



BLUE & GOLD TRIANGLE



Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"

2005 Regional Meeting, Lexington



LKS sisters from Alpha Pi chapter enjoy a break during the 2005 Regional Meeting in Lexington.



LKS sisters from across North America meet, share ideas, have fun and become friends during the Regional Meeting.



2004-2006 LKS Grand Council



Dr. Robin Bogner and Lauren Aleksunes

The Blue and Gold Triangle Of Lambda Kappa Sigma

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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.



LKS Grand President, Dixie Leikach

Dear Sisters,

WOW! What a Regional Meeting we had in Lexington, Kentucky! I had a wonderful time catching up with everyone – the sisterhood in the room was fabulous! My favorite part had to be visiting with Gloria Doughty in “her” Lexington Pharmacy Museum. (My second favorite is Stefanie’s shoe escapade!) Now we need to get ready for *Viva Las Vegas!* How can you not get excited about that?!? Of course, there is work to be done before this meeting – it is our Convention, you know, and yes, we will have WORK to do there (not ALL play...there will be plenty of time for that too!). Credentials have been turned in for Grand Council Officers already and I want to thank the Nominating Committee in advance for the work they will do on that over the next few months. Credentials for Regional Supervisors will be accepted prior to and during Convention – those graduating should start thinking about this NOW! Next – we need input from ALL the membership on any by-laws changes. These are due to the Rules and By-laws Committee by December 15th. SO – take some time now in your chapters or individually to read the Fraternity By-laws and see what you would like to see changed and send in your proposals to Joan at the International Office.

Grand Council is getting ready for our events coming up. First off is the ASHP Mid-Year meeting where we will have our reception on Monday night, so be sure to look for us there! I am looking forward to seeing many of you. Then we will be attending the APhA meeting in San Diego in March. Grand Council will hold its meeting for the two days prior to the start of APhA. Then most of us are staying for the reception and to “work the

booth”. Please stop by and visit us! I look forward to the APhA meetings especially now that I get to convene with my Grand Council sisters and we work to envision the future of the Fraternity as well as meet members I wouldn’t normally get to see before our Fraternity meeting.

Now let’s think for a minute....this is the second half of the Biennium already! What were your goals for your chapter, for you personally for this Biennium? How much have you accomplished and how much do you have to go? Determine what you can get done right now to put you closer by the time we meet in Las Vegas. What do you think you want to accomplish for the Fraternity over the NEXT biennium? A lot of the work of the biennium occurs AT Convention so it is time to start thinking about what you need to do TODAY to get ready for TOMORROW. Hard to believe but August 2006 will be here before we know it!

We all have a chance to make a difference – that has been shown over and over during the last few months with everything going on in our country and the world. We each have the ability to do something that will matter to someone. As members of Lambda Kappa Sigma, we can make a difference in our Fraternity, our chapter, our community, our world. Whether you participate in a chapter event, plan a major fundraiser, organize a national meeting – YOU make a difference to us and we appreciate each one of you. What one thing can you do next biennium to help the Fraternity that you haven’t been able to do in the past – attend Convention, volunteer for a committee, join an alumni chapter, get involved in Grand Council? All levels of involvement are needed – we just need your commitment! Feel free to share these with me.

Looking forward to seeing you again soon...

Fraternally-
Dixie Leikach

Grand President

WANT A CHANCE TO CATCH UP WITH LKS MEMBERS?

Join us for a reception at the
ASHP Mid Year Meeting
in Las Vegas
December 5, 2005
Caesar’s Palace
5:30 - 7:00 P.M.

LKS LEADERS IN PHARMACY

Magaly Rodriguez de Bittner



Pharmacy Leader
Magaly Rodriguez de Bittner

Magaly Rodriguez de Bittner is a leader in pharmacy and one of our true modern day super women. Magaly received her BS in Pharmacy from the University of Puerto Rico and her Pharm.D. from the University of Maryland. She completed a clinical residency at the Baltimore VA Medical Center. After her residency she became an Assistant Professor of Clinical Pharmacy at the University of Maryland for four years. She then became a Senior Pharmacy Fellow for the Center for the Study of Drug and Public Policy while maintaining her teaching responsibilities at the College of Pharmacy. In 1996, she became the Community Residency Director and in 2000 she was promoted to an Associate Professor of Pharmacy Practice and Science at the College of Pharmacy.

Magaly was recently named Associate Dean for Academic Affairs, is an Associate Professor at the School of Pharmacy, University of Maryland and a clinical practitioner in Community and Ambulatory care. In addition to her teaching responsibilities, she is the Coordinator of the Giant Diabetes Care Outpatient Education Program which gained ADA Recognition in August 2000, being the first chain program to gain this recognition in the nation and to obtain the Medicare Provider number to bill for these services. In addition to the diabetes

program she has also developed and implemented a variety of pharmaceutical services in asthma, medication management, cardiovascular issues, and OTC/Herbal issues. Magaly's responsibilities also include an ambulatory care clinic at the Medication Management Clinic at the Baltimore Veterans Administration Center. She is the Director of the ASHP Accredited Community Pharmacy Residency Program at the University of Maryland.

Magaly's research and teaching areas focus on community pharmacy practice and ambulatory care including pharmaceutical care program development and implementation, patient education, cultural issues in patient care, and health outcomes. She has made presentations and authored/co-authored publications nationally and internationally.

She is very active within the APhA Foundation and has participated in several Advanced Practice Institutes as a participant and speaker. Currently she is working with the Foundation to develop a tool for pharmacists to assist them in gaining ADA Recognition at their practices. She is the recipient of the APhA Foundation Innovative Practitioner Grant for 2001-2002. She has also been very active within APhA as a regular contributor to the JAPhA, Editor for the JAPhA series "Tools for the Advancement of Community Pharmacy", the Dynamics of Pharmaceutical Care series, manuscript/abstract reviewer and speaker at the annual meetings.

Dr. Rodriguez de Bittner has maintained a very active role in the legislative arena. As a member of the Drug Therapy Legislation Work Group, she was instrumental in drafting the Drug Therapy Management Law approved by the Maryland Assembly this spring. Currently she is a Trustee of the Maryland Pharmacist Association and Chair of the MPhA Task Force on Collaborative Practice aimed at leading the pharmacists in the implementation of their collaborative agreements through educational and research endeavors. She is the ACCP representative to the X12 Advisory Panel for Billing Standards under HIPAA.

In 1998, she received the Academy of Pharmacy Practice and Management Presentation Merit Award, in 1999 she received the Innovative Pharmacy Practice Award by the Maryland Pharmacist Association for her work in community pharmacy. Baltimore's Magazine recognized Dr. Rodriguez de Bittner's practice by naming her the 1999 Best of Baltimore Pharmacist of the Year (this is the first time a pharmacist was recognized by the magazine). In 2001, she received the APhA Merit Award by the Academy of Pharmacy Practice and Management for her outstanding achievements in her community practice. In addition, she has been recognized for her community advocacy efforts by receiving the University of Maryland Service Award on two occasions. She holds membership in Rho Chi and Phi Lambda Sigma. She is a Board Certified Pharmacotherapy Specialist (BCPS), Certified Diabetes Educator (CDE) and NISPC Diabetes Certified. She is an active member of several professional organizations, including APhA, ACCP, AACP, ASHP, ADA and AADE. She is a member of Epsilon Chapter of LKS and because of her outstanding accomplishments was recognized with the 2005 Lambda Kappa Sigma/Merck Vanguard Leadership Award. Congratulations, Magaly, a role model and true leader in pharmacy.

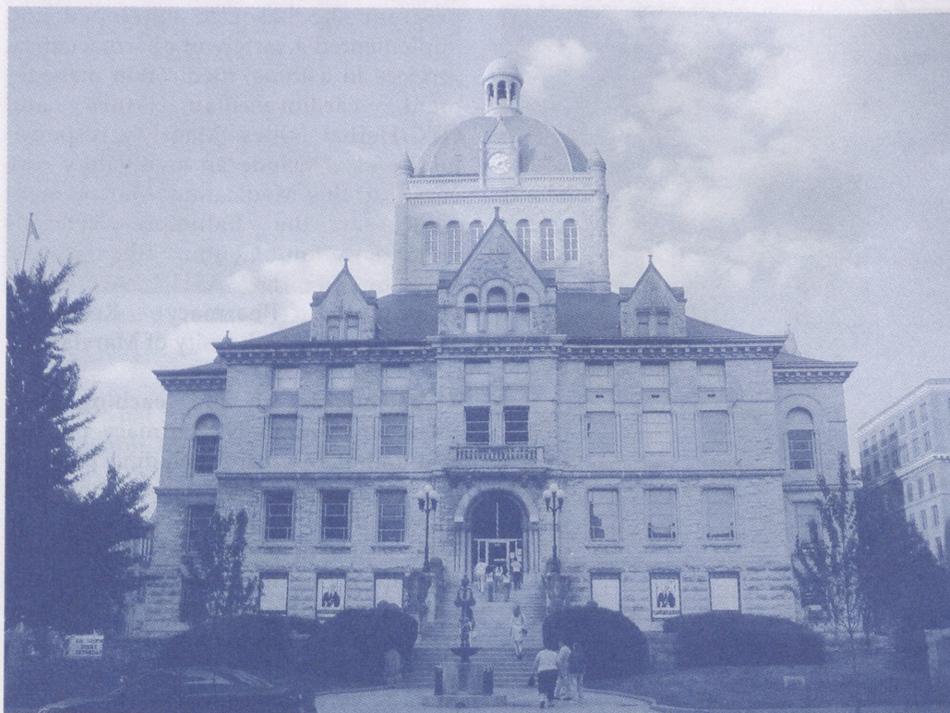


“LEADING FOR THE FUTURE” in Lexington at the 2005 Regional Meeting

By Lisa Savage, Alpha Nu Alumni

Lambs from across the country “flocked” to the heart of the Bluegrass, Lexington, Kentucky for the 2005 Regional Meeting, entitled “Leading for the Future.” The Alpha Nu Collegiate and Alumni Chapter’s were especially proud to serve as your meeting hosts, as reactivation of Alpha Nu Alumni occurred several months prior.

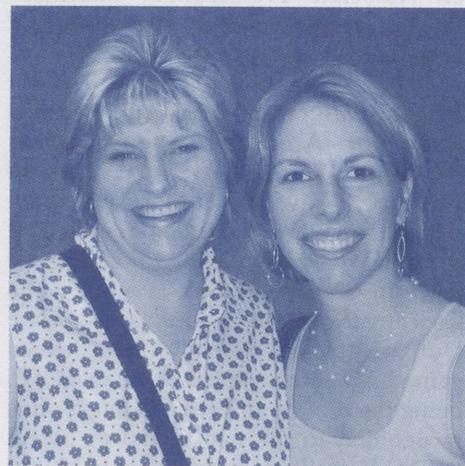
After registration and a wonderful kickoff luncheon, the day’s events opened with a welcome from the Dean of the University of Kentucky College of Pharmacy, Kenneth Roberts and the President of the Alpha Nu collegiate chapter, Amanda Hamilton. After lunch, our Grand Treasurer Sharon Brown followed the leadership theme with her CE, “Strategic Planning as a Leadership Tool,” an excellent discussion in defining the strategic planning process. The alumni and collegiates then split off into their respective workshops, membership education and orientation and the alumni conference and committee meetings, respectively. Alumni members had the opportunity to get together and introduce themselves, and begin to discuss fraternity issues within their respective committees. After a brief and always enjoyable raffle break, the alumni and collegiates reconvened for chapter and fraternity reports. Grand President Dixie Leikach presented the fraternity report, while Grand Treasurer, Sharon Brown updated us on the financial status of the fraternity. We currently have 104 Centennial Club members who have contributed \$6740 to our Centennial Celebration in 2012. Jennifer Rhodes, Grand Vice President for Development, informed us of the newly reactivated chapters and of those looking to reactivate, while Grand Vice President for Alumni, Jenny Brandt discussed the



Alumni News and our contribution to Project Hope and their efforts in tsunami relief. The activities and goals of the Women’s Health Issues Committee, as well as duties of the Grand Secretary, were discussed by Stefanie Ferreri.

Friday evening brought a uniquely Lexington experience from a well-known and well-loved sister, Gloria Doughty. Gloria is widely recognized for her dedication to pharmacy history, especially regarding the role of women in pharmacy. She established the Kentucky Pharmacy Renaissance Museum and Fountain, Inc. in the old Lexington courthouse via fundraising and item donations, to help make us more aware of the history of our honored profession. Many ladies stopped by to enjoy a boxed lunch, tours of the museum and, of course, say hi to Gloria! The museum is a huge success and everyone is welcome back when the next additions to the museum are added. Later that evening, the Alpha Nu Alumni chapter invited the ladies to join them for an evening on the town. Some enjoyed dinner at DeSha’s, others tasted bourbon, a Kentucky favorite, at Cheapside Bar and Grill, while several others took in a view of downtown Lexington in a carriage ride. Saturday morning was the Educational

Trust breakfast. The breakfast was hosted by the members of the Trust Liaison Committee. TLC Chairman, Marilyn Harris gave the membership the report of the Educational Trust. Past and present recipients of Educational Grants were recognized and our annual Trust auction raised funds for the Trust. After the breakfast, we reconvened for a CE presentation by Grand Vice President for Collegiates, Kara Lee Shirley on bipolar disorder. Following the break, our Career Opportunity Panel of alumni was assembled to answer questions regarding the many career paths in which a pharmacist



“LEADING FOR THE FUTURE” continued

can take. Included in the panel were Jenny Brandt, Critical Care Pharmacist at Washington DC Hospital; Stefanie Ferreri, Community Pharmacy Director and Associate Professor at UNC; Lauren Aleksunas, PH.D. student at the University of Connecticut; Kelly Park, Associate Clinical Director for Scinexa; and Nicole Allie Clinical Pharmacist at Harvard Vanguard Medical Associates. Many questions were fielded by our experienced professionals and all the women present received excellent information on the different areas of pharmacy practice.

The Awards Luncheon honored three of our loyal and outstanding women, Lauren Aleksunes as Distinguished Young Pharmacist of the Year, Dr. Robin Bogner, also known as our auctioneer, as Advisor of the Year and Magaly Rodriguez de Bittner with the Merck/LKS Vanguard Leadership Award. Each was a worthy recipient of their award and shared their wisdom and experience with the membership.

Saturday afternoon brought the collegiate poster session, in which chapters shared posters, pictures and information on activities, fundraisers and sisterhood. Each chapter collected questions and presented their answers while presenting their posters. The Alumni members gathered to brainstorm ideas for our Centennial Celebration in Boston in 2012. Some exciting ideas were generated in that room – stay tuned for more details! After further discussion of goal setting with the membership as a whole, collegiate chapters met with their regional supervisors prior to heading out on the town. Saturday evening’s



night out was sponsored by the Alpha Nu Collegiate Chapter and included an evening of pizza, bowling and sisterhood. The Alpha Chapter with 18 members attending, took over the far end of the bowling alley as ladies snacked on pizza, bowled, danced and enjoyed the company of fellow sisters.

We enjoyed a buffet breakfast on Sunday morning, followed by a CE session on Immunizations presented by Grand Secretary, Stefanie Ferreri. There was a great deal of discussion, as some ladies in the room were certified to immunize while others live in states that have not yet recognized pharmacists as immuniz-

ers. The final event of the meeting: the raffle. Always fun, fast and furious, this year was no exception, as ladies bid and outbid for fun prizes and beautiful keepsakes. This year, \$3,535 was collected from both the raffle and donations to the Educational Trust. As always, your support is appreciated in allowing Lambda Kappa Sigma to remain a strong and positive influence on the lives of women in the profession of pharmacy. A huge thank you goes to our hosts, the Alpha Nu Collegiate and Alumni Chapters, for the adorable lamb favors, the enjoyable events of the meeting and their hospitality. We’ll see you at the 2006 Biennial Meeting in Las Vegas!



LAMBDA KAPPA SIGMA ALUMNI PROFILE

Dr. Robin Bogner, B.S., PH.D., R.PH.



Dr. Robin Bogner,
Alpha Beta
Alumni

Robin Bogner, like many of you, lives a full life that requires careful balance. She joined Pi Chapter of LKS at Rutgers University in 1978, balancing Fraternity involvement with her academic studies. She served Pi chapter as Vice President of the chapter in her P-2 year and graduated with honors in 1981. Robin went off to graduate school at the University of Iowa to pursue her interest in pharmaceutical manufacturing processes. With no LKS chapter at that school, she focused completely on her education with great enthusiasm. On January 3, 1983, Robin received a phone call that her mother, father and only brother died in an airplane accident. She returned home to New Jersey to take care of family businesses and generally get her head back together. One year later, she passed her Master's Degree general exam at Iowa and continued her graduate studies closer to home and family at Rutgers. Robin married Joel Bogner later that year as she continued in graduate school. She and Joel had their first child also during her graduate school career. This began the biggest balancing act of Robin's life – family and career.

Robin started her faculty career at University of Connecticut, where her primary responsibilities are teaching and research. She discovered another wonderful LKS chapter. The Alpha Beta chapter welcomed her and she became their faculty advisor. Dr. Bogner also served as academic advisor to many professional students and Honors Scholars. She served on

many academic committees in the early years, and so learned that she had to strike yet another balance – service, teaching and research – while maintaining the overall balance between family and career.

Dr. Bogner's research interests are in drug delivery and pharmaceutical manufacturing. More specifically, her research focuses on developing the fundamental understanding of ways to enhance drug solubility, so that some of the very poorly-soluble, but therapeutically promising, drug candidates currently in development can be formulated into bioavailable drug products. She leads a team of seven researchers that includes pharmacy students, graduate students, and a post-doctoral fellow. Over the years, many of her graduate students have won awards for their research and have gone on to successful careers in the pharmaceutical industry. The group has published 28 research and professional articles and has given over 50 presentations nationally and internationally. Dr. Bogner takes great pride, not only in the research contributions that her research team has made, but in the careers those student researchers have gone on to pursue. In addition to the wonderful contributions her former graduate students and post-doctoral fellows now make in the pharmaceutical industry, four of the former pharmacy student researchers have gone on to pursue medical or doctoral degrees and the others have gone on to similarly stellar careers.

Dr. Bogner's interest in research has led her to active participation in the American Association of Pharmaceutical Scientists where she currently serves as the Chair of the Pharmaceutical Technology Section and has chaired many meetings and symposia sponsored by the

Name: Robin Bogner

Degrees: B.S., Ph.D., R.Ph.

Current position: Associate Professor of Pharmaceutical Science

Favorite movie: Singing in the Rain

Favorite book: The Nazi Officer's Wife

Favorite food: Eggplant parmesan

Favorite vacation: On the beach, particularly in Sanibel Island, Florida

Favorite quote: "Of all sad words of tongue or pen, the saddest are these, *it might have been.*" J.G. Whittier

Best advice ever given:

Carefully make your accomplishments visible to your boss

Mentors: All the LKS alums, too many other wonderful women to mention, and many colleagues at UConn

Explain your current position:

I teach in the professional and graduate programs at UConn. I lead a research team of pharmacy students, doctoral students and post-doctoral fellows. I also serve on many departmental, college, university and external committees as part of my position as faculty member.

How has LKS helped your career:

The support and friendship of alumnae and collegiate sisters increasingly lifts my spirit. As Regional Supervisor, I learned how to project a leadership persona when representing the Fraternity, especially when meeting with Deans at other Pharmacy schools. When I was Grand Treasurer, I had the opportunity to test and further develop my financial leadership skills. I also find that networking with sisters has helped my career. In particular, Angel D'Angelo, past Grand Vice President of LKS and Editor of US Pharmacist, invited me to write articles for US Pharmacist after we met at an LKS Convention.

What skills or traits helped you get where you are today:

LKS gave me and continues to give me the chance to hone my leadership and speaking skills in a nurturing environment.

If you had to do it all over again, what would you do:

I would have been better prepared for my faculty position by taking a post-doctoral position after my Ph.D.

What words of advice/wisdom do you have to share:

Life is such a wonderful gift. Use your time wisely. Work hard and play hard.

Association. She is also privileged to be on the planning committee of the 2007 Pharmaceutical Sciences World Congress which will be held in Amsterdam.

In addition to industrial pharmacy-based research, Dr. Bogner continues to pursue her interest in pharmacy compounding – the crafting of drug preparations individualized for patients' needs by pharmacists. Her teaching in the professional program at the University of Connecticut focuses on this aspect of pharmacy. She has recently been appointed to the United States Pharmacopeia's Expert Committee on Pharmacy Compounding and served previously as an expert consultant to the US Food and Drug Administration on compounding matters.

Dr. Bogner has a keen interest in combining research and education. She served as Honors Advisor for seven years, during which time she served on the University of Connecticut Honors Program Board of Directors. She developed and teaches a course to help pharmacy students explore their possible interests in research-related careers. Dr. Bogner also developed, and secured

almost \$300,000, to support a program for pharmacy and other students who wish to spend a summer focused on a research project in pharmaceutical engineering. She continues to serve as director of that summer research program.

As an educator, Dr. Bogner also works outside of the classroom. She has served as Chair of the Teachers of Pharmaceutics Section of the American Association of Colleges of Pharmacy. She continues to serve on the editorial board of the Association's journal, the American Journal of Pharmaceutical Education. She has served on various other awards committees for the Association and is currently serving on the Graduate Education and Research Committee. In addition, Dr. Bogner contributes her expertise to the National Association of Boards of Pharmacy as a member of their Foreign Pharmacy Graduate Equivalency Exam Review Committee.

Robin and her family are also committed to service to the community and the nation. Robin's husband, Joel, has served in the Air Force Reserves for 14 years during which

time he has been activated and deployed for service. Robin vice-chaired the Hampton Elementary School's Board of Education for 4 years. She now serves as treasurer of her local synagogue where she also teaches religious school.

Most importantly, Robin has continued her involvement as LKS Alpha Beta Chapter's faculty advisor for 16 years. She was Regional Supervisor for 4 of those years and served as Grand Treasurer for another 4 of those years. Because of her dedication to Alpha Beta Chapter, Robin was awarded the 2005 Advisor of the year Award from Lambda Kappa Sigma. Robin reports that she increasingly finds the time she spends with her LKS sisters to renew her spirit. LKS is her extended family. That family includes her husband of 21 years, Joel, and two boys. Scott, 19 years old, attends the US Air Force Academy. With Scott away at school, Joshua, 14 years old, now has what's left of his mother's divided attention to research, education, professional service, community service and family. He makes sure that she maintains the balance between career and family in the right direction. For that and so many other things, Robin is very grateful.

SHOP ONLINE WITH CARECLICKS



This holiday season why not give yourself a treat and do all of your holiday shopping from the comfort of your own home. No crowds, no hunting for a parking space at an overcrowded mall, and all of the convenience you have come to know when you shop online.

This year LKS has partnered with CareClicks, an online shopping mall, to provide our members with the opportunity to make purchases from quality vendors at discount prices. Even better, every purchase benefits Lambda Kappa Sigma!

Check out this great way to shop for all of your holiday gifts while supporting LKS at the same time! Great vendors, great value, and every purchase will benefit your Fraternity. Check it out at: www.CareClicks.com. Be sure to select our group, Lambda Kappa Sigma, and begin shopping the many quality vendors for everything on your holiday wish list. Happy shopping!

Loyalty, Knowledge and the Trust

By Donna Dancer, TLC Member Past Grand President

My mother wrote an article for the county Farm Bureau newsletter during my childhood. It was titled "Through My Kitchen Window." She would base the article on what was happening in my family's lives at the time. As I look to see what is happening right now, the final rains of hurricane Rita have gone back out to the Atlantic Ocean. Relief projects are under way by many charitable and corporate organizations. Thoughts and prayers are for those who are suffering from affects of Rita and Katrina. I wonder, what Fraternity members may have lost, and which ones may be working in the care and rebuilding of affected communities.

We all want to help. It is hard to choose whom to give to. Do we trust where our donations are going? What are they using the donation for? How much is tax deductible? Fortunately, through many of the relief groups there are ways to donate other than monetary. I can donate clothing, personal hygiene items, toys, water and my time in packaging items to ship to those who need them. Target is letting us donate our vacation time to those who are out of work until they rebuild or relocate. The state pharmacy association is asking for pharmacists to work in Louisiana, or I can also work for those pharmacists that are assisting in the affected areas.

Then I receive the annual request for a donation to the Lambda Kappa Sigma Educational Trust!

We need to support what has existed prior to the events of the past months, like the Lambda Kappa Sigma Educational Trust. This is how to show loyalty to the Fraternity. The cost of a pharmacy education continues to rise. As a loyal contributor to the Educational Trust, you show your care for the well-being of members who are still working to become pharmacists or those who will have roles in pharmaceutical research. We need to demonstrate our loyalty to Lambda Kappa Sigma by continuing to support the Trust. In issues of the Blue and Gold Triangle, we get to see the many recipients. Through our donations, we have also

been able to establish new scholarships. At this summer's Regional Meeting in Lexington, Marilyn Harris, Chairman of the TLC, announced the Marilyn and Joseph Haberle Grant. This Grant will honor one of our past Grand Presidents, TLC Chairman and Distinguished Service Citation winner, Marilyn Haberle and her husband LKS Patron, Joseph Haberle, for their contributions and dedication to LKS and specifically the Trust.

The Educational Trust Liaison Committee developed a five-year plan in the year 2000. One part of the plan was to increase the financial base of the Trust to \$300,000 by 2005. We have not met that goal, yet. In the July 2005 committee report, Chair Marilyn F. Harris reported that as of June 30 there was a total of \$199,186.72 in the Trust investments. This increase came from individual donations, change in investments and convention donations. Marilyn Haberle has challenged the collegiate chapters to jointly contribute \$1000 per year from 2002; she will match their \$1000. Convention donations are line items added in recent years with a raffle, auction, and individual donations by speakers and attendees. The Convention auction has provided at least three benefits. It has brought an increase in funds to the Trust, has provided additional knowledge of the Trust and its commitment to the members of the Fraternity, and a source to clean out closets or shop for pharmacy and Fraternity memorabilia for auction. Another benefit - entertainment in the thrill of bidding on valued items. There is also a chance of winning a raffle item.

This provides another way to contribute to the Trust by donating items for the auction. Do you have that one item that you just cannot throw out, but do not have a good place for in your home or office? Do you have a hat or jacket with Lambda Kappa Sigma on it that you don't wear anymore? You can donate them to a Convention auction. The use of a Celebration/Memorial Gift Form to the LKS Educational Trust is another tool of giving. A birthday, anniversary, promotion, retirement or memorial can be

recognized through a donation to the Trust. With a national shortage of pharmacists, a way to determine how and what to give to the Trust could be to work an extra shift or help another pharmacy out and donate the earnings from that time to the Trust. This has helped me through some Saturdays I have spent working extra, knowing I was working for the Trust. And donations are tax deductible.

My thoughts, prayer and support are still there for those affected by Rita and Katrina. I am ready to show my loyalty to the Fraternity by contributing to the Educational Trust. I have received the benefits for over 25 years and am hoping for over 50. I have the knowledge that the funds raised through donations, raffle tickets bought and items donated for auction are used to promote women in pharmacy through scholarships and education. With the contributions of the last biennium, and your donation, the goal of \$300,000 can be met. Are you ready to give?

Donna Dancer
Educational Trust Committee Member
Past Grand President

Memorial/Celebration Gifts to the LKS Educational Trust (as of 9/30/05)

In Memory of JULIA PISHALSKI:

Joan Ballentine
Chi Alumni
Marlene Fichter
Marilyn Haberle
Pat Tanac

HABERLE GRANT:

Marilyn Haberle

St. John's Wort and Depression

By: Kristen Etzel, Pharm.D. Candidate, St. John's University,
Alpha Pi Chapter, Member - WHI Committee

Hypericum perforatum, more commonly known as St. John's wort, is a widely available herbal alternative used to treat mild to moderate depression. The small plant, which has been around for over 2000 years, has also been employed to remedy other ailments such as anxiety and sleep disorders. However, the safety and efficacy of its use is questioned by many healthcare professionals.

Although it is unknown exactly how St. John's wort works in the body, there are several theories on its mechanism of action. One theory is that the herb may be an inhibitor of monoamine oxidase, an enzyme which degrades neurotransmitters in the brain, which may contribute to its antidepressant activity. It has also been hypothesized that St. John's wort's antidepressant activity may arise from inhibition of the reuptake of neurotransmitters, such as serotonin, norepinephrine, and dopamine in the nerve synapses. This action is similar to that of SSRIs (selective serotonin reuptake inhibitors), but with less affinity toward any particular chemical. Numerous clinical and experimental studies have been performed in efforts to pinpoint the plant extract's mechanism of action to no avail. In fact, outcomes in a majority of studies lead us to believe that its action is due to a multitude of pathways.

In a randomized clinical trial performed by Linde et al, St. John's wort had been found to have greater improvement as compared to placebo in the treatment of mild to moderately severe depression. Besides the claims of high effectiveness, the reports of adverse effects were surprisingly low. However, it should be noted that investigators and reviewers of the study have agreed that the study design contained a number of serious flaws, leading to inadequate data. In addition, it was decided more research was necessary in order to draw any conclusions.

In a randomized, double-blind, placebo-controlled clinical trial conducted in 2001 by Shelton, it was found that St. John's

wort has no clinical significance in treating major depression. Investigators designed the experiment in efforts to avoid flaws present in preceding research. It was determined that St. John's wort is not as effective as had been previously thought. Since results of this study have been published, other investigators have established similar results questioning the effectiveness of the herbal remedy. Further studies have proven the drug to be less effective in major depression, but quite helpful in the treatment of short-term mild depression.

Despite ongoing debate as to whether or not St. John's wort is advantageous in practice, it should be noted that this medicinal plant can also be dangerous. St. John's wort, conveniently available at a local pharmacy without need for a prescription, may seem like a safe and easy way to reduce symptoms of depression for patients. However, they must be forewarned of the many drug interactions and side effects that coincide with taking the supplement.

St. John's wort is an inducer of Cytochrome P450 3A4 (CYP3A4), a liver enzyme used to metabolize approximately 70% of prescription and over-the-counter medications. Induction of CYP3A4 leads to faster clearance of drugs and, due to the low plasma levels of drugs, dosages must be increased. Whenever drugs are given in high doses, risk of adverse effects elevates as well.

It is the responsibility of pharmacists to make patients aware of the dangers that can arise as a result of taking over-the-counter medications. Pharmacists should always review the patient's medication profile before making recommendations and make them aware of possible adverse events that may occur due to current therapy. As always, pharmacists can also make patients aware of their ability for medication advice and that they should utilize this counseling to their fullest advantage.

Women's Health Issues Committee

By: Stefanie Ferreri, Chair

Committee members: Creaque Charles, Linda Clark, Ruth Demar, Katharine McGrath, Amanda Downes, Shrina Patel, Alyssa Stein, and Kristen Etzel.

The Women's Health Issues Committee continues to work throughout the biennium in promoting women's health among its members as well as in the community. Our goal this biennium is to increase the awareness of LKS members and the community on depression. At the regional meeting in Lexington, KY, Dr. Kara Shirley presented a continuing education program to collegiates and alumni on bipolar depression pharmacotherapy. All collegiate chapters in attendance received a CD-Rom with educational resources for depression. The website has a copy of those resources available.

History of Lambda Kappa Sigma Educational Grants

By Christine Perry, Alpha Alumni and Past Grand President

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.

In 1961 Grand Council established the Lambda Kappa Sigma Scholarship. The first scholarship was to be awarded in June of 1962 at the Golden Jubilee Convention in Boston. One scholarship was offered in the amount of \$200. The requirements for this first award were that a candidate must be a member in good standing of LKS, be single, show evidence of financial need, and would be judged on emotional stability, self reliance, leadership, intelligence, good health, dedication to the profession of pharmacy and citizenship.

At the Golden Jubilee Convention held in Boston in June of 1962 the first LKS scholarship was presented to Nancy E. Stevens, Phi Chapter, who was a junior at Butler University. At the convention it was the wish of the delegates to re-name the scholarship the CORA E CRAVEN EDUCATIONAL GRANT in memory of a past Grand President who had contributed much to the growth of



Nancy E. Stevens
(Phi)

the sorority. It was also the decision of the Grand Council that two \$200 Grants be awarded for the year 1963. The Awards Committee, consisting of three members who had Grand Council experience, Margit Harrison, chairman, Harriet Lescauski and Virginia Osol, accepted applications until November 15, 1962 and on January 1, 1963 announced that Barbara Ann Sikora, Tau, and Constance Joy Michaud of Chi Chapter were the recipients.

“I believe we should help women pharmacy students, particularly to become pharmacists. I would like members of the sorority to know that one of the “Founders” still believes in the goals of Lambda Kappa Sigma”.

Mary Connolly Livingston

Over the next few years the CORA E CRAVEN EDUCATIONAL GRANT continued to be awarded to worthy LKS sisters. Then in 1972 the DR. B. OLIVE COLE EDUCATION GRANT was established to support LKS sisters who are pursuing graduate studies. The first recipient of the Award was Tanis Kaye of Alpha Pi Alumni Chapter. The Award was named for Dr. B. Olive Cole who was a distinguished member of the faculty of the University of Maryland for many years and was the first woman to hold a full professorship and title of Acting Dean at the University along with being the first recipient of the LKS Award of Merit.



Mary Connolly Livingston

In 1974, thanks to the hard work of Julia Pishalski and Adele Lowe, the Fraternity passed a resolution establishing the Lambda Kappa Sigma Education Trust. In 1976, Mary Connolly Livingston, Alpha, our last surviving charter member, made a gift of \$1,000 to open the Trust account. In her letter accompanying the check she said “I believe we should help women pharmacy students, particularly to become pharmacists. I would like members of the sorority to know that one of the “Founders” still believes in the goals of Lambda Kappa Sigma”. In August of 1976 at the Toledo Convention, the

“Since its inception of the first Lambda Kappa Sigma Educational Grant, LKS has awarded over 271 Cora E Craven Grants, 16 Dr. B Olive Cole Grants, 19 Mary Connolly Livingston Grants, 11 Norma Wells Loyalty Grants and 6 Adele Lowe Leadership Grants.”

Continued... History of Lambda Kappa Sigma

Educational Grants

delegates voted to donate \$5,000 from the general fund to the Trust. On behalf of the TLC, Adele Lowe, Chairman of the Trust, wrote "To you, dear sisters of Lambda Kappa Sigma Fraternity, we wish to express our deepest appreciation for the \$5,000 Thanksgiving donation for a successful Biennium, given by you at our 1976 Biennial convention in Toledo. We shall use this gift wisely to make possible greater achievements in the field of pharmacy by our members. We thank you".

"The Trust is to benefit you and the sisters of Lambda Kappa Sigma who follow you. Give it top priority when you wish to honor someone. It is really worth it".

Adele Lowe

since the Trust was established only three members have served as Chairman of the Trust, Adele Lowe, 1976-1994, Marilyn Haberle, 1994-2002, and Marilyn Harris 2002-present.

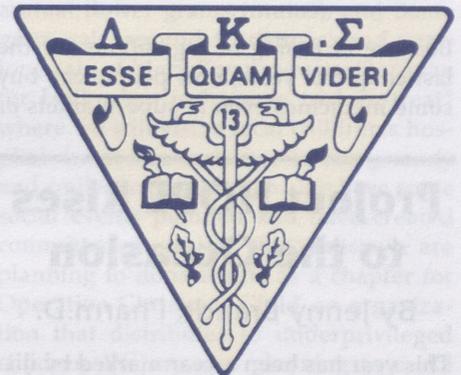
In 1976 the Mary Connolly Livingston Grant was created for sisters who were pursuing a Pharm.D. degree. The Grant was named in honor of one of our founding members whose donation made the Trust possible. The first grant was awarded to Ellie Howell of Alpha Nu Chapter who ranked first in her Pharm.D. class. The Norma Wells Loyalty Grant was established to recognize the past Grand President and founding member of Zeta Chapter for her over 50 years of service, dedication and most importantly loyalty to Lambda Kappa Sigma. The first recipient of the Grant was Sueellen Polly Alexander of Alpha Nu Chapter in 1997. The Adele Lowe Leadership Grant was established in recognition of our Past Grand President and first Chairman

of the TLC for her dedication to the Fraternity and the Trust. Each recipient of the Grant must be in good standing and show leadership and community service activities. Yari Valle of Gamma Chapter was the first recipient of the Award in 1995.

Today LKS awards 10 Educational Grants each year. From our first donation of \$1,000 in 1976 the Trust has grown to well over \$100,000 today. Since its inception of the first Lambda Kappa Sigma Education Grant, LKS has awarded over 271 Cora E Craven Grants, 16 Dr. B. Olive Cole Grants, 19 Mary Connolly Livingston Grants, 11 Norma Wells Loyalty Grants and 6 Adele Lowe Leadership Grants. In an article written by Adele Lowe requesting donations she states "The Trust is to benefit you and the sisters of Lambda Kappa Sigma who follow you. Give it top priority when you wish to honor someone. It is really worth it".

"I wish to thank you for the Cora E Craven Award which I received. The award was very much appreciated by me as by my parents. I received many congratulations, from my Dean and my sisters of the sorority as well as others in the field of pharmacy".

Barbara Ann Sikora



Much time during the first year was creating the Trust document designating the establishment of a corporate trust officer and a Trust Liaison Committee. The selection of both is a Grand Council responsibility. The charge to the TLC is to recommend the number and the size of the grants or awards, publicize the Trust, lead fund raising efforts and to act as a "watchdog" over the Trust funds. Since its inception numerous members of LKS have served on the TLC which consists of 11 members who serve 5 year terms. In the 30 years



The total number of registered pharmacists in Japan is 229,744 as of December 31st, 2002: pharmacists working at hospitals or clinics, 47,436; those working at community pharmacies, 106,892; those at drug companies or in drug importing business, 45,542; those at universities or research institutions, 7,077; those at public health administration, 5,673; those on a break, 12,384. I myself work at a pharmacy for both dispensing and retail selling.

Medicine retail business in Japan is divided into 4 groups, namely first-class drug sellers, second-class drug sellers, household distributors and pharmacies. The supervisors at pharmacies and first-class drug sellers must be pharmacists. The second-class drug sellers have to get licences from the prefectural governments.

Because of easing of regulations for the last couple of years, now people can buy some medicines even at supermarkets or

convenience stores. However the medicines sold at supermarkets are limited to those with rather mild effects on our bodies. The reason why easing of regulations involved medicine retailing is probably because Japanese pharmacists have neglected patients' counseling in the past. Now the Japan Pharmaceutical Association campaigns for "a family pharmacist". The family pharmacist is the one whom you can consult for everything about medicines, supplements you take everyday, drug interactions and so on.

The separation of dispensing from medical practice has attained 50% in Japan. There are always major chain dispensing pharmacies right next to big hospitals. These pharmacies are connected to medical doctors, who lead their patients to bring prescriptions to the neighbor pharmacies. Actions like this is, of course, against the law!

My pharmacy is located in a shopping district in northern Kobe. It is not by any hospital or clinic. My father used to retail medicines here for 30 years. I started dispensing at the same place 4 years ago. Most of my patients are steady customers and I remember their family structures and OTCs they are taking through daily conversations with them. That is why they ask anything freely of me about medicines, interactions of supplements with their prescription medicines, not

only when they bring their prescriptions but also when they stop by for shopping. Talking about dispensing practice, it is very hard for me to stock medicines, because I accept prescriptions from all medical institutions. Every medical institution adopts different medicines. In Japan, generic substitution by pharmacists is not permitted, therefore I must dispense exactly the same brand medical doctors wrote. The present rate of generic medicines among all prescribed medicines is about 10%, much lower than that in the United States. If generic substitution were allowed, we could reduce stocks, medical cost and patients' expenses! We, Japanese pharmacists, must keep working on our government for realization of such situation.

In addition to daily work at my pharmacy, I go to an elementary school and a junior high school nearby several times a year to test lunch, tap water, swimming pool and indoor air at schools. Our city has responsibility to develop favorable environments for students at schools. I am greatly honored to help public administration in this way. Since I have 3 children, I treat students just like my kids. Teenagers' smoking and drug abuse are becoming serious problems here in Japan. I take it on as my mission to convey students the danger of smoking and drug abuse.

Figures in this article were taken from: Pharmaceutical Handbook (2005), JIHOU, Tokyo, Japan.

Project HOPE Rises to the Occasion

By Jenny Brandt, Pharm.D.

This year has been a year marked by disasters. Several have been so horrific that we hope we only have to witness the aftermath once in a lifetime. First, it was the tsunami, followed by floods in Haiti, and then the double punch of Hurricanes Katrina and Rita. Most recently, it was the torrential rains that Hurricane Stan brought to Guatemala, where several thousand are feared dead and hundreds of thousands are homeless, their lives destroyed by floods and mudslides that have left much of the country unreachable. And each time, Project HOPE has been one of the first groups to respond.

Project HOPE was originally started to bring basic healthcare to underprivileged areas of the world. However, what many fail to realize is that this puts them on the front lines for disaster relief. Project HOPE has been active in Indonesia, Thailand, Haiti, and Guatemala for many years, so when disaster struck, HOPE already had the infrastructure in place to deliver relief.

This changed in August with Hurricane Katrina. Never in its nearly 50-year history has Project HOPE spent its efforts on American soil. In New Orleans alone, Katrina disabled every major hospital, two of which will have to be demolished. This created a huge need and Project HOPE rose to the occasion. They have provided basic medical supplies, such as antibiotics, pain medication, and bandages. Seventy-five healthcare professionals have also volunteered through HOPE to

serve on the USNS Comfort. These volunteers worked to fill the void left by the destroyed hospitals. During the four weeks the Comfort was stationed in New Orleans, over 1400 people were provided with basic medical care. This mission was similar to the four month tour of duty that the USNS Mercy spent in Indonesia, during which 210 people volunteered through Project HOPE.

Unfortunately, in New Orleans, as in other disaster-affected areas, one month does not fix the problem. Project HOPE has vowed to stay on site in these areas as long as needed. In the aftermath of Katrina, Project HOPE received enough donations to fully fund the relief effort. However, money is still needed to finance the relief efforts in Guatemala and any unforeseen disasters that may occur in the future, not to mention the "everyday" programs Project HOPE sponsors.

ALPHA CHAPTER

Massachusetts College of Pharmacy



The sisters of Alpha Chapter in the beautiful city of Boston have been busy as always! Among the many soirées thrown in honor of birthdays, graduations, and sisterhood this summer we had the grand opportunity to be the guests of Alpha Nu down in Lexington, Kentucky, for the LKS Regional Meeting. There, we were able to network as well as get some great ideas for fundraising activities and social events. We would like to thank Alpha Nu for hosting this event. You did a fantastic job! Also over the summer we worked with Gillette Stadium on a number of occasions as a fundraising opportunity. Gillette Stadium works with different organizations and allows them to work during certain events to raise money for their various causes. The money we have raised so far has been used to donate to various charities. We also had a sugar-loaded, waffle-cone-filled blast during "Welcome Week" with our Meet and Greet trip to Cold Stone Creamery. Among the chocolate-coated goodness, we had an amazing opportunity to learn more about our incoming freshmen and new transfers. In order to welcome back already matriculated students we hosted our annual "Welcome Back Party" at a local establishment. It was a fantastic way to usher in the new school year as well as raise money for Project HOPE. During the Activities Fair at MCPHS, we gave students the once-in-a-lifetime opportunity to throw a pie at their professors. With smiles, giggles, and faces full of whipped cream, we were again able to raise money for Project HOPE. We are truly blessed to have such supportive (not to mention good-natured) professors who are willing to go through great lengths for a great cause! In the months ahead the Alpha Chapter lambs are looking forward to more fundraising events with Gillette Stadium, Founder's Day and our Halloween Party hosted along side the members of Kappa Psi fraternity. We all would like to send out happy thoughts, good luck, and a lot of lambs love to all of Lambda Kappa Sigma. Good luck with the oncoming school year!

BETA CHAPTER

Albany College of Pharmacy



Greetings, sisters! With this semester well on its way we have been very busy and have lots planned for the second half of the semester. So far we attended our annual end-of-summer get together, we held our "Welcome Back" party for the school and have committed time to fund raising. We raised money with our annual car wash and our nametag sale, and we walked to raise money in support of the Juvenile Diabetes Research Foundation (JDRF). Along with this we raised money and walked in the annual Heart Walk held at Colony Center in Albany, New York. Currently we are a few weeks into rush. We have 13 prospective members who are eager to learn what we are all about and we are enthusiastic to teach them. During rush we go to the local food pantry and spend a few hours helping them sort through good and bad products. We also hold countless fund raisers to support orientation next semester. In the near future we have our "Heaven and Hell" party which is always a good time. New this year, we will be helping senior citizens pick a Medicare part D health care plan specific to their medications. This program is run with the Albany Law School. We are also participating in a health fair where we will discuss the issues of the human papilloma virus and how to avoid it and deal with it if acquired. We are looking forward to our annual "Sister Weekend" in November and our Penny Social where we raise money to donate. From the sisters of Beta Chapter we wish everyone a great semester and happy holidays.

EPSILON CHAPTER

University of Maryland



Hello from the Sisters of the Epsilon Chapter! We started off early this semester making preparations for the entire year. Our Officers worked hard and made rush extremely successful. Our rush events included a Mary Kay Night with LKS Grand President, Dixie Leikach, as the consultant. Also as part of rush events we had a luncheon with the much-anticipated "Dessert Indulgence". We nearly doubled our numbers with 10 new members and look forward to inducting the new initiates at the B. Olive Cole Museum. We are planning a dinner party following the induction ceremony in Little Italy downtown. We will also be playing the "Who Wants to Be a Lamb" game to help new members learn more about LKS and the Epsilon Chapter and to socialize with the current members. As part of Pharmacy Month, our school is taking an active role in promoting the profession. Epsilon Chapter has stepped up and chosen Breast Cancer Awareness as our focus. We set up tables to promote and ask for donations for the Susan G. Komen Foundation in exchange for the pink "Supporting the Cause" wristbands. We had our first fundraiser with a bake sale that was tremendously successful. We plan to donate the proceeds to Project HOPE. We are hoping to have future fundraising events including the semi-annual flower grams (mums), and Santa gram sale around Christmas, and year-long sale of Mary Kay products. Our plan for Halloween is "reverse trick-or-treat" where we will visit a local children's hospital dressed in costumes to bring candy and smiles to the children. We have some social events planned and have created committees to assist. This winter we are planning to donate gifts as a chapter for Operation Christmas Child, an organization that distributes to underprivileged children. We are also planning to make donations to a battered women's shelter. We have a lot planned for the year to keep our sisters active, motivated and happy!

ETA CHAPTER

Philadelphia College of Pharmacy and Science

Greetings from the sisters of Eta Chapter! Fall semester has started off on a very positive note at the University of the Sciences in Philadelphia. The sisters that attended the Regional Meeting in Lexington, Kentucky, brought back great stories and information to share with our

chapter. We started the semester off with a backyard barbeque recruitment event followed by a "Lambda Fiesta" formal rush. Fall is an important time for our sisterhood to meet, greet, and show first year students what Lambda Kappa Sigma has to offer. Also in the works is second rush in which we plan to cook and serve the new initiates a formal dinner. Many of the sisters are excited to show off their cooking and baking skills. Between social events and school work our chapter has managed to squeeze in fund raising and community service. As always we are selling Gertrude Hawk chocolates and candies which is a big hit with the faculty. Also, we participated in the University of the Sciences' homecoming weekend by running a soda stand and holding a 50/50 raffle. The raffle was a great way to interact with the families visiting the campus and the soda sales also allowed us to collect tabs from the cans. Every semester we collect can tabs to donate to the Ronald McDonald House and magazines to donate to local hospitals. A diabetes walk was held in Fairmont Park on October 2nd in which some of our sisters participated. More community service events are in the works including another trip to the Ronald McDonald house to clean or cook for the residents. One important task we accomplished this semester was enrolling our chapter onto Blackboard. Blackboard is an educational platform used by our school. It allows us as students to gain class material, announcements, assignments, etc. all online. So far Blackboard has been a success by giving our chapter easy to access and always-available communication tool. Best wishes to the other chapters of LKS.

LAMBDA CHAPTER

University of Southern California

Through its efforts to promote leadership among women in pharmacy, Lambda Kappa Sigma is clearly an innovator at the University of Southern California. This year our executive board has taken the initiative to create new projects. Recording Secretary, Michelle Boostanfar, and Corresponding Secretary, Mira Byrd, are expanding their current officer roles by developing the following projects, "External Affairs." Michelle Boostanfar has been working diligently to allow our active members to attend professional conferences as representatives of LKS

and to take advantage of funds set aside specifically for this purpose. Her project is expected to increase student activity in the professional forums, thus leading to continued membership and activity as members become practicing pharmacists. The Lambda Chapter will provide hotel rooms and/or subsidies, making it easier for our members to attend professional conferences. The professional organizations are also excited to join us as they provide the majority of the financial support for this endeavor. Michelle hopes that by encouraging Lambda members to attend professional conferences, those same members will become active leaders within their profession. Mira Byrd is advocating the Lambda Chapter to have an International Pharmacy Awareness in conjunction with the University of Southern California's School of Pharmacy, which also promotes this awareness by offering international 4th-year rotations. Many Lambda members have taken advantage of this opportunity to work abroad which shows that the Lambda Chapter desires an international pharmacy perspective. Mira wishes to inform other members about international opportunities. She is facilitating and encouraging women to work abroad by educating them about the international rotation process in a November workshop. Dr. Kathleen Johnson, who was a former World Health Organization intern and is the chapter advisor, will share her valuable insight into international pharmacy in a springtime workshop. Also, communicating with international LKS chapters and keeping the Lambda Chapter abreast of their pharmacy issues will further the chapter's global perspective. Mira hopes that putting forth these opportunities will allow the Lambda Chapter to have a world view on pharmacy issues.

XI CHAPTER

University of Rhode Island

The Xi Chapter has gotten off to a great start. We had fifteen sisters attend the LKS Regional Meeting in Kentucky this summer. They encouraged the rest of Xi sisters to go to future LKS meetings after they shared their great experiences in Kentucky! Xi Chapter has many activities planned for the year to come. In fact, we are going to have several fundraisers in order to help sisters attend the Biennial Convention in Las Vegas, Nevada. For our big fall community service project, our

chapter will be joining forces with other pharmacy organizations and the whole College of Pharmacy at URI to participate in the American Cancer Society's "Making Strides Against Breast Cancer Walk" at Roger Williams Park. We will be raising money across campus and our goal is to collect more donations than we did last year. The sisters are wearing and selling pink ribbons and the money we make from these sales will also go to the American Cancer Society. This semester, our educational topic is depression and we will have information posted on our bulletin board and will provide pamphlets on the subject to our sisters during meetings. Xi Chapter was also part of the "Welcome Back" picnic for the College of Pharmacy in which several organizations gathered. This is a big recruiting day for the freshmen! We had a great turnout of about 30 girls that are currently our PNM's (Prospective New Members) this fall. The girls have been active in the PNM events such as the surprise ice cream on the beach and the spaghetti dinner at a sister's house. This year seems very promising already! On a final note, we have established a new officer position, the Parliamentarian! She will be responsible for attendance and helping our meetings run more smoothly. We are hoping that more structure will improve attendance and participation in our chapter. This is all the Xi Chapter has to report. We have a great year ahead of us and we would like to wish the best of luck to all other LKS chapters.

OMICRON CHAPTER

Wayne State University



Hello, Ladies of Lambda Kappa Sigma! Your sisters at Omicron have been hard at work so far this semester! Right now, we are in the midst of New Member Orientation which we have tweaked a bit from previous years. Thanks to a new and improved recruiting plan and the contagious enthusiasm of our active members, another 22 new Lambs will be initiated into our chapter this fall! We have also been hard at work accepting donations

COLLEGIATE CHAPTER NEWS Continued



for the victims of Hurricane Katrina; so far we have collected over \$500 in sanitary supplies and cash donations. After Orientation and Initiation, we will begin plans for our annual WSU apparel fundraiser, during which we will be selling items like tote bags and travel coffee mugs with our Wayne State Pharmacy logo to students and faculty. We are also considering a Yankee Candle sale for the holiday season as well as researching other options. But this semester won't be all work and no play! We also have our Halloween Party with our brother fraternity, Kappa Psi, as well as our annual Girls' Night out in Windsor, our Sisterhood & Spaghetti Dinner, and (of course!) our Founders' Day Ceremony. We hope all is well with our sister chapters and hopefully our paths will cross soon!

PI CHAPTER Rutgers University



Greetings from the girls of Pi Chapter! September has been a hectic month for the sisters. This year, the sisters have decided to put together an informative and picture-packed Power Point presentation to help potential orientees learn more about LKS. It was presented during the fall recruitment events. We started off with a fondue and information night which was full of chocolate goodness. Lasertag drew lots of attention from girls and guys alike and it was good to get off campus. Baking with the sisters was one of our most successful recruitment events this semester. All the sisters and potential orientees gathered at a sister's apartment where we split into four teams and baked cookies from scratch. We also played Taboo, which is a very interactive game. This event was a wonderful way for us and the other girls to get to know each other and work together for such a yummy result. We have also been busy with our two fundraising projects at Raceway Park as well as our first service project of the year. For our service project,

we recently had a bake sale to raise money for the victims of Hurricane Katrina, and we anticipate another one in the near future. Hope all the chapters of LKS are doing well!

TAU CHAPTER Duquesne University

Greetings from Tau Chapter! It's been a very exciting semester here at Duquesne University in Pittsburgh. This year for recruitment, we held a B.Y.O.B. (Bring Your Own Banana) sundae party for all interested girls and are now very excited to induct nine new members to the flock giving us close to one hundred sisters. With so many girls, we are able to keep busy with various service, professional, fundraising, and social events. Our service committee kept us very busy this semester! We participated in a walk for diabetes at the Pittsburgh zoo, painted windows at a children's hospital, volunteered in Mercy Hospital's pediatric playroom, volunteered at St. Barnabus which is a retirement center, and donated items to Myriams, a local women's shelter. Our women's health committee was busy planning a new program that involves girl scouts coming to our campus and earning a badge in women's health. In addition, our "What is a Pharmacist" committee displayed a tri-board about the profession of pharmacy at a local high school, and our outreach committee answered questions about the new Medicare program at a local pharmacy. Autumn fest is an event held during Duquesne's homecoming weekend every year. This year we sold chocolate suckers and Sarris chocolate covered pretzels which we continued to sell throughout the entire semester. The proceeds from this fundraiser were sent to the Hurricane Katrina fund. We also held a fundraiser we call "Walking Taco" which is always a fun and easy event for all of our sisters. Even with all these service, professional, and fundraising events, we still found time to have fun! In October we held a costume party for Halloween and in November we held our annual semi-formal. All of our sisters have a great time getting dressed up and having fun at both of these events. For the first time this year, we also participated in a haunted house called "Terrors by the Lake" which was a very exciting experience for all the sisters that were involved.

PHI CHAPTER Butler University



After a shaky year, Phi Chapter is back on its feet and running. So far this semester we have had three big recruitment events. We had a luau, fiesta, and a sundae social. These were all very popular with the girls. Our recruitment this year was outstanding. We took in 24 new Lambs, which is AWESOME considering that our chapter did consist of only 29 Lambs. We almost doubled in size! We have had a few meetings to decide where our chapter is headed in the near future. We are currently working on updating our by-laws and adding some new offices and committees, so that every member can be involved. We will also be able to get a lot more accomplished by dividing up the work between committees. We have had two socials so far this semester. We had a spa party hosted by a Mary Kay consultant and a game night so that the new members could get to know the returning members. Also, our President, Carly Walden, was nominated by our chapter to attend a VIP reception with former President Bill Clinton when he comes to speak in November at Butler University. Our chapter has completed two fundraisers that raised money for our composite in November. We sold white coat Christmas ornaments and invitations to the white coat ceremony for the students entering their first professional year of pharmacy school. They were both very successful. In the future we would also like to be more involved with the local alumni chapter. We are still in the process of coming together as a chapter, but we have a bunch of outstanding women that can definitely pull it off.

ALPHA ALPHA CHAPTER Temple University

Hello from the Alpha Alpha Chapter writing to you from Philadelphia! We are proud to welcome five new members from the fall 2004 orientation season who were initiated this past April. With their help we hope to have a very productive

year. We have many great rush events planned for this fall including a hay ride, a tea party, and an eighties themed movie night. Hopefully with our enthusiastic approach to rush this year we can acquire a great orientation class to help with the busy year we have planned. Alpha Alpha has set a goal of two service events, two social events and one professional event just for the fall semester! We know that this is going to be both a productive and fun year for LKS in Philadelphia.

ALPHA BETA CHAPTER University of Connecticut



As another semester begins, the Alpha Beta Chapter is quite busy. The first few weeks were mostly dedicated to finding new girls to join our chapter, and we accomplished this by having events such as a pizza party, an ice cream social and a dinner at one of the dining halls. After the completion of these events, we inducted eleven girls, and we are excited to welcome them into our sisterhood. During the first few weeks of school, we set up a table at the student involvement fair so others could see what LKS is all about. A few girls showed that they were interested in joining. A few weeks later, we participated in the Health Fair put on by the University. We had a display that was based on migraines which seemed to be a great topic since many people took pamphlets and asked various questions. One of the biggest pieces of news coming from the University of Connecticut is the opening of our new pharmacy building. The building is being dedicated on the weekend of October 21-23rd. As a chapter, we are providing a table for the children to decorate cookies. During that weekend, we figured it would be the perfect opportunity to have breakfast with some of the LKS alumni who will be returning for the weekend. The fundraising committee is working hard already this semester. We just started a Yankee Candle fundraiser and we will also continue our infamous sweatshirt sale which

always seems to go over well. At the dedication weekend, we plan to sell the t-shirts we have made, as well as University of Connecticut School of Pharmacy mugs with candy inside. We have donated \$750 for the Katrina relief directly to Xavier's School of Pharmacy to try and help them in their time of need. In addition, the School of Pharmacy at UCONN has raised about \$5,000 for this relief effort. We also plan on volunteering our time at a nearby community center for a Saturday afternoon filled with bingo. Aside from all of our hard work, it is also important that we have fun together and strengthen our sisterhood. We are currently planning a dinner at Margaritas with the sisters who are currently on rotations. Also, we have a social event scheduled for all of the fraternities in the School of Pharmacy which everyone seems very excited about. We hope that everyone has a successful and exciting semester!

ALPHA IOTA CHAPTER Ferris State University

Greetings from the Alpha Iota Chapter at Ferris State University! We are very excited about this new school year and are looking forward to everything it has in store. Two of our sisters went to the LKS Regional Meeting this past summer in Lexington, Kentucky. They thought the whole weekend was informative and enjoyed it very much. They were also delighted to meet other lambs from across the country. For recruitment this fall we tried to change the usual routine and themes. At our first recruitment, we had Karen (Moore) Shane, an Alpha Iota Chapter alumni member, speak about being a lamb. We also had a Power Point presentation that gave information about the Fraternity. We had the second event at the university's student pool. The third was a picnic in the park. All three went well. Starting last year and continuing this year, we are doing blood pressure screening at the local Walgreen's pharmacy for an hour every Tuesday. We also volunteer at the local recycling center Saturday mornings, and Safe Ride every Friday and Saturday night. Many of the girls teamed up with the College of Pharmacy for "Relay for Life" in September. We sell coffee, juice and other snack foods in the pharmacy building every weekday morning to raise money for Project HOPE. This year we are participating in a new program, Vial for Life,

which we hope will be a great success. We give our best wishes to other chapters and hope everyone has a wonderful and productive year.

ALPHA KAPPA CHAPTER University of Georgia



The ladies of Alpha Kappa are very excited to rush into the fall semester. We began with a new philanthropy, the Susan G. Komen Breast Cancer Foundation. We walked 60 miles in the "Breast Cancer 3-Day" and made a \$5000 donation to the foundation. Alpha Kappa will continue to think pink as we host a Breast Cancer awareness booth at our annual health fair, Dawgtoberfest. Our sisters love getting involved in the community and we continue to volunteer at the food bank. Our most involved sisters are honored each week in our new "Lamb of the Week" program. The AK chapter has done some traveling over the summer. Two sisters had a blast at the LKS Regional Meeting in Lexington. Many sisters caravanned to Nashville, Tennessee, to run the Country Music Marathon, and we all traveled to Helen, Georgia, for our annual retreat. We also represented LKS at the GPhA convention at Amelia Island. We have entertained ourselves by co-hosting a luau with Kappa Psi, going to a Braves game in Atlanta, playing intramural flag football and dancing the night away at our formal. We have been keeping busy with weekly recruitment events, including a meet and greet, an ice cream social, game night and Chuck-E-Cheese night. We are looking forward to a non-Rx social, a Halloween party, and the semi-formal dance. But we are most excited to welcome thirty new lambs into Alpha Kappa in November!

ALPHA MU CHAPTER University of Toledo

Greetings from the Alpha Mu Chapter at the University of Toledo! This semester has been really busy for us. After only a week to get adjusted to our classes we began our recruitment. We are adding 16 new members this year to bring our

COLLEGIATE CHAPTER NEWS Continued

grand total to 40 members. Although we're a small chapter we have huge goals for this semester. We already participated in "Race for the Cure" and are currently in the registration and fundraising process for "Relay for Life" in November. In the midst of the devastation left by Hurricane Katrina and Hurricane Rita, we teamed with our fellow pharmacy organizations, Kappa Psi and Alpha Zeta Omega, to hold a relief drive. Our new member class also carved pumpkins for the Ronald McDonald House for their philanthropy project. We have our biannual composites this year and we are also raising money to make the trip to Las Vegas next summer! Of course we are also raising money for Project HOPE and other foundations. As you can see fundraising is going to be a huge task this year! Our new members, who are responsible for organizing and running their own fundraiser, are going to be manning a concession stand at a few UT basketball games. We currently have three fundraisers running. Our College of Pharmacy windbreakers are always a huge hit among students. We're also selling Yankee Candles, which the faculty and staff and our moms love! We even had a space in the COP Alumni Tent at the UT homecoming game which was a first and highly successful. Since it is Halloween, we are getting ready for our annual Halloween candy vial sale. We always have a good time stuffing all the candy into the vials! We are gearing up to attend the annual College of Pharmacy Halloween party thrown by our brothers in Kappa Psi. This year the sisters of Alpha Mu are going as a theme, each one of us is a different kind of Barbie. Our annual formal dinner dance with Kappa Psi is also coming up next month. This year it is going to be held at the Wyndam Hotel in downtown Toledo right on the river (one of the prettiest places in Toledo). We also spend time just hanging with each other. Whether at a UT Football game (GO ROCKETS!), bowling, just playing games, or at a BBQ we have a great time with each other and can't wait to see what the rest of the year has in store for us!

ALPHA NU CHAPTER University of Kentucky

Greetings from the Alpha Nu Chapter! The sisters of Alpha Nu would like to thank all of our LKS sisters for coming to visit us this summer for the LKS Regional

Meeting. We hope you all enjoyed a little southern hospitality here in Lexington. So far our fall semester has been a huge success. Rush events this year included a pizza luncheon, an evening dessert and ice cream social, and of course, our annual luau with the brothers of Kappa Psi. Everyone had a great time and at the end of the week we welcomed 22 beautiful women into our sisterhood. Recently we held our "Big Sis/Lil Sis" week. Each day our new sisters received anonymous gifts from their big sister. Finally on Thursday night the big sisters revealed their identities to their little sisters. The highlight of this year's Big/Lil week was the adorable lamb T-shirts everyone received. In the near future we are looking forward to our annual "Reverse Trick or Treat" at Shriner's Hospital. Each year we dress up and deliver Halloween goodies to hospitalized children who otherwise would not get to celebrate the holiday. November will be a very busy month for the Alpha Nu Chapter. Events planned include our much anticipated Thanksgiving potluck dinner and also our Founder's Day Celebration. New this year will be our sisterhood fondue party on November 4th. Finally, the Alpha Nu sisters always end their semester in style with our annual "Mistletoe Mingle" semi-formal in December.

ALPHA XI CHAPTER University of the Pacific

The sisters of the Alpha Xi Chapter were very busy this last summer semester. The newly elected executive board was very excited to carry out their duties. We planned activities and events to unite the sisters and to carry out our professional duties in the name of LKS. We participated in the Rho Chi Honor Society Jeopardy and donated services to the senior class auction. We auctioned a dinner for two, which was very successful. We also set up a booth at the school's annual Children's Awareness Carnival where children from the Stockton community were given an opportunity to learn about health. This semester the sisters joined together to prepare food for our annual "Spaghetti Feed Fundraiser and Raffle". We had overwhelming support from the students and the event turned out really well. We also sold senior t-shirts to the second year pharmacy students at the University of the Pacific. The fundraiser was very successful because most of the seniors supported LKS by purchasing a t-shirt. In

July, we honored our second year members who are leaving for rotations with a dinner banquet and slide show at Le Bistro Restaurant. We gave each second year member a personalized gift. The sisters also enjoyed a barbeque at a local park where we bonded and enjoyed each other's company. We ended the semester with a pizza and movie night. We look forward to the start of pre-rush this coming fall and are excited to meet our potential new members. We wish the second years on rotation the best of luck.

ALPHA PI CHAPTER St Johns University



Our chapter, Alpha Pi, has a very interactive approach to recruitment. One particular event we hold for prospective members is our famous pajama party. All the sisters and new recruits come wearing their cutest pajamas, and everyone is ready to have yet another LKS night of excitement and fun. The entertainment for our pajama party consists of an assortment of games, food and mingling. Some of the games we play are telephone, musical chairs and the name game. As silly as all these activities sound, something about them loosens the girls up and makes the atmosphere more playful. Following the games portion of the night, all the girls put their names into a hat. Each prospective member is paired with a sister, and each pair goes off to a quiet area where they both get to talk and learn as many wacky facts about each other as possible. After the Q & A session everyone gets together again and we all sit in a circle to share all the new fun facts we just learned about each other. This is usually the last activity for the night, and all the new girls leave having experienced sisterhood, friendship, and professionalism. During the event, the prospective members have the opportunity to talk to us and learn more about us as an LKS chapter as well as on an individual basis. As the sisters and the new girls interact, many new friendships begin and the new girls are eager to join LKS.

ALPHA RHO Northeastern University



We are all excited to be back on campus this fall and are looking forward to a great semester. Our summer was a busy time filled with lots of planning for the year to come. So far this semester we have completed a fundraiser selling Mardi Gras beads for Hurricane Katrina Relief. We also sold pink bracelets to raise money for our team that participated in the American Cancer Society's "Making Strides Against Breast Cancer" walk. Both the fundraisers and the walk were extremely successful! We had 32 girls walking and raised \$1738 as a group! We are also well into our orientation process, expecting 25 girls to be initiated in mid November. They have shown great interest in the group, participating in many planned activities so far, and even planning some of their own. Holding our Founder's Day ceremony in our campus' Sacred Space helped create a uniquely special night for our sisters this year since we were able to book such a beautiful location for it. We are continuing our year with many activities which we consistently participate in such as regularly volunteering at Rosie's Place, a nearby women's shelter, and our ongoing benefits for Project HOPE. Being such a new chapter this year will be the first time we lose some of our members that will be finishing school. This has prompted us to work extra hard to form an alumni chapter. Everything has been going well and so many of our sisters have come forward with fantastic ideas that will help make this year the best that Alpha Rho has seen.

ALPHA SIGMA Texas Southern University



Greetings from the lambs of Alpha Sigma Chapter! The fall semester is off to a fast start both academically and fraternally. We had three members attend the LKS Regional Meeting in Lexington, Kentucky: our President, Tara Alexander, Recording Secretary, Seung (Joanne) Cave, and Chaplain, Cecylee Price-Pierre. This first time experience was phenomenal, as we were able to obtain valuable information on recruitment, fundraising and community service ideas. We were also able to form relationships with the Alpha Kappa and Alpha Nu chapters within our region (thanks Alpha Nu for a well hosted and hospitable conference). "Prescription for Success," an affair designed for first professional year pharmacy students, was successful yet another year. A poster board presentation was presented illustrating Alpha Sigma's involvement in the community, fundraising adventures and social bonding amongst the chapter. In conjunction with the college of pharmacy and other professional fraternities, we contributed a \$100 towards the purchase of Wal-Mart gift cards to the pharmacy students of Xavier University who were affected by hurricane Katrina. We also volunteered in the pharmacy of the Astrodome and donated OTC items to the evacuees in the stadium. We joined the Rho Chi Honor Society in the Susan B. Coleman Race for the Cure at the University of Houston. We are also excited to be partnering with APHA to participate in the footrace for Diabetes in November. Our annual Founder's Day candlelight ritual was conducted on the campus of TSU around the LKS tree. As a new endeavor, we will adopt low-income families and provide a Thanksgiving meal as well as gifts from Old St. Nick! We are excited to announce that three precious lambs, Seung Cave, Tuyet-Hang Phan and Brandy Williams have been invited to join the Rho Chi Honor Society. In conclusion, we would also like to congratulate our graduating seniors Mary Adesanya, Precious Byrd, Cecilia Castaneda, Siri Che, Shayla-Rene Hubert, Tanya Johnson, Elaine McCrory, Chuy Nguyen, Quyen Nguyen and Veronica Searcy. Best wishes for a prosperous and exciting pharmacy career.

ALPHA PHI Wilkes University

Although the school year is new, the Lambda Kappa Sigma Alpha Phi Chapter has already been busy with activities. We started early with a few members attending the conference in Kentucky in July. Michelle Whitmire, president-elect, Erica Hardiman, recording secretary, Meghan Calpin, fundraising chair, and Sandy Mullen, past president, all attended the conference. While there, the girls had the opportunity to hear many new ideas for fundraising, professional projects and social events that we are excited to try with our chapter. They also met many new friends from other chapters, one of them being the chapter from Duquesne University. We are hoping to get a trip together this school year for our two chapters to visit each other. Since the start of school the Alpha Phi chapter has been busy. We are very excited to welcome 20 new faces as our spring orientation begins. The new potential-members are energetic and eager to get involved. Alpha Phi chapter started the school year off by talking to new pharmacy students during their pharmacy school orientation the weekend before school started. We also had a "welcome back" pizza party during the second week of school to give all of us a chance to get together and catch up from the summer. Other social events included an evening of bowling, where the current members and the new orientation class really got a chance to know one another. We also all got together again to enjoy a karaoke night, as well as a weekend cookout. We've also been busy planning many of our upcoming professional events. We recently took part raising money and participating in an Alzheimer's walk. We will also be reaching out to the community by volunteering at local clinics, collecting donations for Toys for Tots, and adopting a local family for Christmas. As far as fundraising goes, we are working on our second project this year. We just finished selling Gertrude Hawk candy bars, and are now selling Pocono Mountain candles. We also will be having two Burger Burns at Sam's Club and a Uno's fundraiser to raise money this semester. Even though it is early in the school year, Alpha Phi chapter has already been very involved, and is looking forward to keeping it that way for the rest of the year!!

ALUMNI CHAPTER REPORTS

ALPHA ALUMNI CHAPTER Boston, MA

Alpha Alumni Chapter celebrated the Final Banquet with our collegiate sisters in April. We had a great turn out of sisters who came to celebrate our accomplishments. Numerous scholarship and awards were presented. The Elsie Gassiraro Scholarship was presented to Cara Russo; the Rosetta Hassan Scholarship to Emily Starenchak; Alpha President's Scholarship to Alexis King; Alpha Leadership Scholarship to Michelle Taliby; and the Ruth Davies Flaherty Service Award to Rosetta Hassan. A highlight of the evening was the announcement by the collegiates of a new scholarship in honor of Christine Perry. The criteria for the Christine M. Perry Award is to actively show Loyalty to Alpha Chapter and her sisters, Knowledge about Alpha Chapter, Dedication to the Fraternity and the sisters of Alpha Chapter, Availability to help out, Leadership, Sisterhood and Involvement in numerous activities. The recipient is voted on by the collegiates each year. The first recipient of the Christine M. Perry Award was Elicia Fauvel.

After the presentations, the 2005-2006 Collegiate Officers were installed and the new collegiate president, Emily Starenchak, gave her remarks for the upcoming year. The evening ended with the Circle of Sisters and Dee Adams gave a challenge to the group. If everyone who was in attendance at the Banquet is to return in 5 years then she will make a donation to the Alpha Alumni Scholarship Fund.

Sheena Melanson, Kelly Cowan and Christine Perry were "Lucky in Kentucky"

to represent our Chapter at the Regional Meeting this summer. In October we celebrated Founders Day at MCP with the collegiates. Dinner and a birthday cake were our treats for the evening along with our alumni speaker Dr. Erica Murrell who spoke about her life experiences and the importance of supporting women in pharmacy. Her comments were quite motivational to our group.

We would like to acknowledge our following members who are serving in leadership positions. Donna Horn as NABP President, Adele Pietrantoni as APhA Speaker-Elect, Kathy McTernan as MPhA Board of Directors, Karen Ryle on MA Board of Pharmacy and President of MCP Alumni Association, Christine Perry as Past Grand President and Kristin Needham as Region 1 Supervisor. In the past year we have had a baby explosion as six of our members became mom's. We welcome Beckham, Brian, Abigail, Sydney, Renee and Ava into our extended LKS family.

EPSILON ALUMNI CHAPTER Baltimore, MD

Jennifer Brandt and Dixie Leikach attended the Regional Meeting in Lexington and had a great time. This fall we were involved in the recruitment events held by the collegiate chapter, including the Mary Kay Fun Night, in which Dixie, Cherokee Layson-Wolf and Laura Tolen attended. The alumni chapter has been invited to attend the collegiate chapter's initiation ceremony and dinner and several members have responded that they are attending. Dixie recently attended the NCPA Convention in Ft. Lauderdale, Florida. The ASHP meeting will be a great time for many of

the chapter members to get together in Las Vegas during the LKS reception! Looking forward to seeing everyone there!

CHI ALUMNI CHAPTER Seattle, WA

Chi alums are planning to re-activate Chi Collegiate Chapter and initiate members very soon. The new group has been organized these past few months impressing Chi Alums on campus, Susan Lakey, a recent graduate and on staff, Dr. Nanci Murphy, Associate Dean, Dr. Joy Plein, and Dr. Karen Dawson are offering encouragement. During May Chi Alums held their Annual May Dinner meeting at the home of Linda Rupnick on Puget Sound in West Seattle. We were honored to enjoy the company of Patti Kienle, Past Grand President from Pennsylvania who was in town representing Cardinal (her employer) on an inspection tour of Swedish Hospital. Also among those present were Past Grand Presidents Nancy Horst and Pat Tanac. Nancy Horst and a friend have gone on tours of Europe for some years. This past July they decided to tour on their own through Denmark, where they visited Nancy's ancestral village, then on to Sweden and Norway. It was a very successful journey. Chi Alum President Joyce Tsai and husband Peter traveled to Thailand and China earlier this year. During the summer they flew to Hawaii. They also plan a trip to Africa in December where their daughter, Melyssa, is on a study program in Botswana from Occidental College in California.

THANK YOU, SPONSORS

Lambda Kappa Sigma wishes to acknowledge the following sponsors who have graciously provided grants in support of the 2005 LKS Regional Meeting:

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BLUE & GOLD TRIANGLE



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DEADLINES & UPCOMING EVENTS

- | | |
|--|--|
| <p>SEPT 15
Deadline to send in updated officer roster to the IO</p> <p>OCTOBER 14
Founder's Day</p> <p>OCTOBER 15
Deadline for Blue and Gold Triangle articles and chapter news</p> <p>NOV 1
Deadline for Educational Grant Applications, Collegiate Dues and Convention Delegate Fee</p> <p>DEC 5
ASHP Mid Year Meeting
LKS Member Reception</p> <p>JANUARY 15
Announcement of Educational Grant Recipients</p> | <p>FEBRUARY 15
Deadline for Blue & Gold Triangle articles and chapter news</p> <p>MARCH 15
Hygeia Day celebrated by presenting a professional program open to the public</p> <p>MARCH 19
LKS Networking Reception at APhA Annual Meeting</p> <p>APRIL 1
Deadline for the payment of Alumni Dues</p> <p>APRIL 30
Deadline for nominations for the following LKS awards:
Vanguard,
Distinguished Young Pharmacist,
Distinguished Service Citation,
Award of Merit</p> |
|--|--|

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