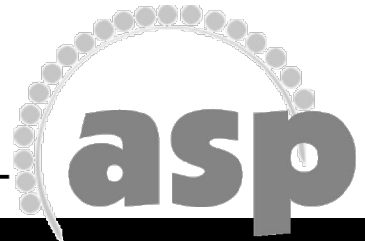


# The Capsule

University of Arkansas for Medical Sciences APhA-



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MARK YOUR  
CALENDARS!

## August 30

### Mosaic Church Screening

We will be screening for HIV along with our normal screenings at this event. Contact Marty Lute or Sarah Cochran if you would like to participate.

## September 2-5

### Voter Registration Drive

10:30am-1:15pm in the G Concourse. Make sure you are registered to vote! Also, if you would like to help work tables please contact Victoria Seaton.

## September 17 Chapter Meeting

## October

### American Pharmacists Month (APhM)

Visit our website for ways to celebrate APhM!

## October 2

### Golf Tourney

1pm War Memorial Golf Course

## It starts with one: empowering student pharmacists as agents of change



By **Cristina Easterling**  
APhA-ASP President

**W**elcome Back! I hope you all enjoyed

your summer break and are ready for an amazing semester with our American Pharmacists Association Academy of Student Pharmacists (APhA-ASP) chapter! To the first-year student pharmacists, let me welcome you to our chapter! I'm sure that with the patient care projects, voter registration drive, tobacco awareness campaign, and all of our social activities you will be able to find your niche within our chapter. So don't be afraid to jump in and get your feet wet right off the bat! The executive committee had a retreat over the summer break. We brainstormed ideas for new and exciting professional and social activities as well as updated activities we have had in the past. We are sure that this semester will offer you a way to be an active member of our chapter and to get your money's worth out of those membership dues!

At APhA2008 Annual Meeting & Exposition in San Diego this past March, APhA-ASP National

“our chapter is successful only because of the efforts of each **individual member**”

President Brent Reed announced his theme for this year—It Starts with One: Empowering Student Pharmacists as Agents of Change. We have taken this theme and applied it to our chapter activities. The most important thing we would like for you to realize is that our chapter is successful only because of the efforts of each individual member. We challenge each one of you to find something within our chapter that inspires you and do it. It has been said about many things that you get out of it only what you put into it and that holds true for APhA-ASP. We also would like to get more feedback and ideas from our individual chapter members so if you have any suggestions or ideas, please do not **One, continued on back**



American Pharmacists Month

## October

American Pharmacists Month is a great opportunity to celebrate the pharmacy profession and reach out to your patients. The American Pharmacist Month page on APhA's national website is a great resource for ideas. There is a link from our chapter website's home page!

American Pharmacists Month is coming up in October. If you have any ideas for how our chapter can promote the profession of pharmacy in our community during this month please contact our president, Cristina Easterling or our VP of External Affairs, Collin Ward.

### One, from front

hesitate to contact me or any of the other executive officers.

We also want to know what you are doing not only through APhA-ASP, but also in your stores, with your patients, and through research. So if you or someone you know has done something interesting, and you would like to brag about it, let us know! Go to our website

([www.arstudentpharmacist.com](http://www.arstudentpharmacist.com))

and click on the Chapter Champion of Change icon and give us the scoop! I am looking forward to a wonderful semester making a difference in our community and state, and I hope that you will join in putting this year's national theme into practice. **Remember—It Starts with One; it starts with you!**



MRM is November 7-9 in St. Louis this year at the Hilton St. Louis at the Ballpark. Rooms are filling up fast so hurry up and reserve your room and register online at [www.arstudentpharmacist.com](http://www.arstudentpharmacist.com). Meeting & Exposition and eventually may become official policy of APhA-ASP. Visit the [www.pharmacist.com/students](http://www.pharmacist.com/students) for more info about MRM.

### How to get involved

Be thinking of how you want to be involved in our chapter and how you want to promote the profession of pharmacy and educate patients in our community.

Exec will be coming around to your class to give you specific opportunities to get involved in committees and specific projects.



By Bryant Sizemore  
Vice President Membership

# It's worth it!

APhA-ASP Membership Brings Benefits

**D**uring orientation I was asked the question: What is APhA-ASP and why I am I writing this check? By now most of you may have a pretty good understanding of what this organization is, but you may not be aware of the many benefits that you have

once becoming a member. I am going to try and enlighten you on the situation.

**Pharmacist.com**—This internet site has been called the “ultimate” internet destination for pharmacists, student pharmacists, and pharmacy technicians, APhA-ASP members can access member-only resources and benefits online.

**APhA Midyear Regional Meetings and the Annual Meeting and Exposition**—The midyear regional meetings (MRM) are held in the fall of each year for student pharmacists in eight cities across the country; the MRMs expose participants to career options, legislative issues affecting the profession, chapter development activities, and other topics of particular student interests. The annual meeting provides members the opportunity to participate in discussions, elect APhA-ASP leaders, and enhance their career opportunities while meeting colleagues from across the nation and around the world. Region 6 MRM 2008 is in St. Louis, November 7-9, and APhA 2009 will be in San Antonio, April 3-7.

**Career Development**—APhA-ASP offers dozens of programs throughout the year to help students understand and evaluate the pharmacy career options available and to connect with respected employers in all practice settings. Some examples include the APhA Employment Exchange and the APhA-ASP MRM Career Opportunities Showcase.

**Pharmacy News and Information**—Members will receive print subscriptions of *Pharmacy Today* and *Student Pharmacist*. *Pharmacy Today* is APhA's monthly news magazine, and features extensive coverage in advances of medications, therapies, and patient care. *Student Pharmacist*, mailed six times a year, is the ONLY magazine dedicated to the issues affecting the student pharmacist.

**Leadership Opportunities**—Members are given the opportunity to chair committees, serve as chapter officers, serve in the APhA-ASP House of Delegates, or become regional and national officers. APhA provides many chances for students to serve their chosen profession and develop leadership skills that can be used in the community and in the profession.

**Personal And Professional Growth**—Through involvement in APhA-ASP, members have the opportunity to participate in professional service projects, turn ideas into results, and develop skills not traditionally part of the academic curriculum, such as organizing people and resources. APhA-ASP also offers opportunities to network with colleagues while meeting new people and developing long-lasting friendships.

**On a More Local Level**—Our APhA-ASP chapter has monthly meetings where free lunch is always provided. Being a member of APhA-ASP, allows you to attend these meeting and gain the valuable knowledge that our guest speakers present. Social activities are of great importance to our APhA-ASP chapter. These activities in the past have included our annual golf and bowling tournaments, Hillbilly Chilly, the Decades Party, and many other fun and entertaining events. Earning Early Practice Experience (EPE) hours has become of great importance in our college. Our APhA-ASP chapter offers (MEMBERS ONLY) numerous health screenings and events where EPE credit hours can be earned.

As you can see being a member of APhA-ASP can be very rewarding. I strongly encourage everyone to join and take advantage of these benefits.

“What is APhA and why I am writing this check?”