



BLUE & GOLD TRIANGLE

LKS

SPRING
2009

Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"

The Heart & Soul of...



**Lambda Kappa Sigma
REGIONAL MEETING**
Hartford, CT ~ August 7-9, 2009

See page 5 for more conference information!

The Blue and Gold Triangle Of Lambda Kappa Sigma

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

Editor

Christine Perry

Editorial Advisory Committee

Christine Perry, Chair

Francine Farnsworth, Nancy Horst

Cherokee Layson-Wolf

Contributors

Jasmine Cessna Judy McCarthy
Avis Ericson Patricia Pendleton
Christine Perry Nicole Schwartz

2008-2010 Grand Council

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for Alumni

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Grand Vice President
for Collegiates

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Marina Fridman

LKS International Office Executive Director
Joan Rogala, CAE

Member

Professional Fraternity Association
College Fraternity Editors Association

The mission of the Fraternity is to promote the profession of pharmacy among women and advance women within the profession by developing its members as individuals and leaders through the support of fellow members while encouraging a high standard of professional ethics and scholarship.

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**LKS Grand President
Sharon Brown**

Hello and Happy New Year!

As I prepare this, my second address to the membership, I sincerely hope that you, your family and loved ones are healthy and safe, despite the extreme winter storms, sub-zero temperatures and catastrophic economic conditions in the US and world markets today.

In light of the uncertainty overshadowing so many organizations, it is an appropriate time to provide you with a "State of the Fraternity" address which will focus primarily on these areas of importance: Governance, Communications, Programs & Services, Management (particularly as a function of financial solvency), Growth, Outreach and Preservation & History.

Much of what I will be sharing with you has evolved from our Strategic Organizational Plan, which outlines the Fraternity's key goals and objectives. As your elected Grand President, I realize this important document, created from the consensus of our members and ratified with board approval, can only take wing once it is translated into specific actions on the part of your elected leaders, executive staff and member volunteers. That is why, in December, prior to the ASHP Midyear Clinical Meeting in Orlando, I met with our Executive Director, Joan Rogala, to do just that – to look at our plan with a critical eye and set the wheels in motion for positive action.

Governance: A leadership succession plan for the transition of Grand Council Officers is high on the list of priorities. There is also a need to better prepare our Fraternity leaders for their roles in governing and guiding Fraternity business. Accordingly, a complete Board Orientation Program will be held as the first order of business during the Spring Grand Council meeting held in conjunction with the APhA meeting in San Antonio.

Communications: LKS has recently made a conscious decision to "go green". In the fall of 2008, the Alumni News and Links publications were disseminated via electronic broadcast email. Our flagship publication – the Blue and Gold Triangle – is being broadcast electronically to about 80% of our membership. The response from members has been very positive, and we have been able to improve the timeliness of the distribution of these important communication tools. You should also be receiving more frequent email blasts to maintain a constant flow of information and provide you with important news, announcements, and deadlines.

Programs & Services: Lambda Kappa Sigma affiliated programs, on both a National and local level, remain strong. Last fall each collegiate chapter was challenged to submit a minimum of one applicant for the 2008 LKS Educational Grants program. In an overwhelming response, the Educational Grants Committee received more than twice the number of qualified applicants than ever in the program's history. Congratulations and many thanks go to Carrie Molesa and her committee members for awarding grants to seven deserving members, and all within the tight deadlines for completion.

After a record year for donations from LKS last year, our support for Project HOPE continues strong thus far this Biennium. The use of a member poll to obtain input on our choice of a Women's Health Issue topic was new for the last Biennium, and will continue to be used to ensure that we are committing time and resources to issues that are most important to our members. Our annual Campaign for Progress, which solicits support for a targeted need for Fraternity growth and development, has been more successful each year. With continued enthusiastic participation in our programs by Fraternity members, our traditional programs will thrive, and opportunities for new programs can be explored.

Management: The financial status of the Fraternity is, at present, stable. I am pleased to share with you that two of our long-standing industry colleagues have already offered their support in 2009. Thanks go out to Merck and Company, and especially

David Miller, for ongoing, multi-decade support for the LKS/Merck Vanguard Leadership Award. In addition, another long-standing industry sponsor, SUPERVALU Pharmacies, has made a generous donation to the Educational Trust to support the 2009 Educational Grants program. A heartfelt thank you is extended to Christine Perry, who was instrumental in garnering this support. Please be sure to acknowledge the support of these friends of LKS whenever the opportunity presents itself.

In other financial news, for the first time ever, 100% of collegiate chapters submitted payments and related reports on time and without errors. Kudos to the chapter officers who are demonstrating incredible leadership abilities and commitment to excellence! My thanks go to Tiffany Self, LKS Grand Treasurer, who works closely with the International Office to monitor our budget and identify opportunities to preserve resources and improve efficiency without sacrificing member services or quality.

Growth: Yes, in these trying times when other organizations are hunkering down, we are growing! Chapters are successfully retaining existing members, and recruitment of new members may exceed last year by more than 10%. We also have the potential to charter a new chapter in the very near future at Northeastern Ohio University Colleges of Medicine and Pharmacy, which I visited in January.

The International Office staff has also grown; Kathy Uy, whom many of you met in Savannah, has been given the official title of Member Services and Special Events Coordinator. She is already deeply involved in working with the host chapter in planning the upcoming regional meeting in Hartford.

To further support the growth of quality members, the Recruitment Boot Camp will be held in conjunction with the Regional Meeting. Selected members of collegiate chapters will attend the Boot Camp with the goal of identifying, recruiting, and retaining new members who have the qualities that will make them active members for life.

Outreach: We are impacting our communities! In addition to our National Philanthropy, Project HOPE, at least 32 other philanthropic organizations and local community efforts have benefited from active support by LKS members. Already during the current Biennium more than \$32,000 in cash donations and thousands of hours in volunteer time and talents have been contributed by our local collegiate and alumni chapters. Amazing...

Preservation & History: We are poised to create historical milestones! Plans for the 100th year celebration are well under way. It will be an incredible event, one no member will want to miss! We will launch into our second century of promoting the profession of pharmacy among women in – where else – Boston! Donna Dancer, chair of the Archives Committee, has been actively involved in compiling, organizing, and preserving historical fraternity documents, pictures, correspondence, and other significant historical items. She and her dedicated committee members have begun work on the 100-year history book, and would welcome any memorabilia you may wish to submit to be considered for inclusion in this important labor of love!

In closing, please know that we continue to strive for excellence in all that we do, and your support, encouragement and constructive input can only help. Your elected leaders, along with Joan, encourage you to express your concerns, and your pride, as often as necessary to keep LKS on its path from Good to Great!

I hope you feel the amazing sense of pride and accomplishment that I do when I consider Lambda Kappa Sigma from a broader perspective. I try to imagine what our founding members, and all the women who came before us, would think about the "State of the Fraternity". As I strive to do my part in guiding Lambda Kappa Sigma to become the professional organization of choice for women in pharmacy, I encourage you to continue to do what you are doing every day. We wouldn't be where we are, or what we are, without you.

Ya'll rock!

Fraternally,

Sharon Brown

Grand President & Lamb for Life

Allow me to introduce...

by Avis J. Ericson, Pharm. D. Chair, LKS Trust Liaison Committee

Over the years, a number of companies have given us wonderful images of pharmacy to collect and admire. It's unlikely that any of us could have become pharmacists and not seen the great images commissioned nearly 60 years ago by Parke, Davis & Company and brought to life by artist Robert Thom.

My own collections include many Schering mortars and pestles as well as the blue and white tiles from Burroughs Wellcome. Ciba Geigy calendars with beautiful images of Switzerland are also classics, along with spatulas from Eli Lilly and a myriad of wondrous old bottles, graduates, scales, and show globes that immediately conjure up the image of pharmacy – both past and present.

Allow me to introduce another company that is currently providing the profession with a loving glimpse into its past – and images of contemporary practice. Apothecary Images, Inc. is a new leader in the preservation – through artwork and photography – of the paraphernalia that represent pharmacy.

Mr. Philip McCarthy is the founder of this company based in St. Catharines, Ontario, Canada. I first met Phil at an AACP meeting where he was displaying his creations. I was immediately drawn to the images because of their quality and wonderful composition. They were a perfect marriage of two of my favorite hobbies – pharmacy antiques and photography. I was hooked – and since my birthday was at hand, I treated myself to my favorite print. It now hangs prominently in my home along-side other treasured pharmacy antiques.

Over 20 years ago, Phil began collecting 18th and 19th century pharmacy and medical antiques. As his collection grew, he felt compelled to share the beauty and history of his pieces with the health professionals in these fields. Working with acclaimed photographer, Jerry Zolner, he created groupings of his collection and preserved them as a series of high quality photographic images which are now available to the public. The photography captures the perfect balance of light and dark, color and form, energy and composition, technique and soul. They are remarkable in capturing every detail.

Not content to only “look back on the history of pharmacy”, Phil also has prints of more contemporary items. Graceful graduated beakers and bottles in clear and cobalt glass are beautiful in their simplicity. In March of 2008, Phil announced the “Pharmacy Practice – Series 1” collection. These 25 prints showcase pharmacists engaged in contemporary professional roles. From hospitals to nursing homes, to acute care centers, retail settings, research centers and classrooms, each image places the spotlight on the vital roles played by pharmacists in the health care world today.

Dr. Victor A. Yanchick, Dean, Virginia Commonwealth University, School of Pharmacy (and a talented artist on the side) is also working in collaboration with Apothecary Images to create a series of watercolor paintings of pharmacy images. Proceeds from this work will benefit

the scholarship fund at VCU's School of Pharmacy.

At this time there are well over 200 prints available for the discriminating collector. Such items make ideal gifts to recognize top-performance and achievement, for graduation or retirement gifts, to raise money through auctions or raffles – or for any occasion where a beautiful classic token is desired. At this time, the work of Apothecary Images is on display in offices, conference rooms, and hallways at many of our Schools and Colleges of Pharmacy in the U.S. and Canada. They also are prominently displayed in retail and institutional pharmacy settings as well as in homes.

In addition to pharmacy and medical images, Phil also has images related to Chiropractic, Physiotherapy, Massage Therapy, and Dentistry. The watercolors and oils of Barry McCarthy are also available (beautiful landscapes, seascapes, and still life as well as portraits). The whimsical and fanciful “Illustrations by Erin” are especially created to appeal to children and have found their way into the offices of pediatricians, pediatric dentists, and hospital pediatric wards. The Apothecary Images collection has items to please everyone.

All images can be viewed at the website www.apothecaryimages.com. Apothecary Images can be contacted toll-free at 1-866-306-5556 – or – I would also be happy to talk with anyone interested in the products of Apothecary Images. Contact me at rxaje@embarqmail.com or 702-566-0330.



And now the REALLY exciting news...

As a special favor to LKS and the Educational Trust, Apothecary Images has donated two framed pharmacy prints as prizes for members who donated to the 2008-2009 Trust appeal before February 15, 2009. The two lucky names were drawn by Trust Liaison Committee Chair, Dr. Avis J. Ericson. This special event was first announced to LKS members in the Educational Trust acknowledgement letters and follow-up appeal letters.

The framed prints donated by Apothecary Images can be viewed on their website as #105 – “Precise Measure” and #601 – “Mortars and Pestles 2”. In addition, the prints will be on display at the LKS booth at the San Antonio APhA Meeting, April 3-6, 2009 as well as at the LKS Reception during APhA.

And the two lucky winners are.....

Virginia “Ginger” Scott, Ph.D.

Dr. Scott is a Professor within the Department of Pharmaceutical Systems and Policy at the School of Pharmacy, West Virginia University in Morgantown, West Virginia. She is also the School's Director of Continuing Education. Ginger was inducted into the Alpha Nu chapter at the University of Kentucky and currently serves as Advisor to the Alpha Omicron chapter at WVU. During her graduate studies, she benefited from the LKS Educational Trust as a recipient of a Dr. B. Olive Cole Graduate Educational Grant.

Ginger says “I am very excited to have been selected to receive an Apothecary Images print. I have admired these prints and, thanks to the LKS Educational Trust, I now have one of my own to treasure. The work of the Trust is such an important part of the work of the fraternity. As a graduate student, I greatly benefited from my Cole grant and I continue to take real joy in seeing my Alpha Omicron Collegiate members be a part of this important work through their Trust donations and as recipients of LKS Educational Grants.”

Patti Lozano

Patti and her husband Michael reside in Gainesville, Florida, where she works at Shands Hospital at the University of Florida. Patti was inducted into LKS through the Tau chapter at Duquesne University and is currently an Alumni-at-Large. Over the years, she has remained very active in LKS, most recently serving with the Educational Grants Selection Committee and is now on the Rules and By-Laws as well as the Awards Committees. During her undergraduate days, she also benefited from the LKS Educational Trust as a recipient of a Cora E. Craven Educational Grant.

Patti is an avid collector of pharmacy antiques and a very spirited and generous contender during LKS auctions and raffles. Patti's first reaction to the news was a spirited “No Way!!!”. She went on to say “What a thrill! I'm so excited! This will be a wonderful addition to my collection especially with its connection to the Trust and its work. I will never forget the support I received as an undergraduate; such memories continue to bind me fully to LKS. I can't wait to see my new treasure.”

Many thanks to Apothecary Images, Inc. and Mr. Phil McCarthy for making two LKS members very happy.

The Risks of Social Networking

By: Christine Perry, Alpha Alumni, and Nicole Schwartz, Alpha

In a society that is rapidly becoming more technologically advanced, more people are joining social networking sites such as Facebook and MySpace. While these sites are great ways to stay in touch with old friends and classmates, it can be detrimental to those who do not actively monitor their information.

In a January 2008 report MySpace had over 110 million and Facebook had 68 million monthly active users. With a 47% yearly growth in users, social networking is extremely popular and allows people to increase their social, intellectual, and cultural capital. The reasons for contributing, according to a Microsoft report are the following:

1. *Keep in touch with family and friends* (75%)
2. *Being "nosey"* - 62%
3. *Express my opinions and views* (55%)
4. *Meet people with similar interests* (49%)
5. *Specific reason, documenting trip to wedding, etc* (13%)
6. *It's a good way to date* (7%)

70% social networking activity occurs in the evening, 37% of participants visit daily and 41% visit a few times per week. Photos, diaries, and music are the preferred content to put on user's own pages, and personal experiences, movies, family, and travel are what people want to see on their friends' blogs or profiles.

Your future friends, employers and colleagues are watching.

A new survey of 500 top colleges found that 10% of admissions officers acknowledged looking at social-networking sites to evaluate applicants. Of those colleges making use of the online information, 38% said that what they saw "negatively affected" their views of the applicant. Only a quarter of the schools checking the sites said their views were improved, according to the survey by education company Kaplan.

More colleges are developing or publicizing online social networking policies for students, experts say. USA TODAY researched social networking policies for 27 schools, including the University of Iowa, which will implement a new monitoring policy. Last fall, pictures emerged on Facebook of two 19-year old Hawkeye

football players holding cash and liquor bottles. Schools are warning students of the potential dangers of sites such as Facebook and MySpace through student handbook policies, meetings, coach/advisor discussions and even letters. Some schools don't have a specific policy but allow coaches/teachers to monitor at their discretion, or take action if inappropriate material online is reported.

Employers everywhere are using social networking sites as another way to screen job applicants, often times even before an interview. Users are able to post anything about themselves such as their religious background, political interest, sexual orientation, activities, photos and other personal information that could give employers a better look at the individual. According to the search firm ExecuNet, "4/5 recruiters regularly run searches on the Internet to screen applicants" and "1/3 job seekers were found to be eliminated from consideration based on the information that was found" such as suggestive photos or dialogue. Employers say that there is a lot of pressure to hire the right individual the first time around. Often once hired, it is more difficult to discipline the individual or get rid of them if they are not living up to their expectations.

Many users of social network sites may believe that they can protect themselves from the scrutiny of possible future employers by changing their privacy settings. Employers may still have their Facebook accounts from when they were in college and still belong to their college's network. Some employers even hire college students to use their accounts to look at prospective employees who may go to school with them. The only effective way to protect oneself is to monitor what is posted on their personal page.

It has been brought into question as to whether or not this is an invasion of privacy. The answer is hard to determine. According to past court decisions, when a person willingly shares and makes information public that they intended to keep private, they may be putting their right to privacy at risk. The bottom line is that the only way to protect oneself from job seekers is to monitor the information that is posted on social network sites.

Remember whatever you do online, it goes onto your permanent record. You may think in a moment of frivolity that you should share a photo or video. But if you put it on the Internet, assume it will be there forever.

Always be mindful of your privacy. It may be 'cool' to share where exactly you're at. But anything you share can, and will, get picked up. Be careful about what you share. You don't have to share everything. Be cognizant about how many details you share.

Be respected. If you handle yourself with professionalism, you'll be perceived as a very mature individual.

Your future friends, employers and colleagues are watching. We've said it twice now, but we cannot stress it enough: What you put online now will follow you throughout your life. Things like Google Cache will make sure of it. Before you post that rant on your blog full of cursing and angst... ask yourself if that is something you want your children or future spouse to read. Would a prospective employer be turned off by what you've said? Whatever you do, it's going to be there. Always be careful when you put things 'out there' online. And of course, remember that you don't know who is watching.

Christine Perry is the Manager of Pharmacy Recruiting for SUPERVALU Pharmacies. She is a Past Grand President of LKS and Fraternity Advisor to Alpha Chapter. Nicole Schwartz is a member of Alpha Chapter and is the 2008-2009 Social Officer.

Lambda Kappa Sigma "Hart and Soul" 2009 Regional Meeting – August 7-9, 2009

(*Pre-Meeting "Recruitment Boot Camp" – August 5-7th) Hilton Hartford Hotel

Hartford, Connecticut's capital city, was founded in 1625 and is one of New England's oldest cities. Because of the city's vibrant arts, culture, and entertainment sector, Hartford has been ranked in the "Top 20" of cool places in the US to live, work and have fun. What better place to gather for the 2009 Lambda Kappa Sigma Regional Meeting?

Please join your hosts, the Alpha Beta Chapter, and LKS members from across North America, in Hartford, to enjoy Connecticut's River Valley offering visitors big-city sophistication and the charms and splendors of the picturesque New

England countryside: sparkling rivers and shoreline, centuries of history and culture, and an endless array of interesting sights to enjoy. Visit www.hartford.com or www.visitctriver.com for more information on events and attractions in Hartford and the Greater Hartford area.

Prior to the official meeting kick-off, the highly acclaimed CAMPUSPEAK program "Recruitment Boot Camp" will be presented. Two student leaders from each chapter will participate in this program that will help to establish on each LKS campus the fundamentals of effective membership recruitment and retention based on the

core values of Lambda Kappa Sigma.

The 2009 LKS Regional Meeting will combine the best of Hartford attractions, beautiful hotel accommodations and timely, informative professional programming. Come join LKS student and alumni members from across North America for this weekend of sisterhood, leadership training, professional development and fun in one of the most beautiful cities in America. Hope to see you there!

For more information, hotel and registration information, please log on to the LKS website at www.lks.org.

LAMBDA KAPPA SIGMA REGIONAL MEETING - HARTFORD, CONNECTICUT August 7-9, 2009*

*Pre-Meeting Recruitment Boot Camp Program - August 5-7, 2009

Wednesday, August 5th - Pre-Meeting Program

12:00pm - 5:00pm	Registration for Recruitment Boot Camp
5:00pm - 10:00pm	Recruitment Boot Camp Program

Thursday, August 6th - Pre-Meeting Program

8:00am - 10:00pm	Recruitment Boot Camp Program
Evening	Optional Student/Alumni Activities

Friday, August 7th

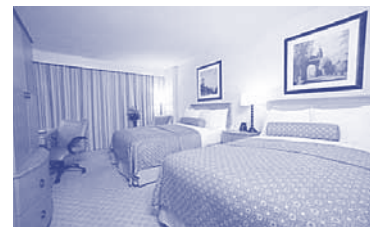
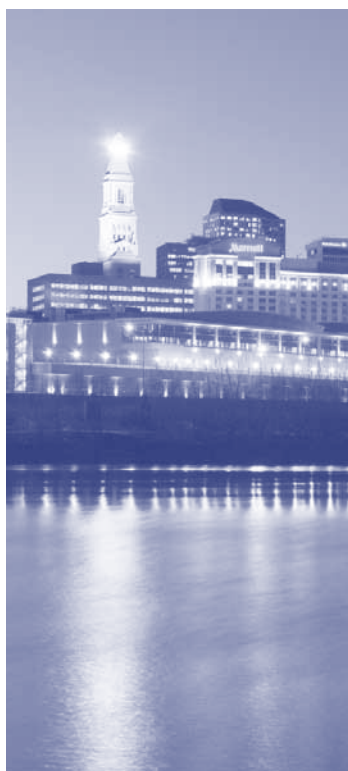
8:00am - 5:00pm	Registration
8:00am - 11:00am	Recruitment Boot Camp Program
8:00am - 11:00am	Pre-Meeting CE Program
12:00pm - 2:00pm	Opening Luncheon & Regional Meeting Kickoff
2:00pm - 4:30pm	Alumni/Collegiate Programming
5:00pm - 10:00pm	Off-Site Activity/Dinner (all attendees)

Saturday, August 8th

8:00am - 9:00am	Continental Breakfast
9:00am - 1:00pm	Alumni/Collegiate Programming
1:00pm - 3:00pm	Awards Luncheon
3:00pm	FREE TIME
6:00pm	Group Photo
6:30pm	Blue & Gold Dinner

Sunday, August 9th

8:00am - 9:00am	Continental Breakfast
9:00am - 10:00am	Alumni/Collegiate Programming



A Look Into the Diagnosis and Stages of Cervical Cancer

By Jasmine Cessna, Nu Chapter

This past summer at Lambda Kappa Sigma's Biennial Convention, the new women's health issue was decided; the issue chosen was cervical cancer. Many have probably heard of it, especially since the cervical cancer vaccine Gardasil was advertised on television not long ago. However, the commercials always failed to explain the cancer or how it is diagnosed. Hopefully after reading this article you will better understand the diagnosis and stages of the cancer itself.

The best prevention for cervical cancer is a yearly Papanicolaou test (also called Pap smears or Pap tests) from a gynecologist. A pap smear is a test that involves gathering some cervical cells from the outside of the cervix and inspecting them under a microscope to look for any abnormal cells. The grading system consists of five classes to describe the results of the test. Class I is the result when cells are normal and have no signs of malignancy. If atypical cells are found, this does not mean an individual has cancer nor is it a precursor to cancer. Abnormal cells can be caused by infections and are often temporary. In this case, the result would be a considered class II. If the result is considered class III, there are abnormal cells that are not invasive but they could also change back to normal. Class IV also consists of abnormal cells that are less likely to change back to normal than the class III cell types. Class V is the result when the individual has invasive cancer. If a pap test ever shows abnormal cells, the gynecologist may recommend retesting in a few months to assure that the abnormal cells are not due to an infection. If the test once more proves that the cervix has abnormalities, then the gynecologist may want to look at the tissue of the cervix with a colposcope.

In this procedure, the doctor will also biopsy a portion of the irregular tissue to send to a pathologist to examine. If it is found that the tissue is indeed cancerous, then treatment will be started.¹

Treatment and prognosis are dependent on the extent of the cancer. Cervical cancer has different stages defined; the American Joint Committee on Cancer's (AJCC) TNM classification. TNM classification system has three parts to it. The T represents the size of the tumor; N describes lymph node involvement, and M stands for distant metastasis (spread of cancer to other parts of the body). Within in each part there are different numbers that represent the assessment of the tumor, nodes, or metastasis. The AJCC's definition of the cancer stages involve each of the three parts of the TNM classification and have stages 0-IV. If you desire to know exactly what each are, go to the National Cancer Institute's website at the following web address: <http://www.cancer.gov/cancertopics/pdq/treatment/cervical/HealthProfessional/page4>.²

The most important part of preventing cervical cancer is annual Papanicolaou tests from a gynecologist. This assures that any abnormalities are caught early and watched for development to allow for a better prognosis for the individual.¹ It's also encouraged that females 9 to 26 years of age get the Gardasil vaccine to help improve chance of avoiding cervical cancer.³

References:

1. Minkin, Mary Jane, and Carol Wright. The Yale Guide to Women's Reproductive Health. New Haven: Yale University Press, 2003.
2. National Cancer Institute. 16 May 2008. National Cancer Institute. 24 January 2009 <<http://www.cancer.gov/cancertopics/pdq/treatment/cervical/HealthProfessional/page4>>.
3. Gardasil. 2008. Merck & Co., Inc. 24 January 2009 <<http://www.gardasil.com/>>.



Lambda Kappa Sigma History

Willette McKeever Cheever – Founder

by Judy McCarthy, Patricia Pentleton, Christine Perry, Alpha Alumni

Every sister's favorite named founder, Willette Marie McKeever was born on February 6, 1894. She enrolled in the Massachusetts College of Pharmacy, graduated in 1917, and was one of the eight students at the College that formed a little luncheon club that grew into Lambda Kappa Sigma. Willette studied dancing all her life, both here in the United States and in Europe. She was a dancing teacher all throughout her adult life. She had been President of the American Society of Teachers of Dancing, the oldest institution of dancing in the United States. In addition, Willette was a serious student of the piano. She married Austin W. Cheever, a physician, and opened a dance studio, the McKeever Studio of Dancing, next door to her husband's medical office at 10 Nahant Street in Lynn, Massachusetts.

Over her lifetime Willette and her husband spent many summers in Europe, Cuba, traveling the United States and at their summer home in Hyannis Port on Cape Cod. At the 25th Silver Anniversary Convention of Lambda Kappa Sigma held at the Hotel Statler in Boston in 1938, Willette Cheever was a member of the Formal Reception Committee. She had her dancing pupils provide a dance recital at the opening session on June 23, 1938 and at the Final Banquet the following Monday

evening. In the sixties, Willette and Dr. Cheever moved to Hawaii where they resided until her death in January 1970.

Patricia Pentleton, a 50 year member of Alpha Chapter, was in the seventh grade when she took ballroom dancing lessons from Willette McKeever Cheever. The one thing that Pat remembers about Willette is that she always wore red shoes when she was teaching. After dance class Pat and her friends would go across the street to her father's drug store for ice cream because the pharmacy had a huge soda fountain with 18 stools.

When Pat enrolled at the Massachusetts College of Pharmacy and joined Lambda Kappa Sigma she realized that Willette was one of the Founders of LKS. At that time Willette had sold her dance studio and the medical office had been closed as Dr Cheever and Willette had moved to Hawaii for retirement. In 1966, Pat and fellow Alpha sister, Judy McCarthy went to Hawaii on a vacation and called Willette on the phone telling her they were both former dance school pupils, from Lynn, MA and members of Lambda Kappa Sigma. Willette communicated that she was enjoying her retirement and remembered Pat's father Ray McGarvey. Both Judy and Pat remember that this conversation was the highlight of their Hawaiian trip.



Willette McKeever Cheever

Judy McCarthy is retired from the US Navy and is the recipient of the Award of Merit and a 50 year member of LKS.

Patricia Pentleton is a community pharmacist with Rite Aid, Historian of Alpha Alumni Chapter and a 50 year member of LKS.

Christine Perry is the Manager of Pharmacy Recruiting for SUPERVALU Pharmacies and Secretary of the Alpha Alumni Chapter.

COLLEGIATE CHAPTER NEWS

ALPHA Massachusetts College of Pharmacy



To start off the New Year, 5th year sisters of Alpha Chapter hosted a counseling information session to help the 3rd year members with their introductory practice management laboratory. The 6th year sisters also hosted a panel discussion for the 5th year students to prepare them for rotations next year.

The sisters also had a sleepover at our Fraternity advisor Christine Perry's home. Christine prepared a delicious dinner and dessert. We played games and discussed plans for fundraising, professional events, and our upcoming orientation.

During February we held our annual professional event, Daffodil Days, for the American Cancer Society. Daffodils are the first flowers of spring and are a sign of hope and renewal. We also started and completed our orientation

process and welcomed new sisters into our chapter. We are very proud of our Vice President/ Membership Coordinator, Cassandra Viscusi, for actively making orientation a huge success! The Alpha Chapter sisters would also like to congratulate Amanda Frezza for being awarded the Cora E. Craven Grant.

We are eager as Dr. Rebecca Couris, an Alpha alumni, will be presenting a CE program on assessing the use of vitamin and mineral supplementation for the prevention of disease to recognize Hygeia Day on March 26th this year. Dr Couris currently practices in the Lifestyle Management Institute at Beverly Hospital in Danvers, Massachusetts.

After spring break we are looking forward to having our 2nd Annual Greek Week joined with Alpha Zeta Omega, Phi Delta Chi, Kappa Psi, and Kappa Epsilon. During Greek Week all the Fraternities compete in fun activities such as a pie eating contest and sumo wrestling. We will also be working to raise money for Project HOPE in the process.

DELTA University of Pittsburgh

On October 30th, the members of Delta Chapter co-sponsored a CV-building session, educating sisters and other student pharmacists about how to properly create a CV. We also sponsored a Cervical Cancer Awareness presentation and are currently preparing for this year's Hygeia Day.

The new member period quickly came to a close with the annual winter formal in November. Pharmacy students celebrated the addition of new members and danced the night away. We also gathered for a huge group photo to send holiday cards to other chapters around the nation. At the end of the fall semester we gathered for our Holiday dinner party and wild white elephant gift exchange! The sisters also hosted a Valentine's Day "date" party which was a lot of fun.

Over winter break, Delta sisters participated in a gift-wrapping service event at Barnes and Noble; it was a nice way to unwind after finals while raising money for Project HOPE. We also participated in another service event after winter break putting our used holiday cards to good use! We donated our gently-used holiday greeting cards to St. Jude's Ranch for Children, which collects used holiday greeting cards and enables children to "recycle" them into holiday cards for the following season. We also have been actively organizing monthly school-wide bake sales to support Project HOPE. February is also Heart Disease Awareness month. LKS sisters have been wearing red every Friday and selling Red Dress pins for charity.

LAMBDA

University of Southern California

Lambda Chapter at USC is proud to welcome 20 new members. They have worked hard all year and they make a wonderful addition to our fraternity. Each of them have a strong and unique personality and we can not wait to see what they will contribute to our chapter and the Fraternity.

We are especially excited to see them perform our at our school's upcoming Kids Day event. The USC School of Pharmacy is hosting a group of children from a local school and planning various educational activities for them to participate in. Our LKS new members will be helping to provide some lunchtime entertainment by dancing the hula.

NU

Drake University

The Nu Chapter at Drake University had a great fall semester, and we love the new energy that the fall orientation class has brought to our chapter. With the addition of these new members we have been able to expand what we do on campus and throughout the community. During the fall semester we held numerous social events to get to know the new members, including pumpkin carving, visiting an orchard and scrap-booking. We also held a drive for holiday food baskets and were able to donate more food than we expected!

We have planned some great professional, social, and fundraising events for spring. One of the speakers we have coming in to give a presentation is a new professor at Drake who used to worked for the National Association of Chain Drug Stores (NACDS) as Director of Education and Training. In addition, we have our annual "Forever Rose" fundraiser for our chapter and Project HOPE. Our chapter is also getting ready to participate in the Des Moines annual Kidsfest event and Relay for Life.

Some of the social events we have coming up include ice skating, bowling, and our first formal. We are excited for this new year for the Nu Chapter and LKS. Once again, we would like to thank everyone for their continued support as we continue to build our chapter and give back to our campus and the community!

XI

University of Rhode Island

On November 6th, Xi Chapter welcomed 57 new sisters. Our regional supervisor and Xi alumni were able to join us for this exciting event where celebrated with a buffet dinner at a local hotel. Our chapter now has 160 members and we hold our weekly meetings in a lecture hall! At the end the fall semester, we held our annual Winter Formal with the URI chapter of Kappa Psi.

Our Sister Retreat, an event that we use to focus on sister bonding, was held in February. Other chapter social events we have planned are the annual Progressive Dinner, movie nights, ice-skating, and board game tournament. We will be traveling to the University of Connecticut this spring to visit our fellow lambs there. For professional development we are hosting a Career Roundtable where pharmacists in different fields in the RI area will come and speak with us about their careers and how they got there.

We have plenty of community service planned for the spring. We will conduct a poison prevention workshop at local elementary schools to educate first and second grade students about the dangers of poisons. We will participate in Relay For Life on campus and will make blankets for Project Linus, an organization that collects blankets for children with cancer at Hasbro Children's Hospital in Providence. One of the professors in the college has asked us to help with a new project: putting on a prom at a local assisted living center for the elderly. We'll be getting music, decorating, and collecting dresses for the ladies to wear for the night.

Xi Chapter is excited for another exciting semester of growth and development both in sisterhood and our relationship with the community around us.

OMICRON

Wayne State University

Omicron Chapter had an excellent recruitment this fall and our initiation took place during a snow storm! We had a great "Go Red For Women" month with bake sales and a joint fundraising event with Kappa Psi. We are also looking forward to the upcoming Hygeia Day with our women in pharmacy speakers.

PI

Rutgers University

Pi Chapter had a very successful fall semester. We started with a week of recruitment which included nights of fondue, games, and getting to know the sisters. All of the projects we participated in this past semester were very rewarding. We continued one of our traditional projects by preparing a full meal at the Ronald McDonald House. We participated in the JDRF walk for juvenile diabetes and took part in Project Angel Tree hosted by Salvation Army. We also spent time building our sisterhood. We spent time at a spa and took a much appreciated break from the stresses of pharmacy school and had a potluck with our developing alumni chapter.

Spring semester started off with a series of bake sales to raise funds and build awareness. We will focus on recruiting new members and having a strong orientation class and will continue participating in projects such as Rutgers Day of Service and hosting a Rotation Roundtable.

TAU

Duquesne University

Tau Chapter accepted 16 new members into our sisterhood. We also created a new committee to focus on ideas for 2010 Convention held in Pittsburgh.

In February we were able to host students from local high schools at our event, "Day in the life of a Pharmacy Student." The students spent the day with sisters and prepare for what they will be doing in a year or two. We also decorated for the Mardi Gras Gala, a black tie affair at the Pittsburgh Convention Center, to benefit epilepsy research. In February, we held multiple fundraisers for local women's and homeless shelters and painted windows at the hospital.

March was busy with our annual fundraiser, Grab-a-geek, an auction that raffles off dinner and a date with a pharmacy student. The event benefits the "Make a Wish" foundation. Since March is also poison prevention month, our outreach committee set up a booth for stu-

dents and faculty to dispose of expired medications. We celebrated Hygeia Day with LKS Alumna and Gardasil representative, Connie Mazzoni, who came to speak to the sisters about cervical cancer. We also had our "Mr. and Miss Pharmacy" fundraiser, a pageant to benefit Project HOPE. We prepared a skit for Carnival with Phi Delta Chi and sold our delicious funnel cakes as a fundraiser.

PHI

Butler University

The lambs of Butler University have been working to collect clothing items for our annual T-shirts for Haiti Drive. It was another successful event, and thanks to donations by our fellow Butler students, hundreds of items were collected. We also prepared and served a fiesta themed meal for the families at the Ronald McDonald House at Reilly Children's Hospital in Indianapolis. Finally, we enjoyed time together at our annual Christmas party, a pottery night, and working concessions at a bulldogs basketball game.

This semester started off supporting women's heart disease awareness by wearing red on February 6th and making a bulletin board for campus awareness on the disease. We'll also be making Easter baskets for the children at Reilly Hospital and collecting toiletry samples for a local women's shelter. Finally, we look forward to a visit from our regional supervisor.

CHI

University of Washington

In November, Chi Chapter welcomed nine new members into our chapter at an induction ceremony attended by several of our wonderful Alumni members. We then kicked off Winter quarter with a potluck dinner to reconnect after break. In January we designed and sold travel mugs as a successful fundraiser. We promoted awareness of heart disease in women with "Go Red for Women" in February and received great support from our fellow students. For Valentine's Day we sold "Care Grams" - hand-dipped chocolate covered pretzels - which has become a favorite tradition in our chapter. We are looking forward to bingo night at a local retirement home; also one of our favorite annual events!

We would like to recognize one of our new members, Kristina Johnson, who placed in the top three students in our school's APhA-ASP Patient Counseling competition. As a first-year pharmacy student, this is a great accomplishment.

ALPHA ALPHA CHAPTER

Temple University

Alpha Alpha congratulates its 13 newly inducted Lambs! We will be celebrating their new membership by having a dinner at a local restaurant at the end of March. Shortly after orientation, we held a winter coat drive for the needy. We also adopted a family for Christmas. The sisters happily bought many toys, clothing, toiletries, and other presents that we shared in the spirit of the season.

In March many of the sisters will "Climb the Tower", an event to benefit the American Lung Association. Each sister will donate at least \$25 and will climb 50 flights of stairs. In April, we will join the brothers of Kappa Psi and Phi Delta Chi for our annual spring formal. It's a night filled with dinner and dancing, and

COLLEGIATE CHAPTER NEWS Continued



proceeds from tickets go to benefit Shriner's Hospital for Children. We are excited for a busy and rewarding semester.

ALPHA BETA University of Connecticut



The Alpha Beta Chapter kicked off the semester with our annual Lock-In at Dr Bogner's house. She opened her home for a sleepover filled with food, games, and lots of fun. However, the fun and games was not the only thing we did. Our committees formed and then discussed our plans for this semester.

Our professional committee has come up with the following events: Special Olympics soccer, "Take Back the Night", an event to help raise awareness of violence against women, and Hygeia Day with Alpha Alumni, Christine Perry. Since the School of Pharmacy has changed their admission requirements and now requiring an interview, we are putting together a pre-pharmacy seminar on interviewing, skills that will be useful even for those that will be applying to graduate school and for jobs later on.

Giving back is the common theme surrounding our community service committee. After much fundraising, we have a team participating in HuskyTHON, which is an 18 hour dance marathon that is a major philanthropic event here on campus to raise money for the Connecticut Children's Hospital and Children's Miracle Network. As a chapter, we plan to go the Mansfield Center for Nursing and Rehabilitation to entertain the residents. We are going to continue the Meds in my Home program educating children on the safe and effective use of over-the-counter medicines and will hold a clothing drive through Big Brothers and Big Sisters. We are also hoping to adopt a child through Compassion International. We are going to be putting together Easter baskets for the children at the Connecticut Children's Medical Center, and finals care packages for the Pharmacy Students as a little stress relief during a chaotic time. Also, after it was a big success last year, we are planning another "Pharmacy Night Out", a social opened to all of the School of Pharmacy and the money raised going to Project HOPE.

The Social Committee is hard at work bringing the sisters together for quality "lamb" bonding. Some of these events include a Hooter's Trivia Night, lunch at one of the student-favored dining halls, roller and ice skating, bowling, and attending a Women's Basketball game and a baseball game as a chapter. We plan to have our annual Kappa Psi social, and a Greek Week within the School of Pharmacy is also in the works. The Xi chapter of the University of Rhode Island has accepted an invitation to play a game of softball against us, which will be a lot of fun and to end the day of "competing" we are planning a cook out. The social committee has also started a "nice" jar to be passed around during chapter meetings where all the members of chapter write something nice about a selected member.

The Alumni committee is working hard

to get our Alumni more involved, by planning an ice-skating event, a casino night at Mohegan Sun, and a dinner in Hartford. The committee is also getting alumni input on events. Also, the fundraising committee members are having a Yankee Candle sale to help sisters pay for the cost of convention, and are designing window decals.

On top of our already busy schedules, we are getting ready for this year's Regional Meeting in Hartford. The sisters have put on their "creative caps" and their "heart and soul" into planning, and have been coming up with ideas to make this year's Regional Meeting as memorable and fun as possible. We can't wait to see you in Hartford!

ALPHA ZETA St. Louis College of Pharmacy



Our chapter is very excited to have 52 active members - we initiated 21 girls this past fall! With such a large group we plan to be very involved in activities around campus and in the community. Annually, we participate in BOO fest for children with juvenile diabetes; we collect toys for the Family Resource Center through the "Angel Tree" we put up in Whelpley Auditorium. We donate snacks, drinks, and volunteer for Metro Kids; we participate in "StLCoP cares" by gardening or picking up trash; and we collect "box tops" for education to donate to Astoria Elementary School.

LKS sponsors the CPR training held at StLCoP to certify 5th year students for their upcoming rotations; last fall, we collected OTC products such as Tylenol, Band-Aids, contact solution, etc. to send with an LKS alumni pharmacist to bring with her to fulfill her charity work at the Walbridge Settlement Foundation in Ghana. We packaged baked goods and other snacks for soldiers in Iraq. Also, each NMO class has held a stuffed animal drive to donate to Children's hospital the last three years; LKS has helped the Salvation Army wrap Christmas presents for children with parents currently in prison; we participate in a fellow fraternity, Lambda Chi Alpha's, pumpkin bust and watermelon bash yearly to help collect and donate canned food items to the North American Food Drive. We have also worked with Lambda Chi Alpha to donate toys and volunteer for their Breakfast with Santa event.

Currently LKS is planning to participate in "Master the Met" to help collect money for the American Lung Association, dedicate food and our time to the St. Louis Food bank, donate to Project HOPE and attend and volunteer at the

Earth Day festival in Forest Park this Spring.

We are all interested in intramurals, whether it is our flag foot ball team in the fall or soccer, volleyball, and basketball teams in the spring. We participate in the Homecoming Olympiad event every year, and won the StLCoP chili cook-off last year!

Each year our chapter plans many recruitment and social activities. We go ice-skating with 1st and 2nd year students in Forest Park, hold a "finals food" study break in the Cafe, plan movie and snack nights, decorate cookies for Valentine's Day, take younger students to the Pumpkin patch around Halloween, and hold BBQs with sand volleyball. LKS participates in the Variety Show every year at StLCoP. We also hold many sisterhood events, including our annual Christmas Party and Spring Formal.

ALPHA ETA Long Island University

The Alpha Eta Chapter has grown so much since the last newsletter. This past winter, we welcomed 22 wonderful women into our chapter. We held our 2nd annual Yankee Candle fundraiser and earned close to \$1000. This semester we also conducted a Dean's Hour with Phi Delta Chi in a game show format. We had the "arteries" versus the "veins" in a head to head 'Myocardial Millionaire' challenge for Heart month. Everyone had a great time!

We are looking forward to our Hygeia Day Deans Hour, holding an information table at the Women's Health Fair on campus. We will also have a pot luck dinner at our sister's house. In May after finals we are planning to have our 2nd annual LKS formal.

ALPHA THETA SUNY at Buffalo



Our fall semester went incredibly well with the addition of 17 new members to our chapter and non-ending fun with every single event we had, from "Licensed to Pill" t-shirts fundraiser to reaching out to the community at Weinberg Campus on Thanksgiving week. We ended the year with our annual big holiday celebration at Dr. Gayle Brazeau's house, our awesome faculty and fraternity advisor, who got nominated for 2009 Teacher of the Year! Congratulations!

We started the new year with a Welcome Back Casino Style party along with our annual LKS Rose and Carnation Fundraiser to benefit Project HOPE during Valentine's Week. Vials with messages of friendship and love filled with M&Ms candies were also sold. We will also be providing intern name tags to the PIs sponsored by our school as part of our next fundraiser.

Our Vice President, Vivian Park, has been working diligently to set up and coordinate an osteoporosis clinic at a local adult home and assisted living program, where we will be performing bone density screenings, patient risk assessments, and providing pamphlets and presentations regarding this condition. This will

be the first osteoporosis clinic ever organized by anyone in our School of Pharmacy! A diabetes wellness clinic is also being organized that includes an informational session followed by brown-bag medication counseling. This year for Hygeia Day, we are delighted to have Dr. Lori Podkolski, PharmD, as our speaker, who will be addressing issues geared towards women's health topics. At the end of March, our chapter will participate in the 2009 American Cancer Society Relay for Life on the grounds of our own university. Any contributions will be greatly appreciated: http://main.acsevents.org/goto/lks_alpha_theta.

For fun, the LKS Mardi Gras Wine & Cheese party is around the corner. We will be also having an LKS/Kappa Psi bowling. Don't forget to visit our website for updates and pictures: <http://lksbuffalo.shutterfly.com>.

ALPHA IOTA

Ferris State University

Last semester Alpha Iota initiated 16 new members. We have stayed active in the community through volunteering each week at Metron, a local nursing home, blood pressure screening at Walgreen's Pharmacy, the local recycling center, and Safe Ride, which is a free weekend bus service to help prevent drinking and driving. We began the semester on a fun note with our annual formal dinner and dance, and we also recently participated in the annual Bowling for Kids Sake to benefit the local Big Brothers Big Sisters organization. We are also planning an informational presentation in celebration of Hygeia Day.

ALPHA KAPPA

University of Georgia

Philanthropy and community service have always been a priority for the Alpha Kappa Chapter. This fall our chapter collected socks and lotion to donate to the VistaCare hospice center in Athens, Georgia. We participate in a local breast cancer walk called "In Their Shoes" in November. Our team "Breast Foot Forward" participated in the 13 mile walk and was able to raise over \$4,000 for the Loran Smith Cancer Center with help from the entire College of Pharmacy. LKS sponsored numerous fundraisers including selling name tags, cookbooks, fitted lab coats, decorative glasses, and Chik-fil-A sandwiches.

We promoted the profession of pharmacy through several events this fall. We provided a speaker for an organizational hour to inform our fellow students on little known pharmacy career paths that are available. We also increased breast cancer awareness on campus through our participation in the 6th annual Dawgtoberfest.

In order to relieve the stress of pharmacy school, our chapter took time out for alumni get-togethers, socials, and a retreat. We held a football homecoming tailgate for our alumni and invited them to other chapter events. We co-hosted theme parties with Kappa Psi including a welcome back party, a Halloween costume party, and holiday Grinch Party. Forty girls recently traveled to Ellijay, Georgia for a weekend retreat. We also fielded an intramural team in flag football named the Killer Lambs.

Our main focus during fall semester was recruitment. We planned an ice cream social, a game night, and a cookout at a local park. We had two "Lamb Pal" events, where we played ice

breaker games and went skating. The work we put in paid off when we initiated 28 incredible new members in October!

The ladies of Alpha Kappa are especially lucky to have the help and support of many people throughout the year. A huge thanks goes out to our big brothers who participate in all of our events including community service, philanthropy, fundraising, recruitment and intramurals. We would also like to express gratitude to our advisors who dedicate their time to help guide our chapter. They are faculty advisor, Kalen Porter; LKS advisor, Beth Brown; and Regional Supervisor, Lisa Rodriguez. These three have had a great impact on our chapter, and we greatly appreciate them.

Alpha Kappa has many exciting events planned for this semester including a formal, socials, a non-pharmacy mixer with the University of Georgia School of Law, and a pharmacy "Greek Day." We will also raise money for the school's "Rx for a Cure" team to benefit Relay for Life. We are also working on a new service project called "Project Cinderella" where we provide gently used prom dresses to local high school girls who otherwise could not afford a dress.

ALPHA NU

University of Kentucky



For this edition our chapter wanted to try something new. A few lambs wrote a paragraph about something they liked about our LKS chapter: here they are.

I really enjoyed the LKS/Kappa Psi bowling event at the beginning of the year. For the first years it was a great chance to meet everyone and make new friends. The older students gave us a lot of insight into pharmacy school while we were having a good time at a local bowling alley. The night was full of laughs, and it was a great event to begin the school year. (PY1)

I enjoy the service opportunities available with LKS. We just finished up our annual Valentines For Vets, where we make valentine's cards and give them to vets at the VA Hospital. We distributed over 40 cards this year and celebrated the fact that our Dean is a veteran. (PY3)

LKS has provided me with an opportunity to meet and talk to other students working towards other healthcare degrees. LKS hosts an annual Mistletoe Mingle semi-formal and this year, all other professional healthcare colleges were invited. This allowed not only our members, but also all other students of the University of Kentucky College of Pharmacy, to branch out and make some connections with the many people we will be coming into contact with in the future. (PY2)

One of my favorite things about LKS is our monthly social event, which is always something different! We have done a Fiesta Night, Movie Night, and a Thanksgiving dinner to name a few. We always have great attendance and it's a

great way to keep up with each other and to get to know people that we may not know as well as others! Our social events are important, not just to have a little fun, but also to bring us closer to our LKS sisters. (PY2)

One of my favorite activities thus far was "recruitment week". As a PY1 I was anxious to get involved at school and to meet fellow students. LKS was one of the first organizations to really involve us in activities. The cookout was great and the older girls did a really good job of making us all feel welcome and right at home. The luau at the end of the week was our first real chance to get to know one another totally outside of the school environment. (PY1)

ALPHA OMICRON West Virginia University



Members of Alpha Omicron celebrated Valentine's Day with a social event and we have several others planned throughout the semester including: the WOW pottery Factory and possibly a trip to NY or an amusement park. We also have WVU School of Pharmacy portfolios for sale and are planning a t-shirt/shorts sale. The Relay for Life chairs are hard at work selling school yearbooks, planning our annual Vera Bradley Bingo, and holding bake sales. Our service chairs are planning for us to prepare meals at our local Rosenbaum and Ronald McDonald House.

ALPHA PI

St. John's University



Last fall Alpha Pi welcomed seven new sisters into our chapter. In December, we co-sponsored our campus-wide World AIDS Day event and sold red chocolate ribbons to raise money for a local AIDS Relief organization. We celebrated the end of the fall semester in New York City, where we had nights filled with ice-skating (where many of us had quite a few slippery falls) and a formal dinner.

As the spring term began, we said a brief farewell to six of our sisters. Three 2nd year sisters took advantage of a fantastic opportunity to study abroad in Europe, and another three left to begin their fifth year rotations.

We co-sponsored two professional events: "What You Need to Know About Heart Disease" and a "Dress for Success" workshop. Our orientation events are currently underway, with our traditional Dessert Party, Game Night, and Pajama Party. We are also in the midst of planning a campus wide Cervical Cancer work-

COLLEGIATE CHAPTER NEWS Continued

shop in March, just in time for Hygeia Day. Community Service events include volunteering at a Ronald McDonald House and our traditional participation in Relay for Life.

We are hoping to have a night out with sisters from Rutgers and LIU! Since our formal last year was a huge success, we are once again looking forward to having another one this spring.

ALPHA RHO Northeastern University



Alpha Rho welcomed ten new sisters this past fall, we are getting ready for a great new year! January was a good month to settle in and start our planning. We started by raising awareness about LKS and Project HOPE during our school's RxExpo. One of our own sisters provided us with a presentation on HIV and the work she did providing health care services to various populations while on co-op in Tanzania.

In February we had an Alumni Dinner. For Valentine's Day, we will be sold candies and other goodies to raise money for Project HOPE. Together with Colleges against Cancer, our chapter will be throwing a "Kiss Away

Cancer" event to raise money and awareness for testicular and cervical cancer. For March, we are in the process of organizing an Easter Egg fundraiser. We also plan to participate in the Relay for Life in April and look forward to an end of year social for all the pharmacy students at Northeastern.

ALPHA SIGMA Texas Southern University



The Alpha Sigma Chapter welcomed eleven new sisters to our chapter this past spring. We have had a packed semester this spring including the Avon Walk as one of our community service projects and a breakfast with members of the Grand Council when they visited Houston recently.

Several of our sisters were inducted into Rho Chi this past fall, and we have several more who are contenders for this semester's ceremonies. Our sisters who are on rotations have been an integral part of the success of the chapter this semester. The encouragement gained at Convention from our sisters has fueled our enthusiasm.

ALPHA PHI Wilkes University



Alpha Phi is very excited to welcome seven new members. We completed last semester with a cough drop collection drive, and collected baby blankets and various baby items to be donated as well. We ended the semester with a Christmas party to celebrate another successful year and the end of finals.

The spring semester will include several fundraisers including selling Sheetz coupons, flower bulbs, and pizza kits. We continue to make Vials for Life and distribute them at various community events. Plans are underway for Hygeia Day, as we try to increase awareness about cervical cancer. We are also forming a team for the annual Relay for Life. We will attend a Wilkes-Barre/Scranton Penguins hockey game, bowling night, and our end of the semester formal banquet.

ALUMNI CHAPTER REPORTS

ALPHA ALUMNI

We had an exciting Founder's Day this year on October 7, 2008 at MCP. The evening started off with an alumni initiation ceremony followed by a pot luck dinner provided by the collegiates. Later, our alumni speaker, Erica Murrell, PharmD shared her insights, career advice and thoughts on sisterhood.

The Yankee Swap was held on January 22 at Kathy McAvo's home. After dinner we enjoyed the Swap, laughed about life and talked about the changes in the profession of pharmacy.

We will be celebrating Hygeia Day on March 26 at MCP with a CE program. This year's topic is "Assessing the Use of Vitamin and Mineral Supplementation to Prevent Disease", which will be presented by Rebecca Couris, Ph.D., R.Ph. Associate Professor of Nutrition and Pharmacy at MCP.

This summer we will be setting up our Chapter committees for the 100th Centennial Convention. If you are interested in participating on a committee please contact Convention Committee Chair Christine Perry at cmperryrph@aol.com.

EPSILON ALUMNI

Our chapter generally communicates via the internet; however we are all involved in other organizations together. At each of these events, the bond of sisterhood brings us together. Several of our chapter members attended the Maryland Pharmacists Association Mid-Year Meeting. Dixie Leikach and Cynthia Boyle recently attended a mentor/mentee get-together with the Maryland Phi Lambda Sigma Chapter. There are several chapter members who will be attending the upcoming APhA meeting and will certainly visit

the LKS booth and reception. We are all looking forward to catching up as Dues are due soon! It will be exciting for the chapter because we are the test site chapter for online alumni chapter dues payment and we are looking forward to that experience!

PHI ALUMNI

Greetings from Phi Alumni. We are pleased to report that two members attended the collegiate initiation in the fall. We are planning a meeting in March to celebrate Hygeia Day and collect dues. We are saddened to share that we lost a dear member, Joan Fritz, in February 2009; she was 86 years old.

CHI ALUMNI

Hello from Chi Alumni Chapter. During November we participated in the collegiate initiation at the home of Susan Lakey, Faculty/Fraternity Advisor. We Alums served cookies and cider following the ceremony, an especially convivial evening.

In December we met at the home of Ina Jenkins, who decorated her yard and home early to welcome us. We again donated funds to the University District Food Bank. Greetings were sent to Alumni who live near and far and to those individuals interested in and meaningful to our members. Nancy Horst reviewed our Bylaws for suggested additions or corrections. We will vote on the revised Bylaws at our next meeting. Before the meeting closed we held a raffle. Pat Tanac won the raffle and received a miniature rose plant. The holiday cookie exchange is always fun.

We enjoyed the many holiday greetings from California, Arizona and Seattle area sisters.

Charter member Blossom Williams, reports from Punta Gorda, Florida, that all is well with her and Guy. We miss our two Lindas. Linda Rupnick and Charlie are spending most of the winter months in Gulf Shores, Alabama. During the year they flew to Hawaii, twice and spent a lot of time in Eastern Washington catching up with relatives. Linda Kvare Story and Spencer flew from Andorra to Tampa, Florida (warm and sunny), to visit her sister, on to Seattle for a short visit, very cold, to sunny Gulf Shores, Alabama, to visit the Rupnicks, warm again. They then returned to Andorra, very cold, to join David, who spent their away time setting up his office.

ALPHA NU ALUMNI

Unfortunately, not too much has happened over the fall and winter here in Kentucky...except an ice storm and major snow storm in the span of two weeks. The weather is not the only thing to talk about at the Alpha Nu Alumni chapter. We love to brag about our lambs and their accomplishments, too. Where to begin? Lisa Savage passed the BCOP exam and Dorathea Andrews passed the BCPS exam. We are also pleased to announce that Dorathea Andrews was accepted into the Masters of Public Health program at the University of Kentucky. We are also excited about our upcoming joint Hygeia Day project with the Alpha Nu collegiate chapter, and the Parent-Member Brunch. On a little sadder note, one of our newest lambs, Nancy Pedigo, moved to Columbia, South Carolina, but once a sister, always a sister...maybe she can help reactivate a collegiate or alumni chapter down there in South Carolina.



LAMBDA KAPPA SIGMA SPRING/SUMMER 2009 CALENDAR

March 15th
Hygeia Day celebrated
by presentation of a professional program
open to the public

April 1st
Deadline for Payment of Alumni Dues

April 1-3rd
LKS Spring Grand Council Meeting
San Antonio, TX

April 4th
LKS Member Dessert Reception
San Antonio, TX

April 4-6th
APhA Annual Meeting & Exposition
San Antonio, TX
Visit the LKS booth!

April 30th
LKS Award Nominations Deadline

June 1st
Deadline for submitting all financial obligations,
initiation fees, master member input sheets,
officer roster, Treasurer's report, and
Annual History report

June 30th
Deadline for early bird registration for LKS
Regional Meeting

August 5-7th
Recruitment Boot Camp Program – Hartford, CT
Mandatory participation – 2 students per
chapter; limited number of additional openings

August 7-9th
LKS Regional Meeting – Hartford, CT

BLUE & GOLD
TRIANGLE

THE LKS
INTERNATIONAL OFFICE
ADDRESS IS:

LAMBDA KAPPA SIGMA
P.O. BOX 570
MUSKEGO WI 53150-0570



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P.O. BOX 570
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