



# BLUE & GOLD TRIANGLE

FALL 2001/WINTER 2002

## LAMBDA KAPPA SIGMA

International Pharmacy Fraternity

"Promoting the Profession of Pharmacy Since 1913"

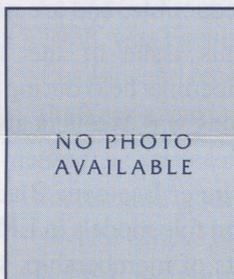
### 2001 EDUCATIONAL GRANT RECIPIENTS

**Patti Lozano**

Chair - Educational Grant Committee

Congratulations to the 2001 Educational Grant recipients! The Educational Grant Committee reviewed applications from many worthy LKS members and were able to award nine grants: six Cora E. Craven Grants, one Mary Connolly Livingston Grant, one Norma Wells Loyalty Grant and 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 2002. The Committee also wishes to thank those who continue to support the Educational Trust. It is through your generosity that these grants are available to deserving LKS students.

CORA E. CRAVEN  
EDUCATIONAL  
GRANT RECIPIENTS



**Jennifer Mullins**  
Alpha Kappa Chapter  
University of Georgia



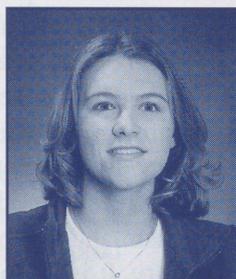
**K. Rosemary Rutledge**  
Alpha Omicron Chapter  
West Virginia University



**Joanna Stollings**  
Alpha Omicron Chapter  
West Virginia University



**Natalie Gamburd**  
Alpha Chapter, Massachusetts  
College of Pharmacy



**Stacie Harshbarger**  
Alpha Omicron Chapter  
West Virginia University



**Maria Turco**  
Tau Chapter  
Duquesne University

MARY  
CONNOLLY  
LIVINGSTON  
GRANT  
RECIPIENT



**Kimberly Bauer**  
Tau Chapter  
Duquesne University

NORMA  
WELLS  
LOYALTY  
GRANT  
RECIPIENT



**Cathlin Kennedy**  
Alpha Chapter  
Massachusetts College of Pharmacy

ADELE  
LOWE  
LEADERSHIP  
GRANT  
RECIPIENT



**Dani Sue Laing**  
Alpha Omicron Chapter  
West Virginia University

# BLUE & GOLD TRIANGLE

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

**Editor**

Nancy Horst  
20110 Glenoaks Drive  
Brookfield, Wisconsin 53045  
Phone: (800) LKS-1913

E-Mail: lks@lks.org Web: www.lks.org

**Editorial Advisory Committee**

Nancy Horst, Chair  
Jacqueline Murphy  
Christine Perry  
Joan Rogala



**Christine M. Perry, RPh**  
Grand President  
Fairhaven, MA

Dear Sisters,

Like many of you I will never forget where I was on Tuesday, September 11 when I first learned of the terrorist attacks. In this time of mourning we remember those who lost their lives in this senseless act of terrorism which has touched us all. Being from Massachusetts, I did not have to look far to find a connection to the tragedy as a priest and flight attendant from my area were on the first American flight and a pharmacist I work with lost his cousin on the same flight. These were life-altering events which have made us each stronger as a country and as Americans.

As a pharmacist, I am proud to be a member of our profession and the action pharmacists took to help those in need. It was a group of pharmacists in NYC that banded together and turned two pharmacies near the World Trade Center into triage centers. It was pharmacists around the country who helped stranded travelers without medication get the medicine they needed. It is pharmacists who answer daily questions on treatments for bio-terrorism and sooth the anxieties of patients in their community. It is the pharmacists who are in the military serving our country during a time of war that care for those wounded in action or support the families of those who are fighting in the name of freedom. As a profession we rose quickly to action on behalf of the patients we serve.

It is because of all the responsibilities that pharmacists must fulfill everyday, that our involvement in LKS is so vital. Through LKS we have gained the leadership and organizational skills needed to turn a pharmacy into a triage center. It is the compassion and problem-solving skills we learned in LKS that helped us provide medications to stranded passengers. The communication skills

we developed in our activity in LKS helps us respond to patients concerns or problems. Teamwork and the values realized from working as a group for the success of the whole are valuable skills needed for our members serving in the military. I am grateful to be a member of LKS and how much my involvement in the Fraternity has helped me grow as an individual and as a pharmacy professional. I am also thankful for the opportunities to network with other women pharmacists and the LKS mentors who have taught me so much and who have shaped my world.

I certainly was one of the first to open up my checkbook and give a donation to the Educational Trust this year. November was Educational Trust month and the time when we began our annual fundraising efforts. Our donations to the Trust will guarantee that our members will realize their educational goals plus it will assure the continued growth and progress of women in pharmacy. The opportunity to help my sisters through the Educational Trust brings great joy and peace to my heart and soul. If you have not already done so, please consider a gift to the LKS Educational Trust. Your contributions are tax-deductible, and are needed now more than ever.

This issue of the Triangle highlights our Regional Meetings held during the summer of 2001. The programming was excellent and our award winners were inspiring. Please take a moment to read the excerpts from Vanguard winner Baeteena Black's presentation. Meeting mentors and role models in LKS like Baeteena are truly great benefits of membership. We have also included information about our upcoming Convention in Chicago. The meeting is scheduled from July 31-August 4. Four days of exciting programming that will change your life and make you the best pharmacist, sister and person that you can be. I hope to see you there!

Sincerely,

*Christine M. Perry*

Christine Perry  
LKS Grand President

## DEADLINES AND UPCOMING EVENTS

January 15th	Announcement of Educational Grant Recipients
February 15th	Deadline for Blue & Gold Triangle articles and chapter news
March 15th	Hygeia Day celebrated by presenting a professional program open to the Public
March 15-19	APhA Annual Meeting (LKS Booth and Reception)
April 1st	Deadline for the payment of Alumni Dues
April 30th	Deadline for nomination for the following LKS awards: Award of Merit, Distinguished Service Citation, Vanguard, and Distinguished Young Pharmacist
July 31-Aug 4	Biennial Convention - Chicago, IL



## FEATURING FRATERNITY AWARD WINNER

by Nancy Horst  
Past Grand President

## 2001 MERCK VANGUARD AWARD BAETEENA BLACK



Affairs/State Health Services. Her duties included managing programs and activities with pharmacy organizations, state health service agencies and state pharmacy regulatory agencies.

In 1994, Baeteena became the Executive Director of the Tennessee Pharmacists Association, responsible for Association operations. She was a Volunteer Faculty member at the University of Tennessee College of Pharmacy from 1976-1988, was Faculty Advisor to Alpha Epsilon, and received a Preceptor of the Year award.

Baeteena Black received this award for her sustained exemplary contributions to the profession of pharmacy because of her service in many areas, including community and hospital pharmacy, long term care, the pharmaceutical industry, professional associations, and community boards of directors.

Baeteena, a Tennessee native, received her pharmacy degree from the University of Tennessee, and was a member of the Alpha Epsilon Chapter there. Her first job after graduation was with Bartlett Pharmacy, where she was a nursing home consultant. Then she moved to hospital pharmacy at the Shelby County Health Care Center in Memphis. As Director of Pharmacy, she organized and implemented unit dose distribution, computerization, and a clinical program. The next phase of her career was with G.D. Searle and Company, where she was Director of Pharmacy

She has served on committees, task forces and councils and has held several offices on each of numerous boards, including President of: the Memphis and Shelby County Pharmaceutical Society, the Northeast Community Mental Health Center, the Tennessee Pharmaceutical Association, and the UT College of Pharmacy Alumni Association. That group gave her the Outstanding Alumna Award in 1991. The Tennessee Society of Hospital Pharmacists recognized her for a Distinguished Service Award in 1987, and Baeteena has received awards from several other groups. She is a member of 9 professional associations, including Lambda Kappa Sigma and Phi Lambda Sigma.

Baeteena is a most deserving recipient of the Merck Vanguard Award; her leadership and service are exemplary.

## PRESENTATION BY LAMBDA KAPPA SIGMA VANGUARD AWARD WINNER

### Baeteena Black

*Thank you for this wonderful honor. I feel so blessed and am both appreciative and excited about receiving the Merck/Lambda Kappa Sigma Vanguard Leadership Award for the year 2001.*

### Who is a leader?

A leader is one who:

- Can keep her eye on the ball
- Her shoulder to the wheel
- Her nose to the grindstone
- And her head above the water.

ALL AT THE SAME TIME!!

A leader has the uncommon capacity for:

- Juggling-in order to balance conflicting egos
- Politikin'-this skill is only gained from having been around the block a time or two
- Holding her tongue

Leaders often find they are:

- Caught in the middle
- Catching flak
- Taken for granted.
- Letting a smile be their umbrella

Leaders need:

- The patience of Job
- A sense of humor
- The wisdom of Solomon
- A sense of humor
- A photographic memory
- A sense of humor

Seriously, leadership, I believe, is all about marshalling your personal resources – your time, your talent and your money. Everyone in this room has the capacity for leadership and the opportunity to be a leader. How do I know? You are each a professional. You either have or are developing a set of specialized knowledge and academic preparedness for the pharmacy profession.

The professional in every field has learned to develop a "mind's eye" picture of what successful performance looks like and to build confidence that he or she can

- Continued on page 4

## Who is a leader?

—Continued from page 3

achieve it. Think of all the aptitudes required for pharmacy - mental skills, reasoning, and communication. Just like pharmacy, there is no way to function in the role of a leader without aptitudes, but the actual process of leading is an attitude.

Does this mean all a leader needs is a healthy attitude? No, that could lead to some dangerous experiences in problem solving and decision-making. However, it is safe to say, good leaders see themselves in a success image. They have built a mental picture of what success looks like and the steps necessary to achieve it.

All skills are controlled by the subconscious mind. A good example is writing. At first, you had to think about writing. Now you don't. Any new skill requires practice. Practice builds habits. This is what leadership calls for — building new habit patterns — programming our thinking to be good leaders.

You do not have to serve as president of an organization to be a leader. You can be a leader in your own life, your family, or your workplace. Be an advocate. Speak up for causes you believe in. The profession of pharmacy, in particular, has openings in leadership positions at all levels today. With the ever-increasing workforce shortages, pharmacists' participation in volunteer roles has become even more scarce. What an opportunity! You need to be an active member in your professional organization. By doing so, you can influence and guide the direction of your pharmacy profession.

Leadership requires a positive attitude. The actual process of leadership is an attitude. I believe your self-image and your self-confidence determines your success as a leader. Focus on positive concepts and goals. Respect yourself. Walk away from negative attitudes. Excel inside.

Leadership requires courage. Get over your fear of failure. I believe few, if anyone, gets to the front on their first try. There is always a string of failures behind any winner and any leader. As an example, this past year the Tennessee Pharmacists Association was successful in enacting legislation to protect pharmacies by prohibiting recoupment of

payments by pharmacy benefit management companies for prescriptions long after they were dispensed and paid for. This effort was a three-year process with efforts failing in each of the two prior years.

Leadership requires determination and dedication. The measure of success is not whether you have problems but whether you have the same problems you had last year. Never give up. Persistence pays.

Leadership is not about being the best. Leadership is about being your best.

Leadership requires consideration of others. You cannot lead if others are not willing to follow. There is a difference in being an organizer and a leader. Have a kind heart. Acknowledge others. Respect others and their opinions. Be sensitive to people and they will want to work with you. They will follow you, pull for you, and help you. Learn to say thank you often and for everything. Write one thank you note each day! Gifts are a secret weapon. Be a team player.

Leadership requires networking. Develop a real grassroots network. Those of you who are in attendance at this meeting have already started this process. Take people up on their offer of assistance.

Leadership requires good communication skills. Learn to be a great communicator. The first step in communication is to listen, listen, listen. Practice public speaking. Work on your body language. 93% of the impression you make comes from your body language, not what you say. Believe in what you say. Speak with conviction. Develop good written communication skills. For we linear scientists, this is sometimes difficult. Keep letters you receive that impress you. Use them as examples for your own communication.

Leadership requires you to be trustworthy. Silence is golden. Keep confidences. Keep your promises. Follow through. Stay true to your convictions.

Leadership requires you to be goal oriented. Develop your own personal and professional goal statements. Review them and update them from time to time. When I graduated from pharmacy school, I knew exactly what I wanted to do for the rest of my pharmacy

career. I only remained in that area of pharmacy for four years before another opportunity presented itself. Today the environment changes at a rapid pace. You need to prepare to grow and change also. If you do not know where you are going, you cannot get there.

Focus on the things you can do something about. Be realistic. Accept things you cannot change. Accept and deal with limitations.

In order to be an effective leader, you must develop specific leadership skills. Build a body of knowledge. Knowledge builds confidence that causes you to be relaxed which gives you good results. There is nothing like experience. Obtain good references to assist you. Examples of such references are: Executive Etiquette and Roberts Rules of Order.

Leadership requires good time management. This does not mean praying daily, as I do, to the God above for more hours in each day. If it hasn't worked for me after all these years of trying, I do not believe it will work for you either. Invest your time wisely. It is one of your most precious resources. Organize around priorities. Work smart. Work with passion. Everything does not have to be done perfectly. Realize some things will always go undone.

No matter how busy you get, spend time with those you love and care about. Keep balance in your life. Do not short change exercise and relaxation. You need time to recharge both physically and mentally.

Remember, service is the rent we pay for the privilege of being a professional. I believe we have a moral and ethical responsibility as a pharmacist to serve others. Luke 12-48 states "to whom much is given, much is expected."

Last but not least, smile and have fun. That's what leadership is all about. You can "make dust" or "eat dust". Things that come to those who wait are probably the things left behind by those who got there first. The view at the front is best. Never underestimate the importance and influence of your individual leadership. Again, thank you for selecting me for this prestigious award and inviting me to speak with you today.

Baeteena M. Black, D.Ph.,  
Executive Director  
Tennessee Pharmacists Association

## SAVE THE DATES JULY 31-AUGUST 4, 2002 TO SET SAIL FOR CHICAGO



Lambda Kappa Sigma invites you to the city of Chicago, site of our 37th Biennial Convention. The Convention will be held from July 31-August 4, 2002 at the Allerton Crowne Plaza Hotel. For more than 75 years, The Allerton has been a regal icon on Michigan Avenue. This grand hotel proudly stands among exclusive shops, fine restaurants, excellent entertainment, and great museums and offers the best in midwestern hospitality and breathtaking views of the City of Chicago.

After checking into the hotel you might go exploring the city rubbing elbows with some locals in a neighborhood hangout or cheering alongside long-suffering Cubs fans in Wrigley Field. A stroll down to the shore will bring you to Navy Pier with its Children's Museum, sky-high Ferris wheel, stained glass museum, shops and restaurant that give you the opportunity to lunch on a patio overlooking Lake Michigan. For a bit of tranquility, Lincoln Park is a welcome green and leafy oasis on the city's north side. Here, you can rent a paddleboat, jog on the tracks or stroll along the lakefront. The Lincoln Park Zoo is one of the most-visited zoos in the country. The stretch of Michigan Ave north of the Chicago River extolled as the Magnificent Mile draws groups of sightseers and shoppers. Here, outstanding art galleries and museums sit along side elegant shops and bookstores.



This Convention will bring together LKS members from around the world. You can look forward to an action packed meeting filled with exciting educational and leadership development programs. Highlights that you can look forward to include the Awards Luncheon where we will recognize our outstanding alumni. The Networking Breakfast will give us the opportunity to explore various career options and develop professional contacts from the members that are the thought leaders in their field. At the Educational Trust Luncheon we will focus attention on the membership benefits of the Trust and recognize recipients and contributors. To top the meeting we will celebrate together at the Annual Banquet which will be an elegant dinner cruise on Lake Michigan.

Mark your calendars now to attend  
the 2002 Convention in Chicago.

It will be a spectacular meeting  
you will not want to miss!



## COLLEGIATE CHAPTER NEWS

(edited for space consideration)

### ALPHA CHAPTER *Massachusetts College of Pharmacy*

Hello to all. The Alpha Chapter Sisters came back from a great summer and were ready for a new and exciting year. Over the summer we raised money and walked the annual AIDS walk/run in June. It was a lot of fun and was a wonderful experience for all. We wrapped up our too short of a summer vacation with a trip to New York City for the regional convention. Seven Sisters attended and had a lot of fun meeting up with other chapters and learning lots of new ideas and goal setting. We are already looking forward to the Biennial Convention next summer in Chicago.

We started the school year out with a new twist, instead of having our annual "Welcome Back Party" at the legion, we held it at a local dance club called Antuanuas. It was a great success and fun was had by all who attended. This year we also took some of the new students to Quincy Markets for a fun filled day of shopping. Our Halloween party was a big success and the sisters look forward to it each year. It included prizes for the best costumes! The sisters also participated in the Breast Cancer Walk held every year in October. This year was especially important to us due to the fact that a few sisters have had family members affected by the disease. We raised over \$300 for the walk. We also had a Lamb's Night out at Dick's Last Resort, which was a lot of fun. We are planning so many new and exciting things this year for the chapter we are overwhelmed. We are also very excited about RUSH. As part of our goal setting, we have many new ideas to increase membership and we are anticipating the times to try them. We are selling lollipops as a fundraiser and looking at other possibilities for Christmas. We are very busy and are having lots of fun.

The Sisters would like to take this opportunity to send out our condolences to all those who were affected by the awful acts of terrorism in New York and Washington, especially to our chapters in these areas. Our hearts go out to all. We will get through these hard times... together!

### BETA CHAPTER *Albany College of Pharmacy*

The sisters of Beta Chapter had another busy semester. We sent 10 sisters to the regional meeting in NYC this summer. We had a great time in the city and we were able to bring back new ideas and information to the rest of the

chapter. Back in Albany, we ended the summer with our annual "End of Summer Get Together" which gave the sisters time to catch up before school started. The week after that we had our annual "Welcome Back"! It was a huge success and tons of fun.

Once classes were back in session, we were back in full swing with professional activities. We put on a date rape seminar for the incoming freshmen as part of the school's "Freshman Survival Series." We also had a name tag sale, which was successful. Off campus, we took advantage of the beautiful fall weather and had a car wash to help raise money for the NYC relief effort. We also raised money and participated in the American Heart Association's "Heart Walk" in September and the Breast Cancer Walk on October 14th.

Other activities for the fall semester included a dinner for the Albany Ronald McDonald House, bake sales, a clothing drive, a Yankee Candle sale, and our annual "Penny Social" fundraiser. Also, we celebrated Founder's Day in Albany this year with a sister dinner and sleepover. The semester was great and we are looking forward to another great year in 2002!

### DELTA CHAPTER *University of Pittsburgh*

The sisters of the Delta Chapter had a wonderful fall semester. For Founder's Day we joined our sisters of the Tau Chapter for their Founder's Day ceremony. We also helped the Giant Eagle supermarket with their food drive, and had an alumni speaker come to talk to us about her career paths and possible opportunities for women in pharmacy. We are also doing many service projects. We have been visiting residents of an assisted living home called Independence Court, and enjoyed working with Global Links, an organization that provides repackaged medical equipment to third world countries. We had many fundraisers as well. Every year we have a clothing sale for the Pitt pharmacy students so that they can have enjoyable and warm memories of their education. Last year we started selling candles and had such success that we did it again this year. Also, we have decided to have a weekly bake sale for those who love brownies and Rice Krispie treats. This year we had a large amount of girls rush and are glad to have 27 new pledges. We had fun getting to know them at our barbeque and movie night. They are a welcomed addition to our chapter and are much needed on our soccer team. All the sisters are looking forward to the induction ceremony and Sweetheart Dance we will hold to welcome our new members. Let's all have fun and enjoy another exciting semester in the spring of 2002!

### PI CHAPTER *Rutgers University*

Greetings and salutations from Pi Chapter! The sisters of Pi Chapter have a great deal to be excited about. The regional convention provided many insights we found very crucial in revitalizing our chapter structure and tactics. As a result, we are more organized, prepared, aggressive, and visible. For rush we did several things differently. We began with a general information session in the student lounge. This event was followed by "Must See TV/Dessert night", which entailed watching Friends and ER amidst a delicious dessert buffet of brownies, pies, ice cream and floats. This went over very well and will probably become a standard event in future rushes. Our final event was dinner with the sisters at a campus restaurant in the student center. We even had to extend our rush by one more event because there were still several students expressing interest who were unable to attend our previous events. We are so pleased to report, after such a "dry spell", the recent initiation and pinning of three ladies who will be undergoing orientation this semester. In addition to this, we successfully arranged an alumni luncheon that was conjoined with our Founder's Day celebration. Fundraisers and community service projects are still in the works. Best wishes to all of you for this and upcoming semesters.

### TAU CHAPTER *Duquesne University*

Greetings from Tau Chapter! Four of our sisters attended the LKS Regional Meeting in New York City this past August. They come home full of new ideas and excitement for the new school year. We had an exciting semester here at Duquesne with many projects and activities. We held our two rush activities in September, one formal, one informal. We are pleased to announce that we then inducted 12 new members for the fall semester. They are very excited and enthusiastic about becoming part of LKS. Some service projects that we had for the semester were: Global Links, Terrors by the Lake (a local haunted house), helping at a soup kitchen and painting the windows at Children's Hospital. Our professional committee was also busy as was our Outreach Committee. They gave a presentation on Osteoarthritis to local assisted living facilities. Our "What is a Pharmacist?" program was presented to local schools to share with the students about the pharmacy profession. Our chapter publication, the Sigma, published information on the drug Oxycontin to help further educate college students about it. Our Women's Health Committee prepared a display about date rape drugs and presented it at the Duquesne

University Health Fair. Social events for the fall semester included Family Tree Tea and Big/Little Day, which gave us an opportunity to spend time with our "trees". We also went to Seven Springs Resort for a festival, hayride and lots of fun. We painted pottery at a local pottery barn. Finally, our semi-formal was held on December 1st. We had many fundraisers this past semester as well. We sold Sarris candy for Christmas, raffled off a gift certificate to a local restaurant and sold caramel apples and hot apple cider at the Duquesne Autumn Fest. Our web page is posted and updated. Feel free to visit us as we have a link from the LKS International home page. We want everyone to have a great Spring semester!

### ALPHA BETA CHAPTER *University of Connecticut*

Greetings from Alpha Beta chapter! We were very excited to start out a new school year of LKS. Last spring proved to be very fun, though it was busy. We participated in the pharmacy picnic, held officer elections, celebrated Hygeia day, and ended the year with a Cinco de Mayo semiformal with the Brothers of Kappa Psi. We also met with our regional supervisor Nicole Lefebvre. That week was very exciting. The officers met her personally, and all the sisters had a chance to meet her during big sister night, which she attended. From her visit, our chapter gained knowledge and ideas to make LKS even better. The fall also began full of events. First off, we had a table at the university's health fair. At the health fair, the student body had a chance to go to different tables and clarify any health related questions they may have while also picking up some free goodies. The sisters of LKS had a table set up with information on PMS. Then, during the month of October the sisters met for lunch and sold pink ribbons for breast cancer awareness. All donations went towards breast cancer research. This event went very well and we were able to make a solid donation. The rest of the semester was full of sister meetings and events for the new members. Once again, the new members bring a whole new enthusiasm to the chapter. We are all very excited to continue through the spring semester.

### ALPHA KAPPA CHAPTER



— Continued on page 7

## FRATERNITY AWARDS 2002: CALL FOR NOMINATIONS

by Chris Grass

Chair, Awards Selection Committee

Lambda Kappa Sigma has a long tradition of excellence. Throughout our history we have had many sisters who have been leaders in the profession of pharmacy. One of the greatest honors that these sisters can receive is recognition by Lambda Kappa Sigma. We proudly present many awards to these outstanding women. At this time, we are calling for nominations for the following awards:

**Award of Merit** - Recognizes an alumni member of LKS who has distinguished herself by reason of academic achievement, professional advancement, community service, organizational work or commercial endeavors.

**Distinguished Service Citation** - Recognizes an LKS alumni member who has contributed outstanding service to the Fraternity.

**Vanguard Leadership Award** - Recognizes a member who has made sustained exemplary contributions in her/his area of professional practice, and/or in professional associations, regulatory boards and in the community, emphasizing service to others innovations and entrepreneurial spirit.

**Distinguished Young Pharmacist** - Recognizes an LKS member in their first ten years of pharmacy practice, to recognize excellence in professional practice, community service, organizational and Fraternity involvement and other leadership achievements.

The nomination process is not difficult. Nomination forms are available from the International Office - call 1-800-LKS-1913. Please take a moment to consider the LKS sisters who are making a difference in the profession. It will be an honor if we are able to acknowledge their contributions by presenting them with these awards. Thank you for your consideration.

## REGIONAL MEETINGS 2001

By Christine Perry and Dixie Leikach

Our Regional Meetings this summer were outstanding. The Regionals were held in July in Indianapolis and in August in New York City. Attendees arrived on Friday and participated in workshops on team building and leadership development for collegiates and alumni. This was the first year we have had separate development workshops for alumni and it was a valuable addition to the program. There were also several hands on group team building exercises that joined collegiate and alumni members together in fun as well as eye opening activities.

After the Friday night reception in Indianapolis the group attended a WNBA game and went sightseeing in downtown Indy. In NYC attendees went down to Little Italy, toured Times Square and hit the dance clubs. On Saturday, we began with Fraternity and chapter reports. We all enjoyed the professional development program "Top Ten Things They Never Taught You in Pharmacy School" and the CE program titled "Women's Health Jeopardy". The CE was so much fun as we competed in teams to earn the most points in the categories of cancer, osteoporosis and heart disease.

During the Awards Luncheon we honored our most outstanding alumni for their contributions to LKS and the profession. Baeteena Black was awarded the Vanguard Award, Eloise Thibeault was the recipient



LKS alumni Sharon Brown and Gloria Bernstein enjoy sisterhood in grand LKS fashion at the Regional Meeting in Indianapolis this past summer.

of the Young Pharmacist of the Year Award and Kim Hancock was recognized as the Advisor of the Year. Each are outstanding women and worthy of these prestigious awards.

Next we held our most popular event, the career opportunity panel, where we feature alumni members who share their background, wisdom and advice on their careers and life. The rest of the afternoon featured the collegiate/alumni conferences and goal setting for next biennium. Thanks go to Phi Chapters and Alpha Pi Chapter for their hospitality, to Grant Counseling for their efforts in planning and executing the meeting and to the LKS members who attended and made the 2001 Regional Meetings some of the best we've had.

## COLLEGIATE CHAPTER NEWS

- Continued from page 6

### ALPHA LAMBDA CHAPTER University of British Columbia

Hello from the Alpha Lambda chapter! Last year was an exciting and successful one, filled with a range of social events, some of which included snow-shoeing, dessert night, and our year-end dinner. We are happy to announce that we raised almost \$9000 to donate to various local charities selected by LKS members! Our members promoted educational awareness by organizing lunchtime educational lectures. In addition, we participated in Pharmacy Awareness Week by having an osteoporosis information booth in the Student Union Building for all UBC students to see! This fall, we are off to a great start. At the first-day-back pharmacy BBQ, LKS handed out over 200 homemade cookies and brochures to promote the Fraternity! Our RUSH week was packed with great activities that gave prospective members a chance to learn more about LKS. We kicked off the week with an Ice Cream Social and had other events like Wings Night and Muffins & Coffee for the first year pharmacy students. We then finished off the week by holding a luncheon, which was extremely well attended! We are happy to welcome 14 new members to LKS this year! Already we are busy with a lot of great ideas and projects. At the end of September, our members participated in Run for the Cure to help raise money for breast cancer research. We also volunteer at a preschool to help children with special needs. Other events included: a first aid course for pharmacy students, an educational lecture teaching drug information techniques, and our annual Halloween Goblin sales (prescription vials filled with candy). Last but not least, we are pleased to announce that our website is up and running! Visit our site at <http://www.phus.bc.ca/clubs/lks.htm> for up to date information about what we are doing and pictures of our past events. Please take a look let us know what you think!! Have a great Spring term!

## ALUMNI CHAPTER REPORTS



Dr. Chisae Umezawa

Alpha Upsilon Chapter - Kobe, Japan

### PHI ALUMNI CHAPTER

Indianapolis, Indiana

Greetings from Phi Alumni Chapter. We had eleven alumnae and five collegiate members at Kathy Huff's home on October 15th. We ate Subway sandwiches and enjoyed LKS fellowship. We also had a going-away party/dinner for Kathy Huff on November 4th at Holly Hock Restaurant. Everyone was invited to wish Kathy good luck on her move to Arizona and her new job with Walgreen's. The Chapter also got together for a Christmas meeting, which included a drawing for an afghan and an ornament exchange. Marcia Harms was the hostess. Petra Fippen will be the new contact person for the Chapter.

# OVARIAN CANCER OVERVIEW

By Dixie Leikach, RPh

Ovarian cysts are not uncommon for women, especially younger women. As women get older the prevalence of cysts decreases; however cysts that do develop tend to be cancerous. One out of 55 women will develop some type of ovarian cancer in her lifetime. The average age for developing ovarian cancer is 61 years old; therefore any cyst in a post-menopausal woman should be evaluated quickly. Over 70% of women are not diagnosed until the disease spreads outside the ovary and this decreases the chance of living for 5 years after diagnosis to 20 to 25%. If ovarian cancer spreads it tends to stay in the abdomen affecting organs such as the intestines, stomach and liver. The majority of ovarian cancers tend to be epithelial ovarian cancers, involving cells of the outer lining of the ovary. Only 5 to 10% of women who develop epithelial ovarian cancers have a family history of the disease.

#### Risk Factors:

- High Fat Diet
- Use of talcum powder in genital area
- Caucasian Race
- Family history of Breast or Ovarian Cancer

- Jewish Descent
- Starting periods at young age or going thru menopause at older age
- Using fertility drugs without becoming pregnant
- Never having children/infertility/having children late in life

#### Factors Associated with a Lower Risk of Developing Ovarian Cancer:

- Use of Birth Control Pills
- Having Multiple Children
- Breast Feeding
- Tubal ligation (female sterilization)
- Having ovaries removed

These are some symptoms associated with ovarian cancer; however this disease is often referred to as the "silent killer". Symptoms may include a bloated feeling, clothes that don't fit quite as easily as they used to, vague abdominal and pelvic discomfort and GI symptoms (gas, back pain and fatigue). These symptoms tend to be the same no matter what stage of ovarian cancer the patient is in. Ovarian cancer can be definitely

diagnosed only by surgical removal of the tumor for testing. Tests prior to surgery can be used to determine if the surgery is actually necessary. There are four stages to ovarian cancer; Stage 1 is limited to the ovary, Stage 2 has spread beyond the ovary into the pelvis, Stage 3 has spread into the abdominal cavity (not liver), Stage 4 has spread outside the abdominal cavity or into the liver.

Depending on the stage of ovarian cancer determined, the treatments differ. Stage 1 Ovarian cancer may only need surgery while the other stages may involve chemotherapy also. There are other treatments available if the cancer is not responding to chemotherapy. A second look laparotomy should be performed after 6 to 12 months of chemotherapy to determine if any cancer cells remain.

Both the American Cancer Society ([www.cancer.org](http://www.cancer.org)) or 800/ACS-2345 and the Gilda Radner Familial Ovarian Cancer Registry ([www.ovariancancer.com](http://www.ovariancancer.com)) or 800/OVARIAN are wonderful resources for information on ovarian cancer.



LAMBDA  
KAPPA SIGMA  
PHARMACY FRATERNITY

20110 Glenoaks Dr.  
Brookfield, WI 53045

First Class Mail  
U.S. Postage  
**PAID**  
Permit No. 318  
Brookfield, WI 53045