



BLUE & GOLD TRIANGLE

LKS



SPRING
2006

Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"

2006 Biennial Convention Las Vegas, Nevada August 9-13, 2006



Come Join the Fun!

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

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LKS Grand President, Dixie Leikach

Can you believe that this is my last letter in the Blue and Gold Triangle as Grand President? Where does the time go? It has been 12 years since I started my Grand Council career and I am beginning the final days. However – there is no time to wallow because we are busy!

Joan at the IO has been working on many different projects and responding to chapter needs all while adding a new baby girl to the family (Congratulations to the entire Rogala family!). The Educational Trust Liaison Committee has been gearing up for the promotion of the Haberle Grant. Every one of us is working on other things besides LKS. Some of us have been affected greatly by the Hurricaines and other disasters that 2005 has given us and working on just getting things back to “normal”. I have just been trying to keep my head above water with the pharmacies, possibly opening a third (yeah..I know), keeping the kids together during child care issues and transitions to new schools. It goes on and on doesn't it? The Grand Council had a meeting prior to APhA in San Francisco and enjoyed getting together with everyone. I have really come to love APhA because it is a time to visit with sisters without having as much “to do” as I normally do during our LKS meetings. It is also the time that it becomes very apparent how many different facets of pharmacy our sisters cover. Everyone is off in different directions because we are all doing so many different things. This makes it even more interesting when we are able to come together and share what is going on in the many areas of pharmacy.

Most of the discussion at our GC meetings at APhA was about Convention.

As busy as we all are, I imagine some of you may have come up with a number of reasons to just skip the LKS convention.

Let's see if I have heard them all...

It is too far
It is too expensive
There aren't any CE's that I am interested in
I can't get off work
I don't really know anyone
No one will notice if I am not there anyway
Those banquets are boring
I don't like Vegas

Have I covered them all? Are these some of your reasons? OR are they excuses??

Here are some reasons why I have attended every Convention since 1994:

I got to visit some cities that I never would have seen
I have gotten more for my money than I ever imagined
I learn something new at CE's I didn't think I'd be interested in
I have asked off work in plenty of time or arranged someone to switch
Although I DIDN'T KNOW ONE PERSON at my first Convention, since then I have made countless new friends – many are very dear to me now and will continue to be
I know I would be missed as I miss those who aren't able to come... something always seems to be missing when one of the lambs is missing
If you haven't been to our Final Banquet in a while – you might want to ask around – they have gotten pretty fun. Oh – and have you heard about the Blue and Gold Dinner at Baltimore?
It really doesn't matter where we are – it is the fact that we are together that counts

Now, I have to be careful not to give away my closing speech at the Final Banquet because wouldn't it be cool to get it finished way ahead of time rather than on the plane ride from Baltimore to Vegas...BUT – this is going to be one great Convention! Your Grand Council and Convention Committee have been working for a long time to plan a fabulous meeting. We are working on incredible speakers and CE. We are working on making sure you have plenty of free time to enjoy the city (so you don't feel compelled to sneak out of the meeting to do it anyway!). We are working on plenty of opportunities for sisterhood and bonding and networking. ALL great reasons to join us this summer!

So whatever your reason is for not wanting to come to Convention...think of all the reasons why you SHOULD come.

We look forward to seeing you there.

LAMBDA KAPPA SIGMA LEADER IN PHARMACY

CYNTHIA BOYLE, Pharm. D.



Pharmacy Leader
Cynthia Boyle,
Pharm. D.

Cynthia Boyle is a nationally recognized leader and role model in the pharmacy profession. Cynthia graduated first in her class from the University of Oklahoma in 1971 with her Bachelor of Science degree in Pharmacy. After graduation she moved to Florida and worked as a community pharmacist. In 1973 she relocated to Maryland and worked as a pharmacist at an independent pharmacy for five years and then with Thrift Drug (now Eckerd Pharmacy) from 1978 to 1997. She also served as a nursing home consultant from 1985 to 1996. During this time she decided to return to school for her Pharm D. She enrolled at the University of Maryland School of Pharmacy and graduated in 1996 with her Pharm D and a 4.0 average. She then became a Clinical Pharmacist at Upper Chesapeake Health and in 1999 joined the University of Maryland as the Assistant Director of Experiential Learning and Assistant Professor of Pharmacy Practice. Cynthia then became the Director of Continuation Studies in 2001. In 2004 she was appointed as the Director of Experiential Learning Program where she develops preceptors, improves professionalism and is in charge of continuing education. As advisor for the School's Student Government Association and through the course "Effective Leadership and Advocacy," she seeks to develop leadership in students for their future roles as advocates for patients, the profession, and public health. She has taught over 19 different courses at the University including Introduction to Pharmacy, Ethics in Pharmacy Practice and Outstanding

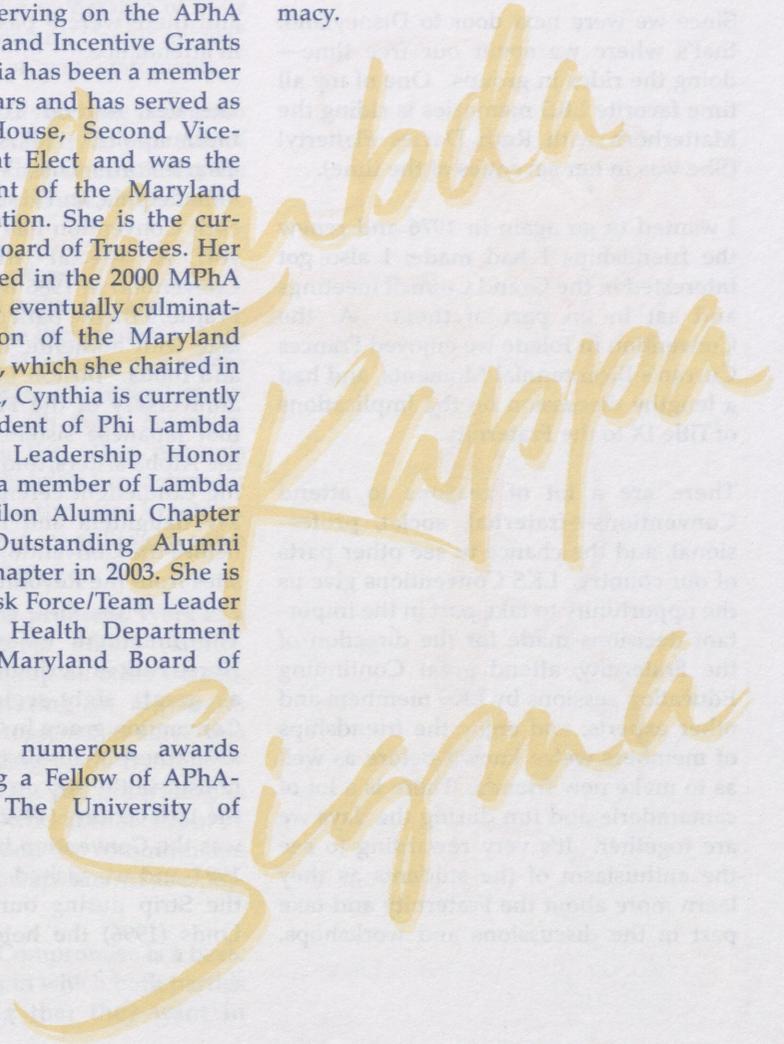
Herbals. In addition, Cynthia is an APhA certified immunizing pharmacist and immunizing trainer.

Cynthia is an active member of several professional organizations at the state and national level including the American Pharmacists Association (APhA), American Association of Colleges of Pharmacy (AACP), American Council of Pharmaceutical Education (ACPE), Maryland Pharmacist Association (MPhA), Phi Lambda Sigma, Rho Chi, Lambda Kappa Sigma and numerous other pharmacy associations. Cynthia served as an officer with APhA as the 2003-2005 Member at Large for the Academy of Pharmacy Practice and Management, Administrative Section and has just been elected chair elect of this section. She has served three years on the Pharmacy Today Editorial Advisory Board and is currently serving on the APhA Strategic Direction and Incentive Grants Committees. Cynthia has been a member of MPhA for 28 years and has served as Speaker of the House, Second Vice-President, President Elect and was the 2004-2005 President of the Maryland Pharmacist Association. She is the current Chair of the Board of Trustees. Her resolution introduced in the 2000 MPhA House of Delegates eventually culminated in the formation of the Maryland Pharmacy Coalition, which she chaired in 2004-05. In addition, Cynthia is currently the National President of Phi Lambda Sigma Pharmacy Leadership Honor Society. Cynthia is a member of Lambda Kappa Sigma, Epsilon Alumni Chapter and was voted Outstanding Alumni Member for the Chapter in 2003. She is the Bioterrorism Task Force/Team Leader and Cecil County Health Department Liaison for the Maryland Board of Pharmacy.

Cynthia has won numerous awards including becoming a Fellow of APhA-APPM in 2004. The University of

Maryland recognized her with the College of Pharmacy Gold Medal of Excellent and Excellence in Pharmaceutical Care Award in 1996. She has also authored more than 20 published articles and is a popular continuing education speaker.

In 2004 Cynthia was recognized for her leadership with the Lambda Kappa Sigma Merck Vanguard Leadership Award. The Vanguard Leadership Award is given annually to a member who has made sustained exemplary contributions in her area of professional practice, and/or in professional associations, regulatory boards, and in the community, emphasizing service to others, innovations and entrepreneurial spirit. Cynthia has shown outstanding leadership to the profession of pharmacy. She is a true leader, role model and mentor in pharmacy.



By Nancy Horst, Past Grand President and Chi Alumni

That's how many Conventions I've attended; I haven't missed one since my first, in 1974, at Anaheim, California. I'd like to share some of the reasons I keep coming.

In 1974, I was several years out of pharmacy school, and had 3 small children. I had the opportunity to attend as the delegate from my alumni chapter, Chi. I was so impressed to see over 100 women from all over the country with the same profession and devotion to LKS that I have. I met many alumni and students; Patti Clancy Kienle was a student then, and Adele Lowe was Grand President. I learned more about the Fraternity by being in the business sessions, and hearing the Award of Merit winner's remarks as well as those of other awardees made me realize how outstanding many of our members are, in the various branches of the profession.

Since we were next door to Disneyland, that's where we spent our free time—doing the rides in groups. One of my all time favorite LKS memories is riding the Matterhorn with Ruth Davies Flaherty! (She was in her seventies at the time).

I wanted to go again in 1976 and renew the friendships I had made; I also got interested in the Grand Council meetings and sat in on part of them. At the Convention in Toledo we enjoyed Frances Curran's Bicentennial Moments, and had a lengthy discussion on the implications of Title IX to the Fraternity.

There are a lot of reasons to attend Conventions—fraternal, social, professional, and the chance to see other parts of our country. LKS Conventions give us the opportunity to take part in the important decisions made for the direction of the Fraternity, attend great Continuing Education sessions by LKS members and other experts, and enjoy the friendships of members we've known before as well as to make new friends. There is a lot of camaraderie and fun during the days we are together. It's very rewarding to see the enthusiasm of the students as they learn more about the Fraternity and take part in the discussions and workshops.

We get to know the Grand Council members and those receiving Fraternity awards.

Visiting cities that are chapter sites is an added bonus; you get to see places you might not otherwise travel to, and enjoy the special attractions of each one. Here are some of the highlights of each area from previous Conventions. Albany, New York was the site for 1978, Birmingham for 1980, and Pittsburgh in 1982. We visited the sulky races at Saratoga in New York, the antebellum mansions in Birmingham, and the Three Rivers in Pittsburgh.

In 1984, my chapter had the pleasure of hosting the Convention in Seattle. We had a week of perfect Northwest weather for the members to enjoy; they visited the Seattle Center and the Space Needle, the waterfront on Puget Sound and Mount Rainier. A special event that time was a lunch honoring many 50 year members, and there were 9 past Grand Presidents in attendance.

The next several Conventions were in Indianapolis, Boston, Lexington, Charleston, Las Vegas, St. Louis, Philadelphia, and Houston. Each city and each Convention has its own unique flavor. A special treat at the Indy Convention in 1986 was a visit to Conner Prairie, a theme park of a 19th century village with authentic crafts, farm animals and foods. Boston in 1988 was the 75th anniversary of the Fraternity; I met the first Japanese sisters, ate "lobstah" with the Alpha sisters, and took part in a moving candlelight ceremony of celebration. My daughters and I came a few days before the Convention to visit the historic sites from the Revolution.

The members enjoyed the Kentucky Horse Park in Lexington (1990). There was a great sight-seeing trip for the Convention group in Charleston to several southern mansions, and I visited other houses in the city on my own, some from the 18th century (1992). The MGM Grand was the Convention hotel in Las Vegas in 1994 and we visited other big hotels on the Strip during our free time. In St. Louis (1996) the hotel was next to the

baseball stadium and a few blocks from the Arch. Philadelphia in 1998 gave another opportunity to visit important places from U.S. history, such as the Liberty Bell and the hall where the Constitution was signed. Houston (2000) has great shopping and some of us went to the Museum of Natural Science.

Chicago was the Convention city in 2002, and a highlight there was having the formal banquet while cruising on Lake Michigan and watching the sun set and the city lights come on.

The last Convention was in Baltimore in 2004, and attendees enjoyed the Inner Harbor restaurants and sights, and the B. Olive Cole Museum, a real treasure displaying her memorabilia and many items from the practice of pharmacy over the last five centuries.

For student members who will be joining those from 20 or so other chapters to share successes, problem solve, and attend hands-on workshops, the result will be lasting value for your chapter and yourself. You will meet some of the alumni whose names you have heard, and start to build your own LKS network. It's easy to keep in touch after Convention by e-mail.

For alumni, it's the time to visit with our sisters we don't see except there and share new experiences together, as well as benefit from the Alumni Conference, contribute to committee meetings, and take in some excellent continuing education.

I really look forward to each Convention, to see my friends, meet new members and make new friends, to participate in the business, programs and special events, to visit the attractions of the host city. I encourage you to come to Las Vegas this summer, and start or build on your own tradition!

HOW TO DISAGREE AND

AVOID THE DRAMA

10 WAYS TO COMPROMISE AND FIGHT FAIR

By Christine Perry, Past Grand President and Alpha Alumna

Democrats and Republicans. Yankees and Red Sox. Teenagers and parents. These are examples of some of the biggest long lasting debates known to man. In pharmacy school the biggest debates among my LKS sisters were about the menus for the semi-formal and final banquet. We could work together to plan the events but when it came time to select the menu we needed to engage in a voting process that rivaled a Presidential election. Of course I look back on it now and can't believe we put so much energy into something so small. But working through these exchanges and my year spent as President of Alpha Chapter helped me build the skills that hopefully have led to better decisions at work, home, LKS and with friends. What I have learned over the years having gone to professional development programs on conflict management is, that it's not usually the issue on the table that causes conflict, it's how the issue is handled. Here are a few strategies you can employ in order to improve communication, limit conflict, and get the best end results for both sides:

1. Pick your battles. You do not have to address every injustice or irritation that comes along. Whenever I feel the "Type A" personality kicking in, I know that it's time for a time out.

2. Understand the stakes. Even if you think that you understand the other person's issues, it can't hurt to ask a question. Being able to clearly identify the issue is the first important step in moving toward resolution.

3. Wait until you're calm. When emotions run high, disagreements can turn personal and lead to resentment and a breakdown in the negotiating process. Try to recognize when emotions are running high and table the conversation until cooler heads can prevail. Good advice from one of my mentors, Donna Horn, is to never write an email when you are emotional. It is easy to bang out a scathing message and press the "send" button; it's very difficult to rescind comments made in writing during the heat of the moment.

4. Listen for understanding. If someone thinks you are listening thoughtfully, she will be more likely to respond to you in a similar fashion. An attentive manner and a reasonable tone will communicate your consideration of the other person's feelings. This can go a long way in your efforts to bring about a workable solution that you both can live with. Remember, everyone wants to be heard. We want and need to feel that what we have to say is important and that our thoughts and opinions are of value.

5. Speak for yourself. Stick to expressing your own feelings and actions rather than criticizing the other person.

6. Keep the problem the problem. Do not personalize it. Attack the problem not the person. Maintain ownership of your part of the disagreement. Use "I" or "we" statements instead of "you" statements.

7. State the facts. If you have them, use them. Facts lend credibility to your line of reasoning. Be sure that when stating the facts, however, that you are able to reference the source.

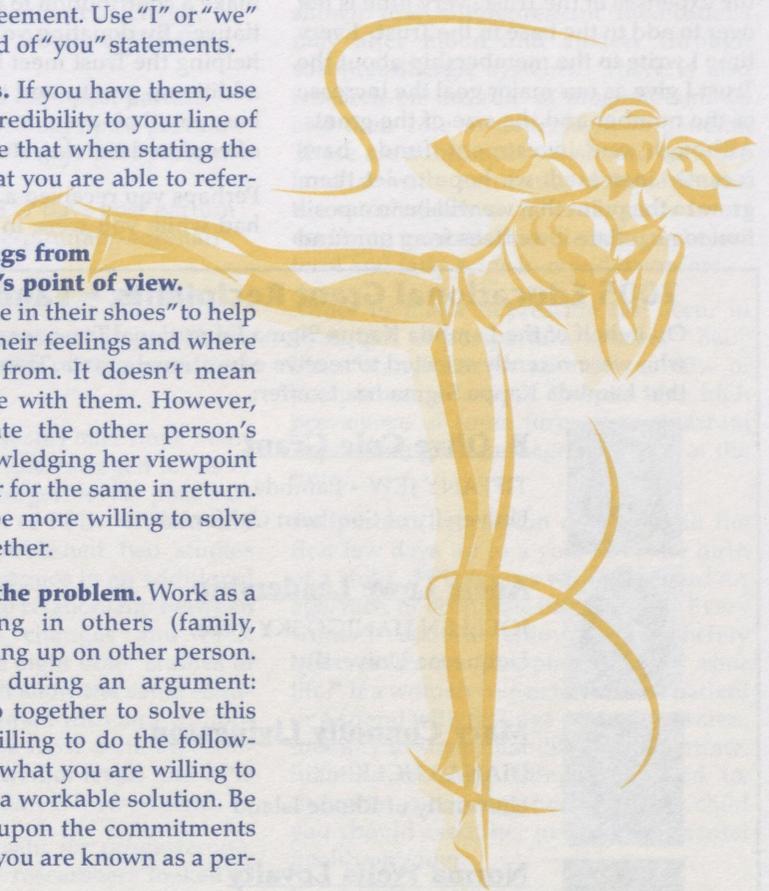
8. Try to see things from the other person's point of view. Try "walking a mile in their shoes" to help you understand their feelings and where they are coming from. It doesn't mean you have to agree with them. However, when you validate the other person's feelings by acknowledging her viewpoint you open the door for the same in return. Both of you will be more willing to solve the problems together.

9. Seek to solve the problem. Work as a team. Don't bring in others (family, friends, etc.) to gang up on other person. Use this phrase during an argument: "What can we do together to solve this problem? I am willing to do the following..." Then state what you are willing to do to bring about a workable solution. Be sure that you act upon the commitments you make so that you are known as a person of your word.

10. Compromise. Compromise is a basic negotiating process in which both parties give up something that they want in

order to get something else they want more. Compromises usually occur in win-lose situations — when there is a fixed pie to be divided up, and whatever one side gets, the other side loses. In compromise situations, neither side gets all of what they really want, but they each make concessions in order to reach an agreement that is acceptable to both.

Keeping these strategies in mind as you work through conflict resolution will help you avoid hurtful and unproductive arguments. Employing them regularly may lead you to a more positive, and peaceful, way of life.





THE LKS EDUCATIONAL TRUST ANNOUNCES A NEW GRANT

By Marilyn F. Harris, Trust Liaison Committee, Chair

This year, as in recent years, LKS Educational Trust awarded nine grants totaling \$5000. Since the inception of the grants program in 1963 and the establishment of the Trust in 1972, undergraduate grants including Cora E. Craven Grant, Mary Connolly Livingston Grant, Norma Wells Loyalty Grant, and the Adele Lowe Leadership Grant have total 307. The Dr. B. Olive Cole graduate grant has total 16. This year awardees are announced in this Blue and Gold Triangle. The first grants were \$200 and currently are \$500. The Cole grant is \$1000. The number of applications from qualified students continues to increase each year making the task of the Awards Committee a difficult one. This year for the first time there was a large number of applicants for the Cole grant. It is gratifying to note that more sisters have chosen to do graduate studies at the MS or PhD level.

The donations contributed to the Trust in the fall appeal support these grants and the expenses of the Trust. Very little is left over to add to the base in the Trust. Every time I write to the membership about the Trust I give as our major goal the increase of the number and the size of the grants. Although our investment funds have recently increased, we hope to let them grow to the point that we will be in a position to negotiate lower fees from our fund

manager and to cut the Trust expenses. This will make more funds available to offer more and larger grants. In addition to the annual appeal, the Trust also receives memorial and celebratory contributions, and funds are raised at convention through a raffle, auction and donations.

In the last Blue and Gold Triangle, Trust member Donna Dancer announced a new grant to honor Marilyn and Joe Haberle. The Trust received seed money as a memorial to Joe and to honor Marilyn the longest serving Trust member and a past Grand President. A small number of additional contributions have also been received. By the time you read this you may have received a mailing asking for a contribution to this special grant. If not you will receive it soon. It is our hope that sufficient funds will be contributed to make this grant available for the fall of this year. I urge you, whether or not you contributed to the Trust appeal last fall, to make a contribution to this important initiative. By donating you will be a part of helping the Trust meet its goal of offering additional grants, and to raising the fund base so that even more grants can be offered to deserving students.

Perhaps you received a grant or wish you had while you were in Pharmacy school

and have not made a generous contribution recently. Kelly Park our region four supervisor expresses her feelings on what her grant meant to her:

"I am honored and privileged to be a 2003 Cora E. Craven Educational Grant Recipient of the Lambda Kappa Sigma International Pharmacy Fraternity. I believe LKS is a group of strong and dedicated women to promote the profession of pharmacy. Just being a part of LKS has allowed me to grow professionally as well as personally. In addition, being selected from this group means a lot to me. Although this grant was financially helpful with school expenses, it was even more personally and emotionally fulfilling to receive this prestigious award. It is a true honor to receive this educational grant because of Cora E. Craven's dedication and loyalty to LKS. Thank you for this opportunity."

Help the Trust make it possible to offer additional grants and to build a stronger base so that more LKS students will receive grants and we will be able to honor Marilyn and Joe Haberle who have contributed so much to our fraternity and our profession.

2005 Educational Grant Recipients • Lambda Kappa Sigma Pharmacy Fraternity

On behalf of the Lambda Kappa Sigma Educational Trust, we would like to congratulate the following LKS members who were recently selected to receive educational grants. These individuals represent some of the best and brightest that Lambda Kappa Sigma has to offer:



B. Olive Cole Grant

TIFFANY JEW – Lambda,
University of Southern California



Adele Lowe Leadership

JOELLEN HANIGOSKY – Tau,
Duquesne University



Mary Connolly Livingston

DIANA LUCEK – Xi,
University of Rhode Island



Norma Wells Loyalty

AMANDA HAMILTON – Alpha Nu,
University of Kentucky



Cora E. Craven Grant

JESSICA LANDRY – Xi,
University of Rhode Island



JAMIE KEARNS – Tau,
Duquesne University



CHRISTINA WESTCROFT – Alpha Nu,
University of Kentucky



ERICA HARDIMAN – Alpha Phi,
Wilkes University



LISA RODRIGUEZ – Xi,
University of Rhode Island

Postpartum Depression

By: Ruth Demar, RPh, FASCP Member, WHI Committee

Andrea Yates, Brooke Shields and Tom Cruise are infamous people associated with postpartum depression or PPD. But what is postpartum depression?

First let us talk about depression in general. Each year in the US, women are affected by depression twice as often as men. This means 12.4 million women annually are diagnosed with depression. Of the many women that report premenstrual mood changes, three to four percent have symptoms severe enough to interfere with work and social functioning. This is called Premenstrual Dysphoric Disorder or PMDD which appears to be an abnormal response to normal hormonal changes. The SSRI antidepressants are effective in relieving the symptoms of premenstrual depression. (See Blue and Gold Triangle from February 2005 for more information on this topic).

Suicide is an increased risk in depressed patients. Men are four times more likely to die of suicide than women. But women attempt suicide two to three times more often than men.

Following child birth, women with an innate biological vulnerability to depression are at risk of experiencing PPD. The hormonal changes, psychological stressors, such as sleep deprivation or an infant with colic, also increase the risk of developing PPD. The Diagnostic and Statistical Manual of Mental Disorders Fourth Edition or the DSM-IV sets the standard for diagnosis as major depressive disorder with onset in the first 4 weeks following childbirth. Other researchers are not as strict with their definition and allow a period up to one year following childbirth.

Depressed mood after childbirth includes the spectrum of maternity blues to psychosis.

O'Hara and his associates state that maternity blues can reach a prevalence of 50% to 80% of post partum women. PPD occurs at a rate of 9% to 15% according to Bloch and his co-workers. In their review article, Jessica Zonana and Jack Gorman suggest that rather than two separate conditions it is more likely that postpartum blues and postpartum depression exist on a continuum of postpartum mood disturbances. Despite these numbers there is the hypothesis that 50% of the cases of PPD go undiagnosed or untreated.

British medical centers in Livingston and Edinburgh developed the Edinburgh Postnatal Depression Scale (EPDS) in the 1980's. The goal was to assist a primary care provider in the detection of PPD. It has been widely tested and validated with a sensitivity of 86% and a specificity of 78% when the EPDS ≥ 13 . Today it is used in 23 countries and is available in many languages. The maximum score is 30. A score that is greater than 10 may be indicative of possible depression. Particular attention should be given to question 10 which accesses suicidal thoughts. Good clinical judgment must also be applied.

Three factors are consistently associated with the occurrence of PPD: personal history of mental illness, past history of PPD, and a family history of depression. The causes are not understood but many times the explanations point to the abrupt hormonal changes at the end of a pregnancy.

Hormone Changes Post Partum

Hormone	Amount of Change During Pregnancy	Return to Pre-Preg. Levels
Estradiol	50 X	3 days post partum
Estrone	50 X	> 3 days post partum
Plasma Progesterone	10 X	3 -7 days post partum
HPA (hypothalamic-pituitary-adrenal) Axis 2 ?		
Prolactin	7 X	3 mo post partum

How do these hormone changes affect a woman's mood in the post partum period?

Different research teams have done many studies to try and link estrogen levels or the changes in estrogen levels post partum to a diagnosis of PPD. O'Hara and colleagues have published two studies and Feksi and colleagues in an additional study document the relationship between salivary estradiol changes and PPD. However, there are eight other studies in the literature which show the same estradiol changes in women with and without PPD. Therefore, the most accurate statement regarding estradiol levels and PPD is that the information is inconsistent.

The same can be said for progesterone. Many of the same researchers looked at plasma and salivary progesterone levels in relation to the presence or absence of PPD. O'Hara and Feksi and their colleagues support the theory that the high-

er the progesterone in the ante partum period the higher the risk for PPD. The work of Harris and Heidrich and their respective colleagues could not find a correlation between progesterone levels or changes in those levels and PPD. Once again, there is data to support either position with regard to progesterone and PPD.

Two research teams have found a correlation between testosterone levels and PPD. Buckwalter and colleagues found lower testosterone levels and mood disturbances three to four weeks postpartum. Another research group lead by Hohlagschwandter, followed 193 pregnant women through three days postpartum. Their finding supported the theory that lower testosterone levels at three time points during the pregnancy were consistent with greater depression scores at all three points.

Research is ongoing into the role of the hypothalamic-pituitary-adrenal axis, prolactin and oxytocin in PPD. Evidence has shown that antidepressant medications may alter mood and anxiety through vasopressinergic systems. There is also research on the role of biogenic amines and their role in depression in general. These are substances we should be more familiar with: serotonin, dopamine and the catecholamines. There is more interest being generated in the role of cholesterol and fatty acids in mood disorders.

Minor or major depression can occur in 10 to 15% of postpartum women. "Baby blues" can occur in as many as 80% of postpartum women. Despite the high prevalence of some form of postpartum depression goes undiagnosed 50% of the time.

Postpartum depression can occur in the first few days up to a year after the birth of a child. PPD occurs without regard for age, race, or economic background. Every woman should enjoy what society believes to the "happiest time of your life." If a woman comes to you as a patient or a friend with feelings of worthlessness, inability to sleep, inability to concentrate, inability to enjoy things she used to, thoughts of harming herself or her child you should assist her in finding a mental health provider.

Article references available upon request.

CHI CHAPTER REACTIVATION

By Chi Collegiate Chapter



New Members of Chi Chapter

Greetings from Chi Chapter! We are thrilled to announce that Chi Chapter is up and active again. Chi Chapter has a long established history at the University Of Washington School Of Pharmacy and until 2000 was a very active chapter. The ladies of Chi Chapter were often recognized by Lambda Kappa Sigma for their achievements. Now that we are active again, we hope to carry on the tradition of our extremely dedicated alumni.

During the 2004/2005 academic year our alumni chapter and faculty encouraged the reactivation of Chi Chapter. Several general meetings indicated that there certainly was sufficient student interest. We proceeded with establishing a group of leadership consisting of President – Katharine Monaco, Vice President – Kelly Philopant, Secretary – Kathleen Thornton and Treasurer – Yvonne Hewett. Most of our energies last year went toward determining what was necessary for getting Chi Chapter back on the books.

Thanks to our supportive alumni, we learned all that is special about being a member of LKS. Pat Tanac visited one of our general meetings and told stories of the history of LKS and Chi Chapter. She also provided guidance to reestablishing Chi Chapter as an active chapter in LKS.

The 2005/2006 academic year was our goal for reactivation. During the summer before, we began working on recruiting student membership especially from the new entering class. We also began working on a line up of activities such as establishing a relationship with a family center that we could provide volunteer services to.

On October 27, 2005 our very generous alumni hosted our initiation ceremony. We received formal invitations to attend the initiation and induction of new members into Lambda Kappa Sigma Chi Chapter. Snacks and beverages were enjoyed by all while we chatted and got to know one another. Then the alumni conducted the formal ceremony in which all the new inductees learned the secrets of LKS. It was a very special event that helped us all realize the meaning of being a member of LKS.

After the ceremony, the alumni shared their memory albums with us. We were amazed and awed at the bond these ladies shared. The alumni also provided a gift for each of us to remember our special evening by – a small flower-shaped candle holder that was either blue or gold. We are proud that Chi Chapter is active again, and we are honored to be members of such a wonderful professional pharmacy organization.

Since initiation, Chi chapter has made a strong effort to be active in our community. At the beginning of the quarter we were able to hold a school supply drive for the hurricane victims in Louisiana. Our students responded generously, and we were ultimately able to mail off six boxes of school supplies to help children get reestablished academically. In October we hosted a pumpkin painting party, with the painted pumpkins being donated to the local children's hospital as decorations for the autumn season. We also enjoyed an evening pie bake right before Thanksgiving break. We brought our finished goodies to the University the next day for faculty and students to enjoy.

Also, we have developed a relationship with Northshore Family Center, a community based center aimed at providing services and support to families. In the future, we will be concentrating our service activities in a collaborative effort with this worthwhile organization. For the holiday season, several of our members volunteered their time to assist with an event in which special needs children could visit Santa. A great time was had by all!

With the start of the New Year and a new quarter, we are beginning to make plans for future activities. One of our members has taken the lead on establishing a chapter website, and several others are looking into additional activities with the family center such as providing tutoring services or possibly providing a health fair in conjunction with Hygeia Day.

We are all thankful for such wonderful faculty and alumni who have supported us in our efforts to get Chi Chapter up and running again. We are truly happy to be a part of Lambda Kappa Sigma!

History of Lambda Kappa Sigma

Mary Connolly Livingston

Founder

By Christine Perry, Past Grand President and Alpha Alumni

Mary Connolly Livingston was born on June 6, 1894 in Dorchester, Massachusetts. She was one of the women students at the Massachusetts College of Pharmacy at the time Lambda Kappa Sigma was founded. Being one of the eight students interested in forming their luncheon club, she became a charter member of LKS.

Mary Connolly's father was the one who influenced her into entering pharmacy. He was a member of the class of 1864 at MCP. Mary was confident that her being a woman would not keep her out of the profession even though in 1912, pharmacy was a man's profession. She enrolled at MCP in 1912 and graduated with a Ph.G. in 1916. She was one of two women (Annabel Carter Jones) in a class of 44 men who graduated that year. She passed the state board the same year, and spent her entire employment in retail pharmacy. After graduation she managed her father's store for two years and then she married one of her classmates Urban Livingston, on April 10, 1919. They moved to Vermont and ran Urban's father's drug store. Mary stayed out of the business to help raise their three sons; the oldest is a graduate of MCP. By 1925, husband and wife were ready to open up a shop together. Mary and Urban moved to Cape Cod where they owned and operated their own pharmacy for over 50 years, Livingston's Pharmacy in Orleans, Mass.

For over 40 years Mary was a registered pharmacist and still worked up to the age of 84 with her sons at the pharmacy she and her husband founded in Orleans. Pharmacy was always her first love. Mary stated, "Before I was old enough to see over the counter, I worked a lot of hours counting pills, packaging salves, and waiting on customers at my father's drug store in Dorchester." In an article from the Cape Cod Oracle in 1978, Mary reflected on her career, "Pharmacy used to be a lot more exciting. It may be convenient that today's suppliers deliver premixed and prepackaged medicines to the store, but Urban and I used to mix and package almost all our own medicines and pills. We have a book filled with recipes to make medication to treat everything from horehound cough to suppositories."



Mary Connolly Livingston

Mary Connolly Livingston made numerous contributions to our Fraternity including her generous donation in 1976, which became the basis for the Educational Trust.

Sigma's 50th anniversary, Mary stated "Miss Ethel J. Heath was the one with the foresight enough to plan and execute the formation, and the one who did the most, during the early years, to keep it in existence. The credit belongs much more to her, than to any of the rest of us involved. The girls who have followed us through the years, particularly the national officers who have helped the organization grow to be an international one, deserve more credit than we." Mary Connolly Livingston made numerous contributions to our Fraternity including her generous donation in 1976, which became the basis for the Educational Trust. 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 response to her generous donation and dedication to Lambda Kappa Sigma, the Fraternity created the Mary Connolly Livingston Grant for sisters who were pursuing a Pharm.D. degree. Mary died in December of 1982. We are all eternally grateful for her contributions.

The Fall 1969 issue of the BGT reported on Mr. and Mrs. Urban Livingston's 50th wedding anniversary which was held on April 10, 1969 at a dinner with close friends and relatives at the Village Lobster House in Orleans, MA. They were fortunate enough to have three of the original four bridesmaids in attendance. Two of them are sisters of Mary's and the third is another Founder of LKS, Mrs. Annabel Carter Jones who graduated with Mary and Urban from MCP in 1916.

Mary Connolly Livingston was the first secretary-treasurer of the Lambda Kappa club in 1913. When asked about the founding of LKS on Lambda Kappa



Mary Connolly - age 19

LAMBDA KAPPA SIGMA'S BIENNIAL CONVENTION AUGUST 9-11, 2006 • LAS VEGAS, NEVADA

By Mary Gear, Alpha Zeta, Chair Convention Committee



MARY'S PICKS!

Best Steak – The Steak House at Circus Circus

Best Italian – LaScala on Desert Inn- Try the Herb Crusted Ahi Tuna – to die for!

Best French – Andre's Downtown- Old Vegas meets here for fine dining.

Best Show – That's a toss up between Mama Mia and any Cirque Du Soleil production. Did I mention Barry Manilow, Gladys Knight, Clint Holmes, Danny Gans – there are so many.

Best Buffet – Darn good right in the Palace Station where we are staying.

Best Flower Show – The Bellagio Conservatory and Botanical Gardens – It's free!

Best Cactus Garden – Ethel M Chocolate Factory – and you get to sample the chocolate on your tour. It's free, too!

Best Star Gazing – The Palms – You just never know who may pop in.

Best Shopping – Fashion Show Mall on the Strip or the Downtown Outlet Mall

Best Light Show – Fremont Street Experience downtown.

Best Roller Coaster – Top of the Stratosphere-only for the brave! This is also the best view of Las Vegas.

Best Way to Spend an Afternoon – At the Venetian strolling along window shopping, eating, riding on the canal, eating, visiting the Art Museum, eating, shopping at Regis Galleries for that special gift and, oh, did I mention eating.

Let me be the first to roll out the welcome mat in Las Vegas. Home for me since 1988, making me nearly native by Vegas standards, it really would take a lot to make me leave this desert oasis. I love this city! Convention in Vegas will be non-stop fun, excitement, education, networking, and set the stage for an amazing reunion of LKS students and alumni. There is something here for all ages. I've included a list of some of my favorites.

When we last met here in 1994, we were one of the first groups to convene at the MGM Grand Hotel. The theme for us then was "Watch us Roar in '94". Much has gone up and come down with the implosion and rebuilding that has become an annual Vegas tradition. One thing that remains the same is that the city still never sleeps. We remain the entertainment capital of the world and the folks at the Palace Station are anxious to show off their Vegas hospitality just for us.

Off the Strip, life is pretty normal. Did I say, "normal"? We continue to be the

fastest growing area in the country with a population approaching 2 million. We have a robust economy with lots of job opportunities and in his words, "the happiest mayor in the country." Our school system is now the fifth largest in the nation and we've built ten new hospitals in the last decade. I'm honored to have been a part of the founding of the University of Southern Nevada, home to the Nevada College of Pharmacy. We've also built Nevada State College, expanded the programs and size of UNLV and UNR in the north and built countless grade, middle and high schools.

Just outside of town, you can cool off at Mount Charleston, look for petroglyphs at Valley of Fire, take a tour of the Red Rock Canyon, or bask in the sun at Lake Mead. So much to do and so little time. Let me suggest you take a few extra days vacation and visit some of our natural wonders outside the Eiffel Tower at the Paris, the skyline of New York, the canals of Venice at the Venetian, Cesaer's Rome, and the magic of Excalibur.

CONVENTION HIGHLIGHTS

Awards Luncheon

Find out which LKS sisters are being honored this year with the Award of Merit, Vanguard Leadership Award, Distinguished Service Citation or Young Pharmacist of the Year Award.

Educational Programs

Explore the hottest topics in pharmacy and women's health issues today. Earn up to 6 hours of CE

Blue and Gold Dinner

Las Vegas, Blue and Gold and sisterhood will be our themes as we enjoy some entertainment. Which chapter will win for the best LKS song this convention year.

Final Banquet

At the Banquet we will find out which chapter will win the coveted Efficiency Cup and Gavel. The 2006-2008 Grand Council will be installed and we will be treated to a slide show.



NETWORKING EVENTS

Opening Reception

This Reception provides us the opportunity to meet and greet on our first night together. Plan on some Las Vegas style fun and connect with LKS member from around the country. .

Networking Breakfast

Learn about different practice settings and be mentored by LKS members who are leaders in our profession.

Alumni and Collegiate Conferences

Learn or share new ideas for professional programs, social events or fundraising you can bring back to your chapter. Provide feedback to the Fraternity on programs and policies.

CONVENTION DETAILS • LAS VEGAS

PALACE STATION HOTEL & CASINO

2411 W Sahara Ave, Las Vegas, NV 89102

1-888-319-4661 or 702-367-2444 www.palacestation.com

TO MAKE YOUR HOTEL RESERVATIONS:

Special LKS group rates at the Palace Station Hotel & Casino apply only to those reservations made prior to July 15, 2006. The following rates will apply:

TOWER ROOM: Single/Double/Triple/Quad: \$69 (Tues-Thurs) and \$109 (Fri-Sat)

A limited number of Value rooms are available at a lower nightly rate (\$59 Tues-Thurs, \$99 Fri-Sat). These rooms are located in a more remote area of the hotel and have no elevator access. These rooms can be reserved on a first-come, first-serve basis.

Student Attendees – Please make individual and/or chapter reservations by calling the hotel Reservations Office at (800)634-3101 and identify yourself as an attendee of the Lambda Kappa Sigma Pharmacy Fraternity, Reservation ID “PCILKS2”. Student rooms will not be reserved through the LKS International Office for the 2006 Biennial Convention.

Alumni/Guest Attendees – Individual reservations can be made by calling the Reservations Office at (800)634-3101, and identify yourself as attendees of the Lambda Kappa Sigma Pharmacy Fraternity or Reservation ID “PCILKS2”. In order to receive the group room rate a credit card or a deposit in the amount of one (1) night’s room and tax charge is to be received no later than fourteen (14) days from the date the room reservation was made. If the room guarantee of one (1) night’s room and tax charge is not received within the fourteen (14) day grace period, the reservation will be cancelled. Palace Station Hotel & Casino will take reservations for the Lambda Kappa Sigma Fraternity group until July 15, 2006, after this date the hotel will take reservations on a space available basis and at prevailing hotel rates.

Minors – Palace Station Hotel & Casino is an entertainment/casino business governed by the laws of the State of Nevada and licensed by the State of Nevada Gaming Control Commission. As such, each governing entity requires Palace Station Hotel & Casino to notify all groups that it is against the law for any minor (under the age of 21) to loiter in or near any gaming area. It is also against policy for minors (under the age of 21) to be unattended in the hotel rooms. Please be advised that an adult 21 years or older must be present at the time of check in and throughout the entire stay. Also, the adult will be held financially responsible for any damage or excessive cleaning to the hotel room.

Check-in/Check-out: Check-in time is 3:00pm and check out time is 12:00 noon. Under no circumstances shall a minor be allowed to check in or occupy a hotel room without the accompaniment of at least one (1) person over the age of 21.

High Speed Internet Access – All tower rooms have high speed internet access at the rate of \$9.99 for a 24-hour period.

Shuttle Service – The Palace Station Hotel & Casino offers scheduled shuttle service to and from McCarran International Airport and the Las Vegas Strip. Please visit the hotel website www.palacestation.com for exact times and locations.

Cancellation Policy – Individual room reservations may be cancelled up to forty-eight (48) hours prior to arrival without penalty. Cancellation within forty-eight hours prior to arrival will result in a penalty of one (1) night room and tax charge.

REGISTRATION INFORMATION

Go to www.lks.org to download a registration form. Convention delegate forms and reports are also available here. Early bird registration is June 30, 2006.



Preliminary Convention Agenda (Subject to Change)

WEDNESDAY, AUGUST 9

- 1:00pm – 7:00pm Registration
- 5:00pm – 6:00pm Past Grand Presidents' reception
- 6:00pm – 9:00pm Opening reception

THURSDAY, AUGUST 10

- 8:00am – 5:00pm Registration
- 8:00am – 10:15am Opening breakfast
- 10:30am – 12:30pm Business session
- 12:45pm – 2:30pm Awards luncheon
- 2:45pm – 3:45pm CE
- 3:45pm – 4:45pm Business session
- 5:00pm – 6:30pm Collegiate and alumni workshops

FRIDAY, AUGUST 11

- 7:30am – 8:30am Continental breakfast
- 8:30am – 10:00am CE
- 10:00am – 11:30am Business Session
- 11:30am – 1:00pm Lunch on your own
- 1:00pm – 3:30pm Collegiate Conference
- 2:00pm – 3:30pm Alumni Conference and CE
- 3:30pm – 4:30pm CE
- 5:30pm – 8:30pm Blue and Gold Dinner

SATURDAY, AUGUST 12

- 8:00am – 10:00am Networking breakfast
- 10:00am – 12:00pm CE
- 12:00pm – 2:00pm Educational Trust Luncheon & Auction
- 2:15pm – 4:30pm Business Session
- 6:00pm Group photo
- 6:30pm Reception
- 7:00pm – 9:30pm Final Banquet

SUNDAY

- 9:00am – 11:00am New/Retiring GC

LAMBDA KAPPA SIGMA ALUMNI PROFILE

Dr. Ann Amerson

By Lisa Savage, Alpha Nu Alumni



Dr. Ann Amerson

Like many of our sisters in Lambda Kappa Sigma, Ann Amerson is a dedicated woman. She has held multiple faculty and national positions, has been involved in Lambda Kappa Sigma for over 30 years, has fought and conquered breast cancer and still continues to offer her services to the University of Kentucky College of Pharmacy despite retiring this year.

Dr. Amerson did not begin her collegiate career interested in pharmacy; she was an economics major. When this no longer interested her, she sought the advice of the only pharmacist she knew at the time, the father of a friend, Paul Parker. (For those who are not familiar with Paul Parker, he was director of pharmacy at the University of Kentucky Chandler Medical Center, who developed UK's clinical pharmacy programs and the country's first drug information center. Dr. Amerson would later be the recipient of the award that bears his name.) After working as a technician, she decided that pharmacy was the profession of her, and she graduated with her B.S. in 1969 and her Pharm.D. in 1971 from the University of Kentucky College of Pharmacy. She accepted her first faculty position at the University of Kentucky in 1971; by 1984, she was a full professor, one of only 2 women to hold this title at the time. She also became the director of UK's Drug Information Center, the program established by her mentor Parker, and held that title for 18 years. Being involved in drug information gave Ann many opportunities to work with students and other health professionals, and allowed her to develop her love for mentoring. Philosophically, she feels that is her responsibility to try and give others what she has learned and help them to think through the changing dynamic of the profession. When those that she mentors go on to do great things, she views this as her reward, as well as a reward to those that mentored her. During her directorship, she continued to teach the drug information aspect of the curriculum to pharmacy students.

The University of Kentucky did not have an LKS chapter while Ann was in school, as it was a time when women were still a

minority in the profession. However, a group of women started an organization shortly after she graduated that would become the Alpha Nu Chapter, and she has acted as the advisor or co-advisor since 1976. Dr. Amerson feels that LKS helps emphasize the opportunities for women in the profession and provided support to women in leadership positions, which she benefited from personally throughout her career.

After 18 years at the Drug Information Center, Dr. Amerson decided to change her focus and become more involved with experiential education at the college. She became involved in curriculum development for the Non-Traditional Pharm.D. program from 1992 until the program's end in 2005, as well as working to establish clerkship experiences for Pharm.D. students. She has also acted as the preceptor for the Hospice clerkship rotation for the past 10 years.

In addition to being named an APhA Fellow in the Academy of Pharmaceutical Research and Science in 2001, Dr. Amerson was also recognized as the recipient of the University of Kentucky Sarah Bennett Holmes Award in 2005. Holmes was a former dean of women at UK, and the award recognizes remarkable women at the university who promote the growth and well-being of other women at UK and in Kentucky. The Alpha Nu Chapter was extremely proud of her, as the rest of the community was finally able to recognize the contributions that LKS and the UK College of Pharmacy had been blessed with for decades.

After retiring in 2005, Ann still devotes some of her time to the college in Experiential Education. With her husband Russell and daughter Stephanie, she is finally able to enjoy some well-deserved time off after a full and satisfying career. Though she has passed on her duties of Alpha Nu advisor, she was a charter member of Alpha Nu Alumni which was reactivated in 2005. She also joins Alpha Nu each year for Lexington's Annual Race for the Cure, where she proudly wears her pink Survivors shirt. Through her positive attitude and continued involvement in the UK College of Pharmacy and LKS, she continues to serve as a mentor for each woman she meets.

Name: Ann Amerson

Degrees: BS, Pharm.D., RPh

Current position: Professor, Post-retirement appointment 25% effort

Favorite movie: Pretty Woman

Favorite book: Envy by Sandra Brown; other favorite authors are John Grisham, Sidney Sheldon, Mary Higgins Clark

Favorite vacation spot: Alaska (followed closely by Hawaii)

Best advice ever given: "see how things look tomorrow" when dealing with individuals who I thought had not thought through a situation or were too upset to make a decision.

Mentors: Have been fortunate to have a lot throughout my career. Gloria Doughty, Paul Parker and Charles Walton are probably the three most influential in my early career

Explain your current position:

Just prior to retirement I was the Director of Experiential Education and also served as the College of Pharmacy liaison to the Continuing Education Program. In my post-retirement appointment, I am still working with continuing education programming and providing assistance with some aspects of the Experiential Education Program

How has LKS helped your career:

My career started when women were a significant minority in the profession. There was not an LKS chapter when I was in pharmacy school but the women started their own local organization that became an LKS chapter not long after I graduated. I think LKS helped emphasize the opportunities for women in the profession and provided support to women in leadership positions and I personally benefited from that.

What skills or traits have helped you get where you are today: think I am a good listener, a hard worker, and fair in my dealings with people.

If you could do it all over again, what would you do differently?

I am not sure that I would change anything. I feel I have had a satisfying career and I am not sure that doing anything differently would make it any better.

What words of advice/wisdom do you have to share? Challenge yourself. Sometimes we are reluctant to move out of our comfort zone and we may miss a great opportunity to contribute and grow personally.

COLLEGIATE CHAPTER NEWS

ALPHA CHAPTER Massachusetts College of Pharmacy



In the busy city of Boston there is always something happening. When it comes to Alpha Chapter, we are no exception. We have started the orientation process following three rather popular recruitment events. We enticed 18 young ladies to orientate with us by showing our true Blue and Gold colors not only during the month of February, but throughout the entire school year. Kudos to our Membership Coordinator/Vice-president Kimberly Lindstrom for making this orientation period a success! She truly is an inspiration to young women not only in Alpha chapter, but all over MCPHS. We've also been busy fundraising for our various charities and organizations. During the month of March, we participated in "Daffodil Days" which benefits the American Cancer Society. The daffodil, being the first flower of spring, is a sign of hope and a perfect symbol to those battling cancer. We're proud to help raise money for this worthy cause. The lambs of Alpha also look forward to our Career Expo this year run by Alessandra Cornelio and Karen Meneses, two young women who know what it is to excel professionally. During this event, pharmaceutical companies are offered a table to display different opportunities for pharmacy students not only after graduation, but for rotations as well. This year, we've catered not only to pharmacy majors, but also other allied health science majors. The money that we raise through this event will help raise funds to support our Fraternity and contribute to the scholarships offered to our sisters at the end of the year. We also are preparing for Hygeia Day coordinated by Steph Ko who will no doubt make this occasion an exciting and educational one. As we near the end of our school year, Alpha chapter would like to send out our best wishes to everyone in LKS. We'll see you in Las Vegas!!

BETA CHAPTER Albany College of Pharmacy



Greetings, sisters. I hope your semester is going well. Here's an update on what we've been doing here at Albany College of

Pharmacy. I'm happy to announce that we have 8 new sisters ready to take on the responsibilities that LKS demands. We have just had our meeting to nominate new officers for the next year also. We are excited to hear the speeches and make our decision as to who will fulfill each position. There's some good competition for some offices. Recently we had 15 sisters attended the annual Utica Heart Walk in Utica, New York. The sisters "braved the elements" and walked 3 miles in the snow. We raised almost \$1,000.00 in support of research for heart disease. Our LKS intramural basketball team has been formed and we hope to play a little better than we have in past years. I have confidence in this because we have some sisters that are pretty good at the game. We are also very eager to induct the new sisters into our chapter with our New Sister Cocktail on April 7th. We look forward to seeing you at this year's Convention in Vegas. We hope that you all have a good semester and summer.

EPSILON CHAPTER University of Maryland



Hello from the Sisters of the Epsilon Chapter at the University of Maryland! We ladies kept very busy last semester with all of our community service, fundraising, and social activities. Our clothing and toiletries drive for a local women's shelter was a great success due to the overwhelming response from our fellow students and professors at school. There were so many boxes that it was tough carrying them all to the shelter! We were able to meet our fundraising goals thanks to the successes of our flower gram sale and the numerous bake sales we had over the course of the semester. The bake sales were a big hit with students, especially around finals time! At our "Who Wants to Be a Lamb" luncheon, new members played a game answering trivia questions about LKS, got to know each other and the current sisters better, and enjoyed a tasty meal of lasagna and salad. Some girls knew so much about our organization that we needed a tie-breaker for our game! Our fall forum on balancing career, family, and personal time was very well-attended, and many students told us that they found the forum really helpful. We are also excited about the events we have planned so far for the spring semester. Some fundraisers include a Yankee Candle sale and a rose gram sale. For our annual "Valentines for Vets" service project, a group of sisters will personally deliver our homemade valentines to veterans in the VA Hospital on Valentine's Day. We also have plans to participate in a campus-wide community service project involv-

ing painting at a local inner city school, which should be a really fun event. In addition to this being a great cause, we hope that participating in this project might help to increase our organization's visibility on campus. We are planning a bowling party to welcome back the fourth year sisters, who were off campus last semester for rotations, and to give the new members a chance to get to know them better - and maybe gain a little wisdom! To celebrate our many successes, we've planned several social events to keep the spirits high. A trip to New York City, a horseback trail ride, and the Washington DC Cherry Blossom Parade are in the future plans for fun and a bit of adventure. We are currently in the process of planning a forum in honor of Hygeia Day. Taking a less trodden path, we are introducing the relevant but often overlooked topic of how to approach patient counseling involving sexual health and education. Some example situations include informing your patient about her options when there is a drug-drug interaction with oral contraceptives and answering the possibly awkward questions that you may encounter regarding other contraceptive products. We hope that our Hygeia Day will be informative and as popular as our fall forum! Thanks to the dedication of our sisters and our faculty advisor, Dr. Layson-Wolf, the Epsilon Chapter has had a very successful school year so far, and we hope that it will continue! Best wishes to all of our sisters for an enjoyable and productive semester, and good luck with classes!

ETA CHAPTER Philadelphia College of Pharmacy

Hello from the sisters of Eta chapter. This year got off to a good start. Although our members are getting down we are working extremely hard to be seen on campus and to get more girls interested. We had two new members last semester and are hoping for a bigger orientation class this semester. We recently had a rush and it was a blast getting to know the potential girls. The night began with some snacks and introductions and quickly turned into a great social event where the girls got to know exactly what Lambda Kappa Sigma was about. Bids go out soon and we look forward to good responses from the girls. We have many more events planned for this semester. Our semester celebration of spaghetti dinner with Kappa Psi is being planned. Our annual senior dinner is in the works as well as our annual Dinner Dance celebration to which alumni are invited. Along with these events we have fundraisers planned to help with Project HOPE. We also are planning on going on a walk to benefit breast cancer research. Also, Hygeia day is in the process of being planned. As always, we are collecting soda tabs for the Ronald McDonald House. We plan to help out at the house occasionally during the semester and cook a meal for the families who are staying there. We are looking forward to seeing what the rest of the year has in store. Best of luck to other chapters.

LAMBDA CHAPTER

University of Southern California

The Lambda Chapter Alumni Committee's theme this year was Keeping-In-Touch (K.I.T.) Lead by Jeanelle Padre, the LKS Alumni Chair, the Alumni Committee was able to achieve it's theme by keeping our alumni and current members connected and updated through its various projects which included:

1) *Lambda Letters*, the Lambda Chapter's Alumni Newsletter. We distributed two issues for the Fall and Spring semesters to our Alumni and members. Written articles from advisors and active members covered topics that were about our programs, such as, Women's Empowerment Week & Residency Program to name a few, our participation in local health fairs, fundraising efforts, community services, health issues, and personal experiences in the field of pharmacy. *Lambda Letters* showcased to our Alumni and current members how talented and active we are as a fraternity.

2) The Mentor Program. We were able to connect 7 LKS/USC Mentors with 22 students. The program was able to provide students with opportunities to develop relationships with pharmacy professionals who can serve as their role models. Furthermore, we were able to reach out to the local professional associations, such as CPhA, for supporting our members so they may attend Conferences.

3) The Residency Shadowing Program. As fourth year approaches and the decision of applying for a residency arises, we sought willing residents who would allow our LKS members to shadow them for a day and ask them questions.

4) The annual Alumni Dinner themed, "Oh, the Places You'll Go" from Dr. Seuss. In March, the Chapter meets with its Alumni and Friends of LKS to reflect on the past, present, and future of the fraternity, as well as, all the places our Alumni have been in terms of life and career. It's also an opportunity for the Alumni to meet our New Members of the LKS family. As part of the evening we have our New Members present a Women's Project Presentation. This year the presentation will be on Women and Aids through an International Perspective. Being part of the Trojan Family, we all know the importance of Alumni. They are a great resource and vital for the growth of our chapter, as well as, for our Alumni Chapter. Through these projects were able to K.I.T. and connect as an LKS Family. To celebrate the success of *Lambda Letters*, please enjoy an article that appeared in our most recent edition.

A New Lambda's Experience

Arezou Golriz, Pharm.D. Candidate 2009

My first week in USC Pharmacy School passed by in a flash. I recall feeling rather anxious about attending various lectures and sitting amongst individuals who had thus far been strangers. I then began to attend information sessions provided by different fraternities and associations. I found that the one fraternity that appealed to me was Lambda Kappa Sigma, which had a professional and significant mis-

sion to enhance women's role in the profession of pharmacy and leadership. As the semester took on a more serious note, I found that being an orientee of Lambda Kappa Sigma, along with a few of my colleagues, set us apart from the others. This was due to the fact that we were requested to wear our new member pins on a daily basis as well as professional wardrobes on Mondays. I began to further associate with other orientees who also consisted of second and third level students, and began to realize that it was very important for me to further become involved in the profession of pharmacy. I attended my first health fair in Orange County, along with active members, to provide Osteoporosis screening for the community. Since the health fair had proven to be a success, I knew that it had finally been time for me to improve my public speaking skills. Hence, I chose to present a piece to the participating pharmacists at the local California Pharmacist's Association (CPhA) meeting. The purpose of my presentation was to ask for mentorship for my fellow orientees, in return for volunteer hours that would be presented to the participating mentor. Subsequent to the completion of the presentation, I sensed a rather rewarding feeling simply because I had conquered my ultimate fear without experiencing a panic attack. It was nice to receive immediate positive feedback from the audience, who surely could not have detected my perturbed feeling. I recognize that developing into a more experienced and professional individual will prove to be a life long quest, and it will only benefit me to learn from the ones who have achieved more and hence be able to relay the knowledge that I gained onto others. I have come to realize that it has been the presence of the active members of this fraternity who have assisted me in increasing my self-efficacy and professionalism. It is rather admirable to see the active members remain friendly and respectable to one another and to the new members as well. The Lambda Kappa Sigma members have proven to play a major role in my upcoming years as a pharmacy student mainly because they are the true role models of what a female pharmacist portrays. With the help of my new family, I hope to ascend the position of Pharmacists in our society by becoming more involved with the current members in improving the skills necessary to a professional individual in the medical field. This relationship is what makes Lambda Kappa Sigma an exceptional fraternity to be a part of.

XI CHAPTER

University of Rhode Island



Greetings from Rhode Island! The sisters of Xi Chapter are anxiously awaiting our summer trip to Las Vegas with all our fellow lambs. We have a busy semester planned to help raise funds for the trip - lots of bake sales, a College of Pharmacy Bingo Night,

and a New York Soap Company sale. Before our winter break we had a fun night at our annual winter formal with Kappa Psi. Nothing beats a night filled with good food, good music, and great friends. We were excited to share the night with our 24 new sisters that we inducted in late November. Our chapter now has almost 70 active sisters! Besides our fundraising, we are also planning several other events. Our professional committee has arranged for some of our sisters to go to a local elementary school to talk to the children about poison prevention. They will also arrange our annual career panel. We will participate in the Relay for life, Daffodil Days, and head over to Newport in the spring to clean up the cliff walk. We hope that all the chapters are staying as busy as we are. See you at Convention!

OMICRON CHAPTER

Wayne State University

Greetings from Detroit! Your Omicron sisters have been hard at work this year. Last semester we initiated 21 enthusiastic little lambs into our chapter, and now we are in the midst of finalizing events and plans for the rest of the school year. We are going ice skating together downtown at Campus Martius, throwing a Beach Party with our brother fraternity, Kappa Psi, and working to bring the VIAL of Life Project to the Detroit Metropolitan area. Also, we are planning to bring in speakers for Hygeia Day to present "Staying Sane in Professional School," a guide for preventing stress, frustration, and depression while battling the rigors of pharmacy school. Another project we are working on is an "LKS Vending Machine" to place in the Commons and dispense OTC medications like cough drops, decongestants, antihistamines, and pain relievers to ailing pharmacy students and faculty. Also, we have been invited back to the Royal Oak Mongolian BBQ since we had so much success with the "Guest Grillers" Fundraiser last year. If all goes according to plan, two more of your Omicron Lambs will be grilling up stir-fry for students and alumni this spring. In between all of our projects, we are fundraising and making plans for our trip to Las Vegas this summer. We can't wait to meet you!

PI CHAPTER

Rutgers University



We hope that everyone is doing well and has enjoyed a wonderful winter break! During our winter break, the sisters of Pi Chapter got together for LKS Camp where we planned for the upcoming semester as

COLLEGIATE CHAPTER NEWS Continued

well as enjoyed a glorious day in the beautiful city of New York! After winter break, we went straight to work to carry out our recruitment program, which lasted two weeks. Our recruitment events included Chocolate Fondue and Info Session Night, Ice Skating, Sex and the City and Cosmos night, Baking with the Sisters and last but not least, Wine and Cheese Soiree by Invite Only. For Chocolate Fondue and Info Session night, we prepared a PowerPoint presentation to give the girls who attended a brief introduction about our chapter, our mission and the multitude of service, professional and social events that we participate in each semester. Who could miss with an event that involves a concoction of fruits and pretzels dipped in warm and mouthwatering chocolate? Sex and the City and Cosmos night had a great turnout! It attracted a variety of students - girls and surprisingly, guys alike! While episodes of Season 2 played in the background, the girls sipped on cranberry or apple refreshments and mingled the night away! Wine and Cheese Soiree was tons of fun and games, literally! We played Catchphrase, the perfect interaction game. There were moments of intensity and moments of uproarious laughter, but there never was a moment of dullness or silence! At the end of the night, we sat down with the girls and held an open forum where we entertained questions from the girls about the orientation process as well as proposed questions to the girls to gauge their interest in us. We have also been working hard to fundraise for our chapter. Early this semester we participated in the MTVU credit card fundraiser, and we are proud to say that as a result of it, greater events can be afforded and are in the works of discussion.

TAU CHAPTER Duquesne Chapter

Greetings from the Tau Chapter! Here at Duquesne University, we have been having a very eventful spring semester! Having over one hundred members allows us to partake in many professional, service, and social events. For a recruitment activity, we held a "Pretty in Pink" themed party, and we happily inducted twenty-one excited new members to our bustling flock. A new professional project that we took on this year was "A Day in the Life of Duquesne Pharmacy Student," where high school girls were given the opportunity to spend a day on campus with a sister and learn the ins and outs of pharmacy school. This program was a huge success with the local high schools and now we plan to do it every semester! Our "What is a Pharmacist" committee promoted the profession of pharmacy by visiting local high schools and presenting a program about the different aspects of the field of pharmacy. The service committee worked hard this semester supplying the sisters with numerous projects. We competed in the "I Got Snagged for Jimmy V" tournament on campus, which is a putt-putt tournament that raises money for The V Foundation for Cancer Research. In

February, we painted windows at Children's Hospital, and in April, we will participate in the MS Walk in Pittsburgh. In February, we were very involved in Duquesne's annual Carnival by, once again, performing and selling funnel cakes. Our skit turned out great as usual with the help of all the dedicated sisters who spent many hours practicing and preparing. Within our busy schedules, we still always have time for fun! We held our Family Tree Tea at the Olive Garden giving the sisters a chance to relax and spend time with each other and their tree. The Annual Senior Banquet and Formal will take place in April at the Doubletree hotel in Downtown Pittsburgh.

PHI CHAPTER Butler University



Hello from the sisters of the Phi Chapter in Indianapolis! This year has been one of major advancements for our growing chapter. We welcomed 21 lambs as our new sisters, more than doubling the size of our group! This amazing new member class will continue to strengthen our chapter. We have updated our by-laws and know that they will contribute to the success of our chapter. Our chapter has installed committees and elected committee chairpersons to better organize the events. Some of the events that the committees have planned this semester include designing t-shirts directed at the pharmacy students as a LKS fundraiser. Our chapter is planning one social each month. On February 12, members of our chapter went ice skating downtown. This was an excellent way for our sisters to get to know one another better! We are also arranging at least two philanthropic activities this semester. We have an outstanding volunteer opportunity at the Ronald McDonald House in March. We will be cooking different types of soups and desserts for the families. In April, we plan on decorating Easter baskets for the children at Riley's Children's Hospital. Decorating the Easter baskets is a gratifying tradition for the Phi Chapter. Also, we are currently in the process of contacting local alumni to arrange activities with these women. Our secretary, Teri Keller, was nominated by our chapter to represent us at President George H.W. Bush's presentation in May at Butler University. In addition to all of these events, our chapter is organizing an end of the year retreat! The end of the year retreat will include a send-off for the fifth and sixth year women, dinner at a restaurant downtown, establishing friendships with the alumni, and a time of reflection upon the past LKS year. The Phi Chapter sisters are continuing to strengthen

bonds between one another and promote leadership among women in the profession of pharmacy.

CHI CHAPTER University of Washington



Greetings from Chi chapter! We are excited to announce that Chi Chapter is now active again at the University of Washington. With the help of our extremely supportive alumni chapter, we were able to hold an initiation ceremony this fall. Our ceremony included all the traditions of LKS, and the stories and background that our alumni were able to share with us made us excited to be a part of LKS again. We started with a core group consisting of a president, vice-president, secretary, and treasurer and since our initiation we have expanded to a membership of eleven. We have developed a relationship with Northshore Family Center, a community based center aimed at providing services and support to families. In the future, we will be concentrating our service activities in a collaborative effort with this worthwhile organization. For the holiday season, several of our members volunteered their time to assist with an event in which special needs children could visit Santa. A great time was had by all! With the start of the New Year and a new quarter, we are beginning to make plans for future activities. One of our members has taken the lead on establishing a chapter website, and several others are looking into additional activities with the family center such as providing tutoring services or possibly providing a health fair in conjunction with Hygeia Day. We are all thankful for such wonderful faculty and alumni who have supported us in our efforts to get Chi Chapter up and running again. We are truly happy to be a part of Lambda Kappa Sigma!

ALPHA ALPHA CHAPTER Temple University

The spring 2006 semester promises to be one of the best for the girls of Alpha Alpha chapter in Philadelphia. This fall, we had a very successful orientation gaining twenty-four great new girls who are extremely enthusiastic about LKS. Their Induction Dinner will be held in April when the change of officers will take place. We have many great fundraisers planned for this spring including a Valentine's Day lollipop sale, which has grossed over \$400 in the past, as well as a LKS t-shirt and hooded sweatshirt sale. With the advent of our new Social Chair position, many fun nights are ahead for the Alpha Alpha girls. We have already participated in a poker themed social with KY and are hoping to schedule

more events in the future. We are also hoping to have a speaker come up from main campus to talk about self-defense, as well as to demonstrate techniques. Christine Perry will hopefully be making an appearance at Temple in the coming months to have a resume workshop for sisters but we will open it to the school. Though we all love a good time, the sisters are also committed to the community. With our vigorous fundraising, and with the advent of the new Community Service Chair, we are hoping to go out into the city and make a difference. We hope to participate in at least one of the various cancer walks that are taking place this spring, including the breast cancer walk where we will be inviting our mothers and sisters to come along, as well as joining forces with KY to get involved with a failing men's homeless shelter in the city. Alpha Alpha is also hoping to have a strong representation at this year's annual meeting (it doesn't hurt that it is to convene in Las Vegas!). We would like to wish the other chapters fun and successful semesters and we will see you in Vegas!

ALPHA BETA University of Connecticut

Hello again from the Alpha Beta sisters. As another semester is underway, we have lots planned to make it very eventful and successful. We planned out the majority of our semester at our annual sleepover we had about a month ago. Along with the craziness and laughter, a lot was accomplished to ensure us of a busy semester. We are still in the process of finding new girls to join the Alpha Beta chapter, and so far it seems like many girls are interested. We are all looking forward to the events that come along with initiating new girls each semester. All of the committees are working hard to accomplish their goals for the next few months. The fundraising committee is working on selling tote bags and the Yankee Candle sales that were such a success in the fall. All of the sisters are also volunteering their time and helping the community at a nearby senior center that the community service committee set up for us. The professional committee is also hard at work trying to plan an event for students interested in pharmacy that involves professors sharing information about the profession and choices that can be made after graduation. The alumni committee has been setting up an initiation for two alumni and a dinner to follow the ceremony. Regardless of the hard work planned for the upcoming semester, we are also planning social events so we can continue to strengthen our sisterhood. The social committee is in the process of planning a day at the spa to relieve stress and to get ready for the upcoming formal. We also continue to have our dinner at Margaritas. Last semester we had a pharmacy night out which was a huge success, so another one is on the agenda for the spring semester. With everything going on, our chapter is anxious to go to Las Vegas this summer, and we have been doing lots of

planning. We are excited to start a new semester and we are hoping that it is as successful as the last one. The Alpha Beta chapter hopes to see you this summer in Las Vegas!

ALPHA ZETA St Louis College of Pharmacy



Recruitment for 2005 for the Alpha Zeta Chapter proved to be an incredibly successful year toward the expansion of LKS! Existing as only 12 active members, these dedicated and energetic girls were able to attract 15 new members to join our beloved Fraternity - which more than doubled our size! Since then, with the fresh, new energy and support brought by this outstanding NMO class, LKS has become much more involved - not only on campus but also within the community. Since September, we have been involved in various service activities such as STLCOP Cares, Project HOPE, the North American Food Drive, an Alzheimer's Walk, and a recent addition, LKS decorated and sponsored our annual Angel Tree this Christmas in an effort to help those who are less fortunate. Aside from service activities, we have also conducted and are continually brainstorming recruitment activities to keep our growth alive. Whether it's a makeup party or simply providing underclassmen the necessary transportation to local shopping, we seek new ways to spread the word about the benefits found within our Fraternity. We're currently looking ahead to Hygeia Day in which we can reach out to unaffiliated students through a professional program. The challenging part so far has been agreeing upon this year's topic! Overall, as a chapter, we have consistently remained active. In the first semester, we organized a team for intramural football calling ourselves "the Killer Lambs" which was more fun than we expected. And now that it is volleyball season the LKS team has a current win-loss record of 1-1. Coming up in April we will again be hosting the Jimmy Buffetville Recruitment event which is our last effort to bring in new members before the end of the school year. And, not to neglect a sisterhood event even during Spring Break, the Alpha Zeta chapter will be relaxing March 18-25th along the warm beaches of Galveston, Texas! Sisters are also making arrangements to attend the LKS Biennial Convention in Las Vegas for a chance to meet with fellow sisters in pharmacy sharing our love for LKS! Best wishes to all of our LKS chapters and we hope to see you in Vegas!

ALPHA ETA Long Island University



The sisters of Alpha Eta chapter have been working diligently to keep the fraternity alive and well since its reactivation in the fall of 2004. We kicked the year off with a breast cancer lecture on October 13, 2005. In collaboration with our school chapter of the Rho Chi Society, we invited Dr. Marie Ward, a breast surgery specialist at North Shore Hospital in Long Island, to speak about her work. On October 31, 2005 we had a breast cancer awareness information table and candy sale to benefit Young Survival Coalition, which is a network of breast cancer survivors and supporters dedicated to the concerns and issues which are unique to young women and breast cancer. In addition, we distributed breast self-examination (BSE) shower cards and displayed an informational video on BSE. In November, we welcomed new lambs into the chapter. We inducted 25 new members at our initiation ceremony on November 18, 2005. The spring semester will be a busy month; we are looking forward to elections, Hygeia Day, fundraisers, and charity and social activities.

ALPHA THETA CHAPTER State University of New York at Buffalo



Alpha Theta kicked off the school year with our annual membership drive. After getting to know each other through many events, such as movie night and country line dancing, plus a lot of good food and good times at Buffalo Wild Wings and Dessert Deli, we inducted 14 new members into our chapter. As the fall semester continued, we revised our by-laws, changing elections from the end of the fall semester to the end of the spring semester. This way, new inductees would have the opportunity to observe how the fraternity functioned, and learn what responsibilities were required for each elected office, allowing them to confidently run for an office in the same school year in which they joined. To help out in the community, a bunch of us volunteered at the

COLLEGIATE CHAPTER NEWS Continued

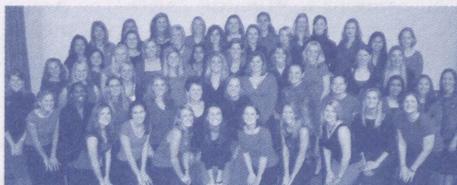
Ronald McDonald House for the "Cook for Kids" program. We also participated in the "Shoebbox Project," filling many shoeboxes with toys for children in need. Hi-lights of our chapter's social calendar included our traditional Wine and Cheese Party and our annual Holiday Party graciously held by Dr. Gayle Brazeau at her home, providing a wonderful time for all, as well as a much needed study break before finals! Our chapter looks forward to a great semester ahead, including our chapter birthday celebration on March 23rd, and our officer elections which will be held for the first time in April.

ALPHA IOTA CHAPTER Ferris State University



Greetings from the Alpha Iota chapter at Ferris State University! For recruitment this winter we tried some new activities. At our first recruitment, we had a game night where the actives brought games and the associates went around to the different groups and got to know us. Our second recruitment we had a movie night and a power point presentation that gave information about the fraternity. The third event was at the Phi Delta Chi house, our brother fraternity. We had pizza and hung out. All three events went well. Starting this semester, we are volunteering at a local nursing home. We play bingo, do manicures, serve hot chocolate and help where needed. It has been a great experience thus far. All the girls enjoy going and have funny stories to tell. We are continuing to do blood pressure screening at the local Walgreen's Pharmacy for an hour every week, volunteer at the recycling center every Saturday morning and Safe Ride every Friday and Saturday night. This semester we are also participating in Bowl for Kids Sake on February 15 and Walk for Warmth on February 25. Bowl for Kids Sake is a way for the local Big Brother Big Sister to raise money for mentoring programs in our community. Walk for Warmth is an event that raises money to help hundreds of pre-qualified, low-income families keep their heat on during the cold winter months. We give our best wishes to other chapters and hope everyone has a wonderful and productive semester.

ALPHA KAPPA CHAPTER University Of Georgia



Greetings from the University of Georgia Alpha Kappa chapter! Like everyone, the Alpha Kappa sisters have been exceptionally busy since the school year began! We are working hard to increase the professionalism, service opportunities, and fundraising capabilities of our chapter this year! Fall started off strong with a thrilling recruitment. We had 2 recruitment events including a "Who wants to be a lamb?" gathering and a cook out. For our 3 Lamb Pal events, we acted young again with an ice-cream social, party at Chuck E Cheese, and a game night at a sister's house. We had tons of fun at a catered Big Sis/Little Sis dinner and initiated 28 new sisters. To promote the profession of pharmacy, we invited a speaker to talk to the pharmacy school on Founder's Day and provided lunch. We also got involved in the community at "DAWG-tober Fest: A Prescription for good health." At this health fair, we provided educational information to women about breast cancer and empowered them to take control of their health. We raised over \$5000 for the Susan G. Komen breast cancer foundation and 2 of our sisters walked in the Breast Cancer 3-Day. Our fundraising consisted of writing letters to our friends and family and selling t-shirts and bracelets. We continued to cook dinner for the Athens Homeless Shelter, and we adopted 2 families for Operation Christmas Child. Of course, we also like to have a little fun! We showed our lamb spirit playing intramural flag football, where we went undefeated in the regular season. We also cheered in the stands at UGA baseball and footballs games, a Gym-dawgs meet, and an Atlanta Braves game. Several sisters are training once again for the Country Music Marathon in Nashville, TN. Along with Kappa Psi, we hosted a Halloween Party and a Welcome Back Party at their fraternity house. Putting on our dancing shoes, we really enjoyed semi-formal at the Foundry Inn Ballroom after fall finals. Finally, we just returned from our third annual sisterhood retreat to the Georgia mountains in Helen, Georgia. Overall, we have thoroughly enjoyed ourselves this year and tried to give something back to the community. Both in work and play, our sisters are giving their all to promote women in pharmacy. Can't wait to see you in Las Vegas!!

ALPHA LAMBDA

University of British Columbia

A warm hello from the Alpha Lambda chapter! This academic year has been exciting and, so far, packed full of events and fundraisers. In September, Rush/Orientation coordinators were busy with planning our membership drives. Events that took place to create awareness of LKS and our chapter among the first and second year pharmacy students included a welcome back barbeque, free lunch-time ice cream, and an information luncheon. From these LKS-awareness functions, we were able to find 11 new initiates, each ecstatic to be apart of this fraternity and its many fundraising endeavours in support of charities in need. Of this year, successful fundraisers included our reference book sales (Drug Information Reference and the Rx Files: Drug Comparison Chart), First Aid courses, Goblin Candy-gram sales, and Variety Heart sales. Upcoming charity drives and events include Daffodil sales in support of the Canadian Cancer Society, and our spectacular annual Manufacturers' Night. We also hope to put on a compounding boot-camp at the start of September so we've already started organizing the details of this bi-annual event. Although it may look like Alpha Lambda chapter is all work and no play, rest assured that we too have social functions that allow us to lean back and "chillax" for a moment. Previous social events this year included a fondue night with Kappa Psi (another professional pharmacy fraternity within our faculty) and our annual Christmas dinner where all of us had a face full of all you can eat sushi and Korean barbeque. All of these charity and social functions could not be possible without the relentless dedication of everyone within this chapter. We look forward to the rest of the year and events to follow.

ALPHA MU CHAPTER University of Toledo

Greetings from Alpha Mu Chapter at the University of Toledo in Toledo, Ohio. After a very busy fall semester, we are looking forward to a more relaxed spring semester. To round out our fall semester (it seems like so long ago!) we held a Christmas Candy Vial and Bake Sale. These sales are very successful for us as we hold them during the day when pharmacy students are ready to fill up on sweets between classes. In conjunction with this sale we collected gloves, mittens, scarves, hats, and socks for the Warm Hearts, Warm Hands program sponsored by a local credit union. To begin this spring semester, we looked at fundraisers and possible service projects. We started with yet another successful Valentine's Day candy vial and bake sale. Our big service project this semester is a fundraiser for Project HOPE.

This year we are throwing a themed party at a local dance hall with all benefits going to Project HOPE. Another fundraiser that we have planned is our annual Peanut Butter Egg Sale. We make personalized peanut butter eggs (like a Reese Cup the size of your fist) from scratch on a pre-ordered basis. This fundraiser will help some of our sisters make the trip to Las Vegas this summer. We are currently working with other College of Pharmacy organizations to plan the annual Pharmacy "Phield" Day. This is a day at the end of the semester that rewards pharmacy students for all their hard work. We set up games and have a local radio station come to let students just relax and have fun with fellow students, faculty, and even the dean. That's about all the happening on the Alpha Mu front. We wish all of our sisters and fellow chapters good luck in the upcoming semester!

ALPHA NU CHAPTER University of Kentucky



Hello from the Alpha Nu sisters at the University of Kentucky! We had a wonderful holiday and hope you did too! The holidays were started with "Reverse Trick or Treat" at Shriner's Hospital. Dressing up in our favorite costumes, we delivered candy and played Halloween games with the children. It was one of our most successful parties yet! In November, we celebrated Founders' Day, Initiation, our annual Thanksgiving potluck dinner, spa night, and a fondue party with delightful food. November was quite a busy month! The Alpha Nu sisters adopted two children from the Circle of Love and were able to brighten the holidays with everything on their Christmas wish list. We ended the holidays with the traditional "Mistletoe Mingle" semi-formal dance. The entire student body was invited to dance the night away in our Christmas in the City theme. After a nice break, the spring semester was kicked off with a slumber party. There is nothing more fun than friends, pizza, games, and laughter. Besides having fun, we have been raising money and supporting the Dance Blue Marathon. With help from fellow classmates and faculty, the Alpha Nu sisters were able to raise over \$1100 to provide for emotional support and research for children and families treated at the UK Pediatric Oncology Clinic. We had eight dancers awake and not sitting for 24 hours at the marathon and were able to win fourth place in fundraising and third place in the spirit award against 50 other organizations. In

addition to helping pediatric oncology patients, we love to cheer up our veterans with homemade Valentine cards. The Alpha Nu sisters have many sweethearts at the VA hospital. Events for the rest of the semester include Hygiea Day, elections, Parent Member Brunch, and a day at Keeneland. We wish all our graduating members good luck with future endeavors and congratulation to two members for being educational grant recipients!

ALPHA XI University of the Pacific



Greetings from the "lambs" of the Alpha Xi chapter! We are excited to share with everyone our great joy in spreading the LKS spirit and tradition with a new group of potential members as we begin our member orientation. As we guide our potentials in learning about the fraternity's mission and values, we cannot help but feel nostalgic about our past experience as potentials. Member orientation is a great event for allowing us to lift up each others' spirits and form close bonds with one another. These past months, LKS has been blessed with so many opportunities to share the LKS pride. We held our annual Stork's Nest community service event by collecting money, food, and clothing to meet the needs of mother's and their children. This is a program that provides prenatal education to low income pregnant women and their babies with the incentive of receiving supplies, food and clothing. A few months ago, Alpha Xi was given the opportunity to hold a "Women's Health Series" which included lectures, educational posters and pamphlets, and opportunities to speak with health-care professionals. The lectures were based on advancing women's health physically, their profession, and family life. It was a challenge for members to bring the week long event together, but we were just fortunate to share our spirit in the advancement of women. To welcome pharmacy students into the new year, we coordinated a social event called the "Black & White Affair." Many students attended the celebration as they danced through the night. The members of Alpha Xi are looking forward to celebrating Hygiea Day with our LKS alumni and faculty member, Dr. Sian Carr-Lopez. We are also preparing for our campaign to bring awareness and educate pregnant women about the importance of folic acid. Our plans may include passing out orange juice to pregnant women at a health clinic as we will educate them on the necessity of this

essential water-soluble vitamin and its dietary sources. With the upcoming months ahead into activation and graduation, Alpha Xi remembers know how blessed we are to have close bonds of friendship that began during member orientation and lasts beyond graduation. Thanks to our friends of LKS for your continual support in our journey. We hold out our hands to the new members that have come along to embark on this life long path.

ALPHA PI CHAPTER St John's University



Greetings from Alpha Pi chapter! This year we have been involved with many new projects and activities, but our most successful endeavor this semester has been our involvement with Wear Red Day. The American Heart Association started wear red day to promote awareness of cardiovascular disease in women. We thought this was an awesome activity to participate in because we felt it tied in really well with the interests of the Fraternity. On Friday, February 3 (official wear red day) we set up a table on campus and sold red dress pins to the students and faculty. We partnered with one of our alumni faculty, and she sold pins at Beth Israel Hospital to further promote wear red day. Together, we raised \$475 to donate to the AHA. The American Heart Association uses this money to promote further cardiovascular health awareness and conduct research on preventing and treating cardiovascular disease. We plan on making this an Alpha Pi tradition because it helped us to strengthen the bond between our chapter and our faculty/alumni, and we were able to participate in a women's health issue event.

ALPHA SIGMA CHAPTER Texas Southern University College of Pharmacy and Health Sciences



Greetings to all from the lambs of Alpha Sigma Chapter! Returning from the winter break after a busy fall semester, the sisters from Texas Southern University College of Pharmacy and Health Sciences are already enthusiastically planning upcoming events. During this past fall semester, we had an

COLLEGIATE CHAPTER NEWS Continued

enjoyable opportunity providing elementary students valuable Halloween safety tips. We also successfully held a Halloween Bake Sale fundraiser, which included delicious pumpkin cookies and candied apples. We had so much fun joining the Rho Chi Honor Society for the Susan G. Komen Race for the Cure to raise money and awareness to the organization that we also joined APhA for the Diabetes walk. We ended the fall semester by hosting a Christmas themed social to meet the members of our fellow fraternities Kappa Psi and Phi Delta Chi. One of our upcoming social events we have planned for this spring semester is our Strawberry Social, which will be a meet and greet LKS affair for prospective members. Some fundraisers we have planned include a snow cone sale and a baseball cap sale. We also have several new volunteer and educational opportunities proposed for this semester, which include prostate screening, poison control, and CPR certification. We look forward to the membership intake process beginning in March! Congratulations to our members graduating this spring, Francisco Riverra-Torres, Lori Leal, Lanet Haywood and Emma Alava! We wish them a bright and prosperous future!

ALPHA PHI CHAPTER Wilkes University



Well, another semester is underway and Alpha Phi already has plenty of activities and fundraisers planned to fill it up! In the last couple months of the fall semester we welcomed 20 new members to our LKS chapter. Congratulations to all of them. We also donated \$150 that went towards sponsoring a family for Christmas. So far this semester we participated in pharmacy week at Wilkes by sponsoring a social to go watch a Wilkes-Barre Scranton Penguins game. There was a great turn out and it was lots of fun for everyone. Our chapter would also like to congratulate two of our members; Erica Hardiman, recording secretary, on receiving one of the LKS grants this year, and Sandy Mullen, past president, for stepping into the new challenge of being our chapter advisor. In March we will be participating in our Hygeia Day activity, which

will include our LKS chapter working together with the Psychology department and doing depression screenings and handing out information about the disease. After Hygeia Day we are doing our annual Poison Prevention for local elementary students in the community. Poison Prevention consists of teaching children at a local youth center about certain things that can be poisonous if they eat them by playing interactive games. One of their favorite games from year to year is "Is it candy or medicine?" where a piece of candy and a tablet that looks similar are put side by side and they have to pick which one is the candy and which one is the medicine. We will be participating in this year's local Bowl for Kids fundraiser for Big Brothers Big Sisters and are looking forward to raising money for that cause. Speaking of raising money, a couple of our fundraisers for the semester include the Burger Burns at Sam's Club, pizza kits, and selling t-shirts. And last, but not least, are our social events. We are very excited about going to a murder mystery dinner for one of our socials. We also are going to go to a Scranton Red Barons game before the end of the semester. And we'll end the semester with our annual banquet, on April 29th. We have a very busy, but a very fun, semester ahead of us!

ALUMNI CHAPTER REPORTS

ALPHA ALUMNI CHAPTER Boston, MA

Greeting from Alpha Alumni! We celebrated Hygeia Day on March 22, 2006 at MCP. LKS sister Anne McDonnell, Senior Pharmacist for Hematology and Oncology at Brigham and Women's Hospital was our featured speaker. The 2 hours CE program which was held in conjunction with our collegiate chapter and open to the public was on Emerging Therapies in Chemotherapy Induced Nausea and Vomiting.

Upcoming events include the Final Banquet on April 13, 2006. We are also looking forward to attending the Convention in Las Vegas this summer.

We are also calling on all Alpha members to touch base with the alumni chapter and update your address info. Our goal is to connect with all of our members while making preliminary plans for our 100th convention in Boston in 2012. Please contact Alpha Alumni Chapter Secretary, Christine Perry at cmperryph@aol.com, to get on our mailing list.

CHI ALUMNI REPORT Seattle, WA

Chi Alums are pleased to announced the good news of the re-activation of Chi Collegiate Chapter on the University of Washington campus.

On October 27, 2005 Co-advisor Susan Lakey '02 offered her home for the ceremony. Chi Alums performed the Initiation to seven candidates who have been active as a group the last few months. Gifts were presented to the new members, refreshments followed.

We donated non-perishable food items to a local food bank and sent Holiday greetings to members far and near.

Traveling seems to be the order of the day for the Tsai family. President Joyce, husband Peter, and daughter Whitney flew to South Africa to go on safari along with daughter Melyssa who was in the area on a study program for Occidental College in California

We note the loss of two members of Chi Alumni Chapter, Ann De Ganton '62 died on January 16, 2006. Ann retired to Sun City Center, Florida many years ago.

Lois Sabin Wall, a 54 year active member, died on February 5, 2006. Earlier Lois attended several Conventions and has been a strong member of Chi Chapters through the years. She was a store owner for 30 years. She loved to travel and enjoyed entertaining. She belonged to several arts and philanthropic organizations.

Nancy Horst welcomed her third granddaughter Alissa Caie on January 23rd.

Pat and Bob Tanac will celebrate their sixtieth wedding anniversary the week-end of February 24, 2006. Their children, Joyce and Wesley, and their spouses will be in town. They will hostess the coffee hour after service at the University Christian Church.



Lambda Kappa Sigma Spring 2006 Calendar



Mark your calendar for the **2006 LKS Biennial Convention** to be held at the Las Vegas Palace Station Hotel & Casino **REVISED DATES August 9-13, 2006**

Full details in this issue of the Blue & Gold Triangle or on the LKS website: lks.org

BLUE & GOLD TRIANGLE

FEBRUARY 15

Deadline for Collegiates and Alumni chapter reports and articles for the Blue & Gold Triangle

MARCH 15

Hygeia Day celebrated by presentation of a professional program open to the public

MARCH 17-21

AphA Annual Meeting with LKS booth and reception

APRIL 1

Deadline for Alumni dues

APRIL 30

Awards Deadline

JUNE 1

Deadline for submitting all financial obligations, initiation fees, master member input sheets, officer roster, Treasurer's report, and Annual History report

JUNE 30

Deadline for early bird registration for LKS Biennial Convention

AUGUST 9-13

LKS Biennial Convention Las Vegas, Nevada

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

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