



BLUE & GOLD TRIANGLE

SPRING/SUMMER 1997

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"

LKS STUDENTS AWARDED GRANTS

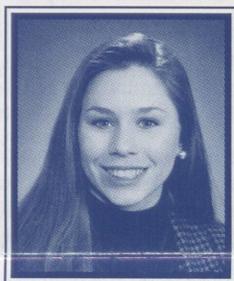
Linda Kvale, RPh

Regional Supervisor & Educational Grant Committee Chair, Seattle WA

Congratulations to the 1997 Educational Grant Winners! The Committee received a record number of applications for this year's round of educational grants. A total of 10 grants were awarded; 8 Cora E. Craven, 1 Mary Connolly Livingston, and 1 Norma Wells Loyalty. The Committee would like to thank all applicants and encourage those who weren't awarded to apply for the next round of funds in the Fall of 1997.



NORMA WELLS LOYALTY GRANT RECIPIENT



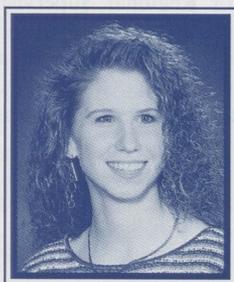
Abigail Taylor
Phi Chapter
Butler University
Indianapolis, IN

MARY CONNOLLY LIVINGSTON GRANT RECIPIENT



Sarah Salzberg
Chi Chapter
University of Washington
Seattle, WA

CORA E. CRAVEN EDUCATIONAL GRANT RECIPIENTS



Sherry Brown
Eta Chapter
Philadelphia College of Pharmacy
Philadelphia, PA



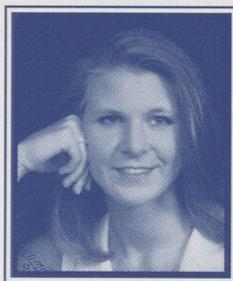
Cori Gabana
Alpha Lambda Chapter
University of British Columbia
Vancouver BC, Canada



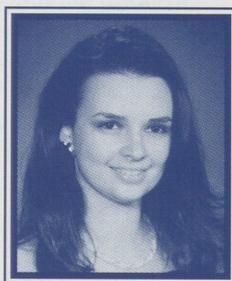
Kathleen Hatfield
Lambda Chapter
University of Southern California
Los Angeles, CA



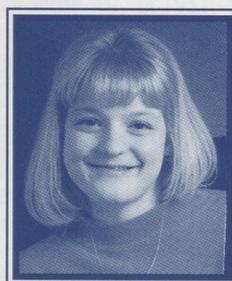
Thao Mai
Tau Chapter
Duquesne University
Pittsburgh, PA



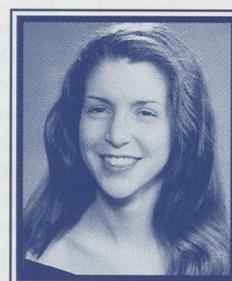
Tiffany Chastain
Omega Chapter
Medical University of South Carolina
Charleston, SC



Melissa Hanratty
Tau Chapter
Duquesne University
Pittsburgh, PA



Erin Stuckey
Alpha Zeta Chapter
St. Louis College of Pharmacy
St. Louis, MO



Kerrie (Kara) Shirley
Xi Chapter
University of Rhode Island
Kingston, RI

97 Regional Meetings
...SEE PAGE 4
98 Convention
...SEE PAGE 5

BLUE & GOLD TRIANGLE

The Blue & Gold Triangle is the official publication of Lambda Kappa Sigma Pharmacy Fraternity, and is published semi-annually by:

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Christine Perry



TREASURER'S REPORT

Jennifer Rhodes, RPh
Grand Treasurer
Portland OR

I would like to bring you up to date on the financial status of the Fraternity. The Grand Council critically reviewed the 1996-98 budget during our November 1996 Interim Meeting in Philadelphia. Grand President Nancy Horst and myself have also worked with our management firm, Alpha Resources, on various budget issues. Consideration was given to what we wanted to do, what it would cost, and how we would pay for each project. It was a general consensus that projects need to pay for themselves.

The following actions were taken in the areas of member manuals, regional meetings, and management services. These decisions, along with close monitoring of budget line items and proactive efforts in the areas of membership recruitment and retention and collegiate-to-alumni transition, provide a foundation on which Lambda Kappa Sigma may build.

Member Manuals: The IO is exploring use of the web site and professional printing for release of the Manual in the Fall of 1997. In the meantime, contact the IO for any necessary forms or information.

Sportswear & Jewelry Programs: The Non-Dues Sources of Income is coordinating efforts to outsource the Fraternity's jewelry & sportswear programs. Programs will be finalized by September 1, 1997.

Regional Meetings: The 1997 Regional Meetings will continue to be self-funded, that is, each meeting's revenues will cover all associated expenses. It is hoped that the continuing education offerings will generate interest in each meeting's local area, to bring in modest revenue for LKS.

Management Services: As of February 1997, the Executive Director of Lambda Kappa Sigma is a part-time position. This change, along with small reductions in the current Grand Council reporting process, will save the Fraternity \$1,000 per month. The International Office hours are Monday through Thursday, 9:00 am to 5:00 pm eastern time, with a 24 hour message line 7 days a week, the toll-free number (1-800-LKS-1913), the fax (517-356-6574) and an e-mail address (LKS@lks.org.).

I welcome your input about Lambda Kappa Sigma's finances. Contact me directly or through the International Office if you have questions, concerns, or ideas on the financial status of LKS.



PRESIDENT'S MESSAGE

Nancy Horst, RPh
Grand President
Shoreline, WA

We're all looking forward to summer! Congratulations to those of you who graduated this year, and best wishes for your future as you enter the work world or continue your education. You should have received information on maintaining your ties to LKS after graduation.

Fraternity officers and staff are focusing on planning for the upcoming Regional Meetings. There will be some great continuing education programs, along with the chapter and Fraternity reports, several workshops on chapter operations, and the opportunity to interact with members from several chapters as well as alumni members. Of course there will be time for fun and enjoying the local scene too. Join us in Pittsburgh, Detroit, Lexington or Los Angeles! Complete program and registration information is on pages 4 & 5 of this issue.

LKS had a booth at the APhA Annual Meeting in Los Angeles at the beginning of March. It's always a great time to visit with members from many chapters, alumni and advisors. Students for Progress prizes and certificates were awarded from the booth.

The Triangle also highlights our educational grant winners and those who have contributed to the Educational Trust, which makes those grants possible. Thanks to the Grants Committee, chaired by Linda Kvale.

September is the time to send in credentials for Grand Council office. There are five offices to be voted on in a January mail ballot: Grand President, Grand Vice-President for Alumni, Grand Vice-President for Collegiates, Grand Secretary and Grand Treasurer. (The Collegiate Representative is elected at Convention, and the Past Grand President is automatically a voting member of Grand Council.) Applications for Regional Supervisors will also be accepted, although they will be appointed at the 1998 Convention. I know it seems early but it's time to consider the opportunity of being an officer. The International Office can supply the appropriate form; just give them a call. Have a good summer!

Fraternally,

Nancy Horst, Grand President

CALENDAR

July 25-27	Regional Meeting - Pittsburgh, Pennsylvania Regional Meeting - Lexington, Kentucky
August 8-10	Regional Meeting - Detroit, Michigan Regional Meeting - Los Angeles, California
September 1	Introduction of the new LKS sportswear program! Introduction of the new LKS jewelry program!
October 1	LinKS Distribution Alumni News Distribution Grand Council Meeting (date to be determined)
November 1	Educational Grant Application Deadline Collegiate Dues Deadline
November 15	Blue & Gold Triangle Distribution 1997 Educational Trust Appeal



1997 STUDENTS FOR PROGRESS CAMPAIGN

Alison Takamoto

Collegiate Representative, Alpha Xi, University of the Pacific

The Students For Progress Campaign concluded its rally on March 1st. Seven chapters participated in this year's Campaign. For the 1998 Campaign, our goal is to increase the participation to fifteen chapters. The chapters that participated in the Campaign sponsored prosperous fund raisers that increased exposure of their chapter, attracted new members, and helped the Fraternity's finances. Results of this year's Campaign are as follows:

WINNER

**Alpha Beta Chapter
University of Connecticut
Storrs CT**

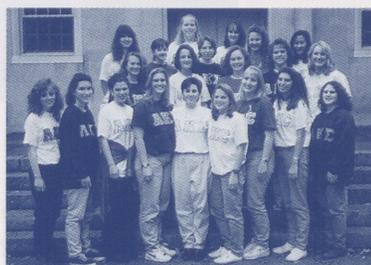
As their fund raiser, the Alpha Beta Chapter worked at the concession stand of the women's basketball games. Members commented, "It was lots of fun and exciting to watch the UConn women remain undefeated".

Congratulations to the Alpha Beta Chapter! Other chapters trailed closely behind in their fund raising efforts. Some activities included a Mr. Pharmacy Contest, funnel cake sales, hoagie/submarine sales, and a spaghetti dinner. Other contributing chapters included:

**Tau Chapter
Duquesne University
Pittsburgh PA**

**Alpha Iota Chapter
Ferris State University
Big Rapids MI**

**Eta Chapter
Philadelphia College of Pharmacy
Philadelphia PA**



**Alpha Zeta Chapter
St. Louis College of Pharmacy
St. Louis MO**

**Alpha Mu Chapter
University of Toledo
Toledo OH**

**Omega Chapter
University of South Carolina
Charleston SC**

On behalf of the Lambda Kappa Sigma Pharmacy Fraternity, thank you! Your chapter's involvement and contributions will be a great asset—especially in planning for future student services and activities. For those chapters that did not participate, make sure to mark your calendars for next year.



DISTINGUISHED SERVICE CITATION AWARD

presented to

PORTIA DEVORE

At the 1996 Convention, the 1996 Distinguished Service Citation Award was presented to Portia Devore. The award recognizes an alumni member who has contributed outstanding service to the Fraternity. During her many years as an involved member of Lambda Kappa Sigma, Portia has demonstrated noble volunteerism and support through her membership in Phi Alumni Chapter, on a number of local and Fraternity committees, and attendance and work at numerous (more than 20) Conventions and Regional Meetings.

She was initiated into the Phi Chapter at Butler University, Indianapolis, in 1951. Since graduation she has been an active member of Phi Alumni, serving as chapter historian, secretary, vice president, and president. Portia's professional experience includes 32 years as a community pharmacist and 8 years as a hospital pharmacist; she is now retired. She has been a member of the Indiana Pharmacists Association since 1954.

Portia has been a member of several Fraternity committees over the years, such as Resolutions, Ways and Means, Rules and By Laws, the Alumni Task Force, and the Non Dues Sources of Income Committee for the last four bienniums. She has maintained the jewelry sales and cash box at many Conventions and Regional Meetings—not a task specifically assigned to a committee but a job that has to be done. She has also served as chief teller at several Conventions. Another facet of Portia's talent is beautiful hand work. She has contributed items for raffle to benefit LKS many times, including a special afghan at the 1996 Convention.

Portia exemplifies the true spirit of volunteerism—countless of hours of time and service for the good of the Fraternity without ever expecting recognition. We do recognize it and thank you, Portia. Your dedication, loyalty, and commitment are truly appreciated.

1997 ETHEL J. HEATH SCHOLARSHIP KEYS PRESENTED

The Ethel J. Heath Scholarship Key is available to graduating collegiates in good standing who have attained a cumulative scholastic rank in the top ten percent of her/his graduating class. The Dean of School or College of Pharmacy certifies eligibility of each Key recipient.

Congratulations to the 1997 recipients:



**Tiffany Chastain, Omega
Medical University of South Carolina**



**Bonnie Ka Wei Cheng, Lambda
University of Southern California**



**Renee Earl, Tau
Duquesne University**



**Layla Feghali, Omicron
Wayne State University**



**Marissa Lauro, Alpha Xi
University of Pacific**

Not pictured:

**Mary Beth Fennell, Tau
Duquesne University**

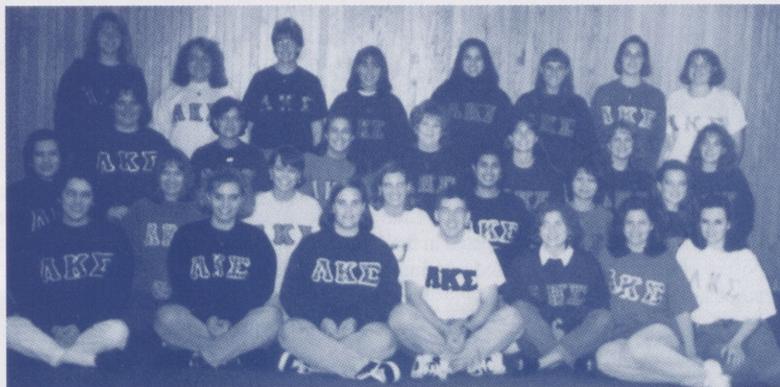
**Jee Hyun Kim, Epsilon
University of Maryland**

Please call the International Office to inquire about other LKS programs and awards.

JOIN US AT THE 1997 REGIONAL MEETINGS!



Christine Perry, RPh
Grand Vice-President for
Collegiates, Fairhaven MA



TAU CHAPTER - PITTSBURGH REGIONAL MEETING CO-HOST

If you are looking for a great weekend filled with fun, sisterhood, and programs to get you excited about pharmacy and LKS, do not miss the Regional Meetings! If you are a chapter, make sure to send a delegate, and if you are a member-at-large, come and get reacquainted with LKS.

During Regional Meetings, collegiate and alumni members join together in their respective geographical regions to network, participate in educational

opportunities, and build the future of the Lambda Kappa Sigma Pharmacy Fraternity. Regional Meetings are held in the odd years, while the Biennial Convention is held in the even years.

As the Grand Vice-President for Collegiates and an alumni member of Alpha Chapter, I can't urge enough the importance of collegiate and alumni attendance. The benefits are limitless and the networks powerful. Hope to see you there!

LOCATIONS, DATES & HOTELS

REGIONS 1, 2 & 3	REGION 4	REGION 5	REGIONS 6 & 7
Pittsburgh, Pennsylvania	Detroit, Michigan	Lexington, Kentucky	Los Angeles, California
Fri.-Sun., July 25-27, 1997	Fri.-Sun., August 8-10, 1997	Fri.-Sun., July 25-27, 1997	Fri.-Sun., August 8-10, 1997
Pittsburgh Hilton & Towers Gateway Center Pittsburgh PA 15222 (412) 391-4600 or (800) HILTONS	Novi Hilton 2111 Haggerty Road Novi MI 48375 (810) 349-4000 or (800) HILTONS	The Kentucky Inn 525 Waller Avenue Lexington KY 40504 (606) 254-1177 or (800) 221-6652	University of Southern California, School of Pharmacy Pasadena Hilton, 150 Los Robles Pasadena CA 91101 (818) 577-1000 or (800) HILTONS
Quad Occupancy Rate: \$110.00	Quad Occupancy Rate: \$79.00	Quad Occupancy Rate: \$46.50	Quad Occupancy Rate: \$99.00
Cut Off Date: 7/7/97	Cut Off Date: 7/15/97	Cut Off Date: 7/7/97	Cut Off Date: 7/15/97
Hosted by: Tau & Delta Chapters	Hosted by: Omicron Chapter	Hosted by: Alpha Nu Chapter	Hosted by: Lambda Chapter

SCHEDULE OF EVENTS

Friday, 12:00 pm - 6:00 pm

Registration
Workshop-Increasing the Visibility of LKS
Workshop-Preserving the History of LKS
Workshop-Motivating Members
Reception

Saturday, 9:00 am - 5:30 pm

Chapter & Fraternity Reports
ACPE Accredited Continuing Education

- Pediatric Pharmacy - Pittsburgh
- Management of Osteoporosis - Lexington
- The Pharmacist's Role in Mgmt of Osteoporosis - Detroit
- The Pharmacist & the Patient with Infertility - Los Angeles

Awards Luncheon
Workshop-Marketing LKS
Collegiate & Alumni Conferences
Goal Setting

Sunday, 9:00 am - 12:00 pm

ACPE Accredited Continuing Education

- Women's Cancer Issues - Pittsburgh
- AIDS: Sex, Drugs & Family Planning - Lexington
- Breast and Cervical Cancers - Lexington
- Pregnancy Counseling - Lexington
- AIDS in Women - Detroit
- Advances and Issues in Weight Management - Detroit
- Management of Osteoporosis - Los Angeles
- Cost Effectiveness of Contraceptive Methods - Los Angeles
- Impact of AIDS on Women - Los Angeles

Hotel Reservations: To receive the group discount rates, please indicate that you are with the Lambda Kappa Sigma Pharmacy Fraternity. Make your reservations by the cut off date to receive the group discount rates. Double/double rooms are available on a limited basis.

Schedule of Events: Schedule is subject to change. Additional travel, lodging, continuing education, and program materials will be provided to registrants at a later date or upon special request from the International Office.

REGISTRATION FORM

Please complete this form and send or fax to:

LAMBDA KAPPA SIGMA PHARMACY FRATERNITY

2284 Diamond Point Drive Alpena MI 49707
 Phone: (800) LKS-1913 Fax: (517) 356-6574



ATTENDEE INFORMATION

Name _____

Address _____

City _____

State _____ Zip _____

Phone () _____

Chapter _____

Arrival Date & Time _____

Departure Date & Time _____

MEETING INFORMATION

I AM PLANNING TO ATTEND (Please ✓ one):

Pittsburgh, PA
July 25-27, 1997

Lexington, KY
July 25-27, 1997

Detroit, MI
August 8-10, 1997

Los Angeles, CA
August 8-10, 1997

(Please ✓ all that apply)

Collegiate Alumni Alumni-at-Large

Advisor Patron Honorary

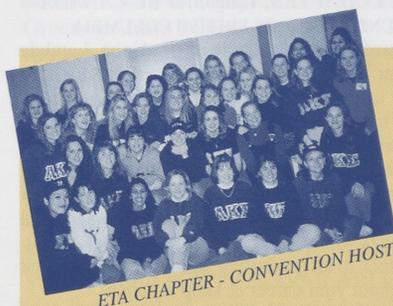
Other _____

PAYMENT INFORMATION

Registration fee includes professional programming, materials, breaks, Friday-Reception; Saturday-Continental Breakfast & Lunch; Sunday- Continental Breakfast. **Complete 3 day program \$85.00.**

Check Enclosed Visa Card No. _____ Exp Date _____
 Check No. _____ Date _____ Mastercard Signature _____

✂ and send to the International Office



ETA CHAPTER - CONVENTION HOST

1998 BIENNIAL CONVENTION PHILADELPHIA, PENNSYLVANIA

Ruth Brown, RPh

Past Grand President and Convention Chair, Philadelphia PA



RUTH BROWN (right) WITH
 ETA CHAPTER'S PAST
 PRESIDENT, KATHRYN
 GRANDIZIO (left)

You are invited to attend the 98th Biennial Convention of the Lambda Kappa Sigma Pharmacy Fraternity from August 5th through 9th, 1998 in Philadelphia, Pennsylvania.

During the Convention, LKS members can participate in a multitude of LKS activities; including collegiate and alumni caucuses, vendor fair, committee meetings, continuing education, awards and the final banquet...to name a few.

The Penn Tower Hotel is the site of the 98 Convention. Owned and operated by the University of Pennsylvania, the Penn Tower Hotel reflects the prestige and excellence of this renowned institution. The perfect place for business or pleasure, the Hotel is located in the heart of University City, a unique academic community.

Philadelphia offers many historical and cultural attractions. Visit such attractions as the Franklin Institute, Philadelphia Museum of Art and the Academy of Music. Transportation is offered to America's most historic square mile - where you can see the Liberty Bell, Independence Hall, Betsy Ross House and Congress Hall.

Mark your calendar. The 1998 Biennial Convention will be filled with futuristic planning for the Fraternity and an opportunity to reacquaint yourself with LKS members from throughout the country. LKS gathers every other year to reinforce its purpose - I hope you can be part of this great experience!

COLLEGIATE CHAPTER REPORTS

(edited for space considerations)

X CHAPTER, *Seattle WA* UNIVERSITY OF WASHINGTON

First off, Chi Chapter would like to congratulate our Core E. Craven Grant recipient, Sarah Salzberg! After a successful fall quarter full of rush functions and pumpkin painting for Children's Hospital we decided we needed a vacation. Our Social Chair planned a fantastic weekend for us at Mt. Baker, a beautiful ski resort here in Washington. In February we completed a successful Valentine's Day Cookie-Gram fund raiser. We are in the process of planning a school wide trip to Seattle's new Planet Hollywood, new T-shirts to sell and a drug question and answer session at a local retirement home.

Δ CHAPTER, *Pittsburgh PA* UNIVERSITY OF PITTSBURGH

We are excited about having our Regional Meeting here in Pittsburgh and have been getting things underway for that. We have been busy doing and planning many service projects this semester such as; Adopt-a-Highway, Valentine's for Veterans, School for the Blind, Valentine's Party, Hand-in-Hand festival, and Shadow Boxes for the Safe Kids Poison Prevention Week Project. We have also set up a number of booths with such Topics as; skin care, diabetes, breast cancer, and will be working on a booth on eating disorders for Hygeia Day.

E CHAPTER, *Baltimore MD* UNIVERSITY OF MARYLAND

The Epsilon Chapter visited AlphaPharma Pharmaceuticals research & manufacturing sites and learned about drug development and production. We raised money for area low income families through a "Pennies War" with the other fraternities and bought gifts for our own adopted family. We are especially proud of our third year sister, Huijeong Hahm, who participated in the APhA Summer Student Internship at Pfizer Pharmaceuticals this past summer.

H CHAPTER, *Philadelphia PA* PHILADELPHIA COLLEGE OF PHARMACY

The sisters of Eta Chapter have had a busy spring. Hygeia Day was celebrated by having a nurse practitioner come in and speak about diabetes. Alumnus, Frances Curran presented the Virginia Lebo Osol Award to our chapter president, Melissa Santaniello. Eta Chapter is committed to raising money for ourselves and for others. Clothing donations, raffle tickets, food sales and hosting the annual gold fish stand are just a few of our successful fund raising efforts. The Eta sisters are excited to attend Regionals in Pittsburgh at the end of July. We are eager to see the other chapters in our region and sisterhood at its best!

AH CHAPTER, *Brooklyn NY* LONG ISLAND UNIVERSITY

The Alpha Eta Chapter of AKΣ has had a busy and exciting 1996/97. Following the fall membership drive, we initiated nine new sisters. The event was celebrated at a luncheon. The Chapter sponsored three charitable activities during the fall semester, a food drive for Thanksgiving and clothing and toy drives for the Christmas/Chanukah season. All items were donated to charities or hospitals in the local community. The spring semester began with a Valentine's Day fund raiser. The sisters used their creativity and made Valentine's Day cards, which were sold to students on campus.

Λ CHAPTER, *Los Angeles CA* UNIVERSITY OF SOUTHERN CALIFORNIA

We kicked off the spring semester with a raffle as our fund raising event. For February and March we will be having guest speakers on topics such as; "What is residency?," "Hemophilia," and "Residency Programs." We are also fortunate enough to have AKΣ members from 4th level come to share with us which rotations are terrific and which ones to avoid.

Π CHAPTER, *New Brunswick NJ* RUTGERS COLLEGE OF PHARMACY

The Pi Chapter may be small in numbers this semester but united in strength and successfully orchestrated a campus-wide program with a guest speaker on Endometriosis. Dr. Steven Dornitz, an obstetrician/gynecologist specializing in Endometriosis gave an enlightening interactive presentation through a slide presentation, actual video footage of his laproscopy procedures and group discussion. Response from attendees was great. Therefore, we are currently planning to sponsor another Endometriosis program in the New Brunswick Community.

O CHAPTER, *Detroit MI* WAYNE STATE UNIVERSITY

Eight new members were welcomed this semester! New members and active members have worked together & gathering canned food for some of Detroit's needy families. Our work with the community this semester will focus on educating the youth as members speak at local school's about our profession. In the coming months, members will gather with alumni and Kappa Psi for our "Tastes from Around the World" wine and cheese party, ice skating, and a competitive pool tournament.

AZ CHAPTER, *St. Louis MO* ST. LOUIS COLLEGE OF PHARMACY

Three new members were inducted this spring. Professional projects for semester included Hostages for Hope, the MS walk, and the walk for Abused Children sponsored by the Family Resource Center in St. Louis. Hostages for Hope will be organized by our new members as part of their orientation and all proceeds will go to Project Hope. Our Spring Formal was held on April 18th at the "Haunted" Lemp Mansion and was a memorable event.

T CHAPTER, *Pittsburgh PA* DUQUESNE UNIVERSITY

We have seven new and wonderful additions to the Tau family. They are currently being oriented to the Fraternity and its values and beliefs. Welcome! Our fund raising activities for the semester have included our Mr. Pharmacy contest, a hoagie sale, a funnel cake sale and our annual Easter candy sale. All of which have proved very profitable. Tau Chapter held a weekend-long celebration to commemorate its 65th anniversary. Over 200 alumni were invited to participate in the weekend-long event which included the annual Spring Formal Dinner Dance/Senior Banquet, brunch and CE programming. We are also looking forward to the Pittsburgh Regional Meeting and working with the Delta Chapter to make it a wonderful experience for our members.

AO CHAPTER, *Morgantown WV* WEST VIRGINIA UNIVERSITY

Our chapter rang in 1997 and a new semester by collecting over \$100 for the Hope Gas Company's fund to help heat the homes of the indigent. In February, we had a great time making Valentine cards to deliver to a local nursing home. We also held our very popular annual Valentine's Day raffle, with prizes including dinner for two, candy, flowers, and movie rentals. Currently, we are organizing our annual banquet for pre-pharmacy students for the month of April.

AI CHAPTER, *Big Rapids MI* FERRIS STATE UNIVERSITY

We are proud to say that we won the McClelland Tray for a 3rd year in a row. Award is presented to the best sorority/fraternity on the Panhellenic Council. Our rush program was revised and improved; focusing on relationship development with the rushees. Rushees got to know us as people, pharmacy students and AKΣ members. Through the program, members realized that joining the Lambs was the right choice and the positive feeling from the members definitely rubbed off on the rushees.

AB CHAPTER, *Storrs CT* UNIVERSITY OF CONNECTICUT

After our successful fall semester we added six new girls to our chapter, all of which made for a great new class. Their spirit and eagerness to be a sister of AKΣ gives us an optimistic view for the semester ahead - welcome girls! Among many of our new goals for the semester, working on our donations was one. We are proud to say that this semester we are not only donating a good amount to the Students for Progress but also to the Educational Trust. On the professional side of things, we are in the process of working on an Endometriosis Awareness Week. We will be getting a speaker concerning this disease, and it will be our professional program for Hygeia Day.

AK CHAPTER, *Atlanta GA* UNIVERSITY OF GEORGIA

The Alpha Kappa Chapter started off winter quarter with our annual Winter Formal. Our theme was "The Yellow Chrysanthemum Ball - What a Wonderful Night for a Moondance". We also had a pre-formal party celebration the night before which consisted of karaoke singing and shooting billiards. We had a great turnout. The sisters sold Val-o-grams the week of Valentine's Day. All proceeds go to Project Hope. Our professional project was integrated into our Hygeia day celebration. For our service project, we collected donations for the local Athens Humane Society. The Killer Lambs have just recently started their intramural basketball season.

AA CHAPTER, *Vancouver BC CANADA* UNIVERSITY OF BRITISH COLUMBIA

The hard working members of Alpha Lambda Chapter had a successful year; contributing over \$5000 to various charities that Alpha Lambda is proud to support. Congratulations to our chapter members who received 1996/97 awards & grants: Cori Gabana & Denise Nitschke, recipients of our chapter's internally sponsored scholarships; Jolly Gill, Ruth Davies Flaherty Award; and Coria Gabana, Cora E. Craven Educational Grant. Good luck to all graduating members. Best of luck throughout your career & keep in touch!

AΞ CHAPTER, *Stockton CA* UNIVERSITY OF PACIFIC

We have been busy this semester with rush and membership orientation (24 new initiates). We recently held a Blood Pressure Information Booth at a local grocery store. Members were able to take blood pressures and talk to people in the community about ways to reduce their blood pressure. We are planning on having a booth at the University of Pacific School of Pharmacy's annual "Children's Awareness Carnival" where children from the Stockton community can come learn about their health and have fun. We recently started our third semester of the year which runs until early August. Congratulations to our 30 graduating lambs and we hope everyone has a great summer.



ALUMNI MEMBERSHIP QUESTIONS & ANSWERS

Chris Grass, RPh
Grand Vice President for Alumni, St. Louis MO

Q: Would you join an organization if they offered you a year of free membership? Why not? That's exactly what Lambda Kappa Sigma is offering to new graduates!

A: Members of Lambda Kappa Sigma who are new graduates will not be required to pay dues until the April of the year following their graduation. That's a whole year of Lambda Kappa Sigma membership benefits for ZERO dollars.

You already know how valuable it is to join in a professional organization, otherwise you would not have joined Lambda Kappa Sigma. Being a part of a professional organization that works to promote the profession of pharmacy among women is more important than ever. The changes that are occurring in workplaces all over the world are affecting us all. Lambda Kappa Sigma members are all over the world and we are all there to help each other!

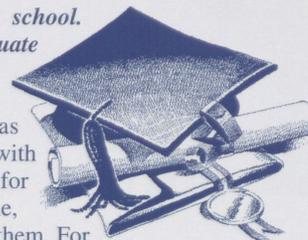
If you are a new graduate or know someone who is about to graduate, be sure that they know about this year of free membership. Alumni membership in Lambda Kappa Sigma is a natural progression to professional life from your collegiate membership.

Q: I'm moving to a new part of the country. How can I meet new friends, especially other women in pharmacy?

A: Lambda Kappa Sigma members are all over the world. If you need a friend, a mentor, someone to help you find a job or just good advice for personal needs, a friend is almost always close by. If you're looking for members in your area but don't know where to start, contact the Lambda Kappa Sigma International Office and they can put you in touch with Lambs near you!

Q: I'm going back to graduate school. Are there scholarships for graduate members?

A: Yes indeed! For many years Lambda Kappa Sigma has supported collegiate members with their education. Scholarships for alumni have also been available, but not everyone knows about them. For more information, contact the International Office.



Q: What do I get for my dues dollars? Many members wonder just what they are getting for their money. Here are just a few benefits for Lambda Kappa Sigma members:

A: Biennial Conventions, Regional Meetings, Continuing Education, Lambda Kappa Sigma publications like the Blue and Gold Triangle, the Alumni Newsletter and LinKS, scholarship opportunities (not just for collegiates!), sisterhood, educational programming, leadership opportunities, support of Women's Health Issues initiatives, fun, professional recognition and friends all over the world just to name a few!

Q: How can I start an alumni chapter in my area?

A: Call or write to the Grand Vice President for Alumni or the Alumni Supervisor. We can help get you started and give you advice on how to form or reactivate a chapter. Different groups have different expectations and needs - these officers can help you in organization to meet the needs for your group.

Q: I haven't kept my dues current. I want to be a member again. Do I have to pay up for all of those missed years?

A: No! You will become an active member again when you pay the current dues. While it's great if you maintain active membership, you are never penalized for years that you do not pay. We'd be glad to have you back!



IO UPDATE

Kara Steinke
Executive Director

Greetings from Alpena, Michigan! The IO is busy preparing for Regional Meetings. I will be attending the Pittsburgh and Detroit meetings and am looking forward to matching voices with names.

The sportswear and jewelry programs will be receiving a face lift this summer. Changes will include professional brochures, speedier shipping, and a larger selection of items targeted and developed specifically for women in pharmacy. Brochures will be mailed this Fall to collegiate and alumni chapters, as well as occasional promotional mailings. I think members will be pleased.

VOLUNTEER POSITION AVAILABLE... the Fraternity needs a volunteer individual or group to assist with the continued development, promotion, and maintenance of the Lambda Kappa Sigma Web Site (www.lks.org). Expansion of the site is planned for Fall 1997 and will include further development and improvements; chapter e-mail addresses, on-line publications (possibilities: member manual, BGT), and increased communications between chapters and with the International Office. Your expert ideas and suggestions could have a large impact on the Fraternity's transition towards on-line communications and data collections. If mastering the web is your niche, the Fraternity needs your help. If you would like additional information, just call the International Office.

Lambda Kappa Sigma International Office
2284 Diamond Point Drive, Alpena MI 49707
Phone: 1-800-LKS-1913 • Fax: 517-356-6574
E-mail: LKS@lks.org • Web: www.lks.org

The next issue of the Blue & Gold Triangle will be published in November 1997. Any suggestions or comments are welcome!

ALUMNI CHAPTER REPORTS

A ALUMNI CHAPTER BOSTON, MASSACHUSETTS

In December we held our annual Christmas Craft Party and made a holiday centerpiece for our homes. Professionally, we donated health and beauty aid supplies to Rosie's Place in Boston which is a shelter for battered women. We kicked off 1997 with the Yankee Swap held at Elsie Gassiraro's home. During dessert we held an alumni meeting and planned Hygeia Day. In February, we mailed out our alumni newsletter with information on our Hygeia Day continuing education program and information on this summer's Regional in Pittsburgh.

X ALUMNI CHAPTER SEATTLE, WASHINGTON

Chi Alumni Chapter celebrated the Christmas Holiday early in December at Ina Jenkin's home. The Collegiates attended laden down with toys for our collection which was sent to the children on St. Lawrence Island 200 miles from Nome Alaska, population six hundred and fifty. We enjoyed our annual cookie exchange the same evening. In January, we met at Lita Chung's to sharpen our stenciling skills. Linda Kvarre, Region 7 Supervisor, set up supplies and ribbons. These will go to the IO for distribution to chapters who need ribbons for our ceremonies.

AY ALUMNI CHAPTER KOBE, JAPAN

Alpha Upsilon Chapter has 6 members in Japan and one member staying in the United States, but we have news! In April, Dr. Marilyn Harris, past Grand President of LKS, will visit us with her husband, Dr. Bruce Martin. Dr. Harris will give a series of lectures at Kobe Gakuin University, School of Pharmacy. We are looking forward to having them with us.



ENDOMETRIOSIS AND ENVIRONMENTAL TOXINS

Dixie Leikach, RPh

Grand Secretary and Women's Health Issues Chair, Owings Mills MD

Information provided by the Endometriosis Association

Why is endometriosis on the rise? Prior to 1920 only a few cases were reported, and now endometriosis affects five million women and girls in the United States and millions more worldwide. While the causes of the disease remain unknown, research by the Endometriosis Association has revealed a startling discovery that might provide some clues: a strong link between dioxin (TCDD) exposure and the development of endometriosis. (Dioxin, an organochlorine, is a toxic chemical byproduct of pesticide manufacturing, bleached pulp paper products, and hazardous waste burning. Organochlorines came into common use in the 1940s; the use of dioxin is still permitted.)

This discovery began in the fall of 1991 when Mary Lou Ballweg, Executive Director of the Endometriosis Association, discovered a colony of rhesus monkeys which developed spontaneous endometriosis after exposure to dioxin: the monkeys had been fed a diet supplemented with dioxin for four years.

Learning that the monkey colony was about to be sold due to a loss of funding, the Endometriosis Association provided emergency funds to maintain the colony and to examine the remaining monkeys for endometriosis. The findings of these examinations were both exciting and grim; they showed that there was indeed a relationship between the dioxin in the diet of the monkeys and the development of endometriosis. In fact, 79% of the monkeys exposed to dioxin developed endometriosis! Furthermore, it was a "dose-dependent" relationship – that is, the disease increased in severity in direct proportion to the amount of dioxin exposure – the more dioxin, the more severe the disease.

The implications of this study, and the many that followed it, are tremendous. Until recently, scientists have focused mainly on the cancer-causing effects of environmental toxins. Now it is becoming clear that compounds such as dioxin exert profound immunological and reproductive impacts at exposure levels far below the levels at which they cause cancer.

Today organochlorines are found everywhere on earth. While a few have been banned – PCBs and DDT, but NOT dioxin – they remain in the environment because they have such a long life. Others continue to be introduced into the environment through illegal use or through

products, wind, and water from countries where they are still legal. Organochlorines such as PCBs last so long that they can essentially stay in the body one's entire life. PCBs and other organochlorines are stored in body fat and can be passed on to infants during pregnancy and breast-feeding. (The only times that these toxins are lost in significant amounts from our bodies are during pregnancy, breast-feeding, and in sudden, rapid weight loss.) Dioxin enters our bodies primarily through food. Through a process called bioaccumulation, the concentration of organochlorines (such as dioxin) stored in the fatty tissue of humans and animals increases over time. A process called biomagnification makes matters worse. Plants and small animals eat contaminated matter, and in turn they are eaten by larger animals. Humans who eat animal products at the top of this food chain can be consuming significant concentrations of toxins.

Given these harsh realities, dioxin contamination may seem to be an inevitable consequence of living in the modern world. There are, however, a few precautions that can be taken to try to help limit exposure to dioxin, PCBs, and other toxins:

- avoid eating contaminated fish (or at least follow your state's fish consumption guidelines),
- eat lower on the food chain: more vegetables and grains; fewer animal products,
- trim fat from meats and fish,
- drink purified water,
- eat organically grown food,
- eliminate personal use of harsh chemicals in lawns, gardens, and home cleaning supplies
- purchase menstrual supplies without dioxin residues (non-bleached disposables or organic cotton reusables), and
- work to limit the use of chemicals in the workplace, schools, and communities.

For more about endometriosis, environmental toxins, and what you can do to limit your exposure to these toxins, contact: The Endometriosis Association, 8585 N. 76th Place, Milwaukee, WI 53223, 1-800-992-3636.



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