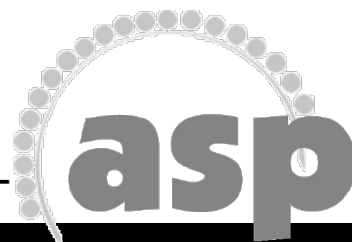


# the Capsule

University of Arkansas for Medical Sciences APhA-



MARK YOUR  
CALENDARS!

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## Every Thursday

### Surviving Our School Meetings

Every Thursday at noon in B108. Please see an exec member if you want to know more.

## November 24

### Patient Counseling Competition Round 2

## November 26

### IPSF Committee Meeting

Noon in the Leadership office. Anyone is welcome to attend.

## December 1

### See Red Day

Wear red in observance of World AIDS day.

## December 17

### IPSF Practice Day

10am. Practice for presentation to Jacksonville Elementary

## December 18

### Tobacco and Drug Awareness Presentation with R.F. Ant

R.F. Ant

8am. IPSF committee presents to Jacksonville Elementary.

## With Apologies to Barack Obama

By Peter Dippel

P4 Contributing Writer

I have reached the midpoint of my fourth year rotations, and a number of questions consume my thoughts. What am I going to do with my life? Where am I going to work after I graduate? Why can't I remember the half-life of phenytoin? Why does every patient that I am assigned to follow seem to die? Did my preceptor really just ask me to draw a cardiac action potential?

It seems like only yesterday that I was getting annihilated in Biochem, listening to Dr. Kim teach about cocoa butter, and memorizing Dr. Born's lecture notes like they were Bible verses. Now, I am rounding with physicians, making therapeutic drug recommendations, and educating patients and healthcare professionals. I have loved each of my rotations to this point, even the one that I thought I would hate. It certainly is much different than the days when I would have three tests and what seemed like 60 hours of class each week. I hated it at the time, but now, with graduation approaching I can see that it was worth it.

As finals week looms, I truly do feel for you P1's, P2's, and P3's. But I want to offer you

this Obama-esque encouragement: Yes, you can. When it's 6:00 a.m. and you don't want to get up to drive to school. Yes, you can. When you have to work all weekend and there's a pharmacology test on Monday. Yes, you can. When Dr. Fifer asks you to draw the chemical structure of vancomycin. Yes, you can. When you've worn the same hoodie all five days during a test week because you're just too tired to dress yourself. Yes, you can. When you can't remember exactly what word goes in that blank on your A&P test. Yes, you can. When you've run the numbers and figured that your odds of presenting during Therapeutics recitation this week are less than 5%, so you don't prepare, but you get called on anyway. Yes, you can. And when you're approaching graduation excited and hopeful but maybe just a little bit scared. Yes, you can.

**Interested in contributing to the Capsule?**

Contact Rachel Stafford at [rachelannstafford@gmail.com](mailto:rachelannstafford@gmail.com)

**Next deadline is in January!**

## The Importance of Extracurricular Activities

By Bryna McKenna

VP Social Activities



Only 23 days until Christmas break!! Don't even act like you didn't know, many of you have been counting down the days since August 14th! While we are all ready for a little R&R, some home-cooked food, and quality

time with the family, I want to take the opportunity to encourage your participation in the APhA-ASP events we have planned for you and our community.

Studies show that students who participate in extracurricular activities have higher GPAs and develop the skills that often set them apart

**Activities, cont'd on back**

## Activities, from front

from their peers and lead to greater success in all aspects of their career. (Journal of Liberal Education, Academic Leadership: The Online Journal) APhA-ASP offers each member the opportunity to grow both professionally and personally. Many of life's greatest lessons are not taught from a textbook and are only learned through interactions with others. The relationships you build today often become friendships you will embrace for years to come. It has been said many times, "It is not always what you know, but who you know." Becoming involved is the first step to building a strong network that will work for you throughout the coming years.

If you have not taken advantage of the opportunities to be involved in the College and your profession, it is not too late! There are still several events this semester, including Vaccination Day at the Capitol and CARTI Festival of Trees. For your professional development, network expansion, and entertainment we are planning many activities for next semester as well!

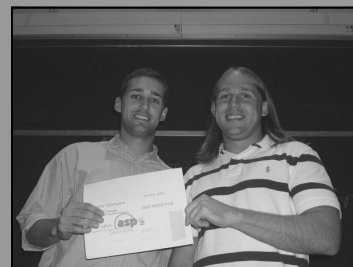
For more information on any APhA-ASP event, contact any of your Executive Committee members or check out the website at [www.arstudentpharmacist.com](http://www.arstudentpharmacist.com).

## Semi-Formal Planning Committee

If you are interested in helping with the Semi-Formal planning committee, contact Bryna McKenna at [bnmckenna@uams.edu](mailto:bnmckenna@uams.edu).

# Chapter Champion of Change

Zach Holderfield was our October Chapter Champion of Change. He has always been a proud supporter and advocate of APhA-ASP attending MRM at Houston last year and also attending several of our local meetings. Last month he presented the idea of the organization KIVA to our executive committee. This organization "allows you to lend money to an entrepreneur in the developing world empowering them to lift themselves out of poverty." He offered to manage our KIVA account, which he continues to do. This year at MRM in St. Louis, Missouri we submitted the KIVA project as our Region 6 Challenge project where we won first place.



**Zach Holderfield**  
October Chapter  
Champion of  
Change

## Know someone who you think deserves to be recognized as a Chapter Champion of Change?

Let us know! Contact a member of exec in your class or send us an email by clicking our names on the officer's page of the website. We want to know who you think makes a difference in our chapter.

## Thoughts from MRM from first-time attendees

"MRM was a wonderful experience!

I met a lot of students from other schools and even got to know people from UAMS better! I learned more about the profession and the issues that we, as student pharmacists, are currently facing as well as how the APhA-ASP policy process begins."

**Whitney Sharp, P1**

"The thing I enjoyed most about MRM was getting to know the people at my school better. It was nice to just get away from the stress and focus more on relationships. This trip was a good reminder why I chose the field of pharmacy!"

**Melissa Shipp, P2**

"I had a great time at MRM. Not only was I able to get to know my fellow UAMS students better, but I was also able to meet great student pharmacists from other schools. The sightseeing was fabulous! The meetings every day were very interesting, and these meetings covered aspects from all over the field of pharmacy, featuring a wide variety of speakers. I was also intrigued by the APhA policy procedures, just realizing that we, as student pharmacists, have such a large voice in our world. Altogether, it was an unforgettable experience!"

**Jordan Brazeal, P1**

## Food Drive Results!

Congrats to the **P1 class** for winning this year's food drive!

As a College, we were able to contribute over 4000 items!

## Student Exchange Pre-Application

Applications are due December 1 and are available on the website. Contact Marty Lute with questions.