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## Did you know:

About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.

During the Middle Ages, the belief that birds chose their mates on St. Valentine's Day led to the idea that boys and girls would do the same. Up through the early 1900s, the Ozark hill people in the eastern United States thought that birds and rabbits started mating on February 14, a day for them which was not only Valentine's Day but Groundhog Day as well.

On February 14, 1929, Sir Alexander Fleming introduced his mold by-product called penicillin to cure bacterial infections.

## Inside this issue:

SOS	2
A Look at Summer Research	3
Upcoming Events	3
Pictures	4

## Fun in San Francisco

It's not too late to register for APhA's 2006 annual meeting in San Francisco. You've heard enough about all the exciting benefits to your career and your education. Here are some of the fun things you can do in San Francisco over Spring Break. If you're interested in any of these, head west to San Francisco with us!



- Alcatraz – escape from “The Rock” yourself
- Asian American Film Festival and Asian Art Museum
- Chinatown – remember Seattle’s Chinatown?
- Aquarium of the Bay / San Francisco Zoo
- Wine Country - An hour’s drive north of San Francisco is California Wine Country
- Fisherman’s Wharf – dinner is on the Dean!
- The Golden Gate Bridge and Golden Gate Park
- Restaurants - Conde Nast readers voted San Francisco the best restaurant city in the world. With places like Aqua Restaurant (world famous seafood), Fisherman’s Grotto (best view in the city) and Boulevard (California Cuisine) you can find some of the best food in the nation here.
- Shopping - Ghiradelli Square, Embarcadero Center

Just ask anyone who has gone to an annual meeting. Besides all the things we talk about in the meetings and newsletters, there are always interesting stories to tell and memories

## Member of the Month

The member of the month for February could actually make you question whether or not she is many members in one body. She has blown us away with her dedication to the profession even before she actually began classes. I was first given the opportunity to work with her when she was founder and president of Hendrix College's Pre-Pharmacy club. Since her admission into the College of Pharmacy, she has represented our chapter during a variety of patient care activities. She has become known for her willingness to accomplish tasks that others would like to avoid. Much of the success of our recent fundraiser, our Hillbilly Chili, was due to her enthusiasm while she collected donations for our chapter.



Darby, please keep up the good work! You are an inspiration to us all! I, myself, am grateful for the work you have already put into our ASP chapter. You represent us well, and I am lucky to have been given the privilege of working with you!

-Marci Smith, Chapter President, UAMS APhA-ASP

## A Special Message From Student Outreach to Students (SOS)

On the average about 10% of us will surrender our license due to alcohol and/or drug abuse. Take the following survey adapted from the World Health Organization. It may be suggestive of a drinking problem.

1. How often do you have a drink containing alcohol?  
Never (0) ; Monthly or less (1) ; 2 to 4 times a month (2) ; 2 to 3 times a week (3) ; 4 or more times a week (4)
2. How many drinks containing alcohol do you have on a typical day when you are drinking?  
Never (0) ; 1 or 2 (1) ; 3 or 4 (2) ; 5 or 6 (3) ; 7 to 9 (4) ; 10 or more (5)
3. How often do you have six or more drinks on one occasion?  
Never (0) ; Less than monthly (1) ; Monthly (2) ; Weekly (3) ; Daily or almost daily (4)
4. How often during the last year have you found that you were unable to stop drinking once you had started?  
Never (0) ; Less than monthly (1) ; Monthly (2) ; Weekly (3) ; Daily or almost daily (4)
5. How often during the last year have you failed to do what was normally expected from you because of drinking?  
Never (0) ; Less than monthly (1) ; Monthly (2) ; Weekly (3) ; Daily or almost daily (4)
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?  
Never (0) ; Less than monthly (1) ; Monthly (2) ; Weekly (3) ; Daily or almost daily (4)
7. How often during the last year have you had a feeling of guilt or remorse after drinking?  
Never (0) ; Less than monthly (1) ; Monthly (2) ; Weekly (3) ; Daily or almost daily (4)
8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?  
Never (0) ; Less than monthly (1) ; Monthly (2) ; Weekly (3) ; Daily or almost daily (4)
9. Have you or someone else been injured as the result of your drinking?  
No (0) ; Yes, but not in the last year (2) ; Yes, during the last year (4)
10. Has a relative, friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?  
No (0) ; Yes, but not in the last year (2) ; Yes, during the last year (4)

Add up the numbers in bold after your answers. This is your score.

The maximum possible score is 40. A score of 8 or more is suggestive of problem drinking.

Alcohol problems are not worth the cost.

## Events to look forward to:

ASP Meeting (free pizza) - March 8  
2006 Annual Meeting—March 17-21

# March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 ASP	9	10	11
12	13	14	15	16	17 APhA Annual	18
19 Meeting	20 -San Francisco	21	22	23	24	25
26	27	28	29	30	31	



We're on the web!  
<http://cop.uams.edu/asp/>

## Summer Research- One Student's Experience

Wanting to do something different this summer? Consider a summer research program here at the College of Pharmacy! Last year, I was honored to be selected as the Pharmacy Practice Research Fellow here at the College of Pharmacy. I spent my summer working on a research project with Dr. Amy Franks. I organized and analyzed data in a study that sought to examine the effect of high doses of statins on cardiovascular outcomes as compared to standard doses. I also did background research and organized a patient's hospital course for a case report that I will co-author with Dr. Franks. During my research fellowship, I shadowed several clinical pharmacists to familiarize myself with different avenues such pharmacists pursue. This experience boosted my interest in clinical research and encouraged me to stay involved and consider incorporating research into my pharmacy career. I would encourage anyone who has even an inkling that he or she might enjoy research to apply for a summer research position. Even if you do not decide directly to involve research in your career, you will gain positive experiences with a summer of research. You will get to know a faculty member, make some money, and maybe even learn something that will help you in school. Also, you will have a nice addition to your CV that will make your application stand out when applying for jobs and/or residencies. Seven positions are available: five through the ACRC (Arkansas Cancer Research Center) and one position each for the Voldeng Research Fellowship and the Pharmacy Practice Research Fellowship. More detailed information about these awards can be obtained from faculty on the Student Research Committee: Kim Fifer, Amy Franks, Howard Hendrickson, Song Hee Hong, John R.J. Sorenson, and Holly Maples. If you have any questions about my experience, please feel free to email me at [veachsidney@uams.edu](mailto:veachsidney@uams.edu).

*P2 Sidney Veach*



Picture Page : Hillbilly Chili

