



# BLUE & GOLD TRIANGLE

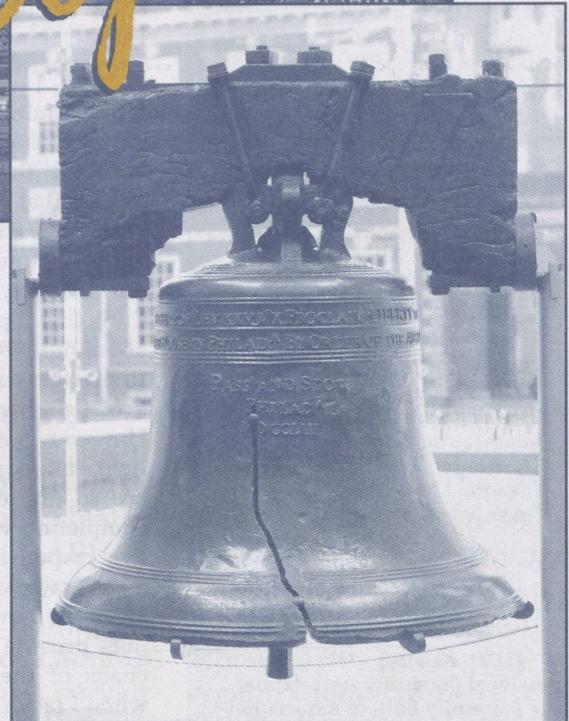
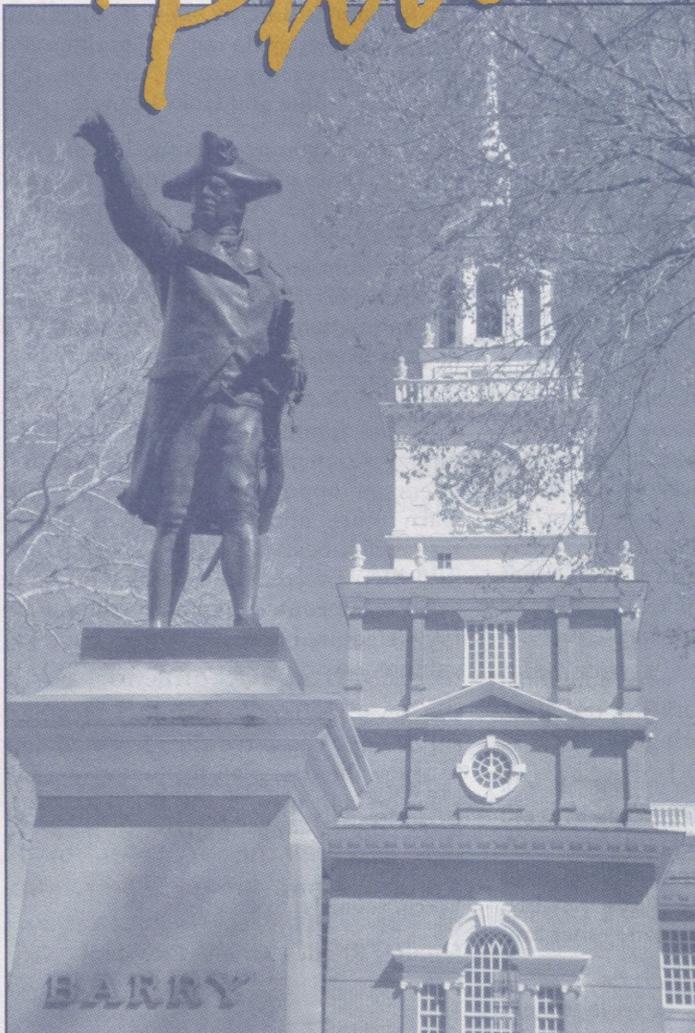
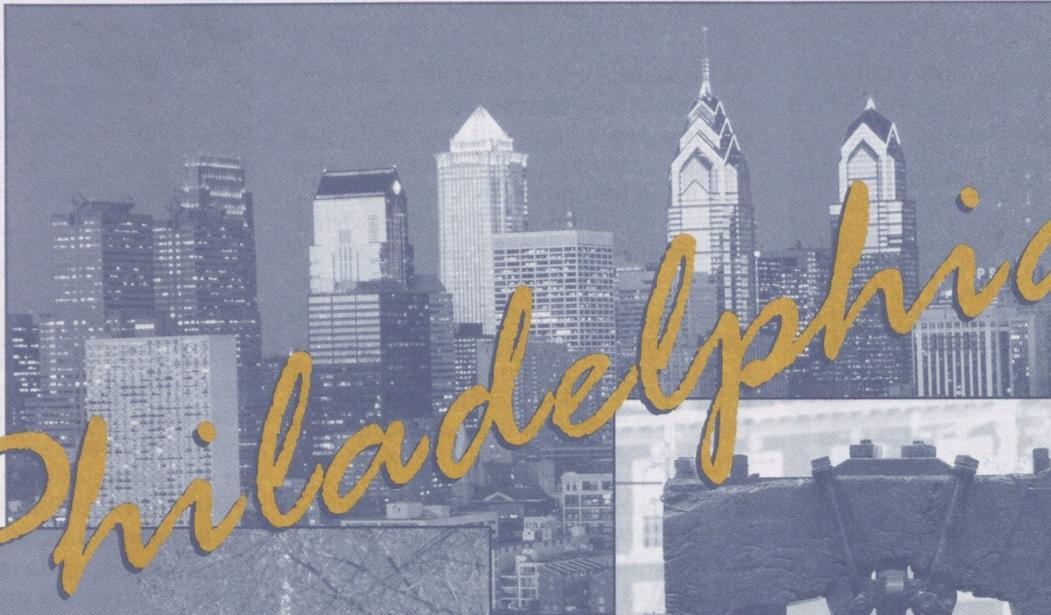
LKS



SPRING  
2007

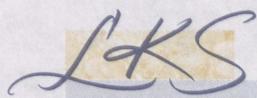
*Lambda Kappa Sigma*

*"Promoting the Profession of Pharmacy Since 1913"*



**Lambda Kappa Sigma  
Regional Meeting  
August 3-5, 2007  
Radisson Plaza -  
Warwick Hotel**

(See page 12 for details)



## 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**

At the start of every year, I am sure many of us make New Year's resolutions. Many of these resolutions will pass with little notice. Whatever we resolve, we soon give up, or we find another interest, or we ignore the resolution as if it never existed. My resolution for 2007 was to make all deadlines. By mid-January, I had already blown it, but I decided that it was OK. Other priorities took precedence, and my best planning was overruled. Of course, I still feel guilty when I miss a deadline, but I understand that will occasionally happen. It's just a fact of life.

Life is multifaceted. At times, it is funny, exciting, unpredictable, or scary. No two days are the same, from the very first minute that we arise, until we retire at the end of our day. As members of the pharmacy community, we quickly learn that our workdays will be unpredictable. I think that is part of what many of us enjoy about our work. We do not want to experience the same activities every day. The same goes for our life outside of work. However, I admit that a little structure helps me cope. Recently, my workdays are so unpredictable that I find myself completing very little of my administrative responsibilities. I actually look forward to work meetings because they usually have a reliable structure. The meetings provide for me a respite from the chaos of the ordinary workday. Then, when I factor in family and other personal obligations and activities, well, you know how things can snowball.

So here it is, only winter; what additional variability in life and work will the soon-to-arrive warmer days bring?

I always look forward to spring. It is a season of possibilities. It is when the cold dormancy of winter yields to new (renewed) growth. We notice trees budding, flowers blooming, birds nesting, and increased activity of many other animals.

Of course, when I think of springtime, I also think of spring cleaning, and the

many chores that go along with this task. What will a change in the seasons, the passing of another term of school, mean to our collegiate members? Are there officer elections to consider? What school projects and exams are coming their way? What are our graduating pharmacy students coping with as they get closer to graduation and enter the next step in their professional travels? What challenges and changes are awaiting our seasoned (and maybe our "not so seasoned") alumni members, regarding work, life and leisure priorities?

What is on your "to do" list this time of year? How will everything get prioritized? Will you be comfortable with your choices?

For your near-future plans, I hope that attending this summer's regional meeting in Philadelphia is at the top of your priority list. The planning is nearly complete, and the meeting promises to have worthwhile programming for collegiate and alumni members. There will be time for socializing, and the Eta, Alpha Alpha, and Alpha Phi chapters are eagerly awaiting this opportunity to show us their city. A registration form and a preliminary schedule of events are included in this issue of the Blue and Gold Triangle.

For those of you graduating, I hope your "spring time plans" include remaining involved in LKS. Address updates assure that you continue to receive all communications from your fraternity. Make sure your chapter forwards these changes to the International Office. We look forward to your involvement as an alumni member of LKS.

For those alumni interested in serving on Grand Council, the regional meeting offers an opportunity for members to learn more about the elected officer responsibilities. Consider this possible next step in your involvement in LKS. Feel free to contact any officer if you are interested in knowing more about the volunteer work we do.

Wherever you are in your LKS membership, I hope you carve out a few moments to enjoy the day, plan for tomorrow, and work on your own "to do" list. I look forward to seeing many of you in Philadelphia.

Warm regards,

Jennifer Rhodes, Grand President

# LAMBDA KAPPA SIGMA LEADERS IN PHARMACY

## Avis Ericson, Pharm. D.



Pharmacy Leader  
Avis Ericson, Pharm. D.

Avis graduated from Ferris State College in 1971 with her Bachelor of Science in Pharmacy and earned her Pharm. D. from the University of Kentucky in 1973, where she specialized in Obstetrics, Gynecology and Neonatology. After graduation, Avis joined the UK College of Pharmacy in the Department of Clinical Pharmacy as an Assistant Professor in Obstetrics, Gynecology and Neonatology. In 1976, she joined the Massachusetts College of Pharmacy as an Assistant Professor of Clinical Pharmacy, and during the next 10 years she moved up the ladder to become an Associate Professor and then Chair of the Department of Clinical Practice. During her time in Boston she was also the Assistant Director of Clinical Pharmacy Services at the Boston Hospital for Women which is now known as Brigham and Women's Hospital. In 1985, Avis left MCP to

become the Director of Clinical Pharmacy at the St. Louis College of Pharmacy. She then became the Dean of the OPTIONS program at Fontbonne College in St. Louis. In 2001 Avis moved to California to become the Dean of Loma Linda College of Pharmacy where she developed this new school of pharmacy. As Dean she is responsible for the day to day operations of the LLU School of Pharmacy, overseeing all aspects of program development, planning, contracts, budget, advertising, and growth. She handles student recruitment, admissions, progress, research projects, and eligibility for graduation, and also directs faculty recruitment, hiring, assignments, development, and evaluation and prepares reports for LLU Boards of Trustees, WASC, and AAA-SDA Accreditation.

Avis is an active member of several professional organizations at the state and national level including the American Pharmacists Association (APhA), American Society of Health Systems Pharmacists (ASHP), American Association of Colleges of Pharmacy (AACP), numerous state associations, and Lambda Kappa Sigma. Avis has served each of these organizations in numerous leadership roles. Avis has been a member of Lambda Kappa Sigma since 1968 and has served with distinction as a member of Grand Council for 12 years as Grand Secretary, Honorary Advisor and Grand Vice President for Collegiates. She has also served as the Faculty Advisor for

Alpha and Alpha Zeta Chapters. Over the years Avis has served on several committees and is currently a member of the Trust Liaison Committee.

Avis has won numerous awards including the Distinguished Alumni Award from Ferris State College, Merck, Sharpe & Dohme Professional Service Citation, Ruth Davies Flaherty Service Award and a Cora E. Craven Grant. She is a member of Rho Chi and Phi Lambda Sigma Leadership Honor Society.

Avis has over 30 publications under her name and has taught numerous academic courses including Therapeutics, Medical Terminology and Pathophysiology. She has done accreditation work for ACPE and the FDA.

In 2006 Avis was recognized for her professional achievements with the Lambda Kappa Sigma Award of Merit. The Award of Merit is given bi-annually to a member who has distinguished herself by reason of academic achievement, professional achievement, community service, organizational work or commercial endeavor. Avis has shown outstanding leadership to the profession of pharmacy. She is a true leader, role model and mentor in pharmacy. Avis has distinguished herself as a Dean and pharmacy educator; we are proud that she is a member of Lambda Kappa Sigma.

## CANCER, A PERSONAL PERSPECTIVE – THREE PAST GRAND PRESIDENTS SHARE THEIR STORIES AS CANCER SURVIVORS

BY: Ruth Brown - Eta, Nancy Horst - Chi, and Christine Perry - Alpha

Within the past 10 years, three Past Grand Presidents of Lambda Kappa Sigma were diagnosed with cancer. Each shares their story from their personal perspectives as a cancer patient and now survivor.

*What type of cancer was diagnosed?*

**Nancy:** In early July 1996 my primary care doctor diagnosed an ovarian cyst—I had felt a soft mass in my abdomen. She referred me to a surgeon, and surgery was scheduled for July 12. The timing wasn't great as our St. Louis Convention was to start the first week in August, my first one to preside at as Grand President.

**Ruth:** Breast Cancer

**Christine:** I was diagnosed with Hodgkin's which is a type of lymphoma.

*Getting the news, what happened through the diagnosis process*

**Nancy:** It was thought that the cyst was probably benign, but the surgeon told me in the recovery room that it was cancerous, and had also affected a small area at the top of my bladder, so I had a big incision. I was in the hospital for 4 days, then went home. I was referred to an oncologist, but I was determined to go to Convention, so made an appointment with him for mid August. I did get to Convention, enjoyed it as always, though had to rest more than usual as it was just 3 weeks post-op. The most difficult travel situation was getting through the distances at the airports as I was still weak, but I got a wheelchair or cart. At Convention my LKS sisters were very sympathetic and helped me with anything I needed.

**Ruth:** Tuesday, November 18, 2003, 8 PM—I remember it well. It was the day after my 55th birthday. I had spent the previous weekend celebrating with family and friends. I was washing dishes (I'm such a domestic goddess!) when the phone rang. It was my surgeon's office. There would be only one reason a surgeon would be calling at that time of night. I knew it wasn't good; I knew what I was going to hear.

The entire saga started in August, 2003. I found a lump in my armpit. I didn't think too much of it at the time. I was in the midst of selling my house in Pennsylvania and packing up to move into my shore house. This was the beginning of my grand plan for going part-time, finishing up my MS in Biomedical Writing and doing some free-lance work out of the house.



LKS Past Grand Presidents gather during the 2006 Biennial Convention. Front Row (seated): Dixie Leikach, Mary Grear, Marilyn Haberle, Chirstine Perry. Back Row (standing): Donna Dancer, Patricia Kienle, Marilyn Harris, Nancy Horst, Ruth Brown.

By September, the move was completed and I was settling in at Sea Isle. I began doing the 90 minute commute, convinced I wouldn't have to do it for long. The lump was still there. In fact, I really began to notice its presence – it was getting larger. I made an appointment with my family practitioner. She took one look and told me she was referring me to a surgeon. Luckily, because I'm "in the business" I knew which surgeon I wanted. I met with the surgeon and then a biopsy was scheduled. It was the results of that biopsy that came at 8PM on November 18th. The lump was a large lymph node and definitely showed cancer. Problem was - where was the primary? The lymph node was a sign but not the original site. From that point on I was poked, prodded, stuck, squeezed, - mammogram after mammogram, blood work, MRIs, another biopsy, Cat Scan and a bone scan.

At this point I had shared the news with only a few folks – my best friend and a couple of confidantes at work. I agonized over telling my parents because I knew the effect the news would have on my mother. Truthfully, they were the last to know. After all the tests were done, the diagnosis of breast cancer was confirmed. Two lesions had finally been detected on MRI. A date for surgery was scheduled. I was told that in addition to the surgery I would need chemotherapy and radiation as well. Again, because I was being treated in the health-system where I am employed, I was able to specify which physicians I wanted involved in my care. It was at that point that I had to share the news with more folks including my boss, my staff at the hospital, my friends, and then, the most difficult of all, my Mom & Dad. Mom took it just as badly as I thought she would but she has been my best supporter through it all. She then

shared the news with my siblings, aunts & cousins. Surgery was performed on February 2, 2004. Two lumps were removed and that was the first time I considered myself a survivor.

**Christine:** I was driving back to my apartment on a Sunday from a weekend home in July when I put my hair up in a ponytail. As I gathered my hair, I felt a lump in my neck. I did not panic but thought immediately that it was cancer. I always knew that I would have cancer before I was 30 but was sure it would be breast cancer, so I kept hopeful since this did not match my self proclaimed prophecy. I already had my yearly checkup appointment scheduled for Thursday of that week and brought the lump to the attention of my primary care physician. He sent me to the hospital the next day for an x-ray. By Monday, I knew that I had lymphoma and would need to have a biopsy to determine the type.

At this point, I had to tell my parents who were in Baltimore taking care of my grandmother who was in her final stages of breast cancer. My next appointment was for a MRI and CAT scan. I then met with the surgeon and scheduled the surgery. It was a very stressful time because I needed my mother and was going to all these tests by myself and she of course was under even more stress as her mother was dying of cancer and her child was being diagnosed with it. My parents were set to come home the day before the surgery, August 7, but my grandmother died on August 4. My sister and I traveled to Baltimore for the funeral and then we all drove back home to Massachusetts and at 8am on August 9, I had surgery. The pain was severe and I could not lift my head or get out of bed without assistance for the next 3 days. Four days after the surgery, my surgeon called to tell me that I had Hodgkin's. My mother, sister and best friend Cheryl were all with me when I got the diagnosis and we cried. Daddy got the news when he returned home from work that day. I went back to my apartment north of Boston a week later and met with my primary physician, who set up an appointment with my oncologist. I started to make the calls to my closest LKS sisters and share the bad news with family. I also had to share the news with Grand Council as I was currently serving as Grand Vice President of Collegiates. I read up all about Hodgkin's and learned that I was a textbook case of the disease.

Mommy attended my first meeting with my oncologist, Dr Pennachio. I liked him

very much and he spent over an hour discussing the treatment. I would have to have additional surgery, a splenectomy and staging laparotomy and then several courses of radiation. In addition to discussing the treatment, I was concerned about my future fertility. Harvesting my eggs were not an option because time was not on my side, but my ovaries would be moved behind other organs to protect them from the radiation. My next appointment was for a bone marrow biopsy, which was 10 minutes of hell. The pain was excruciating, I could not help but scream from the pain, but Dr Pennachio and the nurse told me I did great. I was appalled at myself for not being a model patient and actually whimpered for the next day and a half.

I delayed the surgery by two weeks so that I could be a bridesmaid in my close friend and LKS sister Linda Clark's wedding. Two days after her wedding on September 19, I had the surgery. I can remember waking up in recovery, and sensing the pain. I was on IVs and oxygen but was in serious pain. My mother tried to comfort me but even the touch of her hand caused me pain. My surgeon was bewildered on why I was in so much pain, two days later they realized that my fentanyl epidural had been leaking. They changed me to IV Demerol but I can only remember about 1 hour of pain relief in the 7 days that I was in the hospital. I could feel the side effects, muscle spasms and respiratory depression. I lay in the bed with my eyes closed for days; it was too much energy to open them. Two days after the surgery and every day thereafter I needed to get out of bed and walk. The first time, I screamed and cried hysterically and lost my vision from the pain-I actually saw stars. Mommy took a week off and was in the hospital with me each day. I returned back to my surgeon a week after being released from the hospital to have the staples pulled out of my torso. I was scared to go and be put back in pain but it was painless. In all, it took about 4 weeks to recover from the surgery. During the last week, I spoke to my oncologist who let me know that I was in stage 2 and heading close to stage 3. I told him that I could feel the tumor in my neck getting bigger. He wanted to see me the next day at his office. About five minutes into the appointment he told me that I no longer was going to just have radiation but needed chemo and radiation as my treatment and I was starting chemo TOMORROW! I think my mouth dropped open and I left the office in a haze. I called my parents to tell them the news.

### Treatment

**Nancy:** My oncologist was very nice, easy to talk to, and I had every confidence in him. He explained the physical details of the surgery, and prescribed chemotherapy, a course of 6 treatments 3 weeks apart. I started that in early September. I had gone back to work at my hospital pharmacy in mid August. At the end of September I got a small bowel obstruction due to adhesions from the July surgery, so had to have another major surgery and stay in the hospital 9 days. Interestingly that occurred between my chemo sessions, so I didn't miss any. Then I was off work until the beginning of November.

The chemo regimen was Taxol and Carboplatin, fairly high doses, given in 250 ml bags. I was given the usual pre-meds of diphenhydramine, ranitidine and ondansetron. The treatments lasted several hours with starting the IV, then hydration IV, then the 3 meds one after another. I read and dozed, found I couldn't stay awake long enough to watch a movie. I had to bring a lunch as I was usually in the treatment room from mid-morning till mid-afternoon. The chemo was mixed and given by the nurses at the Cancer Center (a 4 doctor practice). I usually had chemo on a Tuesday, felt quite fatigued for the next couple of days, and went back to work on the next Saturday ( I worked 3 days a week routinely). Otherwise I worked my normal schedule.

I had to take my temperature every day to catch any fever that might occur as I was immunosuppressed (my temp stayed normal the whole time.) In the middle of the regimen I had to have a transfusion as the production of red cells was diminished from the chemo. That had added to the fatigue, but the transfusion made a big difference. The course was completed at the end of November, and by January I felt pretty good again.

I did get some peripheral neuropathy in the soles of my feet, which I still have, but am so accustomed to it that it only bothers me if I have done a lot of walking. Then I get some aches and tingles, but Ibuprofen helps a lot. I didn't have any problems with nausea or loss of appetite with the chemo. I think the worst thing was losing my hair. I wore a wig for several months till it grew out enough to look normal.

**Ruth:** Six weeks following the surgery I began my chemo regimen. I had 8 cycles - 1 cycle every other Friday. I continued to work every day except those Fridays. I felt the need to do that because I desperately wanted everything to be "normal".

The first 4 cycles were Adriamycin and Cytosan. The last 4 cycles were Taxotere. My hair began falling out 2 weeks after my first chemo session. I had a wig but I hated wearing it. Eventually it stayed at home and I wore scarves, baseball caps, and even a doo-rag. I actually got used to it. My family all put on skinheads so we could take a family portrait; ya just gotta laugh!

I had to learn to give myself injections. I tolerated the chemo well for the most part. Although I never experienced the dreaded nausea and vomiting associated with chemo, certain foods stopped appealing to me. I craved things like chocolate milk and peanut butter. I didn't drink a beer for 3 months - me, not drinking beer!! The fatigue was every bit as bad as you hear about. I specifically chose Fridays for my chemo so I would have the weekends to recover. I would get home on Friday afternoons, crawl into my recliner, and literally live there until Monday morning. The only time I would venture out was to walk my golden retriever, Harley. My chemo course was completed on June 10th.

I was given a month "reprieve", then my radiation treatments started. I was scheduled for 33 sessions. I would go to work every morning, leave right after lunch, report for my session, then head home. The sessions were very short. It took longer to change my clothes than it was to be in the machine. However, the radiation treatments were by far the most difficult part of my therapy. The tattooing that is performed prior to starting the treatments was unbearable. The progressively worsening fatigue I experienced was drastically greater than with the chemo. I had difficulty concentrating at work. My long commute home became even longer as I stopped frequently. I suffered two 2nd degree burns and the pain was agonizing. I could not get comfortable; I couldn't sleep.

Mercifully, it was all over by September 16th. Following the radiation treatments I had to undergo physical and occupational therapy for lymphedema. It's under control but still bothers me occasionally. I have a therapeutic sleeve I wear to bed (what a vision I am!) and a sleeve and glove I must wear when I fly. Just another fashion statement! Things slowly returned to normal. My hair started to come back - really curly but still white. Gradually the burns healed. My energy level returned to normal at a snail's pace. Throughout it all my family, friends, and staff were extremely supportive. By the time my first anniversary arrived, February 2, 2005, I finally felt whole again. I still have appointments

with the oncologist and the radiation oncologist but they are becoming less frequent. I now take Arimidex and may have to do so for the rest of my life.

**Christine:** My treatment was ABVD (Adriamycin, Bleomycin, Vincristine and Dacarbazine) of which I needed 12 rounds, every other week, followed by radiation. I would need to get a chest x-ray and have blood work the day before each of my treatments to make sure my white blood cells did not drop too low. At my first treatment I was given IV Zofran and then chemo. I remember feeling ill right away especially when the Adriamycin was administered. My mother and her best friend were with me for the first appointment. As we headed back to my apartment, I became increasingly nauseous. I kept telling my mother to hurry up and get home because I could feel that I was going to be sick. The vomiting lasted around the clock for the next 5 days. I was out of work for 2 weeks. I felt better from the nausea in about a week but my left arm where I got the chemo felt like a dead appendage. My mother was after me to eat, eat, and eat and after the 100th time she pushed me to eat, I broke down and cried. The treatment had taken away my will to live. I did not think I could do it again.

After my second appointment, my hair fell out. I remember it as being one of the worst days of my life. I was crying hysterically. I had thick, curly/wavy hair and I combed it for 3 hours straight while it fell out in pieces. I used hats until I saw myself on a New Years Eve video and realized how sick I looked. I went to the wig store and got myself a really nice wig that looked like my real hairstyle—it was from the Dolly Parton wig line.

My treatments were given every 2 weeks on a Tuesday. I would work each Monday, go in the afternoon for my pre-chemo tests and then go into work on Tuesday from 9a-1p. I would leave at 1p go and meet my mother at my apartment and then leave for the hospital. I would be out of commission for the rest of the week and return to work the following Monday and work through the week. I repeated this cycle for the next 6 months. After my second chemo treatment, my arm was still killing me and it was decided that I would have another surgery to have a port-a-cath put in. A week later, I needed to have another surgery to have the port-a-cath replaced because it flipped over. A 1 in 100 chance. Each chemo treatment was unpredictable. I learned to pray for the chemo to be so bad that I would pass out from the trauma. If it was, then I was able to avoid the majority of the vomiting and my recovery was better. If the treatment

was not so bad then the vomiting would last for 3-5 days. The last 2 treatments were really bad where I had severe pain all over my body. My nurse Carol was a saint, I threw up all over her—God Bless her, and she was patient when she was ready to administer the chemo while I was not ready to receive it. I can still see her standing there with the needle and telling me to take a deep breath.

After the chemo treatments were done, I started radiation. I would have to go every day Monday-Friday for 27 treatments. Halfway through the radiation I got the shingles, a burn on my chest and my throat swelled up for about a week. I could not even swallow water. They added 5 more radiation treatments in my last week, news that I was not pleased to get. After the radiation treatments were over, for the next two years, I needed to go back to the hospital to have my port-a-cath flushed, x-rays, blood work and MD appointment every month. After 2 years, I had my fifth surgery and removal of the port-a-cath. I am now in remission and have yearly work-ups, mammograms and oncologist appointments.

#### *What helped you get through it*

**Nancy:** Since I had worked in a hospital all my professional life, I was very familiar and comfortable with the drugs and procedures. Talking to friends who had been through similar situations helped, too. My family, friends, LKS sisters and co-workers were incredibly helpful and supportive. I was showered with get-well cards, flowers, meals and gifts. I'm sure there were prayers, too. My oldest daughter is an RN and worked at the hospital where I had my surgeries (which is not the hospital where I work), so she was a frequent visitor during my hospital stays, and she guided me to the best oncologist. She went with me to the first visit with him and the first chemo session—it's always good to have someone else hear all the details and provide input; her experience as a nurse and her love and care were extremely important to me. Other family members pitched in to take care of the pets and the household tasks during my two post-op recovery periods.

I am a naturally optimistic person, so I was sure the treatment would be effective. I did a lot of praying for healing and visioning of being in normal health again. I believe this approach works, and it has helped me through other situations. I have been in excellent general health ever since.

**Ruth:** Throughout it all my family, my faith, and my friends kept me going. Mom still worries, but that's what Moms do. I've learned not to be so up tight. I don't

“sweat the small stuff” anymore.

**Christine:** My parents, my family, my best friend Cheryl and so many LKS sisters. My Alpha sisters, Linda Clark, Michelle Plante, Karen Burke and Traci DePhillips. Linda always made me feel special, Michelle was especially helpful as a board certified oncology pharmacist working at the NIH, Karen is always so much fun, and Traci kept me laughing. Other sisters like Dixie Leikach, Mary Norbut and my boss and LKS sister Donna Horn were especially helpful. The many cards that I received from sisters and chapters were helpful. I would often read them while lying on the couch sick, each brought comfort to me. My number 1 source of comfort and care was Mommy. She is the reason I am here today.

#### *Lessons learned*

**Nancy:** Being a patient instead of a care provider gave me a lot of insight. I do my best to take care of medication orders quickly if a nurse tells me that her patient is feeling nausea or pain, knowing how that feels. The outpouring of love and support made me so appreciative of all my family and friends. I regard each new day as a gift and am very grateful for all my blessings.

**Ruth:** I don't dwell on my experience but I can't forget it either. Above all, I am a survivor.

**Christine:** The experience changed me as a person for the better. I know that I am a very strong person—who can also take a lot of pain. I have a close network of friends who bring happiness into my life and I always let everyone know that I love how much I actually do. I have life in perspective and know what is important. It actually calmed my spirit down to really appreciate life. I learned the meaning of life—family, friends, love and happiness and that the reason for my life is to be my mother's child.

#### *About the authors*

Nancy Horst is a staff pharmacist for Providence Everett Medical Center in Everett, Washington. She served as Grand President from 1994-1998 and is the recipient of the Distinguished Service Citation.

Ruth Brown is a Pharmacy Manager at Taylor Hospital in Pennsylvania. She served as Grand President from 1988-1990.

Christine Perry is the Manager of Pharmacy Recruiting for the ACME and Shaws divisions of SUPERVALU Pharmacies. She served as Grand President from 1998-2004 and is the recipient of the Young Pharmacist and Advisor of the Year Awards.

## HISTORY OF LAMBDA KAPPA SIGMA

### EMMA MACDONNELL CRONIN, FOUNDER

By Ruth Albanese and Anne Katilus

When Emma MacDonnell graduated from the Massachusetts College of Pharmacy in 1914, the world was a vastly different place from today. There were few employment options open to women of the era; motherhood and secretarial work were chosen by most. It was, therefore, somewhat of a departure for a woman to select a career in pharmacy. Emma had her heart set on becoming a physician like her father, who was a Boston surgeon and a pharmacist. He discouraged her choice saying that the practice of medicine "was too strenuous for a woman". Her next choice was pharmacy, and she, fortunately, lived not far from MCP.

Her years at MCP were quite enjoyable and challenging. Being somewhat of a mischief-maker, she made many friends, and because the ratio of men to women students was very high, Emma enjoyed an active social life. However, during lunch hours, she consorted only with her women friends, and these friends became the nucleus of Lambda Kappa Sigma.

During her college years and for a while after graduation, Emma worked in the pharmacy of Children's Hospital in Boston. The work was a source of continual anxiety for her because the medicine prescribed for infants involved minute portions of various drugs, which had to be hand-ground and measured extremely accurately.

Upon graduation, Dr. Leon Thompson, who owned a drug store on Beacon Street, employed her. Her salary was about \$4.00 for a six-day week. Often as she walked home after work, she was asked to drop off items at the Parker Hill Hospital, which was at the top of a steep hill. Her father

bought a drug store in South Boston, and she worked there for about five years. During this time she taught *Materia Medica* to private students in the evenings and on Saturdays in her parent's home. On the whole, she encountered very little discrimination as a woman pharmacist.



In her thirties Emma married Neil H. Cronin, an automobile dealer and later an employee of the Internal Revenue Service. She retired from pharmacy with the birth of her first son, who later died at the age of three. There were four more children, three daughters and a son, and her world focused on her family's health and happiness. Modest, with a self-deprecating sense of humor, she sought to instill in her children those qualities of kindness, compassion and fairness, which formed her own character. Sadly, her husband, Neil, died in 1951.

For the 75th anniversary convention held in Boston in 1988, Emma loaned Alpha Alumni Chapter her original Founders Pin, which was duplicated and given to all sisters as a gift for attending the Convention. In 1988 at the age of 95 through a letter she shared her appreciation of all the caring and supportive attention of the sisters of Lambda Kappa Sigma, especially on Founder's Day.

In her latter years she read voraciously and was avidly interested in politics and world affairs. Emma, who was the last living charter member of Lambda Kappa Sigma, passed away on September 25, 1989 at the age of 96. She is survived by her four children, Anne, John, Mary and Ruth, sixteen grandchildren and nine great grandchildren.

Lambda Kappa Sigma gratefully acknowledges Emma's daughters Ruth Albanese and Anne Katilus for writing this article in honor of their mother. The Fraternity also thanks Patricia Pentleton, Alpha Alumni, for her assistance with this article.



Second Biennial Convention – Emma MacDonnell Cronin in attendance first row-fourth from the left.

## 2006 EDUCATIONAL GRANT RECIPIENTS

### Lambda Kappa Sigma Pharmacy Fraternity

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

#### ADELE LOWE LEADERSHIP



Marina Grgas  
Alpha Beta  
University of  
Connecticut

#### NORMA WELLS LOYALTY



Nicolette Daniels  
Xi  
University of  
Rhode Island

#### MARY CONNOLLY LIVINGSTON



Stephanie Lemaster  
Alpha Nu  
University of  
Kentucky

Congratulations

#### CORA E. CRAVEN



Kellianne Boyle  
Alpha Kappa  
University of  
Georgia



Lindsay Rosenbeck  
Alpha Nu  
University of  
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Melissa Mihalko  
Delta  
University of  
Pittsburgh



Dana Behlke  
Delta  
University of  
Pittsburgh

# Thank You Educational Trust Contributors!

## Donations Made During the Calendar Year 2006

### 2006 Annual Appeal

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 Bilanin, Lydia  
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 Camagna, Frances  
 Capron, Judith  
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 Celecki, Rose  
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 Cocanower, Cindy  
 Craven, Gwen  
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 Dasilva, Linda  
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 Ferreri, Stefanie  
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 Fix, Jennifer  
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 Fronczak, Susanne  
 Fuller, Susan  
 Gallagher, Cheryl  
 Gammariello, Anne  
 Glover Milton, Shirlette  
 Goodwin, Merece  
 Gosselin, Christine  
 Harris, Marilyn  
 Hassan, Rosetta  
 Hayes, Sabrina  
 Hintz, Gertrude  
 Hoang, Karen  
 Holstine, Anna  
 Hwang, Betty  
 Indritz, Mary  
 Jakubowski, Marilynn  
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 Kienle, Patricia  
 Klepser, Teresa  
 Koliscak, Ashley  
 Krueger, Carol  
 Krystyniak, Cheryl  
 Lamond, Merry  
 Lamparter, Mandy  
 Lane, Linda

Lawson, Cathy  
 Layson-Wolf, Cherokee  
 Lonergan, Eileen  
 Lowe, Albert  
 Lozano, Patti  
 Marks, Michelle  
 Marsh, Nicole  
 Martin, Bruce  
 Mcalanis, Dorathy  
 McCarthy, M  
 Mehall, Theresa  
 Menard, Carolyn  
 Morgan, Mary  
 Mulder, Susan  
 Myers, Amy  
 Norbut, Mary  
 Oishi, Akiye  
 Osborne, Maria  
 O'Shea, Betty Jean  
 Ozark, Isabel  
 Pammer, Melissa  
 Park, Kelly  
 Pecora, Michele  
 Pentleton, Patricia  
 Player, Angelena  
 Preston, Beverly  
 Rea, Rhonda  
 Reilly, Mary Jo  
 Reis, Lisa  
 Rhodes, Jennifer  
 Rowbotham, Elizabeth  
 Safianos, Sarah  
 Scott, Ginger  
 Sounhein, Sally  
 Stasi, Maureen  
 Story, Linda  
 Stynchula, Stephanie  
 Swafford, Cathie  
 Tanac, Pat  
 Till, Alice  
 Valentino, Tiffany  
 Volkan, Keely  
 Wallingford, Debra  
 Ward, Patrice  
 Warren, Vivian  
 Wickliff, Billie  
 Wieand, Myrtle  
 Williams, Fred  
 Wolinski, Sandra  
 Wong, Marilyn  
 Yorimoto, Yaeno

### Alpha Pi Scholarship Fund

Bernstein, Gloria  
 Dancer, Donna  
 Ericson, Avis  
 Fippen, Petra  
 Huff, Katherine

### Chapter Donations

Alpha  
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Omicron  
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 Alpha Alpha  
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 Alpha Theta  
 Alpha Iota  
 Alpha Kappa  
 Alpha Mu  
 Alpha Nu  
 Alpha Omicron  
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 Alpha Sigma

### 2006 Convention Fund Raising

Alava, Emma  
 Aleksunes, Lauren  
 Bernstein, Gloria  
 Bogner, Robin  
 Bowersox, Kaitlyn  
 Brown, Ruth  
 Brown, Sharon  
 Dancer, Donna  
 D'Angelo, Angele  
 Duplaga, Beth  
 Ericson, Avis  
 Ferreri, Stefanie  
 Fuller, Susan  
 Grass, Christine  
 Haberle, Marilyn  
 Huff, Katherine  
 Lanzon, Barbara  
 Larson, Linda  
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 McCarthy, Michelle  
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 Meredith, Mary  
 Mustoe, Jennifer  
 Osborne, Maria  
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### Haberle Grant Fund

Acton, Ashley  
 Arledge, Karen  
 Balent, Lois  
 Bernstein, Gloria  
 Bogner, Robin  
 Bostick, Jane  
 Brown, Ruth  
 Burton, Marilyn  
 Cantrell, Marilyn  
 Craven, Gwen  
 Debalko, Michelle  
 Denrich, Elana  
 Doughty, Gloria  
 Dudenhoeffer, Cari  
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 Fanning, Teresa  
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 Keener, Beth  
 Kienle, Patricia  
 Lamparter, Mandy  
 Lane, Linda  
 Layson-Wolf, Cherokee  
 Ligney, Jennifer  
 Ligotski, Michelle  
 LKS - Chi Alumni  
 Lozano, Patti  
 Lyon, Nancy  
 Mackowiak, Elaine  
 Marks, Michelle  
 Martin, Bruce  
 Pammer, Melissa  
 Park, Kelly  
 Pendergast, Charlotte  
 Peronace, Catherine  
 Preston, Beverly  
 Randinitis, Georgia  
 Rawley, Elizabeth  
 Rhodes, Jennifer  
 Sandretto, Rebecca  
 Scott, Ginger  
 Tanac, Pat  
 Tusa, Betty  
 Valentino, Tiffany  
 Vander Meiden, Shauna  
 Wiedenmann, Karen  
 Zangara, Victoria

### Manzione Tau Scholarship Fund

Harris, Marilyn  
 Manzione, Geraldine  
 Soltis, Lynne  
 Tau Alumni

### Memorials & Celebrations

Chi Alumni  
 In memory of Beverly Preston  
 Leikach, Neil  
 To celebrate Dixie's term as LKS Grand President  
 Leikach, Dixie  
 To celebrate the many years of service on the LKS Grand Council by Christine Perry  
 Perry, Christine  
 To celebrate the GC efforts of Dixie Leikach, Elicia Fauvel and Kara Shirley on behalf of LKS  
 Miller, A Louise  
 In memory of Beverly Preston and H. Thompson

# Types of LUPUS

Kristen Etzel, Pharm.D. Candidate - Alpha Pi Chapter

Lupus is an auto-immune disorder affecting nearly 1.5 million people in the United States. In healthy individuals, the immune system protects the body from disease. In an individual with lupus, the immune system attacks the body's own cells. There are several forms of lupus with different effects on the body and varying degrees of severity. Types of lupus include: Systemic Lupus Erythematosus (SLE), Discoid Lupus Erythematosus (DLE), Drug-Induced Lupus Erythematosus (DILE), and Neonatal Lupus. Although no one is safe from this disease, 90% of those affected are women.

## Systemic Lupus Erythematosus (SLE)

The most common form of lupus is Systemic Lupus Erythematosus (SLE). Generally, when people use the term "lupus," they are referring to this type. SLE can affect several parts of the body, including the skin, joints, kidneys, lungs, blood vessels and/or brain, and therefore it can be very detrimental. Although the etiology of SLE remains unknown, it is suggested that genetics may play a role in its development.

There is a wide myriad of symptoms including a "butterfly" rash (stretching across the nose and cheeks), photosensitivity, hair loss, pain and swelling in the joints, fatigue, abdominal pain, and depression, among others. Symptoms vary from patient to patient, and there may be periods of remission in which the patient has no symptoms whatsoever. When the disease is active, it is known as a "flare." Flares can be triggered by an infection or sometimes by the sun.

While treatment of SLE varies in patients, the goal is always to minimize symptoms and inflammation. Non-steroidal anti-inflammatory drugs (NSAIDs) are often recommended for muscle and joint pain and arthritic symptoms. In some cases, corticosteroids, such as prednisone, may be administered to suppress the immune system and reduce inflammation. When using corticosteroids, it is important to monitor for several side effects, including reduction in the body's ability to fight off infection. Patients with lupus should be able to recognize early symptoms of a "flare" in order to let their physician know that they are in need of a change in therapy. As with many other diseases, early treatment will decrease the chance of permanent tissue or organ damage. Therefore, it is important to be educated and aware of the symptoms.

## Discoid Lupus Erythematosus (DLE)

Discoid Lupus Erythematosus (DLE) is a type of lupus that is limited to the skin. It is usually less severe than SLE and has no effect on other organs. If infected, patients will see a red, raised rash on the face, scalp, or other parts of the body. This rash may become thick and scaly, much like psoriasis, and can last for days or even years. DLE may occur at any age, but is seen mostly in those between 20 and 40 years old. The pathophysiology of DLE, like other forms of lupus, is unknown. However, it has been hypothesized that the T-cell mediated cytotoxicity of the skin may be induced by UV light exposure or stress. Patients with DLE rarely have systemic side effects, but nearly 10% of DLE patients may progress to SLE.

In managing a patient with DLE, it is important to control existing lesions to improve the patient's appearance, and to counsel him or her on sun-protective measures such as sunscreen and protective clothing. In more severe cases, medical intervention may be necessary. Topical steroids may be used and, in some cases, it is recommended to inject a corticosteroid into the lesions. It is also important to monitor and assess patients with DLE routinely.

## Drug-Induced Lupus Erythematosus (DILE)

Drug-Induced Lupus Erythematosus (DILE) is an adverse reaction occurring as a result of long-term use of certain medications. This type of lupus has symptoms similar to SLE, although lacking potential problems with the kidney and central nervous system. Patients with DILE may exhibit muscle and joint pain and swelling, fatigue, and flu-like symptoms. Signs and symptoms can occur months or even years after beginning a medication.

DILE occurs when a drug forms antibodies by reacting with cell materials, causing the antibodies to attack the body's own cells. Some individuals may be genetically inclined to get DILE if they are "slow acetylators," or metabolize medication slower than average. There are several medications which have been thought to cause DILE, including: procainamide, isoniazid, hydralazine, quinidine, and methyldopa.

When treating a patient with DILE, it is important to recognize that a medication is most likely the cause. The medication causing the problem should be deter-

mined and discontinued immediately. Symptoms should disappear without the need for a treatment medication. However, in some instances medications such as NSAIDs, which are used to treat pain of the joints and muscles, may be necessary. In more severe cases, a patient may be given corticosteroids. Improvement should be seen a few days after discontinuation of the problem medication. However, in some instances, signs and symptoms may take months to go away, and antibodies may even take a few years to disappear.

## Neonatal Lupus

Neonatal lupus (NLE) is a rare form of lupus affecting newborns. There are three major symptoms that present in patients. They are rash, abnormal blood count, and abnormal heart rhythm. The rash usually covers the child's body and appears a few days to weeks after the child is born. The abnormal blood count includes low platelets or anemia. This is transient and rarely serious. However, the arrhythmia that a newborn with neonatal lupus may get can be extremely serious. The abnormal heart beat, known as congenital heart block, is caused by a problem in the conduction system in the heart and leaves the child with a slow heartbeat. In one study, 57% of the patients with neonatal lupus needed a pacemaker. Generally, congenital heart block in newborns has a 20 to 30% mortality rate.

In many cases, the women that bear children with neonatal lupus do not necessarily have SLE or any other form of lupus themselves. On the other hand, patients that do have SLE do not have a greater risk of having a child with neonatal lupus. NLE is caused by the passage of specific autoantibodies across the placenta.

When treating a child with neonatal lupus, it is important to correct underlying heart abnormalities immediately. The skin rash may be treated with topical corticosteroids and it is important to counsel the patient on avoidance of sunlight. In addition, the mother of the child with neonatal lupus should be informed of the increased risk that she has of giving birth to another child who may develop neonatal lupus.



# Learn to Run a Successful Collegiate Chapter from Grey's Anatomy

By Lisa M. Rodriguez, Xi Chapter

Imagine you are part of the cast of one of TV's hottest shows, Grey's Anatomy. Your name is Loretta Lamb and you are shadowing Estelle J. Heathman, the acclaimed clinical pharmacist at Seattle Grace Hospital. You are rounding with a team of several interns and surgeons including Drs. Meredith Grey, Derek Shepherd, and Preston Burke. Amidst the love triangles, chaotic emergency room situations, and the opening of a brand new free clinic, you realize that the rock of Seattle Grace Hospital is resident Dr. Miranda Bailey.

Dr. Bailey is one tough woman with a good head on her shoulders. She's not afraid to whip anyone and everyone into shape if things aren't going the way they're supposed to. However, she also shows her softer side by teaching her interns the importance of patient-centered care and professionalism. After watching her play a huge role at the hospital, you choose to follow her example while serving as president of your local Lambda Kappa Sigma collegiate chapter.

*Have a powerful yet friendly personality.* Dr. Bailey's interns know that their boss is not one to walk all over; however, they do know that they can confide in her their personal issues if they are having problems. As president of your chapter, you want your members to know that you mean business, but at the same time you are still their sister and friend! Unlike Dr. Bailey, you are not their boss. Keep that in mind when you delegate roles to your officers, committee chairs, and sisters. You are all working together to accomplish your chapter's goals, so accomplish them with your sisters and have fun at the same time!

*Engage your chapter members.* With just a stare, Dr. Bailey can get her interns to work! As a chapter president, you could try to stare down your fellow sisters, but they'd leave your meetings in two shakes of a lamb's tail. You need to be a cheerleader for both your local chapter and for LKS! There's nothing wrong with being overly excited about the Fraternity, it's actually encouraged! At meetings, greet your members with a warm hello, have them "baaa" during roll call, raffle off prizes, or bring a snack to make them feel at home. Make sure to do this at every meeting to maintain a high level of attendance and sisterhood.

*Host intercollegiate social events.* Every once in a while, you see the doctors at Seattle Grace collaborate with other doctors from neighboring hospitals.

Collegiate chapters should do the same! If your chapter is located fairly close to another chapter, invite them to go holiday shopping, attend your socials, or be pen pals with them. Who says you have to wait until the summer to see them again? By being in contact during the school year with your distant, or even not-so-distant sisters, think of how much more worthwhile the regional meetings would be when you get to see them again.

*Encourage sisterhood, pride, and history.* Whenever her interns get in trouble, Dr. Bailey always sticks up for them even in the worst of circumstances. Similarly, sisters should always support each other through thick and thin because this is what sisterhood is all about. Not only should we take pride in that bond that we share with each other, we should also honor the history of the Fraternity and its founding members. As president, it is also important to get to know ALL of the sisters in your chapter regardless of how many members there are. It's one thing to be able to run an organization, but to make each member feel like you made the effort to personalize the chapter to each and every one of them is priceless.

*Communicate, communicate, communicate!* Although within our own chapters we don't carry beepers like they do in the hospital, it is important that as president you adequately inform your members when events and meetings are being held, any new or old business, announcements, and even your general opinion of how the chapter is doing. Have one of your secretaries create a detailed calendar of events for the entire semester and update it as necessary. Also, don't forget to include birthdays and other important and fun events that your sisters would be interested in knowing about. When Dr. Bailey wanted to open a new free clinic at the hospital, she went to all of her colleagues in the hospital to get their support. In the same way, you should actively communicate with your officers. When your executive board looks like they are all on the same page, the rest of the chapter will feel just as comfortable. Don't forget that your advisors are your best friends! Include them in your meetings, events, and communications.

*Be a professional role model.* As president of your chapter, you must not only be a model lamb for all of the new initiates, but also a professional role model to all sisters. Dr. Bailey exemplified what it is to be a health care professional at a

Morbidity and Mortality (M&M) Conference. While she remained true to her morals and beliefs, she set aside her own personal issues to effectively communicate to the other health care professionals at the meeting. She proved to her interns that amidst the firing squad of disgruntled physicians, she could maintain her composure with style and grace. It is important to remember that you are representing not only yourself, but also the Fraternity and the profession of pharmacy. Whether it be at a collegiate meeting, conference, or even a casual meeting with the dean of your college, it is very important to maintain professionalism at all costs. One aspect of being a professional role model for your chapter is to encourage networking. Host a career panel, attend annual conferences, or go to one of your college's alumni events. LKS involvement at these events will not only allow you to seek out LKS alumni, but also create important contacts for the future of both yourself and your chapter.

*Smile and always be gracious.* Unlike Dr. Bailey, you don't have to name your child after one of your colleagues or fellow LKS sisters who did a good deed for the week, but you should definitely recognize her for her efforts. Honor those sisters either with an award or with a "U-Rock" for doing something kind or for being a top-notch lamb. This will encourage other sisters to be just as devoted to their chapter. At meetings, always have a smile on your face. If your sisters see that you are having fun, then they, too, will have fun. Also, thank your members for attending your meetings because they made the effort to be there and to participate.

Although none of us really do live the lives of these characters on television, we can learn a lot from their actions, words, and personalities. Running a successful chapter is as easy as you think and only gets easier with the support of your fellow sisters. A chapter is not successful because of its leader; it is only successful because such a leader encourages its members to achieve their goals, advance their professional skills, and learn to appreciate the true meaning of sisterhood. By following the suggestions in this article, you will shine as a leader of your collegiate chapter, empower your chapter to work together towards success, and who knows... maybe a real life Dr. McDreamy (Pharm.D.) may find you quite irresistible as well.

# Lambda Kappa Sigma Goes to the Birthplace of Life, Liberty and the Pursuit Happiness PHILADELPHIA - The City That Loves You Back!



Lambda Kappa Sigma  
REGIONAL MEETING  
August 3-5, 2007  
Radisson Plaza-Warwick Hotel

## SCHEDULE AT-A-GLANCE

(Subject to Change)

### FRIDAY, 8/3/07

12:00-5:00pm	Registration
1:00-6:30pm	Meetings
7:00pm	Welcome Dinner

### SATURDAY, 8/4/07

7:00am-12:00pm	Registration
7:30am	Breakfast
8:30-12:15pm	Meetings
12:30pm	Awards Luncheon
2:30pm	Breakouts
2:30pm	Breakouts
5:30pm	Free Evening

### SUNDAY, 8/5/07

8:00am	Breakfast
9:00am	Professional Programming
12:00pm	Adjourn

*Photos reproduced with permission from the Philadelphia Convention & Visitors Bureau.*



Philadelphia, a dynamic place where big city excitement meets hometown charm, awaits your arrival. Famous as the birthplace of life, liberty and the pursuit of happiness, the cradle of liberty offers much more than cobblestone streets and historical landmarks. Cultural, culinary, artistic and ethnic treasures abound in this city and its surrounding countryside. The fifth-largest city in the country, Philadelphia is a welcoming place, a city based on freedom of expression. New and one-of-a-kind attractions, a wealth of art and culture, renowned performing arts companies, awe-inspiring architecture, a walkable downtown, seemingly endless shopping (with no tax on clothes) and a restaurant renaissance that has caught the world's attention, all promise to create an unforgettable Philadelphia experience. And, of course, the greatest concentration of American history can be found just blocks away at Independence National Historical Park, including the Liberty Bell and Independence Hall.



Come join LKS student and alumni members from across North America for this weekend of sisterhood, leadership and professional development, and fun in one of the most historic, and beautiful cities in America. We look forward to seeing you there!

For more information and registration information, please log on to the LKS website at [LKS.org](http://LKS.org). You may also call the LKS International Office at 800-LKS-1913.



### Room Reservation Procedure:

Guest room reservations must be made by attendees on an individual basis. Individuals should contact the Hotel at 215-735-6000 or the Hotel's toll free number 800-333-3333. The Hotel will honor reservations received by Monday, July 2, 2007. Reservations received after this date will be subject to space availability at the group rate. To ensure accuracy of rates, please identify yourself as an attendee of the "Lambda Kappa Sigma Regional Meeting" when calling.

### Guarantee:

All room reservations must be guaranteed for late arrival and secured with a deposit equal to the first night's room and tax or with a major credit card. Failure to cancel a guaranteed reservation by 12 noon on the day of arrival, or failure to occupy the room, will result in a charge of one night's room and tax applied to the method of guarantee.

### HOTEL GUEST ROOMS

King Guest Room	\$159
Dbl Bedded Room - 2 guests	\$159
Dbl Bedded Room - 3 guests	\$169
Dbl Bedded Room - 4 guests	\$179



# COLLEGIATE CHAPTER NEWS

## ALPHA CHAPTER

Massachusetts College of Pharmacy



Second semester is in full swing and Alpha chapter is running full steam ahead. We hope you all enjoyed the time off and the holiday season was a safe and healthy one. December was a very busy month for LKS as we had two of the three recruitment events before our winter break. In a valiant attempt to fundraise within the chapter, many sisters took supplies home over the holiday season to make various valued goods to raffle off upon our return. Goods ranged from gorgeous necklaces, stuffed lambs to embroidered bags and sweatshirts. Raffles have become so much fun that we decided to hold them weekly at the end of our meetings. It has turned into a great way to raise money within the chapter. In December, we also held our annual Semi-Formal. It was held at the Holiday Inn in Brookline, Massachusetts on December 1, 2006. With 39 girls in attendance, it was truly a beau-ewe-tiful sight!

January was also hectic as we held our last recruitment event, gave out bid letters to interested girls, held our induction ceremony and started orientation month! Alpha currently has thirteen aspiring lambs and we are truly enjoying learning about them, and teaching them about our beloved fraternity. Also in January, Alpha held a T-shirt sale on campus. Shirts are navy blue with white writing that says "We Do It Over the CounteRx." The back of the shirt simply has the MCPHS seal on it. February is truly Alpha chapter's favorite month as it is our Orientation Month. We look forward to initiating all thirteen hopeful lambs. This month is significant for Alpha, as we hold our annual Carnation Sale for Valentine's Day, as well as raise money for Daffodil Days. The daffodil is first flower to bloom in the spring, and as such, it is the sign of hope and renewal. All proceeds go to the American Cancer Society. The rest of the semester will bring a number of challenges as we work for fundraise for the Regional Meeting in Pennsylvania. March will bring Hygeia Day, as well as the annual Career Expo. We look forward to seeing all of you there, and as always, we wish you all the best.

## BETA CHAPTER

Albany College of Pharmacy

Greetings from Beta Chapter of Lambda Kappa Sigma!! Albany was just hit with 27 inches of snow, but that hasn't stopped us from getting into the full swing of second semester, with the 6 new sisters that we welcomed into LKS in late January. Our professional activities are well underway. Some of us will be participating in the Heart Walk on Saturday March 3<sup>rd</sup> in Utica, NY, while the rest of us will be attending a volleyball tournament the same day to benefit one of our professors who was recently diagnosed with lung cancer. Also, we are going to set up a blood pressure clinic later in the semester to encourage the members of the community to take an active role in their health care. Currently, we are holding a Yankee Candle sale for chapter fundraising. Our quarter dip dinner that we hold for the school is scheduled for April 12<sup>th</sup>, where we all make a dish and charge a "quarter per scoop." It is always a good time, and an excellent fundraiser. But the semester would not be complete without some partying! We held a Valentines Day party on February 9<sup>th</sup>, and in late March we are holding our annual formal cocktail to honor our new sisters. Stop down anytime, we'd love to see you!

## DELTA CHAPTER

University of Pittsburgh



The sisters of the Delta Chapter have been quite busy so far this New Year, with various service and fundraising projects in full swing. The first social and service event of the semester was an Arbonne Cosmetics Party, held on Friday, January 19<sup>th</sup>. We gathered to enjoy refreshments and socialize as we were given a showcase of Arbonne products by two representatives, as well as the opportunity to receive a makeover by the experts. Of the proceeds, 25% will be sent to the Lupus Foundation of Pittsburgh. Thank you to our President for hosting the event! The sisters of LKS recently promoted and participated in National Wear Red Day on Friday, February 2<sup>nd</sup>. As February is Women and Heart Disease Awareness

Month, this day allowed us to make faculty, staff, and fellow classmates more aware of the enormous impact of cardiovascular disease on countless lives around the world by wearing red shirts and pins. We will continue to sell red dress pins throughout February so that others may show their support for this very worthy cause. Also, we will be sponsoring a fundraiser in the coming weeks to benefit the Lupus Project, in which we will sell butterflies, the shape of the rash often seen on the face of people afflicted with this disease. In other fundraising news, the sisters of LKS held an additional clothing sale in response to popular demand, which was quite successful. Sisters will also be selling Sarris<sup>®</sup> chocolate-covered pretzels and candy boxes from Sam's Club this semester.

On the social calendar is a "Valentine's Day" Party scheduled for Thursday, February 15<sup>th</sup>, during which sisters will gather to eat dinner and do a small gift exchange. There will also be door prizes, and dessert will be provided for all by LKS. In addition, a Dental Social with the Dental Fraternity is scheduled for Saturday, February 17<sup>th</sup>. We are all looking forward to taking some time out to get together for a couple of relaxing evenings mid-semester! On the bookkeeping side of things, nominations for LKS officer positions for next year will be held on Wednesday, February 21<sup>st</sup>, and accepted by Spring Break in March. Also, our regional supervisor, Glenna Reynolds, will be visiting our Chapter on Friday, February 23<sup>rd</sup>. We are looking forward to getting acquainted with Ms. Reynolds over lunch and bringing her up to speed on the goings on of the Delta Chapter! From all of our sisters, have a good spring semester, and stay tuned for the latest news from the Delta Chapter of Lambda Kappa Sigma!

## EPSILON CHAPTER

University of Maryland



Greetings from the Epsilon chapter! Right now it is snowing and cold, but there are many good things happening to keep us warm. Last semester was very

successful, and we look to continue the trend this semester. The sisters of the Epsilon chapter participated in the Diabetes Community Intervention this year during which we took blood pressure readings, assessed the risk of diabetes and gave information to patients at the Baltimore POW-WOW. We also participated in the American Diabetes Association Walk for Diabetes, Diabetic Halloween for children with diabetes, donated clothes to a local women's shelter, and sent six (6) shoeboxes full of school supplies for Operation Christmas Child. Our fundraisers were very successful this semester. We sold Mary Kay items, flower grams, Yankee candles, and we had bake sales. There was a fall forum on pharmacy safety and techniques to use to protect ourselves. Toward the end of the year, the sisters went to the Washington monument in Baltimore to watch the monument lighting and participate in the festivities. This semester our chapter is looking forward to Hygeia Day, and planning is currently underway. The service committee put together our annual Valentine's for Vets event, which was recently completed. In addition, the committee is looking to host an event at Hope Lodge, a local cancer center, and other events. The professionalism committee is planning for Relay for Life; having a table for American Heart Health month, for which there will be information and donations for a red dress pin, and other activities. The finance committee is planning for umbrella sales, a bake sale, rose grams, and other fundraisers. The service committee is planning for duckpin bowling, wine tasting, attending the National Cherry Blossom festival, a bus trip to New York City, and other events. Epsilon chapter is busy, but we're doing it all with Lambs' Love!

**LAMBDA CHAPTER**  
University of Southern California



The year has started out positive and enthusiastic as our new member coordinators, Niven and Genie, put together a nice orientation class, with 26 new members inducted at Dr. Kathy Johnson's

house in January. This group has put forth a tremendous amount of work at each pledge meeting and has shown their chapter what it really means to want to be a Lambda for life. We are greatly impressed by them and are glad to accept them into our little family. Welcome, all new Lambda members; we look forward to seeing you excel in your pharmacy endeavors! On a sweeter note, our very own chapter advisor and alumnus, Dr. Kathy Besinque was recently recognized as pharmacist of the year by CPhA. Way to go! The year has just started and already Lambda chapter is jam-packed with many fun and rewarding events. Lillian has put together financial workshops and has started our fundraising period in February with great ideas like carbon-grill, t-shirt sales, and valentine grams. Mira put together the holiday party, family bowling/pizza night, and the end-of-the-year banquet which allows us to bond with individual family members and enjoy each other's company. Bonnie has been courageous enough to network with UPNI on a domestic violence project to allow fellow Lambdas to volunteer their time to those in greater emotional need. Other workshops include one with Dr. Gloria Delarosa, an alumnus, who will be speaking on Hemophilia, which will take place in celebration of Hygeia day. With all the projects and workshops to attend, our very own Lambdas have put their hidden talents to work by dancing! On Kid's Day, an annual event at USC School of Pharmacy, our chapter along with other organizations will perform dances such as Tinikling and Hula; thank you, Karin and Michelle, for your dance choreography. We are so proud of our Lambdas for all their hard work this year. May next year bring us just as much enthusiasm as the years before!

**XI CHAPTER**  
University of Rhode Island



Hello from Rhode Island! Fall semester flew right by with recruitment, fundraising, and the induction of 28 new members! The sisters of Xi Chapter are excited for yet another fun-filled semester. With

the little time that we have, spring semester is jam-packed with all sorts of activities and fundraising. Also, this semester is important to us as we strengthen our sisterly bond within the chapter. A sister retreat is in the plans. It will be day of fun activities and showing off some LKS pride. The Alumni committee is also planning some great events in hopes to strengthen our relationship with our alumni members. The Xi lambs are also going to be participating in: Daffodil Days, the Academy of Student Pharmacists family feud fundraiser, and the American Cancer Society's Relay for Life here at URI. For fundraising, there will be bake sales, an Applebee's fundraiser, and more. We will also be spending a day in Newport to clean up the cliff walk. The professional committee is putting on yet another successful career panel day where we can meet with local pharmacists from different aspects of pharmacy practice. There will be a poison prevention day where we go to a local elementary school and teach the children about the dangers of poisons around the household. As you can see, the spring is definitely full of activity and it could easily be the best semester yet. The sisters of Xi chapter hope that everyone is doing well and wishes the best of luck to all of our fellow lambs!

**PI CHAPTER**  
Rutgers University



Dearest sisters, it's bitter cold in New Jersey this time of year, and oddly enough, even colder in some of our classrooms! Anyway, we hope that all the sisters are keeping warm during these chilly winter months. Earlier this month, we organized four brilliant events in hopes of getting students to look our way. It's easy to be missed when there are two other pharmacy fraternities on campus vying for attention. Nevertheless, our Rush events are sure to win hearts. Every semester when Rush rolls around, the sisters all look forward to it. It's a time of meeting interesting people, indulging in

## COLLEGIATE CHAPTER NEWS Continued

chocolate fondue and crepes, playing games, watching sisters and orientees alike be silly and crazy without restraint and sipping wine and nibbling on cheese delights while watching Grey's Anatomy! During an interview, a potential orientee was asked what sisterhood meant to her, and she replied, "It's an extension of your family." I fell in love with this idea of LKS being an extension of one's family, because over the years as a sister, I've come to realize how true this is. We are a small chapter, with merely 23 members, but we are an incredibly close knit bunch at the same time. This semester we have two interested orientees. We're all hoping that by the end of the 6 weeks of orientation that they too will become part of our LKS family. In the meantime, we have been collecting donations in our classrooms for the Parkinson's Walk set for April 28<sup>th</sup> in Central Park. Our pharmacy class is hoping to raise \$5,000 for the walk in honor of one of our beloved pharmacology professors who has Parkinson's disease. Warmest regards!

### TAU CHAPTER DUQUESNE UNIVERSITY



Welcome back to another semester from Tau Chapter! We recently elected new officers for 2007, and they are as follows: President- Emily DeMarco, Vice President- Amanda Simmons, Recording Secretary- Erin Henlyshyn, Corresponding Secretary- Ciara Sigler, Treasurer- Laura Guido, New Membering Coordinators- Christina Landreth and Ginger Morris, Historian- Veronica Noceti. We have also been very busy welcoming eleven new members into the flock. Informal recruitment was January 18<sup>th</sup>, formal recruitment was January 23<sup>rd</sup> with a luau theme, and inductions took place on January 28<sup>th</sup>, followed by an LKS-sponsored Mass in the Duquesne University chapel. The Mass was a huge success, as sisters from all faiths attended and participated in the readings and other important duties. This month, we undertook several professional and service projects. At the begin-

ning of the month, we collected donations of women's toiletries for Miriam's Birthday Boxes, which benefits a local women's shelter. On February 20<sup>th</sup> and 21<sup>st</sup>, several girls presented the "What is a Pharmacist?" presentation to Fox Chapel Area Middle School in order to educate young teens about the pharmacy profession and generate an interest about possible career choices in the field of pharmacy. Also, we painted themed windows in the Children's Hospital playground on February 20<sup>th</sup>; a service project that everyone enjoys.

Our main social event for this month was Duquesne's Carnival, when sororities and fraternities put on shows for the public and fundraise for Make A Wish. We were paired up with the guys from Knights of Columbus and performed a twenty minute comedic musical, which was self-written, about traveling through time. We practiced multiple nights a week for this fundraiser /competition, and ended up winning the People's Choice Award for the fourth year in a row, as well as having a lot of fun bonding with each other! We also made funnel cakes at our booth as our fundraiser, and made over \$100 in profits. We are looking forward to March, which promises to be just as busy and rewarding as February.

### PHI CHAPTER Butler University



Greetings from Phi Chapter of Butler University in Indianapolis, IN!!! Our chapter has recently initiated nineteen new members; we are very excited to keep growing every year. This has been a very busy year for us here in the Midwest; here are some of the highlights: As part of our philanthropy events we served a taco dinner at the Ronald McDonald House, collected t-shirts for a program that helps clothe the needy people of Haiti, and also made Christmas baskets for the children of Riley's Hospital. Our chapter has a lot to look forward to for this upcoming semester as well. We will be hosting speakers on our campus from the American Heart Association and the Susan G. Komen Breast Cancer

Foundation. Continuing on with what has become an annual tradition, we will be making Easter baskets for Riley Children's Hospital. We also have a retreat to look forward to at the end of the semester: it will be a time for reflection, fun, food, and fraternity.

### ALPHA ALPHA CHAPTER Temple University

The Alpha Alpha chapter of Lambda Kappa Sigma had a very productive and exciting Fall 2006. We repeated the success of last year's orientation season by inducting nineteen new lambs! In October, we participated in the City of Hope's Walk for Hope in Philadelphia. The Walk for Hope is an event to raise money and awareness for breast cancer research. Our group of sisters, family members and friends raised enough money to rank in the top three of all the groups that participated in the charity event. This spring, the Alpha Alpha chapter is looking forward to expanding our charitable initiatives. We will be volunteering in the Susan G. Komen Foundation's Race for the Cure in Philadelphia on Mother's Day 2007. We are also raising money for a new Philadelphia Transplant House at the University of Pennsylvania which will provide temporary housing for patients and their families who come from out of town to seek medical care in our city. Other events in the works include Hygeia Day where we hope to hold an event to raise awareness about cervical cancer and the Gardasil® vaccine. Last but not least, we are very excited to be co-hosting the Lambda Kappa Sigma regional meeting in Philadelphia this summer along with the Eta chapter of PCP-USP!!

### ALPHA BETA CHAPTER University of Connecticut

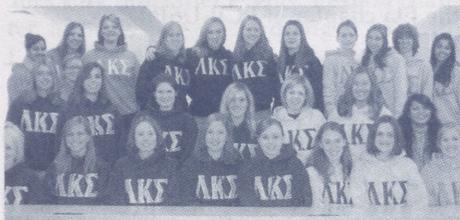


Greetings from the sisters of Alpha Beta Chapter at the University of Connecticut! Our first weekend back to school was an eventful one, when 40 of our girls attended our annual Lock-In sleepover. While we were there, we enjoyed sister bonding and a beautiful lamb cake while making plans for the upcoming semester. During

## COLLEGIATE CHAPTER NEWS Continued

the first few weeks of this semester, we began recruiting girls to join our chapter through a booth at the Involvement Fair, an informational pizza party and slide show, and ice cream social. On February 11<sup>th</sup>, we were ecstatic to induct 14 new members. Our Community Service Committee is planning to do the "Meds in My Home" program at local middle schools during the beginning of the semester. We are also volunteering again at the Mansfield Rehab Center, and plans are in the works for our first ever Mr. Pharmacy pageant, with a portion of the proceeds to benefit Project HOPE. The Social Committee is also planning to co-sponsor a social with the other pharmacy fraternities for the end of the semester. We are also looking to take advantage of our hockey rink to go ice skating together. Both the Alumni Committee and the Professional Committee have been busy finding alumni members and P4 students to speak to us about rotations and Lupus, as well as holding a résumé workshop. The Fundraising Committee is holding another Yankee Candle sale, a possible sweatshirt sale, an Uno's Pizzeria fundraiser, and also sold Candygrams for Valentine's Day. Aside from our hard work and studying, our main goal this year is strengthening our sisterhood. We would like to congratulate our fraternity advisor, Lauren Aleksunes, who received her Ph.D. in December, and we wish her the best of luck in Kansas! We wish that every chapter has a very fun and successful semester, and we hope to see you all in Philly! Lamb's Love, Alpha Beta

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



The Alpha Zeta Chapter of Lambda Kappa Sigma has been pretty busy since the start of their spring semester. With recruitment events such as a sleepover and ice skating, the sisters have been actively putting the word out about the fraternity. The sisters have also been hosting weekly workouts for girls at the school, as a way to keep our campus healthy and physically fit. We have been coming up with ideas such as t-shirt fundraisers and selling candy. The girls

are also active in intramurals such as soccer, volleyball, and flag football and it has been a fun experience. The Alpha Zeta chapter is busy planning their spring formal and coming up with many ideas for NMO'ing in the fall. The sisters are excited about the upcoming year and have many events that they are getting involved in.

### ALPHA ETA Long Island University



Hello, Lambs, from the Alpha Eta Chapter. We have definitely been keeping busy this year. Here is what we have been up to: In October, we co-hosted a fashion show on what not to wear to an interview with PDC. We had all our lambs dress up in predetermined outfits that were deemed professional and some not. Then we had the lamb models come out in duos, where one lamb was wearing the appropriate attire and the other not. We had the audience vote on what outfit they thought was professional. We had a great turn out with the Dean's attendance. In November, we collected gently worn coats and winter gear for NY Cares, which gives these outer wears to the homeless. In February we had a Valentine's Day Sale to raise funds for the LKS Educational Trust fund, where we made heart shaped chocolate lollipops, flowers, and chocolate covered strawberries and made \$100.00. Also in February, we went to Lucielle Roberts, a woman's gym, to present on Osteoporosis Prevention and to answer any questions. We also have done many socials to really get to know our lamb sisters. In November, we all went out to Karaoke, where we sang our hearts out in the city. In January, we all got together to make a trip to Max Brenner a chocolate specialty restaurant in NYC, where we tasted every chocolate dessert to last us a year. In February, we hosted a pot luck, where we did what girls do best, gossip. As for planned future events, for Hygeia Day we have invited Dr. Shats, an OBGYN, to talk about HPV and the new HPV vaccine, Gardasil. Also, in March ASHP and LKS will be going to a local

Jr. High school to present the FDA program "Medicines in My Home". In April we will be holding a Hula Hoop contest at our school to raise funds for Project Hope; we also hope to get faculty and dean involvement for this contest fundraiser. Since April is Alcohol Awareness Month, we will be having a table to give out information to our students on drinking and driving and alcohol awareness. To get people to come to our table, we will be giving out free Jello shooters in syringes, but of course with no alcohol.

We definitely have been trying to keep busy. We all plan to go to Philadelphia, PA for the next LKS conference, and can't wait to see everyone there!! Lamb's Love to All.

### ALPHA IOTA Ferris State University

Greetings from the Alpha Iota chapter at Ferris State University! We've had a great time organizing recruitment for this winter. We have three rush events planned around the campus for girls to come and learn about the fraternity, and what we are all about. Over the past year, we've been continuing to volunteer at Metron, a local nursing home. The people there seem to really appreciate the company, and we always get positive feedback from the workers. All of the girls say that they have enjoyed their experiences there. We have also been keeping up on the blood screening at our Walgreen's Pharmacy. The girls volunteer their time for an hour every week to help local people remember to stay healthy. We have also stayed active with volunteer work at the Recycling center for a few hours every Saturday morning, as well as Safe Ride every Friday and Saturday night. The girls also participated in Bowling for Kids Sake on February 6<sup>th</sup>. It was a way for us to help earn some money for the local Big Brothers Big Sisters organization, and to encourage mentoring programs. We give our best wishes to other chapters and hope everyone has a great rest of the semester!

### ALPHA KAPPA University of Georgia



## COLLEGIATE CHAPTER NEWS Continued

Lambda Kappa Sigma is a professional fraternity for women in pharmacy school. LKS was founded in Boston, Massachusetts by Ethel J. Heath in 1913. The Alpha Kappa chapter at the University of Georgia was established on May 22, 1954. We are a professional fraternity dedicated to promoting the profession of pharmacy among women. Throughout the year we eagerly participate in community service, philanthropic events, professional awareness activities, rituals, intramurals, and socials. Philanthropy and community service are extremely valued by the girls of LKS. This past year we volunteered at Morningside nursing home and held a garage sale. Our main community service event was participating in a local breast cancer walk called "In Her Shoes." The walk was held on November 18, 2006 and four LKS girls walked while numerous other LKS girls volunteered their time. For Christmas this year we provided gifts such as clothes, shoes, and toys to a local family with three young girls. LKS had numerous fundraisers this year including selling name tags, fitted lab coats, coupon books, breast cancer awareness bracelets, Valentine's Day lollipops, and a t-shirt we designed for faculty and fellow students. We also worked in the concession stand at several Georgia baseball games in the spring. This year we provided service and cheer to all ages through our dedication to community service and philanthropy. The ladies of LKS promoted the profession of pharmacy through several events this past year. We provided a speaker for organizational hour in both the spring and fall semester. We also increased breast cancer awareness campus wide through our participation in the 4<sup>th</sup> annual Dawgtoberfest. Our biggest and most exciting event to promote the profession of pharmacy among women was attending the National Biennial LKS Convention. The Convention was held in Las Vegas where Alpha Kappa chapter had 13 ladies attend continuing education, leadership seminars and fun activities with future women pharmacists from around the country. The main goal for the chapter is to increase our LKS alumni relations. We started an alumni committee this year and contacted all the alumni we could find. In 2007, we look forward to strengthening these relations and holding a luncheon for all our alumni.

In order to relieve the stress we all sometimes feel from pharmacy school, LKS took time out for socials, get together,

and a retreat. We dressed up and went out dancing at a semi-formal and a formal this past year, both at the Georgian hotel. We co-hosted theme parties with Kappa Psi and Phi Delta Chi. These included a spring luau, a Mardi Gras party, a Halloween costume party, and a welcome back party. A number of LKS ladies traveled to Helen for a weekend retreat at the end of January. We played intramural softball and football this past year. Both teams did really well. Throughout this year we managed to have fun doing a many different activities together.

Our main focus fall semester was recruitment. We planned an ice cream social, a cookout, a dinner catered by Olive Garden, and Trivia at Buffalo's. Our most popular recruitment event was a movie night held in the auditorium at the College of Pharmacy. We watched "Stick It" on the big screen and had popcorn, candy, and sodas. All the work we put in paid off when we initiated 36 extraordinary new members in November with a pot-luck dinner.

The ladies of LKS are especially lucky to have the help and support of many people throughout the year. We have 8 big brothers. We voted on the big brothers last spring and honored them with a surprise dinner at Johnny Carino's. Our big brothers participate in all of our community service, philanthropy, and fundraising events. They also help us with recruitment and intramurals. In addition to our big brothers, we have 3 advisors who dedicate their time to helping us accomplish our goals. They are faculty advisor, Flynn Warren, LKS advisor, Ann Hansford, and Regional Supervisor, Creaque Charles. A special thanks to these three for the great impact they have had on the Alpha Kappa Chapter of Lambda Kappa Sigma. We are looking forward to having another wonderful year at the University of Georgia. We are starting out 2007 by having a parent's day luncheon on February 3<sup>rd</sup> at the Georgia Center for Continuing education. Happy New Year!

### ALPHA NU

#### University of Kentucky

Greetings from Lexington! It's a busy semester for the sisters of Alpha Nu. Classes started back in January, and we started planning our spring events. In February, we participated in Valentine's for Vets. Members made cards during our chapter meeting and then took them to the local VA. Later in February, we will be hosting the first ever "Fat Monday" party.

We will also be celebrating Hygeia day at the end of the month by attending a self-defense class and a lecture regarding lupus sponsored by the Alumni Chapter. In March we will hold officer elections and transitions. Officers will be initiated at our annual Parent Member Brunch in April. Parents are invited to attend this special brunch, where we showcase our members and various activities from throughout the year. We have some great social events planned this spring, including a Spa night and Italian Food and Drink night. We are looking forward to another great semester here in Kentucky, and can't wait to attend the regional meeting in Philadelphia!

### ALPHA XI CHAPTER University of the Pacific



The ladies of LKS Alpha Xi Chapter celebrated the beginning of winter semester by hosting their annual 'Black & White Affair.' It was a night filled with fun and dancing, just what we all needed to get the 2007 year rolling. We recently completed our rush activities which included 'Snowed In' and 'Cocktail Night.' These events enabled the active sisters to mingle and meet potential members. March is dedicated to Women's Health and LKS will be collaborating with ASP to coordinate Women's Health awareness events. We will be collecting any baby items, either new or used, for our Stork's Nest charity. These items will be delivered to local expecting mothers who are in need of assistance. Our yearly Folic Acid Campaign will also occur in the month of March. LKS members will be setting up booths at various pharmacies in Stockton promoting the importance of folic acid for women. There will also be a symposium with various speakers to educate the general population on subjects such as healthy living and self-defense. We are all looking forward to our Formal which will be held at Wine & Roses of Lodi. Overall this semester will be filled with many exciting and enlightening activities.

## ALPHA OMICRON CHAPTER West Virginia University



Hello Lambs! The Alpha Omicron Chapter from Morgantown, West Virginia, has been very active since the last Blue & Gold Triangle. This past November we planned a wonderful "Red-eye" trip to New York City. Besides being a lot of fun, this trip also acted as a fundraiser for our chapter, raising about \$400. Fifty LKS members and friends attended. Also, in November we cooked dinner for the Rosenbaum House, which houses the families of patients being treated in the local hospital. We fixed a great Italian meal that everyone enjoyed. On November 8<sup>th</sup>, we hosted and presented our first LKS sponsored presentation to the entire School of Pharmacy at WVU. Our 50 minute presentation was given by Dr. Teri Dunsworth and was entitled "Pregnancy and OTC Use." Over 300 students and faculty attended this event. Then, in December we held our annual Christmas Party for our members and advisors. Since January, we have had a Lia Sophia Jewelry Party for our members. Once again, we used this activity to raise funds for our chapter; we made \$410 and bought several great jewelry accessories. Our chapter annually sets up the WVU School of Pharmacy Relay for Life Team sponsored by Colleges Against Cancer. We have already started gathering team members and raising money to help fight cancer at Relay on April 13<sup>th</sup>-14<sup>th</sup>. Last year our team received the "Top Fundraiser Award," raising almost \$6300 with the help of 112 team members. We hope to increase our efforts this year. In February, we had some fun at our Wine and Cheese Party. Each member brought a pair of old jeans, which we cut up and braided to make 85 dog toys. These dog toys were donated to local animal shelters. The chapter picture is from that night. Another presentation will be given to the WVU School of Pharmacy on heart disease in women by a local cardiologist. And, we'll be ending the month with a bowling night at Suburban Lanes. Some of our upcoming events include working with Habitat For Humanity, a Scrapbook Party and International dinner, health

analysis at local schools, and Hygeia Day. We also will be visiting the WVU Children's Hospital in April. While we are there, we want to help the children decorate lambs with cotton balls and hide Easter eggs. Well, that's it for now! We hope all chapters are having a great and successful year! We can't wait to see everyone in Atlanta, GA at the LKS reception.

## ALPHA PI CHAPTER St John's University

This academic year the Alpha Pi chapter members have been continuously giving their time and effort to the community. Our goal this year is to bring awareness of several disease states and prevention and treatment by hosting several lectures. To help promote further studies in these diseases, we will be participating in several fund-raising events to contribute to various foundations. We are motivated and inspired to reach out to society and recognize their desires by planning to participate in several community services. The month of December was HIV awareness month and the Alpha Pi chapter cosponsored with Phi Lambda Sigma and APHA to hold an event at our Council Hall. The lecture consisted of several guest speakers, from those who worked hands on with HIV/AIDS patients in clinics in Africa, to those who work with them in our very own New York City. The speakers were very knowledgeable individuals who touched students' hearts and motivated more students to be a part of the fight against HIV. Along with the lecture, we fundraised by selling ribbons, lollipops, and baked goods. We were able to raise close to \$1000. To raise awareness about Lupus, our women's health topic this biennium, we held a lecture with one of our clinical pharmacy faculty. The students who attended learned not only that their own body can attack itself but to be careful and take care of one's body by paying visits to doctors and looking for symptoms. Another lecture that we are actively working on is GARDASIL. We are inviting another member of our clinical pharmacy faculty to speak about this new HPV vaccine. By her lecture we are hoping more women will become alert to what is out there for them for treatment and prevention in cervical cancer. Every year should be started with love and this year Lambda Kappa Sigma girls started the academic school year by wearing red to bring awareness of Heart disease in women. The girls of the Alpha Pi chapter took part in the American Heart

Association's Go Red! campaign by selling red dress pins and having a bake sale in front of St. Albert's Hall to raise awareness and money. Also to promote awareness, a lecture on Heart Disease in Women will be held by an alumni sister, Dr. See. She will be concentrating on how precious the heart is, and as women we must be strong and keep the "love" alive. World Health Day is approaching around the corner and the Alpha Pi chapter, in coordination with APHA-ASP, is working on what most Americans are dealing with today: weight. We are looking forward to having a lecture on obesity and how to maintain good health and quality of life. The event will consist of great ways of staying healthy, methods of choosing meals, and how to count calorie intake on a daily basis. The Alpha Pi chapter has also been concentrating on raising money for Relay for Life. All the girls are raising money for the American Cancer Society and getting ready for the race in April. We hope to raise enough money to support further research and methods of treatment.

Even though we live in such a prosperous nation, it is sad to say we still have underprivileged individuals in NYC. The Alpha Pi chapter sisters are coming together and planning to make sandwiches and put together clothing and toiletries to deliver to the various homeless hopelessly around Manhattan. This year we want also to satisfy the needs of society by "Brown Bag Service." It is a community service project which our clinical pharmacy faculty started. The elderly people in the community are invited to bring all of their medications in brown bags, and the clinical pharmacy faculty as well as older students counsel them on their medications. Not only do the elderly receive helpful tips about their medications, but they also receive refreshments as well as just someone to talk to. With the help of our clinical pharmacy professors, our chapter plans on starting our own "Brown Bag Service."

Not only is LKS aiding other's needs, but we are trying to better ourselves as pharmacists and leaders. We will be holding a workshop on how to deliver the perfect interview, given by LKS's very own Christine Perry. The tips and advice provided to all students will aid them in preparing for a successful interview. This coming year the LKS Alpha Pi chapter is attempting to accomplish its goals by giving back to society and improving the strength of our organization. Not only are we trying to bring upon more awareness

## COLLEGIATE CHAPTER NEWS Continued

about several different disease states, but we are attempting to create an even stronger sisterhood than ever through these events.

### ALPHA SIGMA CHAPTER Texas Southern University



Alpha Sigma is excited about the new semester. We believe we will have a large incoming group this year and are excited to get the intake process going. We ended last semester with a candle sale, which raised \$350 among one of our many fundraisers. Alpha Sigma also held a breast cancer awareness event which raised funds that were donated to the Susan G. Komen Foundation. In

December, a Christmas social took place where we had dinner eating our favorite food, Tex Mex! We have many more events planned for this new semester and hope to continue to keep in touch with our many sisters from around the country.

### ALPHA PHI CHAPTER Wilkes University

Hello again from Wilkes Barre, PA! Here is the latest update as to what our chapter will be getting into this spring semester, but first we want to say congratulations to all of our new members, just inducted this past fall. These new members are a great addition to our chapter and bring new ideas and enthusiasm to the group. This semester Alpha Phi will again be keeping busy; we have a lot of events coming up. We have quite a few professional projects planned. First, we are going to team up with one of our professors and the business department here at Wilkes University to raise money and awareness

for a lupus walk. At the end of March we are again involved in Bowl for Kids Sake. We also are making and handing out disease state awareness pamphlets on various disease states, as well as our annual vials for life. In April we are going to participate in the local Relay for Life. And that same month we will be going to local schools and day cares to educate children about poison prevention and proper self medication. Now, of course, we're not all work and no play. Some of our social events this semester include a trip to Atlantic City and catching a game of the new New York Yankees minor league team in Scranton. We also are planning a Kappa Psi and LKS mixer. We will be ending our semester with our annual spring banquet. To help raise money for these events we have a couple of burger burns planned, and will also be selling pizza kits again. It's going to be a busy semester, but we can't wait.

## ALUMNI CHAPTER REPORTS

### ALPHA ALUMNI CHAPTER BOSTON, MA



The Yankee Swap was held on January 29 at Kathy McAvoy McTernan's. Each attendee brought a \$10.00 wrapped gift to the party and Denise Michienzi was the big winner. Pizza, deserts and coffee were served during the swap. We spent hours networking, talking about our collegiate days and laughing, laughing and laughing.

Hygeia Day is being held on March 20 at MCP. Kathy McTernan, who is the Manager for Critical Care Systems will be the speaker on Antibiotic Therapy. 2 CE credits will be offered to each attendee.

We are pleased to announce that Christine Perry of Fairhaven, Massachusetts, is the 2006 Recipient of the Nathan Goldberg Award. The Goldberg Award, given for outstanding achievement and service to the profession

of pharmacy from the Massachusetts Pharmacist Association, was awarded at the Association's Annual Banquet held at the New England Pharmacists Meeting on September 28, 2006, at Foxwoods Casino and Hotel. Also at the meeting Kathleen McTernan was installed as the 2006-2007 President Elect of the Massachusetts Pharmacist Association and Ann McDonnell was elected as a Governor of the Academy of Health-Systems of the MPA. Please join us in congratulating our alumni sisters on their accomplishments.

We look forward to seeing everyone at the Regional Meeting this summer in Philadelphia.

### CHI ALUMNI CHAPTER

Chi Alums send good wishes to all. One of the joys of the Holidays is to read the many Greetings received from members far and near.

Blossom '41 and Guy Williams from Punta Gorda report a very busy year. They are Master Gardeners, and distributed 9000 trees to be planted about the area to recover the surrounding areas of devastation from Hurricane Charley. They flew to St. Louis to enjoy a reunion of Guy's ship, the San Juan, back home and

then flew to Anchorage to visit family, who took them to Seward to fish! They flew home with 160 pounds of salmon to be shared with various friend and groups. Then on to New Hampshire by car to visit Guy's home, twin sister, and another sister. A Christmas gift was a cruise to the Bahamas on Christmas Day! Amongst all this activity Blossom found time to join the "Red Hat Ladies"!

Linda Rupnick retired so she and Charlie traveled to Gulf Shores, Alabama, to enjoy their new condo, and then later to Kauai to explore.

Linda Story, David and three year old Spencer found themselves in New South Wales, Australia. They visited Pam Bellette, Chi Alum, and husband Kris. Pam owns Kanwal Pharmacy and is doing well.

Our Christmas donation went to the University Food Bank.

We look forward to Hygeia Day with the Collegiates on Campus, and then Senior dinner is due in May. We appreciate Susan Lakey's efforts as Liaison to the Collegiates.

Fraternally, Pat Tanac, Secretary.



# Lambda Kappa Sigma Spring 2007 Calendar

**MARCH 15**

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

**MARCH 15-16**

LKS Spring Grand Council Meeting, Atlanta, GA

**MARCH 16-20**

APhA Annual Meeting & Exposition, Atlanta, GA  
LKS booth and Membership Dessert Reception

**APRIL 1**

Deadline for Payment of Alumni Dues

**APRIL 30**

LKS Award Nominations Deadline

**JUNE 1**

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

**JUNE 30**

Deadline for early bird registration for LKS Regional Meeting

**AUGUST 3-5**

LKS Regional Meeting Philadelphia, PA

BLUE & GOLD TRIANGLE

THE LKS INTERNATIONAL OFFICE ADDRESS IS:

LAMBDA KAPPA SIGMA W179 S6769 MUSKEGO DRIVE MUSKEGO WI 53150



LAMBDA KAPPA SIGMA PHARMACY FRATERNITY

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