



# BLUE & GOLD TRIANGLE



SPRING 2014

*Lambda Kappa Sigma*

*"Promoting the Profession of Pharmacy Since 1913"*



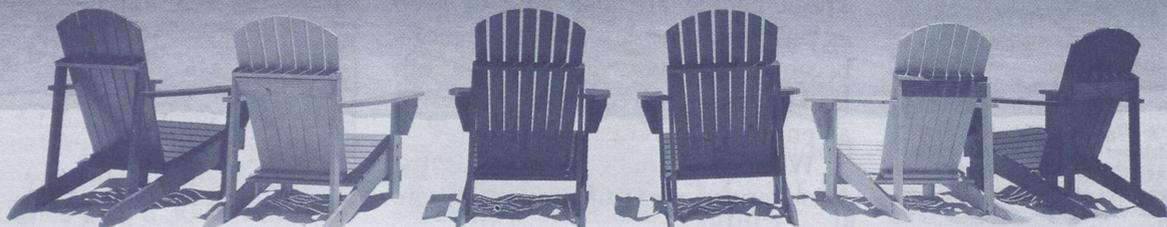
## LAMBDA KAPPA SIGMA

**Communication:  
The Language  
of Leadership**

**Naples, FL  
July 23-26, 2014  
ANNUAL CONVENTION**



**Turn to page 3 for Convention information.**



**We're saving you a seat at the Waldorf Astoria in Naples, Florida!**



## The Blue and Gold Triangle of Lambda Kappa Sigma

Published by  
Lambda Kappa Sigma Fraternity  
P.O. Box 570  
Muskego, WI 53150-0570  
800-LKS-1913  
lks@lks.org

Editor  
Sharon Brown

Communications Committee  
Sharon Brown - Chair  
Nicole Cammarata, Lindsey Clark,  
Justine Dickson, Nancy Horst,  
Becca Lemus

Contributors  
Jenny Brandt, Katharine Kinsman,  
Christine Perry, Afton Wagner

### 2013-2014 Grand Council

Grand President  
Jenny Brandt

Grand Vice President  
for Alumni  
Chris Grass

Grand Vice President  
for Collegiates  
Marina Grgas

Grand Vice President  
for Development  
Tiffany Self

Grand Treasurer  
Sandy Mullen

Grand Secretary  
Carrie Molesa

Past Grand President  
Sharon Brown

Regional Supervisors

New England - Michelle Kershaw

Northeast - Marina Fridman

Mid Atlantic - Nicole Cammarata

Central - Stephanie Mrozek

Southern - Afton Wagner

Western - Nicole Lombardo

Alumni Supervisor  
Lisa Savage

LKS International Office Executive Director  
Joan Rogala, IOM, CAE

Member

Professional Fraternity Association  
College Fraternity Editors Association

Mission Statement

Lambda Kappa Sigma provides lifelong  
opportunities for women in pharmacy through  
professional excellence and personal growth.

Core Values

In addition to the Code of Ethics, Lambda  
Kappa Sigma is guided by professionalism and  
the core values of Integrity, Sisterhood,  
Service, Leadership, Scholarship.

Publication

The Blue and Gold Triangle is the official  
publication of Lambda Kappa Sigma Pharmacy  
Fraternity and is published semi annually. It is  
distributed to all dues paid members, patrons,  
honorary members and numerous pharmacy  
schools and Greek organizations. Deadlines:  
February 15 and October 15. Postmaster: please  
send address changes to Lambda Kappa Sigma,  
PO Box 570, Muskego, WI 53150-0570. Printed in  
the USA.

## Message from the Grand President



Communication. It seems like such a simple word, but it really encompasses quite a bit and has an impact on nearly everything you do. Effective communication can help you achieve goals, and as a leader, it can help you run an effective department or chapter. Without it, projects, events and even friendships can fall apart.

Even though communication is an important part of everyday life, how many people are truly good at it? Chances are that even those who are excellent communicators didn't start out that way. It is a skill that is continually honed throughout our lives. Understanding this is the first step towards improvement. One of the other important rules to know is that your style needs to be different based on your audience. For instance, would you talk the same way to your grandmother as you would your niece, your best friend or a coworker? Obviously, the answer is no. However, it is important to recognize that your tone, word choice and even body position need to vary based upon the age of your audience and your relationship with them and upon the goal of the conversation.

Handling conflict is an especially important part of communication. Good communicators will be able to set aside ego and keep an even temper in the most difficult of conversations. These people are also able to keep a positive tone in the discussion, because negativity and sarcasm can lead an innocent conversation down an entirely different path.

Without a doubt, listening is the most important part of communication.

Listening is actually the opportunity to understand the opposite point of view, whether you agree with it or not. However, listening can be one of the most difficult aspects of communication. It requires the utmost self-control and patience because our natural reaction may be to jump right back into the conversation.

Although perfection can never be achieved, communication can be improved with practice. Improving communication skills is actually the theme of the upcoming Convention.

This year, we will be in beautiful Naples, Florida, from Wednesday, July 23 to Saturday, July 26. I sincerely hope you will consider attending as the knowledge gained will help in all aspects of your life. For more information, check out the website at [www.lks.org](http://www.lks.org).

Jenny Brandt  
Grand President

### A New Look Is Coming!

What do people do when they hit a milestone in their life? Celebrate? Reflect? Reward themselves? Consider new opportunities?

As LKS begins our second century of dedication to its members, the *Blue & Gold Triangle* will undergo a major revision. Our goal is to present timely, meaningful and entertaining information in a stylish and visually appealing flagship publication. While we will include old favorites, we welcome new ideas.

If you have ideas for what to include in a redesigned BGT, please forward them to Sharon Brown at [scbrph83@yahoo.com](mailto:scbrph83@yahoo.com). We look forward to providing our membership with a publication that has a bold new look for the new century!



# Benvenuti a Napoli! Welcome to Naples!

Naples, Florida, was named for the beautiful city of Naples, Italy, and is the site of the 2014 Lambda Kappa Sigma Annual Convention, July 23 to July 26. We can think of many reasons you should come to convention this year. Here are just a few to consider:

## Come to Naples for... the Location!



Naples occupies 14.4 square miles and constitutes the county seat of Collier County, Florida. In the late 1800's, Naples served as a winter refuge for wealthy Ohioans and Kentuckians, successful members of society who enjoyed the relative isolation, natural beauty and abundant wildlife of the area. Naples has a population of just over 21,000. So while it's not a metropolis, its beautiful beaches and close proximity to the Everglades and Ten Thousand Islands region brings sun worshippers, beach lovers and eco tourists alike to sunny Naples!

## Come to Naples for... the Weather!



Naples is bathed in tropical weather year-round with highs from the mid-70's to mid-90's in the summer and lows in the mid-50's to mid-70's in winter. Residents of Naples enjoy an average of 300 days of sunshine each year. Although the average rainfall actually exceeds that of Seattle, Washington, Seattle gets a slow, light drizzle most days, while Naples gets a 30-minute del-

uge which is followed by—you got it—sunshine!

## Come to Naples for... the Shopping!

Florida's Paradise Coast offers shopping for all tastes, from rustic boutique shops to sophisticated, upscale stores. Tin City, The Village on Venetian Bay, Waterside Shops and downtown Naples have something for everyone. Whether you are craving unique and healthy snack choices at Trader Joe's or glamorous evening attire at Nordstrom's, you won't walk away disappointed.



## Come to Naples for... the Beaches!

Naples beaches have won many prestigious awards, with terms like "sophisticated", "charming" and "world-class" used to describe their beauty and unique appeal to visitors and locals alike. Powdery white sands, abundant shells and concessions for beach equipment and refreshments make this a popular beachgoers destination.



## Come to Naples for... the Waldorf Astoria!

The Waldorf Astoria is synonymous with luxury and service. The Waldorf Astoria Naples is



no different and invites you to relax and be inspired at this 23-acre beachfront paradise. The hotel offers 3 pools, a sunny beach with an abundance of watersports and the Naples Grande Golf Club, one of North America's Top 100 resort courses as rated by Golfweek magazine.

## Come to Naples for...the Lambda Kappa Sigma 2014 Annual Convention!

Communication: The Language of Leadership is the theme of this year's convention. The topic of communication will be explored from multiple angles: personal communication styles, communication in the workplace,



communication in public, communication etiquette and social media are included in our programming. In addition, expanded opportunities for direct information sharing among fraternity leadership, chapter leadership and all members is a priority for this meeting. And both informal and formal events are planned to support this goal.

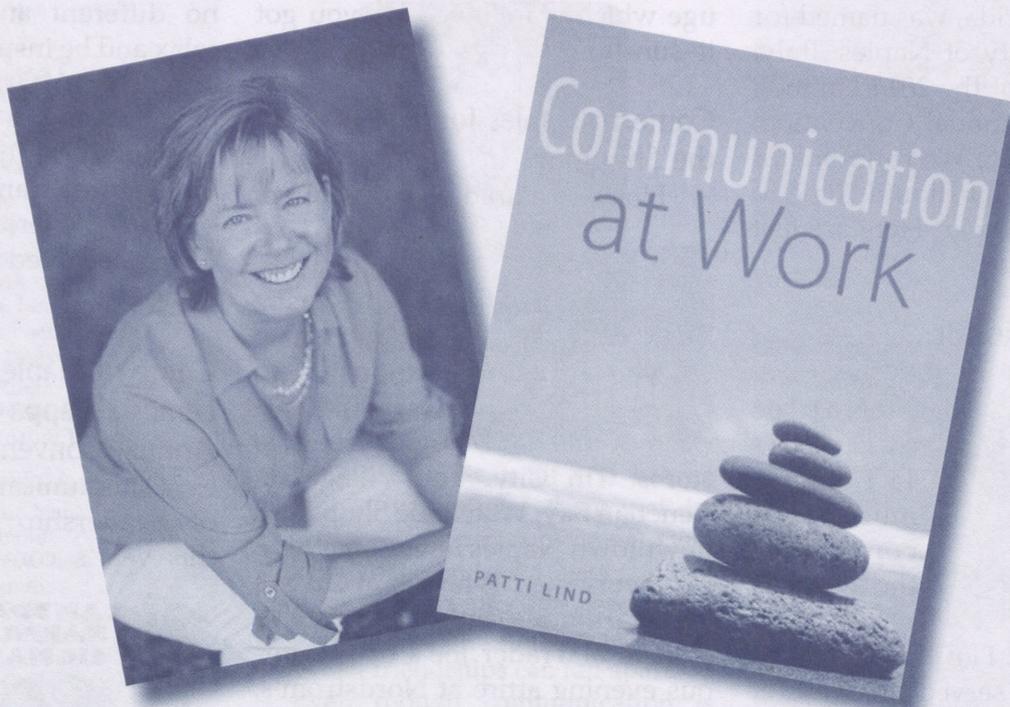
So come to Naples—whatever your reason! We hope to see you there!

### Convention Planning Committee:

- Sharon Brown, Chair
- Angelle Bujol, Director, Programs and Events
- Jenny Brandt, Tiffany Self, Sandy Mullen, Debra Bourquin, Kija Meads, Marina Grgas

Visit [lks.org/Convention14](http://lks.org/Convention14) for more information, including room reservations (just \$145/night) and the convention schedule!

## Convention Keynote Speaker: Patti Lind



Lambda Kappa Sigma is excited and honored to have renowned author Patti Lind as the keynote speaker at our "Communication: The Language of Leadership" Convention in Naples, Florida, on Thursday, July 24.

With over 30 years of experience coaching individuals and teams on communicating effectively, Ms. Lind has the know-how to bring positive change to any workplace. In particular, she has a keen understanding of the health care industry and the unique challenges faced by its workforce.

Below is an excerpt from her book, *Communication at Work*, a collection of short reflections to help guide individuals through challenging situations at work and at home.

### Talking Things Through

*"The best we can do is to keep talking."*

Stephen Hawking

Most people underestimate how important it is to talk things through. It seems like they mostly choose every other route BUT talking things through. They complain to others, try to solve a mutual problem in isolation, avoid situations entirely, engage in email exchanges, or make demands.

Even in the situations when people do talk directly, they are so calculating with their words that it's hard to tell what they really think. Some people seem to confuse talking things through with making my point!

Talking things through is the best choice if anything substantial is going to change. It takes courage

to speak honestly about your thoughts, feelings, and worries. And it takes even more courage to listen to what you might need to hear. When we open up a dialogue with another person we are taking the risk that we will be challenged, dismissed, or even punished. Sometimes those fears do indeed come true. Initially conversations can be quite bumpy and sensitive but I have found that persisting through the rough stuff and continuing to converse can lead to unknown opportunities and higher levels of trust.

People who are good at talking things through know the difference between responding and reacting: Responding means that you will be listening, when it isn't your turn to talk. Talking is exclusively about your "I" experience: your thoughts, your feelings, your hopes. It is not about correcting, defending, or judging.

Listening is exclusively about understanding. It is not a way to build your argument or engage in a debate. Emotional self-control and patience is a requirement. I realize that there are people in this world who do not have the motivation to work things out with others. They are principally concerned with themselves and getting their own needs met no matter what the cost. Talking things through doesn't seem to be an option with them. But fortunately, they are the exception...I have found that most people are just like us. They want to be taken seriously, to be understood, and to understand. Talking things through provides that opportunity.

# Diabetes Wellness: Exercise, Nutrition and Preventative Care

By Afton Wagner, PharmD and Katharine Kinsman, PharmD, BCOP

A healthful eating pattern and regular physical activity are key components of diabetes management.<sup>1</sup> The goals of nutrition therapy are to achieve and maintain goal body weight, attain individualized glycemic, blood pressure and lipid goals, and to delay or prevent complications of diabetes. In patients at their goal weight, maintenance is important and weight loss is recommended for the 75% of adults with diabetes who are overweight due to the relationship between body weight and insulin resistance.<sup>2</sup>

The American Diabetes Association (ADA) suggests that there is not a single diet that will work for everyone, but rather, each individual will have to work with his or her healthcare team to create the diet that is best. Healthcare providers will need to address personal and cultural preferences, health literacy, access to healthful food choices, and willingness and ability to make behavioral changes.

Focusing on day-to-day meal planning tools rather than on individual macro or micronutrients can

help simplify patient choices. To help the patient maintain the pleasure

of eating, start by encouraging healthier choices, such as whole grains instead of processed options and non-starchy vegetables, and by being mindful of portion sizes. Patients should not feel that they can never eat their favorite foods, but in moderation as part of a balanced meal, there are few limitations. Patients, caregivers and healthcare providers can find information and recipes at [www.diabetes.org/food-and-fitness](http://www.diabetes.org/food-and-fitness).

In addition to optimizing diet choices, regular physical activity plays a role

in weight loss and preventing weight gain.

Regular exercise has been shown to improve blood glucose control, reduce cardiovascular risk factors, contribute to weight loss and improve well-being.<sup>3</sup> Exercise interventions of at least 8 weeks decrease A1C, even in the absence of BMI change.<sup>4</sup> Adults with diabetes should be encouraged to perform at least 150 minutes per week of moderate-intensity aerobic activity (50-70% of maximum heart rate), spread over at least 3 days/week. If there are no contraindications, two days of the week should include resistance training. Since physical activity can cause a drop in blood glucose, healthcare providers should provide guidance as to how to incorporate exercise into a patient's life.

Between 1990 and 2012, the number of new cases of diabetes in the U.S. almost tripled, and there is growing concern about the substantial increased risk of diabetes-related complications.<sup>5,6</sup> Preventative care services, including diabetes self monitoring, annual eye exams, annual foot exams and immunizations, are essential to diabetes care and can help to improve health outcomes while slowing disease progression and preventing complications. Unfortunately, a less than optimal number of patients participate in or have access to preventative care measures.<sup>6</sup>

The Diabetes Report Card 2012 reports that only 50.1% of adults over 18 years reported receiving an annual flu vaccination when they are more likely to be hospitalized for flu complications than a non-diabetic patient.<sup>5</sup> Additionally, only 63.6% reported self monitoring of daily blood glucose,

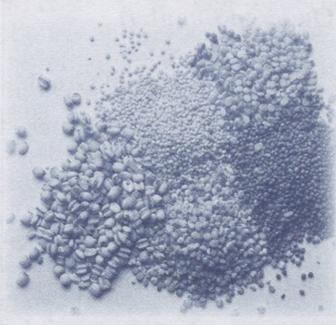
62.8% received an annual eye exam, and 67.5% received an annual foot exam.<sup>5</sup> Early detection of complications

through either patient self-monitoring or preventative care services

has the ability to greatly improve diabetes outcomes and prevent complications such as hyperglycemic crisis, amputations and kidney failure.

Pharmacists are well positioned to assist patients in taking preventative care measures and can refer patients to other healthcare providers, such as podiatrists and ophthalmologists, who also provide preventative care services. On an access level, The Affordable Care Act (ACA) is creating new opportunities for patients to be able to take part in and afford preventative care measures by targeting provisions for health and wellness programs administered by private insurers and other provisions in both the Medicaid and Medicare programs.<sup>5</sup>

1. Nutrition therapy recommendations for the management of adults with diabetes. *Diabetes Care*. 2013;37 (Suppl. 1):S120-S143
2. Ali MK, Builard KM, Saadine JB, et al. Achievement of goals in U.S. diabetes care. *N Engl J Med*. 2013;368:1613-1624
3. ADA standards of medical care in diabetes. *Diabetes Care*. 2013;36 (Suppl.1):S11-S66
4. Boulé NG, Haddad E, Kenny GP, et al. Effects of exercise on glycemic control and body mass in type 2 diabetes mellitus: a meta-analysis of controlled clinical trials. *JAMA* 2001;286: 1218-1227
5. Centers for Disease Control and Prevention. Diabetes Report Card 2012. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2012.
6. U.S. Department of Health and Human Services. Office of Disease Prevention and Health Promotion. Healthy People 2020. Washington, DC. Available at [<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=8>]. Accessed [January 28, 2014].





# Educational Trust: Serving Our Sisterhood

By Christine Perry, Past Grand President, Alpha Alumni Chapter

Early in the history of the Fraternity, it was recognized that members would benefit from a program of financial support to help defray the growing costs of attending pharmacy programs. Beginning with funds from the general treasury, the first LKS Scholarship was given in 1962. Today, the Trust awards grants which are named after dynamic leaders of our Fraternity and profession: Cora E Craven, Dr. B Olive Cole, Mary Connolly Livingston, Norma Wells, Adele Lowe, and our newest grant awarded in 2013, the Marilyn & Joe E. Haberle Grant.

Marilyn and Joe Haberle graduated from pharmacy school at Purdue University in 1954. Joe got his PhD in 1960 and became a professor of Pharmacy and Pharmaceutics at the University of Tennessee. Joe was appointed faculty advisor to Alpha Epsilon Chapter. Marilyn, a hospital pharmacist, joined LKS as our first alumni initiate and became an active sister. Soon she joined Joe as Fraternity Advisor to the chapter and so began a long and dedicated involvement with LKS. When they moved to St. Louis, where Joe was on faculty at the St. Louis College of Pharmacy for over 40 years, they became involved with the Alpha Zeta chapter as advisors. Marilyn also served the Fraternity as Region Supervisor, Grand President, Grand Council Advisor and on many committees, including the Educational Trust Liaison Committee from its inception. Joe was named Patron of LKS in 1975 and attended many conventions until he passed away in 2004. Marilyn continues to be an active and beloved member of LKS and, in 2013, became a 50-year member of Lambda Kappa Sigma!

Jillian Dempsey, a student at Massachusetts College of Pharmacy and a member of Alpha Chapter, was the first recipient of the Haberle Grant. She says:

*"Receiving the Marilyn and Joe E. Haberle educational grant was a tremendous honor, and I was overwhelmed with happiness and gratitude in accepting it. With a maximized work and educational schedule, I was appreciative and thankful for the opportunity to receive this grant for financial support through the Educational Trust Fund. Scholarship contributions from people like Marilyn and Joe are truly a blessing for students like myself. The support from and for our sisters is just another measure of our strength and greatness.*

*LKS will forever remain close to my heart, and I hope to one day give back in the same manner as those who have given so graciously in past years. It is true: you make a living by what you make but a life by what you give."*

Jillian will be graduating in May 2014. Following the completion of a PGY1 residency, she plans to pursue a PGY2 program specializing in either cardiology or critical care, with the eventual goal of becoming a clinical specialist in a tertiary academic medical center.

It is clear to see how much our sisterhood benefits from grants awarded from the Trust. To those of you who have contributed to the Trust, THANK YOU! If you haven't yet, we welcome you to send in your check to the LKS Headquarters or to visit the web site for more information about making a contribution. It is through the generous donations of our members that we are able to help our sisters realize their educational goals and make dreams come true.

Finally, we would like to congratulate the 8 sisters who were recently awarded the 2013 Lambda Kappa Sigma Educational Grants. These sisters represent the best and brightest LKS has to offer. We are confident they will each make a difference and lead our profession forward.

For more information, visit [lks.org/Trust](http://lks.org/Trust).

## 2013 Educational Grant Recipients

Marilyn & Joe E. Haberle Educational Grant  
**Jennifer Alastanos**  
(Alpha Omicron Chapter)

Dr. B. Olive Cole Educational Grant  
**Courtney Barnes**  
(Xi Chapter)

Adele Lobraico Lowe Leadership Educational Grant  
**Deborah Bourquin**  
(Omicron Chapter)

Cora E. Craven Educational Grant  
**Allison Gettinger**  
(Alpha Zeta Chapter)

Cora E. Craven Educational Grant  
**Amber Gower**  
(Alpha Omicron Chapter)

Norma Chipman Wells Loyalty Grant  
**Krystal Memmer**  
(Xi Chapter)

Cora E. Craven Educational Grant  
**Abigail Moorman**  
(Alpha Nu Chapter)

Mary Connolly Livingston Educational Grant  
**Morgan Weiss**  
(Alpha Iota Chapter)

# Collegiate Chapter News

## ALPHA



We held our annual Spring Retreat on January 19. With the entire chapter present, as well as our fraternity and faculty advisors, we mapped out our strengths, weaknesses and goals for the semester. Sisters came in with creative and exciting ideas and left with the feeling that this year was going to surpass all our expectations.

In addition, we have been continuing to hold monthly educational topics. For the month of January, we held the monthly Health Topic of the Month event at the CVS pharmacy in Porter Square, Massachusetts. LKS sisters from all different years of pharmacy spent the day educating the general public on Alzheimer's disease. We realized that because this disease affects a good amount of people, having convenient information on it would be beneficial to patients as well as caretakers. A professional program on January 29 featured an amazing panel of all 6th year LKS sisters, who came in to talk to the chapter about the rotations they were on and their experiences with the preceptors and the sites. It was an extremely beneficial event for not only 5th year sisters but also for younger sisters who will eventually be picking rotation sites. Events like these show how important sisterhood is to us.

We are also trying our hand at different athletic events! On January 15, the sisters took an early morning spin class. It was a great way to get in a workout while sharing our experiences from over break. Amidst our heavy course load and studies, the sisters also took the time to spend the night ice skating at Frog Pond. Almost 20 sisters were in attendance at this fun, season-friendly social event.

We sincerely hope everyone is enjoying their semester and is finding strength in each other. Remember to always take the time to tell your sister she rocks (a fun Alpha tradition)!

## DELTA



We have been instituting new professional project opportunities for our sisters this year. Professional projects co-chair Maria Felton has created a shadowing program with pharmacists from across the city. This program allows our sisters to experience unique opportunities in pharmacy that they may otherwise not have the chance to. Initially, the program was established by connecting current sisters to alumni with whom we are already in contact. As the project continues to grow, we have been able to reach out to faculty and Pitt-affiliated locations. Many of the sisters have expressed difficulties in obtaining experiences in their field of interest, and this shadowing program has created a database of pharmacists willing to take students. The long-term goal for this project is to give our sisters the opportunity to find their niche in pharmacy and be able to speak to people in many fields as they move forward in their careers.

Professional project co-chair Julie DiBridge has started a journal club with a faculty member responsible for teaching literature review and evidence-based medicine in our curriculum. This small group setting allows sisters to ask detailed questions about the literature review process, evaluate articles, and develop a great understanding of the skills needed to analyze the applicability of scientific literature. While this process is incorporated into our education at Pitt, this journal club allows sisters to continue to practice and hone their skills through discussion and self-directed learning.

At our charity event, Dr. Salk Hall, which is a male beauty pageant between pharmacy and dental students, we raised over \$1,200 for three charities--St. Jude's, The Pittsburgh Project and the Grace Lamsam Pharmaceutical Program!

## EPSILON



We kicked off this semester by participating in a week-long interfraternal fundraising event in both Baltimore and Shady Grove, where new recruits of LKS sold hot chocolate and cookies along with new recruits of three other fraternities at the School of Pharmacy. The idea of this event was suggested by the IFC (Interfraternity Council) of our school and aimed to do two things: 1. promote unity and cohesiveness among the four fraternities at our school; 2. give new recruits a chance to plan and organize an event all by themselves. Our new recruits had a great time and learned a lot of valuable event-planning skills. All the money that was raised will go toward a scholarship, which will be awarded to a member of the incoming class of 2018.

Several of our new members are also planning to organize a community service event by providing free blood pressure screenings. This event will be completely spearheaded by the new members. Additionally, we have planned several "Lunch with Lambs" events with many distinctive professors at our school. We have also planned quite a few social events for our members. In the next month or so, we are looking forward to having a great time exploring Washington, D. C. during the Cherry Blossom Festival. Moreover, we also have many bake sales planned throughout the semester for successful fundraising.

## LAMBDA



We are excited to share that we held our Induction and Initiation Ceremonies in January and witnessed the official crossing of 25 new members into active membership. The ceremonies were joyous events, and all

attendees agree that the new inductees are both able and willing to move the fraternity in a forward direction.

Near the end of October, we held our "Movie Night," starring "Monster University", at our president's house. In November, we held "Hiking with Alumni" at Eaton Canyon. To end the year, a "Holiday Party" (with White Elephant Gift Exchange) was held at the of LKS alumnus Dr. Lisa Lum. For the January Kick-off Social, we invited members for coffee at Cafe Dulce in downtown LA. In February, we enjoyed a taste of non-traditional hot dogs at Dog Haus for our second social event of the semester. We are looking forward to planning Souplantation, kayaking/rock climbing and bowling socials for the rest of the semester. Our End of the Year Banquet will be held on April 26 at The Grand in Long Beach.

Our members also had the chance to attend professional workshops. Last November, a Wine Tasting Workshop was held at the home of Dr. Lum. The attendees had the opportunity to taste an assortment of wines and meet and mingle with alumni and friends of our chapter. LKS members started the spring semester with an opportunity to practice their patient counseling skills at the Counseling Workshop. The first and second year students practiced their patient counseling skills based on given patient case scenarios, while the third and fourth year students discussed counseling tips and made suggestions for improvement.

We also held several events with alumni, including an alumni lunch at Charlie's Trio following our Fall Residency Workshop. This workshop was attended by five of our alumni who served on a panel to address issues that arise during the residency application process and to discuss ways to overcome those challenges. Our alumni also reviewed CVs and Letters of Intent from our fourth year members in attendance. For the spring semester, we held our first Alumni Dinner at Carmines Italian Restaurant. We also held a Spring Residency Workshop, where six of our alumni served on a panel to discuss how to prepare for the residency interview. Our alumni also conducted practice interviews with our fourth years following the panel discussion.

With the help of 133 student volunteers and 18 preceptors, we screened 424 people in the community for osteoporosis or counseled them on lifestyle modifications. (Of those screened, 162 had osteopenia and 46 were osteoporotic.) For the spring semester, we are excited about working with the Women's Health Committee to create a new hormonal contraception educational board. Our goal is to not only to educate the public on the various methods of hormonal contraception available but also to inform them on the expansion of a pharmacist's role in furnishing self-administered hormonal contraception under California's new law.

January was our big month to plan and sell food items and plastic thermo cups to raise money. We were able to collect an outstanding \$600!

## NU



We finished a busy fall semester by initiating 12 new Lambs into our chapter! They had worked very hard during their orientation period, and we are all very excited to start the spring semester together.

Later in the fall semester, we held a very successful change drive and donated the money to Susan G. Komen. A professor from each class agreed to wear a pink outfit for a day if the most change was donated into their bucket. It was a fun incentive to encourage donations to be made. We also had a team walk in Race for the Cure and brought in a speaker on breast cancer for October's breast cancer awareness month.

We will continue our fundraising efforts this spring by again cleaning the Buc's hockey arena and by selling coupon books, and by working concession stands during the Drake Relays. We will also be spending a lot of time planning and hosting our 5th Annual HOPE waLKS. If anyone wants to make a trip to Des Moines on May 3rd, come show your support!

## XI



In the fall, Xi was happy to host a regional meeting for our other New England sisters. Our sisters from UConn (Alpha Beta) and MCPHS University (Alpha) were in attendance, along with Region Supervisor Michelle Kershaw. It was a great day full of URI homecoming festivities as well as a workshop to swap general chapter management ideas and to fine tune our traditional recruitment/orientation, alumni, professionalism and community service events.

Our Alumni Committee organized a holiday card to send out, and we have continued with monthly newsletters to keep our alums up to date and involved! Our Academic Committee held a cookie decorating stress reliever during finals week, which was a great way to take a break and enjoy some sister bonding.

The Community Service Committee has been hard at work with Project HOPE by planning a benefit concert and HOPE waLKS for later this spring. We're hoping to incorporate other groups on campus to make it a grand event! In November, we participated with the brothers of Kappa Psi to raise money for prostate cancer research and other male cancers. Our Pride Committee has continued to plan fun sister-bonding events, including a potluck dinner, basketball game outings and ice skating. Our Social Committee organized our Winter Formal with Kappa Psi and has tried to let our presence be known among other organizations on campus. The Professional Committee has planned an Etiquette Dinner with a Dean of the University in order to fine-tune our professional skills. It will be an entertaining and extremely beneficial event for our sisters and for other members of the College of Pharmacy.

# Collegiate Chapter News (continued)

## OMICRON



We are excited to announce that this past November our chapter initiated 16 new women that we now call sisters! We are looking forward to all that is to come from our large initiate class, and we are confident that they will only help to improve and strengthen Lambda Kappa Sigma as a whole.

We jumped right back into the swing of things this semester with the Gift of Life's Campus Challenge, where we conducted an organ donation drive to help our university compete with other college campuses across Michigan to register the most students as organ donors. We were excited to meet so many students who were willing to register and are hoping to take top honors for the second year in a row!

We continue to work with Alternatives for Girls, a Detroit-based organization for homeless and high-risk girls and young women that provides clothing, food and other necessities and that offers support to avoid violence, teen pregnancy and exploitation. We will be running another donation drive in March to collect items and monetary donations for this organization. We will wrap up the semester with our most anticipated philanthropic event: American Diabetes Association's Tour de Cure biking fundraiser in Ann Arbor, which will raise money for Juvenile Diabetes.

We also have many professional events planned for this semester, including a presentation on diplomatic pharmacy. We will be focusing on how diplomatic pharmacy relates to maintaining patient care through medication management programs for patients with chronic diseases. Later on in the semester, we will have a visit from the Director of Pharmaceutical Services at Beaumont Healthcare, and present an additional professional seminar in conjunction with Hygeia Day. At the end of April, we will hold a stress management/massage presentation! Lastly, we plan to celebrate the end of the semester in May with an Omicron Chapter Color Me Rad 5K

run which will take place right along the riverfront of Detroit.

## PI



So far this semester, we've mainly focused on recruitment. For our rush events, we had a Meet & Greet Night, a night of hot cider and cocoa to keep everyone warm and our popular spa night. We had an amazing turnout, and we are excited to get to know so many more amazing girls!

Last semester, we held our Dress to Impress fashion show, where models strutted down the runway in good and bad professional outfits. It was a great event to teach students how to appropriately dress for the right professional occasions. This semester's professional focus is on bringing back a popular event: The Working Women: A Balancing Act. Panelists, including hard-working, successful women employed in diverse career fields, will talk about how they manage to balance work and personal lives.

For service, we will be co-hosting the Prevent Child Abuse 5K Race on April 26th. We will also be participating in Relay for Life in April. We've also found new service opportunities in Rachel's House, which is a shelter for unwed pregnant women.

We are excited to be meeting up with St. Johns and LIU chapters soon for a much-needed social!

## TAU



We have been very busy this semester with not only schoolwork, but also with being involved on campus. On March 12, we will celebrate Hygeia Day by having one of our advisors discuss a particular aspect of pharmacy and the experiences they've had. Also, we will initiate 17 new sisters on March 17 and are so blessed to have another great group of girls join

our chapter! The sisters have attended numerous service events, including helping to serve dinner at Bethlehem Haven, a nearby women's shelter. And for Valentine's Day, the sisters delivered hand-designed travel mugs to the women...they absolutely loved them!

As the semester came to a close, we held elections and voted for the new executive board to take over next semester. The eight sisters chosen to lead our chapter will certainly do a great job for the next upcoming academic year.

We have really become closer as a chapter this year through service and social events, by helping out those in our community and by taking part in other fun and rewarding events.

On March 28, we will hold our annual Formal event at PNC Park. It will be such an amazing night with delicious food and lots of dancing, as well as silly photos in the photo booth. The best part will be the spectacular views of the baseball field and downtown Pittsburgh, as well as the unforgettable memories shared together as sisters. It promises to be a night to remember!

## PHI



We had a wonderful fall semester. Last November/ December, we held our annual clothing drive, T-shirts for Haiti, which was successful. We ended last semester by going to Christmas at the Indianapolis Zoo, where we had so much fun seeing animals under beautiful Christmas lights.

The spring semester is off to a great start. We have been focusing a lot on fundraising and philanthropy. We ran concession stands at a couple of Butler basketball games, and we are selling I Heart BU T-shirts and postcards to raise money. For philanthropy, we took a trip to the food pantry a couple of weeks ago. Visiting the Ronald McDonald House and attending the Campus Relay for Life event are planned for later this semester.

At our first chapter meeting of the year, we got into our families and gave our families different names based on the Disney theme. This will help

## Collegiate Chapter News (continued)

us stay connected as our wonderful chapter continues to grow! We also planned a movie night as a social event. We are eagerly planning a fun and unique speaker to come to campus for Hygeia Day this spring!

Traditionally, we will end our spring semester with an End of the Year Banquet recognizing our P3s going on rotation and our graduating P4s. At the banquet, we will have a swearing-in ceremony for our new officers and will invite alumni.

### CHI



Chi Chapter took part in an outreach event at Refugee Women's Alliance of Seattle, where we taught students how to read medication labels and how to get help for healthcare. On World AIDS Awareness Day, we distributed pamphlets across the University of Washington campus. On September 28, Chi members participated in Seattle's AIDS Walk. Members also volunteered at concession stands during Husky games. Our chapter holds weekly study groups which are open to members and non-members.

### ALPHA ALPHA



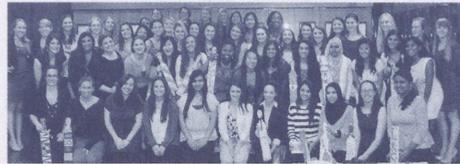
Together with our new inductees, we are getting off to a great start this new semester and have lots of plans. We are hoping to continue our success from the fall and to help out more with our community and our school.

We have two upcoming fundraising events, including a St. Patrick's Day bake sale and a school fundraiser. Plans are also in the works for an Easter-themed event at Shriners Hospital for Children. We frequently try to work this hospital as much as possible, and it is always a rewarding and amazing experience. And we

haven't forgotten Hygeia Day right around the corner in March! We are really excited to have an LKS alumni come visit us at Temple University and to hold a seminar for interviewing and about professionalism for our school.

On the more social note, our school is also preparing to hold our first Greek Week Games with our fellow fraternities, Kappa Psi and Phi Delta Chi, which will include lots of fun games and sports. All money collected will go to the winning team's charity of choice. We also are in the midst of planning our Spring Formal. And we have our annual Paddle Dinner approaching.

### ALPHA BETA



This semester our Fundraising Committee is looking to continue on their path to not only meet but to exceed our goals. We found great success in our food night fundraisers and have rebooked with all participating restaurants in hopes of repeating our financial gain. Last semester, we also sold LKS yoga pants, which were a big hit within our chapter. We are now looking into selling both LKS hot cups and T-shirts. Finally, the committee is looking into purchasing UCONN School of Pharmacy Diploma frames for the students and alumni of the school. There are currently no frames like them in existence, and we are hoping that this sale will be a big success!

Our Social Committee is looking into scheduling several movie and game nights at some of the older sisters' houses in order to allow us to bond more as a chapter and to create new memories together. We are also planning on doing secret Valentines and ice-skating while we still have some wintery weather. Once it gets warm, we will try to go to a local ropes course. As a cost-effective way to spice up our wardrobes and to promote sister bonding, we will have a clothing swap where members can trade unwanted clothing.

The Professional Committee is planning a visit to the Vernon Senior

Center this spring to do a talk about either fall prevention or APAP overdose awareness. We are also trying to promote the awareness on the dangers of smoking and drugs like Adderall and ecstasy through display cases in our Student Union. Finally we are planning to have a free blood pressure screening at our local CVS Pharmacy.

Last semester, our Alumni Committee created our first-ever family newsletter to send out to the chapter alumni as well as to the families of the active sisters. We have gotten nothing but positive feedback from this and are definitely going to do it again this semester. As far as alumni events go, we are trying to have a night where alumni as well as any P4s that are on rotation can come back and talk to the girls about life after college. This will help the P2s and P3s start thinking about their options and give the girls something to look forward to. We are also looking to have a dinner for our current P4 sisters at the end of the semester as a final celebration of their time with us. We hope to also present them with a token of our appreciation for all the work they have done.

We will continue our new push towards improving our community service this semester by making weekly trips to the Mansfield Discovery Depot. Here we teach children a variety of things about how to live a healthy life. We are also continuing our tradition of making fleece blankets to donate to the children's hospital in Connecticut. After spring break, we will be holding a used book and game board drive. The items will be donated to both the Mansfield Public Library and the UCONN game rooms. At the end of the semester, we will team up with our brother fraternity, Kappa Psi, to hold a food drive benefitting the local Covenant Soup Kitchen.

### ALPHA ZETA



Over the past few months, our chapter has been working hard serving the community and recruiting new members. We finished the fall semester by hosting our annual Hoops for Hope event with all proceeds benefitting Project HOPE and by helping wrap

## Collegiate Chapter News (continued)

Christmas Gifts for Santa's Helpers. In February, we hosted our annual Hearts for HOPE candy gram sale on campus to raise awareness about our philanthropy and to generate proceeds for Project HOPE. Later this spring, we will partner with the sisters of Kappa Epsilon to participate in the Cinderella Dress Project. Through this project, we will collect dresses to donate to local girls in need.

We started off the 2014 spring semester with several recruitment events, such as an ice skating and s'mores event and a Valentine's Day cookie decorating and movie night. We will also be hosting a picture frame decorating night next month and a game night recruitment event later this spring. We are excited to talk with potential new members about becoming future sisters of LKS at our upcoming events.

Our Professional Committee has been working each month with our faculty advisor, Dr. Shin-Yu Lee, to establish Health Protection Education Services (HPES) in the St. Louis community. HPES is an organization that provides healthcare screenings to underinsured and underserved residents of St. Louis, most of whom are immigrants who speak very little English. We talk to patients about medication adherence, encourage patients to ask questions, discuss whether or not these patients have a need to find a pharmacy where personnel speak their native tongue, and try to find them more cost-effective medications. We distribute handouts that promote adherence and give away pillboxes to help these patients understand the importance of taking their prescribed medicine.

Alpha Zeta is also trying to start a program called Be a Shepherd. We will be compiling a list of sisters (alumni or actives) who would be willing to offer up a spare room or even a couch for a sister on rotation. We want to start this to allow members on rotation a wider variety of experience. There are two things that tend to hold people back while choosing rotation sites: money (they can't afford renting two apartments at the same time) and resources (they don't know people in other cities). We hope to eliminate both of these fears by starting up this program, which will be available as a resource

for all chapters. If you are interested in hosting a sister, please contact shawna.gervais@stlcop.edu.

### ALPHA ETA



We are excited to have 11 new sisters who will carry on Lambda Kappa Sigma's traditions and values. Together, we have participated in several fundraising, social and professional events in the past few months. We participated in the Making Strides Against Breast Cancer walk in late October and had our annual lecture at school on the topics of Breast and Ovarian Cancer to spread awareness of these important women's issues. We also had fun events, such as a movie night, where we watched one of our favorite movies, "Mean Girls", and had a chance to bond with the previous PNMs outside of school. Finally, we had a "white elephant" gag gift exchange to kick off our winter recess.

Our chapter has worked hard to make the initiation process more interesting and valuable by making the previous PNMs learn more about LKS as well as each other. One of the final steps of the process involved them creating a paddle to give to their Big Sister during initiation, a tradition that we might keep. Moving on, we are planning our usual events such as our candygram Valentine's Day sale, where we will be selling and distributing roses and prescription vials filled with candy throughout our school, and our Valentine's Day bake sale. Also, in order to celebrate Hygeia Day and to continue spreading awareness of women's issues, we will be having a lecture hour co-hosted with APhA on the topic of Diabetes with part of the lecture presenting information on Gestational Diabetes.

We are most excited for our Formal, which we are planning on having at the end of April! Finally, we hope to close this semester with a lecture hour with our alumni sisters who would talk about their experiences as new pharmacists in different fields.

### ALPHA THETA



Through our Pie-a-Lamb event, we raised \$170, with all donations going to Viva La Casa, the largest refugee shelter assisting those seeking asylum in the U.S. and Canada. Many of our members also participated in a Typhoon Relief fundraiser collaborated with SNPhA, SSHP and CPFI. Together we raised over \$750, which all goes to typhoon victims in the Philippines. In addition, we've also organized an annual Weinberg Thanksgiving Luncheon event, where several members served those at a senior living facility. The seniors and their family members truly appreciated all the help we were able to provide for them. We ended our fall semester with a holiday party where members bonded and de-stressed.

We kicked off our spring semester with much love from the Valentine's Day flower and Message in a Capsule sales. Our thoughtful members also made Valentine's Days cards and bought toys for children at the Women and Children Hospital. We are planning a Spring into Health Fair in April. And our service chair is currently working with Habitat for Humanity to set up events, so our members can help restore houses in the historic Buffalo area.

We have many social events planned this semester, including a weekly bowling, skiing and snow tubing, and, of course, our annual Wine & Cheese Party!

### ALPHA IOTA



With the start of the new semester, we are ready to make it the best one yet! This semester has gotten off to a great start with recruitment events, sisterhood and fundraising for Project HOPE. For recruitments, we

## Collegiate Chapter News (continued)

had an information luncheon as well as a Bring Your Own Bag Night. These events allowed the new girls to learn more about every member, and in turn we all learned more about them. As a result, we are extremely excited to add a few new Lambs to our chapter this semester. On February 8 we had our Winter Formal in Mt. Pleasant. This was an enjoyable night for all sisters as we were able to spend quality time with each other as well with some of our alumni members.

Fundraising for Project HOPE continues great with our snack sales to students in the College of Pharmacy lounge. We held our fourth annual Chili Cook-Off, which again was a huge success. We raised over \$500 in just one evening for Project HOPE through this event. Our chapter continues to uphold our high standard of service in the Big Rapids community by volunteering at the local nursing home, the local recycling center and Safe Ride, a service offered by the university. Planning continues for events, such as Hygeia Day, Parents Day and our annual alumni picnic. We hope everyone has a fantastic and successful rest of the semester!

### ALPHA KAPPA



We have had a fantastic spring semester thus far. Our 2014 retreat had great chapter participation and was an opportunity to bond with new sisters, share stories from previous years and make memories to last a lifetime. We stayed in chalets at The Dillard House in Dillard, Georgia, and enjoyed a gourmet brunch followed by afternoon horseback riding. It was a wonderful time with lots of friendship and laughter.

Continuing our ongoing support of Project HOPE, Alpha Kappa held our 3rd annual Cupid Shuffle 5K last month. Snow and frigid temperatures couldn't keep our participants away... we had record-breaking participation! Through the generous contributions from many in the College of Pharmacy,

as well as support from those in the running community, we were able to raise over \$600 for Project HOPE.

We have also recommitted our focus to serving the community here in Athens, Georgia. Alpha Kappa helped sort and distribute food at the Food Bank of Northeast Georgia and prepared meals for women and children at the Athens Area Homeless Shelter. We look forward to continuing this service to our community and to creating lasting ties with these local organizations that do so much good for this area.

While a lot of what we do as a chapter involves service and educational opportunities, we do still enjoy having a fun night on the town together. This year's formal was surely one to remember! Celebrating Mardi Gras and LKS gave everyone a reason to don their best apparel and come downtown for an evening of dancing and fun. The photo booth captured so many wonderful smiles and memories that will not soon be forgotten. We continue to be thankful for the many opportunities LKS has given us to serve our community while creating friendships that will last a lifetime.

### ALPHA LAMBDA



Our chapter had a successful fall semester, and we're off to a great start for the New Year. Some of our members attended a major conference hosted in Vancouver this year called Professional Development Week (PDW) by the Canadian Association of Pharmacy Students and Interns (CAPSI). We had the opportunity to listen to many interesting talks and to learn about the growing trends in our profession. At the conference, we also had a chance to promote LKS to other pharmacy students in Canada and to teach other schools how they can start their own chapter.

So far this year, Alpha Lambda has held several social events, such as dine out and snowshoeing, which gave us an opportunity to bond as a chapter.

We also hosted several professional development and fundraising events, including PCCA compounding boot camp and two CPR courses.

In March, some of us will be giving community presentations about managing health and medications to local schools and hospitals. Finally, we are looking forward to hosting our annual Manufacturer's Night for the Faculty on March 11.

### ALPHA MU



Like many others, we have been getting to a slow start to this term thanks to Mother Nature and all the snow! But we are very excited about some of the great opportunities we have coming up this semester. We are loving our new Lambs and are having a blast helping them become the best sisters they can be.

This semester we are so happy to be filling our calendar with lots of service projects. As always, we are continuing our yearly Girl Scout service project. This year, we have over 100 junior and cadet level girls participating in the event where they will be earning their first-aid badge.

We are also excited to be joining the rest of our university again this year in the Big Event service project, where we as a University take a day to give back to our surrounding community through small service projects. We are also excited to be starting something new with the rest of our cohorts in the College of Pharmacy and Pharmaceutical Sciences and with our APhA-ASP chapter: a faculty and alumni vs student basketball game in our university's arena. The event will help raise money for the Miracle League of Northwest Ohio.

As always, we will be having fun with our sisters and our Kappa Psi brothers through different social events. We will also be fundraising by selling lots of yummy treats, like our Valentine's Day candy vials and our Easter peanut butter eggs.

We are all sad to say we will be sending seven of our senior sisters to

## Collegiate Chapter News (continued)

rotations, different graduate programs and some super awesome employment opportunities. We have loved the contributions they have made to the chapter and look forward to hearing from them in the future.

### ALPHA NU



Every year, the Alpha Nu sisters team up with the University of Kentucky Student National Pharmacists Association to sponsor an AVOL (AIDS Volunteers, Inc.) tree. Throughout the month of December, this tree was filled with the names of children in our area who live in families affected by HIV/AIDS. Volunteers from the College of Pharmacy were encouraged to take a name from the tree, buy a stocking and fill it to the brim with goodies, such as toys, hats, gloves and other necessities. We are thrilled to announce that all 55 of our angels were sponsored and received one of these stockings!

This spring, we have multiple volunteer events planned, including blood pressure screenings at a local homeless shelter, making and delivering Valentine's Day cards to the veterans at the Lexington VA, and yet again teaming up with the Bluegrass Ovarian Cancer Support, Inc. to raise awareness about ovarian cancer in our community.

Our biggest social event of the year, Mistletoe Mingle, took place on January 17th. In an effort to promote interprofessional collaboration, the sisters of Alpha Nu extended the invitation across all healthcare colleges at the University of Kentucky. A grand total of 186 students attended the event, proudly representing the Colleges of Pharmacy, Medicine, Dentistry, Nursing, Physical Therapy, Law, Health Sciences and Public Health. Mistletoe Mingle proved to be a wonderful evening for everyone to take a break from classes and studying by mingling with each other, dancing and having some fun. Some of our favor-

ite upcoming events are a Wine and Cheese-themed dinner, a movie night at the local Movie Tavern, a chapter retreat at Get-Air Lexington and our annual Parent-Member Brunch.

### ALPHA XI



We hit the ground running this semester, because as soon as we got back, it was recruitment season! Our first recruitment event, called Let Them Eat Cake, gave potentials the chance to not only talk to sisters but to try out delicious desserts made by our very talented sisters! There were cookies, brownies, fudge, cake pops and even a lamb cake! We also had "speed-dating" so that each potential had the opportunity to meet every single sister. By the end of the event, everyone had full stomachs and lost voices, but it was definitely an amazing time.

Our second recruitment event, Hawaiian Luau, gave everyone a chance to show off their competitive side! All of the sisters were dressed in bright colors and floral prints, and all of the potentials were given bright colored leis. There were various games, such as coconut bowling, limbo and musical beach towels. After all of the games, potentials and actives enjoyed cool and refreshing punch. All in all, it was nice to have a mini-vacation from school!

Our final recruitment event was our annual Wine & Cheese Dinner. The three course dinner event was an opportunity for the potentials and the sisters to get to know everyone better. In addition to the active sisters, some of our alumni were present. It was so nice to catch up with sisters whom we haven't seen in a while, and it helped strengthen the bonds between the active sisters and the alumni sisters!

Currently, we are preparing for New Member Orientation, and we can't wait to have new sisters join our Alpha Xi family!

### ALPHA OMICRON



So much has gone on this year, and we are still very busy. Our wonderful members are working hard planning fundraisers, social outings and community service events.

Most of the profit we make off of our fundraisers will be donated to Relay for Life, which will take place on April 4. We organize the WVU School of Pharmacy Relay team each year! Since Vera Bradley Bingo was such a success last semester, we expect it to be just as popular this semester. With the help of Applebee's, we will also be having a fundraiser in February to benefit the Relay team. There is usually a good turnout for Relay for Life, so hopefully our whole Pharmacy school will show great interest, along with our LKS ladies and gentlemen.

Many of us attended our annual Christmas party at our advisor's house. It was a fun night where everyone got to relax and bond over delicious food made by all of the members. We also have a chapter tradition where we conduct a "dirty Santa" ornament exchange, which everyone enjoyed. Our social events for this semester will include going ice skating and making pottery at the Wow Factory.

We have a variety of community service events planned for the semester as well. Several members worked together to make Valentine's Day cards to give to residents at a local nursing home. Our chapter frequently volunteers at the Rosenbaum House, which provides meals and housing for the family and friends of patients receiving treatment at Ruby Memorial Hospital here in Morgantown. This spring, we will be helping the staff pack up supplies and belongings when they move from their old facility to a new building.

## ALPHA PI



This past semester, we welcomed eight new amazing sisters into our chapter. To kick off the spring semester, we hosted a bake sale to raise money for Relay for Life and had a great turnout. We also set up a table at our university's activity fair, where we spread the word about our organization and its wonderful mission.

Our chapter is especially looking forward to taking part in the upcoming event, My Vascular Valentine, in honor of Valentine's Day, where we are going to do holiday-themed games and crafts with children to teach them about the heart. We also have monthly Lamb socials planned for our sisters to gather, take part in group activities and have fun!

Later this month, we have a visit to St. Nick's Shelter, and in March, we will be visiting the Ronald McDonald House to help give back to the community. Our chapter is also currently planning for Hygeia Day, one of our most cherished days! Lastly, April brings Relay for Life, where we have been the top fundraisers for the past seven years. We hope to keep the tradition alive this year and to continue to show our support and gratitude to the American Cancer Society. This semester is sure to bring many amazing memories.

## ALPHA RHO



On January 26, several of our sisters attended Brides against Breast Cancer. This event was such a success last semester that we simply could not resist attending a second time. Alpha Rho assisted brides in looking through hundreds of wedding gowns in hopes of finding that one special dress. Proceeds went towards educating and helping women battling breast cancer. In addition, sisters

have joined the Boston Cares non-profit organization. This allows Lambs to sign up for myriad projects alongside fellow Bostonians. Projects completed thus far include cleaning up parks, volunteering at the Greater Boston Food Bank and holiday decorating on Beacon Hill.

Last semester, we welcomed 13 new Lambs into our chapter. After weeks of intensive training on how to be a Lamb, the girls were initiated into our chapter. Celebrations ensued, and all sisters attended our favorite traditional event: karaoke! These sisters are proving to be an amazing class, and they have a lot to look forward to.

What's up next for the Alpha Rho chapter? Within the next few months, we have several planned events. Most notably is our annual midnight cruise on the Spirit of Boston. With the other pharmacy fraternities at our university, Alpha Rho will cruise the Boston harbor in our fancy attire on March 28. Girls have also started fundraising for this year's Relay for Life, which is coming up on March 21. Sisters will be celebrating all night while dressing up in zany costumes according to the theme of the hour. Most importantly, sisters will be walking for a cause we all hold close to our hearts--the fight to end cancer.

## ALPHA PHI



Last semester, our chapter supported Vials for Life at a local health fair, where we helped the elderly fill out health and medication history forms to keep in a vial in their refrigerators for EMT use in case of an emergency. We will be continuing these services this semester, as well.

Each November, the sisters of Alpha Phi put together a buffet-style Thanksgiving lunch for the students and faculty at Wilkes University in exchange for toys and monetary donations to Toys for Tots. This year, we had an excellent turnout and received bags and bags of toys for those less fortunate children. Also, our chapter's love of animals has inspired us to plan a trip to a local no-kill animal shelter to volunteer with feeding the animals and cleaning their pens. We are looking forward to Hygeia Day as the

director of a local clinic will be joining us to talk about her role in healthcare.

In addition to all the community service and professional events we have been working on, our chapter has no problem finding new social events to allow us to relax and bond as sisters. This semester, we will be attending a Wilkes Barre/Scranton Penguins ice hockey game, snow tubing, ice skating, movie watching and hiking. We also have a new venue picked out for our annual banquet, where we look forward to celebrating all of our chapter's achievements for the year and to preparing for another wonderful year of LKS success to come.

## ALPHA CHI

Our biggest news is that we held our first spring recruitment event this year. Between our fall and spring drives, we have initiated 10 ladies. For our small school, that was celebration for us! We are also planning our annual Pharmacy Jeopardy event. We invite students, professors and preceptors to make teams and have fun testing their pharmacy knowledge. We are also planning our HOPE waLKS 5K. One of our fundraisers for HOPE waLKS is Dining to Donate events, whereby restaurants donate to our cause. We are also doing bake sales to raise money. Our chapter is also working hard to get our chapter closer by doing plenty of social activities, including a camping trip and visit to Cedar Point over the summer.

## ALPHA PSI



After only being initiated last year, Alpha Psi is proud of all that we've accomplished recently. Some of our noteworthy fall semester 2013 events include Yankee Candle and See's Candy fundraising, breast cancer awareness week activities at the College of Pharmacy (including free pink ribbon pins for students to raise awareness), apple picking, potluck dinners, a fun White Elephant exchange and more! This year Alpha Psi has gotten the most bids along with two faculty bids, which only means bigger and better things for our chapter! Alpha Psi has been really proud to wear the blue and gold!

# Alumni Chapter Reports

## ALPHA ALUMNI



As the snow continues to cover most of our state, we Lambs of Alpha are looking forward to the warmer air that spring promises to bring, the signs of the first blooms of the cherry blossoms in the Boston Commons and leisurely strolls along the Charles River. While we eagerly wait for Jack Frost to take his leave, the Alpha Lambs have been quite busy during this winter season. The end of fall and start of winter brought exciting events to many of our alumni. Sisters we haven't seen have come back to the flock, babies have been born and weddings have been celebrated.

The Alpha alumni chapter has been getting more involved in the academic role at MCPHS University, with over 5 alumni continuing their roles as Adjunct Professors within the Professional Pharmacy Practice Labs. Our availability on campus has strengthened our relationships with our collegiate sisters, allowing more mentoring to our girls.

We celebrated our own 100 years of Alpha and LKS in White Hall and looked through our history and planned for the future. We all participated in the re-dedication ceremony to the spirit of Ethel J. Heath, Alpha Chapter and the Fraternity. December brought us a mini reunion at the wedding of Past Grand President Christine Perry and Gerald Dewitt! There was a beautiful ceremony, an amazing reception and dancing by a flock of Lambs that spanned many orientation classes of Alpha (and Epsilon alumni Dixie Leikach, too!).

While sisterhood has been the theme over the past few months, we've also been continuing our joint Health Topic of the Month with the Collegiates, Annual New Member Welcome Brunch, Hygeia Day Planning, Professional Interview Days at the school through many of the alumni's companies, and one of our favorite activities, the Final Banquet. We continue to grow and adapt, while maintaining that sisterhood is key to the success of our chapter. We support one another and look forward to what the future (and warmer weather) will bring!

## EPSILON ALUMNI

Epsilon Alumni chapter had several attendees celebrate the LKS 100 year anni-

versary at the Convention this past summer in Boston! In fact, Grand President Jenny Brandt presided over the Convention and Past Grand President Dixie Leikach was the co-chair of the event. Afton Wagner and Lynette Bradley-Baker also attended. This was Lynette's first Convention! The highlight for our chapter was sharing the stage with Alpha Alumni chapter for the tie in Outstanding Alumni Chapter of the Year.

Founder's Day was a special event this year, and we celebrated with the Epsilon collegiate chapter. Jenny Brandt, Darci Eubank and Dixie Leikach attended the ceremony held at the Shady Grove Campus. They had a great time and appreciated the hospitality shown by the Epsilon collegiate chapter members.

Baltimore has been experiencing the winter weather like most of the East Coast, which makes planning and holding events a challenge. We are looking forward to spring!

## CHI ALUMNI

Our last meeting was in December, where we wrote holiday cards to members and friends, donated to a food bank and exchanged cookies.

Nancy Horst attended the Chi Collegiate initiation in January and took part in the ceremony. Jennifer Rhodes also came up to be there.

For spring, we are planning an event to honor the Chi graduates and will award a scholarship to a collegiate. Wishing everyone a good spring, and looking forward to Convention.

## ALPHA BETA ALUMNI

Greetings from the Alpha Beta Alumni Chapter! We are very excited about this upcoming semester. We are planning several events with our collegiate chapter. In March, members of the alumni chapter will be speaking with the collegiates about residencies and life after pharmacy school. We are also working on organizing a meal etiquette event. Two of our members, Marissa Salvo and Monika Zmarlicka, attended the annual meeting at Dr. Robin Bogner's house in January. The collegiates use this meeting to organize and prepare for the upcoming year.

On a more personal note, two of our members are first time moms! Lauren Aleksunes gave birth to a beautiful baby boy, Vincent James, on December 12. Laura Tuttle is a proud mom of an adorable baby girl, Sophia Noelle, born on December 17.

The Alpha Beta family is growing! We look forward to seeing everyone this summer in Naples.

The theme of our upcoming convention is Communication: The Language of Leadership. The piece below appeared in the December 1937 issue of the *Blue & Gold Triangle*. It seems our early LKS sisters had the same concerns we have regarding the results of inappropriate communication!

### Gossip Town

Have you ever heard of Gossip Town  
On the shore of Falsehood Bay  
Where old dame rumor,  
with rustling gown  
Is going about all day?  
It isn't far to Gossip Town,  
For people who want to go.  
The idleness train will take you down  
In just an hour or so.  
The thoughtless road is a popular route,  
And most folks start that way.  
But it's a steep down grade,  
and if you don't look out,  
You'll land in Falsehood Bay.  
You'll glide through the valley  
of Vicious Folk  
And into the tunnel of hate,  
Then crossing the Add-To Bridge  
you walk,  
Right into the City Gate.  
The principal street is called They Say,  
And I've Heard is the public well,  
And the breezes that blow  
from Falsehood Bay  
Are laden with Don't You Tell.  
In the midst of the town is  
Tell-Tale Park.  
You're never quite safe when there  
For its owner is Madame  
Suspicious Remark,  
Who lives on the street Don't Care.  
Just back of the park is Slanders Row.  
'Twas there a good name died,  
Pierced by a dart from Jealousy's bow  
In the hands of envious pride.  
From Gossip Town peace long since died,  
But trouble and grief and woe,  
And sorrow and care you'll meet instead  
IF EVER YOU CHANCE TO GO.



LAMBDA  
KAPPA SIGMA  
PHARMACY FRATERNITY

P.O. BOX 570  
MUSKEGO WI 53150-0570

*LKS*

## SCHEDULE OF DEADLINES & UPCOMING EVENTS

**April 1:** Alumni dues payment.  
*Blue & Gold Triangle* distribution.

**April 30:** Deadlines for:

- National Award nominations (Award of Merit, Distinguished Service Citation, Distinguished Young Pharmacist Award and Leadership Award).
- Collegiate/Alumni Chapter Annual Report. (This replaces the Annual Financial Summary Report, Annual History Report, Convention Delegate Credentials Form and Convention Report.)
- All financial obligations, initiation fees, MMIS forms for graduating members and the Chapter Officer Roster Form.
- Entry forms for the Core Values Poster Competition (to be presented at convention).
- Applications for the NEW Convention Ambassador Program.

**June 30:** Last day for the discounted Convention hotel room rate at the Waldorf Astoria.

**July 23-26:** LKS Annual Convention at the Waldorf Astoria in Naples, Florida.

**September 15:** Updated Officer Roster Forms due to LKS Headquarters. Alumni News distribution.

**September 30:** LinKS distribution.

**October 14:** Founder's Day.

**October 15:** Articles and chapter reports for the *Blue & Gold Triangle*.

**November 1:** Educational Grant applications, collegiate dues and convention delegate fee.

*Lambda  
Kappa  
Sigma*