



BLUE & GOLD TRIANGLE

SUMMER 1995

VOLUME 1, NUMBER 9

L A M B D A K A P P A S I G M A

International Pharmacy Fraternity

"Promoting the Profession of Pharmacy Since 1913"

SUMMER FUN!

1995

LAMBDA KAPPA SIGMA REGIONAL MEETINGS

Region 1, 2, 3

MYSTIC, CONNECTICUT

July 21-23, 1995

Region 4 & 5

HOUSTON, TEXAS

August 11-13, 1995

Region 6 & 7

SEATTLE, WASHINGTON

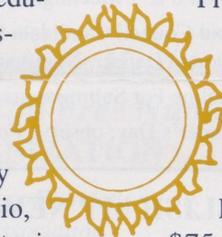
August 25-27, 1995

REGISTER TODAY!

Join us at the 1995 Regional Meetings! You can meet members from your region, participate in workshops designed to strengthen your chapter and knowledge of pharmacy, exchange ideas with others and of course have lots of fun!! Continuing education and professional programs include, in

Mystic: "Rheumatoid Arthritis" by Dr. Linda Eugenio, "Women Mentoring Women" by Patricia Toce, "Changes in Pharmaceutical Education" by Dr. Robin Bogner and "Confronting Changes in Pharmacy" by Colleen Cherici; *Houston*: "Man-aging Diabetes" by

Dr. Alan Garber, "R.Ph.'s Role in Diabetes Management" by Keith Campbell and "Education and Support of Diabetic Patients" by Mary Armbruster; *Seattle*: "Radioactive Therapy" by Ruth Demar and "Practicing to Lead or Leads to Practices" by Michelle Valentine, M.S., R.Ph.



Registration for the complete 3 Day Program is only \$75. Registration includes professional Programs, Breaks; Friday reception; Saturday Continental Breakfast and Lunch; Sunday Continental Breakfast.

For more details and registration materials call toll free
1-800-LKS-1913

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BLUE & GOLD TRIANGLE

The Blue & Gold Triangle is the official publication of Lambda Kappa Sigma Pharmacy Fraternity, published quarterly by:

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Donna Dancer	Mari Uchishiba

Lambda Kappa Sigma is a member of the College Fraternity Editors Association and the Professional Fraternity Association.



PLANNING CALENDAR

- July 21 – 23 Region 1, 2, 3 Meeting, Mystic, CT
- August 11 – 13 Region 4 & 5 Meeting, Houston, TX
- August 25 – 27 Region 6 & 7 Meeting, Seattle, WA
- September 18 Grand Council Candidate Credential forms due to Donna Dancer, Nominating Chair
- October 15 Deadline For Submissions to the Triangle
- October 15 Founder's Day: observe Founder's Day Ritual

PLEASE PUBLISH MY NEWS!

Name _____

Affiliated Chapter _____

Address _____

City _____ State _____ Zip _____

News: _____

MAIL TO:
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 ALPENA MI 49707

PRESIDENT'S MESSAGE

Dear LKS Members,

It's good to welcome spring again. Here in Seattle spring was early and warm; we're enjoying the flowers, blossoming trees and the rhododendrons.

Planning for the Regional Meetings are the focus of the Fraternity officers and staff currently. These meetings are your opportunity to get information and assistance on issues at the chapter level. All the workshops are geared toward that goal, and include lots of interaction with the representatives from other chapters in your region. There will be two continuing education sessions, one centered on a Women's Health Issue, one of the Fraternity's most important programs, and a Sunday morning session with CE credit.

Of course, there will be lots of fun, and local sight-seeing and entertainment as well as the informational sessions. LKS members always have a good time together! Plan to join us in Mystic, Houston, or Seattle; bring your family and enjoy a little vacation along with the LKS meeting. Call the International Office today for registration materials at 1-800-LKS-1913.

Those of you who are graduating this year will be receiving information on maintaining your LKS ties as you move on to practice the profession you have worked toward for so long! Stay active as an alumni member, join us at Regionals and Conventions, and keep in touch with the friends you have made through LKS! We are all members for life, and continue to benefit from the programs, professional education and networking and our special friendships forever!

Fraternally,

Nancy Horst,
Grand President

1995 STUDENTS FOR PROGRESS CAMPAIGN

Students were given the opportunity to support LKS, and our many worthwhile programs, through the First Annual Student for Progress Campaign (SforP). Chapters raised money through fund raisers and were recognized during the LKS Reception at the APHA meeting in Orlando, Florida.

Congratulations!

1st Place Winner
OMICRON CHAPTER

Participants
ALPHA MU CHAPTER
ALPHA ZETA CHAPTER
TAU CHAPTER

IN MEMORIAM



Norma Chipman Wells

BY: Dianne Castor; submitted by: Dr. A.J. Matuszak
University of the Pacific School of Pharmacy

Norma Chipman Wells was born September 2, 1900, in Red Bluff, California. Norma had a sister, Clara Wells, who was two years older; the two were considered to be twins. They spent much of their lives together and were both pharmacists.

Norma and Clara attended pharmacy school together. The female students were members of a pharmacy club at the California College of Pharmacy at the University of California, San Francisco. The men belonged to their own professional fraternities and encouraged the women in their class (all nine of them) to form a professional sorority. The women acted upon it and in May 1919, the Zeta chapter of Lambda Kappa Sigma was chartered. Norma and Clara Wells were both charter members.

On May 11, 1920—the year women received the right to vote, Norma and Clara graduated from California College of Pharmacy. The two sisters remained active in Lambda Kappa Sigma by forming the Zeta Alumni chapter, established in April of 1923. Zeta Alumni was the first alumni chapter of Lambda Kappa Sigma, and it was not long until other chapters followed suit by establishing alumni chapters of their own. Norma also sponsored the formation of Alpha Xi chapter at the University of the Pacific in Stockton, California.

In 1937, Norma and Clara began working together in a community pharmacy in San Leandro, California. The name of the store was Wells' Pharmacy. Norma and Clara not only worked together at this pharmacy, they also owned it. They continued to manage the pharmacy until it sold in the early 1950's. Norma then worked as a relief pharmacist in San Leandro until she retired in 1969.

Norma and Clara made it a point to attend each biennial convention. The first one they attended was held in Chicago in 1928; it was Lambda Kappa Sigma's second convention. The Chicago convention of 1934 was especially memorable to Norma for she was elected Grand President, head of the Grand Council. Norma's other services to the Grand Council included, Grand Treasurer (1928–1930) and Member-at-Large (1936–1938); she held many offices and worked on many committees. The sisters attended the twentieth Lambda Kappa Sigma convention in July, 1968. There, they were honored as 50 year members and charter members of the Zeta chapter. In 1977, Clara Wells passed away; she was 79 years old.

Norma was honored again at the Lambda Kappa Sigma convention of 1986 in Indianapolis, Indiana as the recipient of the Distinguished Service Citation for her service to the fraternity. "I've had to make my own way," she says. She worked hard for all she had accomplished and throughout her life served her profession and her fraternity. Norma Wells has truly been a dedicated pharmacist and a woman of independence. As a tribute to Norma's inspiration and dedication, the Norma Wells Educational Grant was established and is made available, annually, to deserving Lambda Kappa Sigma student members. Norma Wells passed away January 18, 1995; she was 94 years old. She will be greatly missed.

WOMEN'S HEALTH

VULVOVAGINITIS

Also known as Bartholinitis, vulvovaginitis is an inflammation of the mucus-secreting glands along the vaginal opening resulting in an inflammation of the vagina and vulva.

Symptoms range widely, but include itching and burning. Sufferers describe it as "pins and needles" or a "brush burn." There is no discharge as with a yeast infection. Some sufferers have a grey film on the labia that is visible when a hand mirror is used to inspect the area. The glands can be visible (like hard peas) when inflamed. It tends to be aggravated by hormones—some women's symptoms start with ovulation or get worse on hormone therapy. Symptoms may appear with menopause and are improved by estrogen replacement therapy.

Treatment is usually antibiotics, since the infection is associated with a Beta Strep and Gardenella. The inflammation can only be treated with surgery to remove the glands.

Many gynecologists do not recognize this problem and treat it as a yeast infection or bacterial vaginosis. Antibiotics only get rid of the infection, not the inflammation. Encourage your patient to be assertive if this seems like her problem. Suggest she call the doctor to do a Culture and Wet smear to look for Beta Strep and Gardenella bacteria. Recommend that she call the doctor when the glands are swollen and ask to be seen right then. If a visit is not possible, the patient should track when inflammation occurs and schedule an appointment when she is most likely to have the problem again.

Women's Health Issues

Toll Free Numbers

ORGANIZATION	NUMBER
<i>Aerobics and Fitness Foundation</i>	(800) 968-7263
<i>American Heart Association</i>	(800) 242-8721
<i>Stroke Connection</i>	(800) 553-6321
<i>Alcohol & Drug Helpline</i>	(800) 821-4357
<i>Cancer Information Service</i>	(800) 422-6237
<i>Curatek Pharmaceutical</i>	
<i>"Don't Assume It's Yeast" Chart</i>	(800) 332-7680
<i>Endometriosis Association</i>	(800) 992-3636
<i>Hospice Education Institute Hospice Link</i>	(800) 331-1620
<i>Hysterectomy Education Resources and Services</i>	(215) 667-7757
<i>National Alliance of Breast Cancer Organizations</i>	(212) 719-0154
<i>National Center for Women and Retirement Research</i>	(800) 426-7386
<i>National Council on Child Abuse & Family Violence</i>	(800) 222-2000
<i>National Insurance Consumer Hotline</i>	(800) 942-4242
<i>National Mental Health Association</i>	(800) 969-6642
<i>National Women's Health Network</i>	(202) 628-7814
<i>Susan G. Komen Foundation Breast Cancer Awareness (Shower Cards)</i>	(800) 462-9273
<i>Women's Health Exchange</i>	
<i>Ciba Sponsored (Estraderm)</i>	(800) 776-CIBA
<i>Women's Sports Foundation</i>	(800) 227-3988
<i>Y-Me Breast Cancer Support Program</i>	(800) 221-2141

MIGRAINE HEADACHES

By:

Dr. Linda Eugenio, Pharm. D.
& Christine Perry, R.Ph.

Most people have experienced some type of headache, whether migraine, tension, or cluster. For some, the headache may respond to mild pain relievers or other non-pharmacologic interventions. Those who suffer from migraine headaches can have severe symptoms that may require medical intervention. It is estimated that approximately 3.5% of males and 7.5% of females in the general population, and 15% of females during their reproductive years suffer from migraine headaches. Although rarely life threatening, migraines can impair work activities and disturb family life. A headache may sometimes be perceived as simply a nuisance rather than a true medical condition. As a result, migraine sufferers may receive little emotional support from family, friends, or employers. A proper diagnosis and treatment plan may begin to alleviate most of the disruptions and discomfort for the patient with migraine headaches.

Migraine is a condition that can be associated with a number of symptoms. The most common is headache and may be accompanied by nausea, vomiting, photophobia, phonophobia, diarrhea or sweating. The pain associated with migraines may be mild, moderate, or severe. In most migraine sufferers, the pain is limited to one side of the head, and may be frontal, temporal, or generalized. The discomfort typically starts as a dull ache then progresses to a painful throb. The pain may last for a few hours or persist for several days. Some experience only occasional headaches; others have predictable monthly attacks or chronic attacks that occur weekly or even daily.

The exact cause of migraine is unknown. Many theories have been proposed to explain the pathogenesis of migraine. The main focus has been on the vascular and neuronal changes that occur during an attack. The first stage is cerebral vasoconstriction which may produce an ischemic area in the brain. This may correspond with neurologic symptoms associated with the aura phase or prodrome of a migraine. Following the constriction, there is vasodilation of the cranial blood vessels which causes the pulsating pain. Development of inflammation around the blood vessels leads to an increase in pain and prolongs the migraine attack. These vascular changes may be mediated by vasoactive amines that include serotonin, epinephrine, and norepinephrine.

There are two main types of migraines: migraine with aura, called classic migraine, and migraine without aura, called common

migraine. Approximately 10% of migraine sufferers have neurological symptoms associated with their attacks, known as an aura or prodrome, that may precede the headache by 15 to 30 minutes. The aura may include visual images, changes in vision, tingling or numbness of the lips, face, or hands. These usually last anywhere from 5 minutes to one hour. As these begin to resolve, the throbbing headache begins. Most migraine sufferers do not experience a true aura prior to the onset of migraine headache but may experience certain symptoms up to 48 hours preceding the attack. Some may have mild changes in mood, feel depressed, fatigued, lethargic, yawn frequently, or crave certain foods. Approximately 85% of patients experience common migraine.

There are certain factors that can trigger a migraine attack. These triggers can be environmental, dietary, hormonal, or related to medications. Factors in the environment include bright or flashing lights, changes in temperature, noise, and sunlight. Odors like perfumes, smoke, or paint and changes in sleeping patterns may also be precipitants. Emotional stress is a frequent trigger of migraine headache. During a stressful period, norepinephrine is released and may cause excessive vasoconstriction. When the stress is eliminated, the levels of norepinephrine decrease and resulting rebound vasodilation may trigger the attack. Sensitivity to certain foods or beverages can trigger an attack. The most common offenders include those rich in tyramine, monosodium glutamate, nitrates, and alcohol. Red wine, beer, champagne, cheese, chocolate, caffeinated products, hot dogs, bacon, and some Chinese food products have all been identified as migraine triggers. Skipping meals or fasting is also troublesome for some. Changes in hormonal levels play a major role in triggering migraines. Migraines often begin when hormone levels rise at the beginning of puberty. Women often have migraine attacks just before or during menstruation or with pregnancy. Those taking oral contraceptives or estrogen after menopause may also have an increase in attacks. Nitroglycerin and other nitrates, antihypertensives, and nicotine can all lead to an increase in the frequency of attacks.

The choice of treatment for migraine depends on several factors. The general health of the patient as well as the frequency, intensity, and duration of headache must be considered. There are many medications used to alleviate migraine symptoms during an attack. Aspirin can be effective in the treatment of migraine both alone and in combination with other agents. Aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) are used to relieve the pain of migraine by inhibiting prostaglandin synthesis and platelet aggregation, thereby reducing the inflammation. These agents are also believed to have analgesic properties independent of their effects on

prostaglandins. The analgesic action is believed to be centrally mediated. The advantage of using NSAIDs is that they are non-narcotic and non-addictive. Nausea, vomiting, stomach upset, bleeding or ulceration are among the disadvantages. Acetaminophen is useful to treat mild attacks both alone and in combination products. Patients should be aware that excessive use of acetaminophen may lead to hepatotoxicity. This is especially important if a patient chooses to take acetaminophen in addition to a combination product that may already contain acetaminophen, but they may be unaware of the contents of the combination product.

Absorption of oral agents may be reduced due to decreased gastric motility that may be associated with the migraine. Administration of oral medications may not be the best choice for these patients. Those with nausea and vomiting associated with migraine may also benefit from a route of administration other than oral. Butorphanol (Stadol[®]) is a potent, synthetic opioid agonist-antagonist used to treat acute pain. It is available as a nasal spray and therefore may be appropriate for symptomatic relief in certain migraine sufferers.

Barbiturate and codeine analgesics are used for moderate to severe pain. These can be habit forming and may induce tolerance with prolonged use. These agents have a greater potential for abuse. They do not affect the migraine pathway specifically. They are used only to treat the severe pain. Narcotics should be reserved for those who do not respond to simple analgesics.

Antiemetics may be prescribed to treat nausea and vomiting associated with migraines. Metoclopramide (Reglan[®], others) can reduce nausea, vomiting, and gastric stasis which improves oral absorption of other antimigraine agents. Chlorpromazine (Thorazine[®], others) and metoclopramide can be used either orally or parenterally to alleviate any nausea or vomiting. They may also be effective in providing some pain relief in acute migraine.

Migraine symptoms that are not relieved with above medications should be treated with abortive therapy. The goal of abortive therapy is to stop the headache or decrease its duration or severity. Ergot alkaloids abort migraine attacks by causing vasoconstriction of the dilated cranial vasculature, interrupting migraine development. Ergot alkaloids are available in various dosage forms. They are most effective when used early in the migraine attack. Combination products are also available with ergotamine, an ergot derivative, and caffeine (Cafergot[®], others). There are a wide variety of adverse effects associated with the ergot derivatives, especially at higher doses. These may include nausea, diarrhea, tingling of extremities, peripheral vasospasm, gangrene, hypertension, myocardial ischemia and infarction, cardiac arrhythmias, and stroke. Their use is contraindicated in patients with coronary

artery or peripheral vascular disease, uncontrolled hypertension, pregnancy, and hepatic or renal impairment. A combination product that contains isometheptene (a sympathomimetic vasoconstrictor), dichloralphenazone (a sedative), and acetaminophen is available under the brand name Midrin[®], as well as others. This product can be used to abort migraines when ergot alkaloids are either not tolerated or contraindications to use exist. Although generally well tolerated, its efficacy has not been well established.

Sumatriptan (Imitrex[®]) is an agent that binds to the serotonin receptor (5-HT_{1D}). The mechanism of action is likely a result of selective cranial vasoconstriction following receptor activation. It is available as a subcutaneous injection intended for self-administration. It has been reported to relieve migraine headache pain in up to 80% of patients within one hour after injection. One disadvantage of sumatriptan is its short duration of action which may result in a recurrence of headache. About 40% of patients have been reported to have return of headache symptoms within 24 to 48 hours after treatment. Angina has occurred in patients with coronary artery disease when sumatriptan was used. The manufacturer warns against use in these patients as well as in those who are likely to have coronary artery disease, unless evaluated prior in order to determine if disease is present.

NSAIDs are typically used for symptomatic relief of headache pain. However, they may also be effective as abortive therapy. Naproxen sodium (Anaprox[®], others) has been used as an abortive agent due to its rapid onset of action. It has been reported to be almost as effective as ergotamine but with less adverse effects.

Prophylactic treatment is warranted for patients who have migraine attacks frequently (two or more per month), have very severe symptoms that do not respond to (or are intolerant to) abortive agents, or have a predictable pattern of attacks. The goal of treatment is to reduce the frequency and severity of migraine headaches. The classes of drugs that have been found to be effective for prophylaxis of migraine include the beta-adrenergic blockers, calcium channel blockers, antidepressants, and NSAIDs.

The beta-adrenergic blockers are frequently used as prophylactic agents. Although propranolol was the first used and most studied of these agents, any of the beta blockers without intrinsic sympathomimetic activity should theoretically be effective. They prevent an attack by inhibiting cranial vasodilation as well as platelet aggregation induced by catecholamines. Propranolol (Inderal[®], others), metoprolol (Lopressor[®], others), timolol (Blocadren[®], others), nadolol (Corgard[®]), and atenolol (Tenormin[®], others) have all been effective in decreasing the frequency of migraine attacks. The effects on duration or severity of attack have not been as well doc-

umented. The selection of a particular drug depends on clinical experience, side effect profile of the drug, and consideration of patient specific factors. For example, a more water soluble or cardioselective agent may be a better choice for some patients than propranolol would be. Adverse effects may include fatigue, hypotension, sexual dysfunction, depression, and sleep disturbances. Doses should be low for the initiation of prophylactic therapy and slowly titrated to the lowest effective dose.

The calcium channel blockers work by preventing the initial vasoconstriction phase of a migraine attack. In addition, they inhibit platelet aggregation as well as the release and reuptake of serotonin. Verapamil (Calan[®], Isoptin[®], others) has been shown to be effective in clinical studies; nifedipine (Procardia[®], others), diltiazem (Cardizem[®], others) and nicardipine (Cardene[®]) have been used with some success in practice. These agents are especially effective in patients who experience severe auras or prodromes. They are generally better tolerated than the beta blockers. Adverse effects may include flushing, edema, hypotension, reflex tachycardia, constipation, and conduction abnormalities. Patients with congestive heart failure, AV-block, sick sinus syndrome, and hypotension are not candidates for verapamil or diltiazem.

The tricyclic antidepressants have been used effectively in preventing migraine headaches. They are especially useful in patients who are depressed with migraines or have tension headaches as well. These work by preventing vasodilation of cranial blood vessels as a result of their effects on neurotransmitters. Other classes of antidepressants have been used, but most of the clinical experience is with the tricyclics. Amitriptyline (Elavil[®], others) is frequently used as first line therapy because of its well established clinical efficacy and safety profile. Side effects with the tricyclic antidepressants may include drowsiness, dizziness, lightheadedness, dry mouth, blurred vision, constipation, urinary retention, and weight gain.

NSAIDs have also been used successfully to prevent migraine. They may be used in combination with other prophylactic agents when one is insufficient to control the attacks. NSAIDs are often the first line agents for prophylaxis of migraine associated with menstruation. The medication is typically started a few days prior to menses and continues for the duration of the menstrual period.

Methysergide (Sansert[®]) is an ergot derivative that is an effective prophylactic agent. However, it may cause fibrosis with prolonged use. It should be reserved for those who are refractory to other prophylactic regimens. Cyproheptadine (Periactin[®], others) has also been used to prevent migraine. The mechanism of action may involve blocking serotonin and



histamine at their respective receptor sites or effects of calcium channel blockade. Cyproheptadine has been found to be most effective in children but not adults. Clonidine (Catapres[®]), carbamazepine (Tegretol[®], others), valproic acid (Depakene[®], others), and divalproex sodium (Depakote[®]) have also been reported to be somewhat effective, but their place in migraine therapy has not yet been determined.

The pharmacist has a unique opportunity to assist patients who are suffering with migraines. Understanding the signs, symptoms, and impact of disorder is important in providing care to these patients. Those patients that appear to be suffering from migraine symptoms should be referred to their physician for evaluation. The pharmacist can assist by recommending therapy based on the clinical presentation, presence of other disease states, and potential side effects of each agent. The role of the pharmacist includes patient education about migraines, how they can be treated or controlled, the proper use of medications, and what to expect as a result of treatment. A treatment plan to control symptoms, abort, or even prevent migraine headaches can make this incurable condition more manageable.

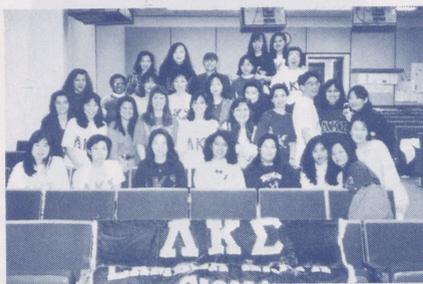
About the Authors:

Dr. Linda Eugenio, Pharm.D., is the Assistant Professor of Clinical Pharmacy at the Massachusetts College of Pharmacy and practices Ambulatory Care at Lahey Clinic. Linda is a member of Alpha Alumni Chapter and is Faculty Advisor to Alpha Chapter.

Christine M. Perry, R.Ph., is a community pharmacist with Osco Drug in East Boston, Massachusetts. Christine is the Grand Vice-President for Collegiates, Secretary of Alpha Alumni Chapter and Fraternity Advisor to Alpha Chapter.

References available upon request.

CHAPTER NEWS



LAMBDA – Los Angeles, CA

• Greetings to you from Lambda Chapter! We hope you all have had (or are having) a successful rush. We started off our 1994 school year with a dinner at our faculty advisor, Dr. Kathy Johnson's, house. She talked to us about our chapter's strengths and weaknesses and encouraged us to work as a team and have a good time together. Dr. Johnson's pep talk really worked, and as a result we had a wonderful fall rush. We were fortunate to get 27 new enthusiastic members, which dramatically increased our size from 13 to 40 members!

• Our 1995 was kicked off with a successful fundraising event, raffling away chances for a Koda-Kimble "Applied Therapeutics" Handbook. Lambda Chapter promoted our fraternity with a display presentation of Project Hope and information on what LKS is all about. Our upcoming events are: a luncheon seminar on "What to Expect from 4th Year at USC School of Pharmacy", an ice-cream float sale for Project Hope, a Bake Sale fund raiser, Spring Break Snow Skiing trip and our annual Spring Formal. We wish all of our fellow lambs a successful and happy spring semester and summer. God Bless you all!.....TAMMY THOMPSON

OMICRON – Detroit, MI

• Greetings from Omicron Chapter. We have continued with a lot of our chapter traditions this year. Members volunteered at the Festival of Trees, a fund raiser for Children's Hospital. We had a fun time decorating the Kappa Psi house for Christmas (even though we didn't get that much decorating done). We had a big turn out for our combo Christmas/New Member Banquet where we ate Chinese food and had a Kris Kringle gift exchange. Omicron chapter continues our pop can collection, T-shirt sales and Pharmacy pin sales for fund raisers.

• New leadership and new members have contributed a lot of fresh ideas. Our chapter was successful in forming committees for professional activities and social activities. This has gotten more people involved in planning and attending activities. One of our most successful activities was a Graffiti Party where everyone wears a T-shirt and other people write and draw on it. It was a lot of fun. Some of our members have been involved in forming an organization that encompasses all of Pharmacy and Allied Health.REBECCA FORE

PI – Piscataway, NJ

• Pi chapter of Rutgers University is showing true Lambda Kappa Sigma spirit in 1995. Our sisterhood is committing this semester to excellence in professional projects, fundraising activities, and LKS pride.

• Since September, we have been sponsoring a young girl in Pakistan through the Save-the-Children organization. As part of our on-going Poison Prevention Program, the Pi sisters will teach an educational program about poison safety to Lincoln Elementary School's first grade class. Also, our Professional Committee is busy planning for the Hygeia Day, which will feature a guest speaker on nutrition. Alumni sisters, family, and friends are invited to join the Pi sisters for the brunch.

• February's holiday offers many fundraising opportunities for our chapter. The annual Valentine's Day prescription vials sale is under way. Also, we are taking advantage of this Cupid holiday by raffling off a romantic dinner-for-two at New Brunswick's premiere restaurant.

• In the true spirit of Lambda Kappa Sigma, the Pi sisterhood designated Thursdays as unofficial LKS letter days. It is a day when our sisterhood can join as a united front and proudly wear our fraternity letters. In closing, the sisters of the Pi Chapter extend warm greetings and best wishes for a great semester.ANGELA H. S. KIM

RHO – Corvallis, OR

• A new year has brought new hopes and goals to our chapter. Fall term, we set up a Christmas giving tree in the Pharmacy building so that the underprivileged children in our community would receive gifts. Our chapter really enjoys this program and participates in it every year.

• After returning from Christmas break, we pledged six new members and began planning our events for the next year. Regional advisor Linda Kvale came to visit and helped us with the initiation ceremony and gave us some well-needed insight on things to do.

• Members of our group participated in a candlelight march as part of Rape Awareness week on campus.

• We have two fundraisers this year. We sold coffee mugs with either the OSU pharmacy emblem or the molecular structure of caffeine. Right now we are selling tickets to a Valentine's drawing where the prizes include flowers, a brunch for two, and a dinner for two.

• Our chapter takes pride in education programs. Last year, we had a booth during Mom's weekend dealing with breast cancer, and we also devoted a display case in the Pharmacy building to 'Over the Counter' product education.ANTHONY J. EBERLE

TAU – Pittsburgh, PA

• We started off with two exciting events to encourage prospective members. The first rush had a camping theme, and everyone showed up in their flannels and hiking boots. The second rush event was more formal and had a Hollywood theme. They were quite successful, and we are excited to be adding many new members.

• We continue to present our "What is a Pharmacist" program this semester. Soon, we also hope to be presenting our new poison control program. Our professional program for Hygeia Day this year was a successful Continuing Education program presented by two of our faculty members and sponsored by Glaxo.

• We again held our annual "Mr. Pharmacy" contest this Valentine's Day for candidates representing the various pharmacy organizations and classes. In conjunction with this, we sold Valentine's candy in prescription vials. This semester, the sisters had a fun night out ice skating and a family tree dinner. Also a big hit was our spring formal.RENEE EARL

ALPHA ZETA – St. Louis, MO

• We LKS girls have a busy spring ahead of us. First of all, we'd all like to welcome our four NMOs to the Alpha Zeta Chapter. Their names are Heather Frischle, Susan Hileman, Margie Phelan, and Erin Stuckey. Welcome girls! By the way, thanks to all LKS alumni who could join us. February 15 we had our Hostages for Hope. We had fun putting all of our professors "in jail" and raising money doing so! April 3 we helped with the MS walk-a-thon.

• We're in the process of planning our spring formal. Looks like Lemp Mansion is a good possibility—we can't wait! We've been having our regularly scheduled sisterhood nights (including a Thanksgiving progressive dinner, bowling, ice skating, and a dance-a-thon). Coming up is a trip to the movies and a barbecue once it gets warmer. Hope everyone enjoys their Spring Break!LIZ BIELECKI

ALPHA IOTA – Big Rapids, MI

• This has been a very exciting time for the sisters of Lambda Kappa Sigma Alpha Iota Chapter. We've been busy with our fundraising activities, raising money for Project Hope. Our chapter at Ferris State University has worked hard to raise money with sales of FSU Pharmacy sweatshirts, candy filled prescription vials for the holidays, and singing telegrams. For Project Hope, we have continued selling coffee, donuts, and candy each morning in the Pharmacy Lobby. We also sold yellow chrysanthemums at the Homecoming Parade and football game. Members of Lambda Kappa Sigma donated their time to the community by organizing Bingo games weekly at Greenridge Nursing Center, picking up trash for Adopt-A-Highway, and recycling every Saturday at Mecosta County Recycling Center.

• Our chapter participated in Homecoming '94 and joined forces with Phi Delta Chi, another professional Pharmacy Fraternity, to build an award-winning float (second place). There was a Thanksgiving and a Christmas dinner for the sisters this year also, to exchange gifts and socialize. Our rush activities last semester were successful in that now we have eight new sisters. Winter rush will begin on January 31.

• At the recent 1995 Panhellenic Banquet, our chapter was awarded the McClelland Tray, which is presented to the professional or social

sorority that has devoted the most time and effort to the community. Also, Lambda Kappa Sigma was recognized for having the highest professional GPA for the new associate class. Sister Shelby Koolovitz, was recently informed she was selected to be the recipient of the Cora E. Craven Educational Grant. We're very proud of our chapter's accomplishments at Ferris State University.TRACY SMITH

ALPHA KAPPA – Athens, GA

- We sold Val-O-Grams and held a bake sale—proceeds will go directly to Project Hope. We celebrated Hygeia Day by having Flynn Warren, a speaker from the Georgia Pharmacy Association, talk about pharmacy legislation currently in the Georgia General Assembly. With the help of our big brothers, our intramural sports teams have been very successful! We won first place in the softball tournament last spring and first runner-up in the football tournament last fall; we await the outcome of our Chapter intramural basketball team, "The Killer Lambs".

- Winter Formal had a tremendous turn-out! Our theme was "The Yellow Chrysanthemum Ball—Mums the Word". Alpha Kappa Chapter has started a Church Day: once a quarter, all of our sisters are invited to attend a local church as a group. As our service project, LKS sisters volunteered time and donated items to the Athens Tutorial Service, educating needy children.

- We are also preparing to attend the American Pharmaceutical Association National Convention. The sisters of Alpha Kappa Chapter look forward to seeing our fellow Lambda Kappa Sigma sisters across the Nation at the National APhA Convention in Orlando!KIMBERLY PAYNE

ALPHA LAMBDA – Vancouver, BC

- We organized a number of fundraising events. These include a sundae sale at the beginning of the school year, two bake sales, a Halloween candy o'gram and Picture with Santa in December (special thanks to the Dean of Pharmaceutical Sciences at UBC who dressed up as Santa). The last fundraising event of this year was carried out by our bright, enthusiastic new initiates who were doing coat check at the Pharmacy Skits Night in early February.

- We raised \$4000 for a number of charities. We would like to thank the executives and all our members for their hard work which makes all these events possible and successful. Perhaps the biggest event this year was our annual Manufacturer's Night. It was presented by our chapter in February and it is one of our most famous events. It was a semi-formal occasion to which we invited drug manufacturing companies to set up booths introducing the pharmaceutical industry. We as pharmacy students had an opportunity to meet with representatives from drug companies and to learn more about the industry.

- Executives for the 1995–1996 council were elected on March 10, 1995. The biggest project we have for next year is a calendar

featuring men from the Health Sciences faculties. The project is already underway, and we are hoping to finish next year. Also, we are planning a Big Sister Program; the idea is to pair up new, first year members with upper year members. Also, we are planning more social events so that members have an opportunity to get to know each other better.

ALPHA MU – Toledo, OH

- Big events are happening this quarter for the Lambs of Alpha Mu Chapter. Preparations are underway for the Spring Semi-Formal to be held Friday, June 2nd. This evening of dinner and dancing is open to the entire College of Pharmacy and promises to be a fun-filled evening for all. Plans are also underway for Project Hope in May, which is tentatively scheduled to be an evening of volleyball, refreshments, and playing games, including suppository rolling. Spring rush has begun with six prospective new members. Our traditional scavenger hunt will take place along with the first annual softball games and picnic with the brothers and pledges of KY. The close of this quarter welcomes the election of officers for the 1995–96 school year. Best of luck and good wishes to all of the newly elected officers of LKS!KAREN DEWEY

ALPHA XI – Stockton, CA

- Poodle skirts were the basics of Alpha Xi's formal rush party, "Blast to the Past!" —LKS sisters and brothers had the pleasure of meeting over sixty prospective members at this event and during pre-rush activities last semester.

- Our active members are involved in every aspect of the student life at the University of the Pacific School of Pharmacy, including student advisors, CPR instructors, teaching assistants, editors/writers of school publications, ASP officers, sisters in the Phi Delta Chi or Kappa Psi Sister Program, and Rho Chi. Our visible presence has enabled the Alpha Xi Chapter to have one of its most successful new membership drives; we anticipate approximately fifty new members!KRISTIN KATSUMATA

ALPHA ALUMNI – Boston, MA

- In December, we attended the Christmas Craft Party at Christine Perry's home. After dinner, we dove into making our wreaths. By the end of the evening, we each had a Christmas wreath filled with gold horns, berries, pinecones, and topped with a red velvet ribbon as a finishing touch.

- At Christmas, we donated toiletries to the Pine Street Inn. Special thanks to Theresa Noone and Kelly Mahaney for doing the shopping and delivery.

- Alumni members gathered at Elsie Gassiraro's home in January for our annual Yankee Swap. After the swap, we sat down with dessert for an alumni meeting.

- Hygeia Day was celebrated by hosting a CE program on a Review of Diabetes, Long Term Complications, and Self Monitoring of Blood Glucose. The speakers were Alpha Alumni members, Dr. Linda Eugenio, Pharm.D., and Brian Ambrefe, R.Ph. a certified Diabetes Educator. The program provided pharmacists with two CE credits.

- Our April Alumni meeting was held at Kathy Whitney's home. We reviewed our plans for the Regional Meeting and made a commitment to increase our scholarship fund over the next year.

- At the Final Banquet, we initiated two new Alpha Alumni members, Naciye Demirder and Helen Nagios-Pervanas. We presented the Ruth Davies Flaherty Service Award to Elsie Galgani and Christine Gosselin her 50 year certificate. For over 25 years, we have been presenting the Alpha Alumni Chapter Scholarship to a graduating collegiate for academic excellence. Since its founding, Elsie Gassiraro has nurtured it and watched it grow. To honor her, the Alumni chapter has renamed the scholarship in Elsie Gassiraro's name. This year's award was presented to Rachael Martineau.

We are looking forward to seeing you at the Mystic Regional, have a great summer!CHRISTINE PERRY

PHIALUMNI – Indianapolis, IN

- In December, we enjoyed each other's special treats to eat and an ornament exchange and also collected canned goods to be delivered to those less fortunate than ourselves. Our annual raffle ticket sales for the Afghan masterpiece created by Portia Devore was a big success. This year's Afghan gave the illusion of a three dimensional design.

- In February, we honored three seniors by taking them to a local restaurant, Hollyhock Hill.

- One of our members, Bonnie Loos, was named assistant manager of Regenstrief Health Center Pharmacy. Congratulations Bonnie!

- Member Merri Cascio was featured in the Indianapolis Business Journal as the assistant director of pharmaceutical and material services at University Hospital at the Indiana University Medical Center. She was interviewed to explain the department's recently implemented robotics system dubbed the "robotics pill plucker".

Until next time, fraternally.

....SHERI ISENBERG

CHI ALUMNI – Seattle, WA

- Planning the Regional Meeting, August 25–27, is the main focus and looking forward to meeting with Alpha Lambda at Birch Bay.

- Julia Pishalski, Omicron Alum, recently contacted Chi Alum Ann De Ganton who also lives in Sun City Center, Florida.

- Charter member Blossom Williams and her husband Guy celebrated their 50th wedding anniversary on December 31, 1994, in Punta Gorda, Florida.

- Chi members Karen Nelson, Lita Chung, and Patron Bob Tanac helped with the University of Washington School of Pharmacy Phonathon. We are proud of Chi Collegiate new initiates Charlotte Pendergast, My-Trang Truong, and Lori White who participated extraordinarily well in the Phonathon.

- Karen Dawson is coordinator of the Continuing Education Programs at the School of Pharmacy, and is well on her way to a Doctorate in Spec Communication.

....PAT TANAC



GRANT RECIPIENTS

Since 1962, Lambda Kappa Sigma Pharmacy Fraternity has fulfilled its purpose of promoting the profession of pharmacy by annually awarding Educational Grants to deserving students. Currently, 13 Educational Grants are offered: Nine (9) Cora E. Craven Grants; Two (2) Mary Connolly Livingston Grants; One (1) Norma Wells Grant and One (1) B. Olive Cole Grant. The Educational Grant Committee and the Lambda Kappa Sigma Grand Council are honored to present the following 1995 Educational Grant Recipients:

CORA CRAVEN GRANT RECIPIENTS



Amy T. Calabrese
Pi Chapter
Rutgers University



Kristin Kay Gilliland
Delta Chapter
University of Pittsburgh



Stephanie Hebert
Alpha Beta Chapter
University of Connecticut



Cathy A. Johnson
Alpha Iota Chapter
Ferris State University



Angelic Karaboulis
Alpha Pi Chapter
St. John's University



Shelby Ann Koolovitz
Alpha Iota Chapter
Ferris State University



Marie Majdalany
Alpha Omicron Chapter
West Virginia University



Anne M. McDonnell
Alpha Chapter
Mass. College of Pharmacy



Darshana Patel
Gamma Chapter
University of Illinois

NORMA WELLS GRANT RECIPIENT



Suellen Polley Alexander
Alpha Nu Chapter
University of Kentucky

MARY CONNOLLY LIVINGSTON GRANT RECIPIENTS



Gigi C. Chung
Alpha Xi Chapter
University of the Pacific



Nicole M. Turcotte
Alpha Chapter
Mass. College of Pharmacy



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