition started in November and on February 2nd, all the groups presented their reports. The winning team out of 28 competitors was that of Jordana Wollmann, Nicholas Picciacco, Danielle Underwood, and Jeenal Patel (pictured).
KΨ Southwest Regional Conclave

By Aman Dhaliwal, Sargent at Arms

On the weekend of February 23-24th, while most of the College of Pharmacy was competing in the Grad Cup Competition, a few Brothers from the Gamma Sigma (Gainesville) chapter of Kappa Psi attended the region Southeastern Province Conclave held in West Palm Beach. This meeting was extremely important, as it was a chance for all of the newly elected officers to meet with some of the other chapters in the state, including the Orlando & St. Pete Chapters of UF Kappa Psi.

Our members played a large role in the Province by having several members take part in committees, including first year Ivan Griggs, serving as part of the Resolutions Committee and Aman Dhaliwal, 2PD, on the Risk Management Committee. In addition, Kappa Psi Regent Mark Marcojos & Vice Regent Kyle Barron updated the rest of the Province on our newest events and what the chapter has been up to since the last Conclave in the Fall. We also had Libby Warren play an extremely vital role by taking the responsibility of Chaplain for Kappa Psi’s entire Southeastern Province.

There were networking socials held on Friday & Saturday nights, with meetings taking place on Saturday. There was also a conclusion banquet that was held on Saturday night, which turned out to be an extremely wonderful and heartwarming experience, as we saw an unexpected wedding proposal occur between brothers from another Chapter.

Overall, the weekend was an extremely busy and productive one, but with plenty of chances to relax from the stresses of school. Our Gainesville students ensured that we were represented very well and made sure that the UF College of Pharmacy continues to be recognized for excellence in all aspects of pharmacy.

APhA-ASP Patient Counseling Competition

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After all of the student’s performances were reviewed, the winners were announced at the February APhA-ASP meeting. Three of our Gainesville student pharmacists made it into the top ten winners. The entire Gainesville campus extends congratulations to our very own Kristin Lee, Rohit Tahiliani, and Carly Hendrix. The overall winner, who will join the rest of APhA-ASP members in Las Vegas this March, is Jordan Almazan from Orlando.

Every year APhA-ASP asks all student pharmacists to come out and give this competition a try. Not only is it great practice for pharmacotherapy classes in the future, but also it is an amazing opportunity to get one on one counseling practice without the pressure of grades and professor’s eyes on you all at once. Plus, there is incentive to win an amazing prize, and bragging rights as the best patient counselor.

Next year, APhA-ASP hopes to top this years competition by encouraging more 1PDs to give their counseling skills a chance to shine and to inspire our peers to get involved in arguably one of the most important areas of our profession.
Student Spotlight
MELISSA BERMAN
By Karina Criscio, Staff

We all know as pharmacy students how intense our days can become while juggling exams, internships and studying. It is very rare that some of us can ever take a breather. When we do have time to ourselves, we each have our unique outlets to keep our minds at ease. Melissa Berman, IPD, is no different. Her extraordinary passion and talents in photography keep her grounded. She began taking photos in seventh grade during summer camp. However, it could be said that Melissa inherited her knack for snapping photos from her grandfather, who was a photographer all his life.

Melissa began to explore different areas of photography with several different cameras, till she settled into her niche of shooting natural light fashion and portrait photography with her Nikon D90. Inspiration finds Melissa in her everyday life, whether it is seeing beautiful people or listening to music. When the stress of pharmacy school gets too overwhelming, a walk through Payne’s Prairie helps restore her creative expression. Melissa has taken photos for several fashion models, weddings, and engagements that allow her to capture each model’s essence and spirit.

One of the greatest opportunities that were opened up to Melissa was being able to incorporate her love of photography into leadership, as the ASP-APhA historian. Taking photos of events like the Great Gator Health Fest, community screenings, and fundraising events have allowed Melissa to expand her horizons as a photographer. However, Melissa still makes time once a month to shoot fashion photography.

Her most memorable experience has been, by far, shooting Port Orange fashion model Cecily Pacifico at an abandoned barn. After an unexpected turn of events, Melissa ended up shooting Cecily in the pouring rain, which turned out to be Melissa’s favorite body of work. Her mentors are local Florida fashion photographers and her grandfather, who his kept his love of photography alive within Melissa. If there were a day in her life without photography she says, “I would be missing one of my life’s greatest passions. I am grateful to have this outlet that allows me to express myself, to be around beautiful, creative people, and to spend time outdoors, where I’m most happy.”

Melissa’s future in photography is as bright as the flash on her camera and is continuously being adapted to whatever lifestyle changes come her way. Melissa believes happiness is to be around beautiful, creative people and to stay balanced with schoolwork and artistic expression.

Kappa Psi Valentine’s Day
By Christian Calderon, Student Council Representative

The brothers of ΚΨ Pharmaceutical Fraternity, Inc. believe in passion and love. So each year, come Valentine’s Day, we acknowledge this by hosting a party and raising donations for the American Heart Association.

On February 8th 2012 Sharab Lounge, a local favorite in Gainesville, FL, was booked for the festivity. Students from the College of Pharmacy, their friends, and their loved ones gathered for an evening of dancing and merrymaking. Some brought dates after their respective, private celebrations. Others came in order to find dates.

Nevertheless, it was an evening to remember for everyone. With $120 raised for the American Heart Association, it was clear that night just how far a little love can go.
SNPhA Minority Health Fair
By Jennie Lee, President

Gainesville, FL, known for the exciting football games and the glorious college town life, is in fact a city struggling with poverty. In 2009, City Data found that 39.3% of the Gainesville population as an income below the poverty level, which is a dramatic difference from 20.0% for the state average. In fact, Gainesville had the “fifth-widest income gap in the country from 2005-2009”, according to the United States Census Bureau American Community survey. The battle is between the college town and the East Gainesville community.

Each year, the members of the SNPhA University of Florida Gainesville chapter take part in an annual health fair located at Walgreens on the intersection of Waldo Rd and E University Ave. This year, I organized the event, with the help of friends, professors, and the members of SNPhA. Planning for the event began last year, when I was organizing what to do and how to do it before the busy academic year began. All the details had to be considered, including food, advertising, and money. Working alongside Walgreens and a few of the professors at our college, I managed to scoop out some funds and discounts from a few local companies for table and chair rentals and food gift cards.

We managed to provide sub sandwiches, 100% real beef burgers, bananas, and salads to the community. Pharmacy students provided glucose, blood pressure, cholesterol, and Framingham screenings, as well as a Brown Bag Medication review. HIV/AIDs screening was provided there, as well as the UF College of Pharmacy providing free flu shots. There were students managing information booths for subjects ranging from Asthma and Smoking cessation to Immunization and Chronic Kidney Disease. Medical students provided consultations and information to visitors, and the dentistry students provided dental supplies, as well as showing visitors how to properly care for their teeth.

There were healthy activities for the children that came by, including face painting and fishing ducks.

There were a total of 22 booths, and with everyone’s help we managed to reach out to 49 people that day. Next year, SNPhA will work to making this an even bigger event, and we welcome anyone to participate and make this a successful community outreach project.