



# BLUE & GOLD TRIANGLE

Spring 2003

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"

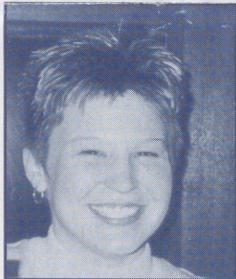
## 2002 EDUCATIONAL GRANT RECIPIENTS

**Patti Lozano**

Chair - Educational Grant Committee

Congratulations to the 2002 Educational Grant recipients! The Educational Grant Committee reviewed applications from many worthy LKS members and were able to award nine grants: five Cora E. Craven Grants, one Mary Connolly Livingston Grant, one Norma Wells Loyalty Grant, one Adele Lowe Grant and one B. Olive Cole 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 2003. 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



**Meredith Kalisz**  
Tau Chapter  
Duquesne University



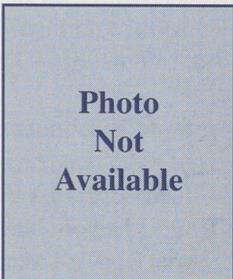
**Kristi Brown**  
Alpha Zeta Chapter  
St. Louis College of Pharmacy



**Jennifer Martin**  
Alpha Omicron Chapter  
West Virginia University



**Jillian Szczesiul**  
Omicron Chapter,  
Wayne State University



**Amy Bachyrycz**  
Alpha Beta Chapter  
University of Connecticut

### MARY CONNOLLY LIVINGSTON GRANT RECIPIENT



**Maria Turco**  
Tau Chapter  
Duquesne University

### NORMA WELLS LOYALTY GRANT RECIPIENT



**Suzanne Rabi**  
Gamma Chapter  
University of Illinois - Chicago

### ADELE LOWE LEADERSHIP GRANT RECIPIENT



**Loretta Robertson**  
Alpha Nu Chapter  
University of Kentucky

### B. OLIVE COLE GRANT RECIPIENT



**Aisha Morris**  
Alpha Sigma Chapter  
Texas Southern University

# 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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## Editorial Advisory Committee

Nancy Horst, Chair  
Christine Perry  
Stefanie Ferreri



**Christine M. Perry, R. Ph.**  
Grand President  
Fairhaven, MA

Dear Sisters,

Congratulations to the women of Lambda Kappa Sigma who were awarded an Educational Grant. We had one of the highest numbers of applicants for the Grants in the 27-year history of the Trust. In addition, this is the first time in over 8 years that we have had an applicant and awarded the Dr. B. Olive Cole Grant for graduate studies. Thank you to all members who made a donation to the Trust in the recent Trust appeal. You can see that your donations are being put to good use.

Last month we sent each collegiate and alumni chapter the Lambda Kappa Sigma Migraines Program. This project is a fully developed program on a CD Rom, which chapters or members can use to present a program on Migraines. The CD Rom contains a power point program and speakers notes. Our thanks to Sharon Brown, Grand Treasurer, for developing this outstanding program.

This summer's Regional Meeting will be held in Providence, Rhode Island. The Regional is scheduled from July

## DEADLINES AND UPCOMING EVENTS

March 28-April 1	APhA Meeting, New Orleans
April 1	Alumni Dues due to the IO
April 30	Deadline for nominations for LKS Awards: Advisor Award, Young Pharmacist of the Year, Merck Vanguard Leadership Award
June 1	Deadline for submitting all financial obligations, initiation fees, master member input sheets for graduates, officer roster and annual history report
July 25-27	LKS Regional Meeting - Providence, RI
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
Nov 1	Deadline for Educational Grant Applications, collegiate dues and convention delegate fee

25-27 and will be held at the Westin Hotel in downtown Providence. The hotel is connected to the upscale Providence Place Mall and numerous outstanding restaurants. The Regional Meeting is workshop based and offers attendees the opportunity to network, develop leadership skills, participate in team building exercises and celebrate the accomplishments of women in pharmacy. I encourage you to attend.

LKS will be present at the upcoming APhA meeting in New Orleans from March 28-April 1. We invite all LKS members to stop by our booth #521 in the exhibit hall. The LKS reception will be held on Sunday, March 30 at the Hilton New Orleans Riverside Hotel from 5:30p-7:00p. At the reception we will be honoring Jan Engle with the Award of Merit for her professional achievement as President of APhA.

April 1 is the deadline for alumni dues. Alumni membership in LKS is an important factor as the Fraternity works to promote women in pharmacy. Numerous women in prominent roles in the profession of pharmacy are LKS alumni. Each is a role model with professional and leadership skills that strongly reflect the outstanding benefits of membership. Each year our collegiates ask to network with alumni and showcase our members in the profession who serve as mentors and offer valuable information not found in the classroom. There is an air of excitement among the membership that is contagious. During this time of year, we encourage you to renew your commitment to LKS by sending in your alumni dues and contributions to the Campaign for Progress.

This issue of the Triangle highlights two very important events that have recently occurred. On November 25, 2002 we reactivated the Alpha Rho Chapter at Northeastern University in Boston. Thirty four new members of LKS were initiated that night. On January 30, 2003 Epsilon Chapter at the University of Maryland became in good standing again as they initiated 23 new members. I cannot find the words to express how excited I am at the enthusiasm, professionalism and dedication to the profession of pharmacy and LKS these young women are. I was actively involved in the reactivation of Alpha Rho and feel that this wonderful achievement is one of the highlights of my presidency. Take a moment to read the articles submitted by the chapters. It will leave you touched and bring you back to the excitement each one of us felt as we took our pledge of membership and were initiated into Lambda Kappa Sigma.

Fraternally,

*Christine M. Perry*

Christine M. Perry, R. Ph.

## THE LAMBDA KAPPA SIGMA AWARD OF MERIT

The Award of Merit was established to recognize Alumni members of Lambda Kappa Sigma who have distinguished themselves by reason of academic achievement, professional advancement, community service, organizational work or commercial endeavor. Past recipients of the Award of Merit are:

*Dr. B. Olive Cole (1960)*

*Barbara Hartman Johnson (1962)*

*Dr. Muriel C. Vincent (1968)*

*Lorraine Gribbens (1970)*

*Betty Hart Tusa (1972)*

*Dr. Sylvia Mulvihill (1974)*

*Peggy Kaluz Frazier (1978)*

*Dr. Gail Bellward (1980)*

*Gloria Hartman Doughty (1982)*

*Dr. Marilyn Harris (1984)*

*Mary Jo Reilly (1986)*

*Shirley Pinder McKee (1988)*

*Marlene Delp Fichter (1990)*

*Arlene Kaiser (1992)*

*Maryann Koda-Kimble (1994)*

*Donna Horn (1996)*

*Alice Till (1998)*

*Captain Judith McCarthy (2000)*



Janet P. Engle, Pharm. D.

Janet P. Engle, Pharm. D. is the recipient of the 2002 Award of Merit, in recognition of her academic and professional achievements. Dr. Engle received her B.S. in Pharmacy from Rutgers University and a Doctor of Pharmacy Degree from the University of Illinois. She was initiated into Lambda Kappa Sigma, Pi Chapter, in 1978 and has been a loyal alumni member since, serving on many committees over the years.

After college she completed a specialized residency in ambulatory care and emergency medicine at University of Illinois and served as their Chief Resident. Through her hard work and leadership, she rose through the ranks at the University to her current position as the Associate Dean for Academic Affairs and Clinical Professor of Pharmacy Practice at the University of Illinois at Chicago (UIC) College of Pharmacy. At the University, she is in charge of the curriculum and supervises international affairs for faculty, CE, and the entire computer center, online educational programs and accreditation. Dr. Engle is in charge of the non-traditional Pharm. D. program and teaches a variety of courses along with publishing and research. She holds a faculty appointment at Harbin Medical University in China where she has taught topics in ambulatory pharmacy practice and pharmacy education. She also serves as a consultant to the Pharmacy Council of Thailand. Besides her current practice in academia, Dr. Engle has also practiced in community, hospital, pharmacy directed ambulatory clinic and long term care settings.

Dr. Engle is an active member of several professional organizations at the state and national level including the American Pharmaceutical Association (APhA), the National Professional Society of Pharmacists and the American Association of Colleges of Pharmacy. Dr. Engle is President of APhA and has served two terms as a member of APhA's Board of Trustees. She was installed as President of APhA in Philadelphia at the Sesquicentennial meeting of APhA in 2002. She is a past President of the APhA Academy of Pharmacy Practice and Management. In 1994, Dr. Engle was named a Fellow of the APhA Academy of Pharmacy Practice and Management and in 1996 she was recognized for her leadership with the Lambda Kappa Sigma Vanguard Award. In 2001, Dr. Engle received the APhA Distinguished Achievement Award for Clinical/Pharmacotherapeutic Practice.

Dr. Engle was a member of the Advisory Panel for APhA's Handbook of Nonprescription Drugs, section editor for the ophthalmology, otic and oral hygiene section and the author of the contact lens product chapter. She is a past editor for the Dynamics of Pharmaceutical Care series in the Journal of the American Pharmaceutical Association. She was a contributing editor for American Druggist and wrote a bi-monthly column entitled "OTC Advisory". She is the administrative director of UIC's Online Antithrombosis Management Service Certificate Program and serves as a faculty member for that course.

Dr. Engle has served as a medical expert on a number of pharmacy and medical issues, appearing on "The Oprah Winfrey Show," WBBM-TV, WABC-TV, Chicagoland TV, and other local TV stations and has participated in interviews with several newspapers and magazines including Crain's Chicago Business, Washington Post, Chicago Tribune, Shape Magazine, Prevention Magazine and has conducted several media briefing sessions. Additionally, Dr. Engle is a past secretary of the Illinois Pharmacists Association where she has also served 3 terms on the Board of Directors. She is a past Trustee and Treasurer of the Illinois Pharmacy Foundation. Dr. Engle has served on the State of Illinois DUR Advisory Board.

## DISTINGUISHED YOUNG PHARMACIST AWARD

The LKS Distinguished Young Pharmacist Award is given each year to a member in the first ten years of pharmacy practice, to recognize excellence in professional practice, community service, organizational and Fraternity involvement and other leadership achievements. Past recipients of the LKS Distinguished Young Pharmacist Award are:

*Christine Perry (1996)*

*Jennifer Stuckman (1997)*

*Dixie Leikach (1998)*

*Linda Clark (1999)*

*Kathleen McAvoy (2000)*

*Eloise Thibeault (2001)*

*Stefanie Ferreri (2002)*

Stefanie Ferreri, Pharm. D., is the Lambda Kappa Sigma Distinguished Young Pharmacist of the Year.



Stefanie Ferreri, 2002 recipient of the LKS Distinguished Young Pharmacist Award

Stefanie graduated from the University of Connecticut in 1997 with a BS in Pharmacy and from Campbell University in 2000 with her Pharm D. She holds certifications in Asthma, Hyperlipidemia, Immunization Delivery and Osteoporosis. She has completed two ASHP accredited Residencies. In 1997, Stefanie completed a Pharmacy Practice Residency at the University of Connecticut Health Center-John Dempsey Hospital, and in 2000 did an Ambulatory Care/Community Pharmacy Residency at Ward Drug and Campbell University. At this residency she directed pharmacy operations, provided patient care services in six disease states, participated in collaborative practice ambulatory clinics and was a preceptor and clinical instructor. She has also worked as a clinical pharmacist for Duke University Medical Center and CVS Pharmacy.

Stefanie is currently a Clinical Assistant Professor at the University of North Carolina School of Pharmacy and the Coordinator of the Enhanced Pharmaceutical Care Center for Kerr Drug based in Chapel Hill, NC. Her main duties include coordinating the pharmaceutical care activities at Kerr Drug's Pharmaceutical Care Center along with being the preceptor for the community practice residency and advanced community pharmacy rotation students. She has published articles and abstracts, presented numerous programs on Diabetes, Asthma and Women's Health Issues and taught a series of classes at Campbell University and the University of North Carolina.

As a member of Lambda Kappa Sigma, Stefanie is a loyal sister. She has served the Fraternity as a collegiate officer for Alpha Beta Chapter and as Region 6 Supervisor. She is Grand Secretary for 2002-2004. Stefanie has attended numerous Regionals and Conventions and is a member of APhA, ASHP and ACCP.

## GRAND COUNCIL OFFICERS FOR 2004-2006

by: Nancy Horst, Past Grand President; Chair, Nominating Committee

It seems very early to be talking about this, but our election timeline starts this fall. Credentials for the next biennium's officers are due September 15, 2003! Then the Nominating Committee reviews those submitted and selects the slate. The ballots are prepared and sent out by January 15, 2004. The voting officers to be elected by mail ballot are Grand President, Grand Vice Presidents for Alumni, Collegiates and Development, Grand Secretary and Grand Treasurer.

Credentials for Regional and Alumni Supervisors will be accepted also, but those will be appointed by the new Grand Council at the 2004 Convention.

Information about the requirements for each office and the credential form is available from the International Office. They will also be available at the Regional Meeting. Any current or past officer can give you an in-depth overview of the office(s) you are interested in.

Please consider serving the Fraternity on the Grand Council. It will give you a perspective of all the Fraternity operations, and a wonderful way to use your talents and expertise, as well as many opportunities to meet and work with LKS members!

# NETWORKING FOR WOMEN IN PHARMACY

by Christine Perry, R. Ph.

*Women face different challenges than men in the workplace. To meet these challenges successfully women must network with other women.*

Networking is sharing information, ideas, resources, and opportunities. Psychologists who have studied networking tell us women are better at it than men. Networking is indeed familiar, female and absolutely essential for success in any endeavor—whether it's finding a good day care service, mechanic or a new job. The average man may be reluctant to ask for help, but most women feel comfortable seeking others out for support, information and resources. Historically, women have been excluded from many male dominated organizations, from the boardroom to the golf course. Women in all areas of business are learning daily to network more effectively with other women and the quality of the information, contacts and opportunities they receive is equal to that of male networks. Women's organizations like Lambda Kappa Sigma provide the network where women in pharmacy can look to each other for advice, tips on jobs, to stay current in the profession, develop leadership skills gain publicity and create a support system for each other. Staying active and involved with LKS will provide the professional networking alliances that can benefit you greatly.

Successful networkers share a common denominator: A dedication to active, ongoing networking. Over the years, they have learned that credentials, experience and hard work are no longer enough to ensure career progress. Now more than ever, who you know and who knows you, determines your access to the opportunities you need to get ahead. They know that networking is not a cure-all—it's simply the best career and business leverage you can have. Successful networking is a skill you can develop and use at any time, but you're investing in a reciprocal process that should take place over a lifetime. Master networkers don't turn on their networking skills Monday morning and switch it off when they go home in the evening; they believe it, they breathe it, they live it every day, all day. They believe in cooperating with others and in helping others achieve success. They have discovered how being supportive will help them achieve professional success and live a satisfying personal life. Some people are naturally adept at making connections, but having been born with the personality of a talk show host is not a requirement for becoming a successful networker. Nor do you have to have a computer-like brain to store all the names of people you've ever been introduced to. With commitment and purpose, anyone can develop effective networking skills. Here are a dozen good tips for making yourself a successful networker.

**Be a giver.** A good networker can find hundreds of ways to give: Referrals, informational reviews, encouragement and feedback. As you graduate to more senior status through networking, you'll be able to give more. A what's in it for me attitude will severely limit your networking possibilities. See what you can do to help those you meet. Make suggestions, introduce them to others, or offer to brainstorm with them on problems they may have.

**Be a good listener.** Being a good listener is more than smiling, nodding and interjecting an occasional uh-huh when others talk to you. Good networking requires real listening—reading between the lines. Listen, react, recommend instead of simply listening, acknowledge the issue and try to provide solutions.

**Be curious.** When interacting with others a good networker, using her excellent listening skills, hears clues that stimulate interest and offer opportunities to explore further. Curiosity need not come off as nosiness or offensive probing. When approached with sincerity, expressing a genuine interest in someone else will most often result in a positive and reciprocal response by sharing information and being more interested in you.



*Networking alumni Keely Ireland, Kara Shirley and Jennifer Rhodes catch up during a recent Fraternity event.*

**Be active.** Being a wallflower is not effective in a business situation. Make an effort to walk up to a stranger and introduce yourself. Try to meet five new people at any gathering. Make a point of talking to at least five people you don't know. It may be safer and a lot easier to remain with friends, but the purpose of networking is to widen your circle of contacts.

**Be proactive.** Put yourself in a new networking situation regularly. Networking opens doors you never knew were there. Even if you're not prospecting for a new job, you can make contacts for future career possibilities or pick up useful information.

**Share business cards.** Carry business cards with you at all times. Your card is your silent salesman, reminding people of you after you've left.

**Volunteer your expertise to the group.** The best way to become known in an organization is to be active and visible. Ideally, become a board member or serve on a committee. If you don't have much time to give, you can still help sign people in or assist with hospitality at a meeting. Act like a host; if you're shy, this gives you something to do and a reason to talk to people.

**Be memorable.** If the group you're attending allows for self-introductions, say something funny, witty or different that helps people remember you.

**Be concise.** When introducing yourself to individuals or to the group, describe what you do simply and briefly, in plain language. There's no greater turnoff than someone who goes on and on about their business.

**Understand that networking is not sales.** Networking is about developing relationships with people. Out of these relationships can come all the things you want or need, such as a new job. First though, you have to establish credibility with people. Otherwise, you are still a stranger, and why should someone send in a recommendation for a stranger?

**Remember names.** Yes remembering names is an important element to effective networking. Even more impressive than remembering names is remembering details about a conversation you may have had. Remembering the details about an individual is one of the most effective ways to transform a casual introduction into a solid connection.

**Follow up.** An important rule of successful networking is, if you say you're going to do something—do it! Whether it's scheduling lunch or passing on some information, follow through with your commitment, so that your networking connections come to know you as someone who does what she says.

The beauty of networking is that it is not a gift but skills that are developed and honed over time. Lambda Kappa Sigma provides the forum to network with women in the profession of pharmacy who are the leaders, the movers and shakers and the role models in pharmacy.

*Christine Perry is Grand President of Lambda Kappa Sigma and the Manager of Pharmacy Recruiting for Brooks Pharmacy.*

# CHAPTERS REACTIVATED

## Alpha Rho Chapter Is Reactivated

By Mary Jane E. Mattern, Alpha Rho Historian

The excited hum of women's voices could be heard all the way from the stairwell in Kerr Hall. As I approached the reception room my stomach began to flutter and my heart beat a little faster as I anticipated what the evening would hold. The room was rich with the elegance of times gone by with soft lighting, large windows and a beautiful antique fireplace - the perfect setting for what was about to take place. Tonight was the night we had all been waiting for; after weeks of planning and discussion, debates and recruiting, our chapter was going to be reactivated and we would all become sisters of Lambda Kappa Sigma.



*All new members of Alpha Rho Chapter  
at initiation on November 25, 2002*

The Alpha Rho Chapter at Northeastern University in Boston, Massachusetts, was first chartered in 1963 but had gone inactive in the late 1980's. On this night, after almost twenty years, a dedicated group of students, alumni and faculty were ready to pave a new road for our sisters in pharmacy and those that would follow for years to come. The evening was made especially memorable due to the generous donation from our friends at Pfizer.

As the initiation ceremony began, what started out as nervous jitters transformed into excitement and pride. The sisters from Alpha Chapter at the Massachusetts College of Pharmacy, who had been assisting us all along the way, were in attendance to offer their support and to guide us through a very special initiation ceremony. Also in attendance were our advisors, Deb Copeland and Jean Blaser, and LKS Grand President, Christine Perry. Their constant support and guidance helped to get us to this night, and we held on attentively to each word that was said.

There were thirty-three new initiates who were inducted that night. We all share a love for the pharmacy profession and are working diligently toward the day that we will become pharmacists. While we may not know the path that life will lead us, we do know that whatever is ahead, we share a special bond forged on this night when we all became sisters of Lambda Kappa Sigma.

Following the initiation ceremony, we were joined by the Dean of Pharmacy and faculty members from Northeastern. We listened as our newly elected president, Leah Giambarresi, welcomed everyone to the reception and introduced our first speaker, LKS member, Nicole DeVita, and then our second speaker, Dean Robinson. Both wished us luck and success on our journey that had just begun and graciously offered their support for us. On a night such as this one, with so many new things happening, it was wonderful to see such support from individuals who obviously care so much about us.

After a buffet dinner we installed the members and officers. Each member received their membership pin and certificate and our support as we cheered each one. Christine Perry then gave each officer a wonderful gift to get their term of office started off on a positive note.

As the night came to a close, each of us received a flower pot with a card attached stating "may you forever grow with LKS". We gathered our belongings, said our thanks, and filed slowly out the door, laughing and talking. As we parted I thought to myself, "These girls are my sisters now. This is going to be a great thing." I walked home with my hands full and my heart even fuller with the thoughts of growing together with my sisters, not just in the newly reactivated Alpha Rho Chapter, but in all of Lambda Kappa Sigma.

## CHAPTERS REACTIVATED

### Epsilon Chapter Reactivates at the University of Maryland

The Epsilon Chapter is very excited to announce that we are back! In October, we began our member recruitment drive and we successfully recruited 24 new members, the largest number in our chapter's history. In order to prepare to become members of LKS, our Fraternity advisor, Dixie Leikach, challenged us with a friendly game of Jeopardy testing our knowledge about the Fraternity's history. Those demonstrating their skill and knowledge were awarded adorable lamb keepsakes.

On January 30th, the new members were inducted into the Epsilon Chapter. We held our Initiation Banquet and Officer Installation Ceremony at Hunan Manor, a Chinese restaurant in Columbia, Maryland. At the ceremony, Ms. Margaret Hayes was honored as a Patron and Dr. Cynthia Boyle was inducted into our alumni chapter. LKS alumni, Dixie Leikach, Dr. Cherokee Layson-Wolf, and Dr. Jennifer Hardesty performed the initiation ceremony and taught the members the secret rites of the Fraternity. All shared good food, fun, and fellowship. The night will be a special memory for all of the new members.

Now that we are an active chapter, we are involved with planning two professional projects. We are co-sponsoring a Health Fair with the Maryland Chapter of APhA-ASP at Rite Aid focusing on diabetes awareness and blood pressure screening. We will also be celebrating Hygeia Day by inviting a panel of distinguished pharmacists involved in various fields of pharmacy such as industry, managed care, home infusion and community pharmacy, to participate in a student forum.

We would like to thank several people whose support made the reactivation of our Epsilon Chapter possible: Ms. Dixie Leikach, our Fraternity advisor, Dr. Cherokee Layson-Wolf, our faculty advisor, Nicole Pitts, Kristin Wardell, Joan Rogala and Christine Perry.



*Members of Epsilon Chapter at the University of Maryland pose for a photo on the night of their reactivation. Twenty-four members were inducted*



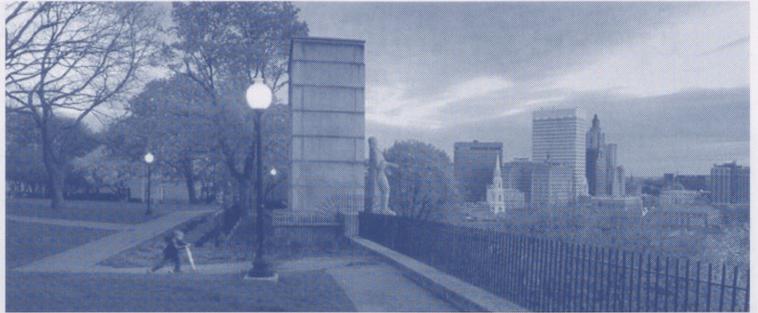
*Officers of the newly reactivated Epsilon Chapter at the University of Maryland*

# REGIONAL MEETING

America's Renaissance City-Providence, Rhode Island, will be the site for the 2003 Regional Meeting. The Regional Meeting will be held from July 25-27 at the Westin Hotel, Providence's only 4-star hotel. As the premier hotel in downtown Providence, the Westin is located adjacent to the Providence Place mall and numerous fine restaurants.

Rhode Island is known as the littlest state in the union but offers unlimited opportunities for the visitor. Around Providence you can visit numerous museums and galleries, historical sites, beautiful parks, take in a show in the theater district or have a great day at the Roger Williams Park Zoo.

During the evening you can enjoy the Waterfire experience where nearly one hundred bonfires illuminate the waters of the Providence River during this magical outdoor event. Stroll along cobbled riverbank walkways leading to Waterplace Park as fires dance atop the water and fill the air with the rich scent of cedar while the music of many cultures and rhythms echoes from Venetian-style foot bridges.



Other highlights of visiting Rhode Island include Newport, Block Island and the beaches. Newport is known as the summer getaway for the country's richest citizens in the early 1900's. You can tour dozens of historic mansions including the homes of the Astors and Vanderbilts. While in Newport a visit to the International Tennis Hall of Fame is a must. You can also take a dinner cruise or have dinner at over 50 restaurants on the waterfront.

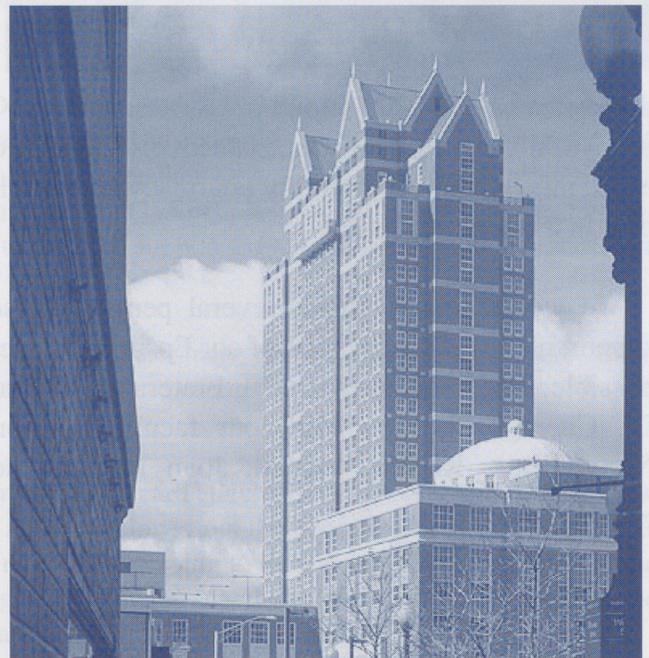


Block Island has virtually been unspoiled by progress; this Victorian "treasure island" is located ten miles south of Rhode Island's southern coast. Accessible by ferry or air, the island features quaint architecture, spectacular vistas and delicious native seafood. Charming inns, beaches and biking offer something for everyone. The Mohegan Bluffs rise abruptly to a height of 200 feet above the sea and stretch for nearly three miles along the island's southern shore. Rhode Island offers more than 400 miles of coastline featuring over 100 salt and fresh water beaches. Facilities for swimming, picnicking, camping, horseback riding, surfing, skin diving, boating and water skiing are complimented by a large selection of public and private accommodations and dining facilities.

This year's Regional Meeting will bring together all LKS members from across the United States and Canada. The Meeting is filled with exciting leadership development programs, educational sessions and team building workshops. On Friday, we will begin the meeting with exercises designed to build teamwork, leadership conferences and a presentation on our ritual. Friday's reception will give us a chance to network and win some great prizes. Saturday morning we will get the chance to hear Fraternity, committee and chapter reports. Our educational program will be on Migraines, which is our women's health issue for the biennium, and our professional development program will be on Networking. The Awards luncheon will honor our most distinguished alumni. After lunch we will break into two groups for our collegiate and alumni conferences. On Sunday, we will participate in a marketing LKS workshop and then attend a great presentation on developing communication skills.

As you can see the 2003 Regional Meeting features an outstanding program, giving us the opportunity to network, develop leadership skills, participate in team building exercises and celebrate the accomplishments of women in pharmacy. Our host city of Providence will be the perfect backdrop to a great meeting. We look forward to seeing you there.

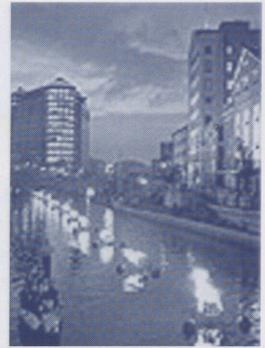
Providence.com • VisitRhodeIsland.com  
Providencecbv.com • Gonenewport.com





# Lambda Kappa Sigma Pharmacy Fraternity 2003 Regional Meeting

The Westin Hotel – Providence  
Providence, RI  
July 25-27, 2003



## REGISTRATION FORM

Name \_\_\_\_\_ Chapter \_\_\_\_\_ Collegiate/Alumni  
Mailing Address \_\_\_\_\_ Home Telephone (\_\_\_\_\_) \_\_\_\_\_  
City/State/Zip \_\_\_\_\_ Email Address: \_\_\_\_\_

### REGISTRATION FEE:

#### Early bird, postmarked on or before June 30, 2003

Alumni - \$100 \_\_\_\_\_  Collegiate - \$100 \_\_\_\_\_

#### Regular, postmarked on or after July 1, 2003

Alumni - \$125 \_\_\_\_\_  Collegiate - \$125 \_\_\_\_\_

**PAYMENT INFORMATION:** Total Enclosed: \$ \_\_\_\_\_

Check enclosed (payable to Lambda Kappa Sigma)

Visa  MC Expiration Date: \_\_\_\_/\_\_\_\_

Visa/MC Number: \_\_\_\_\_

Signature: \_\_\_\_\_

### 2003 Regional Meeting Agenda

#### Friday-July 25

12:00-1:00 Registration  
1:00-5:00 Professional Programs/Workshops  
5:00-6:30 LKS Networking Reception

#### Saturday-July 26

8:00-8:30 Continental Breakfast  
8:30-1:00 Fraternity Business/CE Programs  
1:00-2:00 Awards Luncheon  
2:00-3:00 Career Opportunities Panel  
3:00-5:00 Collegiate/ Alumni Conferences  
5:00-5:30 Goal Setting

#### Sunday-July 27

8:30-9:00 Continental Breakfast  
9:00-12:00 Workshop/CE Program

**HOTEL RESERVATIONS:** Special LKS group rates apply only to those reservations made prior to July 10<sup>th</sup>.  
The following rates will apply:

Deluxe King Bed Room:	Single/Double - \$179	Triple / Quad - n/a
Run of the House:	Single/Double - \$179	Triple / Quad - \$179

**Make your hotel reservations** by calling the Westin Hotel at (401)598-8000 or toll free in the U.S. and Canada at (800)WESTIN-1. You may also visit the Westin Hotel online at [www.westin.com](http://www.westin.com). Let the hotel operator know that you are with Lambda Kappa Sigma to receive the discounted group rate.

*NOTES: All reservations must be guaranteed by certified check, cashier's check or a valid and approved credit card. Guaranteed reservations will be held for the first night of the reservation stay only, then will revert back to the hotel's inventory for general sale. All reservations without a valid cancellation number will be billed one night's room and tax unless cancelled 24 hours prior to scheduled arrival date.*

### 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 2003 Regional Meeting, including but not limited to bodily injury, host liquor liability and contractual liability.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

# COLLEGIATE CHAPTER NEWS

(edited for space consideration)



## ALPHA CHAPTER

### Massachusetts College of Pharmacy

Greetings from the sisters of Alpha Chapter. Our school year began with a "Welcome Back" party, an annual LKS event which is open to the entire school. Our first professional event was the "Light the Night Walk" to raise money for Leukemia and Lymphoma research. We also had a bake sale and the money raised was donated to breast cancer research. During the Thanksgiving holiday we decorated wooden spoons and sold them to area businesses. Fund raising efforts began with the sale of Avon products to our family and friends. Items were hand delivered just in time for holiday gift-giving. Before the winter break, we held our annual formal with the LKS sisters of the newly reactivated Alpha Rho Chapter from Northeastern University.

On November 25th Alpha Chapter went to Northeastern University and helped to reinstate the Alpha Rho Chapter. We are delighted with the new chapter and the enthusiasm of its members. Also in November we assisted with the development of the school's Alcohol Awareness week by making our annual "mock" tails. We blended up some non-alcoholic smoothies and proved that being alcohol-free is safe and fun.

Spring semester kicked off with a thought-provoking leadership workshop presented by our Fraternity Advisor, Christine Perry. We also held three recruiting events and look forward to initiating twelve new members later in the spring. For fund raising we sold Valentine's Day carnations and had a 50/50 raffle, and our professional events included a clothing drive for the needy. Future events include a Hygeia Day ceremony, participation in a campus-wide Career Expo, a Continuing Education program, final banquet and an end-of-the-year party. We are also pleased to announce that our chapter has been nominated for Fraternity of the Year at MCP and hope to earn this prestigious honor.



## BETA CHAPTER

### Albany College of Pharmacy

Hello Sisters! Our chapter at the Albany College of Pharmacy was busy during the fall semester and had several successful events. Our annual Penny Social was well attended with many fun prizes donated from area companies and faculty members. The Heaven/Hell party was definitely a good time as well. The highlight of the night was the date auction fundraiser which raised over

\$500 for our Member Orientation fund. We also volunteered for Albany's food bank last semester. We met some very nice people and learned a lot about distributing goods to the hungry families of Albany. We hope to help out the food bank again in the future.

We started the spring semester with a very exciting member orientation program and are pleased to welcome fourteen new members. We have more fun events scheduled for the spring semester such as wing night, our annual new sister cocktail party, a Yankee Candle sale, a car wash, an educational campaign for Eating Disorder Week, and fund raising for charities such as the Ronald McDonald House.

## DELTA CHAPTER

### University of Pittsburgh

The Delta Chapter started the spring semester off by participating in our Pitt Pharmacy Week, which included activities such as a faculty/organization auction, a no-talent show (where we placed 3rd), and ice-skating. During winter break, we collected food for the East End Cooperative Ministries, coats and blankets for local underserved populations, and toys for Kristin's Elves, a charity spear-headed by one of our own sisters. We plan on continuing to collect food donations for this semester and to volunteer at a local assisted-living center. We are also planning several social events and fund raisers: for Valentine's Day, we had our annual Valentine's Vials fundraiser, making and delivering personalized candy packages. And finally, our sisters are planning a special luncheon and speaker for Hygeia Day.



## LAMBDA CHAPTER

### University of Southern California

To start off the new semester LKS joined forces with the Vietnamese Pharmacy Student Association (VPSA) to sponsor the Tet New Year Health Fair in Orange County. We counseled and provided information regarding osteoporosis to over 100,000 attendees. During February, we had a visit with our Regional Supervisor, Jennifer Rhodes. We also conducted several fund raisers including a Krispy Kreme doughnut sale, Valentine's Day grams, and a delicious cultural foods sale to our fellow classmates. Throughout the semester many LKS alumni will visit and share their experiences with our current members in subjects ranging from balancing family and work to how they succeeded in pharmacy. Our Alumni relations co-chairs have worked diligently with LKS alumni to offer a mentor program. We plan to match mentors with sisters who share similar career goals. The participants in this program will have the opportunity to meet with their mentors during dinner scheduled for later this semester. In the month of March, we will participate with other fraternities in celebrating the school's annual Kid's Day at the Health Sciences campus. This school-sponsored outreach program will expose junior high school students from El Sereno Middle School with the opportunity to learn about various health fields while also helping them adjust to everyday situations such as gang involvement, teenage sexuality, and poison prevention. These topics encourage the students to make the right decisions that will help them in the future. Lastly, preparations for our end-of-the-year banquet are underway to celebrate a year of fond memories. The new semester has started with excitement, as we are looking forward to a great semester.

## PI CHAPTER

### Rutgers University

The sisters of Pi Chapter kicked off the semester with our first LKS party in a long time. The party was great and sparked more interest in our organization than ever. We are also planning two professional projects. For our "Pharmacy Careers Showcase" we are inviting pharmacy professionals from various areas to speak about their experiences at our school. We will also participate in the MS

Walk for the National Multiple Sclerosis Society. Setting up an educational booth at our campus center will be a great way to raise awareness about multiple sclerosis. At the same time, it will give us the opportunity to raise pledge money for our walk on April 6th and to sign up students who want to participate in the event. Along with our planned bake sales, we're trying to set up a raffle event with the 1st prize being a dinner for two to a local restaurant. Finally, LKS Grand President Christine Perry will be in town for our school's "ASP Pharmacy Career and Internship Fair". We are so excited to meet Christine in person for the first time. We wish the best of luck to all our fellow LKS sisters for a wonderful spring.

## TAU CHAPTER

### Duquesne University

Greetings from Tau Chapter! After holding two rush parties this semester, we will welcome 12 enthusiastic new members into our chapter. For service projects we will be playing Bingo with senior citizens at a local nursing home, stuffing envelopes for Rx Council, and aiding in a jewelry auction for Rx Council. Outreach will be putting together a new program on how senior citizens can receive prescription medications at discounted costs. Our award winning publication, The Sigma, is looking into several topics for the upcoming issue. "What is a Pharmacist?" will be traveling to two local high schools to share the profession of pharmacy with the students. Some social events we have planned for this semester include the annual Sixth Year Banquet and Formal. A Family Tree Tea as well as a Big/Little Day are also planned allowing us to spend more quality time with our trees. Fund raisers include selling Sarris candy for Easter and the "Walking Taco". Our almost famous funnel cakes will be sold at Duquesne's Carnival held in February. We held a Mr. Pharmacy contest with eight participants making it a sensation! Please stop and check out our updated web page. We have a link from the Lambda Kappa Sigma homepage. We would like to wish everyone a wonderful and successful semester!

## ALPHA ALPHA CHAPTER

### Temple University School of Pharmacy

Special greetings from the sisters of Alpha Alpha Chapter. In the fall, we had the pleasure of welcoming 8 new members, in addition to the existing 37 members. The new members completed some exciting tasks such as a scavenger hunt, where they had to explore the 7 wonders of Philadelphia, as well as a successfully organized bake sale with home baked goods. Our social events consisted of a Bring Your Own Banana party (BYOB), a Snack and Chat Party, a Pizza and Hoagie luncheon, a special evening at TGIF, a Comedy Relief Night, as well as The School of Pharmacy formal dance held annually in December. We were active participants in the Pharmacy Week celebration. We set up booths for 2 days to educate the public on breast cancer awareness. We also handed pamphlets and pink ribbon to interested individuals. For Thanksgiving, we donated approximately 200 canned foods to a local shelter, which houses adults trying to get a new start at life. In December, we sponsored Operation Santa for a young mother of three children who would not have been able to celebrate Christmas for her family. Our fundraising activities for the fall included a Palm Pilot raffle, through which we raised over \$400, as well as our yearly bake sales. We are planning another exciting and fun-filled semester with upcoming events such as a bagel sale, a sport ticket raffle, a Beef and Beverage party, a bowling party and Lamb's night out at Dave & Busters, and our special annual chocolate lollipop sale for Valentine's Day, which usually generate close to \$1000. We had the pleasure of welcoming Dr. Kara Shirley who visited from January 27th to the 29th. She had a one-on-one meeting with all the chapter officers to discuss important issues that pertain to our organization as a whole. Overall, we are looking forward to another successful semester, and we wish everyone success in all your classes.

(Continued on page 11)

## COLLEGIATE CHAPTER NEWS

(edited for space consideration)



### ALPHA BETA CHAPTER

#### University of Connecticut

On November 22nd the Alpha Beta Chapter welcomed eighteen new members. All recruiting events from Big Sister Night to Sister Tea during the fall were great since there were so many new members. Throughout the fall we also volunteered at the soccer and football games running the concession stands.

The spring semester started with rush which was held early in February. We hope to have an equally successful recruitment as our fall program. A social function is planned to acquaint all new members with the sisters of LKS. The lock-in at Dr. Bogner's house was also a great time. It gave the new sisters a chance to get to know everyone and it was an opportunity to spend some time with the older sisters who were on rotation all semester. Several of the sisters also met with the Grand President, Christine Perry, to have dinner together. Hygeia Day is also coming up soon and all the sisters are working diligently on a plan for the annual celebration. Coming up in a week or two there is also a joint social planned with the three other pharmacy fraternities here at the University. There have also been ideas to meet with the new chapter of LKS at Northeastern University for a social event to keep in touch with our new and neighboring chapter. The spring looks like it will bring all sorts of new and exciting events.



### ALPHA KAPPA CHAPTER

#### University of Georgia

The Alpha Kappa Chapter of Lambda Kappa Sigma has had a very busy fall semester and has planned a very full and exciting spring semester at the UGA College of Pharmacy. During our rush period, we held a Scavenger Hunt/Pizza Party and a cookout. We also had three Lamb Pal Events to give the new initiates a chance to meet the sisters and get to know them before they picked a Big Sis. These events included: an ice cream party, a bowling party, and a party at Chuck E Cheese's. Everyone had a great time at these events, and sisterhood seemed to be growing inside each of the girls. Big Sis/Lil' Sis night was held with a "Spooky House" with costumes to figure out who had which sister. Initiation was our next event, and everyone looked forward to the night that we would have new sisters. We had a Halloween Party with Kappa Psi to raise money for Project Hope, and also had a social at a local restaurant to play trivia. Next we had our semi-formal at the Hardeman House. We had an intramural football team that went undefeated for the regular season and made it to the second round in the tournament. We had two fundraisers this semester including nametag sales, coupon book sales from a local company, and Secret Goblins, which are the

candy bags we sell to our fellow classmates.

This spring semester looks to be just as busy as the fall semester. Fund raisers include a Spirit Night at Chic-Fil-A, a Valentine's Day candy sale and bake sales. Our semester began with our annual Parents' Day Luncheon where the parents saw a slide show about our last year. Awards are given and new officers were inducted. Our social coordinators are planning socials with Kappa Psi, Gym Dog meets, and attendance at basketball games. Our annual Chrysanthemum Ball is to be held in April at Stope Mountain Park on the lake on a paddleboat. Our intramural sports are looking to have fun and do well (and offer a healthy break from studying). We wish each of our sisters a wonderful, exciting, and productive year!

### ALPHA LAMBDA CHAPTER

#### University of British Columbia

Greetings from Alpha Lambda Chapter. Since being back at school we organized a bowling tournament with Kappa Psi. In February was "Manufacturer's Night", our annual event where manufacturers are invited to UBC to promote their products and services to pharmacy students. It has always been very successful, with pharmacy students accumulating lots of information about products and future opportunities. Also on the schedule this year is a First Aid Course. This is our second year of organizing a course and last year it was well received. Also in the works is a visit from our regional supervisor and we are working to enhance relationships between our chapter and other chapters near us. We are planning an exciting board games night for our members. This year and next look very busy for Alpha Lambda Chapter - we wish you all the best in the coming months.

### ALPHA MU CHAPTER

#### University of Toledo

A big Hello from Alpha Mu Chapter. The fall semester flew by with social activities overflowing the date books. The Chapter did a picnic with the brothers of the Kappa Psi, who also joined the chapter for a friendly game of tag football against the third pharmacy fraternity, Alpha Zeta Omega. The LKS/Kappa Psi team, of course, won the game. We tailed, attended a Halloween party and a dinner dance. Our 24 new members were busy at the Humane Society, doing a fundraiser for Homecoming, and rolling strikes at the bowling alley before being initiated. Over the holidays we helped bring Christmas wishes to the community by sponsoring a Christmas family. This spring we plan to have a fabulous formal followed by a themed party. We also plan to do our share for Project HOPE and conduct another service project or program for Hygeia Day. We are going ahead with the Personalized Lambie Made Peanut Butter Egg sale that went over very well last year along with our Traditional Carnation and Candy Vial Sale for Valentines Day. If all goes well, we will be seeing our fellow LKS sisters in Providence this July. Best of luck to all chapters for a successful semester.

### ALPHA PHI CHAPTER

#### Wilke's University

Greetings from Alpha Phi Chapter. We have been very busy during the school year. Our membership has increased from just seven members to thirty-six! In addition, there are six new members this semester and we are very excited to initiate them. Some of our many activities include the Leukemia and Lymphoma Society's "Light the Night Walk" and the "Bowl for Kids Sake" with the Big Brothers and Big Sisters organization. Other activities include our annual "Turkey Tea" which is a luncheon we hold for all of the faculty, staff, and students in the School of Pharmacy. We ask each person who comes to the tea to bring an unwrapped toy for donations to Toys for Tots. Also, we are in the process of developing public service announcements that will be airing on local television. The goal of the announcements is to educate the public on some aspect of safety and medicine. In addition to these activities, we will co-host our annual pharmacy fair with other organizations at our school that attracts employers from many different facets in pharmacy. This spring we will hold our annual banquet where new officers for the following academic year will be announced. Recently, we had the pleasure of being visited by Dr. Kara Shirley, who offered great suggestions on activities we can include in our agenda. We look forward to a successful semester filled with many fund raisers and activities, and we wish all of our fellow chapters luck and success in the coming months.

## ALUMNI CHAPTER NEWS



Alpha Alumni Chapter receives gavel Award during the 2002 Convention in Chicago. Pictured are:

Alpha Alumni Chapter members Jane Gallagher, Christine Perry and Kristen Wardell, and Grand VP for Alumni, Dixie Leikach

### ALPHA ALUMNI CHAPTER

Alpha Alumni celebrated Founder's Day on October 16 at the Massachusetts College of Pharmacy with our collegiates. After the ceremony we were treated to our alumni speaker, Jean Blaser. Jean is the Intern Program Manager for CVS and spoke about her 25+ career with CVS, the importance of networking and how to navigate the waters of the corporate world. After the ceremony we enjoyed our LKS birthday cake and socialized.

This winter we welcomed two new alumni members into LKS. Dr. Ana Quinones, was initiated on Founder's Day and is the Assistant Professor of Pharmacy Administration. Dr. Quinones received her pharmacy degree from the University of Puerto Rico and has been on the faculty with MCP for numerous years. In addition, she became the Faculty Advisor for LKS in September 2002. We welcome Ana as a sister to LKS! Nicole Devita was initiated as a new member of Alpha Alumni Chapter on November 25. Nicole graduated from MCP in 1990 and received her Masters in HealthCare Policy from Northeastern in 1999. She is a Pharmacy Care Manager with Partners Health Care. She was the featured speaker on Networking and women in the workplace at the Northeastern Alpha Rho Initiation Banquet.

The Yankee Swap was held on February 5 at Donna Horn's home. Each attendee was asked to bring a \$10.00 wrapped gift to the party. Pizza, deserts and coffee were served during the swap. We had an excellent time networking with each other and recommending other prominent women in pharmacy to invite for membership in LKS. We also spoke about fundraising opportunities and made plans for our upcoming Final Banquet. We are looking forward to the Regional Meeting in Providence and encourage all LKS members to attend.

### CHI ALUMNI CHAPTER

Chi alumni members are please to report that Nancy Horst, Editor and Past Grand President, is recuperating rapidly after undergoing hip replacement surgery in early December. Jeff Rochon ('99) is the new Director of Pharmacy Care Services for the Washington State Pharmacists Association. We look forward to a visit from Region 7 Supervisor, Jennifer Rhodes, in March.

Dean Sidney Nelson appointed Dr. Joy Plein, LKS member, to be the advisor for the Chi collegiate chapter. Dr. Plein is a professor of Geriatrics at the School of Pharmacy at the University of Washington. The newly completed George and Evelyn Benson (Chi '50) "Golden Pharmacist" endowed fund was recognized at a reception on campus on January 23, 2003. The first scholarship was presented in November 2002.

# WOMEN'S HEALTH ISSUES COMMITTEE

Stefanie Ferreri, Pharm.D. Chair

## MIGRAINES AND PREGNANCY

By Robert Wills, Pharm. D. Candidate

### Hormonal Factors

Prior to menarche the incidence of developing a migraine between males and females is believed to be relatively equal. However, following menarche the incidence has been found to rise much higher in women compared to men. Menstruation is believed to be a significant trigger in greater than 50% of women who suffer from migraine headaches. This menstrual trigger is thought to be linked to changes in estrogen concentrations (estrogen nadirs) in the blood. In pregnancy the estrogen levels are continually high and lower incidence rates are seen.

Investigators have found that roughly 60% to 70% of migraine headaches improve spontaneously during pregnancy. In the large Collaborative Perinatal Project, the investigators found that only 17% of women had complete resolution of headache during pregnancy, and that 21% having no improvement at all. The majority of pregnant patients with an identified history of migraine headaches, 62%, did, however, have fewer headaches, most notably in the 2nd and 3rd trimester. Another prospective study had similar results with the rate of migraine cessation being lower with 61% of pregnant women with a history of migraine experiencing either no improvement or worsening of symptoms.

Other studies have found that there are different cessation rates between the different types of migraines. Their results showed that only 43% of pregnant patients with migraine with aura type headaches had symptom improvement compared to 72% of those that had improvement in migraine symptoms without aura.

In patients not having resolution of migraine symptoms during pregnancy a number of factors could be involved. Triggers like stress can be higher during pregnancy, thus influencing those patients that have co-morbid affective and mood disorders (being linked to migraine with aura in particular). Another factor could be the enhanced platelet aggregation and thrombosis that occurs with high estrogen levels, that are thought to be linked to migraine with aura.

It is important to note, and rule out, the other causes of headache in pregnancy, notably, preeclampsia, subarachnoid hemorrhage and cerebral venous thrombosis being more common.

### Migraine Treatment & Prevention

Treatment of migraine during pregnancy is difficult task due to the added risk of drug toxicity on the fetus. Prevention of migraine with "headache hygiene" type regimens (e.g. regular meals, adequate rest, and general avoidance of headache

triggers) play an important role.

The widely used triptans have been thought to have adverse effects on the fetus and should be avoided or used as a last option. Though not significant, Kallen et al found that more infants were preterm and weighed less than 5.5 lbs when the mothers used sumatriptan for migraine symptom relief. Olesen et al had similar findings, however, they couldn't identify whether it was actually the drug that was causing these effects or the disease state itself. Other frequently used agents like barbiturates (e.g. butalbital/APAP/caffeine) should also be avoided due to concerns with long-term neurobehavioral effects. Since the incidence of migraine headaches has been shown to be reduced in pregnancy the use of symptomatic treatment with narcotic combinations with acetaminophen are recommended. For more severe cases where prophylaxis is needed a low dose tricyclic antidepressant is recommended (e.g. amitriptyline).

Other agents that have been used with varying results are ibuprofen (1st & 2nd trimesters only), verapamil, propranolol, and labetalol. Fortunately, for most patients pregnancy means a 9-month cessation or reduction in the frequency of migraine attacks. For the others, symptom management and prevention are felt to be the safest and best options.



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