

Blue & Gold Triangle

May, 1990

Volume 1 Number 1



Convention details inside. . .

Squibb U.S. Pharmaceutical Group

a Division of Bristol-Myers Squibb

Congratulates the members of

Lambda Kappa Sigma International Fraternity for Women in Pharmacy



PHARMACY IN TURKEY

BY EDITH OYHON, BETA

Much can be written about the contributions of this part of the world which was known as Asia Minor and then after 1923 as Turkey in the field of Materia Medica. Galen (130-201), who was born here, was one of the famous physicians who contributed much in the field of medical treatment. There are numerous texts on the history of pharmacy which at its beginnings goes hand in hand with medicine.

One of the first Turkish pharmacists to prepare ampules was Mustafa Nevzat Pisak (1879-1968) who was a professor of Pharmacy and Chemistry at Istanbul University. He was the first to make ampules on a commercial basis in 1923 and set up his company, Mustafa Nevzat laboratory. Those ampules are still objects to be proud of in practice.

When he retired the management of the firm was taken over by his children. Nevhiz Pisak Pak, his daughter, is a graduate of the school of pharmacy, Istanbul University and has her M.Sc. from the Philadelphia College of Pharmacy and Science. She is on the board of the company now known as Mustafa Nevzat Ilac Sanayii and is very active in its pharmaceutical development. She's a member of the Eta chapter. Nevhiz has 2 daughters.

I am a graduate of the Albany College of Pharmacy where I was a Beta. I met Nevhiz in graduate school. That was quite a turning point in my life because after graduating I took a trip to Europe and stopped in Istanbul to visit Nevhiz. Here I met a cousin of hers, a lawyer, who eventually became my husband.

Upon returning from my trip, I became the chief pharmacist of the Albany Medical College Hospital. My husband and I married in Albany, N.Y. and after a time we returned to Turkey. We have unidentical twin daughters. At present one is a dentist and the other is a biology teacher at the American Academy for Girl in Istanbul.

I retired from the Mustafa Nevzat llac Sanayii having worked in the control, development and stability departments. At present I just work part time giving technical English lessons to the staff.

Over the years the only differences that I can see between pharmacy in the States and Turkey are the language, the regulation of the profession which is by the federal government through the Ministry of Health and Social Assistance, the directorate of Pharmaceuticals and there is no need for reciprocation.

There is a skilled, qualified staff not only in pharmacy but also in microbiology,

chemistry, pharmacognosy, biology and medicine. The technical staff is predominatly female. The company has the latest manufacturing equipment and analytical instruments. Besides the Turkish Codex, the U.SP., the B.P. and the C.F.R. are all widely used. A number of foreign medical and technical journals are subscribed to, also.

The firm formulates a number of preparations under its own name, and under license from Eli Lilly and a few Japanese firms. It also produces ampicillin trihydrate, amoxicillin trihydrate and freeze-dried ampicillin sodium.

There are about 500 employees in the manufacturing, control, sales, marketing, accounting, purchasing and administrative departments and they are computerized. The firm has a cultural center for medical, pharmaceutical and cultural programs.

The C.G.M.P. and validation programs are impressive models. Various training programs are carried out for the staff. The federal government has a rigid inspection program.

For a country of 55 million there are 7 pharmacy schools. The curriculum is similar to that of the States. There's an apprentice program during the academic year. One becomes a pharmacist upon graduating because there is no stateboard exam.

There are 50 Turkish pharmaceutical companies and 12 multi-national ones. All of them are registered by the Ministry of Health.

This may give you a brief picture of pharmacy from the land of Galen.

FIP TO MEET IN INSTANBUL

The Federation International Pharmaceutique will meet September 1-8, 1990 in Instanbul, Turkey. The meeting will mark the 50th Congress of FIP. For more information contact ASHP Headquarters, 4630 Montgomery Avenue, Bethesda, MD 20814 (301) 657-3000.



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"COMPOUNDING WAS MORE FUN!!"

Copies of "Compounding Was More Fun!!!" are still available to add to your library or to give as a gift to a LKS sister or to a friend. CWMF, published in 1988 in time for the Boston Convention, is a collection of life experiences of more than 80 women who have been members of LKS for more than 50 years and their stories are all different. It is an interesting look back at how pharmacy was studied and practiced by women in pre-WW II days and long afterward. In fact, some of them are still active in pharmacy and LKS.

Order a copy (\$10.00 including postage) from: Frances Curran, 4509 Regent Street, Philadelphia, PA 18143-3722; make check payable to Frances F. Curran



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YES! YOU TOO CAN

by Lynn Limon, Pharm.D.

Introduction

Every pharmacist, at one time or another, has thought about writing for publication. You saw an article somewhere about women pharmacists or cholesterol screenings or an ethical issue and you disagreed or wanted to offer another option. You even sat down at your typewriter or computer and started to compose a letter to the editor or your report on cholesterol screening, but somehow it never got finished.

"Writing is approachable if you take it one organized step at a time"

Unfortunately, most of us were not encouraged to improve our writing skills during our pharmacy educations and feel unprepared to put together even a short item for publication. The good news is you are more prepared than you realize; with your education, training, and experience you're as qualified as other pharmacists who have published. The bad news is that writing isn't easy; it is, however, very approachable if you take it one organized step at a time.

Publication Options

Some traditional ways to get published include research articles, letters to the editor, review articles, editorials, or case histories.

A research article presents the results of a study, including the study rationale, methods and the results. Included also is a discussion of related research and the significance of the current findings. A letter to the editor is brief (each journal has specific length limitations) and refers to previously published material. Topics may include comments on an editorial or correction of inaccuracies. In a review article the author evaluates the literature on a specific topic. The review is not just a long list of all published articles on the topic; the author analyzes an issue and puts it into perspective. Editorials discuss specific topics important to the audience of a journal. The author usually presents and defends an option. In a case history, information specific to a particular patient case is presented and a topic discussed by reviewing the literature. Case histories are an important way to present new therapeutic

issues or to revisit an established therapy for which there is new information.

The various routes of publication as discussed above are usually associated with pharmacists with a clinical practice. However, there are many other types of articles. These include, for example, a successful community project, practice innovations, a profile of an inspirational person, and why being active in a fraternity or association is important to you personally and professionally.

Besides the clinical literature of pharmacy (e.g., Clinical Pharmacy), there are many other types of pharmacy journals. These include, for example, American Pharmacy, Pharmacy Times, U.S. Pharmacist, American Druggist, and your local and state newsletters and journals. Each has its own tone and style of writing. If you are writing with another health professional, the article may be better placed in the nursing or medical literature, for example. As you are making this decision, it's important to consider who the audience is for your article and what literature this audience reads. The editorial staffs of journals can help you with some other information (1) (See box).

Making a decision on where you will be submitting an article is very important because the style you'll be using (e.g., a

EDITING

VERSION 1

A research article – why study was done, methods, results, similar research, why study was important.

VERSION 2

A research article presents the results of a study, including the methods and the results. Included also is the reason for performing the study, along with similar research, and the significance of the findings.

VERSION 3

A research article discusses a study, including the rationale, methods and the results. Included also is a discussion of related research and the significance of the current findings.

review for the **Clinical Pharmacy** audience is very different than a review in **U.S. Pharmacist**), the length of the piece, and specific guidelines to follow for that journal.

How to Get Started

Once you have decided on a topic you need to stop and ask yourself a few questions. What is it you really want to say, what is your message? Second, you must ask yourself if there is an audience for your

Table 1. The Outline

- I. Introduction
- II. Publication options
 - A. Not just research and review articles
 - B. Deciding on a journal
- III. How to start
 - A. How to succeed
 - B. Getting organized
 - C. Preparing the outline
 - D. The first draft
 - 1. Searching the literature
 - 2. References
 - 3. IMRAD
 - E. Subsequent drafts
 - 1. Revising structure
 - 2. Revising style
- IV. Preparation and Submission of the Final Manuscript
 - A. Submission requirements
 - B. Appearance
 - C. Acceptance/Rejection options
 - /. Conclusion

BE PUBLISHED

message. Will someone be interested in reading your article if they see it mentioned on a cover or in a table of contents? Third, you must ask yourself and answer honestly if you will have the time to devote to the project, and, more importantly, do you have the discipline to finish it?

There is more than one way to get started, but whatever method you choose, stick to it so that you can stay organized. From the start remember you are working towards writing down your facts or opinions, in logical, comprehensible order.

Some writers will use one piece of paper, one index card, or perhaps even one self-stick note per fact or thought. You are then able to rearrange the information as many times as needed to get the best sequence. Other writers use blackboards or a piece of paper to write all their thoughts down and then go back and number the sequence. If you are used to using a computer, you can type in the information and as you rearrange it, it will become your outline.

The importance of an outline cannot be emphasized enough. Without one, it is too easy to go off on tangents. As you finalize your outline, make sure each point follows logically from the one before. You are now able to step back and see as a whole what you will be writing. Table 1 shows the outline for this article.

The completion of your outline is a good breaking point and some authors like to wait a few days before picking up the outline again. In this way you will be able to look at it with new eyes.

Before you begin writing your first draft, it is important to find out what else has been published on your topic. Searching the literature is an important step no matter what your subject matter. Finding related research is essential if you are writing up a study. However, it is equally important, if you want to showcase your pharmacy's screening programs, to know if the journal you're interested in has recently published a profile on an innovative pharmacist who has successful screening programs. Computer searches can be done by drug information pharmacists or by a librarian.

As you begin to write, it's also important to know when and how to cite references. Steinberg (1) lists the following examples as needed to be referenced:

 Statements of fact (e.g., Migraines are preceded by a prodome).

- Statements of proof (e.g., It has been shown that there is a significant drug interaction between magnesium antacids and ciprofloxacin).
- Numbers (e.g., 58 million Americans have hypertension).
- Statements of others' opinions (e.g., Joan Jones believes that screening programs are the key to pharmacist survival).
- Statements referring to known procedures or methods (e.g., Creatinine clearance was estimated using the Cockcroft Gault method).

Usually personal communications and citation of abstracts are not considered valid sources, although each publication has its own policy. Additionally, each publication has its own style for listing references.

Sitting down and facing a blank piece of paper as you begin to write is probably the most difficult part of putting together an article. If you're writing a research article or even a report, for example, of an innovative change in your pharmacy, you can use a standard method. This is IMRAD; Introduction, method, Results, Discussion.

In the Introduction, it's important to state the reason for your study or project. In the Methods section, you discuss how you carried out the study. In the Results section you discuss what you learned when you used the above mentioned methods. In the Conclusion you put your new information into perspective. A more detailed discussion on IMRAD, and on titles and abstracts is available. (2,3)

IMRAD, while very helpful, is not applicable to all topics. You should work from your outline. If you can't write complete sentences and paragraphs on the first attempt, try to get down your thoughts onto paper in whatever jumbled form they might be. Don't panic – you do know what you want to talk about because you've put that outline together. (See Box for an example of the transformation of one of my paragraphs for this article).

You should next put the project away for a few days, longer if possible. The next time you look at it, forming sentences will come much easier. When you've completed your first draft, you will need to show it to other people. This list includes anyone who participated in a project with you and, additionally someone who had nothing to do with your project and can give the paper

an impartial evaluation.

Subsequent drafts are a refining of your initial draft. As you modify your sentences and paragraphs, you may also reorder your thoughts.

OTHER CONSIDERATIONS FOR JOURNAL CHOICE

- How soon do you need your information to be published?
 All journals have a lag time, but some are quite long, depending what else is scheduled to be published and how long their review process takes.
- What about your future audience?
 In the future, potential readers will be accessing your article via an index (e.g., Index Medicus or International Pharmaceutical Abstracts). Not all journals are listed in all indexes.

The editorial staff can assist you in answering these questions, and, additionally, can comment on whether your article is of any interest to them. Note that acceptance of a topic idea is not the same as acceptance of the article itself. This won't be decided until the manuscript itself can be reviewed.

Regarding the style of your writing, remember that it's not necessary to use fancy language in an attempt to impress people. Correct grammar, usage of words, and spelling are extremely important. Papers with excellent content can be rejected if they are poorly written. The classic work, "The Elements of Style", by Strunk and White (4) is an excellent resource. Other sources are also available. (5) Work with a dictionary close at hand or, if you have a software package that contains one, do a 'spellcheck' on your document. If spelling and grammar have never bee you strong suit, all the more reason to let someone else read your work.

Preparation and Submission of the Final Manuscript

A lengthy discussion of preparation and submission of your final manuscript is beyond the scope of this article. Other sources give helpful guidelines. (3, 6-8)

Continued on page 15

LAMBDA KAPPA SIGMA 31ST BIENNIAL CONVENTION

JULY 31 - AUGUST 4, 1990, HYATT REGENCY, LEXINGTON, KENTUCKY

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Pre-Convention Tour		\$125.00
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	anville and Shakertown	54.50
July 31 - Tuesday- k		27.50
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Complete Registration	, ,	\$125.00
	Early registration fee avail	able only until June 15.
Daily Registration: (for p	partial registration only)	
July 31 - Reception	on	15.00
August 1 - Breakfas	st	15.00
Awards	Dinner	25.00
August 2 - Breakfas	st	15.00
Horse Pa	ark and Barbecue	25.00
August 3 – Continui	ng Education,	
Exhibit, a	and Food Court	30.00
PFA Lun	ncheon	15.00
Schering	Report	10.00
August 4 - Leadersl	hip Conference, Luncheon	
and Rec	eption	75.00
Final Ba	nquet	35.00
Total Registration Due		\$
by May 15, 1990. An e Those registering after	arly registration discount ap	fter July 15. Delegate registration is to be received plies for those registering before June 15, 1990 50 for complete registration. Payment may be r VISA.
Please charge to my car	rd:	
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Room reservations and guarantee rates, reserva	room deposit should be mad ations must be made by Jun- room and roommates prefer	

Roommates

Registration and payment should be submitted to:

LAMBDA KAPPA SIGMA, 6250 Mountain Vista, Suite H-6, Henderson, NV 89014.

CONVENTION TRAVEL PLANS

WorldTek Travel and Delta Airlines are offering special discounts for Convention travel to Lexington. An additional 5% discount off of the ultimate supersaver rate is being offered. This fare has some restrictions such as advance purchase. Unrestricted coach class fares will be discounted 40%. All delegate airfares will be billed directly to the Fraternity. Non-delegates are encouraged to utilize the WorldTek services to ensure the lowest discounted airfares. Their fares can be billed to a credit card.

For those delegates not traveling by air to Convention, reimbursement will be made directly to you by the Grand Treasurer, Luanne Betz. When sending Convention credentials to the Grand Treasurer, be sure to indicate that travel will be by car. The appropriate reimbursement will be mailed directly to you in July.

Tommy Gianfriddo of WorldTek will be our personal travel consultant. When calling WorldTek for reservations, please ask for Tommy G. He will be available Monday through Friday 9 AM to 5 PM. If not available when you call leave your name and number and your call will be returned. Be sure to identify yourself as a member of Lambda Kappa Sigma and indicate that you have called to arrange Convention travel.

Arrangements may be made for connections from the airport to the hotel. Information will be made available to Convention registrants.

WorldTek Travel

Toll-Free Number:

1-(800) 243-1723

TOURS OF THE BLUEGRASS

Air Conditioned Buses

Sunday, July 29—94p.m. to midnight Bardstown and "The Stephen Foster Story": \$58.00

Monday, July 30—9 a.m. to 4:30 p.m. Danville & Shakertown \$54.50

Tuesday, July 31—8 a.m. to noon Keenland and Ashland \$27.50

(Breakfast included) Complete Tour Package \$125.00

LAMBDA KAPPA SIGMA 1990 INTERNATIONAL CONVENTION

July 31-August 4, 1990 Hyatt Regency, Lexington, KY

TENTATIVE SCHEDULE OF EVENTS

JULY 28, 1990 Saturday

Grand Council Meeting

JULY 29, 1990 Sunday

Grand Council Meeting Kentucky Touring – Bardstown and "The Stephen Foster Story"

JULY 30, 1990 Monday

Grand Council Meeting
Kentucky Touring
–Danville and Shakertown

JULY 31, 1990 Tuesday

Grand Council Meeting Kentucky Touring – Keenland and Ashland

Registration

7PM – 9PM Reception

8:30PM Alumni Delegate Caucus

AUGUST 1, 1990 Wednesday

8AM – 9:30AM Opening Breakfast 9:30AM Business Session

12Noon – 1PM Lunch on own 1PM – 1:30PM Officers Information Forum

1:30PM – 5PM Business Session 6PM – 9PM Awards Dinner

AUGUST 2, 1990 Thursday

8AM – 9AM Breakfast 9AM – 12Noon Business Session 2PM – 9PM Kentucky Horse Park and

Barbeque

August 3, 1990 Friday

5PM

4PM -

8AM - 12Noon Continuing Education and

Exhibits

12Noon – 1PM PFA Luncheon 1:30PM – 4PM Continuing Education

Workshops, Conferences
Business Session

(Elections)

AUGUST 4, 1990 Saturday

9AM – 5PM Leadership Conference 12Noon – 1:30PM Vanguard Leadership

Award Luncheon

6PM Reception 7PM Banquet

AUGUST 5, 1990 Sunday

Grand Council Meeting Guest Departure

CONVENTION SPEAKERS

Thursday, August 2

Jean Matuszak, Ph.D., Professor of Medicinal Chemistry at the University of the Pacific will share her latest research on Women in Pharmacy and their leadership roles. She'll also share her latest research concerning women in industry.

Brought to you through an educational grant from Merrell Dow.

Friday, August 3

Debra Smith, M.B.A., is a nationally respected consultant, speaker, and Seminar Leader. She will share her thoughts on Pharmacy Service and the importance of communication in delivering services. Brought you you through an educational grant from Searle Pharmaceuticals. 1.5 ACPE contact hours

Judith M. Riffee, B.S., practicing pharmacist and Chairman of the LKS/KE Women's Health Issues Committee will share our videotape production on Osteoporosis and lecture concerning the disease. Brought to you through an educational grant from Marion Laboratories. 1.0 ACPE contact hour

Jennifer Ott, B.S. practicing pharmacist, will join our exhibitors theatre and share our LKS/KE Women's Health Issues Comittee work on Contraception. We'll learn what a pharmacist should know about consulting on contraceptives. 1.0 ACPE contact hour

David Cobb, Pharm.D., Professor of Pharmacy Administration at the University of Kentucky and President of the American Pharmaceutical Association will address the Professional Fraternity Association Luncheon on the topic "Sex, Drugs and Rock 'n Roll". His presentation will be both entertaining and informative as we look at society and pharmacy from a different perspective.

Jack Robbins, Ph.D., Director of Pharmacy Relations Schering Corporation has researched trends in pharmacy and important issues for many years. He will present the twelvth in a series of Schering Reports concerning what our elderly patients want and expect from their pharmacist. Brought to you through an educational grant from the Schering Corporation. 1.5 ACPE contact hours

Saturday, August 4, LEADERSHIP CONFERENCE

Douglas D. Waltman, of Cone Resource Group, Inc., is an accomplished speaker, teacher, and management training consultant. "The Magic of Rapport" will teach us to communicate with effectiveness and power and demonstrate how rapport with others can be built and utilized in everyday experiences. Brought to you through an educational grant from The Upjohn Company. 2.5 ACPE contact hours

Sara J. White, Ph.D., Associate Director of the University of Kansas Medical Center, will share her enthusiasm for the profession and encourage us to be all that we can be as pharmacists. Her address will be presented at the Leadership Conference Luncheon. Brought to you through an educational grant from SmithKline Beecham. .5 ACPE contact hours Patricia Chase, M.S., Associate Professor in the Pharmacy Practice Division of the University of Oklahoma, has lectured on Human Resources to many national and state organizations. She will share her interesting work in this area with us and emphasize the importance of communications in human resource management. Brought to you through an educational grant from Hoechst Roussel. 1.5 ACPE contact hours

Four practitioners will participate in a panel designed to show us how they use communication in their innovative practices.

Cynthia Johansen, B.S., is Director of Pharmacy of Kings View Clinical Pharmacy Services. She practices as a clinical pharmacist in a psychiatric service setting.

Diana Drake, Pharm.D., has brought high tech to her home health care activities in Kentucky and Tennessee.

Jana Cohen, Pharm.D., works with Merck Sharp & Dohme in the Managed Health Care Division.

Lisa Cassis, Ph.D., is an educator at the University of Kentucky and researcher in Pharmacology

working with the National Institute of Health.

1.5 ACPE contact hours

ACPE Program # 679-022-90-040

This program is cosponsored by the University of Kentucky and Lambda Kappa Sigma. The University of Kentucky is approved by the American Council on Pharmaceutical Education as a provider of continuing pharmaceutical education.

CHAPTER NEWS

ALPHA CHAPTER Boston, Mass.

Greetings from Alpha. For social events in December, we rang in the Holiday Season celebrating with our semi-Formal at the Back Bay Hilton in Boston. Many sisters, faculty and friends had an enjoyable evening before starting the hustle and bustle of the holiday season. Shortly following our return from break, we joined together with Kappa Psi in hosting a party at a new club in town. We had a great turnout. The Alpha Chapter has been hard at work these last few months, so we rewarded ourselves with an entertaining Lamb's night out at the Ground Round Restaurant. We all had a relaxing dinner with lots of laughs.

As for professional events, we currently are setting up places to present our elder care program and also our own version of "What is a Pharmacist?" This Valentine's Day we are having a bake sale with all proceeds going to Life Savers Program. Plus things are really kicking in for our Women in Pharmacy program in May. This is going to be a two day continuing education event, which involves the new issues of women in pharmacy.

Then with fundraising at Massachusetts College of Pharmacy, Lambda Kappa Sigma has been adopted as the schools' "catering service". There have been many functions that the school and its various organizations have held that we have had the opportunity to cater. This has been an added extra for Lambda Kappa Sigma, since this service allows us to be continually visible throughout the school. This has turned out to also be a very profitable fundraiser. Other various fundraising events that we have put on are Pizza Sale, Nacho Sales, and our famous Sub Sale. At the time of Super Bowl, we raffled off a Super Bowl Fun Pack, consisting of munchies and money. We also had planned for Valentine's Day to sell red candy hearts in vials with personal messages on each one. This has been a great money maker for us the last couple of years.

Massachusetts College of Pharmacy is in the middle of rushing. The first event we hosted was an informational meeting with popcorn and soda, then we ended the night with a slide show. The next event was a mocktail party. This event was a new addition to Alpha's Rush program. The atmosphere displayed much enthusiasm. The following event was a pizza party held on Valentine's Day. The final function we planned is the yankee swap. Much interest has been displayed thus far. We anticipate a large number of new sisters to initiate this spring.

NANCY ALLARD CLAIRE SINOTTE



Eta Chapter's Powder Puff football team is ready for the Superbowl!

ETA Philadelphia, PA

Rise and shine LKS! That is ETA chapter's theme as seen by our activity in poison prevention programs (with the help of Mr. Yucky and Mr. Yummy), Project HOPE fundraisers and homebound visitations. In the same spirit LKS triumphed over Kappa Epsilon earlier this year in "Powder Puff Football" for charity and plans to have a similar event this spring.

The new decade brings exciting projects including "Breakfast" sales, prescription valentine sales, pen pals with regional chapters, and increased sisterhood relations. ETA chapter also hosted a "get to know you" luncheon with our current advisor, run by both sisters and pledges.

On the horizon are two of ETA chapter's favorite events—Spaghetti Dinner with Kappa Psi and Dinner Dance.

SUSAN TIANO



Eta Chapter's newest members were all smiles at the second rush in Fall, 1989

LAMBDA Los Angeles, CA

With nineteen pledges getting ready to take their pledge examination, Lambda Chapter has many upcoming events. Our biggest event is our Annual Ping-Pong Marathon that is our fundraiser for Project HOPE. The annual Ping-Pong Marathon is scheduled for two days, noon to noon, so that the marathon lasts for 24 hours. The uniqueness of this fund-raiser is that it involves LKS members, other pharmacy students, and faculty and staff at USC School of Pharmacy. Individuals are scheduled to play ping-pong for one hour. Each player obtains sponsors to support him/her for one hour of playing time and all the money collected goes to support Project HOPE. This event has great outcome as it gives everyone the chance to reach out and help other countries to improve their healthcare. Everyone has fun playing ping-pong, and refreshments are made available for 24 hours. Also, the Lambda member who raises the most money gets an award at the end of the year.

Another event that Lambda chapter is planning is an alumni get-together before the end of the semester. If you are an alumni in the Los Angeles area and are interested in helping, please contact the USC School of Pharmacy LKS Chapter.

SUNNY LYOO ANNE ROHDE

NU Des Moines, IA

Last semester we held our activation ceremony and welcomed four new members to our Chapter. We also held elections of new officers, so we are excited for this year. We have a lot of things planned and some of them are already in the works. Our professional project is vision screening in local schools in Des Moihes. We will participate in a bowl-a-thon fundraiser for our charity, HOPE.

It is time once again to recruit new members to Lambda Kappa Sigma and we're doing something new. We're warming up the winter with a beach party for our informal rush.

Our plan is to get together with the Theta Chapter of Lambda Kappa Sigma in Omaha, Nebraska, but final arrangements have not been made as of yet.

KELLY LENZ



Xi Chapter celebrating with Kappa Psi

Kingston, RI

Our chapter executives took the initiative presented to us at our regional meeting and began a new member initiation program which we decided to call "Linking". The interested women, known as "Lambs" instead of pledges, participate in a five week information session during which they learn about LKS and grow in fraternity and pharmacy knowledge, right along with the LKS sisters. Every "Lamb" chooses a big sister who becomes their friend and guide, and all activities are designed to promote friendship and professionalism. This past semester proved to be very successful, as we inducted 12 new sisters in a ceremony which was made even more memorable because both our Regional Supervisor, Donna Horn, and our faculty advisor Dr. Joan Lausier were able to join us. We are already on our way to initiating another class of Lambs, as 15 turned out for our first informational meeting.



Pat Shigihara, Chi Alum Vice President and Linda Rupnick, Chi Alum President signing Christmas greetings.

The sisters also had quite a busy semester. On top of holding monthly bake sales, we had a very successful boxer short sale. We have completed a scrapbook and also are corresponding with alumni in an effort to rejuvenate interest in their chapter. Don't forget the fun! We celebrated our famous New England fall with Kappa Psi by having a BBQ and hayride! And the sisters even held a lingerie party. One addition to our meetings which we have found beneficial and even fun are round circle discussions

where all the sisters have an opportunity to interact and present their ideas.

Plans for the future include a Walk-A-Thon to raise money for Project HOPE, a brown bag information session for the elderly at a local retirement home, a trip to a nearby pharmaceutical company and Poison Control lectures at local elementary schools. Xi Chapter is really psyched about the direction in which we are heading and cannot wait to see where it takes us!

CAROLYN BROTSCHUL



During their final week of pledging, seven new sisters joined the ranks of Alpha Zeta Chapter in St. Louis. They are pictured in front at the Pledge Active Party in February.



Alpha Eta Chapter in Brooklyn, NY doubled in size as they welcomed 13 to their 1989-1990 chapter roster.

OMEGA Charleston, SC

The semester started off quickly with rush activities starting in the second week of classes. The rushees were welcomed to our Hawaiian "Kamoneiwannaleiya" Party complete with leis, island garb, and a luau feast. Unfortunately, our second party was postponed by a little weather disturbance. But we want you all to know that we survived Hurricane Hugo!! After settling back into school, we held a casual drop-in party after classes one day and were rewarded with 14 pledges.

Throughout the year, we've held several fundraisers. In October we held a bake sale and in November we held a spaghetti supper. Our largest fund raiser project this year has been the sale of cookbooks filled with members' favorite recipes. We are also planning our annual "Summer Survival Kit" raffle for the end of the semester.

The sisters of Omega chapter have also been active in the community. Susan Dove and Jenny Legard conducted a Mr. Yuk Poison Prevention Program at a local elementary school. Lori McCall learned about a needy family who the sisters adopted. We provided them with food for Thanksgiving and also food gifts, decorations, and clothes for Christmas. We hope to be able to help this family more this semester.

Even with our busy schedules, we've also managed to have some social functions, such as our annual Christmas party with Kappa Psi. The Pledges were welcomed with a special dinner and allowed them to get to know the sisters better. We are now planning monthly sister social events such as a Pictionary Party. Mary Grear came to visit in January and we enjoyed going out to dinner with her and discussing plans for the '92 convention.

Omega Chapter would like to thank Donna Dabbs, our president, Deborah Holly, our faculty advisor, Terri Hedgecock, our fraternity advisor, and the rest of the officers for all their hard work and dedication. We are already looking forward to next year.

JENNY LEGARD

ALPHA GAMMA Birmingham, AL

The Alpha Gamma chapter at Samford University in Birmingham, Alabama held their first annual Winter Semi-Formal on January 27, 1990 at the Botanical Gardens. We hired a fellow student who is also a disc jockey and had finger foods catered. Tshirts were made and pictures were taken. Everyone was beautiful and we had a GREAT time!

BETH INMAN

ALPHA ZETA St. Louis, MO

The Alpha Zeta Chapter at St. Louis College of Pharmacy ended the Fall semester with a Christmas in the Dorm Party for all residents. The sisters had their annual Christmas Party to celebrate the Christmas season before finals took place.

The Spring Semester started off with our Smoker at Favazza's with many alumni in attendance. We followed our smoker with a party in a suite at the Forest Park Hotel.

We recently presented our first Elder Care Program to the residents of Friendship Village in West County. The program proved to be worthwhile. We look forward to presenting another Elder Care Program later in the semester.

Pledging started off the new semester and our chapter had 7 pledges, all who were initiated at the end of February. Some of the pledging activities during the pledge period include a pledge bake sale, a pledge carnation sale, and Hostage for HOPE where money was raised for Project HOPE.

BETH KALLMEYER



ALPHA ETA Brooklyn, NY

Last year's pledge recruitment was astounding and because of that we are looking forward to doubling our chapter membership. In addition, our school sweatshirt sale took off with amazing vigor. We were inundated with orders and we were still receiving requests after we had placed and received our shipment of sweatshirts. Because of this demand, we were able to make a sizable profit and we are looking forward to putting part of that money toward an LKS chapter scholarship. The sisters deserve a lot of credit for their hard work in this endeavor.

During the Christmas season, the sisters in conjunction with the Asian Students' Association, went to spread a little cheer to the children at the local hospital. The girls of Alpha Eta arranged to Christmas carol on the various floors of the hospital while handing out Christmas gifts. They showed a lot of spunk and holiday spirit and were greatly appreciated by both the staff and the children.

For this year we have a few projects under consideration including one for Hygeia Day. Also, we would like to congratulate two of our sisters for being nominated to "Who's Who among Students in American Colleges and Universities".

RANJNA KUTWAL

ALPHA THETA Buffalo, NY

The Chapter is busy again this semester with pledging. We had a free coffee and donuts breakfast with prospective pledges and we hope to be recruiting some new members soon! Last semester we initiated 7 new members. Half of this group made traditional pledgebooks, while the other half made our chapter a banner. Thanks to Sheila, Alison, Anne, & Katrina. They did an excellent job and we are very proud of it!

In the fall we had a visit from Linda Wieloch. We showed her around Buffalo and let her try some famous Buffalo Wings. Last semester we continued with our traditional collection of empty soda pop cans, and donated \$60.50 to the Rho Chi Library. That was 1,210 cans we collected and returned for deposit.

Around Christmas we had a canned food drive. We collected over 120 cans and \$20 and donated this to the Salvation Army.

On Valentine's Day, we will be delivering carnations and the profits from this will be going to Project HOPE. This year we had a very large number of orders, so it looks as though we may be making about double what we have in the past.

Coming up this semester: lab coat sale, pharmacist and intern name badges sale, and several social events are planned.

DONNA WANDELL

ALPHA IOTA Big Rapids, MI

Greetings! Another winter quarter has flown by and we are anxiously awaiting Spring. This past quarter we sponsored two community events with the men of Phi Delta Chi. The events sponsored consisted of our annual Christmas party for the underprivileged children of the county and our blood drive. Alpha lota Chapter also participated in a bowling tournament for Big Brothers/Big Sisters and played bingo one night a week at a local nursing home. For our fundraisers this winter we sold candy bars, sweat shirts and Christmas ornaments.

This year our winter formal titled, "A Sisterhood Weekend", was held in Grand Rapids. Everyone who attended the function had an enjoyable time. During the winter months we gathered together for our Christmas Party, an evening retreat, a few socials, and had a great basketball team.

MICHELE L. ALLEN

ALPHA KAPPA Athens, GA

Alpha Kappa Chapter began winter quarter with romance and excitement at our annual winter formal. Everyone enjoyed dining and dancing into the night at our "Midnight Masquerade."

Winter quarter both our fundraiser and

ALPHA KAPPA, from previous page

service project had a Valentine's Day theme. For our fundraiser we sold prescription vials full of candy and called them Val-O-Grams. The Val-O-Grams were purchased by students and faculty and delivered to their special sweethearts on February 14. Our chapter also hosted a Valentines' Day party for the children living on campus in Family Housing. The sisters and children had fun playing games and reading stories. The children were especially delighted when a sister who was dressed like a clown handed out balloons to them.

Our chapter sponsored a campus-wide lecture about "Drugs of Abuse" on February 21. Carol Middlebrooks, a representative from the University of Georgia Health Center, presented an interesting lecture to an auditorium full of students and faculty.

We also had a fantastic intramural basketball team winter quarter. The team had a great season and we're looking forward to softball games in the spring.

KHRISTY GRAHAM

ALPHA XI Stockton, CA

The major event of our Fall 1989 semester was the celebration of Alpha Xi's 30th anniversary. The celebration was planned to coincide with Founder's Day and the University of the Pacific's homecoming events. Following the homecoming parade, we had a special anniversary luncheon. It was a wonderful time shared by alumnae, sisters on clinical rotations and the actives. We were also glad to have our sponsor, Norma Wells, join in on the festivities.

As part of our 30th anniversary celebration, we were proud to announce the establishment of the Cisco Kihara Scholarship Fund. Cisco Kihara played an instrumental role in getting Alpha Xi started, and she still continues to be active in local, national and international LKS events.

During the fall 1989 semester we also held two successful pre-rush functions. Our first pre-rush, "Back to the 60's", attracted both pre-pharmacy and first year pharmacy students. The second pre-rush was a "Come as you are, with a HAT" party. Both events were a lot of fun, and are indicative of a good rush period coming up.

Halloween gram sales were a success once again. Other fundraisers included cookbook sales and audits. The cookbook contained recipes of UOP faculty along with recipes from the actives.

GERI KUMANO



On December 13, 1989, Jennifer Ott, Regional Supervisor, visited Chi chapters. They wrapped candy bars for a local nursing home, enjoyed a gift exchange and signed Christmas cards to be mailed on beahlf of Chi. Pictured are Jennifter Ott, Nancy Chang, Elizabeth Fuchs, and Collegiate President Linda Kuarre.



Celebrating Founders Day, Alpha Xi Chapter in Stockton, CA also celebrated its 30th Anniversary. Pictured from left are Darlisa Witort, Cheryl Chin, Dr. Jean Matuszak, and Gina Ham.



Joining the 30th Anniversary Celebration of Alpha Xi Chapter were Cornelia Hebadier, Norma Wells, Dr. Katherine Knapp and Tricia New.

CAMPAIGN FOR PROGRESS

Sustained giving since 1983 has had a major impact on the success of Lambda Kappa Sigma. Our members have rallied to the cause and responded generously with their dues and contributions. We continue to recognize the cumulative giving of our current year's donors. You'll find them listed here.

The Campaign For Progress began in 1983 when only a handfull of loyal members at large and alumni chapter members were financially supporting our alumni programming. Today, these members account for over \$100,000 in gifts and dues to LKS since the early 1980's. Ten years ago what were only dreams, have now become a reality. Dedicated to the future, to supporting new programs, to aiding our expansion effort, and to assuring excellence and financial stability, the sisters of Lambda Kappa Sigma have once again met the challenge.

Thank you members of LKS for your loyalty, sisterhood, friendship and contributions. We remain dedicated to the future.



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Published . . . Continued from page 5

However, there are some important points to keep in mind even as you are beginning to write. You MUST follow journal specific submission requirements. After all the hard work you have put into your manuscript, it would be a waste of your time to then be rejected for not following these requirements. It will save you work as well, for example, if you note at the start the referencing style. some journals publish their guidelines with each issue, others with the first issue of the calendar year.

The appearance of your submitted manuscript is also very important. If possible, use a laser or at least a letter quality printer. Good appearance increases the chances that your article will be considered (9).

"You MUST follow journal specific submission requirements"

After submission, the editorial staff will acknowledge receipt of your manuscript and give you some idea of the time involved in the review process and when they will advise you on the status of your article. The four choices are usually accept, reject, conditional acceptance, or a request for more information.

Conclusion

In a 1984 American Journal of Hospital Pharmacy editorial entitled "How to Become a Better Writer", Zellmer (10) discussed five rules to follow. These rules also summarize this article:

- 1. Know your purpose (What is your message?).
- 2. Organize your thoughts (One thought should logically follow the next).
- 3. Put yourself in the readers' position (Would someone really want to read this, and why?).
- Use words carefully (Correct grammar, usage of words, and spelling are essential).
- 5. Edit your work (Your paper should go through more than one draft, preferably with some time between drafts).

By keeping these points in mind and taking the writing process one step at a time, you will be able to create a working manuscript. With the help of friends and colleagues your first draft can be developed into an excellent article worthy of publication.

So get out your pens (or turn on you computer) and get started!

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Lynn Limon, Pharm.D. also has a degree in English and has done a residency in drug information. She has worked as a staff hospital pharmacist, a drug information pharmacist, and also as Assistant Director of Education for the American Pharmaceutical Association. currently, Lynn is a senior editor for AVMD, DataMed division, in Richmond, Va. In this capacity, she writes almost every day. She would like to tell everyone that it really does easier with practice.

AT APHA MEETING

E. Michelle Valentine, Alpha Omicron alumnus, from Mulkiteo, Washington was elected speaker of the APhA House of Delegates on March 13, 1990. She follows outgoing speaker Lucinda Maine who is an Honorary Member of LKS. Michelle has served as APhA Vice Speaker, as a member of the Board of Trustees and as Speaker of the Washington State Pharmacists House of Delegates.

Christine Perry, Alpha Chapter President, from the Massachusetts College of Pharmacy was elected Speaker of the Phi Lambda Sigma House of Delegates. Christine has also been instrumental in planning the fall 1990 program on Women in Pharmacy to be held in Boston.

Congratulations to these women who have taken leadership roles in national associations.

PRESCOTT/GLAXO RECIPIENT

Arlington, VA—Janet P. Engle, Pharm.D., of Chicago, Illinois, has been selected as the 1990 recipient of the Albert B. Prescott/Glaxo Leadership Award. Dr. Engle is Clinical Pharmacy Coordinator at the West Side Veterans Administration Medical Center and Clinical Assistant Professor at the University of Illinois at Chicago College of Pharmacy. The award was presented during the 1990 APhA Annual Meeting in Washington D.C.

Dr. Engle received her Bachelor of Science in Pharmacy degree from Rutgers University in 1982 where she was initiated into the Pi Chapter of Lambda Kappa Sigma and received her Doctor of Pharmacy degree from the University of Illinois at Chicago in 1985. Since joining the College of Pharmacy and the VA in 1986, Dr. Engle has served on numerous college and hospital committees. Cochairman of the hospital's Anticoagualtion Committee, and member of the Quality Assurance Committee for the Ambulatory Care and the Ambulatory Care Services Committee are just a few of the ways Dr. Engle has extended pharmacy care at the VA. She is very active with the students of U and I as well, serving as advisor to the Academy of Students of Pharmacy and the Community Drug Education Committee.

The 1990 Prescott lecturer has been extraordinarily active in pharmacy associations. The current chairman-elect of APhA's Academy of Pharmacy Practice and Management Section of Clinical/ Pharmacotherapeutic Practice, Dr. Engle serves on the boards of directors of both the Illinois Pharmacists Association and the Illinois Council of Hospital Pharmacists. She is also on committees of the American Association of Colleges of Pharmacy and American Society of Hospital Pharmacists, and is a member of the American Diabetes Association, International Pharmacy Federation, Phi Lambda Sigma Pharmacy Leadership Society, and Lambda Kappa Sigma Fraternity. Nominated by the Illinois Pharmacists Association, she received its Edmond P. Barcus Memorial Leadership Award in 1989 and was named to Outstanding Young Women in America in

The Albert B. Prescott/Glaxo Leadership Award was established by the Phi Delta Chi Pharmacy Fraternity in 1987 to recognize outstanding leadership by a young pharmacist no more than 10 years into his or her career.



GRANT RECIPIENTS

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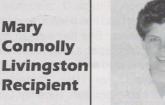
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Virginia (Ginger) G. Scott, a 1972 graduate of the University of Kentucky, has been awarded the \$500.00 Dr. B. Olive Cole Graduate Educational Grant for 1989 and is currently enrolled in a graduate program at the Purdue University School of Pharmacy and Pharmacology. The grant is funded from the Lambda Kappa Sigma Educational Trust.

Ginger spent the last thirteen and a half years as director of pharmacy in a 99 bed hospital. Her objectives in obtaining a Ph.D. are to advance to an administrative position in a larger facility or to pursue a career in academia. She feels that, from her work experience and volunteer experience in pharmacy associations, she can give students real insight into the real world, especially in pharmacy management. She also believes that practicing pharmacists must carry their story to others including patients and other health professionals. Ginger's informative article in the December 1989 Blue and Gold Triangle, "Financial Planning for Women: Make Money - Save Money" is ample evidence of her experience in forward thinking.

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