



BLUE & GOLD TRIANGLE



Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"

**Leadership training, continuing education, relaxation, fun and sisterhood ~
all this and more await you at the Lambda Kappa
Sigma Biennial Convention to be held in one of**

**our nation's
most historic
and beautiful
cities,
Savannah,
Georgia!
Mark your
calendars
and put in
for your
vacation time
now for
August 6-10,
2008.**



Lambda Kappa Sigma

Biennial Convention

Savannah, Georgia

August 6-10

2008

Something to Talk About!

The Biennial Convention will be held at the Hyatt Regency, Savannah, right on city's picture-perfect riverfront. LKS business sessions will give you the opportunity to hear about the important work being done by your Fraternity on a local and international level; you can also help to make the decisions that will set the direction our Fraternity will

take in the future. You will then be given the opportunity to welcome our new leadership and show them your support.

There will also be plenty of time to enjoy the sites, sounds and flavors of the wonderful city of Savannah. Planned activities include a city tour, dinner on the town, and a steamboat ride. There will also be

free time available to walk the cobblestone pathways, shop and enjoy the local night life, all within walking distance of the hotel.

Join the ladies of Alpha Kappa Chapter, our hosts, and LKS members from across the country for this important and fun-filled event. We look forward to seeing you there!

For more information and to register, log on to www.lks.org to download a registration form or complete your registration online. Book your room reservation early to confirm your accommodation at the hotel – space is limited, so don't delay!

See page 11 for the schedule of events, hotel description and keynote speaker.



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Mission

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

Publication

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**LKS
Grand
President
Jennifer
Rhodes**

As this issue of the Blue and Gold Triangle went to press, election ballots for your next Grand Council were being finalized for mailing to the collegiate chapters and to alumni members. We will soon elect a new group of leaders for LKS.

The citizens of the United States of America are in the midst of determining who will serve as our next president. During the voting process, we will consider the public service credentials of these candidates, their personal stand on specific issues important to us, their attitudes toward the current direction of the country, their past employment history, and their business and personal ties. These candidates are placed under the political microscope, so that the citizens of the United States can decide whom they want to have run this country.

Grand Council candidates submit credentials in order to be considered for a leadership position in LKS. Here is a summary of my credentials:

I joined LKS as a member of Rho chapter (Oregon State University). I served as my chapter president and chapter delegate to my first convention in 1982, in Pittsburgh. In 1983, I received the Roche Communications Award and the annual student leadership award for the OSU School of Pharmacy. Believe me, the latter award was a surprise, as we had a national student APhA officer in my graduating class!

After graduation, I became an alumna member-at-large in LKS. Before serving as your Grand President, I served three terms as a Region Supervisor, three terms as Grand Treasurer, four years on the Trust Liaison Committee, and one term as Grand Vice President for Development. Serving LKS is something that has brought value to me as a person, and I believe I have added to the value of LKS in the process.

Now, for the rest of my life (yes, there is life outside of LKS!). I lead at work, as a pharmacist and a pharmacy supervisor. I lead through my son's Boy Scout troop as a member of the Parent Committee. I serve my church as part of the music team. At our son's school, I lead as a member of the PTO Executive Committee.

I know that many of you have similar stories. As a pharmacist, you may find yourself leading inside and outside your profession. If you are up to the task, your talents will be put to use by your profession and your community. But, your talents will only allow you to realize success if you are adequately prepared and committed to the task at hand.

Calvin Coolidge once said, "Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb."

Mr. Coolidge was right. A smart, talented leader must also possess the characteristic of persistence. Without persistence, there is often a gradual lack of both interest and commitment, and momentum is lost. It is through hard work, in a consistent and unfailing manner that the talented future leaders of LKS will take us into the future.

The future vision of Lambda Kappa Sigma is one of growth and development. That vision was highlighted last summer at our Regional Meeting, by the adoption of a revised Strategic Organizational Plan. LKS depends on its talented, objective leaders to sustain the ideas of our Strategic Organizational Plan and to guide the future decision making process. And, LKS depends on its diverse membership base to come forward and serve the Fraternity in a variety of volunteer capacities: Grand Council officer; supervisor; advisor; chapter officer; committee member.

In this issue of the Blue and Gold Triangle, you will read the words of many of our Merck Vanguard Leadership Award winners. I hope you find inspiration in what you read. Then, like many of our country's political personalities, I hope you will embrace the opportunity to lead when you are called on.

Lamb For Life,
Jennifer Rhodes
LKS Grand President

LAMBDA KAPPA SIGMA LEADERS IN PHARMACY



Kathy McTernan, Pharm. D. 2007 Lambda Kappa Sigma/Merck Vanguard Award

Lambda Kappa Sigma is pleased to recognize Kathy McTernan with the 2007 Vanguard Leadership Award. Kathy graduated from the Massachusetts College of Pharmacy in 1993 with a Bachelors Degree in Pharmacy and in 2000 received her Pharm. D. Upon graduation, she joined CVS Pharmacy as a staff pharmacist. Two years later she became the Healthwise Director for CVS in the South Shore of Massachusetts where she presented clinically appropriate educational lectures and one-on-one consulting to patients, nurses, and physicians, while being responsible for educating and scheduling pharmacists for various community program sites. In 1997 she became a CVS Pharmacy ProCare Pharmacist, which was a specialized store focused on the patient population with infertility and HIV/AIDS. There she maintained a therapeutic alliance with physicians, nurses, and patients, providing education and monitoring of outcomes. In 2000 she happily changed practice settings and joined Critical Care Systems as a Pharmacy Manager and Clinical Pharmacist. In her new position, Kathy assists the physician and nursing staff in setting therapeutic objectives for drug therapy by collecting, evaluating and interpreting results of laboratory data, clinical data and other pertinent patient information to implement and ensure safe and effective drug therapy in the home. In addition, she is the Operations Performance Chair for her company and is responsible for leading the organization through the process of improving with teamwork, brainstorming and risk management activities by identifying areas for improvement, trending, and benchmarking in the hopes to provide the highest quality of service to support the mission and direction of the company.

Kathy has been a leader in pharmacy for numerous years. She has been a member of the Massachusetts Pharmacist Association since 1998 and has held leadership positions within the Association for the past 8 years, including two terms as a member of the Board of Directors, Vice President and President Elect. In October of 2007, Kathy was installed as the President of the Massachusetts Pharmacist Association. She is currently co-chairman of the New England Pharmacist Convention Committee, and is an advocate for the profession of pharmacy in Massachusetts and around New England. In 1999, she was awarded the

Massachusetts Young Pharmacist of the Year Award.

As a member of Lambda Kappa Sigma, Kathy is a loyal sister. She was initiated into the Alpha Chapter at the Massachusetts College of Pharmacy in 1990 and was active on numerous committees. Now a member of Alpha Alumni Chapter, she is in her third term as President of Alpha Alumni. She has been a featured Hygeia Day speaker and a two time recipient of the Ruth Davies Flaherty Service Award. Her outstanding activity in her first 10 years after college was honored by Lambda Kappa Sigma as the Young Pharmacist of the Year in 2000.

In her acceptance speech at the 2007 Regional Meeting in Philadelphia, Kathy offered this advice to the membership. "In this day and age of self promotion and individualism, my approach is defined more in the LKS motto "Esse Quam Videri" or "To Be Rather Than To Seem To Be." This is reflective in all aspects of my life. I was in your position not too long ago, and my main focus was getting through with my studies and getting started on my future in the profession of pharmacy. Since graduating, I have gained valuable experience working in different practice settings, working for good managers and not so good managers. I did not realize it at the time but my leadership and dedication to my profession was being honed when I became active in LKS. To this day, the friendships I have forged with people like Christine Perry have influenced how I live, work and lead. I have also been fortunate to have had some great mentors who have taken me under their wings. Find that person with experience and ask them to help — they are out there and in this room."

"This foundation has led me to be successful and I try to live by three rules that begin with the letter R. The first two pertain to respect — Respect for self and respect for others. As pharmacists, we are a vital member of the healthcare delivery team. It is most important to respect yourself and your profession. I have made great strides in my personal and professional life by being collaborative and leading by example, but most importantly in how I treat people.

In October, I will be installed as the President of the Massachusetts



Kathy McTernan, Pharm. D.

Pharmacists Association. MPhA is the voice of pharmacists from all practice settings in Massachusetts. With this wonderful opportunity, comes a great deal of responsibility — my third R. We must take responsibility for our actions in order to be successful contributors to society. Moreover, as pharmacists, it is imperative that we hold ourselves to a higher standard."

"On a daily and hourly basis, the decisions we make and actions we take can affect a person's life. Take care of yourself, work with your colleagues, care for your patients and support your profession. Our profession is at best misunderstood and at worst under attack. Now is the time for you to stand up and be heard — as a person, as a pharmacist and as a leader. My experience at MPhA has shown me the importance of pharmacists speaking collectively to promote our profession; it advocates the importance of our work now and in the future, including your future in pharmacy. I urge you to stay involved with organizations like LKS. In addition, get involved in your future now by supporting your state association and ensuring that future leaders like you can continue to make a difference."

Congratulations, Kathy, on your achievements and representing women in pharmacy.

LESSONS IN LEADERSHIP



Mary Grear

Lambda Kappa Sigma provides members the opportunity to build valuable leadership skills. Part of the Fraternity's benefits of membership is to provide mentoring and networking opportunities. LKS spoke to our Vanguard Award winners and leaders in the profession of pharmacy to share their thoughts on leadership.

What makes a leader a leader?

Grear - The personal characteristics of a leader are very important. Words like passion, humor, empathetic, mature, patient, knowledgeable, common sense, trustworthy, reliable, creative, and sensitive have all been used in describing a leader. A leader not only expresses their best, but brings out the best in others. Leaders step up to serve others as good role models. Leaders are able to delegate to others and give praise to their team. Leaders accept responsibility for mistakes and learn from them. They have vision and enough self confidence to take risks and to "think outside the box". Leaders are well organized and possess the ability to see the job through to the end. They possess a great deal of persistence and total commitment to the project at hand.

White - I think what makes a leader is never being satisfied with the status quo and always being willing to innovate and improve their services on behalf of their patients and staff, no matter how long or what it takes to do so.

Valentine - Action upon personal conviction; the desire and ability to bring others along with you; encouragement in times of malaise or defeat of action in others.

Bugdalski-Stutrud - It is one's ability to realize when to be a follower and take the direction of those that might have a better idea, solution or suggestion to a problem. It is the true leader that also knows when to express their thoughts and when to listen and seek the advice of others. All too often people in "charge" tend to take over or take control when in fact a true leader recognizes the talents of those around them and relinquishes their position to allow someone else to take over. Leaders know how to recognize the strengths and

weaknesses of those around them and to develop a strategy to mentor these individuals.

It is also one's ability as a leader to assess a problem and know when to step in and offer direction without utilizing POWER or intimidation. AND it is one's ability to realize that becoming a leader didn't happen overnight.

Cestone - An exceptional leader realizes that she cannot accomplish everything on her own. A leader will surround herself with the most talented people he/she can find, know the talents and interests of people around him/her, and thus delegate tasks accordingly. You must be able to empower others. Teach people how to accomplish a task - don't do it for them (even if you can do it faster or better, you don't have the time). Tell people what you expect from them, give them the tools they need to succeed, and then get out of their way. Learn to listen; nothing is more empowering than being heard.

Top 5 characteristics of leaders:

Grear - 1. Possess core values and be trustworthy. A leader who has the respect of those that she is working with will be able to inspire others. 2. Be knowledgeable about the task and have vision. This includes being open to new ideas, being a risk taker and having the ability to "think outside the box". 3. Be a good listener and communicator. A leader always treats her team with empathy and fairness. 4. Possess the ability to inspire and be not only your best, but bring out the best in others. 5. Walk the talk. Be persistent and committed, having passion and discipline in all you do. As leader, when mistakes are made, you will accept the responsibility and learn from the mistakes.

Gosselin - 1. You must be a good listener. This makes colleagues feel that they are important and have been acknowledged. 2. You must be proud of your profession and enjoy your work. 3. Be confident about your knowledge in your profession and proud of your work. 4. Be willing to help others- be a mentor. 5. Adopt a strong work ethic and a good sense of diligence.



Sara White



Michelle Valentine



Carol Bugdalski-Stutrud

White - 1. Leads with a compelling vision that has been developed in conjunction with their workgroup. 2. Values people as the valuable resource they are and grows and develops each one. 3. Hold themselves responsible and accountable for ensuring the appropriate patient and workgroup outcomes. 4. Is organized to ensure actual results are achieved, both personally and workgroup wise. 5. Gives back through involvement and leadership in professional organizations, speaking, publishing, precepting and teaching.

Valentine - 1. Especially good, or trained listening skills. 2. Open mindedness to others' opinions. 3. Respect for all. 4. Courage. 5. Saying "Yes" or volunteering.

Cestone - Integrity, optimism, open mindedness, risk taker and committed.

Personal philosophy towards leadership in your practice:

Grear - Currently, I practice as a consultant pharmacist in a non-traditional setting in ambulatory surgery centers. My responsibility includes all facets of medication management in the centers. In this role, patient safety and quality assurance take front and center. Leadership skills that I use on a daily basis come from the list above. Certainly, the nurses and physicians that I work with must trust my judgment and rely on my knowledge.

Communication is a key for me whether I'm presenting a nursing inservice, writing a newsletter for other consultants, or convincing a physician to change drug therapies. Quality assurance and improvement heavily depend on our "team's" ability to recognize and accept responsibility for "near misses" as well as medication errors. We are committed to taking these examples and improving our process and ultimately making our environment safer for patients.

White - I feel the most important aspect of my leadership is empowering and engaging my colleagues to achieve their professional best on behalf of our patients.

Valentine - I'm still learning to inject humor into my life along with my leading others. It is something I deeply enjoy in others; I recognize that humor is a skillful use of thought and influence.

Transmitting sincerity is easy if you only speak about something for which you are passionate. In retrospect, usually what makes me the happiest is what I excel at with others. In consulting, the patient sees this and wants to become part of a better situation, and buys into my advice. A good leader is only as good as the followers. That's the trick, getting the followers. Then, anything is possible, paraphrasing Margaret Mead.

Bugdalski-Stutrud - My personal philosophy towards leadership is actually a lyric from a little known Gladys Knight song called OVERNIGHT SUCCESS. I often times play it over in my mind when I am struggling with a problem knowing that I am going to need the help of others to assist in solving the problem. The words are: "Overnight success doesn't happen overnight, and the world is still a circle, what goes around comes around again. So treat every person fairly as you start upon the climb, reach for everyone's respect, believe it what you are doing and try not to forget....overnight success doesn't happen overnight."

There are more lyrics to this song that are just as inspirational however, I selected this particular one because I believe that it sums up my life and personal philosophy. The profession of pharmacy is my circle and the practitioners and all of those that make our lives better need to be treated fairly regardless of their level of education, income level, social status and abilities. Additionally, our patients also need to be treated just as fairly regardless of their education, income level, social status and abilities. These are the individuals that have made my professional life rewarding and enriching, which carries over into my personal life. A leader needs to recognize what is important to their success and that is the support and encouragement of other PEOPLE.

Boyle - I firmly believe that each pharmacist will be called to leadership, whether within his or her practice, in the community, or in the profession. Some people have natural leadership gifts, but all of us can learn and develop skills which will make us more effective in the external environment that legislates and regulates our profession. I think the most important leadership attribute is vigilance. A leader

is aware and engaged in the issues of the day, and she is vigilant to influence the changes which are occurring around her.

Leaders create a legacy by mentoring future leaders and colleagues and by recognizing others' contributions. For example, it takes a lot of effort to compile award nomination packets on behalf of deserving individuals. For many national awards, such as the Vanguard Award and PLS awards, there may be significant competition, but there is no greater honor than to direct the spotlight to someone who deserves recognition. I am thankful someone did that on my behalf, and I seek to live up to the honor by growing the talents and recognizing the accomplishments of those around me.



Donna Cestone



Christine Gosselin



Cynthia Boyle

HISTORY OF THE Lambda Kappa Sigma/Merck Vanguard Award

By Christine Perry, Alpha Alumni, Past Grand President

In the 1980s pharmacy schools began to see a shift in the number of women enrolled in pharmacy school. By 1985 many graduating classes were 50% women. In the mid to late eighties, there were numerous initiatives by many national organizations, including APhA and LKS, to recognize this change in the profession. It was clear that if this shift in enrollment continued to increase then the pharmacy decision makers of the 21st century would be women.

In June of 1987 Lambda Kappa Sigma and its then Executive Director, Mary Grear, played an active role in the planning of The International Leadership Symposium: The Role of Women in Pharmacy. The symposium was put together to exchange information and participate in a "think-tank" environment. Representatives from 19 countries attended to get a gauge of leadership opportunities for women.

At the 1987 Regional in Scranton, PA, Mary Grear and Grand President Patty Kienle met with Paul Baumgartner, Manager of Pharmacy Relations for Merck Sharp and Dohme, about the Women in Pharmacy Leadership meeting in London. Paul and Merck were active participants in the Leadership Symposium. After the Scranton meeting Mary, Patty and Paul were discussing ways to recognize women in pharmacy. Paul suggested a leadership award. He took the idea back to Merck for funding and the Company opted to approve and fund the Award. The original intention of the Award was to be a national one where each pharmacy association would give the award. However, due to political reasons, the national pharmacy organizations did not choose to give an award devoted to recognizing women in leadership. Lambda Kappa Sigma and Kappa Epsilon, the two pharmacy fraternities devoted to women in pharmacy, opted to give out the Vanguard Award.

The Vanguard Award was established to honor women in pharmacy who have excelled in sustained exemplary practice or entrepreneurial endeavors, in their

influence on the profession of pharmacy and through their leadership ability in the professional setting and community.

LKS was the first organization to give out the Vanguard Award in 1989 to Mary Jo Reilly, Tau. Mary's career achievements include distinguished service at Mercy Hospital in Pennsylvania before becoming a part of the ASHP staff where she was Senior Vice President. Mary's other awards include the LKS Award of Merit, PFA Career Achievement Award, honorary doctorate from PCP and the ASHP Harvey AK Whitney Award. At the award presentation, Paul Baumgartner said "The growing presence of women in pharmacy presents an opportunity to stimulate interest and participation in Professional Associations. We hope our support will provide the impetus to capitalize on this opportunity to actively seek out and recognize women leaders."

At the 1990 Convention in Lexington, the Vanguard Leadership Luncheon was in honor of Mary Grear, Alpha Zeta. Mary was recognized with the Vanguard for her influence on the profession through her leadership. Mary held the position of Executive Director of LKS from 1984-1994. She was a Past Grand President of LKS, served on the Board of Directors for PFA for 6 years, was Executive Director of the Nevada Pharmacy Alliance. She has been a president of her own management firm, a pharmacy owner, hospital pharmacist, member of the St Louis College of Pharmacy Board of Trustees, and was awarded the LKS Distinguished Service Citation. Mary played a key role in LKS being recognized with the Schering mortar and pestle as the oldest fraternity for women in pharmacy.

E. Michelle Valentine, Alpha Omicron, was the recipient of the 1991 Vanguard Award. Michelle distinguished herself as past Speaker of the APhA House of Delegates and President of the Washington State Pharmacists Association.

The 1992 Award was given to Sara White, Rho. Sara was recognized for her leadership as Chairman of the House of Delegates for ASHP. Sara has been the

president of Kansas Society of Hospital Pharmacy. Professionally, Sara has held the position of Director of Pharmacy at Stanford University Hospital. During her award remarks, Sara challenged each of us to conduct ourselves as leaders in our personal and professional lives.

Christine Gosselin, a member of Alpha Chapter, was the 1993 Vanguard recipient. Christine was only the second woman to become President of the Massachusetts Pharmacists Association. Christine was the first woman to be appointed to a faculty position at MCP. In addition, she is the recipient of the MCP College Medal, MCP Alumni Achievement Award and was the First Lady of MCP as her husband, Ray, was President of the College.

Patti Kienle, Eta, was the 1994 recipient of the Vanguard Award for outstanding leadership to her profession and community. In addition to her LKS accomplishments as Grand President, Patti was member of the Board of Directors of ASHP, and in her award remarks emphasized the importance of mentoring.

In 1995, Paula Castor, Eta, Associate Director of Pharmacy at the Albert Einstein Medical Center in Philadelphia, was the Vanguard Recipient. She is an ASHP Fellow of the Society in recognition of sustained contributions to practice excellence, and served on the Executive Committee of the National Association of Boards of Pharmacy.

Janet Engle, Pi, was the 1996 recipient. Janet was Dean of Academic Affairs at the University of Illinois Chicago. Janet has held numerous leadership roles in pharmacy including President and Trustee of APhA, President of APhA-APPM, and President of the Illinois Pharmacists Association, where she also served on their Board for nine years.

Alpha Pi alumnus, Angele D'Angelo, was the 1997 recipient of the Vanguard. Angele has been a pharmacy owner, Assistant Dean at St Johns University, Vice President of APhA, member of the New York Board of Pharmacy and Editorial Director of US Pharmacist.

The 1998 Vanguard was awarded to Betty Jean Harris. Betty, a member of Eta Chapter, was recognized for her leadership achievements in the profession of pharmacy. She has held numerous leadership roles in APhA, including Speaker of the House and a member of the Board of Trustees.

Ruth Demar, Delta, won the Vanguard in 1999 because of the diversity of her professional endeavors. Ruth has been the President of the Arizona Pharmacists Association, served on Grand Council, as President of Phoenix Metro Chapter and an instructor at Midwestern University College of Pharmacy. Professionally, Ruth has been a consultant, nuclear, hospital and community pharmacist.

The 2000 Vanguard Award was presented to Barbara Hayes, Alpha Sigma, and Dean of Texas Southern University. Known for excellence in everything that she does, Barbara rose through the ranks at TSU and has a PhD in pharmacology. She has served LKS in numerous roles, including Grand Vice President for Alumni, and is active with AACP. Barbara has influenced countless individuals through example and mentorship, demonstrating a personal as well as professional commitment to excellence in pharmaceutical care.

Baeteena Black, Alpha Epsilon, was the 2001 recipient. Baeteena, Executive Director of the Tennessee Pharmacists Association, an organization which she also served a President, has a diverse career that includes consultant pharmacist, hospital pharmacist and Director of

Pharmacy Affairs for Searle. Over her career, Baeteena, has served on numerous committees, task forces, and councils and has held several offices on numerous boards.

In 2002, Barbara Hauck, Alpha Zeta, was given the Vanguard Award. Recognized for her leadership in community pharmacy, in 1992 Barb became the first female District Pharmacy Supervisor for Walgreen's in St. Louis. In 1995, she made the move to corporate to become the Manager of Third Party Operations. Barb served LKS as a Regional Supervisor and Grand Vice President of Collegiates.

Carol Bugdalski Stutrud, Omicron, was awarded the Vanguard at the Providence Regional Meeting in 2003. Carol rose through the ranks at Arbor Drug in Michigan as Director of Pharmacy Development, Director of Pharmacy Operations and Vice President of Pharmacy Operations, where she was responsible for 208 pharmacy locations. Carol has been active in numerous pharmacy organizations and has served on the APhA Board of Trustees, as President of Wayne State Alumni Association and as a member of the Michigan Pharmacists Association for 22 years.

Cynthia Boyle, Epsilon, was presented with the Vanguard Award in 2004. Cynthia has been President of two pharmacy organizations, Phi Lambda Sigma and Maryland Pharmacists Association. Cynthia is the Director of Experiential Learning Program at the University of Maryland School of Pharmacy. Cynthia is

an active member of several professional organizations at the state and national level including APhA, AACP, ACPE, MPhA, PLS, Rho Chi, and LKS. Cynthia is a fellow of APhA and officer in APPM.

In 2005, Magaly Rodriguez de Bittner, Epsilon, a leader in pharmacy and one of our true modern day super women, was awarded the Vanguard Award. Magaly is the Associate Dean for Academic Affairs at the University of Maryland School of Pharmacy. Magaly is a leader in research and teaching areas focused on community pharmacy practice and ambulatory care program development and implementation. She is the recipient of the APhA-APPM Merit Award, Innovative Pharmacy Practice Award from the Maryland Pharmacist Association, and recognized as the 1999 Best of Baltimore Pharmacist of the Year.

Donna Cestone, Alpha, was awarded the 2006 Vanguard Award. Donna has enjoyed a long career in the pharmaceutical industry and held over ten leadership positions in the New Jersey Pharmacists Association, including President and Chairman of the Board. She has been a delegate to the APhA House for 19 years.

The 2007 Vanguard was presented to Kathleen McTernan, Alpha. Kathy, a former LKS Young Pharmacist of the Year recipient, is the President of the Massachusetts Pharmacists Association and in her third term as President of Alpha Alumni Chapter.



Call for Nominations for LKS Awards

Lambda Kappa Sigma encourages you to nominate a fellow alumni sister for a Fraternity Award to be presented at the Biennial Convention in Savannah on Friday, August 8. Awards to be presented include, Distinguished Service Citation, Young Pharmacist of the Year Award, Award of Merit and Vanguard Leadership Award. Nomination forms can be obtained on the LKS web site and are due to the International Office on April 30.

The Trust Liaison Committee, Overseer of the Educational Trust

By Marilyn Harris, Past Grand President, Tau Chapter

The main focus of the Lambda Kappa Sigma Educational Trust is to support individual students, both professional and graduate, with grants, and educational endeavors of Fraternity benefiting many members. The overseer of the Trust is the Trust Liaison Committee (TLC) which is responsible for fund raising, monitoring and recommending changes in the investments, and determining how the funds will be spent under the established guidelines. This committee reports to the Grand Council; it is not a committee of the Grand Council but a free standing entity whose members are appointed by Grand Council. The TLC has eleven members who serve for five year terms in a rotating manner. The current members Nancy Horst, Robin Bogner, Marilyn Harris, Neil Leikach, Donna Dancer, Avis Ericson, Gloria Bernstein, Portia Devore, Patricia Kienle, Barbara E. Hayes and Marilyn Haberle are all LKS members except Neil, who is a Patron.

These individuals have served LKS as leaders on many levels. Five are past Grand Presidents, others have served as Vice Presidents, Treasurer, and Regional Supervisors. Most have served in a number of Grand Council offices, and many have served as Fraternity or faculty advisors to collegiate chapters. Among this group are Merit, Vanguard and Distinguished Service award holders. Several have been the driving force behind establishing new alumni and collegiate chapters and several have worked to re-activate a collegiate chapter. Professionally among these members are pharmacy school deans, professors, hospital pharmacy leaders, chain pharmacy managers, community pharmacy owners, and managed care leaders. TLC members are not only active in the Fraternity and professionally but also in the wider community, in their churches, and in charitable organizations locally, nationally and internationally. All are dedicated to the Fraternity, the Profession and the Community, and bring this leadership and ability to the TLC. Your Educational Trust is in good hands.

Over the last several years the size of our investment has grown as the result of successful annual appeals, Convention fund raising and a healthy stock market. This growth has enabled us to increase the size of the grants from \$500 to \$750 each. We must not stand on our success, because along with this growth in the size of the

Trust has come phenomenal increases in the costs of collegiate tuition and fees, books and supplies, and living expenses. Our students need more financial help than ever, and our Fraternity needs funding to increase its educational endeavors. The signs for 2008 are that we cannot expect our investments to grow at the same rate as the last several years, but the TLC will carefully monitor our investments, and along with the IO work to increase our fund raising results. Fund raising at Convention has grown during the last several biennia, and this is one way we can all help. I hope many of you will attend the Biennial meeting in Savannah this August. This is a great time to renew old friendships, make new friends and focus on what the Fraternity means to us all. If you haven't been to a meeting for a while you may have forgotten how much fun it is, along with the opportunity to have input in the Fraternity business, participate in educational programs and honor those who the Fraternity has recognized this biennium.

One of the highlights of the meeting is the Educational Trust luncheon. This has become a time dedicated not only to the report of the TLC, recognizing donors and grant recipients, but also to a spirited auction and the drawing for our biennial raffle. The bidding on auction collectible items can be exciting and gets quite heated at times. We always have some fun items as well as LKS and pharmacy treasures donated by generous members. To be successful LKS is always looking for auction items. Do you have an item to donate to the auction? The IO would love to hear from you. The raffle this year has some great prizes. First prize is a week at a private condo in Barbados including air fare for two, second prize an Apple iPod Nano 2GB-Silver, and third prize assorted gift cards from your favorite retail stores and restaurants. To make this a success we need you all to support this raffle. You may be a winner! For more information about the Convention, auction, raffle or other ways you can help the Trust contact the IO.

2007-2008 Educational Grant Recipients Lambda Kappa Sigma Pharmacy Fraternity

The Lambda Kappa Sigma Educational Trust and the Educational Grants Committee are pleased to announce the recipients of the 2007-2008 LKS Educational Grants program. These young ladies represent some of the best and the brightest that LKS has to offer. If you did not receive a grant this year, we strongly encourage you to consider applying for the 2008-2009 program in the fall of 2008. Applications are submitted no later than November 1st of each year.

Adele Lowe Leadership

Marissa Salvo – Xi
University of
Rhode Island



Marissa Salvo

Mary Connolly Livingston

Brittany Brand –
Omicron
Wayne State University



Brittany Brand

Norma Wells Loyalty

Vasudha Gupta – Xi
University of
Rhode Island



Vasudha Gupta

Cora E. Craven

Emily DeMarco – Tau
Duquesne University



Emily DeMarco

Allyson Davis – Alpha
Sigma, Texas Southern
University

Kristi Durrett –
Alpha Nu
University of Kentucky

Kaitlin Lulek – Omicron
Wayne State University

Corissa Mathis – Alpha
Sigma, Texas Southern
University



Corissa Mathis



Kaitlin Lulek



Kristi Durrett



Allyson Davis

DRUG INDUCED LUPUS ERYTHEMATOSUS



Kaitlyn Bowersox, Xi Chapter

Drug Induced Lupus Erythematosus (DILE) is an autoimmune disorder similar to Systemic Lupus Erythematosus (SLE) that is brought on by a hypersensitivity reaction to certain medications. It is believed that these medications may react with cellular materials which then cause the body to form antibodies that attack the body's healthy cells. It is usually less severe than SLE and the symptoms, which usually occur after 3 to 6 months on a medication, dissipate after discontinuation of the causative drug.

While DILE is rare, occurring in approximately 4 % of patients that take specific drugs, it is important for pharmacists to be aware of potential causative agents. Medications with the highest risk of DILE include hydralazine, procainamide and quinidine; among these agents, DILE occurs in between 5 and 10% of patients on them for 1 to 2 years. Other common causative medications are listed in table 2 and have an occurrence of less than 1% among patients.

Symptoms are similar to SLE and include: Blurred vision, fever, joint pain/swelling, loss of appetite/weight loss, chest pain, and a "butterfly" rash across the bridge of the nose and cheeks. Diagnosis is usually made symptomatically and by the presence of ANAs (antinuclear antibodies). These ANAs are usually autoantibodies that react with the histone-DNA complex. The presence of ANAs alone is not enough for diagnosis.

If DILE develops, the causative drug should be discontinued. Treatment usually consists of NSAIDs to treat the arthritis symptoms and corticosteroid creams to treat the rash. Antimalarial drugs such as hydroxychloroquine treat both types of these symptoms. Severe cases that involve multiple organ systems may require high dose steroids or immunosuppressants such as azathioprine or cyclophosphamide. If these symptoms resolve after the causative drug is stopped, it is likely that the diagnosis of DILE was correct. While DILE is curable simply by stopping the known drug cause, symptoms, including the ANAs, may take months to improve. It is recommended that the patient avoid that drug in the future.

It is important for pharmacists to be educated about DILE and the possible contributing medications. While it may not be something we counsel on specifically, we should consider it when patients present with symptoms.

TABLE 2: Common drugs that cause SLE:

- Acebutolol
- Amiodarone
- Bupropion
- Captopril
- Carbamazepine
- Chlorpromazine
- Diltiazem
- Docetaxel
- Ethosuximide
- Gemfibrozil
- Glyburide
- Griseofulvin
- Hydantoins
- Hydralazine
- Hydroxychloroquine
- Interferons
- Interleukins
- Isoniazid
- Leuprolide acetate
- Lithium
- Lovastatin
- Mephenytoin
- Methyldopa
- Minocycline
- Nitrofurantoin
- Olanzapine
- Oral contraceptives
- Penicillamine
- Phenytoin
- Practolol
- Procainamide
- Propylthiouracil
- Quinidine
- Reserpine
- Rifampin
- Simvastatin
- Sulfasalazine
- Tetracycline
- Ticlopidine
- Tiotropium bromide inhaler
- Trimethadione
- Valproate
- Voriconazole

*Drugs that are underlined have the highest risk of DILE: 5-10% of patients on drug for 1-2 years

**The risk of DILE for the other drugs is usually less than 1%

TABLE 3: Drugs that may cause flare-up of SLE:

- Cimetidine
- Hydralazine
- Hydrochlorothiazide
- Mesantoin
- *P*-Aminobenzoic acid (PABA)
- Penicillin
- Phenylbutazone
- Sulfonamides
- Terbinafine

TABLE 1: Comparison of findings between DILE and SLE: ¹

FINDINGS	SLE	DILE
CLINICAL	Average age of onset of 20-30 Affects blacks more than whites Female-to-male ratio of 9:1	Average age of onset of 50-70 Affects whites more than blacks Female-to-male ratio of 1:1
LABORATORY	Antihistone antibodies in 50% Cutaneous findings in >75% Raynaud phenomenon in 50% Antinuclear antibodies in >95%	Antihistone antibodies in >95% Cutaneous findings in ~25% Raynaud phenomenon in 25% Antinuclear antibodies in >95%

- References:
1. C.L. Kauffman (2007). Lupus Erythematosus, Drug-Induced. E-medicine [Online]. Available: www.emedicine.com/derm/topic107. [2007, Sept. 21].
 2. Drug Induced Lupus (2007). Lupus Foundation of America [online]. Available: www.lupus.org/webmodules/webarticlesnet/templates/new_aboutaffects.aspx?articleid=377&zoneid=17 [2007, Sept. 21].
 3. Drug-induced lupus erythematosus. (2007). MedlinePlus Medical Encyclopedia [Online]. Available: www.nlm.nih.gov/medlineplus/ency/article/000446 [2007, Sept. 21].

STUDENT LEADERSHIP

By Marina Grgas, Alpha Beta

On the 22nd day of November in 2002, I officially became an LKS lamb. Since that day, the leadership-enhancing opportunities through Lambda Kappa Sigma have been endless. I proudly held several officer positions in my chapter, Alpha Beta at the University of Connecticut, including Vice President and President. LKS has allowed me to enrich my leadership qualities. Hadn't I come across that recruitment flyer on the way to class one morning freshman year, I would not be here sharing my experiences.

How would you define "leader"? To me, a leader is a representative, an inventor, an activist, a model. I consider myself a leader among my peers. As corresponding secretary, I was a representative for LKS, opening the lines of communication within the chapter, alumni and other chapters. As membership educator, vice president and president, I was given the chance to display all my leadership qualities. Through these experiences, I learned how to communicate well and improved my time management and organizational skills. While being Alpha Beta's president, I balanced school work, organizing weekly meetings and working two jobs. Under my presidency, the Alpha Beta's nearly doubled in size. My improved organizational skills not only helped me become a stronger leader within LKS but in all aspects of my life.

Over the past few years, LKS has given me the opportunity to travel, expanding my professional and social networks. At the conventions in Baltimore, Las Vegas and Philadelphia, I conversed with alumni and other chapters, exchanging ideas to further improve my leadership skills and help my chapter grow stronger. The connections I made at LKS conventions have helped me improve my CV, meet future employers and, even, helped me get a job (the employer was a lost lamb!).

The mission of LKS is to promote the profession of pharmacy among women and advance women within the profession by developing its members as individuals and leaders through support of fellow members while encouraging a high standard of professional ethics and scholarship. As graduation day draws near, I am confident in my skills to deliver optimal patient care. The foundation I built through UCONN School of Pharmacy and Lambda Kappa Sigma will enable me to understand my patients, educate them on their medications and disease states and hopefully educate future pharmacists.

Lambda Kappa Sigma encourages the support of philanthropies. As an organization, LKS supports Project HOPE. This has encouraged me to find my own cause to support. The cause I support stems

from my love for children. The organization is called Autism Speaks. It is heart-breaking for me knowing that there are autistic children out there and most of the general public does not understand the extent of their condition. For the past 2 years, I have worked hard to increase the public awareness of autism. I have encouraged my chapter to promote autism awareness by making an informational poster to display in the pharmacy school every April, which is Autism Awareness Month. The steps I have taken thus far have been small, but I will continue to make strides towards Autism awareness.

It was 6 years ago that I made a promise to stay loyal to LKS.

I will continue to abide by that promise. I am grateful for everything I've gained from LKS: confidence, organization, friendship, networking, knowledge, and, most importantly, leadership.



Marina Grgas

NU Chapter at Drake University Reactivates

By Erin McCleary, Nu Chapter

Greetings from the newly reactivated Nu Chapter. First and foremost, we would like to thank all the sisters of Lambda Kappa Sigma for the tremendous support and encouragement throughout the reactivation process. We received our reissued charter on November 2, 2007. The same evening, 23 members were pinned and became part of the history at Drake University with the reactivation of a chapter that had been gone for over twenty years. Following the ceremony, we all attended a celebration dinner that included mingling, officer induction, and words of encouragement for our journey.

The Nu sisters will be having a very busy first semester back. We have been doing several fundraisers this year. We have done concessions at basketball games and we are currently in the middle of selling everlasting roses for Valentine's Day. So far, it looks as though it will be a fairly profitable fundraiser.



Our many social events have helped build sisterhood throughout the year. Our first social event was held with Drake's undergraduate law fraternity, Delta Theta Phi, which was also a great way to meet other students. Our social chairs threw a holiday dinner party, and all those attending brought a gift for Toys for Tots. We went ice-skating at the outside rink downtown. We had a tailgate before a home basketball game with appetizers and dinner, followed by going to the basketball game together. We will soon be attending a hockey game together. These little excursions are a great way to get to know each other and build friendships. We will also be bringing back "Geek Week" this year with the other professional pharmacy fraternities. This is a great way to meet

colleagues in the pharmacy program outside of Lambda Kappa Sigma, and we look forward to all the events.

The Nu chapter has been advocating all of our members to attend the leadership series, speakers put on by the College. This lecture series has proved to provide valuable information for all of our members. We are currently working on getting speakers for the rest of the semester. We hope to have topics ranging from Camp Hertko Hollow (diabetes camp) to pharmacogenomics to serving an uninsured population.

Soon several service projects will be starting. All the sisters are very excited to participate in the overnight Relay for Life walk at the end of March. We are also collecting basic care items from members and other students for domestic abuse shelters. Sisters are also volunteering at Kidsfest, a children's program designed to raise money and awareness for Children and Families of Iowa.

We are looking forward to becoming part of the Lambda Kappa Sigma sisterhood. Thank you for welcoming us! Much lamb's love, Nu sisters.

LKS BIENNIAL CONVENTION

AUGUST 6-10, 2008

SAVANNAH, GEORGIA

LKS

Schedule-at-a-Glance

(Preliminary – Subject to Change)



Tuesday, August 5th

8:00am – 6:00pm Grand Council Meeting

Wednesday, August 6th

1:00pm-6:00pm Registration
5:00pm-6:00pm Grand President's Reception (invitation only)
6:00pm-9:00pm Opening Reception & Evening Tour of Savannah
9:00pm-10:00pm Collegiate & Alumni Meetings

Thursday, August 7th

7:00am-5:00pm Registration
8:00am-11:00am Opening Breakfast and Keynote Address
11:00am-12:00pm Recruitment Boot Camp – CampusSpeak
11:00am-6:00pm Professional Programming
7:00pm Student Dinner and Night on the Town
7:00pm Optional Alumni Dinner at "The Lady and Sons"

Friday, August 8th

7:00am-5:00pm Registration
7:00am-12:00pm Recruitment Boot Camp – CampusSpeak
7:00am-12:00pm Professional Programming
12:00pm-2:30pm Awards Luncheon
2:30pm-5:00pm Business Session
6:00pm-9:00pm Blue & Gold Dinner

Saturday, August 9th

8:00am-10:00am Educational Trust
Breakfast and Raffle
10:00am-12:00pm Collegiate and Alumni
Conferences
12:00pm-2:00pm Business Session
2:00pm Free Afternoon
6:00pm Group Photo
6:30pm Reception and Banquet

Sunday, August 10th

9:00am-2:00pm New Grand Council
Orientation and Planning

CONVENTION SITE – HYATT REGENCY SAVANNAH

Immerse yourself in the beauty of our historic city from Hyatt Regency Savannah. Uniquely situated directly on River Front Plaza, our newly restyled Savannah hotel offers unequalled access to the Historic District, shops, entertainment and business centers. Take a leisurely stroll through the fabled neighborhood surrounding our casually elegant hotel in downtown Savannah to view stately homes, landmark architecture and sights that have made this city famous. Lambda Kappa Sigma Convention room rates: \$149/single-quad occupancy.



David Stollman is widely recognized as the nation's foremost authority on fraternity recruitment strategies. You may have seen his popular program "Buy In or Get Out"!



With David's help, chapters have quadrupled their memberships, and fraternity communities have increased their bid acceptance more than 50-percent! His presentations include topics such as risk management, hazing, and new member education as part of a holistic approach to excellence. Because when our chapters get better, they can recruit better members!

ALPHA CHAPTER Massachusetts College of Pharmacy



Greetings from Alpha Chapter! We hope you all had a wonderful new year and enjoyed the holiday season. With a new year and new semester upon us, Alpha chapter has been keeping busy, especially since our orientation period began at the end of January. November and December of last semester were somewhat hectic between the rush of the shopping season as well as finals lurking around the corner. Through the chaos, we were able to hold a sweatpants and t-shirt sale which turned out to be very successful, an event called Dining for Women, as well as our annual semi-formal. Alpha has been finding multiple ways to raise money within the chapter by holding weekly auctions of Lambda Kappa Sigma memorabilia including t-shirts, blankets, bags, and towels. We also complete on-line surveys that we can continue over breaks and through summer to raise additional funds for the chapter. Dining for Women is an event our professional committee researched and decided to try at our chapter. This event raises money for different international women's programs. We meet at a sister's house, hold a pot-luck dinner, and read stories about the women we are helping. The money we would have spent going out to eat is then collected and donated to the women's programs. Our first event had a great turnout and was a lot of fun. We plan to hold more of these, as it is a great way to help others as well as a great time spent with sisters.

Alpha Chapter held our annual semi-formal on November 30th at the Holiday Inn in Brookline, MA. It was a wonderful time to see everyone all dolled up for the evening and an added bonus was that most of the sisters currently on rotations were able to join us! We also held our first recruitment event in December with an ice cream sundae social. Before last semester came to a close, we set goals and planned ahead so there would be a smooth transition into January when we came back to school. We held our final two recruitment events the

first week back to school, including a dinner with the sisters followed by a fun night of bowling. Orientation month began and we currently have eleven young women who are learning about our history, the sisters, their orientation class, as well as themselves. We are excited to learn more about them and initiate them as new lambs! Also this month Alpha Chapter is raising money for Daffodil Days. Daffodils are a sign of hope and renewal and all proceeds made by selling bouquets of daffodils go to the American Cancer Society. Hygeia Day is planned for the middle of March and we will also be having a cookie dough sale that month. Alpha Chapter looks forward to seeing everyone this summer in Savannah, Georgia, at the biennial Convention! We continue to wish you a happy, healthy, and productive school year! Lambs Love!

EPSILON CHAPTER University of Maryland



Greetings from the sisters of the Epsilon Chapter! We hope everyone had a wonderful holiday season and a very happy New Year's! We are all very excited to be back on campus for another semester of exciting events here at the University of Maryland! This semester, for fundraising, we are planning for many of our traditional events, such as our popular bake sales and flower grams, and exploring new options for raising money for our chapter. With the help of our hard-working fundraising chair, Lisa, we are planning an umbrella sale. This is an event that was originally held by the sisters of the chapter a few years ago. We will be selling umbrellas of different sizes and colors that have the school logo to the students and faculty. We also are considering another flash drive sale, since the last one was so popular and successful. Our classmates are already asking when we will be doing the pill shaped flash drive sale again!

In addition to fundraising events, our social chair, Jen, is planning many exciting social events for this semester! The sisters are planning to get together to attend a show at the Hippodrome theater in Baltimore and are also thinking of planning a ski trip before the weather

gets warm again. We also hope to plan a retreat for the sisters of our chapter. We are currently looking at locations such as Harper's Ferry, WV, and Deep Creek Lake, MD. It should be a great opportunity for us to relax and interact especially with those we don't see as often as they are off on rotations for their fourth year of pharmacy school.

For professionalism events, our committee chair, Adeola, has provided us with fun and exciting ways to get involved this semester! We are looking at participating in a health fair, and we plan to promote education and awareness about eating disorders later on this semester.

For service events, we are organizing an event with NCPA at Hope Lodge, where cancer patients from other states who are undergoing treatments at local hospitals can stay with their families. We will be joining the residents for a dinner prepared by members of LKS and NCPA. We try to do this at least once a year, as the residents and students enjoy this event. Our service chair and President-elect, Kat, is working hard to plan service opportunities for us, in addition to taking the lead for our Hygeia Day Forum this year!

In addition to planning for fundraising, social, professional, and service events this semester, we will also be working to recruit more sisters! We recently held a Spring Recruitment Social and are now working on planning a New Member Orientation and Initiation for this semester. We are looking forward to expanding the chapter and increasing its visibility at both our Baltimore campus and our new satellite campus in Shady Grove, Maryland.

We hope all of the sisters of LKS have a wonderful and successful new year and we look forward to seeing what's new with all of the chapters! See you in Savannah!!

LAMBDA CHAPTER University of Southern California



On behalf of the Lambda chapter at University of Southern California, I

COLLEGIATE CHAPTER NEWS Continued



would like to introduce the new added members of our chapter. Each individual has been truly unique and special throughout this whole school year thus far and has given so much warmth and support to our chapter. The induction ceremony was held on Thursday, January 24, 2008, where the new members of the 2007-2008 year, Barbara Acedillo, Victoria Chan, Tiffany Cheug, Bryan Coleman, Mari Grigorian, Arusiak Kharadjian, Sepideh Namvar, Sucheta Pai, Carmit Strauss, and Kristina Tran were formally received as new active Lambda Kappa Sigma members. Several of the events for our chapter to look forward to are Kid's day, which will be celebrated on February 22, 2008, where our new members and some of our existing members will be shaking their hips to the hula dance. We are also anticipating the celebration of Hygeia Day by having a special and informative presentation for a selected audience. In addition, our yearly Banquet, an event that is one of the most enjoyed and cherished, will be held in April. One of the many goals of the Lambda chapter is to strive for many more productive and successful years ahead. This year, our members and especially our board members have been working extremely hard to make this year more memorable than the previous ones. By participating in more than eight health fairs, creating constructive workshops, recording every significant moment of events, coordinating social functions, family nights and a cruise getaway, our board members have shown us what professional and yet exciting pharmacists we can anticipate having as part of society soon. These ladies have been a pleasure to become friends with, work with, and spend an amazing time with.

XI CHAPTER University of Rhode Island



Greetings from the sisters of Xi chapter at the University of Rhode Island! We had ourselves a busy fall semester with recruitment, fundraising, and the induction of about 50 new sisters! Before our winter break started we had our annual winter formal with Kappa Psi. Nothing beats a night filled with great food, good music, and close friends. It was the grand

finale to such a productive semester.

Second semester is now in full swing and we have never been busier. Currently, our alumni committee is in the process of making more ties with our alumni sisters to further strengthen the bond of our chapter. There is a dinner in the plans along with the hopes of starting a scholarship fund for recognition of active Xi sisters that have made a difference. Early in the semester, some of our sixth year sisters came to visit. The ladies talked to us about rotations and what to expect in the last year of pharmacy school. Around Valentine's Day we made valentine kits to send to the local children's hospital. These kits consist of paper, stickers, crayons, and a premade valentine. The children really enjoy receiving the kits so that they can create their own card and give it to their loved ones.

Xi Chapter is always involved in fundraising throughout the year. Other than our monthly bake sales, the spring semester raises money through a NY Soap Company sale and an Applebee's pancake breakfast. This year will be the first year we throw a Bingo Night Fundraiser where people can purchase bingo cards and play for a prize. Hopefully this event will become an annual event! The proceeds from Bingo Night will go towards the American Cancer Society's Relay for Life Event. URI's Relay for Life takes place the first weekend of April this year. Some of us like to think of the fundraising as a competition between other organizations, like Kappa Psi, that join. It is quite exciting and rewarding to be able to come together and raise money for such a great cause.

Towards the end of April we participate in a cleanup weekend. This year we are picking up trash in two locations: the Cliff Walk in Newport and campus-wide.

Some social events for the spring semester include a progressive dinner night where sisters travel to three different sister houses. The first house is appetizers, the second is the main entrée, and the third (my personal favorite) is dessert! And of course, we can't forget our annual end-of-the -semester spring semi-formal with Kappa Psi.

With the success of last year's sister retreat, we will continue the tradition this semester. It is an opportunity to strengthen the sisterly bond within the chapter and get closer to ones we haven't had much of a chance to talk to. We will engage in fun team-bonding activities throughout the day. Also there is an end of the year Banquet for sisters to get together one last time. It is special time to us as we hand out awards, remember the school

year, wish the fifth and sixth years good luck, recognize old officers and install the new officers. Amongst all the excitement going on in 'our neck of the woods' we are anxiously awaiting our summer trip to Savannah, GA, for the Biennial Convention. Hope to see you all there!

OMICRON CHAPTER Wayne State University



Greetings from the lambs of Omicron Chapter! We are very proud to announce our achievements for the fall and winter semester. In October, we embraced Passionately Pink of the Cure campaign and we raised money for the Susan G. Komen Foundation. During the week of October 22nd -26th all the lambs wore pink. We sold ribbons, bagels, held a raffle and set up an information table to increase awareness of breast cancer in our college as well as on main campus. We were amazed to see how many people joined us. We also registered as a team on the Susan G. Komen website for donations. We exceeded our \$500 goal. In addition, the \$500 raised during the Pink week went to Susan G. Komen foundation. It was also wonderful to see all the new lambs being involved and happy to be part of this great cause.

Initiation was a wonderful event this year. There were fifteen new lambs that joined us and they were all welcomed in a magnificent banquet organized with great taste by the new member orientation committee on November 30th. The fundraising committee has worked diligently to make this a very profitable year. In November, we sold Yankee candles and raised almost one thousand dollars. We also sold Piston tickets in January, which resulted in a record sale of 135 tickets. This gave us the opportunity to raise \$945. Both these successful activities will allow for a bigger donation for Project HOPE.

As we all know, February is Go Red for Women month to promote heart disease awareness among women. On February 1, 2008, we organized a bake sale, mostly with healthy recipes, to increase the awareness of cardiovascular diseases among women. We gave out red dress pins and also plenty of information about

COLLEGIATE CHAPTER NEWS Continued

risk factors and goal numbers. We accepted donations for the American Heart Association and were able to raise three hundred dollars to donate. Several of the members also volunteered at the Go Red for Women Detroit luncheon held at the Detroit Renaissance Center. It was a wonderful experience; the lambs assisted with the educational breakout sessions, the silent auction and were invited to attend the Macy's red dress fashion show as well. The American Heart Association was extremely excited to have us volunteering at this event. New to us this year is the "Love Your Heart Clinics" we set up at a local Walgreen's this semester. We set up an information table educating patients about heart disease awareness and the lambs also measured blood pressure and counseled patients. This was a great opportunity for our P1 lambs to develop and improve their skills and also for the rest of us to use our knowledge and actively help our community. We are working on making Hygeia Day a great success this year. We will be hosting a leadership discussion panel in which we will be inviting local female professionals who have a prominent leadership role. This will be a great opportunity for us to ask questions and get advice from mentors in the community to assist in advancing our professional and leadership skills as pharmacists in the future.

In the spring, we will be organizing an alumni tea with the alumni members in the Detroit area. We have been looking forward to organizing an event like this for a long time and the alumni are very excited to hear about Omicron chapter events. This will be an opportunity to connect with the alumni lambs and share stories and ideas as well as to develop new friendships. We are also trying to spread the word and encourage our lambs to consider running for an e-board position during elections in April. We want our most motivated lambs to continue what this great group of women has started and hope to make next year a better and a more successful year. Let's keep up the good work, lambs! Good luck this semester and we are looking forward to seeing everyone at convention this summer in Savannah!

PI CHAPTER Rutgers University



Hello from the sisters of Pi Chapter! Although it has been super chilly lately, we are looking to keep busy until the warm weather arrives. We had a very productive Fall 2007 with the induction of eleven new lambs! Throughout the semester, we took part in several service events including the Big Chill in December, an annual walk hosted by Rutgers University geared towards giving gifts to children during the holiday season. Additionally, we hosted a professional event with Dr. Barone, who discussed the importance of networking. With spring right around the corner, the upcoming semester is promising to be just as successful. We have recently completed our week of recruitment filled with chocolate fondue, games, and all around good times meeting new people and bonding with sisters. Orientation is currently in full swing and it looks like our chapter is continuing to grow rapidly all while maintaining our tight knit LKS family! Already planned for the spring semester are two blood drives as well as making dolls for children who have recently had surgery. Further plans are progressing for more specific events to get involved with throughout the semester. The sisters of Pi Chapter hope that everyone is doing well as we wish the best of luck to our fellow lambs!

PHI CHAPTER Butler University



Greetings from Phi Chapter of Butler University in Indianapolis, IN!!! We recently initiated 15 lovely new members and are extremely excited to continue

growing as a chapter. This past semester has been very busy for us here in the Midwest, and here are some of the highlights of what we have done. For our philanthropy event, we served a taco dinner for the residents staying at the Ronald McDonald House. We also collected shirts for a program that helps clothe the needy people of Haiti. The spring semester will provide us with many more great opportunities as well. As a chapter, we are going to participate in the Clean Out Your Medicine Cabinet Day, have a speaker to inform students on HPV, collect items for and donate gift baskets to a local women's shelter, and make Easter Baskets for the children at Riley Hospital. We look forward to another great semester full of activities, but also look forward to the end of the semester when we will be having a relaxing and fun get together with fellow pharmacy students on campus.

ALPHA ALPHA CHAPTER Temple University



Greetings from the sisters of the Alpha Alpha Chapter at Temple University! It's been a busy few months for us as we've been planning events for the spring semester! But first, a quick update from last semester. At Christmas time we adopted two families in the Philadelphia area and played Santa by providing clothing, toys, and other presents for the children and parents. We were surprised when the mother of one family was so touched by all of the support that she eagerly shared her truly inspirational story with us. As a graduate student raising three children, she suffered three medically unexplainable strokes, leaving her without a job and on welfare. Luckily, Merck & Co. realized her unique situation and she has been asked to be a guest speaker at many of their stroke education programs. We have invited her and our advisor's daughter, an emergency medicine specialist, to speak on the mystery of strokes at our Hygeia Day in March. It was wonderful to be able to help her and her family out at Christmas and for her to now share her story with us. On a social note, we are

COLLEGIATE CHAPTER NEWS Continued



joining with Kappa Psi and Phi Delta Chi to plan a spring formal this semester open to the entire school with proceeds to benefit Shriner's Hospital for Children, which is located directly next to Temple Hospital and provides pediatric care free of charge. We are anticipating a fun-filled night of dinner and dancing for everyone! We are excited about working with the other organizations and forming stronger relationships on a chapter-to-chapter level. Finally, our community service chairs are eagerly preparing for the local "Race for the Cure" at the University of Sciences in Philadelphia in which LKS members have been participating as a group for the past few years.

ALPHA BETA CHAPTER University of Connecticut



Hello from your fellow lambs of Alpha Beta chapter! Our semester is off to a great start with all the fun recruitment events that have occurred and the many activities that our committees are planning. This semester's recruitment was especially exciting. We sported new black and pink shirts for the events that read, "The Lambs Next Door, Come Meet the Girls." For recruitment, we had a pizza social, ice cream social, several fun icebreakers, and a game night with the boys from Kappa Psi. The new girls that attended showed a lot of enthusiasm and interest. By the end of recruitment, we inducted twelve new lambs.

In addition to recruitment and orientation activities, our committees are busy planning all the events we want to accomplish this semester. Alumni and Social committees are working hard to strengthen our sister bonds. Alumni committee is currently organizing a dinner with alumni, P4s, and current sisters to celebrate our P4s' achievements. Social committee is also setting up a dinner at a local restaurant for all the sisters. Additionally, we are coordinating other events, such as a pottery night and a Body Shop party. Lastly, we are throwing a campus wide social event with the Community Service committee that was so successful that tickets sold out. In fact, we managed to

raise over \$1,300 for Project Hope! Community Service committee has put together a number of opportunities for our girls to get involved in the community. We plan to sell Mel's bracelets, which are beautifully crafted colorful bracelets that are sold to raise money for the Massachusetts Cancer Center. Many of the girls have also shown interest in volunteering with the senior citizens at the Mansfield Nursing and Rehabilitation Center. Finally, we are currently recruiting members to take part in the pharmacy school's pharmacy fun run. It is a 4K run taking place here in Storrs, Connecticut, that will raise money for the Susan G. Komen Fund.

Our last two committees, Fundraising and Professional, are just as busy. Fundraising committee is doing a Yankee Candle fundraiser to help cover the costs of Convention. We also plan to design and sell pajama bottoms and flip-flops. At the end of the semester, we will be assembling and distributing finals care packages to our fellow pharmacy classmates. Next, Professional committee's project this semester is to conduct an informational seminar for pre-pharmacy students on how to get into pharmacy school and what to do if you do not get in. The University of Connecticut has changed the requirements needed to get into the pharmacy program and therefore making admissions a lot more competitive. We are again inviting Christine Perry to come and discuss a professional topic that will be open to all in the pharmacy school. Finally, we are working with the university's Women's Center to prepare a seminar on general healthcare and women's health. We are very excited to conduct this seminar, since we will be given many resources to work with and it will be open to the entire student body and faculty. This semester will be a busy one for us. We love our sister bonding activities as well as the many opportunities we get to make a difference in our community. We hope that all the chapters have successful semesters, enjoyable summers, and we cannot wait to see all of you in Savannah, Georgia! Lambs for life, Alpha Beta Chapter.

ALPHA ZETA CHAPTER St Louis College of Pharmacy



Hello from Alpha Zeta Chapter! We are hard at work this semester planning our Jimmy Buffettville Party for April. We just had a recruitment night that was an 80's themed sleepover. All the sisters had a lot of fun and some even dressed the part. We are currently working on a project to crochet hats for women with cancer and helped coordinate CPR sessions on campus for students preparing for rotations. Our fun project for the chapter is an LKS cookbook with recipes contributed by current actives, advisors, and alumni. This semester is proving to be busy and rewarding for our chapter!

ALPHA ETA CHAPTER Long Island University



Hello, Lambs! The sisters at the Alpha Eta chapter in Brooklyn, NY, have been very busy this year! This past fall, we held our initiation where we inducted 10 new sisters into our chapter. Shortly after our initiation, we joined our fellow PDC brothers and their new initiates at a Karaoke bar to celebrate our new members. In December, we held a month long coat drive and collected several coats for the New York Cares Foundation. We also participated in the Making Strides Against Breast Cancer walk for the American Cancer Society. We were able to raise over \$300 for research and development! Before Christmas break, we held a fund raiser for Project Hope collecting cell phones, chargers and ink cartridges to be recycled.

In February, we held our annual Valentine's Day bake sale featuring our chocolate syringes and chocolate covered strawberries! We were able to raise enough funds to make contributions to the American Heart Association and the Educational Trust. For a community service event, we visited a Senior Citizen Center in Midtown Manhattan. We gave an informative presentation educating the attendees about Osteoporosis Awareness. In March, we plan to hold our very first Yankee Candle fundraiser. This is expected to be a huge success. We are very excited about our formal that will

COLLEGIATE CHAPTER NEWS Continued

take place in May. The chapter has been working hard to make it a memorable experience! We have invited our PDC brothers to attend to celebrate the end of another successful year!

This semester is proving to be very busy but we are all excited about the activities ahead. We are hoping to spend quality time with our sisters as some of us will be starting our 6th year rotations this summer! We hope every chapter has a wonderful semester and we look forward to seeing everyone at the Biennial Convention in Savannah this summer! Lamb's love to all from your sisters at the Alpha Eta chapter!

ALPHA THETA CHAPTER University of New York at Buffalo



Happy New Years and Happy Valentine's Day from Alpha Theta in snowy Buffalo! In the months since our last report, we've celebrated Halloween with an amazing party featuring great costumes like a Starbucks cup and an Ipod ad. Our wine and cheese party was a delight, and we all had a terrific time at our annual Holiday Party, with lots of fun and surprising gifts. Of course, all this happened last year... and now it's time to say goodbye to the old and welcome in a new year of LKS events!

We started off the school year with an LKS retreat, to bring all members together and catch up with each other, as well as to discuss our plans for the upcoming months. Our Annual Rose and Carnation sale took place on Valentine's Day, with all profits going to our charity, Project Hope. For Hygeia Day, we will be inviting a speaker to give a school-wide lecture on health disparities in the community. LKS will be participating in the Relay for Life again this year, with our fundraising ideas ranging from a bake sale to providing video games on a pay-to-play basis – of course, all funds earned will go to cancer research. In terms of social events, we'll be holding a murder mystery dinner – a costume party with a story! We're looking forward to setting that up and having a great time!

Many of our members will also be

attending this year's APhA conference in San Diego, so we look forward to meeting our fellow lambs there! Feel free to contact us if you would like to meet up; our e-mail address is buffalolks@yahoo.com. The ladies and gentlemen of Alpha Theta would like to wish our fellow chapters the best in their semesters!

ALPHA IOTA CHAPTER Ferris State University

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

ALPHA KAPPA CHAPTER University of Georgia



The Alpha Kappa chapter of Lambda Kappa Sigma at the University of Georgia was established on May 22, 1954. Throughout the year we eagerly participate in community service, philanthropic events, professional awareness activities, rituals, intramurals, and socials.

Philanthropy and community service are extremely valued by the girls of LKS.

Our chapter participated as a team in UGA's Relay for Life which benefits the American Cancer Society. We stayed outside for the entire night of April 28 with one team member walking on the track from evening until morning. Our main community service event was participating in a local breast cancer walk called "In Their Shoes" on October 20, 2007. Several LKS girls walked, while numerous others volunteered their time. Our team raised \$10,000 for the Loran Smith Cancer Center with help from the entire College of Pharmacy. LKS had numerous fundraisers this year including selling name tags, fitted lab coats, Valentine's Day lollipops, and a t-shirt we designed to faculty and fellow students. This year we provided service and cheer to our college and community through our dedication to service and philanthropy.

The ladies of LKS promoted the profession of pharmacy through several events this past year. We provided a speaker for organizational hour in both the spring and fall semester. We also increased breast cancer awareness campus wide through our participation in the 5th annual Dawgtoberfest. The Alpha Kappa Chapter of LKS was also represented at the Regional Meeting in Philadelphia, Pennsylvania. We attended continuing education, leadership seminars, and enjoyed fun activities with future women pharmacists from around the country.

Our biggest and most exciting event to promote the profession of pharmacy among women will be this summer for the LKS Biennial National Convention. Our chapter will be hosting this major event on August 6-9, 2008. We are inviting thousands of young women to Savannah, Georgia, for educational sessions as well as time to meet and enjoy being with other LKS women.

One of our main goals for the chapter is to increase our LKS alumni relations. We started an alumni committee last year and are continuing to strengthen our local LKS alumni chapter. We look forward to an event during Fall Homecoming to enjoy time with past members of LKS.

In order to relieve the stress of pharmacy school, LKS took time out for socials, get togethers, and a retreat. We dressed up and went out dancing at a semi-formal and a formal this past year, both at the Classic Center. We co-hosted theme parties with Kappa Psi including a spring luau, a Halloween costume party, Grinch Party, and a welcome back party.

COLLEGIATE CHAPTER NEWS Continued



A number of LKS ladies traveled to Helen for a weekend retreat at the end of January. We played intramural softball, flag football, and volleyball within the last year. Throughout this year, we have had fun doing many different activities together.

Our main focus fall semester was recruitment. We planned an ice cream social, a movie night, and a night at Ramsey to watch a UGA Volleyball Tournament. The work we put in paid off when we initiated 29 extraordinary new members in November with a pot-luck dinner.

The ladies of LKS are especially lucky to have the help and support of many people throughout the year. Our big brothers are major contributors to our success. They participate in all of our community service, philanthropy, and fundraising events. They also help us with recruitment and intramurals. In addition to our big brothers we have advisors who dedicate their time to helping us accomplish our goals. They are faculty advisor, Kalen Porter, LKS advisor, Beth Brown, and Regional Supervisor, Creaque Charles. A special thanks to these three for the great impact they have had on the Alpha Kappa Chapter of Lambda Kappa Sigma.

We are looking forward to having another wonderful year at the University of Georgia. We are starting out 2008 by having a Parent's Day luncheon on February 2nd at the Georgia Center for Continuing education. Happy New Year!

ALPHA MU CHAPTER University of Toledo



A big hello from the Alpha Mu Lambies at the University of Toledo! So far this semester we've had our annual Valentine's Day bake sale, and have been busy planning Project Hope. We are very excited about Project Hope this year; new ideas have helped us find a way to make everyone want to go, not just Lambies and the brothers of Kappa Psi. We are looking forward to the most successful turn out in a long time, props to our planners! In other events, our annual peanut butter egg sale is coming up, which always proves to be popular with our friends and family, and new officer elections are com-

ing up soon! We hope all is well with all of you, and wish you much success in all of your endeavors for this spring and summer!

ALPHA NU CHAPTER University of Kentucky

Greetings from the sisters of the Alpha Nu chapter at the University of Kentucky! Last semester turned out to be very successful with our Mistletoe Mingle dance drawing a significant crowd. We also were able to partake in a sisterhood Thanksgiving Dinner and celebrated Founder's Day.

This semester we are working on a few service projects. We had a "Valentines for Vets" event where we had members make homemade valentine cards and deliver them to patients at the VA. We are also participating in a Gardasil education campaign along with the Immunizations Committee from our school. We are visiting the houses of social sororities on campus and giving presentations and question and answer sessions for them. We are incorporating this into our Hygeia Day celebration.

We are also holding some social events this semester. We hosted our 2nd annual Mardi Gras party in February and are planning a fondue night in March. We also had a movie night and are planning more small events throughout the semester. Good luck to all the other chapters!

ALPHA XI CHAPTER University of the Pacific



Greetings from the Alpha Xi Chapter at University of the Pacific! The ladies of LKS Alpha Xi Chapter recently celebrated the beginning of orientation and post-midterm madness by hosting our annual "Black and White Affair". It was an evening filled with great music and great people and a perfect way to start off the new semester. This semester will be a busy one, filled with orientation activities and events for Women's Health Week. Our orientation events this semester

included an "International Night" with foods from around the world and our formal invite-only, Wine & Cheese, event. The sisters had an opportunity to meet with potential members and spread the message of LKS. We are fortunate to have a great group of orientees, eager to join LKS and participate in our various professional and social activities. Our annual folic acid campaign will also be starting up in mid-March, along with other women's health events to help raise awareness about important health issues, such as cervical cancer. We will be informing the community about the importance of folic acid during pregnancy at Stockton's annual Health Fair coming up in a week and we are also organizing a self-defense course on our main campus to take place later this month. We are all looking forward to our Spring Formal, which will be in late April. Our semester is more than half over but we are eager to welcome a group of new sisters and have fun along the way. We are looking forward to another busy, albeit great, semester here in Stockton!

ALPHA OMICRON CHAPTER West Virginia University

Hello, lambs! The sisters of the Alpha Omicron Chapter enjoyed hearing about your chapter events and hope that you all had as great of a semester as we did! We did some great community service events, such as cooking dinner for family members of hospital patients at the local hospital and raking leaves for the area elderly. We also had a blast at our various social events like our International-themed potluck dinner and weekend trip to Canaan Valley Ski Resort!

We have another busy semester coming up. We will hold our Hygeia Day on March 7, where a guest speaker will talk about cervical cancer and the HPV vaccine. We are again heading up our school's Relay for Life team and are looking to be the top fundraising team again! We have held some great fundraisers already. One really special fundraiser for Relay is a SOP yearbook, which has been in high demand. We've also got some great service and social events planned to do together. We wish everyone a great semester!

ALPHA PI CHAPTER St John's University



Spring greetings from Alpha Pi! Our chapter has placed an emphasis on community service this semester, raising money for several programs. One of the programs included Project Renewal, a program to provide health care at no cost to indigent people in New York City with HIV/AIDS. The program was based on volunteer efforts and donations. Our chapter plans to have additional events associated with pharmaceutical care for the indigent.

Another community service event we organized, American Heart Association's Wear Red Day, raised awareness and promoted research of heart disease on February 1st. Largely, our fundraising efforts concentrated on Relay For Life, scheduled for April 4th, which is a campus-wide 24-hour fundraiser for cancer research. Last year, Lambda Kappa Sigma was the top fundraising team for our entire university! We hope to repeat that achievement this year. Our recent fundraising efforts included Valentine's Day Flower Sales, and prospective activities include Sun and Moon Donation Cards, Coupon Cards in return for donations, and more. Lambs for Life has been our theme for this year! In March we plan to have a 'What to expect during Residencies/Fellowships' Dessert night, where alumni and older Lambs will talk about their experiences during the interviewing process and their continuing education programs. The year will conclude with the event that every Lamb dreams of: a fancy dress, gourmet dinner and dancing marked by our Spring Formal, scheduled for April 24th. We hope to see alumni and other chapters during this memorable event. Our semester launched with a great start, and we look forward to organizing innovative events in the future! Lambs Love from Alpha Pi!

ALPHA RHO CHAPTER Northeastern University

Hello, Lambs! Alpha Rho has been enjoying a fun semester, preparing for some awesome events we have planned! In February, we will be holding an informative, eye-opening presentation for HIV/AIDS awareness on our campus at Northeastern. Heather, one of our very own lambs, just recently returned from four months of volunteer work at a Kenyan shelter. She will be presenting alongside another informative speaker about her experiences. We have been holding some great fundraisers throughout the past few months, including but not limited to our Yankee Candle and Joe Corbi's fall fundraisers, and only hope to continue this trend with our annual LKS Bowlathon benefiting Project Hope. Last year lambs and non-lambs alike had such a blast at this event, and we hope that this year can be even better! Throwing some fun Lambs Nights Out events and Alpha Rho alum dinners into the mix to spend some quality time with our sisters, this is sure to be another great semester!!

ALPHA PHI CHAPTER Wilkes University



Hello again from the Alpha Phi Chapter! I would first like to congratulate our 14 new members who were inducted this past fall. We are very excited to get them involved in our busy semester. Speaking about a busy semester, we have already gone to a Wilkes-Barre Scranton Penguins hockey game, held a burger burn fundraiser at Sam's Club, handed out Vials of Life, and had a visit from our Regional Supervisor, Elicia. At the burger burn, we turned out a profit of \$240 and handed out many Vials of Life. Our visit with Elicia was also very successful. She told us what we are doing well and what we should work on for the future. We will soon be starting a fundraiser selling pizza kits, which has always been successful in the past. We also plan on selling Krispy Kreme donuts this semester. This will be the first time we've sold donuts, but we're sure they will sell pretty well. For Hygeia Day, one of our pharmacy professors, Dr. Julie Olenak, will be speaking about her

personal experience with Lupus. We will also be traveling to a local daycare to teach the children about poison prevention. Wilkes University has a health fair each year and a few of our brothers and sisters will be there to give out information on a topic that has not been determined yet; last year we did Heartburn Awareness. At the very end of the semester, we will have a team in the American Cancer Society's Relay for Life walk hosted by Wilkes University. Besides the events that LKS plans at Wilkes University, many of our members belong to other organizations like APHA and help with blood pressure screenings, blood glucose screenings, and various other activities hosted by other groups. Our big social event of the semester is our annual spring banquet, which we hold in April. This year happens to be Alpha Phi's tenth year anniversary in April, so we will be planning something special for our spring banquet to celebrate.

CHI CHAPTER

University of Washington

Hello fellow lambs! We would like to thank everyone for the Christmas cards we received during the holidays, they were greatly appreciated. This quarter was very busy for us and we had plenty of fun in the process. For our first event, we encouraged awareness of heart disease being the number one killer of women with the Go Red for Women campaign. We sent out informative e-mails to our fellow students and faculty to bring awareness and encouraged everyone to wear red on February 1st to support Go Red for Women Day. We had an amazing turnout and our classes were filled with people wearing red. For Valentine's Day every year, we make and sell care grams for a fundraiser. LKS members gathered together for an evening and hand-dipped pretzel sticks in a variety of colors of chocolate and covered them in nuts or sprinkles. The care grams turned out very festive and were a big hit in the school. Towards the end of the quarter we put together a bingo night at Hearthstone retirement home. LKS brought prizes, baked goods and put together trivia from the 30's, 40's and 50's to ask during the bingo games we played. This is an event we have done the past couple years and is one of our favorite events each year. The residents of Hearthstone are always appreciative of our visits and we enjoy interacting with them. We look forward to another successful quarter and the warm weather of spring.

ALUMNI CHAPTER REPORTS

ALPHA ALUMNI CHAPTER Boston, MA

Founder's Day was held on October 18, 2007 at MCP. Our chapter celebrated our 94-year anniversary with the ceremony honoring our Founders. Cara Russo who is a Diabetes Educator and pharmacist for Walgreens, Joselin Center, was our alumni speaker. Cara shared her insights and career advice with our sisters and, as a recent graduate and former NEMC resident, was able to provide advice to our collegiates. The collegiates provided a light dinner which was followed by our birthday cake.

Three members of Alpha Alumni Chapter were elected as officers and board members of the Massachusetts Pharmacists Association. Each was installed into their office at the New England Pharmacists Convention MPhA Banquet on October 11, 2007.

Kathleen McTernan, Alpha Alumni President, was installed as the President of the Massachusetts Pharmacists Association. Kathy a 1993 and 2000 graduate of MCP and is a clinical pharmacy manager for Critical Care Systems in Braintree, MA.

Anne McDonnell, Alpha Alumni Vice President, was installed into her second year as Governor of the Academy of Health -Systems for the Massachusetts Pharmacist Association. Anne is a Senior Pharmacist in Hematology/Oncology at BWH.

Christine Perry, Alpha Alumni Secretary, was installed as a Governor of the Community Practice Academy. Christine Perry is the Manager of Pharmacy Recruiting for the ACME and Shaws divisions of SUPERVALU Pharmacies. Christine graduated from the Massachusetts College of Pharmacy in 1991 with her B.S. in Pharmacy and a minor in Pharmacy Business Administration.

The Yankee Swap was held on January 17 at Kathy McAvoy-McTernan's home. We had an outstanding time and enjoyed our dinner, wine, dessert and conversation. Karen Ryle was the winner of the evening.

We are beginning to make plans and set up committees for the 100th convention in Boston to be held in 2012. If you are interested in serving on a committee for the Convention please contact Christine Perry, 100th Convention Chairman at cmperryrph@aol.com.

EPSILON ALUMNI CHAPTER Baltimore, Maryland

Things quiet down for the Epsilon Alumni Chapter during the holidays especially once the collegiate chapter has gone on break. We did have quite a few members that attended the Maryland Pharmacists Association Mid-Year meeting in Columbia Maryland. Many of our members were speakers for this event and did a fabulous job! Congratulations to Cynthia Boyle, Cherokee Layson-Wolf and Magaly Rodriguez deBittner. Ginger Apyar seemed much more relaxed at this meeting now that she is the Past President of MPhA. We are now preparing to gather again during the American Pharmacists Association Mid-Year to be held in San Diego, CA - a little warmer than Maryland we hope! Plans for the spring are to communicate and even plan an event that includes the graduating sisters from 2007 and 2008 as well as continue to support the Epsilon Collegiate Chapter during their year-end events. In the meantime, we are working on collecting our dues and we have even made a group donation to Project HOPE this year! We are looking forward to seeing all of our LKS sisters at the August Convention in Savannah!

CHI ALUMNI Seattle, Washington

Washington pharmacist Beverly Schaefer, Chi, 1970 graduate of University of Washington, has been named the 2007 Willard B. Simmons Independent Pharmacist of the year by the National Community Pharmacists Association (NCPA). The announcement was made at the association's 109th Annual Convention and Trade Exposition held October 13-17 in Anaheim, California.

"Beverly serves a fine example to her peers and her students of the innovative, independent Community Pharmacist," said Bruce Roberts, RPH executive vice president and CEO of NCPA. With each new development, she has taught her students, allowing them the opportunity for hands-on practice and thus contributed to the paradigm shift of the pharmacy profession.

As co-owner of Katterman's Pharmacy in Seattle, Schaefer is lauded by her peers as an innovator in Washington state pharmacy, being the first to offer immunizations, osteoporosis screening and nutritional education. As a teacher at the University of Washington (UW) School of Pharmacy, Schaefer spends considerable time with her students, including coaching the NCPA Business Plan Team to the finals of this year's national competition.

Michelle Valentine was awarded the Elan Innovative Pharmacy practice award at the WSPA annual meeting. She has developed a Consulting Community Pharmacist business in the greater Everett Seattle area using her over 25 years at pharmacy practice in various venues. She discusses various health topics, prescription and non-prescription drugs, natural products and dietary supplements with her clients. She does not sell any drug products or devices. Informing her clients is her goal.

Chi Alumni attended the initiation of seven collegiates as their opening activity for the New Year at the home of Advisor Susan Lakey. We compliment Chi Collegiates for their presentation of the initiation being well prepared, presenting the ceremony, and to each initiate a Certificate of Membership with Seal and Badge. Gifts were given to the new members by the Alums who then served hot cider and cookies. It was a good turn out for the occasion!

Our Annual Cookie Exchange was held at the home of Linda Rupnick in early December.

90th Birthday Greetings were sent to Blossom Williams, Chi 41, on December 1st in Florida. She and Guy celebrated their 63rd Christmas together in 2007 - a milestone for sure. Both are in good health, continuing with their gardening activities in particular.

Our Christmas present was to send a donation to the University District Food Bank, also to send Holiday Cards. Submitted by Pat Tanac, Secretary.

ALPHA NU ALUMNI CHAPTER Lexington, KY

Greetings from Lexington, Kentucky and the Alpha Nu Alumni! Spring is just around the corner here in the Bluegrass State and we can hardly wait. We are excited to say that we will be joining the Collegiate Chapter for their annual Parent-Member Brunch in April. This April we will also be hosting our first graduation party for the fourth year lambs and welcoming them into the Alpha Nu Alumni chapter.

This past October Ginny and Andy France welcomed their little girl, Linda Marie...another future lamb has been added to our flock. Dorathea Andrews will be welcoming her second niece or nephew in September and she couldn't be more excited. We would also like to congratulate Dorathea Andrews on her office as President of the Bluegrass Pharmacists Association.

See everyone in Savannah!



Lambda Kappa Sigma 2008 Calendar

March 15

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

March 12-14

LKS Spring Grand Council Meeting
San Diego, CA

March 14-17

APhA Annual Meeting & Exposition
San Diego, CA
LKS booth and Membership
Dessert Reception

April 1

Deadline for Payment
of Alumni Dues

April 30

LKS Award Nominations Deadline

June 1

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

June 30

Deadline for early bird registration
for Biennial Convention

August 6-10

Biennial Convention
Savannah, Georgia

BLUE & GOLD
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