



BLUE & GOLD TRIANGLE

SPRING 2000

LAMBDA KAPPA SIGMA

International Pharmacy Fraternity

"Promoting the Profession of Pharmacy Since 1913"

1999 EDUCATIONAL GRANT RECIPIENTS

Patti Lozano

Chair – Educational Grant Committee

Congratulations to the 1999 Educational Grant recipients! The Educational Grant Committee reviewed applications from many worthy LKS members and were able to award eleven grants: eight Cora E. Craven, one Mary Connolly Livingston, one Norma Wells Loyalty Grant, and for the first time, one Adele Lowe Grant. The Committee would like to thank all those who submitted applications and encourage those who did not receive a grant this year to apply again in Fall 2000. The Committee also wishes to thank all of you who continue to support and contribute to the Educational Trust. It is through your generosity that these grants are available to LKS students.

CORA E. CRAVEN EDUCATIONAL GRANT RECIPIENTS



Lauren Aleksunes
Alpha Beta
University of Connecticut



Creaque Veronica Charles
Alpha Sigma
Texas Southern University



Megan Condon
Alpha Beta
University of Connecticut



Shirley Kim
Lambda
University of Southern California



Nervin Lawendy
Alpha Beta
University of Connecticut



Aisha Morris
Alpha Sigma
Texas Southern University



Rhonda Scheithauer
Tau
Duquesne University



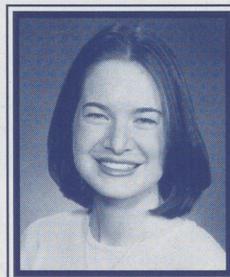
Cari Stevens
Alpha Zeta
St Louis College of Pharmacy

MARY CONNOLLY LIVINGSTON GRANT RECIPIENT



Kalen Beauchamp
Alpha Kappa
University of Georgia

NORMA WELLS LOYALTY GRANT RECIPIENT



Michelle Ketcham
Eta
Philadelphia College of Pharmacy and Science

ADELE LOWE GRANT RECIPIENT



Yari Valle
Gamma
University of Illinois

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 M. Perry, RPh
Grand President
Fairhaven, MA

IN MEMORIAM

LKS Mourns the Death of Cisco Kihara

Cisco Kihara, Alpha Xi, passed away last August at the age of 95. She was a charter member of both Alpha Xi Collegiate and Alpha Xi Alumni Chapters. Cisco was a professor of pharmacy at the University of the Pacific, Stockton, California. In September 1959, as advisor to the student group, she was initiated into Lambda Kappa Sigma along with them, by then Grand Secretary, Pat Tanac. Alpha Xi Alumni was chartered in 1970. Cisco was the collegiate chapter faculty/Fraternity advisor for many years, and after her retirement remained in close touch with the chapter, alumni, and the Fraternity, attending many Conventions, Regional Meetings and other functions. She often entertained visiting LKS members in her home as well. We will remember her as a truly loyal and special sister.

LKS Mourns the Death of Raymond A. Gosselin

Lambda Kappa Sigma mourns the passing of Raymond A. Gosselin, a long-time supporter of the Fraternity, dedicated member of the LKS Educational Trust Liaison Committee, and spouse of beloved LKS sister, M. Christine Gosselin.

Raymond was President-Emeritus of the Massachusetts College of Pharmacy. Prior to his presidency, he was the owner of a pharmaceutical market and research company. He was also the editor of "Pharmacy Times" from 1987 to 1993. During that time, he was a generous supporter of the Fraternity.

Our sincere condolences are extended to Christine and her family.

UPCOMING EVENTS AND DEADLINES

March 9-15	APhA Meeting LKS booth and Reception (March 12)
March 15	Hygeia Day celebrated by presenting a professional program to the public
April 1	Alumni Dues due to the IO
April 30	Deadline for nominations for LKS Awards: Award of Merit, Distinguished Service Citation, Young Pharmacist of the Year, Merck Vanguard Leadership Award
May 15	Deadline for submitting Convention Delegate Credentials to the IO
June 1	Deadline for submitting all financial obligations, initiation fees, master member input sheets for graduates, officer roster and annual history report
August 1-5	Biennial Convention in Houston, Texas!
Sept 15	Deadline to send in updated officer roster to the IO
October 14	Founder's Day
October 15	Deadline for Blue and Gold Triangle articles and chapter news
November 1	Deadline for Educational Grant Applications, collegiate dues and convention delegate fee

Dear Lambda Kappa Sigma Members,

Happy New Year to all my LKS sisters! LKS has started the new millennium by awarding ten Educational Trust Grants to our members. Our recipients represent the best and brightest LKS has to offer. Thanks to each of you who donated to the Trust during our recent fundraising drive. You can feel good that your donations are helping our young members.

At the 1998 convention we promised to increase our membership benefits to you. I hope you were excited to see the continuing education program in the fall issue of the Blue and Gold Triangle. Our one-hour CE on Platelet Inhibitors is provided free to active LKS members. Thanks to Sharon Brown for authoring the article, Mary Gear for the CE accreditation, and Merck for sponsoring the article. If you have not yet sent in your exam please do so. We are hoping for a huge response so that we may continue to provide you with CE articles and sponsorship from our industry partners.

April 30 is the deadline for nominations for the Fraternity Awards. The Award of Merit, Distinguished Service Citation, Vanguard Award and Young Pharmacist of the Year Award will all be presented at the Convention this summer in Houston. So many of our members are doing outstanding work in their area of practice or providing leadership to the organizations they participate in. Please take a moment to nominate your fellow alumni sisters for these awards. As a past recipient of the YP Award it is a wonderful feeling to be recognized by your sisters for your accomplishments and service.

The APhA meeting will be held in Washington in March. LKS will have a booth in the exhibit hall. Please stop by to see our display and sign our guest book. You can also pick up information about the upcoming convention or look up the address of another LKS member who you have lost touch with. LKS will host a reception on Sunday night, March 12 from 6:00 pm-7:30 pm at the Hyatt Hotel for all members and guests. Please join us to network and socialize.

I look forward to seeing many of you at the convention this summer in Houston. The meeting will be held during August 1-5 at the Marriott Hotel. This issue of the Triangle has all the details about our upcoming meeting. Our goal is to have 200 members in 2000 attend the convention. Join us for Women's Health Issues programming, Educational Trust Luncheon, Fraternity business, Opening Reception and Awards Banquet. During Convention we will have our own millennium celebration and celebrate the accomplishments of our members. 2000 will be a great year for LKS as we continue to be a driving force promoting and supporting women in pharmacy.

Fraternally,

Christine M. Perry
Christine Perry, R.Ph.
Grand President



FEATURING FRATERNITY AWARD WINNERS

by Nancy Horst
Past Grand President

DISTINGUISHED YOUNG PHARMACIST 1999

This award recognizes a member in the first ten years of pharmacy practice for excellence in professional pursuits, community service, and organizational involvement. The recipient for 1999 is Linda Eugenio Clark of New Bedford, Massachusetts.

Linda received her BS in Pharmacy from Massachusetts College of Pharmacy in 1991, and was valedictorian of her class. She went on to get a Pharm. D. from MCP and then did a Primary Care Residency in Wisconsin, and received several scholarships and academic awards, including a Mary Connolly Livingston Grant from Lambda Kappa Sigma. She has worked in both community and hospital pharmacy, and is currently an Assistant Professor of Clinical Pharmacy at MCP. Her specialty areas are diabetes, asthma/COPD, hypertension, hyperlipidemia and heart disease. She teaches and precepts pharmacy students at MCP and at the West Roxbury VA Medical Center, and has made numerous presentations at continuing education programs, including Lambda Kappa Sigma meetings. Linda has authored several articles; one on Systemic



Lupus Erythematosus was published in our Alumni Newsletter and one on Migraine Headaches in the Blue and Gold Triangle.

Professional affiliations include Rho Chi, Phi Lambda Sigma, A Ph A, ASHP, MSHP, and AACP. She has been an active member of Lambda Kappa Sigma since her initiation into Alpha Chapter. She held several offices in the collegiate chapter and is currently the Treasurer of Alpha Alumni. Linda is also the faculty advisor for Alpha Collegiate Chapter. She served as Alpha Alumni's Delegate to the 1998 Convention, and is a member of the Nominating Committee and the Women's Health Issues Committee. Linda and her husband, Jim, have two children, Benjamin, 2 1/2 and Kelsey, 5 months.

In nominating her for the award, Christine Perry wrote "Linda's leadership qualities and dedication to the profession of pharmacy have been demonstrated beyond all expectations, and she is an outstanding sister of LKS." She was given the award plaque at the Boston Regional Meeting.

ADVISOR AWARD

The first recipient of the Fraternity's newest award is Christine Perry, Fraternity Advisor to Alpha Chapter at Massachusetts College of Pharmacy.

Christine was initiated into Alpha Chapter in 1987, and has been active in LKS ever since, serving on numerous committees and on the Grand Council as the first Collegiate Representative, Regional Supervisor, Grand Vice President for Collegiates and currently Grand President. She is a member of Alpha Alumni Chapter and is currently its secretary. She works for OSCO Drug as a regional recruiter, trainer and staff scheduler, and lives in Fairhaven, MA, in a beautiful historic house built in 1911.



The nomination letter from Alpha Chapter describes all the effort Christine puts into supporting the chapter. She always attends chapter events, and helps with Orientation by preparing information packets and a slide

show about membership. Despite her demanding career and family responsibilities she has gotten to know each member on a personal level as a friend and mentor. She holds a retreat for members and officers at the beginning of the school year and aids the officers in any way she can, and constantly gives ideas on how to improve member participation and chapter operations. "Whenever we need her for anything whatsoever, she is there for us. From the smallest question to the biggest task, Christine helps us throughout it all. Although many issues arose in our school dealing with changes to rules concerning fraternities, Christine immediately took action and met with the Dean. We truly could not ask for a better woman to be our Fraternity Advisor." That says it all; this well-deserved award was presented to Christine at the Regional Meeting in Boston.

Come to Houston for Convention 2000!

Greetings from Space City! On behalf of Alpha Sigma Chapter, please accept this invitation to attend the 36th Biennial Convention and Continuing Education Seminar August 1-5, 2000, in Houston, Texas.

This Convention will be unlike any other you have attended in the past. Ideas from prior regional and biennial meetings have been taken to heart, and this year will truly be a Millennium Event!

There will be plenty of free time to spend with old friends, new acquaintances, and family members who travel to Houston. A business casual dress code, collegiate and alumni mixers, and fun evening activities are just part of the plan. In fact, here's our very own Top Ten List:

Top Ten Reasons for Attending Convention 2000:

10. New casual attire policy eliminates the need to iron every morning.
9. Shopping, shopping, shopping – the Galleria is only blocks away.
8. Attend a professional baseball game in the NEWEST retractable roof stadium in the country.
7. Cop a little culture with your friends – join LKS for a visit to the Museum of Natural History and participate in the Museum Madness event for fun prizes.
6. Experience a once-in-a-lifetime Millennium Review of LKS through the 20th Century.
5. Make your opinion count in setting the direction for LKS for the new century.
4. The Exhibitor Forum has freebies.
3. Obtain up to 7 hours of ACPE-accredited continuing education.
2. Relive old memories – build new ones.
1. Convention is FUN, FUN, FUN!

Learn the Two-step! Learn the Cotton-Eyed-Joe! Learn to talk Texan! But most importantly, learn how important you are to your Fraternity, meet the dedicated individuals who seek to improve the profession through Fraternity activities, and strengthen friendships with pharmacists from around the world who seek to improve the profession of pharmacy among women.

Ya'll join us in August!

CONVENTION 2000 PROGRAM

TUESDAY, AUGUST 1

9am-3pm	Grand Council Meeting
1pm-7pm	Registration
6pm-7pm	Past Grand Presidents Reception
7pm-8:30pm	Opening Reception
8:30pm-9:30pm	Collegiate and Alumni Meeting

WEDNESDAY, AUGUST 2

8am-5pm	Registration
8am-9:30am	Opening Breakfast
9:30am-12pm	Business Session
12pm-1:30pm	Lunch on Own
1:30pm-5pm	Business Session
6:30pm-7pm	Awards Reception
7pm-9pm	Awards Dinner

THURSDAY, AUGUST 3

8am-9am	Breakfast buffet
9am-12am	Business Session
12pm-1:30pm	Lunch on own
1:30pm-4:30pm	Alumni & Collegiate Conferences
6pm-10pm	Night Out

FRIDAY, AUGUST 4

8am-9am	Breakfast Buffet
9am-12pm	CE Session I: <i>Physical Assessment Skills Clinical Case Studies – Treating the Patient, Not the Numbers</i>
9am-12pm	CE Session II: <i>Popular Alternative Therapies Breast Cancer – New Diagnostic and Therapeutic Strategies</i>
12pm-3pm	Exhibits and Lunch
3pm-5pm	Collegiate Workshop
5:30pm-6:30pm	Grand Council Meeting

SATURDAY, AUGUST 5

8am-9am	Breakfast Buffet
8am-12pm	CE Session III: <i>Advances in Geriatric Medicine Aspects of Aging – What's Normal, What's Not? Dilemmas in Geriatrics – Depression and Dementia What's on the Horizon – New Treatment Options</i>
8am-12pm	CE Session IV: <i>Disease Management for Pharmacists Diabetes Disease Management Hyperlipidemia Disease Management Anticoagulation Disease Management</i>
12pm-1:30pm	Educational Trust Luncheon
1:30pm-4pm	Business Session
6pm-6:30pm	Group Picture
6:30pm-9pm	Final Banquet

SUNDAY, AUGUST 6

8am-9am	Ecumenical Service
9am-11am	New and Retiring Grand Council Meeting



LAMBDA KAPPA SIGMA PHARMACY FRATERNITY

36th Biennial Convention

Houston Marriott West Loop – By the Galleria

August 1-5, 2000

REGISTRATION FORM

Name _____

Chapter _____

Summer Address _____

Home Telephone (_____) _____

City/State/Zip _____

Arrival Date/Time _____

Are you the official Chapter Delegate? Yes No

Departure Date/Time _____

REGISTRATION FEE:

Early bird, postmarked on or before June 30, 2000

Alumni - \$170 _____ Collegiate - \$160 _____

Regular, postmarked on or after July 1, 2000

Alumni - \$185 _____ Collegiate - \$175 _____

Add'l Banquet Ticket (guest) - \$45 _____

PAYMENT INFORMATION:

Total Enclosed: \$ _____

Check enclosed (payable to Lambda Kappa Sigma)

Visa MC Number: _____

Expiration Date: ____ / ____ / ____

Signature: _____

CHILD CARE: If you would be interested in bringing your child(ren) to the convention and would like more information about child care, please indicate your interest here:

YES! Please contact me with more details.

No. of children _____ Ages _____

TRAVEL: To make your travel arrangements, please contact the official Travel Agent of the Lambda Kappa Sigma Biennial Convention, Alpena Travel Service toll free at (800)322-3011 or (517)356-3414. Tell the operator that you are with Lambda Kappa Sigma to receive the special LKS group travel discount.

HOTEL RESERVATIONS: Special LKS group rate of \$75 plus tax (single, double, triple or quad) applies only to confirmed reservations made prior to July 14th!

Student Members - make your hotel reservations by contacting the LKS International Office via e-mail at lks@lks.org or by calling (800)LKS-1913.

Alumni Members - make your hotel reservations by calling the Houston Marriott West Loop at (713)624-1526. Let the hotel operator know that you are with Lambda Kappa Sigma to receive the discount group rate. If you would like assistance in finding a room-mate to share expenses, please check the box below.

YES! Please help me find a convention room mate!

DELEGATES: Delegate credentials must be on file at the LKS International Office before airline reservations can be booked. Delegates may then contact Alpena Travel Service at (800)322-3011 or (517)356-3414 to arrange an itinerary and book flights. Only those fares booked a minimum of 30 days prior to the travel date at the Super Saver fare can be billed directly to the LKS I.O. and paid by the Fraternity. (Travel expenses to and from the airport will not be reimbursed by the Fraternity.) For those delegates NOT traveling by air to the convention, reimbursement will be made directly to you by the International Office and will be based on the location of your chapter.

EMERGENCY INFORMATION:

Emergency Contact _____ Phone (_____) _____

State any dietary needs or restrictions: _____

I hereby release Lambda Kappa Sigma, its officers, directors and employees from any and all claims, damages and liabilities incurred by me or on my behalf during the 2000 Biennial Convention including but not limited to bodily injury, host liquor liability and contractual liability.

Signature _____ Date _____

LAMBDA KAPPA SIGMA INTERNATIONAL OFFICE 20110 GLENOAKS DRIVE BROOKFIELD WI 53045

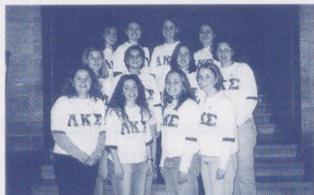
CHAPTER REPORTS

(edited for space consideration)

ALPHA CHAPTER,

Boston MA

Massachusetts College of Pharmacy



Hello from Alpha Chapter. Alpha Chapter began their semester with the first of three rush events. This event consisted of an informational session for prospective orientees to get acquainted with the sisters. Our second rush event was a dinner with the sisters and a "Around the World" party at the American Legion to follow. The third and final rush event was a "Luncheon" with the sisters. Pizza was served and everyone had a great time learning about the sisters and about LKS. Fund raising has been going very well. Our Yankee candle sale brought in a promising amount of profit. We also sold name tags and lab coats to fellow students to use in lab. Our orientees conducted a Valentine vial sale, which turned out to be very successful! In March there will be a magazine sale in which people can renew or buy new subscriptions to various magazines. So far orientation has been going very well. We have five very promising and eager girls. They have been learning all about LKS and all that it has to offer. They will be conducting a professional project, a social event, and a fundraiser. Also there are some activities planned with some of the other fraternities to ensure that good relationships are kept with all.

On March 15th we will be celebrating Hygeia Day. For this we are holding a continuing education program on diabetes. In April we will be holding our final banquet at the Holiday Inn in Brookline, MA. Hopefully many collegiate and alumni members will be in attendance. Finally we hope to be able to send some of our members to Convention in Houston during the summer. See you there!

GAMMA CHAPTER,

Chicago IL

University of Illinois

Hi to all LKS chapters. As the president of the Gamma Chapter I am very proud to report that during this past October we were able to recruit five new members. I welcome and congratulate these new sisters that have joined our chapter: Margaret A. Budz (Margie), Jamelah Farraj,

Vasiliky Kalamaros (Vickie), Abeer J. Khouri and Monica Perez. We started with a nice ceremony where our new sisters learned about the secrets of LKS and we ended with a delicious dinner.

During the fall semester our chapter was very busy. We participated in the AIDS Walk and were able to raise \$320. We also participated in the Breast Cancer Walk and raised \$300. Finally, we conducted a "Christmas Angel Tree" activity that was very successful. Thanks to all Gamma sisters for the support you have rendered to make all of our activities a success!

Sincerely, Yari Valle

BETA CHAPTER,

Albany NY

Albany College of Pharmacy



Beta Chapter of Albany College of Pharmacy has had a very productive first semester, and we're off to a great start this semester. Recently we inducted fourteen new sisters into our Chapter of LKS. We are very proud of the girls. Some fundraising projects we have been involved with for various organizations include: Hearts for Ronald McDonald House, a Project Hope bake sale, and a very successful Beanie Baby raffle to benefit Diabetes. Upcoming events include a seminar that we will hold for high school students to inform them about date rape. Sisters will be speaking and showing videos. Also, our Presentations Co-Chair committee is planning to have a speaker talk about cardiovascular disease. We recently made revisions on our By-Laws and now have a web-site. We look forward to seeing everyone at convention this summer in Texas. Have a great rest of the year.

PI CHAPTER,

Piscataway NJ

Rutgers College of Pharmacy

Greetings from Pi Chapter! Our chapter has many events planned for this semester. We started off with our spring rush events; they consisted of an ice cream social, pizza night and our annual Dress to Impress dinner. We are working on many professional projects; this semester starting off with co-sponsoring Body Image Week which is hosted every year by the Rutgers Health Services. Events will be held every day where speakers come in and tables will be set up on all campuses for people to answer questions about concerns. This will

be a follow up of the workshop we did last semester on eating disorders. LKS is excited about our new involvement with Rutgers Health Services and we hope this relationship will continue. We also plan to host a seminar on licensure transfer between states. This has been in the works since last semester and hopefully a speaker from the National Association of the Board of Pharmacy will be coming in to give the lecture. Fund raising is going well and in addition to our usual bake sales we are planning on selling Yankee candles. Our community service will be participating in the MS Walk this April. We would also like to visit a local nursing home and spend time with the senior citizens there. Three of our sisters will be attending the APhA conference and are looking forward to seeing everyone at the LKS reception. We wish the best of luck to all the chapters this semester.

TAU CHAPTER,

Pittsburgh PA

Duquesne University

At the beginning of January, the Tau Chapter of Lambda Kappa Sigma introduced a new Executive Board. We established four main goals for the semester. They are: To increase membership, increase sister participation in LKS, participate in more fund-raising activities, and to "re-shape" the attitude of the organization. We wish to feel more like sisters than merely acquaintances.

We have many professional programs planned for the semester. There is a pharmacy open house for prospective Duquesne pharmacy students in March. In March we are also planning a presentation and display for Women's Health Week. Our group of sisters involved in "What is a Pharmacist?" plan on going to local high schools to educate on our field of study. Our Publications Committee distributed a "Sigma" newsletter on plastic surgery in February.

At the end of January, we completed our rush events for this semester. We held both a formal and informal rush. Informal rush was on the LKS wing in the dormitory for the first time. It was a success. There are ten new members who were inducted on February 6th. Plans are in the making for a formal dance on March 18th. We are also going to have a Family Tree Tea and ice skating for the sisters. A "6-way Mixer" with the pharmacy fraternities at Duquesne and Pitt is being planned, but there is no definite date for this event yet.

Our main fundraiser is selling Sarris Candy for Easter. Currently, our small fundraiser called "Mr. Pharmacy" is taking place. We may have an additional fundraiser selling lottery tickets

during the semester. Plans are in the works for selling candles to help defray the cost for sisters attending the LKS Biennial Convention in Houston.

ALPHA BETA CHAPTER,

Storrs CT

University of Connecticut



At the start of the spring semester of the new millennium, the sisters of Alpha Beta of the University of Connecticut were filled with excitement. We began the semester with an excellent speaker about the future of women in pharmacy. For the last weekend in January, we held our annual lock-in. We played games, socialized, and renewed our ties to sisterhood. To raise money for our chapter, we continued to work at the concessions for the women's basketball games. For Valentine's Day, our Condom Grams were again a success. LKS wished to promote the use of contraceptives on this special holiday. Instead of having a senior dinner this year, Alpha Beta honored our 2 dedicated advisors at their very own dinner. This was a nice change. In addition to honoring our advisors, three of our sisters received the Cora E. Craven Grant for scholarship. Congratulations, girls!

The fall semester of 1999 was a great time for Alpha Beta. Last semester we initiated 5 new members. These new sisters are an excellent addition to our fraternity. The Sister Tea that the new members planned was one of the best ever! In October, the Health Fair was held; Alpha Beta presented information on prescription weight loss drugs and demonstrated how to use a body mass index to discover a risk of future health related problems. Also, we were happy to spend a few days with our Regional Supervisor, Nicole Lefebvre, and to discuss with her the future of Alpha Beta Chapter. Alpha Beta Chapter continues to be strong. We look forward to the rest of the year 2000 and the new challenges it will bring.

ALPHA IOTA CHAPTER,

Big Rapids MI

Ferris State University



ALPHA KAPPA CHAPTER, Athens GA

University of Georgia

Alpha Kappa Chapter had a very busy but exciting fall semester at the UGA College of Pharmacy. Our rush activities included a scavenger hunt and pizza party, a dinner at Compadres, a skating party, and a subway party. On Big Sis/Lil Sis Night, we participated in a yarn maze throughout the pharmacy school. In November, we initiated 39 new members! We sold secret goblins and hosted a Halloween party to benefit Project HOPE. Our intramural flag-football team had an undefeated season, and the "Killer Lambs" are currently doing well in the intramural basketball league. Spring semester began with our annual Parent's day Banquet on January 9, 2000. We are currently planning for our winter formal, the Yellow Chrysanthemum Ball. Additionally, we are working to have a school-wide and public program to celebrate Hygeia Day. We will be participating in the American Cancer Society's Relay for Life and we are planning a return visit to the nursing facility in Athens. Many of our sisters will be attending the APhA Convention in Washington, DC, and we look forward to meeting other LKS sisters there! We wish each of our chapters a blessed and successful year!

ALPHA NU CHAPTER, Lexington KY

University of Kentucky

Greetings from Alpha Nu Chapter! We got the 1999-2000 school year off to a great start, and we hope to keep the momentum going. Our rush activities last fall were very successful, and we initiated 21 new members in December. These new initiates brought a breath of fresh air to the Alpha Nu Chapter; they worked hard all semester to make every project a success. The new associates just completed their professional project together. They made "Boo-Boo Bunnies" which are wash cloth bunnies made to hold ice over abrasions. They delivered these items and candy to the patients at the University of Kentucky Children's Hospital.

Our Community Service Committee kept us all busy over the past year with various projects. We held a coat drive, a food drive, and provided Christmas gifts and dinner for two local families in need. Many members participated in a Christmas party held for cystic

fibrosis patients and their siblings. Some of the upcoming community service projects include making dinner for families at the Ronald McDonald House and spending an evening with the AIDS patients at the Solomon House. We also plan to participate in the annual "AIDS Walk" sponsored by AVOL of Lexington.

The Social Activities Committee worked hard to provide events which would bring our sisters closer together. A few activities from last semester included bowling, ice-skating and our annual semi-formal dance, the "Mistletoe Mingle". In January, we took line-dancing lessons together. This was such a great success that many of the sisters plan to return on a regular basis. For Valentine's Day, we had a "Dessert Party". Each sister brought her favorite dessert and copies of the recipe. This provided ideas for desserts to make for our loved ones on Valentine's Day. Future outings will include a trip to the Newport Aquarium, and 80's party, and a trip to the Mad Potter where we will learn to make our own pottery.

The Fund Raising Committee came up with some very creative ways to raise money for our chapter. The most successful venture was the sale of lab coats to the first year students during their orientation. For Halloween, we sold "Ghost Candy-Grams" made out of suckers and tissue. This was an inexpensive project that went over really well with fellow students. For Valentine's Day, we had a raffle for various prizes such as a dinner for two along with flowers and candy. We also sold candy-grams again.

The semester ahead holds many activities for members to participate in. We are looking forward to our annual "Parent-Member Brunch" during which we will display our accomplishments in a slide show for our families. This brunch is the perfect time for us to present outstanding members with awards for their contributions. Our topic for Hygeia Day is breast cancer, and we hope to provide all attendees with a greater understanding for the disease and current advances in cancer diagnosis and treatment. As you can see, this has been a very eventful year for the Alpha Nu Chapter. With the enthusiasm current members show, we are confident that LKS will continue to grow and be a powerful presence at the University of Kentucky College of Pharmacy.

ALPHA SIGMA CHAPTER, Houston TX *Texas Southern University*



Alpha Sigma ended last semester with a flurry of activities. We sponsored a Seminar on Breast Cancer Awareness, participated in the Juvenile Diabetes Foundation Walk-a-Thon and held a Founders Day/LKS social which was attended by chapter members as well as some alumni. However, our biggest project for the year will be serving as host chapter for the LKS Biennial Convention to be held here in Houston and we are busy working on various Convention committees. In December, we sent seasons greetings to over 75 of our alumni seeking their reactivation for the Biennial Convention. In January, all collegiate chapters received New Year's Greetings with a reminder for Convention. We have started our activities for spring initiation to recruit a record number for this convention year. Valentine treats were distributed to all pharmacy students as prospective members. A luau interest meeting is upcoming. Other upcoming events planned are Hygeia Day and Poison Prevention Presentations in elementary schools. Ongoing fundraisers include breakfast, Scantron, drug cards and comprehensive review book sales. Congratulations to Creaque V. Charles as Aisha M. Morris on their selection as Cora E. Craven Educational Grant recipients. Alpha Sigma has long awaited this honor. Have a great semester and hope to see you all in Houston for Convention 2000!

We wish to apologize for a misprint in the fall issue of the Blue & Gold Triangle. The Beta Chapter report was listed under the University of Pittsburgh rather than Albany College of Pharmacy. We regret this oversight.

ALUMNI CHAPTER REPORTS

ALPHA ALUMNI CHAPTER

The Yankee Swap was held on February 8 at Donna Horn's home. Christine Perry was the nights winner with a Yankee Candle but actually Linda Clark seemed to be the big winner when she won \$50.00 on a scratch ticket. Desserts and coffee were served after the swap. We had an alumni meeting and Elsie Gassiraro passed on the good news that our alumni scholarship fund is growing and she recommends we should increase the grant. Our service project for 2000 was a donation of toiletries to a women's shelter. We collected sample soaps, shampoos, lotions, makeup, etc. through the holiday season and made a donation of a huge tote of toiletries to the Greater New Bedford Women's Shelter.

On March 15 we celebrated Hygeia Day at the Massachusetts College of Pharmacy. We presented a 2 hour CE program on Diabetes. After the swap an alumni meeting was held to plan the Final Banquet, pass out information about Convention and vote for 2000 award winners.

Congratulations to Kathy McAvoy who was selected as the 1999 Massachusetts Young Pharmacist of the Year!

PHI ALUMNI CHAPTER

Our Christmas Party was held on December 8th at President, Kathy Huff's house. We had an ornament exchange and 21 alumni and collegiate members attended. We had a drawing for a beautiful afghan. It was won by Emily Hancock. We raised enough money on the raffle to fund our 4th year scholarship and gave some to the LKS Trust. Bev Etherington also received her 50-year gift. We made it to 2000 with no problems to speak of.

Our March meeting is in the planning stage for Hygeia recognition. We are hoping to have the event at Butler University with a speaker and CE credits.

CHI ALUMNI CHAPTER

Chi Alumni Chapter extends sympathy to Alpha Xi Chapter in the passing of Cisco Kihara, a revered member and long time chapter advisor.

The chapter continues to stay active and was pleased to attend a dessert party with the Chi collegiate chapter to meet their new initiates.

NATURAL HORMONE REPLACEMENT AND HEART DISEASE

Submitted by Charlotte Pendergast

To begin, Natural Hormone Replacement means using the estrogens and progesterone that occur naturally in women. Human estrogens are approximately 60-80% estriol, 10-20% estrone and 10-20% estradiol. During a woman's child bearing years, the ebb and flow of these estrogens and progesterone have been responsible for menstrual cycles. But these hormones have more wide-ranging work to do than the reproductive cycle. Progesterone, in addition to maintaining the lining of the uterus, also is a natural diuretic, a natural antidepressant, helps promote optimal cell oxygen levels and promotes bone building. In a prior article, estrogen benefits were highlighted. To quickly review, estrogen replacement has shown to significantly decrease coronary artery disease, congestive heart failure, atherosclerosis and hypertension. It has long been known that women have much less risk of death from heart disease than men UNTIL women reach 50-64 years of age (usually ages related to menopause).

But what is the difference with natural hormones? The PEPI Trial Results contained a comparison of mean change from baseline of HDL (the good cholesterol). Women on placebo had a -0.03 reduction in HDL, those on Premarin for estrogen replacement had a +0.14 increase in HDL, those on Premarin and Provera (medroxyprogesterone) had a +0.03 increase in HDL and those on Premarin and natural progesterone had a +0.11 increase in HDL.

Even principal investigator, Elizabeth Barrett-Connor, MD was impressed with the better result of micronized progesterone/Premarin over Provera/Premarin as commented in an interview published by the AMA on the Internet.

Increasing the risk of cancer, especially endometrial and breast, has long been a concern of hormone replacement therapy. The large scale studies so far have mostly used Premarin, estradiol or ethinyl estradiol. Large studies with estriol (the most prevalent estrogen the body produces) and risk of cancer have not been done. However, research dating back to the 1960s suggests estriol has less cancer-causing potential than estrone, estradiol or ethinyl estradiol.

Henry Lemon, MD who was former head of the division of gynecologic oncology at the University of Nebraska College of Medicine studied estriol and breast cancer during the 1960s and 1970s. He developed an equation involving the three natural estrogens: Estriol (ug/24hr) / Estradiol + Estrone (ug/24hr). In 34 women with no signs of breast cancer, the women's equation was a median of 1.3 before menopause and 1.2 afterward, with less than 1/2 of the women below 1.0. However, 26 women with breast cancer had a median equation of 0.5 before menopause and 0.8 afterward, with 2/3 of them having equation below 1.0. Dr Lemon theorized that those with breast cancer seemed to produce much less estriol relative to the other estrogens than those women without breast cancer. Could estriol inhibit carcinogenic activity of other estrogens?

Until large scale studies using natural estrogens and progesterone are completed, the decision of which hormone replacement therapy to use is perhaps best left to individual preferences based on one's own reading and discussions with physicians. Natural or not: estrogen replacement raises HDL to a more protective level than no replacement at all.

Reference:

Natural Hormone Replacement For Women over 45, Jonathan V. Wright, M.D. & John Morgenthaler, Smart Publications, Petaluma, CA. 1997



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