



BLUE & GOLD TRIANGLE

LKS



SPRING
2005

Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"



Courtesy of the Lexington Convention and Visitors Bureau. Photo by Jeff Rogers.

**Alpha Nu Chapter invites you
to the Regional Meeting in
Lexington, Kentucky July 29-31**



The Blue and Gold Triangle Of Lambda Kappa Sigma

Published by
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Mission

The mission of the Fraternity is to promote the profession of pharmacy among women and advance women within the profession by developing its members as individuals and leaders through the support of fellow members while encouraging a high standard of professional ethics and scholarship.

Publication

The Blue and Gold Triangle is the official publication of Lambda Kappa Sigma Pharmacy Fraternity and is published semi annually. It is distributed to all dues paid members, patrons, honorary members and numerous pharmacy schools and Greek organizations. Deadlines: February 15 and October 15. Postmaster: please send address changes to Lambda Kappa Sigma, W179 S6769 Muskego Drive, Muskego, WI 53150. Printed in the USA.



2004-06 LKS Grand President, Dixie Leikach

Dear Sisters-

What an exciting time we had at the APhA Meeting in Orlando, Florida! The atmosphere was sunny skies, and it was definitely the place where pharmacists meet. We had a lot of Lambs, even lost Lambs, visit the booth and attend the reception hosted by LKS. Many students who attend schools with no LKS chapter were intrigued by our booth and requested information about our fabulous fraternity. The professionalism is apparent and a lot of women are looking for something special in the pharmacy fraternity that they join, and they see that in Lambda Kappa Sigma. We should especially be proud of our members who hold leadership positions in APhA and in the pharmacy community, as they help build the reputation of LKS among our peers.

Your Grand Council met the few days prior to the APhA meeting and spent some time brainstorming the direction of the Fraternity for the future. Our Regional theme, Leading for the Future, will reflect a lot of the ideas that were generated by this meeting. What is the future of pharmacy? Where has LKS been and where is it going? Where will we be at the time of our 100th Anniversary Celebration? This is an exciting time to be in pharmacy as well as involved in the decision making process of our Fraternity. I would like to publicly commend our Grand Council who is a group of hard working volunteers that put a lot of heart and soul into the maintenance and improvement of the Fraternity. LKS is moving into the future and it is YOUR Grand Council that is leading it in the right direction.

Speaking of 100th Anniversary Celebration - can you believe that we are already working on this? 2013 seems like a long way away but... it will be here

before we know it! Christine Perry has been selected to chair an ad hoc committee for the collection of our history over the years, and there are already a bunch of alumni that have volunteered to undertake this momentous task. It is important to know where you have been to know where you are going! The history of the Fraternity is so rich and there is a lot of information out there that we need to gather. There are a lot of items that are all over the country - if you have something of historical value for the Fraternity, please contact Christine so that we can gather items for the upcoming Convention and Regional.

My first year as your Grand President is finishing up and it has gone by so quickly! In reviewing the Strategic Organizational Plan that we approved at Convention, I realize that we have done so much already, however, there is still so much to do. That is the wonder and beauty of an organization like ours - things are always changing! My personal goals for the remainder of the biennium are to find a permanent home for our archives and to unveil an interactive website by the end of my term. There are a lot of little steps that need to be taken to achieve these goals, and we are working on them as I write.

What can YOU do TODAY to lead LKS into the future?

- Run for a collegiate office or become involved in a committee.
- Set the goals for your chapter for the next year.
- Run for Grand Council office for next biennium.
- Send in your registration for Regional Meeting BEFORE the actual deadline.
- Nominate a colleague for an LKS award.
- Call an old friend and encourage her to become an active alumni member.
- Finally get that alumni chapter started that you have been "talking" about.

Pick one and become a part of the future of LKS today!

See you at Regional in Lexington Kentucky July 29-31st!

Fraternally-

Dixie Leikach,
Grand President

LKS LEADERS IN PHARMACY



Pharmacy Leader Donna M. Horn, R.Ph,
President of NABP

Donna Horn received her BS in Pharmacy from Massachusetts College of Pharmacy and Health Sciences. She is an active member of Alpha Alumni Chapter and is a recipient of the Award of Merit. Professionally, Donna is the Manager of Regulatory Affairs for Eckerd and Brooks Pharmacy. She is responsible for the development and implementation of all pharmacy operation procedures, the monitoring of proposed and finalized Board of Pharmacy regulations in the states in which the company operates, and the Eckerd and Brooks RxCare Quality Assurance Program which focuses on medication error reduction. Donna has served on the Massachusetts Board of Pharmacy since 1993, most recently as President. She has also served on the Executive Committee of the National Association of Boards of Pharmacy (NABP) since 1995, currently serving as President.

NABP's mission is to assist and support the state boards of pharmacy in every way in protecting the public health. One of the key initiatives NABP focuses its energy on is the many facets of patient safety. Their efforts involve communicating to patients and legislators the dangers of importing medications from foreign sources, researching and releasing information about counterfeit medications entering the US drug supply, developing

Model Rules for the licensure of wholesale distributors and the NABP Clearinghouse for the Licensure of Wholesale Distributors, and working to reduce medication errors in practice.

As NABP President, Donna has three main goals to implement over the next year. Her first initiative is to add an additional objective to the Patient Safety Program; which includes the elimination of handwritten prescriptions and the addition of medication indications on prescriptions. Donna believes that patient safety is a fundamental and integral component of quality care. Therefore, an essential improvement in patient care is the reduction of medication errors. Her focus is to ensure that NABP examines ways to implement the identified patient safety objectives in the community pharmacy setting with the complementary goal of reducing medication errors.

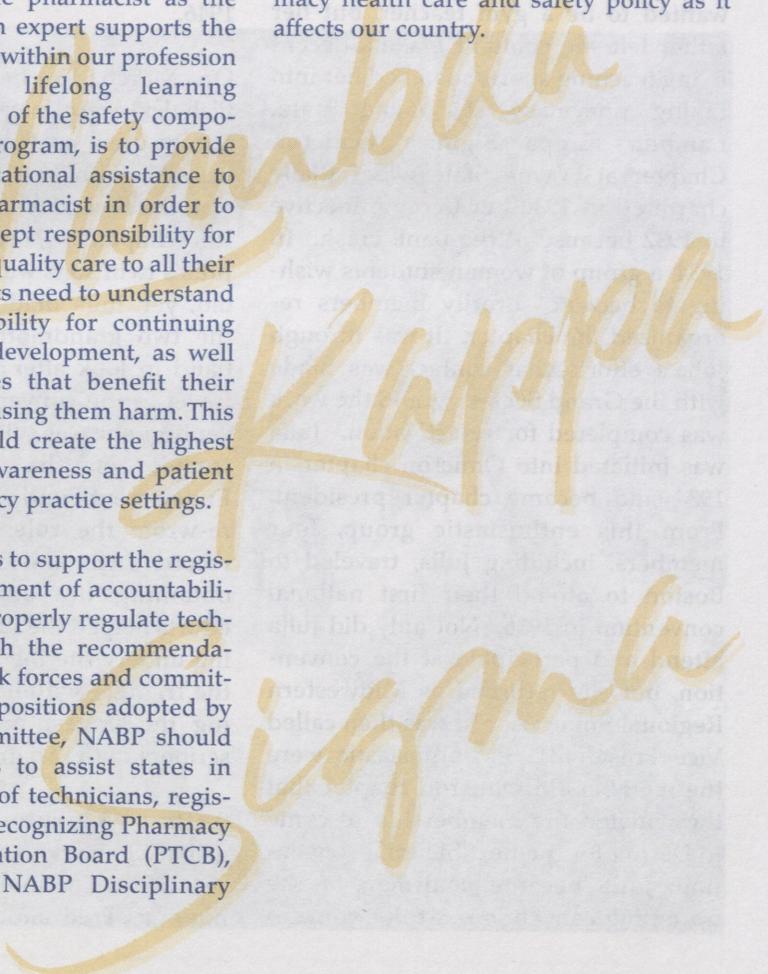
The second initiative is to add a patient safety focal point to NABP's Continuing Professional Development Program. The evolving role of the pharmacist as the patient's medication expert supports the need for a structure within our profession that validates a lifelong learning approach. The focus of the safety component of the CPD program, is to provide guidance and educational assistance to each individual pharmacist in order to help him or her accept responsibility for providing safe and quality care to all their patients. Pharmacists need to understand and take responsibility for continuing their professional development, as well as, provide services that benefit their patients without causing them harm. This CPD program should create the highest level of personal awareness and patient safety in all pharmacy practice settings.

The third initiative is to support the registration and development of accountability mechanisms to properly regulate technicians. In line with the recommendations of previous task forces and committees, as well as the positions adopted by the Executive Committee, NABP should continue its efforts to assist states in expanding the role of technicians, registering technicians, recognizing Pharmacy Technician Certification Board (PTCB), and utilizing the NABP Disciplinary

Clearinghouse for Technicians. Pharmacy needs to focus on the pharmacists' involvement with the final verification of product and interactive patient consultation.

At her incoming president speech, Donna stated that "NABP must invest heavily in helping pharmacists develop error prevention and safety processes. We have an obligation to help them realize their role as being the primary health care professional who deals with medication safety, medication error prevention, and medication management. Our thoughts and our goals should not be aimed only for today, but also for tomorrow. NABP must be at the forefront, leading the way to the future."

Lambda Kappa Sigma is pleased to recognize one of pharmacy's greatest leaders and cheerleaders, Donna Horn. Donna has a passion for the profession of pharmacy, for NABP and for the mission to protect public safety. She is dedicated to working towards the evolution of pharmacy health care and safety policy as it affects our country.



JULIA PISHALSKI, PAST GRAND PRESIDENT, NOVEMBER 7, 1915 - FEBRUARY 14, 2005



Julia graduated at 16 years of age from Northeastern High School in 1932 and enrolled in Wayne State University in Detroit. Julia was good at sports and wanted to be a gym teacher, but her father felt she couldn't make a decent living teaching sports so talked her into taking pharmacy at Wayne State. Lambda Kappa Sigma's Omicron Chapter at Wayne State was initially chartered in 1930 but became inactive in 1932 because of the bank crash. In 1934, a group of women students wishing to become sorority members re-organized the chapter. It was through Julia's efforts that contact was made with the Grand Secretary, and the work was completed for re-activation. Julia was initiated into Omicron chapter in 1934 and became chapter president. From this enthusiastic group, four members, including Julia, traveled to Boston to attend their first national convention in 1936. Not only did Julia attend and participate at the convention, but she returned as Midwestern Regional Supervisor (it was then called Vice President). So enthusiastic were the members of Omicron chapter that they invited the membership to come to Detroit for the next biennial convention. Julia became chairman of the upcoming convention. At this conven-

tion, Julia was elected to her second national office, the four-year Member-at-Large, for the term of 1940-1944. Julia graduated in 1937 and passed her State Boards, thus beginning a career that brought her many honors and awards.

After the successful convention in Detroit in 1940, the Omicron alumnae members decided to form an alumnae chapter. In 1942, the group was chartered and Julia was elected as their first president. During the war, between 1941 and 1945, no national conventions were held. However, in 1944, Detroit was hostess to its first regional meeting with Julia as chairman of the meeting. The Grand Council officers also had an opportunity to get together at a PPA meeting in 1944, where Julia was selected to serve as Vice President from 1944-1946.

On March 16, 1942, Julia and Bill Pishalski were married. The Pishalski family grew as Fred and Rick, twins, were born on April 17, 1946. After the war, the first convention was hosted by Rho chapter in Portland. At the time, Julia's twin sons were only two months old, yet, Julia made arrangements for the two grandmothers and her husband to look after them so she could travel to the convention. At that convention, she was selected to serve as the trustee of the Blue and Gold Endowment Fund. In this position, she re-wrote the rules, prepared special record cards and started working on obtaining life subscribers. Julia's efforts helped the fund grow, thus helping underwrite the publication costs of the Triangle, with her own chapter having the largest number of life subscribers to the Triangle.

As the boys grew older, Julia decided to go back to work as a part-time pharmacist. She continued to increase her hours as Fred and Rick became more

independent until she was once again working full time. She also continued to maintain her active involvement in LKS. In 1950, at the Indianapolis convention, Julia was elected to serve as Grand Secretary, an office which she held for eight years. Nine new chapters were added to the membership through her efforts. She introduced the idea of officer notebooks. She wrote the Induction Ceremony for Honorary members. She also introduced a newsletter - Lamb's Tales - to replace the regular monthly letters going out to chapters. She also worked to make Lambda Kappa Sigma international, with Alpha Lambda being chartered in Canada in 1956. During her time in office, Julia introduced the Buzz sessions for regional meetings during conventions; she introduced the idea of a Junior Grand Council; she revised the Pledge Handbook twice and updated the Ritual; she introduced the conferences at convention for collegiate and alumnae meetings and introduced the questionnaire-type report for delegates at the convention.

In 1958, Julia was elected as Grand President and was re-elected to two more terms as Grand President. She was the first Grand President to serve three terms.

In 1958, Julia was elected as Grand President and was re-elected to two more terms. She was the first Grand President elected to three terms as Grand President. To celebrate the Fraternity's 50th anniversary, she single-handedly wrote and published a

JULIA PISHALSKI, continued



Who's Who of American Women since the first edition in 1959. Her leadership qualities were recognized as she served a total of 10 years as an officer on the Professional Panhellenic Association Executive Committee. In 1978, Julia received Lambda Kappa Sigma's first ever Distinguished Service Award.

In 1980, after 47 years as a pharmacist, Julia retired. Over the years, she collected over 150 mortars and pestles plus antique apothecary jars. One of her most prized mortars was sent by a GI from a bombed out pharmacy in Italy, wrapped in bloodstained rags. Julia and Bill loved to travel and visited 57 countries over their lifetime. Julia died on February 14, 2005. Julia's over 50 years of membership and service in LKS is remarkable. She was a dedicated

and skillful member combined with being a wife, mother, and working as a pharmacist. Her accomplishments are hard to match. All of the members of Lambda Kappa Sigma honor Julia for her commitment and dedication to our Fraternity. She will be missed.

Julia's over 50 years of membership and service in LKS is remarkable.

Memorials on behalf of Julia Pishalski can be sent to the Educational Trust, Lambda Kappa Sigma, W179 S6769 Muskego Drive, Muskego, WI 53150.

Golden History Book of Lambda Kappa Sigma. During her term of office as Grand President, three more chapters were installed. She introduced the visitation program to chapters and traveled to many chapters at her own expense long before officers were reimbursed for their travel expenses. While Julia was in office, the first monetary scholarships on the national level were given. Julia also served as chairman of Omicron's 25th Anniversary Party during this time and was the convention coordinator when, in 1960, the national convention came back to Detroit. After her terms as Grand President, Julia served as Member-at-Large for another two years and then was selected as Honorary Advisor.

During her LKS career, Julia attended every convention. She served a total of 24 elected years on the Grand Council, four appointed years as a trustee of the Blue and Gold Triangle Endowment Fund and over 12 years as Honorary Advisor. She is a life member of the APhA, was honored by her own college with its' Distinguished Service Award in 1960, and has appeared regularly in





Good News from the Educational Trust

By Marilyn Harris, Chair of the Trust Liaison Committee

The Educational Trust is off to a good start for the 2004-2006 Biennium. The Trust appeal in the fall of 2004 is complete and was successful. Each year, many of you donate generously to the Trust, and we thank you sincerely. In addition to the appeal, funds are raised at the Biennial meeting through a raffle, an auction, and contributions from members. Since the start of this biennium, these efforts have raised over \$16,000. The expenses of the Trust, including the grants awarded, amount to approximately \$12,000. In the second year of the Biennium, the fundraising at the Regional meeting is typically significantly less than at the Biennial meeting. Overall, in the two years with the two trust appeals, meeting fundraising and other donations to honor members or as memorials to members, a small surplus is often added to our investments. In the first eight months of this biennium, our investments have done well. The year-end report from our investments saw us hit the \$200,000 mark. Unfortunately, the market fell slightly in January, but I feel that mark should be solidified early this year. This is a nice milestone to reach, but it does not enable us to reach our goal: more grants and larger grants. The Trust Liaison Committee is working hard to reduce our expenses but, with the size of our investment, it is difficult to reduce expenses

further. We will keep working and hopefully you will keep donating. This year's grants were awarded to nine deserving students. The number of applications for grants increases each year, making the work of the Grants Awards Committee a difficult task. It is difficult to choose when there are so many deserving students.

I would like to share with you a personal loss that has implication for us all. Recently, a friend and LKS sister passed away. Renee Rosenfeld Scrantow graduated as a pharmacist in the early seventies. Soon after I joined the faculty at Duquesne University, my Dean appointed me advisor to Tau chapter of LKS. I was not a sister, as my undergraduate school in Canada did not have any pharmacy fraternities. I continued as advisor for several years. Tau was a very small chapter at the time and had two sisters in the senior class. One was Renee. They decided that I should be initiated as an LKS alumni sister. At that time, it was not a routine matter, as it is today. They applied on my behalf to Grand Council and guided me through the process. We became close friends and LKS sisters. Renee became a well-respected pharmacist and owned her own business, one of the first closed pharmacies in Pittsburgh. She married, had two children, and was very active in her synagogue. I did not

see her often over the years even though she only lived a few blocks from me. Usually, we would meet at the supermarket or in a local restaurant while having dinner with our respective husbands. Always, Renee would ask about LKS and offer to help. She was busy and would offer her assistance with a discreet project, if I needed help. I never asked. In her obituary, LKS, along with the School of Pharmacy and her synagogue, was listed as a place where memorial donations could be sent. I know she made this request. I am sorry I did not make the effort to draw her closer to LKS. Perhaps we can all learn from this. Do you have a friend that you could draw closer to LKS? Or perhaps you are the friend who wants to be more active who feels too busy, but with a request for help, would be pleased to help. Don't wait to be asked. Volunteer your services. Encourage your sisters, family and friends to support the Educational Trust by recognizing LKS members for accomplishments or "just because". I will make a donation to the Education Trust in memory of Renee, and I will remember her in my heart as a friend and an LKS sister. I hope you will honor your friends and sisters now and many times during their lifetimes. Make a memorial donation a final tribute to a friend, colleague, family member, or sister.

Celebration and Memorial Contributions made to the LKS Educational Trust during the current Biennium (since July 1, 2004)

Thank you, contributors!

In Honor of the 2004-2006 LKS
Grand President, Dixie Leikach
Neil Leikach

In Honor of the 2002-2004 LKS
Grand Council
Christine Perry

In Honor of the 1998-2004 LKS
Grand President, Christine Perry
Donna Dancer

In Memory of
Gloria Bernstein's Father
Suzanne Castine

In Memory of LKS Alumni,
Elsie Gassiraro
Geraldine Manzione

In Memory of LKS Alumni,
Julia Pishalski
Pat Tanac
Chi Alumni Chapter

In Memory of LKS Patron,
Joe Haberle
Robin Bogner
Donna Dancer

Marilyn Harris and Bruce Martin
Barbara Hayes
Kathy Huff
Albert Lowe
Pat Tanac

LKS Educational Trust 2004 Grant Recipients

By Avis Ericson, Chair - LKS Educational Grants Committee

On behalf of the Lambda Kappa Sigma Educational Trust, I would like to congratulate the following members who have been selected to receive Educational Grants from the LKS Educational Trust for the year 2004.

These individuals represent some of the best and brightest young women in pharmacy school:

Adele Lowe Grant

Genevieve Olsen
Alpha Lambda Chapter
University of British Columbia



Mary Connolly Livingston Grant

Renee St. Germain
Xi Chapter
University of Rhode Island



Norma Wells Loyalty Grant

Jessica Landry
Xi Chapter
University of Rhode Island



Cora E Craven Grant

Stephanie Ko
Alpha Chapter
Massachusetts College of Pharmacy



Erica Hardiman
Alpha Phi Chapter
Wilkes University



Ashley Koliscak
Tau Chapter
Duquesne University



Darla Silk
Tau Chapter
Duquesne University



Christina Huber
Delta Chapter
University of Pittsburgh



B. Olive Cole Grant

Lauren Aleksunes,
Alpha Beta Chapter
University of Connecticut
(not pictured)

Founded in 1913, Lambda Kappa Sigma Pharmacy Fraternity has strived to promote the profession of pharmacy among women and women within the profession. Representing more than 20,000 members throughout North America and Japan, LKS is honored to serve some of

the most accomplished women in the profession.

We wish to thank you for your support of Lambda Kappa Sigma and most importantly, your support of these fine students. Please take an opportunity to con-

gratulate them on their accomplishments and their dedication to the principles of leadership, scholarship and fellowship.

It is an honor and a privilege to serve these and all of the hard working, dedicated members of Lambda Kappa Sigma.

LEADING FOR THE FUTURE!

Regional Meeting July 29-31, 2005

Crowne Plaza Hotel • Lexington, Kentucky



You don't want to miss this event!

Join your LKS sisters for an exciting weekend of networking, continuing education, leadership training and chapter management workshops. If you have never attended a Regional – this is a very different meeting from Convention. Our Regional Meeting is the “meat and

potatoes” of the Fraternity. This is your chance to get up close and personal with the leaders of pharmacy!

The Crowne Plaza Lexington, Campbell House, is a beautiful historic building that will be the perfect setting for our meeting. As you enter the



lobby you will feel a sense of warmth and southern charm. Come early or stay late and enjoy all Lexington has to offer! From history, to horses, to Bluegrass – everyone can find something to see that will be of interest. The nightlife during our free nights gives you plenty of choices for your personality... fine dining, jazz clubs, theater, concerts, comedy, shopping... the list goes on.

The basic schedule is as follows:

FRIDAY, JULY 29TH

10 am – Registration for this fabulous event begins! Don't forget to thank our host chapter, Alpha Nu, for working so hard to make this an extra special event.

11:30 am – Start the day with the Kick Off Luncheon!

12:45 pm – Listen to Sharon Brown speak on the Benefits of Professional Organization Involvement.

2:30 pm – Collegiate members will meet to learn how to be more effective in Membership Orientation and Education. Alumni will conference, have committee meetings and we will have a NEW Advisors Fact Finding Forum for our advisors in attendance.

4:45 pm – Learn what activities the Fraternity has been involved with and what our chapters have been doing so far this biennium with the chapter and Fraternity reports!

Once the reports are done then we will have a **FREE NIGHT!** Come see what the city of Lexington has to offer!



SATURDAY, JULY 30TH

7:30 am – Kick off the day with a wonderful breakfast featuring our Educational Trust. Find out what exciting things this Committee is doing and what their plans are for the immediate future.

8:30 am – Join us as Kara Shirley presents a CE on Depression, which is our Women's Health Issue of the Biennium.

10:15 am – Prepare to be dazzled by the talent we have in the Fraternity during the Career Opportunities Panel. This is a highlight for attendees each Regional!

11:30 am – During the Awards Luncheon we will honor those in our Fraternity who have proven outstanding in their area of pharmacy.

1:45 pm – Again, we will split up and the collegiate attendees will have their conference, including a poster presentation session. The Alumni will meet for a Centennial Celebration Planning Workshop – you don't want to miss out on this opportunity to help determine what we will do to mark this historic occasion.

4 pm – Everyone will come together again to focus on Strategic Planning for the Fraternity.

5 pm – Regional Supervisors will take some time to meet with their chapters during this time and then we will have another... **FREE NIGHT** in Lexington!



SUNDAY, JULY 31ST

8 am – Enjoy another great breakfast as we take some casual time together to catch up with each other on what we have learned so far.

9 am – Come learn about Immunization during Stefanie Ferreri's CE presentation

11 am – Did you think we forgot about it? We will wrap up our weekend together by holding our Fraternity Auction and finishing up any raffles that need to still be given away. Hopefully everyone will get to go home with something!

Details, including the registration form, are available online at www.lks.org under the keyword “Meetings”. The Early Bird registration fee is \$125 if sent in by June 30th and the Regular registration fee is \$140 if sent in on or after July 1st. Room reservations need to be made by July 12th for the special room rate of \$99 and can be made directly with the hotel by calling (800) 354-9235.

Get your nose in the starting gate to lead our Fraternity into the Future by registering for Regional 2005 TODAY! We can't wait to see you there!





Lambda Kappa Sigma Pharmacy Fraternity
2005 Regional Meeting
"Leading for the Future"

Lexington Crown Plaza Hotel – The Campbell House
Lexington, KY July 29-31, 2005

REGISTRATION FORM

Complete and return to: LKS, W179 S6769 Muskego Drive, Muskego WI 53150

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

REGISTRATION FEE:

Early bird, postmarked on or before June 30, 2005

Alumni - \$125 _____ Collegiate - \$125 _____

Regular, postmarked on or after July 1, 2005

Alumni - \$140 _____ Collegiate - \$140 _____

PAYMENT INFORMATION: Total Enclosed: \$ _____

Check enclosed (payable to Lambda Kappa Sigma)
 Visa MC Expiration Date: ____/____

Visa/MC Number: _____

Signature: _____

Friday, July 29th

10:00am	Registration
11:30am	Welcome Lunch
2:45 – 2:15pm	Benefits of Prof Organization Involvement
2:30 – 4:30pm	Collegiate Workshop
2:30 – 4:30pm	Alumni Conference, Committee Meetings
	Advisors Fact Finding Forum
4:45 – 6:45pm	Chapter and Fraternity Reports
6:45pm	FREE NIGHT

Saturday, July 30th

7:30 – 8:30am	Educational Trust Breakfast
8:30 – 10:00am	Women's Health Issues-Biennial Project CE
10:15 – 11:30am	Career Opportunities Panel
11:30 – 1:30pm	Awards Luncheon
1:45 – 3:45pm	Collegiate Conference-Poster Presentation
	Alumni Centennial Planning Workshop
4:00 – 5:00pm	Fraternity Strategic Planning Workshop
5:00pm	Regional Supervisors meet with chapters
	FREE NIGHT

Sunday, July 31st

8:00 – 9:00am	Breakfast
9:00 – 11:00am	Immunization CE
11:00 – 12:00pm	Auction/Raffles

HOTEL RESERVATIONS: Special LKS group rates apply only to those reservations made prior to July 12th.

The following rates will apply:
Single/Double Occupancy \$99.00 Triple/Quad Occupancy \$99.00

Make your hotel reservations - All reservations are to be made on an individual basis by calling (800) 354-9235. Meeting attendees will be required to guarantee their reservation with a major credit card. Guest check-in time is 3:00pm. Guest check-out time is 11:00am. Guests may request late check-out of 2:00pm on Sunday, July 31st, based upon availability.

The cut-off date for reservations is July 12, 2005. Reservation requests received after the cut-off date will be based on availability at the Hotel's prevailing rates. Room rates are quoted exclusive of applicable state and local taxes (which are currently 12.36%).

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 2005 Regional Meeting, including but not limited to bodily injury, host liquor liability and contractual liability.

Signature _____ Date _____

Beyond PMS... Uncovering the Mysteries of Premenstrual Dysphoric Disorder

By: Lauren Aleksunes - Alpha Beta Alumna

Many women suffer from mood changes and depression in a pattern that corresponds to their menstrual cycle. Given the common incidence of these symptoms, it is difficult to know when it is more than PMS. Premenstrual syndrome (PMS) is defined as the cyclic recurrence of a combination of psychological, behavioral and physical symptoms during the luteal phase of the menstrual symptoms. The luteal phase of the reproductive cycle begins around day 14, with day 1 designated as the first day of menses. Patients with PMS can exhibit positive changes (increased energy and productivity) as well as negative changes. The negative changes are comprised of psychological (anxiety, nervousness, mood swings, irritability, depression, insomnia), behavioral (cravings for sweets, increased eating, crying, poor concentration, decreased interest) and physical (back pain, breast swelling & tenderness, headaches, water retention, bloating, fatigue).

Premenstrual dysphoric disorder (PMDD) is a severe form of PMS with significant mood and anxiety symptoms that results in an impairment of functioning. The incidence of PMDD is 3 to 8% of menstruating women. The Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV) recommends charting symptoms for at least two menstrual cycles using standardized instruments. The major symptoms of PMDD include depressed mood, hopelessness, insomnia, anxiety, affective lability (mood swings), irritability, difficulty concentrating, decreased interest, changes in sleep, fatigue, and a generalized feeling of being out of control. Diagnosis of PMDD requires a 30% increase in symptom severity from follicular (Day 1-14) to luteal phase (Day 14-28) with 5 symptoms occurring premenstrually. The symptoms occur during the last week of the luteal phase and remit within a few days of the onset of menses. The symptoms typically interfere with usual activities and should not be an exacerbation of another physical or mental disorder. The average age of onset for PMDD is 26 years with a peak incidence occurring in the 3rd or 4th decade.

The primary approach to treating PMS/PMDD includes lifestyle changes to minimize precipitating factors, physical and behavioral symptom relief and modification of neurotransmitter or hormonal imbalances. Non-pharmacological interventions include daily charting for 2 menstrual cycles, reduced alcohol and caffeine use, abstinence from nicotine and

drugs of abuse, aerobic exercise at least 3 times a week (with increased activity during the premenstrual week) and bright, white light therapy for 1 week if symptoms worsen during the winter. Pharmacists should also recommend regular, well-balanced meals, reduced salt, fat and simple sugar intake, adequate rest & regular sleep cycle and stress management/relaxation therapy. Additional interventions include suppression of ovulation or removal of ovaries.

Although fluctuations in female hormones may contribute to PMDD, a 'serotonin' theory has recently emerged to explain the pathophysiology of PMDD. This theory is similar to the dysregulation of serotonin in major depression. It is known that estrogen and progesterone can influence serotonin activity. Studies have demonstrated that there is often decreased serotonergic activity in women with PMDD. Serotonergic antidepressants appear to have an average response rate of ~ 60% in patients suffering from PMDD.

The depressive symptoms of PMDD are most commonly treated with selective serotonin reuptake inhibitors (SSRIs). They are prescribed for intermittent or continuous use. Intermittent therapy for PMDD includes fluoxetine (Sarafem, Prozac) 10-20 mg/day, sertraline (Zoloft) 25-100 mg/day, paroxetine (Paxil) 5-20 mg/day and citalopram (Celexa) 10-20 mg/day during the luteal phase. Women with severe symptoms may be initiated on continuous SSRI therapy with increased doses during the luteal phase. Persistent anxiety in PMDD may require adding a luteal phase anxiolytic (such as alprazolam, buspirone). Alternative antidepressant pharmacotherapy options include clomipramine, nefazodone, nortriptyline and venlafaxine.

Physicians are also prescribing oral contraceptives for the treatment of PMDD. There are a limited number of double-blind, placebo-controlled trials investigating the use of oral contraceptives in women with PMS and PMDD. One recent study has demonstrated that triphasic oral contraceptive regimens reduce physical symptoms without changing mood abnormalities. A second study showed that monophasic regimens appear to be less likely to cause adverse mood changes. One complicating issue with the use of oral contraceptives in patients with PMDD is that the side effect profile of these medications mirrors symptoms of PMDD (breast tenderness, headache, bloating and depression). The

addition of the progestin analog of spironolactone (androgen receptor antagonist) drospirenone to the standard estrogen, ethinyl estradiol, has yielded the oral contraceptive, Yasmin. The use of this oral contraceptive in patients with PMS and PMDD resulted in decreased negative affect and water retention as well as a lesser degree of appetite increase. This prescription product may also improve food cravings and forgetfulness. Pharmacists should consider the use of oral contraceptives for patients with PMDD particularly, in patients requiring birth control and/or suffering from painful menstrual cycles.

A number of alternative and complementary therapies are being tried by patients for the treatment of PMS and PMDD. There is limited data to suggest efficacy and safety of these regimens. Some patients take calcium carbonate to reduce mood changes, headache and pain. There is some data that suggest a reduction in depression, water retention, pain, food cravings and fatigue in half of patients on calcium therapy. Important contraindications include hypercalcemia, hypo-phosphatemia, renal or cardiac disease and a number of drug therapies such as tetracycline, salicylates and fluoroquinolones. The herbal St John's wort (*Hypericum perforatum*) has been shown to increase serotonin levels and has limited use for anxiety, depression and premenstrual dysphoria. Due to the risk of drug-drug interactions and side effects, there is limited use of St. John's wort. Until additional research is available, clinical judgment is necessary when considering these drugs in patients with PMDD.

The women's health topic this biennium is depression. So far, we have had three articles published about this topic. Prior articles have described clinical facts about depression, including signs and symptoms, challenges with SSRI therapy and tips for dealing with depression in college. Our latest article deals with premenstrual dysphoric disorder and the challenges women face when suffering from this disorder.

If you know someone suffering from depression please share this information with them to encourage them to seek help.

Fraternally yours,

Stefanie Ferreri, WHI Chair

A HISTORICAL PERSPECTIVE: RUTH DAVIES FLAHERTY



Ruth Davies Flaherty
a LKS Legend

Ruth Davies Flaherty was born on September 21, 1899. She grew up in the Greater Boston area and worked in her father's pharmacy in Boston. She attended the Massachusetts College of Pharmacy and graduated in 1918 with a two-year PhG degree and later obtained her PhC degree. While attending MCP she joined Lambda Kappa Sigma and was initiated on October 23, 1916.

After graduating from MCP, Ruth married Frank Flaherty and was instrumental in starting the pharmacy department at Children's Hospital in Boston. She con-

tinued to work at Children's until the 1930's when Frank died, and she retired from pharmacy practice to run his successful family plumbing business. They had no children.

Ruth was a charter member of Alpha Alumni Chapter in 1928 and served the Alumni Chapter in numerous offices including President. She was first elected to Grand Council as Member-at-Large in 1922 and served in this capacity until 1926 and then again from 1954-1956. She was elected Fourth Vice President, 1946-1948, Grand President, 1952-1954, and Honorary Advisor, 1956-1958 and 1960-1970. During her term as Grand President of LKS, Ruth composed the "Creed of Lambda Kappa Sigma" and dedicated it to LKS. The Creed now serves as the basis of the Ruth Davies Flaherty Service Award, established in 1983 to honor a chapter member for outstanding service to LKS. Ruth headed the Convention Committees for the 25th and 50th Anniversary celebrations of the founding of LKS in Boston. Her record of attendance at Conventions and Regional Meetings was remarkable.

Rosetta Hassan, a member of Alpha Chapter and 50-year member of LKS, states, "Ruth was very passionate about the Fraternity and had strong loyalty to

LKS. She wrote the Creed because she believed deeply in loyalty and it reflected her true feelings about LKS." Patricia Pentelton, another member of Alpha Chapter who knew Ruth and attended Conventions with her, stated, "Ruth took sisters under her wing and guided them as a member. The younger alumni always looked up to her because LKS was such a big part of her life. She believed deeply in loyalty to the Fraternity." Pat, who joined LKS in 1958, has always been loyal to LKS in part due to Ruth's guidance.

Ruth was also active in numerous other pharmacy organizations including the Boston Area Professional Panhellenic Association of which she was a founding member and served as President. She was also the President of the Women's Organization the Boston Area Retail Druggists. She was known to have a great sense of humor and loved to play golf and go bowling and play bridge.

After a long illness, Ruth Davies Flaherty died on December 25, 1987. Her 71 years of association with Lambda Kappa Sigma has been characterized by generous support of all its activities. No one has given more time to active, dedicated and informed participation in the progress of Lambda Kappa Sigma.

In preparation for our 100th Anniversary Celebration in 2012, we are featuring historical information about LKS in each issue of the Blue and Gold Triangle.



12 TH NATIONAL BIENNIAL CONVENTION
Lambda Kappa Sigma
HOLLYWOOD ROOSEVELT HOTEL
LOS ANGELES, CALIFORNIA
AUGUST 7-12, 1952

12th National Biennial Convention • Lambda Kappa Sigma
Hollywood Roosevelt Hotel, Los Angeles California • August 7-12, 1952

NETWORKING AT THE APHA MEETING



Students and Members of Grand Council gather at APHA for the annual LKS Member Reception

The 2005 American Pharmacists Association meeting was held in Orlando, April 1-5. The meeting was a rewarding professional experience where the central issues were the new Medicare law, medication therapy management services, senior care and prevention and wellness. In addition to the educational programming, the exposition had over 200 companies offering information on their goods or services.

LKS members in attendance had the opportunity to interact with each other at our booth in the exhibit hall. Over 150 members stopped by the booth to pick up registration information for the upcoming Regional Meeting, update their address

information or find out where a fellow sister is located. Each sister also received an LKS name badge ribbon and pen.

The executive members of Grand Council met together for a board meeting, the day before the APHA meeting began, to plan for upcoming events, review Fraternity operations and look at new opportunities for our members.

The Lambda Kappa Sigma Networking reception was held on Sunday night and was very well attended. There was a standing room crowd as Grand President Dixie Leikach introduced the members of Grand Council in attendance and welcomed all of the LKS members to the reception. We all had a truly great time networking and visiting with each other as you can see from the pictures of the



Members of Alpha Rho Chapter

event. Many of the collegiates in attendance who met each other at the Convention in Baltimore revisited with each other. There was also a group of alumni meeting in the corner, discussing ideas for the 100th anniversary to be held in Boston in 2013. Overall, the reception was a huge success.

We would like to recognize the following LKS members who have taken a leadership role in APHA this year: Karen Reed as a member of the Board of Trustees; Adele Pietrantoni as speaker elect of the house of delegates; April Shaughnessy as the Senior Director of Governance and Planning; Cynthia Boyle as member at large for APPM Section of Administrative Practice, a member of the APPM Publications Standing Committee and a member of the Pharmacy Today Advisory Panel; Stefanie Ferreri as a member of the Pharmacy Today Advisory Panel and co-author of two articles in the March/April 2005 JAPhA; Jan Engle as chair of the Remington Honor Medal Review Committee; Maria Sulli authored an article in the March/April 2005 JAPhA; Aleshea Schultz as a member of the ASP Education Committee; and Christina Won as a member of the ASP Publications Committee. There were also numerous other members who served as speakers and moderators at the APHA meeting. The Phi Lambda Sigma Convention was also held during APHA, and we would like to recognize the 2004-2005 officers who are LKS members: Lisa Savage who served as Speaker of the House; Aleshea Schultz who was Member at Large; and Cynthia Boyle who was President Elect. It is empowering to see how many of our members are truly outstanding in our profession.



Cynthia Boyle and Alpha Alpha Members

ALPHA ETA CHAPTER REACTIVATES

By Christina Won

We're baaaack! Greetings from Brooklyn, New York! The Alpha Eta Chapter of the Arnold & Marie Schwartz College of Pharmacy at Long Island University inducted its new members at a ceremony on March 24, 2005. Past Grand President, Christine Perry, and the sisters of the Alpha Pi Chapter at St. John's University were present to initiate 17 members into the Fraternity. The ceremony was truly special and pleasantly surprising to all of us. Prior to initiation, we participated in the orientation period during which we studied the Member Manual to gain a thorough understanding of the meaning, ideals and structure of the Fraternity. We did not fully grasp the importance of being in Lambda Kappa Sigma until we witnessed the ceremony, which was beautifully executed by our Alpha Pi sisters according to the instructions in The Ritual. During the ceremony, we learned the deeper meaning behind the symbols of LKS. We were especially excited to learn the secret sign and password! We now have a greater sense of history and responsibility and our chapter feels rejuvenated, motivated and enthused about the future. In addition to all the knowledge we received, each member was awarded the Fraternity badge, a membership card, and a certificate. The chapter officers were installed and each received a special gift indicative of her role.

Since Alpha Eta Chapter's establishment on June 6, 1951, it has been reactivated multiple times. In recent years, the "Lambs" of LIU had become inactive, but with the encouragement of LKS members



All members of Alpha Eta and Alpha Pi at the Alpha Eta reactivation

Michelle Albala, an LIU alum, and Kaliopi Panagos, our chapter faculty advisor, the fall semester of 2004 marked the return and reactivation of the chapter. We wasted no time in making efforts to publicize our return by organizing campus-wide events such as a bake sale at our campus career fair in February and ethnic food sales in April. We commemorated Hygeia Day in March with a workshop on stress management and depression. We were also invited by the LIU chapter of the Student National Pharmaceutical Association (SNPhA) to participate in its Diabetes Awareness Day event on April 9. The Alpha Eta Chapter plans to organize and participate in more New York City charity fundraising activities in April and May. April events include the 2005 Multiple Sclerosis Walk on April 17 at South Street Seaport and the 2005 Revlon Run/Walk for Breast Cancer on April 30 in Times Square. May events include "Fuel for Finals" and AIDS Walk New York on May 15 in Central Park.

The summer will be spent re-establishing the chapter by-laws and fundraising to prepare for next semester's events. We look forward to increasing our membership in the fall. Most importantly, the sisters of the Alpha Eta Chapter plan to attend the Regional Meeting in Kentucky in July. There is much work to do, but it is worth it. We will continue to forge the bonds of sisterhood within the chapter as well as between chapters in our region. The sisters of the Alpha Eta chapter would like to thank Christine Perry and the sisters of the Alpha Pi Chapter for their time and for being an important part

of our induction into LKS. We would also like to thank Grand President Dixie Leikach, Region 5 Supervisor Carrie S. Molesa and Omicron Chapter President Valerie Azzopardi for their warm and supportive congratulations. We are glad to return to the flock and promise never to stray! See you in Kentucky!



Alpha Pi members attending Alpha Eta reactivation



Christina Won - President
 Kaliopi Panagos - Faculty Advisor
 Leslie Le - Vice President
 Christine Perry - Past Grand President

2004-2005 Officers of Alpha Eta Chapter

- President:** Christina Won
- Vice President:** Leslie Lee
- Treasurer:** Mini Varghese
- Recording Secretary:** Angela Shogbon
- Corresponding Secretary:** Polina Abdurakhmanova
- Historian:** Ann Chandy
- Chaplain:** Wendy Rogers
- Professional Chair:** Maria Agojo
- Social Chair:** Hilya Deosaran
- Fundraiser:** Angie Davanos
- Faculty Advisor:** Kaliopi Panagos

DR. MARY H. ANDRITZ, Pharm D



Mary has been involved in numerous pharmacy associations. She was initiated into the Delta Chapter of Lambda Kappa Sigma at the University of Pittsburgh in 1971. She has remained active in LKS and is now a member of the Beta Alumni Chapter. Mary is involved in the American Council of Pharmaceutical Education, the United States Pharmacopeia (USP), the American Society of Hospital Pharmacists, and the New York State Pharmacy Conference. She is a board member of the New York State Council of Hospital Pharmacists Research and Educational Foundation and has served in various leadership positions, including President of the New York State Council of Hospital Pharmacists. She is also very involved in the American Association of Colleges of Pharmacy and has served as a faculty advisor for several campus honor societies and fraternities, including Lambda Kappa Sigma. She has also served the St Margaret's Center for Children in Albany, NY in numerous leadership capacities.

Mary was awarded the 2004 Lambda Kappa Sigma Award of Merit, which recognizes alumni members who have distinguished themselves by reason of academic achievement, professional advancement, community service, organizational work or commercial endeavor. Additional honors and awards include biographical inclusion in the Empire Who's Who Executive and Professional Registry 2004-2005, Practitioner Recognition Award, American Society of Health System Pharmacists Fellowship in 1998, Women in Pharmacy Leadership Directory in 1993, Who's Who Among Human Services Professionals 1992-1993, Merck Sharp & Dohme Pharmacist Recognition Award for Clinical Practice in 1988, Rho Chi Honor Society 1972 and the Owens Fellowship (merit) in 1972-1973.

Lambda Kappa Sigma is proud to highlight and share with our members the accomplishments of one of our outstanding sisters, Dean Mary Andritz. Her dedication to the profession of pharmacy, leadership and professional achievements are commendable.

Dr. Mary Andritz, Dean of the Albany College of Pharmacy, received her B.S. in Pharmacy from the University of Pittsburgh in 1973 and was the class valedictorian. She next attended the State University of New York at Buffalo and received her Pharm D in 1975. After graduation, she became an Assistant Professor of Pharmacy Practice at the Albany College of Pharmacy and worked as a consultant for the New York Department of Veterans Affairs and for Proctor and Gamble Pharmaceuticals. In 1981, she became a full time, tenured Associate Professor of Pharmacy Practice at ACP. She served as the Acting Department Chair for the Pharmacy Practice Department and, in 1999, became Dean and Professor of Pharmacy Practice at the Albany College of Pharmacy. In addition, Mary served for two and a half years as the Executive Director of the New York State Council of Health System Pharmacists and for nine years as a member of the Drug Use Review Expert for the New York State Drug Use Review Board for Medicaid. She has numerous presentations, publications and research listings under her name.

Mary H Andritz, Pharm.D.

Degrees: BS Pharmacy, Pharm.D.

Current Position: Dean and Professor – Albany College of Pharmacy

Favorite Movie: Up Close and Personal

Favorite Food: Chocolate

Favorite Vacation: Bermuda

Favorite Quote: "If it was easy they wouldn't need us."

Best advice ever given: Compromise is not a dirty word

Explain your current position: Chief Academic Officer and Chief Operating Officer for the college, responsible for all academic programs (Pharm.D., BS Pharmaceutical Sciences, Cytotechnology) and departments (Humanities and Social Sciences, Basic and Pharmaceutical Sciences, Pharmacy Practice), research, support services (library, information technology). I strive to create or foster an environment which allows students and faculty to achieve their goals while accomplishing the mission of the college and moving the profession forward. I see one of my main roles as a facilitator.

How has LKS helped your career? LKS provided me with my first opportunity as a student to develop leadership skills and to begin lifelong networking with dedicated professional women. As a young faculty member I became the faculty advisor at Albany which allowed me to build additional skill sets. It was a thrill when during that time the LKS Biennial Convention was held in Albany and I was able to interact with Grand Council members in person. I always look forward to meeting with LKS members at the many professional events which I attend. We can all be proud of the sisters who have distinguished themselves as leaders of LKS and other professional associations.

What skills or traits helped you get where you are today? Being able to shift gears quickly and multitask, make logical data based arguments, and thinking strategically.

If you had it all to do over again, what would you do? Take more courses that were not specifically focused in pharmacy.

What words of advice/wisdom do you have to share? Embrace the opportunities we have to make a difference in our profession, in the lives of our patients, in our communities and in our world. Invest your time in those who will follow in our footsteps in pharmacy.

COLLEGIATE CHAPTER NEWS

ALPHA CHAPTER

Massachusetts College of Pharmacy



Greetings from the sisters of the Alpha Chapter! Another semester here at Massachusetts College of Pharmacy had gotten underway and the girls of LKS are busy working on their professional, fundraising and social events. Our fundraising events have been very successful, starting with our Yankee Candle sale that we held just in time for the holiday season. It was a great way to earn money for LKS and allow friends and family to get yummy smelling presents. We also had the MCPHS logo sweatpants sale. We sold black and grey sweatpants with the MCPHS logo on the front leg and BOSTON on the back. The sweatpants were such a hit that we have decided to bring them back for another round. This time we will be selling sweatpants as well as logo shorts for the faculty and students. As our fall semester came to a close, we celebrated our annual semi-formal at the Holiday Inn in the Logwood Galleria. It was a great time had by all and we danced the night away! The sisters of the Alpha Chapter also sold Lance Armstrong LIVESTRONG bracelets and pink breast cancer bracelets. It was a great opportunity because the bracelets were in such high demand. Our RUSH season went from November until January, and we had three very successful events. From this RUSH season, we recruited 14 very promising orientees. As part of their orientation duties, they must participate in a professional, fundraising, and social event. For their professional event, they sold daffodils for the American Cancer Society's Daffodil Days. The social event consisted of all the sisters and orientees getting together for a dinner and night of games. For Valentine's Day they sold carnations to the students and faculty, which covered their fundraiser. We have great things to look forward to in the upcoming months such as the career expo. The career expo is an annual event we hold where recruiters from different pharmacy and related field come to promote their companies and products. This event is open to the entire school and is a great way to learn about new compa-

nies and is a great opportunity for networking. We are also greatly looking forward to Hygeia Day, with our annual CE program which we hold for LKS alumni as well as anyone else who might need CE credits. Let's not forget about Project HOPE, which we collect money for at the beginning of every meeting. We are also looking forward to our upcoming social events such as our final banquet, end of the year party, and our biannual Regional Meeting in August. We hope to see you all there!

BETA CHAPTER

Albany College of Pharmacy



Greetings sisters! The sisters of Beta chapter have had a very busy semester. The semester started off with Member Orientation which resulted in gaining 11 new enthusiastic members. Congratulations girls! On March 5th, we were involved in the American Heart Walk in Utica, NY, raising over \$500 for the American Heart Association. We also sold daffodils to raise money for the American Cancer Society. This was followed up by going to the Regional Food Bank in Albany to help organize food and hygiene products to be packaged and sent out to families who are less fortunate. As always, we also visited the Ronald McDonald House in Albany to cook food for the current residents of the house. To raise money we completed our annual Yankee Candle sale and our annual Quarter Dip Dinner. A percentage of these proceeds were sent to Project Hope. After all this hard work and dedication the sisters of Beta chapter were ready to have some fun. Sad to say but we are losing 14 great members this year due to rotations. To say good bye properly, we threw our annual Senior Sister Party. The senior sisters had a great time! We also said hello to our new sisters with our New Sister Cocktail which was a great success. As a final big bang, we ended the semester off with our biannual Wing Night. We had a big turn out and, needless to say, everyone enjoyed themselves. As the semester is winding down and finals are quickly approaching, we are looking forward to the summer. Hopefully many of

us will be able to attend the Regional Meeting in Kentucky this July where we can gain some great ideas for next semester. We hope to see you all there and hope everyone has a great summer.

ETA CHAPTER

Philadelphia College of Pharmacy and Science

The past months have been a true learning and growing experience for Eta chapter. We took the semester off from new member orientation to focus on becoming better acquainted with prospective members for the spring semester. Also, as a sisterhood, we focused on strengthening alumni relations. Our alumni committee kicked-off fall semester with an alumni gathering on the "The Spirit of Philadelphia" boat tour where Eta sisters and chapter alumni ate a great meal with live entertainment. With help from our faculty advisor, Alicia Reese, and a past grand president, Ruth Brown, we reached out to more alumni and are strengthening communications with them. As a result of this hard work and guidance, we are in the process of organizing a great spring interest event sponsored by an Eta alumni's company. Fall was full of great events to meet prospective new members. We held a "back to school bar-b-que" and threw a groovy 60's-themed rush where we listened to music of the times and discussed with some interested girls what Lambda Kappa Sigma is about. Many socials were held with fellow University of the Sciences fraternities, and the sisters treated prospective new members to a spaghetti dinner which ended with a great dessert with alumni who also attended. Community and campus involvement was also worked into our busy schedules. We continue to support the Ronald McDonald House by donating not only soda tabs but also our cleaning services at the local Philadelphia house. We also helped with an after school program for children at a local community center. This semester we are organizing to help read to the children at the Children's hospital and participating in the Breast Cancer Walk. On campus we love playing intramural sports. We dominated water polo and mini-golf, finished second place in indoor soccer, after the championship game came down to a nail-biting shoot out, and are currently playing volleyball, darts, swimming, archery and table tennis.

XI CHAPTER

University of Rhode Island

Following an exciting and successful biennial convention, the sisters of Xi Chapter were ready to tackle a new school year. To strengthen the sisterhood of Xi Chapter, a new committee called the Pride Committee was established. This committee was created to restore the pride and enthusiasm in this growing organization, to educate and review the members of our history, to update and coordinate rituals, and to coordinate sister retreats, banquets, and gifts. Another new goal for Xi Chapter was to strengthen intercollegiate relationships. Through communication with both the Alpha and Alpha Rho Chapters in Boston, the Xi sisters were able to spend two days in Boston with our fellow sisters! Our orientation program increased our membership to eight-four enthusiastic, active members. Orientation events included recruitment at the College of Pharmacy Welcome Picnic, ice cream at the beach, a strawberry shortcake social with our advisor Dr. Kelly Matson, a sleepover, a camping event, a flag football match between sisters and prospective new members, and a spaghetti dinner to finish it all. Our committees worked hard last semester to coordinate a multitude of events. For community service, our chapter participated in the annual breast cancer walk at Roger Williams Park Zoo, collected non-perishable food items for Thanksgiving, and made holiday greeting cards for the residents of a local nursing home. We fundraised by selling Yankee Candles as well as having a hot cocoa and coffee bake sale in our college. Our new pride committee unveiled the brand new Xi Chapter website as well as coordinated the Founder's Day ritual, our first annual sister retreat, and organized a sister raffle for attendance at meetings. Our social committee organized a sister night at one of our men's basketball games as well as our annual winter formal with Kappa Psi. Finally, our professional events included the distribution of pins and information during the months of breast cancer and AIDS awareness. We also collected Yoplait lids and created a pamphlet on PMS/PMDD to coincide with our biennium's women's health topic. Spring semester appears to be promising yet busy. We plan to participate in two walks – the Relay for Life Walk at the URI campus and the Newport Cliff Walk where we collect trash along this historic and scenic route. We also plan on participating in the Daffodil Days campaign. For professional events, we plan to sell red dress

pins for cardiovascular awareness and awareness for heart disease in women. We are also organizing our annual career panel and resume workshop. To end the year, we plan on having a sister banquet. As always, Xi chapter will continue to incorporate our Happy Thoughts Bag and URock at our meetings.

OMICRON CHAPTER

Wayne State University



Hello Lambs! We hope that everyone is looking forward to summer as much as your Omicron sisters! The winter semester was time consuming for all of us, but we managed to accomplish some things. We volunteered at Wayne State University's annual President's Ball, where we got a chance to show off our building as well as our program. We also finalized plans for our Hygeia Day presentation, in which Dr. Eve Cribbs will speak to us about depression, and we will enjoy a delicious lunch of pizza and ice cream (in case anyone is still feeling depressed after our talk). Some of our sisters even got the chance to meet some of the Grand Council—and some of you—at the LKS Booth at the APhA Convention in Orlando! However, most of our time was devoted to our 75th Anniversary Celebration, which went beautifully! We had lots of our long-lost alumni gather at the college, enjoy some wonderful food, and meet our collegiate chapter. Our fantastic regional supervisor, Carrie Molesa, also presented us with a new charter (our original had been lost years ago in one of the many building transfers). Thank you, International Office! Now that the semester is winding down, we are anxiously waiting to greet summer! Since everyone will have more time on their hands, we have big plans. We are holding elections, going out for our Graduation/End of the Year Dinner, holding a fundraiser at BD's Mongolian Barbeque, and training to run a 5K for the Karmanos Breast Cancer Walk at Comerica Park. We also hope to participate in the Motor City Makeover, hold a

retreat/girls' night out, and go to a wake-boarding clinic together. And of course, some of us will be heading down to Kentucky to meet some more of you! Can't wait to see you!

TAU CHAPTER

Duquesne University

Greetings from Tau Chapter in Pittsburgh! We added 13 new members this semester, which gave us well over 100 active sisters. Having so many sisters allowed us to participate in several service, professional, fundraising, and social events. Once again this semester, we volunteered at Mercy Hospital's pediatric playroom. Spending time with the children is always a rewarding service project for all of our sisters. We also served dinner several times at a local women's shelter. In addition, several sisters prepared and distributed vials of life to the elderly. Our professional committees worked hard this semester allowing each sister to get involved in the community. Our "What is a Pharmacist" Committee visited several high schools and presented a short program about the profession of pharmacy. Our Outreach Committee prepared a program called "Exercise for the Elderly" and presented it at local nursing homes. Finally, our Women's Health Committee created a tri-board concerning seasonal affective disorder (SAD) and displayed it in the Union. Fundraising was a great success this semester. We sold Sarris chocolate covered pretzels for Valentine's Day and Sarris Easter candy for Easter. Sarris is a local chocolate factory that has the best chocolate in the Burgh! We also sold shorts and coffee mugs to the pharmacy class. Duquesne's Annual Carnival was held in February, and we sold our famous funnel cakes which is always a great fundraiser for our chapter! The Senior Banquet and Formal was a great success this semester! The night included dinner, awards, dancing, and unfortunately saying goodbye to 15 fabulous sisters. The event was held at the Marriott Hotel with approximately 200 sisters and dates attending. Other social events included ice-skating at PPG Place downtown and bowling with the sisters from the University of Pittsburgh's Delta Chapter. All the girls here at Tau would like to wish everyone a great and successful semester!

PHI CHAPTER

Butler University

Phi Chapter had lots of fun this year. At the beginning of the year, we held several interest sessions to get new recruits including a luau pizza party and a sundae social. After initiating 20 new members, we decided that we needed to get to know each other better so we planned a couple of social events. We went to the Marble Slab Creamery, where we had the best ice cream in Indiana. We also went to Hollywood Bar and FilmWorks for dinner and a movie, all-in-one. At the beginning of the spring semester, we had a bake sale to raise money for our organization. We collected T-shirts, shoes, other clothing, and school supplies to send to Haiti. We also had a pitch-in dinner with local alumni where we made Easter baskets for the children at Riley Hospital in Indianapolis. These baskets included stuffed bunnies, windmills, yo-yos, and various little puzzles and handheld games. The children at the hospital really liked the Easter baskets. Various social activities during the semester helped to build the bonds of sisterhood. We went Duckpin Bowling in downtown Indianapolis at Fountain Square and decorated pottery together, including pottery with LKS colors for the 6th year students that are graduating. We also all worked together to design a T-shirt for LKS this year. They are light blue with pink letters and say, "LKS... the perfect combination of beauty and brains". We had a Graduation Party for the sixth year students at the end of the year where we invited alumni, current members, our LKS advisors, and the Dean. At this party we presented the graduates with the pottery we made, along with flowers, and cards. We showed our appreciation for our LKS advisors by giving them one of our new T-shirts. We ended the year with our annual "Dinner with the Dean." Every year Dean Patricia Chase, an LKS alum, likes to meet with all the student organizations to listen to their comments, complaints, and opinions on anything relating to the College of Pharmacy and Health Sciences. All in all this year was lots of fun and we can't wait until next semester!

ALPHA ALPHA CHAPTER

Temple University

Greetings from the Alpha Alpha chapter at Temple University! We have had a very busy and productive year! At the National Meeting in Baltimore, we had two members in attendance, our president Karla Plaskett and our representative Avra

Thomas. In September, at our school's annual welcome back picnic, we had a poster presentation, welcomed the incoming first year students, and kicked off our rush activities. This year's activities included a fun movie night, Mexican fiesta social, and a pizza luncheon. In October, in our humanitarian spirit, we had our annual Breast Cancer Awareness bake sale, and we also had a successful toiletry drive for the Thea Women's Center. We are pleased to announce the induction of three lambs, Melanie Benjamin, Amy Brokenshire, and Elizabeth Marino, into the Rho Chi pharmacy honors fraternity. Also, Laura Gilbert was inducted into Phi Lambda Sigma pharmacy leadership fraternity this fall. Our chapter also participated in the annual Winter Formal sponsored by Brook's Pharmacy. This year we started a new tradition of having a Christmas Potluck and Pollyanna gift exchange that was a much needed break following stressful fall finals! In conjunction with the Eta chapter at the University of the Sciences of Philadelphia, we attended a recruiting dinner with Christine Perry, sponsored by Eckerd. As another semester nears the end, we are still looking forward to a few activities. Our elections are fast approaching, and we will be installing the new officers at our yearly banquet in late April.

ALPHA BETA CHAPTER

University of Connecticut



The Alpha Beta Chapter had a busy and very prosperous spring semester. We have recently welcomed our new sisters and are extremely happy with their motivation and ideas thus far. We have developed more concrete committees, including Fundraising, Professional, Community Service, Social, and Alumni. Our Fundraising committee has gone out with a bang this year, raising money for the Kentucky trip. We sold T-shirts in the pharmacy building and also at the Senior

Symposium at Foxwoods Resort & Casino. The social committee gave us a Mardi Gras party at one of the local bars this semester. It brought us all together for a relaxing time and relieved some of the stress associated with school. It's always great to hang out with the girls out of the school setting. We also had our second gathering with the Kappa Psi boys. The Professional Committee is working hard, putting together an Interviewing Techniques Lecture with Christine Perry to better inform the students about what they should expect when interviewing. The Alumni committee put together a dinner night for us, some of the alumni and P4's. It was great to see how many people were interested in coming back to visit. The Community Service committee has had many events this semester. In place of one of our meetings, we all attended an Aids March to show our support. We also teamed up with the Sex Education Department and handed out Condom Grams and also Candy Grams again, which are always a success. We wish the best to all the other chapters and have a safe and happy summer! We look forward to seeing you all in Kentucky!

ALPHA ZETA CHAPTER

St Louis College of Pharmacy

The Alpha Zeta Chapter has contributed a lot this past semester and year. We have been involved in the campus life, helping out with many of the organizational events on campus. We had a professional speaker, Dr. Greenberg from SLU, come and talk to the students on campus about Depression and managing it. We are selling T-shirts to try and reach out to new students and to meet people. It is a great fundraiser and an awesome way to get our organization's name out there. We are raising money for the March of Dimes walk, Saturday, April 30th in Forest Park, and we personally donated \$300 to Jill Jokerst, a staff member on our campus, who will be in the Breast Cancer Walk in Chicago this summer. We held an Angel Tree Drive for the Family Center where we had people donate toys and clothing to over 50 families for Christmas. We had some rush events where we got to know a lot about the unaffiliated girls on our campus. We are now heading into finals and this summer we are going to go to a summer leadership program at the YMCA in the Lake of the Ozarks.

ALPHA KAPPA CHAPTER

University of Georgia

Greetings from Alpha Kappa of the University of Georgia! The Alpha Kappa sisters have been keeping very busy since the school year began. Both in work and in play, our sisters are doing plenty to promote women in pharmacy! Our goal this semester is that every sister engages in at least one service activity. We have arranged plenty of opportunities to accomplish this goal including platelet donation at the American Red Cross, fundraising for Project Hope and the Big John Foundation, cooking dinner for the Athens Homeless Shelter and teaming up with Children's Wish Foundation to adopt two families and give them a wonderful Christmas. We also have become involved in the community by empowering women to take control of their health by providing breast cancer education at the "DAWGtober Fest: A Prescription for Good Health" health fair and at our Founder's day professional presentation. As a break from the hectic pharmacy student schedule, the Alpha Kappa sisters engaged in numerous social events. The athletic sisters did a great job playing intramural flag football and softball. Several sisters strayed to North Carolina to ski at Wolf Laurel, while others are training to run the Country Music Marathon in Nashville, TN. We co-sponsored welcome back and Halloween parties with Kappi Psi and hosted a "Non-RX Social" with the law and vet schools. Several sisters went to a Braves game to "Root, root, root for the home team", and many sisters put on the ritz for our semi-formal at The Classic Center. Finally, we kicked off the spring semester with a Sisterhood retreat in the Georgia mountains, where the bonds of sisterhood continued to grow! The fundraising that supports our chapter includes selling baked goods, UGA logo pins, name badges, coupon books and Valentine's Day Candy. With all the fun our chapter is having this year, we were able to bring in 17 new Alpha Kappa sisters. Our recruitment events were a scavenger hunt, a cookout, an ice cream social, a relaxing spa night and a skating party.

ALPHA LAMBDA



University of British Columbia

Greetings from the Alpha Lambda in Vancouver, British Columbia Canada! We are proud to announce our activities for this semester. One of our busiest years since founding of the UBC Alpha-Lambda Chapter in 1956, we were able to contribute over \$9200 to deserving charities/ organizations in need this year - the largest amount ever in the chapter's history! We had excellent participation in the multitude of events held throughout this semester and were able to help many worthy causes throughout the year. We began the semester by offering a First Aid course, which drew great interest from students in the pharmacy faculty. Throughout February, we continued our fundraising efforts by participating in Gold Heart pin sales in support of the Variety Club of British Columbia's Children's Charity. We also continued to hold other events such as lunchtime lectures highlighting Rx&D and 4th year Electives. We helped with Canadian Cancer Society Daffodil Days, which also proved to be a very successful fundraiser. Finally, our signature event, Manufacturers' Night 2005, was once again a huge success! This year, we had 19 companies in attendance that showcased their products to both students and faculty, who found it to be an educational and informative evening. This event would not have been possible without the cooperative participation and dedication of all the hard working members of the Alpha Lambda Chapter! We are looking forward to returning in the fall to continue holding successful LKS events!

ALPHA NU CHAPTER

University of Kentucky

Greetings from the Alpha Nu Chapter! We are very excited about hosting the regional meeting, and we hope that many of you will join us in Lexington. This semester has been very busy for our chapter. We started off in February delivering Valentines to the Veterans at the VA

hospital. In March, we celebrated Hygeia Day by participating in a self-defense class. We also were able to re-establish our Alumni chapter this semester, and the new officers were initiated at our Annual Parent-Member Brunch. Also, at the Brunch, we said goodbye to our long time chapter advisor, Dr. Ann Amerson, and welcomed our new advisor, Dr. Christy Taylor. Overall, we had a very successful year!

ALPHA OMICRON CHAPTER

West Virginia University

Greetings, everyone, from the Alpha Omicron Chapter! We have had a very fun and busy spring semester filled with many activities. Our community service co-chairs were very busy this spring planning events. In January, we collected donations for two premature babies in our community. Donations were also collected for the Bartlett House, a local homeless shelter in Morgantown, WV. In February and March, members volunteered for CARDIAC Kids, a screening program for high blood pressure and high cholesterol in kindergarten and fifth grade students. At CARDIAC Kids, LKS members measured height and weight, calculated BMI, and performed blood pressure screens. In April, members participated in a bowl-a-thon to benefit Habitat for Humanity of Morgantown. Later this year, in June, members will participate in the American Cancer Society's Relay for Life. Early fundraising estimates show we have collected over \$1200, a record for our Relay for Life team. Our treasurer was also busy with fundraising projects this semester. Our first fundraiser, earlier this spring, was our annual Yankee Candle Sale. In March, members sold tickets for our Spring Break basket filled with beach supplies. To raise money for the Relay for Life, members held a bake sale and sold bracelets for the American Cancer Society. Our final fundraising event of the year was the annual LKS t-shirt sale for LKS members. On April 21, we celebrated Hygeia Day with members and guests at the Quality Inn in Morgantown. Our guest speaker was WVU School of Pharmacy faculty, Dr. Gene Makela, who spoke to members and guests about depression. Our final event this year was a picnic at the home of our co-advisor, Dr. Scott. Unexpected, cold weather forced the picnic inside, but members had a great time eating, visiting, and playing games. This year was very successful thanks to the members of LKS and our chapter co-advisors, Dr. Scott and Dr. Casdorff.

COLLEGIATE CHAPTER NEWS Continued



ALPHA XI CHAPTER University of the Pacific



Greetings to all from Alpha Xi! Last month, the members of Alpha Xi devoted much time and energy to our new member orientation process and the initiation of our 12 new lambs. We could not be more pleased and proud of their accomplishments and dedication to LKS. We hope that, as new members, they continue this spirit and keep the strong bond that has made LKS what it is today. Congratulations to our new additions and special thanks to Esther Wee and Jill Chang for guiding them through the process! Santa Cruz was the location of choice for this year's spring retreat. Even though the weather was not on our side, the members all enjoyed the mini vacation away from Stockton. The social chairs, Neha Patel and Grace Pintor, planned a pleasant trip with activities, such as a scavenger hunt, lunch on the boardwalk, shopping and dinner at Santana Row. In addition to all our social events this semester, LKS was also involved with many professional events. The semester started off with a Valentine's Day celebration with cards and cookies for the local Hospice of San Joaquin. LKS also contributed to the American Cancer Society's Daffodil Assembly. We also celebrated Hygeia Day with a lecture from our new faculty advisor, Dr. Rahimian, on the role of hormone replacement therapy. Our presentation this year was on Women and Coronary Artery Disease. Our next professional event will be our Folic Acid Campaign which will be held at the Stockton Kaiser Permanente in April. Our annual Spring Formal was held on April 1st at the Embassy Suite Hotel in Sacramento. The members and their dates were all well suited and dressed for the special occasion. Many thanks to our formal chairs, Nini Pham and Yen Pham, for planning a memorable evening of wining, dining and dancing. Spring semester will be another busy one for LKS. Our upcoming events include, Senior T-Shirt Contest and Sale, graduation leis sale, and our annual Spaghetti Feed.

ALPHA PHI CHAPTER Wilkes University



The Lambda Kappa Sigma Alpha Phi Chapter held their annual spring banquet on April 23rd at the Ramada in Wilkes-Barre. The banquet serves not only as a celebration of the chapter's accomplishments each year but also honors those members who have stood out over the past year. President Sandy Mullen was awarded the Ruth Davies Flaherty award, and Bethany Goltz was honored as the Chapter's Lamb of the Year. Three Ethel J. Heath Keys were awarded to members Drew Moyer, Jenelle Newell, and Kim Whipple. The banquet also saw a changing of the guard in the chapter, as new officers were sworn in to duty, replacing those students leaving campus for their final year rotations. The outgoing officers wish the new officers the best of luck and are confident they will continue our chapter's growth and success. The banquet also provided an opportunity to wish good luck to the P4 members who have completed their education and are finishing their Wilkes Pharmacy School education. This year's graduating members are Maria Currier, Rae Ann Fenner, Tricia Higgins, Jackie Kent, Jason Kishbaugh, Jason Kotsko, Jill Lisowski, Susan Matvay, Dani McDonald, Bob Mesaros, Drew Moyer, Jenelle Newell, Orion Pembleton, Crystal Reib, Brian Sheakowski, Tanya Stash, Ryan Tomachik, and Kim Whipple. The banquet was a great time and a huge success, over seventy people in attendance. In addition to the banquet, the chapter participated in many other activities since the end of last semester. Professional projects included raising money for the American Cancer Society by selling pink breast cancer awareness bracelets and a poison prevention program at the local CYC. The chapter also raised money for Big Brothers/Big Sisters of Luzerne County through their Bowl-for-Kids program. The chapter participated in many other activities as well, including a trip to an ice sculpture exhibit, a mini golf night, and renting the right

field deck for a Red Baron's game, the local triple A baseball team. Alpha Phi chapter also participated in the school's Pharmacy Week by sponsoring a trip to see the minor league hockey team play a game, the Wilkes-Barre/Scranton Penguins. The chapter was able to participate in these activities through the excellent fund raising programs, which included a Burger Burn at SAM's Club, a pizza kit sale, and an UNO's fundraiser. Before completing the year, the chapter plans on having a cookout at Francis Slocum state park and hopes to continue to come up with exciting new ideas for the upcoming school year.



DEADLINES & UPCOMING EVENTS

Mark your calendar for the 2006 LKS Biennial Convention

To be held at the Las Vegas Palace Station Hotel & Casino August 1-6, 2006

Hope to see you there!

BLUE & GOLD TRIANGLE

APRIL 1
Alumni Dues due to the IO

APRIL 30
Deadline for nominations for LKS Awards: Award of Merit, Distinguish Service Citation, 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 28-31
LKS Regional Meeting, Lexington, KY

SEPTEMBER 15
Deadline to send in updated officer roster to the IO

OCTOBER 14
Founder's Day

OCTOBER 15
Deadline for Blue and Gold Triangle articles and chapter news

NOVEMBER 1
Deadline for Educational Grant Applications, collegiate dues and convention delegate fee

THE LKS INTERNATIONAL OFFICE HAS RELOCATED EFFECTIVE IMMEDIATELY, THE NEW ADDRESS IS:

**LAMBDA KAPPA SIGMA
W179 S6769 MUSKEGO DRIVE
MUSKEGO WI 53150**



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