

Blue & Gold

TRIANGLE

Spring 2017



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a Deadly Disease



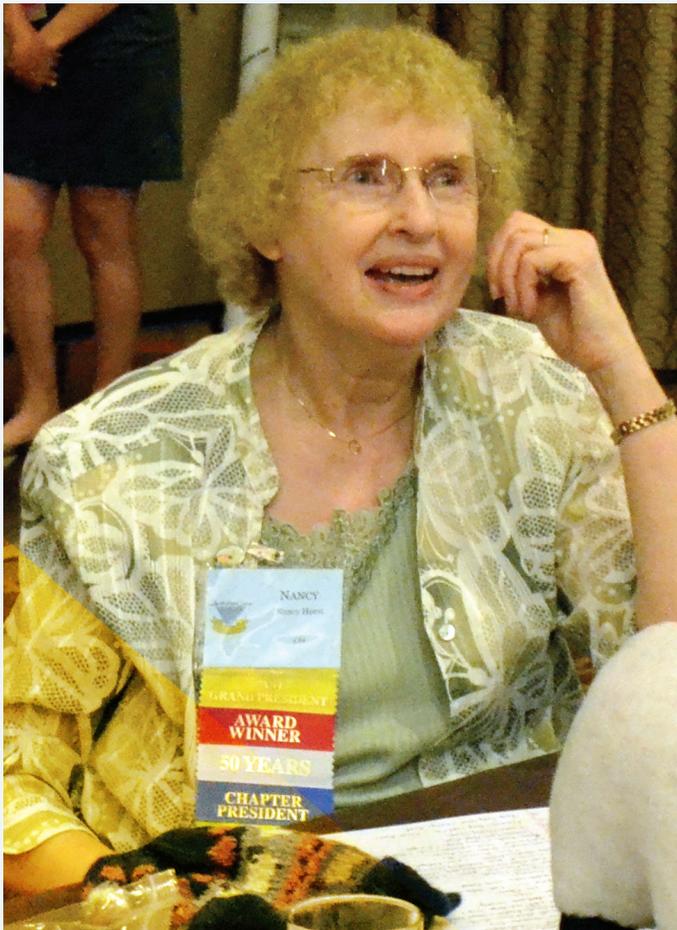
Once Upon A Time

**“It is not your fault
when you don’t fit the
mold of the happy
new mother ... you
can’t fight it alone.”**

— Stephanie Alvarez
(Alpha Pi Alumni Chapter),
2016 LKS/Merck & Co.
Vanguard Leadership
Award recipient

see page 6

Lamb for Life



“Look for LKS Sisters Wherever You Go”

Nancy Horst’s loyalty and dedication to LKS for 58 years sets the bar for fellow sisters.

By Justine Dickson (Alpha Beta Alumni Chapter), PharmD, BCACP

NANCY HORST HAS BEEN a Lamb for Life since 1959. She has seen Lambda Kappa Sigma go through many changes through the years, starting with her initiation into Chi Chapter where they wore formal gowns!

She is truly a Pacific Northwesterner. Born in Oregon, Nancy moved to Seattle as a teenager and attended the University of Washington School of Pharmacy. Her interest in pharmacy arose from her mother who graduated as one of the few female pharmacists in her class at Oregon State University in 1937.

After graduation, Nancy found a position at a community hospital in Everett, Washington, where she worked for 52 years. The hospital grew and eventually merged to become a regional medical center. She continued to observe the duties of the pharmacists evolve to decentralized roles with prescriptive authority and pharmacy-to-dose protocols.

Nancy became more involved with LKS after graduation, partly due to her friendship with Pat Tanac, who was Grand Secretary at the time. Nancy has attended 22 conventions, has met 22 out of 30 Grand Presidents and was on Grand Council or committees with 15 of them! During her first convention in 1974 in Anaheim, any free time was spent at Disneyland where Nancy rode the Matterhorn with THE Ruth Davies Flaherty!

Starting at the 1976 convention, Nancy held many positions on Grand Council and committees including Grand Secretary, Grand Treasurer and Grand

President. While Grand President, she led the development of the modern Policies & Procedures, as they had been handed to her on loose leaf paper. Recently, Nancy has focused most of her efforts on the Trust Liaison Committee (TLC). In 2006, she was awarded The Distinguished Service Citation for her outstanding dedication to the fraternity.

While in pharmacy school, Nancy met her future husband, a fellow classmate. They had three daughters and now have four granddaughters. Nancy enjoys reading, playing pinochle, putting together jigsaw puzzles, doing embroidery and going to the theater. She used to travel to Europe almost every year, but now her favorite type of traveling is to the annual LKS conventions!

Nancy is quite the enthusiastic fan of the Seattle Seahawks and the University of Washington Husky football and basketball teams. Despite her quiet nature, she is frequently found yelling about good or bad plays in her living room!

“The real meaning of ‘Lamb for Life’ is the camaraderie and support you will receive in all phases of your life, both professional and personal,” says Nancy. “So I encourage students to keep in touch with chapter members after graduation. Look for LKS sisters wherever you go, attend conventions and be an active alumni, whether as a member at-large or through a chapter.” **AKΣ**

.....
Know a Lamb for Life? We’d love to feature her in an upcoming issue. Please email communications@lks.org to tell us about this special person who deserves recognition.

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Stephanie Alvarez courageously shares her story of fairytale happiness and the devastating impact of postpartum depression.



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THE BLUE & GOLD TRIANGLE OF LAMBDA KAPPA SIGMA

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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, Leadership, Scholarship, Service and Sisterhood.

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President's Address

Connect. Engage. Grow.

GREETINGS! I hope you are all having an amazing 2017. It's been a fun and busy first quarter of the biennium for Fraternity leadership. Each year a theme emerges, and over the past few months our ability to Connect, Engage and Grow has become just that for us. From the redesign of the *Blue & Gold Triangle* to the marketing update to the increased presence on social media, all have been carefully planned to help keep you, the member, engaged and connected with events on a national, regional and local level. I'm excited for our members to read about the changes and updates in this edition.

Grand Council and Headquarters are working to better connect with the membership with the ultimate goal of engagement and growth. The first step was the redesign of the *Blue & Gold Triangle*. The next step is working with Shelle Design to revamp and energize our marketing plan. This includes a fresh, new look for the website, some innovative and fun marketing tools for chapters, and creating a fresh look to keep Lambda Kappa Sigma at the forefront of the pharmacy fraternity community. Key information has been conveyed to help keep everyone aware of deadlines and fraternity updates.

The Communications Committee has been actively enhancing our social media presence. Christine Perry and her committee members are doing a terrific job with alumni and collegiate spotlights highlighting successful chapters, members and their accomplishments. These spotlights brilliantly demonstrate what makes each alumna, collegiate and chapter unique and successful. Remember to check out the LKS group and member pages on Facebook and information on Twitter. An Instagram

account is also in the works.

The Educational Grants Committee, chaired by Patti Lozano, recently awarded the highly coveted Educational Trust Grant recipients (see page 3). In addition, the Awards Committee chaired by Justine Dickson is finalizing a special surprise to be unveiled at convention this summer. In order to find out what is coming, I would suggest attending this summer's meeting.

Recently, Grand Council got a sneak peek at what the Sheraton and Atlanta, Georgia, have to offer as the 2017 convention site. The site is a crowd pleaser from the poolside rooms to the local restaurants to the final banquet. There are several options to fill up your downtime, including the Georgia Aquarium, Centennial Olympic Park and the Coca-Cola Museum to name a few. Take a peek at the tentative schedule found at lks.org/Convention17/Schedule. If you have not been to an LKS convention, this is the one to attend and bring a friend! I look forward to sharing even more updates with you when we meet in Atlanta and reflect on how far we have progressed in our goals of creating unity and building on our Sisterhood!

Finally, Grand Council and I would like to hear your ideas and suggestions to help Lambda Kappa Sigma continue to grow and thrive. Please share your comments with us at lks@lks.org or email me directly at grandpresident@lks.org. Don't forget to stay engaged on Facebook and Twitter.

Fraternally,

Sandy Mullen

Sandy Mullen
Grand President
grandpresident@lks.org



Each year a theme emerges, and over the past few months our ability to Connect, Engage and Grow has become just that for us.



Calling All Shoppers!

Are you an Amazon Shopper? If so, your purchases can benefit the LKS Educational Trust. AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices and convenient shopping features as Amazon.com.

But through AmazonSmile, the AmazonSmile foundation will donate 0.5% of the price of eligible purchases to charitable organizations such as the LKS Educational Trust. Start shopping AmazonSmile (smile.amazon.com; SEARCH: Lambda Kappa Sigma Educational Trust), and start making a difference for the LKS Educational Trust!

Change in Alumni Dues

The billing cycle for alumni dues has changed from a spring due date to a fall due date. This was done to bring all dues payments into the same billing cycle. Alumni dues paid in April 2016 were a prorated amount for 6 months (April 1, 2016 through October 31, 2016). The dues to be paid in the fall were for a full year (November 1, 2016 to October 31, 2017).

If you happened to miss your fall dues payment, no worries! You can pay your dues any time online at lks.org/PayAlumniDues. Don't be left out ... your dues help support our mission of promoting women in pharmacy!

Congratulations 2017 Grant Recipients!

The Lambda Kappa Sigma Educational Trust and the Educational Grants Committee are pleased to announce the recipients of the 2017 Educational Grants, each in the amount of \$1,000. Please join us in congratulating the following members, who have exhibited leadership, scholarship, and dedication to the fraternity and the profession of pharmacy:

Cora E. Craven Educational Grant



Sara Kolc
(Alpha Iota
Chapter;
Ferris State Univ.)



Emily Seamans
(Alpha Beta
Chapter; Univ. of
Connecticut)



Ashley Taylor
(Alpha Iota
Chapter;
Ferris State Univ.)

Dr. B. Olive Cole Graduate Educational Grant



Allissa Gronotte
(Phi Chapter;
Butler Univ.)

Norma Chipman Wells Loyalty Grant



Elizabeth McGough
(Phi Chapter;
Butler Univ.)

Marilyn & Joe E. Haberle Educational Grant



Kayla Braswell
(Alpha Zeta
Chapter;
St. Louis College
of Pharmacy)

Mary Connolly Livingston Educational Grant



Margaret
Chuang (Alpha
Rho Chapter;
Northeastern Univ.)

Adele Lobraico Lowe Leadership Grant



Amy Rumanowski
(Xi Chapter; Univ.
of Rhode Island)

PART 2 OF 4

The 2016-2018 Women's Health Issues Topic: Skin Cancer

Treatment Options

By Sharon C. Brown, MS, RPh

ISTOCKPHOTO / ZIZULHALMI

SQUAMOUS CELL CARCINOMAS ARE almost always curable and cause minimal cosmetic damage when detected and treated at an early stage. But if left untreated, they can grow to penetrate underlying tissues and become disfiguring. A small percentage may metastasize, resulting in an entirely curable condition becoming life-threatening and even fatal.

Patients with skin cancer have a variety of treatment options, which are generally based on tumor type, size, location, and depth of penetration. Other considerations such as patient age and overall general health impact treatment choices.

Mohs Micrographic Surgery

Mohs micrographics surgery is a technique in which a scalpel or curette is used to remove the visible tumor along with a very thin layer of tissue that surrounds the tumor. The tissue removed is then immediately analyzed to determine if cancer is present in the excised tissue. If cancer still shows, the procedure is repeated until the last layer of tissue is cancer free. This treatment option spares the greatest amount of healthy tissue, is associated with a low rate of local recurrence, and has the highest overall cure rate of 94-99%.¹ This treatment is preferred when normal tissue preservation is vital or highly desirable.

Excisional Surgery

Excisional surgery removes the entire growth along with a surrounding border of apparently normal skin. The wound is then closed with sutures. The specimen is examined to verify that all cancerous cells have been removed, confirmed by the lack of cancer cells in the border tissue. The cure rate for this procedure is about 92% for initial treatment and 77% for recurrent tumors.¹ Skin grafts or flaps may be needed for larger tumors treated in this manner.

Curettage and Electrodesiccation (Electrosurgery)

This process is used most frequently for small lesions. The growth is scraped off with a curette and an electrocautery needle destroys

residual tumor cells and controls bleeding at the same time. The procedure is repeated several times to ensure no tumor cells remain. It is not recommended for invasive or aggressive squamous cell carcinomas. It is fast, easy and relatively inexpensive. However, it does leave a scar and hypopigmented area, so it is not used for tumors located on areas of skin where cosmetically undesirable results may be aesthetically unacceptable.

Cryosurgery

Cryosurgery is a process where liquid nitrogen is used to freeze tumor tissue. There is no cutting, no bleeding and no anesthesia. The growth becomes crusted and scabbed and usually falls off in a week or two. This may be a good treatment option for patients with bleeding disorders or those intolerant to local anesthetics needed for other treatment procedures. However, deeper portions of tumors may be missed, resulting in a lower overall cure rate than surgical methods.

Other Treatment Options

Other less frequently used treatments include radiation, photodynamic therapy (PDT) and laser surgery. Imiquimod is an FDA-approved topical agent for the treatment of superficial basal cell carcinoma.

DESPITE THE VARIETY OF treatments available for non-metastatic squamous cell carcinomas, prevention is still the best approach to managing skin cancer. Limiting exposure to the sun, wearing protective clothing and using skin care products with SPF every day are the basic steps in reducing the risk of developing skin cancer. **AKΣ**

1. Skin Cancer Foundation
(<http://www.skincancer.org>)

Squamous cell carcinomas are almost always curable and cause minimal cosmetic damage when detected and treated at an early stage.



Once Upon A Time

Stephanie Alvarez (Alpha Pi Alumni Chapter) courageously shares her story of fairytale happiness and the devastating impact of postpartum depression.

By Sharon C. Brown, MS, RPh Photos by Charlie Woo

Once Upon A Time

AT EVERY LKS CONVENTION, Stephanie Alvarez can be found surrounded by students clearly enthralled with the conversation at hand. She has managed to make each person in the group feel like they are the only one she is speaking with. Stephanie has a knack for connecting. She exudes confidence, professionalism and a New York “I’ve got it all” attitude. However, when accepting her prestigious LKS/Merck & Co. Vanguard Leadership Award at the 2016 convention, Stephanie mesmerized the convention body when she shared her intensely personal story of her struggle with postpartum depression (PPD).

Then anxiety set in, along with a fixation of thoughts on insignificant issues ... Her anxiety worsened, and she became increasingly agitated, straining her relationships.

Although Stephanie’s dedication to Alpha Pi Chapter and her tremendous contributions to the Pharmacists Society of the State of New York led her to receive the award, it is the leadership qualities of courage, tenacity, strength of character and a willingness to reach out for help that solidified her qualifications as this award recipient.

Stephanie was born in Yonkers, New York, where she was raised by her mother and her grandmother. She describes having her grandmother in her early life as a luxury that resulted in a strong sense of respect for others that serves her well today.

As a sophomore in high school, Stephanie began working as a cashier at a local community pharmacy. She advanced to a pharmacy technician position, and her fate was sealed. Linda Hatter Ciarletta was a pharmacist there and fondly called Stephanie her “little sister”. Linda was also a member of LKS. So naturally when Stephanie entered pharmacy school at St. John’s University, she sought out the members of Alpha Pi Chapter. According to Stephanie, “Linda had spoken so highly of all her sisters and the chapter that I knew I needed to find out more about LKS.”

Stephanie met her husband Alex during her

CONTINUES ON PG. 11





Once Upon A Time



CONTINUED FROM PG. 8

PGY1 residency at Beth Israel Medical Center. “I knew he was ‘the One’ the minute I saw him. And he felt the same way,” she recalls. A year after they married, they were thrilled to learn of her pregnancy. Stephanie describes it as an exciting and blissful time with a perfectly normal pregnancy and delivery. However, the storybook tale ended within the first few days at home when she was unsuccessful in breastfeeding her baby girl. This failure led to physical and emotional challenges in the midst of the overwhelming uncertainties inherent in the transition to motherhood.

“You are not a bad mom for struggling with a level of depression beyond your control. It is not your fault when you don’t fit the mold of the happy new mother. And you must know that you can’t fight it alone.”

With her doctor’s encouragement after several weeks, she began formula feeding, which immediately triggered longer periods of sleep for the baby and for her husband. But Stephanie found herself unable to sleep better. “The tiredness just never went away,” she says. Then anxiety set in, along with a fixation of thoughts on insignificant issues. She found it difficult to leave the house, with or without the baby. Her anxiety worsened, and she became increasingly agitated, straining her relationships. Stephanie found herself “just going through the motions to finish the checklist of what needed to be done.” And she often told herself “maybe it will be different tomorrow.”

About 13 weeks after the baby was born, Stephanie describes herself as “coming unhinged.” She contacted her doctor, who suggested she get

her mother-in-law to come to the house once or twice a week so Stephanie could get away for a break to ease the stress. But this suggestion only made her feel embarrassed and ashamed, wanting to hide her feelings of inadequacy. Stephanie observed other happy mothers in the park with their equally happy babies. She began to feel anger towards her baby girl. This is when dark, intrusive thoughts began to plague her, driving her to do her own research regarding the situation and to seek professional help.

Stephanie found a family medicine therapist specializing in new mothers and began the process of recovery through therapy and support groups. When asked about treatment for PPD, she says, “Some people need medication. Others don’t. The best treatment is whatever works for you.”

Despite her feelings of inadequacy and despair, Stephanie says the driving force to overcome seemingly insurmountable odds was her belief in her daughter and the life she knew their family was so deserving of. This belief in something bigger than ourselves guides great leaders to look beyond overwhelming difficulties to serve a greater purpose. Stephanie’s story highlights this unique leadership characteristic.

Statistically, Stephanie knows that PPD is likely to occur again should she and Alex decide to add to their family. She also knows of many couples who have faced this challenge successfully and had several children. Stephanie has the following advice for new moms who face the dilemma of PPD: “You are not a bad mom for struggling with a level of depression beyond your control. It is not your fault when you don’t fit the mold of the happy new mother. And you must know that you can’t fight it alone.”

Stephanie says she is very happy with her life today. Her guilty pleasure is watching cooking shows. And her favorite hobby is her daughter Zia, who loves karaoke, dancing, and going to Starbucks with mom!

Sharing her story was a soul-baring, courageous and selfless act, a story which makes Stephanie more real and relatable. Her struggle touches our hearts, her success bolsters our pride, and her leadership by example serves as an inspiration to all who connect with her. **AKΣ**

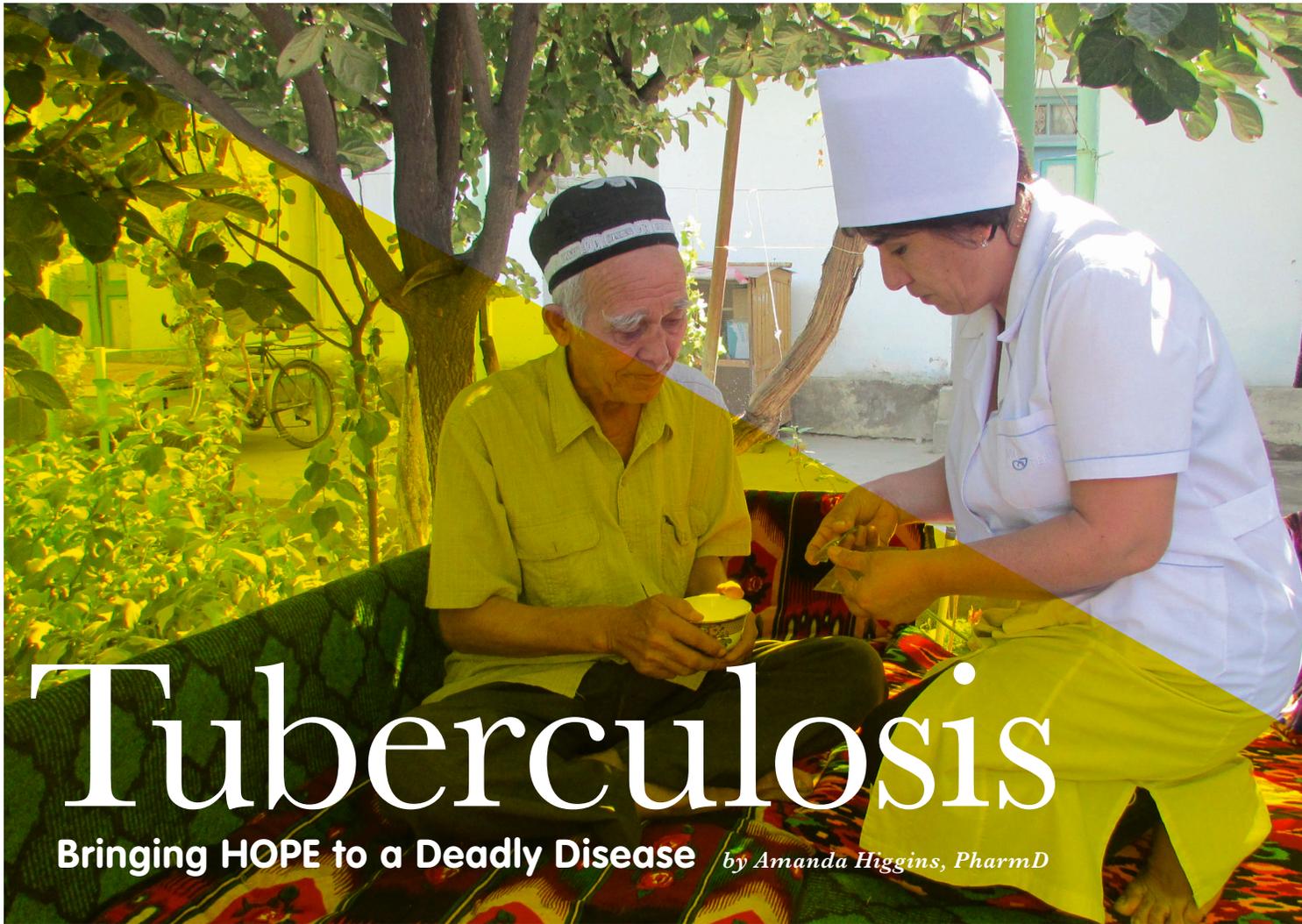
SISTERHOOD NECKLACE AN UNEXPECTED LEGACY



At the 2006 LKS Convention in Las Vegas, Stephanie Alvarez donated a

chain necklace with a 14-karat gold LKS charm to the Trust Auction. She and fellow lamb Anisa Raj were raising money for an Alpha Pi Chapter scholarship. A good-natured bidding war ensued among five fraternity sisters. When all was said and done, the five bidders each donated \$250 to the Trust. Then, each bidder was given one year to wear the necklace before passing it on to one of the other bidders.

Five years later in 2011, after each bidder had their turn, the “Sisterhood Necklace” was donated back to the Trust Auction so that additional funds could be raised. Past Grand President Marilyn Haberle was the top bidder on the necklace. She presented it to then Grand President Sharon Brown with instructions that the necklace be passed on to each newly installed Grand President, who would keep it for the duration of her term. So the legacy of the “Sisterhood Necklace” lives on!



Tuberculosis

Bringing HOPE to a Deadly Disease *by Amanda Higgins, PharmD*

EACH YEAR ON MARCH 24, the World Health Organization observes World Tuberculosis Day to bring awareness to one of the deadliest infectious diseases in the world. While HIV/AIDS has steadily declined since 2000 and is now off the top 10 causes of death globally, we have only seen a slight decline in tuberculosis deaths worldwide. In 2015, 1.4 million people lost their battle with tuberculosis (TB). Six countries account for 60% of new cases: India, Indonesia, China, Nigeria, Pakistan and South Africa. Each of these

countries presents their own problems when it comes to access to care, complicating treatment options for infected people.¹

Tuberculosis is an infectious disease that mostly affects the lungs. It is caused by the bacteria *Mycobacterium tuberculosis* and is curable and preventable. TB is spread through the air, allowing it to spread easily from person to person. Most people who are infected with TB have latent TB, which means that they have been infected with the bacteria but have not developed

the disease. People with latent TB are not infectious and cannot transfer the disease to others. About 10% of those with latent TB will develop TB. People with compromised immune systems (such as HIV), malnutrition, diabetes and

Above: Project HOPE is working to contain the spread of TB in developing countries.

those who use tobacco have a higher risk of developing TB. While TB is curable, most people affected by TB live in

While TB is curable, most people affected by TB live in developing countries. Without proper care, up to two-thirds of people who develop TB will die.



developing countries. Without proper care, up to two-thirds of people who develop TB will die. Multidrug-resistant tuberculosis (MDR-TB) is on the rise, making treatment in certain areas of the world difficult.²

The World Health Organization (WHO) created a campaign called “Unite to End TB”. The goal of this initiative is to end global tuberculosis with a target of reducing deaths associated with TB by 95% and reducing the incidents of TB by 90% by 2035. WHO also is striving to have zero TB-affected families

facing catastrophic costs due to the disease. WHO plans to achieve this by focusing on three components: integrated, patient-centered care and prevention; bold policies and supportive systems; intensified research and innovation.³

Project HOPE is dedicated to curing TB through integrated efforts. For over 25 years, Project HOPE has been implementing programs focused on the prevention and management of TB by focusing on strengthening health systems, improving the skills and knowledge of health professionals, and upgrading health equipment. In September 2016, Project HOPE partnered with the Republic of Kazakhstan and the National Center of Tuberculosis Problems (with financial support from USAID and the Global Fund) to organize the International Conference of Integrated Tuberculosis Control in Kazakhstan. This conference was unparalleled in that it brought together TB experts from around the world, including Russia, China, South Korea, Ukraine and other Central Asian countries.⁴

In 2004, Project HOPE worked to bring Directly Observed Treatment, Short Course (DOTS) to areas that did not have access previously. DOTS is a strategy for controlling TB that has been internationally recommended and recognized as highly efficient and cost-effective. This program is multifaceted and focuses on a diagnosis using sputum-smears, standardized

short-course anti-TB treatment, regular and uninterrupted supply of high quality drugs, and standardized recording and reporting. By bringing an internationally accepted program to rural regions, Project HOPE is working on decreasing the obstacle of access to care.⁵

Take some time during March to learn about tuberculosis. While the prevalence in the United States may be small, the global impact of this disease is huge. By raising funds for organizations such as Project HOPE, we can have a direct impact on those who are affected by this infection around the world. **AKΣ**

1. The top 10 causes of death. World Health Organization. (<http://www.who.int/mediacentre/factsheets/fs310/en/>)
2. What is TB? How is it treated? World Health Organization. (<http://www.who.int/features/qa/08/en/>)
3. The End TB Strategy. World Health Organization. (<http://www.who.int/tb/strategy/end-tb/en/>)
4. Eliminating Tb: A Collaborative Effort. Project HOPE. (<http://www.projecthope.org/news-blogs/stories/2016/eliminating-tb-a.html>)
5. Tajikistan. Project HOPE. (<http://www.projecthope.org/where-we-work/europe-eurasia/tajikistan.html>)
6. Fighting Myths to Provide Better Treatment. Project HOPE. (<http://www.projecthope.org/news-blogs/stories/2016/fighting-myths-to-provide.html>)



EDUCATING ONE PERSON AT A TIME

Project HOPE also focuses on the social aspect of TB. As with many diseases, infected individuals suffer physically and emotionally. In certain areas such as Tajikistan, many people believe that TB is hereditary and not curable. Hurriya is a mother who lives in Tajikistan with her husband and two daughters. When she was diagnosed with TB, Hurriya and her children were banished from their home and Hurriya’s husband wanted to divorce her because of the stigma of her infection. A social worker who is trained under the TB Control Program implemented by Project HOPE met with Hurriya and her family to educate them about TB and to give them options. After the program, Hurriya was cured and brought back in her home with her children.⁶

Sisterhood



Weaving a Web of Compliments

ALPHA RHO CHAPTER AT NORTHEASTERN

University strives to create new and fun ways for members to connect and build strong relationships. This past year, they held a sisterhood event that produced a stunning visual for chapter relationships.

The members sat in a circle on the floor. One member was asked to give a

compliment about one other member. As the compliment was shared, the member providing the compliment held the end of a ball of yarn and passed the ball to the one being complimented. That person then provided a compliment to another member, anchored the yarn and passed the ball to the next person. This went on

until everyone had a chance to provide and receive a compliment.

The end of the event revealed a complex web of yarn depicting the many connections chapter members had within the group. Sometimes creating visual displays can drive home a concept that can't otherwise be appreciated!



ISTOCKPHOTO

COMBINING OUR WOMEN'S HEALTH ISSUE AND HYGIEIA DAY

Alpha Mu Chapter at the University of Toledo took advantage of Hygieia Day to provide a professional program on skin health, the LKS Women's Health Issue for the current biennium. Sienna Gerdeman, a senior, provided an educational overview of skin safety to the chapter. Also, the members of Alpha Mu Chapter distributed educational pamphlets and free sunscreen samples to students and faculty on the campus.

We Need News About Ewe!

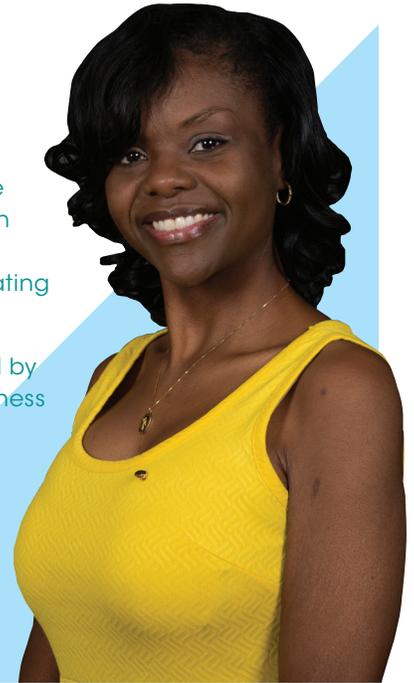
Do you have some news you'd like to share with your fellow LKS sisters? Submit your ideas (and high-quality photos) to communications@lks.org. We want to hear from ewe!

Grand Secretary Tameya Sam Recognized with Award

Tameya Sam, current Grand Secretary and Alpha Sigma alumna, has been selected for inclusion in the Trademark Women of Distinction (TWD) Honors Edition 2017. Tameya, Pharmacy Manager of ZT Wealth (TD Pharmacy), was selected for this honor for demonstrating dedication, leadership and professional excellence.

She is described as "the kind of professional admired by colleagues and peers alike. Her kindness and willingness to always help others and find solutions to most questions is both exemplary and honorable."

The TWD Honors Edition highlights the professional accomplishments of today's best and brightest women in business, women whose extremely high degree of accomplishment as female professionals sets them apart from the average businesswoman. Congratulations to Tameya!



▲ LAMBDA CHAPTER AWARDED GRANT

For several years, the members of Lambda Chapter at the University of Southern California have been offering osteoporosis screening at health fairs, targeting the underserved members of the community. However, outdated equipment often malfunctioned, disrupting the ability to provide this service in an efficient manner.

Recently, the chapter applied for and were approved to receive the USC Good Neighbors Grant for a total of \$13,000, in partnership with Proyecto Pastoral. The majority of the grant was spent on a new densitometer, allowing members to screen a more diverse spectrum of health fair participants at a much faster rate than before. The remainder of the grant money was spent on supplies to support and sustain the screening project in the future. Great job, Lambda Chapter! ΛΚΣ

LKS CONVENTIONS: Create Lasting Memories

Lambda Kappa Sigma's First National Convention was held in Boston, Massachusetts, August 6 through 9, 1926. This convention was designed to build loyalty and sorority spirit, bring chapters together, foster greater understanding among members of all ages and regions, and unify standards among the different chapters.

After 90 years, our annual conventions are still intended to educate, inform, inspire and strengthen the bonds of sisterhood throughout our membership. But today's young professionals have great demands on their time, making the decision to attend convention perhaps more complicated. While there are many benefits to participating in the LKS Annual Convention—like education and networking—the primary reason many long-standing members attend conventions year after year are the memories made with their sisters. **LKΣ**

Sandy Mullen:

"My favorite convention memory is having Alpha Phi Chapter host convention in Scranton in 2016. I was proud of the chapter's resilience and perseverance in overcoming some of their concerns, and in planning a fun and very successful convention."



Sharon Brown:

"In 1982, I was fortunate to accept the Efficiency Cup for Alpha Iota from Gloria Bernstein. So my favorite memory was seeing Sara Kolc accept the same award for Alpha Iota Chapter 34 years later at the 2016 Convention."



Chris Grass:

"In 1982, Mary Gear was being installed as Grand President by Judy Riffée, and Mary was pregnant at the time. During the installation ceremony, Judy said, 'May the term of your pregnancy be wonderful' instead of the 'term of your presidency'!"



Iva Keene: "The final banquet at the 2013 convention in Boston was my favorite. I bonded with sisters as we danced to our favorite party tunes."



Tiffany Self Vicars:

"In 2012 in San Diego, a small group of us were able to celebrate our sisterhood and friendship over an amazing (and somewhat exotic dinner). Some of the most unforgettable memories come from sharing the simple things."



Marilyn Haberle:

"At the 1990 convention in Lexington, Kentucky, Mary Gear presented me with the Distinguished Service Citation. As she spoke, I thought she was surely talking about someone else, so I was completely undone and moved to tears when she called my name. It was also the first convention my husband Joe attended."



ISTOCKPHOTO: SEANPAVONEPHOTO

Gather and Connect

2017 LKS Annual Convention

This year, convention will be held August 3 through 5 in Atlanta, a beautiful modern city mixed with old-fashioned Southern hospitality.

Convention has been shortened by a day in an effort to make the meeting more affordable for attendees. It is still packed with opportunities for networking, chapter development and, of course, fun!

This year, each day will have a theme. Thursday's theme is "Gather and Connect". It's your chance to reconnect with old friends and start new friendships. We'll kick off the afternoon with a pool party followed by our Opening Reception and a Project HOPE event.

Friday's theme is "Professionalism". The day starts with our keynote speaker Kim Novak of NovakTalks. She'll be talking to us about "Empowerment by Living Your Values". We will also have many of our traditional events, including the Business Sessions and Awards Luncheon. The afternoon will be filled with workshops that help develop leadership skills. Friday night is your opportunity to see the city!

Saturday is our "Blue & Gold Day". Sisters are encouraged to show their LKS pride by wearing their letters. We will have our Collegiate and Alumni Conferences, Ewe Can Shop, Networking Lunch and Lamb TaLKS. Convention will close with our Trust Reception and final banquet. Hope to see y'all there!

Visit lks.org/Convention17 for all the latest!

A Bit of Our History

History of LKS Educational Grants

In 1961, Grand Council established the Lambda Kappa Sigma Scholarship. The first scholarship was awarded in June 1962 at the Golden Jubilee Convention in Boston in the amount of \$200 to Nancy E. Stevens (Phi Chapter). At the convention, delegates expressed interest in renaming the scholarship in memory of Past Grand President Cora E. Craven, who contributed much to the growth of LKS.

Over the next few years, the Cora E. Craven Educational Grant continued to be awarded to worthy LKS sisters. In 1972, the Dr. B. Olive Cole Educational Grant was established to support LKS sisters pursuing graduate studies. The first recipient of the award was Tanis Kaye (Alpha Pi Alumni Chapter).

In 1976, the Mary Connolly Livingston Grant was created for sisters pursuing a PharmD degree. The first grant was awarded to Elie Howell (Alpha Nu Chapter). The Norma Chipman Wells Loyalty Grant was established in 1987, and the first recipient was Suellen Polley Alexander (Alpha Nu Chapter). Yari Valle (Gamma Chapter) was the first recipient of the Adele Lobraico Lowe Leadership Grant in 1995. The Marilyn & Joe E. Haberle Grant was established in 2003, with Jillian Dempsey of Alpha Chapter being the first recipient.

Today, LKS awards 8 educational grants each year. (See this year's recipients on page 3.) Since its inception of the first Educational Grant, LKS has awarded over 301 Cora E. Craven Educational Grants, 18 Dr. B. Olive Cole Graduate Educational Grants, 23 Mary Connolly Livingston Educational Grants, 15 Norma Chipman Wells Loyalty Grants, 10 Adele Lobraico Lowe Leadership Grants, and five Marilyn & Joe E. Haberle Educational Grants. [AKE](#)

— Christine Perry, Past Grand President



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Pharmacy Fraternity

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