



# BLUE & GOLD TRIANGLE

LKS



FALL  
2007

*Lambda Kappa Sigma*

*"Promoting the Profession of Pharmacy Since 1913"*

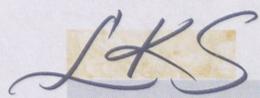
*Philly Welcomes  
Lambda Kappa Sigma  
to the City of Sisterly Love!*

**Regional Meeting - Summer 2007  
Philadelphia, Pennsylvania**

(see article page 4)



TRIANGLE



## 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  
Jennifer  
Rhodes**

"I am a Lamb For Life"

"I am a Lamb For Life." Those six words were first spoken by Past Grand President Dixie Leikach at our 2007 Regional Meeting held in Philadelphia in August. Dixie then introduced an exciting new program to guide Lambda Kappa Sigma toward continued fraternity success and member satisfaction. If you attended the Regional Meeting, you may still be able to recall how you felt as you were asked to consider becoming a Lamb For Life.

What does LKS mean to you? I am sure the answers to this question are as varied and as individual as each one of us. For me as your Grand President, LKS has taken on a business slant. Therefore, it was on the business of the fraternity that I focused when presenting my Fraternity Report during the Regional Meeting.

During my opening remarks, I asked the meeting attendees to consider the following questions: What is our business? Who are our stakeholders? What is the incentive for each of us who belong to this fraternity with regards to participation and service? What specifically can we "bring to the table" as a chapter member, an at-large member, a chapter officer, a committee chair or a committee member, a region supervisor, an advisor, a Grand Council officer, a practicing pharmacist, a retired pharmacist? Why do we stay involved?

The "Lambs For Life" program grew out of conversations during the Grand Council meeting held prior to the 2006 Convention. We recognized that there must be a reason why some members stay involved in LKS after their collegiate days. The Grand Council envisions the "Lambs For Life" program as one way to take Lambda Kappa Sigma to a new level of member involvement, by encouraging life-long membership. The program would be utilized to identify individual interests and maximize members' talents for the benefit of the fraternity's work and its future.

As a first step in our individual identity as Lambs For Life, Regional Meeting attendees were invited to sign up to work in one of seven key areas for fraternity growth and development. The areas identified by the Grand Council were compiled into a revised 2006-2008 Strategic Organizational Plan. Those seven areas are as follows:

- Communication
- Growth
- Leadership
- Management
- Outreach
- Preservation/History
- Programs and Benefits

If you were one of the 100-plus members who signed up to be a "Lamb for Life" in Philadelphia, you will soon be contacted about volunteer opportunities in your selected area. If you were unable to attend the Regional Meeting, please contact me with your area of interest and join Dixie, me, and many other sisters as Lambs For Life.

In addition, you may seek out any member of Grand Council if you have any questions, concerns or suggestions related to our new Strategic Organizational Plan. Collegiate members, please consider the resources you have in the International Office, your fraternity and faculty advisors, and your region supervisors. Communicate with us as needed, starting with your advisors. Alumni, we have you covered as well, so help us help you when needed.

I invite you to read the "Good to Great" article in this issue of the Blue and Gold Triangle. It provides additional background information on how your Grand Council developed the new Strategic Organizational Plan. It also offers insight into the next steps that we will take, as Lambs For Life, to grow a vibrant future for LKS.

I hope that many of you are able to meet with us for the Biennial Convention in Savannah, Georgia, August 6-10, 2008. It will be at this meeting that we will take our next step in the "Lambs For Life" program.

Lamb For Life,

Jennifer Rhodes  
LKS Grand President

# LAMBDA KAPPA SIGMA LEADERS IN PHARMACY

## Amanda Jo Preston and Sandra Zori



Amanda Jo Preston

Lambda Kappa Sigma is proud to recognize two outstanding colleagues, Sandra Zori and Amanda Jo Preston, for their national involvement and leadership in the American Pharmacists Association, Academy of Students of Pharmacy as Regional Members at Large.

Amanda Jo Preston is a 6<sup>th</sup> year Pharm D candidate at West Virginia University College of Pharmacy and has a Bachelors of Science in Biology from Concord University. She is a member of Lambda Kappa Sigma Alpha Omicron since the fall of 2004. She has served her chapter as Vice-President and Community Service co-chair. Amanda was fortunate enough to attend the 2006 Biennial Convention in Las Vegas, NV, where she was able to meet and network with sisters from across the country.

Amanda has been a member of APhA/ASP since October of 2004. She has been active with ASP and served as Vice-President and Historian. In November of 2006, Amanda was elected to the office of APhA-ASP Region 2 Member-at-large. Her responsibilities as Member-at-Large entail promoting membership, patient care activities and International Pharmaceutical Students Federation (IPSF) to the regional chapters. Her goals were to



Sandra Zori

serve the region by bringing students together and making the region one of the biggest and most active in the country. Amanda has been able to personally meet and talk with many of the region's leaders during her term in office. Amanda states that she is "Completely amazed at how many leaders there are in my region and the amount of time that each spends in their role".

In addition to her LKS and ASP membership she is a member of ASHP, WVSHP, Phi Lambda Sigma and Christian Pharmacists Fellowship Association. Amanda is grateful to have had this opportunity to be able to serve her peers in a regional role. This has been a great experience, and one that she recommends to all APhA-ASP members.

Sandra Zori was born in Baghdad, Iraq, lived in Abu Dhabi, UAE, and moved to Canada, to complete high school in Windsor, Ontario, while managing to stay fluent in Arabic. Currently she is a 5<sup>th</sup> year Pharm D candidate at Wayne State University in Detroit, Michigan. She is a member of Omicron Chapter and has been an active and involved member of LKS. Sandra was elected in the fall of 2006 as the Region 4 Member-at-Large for APhA-ASP.

Sandra has served her Omicron chapter as the first Webmistress and created a new website for her chapter, which included lots of information about upcoming events, member lists and photographs. She has also served as part of the New Member Orientation Committee, the Social Committee (Gamma Family), and the Birthday Committee. Sandra has attended the 2005 Regional Meeting in Lexington, Kentucky, and the 2006 Biennial Convention in Las Vegas, NV. At both these meetings, Sandra had the opportunity to meet numerous sisters and bring back innovative ideas in order to help create a stronger chapter.

Sandra has been a member of APhA/ASP since her pre-pharmacy days and has served in many positions, with the first being the Pre-pharmacy Liaison. Since then she has kept active and was her chapter's Membership Vice-President. Sandra was elected APhA-ASP Region 4 Member-At-Large in October of 2006. Her biggest focus was to create a feeling of togetherness in her region and she has done so by keeping in contact with her region's chapters, as well as starting a campaign for her region to purchase an APhA Foundation Paver. Through this position, Sandra has witnessed firsthand how passionate student pharmacists are about their profession and it has continued to inspire her.

Sandra states that "I'd like to pursue a law degree after my PharmD. However, in the meantime, I have plans to practice in community pharmacy, especially since I want to move to the Southwest United States after graduation. Ultimately, I'd like to own my own independent community pharmacy with a focus on ambulatory care."

# Philly Welcomes Lambda Kappa Sigma to the City of Sisterly Love!

It is my honor to welcome all the collegiate sisters back for another fun-filled year and to thank all of our Lovely Lamb Alums for another round of loyalty! The leaves are changing . . . as is LKS! As you know, Lambda Kappa Sigma held its Regional Meeting in Philadelphia, PA, this past August, and speaking from personal experience, it was a blast... and I'm not just reminiscing about my run up the infamous 'Rocky' Stairs!

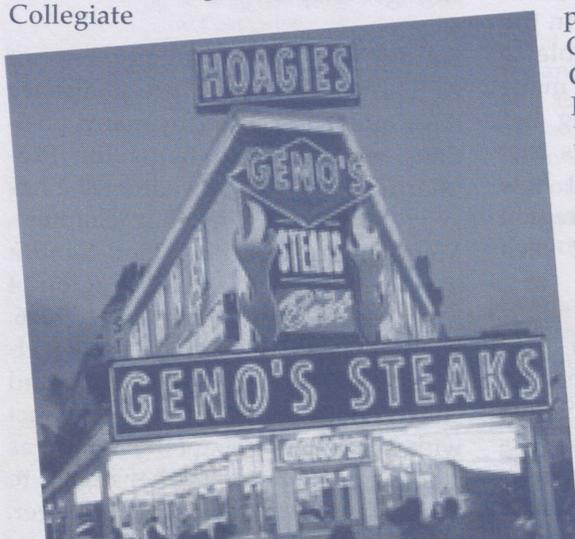
Our meetings started with a great Lamb turn-out; 22 Collegiate Chapters, 6 Alumni Chapters, Alumni at large, re-activated Nu Collegiate

members and even Alumni inductees! As a member of Grand Council, I knew we were in for a power packed weekend! Megan Leeds, Alpha Alpha Collegiate President, welcomed all of the guests to the City of 'Sisterly' Love and gave us all a few ideas to get the tourist in all of us some fun! Fraternity Reports were given from some of our lovely Alumni! Options were discussed for future Women's Health Issues, emphasizing member decision involvement and Project HOPE, with ideas for its upcoming Anniversary, (and LKS has proudly been behind them throughout!) Grand President Jennifer Rhodes announced plans for our upcoming Convention in Savannah, Georgia, August 6-10, 2008. Rooms will be reserved for the Hyatt Riverfront, so don't forget to save the date, you Georgia Peach!

Also on this day was what I like to think of as the bread and butter of the meetings... the Collegiate and Alumni Reports. As always, each chapter attending reported all the wonderful events they held over the past year. It was a great way to get ideas

and help each other become the best chapter you can be! I urge all chapters to reach out and contact your fellow sisters if they had an idea you're just itching to try! Sharing is caring, and we should always be willing to help another sister out! The reports were followed by a very informative CE presented by Sharon Brown on Vaccine Updates. Now with flu season coming around, go through those Regional Folders, pull out your dosing schedules, and post them at your pharmacy! Collegiate and Alumni ended the afternoon session with a Ritual Workshop in which Alumni members (including myself) demonstrated the proper conduction of certain Rituals as well as an Alumni Induction Ceremony! And what was going on across the hall with the Alumni, you may ask? Why, planning for the Centennial of course! The evening ended with a Professional Etiquette Dinner with a special presentation given by Nonnie Cameron Owens. For those who missed this, it had to be one of the most interesting dinners I have ever had in my life! I have to admit that I still know what "BMW" stands for (bread, meal, water for those who may not have remembered!), how to place my silverware correctly and how to 'stack' my food if I were to ever dine with the Queen!

The second day of meetings was a day of leadership and recognition. David Miller of Merck presented a Leadership Program in which we all got to see individually what kind of a



Members of Alpha Pi gather at the famous Philadelphia eatery, Genos, for Philly Cheese Steaks and refreshments.



Students enjoy some sister time during the Regional Meeting in Philly.

leader we are and also the many, many women leaders of pharmacy we have in LKS! Now... what do a pickle and a door knob have in common? He showed that LKS is not just a group of women, it is the establishment! Each one of us is a leader in her own right! Wear that badge proudly, ladies, and know that you chose it and worked hard for it! The Awards Presentation focused on 2 amazing women in pharmacy; Cherokee Layson-Wolf with the Young Pharmacist of the Year Award and Kathy McTernan with the Lambda Kappa Sigma/Merck Vanguard Leadership Award. Congratulations to both of you and

national coverage, so why can't we! As Collegiates it should be your responsibility to hold yourself to a higher standard. To promote LKS for everything it is and can be. As Alumni, it is our responsibility to bring LKS into our other aspects of life, whether it is in Pharmacy or other endeavors and to show the members that it doesn't end after graduation.

As mentioned above, LKS is on the verge of something new, a change is in the air and the Lambs that attended the Regional were the first to get a whiff of it! The Executive Director of LKS, Joan Rogala, gave a Lamb-

want LKS to be good, which it is... Or do you want it to be Great?" Past Grand President Dixie Leikach presented the 'Lamb for Life' campaign, in which she asked, "Do you want to be a Lamb or do you want to be a Lamb for Life?" Once you're a sister, you're always a sister, but to be a Lamb for Life is to stay an active sister throughout it all! LKS is on a journey, we're all on the bus to GREAT and now, Lambs of LKS, it is your decision to determine which seat you would like to sit in: Leadership, Policy and Procedure, Communication, Programs and Growth, Preservation and History, Outreach or Management. There's a seat for anyone and everyone who wants it. For those who have found their seats, we will be in contact. For those who want a seat, please don't hesitate to take one... or two or three!

As a recent graduate coming to a Regional meeting, helping with the planning and participating was very different but exciting. To all those Lambs on rotation, this is my plea to you. Do not forget LKS as you move on, you are a sister for life and now we would like to invite you to become a Lamb for Life. And... I'll be seeing you all in Georgia! Thanks for spending time with me and I wish all the collegiates best of luck over the semester!



Regional Supervisor, Elicia Fauvel (left), and Past Grand President, Christine Perry (right), congratulate 2007 Merck/Vanguard Award recipient and Alpha Alumni Chapter President, Kathleen McTernan (center), during the Awards Luncheon in Philadelphia.

we thank you sincerely for all you do for pharmacy and for LKS! The evening ended with a Financial Planning Seminar with Harvard grad Doug Richie... a seminar I wish I had when choosing student loans!!

Changing Presentation on this final day. Based on the book 'Good to Great', it was time to look at LKS and make it Great!! She asked, "Do you

*Lambs Love,  
Elicia Fauvel, PharmD  
Region 2 Supervisor  
Lamb For Life*

Our final day concluded with a crowd participating presentation by Emmy Award Winning Reporter Jeff Crilley, who taught us the value of Positive PR and how to get it for FREE! As 'Vanna' it was my job to decide which Lamb answered the fastest, so to those who knew the theme song of Six Feet Under, congrats! Jeff showed us that even a farmer who claims to have an Elvis-singing turkey can get free press and



Regional Meeting attendees have fun with bubbles during the PR presentation early Sunday morning.

# HISTORY OF LAMBDA KAPPA SIGMA 1913-1922

## ADAPTED FROM THE GOLDEN HISTORY BOOK



This was the building in which this Massachusetts College of Pharmacy was located in during the time that Lambda Kappa Sigma was founded.

In the early fall of 1913, the Massachusetts College of Pharmacy was occupying a building which had been erected in 1886. This college was the second established Pharmacy College in the United States, being founded in 1823. It was less than five minutes walk from the uptown railroad stations and the famous Copley Square where the great Public Library is located. The College was seeking a librarian and Miss Ethel J. Heath accepted the position. However, she proved to be more than a librarian. Since there was no organization among the thirteen women students enrolled in the school, she organized a club for social purposes to create a closer bond and friendship among the women of Pharmacy. There was some evidence that way back when in the 1890's there flourished a society called the "Women's Club", which was still alive in the earliest years of the



Ethel June Heath

twentieth century and then somehow had gone out of existence. It was probably that club which put most of the things that were found in the Study in the College that the women students decided to put into good use.

Eight of the women students, Annabel Carter Jones, Mary Connolly Livingston, Emma McDonnell Cronin, Willette McKeever Cheever, Alice Garner Coleman, Margaret Magdalene Curran, Mary Durgin Loveland, Rosemond A. Guinn and Miss Heath were the charter members of that club and called themselves "Lambda Kappa". Phi Delta Chi and Kappa Psi had already been established at the College. This was the time of two-year courses and soon after that the colleges were embarking upon three-year pharmacy curriculums. For the first two years, the meetings of this little society were in the form of luncheon meetings held twice a week. The fall of 1915 brought a change. It was no longer possible to meet for luncheons, so the Club voted to change its methods and become an open society to which all of the girls in attendance at the College could belong. Officers were elected and definite records of procedures were kept. The first president was Annabel Carter Jones and the secretary-treasurer was Mary Connolly Livingston. "Sigma" was added to "Lambda Kappa" and new meanings were given to these Greek letters by Mildred Follensby, class of 1917. It was also voted upon in 1916 to have a badge, a motto, a flower and colors. A special committee for designing the badge was appointed and reported later on a pleasing design which was approved and adopted and is in use

today. In the fall of 1916, new members were initiated. A constitution and by-laws were formulated and adopted that year, and a Council was elected. A committee was appointed to investigate whether or not there was any national sorority in any other colleges of pharmacy and if not to take steps to establish Lambda Kappa Sigma as a national sorority with the Boston group being called the Alpha Chapter.

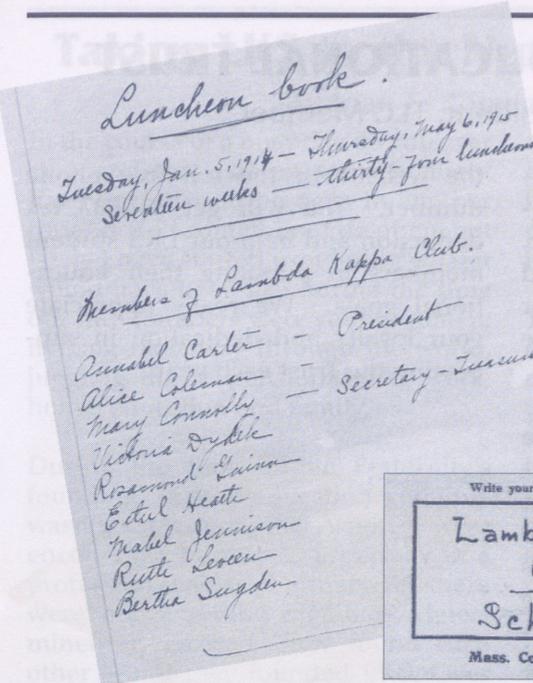
In September 1916, the American Pharmaceutical Association was holding its convention in Atlantic City. There had been a Women's Section of the APhA formed in 1912. (This Women's Section was disbanded in 1920 and the Women's Auxiliary has since then taken its place.) World War I had been going on since 1914, and the enrollment of women in the Pharmacy College was large to prepare to fill the places of the absent men. There were 46 women enrolled in 1917 and 52 in 1918. Of course there were many more women enrolled, some far more desirable for sorority membership than others. This is what precipitated the change from an open to a secret sorority.

The period between 1918-1922 saw great growth in Lambda Kappa Sigma as it added eleven new collegiate chapters and expanded across the breadth of the country to San Francisco. The Council of Alpha Chapter was the National Council. The Constitution of 1916 was revised to meet the growing needs of the sorority and was printed in pamphlet form with the new coat-of-arms upon it and distributed to all chapters. Cora Craven (Alpha) designed the seal in 1919. The National Council governed the sorority until 1922 when the first Graduate Council was formed.



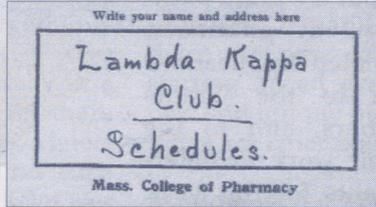
Women Pharmacists at Atlantic City A. Ph. A. Meeting, 1916

Beta Chapter at the Albany College of Pharmacy was formed on April 11, 1918, when only two charter members, Mildred C. Preston and Madilyn DeMarsh, pledged themselves to Lambda Kappa



of women students who organized themselves as the Blue and Gold Girls' Club at the University of Maryland.

Zeta Chapter was formed at the University of California College of Pharmacy, San Francisco, California, in May 1919, when six members of the Girls' Club became pledges to Lambda Kappa Sigma. The charter members were: Margaret Eckhoff-president, Helen Mudgett-vice-president, Clara Wells-secretary, Elsie Christensen-treasurer, Norma Chipman Wells and Grace Wigg.



Eta Chapter-On February 9, 1920, twenty-three

Margaret Roll. This chapter is given credit for having designed the Pledge Pin. One of their members, Mrs. D.B.R. Johnson, undertook the re-writing of the initiation Ritual in 1921, which was accepted by the Grand Council and is the one now in use.

Kappa Chapter was founded on November 16, 1920. The six senior girls at the University of Kansas School of Pharmacy, Lawrence, Kansas, met and pledged themselves to Lambda Kappa Sigma. The charter members were: Laurine Lynn-president, Elsie Coons-vice-president, Katie R. Dailey-corresponding secretary, Kathleen Seymour-recording secretary, Myrtle Webber-treasurer, Gertrude Day-social chairman.

Sigma saying "great things have small beginnings." In the fall of 1919 so many girls entered Pharmacy that the membership totaled thirteen. By 1928, the college moved to a new pharmacy building and the chapter added twelve new members.

Gamma Chapter was formed at the University of Illinois School of Pharmacy in Chicago, Illinois on February 28, 1918, when seven women students pledged themselves to the sorority. They were: Georgina Bowers-president, Pauline McClure-vice president, Niff K Bakkers, secretary-treasurer, Ethel M. Carlson, Libby Dedic, Hattie A. Dyniewicz and Josephine Dyniewicz.

Delta Chapter was formed at the University of Pittsburgh School of Pharmacy on April 18, 1918, when fifteen women students pledged themselves to be faithful members of Lambda Kappa Sigma. The charter members were: Grace Porch-president, Belle Perkins Smith-vice-president, Virginia Frank-secretary, Thelma Weber-treasurer, Ester R. Parsons, Pauline M. Polinchik, Edna M. Jacobson, Alice K. Heimlick, Goldie E. Snyder, Stella C. Bejenkowski, Courtayne B.White, Ethel M. Swan, Margaret J. Fogarty, Elizabeth W. Hurst and Annabell Gardell.

Epsilon Chapter was originally founded in 1918 at the Brooklyn College of Pharmacy, but ceased to function within two years of its organization. It was eleven years later that the Greek letter was re-assigned and given to the group

and three graduates of the Philadelphia College of Pharmacy and Science pledged themselves to Lambda Kappa Sigma. The charter members were: Irene Rice-president, Mathilda Martinez-vice-president, Anne Dunne-secretary, Ruth Bossart-treasurer, Thelma Connelly and Mildred Carlisle-council members, Mary F. Fogel, Elizabeth Padgette, Florence Gruniger, Lottie Hargraves, Joanna Reeves, Marie Jager, Helen Hoey, Mae Sidler, Carmen Martinez, Rose Cantarow, Margaret Tuncheon, Ellen Cowley, Isabel Leman, Ester Anderson, Ella Moyer, Natalie Myhart, and Nan Troin, and graduates Ruth Sparks, Anna B. Rice and Helen Burns.

Theta Chapter was established at the Creighton University College of Pharmacy in Omaha, Nebraska on February 10, 1920 when eight women students pledged Lambda Kappa Sigma. They were: Pine Wagner-president, Milada Bobisud-vice-president, Ruth McCormick Kent-secretary, Dorothy Harlan, Erma Merritt, Nina Teilman, Margaret Weir and Bernice Burford.

Iota Chapter was formed in 1920 with the women at the University of Oklahoma College of Pharmacy in Norman, Oklahoma. There were five interested women. A charter was granted them on April 9, 1920, and formal initiation took place on May 12. The charter members were: Leona B. Hollen-president, Effie M. Hefflin-vice-president, Phoebe Jane Barnwell-secretary, Kathryn Kendall-treasurer and

Lambda Chapter was chartered on April 4, 1921. Tau Phi, a local sorority on the campus at the University of Southern California College of Pharmacy in Los Angeles became the Lambda Chapter of Lambda Kappa Sigma. Twenty-four members pledged themselves. These charter members were: Helen Mae Schoonmaker-president, Katherine Hollingsworth-vice-president, Nancy Magill-secretary, Alice Olman-treasurer, Theodora Swantek, Helena Swantek, Lola John, Lillian Miller, Hazel C. Leslie, Edith Elizabeth Joseph, Mildred Haun, Emma Thorman, Marion S. Barnet, Beryl Watters, Armilda Saunders, Tessie Robinson, Edith F. Henderson, Grace Fox, Menga Anne Martie, Catherine Morford, Zelda Yaut, Leona Cerveny, Lucille Skepter and Jessie R. Maas.

Mu Chapter-On January 12, 1922, the local sorority Phi Nu Pi at the Washington State University College of Pharmacy in Pullman, Washington was dissolved and eight women students became charter members of Lambda Kappa Sigma. They were Belle Wenz Dirstine-president, Celia McDowell-vice-president, Ruby Larsen-corresponding secretary, Florence Heidenreich-recording secretary/treasurer, Mildred Leonard, Alice Leipham, Eleanor Hunziker and Jessie Vanderpool.

From the founding of Lambda Kappa Sigma in 1913 to 1922 the Fraternity chartered 12 chapters and initiated over 150 members. By reviewing our proud past and giving credit to our founders we can appreciate more fully the dedicated women that served before us.

## LAMBDA KAPPA SIGMA EDUCATIONAL TRUST

By Nancy Horst, Past Grand President, TLC Member

November is traditionally Trust Month; this year the appeal letters were sent out in September so that contributions could be processed earlier. Your tax-deductible gifts support the Trust grant program for pharmacy students. The various grants honor distinguished LKS alumni: Cora E. Craven, Mary Connolly Livingston, Norma Wells, Adele Lowe, and B. Olive Cole. A new grant named for Marilyn and Joe Haberle is being funded. The Trust Liaison Committee has approved eight \$750 grants for professional degree students annually, and by the time you read this the Educational Grants Committee will be processing this year's applications for grants to be awarded in January.

The grant program is one of the most important benefits Lambda Kappa Sigma offers to its student members, to help with the costs of a pharma-

cist's education. Your individual contributions and those from your chapter fund raising make this possible. We encourage each collegiate and alumni chapter to have a fund raiser with the proceeds earmarked for the Educational Trust.

Many thanks to Joan Rogala and the IO staff who send out the grant packets to the schools of pharmacy, receive the completed applications and route them to the Grants Committee members, and to the committee for their work in determining the recipients for this year. We look forward to seeing the names and pictures of the 2007 winners in the Spring Blue and Gold Triangle.

Thank you so much if you have already sent in your donation. If you haven't yet, please do so now, by contacting the International Office via

the website or the toll free phone number. You will get a 2007 tax deduction and help our LKS student members in pursuing their educational goals. We really appreciate your loyalty and dedication in supporting the Trust each year!



### *Greetings from the sisters of the Alpha Alpha Chapter at Temple University.*

Earlier this fall, we had the great privilege of finding a local shelter in the Philadelphia area to receive all of the toiletries generously donated by many sisters from all across the country at the annual Lambda Kappa Sigma Regional Meeting held this year in Philadelphia.

After careful consideration, the items were donated to The Career Wardrobe, a nonprofit organization that provides free professional clothing and opportunities to women in the Philadelphia area who are striving to attain economic self-sufficiency for not only themselves, but for their families as well. Since 1995, this organization has assisted over 40,000 women and currently helps about 400 a month! We felt this was certainly a very deserving organization, because its mission is to instill confidence in women who are emerging from difficult situations, such as domestic violence.

Some members of LKS traveled down to The Career Wardrobe with five quite large and heavy boxes of toiletries, brushes, toothbrushes, razors and makeup from Mary Kay. They were warmly received and the donations were very much appreciated. The products donated will no doubt make these women feel how they should- strong, proud and beautiful. A heartfelt thank you to all who donated items!

# Taking LKS to the Next Level – From Good to Great

By Joan E. Rogala, CAE-LKS Executive Director

In the course of a busy day do you ever stop and think about what it might have been like to be born in another time? It isn't something I do often, but lately I have started wondering what it would have been like during the time our LKS founders were young women, making their way through the world, juggling the responsibilities of work, home, education and family.

During the time of the Fraternity's founding, higher education certainly wasn't something that women were encouraged to pursue, especially in a profession such as pharmacy. Yet, there were our founding members, determined to succeed. They found each other – and they founded LKS. Over the course of those early years, during the time in our nation's history of the Roaring 20's and up through the Great Depression, LKS spread across the US to fifteen campuses. Two world wars later, LKS was a force on almost forty campuses – and still growing.

When you consider obstacles, the founding women of LKS certainly had them. Societal norms, the "good old boy" network of the medical professions and the reality of having to make difficult choices to balance work and family – all of these challenges were formidable. Still, despite the obstacles, no matter what the challenges, the women of LKS (for the past 94 years) have prevailed. Our Fraternity has chartered forty-four collegiate and thirty-six alumni chapters and its membership has grown to more than 21,000 members in every area of professional practice. LKS members serve in leadership positions at every level of the industry. They serve our communities and provide value there every day. LKS chapters prepare young members to be the best pharmacists, professionals, leaders and women they can be. LKS women are professionals, educators, leaders, mentors, business owners, mothers, friends and sisters - despite overwhelming challenges and daily obstacles.

So if these women, founders, trailblazers, LKS sisters – if they were able to meet the many challenges over the history of our Fraternity, were able to achieve so much despite such overwhelming obstacles, isn't it exciting to

think just how far we might be able to go? What can we envision for our future and the future of women in pharmacy? How far can we see, standing on the shoulders of such giants?

Today in pharmacy things are vastly different than in our historic past (just read the History article on page 6-7 if you don't believe me). The number of women in our profession continues to increase, there is a continuous and growing demand for pharmacists, there are new schools of pharmacy starting up all over the country, and new and unique professional opportunities are emerging every day.

In addition, our Fraternity is financially and organizationally sound, it provides value and it continues to grow. Our leadership structure serves the needs of the organization and the membership. LKS has good organization and scheduling, timely information and communication, valuable programs and services. Our attendance at regional and national meetings has doubled, the number and size of grant awards has increased, and we have never given more to our national philanthropy, Project HOPE, than in recent years. Membership renewals are growing each year and we are initiating twice as many new members than we did only five years ago. There is great potential for LKS, now more than ever before. Lambda Kappa Sigma is doing good – really good.

During the Regional Meeting in Philadelphia this past August, a record-breaking group of LKS attendees began to look at the Fraternity in a whole new way. To gain this new perspective, they first experienced a whole new look and feel for the programming at the Regional Meeting. Guest speakers were invited to share unique perspectives on leadership, being your personal best and getting your message across to a variety of audiences. There were also LKS sisters, gifted speakers, who shared insights on Fraternity tradition, ritual and legacy - what it means to truly be a "Lamb for Life". All of these programs were geared to lead the group to a place where they could begin to visualize the future – our future as pharmacists and sisters in LKS.

Yes, LKS is doing good, and we can all be very proud that our combined efforts, both at the local chapter level and on a national level, have been fruitful and beneficial to our valued members and the communities we serve.

And we can be satisfied with "good" – really good. However, GREAT is within our grasp!

What could *great* look like for LKS? Imagine less frantic catching up, more "blue-skying", where we ask the questions like "What if?" and "Why not?" LKS would remain a large organization that still feels personal; it would have a polished, professional appearance and a recognizable "brand". LKS would find itself participating in unlikely partnerships and coalitions. And the membership belief would be that good, when great is within reach, is just unacceptable.

Already, the wheels are in motion to take LKS to the next level – from Good to Great! The catalyst was a renewed commitment to a revised Strategic Organizational Plan (SOP) and the membership's willingness to renew their commitment to LKS as "Lambs for Life"!

At the Regional Meeting, more than 100 members signed their name, committing to help in one of the following categories: Leadership/Governance, Communications, Programs & Benefits, Growth, Preservation & History, Outreach and Management. If you are interested in getting more involved, you are encouraged to log on to the LKS website at [www.lks.org](http://www.lks.org) and let us know your area of interest. In doing so, over the remaining months of the 2006-2008 Biennium you will be called upon to provide feedback, suggestions and service in your desired area of interest to help LKS move forward with the goals established as part of our SOP.

The path to take LKS from Good to Great is waiting for you. So, join us. It's going to be a great ride!

# An Introduction to the Treatment of Systemic Lupus Erythematosus

By Nicole D. Allie, PharmD, CGP, Grand Secretary-Xi Chapter

Systemic lupus erythematosus (SLE) is a multisystem disease state that causes autoimmune reactions. These reactions vary depending on the individual and can cause a host of different clinical presentations. SLE is a chronic condition that can be life threatening if vital organ systems like the heart, lungs, or kidneys become significantly affected. Because of the variability of presentation, clinical therapies are often chosen based on a patient's clinical symptoms. Patients who experience mostly mild to moderate symptoms such as arthralgias and isolated skin rashes including discoid lupus can be managed medically with a low risk of progression to more serious organ threatening disease.

Nonsteroidal anti-inflammatory drugs (NSAIDs) are preferred analgesics to help control arthralgias due to the anti-inflammatory effects but can also be used to treat fevers and mild serositis. COX-2 inhibitors have not been sufficiently studied in SLE patients to determine their efficacy or safety compared with traditional NSAIDs. It is important to remember that COX-2 inhibitors, like NSAIDs, can aggravate or cause gastrointestinal upset and bleeding, hypertension, peripheral edema, renal dysfunction, as well as increase cardiovascular risk in SLE patients.

All patients who experience cutaneous SLE symptoms should use sunscreen with an SPF of at least 15 and limit their sun exposure especially if their disease tends to flare when exposed to ultraviolet light. When cutaneous symptoms do occur, they can be easily controlled as needed with low to medium potency topical glucocorticoid creams or ointments. High-potency topicals should be avoided due to the risk of skin atrophy. Other topical preparations such as tacrolimus are currently being studied in this population; however, the current data is limited. If skin symptoms fail to respond to topical glucocorticoids, hydroxychloroquine can be taken orally to prevent and treat flares. Dapsone and retinoid derivatives have also been used to help treat cutaneous lesions but have conflicting evidence of efficacy.

Hydroxychloroquine is an antimalarial agent that is also used to treat joint symptoms, alopecia, fatigue, and other constitutional symptoms of SLE. It is a

well tolerated disease-modifying agent that is considered relatively safe. Due to the risk of cataracts associated with long-term hydroxychloroquine use, periodic eye exams are recommended for patients.

Oral glucocorticoid therapy should be avoided in patients with mild to moderate SLE. Unfortunately not all constitutional symptoms respond with the therapies listed above and some patients will require low dose glucocorticoids (+/- 10mg of prednisone) on a regular basis to improve their quality of life. High doses of oral glucocorticoids are used as a mainstay for the treatment of severe organ-threatening disease and have been shown to improve survival when there is renal involvement (lupus nephritis).

When patients have severe or non-responsive disease and are taking high dose glucocorticoids, immunosuppressive or cytotoxic agents are used in combination to reduce the glucocorticoid doses needed. For less threatening conditions such as severe arthritis, methotrexate is the preferred choice. For a patient with lupus nephritis, pulse dosed cyclophosphamide, oral azathioprine or a regimen consisting of the two medications given consecutively have become the mainstay of treatment. Cyclosporine and chlorambucil are also considered second line alternatives should first line agents fail.

SLE patients who suffer from central nervous system disease can be challenging to treat and can present with a variety of symptoms including psychosis, depression, and thrombotic complication. Intravenous or oral glucocorticoids, and immunosuppressive or cytotoxic agents are used to treat the SLE inflammation, but other medications such as anti-psychotics and antidepressants may be utilized.

Antiphospholipid syndrome (APS) can occur separately as its own disease state but when it occurs in SLE patients, it places them at greater risk for seizures, strokes, transient ischemic attacks, movement disorders and other neurologic and cardiovascular manifestations. Appropriate anticoagulation, glucocorticoids, plasma exchange, and immunoglobulins are recommended.

Use of immunosuppressive or cytotoxic agents are not recommended due to an increased risk of mortality.

As our understanding of SLE expands, new pharmacological and herbal therapies are being studied. Mycophenolate mofetil is an immunosuppressant agent that was initially used to prevent rejection of solid organ transplants. Trials in SLE patients with and without lupus nephritis have been promising. Mycophenolate mofetil is now considered an appropriate alternative for maintenance treatment after cyclophosphamide induction, especially in patients who have lupus nephritis, due to a lower incidence of some adverse effects and potentially better efficacy than cyclophosphamide regimens.

Anti-tumor necrosis factor- $\alpha$  therapies such as infliximab have recently been studied for the treatment of SLE. Animal models have shown conflicting results when infliximab is used to treat symptoms of SLE. There is only one open label trial of infliximab in patients whose symptoms were moderate to severe but unresponsive to standard therapy. These patients showed modest improvement in symptoms. However, unlike rheumatoid arthritis patients, when the infliximab was held, symptoms relapsed. These animal models and one human study show the potential limits of anti-tumor necrosis factor- $\alpha$  therapies.

Dehydroepiandrosterone (DHEA) is an intermediate to androstenediol and androstenedione that has the potential to become either estrone or testosterone. Although all the physiological functions of DHEA are unknown, studies have shown benefit in SLE patients due to its immunoregulatory effects.

Unfortunately current therapies do not always control patients' symptoms. As more research is completed exploring the disease process in greater detail, the medical community hopes to produce even more specific and effective therapies to treat individual patients' symptoms. Until then we continue to struggle to provide relief and improved quality of life for all patients with SLE with the standard therapies available.

# COLLEGIATE CHAPTER NEWS

## ALPHA CHAPTER Massachusetts College of Pharmacy



Greetings, fellow lambs! The Alpha sisters hope you all had a wonderful summer! Since our last issue we have kept busy and are very happy to have added thirteen new sisters to our chapter! Over the summer when we weren't working to save up money for school, we met many of the other chapters at the Regional Meeting in Philadelphia, Pennsylvania. Our chapter was fortunate enough to have 36 sisters in attendance. At the meeting, we discussed many ways to improve each of our chapters as well as Lambda Kappa Sigma as a whole. It was a great experience and truly a rewarding time in which we were able to make contacts with sisters from all over the country in both collegiate and alumni chapters. We wish to extend a very warm thank you to the sisters of Eta, Alpha Alpha, and Alpha Phi chapters for hosting us in Philadelphia!

The school year started right after Labor Day for Massachusetts College of Pharmacy, and the Alpha Lambs went straight to work! Freshmen were allowed to move into the school one week prior to classes, so that Friday we took groups of new students over to Coldstone Creamery for some delicious ice cream! It was a great way for the new students to mingle and get to know each other as well as take a break from the stress of moving and unpacking. The sisters also set up a booth at the annual Activities Fair for students who are interested in joining the Fraternity. On Thursday, September 13, our Fraternity, along with Alpha Zeta Omega, Kappa Psi, and Phi Delta Chi, hosted a Welcome Back Party at Tequila Rain. It was wonderful to see all the fraternities working together to make this party a huge success with over 600 students showing up!

September is always a crazy month, trying to get back into the swing of things. Through all of the madness, we have kept busy holding many fundraisers including a t-shirt sale, pie sale, as well as the Yankee Candle fundraiser. Alpha chapter also held a Faculty Luncheon with grinders from Subway on September 20 to show our appreciation for everything they contribute to our school on a daily basis. It was a great time to meet the faculty and get to know them outside of the classroom. Also, September was Cholesterol Awareness Month, so we handed out pamphlets stating

facts people may not necessarily know about cholesterol.

On October 4, we attended the Light the Night Walk in Boston Common which raised awareness as well as donations that benefited the Leukemia and Lymphoma Society. Each walker was given a red balloon that twinkled as they walked through the Commons. The balloons really lit up the night as well as the faces of all those in attendance. We have a lot planned in the near future as well as including an event called Charity Denim. We sell designer jeans to students at discounted prices with a portion of the sales going to our philanthropy, Project HOPE. Our Founder's Day celebration is being held on October 18<sup>th</sup>, which we are all very excited for! Also, our annual Halloween Party is happening at the end of October. We are teaming up with Kappa Psi to host our joint party that will surely bring out some funny costumes!

The sisters of Alpha chapter would like to wish everyone a healthy, happy, and productive school year. Lambs Love!

## BETA CHAPTER Albany College of Pharmacy

Greetings from the Beta Chapter. This year has already had its ups and downs. The good news, we are in full operation as we head into our member orientation. We are delighted to announce that we have 19 girls interested in joining our group! We are very excited to get to know them and they are excited to know what our fraternity is about. The Beta chapter participated in the Heart Walk with our community last week. This coming week, we are participating in the Breast Cancer walk in honor of one of our sister's family member! We hope to contribute greatly for that cause. Our chaplain, Kimberly Plaske, is doing a great job planning the annual sister weekend. With school in session, this is something we are all looking forward to. The weekend will give us a chance to get together and honor our founders! We hope everyone is doing well! Fraternally, Beta Chapter.

## DELTA CHAPTER University of Pittsburgh



The sisters of the Delta Chapter have been extremely busy this fall as the new semester has gotten underway, with new member recruitment and numerous service and fundraising projects in full swing.

First and foremost, we would like

to welcome each and every one of our 24 new members to our Chapter! Our Pinning Ceremony was held on Wednesday, October 3<sup>rd</sup>, during which everyone enjoyed a pleasant, relaxing evening mingling over some delectable cake and other refreshments. We are so excited to have such an enthusiastic group of girls join our organization—now the real fun can begin!

We have many activities planned during the New Membership period, including the second annual "Family Dinner" and several Sister Lunches to be held during the week, so that both current and future sisters may become more acquainted with one another. In addition, the sisters will be involved in every step of the process as new members become oriented to our organization, and we will work together to execute the service and fundraising projects that will be occurring throughout the year.

In addition to new member events, the sisters of the Delta Chapter have been busy planning various service projects this fall, which kicked off with the Walk to Cure Diabetes held on Saturday, September 15<sup>th</sup>. Thank you to the many sisters who participated and showed their support! And to raise awareness during Breast Cancer Awareness Month in October, pink clothing and ribbons are worn by the sisters every Friday of the month. These pins, bearing the phrase "Passionately Pink for the Cure," are also being sold to fellow students, faculty, and staff, all the proceeds of which will be donated to the Susan G. Komen Breast Cancer Foundation.

On Sunday, October 14<sup>th</sup>, the LKS sisters of the Delta Chapter here at the University of Pittsburgh hosted a joint Founder's Day Ceremony with the sisters of the Tau Chapter from Duquesne University down the street. This was a great opportunity for the neighboring sisters to get to know each other and compare and share ideas for promoting the missions of the organization. The sisters were further able to socialize during a potluck dinner immediately following the ceremony. Many thanks to the sisters who represented our Chapter at this event!

Our major fundraising project of the season is the annual LKS clothing sale, which is just in time for the holiday season! Several sisters and our fellow classmates have shown their support for our Chapter by choosing from a wide variety of Pitt Pharmacy apparel, including t-shirts, sweat-shirts, sweatpants, shorts, and even a tote bag. We have even more to offer this year with the option of extra-small sizes, and extra items from last year's sale are available at a discounted price.

From all of our sisters, have a safe and happy Halloween, and stay tuned for the latest news from the Delta Chapter!

## EPSILON CHAPTER University of Maryland



Greetings from the Epsilon Chapter! From the very start of this fall semester our chapter has been working hard to recruit new members while having fun and getting to know each other better. We participated in our school's Fraternity Kick Off event, hosted a Lamb's Luncheon, and had our special annual Dessert Indulgence! This year we had a Dinner and Spa Night to attract new members. There were new activities that we planned as a part of the new member orientation, which were Game Night and Big and Little Sister Week. Both events provided a unique opportunity for the orientees and current members to mix and mingle, marking a start in the meaningful relationships to be built. Two new members were initiated at the Kelly Building, which is the headquarters of Maryland Pharmacists Association. During this recruitment and orientation period we also organized a CV/Resume Workshop with Phi Lambda Sigma Leadership Society.

Currently, our chapter is avidly working on many other projects that are underway. The Fundraising Committee led us through a very successful bake sale and flash key drive. We sold pill shaped flash key drives to our school body and faculty members! This coming week we will be starting our Yankee Candle sale. The Social Committee has planned a Ghost Tour as our social event for October. Other exciting events such as the Thanksgiving Dinner and Baby Shower are being planned for the future. The Professionalism Committee gave us an opportunity to join the Race for the Cure with the alumni, and will be leading a donation project for the Breast Cancer Foundation by selling bracelets. Last but not least, our Service Committee is helping our chapter participate in our school-wide Diabetic Halloween, which is an event that allows inner city children to trick-or-treat at our school. Sisters of our chapter will be face painting at the event. Also we will be running a Women's Shelter Clothing Drive during the last week of October.

The Epsilon chapter has been pursuing new ideas and working hard to make our presence known to our campus while striving hard to build a stronger sense of sisterhood among our chapter members. We hope all other chapters are doing well also!

## LAMBDA CHAPTER University of Southern California



The mission of the Lambda Chapter is to become a stronger chapter year after year, and we are proud to declare that we have begun the year with a great start. Each year, we strive for greater accomplishments and excel in our capabilities. Our Chapter President, Michelle Cabral, revised our chapter By-Laws to reflect our traditions and current procedures. It is important for a group of individuals to endeavor toward the same goal in unison, and this, now having been emphasized in the By-Laws, will aid our members in appreciating all the hard work that is required in order for us to make a difference in the health care system, especially in women's health.

I am also proud to announce our new LKS Lambda chapter website, which was put together by our very own historian, Patrice Wong. Our new webpage allows our active members, including those off to their fourth year rotations, to be kept informed regarding news, covered events, upcoming events, and their commitment to their fraternity. This tool came in especially handy during our recruitment period, since the website provided everyone easy access to the pertinent information. It is no surprise that year after year, our chapter continues to have an impact on the local population.

This year, we have already had 3 health fairs, which usually consist of osteoporosis screening, hormone replacement therapy and/or emergency contraception. Iona Alabado, our V.P. of Professional Affairs-Health Fair Coordinator, has been working hard to provide subsidized tools and equipment for the health fairs, including the materials needed for an efficient osteoporosis screening.

Our V.P. of Professional Affairs-Workshop Coordinator, Michelle Nguyen, and our V.P for Financial Affairs, Mira Kim, have put together diverse workshops to provide our members with knowledge to aid them in their professional and financial decision-making. So far this semester the completed and in progress workshops have been an Investment workshop and an Etiquette/Networking workshop.

On October 10<sup>th</sup>, the Lambda Chapter welcomed eleven new members to join our chapter and begin their journey as New Members in Lambda Kappa Sigma. As Lambda Kappa Sigma members across the country would agree, this event is heart warming and yet contains plenty of excite-

ment. We look forward to watching them grow as individuals and as Lambs.

New events for the Lambda Chapter include the celebration of Founder's Day and the New Member Sunrise Ceremony, both taking place in the month of October. We have been extremely busy as an executive board and contribute to this fraternity with all our beings, in order to make a difference in our world and women's health and of course in each other. We look forward to the future of this academic year and the continued success of the Lambda Chapter. Esse Quam Videri - Lambda Chapter

## XI CHAPTER University of Rhode Island

Hello from the sisters of Xi Chapter at the University of Rhode Island! The sisters who attended the Regional meeting in Philadelphia, PA, had many great experiences to share with the chapter. The semester is barreling right along and there are so many fun activities in store for Xi Chapter this year! The fall semester mainly focuses on the recruitment and initiation of new members into our chapter. We had a recruitment period where we encouraged other lovely ladies to join our organization through flyers, an informational meeting, and setting up a table at the annual College of Pharmacy welcome back picnic. The number of potential new members is an all-time high for Xi chapter; about 50 girls are eager to join Lambda Kappa Sigma this semester! Numerous events have been planned to be able to get to know our new friends. Activities that we have done so far include an ice cream social at a local ice cream shop, the traditional spaghetti dinner, and even a big/little "speed-dating" event in search for the perfect match!

Our school's homecoming weekend was October 12<sup>th</sup>-14<sup>th</sup>. We showed some LKS pride at the homecoming football game. Also, Xi chapter has participated in the American Cancer Society's "Making Strides Against Breast Cancer Walk" at Roger Williams park. Other events coming up include the traditional big/little sleepover, Mary Kay fundraising night, pumpkin carving and watching scary movies, and some social events set up with Kappa Psi and other fraternities here at URI. We will also be doing a clothes drive towards the end of the semester and take an opportunity to help those who are in need in the local area.

It is so fantastic to see such enthusiastic committees this semester in Xi Chapter. At the end of the semester, it is tradition to have a formal for the initiation of our new members. Our brother fraternity, Kappa Psi, is involved with this as well. It is a great way to end the semester and is an opportunity to meet more people in the college of pharma-

## COLLEGIATE CHAPTER NEWS Continued

cy. We surely have another busy fun-filled year ahead of us! The sisters of Xi Chapter would like to wish the best of luck to all other LKS chapters and hope you all have a great semester! Lambs Love.

### OMICRON CHAPTER Wayne State University



The Omicron chapter at Wayne State University Eugene Applebaum College of Pharmacy and Health Sciences is gearing up for another successful year in 2007-2008. We are very excited to announce that we have fifteen new Lambs joining us this year, to bring our membership to an astounding 60 active members!

To bring everyone up to date on our major accomplishments last year during the winter semester, we organized a campus wide event to promote Lupus awareness among all of the student body for Hygeia Day and it was a great success. In April, we assembled and donated Easter activity baskets to patients at Children's Hospital of Michigan. In the spring, we held a successful fundraiser selling Detroit Pistons tickets with a turnout of over 75 people to end the year on a positive note. We also wished our graduating Lambs well with a dinner that was held at the Hard Rock Café in Detroit. Over the summer, three of our E-board members attended the meeting in Philadelphia and brought home great enthusiasm and ideas for us to build on this year.

The Omicron chapter has many new goals for this year. First of all, we are looking to raise our donation for Project HOPE. We are currently selling lunch coolers, will be selling candles in October, and will be hosting a Detroit Pistons game to increase our fundraising efforts for Project HOPE. Secondly, we are organizing more patient care projects in the community to promote and create awareness about pharmacists and patient care. Furthermore, we are planning to be involved during the month of October, American Pharmacist's Month, in at least one flu clinic. Several of our Lambs are certified to administer immunizations.

To kick off the month of October, we will be back in action with our Passionately Pink for the Cure campaign to raise funds and awareness for breast cancer.

During the week of October 22<sup>nd</sup>-26<sup>th</sup> we will be wearing pink all week, selling pink ribbon bagels, holding a raffle, and setting up information tables to increase awareness about breast cancer. All of our proceeds will be donated to the Susan G. Komen Foundation. Our new Lambs will also be involved in promoting breast cancer awareness as part of their new member recruitment period.

In order to have a little fun, we are planning social events including a trip to the cider mill and a bowling night with the new Lambs. On October 25<sup>th</sup>, we will be gathering with the new Lambs to make Halloween baskets to donate to Children's Hospital for some Halloween fun. An alumni social event is also in the works for the fall semester in order to reunite with our alumni Lambs.

Our new member orientation committee is working diligently to plan an exciting new member recruitment period for our newbie Lambs and we are planning an initiation banquet to be held on November 30<sup>th</sup>.

Last year was an overall great success for the Omicron chapter and we are very motivated to make this year even better! I am looking forward to a successful year for the Omicron chapter and very proud to be the president of this great group of women. In closing, I would like to wish all of the chapters the best of luck in all of your events during the fall season.

### PI CHAPTER Rutgers University



Greetings, fellow Lambs! We hope everyone is doing extremely well! Here at Rutgers Pi Chapter, we're off to a great but very busy start of the fall semester! Rush week was highly successful this semester! We had our usual four events which kicked off with our Chocolate and Cheese Fondue and Info Session, where we prepared a slideshow presentation explaining a little about LKS, then we finished off the rest of Rush week with games and pizza night, baking with the sisters and wine and cheese/ dinner by invite event. In total, we have twelve interested ladies who all seem really excited about the orientation process and getting to know more about LKS, which we're more than pleased with! This is probably one of biggest orientation classes yet, and as much as we are all very excited about this fact, we also know that it might be a challenge. In addition to Rush, we've been hard at work with other projects as well. We're doing a t-shirt sale to raise money for Dance Marathon for the

upcoming spring semester and that is going really well. We've been getting wonderful feedback from everyone about our t-shirts, and we're so grateful for all the sisters who have ordered from us - thank you so much for helping us with our fundraiser - we really appreciate it! We're also been fundraising for our own chapter by working at Raceway Park throughout the past summer as well as during the school year. We just recently had a bake sale raising money for Project Hope. Other projects that are in the works include our professional project which will be a lecture given by one of our professors at the college of pharmacy on leadership and networking. We hope everyone's fall semester is off to a great start as well!

### TAU CHAPTER Duquesne University



Greetings from Tau Chapter! Here at Duquesne University, we have had a very busy start to our fall semester! We initiated twelve new members, who were "spotted" with a polka-dot theme for recruitment. Currently, we now have over 120 active sisters who stay busy with plenty of service, professional, and social activities.

Many sisters started off the semester participating in two separate fundraising walks for diabetes research. One was in the nearby Schenley park, and the other was held at the Pittsburgh Zoo, both at the end of September. We also participated in the local Leukemia/Lymphoma "Light the Night" walk held at Heinz Field on October 4<sup>th</sup>, and will continue our regular service project of donating "Myriam's Birthday bags," which are gift bags full of women's toiletries given to homeless women from the local shelter, Myriams.

We also did some fundraising for our chapter at Duquesne's annual Autumnfest, which is a campus-wide fair held during homecoming weekend. We sold Sarris candy, hot chocolate, and hand-carved foam jack-o-lanterns with pharmacy-related designs. We also did our annual "Walking Taco" fundraiser with new members helping to sell tacos in a cup.

For some fun sister-time, we went to an Ann Taylor clothing store for a "Dress for Success" night, where the staff showed us stylish and professional attire for work or interviews. Everyone had a great time trying on and purchasing the latest styles, while receiving individual attention and advice

from the staff. We also attended a Pirate's baseball game for some relaxing fun, and we attended the "Bodies" exhibit at the Carnegie Science Center with the new members, which was interesting and educational for all of us.

Our biggest project for this semester was our chapter's 75<sup>th</sup> Anniversary celebration, held on October 14<sup>th</sup>. Over fifty LKS alumni and current members attended a special Mass in the chapel, followed by a lunch and CE on lipid management. We had tables full of old scrapbooks and awards on display for everyone to enjoy, and everyone had a great time socializing and reminiscing. We hope to continue this type of activity with alumni more often.

For the remainder of the semester, we will be planning our annual semi-formal, going to local schools with "What is a Pharmacist" and "Medications in My Home" presentations, and helping one of our members fundraise and collect donations for a summer mission trip to the Dominican Republic, where she will be helping to provide pediatric healthcare to villages who cannot reach the clinics.

## PHI CHAPTER Butler University



The Phi Chapter of Lambda Kappa Sigma at Butler University in Indianapolis, IN, is in the midst of its orientation process. We are excited about our potential new members as they all show a desire to become part of Lambda Kappa Sigma and what we are all about! The month of October is quite busy for us, as we will be having our induction to orientation ceremony and then our initiation ceremony. The rest of the semester looks to be busy as well with fundraising, philanthropy, and social events! We are currently selling t-shirts with the saying "Pharmacists...the other white coat". We will also be manning the concession stands at Hinkle Fieldhouse to help raise money for our chapter as well as selling Christmas ornaments. Philanthropy events we are looking forward to include a t-shirt drive for the needy of Haiti, preparing dinner for those staying at the Ronald McDonald House here in Indy, and making toiletry gift baskets for underserved women in the area. We are also looking forward to collaborating with other pharmacy organizations on campus to host a speaker that will educate the campus about Domestic Abuse. As busy as

we may be - there is always time for fun! This semester we are looking forward to a game night as well as our annual Christmas Party where we hope to host alumni in the area! Until next time - take care, fellow Lambs!!!

## CHI CHAPTER University of Washington



Hello, fellow lambs! The Chi Chapter was just reinstated two years ago, and has been steadily growing ever since! We have been busy with our community projects. So far this academic year, we have raised money for the Susan G. Komen Foundation in honor of October being breast cancer awareness month. Karen Grinnen (treasurer) and Nicole Even (secretary) baked cookies in the shape of ribbons, and members of LKS gathered for a night of Thai food and frosting cookies. We collected \$350 to raise cancer awareness. Following up on this project, LKS organized a trick-or-treat for canned food event. The food was donated to Northwest Harvest, an organization that collects and distributes food for hunger relief throughout the state of Washington. We gathered over 200 pounds in food! Also on tap this quarter is Bingo Night at the Hearthstone, a retirement center in the Seattle area. We are very excited for upcoming year!

## ALPHA ALPHA Temple University



Greetings from Philadelphia! We miss all of you! It has been a busy fall semester for the sisters of Alpha Alpha at Temple University. We organized four orientation events in September including in school information sessions, bowling, and an afternoon lunch at a local Temple hang out - the Draught Horse. Thanks to all of the hard work by the sisters, we had an excellent recruitment process.

Coincidentally, we were able to celebrate Founder's Day by welcoming 20 new Lambs into our chapter! Our new additions will be excellent sisters, and already uphold our tradition of being very involved within the school. After learning many things this summer at the Regional meeting, we are very excited to begin the new member process incorporating so many of the other chapter's wonderful ideas! Another project in the works this fall is expanding our LKS wardrobe to include sweatshirts this year, in addition to our letter shirts. As a professional event, we are having Dr. Joan Adler of Temple School of Medicine come and talk to the students about the Gardasil vaccine. Lunch is to follow afterwards and we are looking to have a great turnout again like last year. The ladies of LKS were also privileged to receive a visit from our Regional Supervisor, Elicia Fauvel, this October where she got our chapter back on track and headed from 'Good to Great!' It was a fantastic visit, which all of the sisters enjoyed very much, and really helped to refocus our sisterhood.

## ALPHA BETA CHAPTER University of Connecticut



Greetings from the lambs of Alpha Beta Chapter! While the regional meeting may have ended months ago, we have not forgotten what Philadelphia has taught us, which was the importance of not brotherly but rather sisterly love. Keeping that in mind, our semester is off to a great start with the numerous fun activities we've had and plan to have this fall. Just a few short weeks ago, we held several recruiting events such as an ice cream social, a very informative slide show presentation, as well as a "dinner with the sisters". At the end of recruitment, we proudly inducted 20 new and excited Lambs.

In addition to recruitment, our hard working committees are brainstorming, planning, and accomplishing many things this semester. Our community service committee has put together several opportunities for our girls to get involved in the community. For example, since October is breast cancer awareness month, we are raising money for the Susan G. Komen Breast Cancer Foundation by selling decorated paper pink ribbons, which will be hung in our pharmacy atrium, and collecting pink

## COLLEGIATE CHAPTER NEWS Continued

Yoplait lids. A number of us are participating in the Making Strides Against Breast Cancer walk in Hartford, Connecticut. Then throughout the semester, Lambs will be visiting the local nursing and rehabilitation center to bake and play games with the residents in hopes of cheering up their day.

The social and alumni committees are also working hard to bring our sisters closer together as well as closer to the community at the University of Connecticut. In mid-October, the social committee worked alongside with the other pharmacy fraternities to hold a social that is open to both the UConn student body and faculty. Next, the alumni committee has gathered alumni to come and cheer on our Huskies against South Florida at the end of October. We can't wait show off both our Husky and LKS pride at the game!

The Fundraising and Professional committees have been just as busy. With it starting to get cold outside, the fundraising committee has been selling some luxuriously warm UConn Pharmacy sweatshirts. They also put together a spaghetti dinner for Project Hope. The spaghetti was mouth-watering, delicious, and cooked by us. They are also planning a fundraiser dinner at Friendly's that will be open to all. Lastly, we are once again selling Yankee Candles, due to its success in the past. The Professional committee has been involved with some very informative and educational events. We took part in the University's annual health fair, and informed others about Lupus and smoking cessation by making posters and wrapping candy with fun facts. Later in the semester, we invited Christine Perry to come and host a business etiquette workshop.

While studying hard and making a difference in our community, we always find time for sister bonding with present, old, and new sisters. For example, on Wednesdays we go out for dinners at a local restaurant and feast over Mexican food. Also, when our regional supervisor, Sandy Mullen, came to visit, we bonded over pizza and decorating pumpkins for the pharmacy atrium and faculty. We hope that all of the chapters are having successful semesters and remember to save some time for some sisterly love! Lambs for life, Alpha Beta

### ALPHA ZETA CHAPTER St. Louis College of Pharmacy



The Alpha Zeta Chapter is proud to welcome 11 new members to the fraternity. After the four weeks of the NMO period, these girls have proven to be a great addition to the fraternity. The start of the school year has been very busy. We recently held a t-shirt sale and are looking forward to many sisterhood and recruitment events such as pumpkin picking and a movie night. Right now we are also involved in charity events that include a Dance-a-thon, gardening at a local community garden, a city-wide walk for children with cancer, and a stuffed-animal drive for the St. Louis Children's hospital. We also have a few skilled sisters that are teaching the chapter to crochet. We are working on making hats for women at a local cancer center. Our chapter has more than tripled in size over the past three years and our size has given us the opportunity to be more involved than ever. We are also the proud winners of St. Louis College of Pharmacy's Organization of the Year!

### ALPHA ETA CHAPTER Long Island University



Warm greetings to our sisters from the Alpha Eta Chapter here in Brooklyn! We started off this semester with our minds set on recruitment. During club fair day, we set up a table to welcome the new pharmacy students, gave out pharmacy vials filled with blue and yellow M&M's, and recruited several interested ladies to join our chapter. For our first community service event, we educated patients on asthma and allergy at a private pharmacy in the Bronx. We were able to assess their disease states and their compliance to their medications. For a fundraising event, we held a breakfast bake sale where we sold coffee, tea and other breakfast treats. In doing so, we raised over \$100.00, which will be donated to Making Strides against Breast Cancer. Many of us will also attend the walk at Prospect Park in Brooklyn. Many of our sisters got together and held a potluck at the home of 4 of our sisters. There, we chatted about what we all did over the summer and got to know the new pledges while we dined. We also had a surprise baby shower for our past chapter president Min who is due with her first child

very soon! We are looking forward to initiating several new sisters and carrying out many upcoming events. For Halloween, we will be having another bake sale where we will be selling chocolate filled syringes! Many of us will be attending "Good Morning, America" to celebrate National Pharmacist Month, so look out for us! We are looking forward to spending some time with our neighboring chapters, Alpha Pi and Pi. We are excited about this year and are happy to see our chapter grow. Lamb's love to all!

### ALPHA THETA CHAPTER University at Buffalo



Greetings from Alpha Theta chapter in chilly Buffalo! It's been a busy few months for us, as we kicked off the school year with fun rush events, which re-united old members and also gained the interest of new ones. The rush events ranged from a Taste of the World, offering samples of homemade ethnic cuisine, to a tournament-style Game Night, complete with prizes! We are currently looking forward to initiating 7 new Lambs later this year!

In addition to rush events, we volunteered in the Linda Yale Safety Run, testing the dedication of members and pledges alike by waking up at 7 AM on a Sunday morning. Free t-shirts and fun was had by all, along with a decision to run in the marathon next year. For fundraising, we recently wrapped up our Yankee Candle sale, making a hefty profit of more than 500 dollars. Also, we recently held a LKS Spirit Week, with certain days dedicated to themes such as twins or decades of style. It was a nice way for us to show our enthusiasm for the fraternity.

Some of our upcoming events include a costume Halloween party, complete with games, prizes, and a haunted hayride. Also coming up is our wine and cheese party, a classy event where we get to unwind with a few glasses of wine or sparkling cider. And finally, we'll be celebrating the end of the year with our annual Holiday Party at the house of our faculty advisor, Dr. Gayle Brazeau. Of course, we can't forget all the little events that we'll be having in between, such as service events, fundraisers, and socials to promote fraterni-

ty amongst members. The ladies and gentlemen of Alpha Theta are looking forward to the rest of the semester (especially winter break!) and wishing the best of times to our fellow chapters. Until next time from the frigid north!

### ALPHA IOTA

#### Ferris State University

Hello, fellow Lambs, from the Alpha Iota Chapter! We have been pretty busy organizing recruitment events this year. Some of the events included pizza, and games to get to know all the girls. We had one game where each girl would pick three M&M colors, and each color was a different question about them. The girls said they all had a lot of fun. Besides recruitment, we've been continuing to volunteer at the Recycling center here in Big Rapids, as well as Safe Ride every weekend. Our chapter has also continued with free blood pressure screening at our local Walgreens, every Tuesday from 10-12. The pharmacist says that a few of his regulars have been complementing us on our positive attitudes, and helpfulness. This semester, our girls also went down to Cedar Point as a group, and worked the weekend of September 28<sup>th</sup>-30<sup>th</sup>. They were able to find a fundraiser to support them, which enabled them to work the weekend hours, and receive donations for our chapter. All the girls said that other chapters should look into working a weekend at Cedar Point; it was a great sisterhood for us! We give our best wishes to all the chapters this semester, and hope everyone is having fun with their recruitments! Lamb's Love!

### ALPHA KAPPA CHAPTER

#### University of Georgia

Greetings from the University of Georgia Alpha Kappa Chapter of Lambda Kappa Sigma. We have had extremely busy spring and fall semesters. Recruitment, philanthropy, socials, and health fairs have been our main focuses this year.

Philanthropy and Community service are really important to our chapter. In 2007, we have taken on several projects. The first major event was UGA Relay for Life. We had a team of 20 people participate in walking and raising money for the American Cancer Society. We were in the top 10 in fundraising for this event out of all the teams. Our other major event is coming up on October 20<sup>th</sup>. We are assisting in the planning of the 2<sup>nd</sup> annual "In Their Shoes" breast cancer walk. This is a 13-mile walk to raise money for the Loran Smith Center in Athens. The Loran Smith center offers support groups, yoga, and classes for all types of cancer patients as well as for their family members. LKS is running a pit, organizing

goody bags for the walkers, decorating pick-up vans, registering walkers, and participating in a cheering section along the race course. The UGA College of Pharmacy also has a 10-member team to walk in the race that is led by several LKS girls. Our team, Breast Foot Forward, has raised 5,000 + dollars for the walk. In addition to these two major events, we have also sold lab coats, name tags, holiday lollipops, and t-shirts. The money from these fundraisers has supported various events throughout the year.

Recruitment has kept all of the Alpha Kappa members busy this fall. We had a game night and attended a UGA volleyball game. We watched "13 Going on 30" on the big screen in the UGA College of pharmacy auditorium and grilled outdoors for the Georgia vs. Tennessee football game. We enjoyed a wonderful Italian meal from Johnny Carino's for Bid Day, and had pizza for Big/Lil revealing. We will be initiating 30 amazing new girls at the end of October. Our Big/Lil recruitment shirt this year sums up all of our new members, as well as returning members, in the quote "There are two things every girl should be: classy and fabulous."

Alpha Kappa Chapter of Lambda Kappa Sigma has promoted health in the community through participation in two health fairs this fall. At both, we had a booth promoting breast cancer awareness. We offered advice and brochures concerning detection methods for all kinds of cancer. We also assisted at other booths sponsored by the UGA college of Pharmacy by checking blood pressure, blood sugar and giving flu vaccines. These experiences have been a great way to reach the community in a positive manner.

An alumni chapter was started this year for Lambda Kappa Sigma graduates from the University Of Georgia College Of Pharmacy. We hosted a banquet and invited all the alumni we could reach. We had 15 girls show up who were very interested in getting involved. We elected officers to start the chapter. We look forward to having more participation from our alumni in the future. We can't wait to invite all the LKS girls back to Athens for a reunion this year.

The Alpha Kappa girls have worked very hard this year but we have managed to have fun along the way. We had a formal and a Luau in the spring. Several girls attended a GymDawgs meet and a volleyball game. We have played intramural softball, flag football, volleyball and tennis. For the fall, we have a semi-formal planned in December. One of our big brothers is going to participate in the Mr. Pharmacy pageant. No matter what we do, we always have fun together.

The Alpha Kappa chapter has a new advisor this year. Kalen Porter is an alumnus from the University of Georgia and was a member of LKS as a student. This is her first full year as faculty at the University. We are extremely excited to have her as our advisor and look forward to her assistance throughout this year.

Finally, two Alpha Kappa girls attended the Regional in Philadelphia. These girls had a blast meeting new LKS girls from different chapters as well as learning much from the meetings. We are so excited to be hosting next year's Convention in Savannah, Georgia. Savannah is a beautiful city with many exciting things to discover. We can't wait to see everyone in August 2008!!!

### ALPHA LAMBDA CHAPTER

#### University of British Columbia

The past year has been very productive for our chapter. Since January we have had 3 major fundraising activities. In January, we organized our First Aid event providing students in the faculty with instructors, venue, and lower costs. This was followed by our highly successful annual Manufacturers' Night in March. We invited major drug and medical supply manufacturers such as McNeil, Omron, and Novopharm to this event to provide students with information about their current and upcoming products. Recently, we completed a sale of Drug Information Reference textbooks to students in the faculty.

Overall, we donated approximately \$5000 dollars to various charities in the Vancouver area, including major charities such as the Alzheimer's Society and Variety Hearts, as well as smaller organizations such as food banks and local rape relief counseling centers in a number of communities. Through our fundraising efforts, we were also able to send a number of our members to the annual Professional Development Week organized by CAPSI (Canadian Association of Pharmacy Students and Interns) in Winnipeg, Canada, to further develop students in their profession. This year the event will be held in Edmonton and we will be helping a number of our students attend.

Our recruitment events had great turnout from students. Events such as Ice Cream Day, LKS BBQ, and Pizza Day Orientation gave us opportunities to introduce our fraternity and its members. We welcome 11 new members this year, a great success thanks to the hard work of our Rush Week coordinators and the efforts of our members in all our events. We have a diverse group of individuals and we are certainly looking forward to another interesting and

productive year of fundraising and professional development.

## ALPHA MU CHAPTER University of Toledo

Greetings, fellow Lambies! This has been a very busy fall here in Toledo for the Alpha Mu chapter. We started out our semester by beginning recruitment the second week of classes. Right away we had a large interest by new members. We have been having lots of fun this year so far. We first had our annual BBQ with Kappa Psi to get to know our new members a bit. We've gone to several football games together to root on our Rockets, and just last weekend we had our annual Halloween party with Kappa Psi. We also just finished our orientation process, and welcomed twenty two new members to our chapter, almost doubling the size of our chapter!! Some things we plan to do are the Relay for Life, and this spring we will hold a fundraiser for Project Hope. We hope that all the other chapters are experiencing as great a semester as we have had.

## ALPHA NU CHAPTER University of Kentucky



Greetings from the sisters of the Alpha Nu chapter at the University of Kentucky! Three of us were able to attend the Regional meeting in Philadelphia. We had a wonderful time meeting members from other chapters and learning more about what they are up to. We started out the semester with a strong recruitment during the last week of August. We had over 50 potential new members attend our pizza lunch, dessert night, game night, bowling with Kappa Psi and luau. Twenty eight girls accepted bids and will be initiated on November 1.

Big/Lil week was during the week of September 24. The big sisters gave their little sisters gifts each day which included a decorated cup, lamb clothes pin magnets, decorated candy bowl, a t-shirt and a picture frame. It ended with Big/Lil Night where the big sisters revealed their identities to their little sisters and a catered dinner was provided. All of the new Lambies ate and talked with their new big sisters.

We had our first social event, Mexican Fiesta, in September and it was a huge success. Upcoming events for the

semester include Taste of Italy, Founder's Day celebration, Reverse Trick-or-Treat and Thanksgiving Dinner. Also, we are planning our winter semi-formal dance, Mistletoe Mingle, at a great new location in downtown Lexington. We are all very excited for these events and more and wish all the other chapters luck with the upcoming year!

## ALPHA XI CHAPTER University of the Pacific



Greetings from the Alpha Xi Chapter at University of the Pacific! Our girls have been busy this fall semester organizing and implementing activities for potential sisters. Our first pre-rush event was a success and we had a great time mingling with new girls over banana splits and ice cream! We were also able to get our name spread on campus with a booth and fliers at University of the Pacific's annual Pre-Pharmacy Fair held earlier in September. Incoming freshmen were able to see what Lambda Kappa Sigma promotes and talk to the sisters about any questions they may have about the fraternity. We are hopeful for a great outcome at our two remaining pre-rush events this remaining year. One of our biggest events thus far in the school year has been our fundraiser during the last week of September. We sold candy grams (vials filled with assorted candy) with prescription labels that people could customize and send to their friends. These were delivered to the pharmacy students right before midterms as a much-needed pick-me-up and were hugely successful. We also sold our "Property of Thomas J. Long School of Pharmacy" t-shirts, which have been popular with students and professors alike. At the end of September, many of our girls volunteered at the San Joaquin American Heart Association Heart Walk. They helped pass out informational fliers and refreshments for the walkers, bright and early at 7 a.m. There are many other health professional events we plan on participating in as the year proceeds. The Alpha Xi Chapter has a lot of great ideas for this upcoming school year, including a social retreat in late October and events coordinated through our new Women's Health Committee, directed towards educating ourselves about new women's health issues every semester. We are looking forward to

another great semester and have a lot new activities planned!

## ALPHA OMICRON CHAPTER West Virginia University



Greetings from the sisters of Alpha Omicron Chapter at West Virginia University! We are excited to be back and have already gotten off to a great start to a new semester! Last spring we held a shorts sale and the proceeds helped three of our members attend the regional meeting in Philadelphia over the summer. They came back with a lot of ideas that got us pumped up for another great year!

During August and September we were hard at work recruiting prospective Lambas. Through our annual ice cream social and "Lounging with the Lambas" movie and game night, we now have ten new members who were just inducted into Lambda Kappa Sigma. Our old and new members have already been busy with service and social events such as making dog toys for the local humane society, cooking dinner for patients and their families at the area hospital, and having our second annual wine and cheese party. We have also sold WVU School of Pharmacy jackets and are currently offering sweatshirts and sweatpants to the SOP alumni and their children.

We have other great service, social, professional, and fundraising ideas set up for the rest of the semester! Our professional chairs have arranged for a dermatologist to give a presentation on skin care to all SOP students, staff, and faculty. Though this has been a warm October, winter is approaching and we are looking into selling fleece jackets to keep our classmates warm!

Our social chair has come up with tons of great ideas, such as going roller skating, holding an etiquette dinner, taking ballroom dancing lessons, a ski trip, and a Halloween party. We are all really excited to do these fun things together!

The service chairs of Alpha Omicron chapter have been hard at work coming up with ideas, too. We are planning a huge Halloween party for the children of all University faculty members. Other events in the works include a Rake and Run, doing crafts at the Children's Hospital, and

visiting area nursing homes. Our sisters are excited to be back and wish all other chapters an awesome year!

## ALPHA PI CHAPTER St John's University

Lambs love from the Alpha Pi sisters! Our chapter returned from the Regional Meeting in Philadelphia, Pennsylvania determined to strengthen the connection between current students and past graduates. After sculpting the 'Lambs for Life' theme from the convention into our chapter events, we kicked off dessert with alumni nights. As a chapter of thirty-five dedicated sisters, we hope to build on to our dynamic chapter by encouraging alumni to help with professional events in the future. Recently, we started new sister orientation. Our annual orientation events have included a pajama party, a "sugar rush" event, and game nights with the orientees. We also planned a pirate-themed Halloween party to further mingle with the orientees, which included a treasure chest hunt and other activities. Our Founders Day ceremony week was celebrated with cake and watching the sun rise with the orientees. Recently, we had our Sister dinner, which is an event that we look forward to every semester. For this event, orientees chose a theme (a Las Vegas theme in honor of our last Biennial convention) and then they cooked the dinner! The night was filled with bonding and laughter. The evening ended on a sweet note with dessert baked by sisters.

In addition to sister bonding events, our chapter has also planned various professional workshops and events. Earlier this semester, we participated in Healthy Halloween on campus, where under-served city children visit our university for planned activities such as a haunted house, face painting, and pumpkin picking. Our chapter helped educate the children on hygiene and proper eating habits. Other events that we have planned for this year include 'Lunch and Learn- Cold and Flu OTC medications' workshop to learn more about over-the-counter medications and counseling tips. We also plan to have a dinner etiquette workshop mirrored from the regional convention workshop. The Alpha Pi chapter wishes the best to fellow lambs around the nation!

## ALPHA RHO CHAPTER Northeastern University



Greetings from the Alpha Rho Chapter! The LKS sisters have been busy welcoming a great group of 19 new members. We have been very busy planning events for the orientation period, as well as working extremely hard to raise funds for the annual walk, Making Strides for Breast Cancer, a beautiful morning walk surrounding Boston's famous Charles River, to be held on October 14<sup>th</sup> this year. We held a classy mocktail night, kindly hosted by an Alpha Rho sister, where Lamb hopefuls had the chance to meet one another in addition to chatting with current sisters. On September 22<sup>nd</sup>, a Northeastern University fraternity was hosting a campus-wide event with special guests, the band Brand New. So of course, LKS sisters were right there in the midst of it all to raise money for breast cancer! Sisters baked homemade treats and desserts, while accepting donations for our team in the breast cancer walk. As a fundraiser, we also created t-shirts picturing baseballs on the front, while the back of the shirt read "save second base." Alpha Rho girls have already purchased so many for themselves, so we are hoping for the same response from the rest of the community. As the weather gets cooler in Boston that can only mean one thing....Halloween is approaching!! This year, we plan on holding a progressive dinner in conjunction with our Halloween festivities, so that we can enjoy each part of a delicious meal at several sisters' homes. At the end of our dinner, we are looking forward to holding a joint event in celebration of the holiday with the brothers of Phi Delta Chi. We are looking forward to a great semester! Alpha Rho sends out our Lambs' love to sisters everywhere!

## ALPHA SIGMA CHAPTER Texas Southern University



Greetings, Sisters, from the Alpha Sigma Chapter! We have been very busy this fall semester working diligently to promote our fraternity not only on campus, but throughout our community as well. We participated in the Susan G. Komen Houston Area Race for the Cure in October as part of our initiative to bring about improved breast cancer awareness. We recently spoke to children at a local daycare center about Halloween Safety, and we had a great time. We are pleased to announce that our chapter has

grown by the addition of eight new members! We are looking forward to accomplishing great things with our new chapter members in the near future.

## ALPHA PHI CHAPTER Wilkes University

Greetings from Wilkes-Barre, PA. It is only a month and a half into the fall semester and Alpha Phi has been very busy. We started off the semester with a Hawaiian themed luau and a game of capture the flag as our interest meetings for new member recruitment. Both events had a great turnout, and in just a few weeks, we will be welcoming 14 new members into our chapter!

To get to know the new recruits we held a game night and we will be having a movie night, karaoke, and an ice cream social. These aren't the only social events we have planned this semester. We are also going ice skating, going to a Wilkes-Barre Scranton Penguins hockey game, and going to Hersheypark Christmas Candyland in December.

We do like to have fun, but we also get involved in professional events. Last semester Alpha Phi raised \$1300 and walked in the American Cancer Society's "Relay for Life". This semester our professional events include the American Diabetes Association's "Walk for Diabetes", the Alzheimer's Association's "Memory Walk", and the Leukemia and Lymphoma Society's "Light the Night Walk". We have also handed out Vials of Life at Sam's Club and will be handing more out throughout the semester. We are also raising money to donate to Project Hope as another professional project.

Speaking of raising money, we are also very busy with fundraising this semester. We have two burger burns at Sam's Club planned, one of which we have already held and it was very successful. Currently, we are selling Gertrude Hawk candy bars which usually go over very well. We will also be selling Blue Mountain Candles around Thanksgiving.

As you can see, Alpha Phi is in for a very exciting semester, but it will be very busy. We wish you all the best with your activities and events of the semester and good luck with classes.



## ALUMNI CHAPTER REPORTS

### ALPHA ALUMNI CHAPTER Boston, MA

The Final Banquet was held on April 20, 2007 at the Best Western on Longwood Avenue in Boston. Alumni and Collegiates had a great time together celebrating another successful year. The following awards were given out at the event by the alumni

- Ruth Davies Flaherty Award (A)  
**Kathy McTernan**
- Elsie Gassiraro Scholarship  
**Stephanie Ko**
- Rosetta Hassan Scholarship  
**Emily Starenchak**
- Alpha Presidents Scholarship  
**Arielle Bibeault**
- Alpha Leadership Scholarship  
**Kerry Lynn McGee**

The collegiates also installed their officers and presented the 13 new initiates with their badges and certificates. Alumni President, Kathy McTernan, and Collegiate President, Maryanne Weyburn, addressed the sisters. The Banquet concluded with the closing circle.

Over 40 Alpha Collegiate and Alumni Chapter members attended the 2007 Regional Meeting in Philadelphia the week-end of August 3-5. We were proud to see Region 2 Supervisor and Alpha Alumni Member Elicia Fauvel take a leadership role in the meeting. In addition, we jumped for joy as Alpha Alumni President Kathy McTernan was honored with the Lambda Kappa Sigma/Merck Vanguard Leadership Award.

We are beginning to make plans and set up committees for the 100<sup>th</sup> convention in Boston to be held in 2012. If you are interested in serving on a committee for the Convention, please contact Christine Perry, 100<sup>th</sup> Convention Chairman at [cmper-ryrph@aol.com](mailto:cmper-ryrph@aol.com).

### EPSILON ALUMNI CHAPTER Baltimore, MD

The Epsilon Alumni Chapter seems to be the busiest from May through October. Many of our alumni chapter members attended the Epsilon Collegiate Chapter's end of the year dinner at Vellegia's in Little Italy, located in downtown Baltimore. In June, most of our members are in attendance for the Maryland Pharmacists Association meeting in Ocean City, where the Crab Feast at the Berlin Fire Hall is always a big event. In August, the Epsilon Alumni Chapter had 4 members attending the Regional Meeting – Cherokee Layson-Wolf, Jenny Brandt, Keely Ireland and Dixie Leikach. We were also thrilled to have Patron Neil Leikach attend as well. We are proud to report that Cherokee was the

2007 recipient of the LKS Distinguished Young Pharmacist of the Year award. Congratulations go out to Cherokee on this honor! The new semester started off with our annual Mary Kay Recruitment Party at the University of Maryland School of Pharmacy for the Epsilon Collegiate Chapter. This is an event that brings our chapter members together with the collegiate members as well as potential new members for a recruitment event, fun times for everyone and a fund raiser for the Epsilon Collegiate Chapter. We are looking forward to observing Founders Day with the collegiate members in October and will start looking for a good date for our own holiday time dinner/shopping trip to Arundel Mills that Jenny, Dixie and Keely started last year! At next report, it will be spring, and in Maryland that usually means a blizzard so we will see how things go until then!  
Lamb for Life – Dixie Leikach

### CHI ALUMNI CHAPTER Seattle, WA

Chi Alumni Chapter sends greetings to all LKS members as we begin another year. We were proud to present Scholarships to Chi Collegiates Karen Grinnell and Katie Thornton during our annual Senior Dinner in May at the home of Jean McLauchlan. We welcomed new alum Yvonne Hewitt, '07. Many Chi Alums traveled this year; Nancy Horst to France, (Paris and Nice), in May, and then in September to Croatia and Slovenia with friends. Janice Kirby and husband Don visited Italy's Lake District recently and plan to do more traveling soon. Linda Rupnick '77 is retired, and she and her husband traveled to Hawaii, the U S Gulf Coast and Costa Rica this past year.

Joyce Tanac Schroeder '74, former gymnast, was among 160 athletes honored during a Title IX Banquet at the Hec Edmondson Pavilion at the University of Washington. Each honoree received a framed "W" letter. Six hundred attended the event! Blossom '41 and Guy Williams flew to Seattle from Florida on August 30<sup>th</sup> to celebrate Blossom's and two cousins' 90<sup>th</sup> Birthdays. They also visited their granddaughter and family in Wenatchee, as well as Pat and Bob Tanac in Shoreline. Connie Shafer '77 competed in her first half-marathon in Tacoma in the spring. She plans to continue to train hard so as to better her time next year. Susan Lakey, Chi Collegiate Advisor, along with other faculty and LKS Members Nanci Murphy and Joy Plein presented a new elective course to upcoming third year students entitled "Early Experiential Geriatric Pharmacy Practicum". Chi Alums look forward to sharing activities with the collegiates as the year progresses.  
Pat Tanac, Secretary

### ALPHA NU ALUMNI CHAPTER Lexington, KY

It has been a busy year for the ladies of the Alpha Nu Alumni chapter. We started the year off by celebrating our first annual Hygeia Day on February 22, 2007. Alpha Nu Alumni member and treasurer, Dorathea Andrews, gave a presentation on Lupus. We are also planning our Second Annual Hygeia Day to be held on February 21, 2008. We have selected cervical cancer as our topic.

We are pleased to announce the addition of a new Lamb to our flock. We held our first alumni initiation in conjunction with the Alpha Nu collegiate chapter's Parent Member Brunch in April 2007. Nancy Pedigo, Ph.D. was initiated into the Alpha Nu alumni chapter and we are glad to have her as a member. During the Parent Member Brunch, the chapter presented a plaque and gift basket to our President, Virginia France, in recognition of her dedication to our chapter.

We are pleased to announce the arrival of several little lambs to our flock. We would like to congratulate Sarah and Brett Vickey on the arrival of Payton Grace on March 26, 2007, Jessica and Scott Little on the arrival of Chase Allen on August 8, 2007, and Christy and Clay Taylor on the arrival of Caden Jeremiah on September 19, 2007. We would also like to extend congratulations to Virginia and Andrew France who are expecting the arrival of their little girl, Lynn, at the end of October. Due to the new additions to our flock, the chapter has designated the month of May as Mother's Month and we will be celebrating with all of our new moms.

We are pleased to announce that Christy Taylor is the President of the Bluegrass Pharmacists Association in Lexington. Dorathea Andrews was elected as President-Elect in November 2006 of the Bluegrass Pharmacists Association. The chapter also selected our first Ruth Davies Flaherty Service award, and it was awarded to Dorathea Andrews for her service to the chapter. We are excited to announce the creation of the Andrews LKS Travel Fund. Dorathea Andrews has given a gift to the University of Kentucky that created this award which gives one member of the Alpha Nu Collegiate chapter \$500 to travel to a Regional Meeting or the Biennial Convention.

We had a really great time at the Regional Meeting in Philadelphia and we can't wait for the Biennial Convention to arrive so that we can visit beautiful Savannah.



# Lambda Kappa Sigma 2007-2008 Calendar

## December 3

ASHP Mid-Year Meeting/LKS Member Dessert Reception, Las Vegas

## December 15

Deadline for bylaws revisions

## January 15

Announcement of Educational Grant Recipients  
Fraternity election ballots mailed to all student chapters and dues paid alumni

## February 15

Deadline for Spring Blue & Gold Triangle articles and chapter news

## March 1

Completed ballots due to chair of Nominating Committee

## March 14-17

APhA Annual Meeting – LKS Exhibit and Member Dessert Reception, San Diego

## March 15

Hygeia Day celebrated by presenting a professional program open to the public

## April 1

Deadline for the payment of Alumni Dues

## April 30

Deadline for nominations for the following LKS awards:  
Vanguard, Distinguished Young Pharmacist, Distinguished Service Citation, Award of Merit

## 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, Savannah, GA

## August 6-10

LKS Biennial Convention – Savannah, GA

BLUE & GOLD  
TRIANGLE

THE LKS  
INTERNATIONAL OFFICE  
ADDRESS IS:

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