



BLUE & GOLD TRIANGLE

FALL 2002

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"

CONVENTION 2002



The 37th Biennial Convention of Lambda Kappa Sigma took place in Chicago, Illinois, from July 31 - August 3. The Opening Reception got us acquainted with "The Windy City" and each other with Chicago Style pizza and a game of LKS Bingo provided by our hosts, Gamma Chapter. Members brought toiletry items to donate to a local women's shelter. After the reception, collegiates and alumni split up to attend separate meetings.

Thursday morning, we were welcomed to Chicago at the Opening Breakfast, sponsored by CVS, by Mary Haddadin, President of Gamma Chapter, and Rosalie Sagraves, Dean of the University of Illinois at Chicago College of Pharmacy. Immediately afterward, we were treated to an inspirational Keynote address from Dr. Wayne Sotile, PhD. Dr. Sotile spoke about how to shape positive relationships at work and home. We were also welcomed by something new in our hotel rooms, a convention newspaper, published each day by Grand Secretary Patti Lozano. It included interesting facts about Chicago, the day's schedule and LKS trivia.

Our first business session opened with the Fraternity prayer and the national anthems of the United States, Canada and Japan. The current Grand Council and the I.O. were introduced: Christine Perry (Grand President), Dixie Leikach (Grand VP for Alumni), Nicole Lefebvre (Grand VP for Collegiates), Sharon Brown (Grand VP for Development), Patti Lozano (Grand Secretary), Nancy Horst (Past Grand President) and Joan Rogala (Executive Director). The Past Grand Presidents in attendance were introduced, including Marilyn Haberle, Marilyn Harris, Donna Dancer, Mary Gear, Ruth Brown and Patti Kienle. The names of members and patrons who had passed away during the biennium were read during the Memorial ritual, and we observed a moment of silence in their memory.

Grand President Christine Perry reported on her term in office. She worked daily on Fraternity projects including communicating with chapters, convention and regional planning, budget, developing corporate contacts and chairing committees. Rebecca Garrett reported on the generous donations of the chapters to our official philanthropy, Project HOPE. A total of \$6776.32 was donated over the past biennium. Project HOPE serves communities world wide by improving health care and providing education and humanitarian aid. The Women's Health Issues Committee report was presented by Dixie Leikach. The biennial project for 2000-2002 was Reproductive Health. Lambda Kappa Sigma's publications and educational programs focused on this area, covering topics from menstruation to menopause. Delegates from each collegiate and alumni chapter present read their convention reports. They shared ideas from their chapters for fundraising, professional, and service projects. They also shared their concerns which they wished to discuss at Convention.

The Awards Luncheon was also held on Thursday. Stefanie Ferreri received the Young Pharmacist of the Year award for her accomplishments in teaching,

collaborative practice, and disease state management. Janet Engle was chosen as this year's Award of Merit winner. The award will be presented at the LKS reception at the APhA Convention. The Merck Vanguard Leadership Award was presented to Barbara Hauck. Barb leads the way for women in pharmacy management in her career at Walgreens. The Distinguished Service Citation was given to Mary Gear for her years of service to the Fraternity including several years as our Executive Director. Rosalie Sagraves was the recipient of an Honorary Membership in LKS. She is outstanding in her accomplishments in academia.

The Collegiate conferences featured information on orientation planning and information packets. Members also played a game of "Who wants to be an LKS millionaire?", learned about a Facts & Comparisons fundraiser, and shared ideas about how to build strong chapters through continuing communication.

Dixie Leikach presented two new programs at the Alumni conference. Members were asked to give information about themselves for a Virtual Mentoring program which will be included on the LKS website. Volunteers were also asked to help with visitations of collegiate chapters. This would help the Regional Supervisors to get all of the visits finished and also decrease the cost for the Fraternity. Members also signed up for committees.

Friday morning started with a Networking Breakfast. Members who had distinguished themselves in their particular area of practice led round table discussions and answered questions. At the next business session, Patti Lozano presented the Strategic Organizational Plan. The membership voted to adopt the plan as presented. Sharon Brown and Nancy Horst presented the budget for 2002-2004. A new item in the budget was earmarked for improving the website. The membership has expressed a need for an interactive website, which will include the issues of all publications and on-line registration and dues/fees payments.

Continuing Education was a main focus of the convention. The topics were timely. Sharon Brown spoke on Disaster Preparedness. Patti Kienle presented a CE titled "Interprofessional Communication for Pharmacists." Two representatives from Pfizer gave an overview of using personal data assistants in the workplace. Sharon also presented the CE "Diagnosis, Prevention and Treatment of Headaches." This CE is available from the International Office for local use.

The highlight of the convention was our Formal Banquet. It was held on a cruise ship on Lake Michigan. The group picture was taken and we boarded the ship at Navy Pier, a popular attraction in Chicago. We were treated to a gourmet meal and great service as well as live entertainment. Committee chairs were recognized and presented with certificates. Chapter achievement awards were also presented. Alpha Collegiate chapter won the Efficiency Cup and Alpha Alumni won the Efficiency Gavel for excellence in chapter management. Congratulations to all the sisters of Alpha. The Grand Council officers for 2002-2004 were installed by Mary Gear. Before the end of the cruise, everyone was out of their seats and dancing to "I Will Survive."

The Educational Trust Luncheon was held on Saturday afternoon. The Trust report was given and donors and past recipients were recognized. Many items had been donated for a silent and a live auction. A total of \$5,740 was raised during the convention for the Trust.

During the last business session, the Regional Supervisor appointments were announced, and Nominating Committee members were elected. The membership decided that Project HOPE would again be our philanthropy for 2002-2004. The topic of Headaches was announced as our Women's Health Project. Sites for future meetings were announced. The Regional in 2003 will be held in Providence, Rhode Island. The 2004 Biennial Convention will take place in Baltimore, Maryland. And to look even further into the future, we will again be going to Las Vegas for the 2006 convention.

BLUE & GOLD TRIANGLE

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Dear Sisters,

Networking opportunities, professional development, building leadership skills and saluting our accomplishments as individuals and a whole were the highlights of the 37th Biennial Convention held this summer in Chicago. By all accounts this Convention was a huge success. The programming was outstanding and the hospitality was warm and generous. Each day of the meeting featured one exciting program after the other; I have a hard time deciding which program was my favorite. Thanks to the members of Grand Council, our Executive Director-Joan Rogala, our hosts Gamma Chapter and each collegiate and alumni member who attended for making this Convention one for the history books.

At the Educational Trust Luncheon we celebrated the benefits of the Trust and it was clear how focused our alumni are on building its foundation so that we can increase the number and value of each of our Grants over the next year. The Trust Liaison Committee met during the Convention and

DEADLINES AND UPCOMING EVENTS

January 15	Announcement of Educational Grant Recipients
February 15	Deadline for Blue & Gold Triangle articles and chapter news
March 15	Hygeia Day celebrated by presenting a professional program open to the Public
March 28 - April 1	APhA Annual Meeting (LKS Booth and Reception)
April 1	Deadline for the payment of Alumni Dues
April 30	Deadline for nomination for the following LKS awards: Vanguard, Distinguished Young Pharmacist and Advisor

announced new fundraising strategies for this year's appeal. Hundreds of dollars were raised at Convention as each alumni member in attendance opened up their wallets to donate to the Trust. During the November 2002 Educational Trust appeal, we respectfully ask each one of you to make a generous contribution to help support the educational goals of your fellow sisters.

This fall has been an exciting one for me as I have traveled around the northeast visiting numerous chapters. In September and October, I visited UCONN, Albany, URI, MCP, PCP, Temple and Northeastern. I am pleased to report that each of these chapters is doing exceptionally well. Their participation in LKS is obviously paying off, as these students seem to be more professional, polished, focused and devoted to pharmacy and LKS than ever before. Their enthusiasm has been contagious and has spilled over to other young women who are joining LKS in increased numbers than before.

This biennium you can look forward to a new web site. WWW.LKS.ORG continues to be updated and we will continue to supply more information on the web site including the Triangle, LinKS, Alumni Newsletter, chapter information, member news and all forms. One of our goals last biennium was to foster interaction among the membership through the use of the web site and email. Today's new graduates and pharmacy students need mentors as they begin their professional careers. Our members practice in a diverse area of settings and their experiences and expertise are valuable to share with others. It is important for our experienced members to listen and mentor our new practitioners and students as they fulfill their hopes and dreams for the future while providing occasional reality checks and real world situations. To accomplish this goal, LKS will establish an active mentoring program between members and emerging pharmacists on our web site. This mentoring program will allow both pharmacy students and new pharmacists the opportunity to connect over the Internet with more experienced LKS members who have expertise in areas such as community pharmacy, hospital pharmacy or industry. Via email, the mentor and the mentored can discuss potential career paths, seek information on residencies, and find out more about a new practice setting or how to deal with problems in the workforce. Over the next few months we will be seeking LKS members who are interested in mentoring others to sign up for this exciting new opportunity. Please join in the excitement!

Fraternally,

Christine M. Perry
Christine M. Perry, R. Ph.



FEATURING FRATERNITY AWARD WINNERS

by Nancy Horst
Past Grand President

LKS/MERCK VANGUARD LEADERSHIP AWARD

The Vanguard Leadership Award is given annually to 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. Past recipients of the LKS/Merck Vanguard Leadership Award are:

Mary Jo Reilly (1989)

Mary R. Grear (1990)

E. Michelle Valentine (1991)

Sara White (1992)

Christine Gosselin (1993)

Patricia Kienle (1994)

Paula Castor (1995)

Janet Engle (1996)

Angel D'Angelo (1997)

Betty Jean Harris (1998)

Ruth Demar (1999)

Barbara Hayes (2000)

Baeteena Black (2001)



Barbara Hauck will receive the Lambda Kappa Sigma/Merck Vanguard Award this year.

Barb graduated from the St Louis College of Pharmacy in 1983 with a B.S. in Pharmacy. Immediately after graduation she work as a pharmacist for the University of Missouri Hospital. In 1984, she joined Walgreen's as a staff pharmacist. In 1987 she was promoted to Pharmacy Manager, where her duties were to supervise and manage daily pharmacy operations, including hiring, training and developing pharmacy staff, implementing policies and procedures along with managing all functions performed in the retail setting, such as computerized prescription dispensing, third party billing and inventory control. She was so successful as a pharmacy manager that in 1992, Barb became the first female District Pharmacy Supervisor in St. Louis.

As a District Pharmacy Supervisor her responsibilities included supervising pharmacy operations for 23-25 stores in Missouri and Illinois: ensuring compliance with federal and state laws governing pharmacy practice; maintaining relationships with local third party plans, Medicaid, and the State Board of Pharmacy; implementing corporate policies and procedures, and hiring and training pharmacists. During her tenure she actively worked on developing pharmacists for leadership roles. At the time, less than 10 % of all Walgreen District pharmacy supervisors were women. Now, ten years later, two of the four St. Louis area pharmacy supervisors are female, and 40% of all Walgreen's 153 districts are being managed by women pharmacists. In 1995, Barb made the move to Walgreen's corporate office to become the Manager of Third Party Operations. In this role she is responsible for managing the day-to-day third party operations in Walgreen's proprietary computer system for 23 states and Puerto Rico. Her duties include communicating third party information to stores and district management, overseeing on-line communication processes and designing and implementing software applications to enhance commercial and Medicaid plan processing, supervising audit reconciliation and reviewing third party contracts for issues that impact pharmacy operations.

Barb has been actively involved with Lambda Kappa Sigma since being initiated into Alpha Zeta Chapter in 1979. She has served the Fraternity on Grand Council as Grand Vice President for Collegiates and as a Regional Supervisor. In addition, she has served on numerous committees and has attended many Conventions and Regional Meetings.

Barb is a member of the National Council of Prescription Drug Programs where she is active in work groups including governmental programs, telecommunications, product identification, enrollment standards and professional pharmacy services. She received the Bristol Award for leadership from the St. Louis College of Pharmacy in 1983 and was recognized as the Outstanding Young Alumna for outstanding leadership and professional achievement from the St. Louis College of Pharmacy in 1993.

Barb is currently a single mother of a 3 year old daughter from Romania whom she adopted in January 2000, and is currently pursuing the adoption of a second child from the Republic of Georgia. She clearly is an expert at balancing a successful career and motherhood at the same time.

THE LKS DISTINGUISHED SERVICE CITATION

The Distinguished Service Citation may be presented at the Biennial Convention to a Fraternity alumni member who has contributed outstanding service to the Fraternity. It is not awarded to a member currently serving on the Grand Council. The Grand Council selects the recipient. Nominations must be postmarked by April 30th of the convention year and are sent to the Grand Secretary. Past recipients of the Distinguished Service Citation are:

Julia Zukowski Pishalski (1978)

Frances Finnigan Curran (1980)

Adele Lobraico Lowe (1982)

Patricia Hornall Tanac (1984)

Norma Chipman Wells (1986)

Margaret Garthe Harrison (1988)

Marilyn Springer Haberle (1990)

Judith Riffée (1992)

Gloria Doughty (1994)

Portia Devore (1996)

Patricia Kienle (1998)

Marilyn H. Harris (2000)



For over 30 years, Mary Grear has dedicated her professional life to the advancement of pharmacy, and provided extraordinary leadership and vision to the members of Lambda Kappa Sigma.

In addition to the many activities and honors listed in her C.V., Mary is known internationally as a voice for the advancement of women in Pharmacy, including playing a key role in the International Leadership symposium: Women in Pharmacy program held in London, England in 1987.

Mary served as the first Executive Director of LKS, and has been instrumental in laying the groundwork for a strong foundation as the organization prepared for the challenges of the new millennium. She continues to serve as a resource for current LKS leaders, and has influenced countless LKS members through mentoring and advisory activities.

Mary attended the St. Louis College of Pharmacy, was initiated into Alpha Zeta Chapter, and graduated in 1972. She served on the Grand Council as Southern Regional Supervisor (1974-1976), Grand Treasurer (1976-1982), and Grand President (1982-1984). While she was Grand Treasurer she developed the concept of a central administration office for the Fraternity. From this the position of Executive Director evolved, and Mary served as the first one from 1980-1994. Mary was also Convention Chair for the 1994 Convention held in Las Vegas, and she has served on numerous LKS committees over the years. During her time as ED, she developed an internship in Association Management, and several LKS students participated in that program.

The Professional Fraternity Association is another organization that benefited from Mary's expertise, and service on its Board; she was a National Director (1981-1982), Secretary (1982-1984), Vice President (1984-1985), President (1985-1986), Past President (1986-1987). She has served on several committees of the APhA, and on committees and boards of several state and local pharmacy associations.

A partial list of the many other awards she has received includes: Outstanding Achievement Award of the St. Louis College of Pharmacy Alumni Association, Innovative Pharmacy Practice Award of the Nevada Pharmacists Association, Nevada Society of Health Systems Pharmacists Service Award, Edmund Barcus Memorial Leadership Award of the Illinois Pharmacists Association, the Bowl of Hygieia, and the LKS Merck Vanguard Leadership Award.

Mary has experience in most areas of pharmacy practice: community, as pharmacist, manager and owner; hospital, as pharmacist and director; home health; contract services management for health care professionals; consulting for nursing homes and surgery centers; association management for several professional organizations; provider of ACPE accredited continuing education for pharmacists. She has authored numerous articles and made many presentations to professional organizations. Lambda Kappa Sigma members have continually benefited from her entrepreneurship and expertise in all these areas. Mary is most deserving of this special Fraternity award.

FROM THE EDUCATIONAL TRUST

By Marilyn Harris, Chair - Trust Liaison Committee

As I take over the stewardship of the Lambda Kappa Sigma Educational Trust, as the first chair of the Trust Liaison Committee who was not a member of the original committee when it was established 26 years ago, it seems appropriate for me to review the history of the establishment of the Trust. A few of these highlights I will share with you. Lambda Kappa Sigma awarded its first grant in 1963. This grant later became known as the Cora E. Craven Educational Grant. In 1972 the Dr. B. Olive Cole Graduate Educational Grant was established. An endowment fund was established to support these grants. In 1974, thanks to the hard work of Julia Pishalski and Adele Lowe, the fraternity passed a resolution establishing the Lambda Kappa Sigma Educational Trust. In 1976 Mary Connolly Livingston, our last surviving charter member, made a gift of \$1000 to open the Trust account. The following year the scholarship endowment fund was transferred to the Trust account.

The Trust document designated the establishment of a corporate trust officer and a Trust Liaison Committee (TLC). The selection of both is a Grand Council responsibility. The charge to the TLC is to recommend the number and the size of the grants or awards, publicize the Trust, lead fund raising efforts and to act as a "watchdog" over the Trust funds.

Each November has been designated "Trust month". This is when the annual campaign for funds takes place. From our first donation of \$1000 in 1976 the Trust has grown to well over \$100,000. The downturn in the market the last several years has affected the Trust income like most other investments. We have conferred with the Trust officer and our fund administrator and they will make adjustments to our asset allocation where appropriate. Our funds have fared better in comparison to many others but we need to work even harder to increase the base. One of the goals of the 2000 five year plan was to increase the funds to \$300,000. This will take a concerted effort by us all: collegiate members, alumni, and friends. Several challenges have been offered by members of the TLC. You may have heard about these before but I will repeat them. We have asked our collegiate chapters to become more involved in raising dollars for the Trust. In this regard we have received a generous challenge from our past chair and current TLC member Marilyn Haberle. Marilyn has challenged our collegiate chapters to collectively raise \$1000 per year for the Trust. If this is done she will match the \$1000 per year for the next five years. Gloria Bernstein, a Trust member has challenged the alumni sisters to join her in honoring Adele Lowe. For every \$1000 contributed by alumni and friends over the \$10,000 raised last year she will contribute \$100 up to a total of \$1000. These are the challenges. For us to receive the maximum benefits we need you to donate to the Trust.

The Educational Trust funds the Cora Craven, Dr. B. Olive Cole Graduate, Mary Livingston, Norma Wells Loyalty and the Adele Lowe Leadership grants. A total of 10 grants will be given each year of this biennium. We encourage the collegiate members to apply for these grants. The Grant Selection Committee appointed by Grand Council receives the applications and makes these grant awards in January each year.

What we need now is to increase our fund base so that the income will allow us to increase the number and size of the grants. Our Trust mission also allows for research awards and educational programs. We have not in recent years had sufficient income from the investments to support these endeavors. However, this is one of our goals for the future. As the income from the investments increases we will expand as mentioned above but to do this we must increase the base. We need all of your help. If you have not contributed to the 2002 campaign please do it now. If you need more information or would like a contribution form please contact the International Office. All donations to the Trust are tax exempt charitable donations under federal rules.

COLLEGIATE CHAPTER NEWS

(edited for space consideration)

ALPHA CHAPTER

Massachusetts College of Pharmacy

Greetings, from the girls of Alpha Chapter. We've got a good jump on the opening semester with our over-flowing enthusiasm from this summer! In May, some of the sisters participated in the Walk For Hunger here in Boston. We also had some girls take roles as Freshman Orientation leaders. The highlight of the summer was Convention 2002 in Chicago. The cruise on Lake Michigan was amazing and the six sisters attending learned new fundraising and member retention techniques. We returned home with the Efficiency Cup again this year to affirm all our hard work. Our Alpha Alumni Chapter also received the Efficiency Gavel at Convention. A few days prior to classes we held our annual Laser Light Show at the Museum of Science. To get the year started off, we hosted our annual "Welcome Back" party at Pat Flanagan's. We raffled off a few prizes to start this year's fundraising. September was packed with events for us! Many of the sisters walked with candles in the September 11th remembrance vigil held among the Colleges of The Fenway. In a fundraising activity, some sisters joined in the "Light the Night" walk for Leukemia and donated all the money. We also started collecting money for Project HOPE and are working with girls from Northeastern to start their own chapter this year! In October a few sisters participated in the Walk for Breast Cancer, and we will wear pink ribbons with our jerseys in school to signify our support. We're looking forward to our annual Halloween party with Kappa Psi and holding our Founder's Day Celebration. The 2002-03 school year will be exciting because we're planning new fundraisers, wearing our letters proudly and are anticipating a large orientation group.

BETA CHAPTER

Albany College of Pharmacy

Greetings from the sisters of Beta Chapter! After a long summer of working, all the sisters were happy to see each other at our Annual End of Summer Get Together. We kicked off our eventful semester with our Date Rape Seminar which is part of the Freshman Survival Series, followed by our Welcome Back party, which was a great turnout. All the sisters looked GREAT in their new LKS greek goddess T-shirts, thanks to President Jen Harris. Our first fundraiser of the year was a car wash

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which was held at a local Burger King on September 14th, followed by our annual nametag sale, which was held on the week of the 16th-20th. Many sisters dug out their comfy walking gear to help support and fundraise for the American Heart Association at the American Heart Walk on the 28th. Later that evening was a great time had by all because the sisters of Beta Chapter got a chance to eat dinner with Christine Perry, Nicole Lefebvre, and some of the new regional supervisors. Dean Mary Andritz, Dr. Kara Shirley, and Dr. Nicole (Jones) Allie, faculty supervisors of Beta Chapter, also joined us. Afterwards we had fun playing Who Wants to Be a Millionaire-LKS style. It was a very educational and personal experience. The sisters of Beta Chapter were very thankful and felt very special to have such a close encounter with members of the Grand Council. To celebrate Founders Day, we will be heading to Boston on the weekend of October 19th. More activities planned for the fall semester include our annual "Penny Social" fundraiser, and a Christmas/Cookie Dough fundraiser. The semester looks to be a very eventful one and we wish all sisters the best of luck for the coming year.

DELTA CHAPTER *University of Pittsburgh*

The Delta Chapter at the University of Pittsburgh has been very active since the beginning of the semester in August and has many exciting plans for the year. During the summer, three members (Kelly Stell, chapter president, Amy Yutzey, chapter vice-president, and Nicole Lazar, chapter treasurer) attended the Conference in Chicago, IL. They came back home with ideas and goals for our own chapter. We kicked off Fall Rush with a Back-to-School Picnic for all students, then met with every interested rushee at an Eat-n'-Meet and Ice Cream social. The last Rush event was a mixer barbecue with Phi Delta Chi at a local park. Now we are going into the year with 30 pledges! Always active in the community, the Delta Chapter fund-raised and joined in the Walk to Cure Diabetes and the Light the Night Walk (for the Lymphoma and Leukemia Society). Other service projects coming up include volunteering at a nearby retirement community and the Ronald McDonald House. With plans for hosting more social events and perhaps even sending more members to the Annual Conference, we are holding a candy sale, Yankee Candle sale, and Pitt Pharmacy clothing sale. Some of our annual professional projects for this year include hosting a speaker for National Pharmacy Week and a Founder's Day Ceremony. We are also getting ready for the Sweetheart Dance and Dinner, which is always a fun time for everyone!

LAMBDA CHAPTER *University of Southern California*

After a year of inactivity, the Lambda Chapter is active again and stronger than

ever! Thanks to the hard work and dedication of our LKS sisters and our wonderful advisor, Dr. Kathy Johnson. The organization currently has 40 proud active members and a strong, motivated pledge class of 30. Many of our members met over the summer to assist in fundraising efforts. One of our fundraising events included a television taping called "The Other Half", which helped raise over \$600. Our calendars are packed with many exciting new events for this fall semester. This year, our main focus is to promote Women's Health and Issues as well as professionalism and leadership. We demonstrated this by participating in the Los Angeles Times/USC Health Fair in early October, concentrating on osteoporosis screening for women. Many of our LKS sisters, including our pledge members, had the opportunity to share our knowledge regarding osteoporosis prevention as well as learn and utilize the Lunar Achilles Express machine that screens for bone density through ultrasound. It was very a successful event with over 200 women screened! The Lambda Chapter wants to celebrate and honor Founder's Day by scheduling a Hormone Replacement Therapy (HRT) lecture that will be given by our LKS alumni and advisor, Dr. Kathy Besinque. This event is opened to the entire school in hope that the public will be aware and updated with current information regarding the use of HRT and its' long-term effects. This is just a glimpse of what the Lambda Chapter has to offer our members. We are proud of each and every individual who has dedicated her time, effort and energy into making the Lambda Chapter prosper! We are happy that many of our devoted pledge members are excited about carrying on that tradition.

TAU CHAPTER *Duquesne University*

Greetings from the Tau Chapter! We have had a very busy September here on the bluff, as we are planning our fall semester. We are happy to announce we inducted six new members on September 30th, and they are very excited to be a part of our organization. Our service committee has been very busy planning service projects for the sisters to do. We are going to Pediatric Playroom, Terrors by the Lake, Global Links, St. Barnabas, and we will be making Halloween cards for the children at Children's Hospital. Some professional projects we have coming up are visiting local high schools with our "What is a Pharmacist?" program and discussing osteoarthritis at local assisted living centers. In addition, our publication, The Sigma, will be out shortly. The topic is West Nile Virus, which has been a big health issue in the news lately! Socially, we are planning an active semester for the sisters. We will be playing Laser Tag, and we will hold our Family Tree Tea at the Olive Garden on October 16th. In addition,

the planning of our Semi-Formal is in the works, and everyone is really excited! The sisters have also been brainstorming some new fundraisers. We are selling Sarris candy for Christmas, which is always a big money maker for us. We will be selling candy apples and hot/cold apple cider, which was donated by Trax Farms, at Duquesne's Autumnfest. And we will have a 50/50 raffle at National Pharmacy Week. We are looking forward to another wonderful semester here at Duquesne! Our webpage has been recently updated, so please visit us! If you have any questions or comments, please feel free to contact us! Take care and have a great semester!

ALPHA BETA CHAPTER *University of Connecticut*

It is turning into an exciting year for the girls of Alpha Beta Chapter with a major increase in people interested in membership with LKS. This semester we have about 20 girls interested in becoming a part of LKS compared to the spring semester with only about 6 girls joining. We are working on Breast Cancer Awareness Month, October, by selling ribbons and also trying to collect the Yoplait yogurt pink tops that give money to the Breast Cancer Association. We are also trying to hold a seminar on resume writing skills. We had an amazing Spring 2002. We held our annual Lock-in at Dr. Bogner's house and had a lot of fun at Hygeia Day playing LKS Jeopardy; it tested our memories about LKS history. We also ran a couple of concession stands at UCONN Basketball games to raise money. For those of us who went to the LKS Convention this summer, we had a blast and are looking forward to another one. We also went to the CPA Convention in Connecticut where we set-up a booth to raise money by selling Pharmacy mugs, sweatshirts and pendants. After all we did over the past semester and summer it might seem that we are not ready for what lies ahead for us this school year, but we are ready to receive any new challenge!

ALPHA OMICRON *West Virginia University*

As fall is underway and the 2002 year is jump started, LKS at West Virginia University School of Pharmacy is eager and optimistic to get the year rolling. After cleaning out our stock room and putting things in order, the year was in full swing. In late August LKS help to sponsor the Pharmacy School fall social. We started rush week with an ice cream social for our rushees, and we went to the Texas Roadhouse as a get to know your club night. We then held our initiation along with a bring your own dish dinner at our advisor, Ginger Scott's house. Some of the service activities that have already begun are Light The Night walk for Leukemia, a dinner for the Ronald McDonald House, and donation for our local Bartlett House.

Some of the upcoming projects are children's hospital visitation, trick or treat for can food items for the food pantry, and bell ringing for the Salvation Army. LKS is committed to the pharmacy profession and our community. We will strive to show it in every activity that we do.

ALPHA THETA CHAPTER *University at Buffalo*

The previous year for the Alpha Theta Chapter has been an exciting one. Thanks to the efforts of Stephanie Moshier, our group increased last school year to 13 active members. This year we are doubling again with 12 new members being initiated in October. We have had numerous social events including study nights, dinners, a wine and cheese party, and co-sponsoring a party for the School of Pharmacy. To let the school know that this chapter is back in full swing here, we redecorated our office in blue and gold and designed our own t-shirts. The officers also decided to start a tradition of offering 2 awards at the end of each school year. Last year's Member of the Year award went to Cynthia Lai and our Academic/Service award went to Heather Spanbauer. Our president, Sarah Sienkiewicz, hand-painted jewelry boxes for all active graduating members as a gift for all their hard work. The upcoming school year holds promise that we will continue to grow with many events planned. These include apple picking, a wine and cheese party, gym nights, walks for charities, movie nights and shopping trips. We look forward to becoming a stronger chapter once again and we thank everyone who has given us support over the last year.

ALPHA KAPPA CHAPTER *University of Georgia*

The Alpha Kappa Chapter had a very busy spring semester. It began with our annual Parent's Day Banquet and continued with a number of socials with different graduate schools. They included the law school, the vet school and the pharmacy school fraternity. We also had our annual Chrysanthemum Ball which is our winter formal. We did a number of fundraisers and participated in philanthropic events. The money raised benefited Project HOPE as well as our team for the American Cancer Society's Relay For Life. This was our second year in a row winning most money raised by a professional organization. We had a number of sisters participating in tennis, soccer and softball intramural sports but did not make it to the championship in softball like we usually do. Our fall semester has been extremely busy with our rush activities and fundraisers. We have had 2 rush events that were a cookout and a scavenger hunt. We also had 3 lamb pal events that were bowling, and ice cream party and a party at Chuckee Cheese. We had a social with

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COLLEGIATE CHAPTER NEWS

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the Kappa Psi where we played trivia at a local restaurant. We are planning a Christmas date night which will be our semi-formal. As our fundraisers we sold nametags for the school and coupon books, and we plan to sell secret goblins at the end of October. We wish each of our fellow chapters a productive year!

ALPHA MU CHAPTER

University of Toledo

Greetings from Alpha Mu! We started the fall semester off on a good note. Several sisters participated in the Walk for the Cure, the New Member class of 26 girls are heading to the Ronald McDonald House, and we are looking for a Christmas family to sponsor this coming season. Our annual tradition of throwing a party for the entire college of pharmacy and any guests for Project Hope was another success this past spring. We tried a new fundraiser, Lambie made chocolate covered peanut butter eggs around Easter and it went over wonderfully. Along with the egg sale, this year's fundraisers will continue to include a windbreaker sale this fall, candy sales for Halloween and Valentine's Day, and a holiday-themed fundraiser this Christmas season. The regional supervisor visited the chapter last spring. She gave insightful feedback for the chapter to work on. This year looks promising and hopefully will prove so, not only for us, but for all Lambda Kappa Sigma chapters. Best Wishes!

ALPHA PI CHAPTER

St. John's University

Greetings from the Alpha Pi Chapter. As the school year began, the Alpha Pi chapter was involved in an Activities Fair. There was an unexpected large turn-out of girls interested in LKS. To further familiarize the possible new members, the chapter hosted a pizza and informational luncheon. The majority of the girls who signed up during the Activities Fair attended the luncheon so we have high expectations for the Fall 2002 Orientation Program. We have planned a brother/sister breakfast, a sister dinner, and study hours all for the new members. Alpha Pi is constructing several committees to aid in different charity events such as food drives, Toys for Tots, Breast Cancer Walk, and several Campus Ministry events. Alpha Pi is also planning a trick-or-treat Halloween party for elementary children affected by diabetes. More recently, we signed up with The Body Shop "Phone-Raising" where old cell phones are collected and reprogrammed free of charge with one local number and 911. These phones are then given to women in domestic abuse situations. We are also attempting several fundraising ideas such as candy sales and a bake sale. The proceeds will go towards an Alpha Pi website and to the redecorating of the Pharmacy Lounge. During Pharmacy week, Alpha Pi will be actively involved in hosting several events. Our theme this year is the education of women on the risks of breast cancer. We are also working on presenting a CE on Migraines that was given to members who attended the Biennial Convention in Chicago. We have a busy semester ahead!

ALUMNI CHAPTER NEWS

Phi Alumni Chapter

Phi alumnae chapter and collegiates will have their Christmas get-together November 21st. Karen Roberts is hostess and it will be a pitch-in meal. Our afghan for the raffle is white and rose color. We have a drawing for the afghan and then an ornament exchange. This is an annual event and we are looking forward to a good attendance.

KATHLEEN A. BERK - OBITUARY

Kathleen A. (Kerleyza) Berk, 42, of East Hartford, passed away Friday, May 17, 2002 at her home after a courageous seven-year battle with ovarian cancer. She was born in New Britain and was raised in Wethersfield. Kathy was a 1983 graduate from the Massachusetts College of Pharmacy in Boston, MA. She belonged to Lambda Kappa Sigma Fraternity and the Connecticut Pharmacists Association. Kathy worked as a Registered Staff Pharmacist at several different long-term health care facilities during the past 18 years and was also promoted to Pharmacy Manager at one of these facilities. In January of 1995 Kathy was diagnosed with stage 3 Ovarian Cancer. During her 7 years of treatments Kathy had 2 surgeries, received numerous chemotherapy drugs and went into remission twice. During her treatments at the Cancer center, Kathy touched the lives of her doctor and nurses in a positive way. During this time many of the other patients were referred to Kathy to get help with understanding their treatments and for her extremely positive attitude. By January 2002, Kathy was told the disease had spread significantly, and she made the courageous decision to stop any further treatments. Her hobbies included gardening, baking, traveling, bird watching, going to Corvette Car Shows with her husband, and riding on their Harley Davidson motorcycle. She also enjoyed spending time with their schnauzer, "Max", who was a great companion over the years. Kathy leaves to cherish her memories, her beloved husband, David Berk of East Hartford; her father and mother, Walter and Ann (Hodis) Kerleyza of Wethersfield; her younger sister, Barbara Kerleyza of Wethersfield; and her godchild, Morgan Kavy of Berlin. Kathy would like to thank her many friends and family that she has been blessed with for their love and support over the years, especially her closest friends, Ann Antoinetti, Dennis and Marsha Angelillo, Vicki Egan and Bruce and Liz Kemp. Kathy would also like to extend a special thanks to Dr. Stacey R. Nerenstone, Andrea Persky, RN, Helen Martins, RN, and Kerry Weinzimmer, RN, for their special care and understanding.

Serotonin Receptor Agonists (Tirptans)

Drug	Dose	Maximum Dose	Unique Characteristics
Sumatriptan (Imitrex®)	25-50 mg, may repeat every 2 hours	100mg/dose 200mg/day	• Available in nasal and injectable dosage forms
Rizatriptan (Maxalt®)	5-10 mg, may repeat after 2 hours	30mg/day	• Available in orally disintegrating tablets (MLT) • Propranolol increases AUC by 70% - will require dosage adjustment
Zolmitriptan (Zomig®)	2.5 mg, may repeat after 2 hours	5mg/dose 30mg/day	
Naratriptan (Amerge®)	2.5 mg, may repeat once after 4 hours	5mg/day	• Long Acting • Alternative for those who have chest tightness • C/I in severe renal or hepatic impairment • No DDI with MAOI's
Almotriptan (Axert®)	6.25-12.5 mg, may repeat after 2 hours	25mg/day	• Lower incidence of side effects • No DDI's with MAOI's
Frovatriptan (Frova®)	2.5mg may repeat q2h	7.5mg/day	• Long acting - 26h half-life.

MEDICATION MANAGEMENT FOR MIGRAINE HEADACHES

By Mary Brooks Tucker, Pharm.D. and Stefanie Ferreri, Pharm.D.

Treatment of migraine headaches falls into two categories: prophylactic and abortive. Prophylactic therapy, including pharmacologic therapy and avoidance of precipitating factors, should be employed if a patient experiences more than 2 migraines a month. Prophylactic medications include beta-blockers, antidepressants, calcium channel blockers, and valproate. Abortive therapy focuses mainly on pharmacologic therapy and should be initiated as near the onset of a migraine as possible. Abortive medications include aspirin and acetaminophen, NSAIDs, ergot alkaloids, and serotonin receptor agonists. The medications for abortive therapy are covered below.

Simple Analgesics and NSAIDs

If treatment is initiated soon enough, nonprescription medications such as aspirin and acetaminophen will occasionally ward off a migraine headache. Recommended dosages are 650mg of ASA at onset repeated q4h prn or 650mg of APAP at onset repeated q4h prn. Often, ASA and APAP will be combined with other agents to enhance their efficacy. Such combinations include aspirin/acetaminophen

with butalbital +/- caffeine. Butalbital is used to induce sleep while caffeine is thought to enhance GI absorption. Exercise caution when using butalbital since it can be habit forming. ASA and APAP may also be combined with narcotic analgesics to offer better pain control.

NSAIDs are as effective as the simple analgesics. The quick acting agents such as naproxen (750mg at onset and 250mg prn up to 1375/d) and ibuprofen (400-600mg at onset and repeat in 1-2hrs) are a better choice. NSAIDs should be used especially when the migraines are associated with menses.

Ergotamine

Ergotamine is a direct vasoconstrictor in the smooth muscle of cranial blood vessels. It is most effective when used early in the migraine attack and will provide relief from pain as well as nausea, and photophobia. Ergotamine is reserved for use in moderate to severe migraines. Ergotamine is available in several dosage forms: oral (low bioavailability), sublingual, suppositories, nasal spray, and as an injectable (D.H.E.). Caffeine may be combined with oral route to enhance

absorption. Dosages should be titrated to individual needs. Side effects include nausea, vomiting, BP elevation, severe peripheral ischemia, rebound headache (if used more than twice a week), and syndrome of ergotism. Contraindications are CAD, PVD, HTN, kidney and liver disease, and pregnancy.

Serotonin Receptor Agonists (Tryptans)

These agents act at pre- and post-synaptic 5-HT 1B/1D receptors that cause vasoconstriction and inhibit the release of proinflammatory neuropeptides. These agents are indicated for moderate to severe migraine treatment. They are not effective in prophylactic therapy. Common side effects include bad taste, nausea/vomiting, fatigue, dizziness, vertigo, and paresthesias. These agents are contraindicated in ischemic heart disease, angina, previous MI, and uncontrolled hypertension. Common drug interactions occur with MAOI's and ergot alkaloids. They are all pregnancy category C. The table on page 7 offers an overview of the serotonin agonists on the market.



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