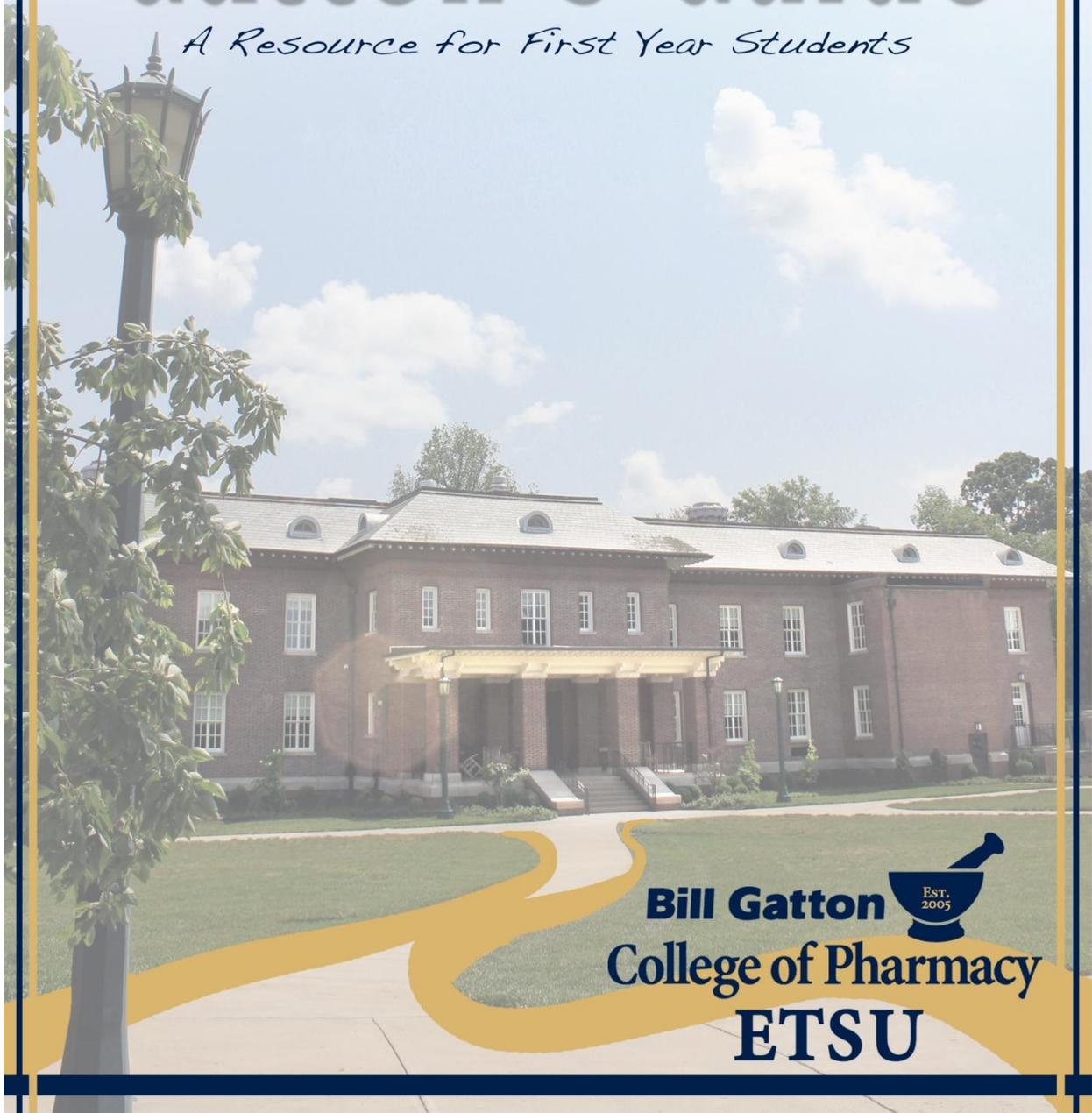


# Gatton's Guide

*A Resource for First Year Students*



**Bill Gatton**   
**College of Pharmacy**  
**ETSU**

Greetings Class of 2016,

Congratulations on being accepted into the Bill Gatton College of Pharmacy! You all worked hard to get accepted into this extraordinary school, but now you will need to work even harder. The most important tool you will have to make this work easier is each other. If I could only give one piece of advice, it would be to get involved and to really get to know your classmates, for it is these strong bonds that you have with each other that will shape your positive experience here at the Bill Gatton College of Pharmacy. Of course, the faculty and staff that created the family atmosphere I'm sure all you have noticed here at the school are also important assets to you as students. They are pulling for your success just as much, if not more, than even you are. The kindness of the staff shown during your first weeks does not wane, and I encourage you not to hesitate to ask anyone, including myself, for any help that you may need.

The first semester of school is tough, as almost all of you will be transitioning not only to a new school, but a new city as well. Gatton's Guide will help with this transition, as it is full of helpful information regarding local businesses, professors, classes, student organizations, and much more. To quote the Class of 2014 President, "The best thing about Gatton's Guide is that it has been made by the students, for the students!" The first edition was made by the Class of 2014. The hope for the guide is for it to be updated each year with new, pertinent information/sections as the school and Johnson City continue to grow. Congrats again and good luck with your first year!

Sincerely,  
Brooks Hogue  
Class of 2015 President  
hoguecb@goldmail.etsu.edu

Special thanks to the following for making the Gatton's Guide possible:

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***\*Textbooks listed are as of 2011. Please check the textbook list for your class for a complete and accurate list.***

***\*All pricing given in this guide are estimates based on previous years.***

***\* Information provided is subject to change.***

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## **Faculty Biographies**

## Charles Collins, PhD, RPh

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Dr. Collins is a professor in the Pharmaceutical Sciences Department at the Gatton College of Pharmacy. He has worked in many different parts of the pharmacy industry. Particularly, he is extremely experienced in the area of drug dissolution testing. He has given several seminars, worked for many years, and does his research at the college on dissolution testing methods. He is the course coordinator of Pharmacy Calculations and Compounding and Dispensing Lab during the P1 year. Dr.

Collins also teaches some sections in Pharmaceutics and Biopharmaceutics in the P1 spring semester. Dr. Collins also takes very high pride as being the head of all ping pong activities at the school. He is a very active player and can often be found during lunch hours looking for victims to play. He strives to become the undisputed champion of the college but has had much opposition from the student body. Dr. Collins is also a master chef, as he bakes treats for his students, if he likes your class.



## Robin Henry, PharmD, MBA

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Dr. Henry is the Director of Experiential Education at the Gatton College of Pharmacy. She coordinates students and their IPPE rotation sites. Students first get to know Dr. Henry through immunization training. Students will be with Dr. Henry for all four years as

Experiential Education is a primary component of the curriculum. Dr. Henry can also be known as the “PharmDiva.” She writes a column in the school bulletin addressing the issues that students have regarding rotations and pharmacy.



## David Hurley, PhD

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Dr. Hurley is Vice Chair and Associate Professor in the Department of Pharmaceutical Sciences at the College of Pharmacy at East Tennessee State University. Dr. Hurley is Course Director for the Pharmacy Biochemistry (PMPS 3114) course, and instituted a diabetes section as an integrative capstone for these future pharmacists. His research into the neuroendocrine

regulation of Growth Hormone transcription is funded by a National Science Foundation grant continuing his previous NSF CAREER Award, and he has previously served as an National Institutes of Health co-investigator for 17 years. He has 45 publications and is a member of The Endocrine Society, the Society for Neuroscience, and the AACCP.



## Ralph Lugo, PharmD

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Dr. Lugo is the Chair of the Pharmacy Practice Department at the college of pharmacy. He is the course coordinator for Pharmacy Practice I and II during the P1 year. He, along with many guest lecturers, will give new students an introduction into the field of pharmacy and what all goes into the healthcare system. After obtaining his PharmD, he specialized in pediatrics, where

he worked before coming to the Gatton College of Pharmacy. Dr. Lugo also takes extreme pride in his musical activities. He is the lead trumpet player for the faculty band that often treats the students and faculty to music at College of Pharmacy social events such as the Christmas Party. Therefore whenever you have “the blues,” just look to Dr. Lugo for advice.



## Eric Mustain, PhD

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Dr. Mustain is an Associate Professor in the Health Sciences Department at ETSU. Dr. Mustain is very knowledgeable in both the field of immunology and microbiology. He is the undergraduate professor for the general microbiology course and is published for numerous works in the field of immunology and his expertise are particularly in the aspects of innate immunity. Dr. Mustain lectures in immunology in the P1 year but is not a faculty member for the College of Pharmacy; however, he definitely presents the course as a graduate level course. Dr. Mustain presents material in a way that it builds throughout the semester and how that manifests itself from a student's

perspective is that you touch on what seems like the same material over and over with more and more details. This most likely can be more attributed to the course he teaches and the text he chose for the course. Dr. Mustain can move at a good rate in his lectures, but again this is more an attribute to the course he teaches, which has a lot of material to cover. Dr. Mustain is well organized and is pretty good about making sure the students understand the material, but it will be up to the students to speak up and let him know that there is a “disconnect.” Something quite indicative of his teaching style is that Dr. Mustain often takes topics from

microbiology and relates them to immunology, which are both his areas of expertise. Dr. Mustain is the professor of a very unique course and an intimidating course, but he is still approachable and always asks if there are any questions at the end of the lecture.

## Peter Panus, PhD, PT

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Dr. Panus is an Associate Professor in the Pharmaceutical Sciences Department at the Gatton College of Pharmacy. He is the course coordinator for Medical Terminology during the first semester. Students will get a chance to see Dr. Panus plenty more throughout their time at Gatton. During the second semester, Dr. Panus teaches Pathophysiology.

In addition to his PhD in Pharmacology, Dr. Panus is also a licensed Physical Therapist. This unique combination allows for great insight in his lectures. Dr. Panus is a very fair professor and is open to student input regarding how the courses are designed.



## Brooks Pond, PhD

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Dr. Pond is an Assistant Professor in the Department of Pharmaceutical Sciences at East Tennessee State University College of Pharmacy. She received her Ph.D. in Pharmacology and Cancer Biology from Duke University in 2004, where she worked closely with Dr. Rochelle Schwartz-Bloom in the Department of Pharmacology and Dr. George Augustine in the Department of Neurobiology. Her graduate work focused on the role of chloride transporters in neuronal death associated with cerebral ischemia.

After graduate school, Dr.

Pond continued her research training in a postdoctoral fellowship in the Department of Developmental Neurobiology at St. Jude Children's Research Hospital. In collaboration with Dr. Richard Smeyne, she began investigating the long-term effects of methylphenidate (Ritalin®) exposure on neural development, growth, and function. Dr. Pond received an American College of Neuropsychopharmacology Young Investigator Award in 2006. She is also an active member of the Society for Neuroscience, American Society for Pharmacology and

Experimental Therapeutics (ASPET) and Phi Beta Kappa.



## Victoria Ramsauer, PhD

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Dr. Ramsauer is a faculty member in the Department of Pharmaceutical Sciences at the College of Pharmacy, and is the primary lab coordinator for anatomy and physiology in the Fall P1 semester. Dr. Ramsauer also lectures on cell biology in the anatomy and physiology course and genetics and pharmaceuticals of cancer in the biochemistry course. Dr. Ramsauer's research and educational expertise are in the field of cancer, specifically signaling processes and the implications of several cell surface molecules in neoplasias. Dr. Ramsauer knows and understands cell biology at a very high level and often

presents a lot more material than is going to be asked of students on the exams, but Dr. Ramsauer is also very good about letting you know which parts of her lectures are necessary to know for the exams. Dr. Ramsauer often provides in adjunct to the text book material primary research that is relevant to the lectured material. She spends as much time as needed to understand the material presented and will often hold supplementary study/review sessions for the material. Dr. Ramsauer is very open to questions during and after her lectures and is a very approachable professor. Students will be able to tell her

passion as an educator and learner is in the field of cancer research, which is often interjected into her lectures in some fashion.



## David Roane, PhD

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Dr. Roane is the Chair of the Pharmaceutical Sciences Department at the College of Pharmacy, and makes several appearances throughout the first semester in anatomy and physiology especially, and teaches the Pharmacology I course in the spring semester. Dr. Roane's educational and research expertise are in areas of metabolic pathways and dysfunction, signaling of endogenous opioids, and neuroscience.

From a student's perspective and based on the lecture series that Dr. Roane gives in anatomy and physiology, his area of expertise and interests seem to be in metabolism, especially from a pathway perspective and hormonal signaling implications

on metabolic pathways. Dr. Roane lectures on topics such as physiology of the gastrointestinal system, general primary metabolism and diabetes, and renal physiology during the fall semester of the P1 year. He will let you know right away that he is a bit "old school" in that he strongly encourages the students to not just rely on the lectures that he gives, but that students also read the text in adjunct to his lectures. Dr. Roane likes to lighten up his lectures with interjecting stories or side remarks that are usually very funny and a bit quirky, just to provide some 'fresh air' to the lecture. He is also notorious for making sure that you understand what he just said, which is nice because some of the material that

he provides can be complex. He is very approachable as a professor, which most students will pick-up on after the first five minutes of his lecture.



**Course Information**  
**Fall Semester**

## PMSC 3111 Medical Terminology

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### **About the Course:**

Medical Terminology is mainly an online course. The class meets a few times during the semester to go over case studies to apply the terms in actual patient situations. Dr. Panus's online notes outline the class material but do not give the meanings of every word or phrase. In this regard, the book is convenient.

There are practice quizzes with unlimited access prior to each quiz. The practice questions are pulled from a large pool of questions. The actual quiz questions will be pulled from the same pool. Therefore, it is helpful to take the practice quizzes because you will see some of the questions again on the actual quiz.

### **Buy the Book:**

The book is quite helpful since students are allowed to use it on graded events. It provides the definitions along with diagrams.

### **Graded Events:**

There are about five online quizzes and an online final. The quizzes are generally 15 multiple choice questions. The online final contains about 80 multiple choice questions. Students are allowed to use the book during the graded events. However, all graded events in Medical Terminology must be taken on the Respondus Lockdown Browser, which only allows one browser on your computer to be open.

### **Credit Hours:**

1 (One)

### **Text (Required):**

*A Short Course in Medical Terminology, 2nd ed.*  
ISBN: 978-0-7817-9883-9

*Pathophysiology: Concepts of Altered Health States, 8th ed.*  
ISBN: 978-0-7817-6616-6

### **Course Coordinator:**

Peter Panus, PhD, PT  
panus@etsu.edu

## PMPR 3141 IPPE-P1

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### **About the Course:**

IPPE is essentially the rotations that you will be on during the first three years. Currently, students visit five sites in the first year. Students will visit a designated site once per week for four weeks. These sites will be chosen at random by the Experiential Education office for the first year. For students to learn the basics of pharmacy as a whole, sites range from hospital to large chain to small independent pharmacies. The IPPE sites are the time and place to apply the topics discussed in class.

Students are required to wear "PEP dress" while on rotations. For ladies, skirts or dress slacks

with blouses or sweaters are appropriate. For men, shirt and tie with dress slacks are required. All students must wear their white lab jacket with the College of Pharmacy logo. All information regarding rotations, assignments, and schedules is placed online by the Experiential Education office.

### **Buy the Book:**

No book necessary

### **Graded Events:**

IPPE is a pass/fail course. Students are required to complete a small assignment during each rotation. The assignment usually consists of questions to discuss with the current preceptor. In

turn, each preceptor completes an evaluation for each student. At the end of the year, students give a small presentation about their IPPE sites.

### **Course Time:**

Tu or W 1:00 - 5:00 PM

### **Credit Hours:**

1 (One) - Pass/Fail

### **Text (Required):**

None

### **Course Coordinator:**

Robin Henry, PharmD, MBA  
henryrm@mail.etsu.edu

## **PMPR 3142 Pharmacy Practice I**

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### **About the Course:**

This is probably the most laid-back in-class course of the semester. Pharmacy Practice I is designed to introduce the student to the field of pharmacy through guest lecturers. In this course, students are required to learn the top 200 drugs in by brand name, generic name, and drug class. This is very beneficial as students will be working in a pharmacy weekly throughout their P1 year. The guest lecturers range from professors of the college of pharmacy, college of medicine, and people of the community that are involved in pharmacy.

The goal of the course is to introduce P1 students to the different types of jobs in the pharmacy profession. The first half of the course is mainly devoted to a general overview of how a typical pharmacy operates. It goes through things such as: how a prescription is taken from a patient and filled, HIPPA regulations for the patient's privacy, and how retail pharmacies operate and deal with some insurance companies. The second half of the course gives the students a look into nontraditional pharmacy roles. These roles include: nuclear pharmacy, clinical pharmacy, home infusion, and many more. The lectures are given in a laid-back style and students are encouraged to "take in" as much material as possible but will not be tested on the lecture material very much. The bulk of the exams will come directly from drug cards.

The best way to study for this course is to spread the drug cards out over the entire week.

Looking at the cards maybe two or three minutes at a time a few times a day will prove to be extremely beneficial. This will also assist in putting the material into long-term memory instead of having to relearn the information for the midterm and final exams. The material in the lecture is very easy and not a high risk component.

### **Buy the Book:**

The required text for this course is Sigler's Drug Cards. The edition may change so be on the lookout for that. These are an essential part of the course and your entire time in pharmacy school. These should be purchased prior to the start of the semester to avoid getting behind on quizzes.

### **Graded Events:**

During the course of the semester weekly drug quizzes will be given to the student to help in memorization of the top 200 drug list. These quizzes typically consist of fifteen to twenty questions and are timed. This requires the student to know the material very well to meet the time limit. During the quizzes, students get a list of all the drug's brand and generic names and a list of all the possible drug classes. This given list is very helpful but will not get you through a quiz without knowing the material. Attendance is required in this course and

points will be deducted from the student's grade if classes are missed without an excuse.

During the semester there will be two exams. The first is a midterm that will ask questions on the first 100 drug cards. The midterm will also ask a few questions on some of the lecture material. The questions on the lecture information are very straight forward and multiple choice, so they are not a highly stressful component. The final exam will be entirely drug cards. For this exam, know all 200 of the drugs learned throughout the semester. This exam still gives the student a list of drug names and classes, but you are only given 150 minutes to complete to 200 questions.

**Credit Hours:**  
2 (Two)

**Text (Required):**  
*Sigler's Prescription Drug Cards, 26th ed.*  
ISBN: 978-1-880579-62-6.

**Course Coordinator:**  
Ralph Lugo, PharmD  
lugo@mail.etsu.edu

## PMSC 3102 Immunology

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### **About the Course:**

Immunology is designed to provide students with an understanding of each aspect of the immune system. The course presents the immune system in a general form at first and progressively increases in the detail of each branch of the immune system and how each branch interacts. Immunology presents topics about the non-specific immune system first and then presents topics about cellular branch and humoral branch. Once a basic understanding about each branch of the immune system, the genetics involved in adaptive rearrangements, how each branch is stimulated, and cross-talk between each branch is established, the topics in the course become more focused and applicable, such as deregulations and over reactions of the immune system, autoimmunity, and then biological pharmaceuticals, such as monoclonal antibodies.

The class moves at a fairly good pace and there is a lot of material to cover, but most of the material can be learned in class if good notes are taken. There are PowerPoint presentations for each lecture which utilize a lot of figures from the textbook. Dr. Mustain also presents a lot of material from a microbiology aspect, which often should be paid attention to. The material that is often presented is very detailed and fairly complex, such as cellular pathways and signaling, but it is not often that these details show up on exams; more often than not, the main ideas or concepts show up on the

exam.

To most of the students this class provides some problems, primarily because the course only has three exams that develop your semester grade, but it also is material that students have never seen before, unless introduced to it in undergraduate work as an elective. This course is only a two credit hour course, however most students agree that workload with this course is much more substantial than what you earn, as far as the fraction of your semester GPA figured by this course.

Most students probably do not read the text, nor should they have to, but the text can be very beneficial if used appropriately; the text has figures that correspond to figures in the PowerPoints and below the figures in the text book is a summary of that section of text corresponding to figure. These excerpts can be very helpful for studying because they both explain the figures and give a very compact summary of a much larger body of text. The PowerPoints used in class are going to be your most valuable source of material to study. For the PowerPoints to truly be effective learning tools and study materials, the student must be in class because there is often a substantial amount of supplementary notes to go along with them. The notes that you write down in class that Dr. Mustain personally takes time to sketch on the board will often make it on to the exam and this material is frequently corresponding to microbiology is

some fashion. The biggest thing is show up to class with the presentations and take good notes because this is primarily what you will be studying from. Also, Dr. Mustain is not going to offer to provide you a study guide, or “focus sheet” as he calls, but if as a class you ask Dr. Mustain for one, he will post a focus sheet for the exams.

### **Buy the Book:**

The book is not a necessity for the course, but may provide additional information on the figures presented in lecture. If a student was going to just try to read and not come to class and take notes, that student would be spending much more time reading all the material without getting the focused guidance that comes from lecture with Dr. Mustain.

### **Graded Events:**

The class is not set up with quizzes, only examinations to base your semester grade. Again there are only two exams and then a partially comprehensive final exam for the semester.

**Credit Hours:**  
2 (Two)

**Text (Required):**  
*The Immune System 3rd ed*  
ISBN: 978-0-8153-4146-8

**Course Coordinator:**  
David Roane, PhD  
roane@mail.etsu.edu

## **PMSC 3114 Biochemistry, Molecular Biology and Genetics**

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### **About the Course:**

Biochemistry is one of the basic science courses in the Gatton College of Pharmacy curriculum. The general description as said in the syllabus is as follows:

“Biochemical understanding of proteins, sugars, lipids, and nucleic acids is fueling the explosion of knowledge in medicine and pharmacy. This course will demonstrate how basic principles of biochemical structure govern normal metabolic pathways in healthy humans and how they malfunction in disease.”

Biochemistry is necessary to understand some of the most common and serious disease states that one will encounter during their career in Pharmacy, in particular the metabolic disease known as diabetes. Someone cannot understand

what is going wrong in a metabolic pathway if they do not understand how the pathway is supposed to work in a healthy individual.

One other suggestion to help performance in this course is to make sure that the student gets a good understanding of the amino acids early on. Understanding these amino acids helps greatly as the student goes on in the course.

This course is an interesting and informative course. Dr. Hurley is extremely knowledgeable with the material and has a real passion for teaching it.

### **Buy the Book:**

There is a lot of material that is covered in this class, but as long as the student studies the well-organized slides from Dr. Hurley and reads some of the book to supplement the class material, they will do just fine.

### **Graded Events:**

There are periodic online quizzes along with the regular exams. The quizzes are a good benchmark for what is needed to know on the exams.

### **Credit Hours:**

4 (Four)

### **Text (Required):**

*Lehninger Principles of Biochemistry, 5th ed.*  
ISBN: 978-0-7167-7108-1

### **Course Coordinator:**

David Hurley, PhD  
hurleyd@etsu.edu

## **PMSC 3116 Anatomy and Physiology with Lab**

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### **About the Course:**

Anatomy and Physiology is taught by Dr. Pond as the course coordinator, with Dr. Ramsauer teaching some sections and teaching the lab component. The learning outcomes are listed as follows from the syllabus:

“Upon completion of the course, the student will have made progress toward the following outcome expectations:

- Identify and assess the medical problems of patients.
- Promote effective health and disease prevention services.
- Identify and contribute to the interdisciplinary resolution of public health problems.
- Apply basic knowledge and principles of pharmaceutical sciences, clinical sciences, and socio-behavioral sciences to engage in critical thinking and solve problems.
- Maintain professional competence through lifelong learning and by identifying and analyzing emerging issues, products, and services.
- Be a lifelong educator of patients, students, colleagues, and other health care professionals”

This course deals with the basic anatomy and physiology of the human body and gets into detail of all the body systems and how everything works together in a healthy individual.

Understanding the anatomy and physiology is important for the student so that in the second semester they can understand how disease states are deficient in the function of a certain body system and how that affects a patient’s general health and well being.

The lab is fairly laid back in this course. The student will get to do some dissections of heart, brain and kidneys to name a few organs. The purpose of the lab is to give the student some reinforcement to help with the understanding of what organs look like and how the systems work.

### **Buy the Book:**

This is a course where it is very important to read the textbook. There is a lot of text material but the more the student reads, the easier it is to keep up and the easier studying for the tests will be. The slide material from Dr. Pond is really dense and is not a good substitute for the

book. It is meant to complement the book material. Students will need a lab book as well.

### **Graded Events:**

There are only exams in this class- there are no quizzes. The lab portion of the course usually improves students’ grades.

**Credit Hours:**  
6 (Six)

**Text (Required):**  
*Vander’s Human  
Physiology, 11th ed.*  
ISBN: 978-0-0772-1609-2

*Laboratory Manual for  
Human Anatomy and  
Physiology, Main Version*  
ISBN: 978-0-0772-7434-4

**Course Coordinator:**  
Brooks Pond, PhD  
pond@etsu.edu

## PMSC 3122 Pharmacy Calculations

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### **About the Course:**

This is first and foremost a math class. It does not require students to perform really difficult calculations, but it can still pose a problem for some people if they do not give the class enough study time throughout the week. The class is taught only by Dr. Charles Collins, who will also be the instructor for Compounding Lab in the P1 Spring semester. This class can be a high risk class if students slack too much on the material before tests, but for the most part it is an enjoyable class that will prove to be very beneficial in the long-run. Pharmacy Calculations is a rather large component of the NAPLEX exam that everyone will have to take when they graduate to get licensed. On the NAPLEX, the questions are open-ended, meaning there will not be multiple choice-type calculation questions. This is why learning this class inside and out is so important.

The most important thing for this course is to look over the material before class. This will help greatly when examples are being worked. This also prevents students getting behind in a class that should not be high risk. The lecture time will not be used to present material so looking over it before coming to class is essential. During class only examples of problems will be performed. This class time will not be devoted to any lecturing.

### **Buy the Book:**

The textbook is necessary for this course. It is needed to work practice problems, learn new material, and use figures on the weekly quizzes. It is possible to share a textbook with a friend. If living with a roommate that is a P1 or a close friend this can easily be done.

### **Graded Events:**

The coursework consists of online quizzes for every chapter, four semester exams that consist of open-ended questions, and a final exam that will be multiple choice. The semester exams are all comprehensive. Dr. Collins loves to put old material questions on all exams, but the bulk of the exams will be new material until the final. This requires the students to look over all the material before they go over it in class.

The online quizzes are a study aid for the student and are not meant to cause stress or agony to anyone. The quizzes give students three chances to make the best score possible. Different attempts will not present the exact same questions, but will have the same general concept. The quizzes are a wonderful way to study for upcoming exams and review of material. Most students said these quizzes were the most beneficial thing about the course.

Dr. Collins gives students a detailed study guide about a week before an exam. This tells

the student the exact material that is fair game for testing. The four semester exams contain open-ended questions, while the final gives the opportunity to use multiple choices. Exams in this course typically take a very long time to complete so students are usually given the opportunity to start the exam early. A great strategy used in this class was to take the first two attempts on the quizzes the week we went over the material and take the last attempt as a review before the exam. Looking over the in-class examples that Dr. Collins will post after class every day is a good idea. He puts the example questions online before the class and posts the worked examples after class.

**Credit Hours:**  
2 (Two)

**Text (Required):**  
*Pharmaceutical  
Calculations, 13th ed.*  
ISBN: 978-1-5825-5837-0

**Course Coordinator:**  
Charles Collins, PhD, RPh  
collincc@etsu.edu

**Course Information**  
**Spring Semester**

## PMSC 3223 Pharmacology I

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### **About the Course:**

Pharmacology I is defined by the syllabus as follows,

“Pharmacology I is the first of a three part lecture series designed to provide an understanding of how drugs exert their effects on living systems. Drug mechanisms of action, metabolic fates, indications and adverse effects will be presented, with an emphasis upon the pharmacology of autocooids, antimicrobial, anti-inflammatory, and antineoplastic agents.”

The material presented in Pharmacology I lays the foundation for the two upper level Pharmacology courses. Basic mechanisms of actions of certain classes of drugs are presented in this first part of pharmacology. These basic concepts are tied in with concepts that were taught in Anatomy and Physiology, Pathophysiology, and Biochemistry. The goal of this course is to establish an understanding in how drugs work, why they work the way they do, and how this influences the choice of drugs for certain diseases. This course also

introduces drug classes to students. This course is one of the first “drug loaded” courses which makes it a difficult one for many students.

Dr. Roane teaches the majority of the course and posts PowerPoints for the majority of the lectures that he teaches. Dr. Ramsauer and Dr. Panus both teach a small portion of the course and post their own lecture notes for their respective sections. The course moves at a very appropriate pace for the difficulty level of the material.

The best advice for this course is to ensure that you have a strong understanding of the material. This type of material requires time to sort through its components and a strong foundation in this course will help with following and corresponding courses.

### **Buy the Book:**

Dr. Roane often references the text and many of his figures come from his recommended and required text books. Dr. Roane typically puts the figures he wants the students to focus on within his lecture notes.

### **Graded Events:**

This course’s grade is determined through three exams and a comprehensive final.

### **Credit Hours**

3 (three)

### **Prerequisite:**

PMSC 3116 and 3110  
Anatomy and Physiology  
with Lab

PMSC 3114 Biochemistry,  
Molecular Biology and  
Genetics

PMSC 3102 Immunology

### **Text (Required)**

*Basic and Clinical  
Pharmacology, 11<sup>th</sup> ed.*

ISBN 0071604057

## **PMSC 3235 Pharmaceutics and Biopharmaceutics**

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### **About the Course:**

Pharmaceutics and Biopharmaceutics is the study of drug dosage forms, drug delivery systems, the manufacture of drugs, bioavailability and bioequivalence evaluations, and the use of each of these factors when considering decisions in patient centered care.

The class is taught by Dr. Brown, Dr. Harirforoosh, Dr. Collins, and Dr. Walls, with Dr. Brown as the course coordinator. The class begins with the basics of drug manufacturing and regulations. It then continues into the different dosage forms and the proper use of each of the dosage forms. This section of the course also covers drugs and how their manufacture can alter their intended actions. The course is intended to prepare the students for future patient evaluation and dosage choices. The course builds upon ideas and equations that were presented in Pharmacy

Calculations and has a calculations portion to the material.

The class consists of five tests throughout the semester along with a number of graded in class activities. The teachers that present each section of material write the test questions for their material and administer the test. The in class activities are announced ahead of time and most of the exercises are reviewed in class. Lecture material is posted as PowerPoint presentations on D2L ahead of class.

### **Buy the Book:**

Most students don't utilize the book in Pharmaceutics, however the Applied Biopharmaceutics & Pharmacokinetics book is used in Pharmacokinetics so purchasing the book this semester is often recommended so the student can familiarize themselves with it.

### **Graded Events:**

There are five tests, multiple in class exercises (ICEs), and a comprehensive final that make up the grade for this course.

#### **Credit Hours**

5 (five)

#### **Prerequisite:**

PMSC 3122 Pharmacy Calculations

#### **Text (Required)**

Ansel's Pharmaceutical Dosage Forms and Drug Delivery Systems; 9th ed.  
ISBN 978-7817-7934-0

## **PMSC 3231 Compounding and Dispensing Lab**

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### **About the Course:**

Compounding lab is a co-requisite of the Pharmaceutics course. The concepts coincide within these two classes. Compounding and Dispensing Lab is an opportunity for students to apply the skills and techniques that are presented within their Pharmaceutics course. The lab consists of processing a prescription, compounding the drug, labeling, counseling, and dispensing the medication as you would to a patient in practice. Compounded substances include compounds such as lip balms, ointments, creams, lozenges, emulsions, suspensions, solutions, capsules, suppositories, and other dosage forms that are discussed in Pharmaceutics course. Dr. Collins oversees the lab and has two lab assistants, Angela Hanley and Kenny Bullins.

There are two lab sections and lab meets one time a week for four hours. Each lab consists of an online lab report and quiz that corresponds with the material covered in lab. There is a dress code which includes closed toe shoes (shoes that cover the entire foot), pants, and white coat.

### **Buy the Book:**

The lab book is required for each student. The lab reports are posted online by Dr. Collins and do not come directly from the lab manual, however the instructions for each medication that will be compounded can be found in the lab manual. It is highly recommended for each student to purchase a lab manual and it is required that each student brings a lab manual with them each week to lab.

### **Graded Events:**

For each lab, there is an online lab report and quiz. The final exam is cumulative, consisting of a practical portion as well as a written section.

#### **Credit Hours**

1 (one)

#### **Prerequisite:**

PMSC 3122 Pharmacy Calculations

#### **Text (Required)**

*A Practical Guide to Contemporary Pharmacy*

## **PMSC 3242-0 Pharmacy Practice II**

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### **About the Course:**

This course is a continuation from Pharmacy Practice I with an emphasis on hospital pharmacy. The course is conducted in the same manner as it was in the fall semester including weekly drug quizzes and guest lecturers. The lectures are now focused on hospital pharmacy, medical errors, regulations, and the areas of hospital pharmacy. In this semester, the students are required to learn the brand name, generic name, and class of the last 100 drugs (201-300) within their drug card set and 100 hospital drugs. The quizzes have the exact same format as the former quizzes. The

class pace remains the same, and lectures are for the student's benefit for familiarizing them with the hospital setting.

### **Buy the Book**

See Pharmacy Practice I

### **Graded Events**

The graded material is very similar to that in Pharmacy Practice I. The weekly quizzes are the same format as well as the midterm and final

#### **Credit Hours**

2 (two)

#### **Text (Required)**

Sigler's Prescription Drug Cards, 26<sup>th</sup> ed.

## **PMSC 3243 Nonprescription Pharmacotherapy**

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### **About the Course:**

This course gives an overview of different over the counter products. The course is set up so that each lecture series covers a certain group of products, such as ophthalmic or gastrointestinal products. Each lecture topic is taught by a different pharmacist. Many of the pharmacists are community pharmacists, fourth year students, or residents. Speakers often bring in the products they are talking about and pass them around the classroom. This class prepares students for counseling patients and analyzing cases within their work setting.

The class includes Team Based Learning activities (TBL) which are based off of readings that are assigned prior to class meetings. These activities consist of an online quiz that is completed in class on Lockdown Browser. After each student completes their individual quiz,

they join a group and take the same quiz with their group members. Exams are heavily dependent on analyzing cases and selecting the appropriate product for the presented case. The speakers use the textbook to choose the material that they will present during their lecture period and their lecture notes are posted on D2L by Dr. Gray ahead of the class. The best way to study for this class is to read over practice cases and become familiar with the format of case based questions.

### **Buy the Book:**

The information presented within this course is directly from the book, therefore buying the required text is highly recommended.

### **Graded Events:**

The course grade consists of TBL grades, four exams, and a noncumulative final

### **Credit Hours**

3 (three)

### **Text (Required)**

Handbook of  
Nonprescription Drugs, 16<sup>th</sup>  
ed.

ISBN 9781582121222

### **Course Coordinator**

## **PMSC 3223 Pathophysiology**

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### **About the Course:**

Pathophysiology is designed to familiarize the students with the Pathophysiology of each system of the body. The course provides students with an understanding of generalized Pathophysiology. This class will create a bridge between anatomy and physiology and pharmacology. The goal of the class is to become familiar with the vocabulary and terminology used within clinical settings. The course leads students to being able to predict manifestations of diseases which leads to an understanding of which drugs could help with certain pathophysiologies.

The class moves at a fairly brisk pace. An understanding of medical terminology is especially helpful for the advancement within the course material. There are PowerPoint presentations for each lecture. The PowerPoints are normally an overview (bullet points) of the topics that Dr. Panus will cover in class. There are many small details that Dr. Panus will cover within the class and he will let the class know if the detail he is going into is not going to be on the test. This helps the students with note taking in class. Often, the pace is too quick to write everything that Dr. Panus says in class, however he follows the book very closely and everything he might mention can easily be found within the book.

Taking notes in class and then reviewing through use of the book is an efficient way to cover the material. Dr. Panus shows many clinical photos of conditions that have been sent to him. The photos are very graphical, however most students find that the photos are very helpful and relevant to clinical situations.

There are three exams, six online quizzes, and the final that make up the semester grade. The course is worth four credit hours. The quizzes are each 15 questions long with 30 minutes to complete them. Online quizzes must be taken through Lockdown Browser so it is recommended to download Lockdown Browser before the semester starts. The exams are technically not comprehensive, however, the material builds upon itself and often repeats within the semester. Each test, including the final, carries the same weight in class. Dr. Panus informs the class of what material will be including in the comprehensive portion of the final.

### **Buy the Book:**

Buying the Pathophysiology book is highly recommended. Dr. Panus teaches directly from the book and it is very beneficial to supplement your notes through use of the book.

### **Graded Events:**

There are six online quizzes over the course of the semester, three exams, and a partially comprehensive final. The quizzes will each have an open practice quiz that isn't graded to assist with preparing for the graded quiz as well as the exam.

### **Credit Hours**

4 (four)

### **Prerequisite:**

PMSC 3116 and 3110  
Anatomy and Physiology  
with Lab

### **Text (Required)**

*Pathophysiology: Concept  
of Altered Health States,  
8th Ed.*

**Experiential Education:  
IPPE and APPE**

## Experiential Education

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Experiential education has two components, Introductory Pharmacy Practice Experience (IPPE) and Advanced Pharmacy Practice Experience (APPE). Both programs are designed to give a pharmacy student real world experience inside a pharmacy or pharmaceutical lab. They are sometimes simply called pharmacy rotations. A student will rotate throughout a number of different pharmacies in an attempt to understand and become familiar with the many different facets of the pharmacy industry. The number of rotations and the scheduling of rotations vary based on what year the student is. Rotations can either be in Johnson City or surrounding regions. For the P1

**First Year Students: IPPE-P1**  
P1 rotations occur in community retail pharmacies, chain retail pharmacies or hospital pharmacies. Rotations are automatically assigned to each student and cannot be requested. The historical schedule is shown, but it may vary depending upon site availability. For this reason, it is suggested that you do not schedule other activities (e.g. working) until your IPPE times are known.

Fall Semester:

- Two or three 4-Week Rotations
- One four-hour period per week
- Tuesday or Wednesday

Spring Semester:

- Two or three 4-Week Rotations
- One four hour period per week
- Tuesday or Wednesday

rotations, all pharmacies are generally located within 45 minutes of the College. Each pharmacy preceptor will fill out a survey at the end of each rotation discussing any issues they may have had with the student. IPPE-1 and IPPE-3 rotations are graded on a pass/fail basis while IPPE-2 and APPE rotations are assigned an actual grade. To help incoming students become acquainted with the IPPE process, the Office of Experiential Education will hold an introductory training session in the first few weeks of school. They will explain the rotations process more in depth as well as the “professional” dress code requirements. Likewise, this time will be used

**Second Year Student: IPPE-P2**  
P2 rotations have a more detailed involvement with the pharmacies. These rotations consist of one institutional (hospital) rotation and one community pharmacy rotation. Rotations can be requested and can occur outside of Johnson City (Ex. In a student’s home town). If a desired pharmacy is not already on the active list of the College, a student may suggest/request that the site be added. The Office of Experiential Education can advise of the process for doing so.

Fall & Spring Semesters:

- No Rotations

Summer Break:

- Two 2-Week Rotations
- Forty hours each week

to certify each student to give immunizations. As pharmacists are now able to give vaccinations, students are required to be certified in the case that they too might have to give vaccinations (and it will occasionally happen). This process consists of two half days of lecture on the general information regarding immunizations as well as an immunization practical. In the practical, each student will have to give another student three injections of saline water (and will likewise have to receive three injections of saline water). There is also a self-test and a post-lecture exam. After this process each student will be certified to give immunizations in all pharmacy settings.

**Third Year Students: IPPE-3**  
P3 experiential education differs from the other years in that it is divided into three components: clinical, geriatric, and service learning. Students are required to obtain 48 hours of self-selected learning opportunities, which must include 16 hours of clinical work. In addition, to the above, P3 IPPE contains 12 hours of reflective learning that are earned prior to the P3 year.

## Experiential Education

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### **Fourth Year Students: APPE**

P4 rotations are known as Advanced Pharmacy Practice Experience. They more closely resemble a traditional “internship” within a pharmacy. They involve detailed, hands on work within a pharmacy and occur for the majority of a student’s fourth year. Students may even do journal reports or give presentations to other healthcare professionals on medication and pharmaceutical issues. Rotations can be requested and can occur outside of Johnson City (See P2 description above). There is a much wider range of options for APPE rotations. Keep in mind that no didactic coursework (with the exception of a few presentations) occurs within the P4 year.

#### Requirements:

- 1 institutional
- 1 community
- 1 acute care
- 1 ambulatory care
- 4 electives
- 1 additional acute or ambulatory care

#### Summer, Fall, Spring:

- Nine 1-Month Rotations
- Full time, at least forty hours per week.
- No rotations in May of P3 year, December and one other month that the student chooses (subject to “spin” results).

### **The Bottom Line:**

Often a pharmacy rotation will have more than one student simultaneously (ex. a P1 and P4 student), so it isn’t uncommon to be in the pharmacy with a classmate or older student.

For P1 students, the rotations basically consist of observing the happenings of the pharmacy and talking with pharmacists. At times there may be the perception that students, especially as less knowledgeable P1s, are “free labor”. Although the College discourages this type of preceptor-student relationship, please remember that perception is not always reality and that the situation requires some consideration from the student. As future practitioners, we will be responsible for every aspect of the pharmacy, including technicians and their responsibilities. With that in mind, the Office of Experiential Education always welcomes student feedback about such encounters.

Many preceptors may be flexible with the rotation hours; however, any desired changes to the scheduled hours must be arranged in advance and approved by the preceptor. Likewise, some preceptors may allow students to wear more casual clothing, as compared to the requirements of the College. Finally, regardless of whether a student is fond of a rotation or not, he or she is at least getting a glimpse of the real world of pharmacy, which is what the IPPE/APPE rotations are designed to do.

## **Student Activities**

## Student Activities

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Whenever possible, students are encouraged to develop some outside interest or activity in addition to academic study. A well-balanced college career includes extracurricular involvement as well as classes and studying. The GCOP supports many nationally recognized organizations, pharmacy fraternities, and student groups. These student organizations can provide leadership and career development, recognize professional and scholastic achievement, and serve as an outlet for meeting new people

### **American Society of Health-System Pharmacists (ASHP)**

As a leader in the development of clinical and institutional pharmacy practice, ASHP represents pharmacists in hospitals and health systems. ASHP continues to support safe and appropriate use of medication through its efforts to reduce medication errors and promotes pharmacists as providers of clinical and cognitive service. Membership in ASHP is especially important for those of you interested in doing a residency after graduation or a career in institutional or clinical practices.

**The Facts:** Dues \$48

**Website:** [www.ashp.org](http://www.ashp.org)

**Advisor:** Dr. Emily Flores

and having fun! Be sure not to let these great opportunities pass you by! Get involved!

The information below should give you a brief introduction to which groups are present on campus and the activities and projects they do throughout the year.

Additionally, many of these organizations provide a great way to travel on a state and national level.

The president of each student organization will meet with your class during orientation at the beginning of the school year to let you know more about the group and how to sign up.

### **National Community Pharmacists Association (NCPA)**

NCPA is dedicated to providing a voice for pharmacists in community practice and is especially important for those who plan to own or develop an innovative community practice. With its many career resources, legislative advocacy efforts, and education and outreach initiatives, NCPA provides the tools necessary to succeed in independent and community practice.

**The Facts:** Dues: \$45

**Website:** [www.ncpanet.org](http://www.ncpanet.org)

**Advisor:** Dr. Jeff Gray

### **Academy of Student Pharmacists (APhA-ASP)**

APhA-ASP is the student branch of the American Pharmacists Association (APhA) and has been designed exclusively to provide student pharmacists with the opportunities to develop leadership skills, earn valuable patient care experience, access career and professional resources, as well as venues to network with practitioners and other student pharmacists from across the country. With nearly 30,000 members at pharmacy schools across the nation APhA-ASP represents the entire scope of the pharmacy profession.

#### **The Facts:**

Dues are \$75, which includes student membership to TSSP (Tennessee Society of Student Pharmacists), a student division of TPA (Tennessee Pharmacist Association). \*See Chart Below.

#### **Website:**

[www.aphanet.org/students](http://www.aphanet.org/students)

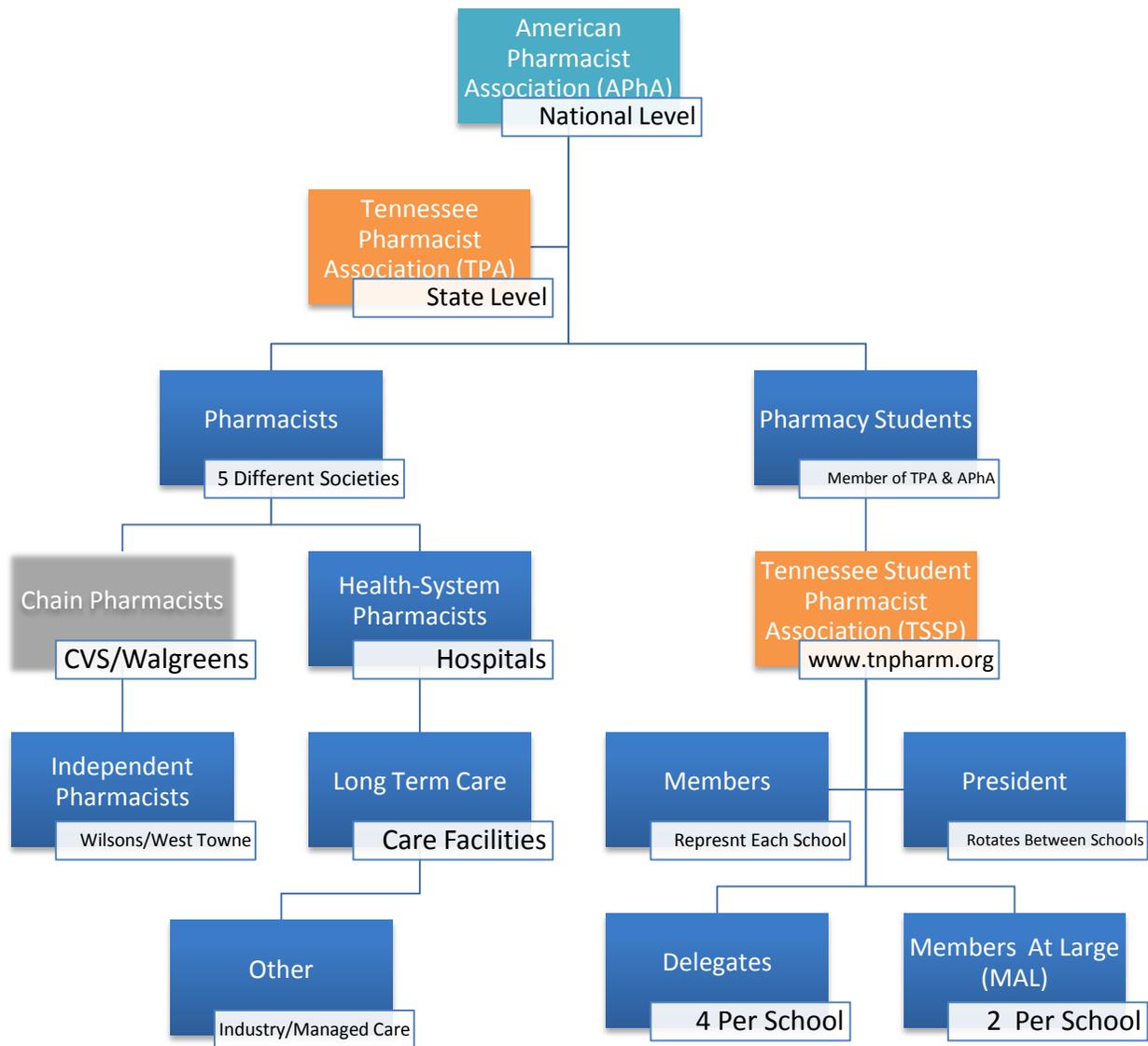
#### **Advisor:**

Dr. Robin Henry

#### **NOTE:**

APhA-ASP is the largest student organization on campus, so getting involved is highly recommended for purpose of finding opportunities to attend various state and national meetings and networking.

## Schematic of APhA



## Student Activities (cont'd)

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### **Christian Pharmacists Fellowship International (CPFI)**

Christian Pharmacists Fellowship International (CPFI) is a worldwide ministry of individuals working in all areas of pharmaceutical service and practice. Mission is to: Provide Fellowship among like-minded professionals, challenge and promote spiritual growth, encourage the advancement of knowledge and ethics in the practice of pharmacy, and provide support and opportunity for service in both home and foreign missions.

**The Facts:** Dues: \$35

**Website:** [www.cphi.org](http://www.cphi.org)

**Advisors:** Dr. Rick Hess

### **Phi Lambda Sigma**

Phi Lambda Sigma is the National Pharmacy Leadership Society. Members of Phi Lambda Sigma are selected by their peers in recognition of service and leadership in the advancement of pharmacy. Students are eligible for membership following the completion of the P1 year.

### **Admissions Committee: Student Interviewers**

Students may serve as a member of the Admissions Committee in the role of Interviewer. Interviewers are responsible for interviewing applicants selected through the screening process to assess their qualifications and suitability for admission to the college. The Office of Student Affairs sends an email to all second-year students at the beginning of the Fall semester to notify them of the application process. Interviewers begin serving in the Fall semester of their P2 year. Student interviewers are appointed for a one-year term but are eligible to be reappointed annually.

### **Rho Chi**

Rho Chi is the Academic Honor Society in Pharmacy. Membership in Rho Chi is based on academic and professional achievement. Students are eligible for membership following the completion of the P2 year.

### **Student Ambassadors**

Student Ambassadors play a vital role at GCOP by assisting the Office of Student Affairs with recruitment and general promotion of the institution. Student Ambassador responsibilities include providing tours to prospective students and other groups visiting the College and participating in public service/community events. Students selected are expected to serve as a Student Ambassador throughout their remaining years as a pharmacy student.

The application and selection process for Student Ambassadors takes place during the second semester of the P1 year. The Office of Student Affairs sends an email to all first-year students to notify them of the application process.

## Student Activities (cont'd)

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### Pharmacy Fraternities

- Kappa Epsilon
- Kappa Psi
- Phi Delta Chi

Pharmacy fraternities provide student pharmacist with opportunities to unwind and socialize, away from the everyday stresses of pharmacy school. Although fraternities host a number of parties and other social events throughout the year, they also promote the profession through service projects and community outreach.

### The Facts:

*Kappa Psi:* [www.kappa-psi.org](http://www.kappa-psi.org)

*Advisor:* Dr. Jim Thigpen

*PDC:* [www.phideltachi.org](http://www.phideltachi.org)

*Advisor:* Dr. David Stewart

*Kappa Epsilon:* [kappaepsilon.org](http://kappaepsilon.org)

*Advisors:* Dr. Stacy Miller

### NOTE:

A formal rush week will begin a few weeks into the semester so you can check out what each fraternity is about.

\*\*These are not your typical undergraduate (Animal House) fraternities, but definitely fun co-ed professional fraternities.\*\*

### Assessment Committee

As you already know, we “assess” everything. This committee makes sure we are “closing the loop” on all of our evaluations. It will also meet quite often, but probably not as often as the Curriculum Committee. Dr. Jeff Gray chairs the committee.

### Library Committee

Also does not meet that often, but is charged with assuring we have adequate access to the appropriate drug information resources through the library. Dr. Kathy Creekmore is Chair.

### Honor Code Committee

The Gatton College of Pharmacy has an Academic and Professional Conduct Code. The main goal of the code is to promote ethics and professionalism within the field of pharmacy, and the full text is in the Student Handbook. The Honor Code Committee (HCC) allows for students to be involved with the presentation, amending, and enforcement of the code. The HCC is comprised of eight student members (two from each class), four alternate student members (one from each class), a faculty member, and the Assistant Dean of Student Affairs. Student members are elected by each class during their P1 year and remain on the HCC for the following four years. The committee is not a large time commitment, but members are faced with ethical issues and need to be able to respond with moral and professional integrity.

### Curriculum Committee

This committee will probably meet quite often during the year. They are charged with evaluating the existing curriculum with regard toward the future. The committee is led by Dr. Brian Cross. We have a good curriculum, but I’m asking this committee to “take us to the next level”.

### Emergency Preparedness Committee

This committee is led by Dr. David Hurley. It will not meet often, but is charged with having our college ready for any emergencies and assuring a safe environment for us all.

### Student Activities Committee

This committee is a great way to be involved with student life at GCOP. The Student Activities Committee works with the Office of Student Affairs to coordinate activities and events such as Field Day, Halloween, the Holiday Party, March Madness, the annual Awards Ceremony & Spring Dance and more. If you are interested, be sure to let your class officers know once they are elected!

### Technology Committee

This committee will also not meet that often, but will be looking closely at use of classroom technology moving forward. Probably good to get someone who is proficient in computer and social networking technology. Dr. David Hurley is Chair of the committee.

## **Class Officers**

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Class Officers are elected about a month or so after school begins your first year. After that, elections/re-elections are held for each class in the Spring for upcoming years. The administration will ask for nominations for the three positions: President, Vice President, and Secretary/Treasurer. The class will then submit nominations to the administration. Upon receiving a

### **Class Vice President**

The Class Vice President meets with the other officers to address all administrative matters, and shares suggestions or concerns made by classmates. The VP has a voice on the Dean's Student Advisory Committee and is an additional person that represents the will of the class to the faculty. In addition to these duties, the VP also performs the duties of the president in his or her absence.

nomination, an email will be sent to the nominee requesting an acceptance or decline for nomination. On election day, the accepted nominees will give a speech on why they would be a good candidate for the appropriate position. The speech can be as long or as short as the candidate desires. The class will vote via Turning Point response clickers and the officers will be decided.

### **Class Secretary/Treasurer**

The Class Secretary/Treasurer is responsible for attending all Dean Student Advisory Council meetings that are held once monthly. During these meetings, they should take notes and report back to the class any announcements that were made during this meeting. Another responsibility for the class secretary/treasurer is to be in charge of the class account. Although the school does not set up a bank account for the class, you would be responsible for collecting and keeping track of any money that the class accumulates (i.e. for class t-shirts). It is very important that the class secretary/treasurer is very organized, can communicate efficiently, and represent the class in a positive, professional manner.

### **Class President**

The Class President serves a variety of different functions in the class and the school. The President serves as a go-between for administrative functions and decisions between professors, administration, and the class. The President also serves on several different committees and appoints classmates to other committees. The most notable committee the president serves on is the Dean's Student Advisory Committee along with the Vice President and the Secretary/Treasurer. One of the biggest roles of the president is to recruit his/her classmates to volunteer their time to serve on committees or participate in school functions. The administration often contacts the president for polling the classroom and to make decisions on scheduling for the class. Other optional roles the president may participate in are creating class T-shirts, directing class projects, etc. Important attributes for the president include but are not limited to: healthy relationships with peers and professors, speaking ability, approachability, outgoing, professionalism, comfortable in team brainstorming setting, organization, ability to meet deadlines, frequent email activity, attendance in the classroom and school functions, and enthusiasm.

## **Housing**

## **Housing** \*ALTHOUGH MANY OPTIONS EXIST, THESE COMPLEXES REFLECT STUDENT EXPERIENCES.

### **Evergreen Terrace**

(423)926-1769

evergreencampusapts.com

One (1) BR \$400-\$450

Two (2) BR \$550-\$575

- No pets
- Water included
- Electricity, internet and cable are not included
- Pool and laundry facilities
- 5 minutes to campus

*Considerations:* not as quiet, issues with parking, minor vandalism has been reported

### **Greenwood Farms**

#### **Apartment**

(423) 979-0390

One (1) BR \$535

Two (2) BR \$645-\$745

- Pets allowed with deposit
- Water, internet/cable included
- Electricity not included
- Volleyball court, laundry, clubhouse facilities
- 5 minutes to campus

*Highly Recommended:*

Recently renovated, quiet, safe

### **Swadley Park Apartments**

(423) 773-4414

garyphillipsdevelopment.com

One - Three BR \$1000

- No Pets allowed
- Water included
- Electricity, internet and cable are not included
- Garages, tile floors and W/D hookups available
- 5-10 minutes to campus

*Recommended:* Quiet and safe

Water: ~\$40  
Electricity: \$50-\$100  
Internet/Cable: \$75-\$100

### **The Haven**

(423)434-0011

thehavenapartments.com/knobbcreek

One (1) BR \$725-\$875

Two (2) BR \$900

Three (3) BR \$1200

- Pets Allowed
- Water, electric, cable and internet are not included
- Pool, Gym, Laundry Facilities, Washer/Dryer Hook-Ups, Gated, Quiet
- 10 minutes to campus

*Highly Recommended:*

Many pharmacy students live here (Find one to recommend you and they get a kickback!)

\*\*Furnished for a price.\*\*

### **Homestead Properties**

Morningside

Pecan Court

Willow Creek

Buccaneer Court

604 Cherokee Road

Johnson City, TN 37604

(423) 926-6582

homesteadpropertytstn.com

One-Two (1-2) BR \$500+

- Pets allowed (Deposit + \$15/month)
- Water and Trash included (at some complexes)
- Pool, 24-hr Gym & Laundry
- 2 to 5 miles from BGCOP

*Highly recommended:*

Quiet, close, renovated, safe.

### **Indian Ridge Retreat**

(423) 773-4414

garyphillipsdevelopment.com

One (1) BR \$675

- No Pets allowed
- Water included
- Electricity, internet and cable are not included
- Stainless steel appliances, washer/dryer, private deck
- 5-10 minutes to campus

*Highly recommended:*

Quiet and safe, fairly new

### **Miller Crest Apartments**

(877) 875-6824

One (1) BR \$588-\$620

Two (2) BR \$655-\$695

- Pets allowed
- Water included
- Electricity, internet and cable are not included
- Pool and laundry facilities
- 5-10 minutes to campus

*Recommended:*

Quiet, safe, with lots of room; some complaints about price

### **Silver Creek Apartments**

(423) 283-0230

Two BR Townhouse \$775

- Pets allowed with deposit
- Water included
- Electricity, internet and cable are not included
- Pool, laundry facilities, garages are available for additional charge
- 10-15 minutes to campus

*Highly Recommended:*

Quiet and safe

## **Health Insurance**

## Health Insurance

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As a pharmacy student at the Bill Gatton College of Pharmacy you are required to be covered by a health insurance plan that is at the minimum as comprehensive as the plan offered through the university. The school will advise you that you must show proof of insurance to the college by a set date before classes

start during the enrollment process and if not, you will be automatically signed up to receive the benefits of the schools health insurance plan, through Pearce and Pearce Inc. The health insurance plan is not the most comprehensive plan that is available, but the fact is that unless you can maintain coverage

through your parents or spouse or can maintain a full-time status through your employer and receive benefits through them, there really are not that many options that are as affordable as the plan provided by the college. There are some options that will be discussed at the closure of the health insurance section.

### **Pearce and Pearce Inc. Basic Student Injury and Sickness Insurance Plan**

There is a comprehensive brochure that you can access on-line through the insurance companies' website and will receive through the school, if you choose the offered student insurance plan, but I will say it is a bit overwhelming trying to digest and understand all the information presented in the brochure; that being said, I will try to present some of the more relevant information and details in this section.

#### Semi-Annual Premiums 2010- 2011 Basic Student Plan

##### *Under the Age of 40:*

Student	\$ 704.00
Spouse	\$ 1,543.00
Each Child	\$ 783.00

##### *Over the Age of 40:*

Student	\$ 757.00
Spouse	\$ 1,657.00
Each Child	\$ 783.00

These are the annual premiums for just the basic student plan, but if one chooses, he or she can also add to the plan optional dental coverage and optional catastrophic coverage for annual premiums of \$159.00 and \$200.00, respectively. There is also a \$50.00 deductible for each injury or sickness, and then a percentage of the allowable charges is paid by the insurance company, depending on whether you are an inpatient or outpatient and some subcategories that further define the expense (I.E. – Inpatient Room and Board at the facility, 80% of the allowable charges will be picked up by the insurance company if the hospital is within the preferred network and 60% if they are outside the preferred network, with a maximum of \$1,000 per day per injury).

### **Additional Information about the Student Plan**

- Guaranteed Acceptance
- Max yearly prescription coverage is \$500.00
- Pays 50% of allowable prescription charges
- Mandatory generic formulary
- PPO (Preferred Provider Organization)
- You must determine if provider is within preferred network
- Outpatient Miscellaneous Benefits is a broad category that is easy to max out
- No coverage for eye exams, contact lenses, etc.
- Surgical procedures have a maximum allowable payout of \$1,000.00 per sickness or procedure
- Pregnancy is covered if conception is after enrollment
- At the Student Health Center, the deductible is waived and 100% of allowable costs are paid by insurance company

## Health Insurance (cont'd)

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### USAA

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

Another option if your parents were in the military and maintained the issued auto insurance (USAA), then you (and your spouse) are also eligible for USAA's newly added health insurance plans, which are very competitively priced.

These plans are also limited plans, but additional covered entities, like a spouse, are more affordable than the plan offered through the school.

### Simply Blue

[www.bcbst.com/health-plans/individual/simplyblue/](http://www.bcbst.com/health-plans/individual/simplyblue/)

Another option posed by some of the students from the Quillen College of Medicine is a plan through the Blue Cross Blue Shield organization, called Simply Blue. Simply Blue is a limited private health insurance plan, comparable to that offered by the college.

## **Local Businesses**

## Banking

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### *State of Franklin Bank*

1000 W Oakland Ave  
Johnson City, TN  
(423) 854-2180

4718 N Roan St  
Johnson City, TN  
(423) 722-9800

612 W Walnut St  
Johnson City, TN  
(423) 461-4550

### *Regions Bank*

208 Sunset Dr, #200  
Johnson City, TN  
(423) 282-7629

1408 W State Of Franklin Rd  
Johnson City, TN  
(423) 282-7664

1212 E Watauga Ave  
Johnson City, TN  
(423) 282-7657

### *First Tennessee Bank*

1500 W State Of Franklin Rd  
Johnson City, TN  
(423) 975-0304

103 W King St  
Johnson City, TN  
(423) 461-1237

2112 N Roan St  
Johnson City, TN  
(423) 461-1716

### *SunTrust Bank*

426 W Walnut St  
Johnson City, TN  
(423) 434-2547

600 N Broadway St  
Johnson City, TN  
(423) 232-1764

1806 W Market St  
Johnson City, TN  
(423) 434-4277

### *TriSummit Bank*

600 N State Of Franklin Rd  
Johnson City, TN  
(423) 979-0375

862 Med Tech Pkwy  
Johnson City, TN  
(423) 979-0375

### *Peoples Community Bank*

300 Sunset Dr  
Johnson City, TN  
(423) 915-2200

### *Andrew Johnson Bank*

3300 Browns Mill Rd #210  
Johnson City, TN  
(423) 262-0091

### *Eastman Credit Union*

113 Broyles St  
Johnson City, TN  
(423) 229-8200

### *Fort Sill National Bank*

2915 W Market St  
Johnson City, TN  
(423) 979-0480

### *Citizens Bank*

1811 W State Of Franklin Rd  
Johnson City, TN  
(423) 952-2265

### *Mountain Commerce Bank*

3122 Bristol Hwy  
Johnson City, TN  
(423) 232-5122

### *Bank of Tennessee*

112 E Mountcastle Dr  
Johnson City, TN  
(423) 282-9500

## Dining

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### **Alta Cucina**

1200 North Roan Street  
Johnson City, TN  
(423) 928-2092  
Superb people & Italian food.

### **Bello Vita**

2927 North Roan Street  
Johnson City, TN  
(423) 282-8600  
Outstanding Italian food at a fair price. New Yorker family, so they know how to do it!

### **Buffalo Wild Wings**

1721 East Stone Drive  
Kingsport, TN  
(423) 230-0015  
A sports bar worth the drive!

### **Café One 11**

111 Broyles St  
Johnson City, TN  
(423) 283-4633  
Upscale Asian restaurant with great sushi & nightlife mood.

### **Café Pacific**

1033 West Oakland Avenue  
Johnson City, TN  
(423) 610-0117  
Nicest restaurant in town, with a beautiful location to match.

### **Cootie Brown's**

2715 North Roan Street  
Johnson City, TN  
(423) 283-4723  
Excellent wood-fired pizza & tamales; unique atmosphere.

### **Cranberries**

600 N State of Franklin Rd  
Johnson City, TN  
(423) 282-8765  
Gourmet spot; many salads.

### **Fire House**

627 West Walnut Street  
Johnson City, TN  
(423) 929-0502  
Great BBQ and catering.

### **Harbor House**

2510 North Roan Street  
Johnson City, TN  
(423) 282-5122  
Fair priced seafood restaurant.

### **Main Street Pizza Company**

300 East Main Street  
Johnson City, TN  
(423) 631-0180  
Great gourmet pizza with a downtown location. They stay open late, until at least 4 AM! They also deliver, good bar, and every topping imaginable, including octopus.

### **Pal's**

1200 W State of Franklin Rd  
Johnson City, TN  
(423) 926-0647  
2011 N Roan St  
Johnson City, TN  
(423) 283-4514  
Popular fast-food eatery in the area; tea and burgers are a hit.

### **Pardners**

5444 Highway 11 E  
Piney Flats, TN  
(423) 538-5539  
Very popular BBQ.

### **Red Pig**

2201 Ferguson Rd  
Johnson City, TN  
(423) 282-6585  
Great BBQ and catering. Sweet tea is outstanding.

### **Ridgewood**

900 Elizabethton Highway, Bluff City, TN  
(423) 538-7543  
BBQ is hugely popular.

### **Roly Poly**

1735 W State Franklin Rd  
Johnson City, TN  
(423) 929-7659  
Good wraps and quick service.

### **Scratch**

100 E Unaka Ave  
Johnson City, TN  
(423) 262-8021  
Excellent unique, gourmet pizza. They play vinyl records while you eat, and still utilize honor tabs for people who don't have money.

### **Stir Fry**

3020 Franklin Terrace  
Johnson City, TN  
(423) 232-6000

## Nightlife

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**Bailey's Sports Grille**  
 2102 North Roan Street  
 Johnson City, TN 37601  
 (423) 929-1370  
 Billiards, darts, ping-pong,  
 Golden Tee. Great sports bar!

**Café One 11**  
 111 Broyles Street #1  
 Johnson City, TN  
 (423) 283-4633

**Café Lola**  
 1805 N Roan St # B1  
 Johnson City, TN  
 (423) 928-5652  
 Great bistro

**Cahoootenany's**  
 715 West Walnut Street  
 Johnson City, TN  
 (423) 952-4668

**Capone's**  
 227 East Main Street  
 Johnson City, TN 37604  
 (423) 928-2295  
[www.caponesjohnsoncity.com](http://www.caponesjohnsoncity.com)  
 Great live, local music!

**Chrome Restaurant & Lounge**  
 820 West Walnut Street  
 Johnson City, TN 37604  
 (423) 232-9000  
 An over 18 nightclub with  
 occasional bands and themed  
 parties.

**Electric Cowboy**  
 1805 N Roan St # F1  
 Johnson City, TN 37601  
 (423) 928-0022

**Fanatics Fun Eatery**  
 211 Mockingbird Lane  
 Johnson City, TN  
 (423) 929-0505

**Gourmet and Company**  
 214 East Mountcastle Suite J  
 Johnson City, TN 37604  
 (423) 929-9007  
[gourmetandcompany.com](http://gourmetandcompany.com)

**Halo**  
 211 East Main Street  
 Johnson City, TN 37604  
 (423) 434-0799

**Knight's Food and Sports**  
 1701 W State of Franklin Rd  
 Johnson City, TN  
 (423) 975-6483

**Mellow Mushroom**  
 2929 North Roan Street  
 Johnson City, TN 37601  
 (423) 928-6356  
 Occasional live music.

**Numan's Café & Sports Bar**  
 225 East Main Street  
 Johnson City, TN 37604  
 (423) 926-7665  
 Billiards, karaoke, and poker  
 tournaments.

**One12 Downtown Sports Bar**  
 112 Tipton Street  
 Johnson City, TN 37604  
 (423) 631-0505  
[www.112downtown.com](http://www.112downtown.com)  
 "Two thumbs up!"  
 One12 usually has a DJ on  
 Friday and Saturday nights, and  
 occasionally live music.

**Poor Richard's**  
 825 West Walnut Street  
 Johnson City, TN 37604  
 (423) 926-8611

**Scully's Bar and Grill**  
 3103 N Roan St  
 Johnson City, TN  
 (423) 282-3559

**Tipton Street Pub**  
 110 Tipton Street  
 Johnson City, TN 37604  
 (423) 434-0306  
[www.tiptonstreetpub.com](http://www.tiptonstreetpub.com)

## Shopping

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### Wal-Mart

3111 Browns Mill Road  
Johnson City, TN  
(423) 282-5376

2915 West Market Street,  
Johnson City, TN  
(423) 434-2250

1001 Over Mountain Avenue  
Elizabethton, TN  
(423) 543-8133

3200 Ft Henry Drive  
Kingsport, TN  
(423) 392-0600

2500 W Stone Drive  
Kingsport, TN  
(423) 246-4676

110 Rocky Bottom Road  
Unicoi, TN  
(423) 743-8780

### K-Mart

3019 Peoples Street  
Johnson City, TN  
(423) 610-1236

1805 East Stone Drive  
Kingsport, TN  
(615) 246-7179

1000 W Oakland Ave  
Johnson City, TN  
(423) 854-2180

### Target

2116 N Roan St # 3  
Johnson City, TN  
(423) 854-8899

2626 E Stone Dr # 90  
Kingsport, TN  
(423) 578-1727

### Kohls

190 Marketplace Drive  
Johnson City, TN 37604  
(423) 282-1107

2626 E Stone Dr, Ste. 190  
Kingsport, TN 37660  
(423) 247-1466

### Dollar Tree

2111 North Roan Street #130  
Johnson City, TN  
(423) 282-3750

3101 W. Market St #200  
Johnson City, TN  
(423) 926-4952

### Dollar General

1121 N Roan St # 2  
Johnson City, TN  
(423) 232-2935

112 Sunset Dr # 2  
Johnson City, TN  
(423) 282-8039

100 Highway 67 A  
Johnson City, TN  
(423) 928-4913

### Barnes and Noble

3030 Franklin Terrace  
Johnson City, TN 37604 (423)  
952-5577

### Books-A-Million

2116 North Roan Street  
Johnson City, TN 37601 (423)  
915-0112

### Cato's

3101 W Market St # 220  
Johnson City, TN 37604 (423)  
928-1612

### Lowe's

80 Market Place Blvd  
Johnson City, TN  
(423) 283-4477

### Mahoney's

830 Sunset Drive  
Johnson City, TN 37604 (423)  
282-5413

### Office Depot

2111 North Roan St #120  
Johnson City, TN 37601  
(423) 610-0676

### Office Max

3110 Browns Mill Road  
Johnson City, TN  
(423) 282-5600

### Pier One

2116 N. Roan St. Ste 1B  
Johnson City, TN 37601  
(423) 282-8487

### Plato's Closet

1805 North Roan Street  
Johnson City, TN 37601 (423)  
926-1118

## Shopping (cont'd)

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### **The Mall at Johnson City**

North Roan Street #C6  
Johnson City, TN 37601  
(423) 282-5312

Includes stores like:

- American Eagle
- Abercrombie and Fitch
- Forever 21
- Victoria's Secret
- Bath and Body Works
- Belk's
- JC Penney's
- GAP
- Buckle
- Maurice's
- Dick's Sporting Goods
- Sears
- Hollister Co.

### **Johnson City Crossings**

3211 Peoples Street  
Johnson City, TN

Includes stores like:

- Old Navy
- Dress Barn
- GameStop
- Natural Foods Market
- SteinMart
- Bed, Bath, and Beyond
- Ross
- Lifeway Bookstore
- HHGregg
- Michael's
- Home Depot
- Best Buy
- Rugged Wearhouse
- PetsMart

### **Peerless Shopping Center**

2530 N. Roan Street  
Johnson City, TN 37601  
(423) 282-4224

Includes stores like:

- Talbot's
- Restonic Mattress Gallery
- Treasure House
- Jos. A. Bank
- Coldwater Creek

## Automotive Services/Repair

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### **Doyle's Tires Services Inc.**

504 West Market Street  
Johnson City, TN 37604  
(423) 926-4112

Great place to buy tires (free tire rotations after). Other car mechanic services available.

### **Jiffy Lube**

2801 North Roan Street  
Johnson City, TN 37601  
(423) 283-4441  
MTuWThF 8am-6pm  
Sat 8am-5pm

Good, quick, friendly service.  
Can drop off a vehicle and have lunch at Cootie Brown's next-door while you wait.

### **Jones OK Tires**

511 West Market Street  
Johnson City, TN 37604  
(423) 928-3922

### **Meineke Car Care Center**

1009 West Market Street  
Johnson City, TN  
(423) 926-0230  
Location is close to school, near Knight's Pizza.

### **Ponder Auto Repair**

915 West Market Street  
Johnson City, TN  
(423) 928-3849  
Good service. Locally owned.

### **Southern Classic Auto Wash**

518 West Oakland Avenue  
Johnson City, TN  
(423) 282-2210

Great carwash with full washing technology. They also do some light mechanic work such as oil changes.

### **Tire Barn**

3205 Bristol Highway  
Johnson City, TN 37601  
(423) 283-9189

### **Free Service Tire**

126 Buffalo Street  
Johnson City, TN  
(423) 926-4161

## Movie Theaters

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**Carmike Cinemas 14**  
1805 North Roan Street  
Johnson City, TN  
(423) 929-7151

Adult Ticket: \$9.00  
Matinee Ticket: \$7.00  
Child Ticket: \$6.50  
3D Surcharge: \$3.00

**Tinseltown**  
3004 Linden Drive  
Bristol, VA 24202  
(276) 669-2091

Adult Ticket: \$12.75  
Child/Senior Ticket: \$9.75  
Matinee Ticket: \$9.75  
3D Surcharge: \$3.00

**State Line Drive-In**  
2306 State Line Road  
Elizabethton, TN 37643  
(423) 542-5422

Open April-September  
\*\*CASH ONLY\*\*  
Adult Ticket: \$5.00  
Child Ticket: \$1.00

**Twin City Drive-In**  
2512 Volunteer Parkway  
Bristol, TN 37620  
(423) 764-8033

\*\*CASH ONLY\*\*  
Under 4: FREE  
5-10: \$2.00  
11 and Up: \$6.00

**Regal Pinnacle Stadium  
IMAX**  
11240 Parkside Drive  
Knoxville, TN 37922  
(865) 671-3311

Adult Ticket: \$10.00  
Child Ticket: \$7.00  
Senior Ticket: \$6.50  
3D Surcharge: \$4.00

**Real to Reel Theater**  
130 West Springbrook Drive  
Johnson City, TN  
(423) 282-2131

\*All movies are second-run\*  
Tickets: \$3.00  
3D Surcharge: \$2.00

### Barter Theatre

127 West Main Street  
Abingdon, VA 24210  
(276) 628-3991

\*\*Ticket prices vary, but  
season passes and group rates are  
available.

### Redbox Locations

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1430 South Roan Street  
Johnson City, TN

121 Boone Ridge Dr # 1006  
Johnson City, TN

2240 North Roan Street  
Johnson City, TN

3111 Browns Mill Road  
Johnson City, TN

606 North Broadway Street  
Johnson City, TN

2915 West Market Street  
Johnson City, TN

5104 Bobby Hicks Highway  
Gray, TN

112 Sunset Dr # 1  
Johnson City, TN

4210 North Roan Street  
Johnson City, TN

1805 W State of Franklin  
Johnson City, TN

## Entertainment

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### Bristol Motor Speedway

A famous NASCAR venue. Races are held in the spring and the fall. Throughout the holidays, November-January, they hold Speedway in Lights, a great event for those wanting to see fantastic lights. They also have an ice-skating rink setup for a pretty cheap rate!

### Freedom Hall

601 E Main Street  
Johnson City, TN 37601  
(423) 434-6000

Large event hall with various events such as the following: concerts, monster truck, wrestling, Shows on Ice, Light shows, Fireworks outdoors for July 4th, Harlem Globetrotters, etc. See their website for upcoming events.

### Knoxville Zoo

3500 Knoxville Zoo Drive  
Knoxville, TN 37914  
(865) 637-5331

Although a few hours away, it is the nearest zoo. Guaranteed fun for all ages!

### Holiday Lanes

117 Broyles Drive  
Johnson City, TN 37601  
(423) 282-6521

Awesome spot for bowling. It gets pretty crowded depending on what day it is. Features an intergalactic glow night as well. Drinks and café also available.

### Wetlands

1523 Persimmon Ridge Rd  
Jonesborough, TN 37659  
(423) 753-1553

Great family water park with pools, lazy river, slides, slippery slides, tubing and other special events.

### Pigeon Forge

About an hour and a half away, but it is a famous place for our region for fun. Lots of different attractions, shows, parks, Dollywood, etc. Make sure you visit while you're here!

### Putt-Putt Golf and Games

346 West Stone Drive  
Kingsport, TN 37660  
(423) 247-3531

Not too bad of a drive from school, about 30 minutes, for those looking to show off their putt-putt skills.

### Fun Expedition

2805 North Roan Street  
Johnson City, TN 37601  
(423) 929-2386

Great place for the family and a group of friends looking for fun. Outdoor go-carts, indoor putt-putt, arcade games, laser-tag, mini-bowling, Dance Dance Revolution, etc.

### Leisure Lanes

613 Leisure Lane  
Johnson City, TN 37604  
(423) 929-3441

Another great spot for bowling. A little less crowded normally. Beer and café also available!

## Post Offices

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### Near Stanton-Gerber Hall

53 Memorial Dr  
Mountain Home, TN 37684  
(423) 926-4804

MTuWThF 8:30am-5pm

### Downtown

530 E Main St  
Johnson City, TN 37601  
(423) 232-5836

MTuWThF 8am-5pm  
Sat 9am-2pm

### Near Franklin Woods Hospital

1100 N State of Franklin Rd  
Johnson City, TN 37604  
(423) 283-4966

MTuWThF 8:30am-7pm  
Sat 9am-1pm

## Licenses, Utilities, etc.

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### Department of Motor Vehicles

4717 Lake Park Drive  
Johnson City, TN 37615  
(423) 926-4911

MTuWTh 7am - 5:30pm

For a TN driver's license, bring your current license, passport or birth certificate AND social security card, and two proof's of residency dated within the last few months i.e. bill with your name on it (power, cable, water, landline phone), lease, etc. Be ready to wait at least 2 hours; they might not let you check in after 3 PM due to wait times.

### County Clerk

- Vehicle Registration
- Marriage License, etc.

100 E Main Street  
Jonesborough, TN 37659  
(423) 753-1621

MTuWThF 8am - 5pm

### Johnson City Power Board

2600 Boones Creek Road  
Johnson City, TN 37615  
(423) 282-5272

\$200 deposit (may be waived with good credit); bring your lease & ID.

### Johnson City Water/Utilities

601 E. Main Street  
Johnson City, TN  
(423) 434-6000

\$25 connection fee; bring your lease & ID.

## Hospital/Emergency Needs

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### Johnson City Medical Center

400 N. State of Franklin Road  
Johnson City, TN  
(423) 431-6111

### Franklin Woods Community Hospital

300 Med Tech Parkway  
Johnson City, TN  
(423) 302-1000

### Indian Path Medical Center

2000 Brookside Drive  
Kingsport, TN  
(423) 857-7000

### Sycamore Shoals Hospital

1501 W. Elk Ave.  
Elizabethton, TN  
(423) 542-1300

### First Assist Urgent Care (MSHA)

1019 W. Oakland Ave., Suite 1  
Johnson City, TN 37604  
(423) 915-5000  
Fax: (423) 915-5045

#### Features:

- Non-life-threatening injuries
- No appointment required
- On-site labs/x-rays
- Most insurance accepted
- 25% off if paid without insurance

### Wellmont Urgent Care / WellWorks

378 Marketplace Blvd. #5  
Johnson City, TN 37601  
(423) 282-0751

### ETSU Clinic

(ETSU Main Campus)  
[www.etsu.edu/nursing](http://www.etsu.edu/nursing)

#### Features:

- Acute/episodic care
- STD screening
- Immunization Clinic
- Laboratory Services (ex. smoking cessation)
- Pharmacy
- Women's Health
- Men's Health
- Referrals

## Study Locations

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### Atlanta Bread Company

2010 Franklin Terrace Rd  
Johnson City, TN  
Sun-Thurs: closes @ 9pm  
Fri-Sat: closes @ 10pm

Free Wi-Fi

### Charles C. Sherrod Library

sherrod.etsu.edu  
Sun-Thurs: closes @ 11pm  
Fri-Sat: closes @ 6pm

Late night 24 hr. study room  
available on first floor. Wi-Fi and  
Ethernet access available.

### Panera Bread

3140 People's Street  
Johnson City, TN  
Sun-Thurs: closes @ 9pm  
Fri-Sat: closes @ 10pm  
Free Wi-Fi

### Barnes & Noble Booksellers

3030 Franklin Terrace  
Johnson City, TN  
Sun: closes @ 9pm  
Mon-Thurs: closes @ 10pm  
Fri-Sat: closes @ 11pm

Free Wi-Fi; Starbuck's coffee

### Books-A-Million

2116 N. Roan St  
Johnson City, TN  
Sun: closes @ 9pm  
Mon-Sat: closes @ 11pm

Joe Muggs coffee. Free Wi-Fi to  
discount card customers.

### Gatton COP Building

- 24 hr. student access.
- Multiple study rooms
- Great place for study groups
- Wi-Fi and Ethernet access.

### Johnson City Public Library

100 W. Millard St  
Johnson City, TN  
www.jcpl.net  
Mon-Thurs: closes @ 8pm  
Fri-Sun: closes @ 6pm

Free Wi-Fi.

### Quillen COM Library

com.etsu.edu/medlib  
Closes @ midnight everyday

Study rooms available. Wi-Fi,  
Ethernet access, and computer  
lab available.

### Perkins Family Restaurant

2608 N. Roan St  
Johnson City, TN

Open 24 hr. Bottomless coffee

### Starbuck's Coffee

2008 N. Roan St  
Johnson City, TN

## Hair Salons

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### Great Clips

3101 West Market St #104  
Johnson City, TN  
(423) 328-0244  
www.greatclips.com

### Hair Plus

2011 North Roan Street  
Johnson City, TN 37601  
(423) 282-0109  
www.regissalons.com

### JC Penney

2011 North Roan Street  
Johnson City, TN 37601  
(423) 282-6606  
www.jcpenney.com

### Jelly Beans Salon & Wig Boutique

701 N. State of Franklin Road  
Johnson City, TN 37604  
(423) 929-2321

### Jenny Lea Academy of Cosmetology

222 E. Unaka Avenue  
Johnson City, TN 37601  
(423) 926-9095  
www.jennyleaacademy.com

### Ornare Aveda Salon & Spa

3020 Franklin Terrace Dr  
Johnson City, TN 37605  
(423) 952-0052  
www.aveda.com

### Sport Clips

2244 N Roan St #104  
Johnson City, TN  
(423) 232-5050  
www.sportclips.com

## Golf

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### Buffalo Valley Golf Course

190 Golf Course Road  
Unicoi, TN  
(423) 743-5021

### Elizabethton Golf Course

185 Buck VanHuss Rd  
Elizabethton, TN 37643  
(423) 542-8051

### Pine Oaks Golf Course

1709 Buffalo Road  
Johnson City, TN  
(423) 434-6250

### Crockett's Ridge Golf Course

4439 L Jack Drive  
Kingsport, TN  
(423) 279-1700

### JC Golf & Country Club

2509 Plymouth Road  
Johnson City, TN  
(423) 928-5161

### Meadowview Golf Course

1901 Meadowview Parkway  
Kingsport, TN  
(423) 578-6622

## Disc Golf

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### Steele Creek Park

20 Little Lane  
Bristol, TN  
(423) 764-4023

### Warriors Path

1678 Fall Creek Road  
Kingsport, TN  
(423) 323-4998

### Winged Deer

4137 Bristol Highway  
Johnson City, TN  
(423) 283-5816

## Skiing, Snowboarding, Tubing, etc.

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### Appalachian Ski Mountain

940 Ski Mountain Rd  
Blowing Rock, NC 28605  
1-828-295-7828  
www.appskimtn.com

### Hawk's Nest

2058 Skyland Drive  
Seven Devils, NC 28604  
1-828-963-6561  
1-800-822-4295  
www.hawksnest-resort.com

### Winter Place Ski Resort

100 Old Flat Top Mt. Rd.  
Ghent, WV 25843  
1-800-607-SNOW  
www.winterplace.com

### Beech Mountain

1007 Beech Mountain Pkwy  
Beech Mountain, NC 28604  
1-800-438-2093  
1-828-387-2011

### Sugar Mountain

1-828-898-4521  
1-800-SUGARMT  
info@skisugar.com

### Wolf Laurel

578 Valley View Circle  
Mars Hill, NC 28754  
1-800-817-4111  
www.skiwolfridgenc.com

## Hiking & Biking

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### Bay's Mountain

www.baysmountain.com

### Buffalo Mountain

### Creeper Trail

www.vacreepertrail.com

### Roan Mountain

www.roanmountain.com

### Grandfather Mountain

2050 Blowing Rock Highway  
P. O. Box 129  
Linville, NC 28646  
www.grandfather.com

### Laurel Falls

### Tennis

- Freedom Hall
- Science Hill High School
- ETSU Main Campus

### Frisbee, Soccer, Volleyball etc

- Civitan
- Science Hill High School
- Freedom Hall
- CPA (ETSU Main Campus)

**Best of Luck!**