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C P F I  
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## 2013 NATIONAL STUDENT RETREAT

We are pleased to announce that the CPFI National Student Retreat will be in conjunction with the Annual Conference this June in Flat Rock, North Carolina. After much consideration, we have realized that there will be many benefits to doing this, including:

- More collaboration and networking between pharmacists and student pharmacists
- The Student Retreat will be more of a national event
- More opportunities for chapters to share ideas and learn from one another
- Students will get the benefits for both conferences in the same trip



### How Will This Affect the Retreat and Conference?

Students will still be able to participate in all of the regular Annual Conference events, including the CE sessions, ice cream social, devotional and worship sessions, awards banquet, and the Friday night *country barbeque, beach ball volleyball, and zip-line*.

The Student Retreat will begin before the Annual Conference at **7:00pm on Wednesday, June 5th**. It will retain the attributes of the Student Retreat, including student-focused presentations, fellowship, and a time to share ideas with other student chapters. This will lead directly into the Annual Conference, which will finish Sunday morning, June 9th.

### Other Important Changes

- While we are hoping that the new structure will help more students attend the National Student Retreat, we still encourage chapters to host regional retreats for nearby schools. For this reason, **\$200** will be available for **two** chapters to host a regional retreat.
- In order to continue the National Student Retreat, we are adding a new position to the National Student Council. If you are interested in planning a future retreats, we encourage you to attend in June and run for **National Retreat Coordinator**.

- The CPFI pharmacists are excited about the Retreat, *Student Retreat cont.* and the student scholarship will continue this year. The funds that are collected will automatically be divided among all students who attend and will be sent as a reimbursement from CPFI.
- The cost increases if there are fewer people in a room. Contact us if you cannot fill a room and are interested in finding students from other chapters to room with and cut down on the cost, and we will do our best to connect you.
- To register, log on to [www.cphi.org](http://www.cphi.org) and click on “annual meeting” under the events tab.
- If you have any questions about the National Student Retreat structure, the new National Retreat Coordinator position, or registration, feel free to contact us at [NSC.Chairperson@gmail.com](mailto:NSC.Chairperson@gmail.com)

## Ohio Northern Serves Community During Christmas Season



OHIO NORTHERN UNIVERSITY

On December 1<sup>st</sup> Ohio Northern University’s chapter of CPFI hosted Polar Drop and Shop (PDS). PDS is our largest service event each year in which we offer to watch children while their parents enjoy a day to themselves. Most of the parents use the day to shop for Christmas gifts for their children. PDS is usually very successful, and this year was no different.



Volunteers from our CPFI chapter arrived at the church around 8am to set up for the event, and the children began arriving around 9am. The children who were pre-registered were sorted in different groups based on their ages, and the children who registered on that Saturday were placed in the groups that did not have as many members. There were two shifts during the day in which the volunteers could help. Our first- and second-year pharmacy students are required to complete five hours of community service each semester, so each shift was five hours long. There were five stations during each shift through which the groups of children rotated every thirty minutes. The stations consisted of games, crafts, Christmas card making, cookie decorating, musical chairs, and

Santa. The children were required to be potty trained and bring a sack lunch with them. They ate their lunches between the two shifts, while the volunteers ate pizza during this time. They stayed until around 4pm when their parents came to pick them up.

We had a total of 31 helpers and 27 children for our event. Normally we have more children come to PDS, but due to uncontrollable circumstances, we had to relocate to a different church this year. It was further away from Ada, so transportation could have been an issue for the parents. Nevertheless, we still consider this year a success. All of the children had a great time, and the parents were very appreciative. One mother sent us an email saying, “I just want to say thank you to you and your group for watching my children yesterday. They had so much fun! Both of them are asking if they can do it again next year.” Everyone had a great time and we cannot wait until next year!

—Katie Temple, Ohio Northern University

# DO YOU PLAY AN INSTRUMENT?

CPFI is looking for students with musical talent to help out with praise and worship at the annual conference! If you play an instrument and would like to be a part of the praise team for the conference in June, contact NSC.Chairperson@gmail.com.

Details will be provided prior to the conference for students who would like to participate, including the music that will be used and arrangements for practicing together. Please consider using your talent to lead CPFI in worship!



## RU AWARE?

As pharmacists and drug educators, our responsibility is to keep our patients safe from the potentially harmful effects of medication and advise health care providers on patient medication usage. The class of drugs known as selective progesterone receptor modulators (SPRM) is one that, until recently, was only dispensed in clinics that were licensed to distribute medical abortifacients. Mifeprix® (mifepristone, RU-486) is a SPRM that, since the 1990's, has been licensed for use as an alternative to surgical abortions, but because of its limited availability, many pharmacists have little knowledge of how SPRMs work and their potentially harmful effects. In 2010, a new SPRM, ella® (ulipristal acetate), was released onto the general pharmaceutical market as an emergency contraceptive, approved for use up to 120 hours (5 days) after unprotected intercourse for the prevention of pregnancy.



With this new drug on the market, it is now more important than ever for pharmacists to learn about SPRMs and the potential they have to threaten the life of unborn children.

This spring, the NSC is coming together in a nation-wide health campaign to educate pharmacists and other health care workers about these medications. The R-U Aware Campaign gives CPFI student chapters an opportunity to minister to the members of their community by educating them on SPRMs, supporting their local crisis pregnancy centers, and raising awareness of the harmful effects of medical abortifacients among women. Women have a right to know about the medications they're taking that may have a negative impact on themselves and their babies. If your pharmacist is not aware, then who is?

—Amanda Hayes, PharmD.

For more information on the RU-Aware Campaign, you may contact Amanda at [amanda.CPFI@gmail.com](mailto:amanda.CPFI@gmail.com).

## GRADUATE CONTACT RECORD: A SIMPLE WAY TO STRENGTHEN YOUR CHAPTER

This year, we have placed a lot of effort into showing our fellow students the many benefits of continuing their CPFI membership after graduation. One such benefit is the ability to give back to your chapter once you are a practicing pharmacist. Unfortunately, many chapters lose track of their alumni after a few years. In order to stay in touch, some chapters keep a notebook full of the contact information of their graduates. Once students are preparing to go on rotations, they can add their names to the notebook with their contact information. This way, the member is not forgotten after they graduate and leave the campus. Many chapters who tried this have found that it is a great way to recruit guest speakers, and many alumni enjoy being involved with their chapter.

## LOWERING YOUR BLOOD PRESSURE WITH PEACEOPROLOL

Shalom® (*Peaceoprolol*) is a timeless beta-blocker. Some indications of Shalom® are 1.) Hypertension - which represents the high pressures of life 2.) Heart failure - a failing or sick spiritual life 3.) Angina - which speaks of the pains of disappointments and betrayals 4.) Migraine - the headaches of daily living 5.) Tachycardia - representative of fear and anxiety. Peace is priceless. What is peace? Is it just a state of rest of mind or a ceasefire between enemies? God reveals himself as Jehovah-Shalom, The God of Peace (Judges 6:24). Isaiah said "...his name shall be called...The Prince of Peace." (Isai. 9:6). "For he [Jesus] is our peace." (Eph. 2:14).

There are three kinds of peace. The first is peace with God. "We have peace with God through Jesus Christ" (Rom. 5:1). We experience this peace at salvation. Oh, how restless I felt in my soul until the day I asked Jesus to be Lord of my life. Peace like a river ran over my soul. My life was changed. This is something only Jesus can bring into your life. Ask Jesus into your life and you will receive this peace. The second kind is peace of God. "And let the peace of God rule in your hearts..." (Col. 3:15). This is the type Jesus had when He calmed the storm. Until you have peace within, you cannot speak, "Peace, be

still" to the raging storms like Jesus (Mark 4: 35-41). Let this peace act as a guide when faced with difficult decisions. Follow the decision path that your heart is at peace with, when you think about it in the light of God's word. Last, and very importantly, is peace with men. "...Live peaceably with all men" (Rom. 12:18). Forgive. Unforgiveness creates turmoil in you that steals your peace of mind. Forgiveness is a difficult choice, but at the end, it sets us free.

To obtain and maintain peace, we have to confess. First, confess Jesus as Lord of your life to receive a heart transplant (Rom. 10:9, Ez. 36:26). This brings us to experience peace with God. Next, as Christians, we need to confess our sins when we sin. Take *Confess-emide* for spiritual renal failure (1 John 1:9). Confess what you believe in the midst of storms. Finally, confess Jesus before men. This essentially is being a drug representative for *Peaceoprolol* (Luke 10:5, Matt. 10:32). Peace will distinguish us. "Blessed are the peacemakers: for they shall be called the children of God (Matt. 5:9).

-Osarodion Nosakhare  
Purdue University