In this issue:

THE POST GRADUATE FORUM
By Melody Khorrami, P4

Your final year in pharmacy school is an exciting time as you complete your rotations, put together your final portfolio, decide what path you want to take upon graduation and, most importantly, prepare for NAPLEX! Students have various options on what they can pursue after graduation; either going straight into work, completing a residency, or fellowship, or even going back to school for another degree. It can be helpful to start narrowing down your options as you go through your third and fourth year to make it easier to decide what direction you want to take. It’s also important to keep in mind that your pharmacy career paths may change throughout your life and there is beauty and excitement in that!

For more than twenty years, Howard University College of Pharmacy has put together the annual Post Graduate Forum (previously known as The Residency Forum) to help inform and guide its students with after graduation opportunities. This is a one-day event for fourth year pharmacy students to hear and meet with practicing pharmacists from a variety of areas. The morning session, directed by Dr. Monika Daftary, included speakers like Diana Dabdub from ASHP- Director of the Pharmacy Student Forum. Mrs. Dabdub gave an overview about the residency process, including the importance of attending midyear, if you are interested in pursuing a residency or certain fellowship. Students should look to see whether their residency of interest or fellowship programs will be present at midyear and see what steps need to be taken pre and post attendance. Remember that deadlines are critical! Other speakers included, Dr. Ivan Cephas from the VA medical center who spoke about the opportunities for residencies at the VA medical centers across the country, Dr. James Owens from APhA spoke about community pharmacy residencies for those who want to stay in community practice, and Dr. L'Marcus Wingate from the College of Pharmacy spoke about graduate school opportunities post Pharm. D. graduation! The morning sessions ended with area residents and fellows participating in a frank panel discussion about navigating through the residency process. This roundtable discussion, directed by Dr. Muideen Adigun, included speakers practicing in independent pharmacies, managed care/ambulatory care, association management, regulatory agencies, and hospital pharmacy. Students had the opportunity to meet with these individuals in small groups and discuss their interests, goals, and career focus in an informal question and answer session. It was a great opportunity to meet practicing pharmacists and learn about their journeys while also thinking more about your own career path!
HOWARD UNIVERSITY ALUMNI RECOGNIZED BY THE ARLINGTON COUNTY HISTORIC PRESERVATION SOCIETY
Youness R. Karodeh, Pharm. D., R.Ph
Assistant Dean, Associate Professor HUCOP

On Saturday, November 8, 2014, the Arlington County Historic Preservation Society in the state of Virginia recognized Green Valley Pharmacy, which is owned and operated by Howard University College of Pharmacy alumnus, Dr. Leonard Muse, born May 8, 1923 in Del Ray Beach, Florida.

After graduating from high school, he enlisted in the army on March 26, 1943, at Camp Blanding, Florida. In 1944, Dr. Muse moved north to attend Howard University College of Pharmacy in Washington, D.C. He graduated on June 6, 1948 and was one of 13 graduates in his class. Dr. Muse began his professional career employed by Johnson Pharmacy, located in southwest D.C., and worked there for two years. At the time, he was a registered pharmacist only in the District of Columbia. He was surprised to learn that the pharmacies in nearby Arlington did not allow African Americans entry into their stores. Typically, Black customers had to use the rear entrances and were not treated well with regards to their medical prescriptions. Waverly W. Jones, a classmate of Dr. Muse, suggested they go into business together and open a pharmacy in Virginia, and so they did. They worked together to establish a pharmacy in Arlington County, which officially became known as the Green Valley Pharmacy in September 1952, and the business thrived during the most challenging time of racial segregation. From 1955 onward, Dr. Muse, has been the sole owner and operator of the pharmacy and has become a beloved fixture of the Nauck community for more than six decades.

Dr. Muse, often called Doc Muse by friends and patients alike, recognized the health disparities early on and successfully met important unmet needs in the local community by providing prescriptions, medical advice, and a full-service dine-in food counter for Arlington’s African American residents.

The Green Valley Pharmacy became a local historic landmark in January 2013. As pharmacists, it is especially important to our heritage because it is the 1st African American owned and operated pharmacy in Arlington, VA.

The building, located at 2415 Shirlington Road, was built in 1942 as a grocery store. Dr. Muse and his initial business partner Dr. Waverly W. Jones officially opened the Green Valley Pharmacy in the existing building in September 1952. In 1955, Dr. Muse purchased the property and his business has remained in continuous operation for 60 years. The historic significance of the Green Valley Pharmacy lies not in its physical architectural history, but rather in its cultural history, its contributions to African American commercial history in Arlington County, and the individual importance of Dr. Muse to the Nauck community.

Doc Muse has inspired multiple generations of pharmacists and physicians, including number of his very own family members; daughter Dr. Jessie Al-Amin, and his granddaughter Dr. Zakia Al-Amin (Howard University College of Pharmacy).
When school gets stressful, which is pretty much all the time, I turn to running to relieve stress. I also run to maintain a healthy lifestyle. I credit running as one of ways I have lost weight and continue to keep it off. Since I started running three years ago, I’ve run over a dozen races as a way to challenge myself and to keep me motivated towards my personal health goals. If you’ve never liked the thought of running or have never run a mile in your life, here are some tips to get your started.

**Tip #1:** Add running to your schedule. If you can make time to watch TV or go out, you can also make time to run.

**Tip #2:** Invest in a good pair of running shoes. Many sporting goods stores now offer gait analysis to assess your foot strikes while walking or running. Be prepared to run on a treadmill or around the store. A good pair of shoes might cost you anywhere between $90-120, but if you are going to be serious about running, you must take care of your feet!

**Tip #3:** Start slow. Don’t rush because it can lead to injury. Set small goals and work towards bigger goals! Your first goal can be as simple as running for 10-20 minutes, regardless of pace.

**Tip #4:** Keep track of your progress. A great way to keep track of your running is the Nike Running App (available on iTunes and Google Play). It tracks your distance and pace. You can also log in the type of shoe you wore and how you were feeling during your run. Invite your friends and challenge each other!

**Tip #5:** Expect some bad days. One day, you might run your farthest distance or improve your time, and the next time, running one mile might seem imposible. Everyone’s body is different, and how you feel that day can also impact the way you perform on any given run. Do not be discouraged and be patient with yourself!

**Tip #6:** Try the run-walk-run method. I’ve used it a few times in my long races, as a way to maintain a good pace and to prevent muscle fatigue and injury. Jeff Galloway is a professional runner and trainer, check out his webpage to learn how to determine your run-walk-run pace.

**Tip #7:** Find local trails. The DC area has some of the most scenic trails – Capital Crescent Trail, Great Falls, Georgetown-GW Parkway. You can also run around the monuments! MapMyRun is a great app for searching for trails in your neighborhood.

**Tip #8:** Once you’ve found your “happy pace”, have some fun! Run with friends. Engage in friendly competition.

**UPCOMING RACES:**
- Rock ‘n’ Roll Marathon (26.2mi), Half Marathon (13.1mi), and 5K – March 14, 2015
- Cherry Blossom 10-Miler – April 12, 2015
Two semesters in the books and a month off from school, I was excited to finally start my first rotation as a pharmacy student. After successful completion of their first year in pharmacy school, students are required to go on a four-week rotation in a community pharmacy setting. From June to July, I was assigned to Walgreens on the corner of 7th and H Streets, right in the middle of Chinatown. Prior to rotation, I only had a few weeks of experience working in community pharmacy. I had just been accepted into CVS’s ExperienceRx Internship Program and had just completed my training with CVS. Being assigned to Walgreens was a great opportunity to learn how another major retail pharmacy operates.

My particular store is one of Walgreens’ flagship locations. A three-level 24-hour front store, the pharmacy is located on the bottom level. The setup of the pharmacy is designed to encourage more interaction between the pharmacist and the patients, with the pharmacist stationed in the front for most of the day. The pharmacy also includes a consultation room, where patients can ask the pharmacist questions privately and to receive vaccinations and blood pressure screenings.

My preceptor, Dr. Erika Romeus, a Howard alumna of the Class of 2012, provided me with many learning opportunities. One of the areas I wanted to improve was in recognizing brand and generic as well as understanding mechanisms of action of the common drugs. Dr. Romeus did just that for me. Throughout my rotation, she quizzed me, and if I couldn’t provide an answer, I made sure I was ready with a proper answer the next day. Since my rotation started right before the 2014 World Cup, I observed Dr. Romeus and the other staff pharmacists administer several yellow fever vaccinations for those travelling to Brazil. She also trained me on blood pressure screenings – causes of hypertension, questions to ask the patients, recommendations to patients with hypertension. Following my training, I accompanied Dr. Romeus to a health fair providing free blood pressure screenings local offices. I also had the opportunity to attend a Walgreens training session with Dr. Romeus and other Walgreens pharmacy managers as well as a continuing education session on Travel Immunizations. Overall, my first rotation was full of many learning opportunities, and with a preceptor who was proactive in my learning as a pharmacy student, I left my rotation with a renewed motivation that I will carry into the classrooms as I enter my second year.

As 21st century pharmacists, we will be stepping into an ever-expanding field of globalized healthcare upon graduation. Our contact and collaboration with international healthcare providers requires that we have a firm understanding of more than just the science of our profession. We must learn to be pharmacists that are culturally congruent. In line with our goal of training the best pharmacists in the world, Howard University College of Pharmacy offers its students opportunities to travel abroad for international rotations. The COP has been participating in international rotations for ten years, however the program was only formalized in the past two years. Our sites are chosen based on several factors such as whether affiliations already exist or if there are HUCOP alumni available to help establish new affiliations and serve as preceptors. International rotation sites in India, Ethiopia, South Africa, Zambia, Qatar, and Ghana already exist and sites in South Korea and China are also currently being pursued. Students can prepare for the experience by learning key words in the language and researching the local culture and customs. It isn't necessary that the rotating students be fluent in languages other than English. To be selected, students must submit an application, be in good academic standing, and have a GPA >2.75. Regardless of the location, students that plan to participate should be open to exploring new cultures, have a sense of adventure, and a willingness to learn, appreciate, and understand cultural differences. The goal is for students on international rotations to get a sense of how healthcare practices vary from the US. Students should gain an understanding for financial constraints in a foreign setting – some locations lack a strong insurance system and most of the expenses are paid in cash. Overall, this is an amazing experience that allows students to expand their horizons and connect with our international colleagues.