



BLUE & GOLD TRIANGLE



Lambda Kappa Sigma

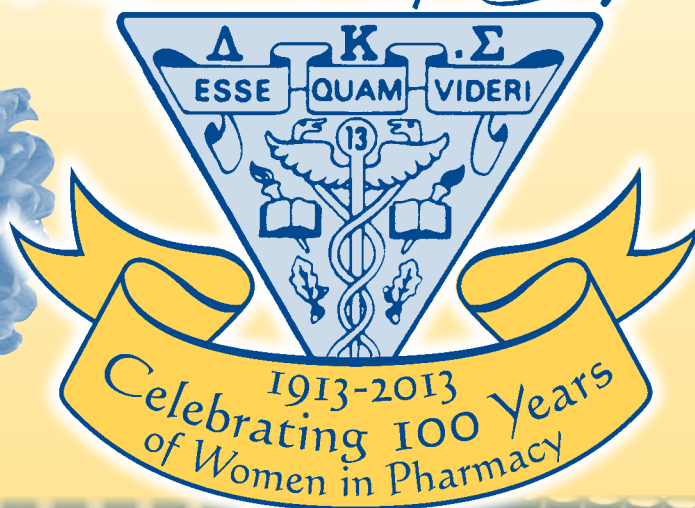
"Promoting the Profession of Pharmacy Since 1913"

Centennial Celebration Convention 2013 Boston



Lambda Kappa Sigma

Integrity
Sisterhood
Leadership
Service
Scholarship



LKS Founder
Ethel J. Heath



Alpha and Epsilon
2013 Alumni Chapters of the Year



Lambda
2013 Collegiate Chapter of the Year

Turn to page 4 to see how we were welcomed home to Boston!

The Blue and Gold Triangle of Lambda Kappa Sigma

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

Core Values

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

Publication

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Message from the Grand President



LKS Grand President
Jenny Brandt

As our Centennial year draws
to a close, it is a good opportunity
to begin looking to the future. As
we stand on the doorstep of the
next 100 years, a brief look at the
world around us can make us real-
ize just how different the world is
today compared to the days of our
Founders.

Today, technology changes at
a pace that we can barely keep up
with. It was just 10 short years ago
that Palm Pilots were all the rage,
and now no one would think of
carrying one when you can have
your iPhone instead! All of these
would have been foreign concepts
100 years ago.

For the first time in history,
we now have four generations in
the workforce: the Traditionals,
the Baby Boomers, Generation
X and the Millennials. This, too,
has thrown the typical work-
place upside down. Compared to
the older generations, the latest

two generations have a different
approach to work, a different way
of communicating and a differ-
ent way of learning. This can be a
source of conflict as those generally
in leadership roles do not necessar-
ily understand those in the young-
er generations and vice versa. In
order to continue to appeal to our
current sisters and to attract new
ones, Lambda Kappa Sigma must
make an effort to understand and
embrace these differences.

The Grand Council realizes that
what has worked in the past may
not work in the present or in the
future. We recognize the need for
more communication and for a dif-
ferent type of communication. We
must welcome new technology,
like MemberSuite, an all-inclusive
program that provides everything
from accounting and a real-time
database to a platform for our web-
site and communications. To con-
tinue to connect with the younger
generation, this also means that we
need to re-evaluate the content of
our meetings.

With all of that being said, we
cannot forget those who have
remained active sisters for 10, 20 or
even 50 years. The Grand Council
is working hard to find a way to
marry the needs of all of our mem-
bers. Every sister has something
to offer, and we can all learn from
the experiences and perspectives of
those around us.



2012-2013 Grand Council

The Educational Trust Update

By Nancy Horst, Chair, Trust Liaison Committee

The Trust Liaison Committee held its annual meeting during the Centennial Convention in Boston. Over 300 people attended the Saturday Trust Lunch and Auction; there was a lot of lively bidding for many special items.

There have been two exciting new developments for the Trust in the last year. First was a contribution from Omicron Alumni Linda Lane and her husband, Dr. Alexander Lane, for the specific use of the Omicron collegiate and alumni chapters for scholarships or other educational purposes. The funds will be held in the Trust as a separate chapter fund. Many thanks to the Lanes for their generosity and support of current and future Omicron members.

The second is a new fund in memory and celebration of Avis

J. Ericson, pictured below, who was a Trust Liaison Committee member and Chair, Grand Council member, and Award of Merit winner for her career as a pharmacy school professor and dean.

Her focus on women's health issues led to the development of the Dr. Avis J. Ericson Women's Health Initiative fund of the Educational Trust. Criteria for the selection of appropriate programs and activities to be supported by this fund are being developed, and



contributions to the fund are welcomed.

Our annual fund-raising appeal is underway now. If you received the letter recently, please send in your donations as soon as possible, and thank you if you have already contributed. You can send in a check to the International Office (P.O. Box 570, Muskego WI 53150) and designate which funds you wish to support. You can also donate online at lks.org.

We count on your help to continue the annual grants program. Applications from student members are accepted through November 1st, and the winners of eight \$1,000 grants will be announced in January.

Thanks to everyone for your continuing loyalty and support of the Educational Trust!

Educational Trust Silent Auction Lunch



As always, the bidding was fun and furious at the Educational Trust Silent Auction! \$10,623 was raised for the Trust during Convention.



LKS Celebrates Its Centennial in Boston

The headlines could have read “Lambs Flock to Boston”! It was with great anticipation that over 350 Lambda Kappa Sigma members and guests gathered in Boston from July 25 through 27 to celebrate the 100th Anniversary of LKS. A ten-year planning process culminated in the most highly attended convention in the Fraternity’s history in the city where it all began.

“Welcome Home to Boston!” were among the first words members heard as they checked in at the registration desk. There they received meeting materials and an insulated lunch tote filled with goodies, a gift from convention hosts Alpha Collegiate and Alumni Chapters.

The Centennial Celebration Convention officially kicked off with the third annual HOPE waLKS 5K. Following an informational presentation by Lucas Bezerra, a Project HOPE representative, participants headed to the streets of Boston. A chilly and overcast morning could not dampen the spirits of those who completed the 5K and helped raise \$4,600 for Project HOPE.

Back at the hotel, 12 chapters presented posters featuring activities and projects that demonstrate the Core Values of LKS, with Xi Chapter taking top honors.



**Xi Chapter,
Poster Presentation Winner**



**Connections were made at the
Ewe Can Shop event.**

Local vendors and LKS chapters displayed their wares at the Ewe Can Shop event, providing a fun and energetic marketplace to purchase specialty items and LKS wearables. Members were also able to bid on silent auction items benefitting the Educational Trust.

The Presidents’ Summit rounded out the afternoon’s activities, providing an opportunity for one-on-one interaction among chapter leadership and Grand Council members.

The Wednesday evening Welcome Reception was hosted by and held at the Massachusetts College of Pharmacy and Health Sciences in the very building Ethel J. Heath founded LKS. Members arrived by

trolley following a short tour of the city. Tours of the college, including the library where Ethel J. Heath worked, were provided by “founding members” (aka Alpha Chapter sisters).



**Alpha Chapter sisters served as “Founding Member”
tour guides at the MCP Welcome Reception.**



**Omicron Chapter members posed in front of the MCPHS
fireplace, reenacting the 1913 Founders photo.**

In White Hall, photos and documents—including minutes written by Mary Connolly Livingston and personal notes of Ethel J. Heath—provided a view into the early days of the Fraternity. Dr. Doug Pisano, MCPHS Dean of Pharmacy, was honored as an Alpha Chapter Patron.

Grand President Jennifer Brandt greeted the convention body at the Welcome Breakfast on Thursday. Alpha Alumni President Elicia Fauvel DeParolesa read the same greeting that Annabel Carter Jones, an LKS founder and the first Grand President, read to the convention body at the first convention in 1926. Charles Monahan, President of MCPHS University, provided insight into the progress of women in pharmacy over the past 50 years and discussed the positive presence of LKS at MCPHS.

Following breakfast, comedienne Anita Renfroe got the audience involved in hilarious demonstrations of generational differences and of the many uses of a Sham-wow. The stage show highlighted her musical parodies and “momisms”, taking the audience from gut-wrenching laughter to heart-wrenching tears before the show was over.



Alpha Beta members meet and greet Anita Renfroe.

An insight into the minds of Past Grand Presidents Dixie Leikach and Christine Perry followed as part of the “What Color Is Your Lamb?” luncheon. The program assigned a different color to four distinct communication styles and then delved into evaluating those styles and how they impact behavior and success in the workplace.

Supported by a grant from Novo Nordisk, a continuing education program entitled “Diabetes and Pregnancy: Management Guideline” was presented by Patricia Munz, CDE, as part of our Women’s Health Initiative topic of Diabetes for this biennium.

The Blue and Gold Dinner topped off the evening with a clambake, camaraderie and some historic and unusual stories of lambs, both past and present.

After a continental breakfast and Collegiate Conference on the last full day of convention, Chris Grass (Grand Vice President for Alumni) and Marina Grgas (Grand Vice President for Collegiates) coordinated a fun, productive and interactive joint collegiate and alumni conference entitled “Lamb Apprentice”. Small groups worked together to develop successful marketing strategies for LKS chapters. Unlike the television show, no one was fired!



Many items were on display at the Educational Trust Silent Auction.

During the third and final business session, members participated in a Rededication Ceremony and pledged their loyalty to the Fraternity for the next 100

At the Educational Trust Luncheon, historical information regarding the Trust was provided as members dined and bid on items. Jane Charron, Alpha Alumni Chapter Treasurer, presented a \$500 check to the Trust in honor of the LKS 100th anniversary.



LKS members enjoy the Anita Renfroe performance!

years. The candle-lit ceremony provided a beautiful moment to honor our past and to confirm our commitment to the Core Values of LKS, which will carry us through the next 100 years.

Then it was time for members and guests to don their finest for the Black Tie Gala!

The evening began with the Past Grand President’s Reception, where 11 Past Grand Presidents, along with current Grand President Jennifer Brandt, were in attendance: Marilyn Haberle (1974–1978), Mary Gear (1982–1984), Patricia Kienle (1984–1988), Ruth Brown (1988–1990), Marilyn Harris (1990–1992), Donna Dancer (1992–1994), Nancy Horst (1994–1998), Christine Perry (1998–2004), Dixie Leikach (2004–2006), Jennifer Rhodes (2006–2008) and Sharon Brown (2008–2012). (See photo below.) It was exciting to think about the leadership role each of these amazing women has played in our history.



Top row (left to right): Jennifer Rhodes, Christine Perry, Mary Gear, Ruth Brown, Nancy Horst, Patricia Kienle.

Bottom row (left to right): Dixie Leikach, Marilyn Haberle, Jennifer Brandt, Sharon Brown, Marilyn Harris.

We proved how close sisters really can be—literally—when 350 of us squeezed together for the once-in-a-lifetime official convention photo (see photo on front cover)!



LKS Celebrates Centennial (continued)

Then it was on to the Gala to show off tuxes, ball gowns and, of course, shoes. (And like our LKS standards, the heels were high!) Hollywood had nothing on us as cameras flashed and smiles lit the faces of members as they mingled in the ballroom, which was shimmering in gold and glitter. Beautiful gold centerpieces were created by Alpha Alumni Renee Suckau. A special thank you to Alpha Collegiate and Alumni Chapters and to Gloria Bernstein (Nu Alumni) for the beautiful favors provided to convention attendees.



Epsilon Alumni with Patrons (left to right): Jennifer and Rob Brandt, Lynette Bradley-Baker, Afton Wagner, and Neil and Dixie Leikach.

Jennifer Brandt was presented with a 100-year history book signed by each living Grand President, a crest necklace and a copy of the video. These items will be passed on to future Grand Presidents, serving as a reminder of past accomplishments and the strength of LKS sisterhood moving forward.

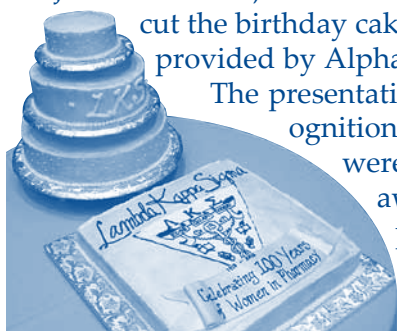
The party continued, with photos, dancing and more memory making, until the time came to say good bye.

The challenges over the past 100 years have varied significantly, while the motivation for creating bonds of sisterhood has never changed: Together, we are better. Together, we are stronger. Together, we accomplish more on an international level. Together, we draw strength from our combined efforts to live our Core Values.

This landmark convention was a great way to galvanize our commitment to our motto: *Esse Quam Videri*. Congratulations to every member of Lambda Kappa Sigma as we begin our next century of excellence!



Phi Alumni and Collegiates (left to right): Kathy Huff, Patti Lozano, Portia DeVore, Petra Fippen, Marcia Harms, Emily Christenberry and Taryn Kellams.



The presentation of awards included recognition of all past recipients, who were invited to join the current award winner on stage. (See page 7 for a list of award winners.)

Next, Jennifer Brandt noted that many hands were involved in making the convention a success and provided special recognition for a few: Convention Co-Chairs Dixie Leikach and Jennifer Rhodes, Alpha Convention Chair Christine Perry, history book writers/editors Diane Mulvey Shehata and Sharon Brown, Alpha Chapter Presidents Czarina Navarro and Elicia Fauvel DeParolesa, and the members of Grand Council. The Alpha Chapters were also recognized for their untiring dedication to hosting a successful landmark convention.



Alpha Zeta Chapter



Our convention hosts, Alpha Collegiate and Alumni Chapters

The 2013 Fraternity Award Winners



Distinguished Young Pharmacist Award:

Sandy Mullen (Alpha Phi)



Sandy Mullen

Advisor Award: Elicia Fauvel DeParolesa (Alpha)



Left to right: Elicia Fauvel DeParolesa with past recipients Robin Bogner, Kim Hancock and Christine Perry

Award of Merit: Karen Ryle (Alpha)



Left to right: Karen Ryle with past recipient Donna Horn

Distinguished Service Citation: Donna Dancer (Alpha Iota)



Left to right: Donna Dancer with past recipient Dixie Leikach

LKS/Merck & Co. Vanguard Leadership Award: Jennifer Rhodes (Rho)



Jennifer Rhodes with past recipient Ruth Brown

Alumni Chapter of the Year: Alpha Alumni and Epsilon Alumni

(Yes, a tie! That hasn't happened since 1954!)



Left to right: Elicia Fauvel DeParolesa (Alpha), Afton Wagner (Epsilon) and Chris Grass (Grand VP for Alumni)

Runner-up: Alpha Beta Alumni

Collegiate Chapter of the Year: Lambda



1st Runner-up: Alpha Beta
2nd Runner-up: Alpha

Regional Chapter of the Year (new award)

New England: Alpha Beta
Western: Lambda
Southern: Alpha Nu
Central: Omicron
Mid-Atlantic: Epsilon
Northeastern: Delta

Region Supervisor of the Year: Afton Wagner

Chrysanthemum Awards: *Retention*

1st Place: Alpha Iota
2nd Place: Alpha Lambda
3rd Place: Delta

Recruitment

1st Place: Tau
2nd Place: Alpha Rho
3rd Place: Alpha

LKS Founders Spotlight

In the early fall of 1913, the Massachusetts College of Pharmacy was seeking a librarian and Miss Ethel J. Heath accepted the position. However, she proved to be more than a librarian. Because there was no organization among the 13 female students enrolled in the school, she organized a social club to create a closer bond and friendship among the women of pharmacy.

Along with Miss Heath, eight of those students (Annabel Carter Jones, Mary Connolly Livingston, Emma McDonnell Cronin, Willette McKeever Cheever, Alice Garner Coleman, Margaret Magdalene Curran, Mary Durgin Loveland and Rosemond A. Guinn) were the charter members of that club which later developed into Lambda Kappa Sigma. In honor of our 100th anniversary, we pay tribute to the women who founded our beloved Fraternity.

Ethel June Heath



Ethel June Heath was born on June 6, 1875, the daughter of George and Diantha (Brackett) Heath. She attended public schools in Malden, Massachusetts, and then enrolled in the College of Liberal Arts at Boston University, where she graduated in 1897 with a Bachelor of Arts degree.

For a brief period of time thereafter, she taught school but soon entered the training class of the Medford Public Library. She was a reference librarian in charge of the branch libraries, one of which was near a drugstore owned by a Trustee of the Massachusetts College of Pharmacy.

In 1913, the College was seeking a librarian, and Ethel was recommended for the position. When Ethel J. Heath began her position as librarian of the Massachusetts College of Pharmacy (MCP), there were 13 women enrolled in the institution's two-year pharmacy program. While Phi Delta Chi and Kappa Psi had already been established at MCP, Miss Heath found no active organization existed for women which provided social contacts. So she organized a little club which grew to become Lambda Kappa Sigma.

It was her counsel that inspired the charter members to band together for fellowship and sociability. It was her courage and confidence that helped the Grand Council in its early years. It was her spirit and resolution that established Lambda Kappa Sigma for future generations. Ethel J. Heath was never too busy to give untiringly of herself. Her lovable disposition, kindness and thoughtfulness always invited teamwork. Ethel passed away on December 31, 1945.

Lambda Kappa Sigma will always remain as a glorious tribute to our beloved Founder through whose vision and foresight our Fraternity came into being.

Emma McDonnell Cronin



Emma Claire McDonnell was born on March 22, 1893, in South Boston to John and Mary McDonnell. She graduated from South Boston High School and enrolled in the Massachusetts College of Pharmacy.

When Emma McDonnell graduated from the MCP in 1914, the world was a vastly different

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

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

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

Upon graduation, Dr. Leon Thompson, who owned a drugstore on Beacon Street, employed her. Her salary was about \$4.00 for a six-day week. Often as she walked home after work, she was asked to drop off items at the Parker Hill Hospital, which was at the top of a steep hill. Her father bought a drugstore in South Boston, and she worked there for about five years. During this time, she taught Materia Medica to private students in the evenings

and on Saturdays in her parents' home. On the whole, she encountered very little discrimination as a woman pharmacist.

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

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

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

Mary Connolly Livingston

Mary Connolly Livingston was born on June 22, 1894, in Dorchester, Massachusetts. She was one of the female students at the Massachusetts College of Pharmacy



at the time Lambda Kappa Sigma was founded. Being one of the eight students interested in forming their luncheon club, she became a charter member of LKS.

Mary Connolly's father was the one who influenced her into entering pharmacy. He was a member of the class of 1864 at MCP. Mary was confident that her being a woman would not keep her out of the profession even though pharmacy was a man's profession in 1912.

She enrolled at MCP in 1912 and graduated with a Ph.G. in 1916. She was one of two women (the other was Annabel Carter Jones) in a class of 44 men who graduated that year. She passed the state board the same year and spent her entire employment in retail pharmacy.

After graduation, she managed her father's store for two years and then married one of her classmates, Urban Livingston, on April 10, 1919. They moved to Vermont and ran Urban's father's drugstore. Mary stayed out of the business to help raise their three sons; the oldest is a graduate of MCP.

By 1925, husband and wife were ready to open up a shop together. Mary and Urban moved to Cape Cod, where they owned and operated Livingston's Pharmacy in Orleans, Massachusetts, for over 50 years.

For over 40 years, Mary was a registered pharmacist and worked until the age of 84 alongside her sons at the pharmacy she and her husband founded. Pharmacy was always her first love. Mary stated, "Before I was old enough to see over the counter, I worked a lot of hours counting pills, packaging salves and waiting on customers at my father's drugstore in Dorchester."

In an article from the Cape Cod Oracle in 1978, Mary reflected on

her career, "Pharmacy used to be a lot more exciting. It may be convenient that today's suppliers deliver premixed and prepackaged medicines to the store, but Urban and I used to mix and package almost all our own medicines and pills. We have a book filled with recipes to make medication to treat everything from horehound cough to suppositories."

Mary Connolly Livingston was the first secretary-treasurer of the Lambda Kappa Cub in 1913. When asked about the founding of LKS on Lambda Kappa Sigma's 50th anniversary, Mary stated, "Miss Ethel J. Heath was the one with the foresight enough to plan and execute the formation, and the one who did the most, during the early years, to keep it in existence. The credit belongs much more to her, than to any of the rest of us involved. The girls who have followed us through the years, particularly the national officers who have helped the organization grow to be an international one, deserve more credit than we."

Mary Connolly Livingston made numerous contributions to our Fraternity including her generous donation in 1976, which became the basis for the Educational Trust. In her letter accompanying the check she said, "I believe we should help women pharmacy students, particularly to become pharmacists. I would like members of the sorority to know that one of the 'Founders' still believes in the goals of Lambda Kappa Sigma."

In response to her generous donation and dedication to Lambda Kappa Sigma, the Fraternity created the Mary Connolly Livingston Grant for sisters who were pursuing a Pharm.D. degree.

Mary died in December of 1982. We are all eternally grateful for her contributions.

LKS Founders Spotlight (continued)

Willette McKeever Cheever

The founder with our favorite name, Willette Marie McKeever was born on February 7, 1894, in Salem Massachusetts, and grew up in Lynn, graduating from Lynn High School.



She enrolled in the Massachusetts College of Pharmacy, graduated in 1917 and was one of the eight students at the College who formed a little luncheon club that grew into Lambda Kappa Sigma.

Willette studied dancing all her life, both here in the United States and in Europe. She was a dancing teacher all throughout her adult life. She had been President of the American Society of Teachers of Dancing, the oldest institution of dancing in the United States. In addition, Willette was a serious student of the piano.

She married Austin W. Cheever, a physician, and opened a dance studio, the McKeever Studio of Dancing, next door to her husband's medical office at 10 Nahant Street in Lynn, Massachusetts.

Over her lifetime, Willette and her husband spent many summers in Europe and Cuba, traveling across the United States and at their summer home in Hyannis Port on Cape Cod.

At the 25th Silver Anniversary Convention of Lambda Kappa Sigma held at the Hotel Statler in Boston in 1938, Willette Cheever was a member of the Formal Reception Committee. She had her dancing pupils provide a dance recital at the opening session on June 23 and at the Final Banquet the following Monday evening.

In the 1960's, Willette and Dr. Cheever moved to Hawaii, where

they resided until her death in January 1970.

Annabel Carter Jones

Annabel Carter was born on December 17, 1890, in Waltham. She graduated from Waltham High School and became interested in pharmacy through her father.



She enrolled at the Massachusetts College of Pharmacy in 1913 when the pharmacy course was only two years long. Because she was only a part-time student, she did not graduate until 1916 and successfully passed her state board examination that same year. She worked in retail pharmacy all her life.

Annabel was a charter member and first President of the Lambda Kappa Club and later was elected to serve as the first Grand President of first Graduate Grand Council from 1922-1926 when the first convention was held in Boston. She then was elected to the office of Six Year Member at Large (1926-1932). Annabel attended a handful of conventions and was in attendance at the 50th anniversary convention in Boston in 1962.

Rosamond A. Guinn



Rosamond Alice Guinn was born June 28, 1892, in New Bedford and graduated from New Bedford High School.

She enrolled at the Massachusetts College of Pharmacy and graduated in 1915. She became the first African-American women to become a registered pharmacist in Southeastern Massachusetts. Rosamond died in 1923.

Mary Durgin Loveland

Mary Gould Durgin was born on August 9, 1890, in Quincy. She graduated from Murdock High School in Winchendon. Her father, A.G. Durgin, owned and operated Durgin's Pharmacy (pictured below) located at 220 Central Street in Winchendon.



Mary was enrolled at MCP until 1915. She took over the pharmacy upon the death of her father and sold the pharmacy in 1923. She married Mardis Goodell Loveland on November 7, 1917.

Margaret Curran

Margaret Magdalene Curran was born on August 1, 1893, in East Bridgewater, Massachusetts. She was the daughter of B.J. and Edna Curran. She was enrolled at the College until 1915.

Alice G. Coleman

Alice Gardner Coleman was born on June 30, 1891, in Nantucket. She was the daughter of Ellenwood and May Anna Brayton Coleman. Her father was a physician. She graduated from Nantucket High School and enrolled at the Massachusetts College of Pharmacy, receiving her degree in 1914.

She practiced hospital pharmacy at Medfield State Hospital briefly before passing away in 1918. She is buried in Nantucket at Prospect Hill Cemetery.

Diabetes Treatment Options: From Acarbose to Sitagliptan

By Justine E. Dickson, PharmD, TTS

Treatment options for patients with diabetes come in a variety of dosage forms, shapes, and sizes, with new treatment options constantly on the horizon.



NON-PHARMACOLOGIC AGENTS

Optimization of lifestyle choices is essential for all patients with diabetes throughout the disease process.¹ Alterations in lifestyle may be initiated simultaneously with pharmacotherapy, which can be adjusted based on changes in the patient's lifestyle. Details about specific recommendations for medical nutrition therapy, physical activity, and dietary modifications will be discussed in the next article of this series.

ORAL HYPOGLYCEMIC AGENTS

The American Diabetes Associations (ADA) and European Association for the Study of Diabetes (EASD) partnered and released a position statement in 2012 on the need for individualization of medication therapy in patients with Type 2 Diabetes Mellitus (T2DM).² This patient-centered approach should take patient preferences along with medications cost and side effect profile into account when selecting drug therapy. The ADA and EASD recommend metformin as the initial agent, when not contraindicated, in conjunction with lifestyle modifications. If at some point metformin is no longer effective at achieving or maintaining glycemic goals, then an additional agent should be added to the drug regimen. The American Association for Clinical Endocrinologists (AACE) released a consensus statement in 2013, which introduced a comprehensive diabetes management algorithm.³



	MET	DPP4-I	TZD	AGI	COLSVL	SU	GLN	BCR	SGLT-2
Hypo	Neutral	Neutral	Neutral	Neutral	Neutral	Mod-Severe	Mild	Neutral	Neutral
Weight	Loss	Neutral	Gain	Neutral	Neutral	Gain	Gain	Neutral	Loss
Renal /GU	CI CKD 3B,4, 5	Dose change	Fluid retention	Neutral	Neutral	> Hypo	> Hypo	Neutral	Infection
GI sx	Mod	Neutral	Neutral	Mod	Mild	Neutral	Neutral	Mod	Neutral
CHF	Neutral	Neutral	Mod	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral
CVD	Benefit	Neutral	Neutral	Neutral	Neutral	?	?	Safe	Neutral
BONE	Neutral	Neutral	Mod Loss	Neutral	Neutral	Neutral	Neutral	Neutral	Bone Loss?

MET: metformin, DPP4-I: DPP4-inhibitors, TZD: thiazolidinediones, AGI: alpha-glucosidase inhibitor, COLSVL: colesevalam, SU: sulfonylureas, GLN: glinides, BCR: bromocriptine, SGLT-2: sodium glucose cotransporter 2, mod: moderate, CI: contraindicated, hypo: hypoglycemia, sx: symptoms, CHF: congestive heart failure, CVD: cardiovascular disease

Diabetes Treatment Options (continued)

INSULIN

Patients with Type 1 Diabetes Mellitus (T1DM) should be treated with 3-4 daily injections of both basal and prandial insulin or continuous insulin infusion via a subcutaneous insulin pump in order to mimic natural insulin release. Most patients with T1DM match the insulin dose to carbohydrate intake, predicted activity, and pre-prandial glucose reading. Recommended empiric dosing for patients with T1DM is 0.5units/kg/day and 0.7-1.0 units/kg/day for patients with T2DM, with 50% of the daily dose given as basal insulin and 50% of the daily dose given as bolus insulin (split into three doses for given prior to meals). Many patients will eventually require insulin therapy; however, the utilization of insulin should never be used as a threat or explained as a punishment for poor glycemic control.



Category	Insulin	Onset	Peak	Duration
Rapid	lispro, aspart, glulisine	5-15 min	1-2 hours	3-5 hours
Short	regular	30-60 min	2-4 hours	6-8 hours
Intermediate	NPH	1-2 hours	6-12 hours	10-16 hours
Long-Acting	detemir glargine	3-4 hours 4-6 hours	Peakless	6-24 hours 24 hours

With many medication options, choosing the most appropriate for the patient may make your head spin! Of note, canaglifozin (Invokana™) approved in 2013 is the first in a new drug class (SGLT-2). Furthermore, additional medications [ertuglifozin, dulaglutide, dapaglifozin (Forxiga™), and a new inhaled insulin

(Alfrezza™)] are still in clinical trials or in the process of gaining FDA approval. Decisions on medication utilization should be individualized based on patient specific factors and medication side effects. The ACCE treatment algorithms are a helpful resource to assist in identifying the most appropriate treatment options.

1. ADA. Standards of Medical Care in Diabetes. Diabetes Care. 2013;36(S1):S11-S66.
2. Inzucchi SE, Bergenstal RM, Buse JB, et al.; Position Statement of the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). Diabetes Care 2012;35:1364-1379
3. AACE Comprehensive Diabetes Management, Endocr Pract. 2013;19(Suppl 2)

Alpha Chapter Also Turns 100!



By commemorating the 100th anniversary of Lambda Kappa Sigma, we also celebrate the centennial birthday of Alpha Chapter, the place where our beloved Fraternity began.

Congratulations, Alpha Chapter,
on your accomplishments over the last 100 years.
We wish you continued success for another century!



Collegiate Chapter News

Alpha



Hello from the Massachusetts College of Pharmacy and Health Sciences University! Hosting our Centennial Celebration Convention in Boston this past summer was such an honor, and Alpha Chapter is delighted that it was a successful event and that everyone had a wonderful time.

On September 9, we had our annual fall retreat, where each officer presented her agenda for the semester and pointed out important dates for upcoming events. With the entire chapter present, as well as our fraternity and faculty advisors, we mapped out our strengths, weaknesses and goals for the semester. Sisters came in with creative and exciting ideas and left with the feeling that this year was going to surpass all our expectations.

Alpha Chapter has also been very active within our community. Sisters have been taking part in organizations like The Big Sister Association. As a chapter, we participated in the annual community cleanup on September 28, spending a Saturday morning cleaning and picking up trash in the Mission Hill neighborhood. It was a wonderful way to give back to our community while spending time together.

On October 10, the chapter attended the Light the Night Walk for leukemia and lymphoma at the Boston Commons. Throughout the week, we sold all of the ribbons we made and raised money for our team. The ceremony itself was amazing and celebrated the lives of people with these diseases. Hundreds of red, white and gold balloons filled the sky and lit the night as we walked.

Alpha Chapter (and our faculty advisor) again took part in our university's Dining for Women on October 2. Over dinner and delicious home-baked treats, we discussed and learned about the "Unforgotten India". It was inspirational and eye opening to see how hard women in developing countries work and how we can help them in our own small way.

Most of our efforts and planning are going towards recruitment. At the MCPHS Activities Fair, Alpha Chapter had a Ring Toss for Red Sox Tickets game and ended up with over 60 signups. We also hosted our first unofficial recruitment event at a local ice cream parlor, J.P. Licks, where young women interested in LKS could socialize with active sisters and learn more about LKS. Our second recruitment event will be a Halloween Dessert Party on October 17. The sisters are very excited for recruitment season and about getting to know our potential new members.

We just completed our annual Yankee Candle fundraiser and made \$1,400! We also have an Alex and Ani fundraiser in the works and are excited to see what it will bring.

In conjunction with other campus fraternities, like Phi Delta Chi, Alpha Zeta Omega and Kappa Psi, the Alpha Chapter is planning a Halloween dance, which is open to the entire university. As sisters, we've had the joy of attending ballets in the park, visiting the Museum of Fine Arts and hosting barbecues to savor the last of summer. In addition, we will be holding our Winter Formal—one of our most anticipated events—at the Sheraton in Cambridge Massachusetts.

Delta



The Delta Chapter has been busy participating in service activities during the first few months of school. One of the new projects we are participating in supports the Pittsburgh Project, an organization that fosters community development through various activities. One of the projects we participated in this year is Urban Gardening, which allows the sisters to work in the gardens that the organization sponsors. The gardens are utilized by the community to create bonds between its members, as well as to provide an opportunity for them to work for nutritional food options by volunteering to maintain the gardens.

Through efforts to clean up the Northside neighborhoods of Pittsburgh, we have been able to make an impact on community growth. Moving forward in the semester, we will be working closely with the Pittsburgh Project to sponsor workshops for its members to better understand how medications and nutrition can impact their health.

Epsilon



Greetings from the University of Maryland, Baltimore! This past summer, our chapter president, Muhammad Sheheryar, attended the LKS Convention in Boston. It was a great experience for him to interact with LKS members from other chapters and to exchange ideas with them about different initiatives, fundraising, etc. He came back full of new ideas and excitement for the upcoming year.

We are very excited for the start of the orientation period for the new lambs and planned three events. The first was a fun night at Dave and Buster's, where LKS members, alumni and new recruits played arcade games, won prizes, enjoyed good food and got to know each other. For the second event, LKS members and new recruits met at one of our member's house for a barbecue. Lastly, we participated in the first annual "Pharmacy Olympics," where we played

a lot of fun games and got to know members from other fraternities at our school.

In September, Epsilon Chapter hosted "Lunch with Lambs" with one of our faculty members as our guest. The event allowed LKS members and non-members to talk to the professor, ask questions and get professional advice. Additionally, the LKS Founder's Day Ceremony was held on Thursday, October 10 on the Shady Grove campus.

For fundraising, members have a chance to show off their cooking skills and bring in baked goods to raise money for LKS. Our bake sales occur in both campuses (Baltimore and Shady Grove) and have been well received. In addition to selling Yankee Candles, we will be holding a Santa Gram sale, where students across both campuses can anonymously buy Santa grams for friends to celebrate the upcoming holiday season.

Professionally, Epsilon Chapter has been organizing and collaborating with the Phi Lambda Sigma (PLS) honor society on a regular basis. Recently, we held a CV/Resume day on October 14, where students brought in their resumes or CVs for professors to evaluate. The event included a speech from a guest speaker, who is a pharmacy recruiter, and an opportunity for students to talk to professors about skills necessary to write a successful CV.

In November, we will be co-hosting with PLS the Internship Forum. This event will give students a chance to learn more about the importance of internships and to speak to students who have had prestigious internships in the past.

In the upcoming semester, we will be involved in community service by providing free blood pressure screenings.

Lambda



Greetings from the University of Southern California! This past summer, several of our members attended the LKS Annual Convention in Boston, where we were honored with the Chapter of the Year Award. Thank you to the Alpha Collegiate and Alumni Chapters for welcoming and hosting us and to all the chapters for congratulating us and celebrating our achievement with us.

We started the first day of classes for fall semester with a Kick-Off Social at Yard House in Pasadena. This gave the members an opportunity to bond after the summer break and to prepare for new member recruitment.

For the 2013 recruitment season, we held three events, each of which showcased the defining characteristics of our chapter. The first recruitment event, BBQ with the Lambdas, allowed new members to meet and mingle with active members over delicious burgers and hot dogs while enjoying fun games in the park.

Our second event, Casino Night with the Lambdas, was a huge success with many alumni

Collegiate Chapter News (continued)

in attendance. Everyone had a great time playing casino-style games!

The last recruitment event was a Fondue and Dessert Night, during which Lambda Chapter served desserts, held fun activities, answered questions and solidified bonds developed throughout the recruitment process. The 2013 recruitment season was a huge success, and Lambda Chapter is excited to welcome 27 new members! We introduced our new members during our Welcome Night Social in October. Upcoming social events include Hiking with Alumni in November and our Holiday Party in December.

In addition to spending time with one another, our members enjoy spending time with our alumni. In early October, we organized the year's first Alumni Dinner at Louise's Trattoria in Pasadena. Seven of our alumni and 15 of our active members attended. We were also honored to have Western Region Supervisor, Nicole Lombardo, in attendance. We look forward to having our next Alumni Dinner in November.

Additionally, our members are able to interact with alumni through our Mentorship Program. We have a number of alumni and students participating this year. We are also working with alumni to organize a fall workshop focused on reviewing CVs and Letters of Intent for our fourth-year members interested in residency.

In early October, we organized our Residency Workshop for all students. The USC Residency Program Director provided the 70 students in attendance an overview of residency; spoke about residency overall and the residency application, interview and match processes; discussed why students should consider residency; and explained the difference between residency and fellowship. Upcoming fall workshops include our Board Specialty, Counseling and Wine Tasting.

We are also excited about our Women's Health projects and Health Fairs. In early September, we had our Osteoporosis Training Session during which one of our advisors, Dr. Cynthia Lieu, lectured the 56 attendees. Plus, our Health Fair coordinators prepared us for screening and counseling patients at health fairs. We also participated in the USC Verdugo Hills Hospital Health Fair in Glendale. We had 65 participants, 47 of whom we screened and counseled, and 18 of whom we were only able to counsel.

In October, we participated in the SAM/APSA Health Fair (where we screened 61 participants and counseled 4) and the VAPSA Health Fair (where we screened 66 patients and counseled 41). Upcoming fall events include Trojan Family, KAPSA and ChAPSA Health Fairs.

Nu



Greetings from Drake University! We would like to congratulate everyone on a wonderful 100 years of the fraternity. We had three sisters

go to Boston this summer and come back with many great ideas, which were shared at our retreat at the beginning of this semester. Our retreat is filled with sisterhood activities as well as business. It's a great way for sisters to catch up with each other after summer vacation and to get excited for the new year.

So far this year, we have been able to promote sisterhood by attending Drake volleyball and football games and by going to the Des Moines Farmers market. We also held three recruitment events where members and potential new members played board games, decorated cupcakes and mingled. We are very happy to welcome 15 new members to the orientation process! Our trip to a local corn maze is also approaching and continues to be everyone's favorite sisterhood event.

For fundraising, we set up an event at Orange Leaf, a local frozen yogurt shop, where 10% of each purchase was donated to our chapter. We will put the funds towards our HOPE waLKS this spring. Currently, our annual Youngers Community Day coupon book sale is underway to raise money for the chapter. Later this fall, we will not only participate in the Susan G. Komen Race for the Cure, but we will partner with the Polk County Health Department to spread awareness of their services and the importance of getting mammograms.

We are also very excited for a visit from our regional supervisor, Steph Mrozek, so we can show her what the Nu Chapter is all about.

Xi



Hello from the University of Rhode Island! We started our summer with 38 Xi Chapter lambs attending the Centennial Convention in Boston. They had a great time bonding and learning about our fraternity's history. Plus, we were honored to win the poster competition for the second time!

This fall, our PNM coordinators and older sisters have been hard at work recruiting new lambs. We've been getting to know the PNMs by bonding with them at our annual Brickley's Ice Cream event, Campus Cleanup and PNM Pasta Dinner. We are excited to share that 51 PNMs received their official LKS bids to begin orientation! We look forward to sister "speed dating" and the Big/Little Ceremony later this fall.

All of our committees have been hard at work. The Academic Committee has been holding studying hours for the PNMs to remind them we are a professional and academic fraternity. Alumni created a monthly newsletter for sisters who have graduated to inform them of all the great events we're a part of. Community Service started the year by holding a school supply drive, by supporting the PNMs in Campus Cleanup and by selling T-shirts at URI's Walkapalooza event, where they raised over \$400 for Project HOPE. Through the Making Strides for Breast Cancer Awareness Walk in Providence and our new ongoing Teddy Bear Drive (to donate to children in hospitals during the holiday season), we raised \$1,000 for ACS. The Fundraising Committee has hand-made LKS colored hair ties, which, along with our

regular monthly bake sales, have brought in a great profit.

The Pride Committee has gathered sisters together for sister bonding activities, such as apple picking at a local orchard. Our Professional Committee put on a What Not to Wear fashion show for the PNMs, which was a fun and educational event to bring older sisters together with PNMs. Lastly, our social chairs worked over the summer to plan a fall semester kick-off with a BBQ social along with fellow professional pharmacy fraternity, Kappa Psi. Overall, our committees have kept us busy and have given us many amazing opportunities to stay involved within our chapter.

Xi Chapter is excited to share all of our past, present and future events as we prepare for our regional supervisor to come visit during URI's Homecoming weekend. We are also very excited to host our sisters from Alpha Collegiate, Alpha Alumni and Alpha Beta Collegiate chapters for a regional meeting that very same weekend! It's sure to be a fantastic day between all the bonding events and chapter management workshops we're organizing.

Omicron



Hello from Wayne State University! We've had a fun-filled summer with exciting Tiger's baseball games, barbecues, beach days and potluck lunches with PNMs. Thirteen collegiate and alumni members attended the Centennial Convention in Boston this summer and had the amazing opportunity to build sisterhood among lambs of other chapters. Thank you for this opportunity...these are memories we will cherish forever! We are extremely honored to have received Central Region Collegiate Chapter of the Year while at convention, and we look forward to our chapter continuing to help enhance Lambda Kappa Sigma as a whole.

Our chapter has had an excellent kick-off to the fall semester with weekly lunches for PNMs as well as a "speed-dating" event for Bigs and potential Littles to get to know each other better. This helped build sisterhood early on and helped us decide who to extend bids to. We are excited to state that 16 ladies have begun the initiation process.

We are enthusiastic about our new community service project we have adopted this year called Alternative for Girls. This is an organization based in Detroit which aims to help homeless, high-risk girls and young women avoid violence, teen pregnancy and exploitation. It helps support them with the necessities to be safe and to make positive choices in their lives. We are looking forward to working closely with this organization to empower young women for a better future.

Since implementing our professionalism seminar events last fall, we are proud to say that these have been incredibly rewarding and have helped to foster professional attitudes and values within our chapter. In October and November, we are hosting diplomat specialty pharmacy and residency informational sessions.

We have begun fundraising both for our chapter's events and for next year's convention by holding Yankee Candle sales and Halloween-themed bake sales.

As for social events, we enjoyed spending time and building sisterhood together while letting loose at karaoke night, trivia night and a Glow Party hosted by Kappa Psi. We have many other upcoming exciting events to celebrate autumn, such as trips to a cider mill and haunted house and a haunted hayride outing.

Pi



A warm hello from Rutgers University! We kicked off the semester with a professional event, Leaders in Pharmacy: An Insider's View, where we hosted a panel of student leaders from all of the pharmacy organizations to discuss how they got their leadership experience and how it has helped them. We also had a Rutgers' Alum discuss how her leadership experiences in school has helped in her career. In late November, we will be holding our Dress to Impress professional fashion show, where our peers will model the do's and don'ts of business casual and business professional outfits. This event will be hosted by our chapter advisor as well as the dean of the pharmacy school. In addition, all of the proceeds and second-hand professional clothes will be donated to charities that help those who cannot afford professional clothing.

We revamped our recruitment events this semester and invested in new LKS tote bags and cardigans. We held a sister and alumni meet & greet, mocktails and games. Our best recruitment event was spa night, where sisters and recruits got to socialize and relax with aromatherapy, hand scrubs, facial masks and nail polish. We are so excited to initiate a lovely group of wonderful new members into our chapter!

As for service, sisters made care packages for women staying in shelters in the New Brunswick area. We will also be participating in many local service events, like Monster Mash, Elijah's Promise Turkey Trot and Big Chill.

Our semester is packed full of all sorts of exciting events, and we hope to hold many social events within our chapter as well as with other chapters and other pharmacy fraternities to take a break from our studies.

Tau



The sisters of Tau Chapter at Duquesne University have had a busy fall semester so far. In September, we held our second retreat, where we planned the semester's activities. We also had our popular semi-annual event making blankets for premature babies. Chapter members attended the annual JDRF Walk at

Schenley Park, where we walked to support the cure of Type 1 Diabetes. And on September 16, we inducted a group of 29 amazing new sisters!

For nearly a year, we planned our first annual Project HOPE Ball, which took place on October 4. Held on the Gateway Clipper, we sailed on the Monongahela, Allegheny and Ohio Rivers (sailing past a 40-foot rubber duck from Dutch artist Florentijn Hofman), had a delicious dinner, bid on raffle items and danced the night away with the sisters of Tau Chapter and invited guests. It was a night to remember, and we cannot wait to host the event again next fall!

The following weekend was Duquesne's homecoming, where we sold our ever-famous cake pops at Autumnfest. On October 14, Tau Chapter celebrated Founder's Day with a potluck big enough to feed all of campus!

During the rest of the semester, the sisters participated in other service and professional projects. One event was the St. Anthony's Dinner at Heinz Field, where we helped with the auction that raises money for an educational program to support children with mental disabilities. Another service project many sisters attended was to support the sisters of Kappa Epsilon, the professional pharmacy sorority on campus, at their breast cancer luncheon. The event benefited the American Cancer Society, and two breast cancer survivor speakers attended the event. It was truly remarkable, and the survivors' stories touched everyone's heart. To end the semester, the sisters donated cold and flu season kits and conducted a presentation on how to prevent illness at the local women's shelter, Bethlehem Haven.

Phi



Greetings from Butler University, where we are so excited to be celebrating our 75th anniversary as an LKS chapter!

We ended last semester with several great events, including our Hygeia Day celebration, where a doctor and two pharmacists from IU Health presented "Cooperative Care: An Interdisciplinary Approach to Health Care."

This semester is off to a fantastic start as we have 21 potential new members and a transfer member from Alpha Zeta Chapter. We also hosted our annual HOPE waLKS 5K on October 5. So far, we raised over \$550 for Project HOPE, and lots of donations are still rolling in from sisters, friends and family as well as our Noodles & Company give-back night. For Founders Day, we celebrated by having lunch together.

We have lots of fantastic events planned for the rest of the semester, including initiation and a trip afterwards to Broad Ripple Ice Cream Station. Our fundraising committee is selling posters and postcards which have pictures of our beautiful campus taken by one of our talented sisters. We also hope to host another dinner night at the Ronald McDonald House and are planning social events for Halloween and for a December holiday gift exchange.

Chi



This fall, Chi Chapter has worked on gaining new members by attending our annual Pharmer's Market for incoming first years and hosting an informational meeting. We were also able to coordinate our Founder's Day Ceremony with our Regional Supervisor visit. LKS members helped our community by volunteering at the American Diabetes Association Step out Walk. Our current fundraising efforts for fall include working at a concession stand for Husky football games and selling Yankee Candles.

Alpha Alpha



Greetings from Temple University! This semester is off to a great start, and our orientation process is currently in full swing. We have held several out-of-school events (for example, a potluck dinner, bowling and a tailgating party), which helped us get to know all our potential new recruits. We also participated in the Walk for Hope, which is held in Philadelphia annually and helps support research for breast cancer. A lot of our sisters have put a lot of effort into making this recruitment process a success, and it is really showing. We have about 16 new interested little lambs!

We also have a lot of upcoming plans we are very excited about. Currently, we are putting the final touches on a fundraising event at a local bar in November, with all proceeds going to Project HOPE.

Alpha Alpha Chapter is also planning fundraising events for our local Shriners Children Hospital, will be participating in the Adopt-a-Family program and will be presenting at Temple University Hospital about women's health.

Alpha Beta



Hello everyone from UConn! With the new semester in full swing, our chapter is roaring and ready to go with inspiring events and many new goals in mind. This past summer, we attended convention close to home in Boston, Massachusetts, where we were named New England Regional Chapter of the Year. It was such an honor to receive this award, and we hope to continue to make the entire LKS family proud!

Collegiate Chapter News (continued)

This semester we hope to not only meet but exceed our fundraising goals of \$500 through fundraiser nights at various restaurants and by hosting a variety of sales, such as LKS yoga pants and T-shirts. In addition, we are planning to sell diploma frames for the UConn School of Pharmacy to both the students and alumni. Most importantly, Alpha Beta will be hosting our second annual Project HOPE waLKS 5K here at UConn on November 9. Last year, it turned out to be a big success, and we anticipate it to be an even bigger hit this year.

Our Social Committee is working very hard to encourage sister bonding between our new and existing members through movie nights and holiday parties. In addition, our chapter has been working on expanding our horizons and is trying to form a closer bond with our brother fraternity, Kappa Psi. We will be challenging them in a bowling night as well as working with them to make gingerbread houses.

This semester, our Community Service Committee is at the top of its game! Every Thursday, five of our sisters travel to the children's center, Mansfield Discovery Depot, and work with children ages 3 to 5 years old to teach them good hygiene habits through arts and craft activities. (Sisters will also travel with the group to the Mansfield Public Library on October 25 to help with their annual Halloween party.) We are participating in the "Donate a Toothbrush" foundation to help families in need by collecting new toothbrushes at chapter meetings. We also plan to do some fundraising for the American Cancer Society and to make instructional drug take-back pamphlets for local community pharmacies.

After two very successful years, the Alumni Committee is planning its 3rd annual alumni tailgate preceding the UConn homecoming football game. Just before Thanksgiving, our alumni and P4 sisters will be joining us for a potluck dinner so that they can present their experiences on rotations and can act as preceptors for our younger sisters. Lastly, the Alumni Committee is creating a position for a P4 sister to act as a liaison between our chapter and our alumni chapter and to report new business and events.

Last semester, the Professional Committee planned a presentation on diabetes (including diabetes trivia bingo) at the Glastonbury Senior Center. It was a wonderful time enjoyed by all! As a result, we are traveling there again to educate the residents on more health topics. In order to help the younger sisters, as well as any aspiring pharmacists, the Professional Committee is hosting a "How to Get into Pharmacy School" presentation to answer questions and concerns about the application process. Along with that, we will be going to a nearby high school in December to talk to the students about pharmacy as a potential future career choice. In addition, we have also already participated in a QPR training event.

So far, our chapter has been very busy trying to make Alpha Beta the best it can be! We are currently in the middle of recruitment with 24 new sisters and are very excited about all of the bonds that we are strengthening and forming. We are a very motivated bunch of women and are ready to make this our most successful semester yet!

Alpha Zeta



Greetings from St. Louis College of Pharmacy! This summer, 16 of our sisters attended the Centennial Celebration Convention in Boston. The attendees toured the beautiful city and participated in a number of events ranging from business and networking luncheons to sisterhood bonding and the highlight of the weekend, the Black Tie Gala. A huge shout-out to Alpha Chapter for hosting such a remarkable event!

This year, Alpha Zeta has reorganized our recruitment selection process, and we couldn't be more proud and excited to welcome our 24 new sisters. We kicked off the semester strong with recruitment events, such as an outing to Ted Drewes Frozen Custard with PNMs and our annual Welcome Back BBQ. In addition, we participated in several philanthropic events, including Families Run for Ovarian Cancer and our school's STLCOP Cares. Our Charity Committee is currently working hard on organizing our annual Hoops for Hope competition at the end of the month.

The Sisterhood Committee has made successful efforts in continuing to build bonds within the chapter by hosting events every month, like a Famous Couples Date Party, Wild Country line dancing and Alumni Wine and Cheese Night.

Our Professional Committee is working with our faculty advisor, Dr. Shin-Yu Lee, on introducing Health Protection Education Services into our community.

Alpha Zeta has also been working on reconstructing our family trees. We're excited to see how far back we can trace our roots.

Alpha Eta



The Alpha Eta sisters are working hard to evolve into a more unified, charitable and fun group of professional pharmacy students. We are currently welcoming 14 PNMs who we have participated in LKS events, such as "speed dating", which allowed active sisters to meet all PNMs. We raised \$100 for Project HOPE with our autumn-themed bake sale and \$200 for Making Strides against Breast Cancer by selling custom-made pens and pencils and pink ribbons, nail files and baked goods. Our newest and more unique event included going to Painted Pot, where sisters and PNMs painted ceramic figures in the shape of lambs.

This October, we will have our pinning ceremony and Founder's Day Dinner and will participate in the Making Strides for Breast Cancer Walk in Prospect Park. In the near future, we will host a Women's Health Dean's Hour lecture on breast and ovarian cancers.

Alpha Theta



Greetings from the University at Buffalo! Our sisters who went to the convention this summer came back with many refreshing ideas for the upcoming year.

We had a very busy start to the semester. We began our recruitment with a hike to the Eternal Flames Falls and with our traditional, beloved PB&J Food Drive and Bonfire events. We welcomed 23 enthusiastic new member candidates to our chapter! This fall, our chapter focused on getting more connected with the new members while staying fun and active. At the Big & Little Barbecue, we had a balloon toss, tower building game and relay races. These activities helped our current sisters get to know new members while building trust and teamwork.

Our members voted on new bylaws in an effort to encourage members to be active. Every member is now required to attend at least one service and one fundraising event. We also initiated a Justice Board run by active members not on the executive board to review member activities and involvements.

The Service Committee is busier than ever this semester. We already successfully organized two wellness clinics to give back to our community. We also have many more future events planned, such as helping out with the Thanksgiving dinner at the senior retirement community and volunteering at the Buffalo Refugee Center.

Our Fundraising Committee came up with many exciting ideas in addition to our traditional fundraising events. We sold over 300 items during our annual Yankee Candle sales. We also raised more than \$200 with our White Coat Clipboard sales. And there are many more fundraising events to come this semester, including capsule earring sales, caramel apple sales and a Dave & Buster's event.

In addition, our chapter plans to set up a Manufacturer's Night (an idea our sisters got at the convention), where pharmaceutical companies come to introduce their new drugs or products to students from UB's Medicine, Nursing and Pharmacy schools.

Finally, the lambs of Alpha Theta Chapter were able to relieve some pressure from school with events like bowling and exploring a spooky corn maze, which allowed our old and new lambs to bond and strengthen their sisterhood!

Alpha Iota



Greetings from Ferris State University! The Alpha Iota sisters hope you all had an amazing summer. Our chapter is off to a busy but exciting start to the fall semester here in Michigan. We began this year with many recruitment events, such as an informational luncheon, a spa night and a bring-your-own-bag night. These activities allowed the PNMs to learn more about the fraternity and to get to know the active members. We met many wonderful girls by hosting these events and are pleased to say that we have 10 of the best associating members with us this semester! On October 5, we had our Homecoming dance, which was full of sisterhood bonding experiences and was a fun time for the whole chapter.

This semester will be full of volunteering in the local community and raising money for Project HOPE. So far this year, we participated in Adopt-a-Highway and volunteered at a walk for diabetes awareness in Grand Rapids. Throughout the year, we will continue to volunteer at a local recycling center and at Metron, a local nursing home, where we play bingo. To raise money for Project HOPE, we will sell snacks and coffee in the College of Pharmacy lounge and host a chili cook-off in the spring. Last year, these events raised over \$1,200 for Project HOPE.

Planning is already underway for Hygeia Day and Parent's Day in the next semester.

Alpha Kappa



Greetings from the University of Georgia College of Pharmacy! We have had a great start to this fall semester with the initiation of 30 new lambs. Our recruitment this year was one of the best to date and featured such activities as a Hawaiian luau, crafting tie-dye coasters and a casual mixer. Initiation went beautifully as always, and we celebrated our newest members with an array of lovely cakes and punches in true Southern style.

Continuing our focus on serving the community here in Athens, Georgia, Alpha Kappa helped sort and distribute food at the Food Bank of Northeast Georgia and prepared meals for women and children at the Athens Area Homeless Shelter. Additionally, we raised over \$5,000 for the Loren Smith Cancer Center in support of the In Their Shoes 13.1 mile walk for breast cancer awareness. The Loren Smith Cancer Center provides free counseling, support and activities to all Athens area residents and families afflicted with cancer of any type. Finally, we are looking forward to our Alpha Kappa Thanksgiving Dinner, where we raise money to purchase toys and necessities around the holidays for children in the Athens area who are less fortunate.

Our efforts to positively affect our community through outreach and service would not be possible without the support of our wonderful chapter advisor, Dr. Catherine Bourg, and the fantastic faculty and staff around the UGA College of Pharmacy.

Alpha Lambda



Greetings from the University of British Columbia! Our chapter had a great start to the year through the LKS recruitment dinner and ice cream lunch events. We look forward to initiating 18 new members at our new Pharmaceutical Sciences Building. We have held many fundraiser events, such as Halloween candy sales, pharmacy textbook sales and two CPR courses. In addition, we hosted many fun social events, such as dinner at Vancouver Dine-Out, Dodgeball Night, Christmas caroling and LKS Alumni Talks, all of which have allowed us to bond as a fraternity. Now we are looking forward to our Christmas dinner.

Alpha Mu



Greetings from the University of Toledo! This summer, four of our sisters made the trek from Toledo to Boston for the Centennial Convention. They had so much fun and would like to thank the Alpha Chapter and Grand Council on such an amazing convention. They brought back boatloads of amazing ideas, which we hope to incorporate into upcoming years.

Our fall semester started with a bang—recruitment! We held our first ever Bid Week with three events ("mocktail" mixer, LKS trivia night and sand volleyball) designed to help orient our new members to the organization and to help them get to know the active members. We hope this fun week of events will help enhance our retention and improve member participation. Our New Member Committee did an amazing job recruiting over 40 girls! We are looking forward to activation, Big/Little week and our annual new member/active LKS sleepover.

We started so many different service projects this semester. We are teaming up with Kappa Psi for the American Cancer Society's Colleges against Cancer Relay for Life. Last year, we raised over \$1,500 dollars...we are hoping to raise over \$2,000 this year. In January, we will help over 100 Girl Scouts earn their first aid badges. We have also started working with a new organization called Nightingales Harvest Mission, which provides food and personal hygiene products to cancer patients and their families in northwest Ohio and southeastern Michigan.

New to our chapter, the Professional Committee is working hard to put together programming for both our actives and new members. Because October is National Pharmacist Month, we have been participating in many different activities, including an on-campus pharmacy fair to educate people about pill safety. At the fair, we play the Guess the Pill

game, where we show a picture of a medication and people have to guess what it is.

Our fall calendar would not be complete without social events! We look forward to events in conjunction with Kappa Psi chapter, like tailgate parties and our annual Halloween party. Along with Kappa Psi and APhA, we will also be hosting a College of Pharmacy formal.

Alpha Nu



Hello from the University of Kentucky! We have had a very busy start to the fall semester. First, we had an outstanding recruitment week—our chapter added 40 new "Alpha Nu Ewes"! We did this by continuing some of our most successful recruitment events, including a picnic where members enjoyed chicken fingers donated by Raising Cane's, a bowling night with the brothers of Kappa Psi, and an event called "Pizza at Pazzo's", which was held at the local campus pizza pub.

On September 11, three Alpha Nu sisters (Elizabeth Jacobs, P1; Vanessa Carranza, P2; Lesley Williams, P3, Samantha Parisi, P3) joined ovarian cancer survivors from Bluegrass Ovarian Cancer Support, Inc. (BOCS) on a local morning news station to discuss "Turn the Towns Teal," a national campaign to promote ovarian cancer awareness. Alpha Nu is honored that four members of BOCS will visit our chapter on October 31, 2013, to share their stories of living with ovarian cancer. We are thankful to these women for taking the time to share with our members the seriousness of this disease, as well as warning signs they can watch for in themselves and loved ones.

In addition, Alpha Nu Chapter has many service events planned within the Lexington community. One is our annual Reverse Trick-or-Treat, which will be held on October 28 at The Nest, a local center for women, children and families. The Nest works to provide high-quality, comprehensive services to women and families in crisis while working to prevent child abuse and neglect. Our caring and compassionate chapter members are always eager to help at this event.

Alpha Xi



Hello from the University of the Pacific! This fall semester has been very busy for our chapter. We started by congratulating 11 sisters who entered the Thomas J. Long School of Pharmacy & Health Sciences at this year's White Coat Ceremony.

Collegiate Chapter News (continued)

A week later, we were busy hosting our annual Black & White Affair. Undergraduate and graduate students came out to eat food, dance and take pictures at our photo booth.

After having fun and relieving some stress, we had our first pre-recruitment event. Because the weather was still hot, we decided to make delicious ice cream sandwiches. After having our delicious treat, we played various games to get to know the PNMs better. All in all, it was a very successful, fun event for everyone.

This year, our chapter is planning two health fairs: one in November and one in the spring/summer.

Alpha Omicron



Greetings from West Virginia University! We are very excited for this year because we are inducting 16 new members and have a lot of service and social events planned.

We had a cookout for one of our recruitment events. At the end of the spring semester, we had several group outings to places like The Fondue Factory and Suburban Lanes Bowling Alley. These activities were a great time for relaxation and bonding among our members. For Hygeia Day, a guest speaker from the WVU School of Pharmacy spoke to us about diabetes awareness, treatment and prevention. This was also an opportunity for members to come together and bond through a professional event.

Four members of our chapter attended the Centennial Celebration Convention in Boston. They shared information on the activities at convention along with ideas for social events and fundraisers suggested by other chapters.

Vera Bradley Bingo is one of our main fundraisers for Relay for Life and will occur this fall and in spring 2014 at the Health Sciences Center. Alongside an informational board on breast cancer, refreshments will be sold.

We are also very involved with community service activities and plan one at least once a month. Service events include cooking dinner for the families staying at the Rosenbaum House, which is affiliated with Ruby Memorial Hospital, making dog chew toys from old denim jeans for a local animal shelter and making fleece blankets for Project Linus, which provides blankets to children in hospitals, shelters or social service agencies.

Alpha Pi



Greetings from St. John's University! Last spring, we welcomed 7 new amazing women into our chapter. Over the summer, many of our sisters attended the Centennial Convention in Boston and brought back inspiring, new ideas to make this semester unforgettable.

At the beginning of the semester, we hosted a bake sale to raise money for Project HOPE, which had a great turnout. We also participated in our school's University Service Day, in which sisters took part in community service around Queens, New York. We also celebrated 100 years of LKS for Founder's Day with a special ceremony and cake!

For the rest of the fall semester, we have many exciting events planned, including hosting fundraisers for causes such as the American Cancer Society's Relay for Life and taking part in the Making Strides against Breast Cancer Walk. Later in the semester, our third year sisters will be receiving their white coats at a special White Coat Convocation, symbolizing their entrance into the first professional year of pharmacy school. We are also looking forward to Healthy Halloween, an event where we do fun Halloween-themed crafts and activities with children while teaching them the importance of proper health and hygiene.

Alpha Rho



This fall has been an exemplary semester for us at Northeastern University, where the sisters of Alpha Rho have been feverishly planning and executing several sister events.

On September 27, new member educators Cassidy Duncan and Siyang Li hosted Alpha Rho's Mocktails, an annual tradition for the chapter where potential new sisters enjoy refreshments and appetizers with active sisters. Thirteen girls accepted their bids into the fraternity and are now taking part in their weekly lessons on our history. The new lambs have plenty to look forward to, including the revealing of their Big Sisters, delicious dinners, one-on-one sister dates and perhaps most importantly, karaoke!

This semester has brought ample opportunities for Alpha Rho to reach out to the Boston community. The fight against breast cancer is one in which we have become seriously involved, and it is a cause in which all the sisters hold close to their hearts. On October 6, several sisters participated in the Making Strides against Breast Cancer 5K. On October 13, sisters participated in Brides against Breast Cancer by helping future brides look through hundreds of wedding gowns in hopes of finding that one special gown. Proceeds went towards educating and helping women who are battling breast cancer.

Without doubt, Alpha Rho is starting this year strong. Weekends are filled with sister events all the way until Christmas break, including an all-day retreat and a semi-formal.

Alpha Phi



We have had a very busy semester so far with so many more activities to come. We are looking forward to inducting 20 new members,

who have been an excellent addition to our group dynamic with their positive and motivating attitudes. Plus, it's the biggest group of new initiates we've ever had!

So far this year, we held a very successful couponing yard sale fundraiser where the "extreme couponers" of Alpha Phi used their skills to acquire bulk products to sell at a reduced cost for profit. We have also been selling candy bars and will sell cookie dough for the holidays. Alpha Phi celebrated the Founder's Day Centennial Celebration in the company of our two favorite things: sisters and food!

Our sisterhood has grown this year with several social events such as hiking, attending a local fair, visiting an amusement park and screaming our way through a haunted house. We plan on providing our Vials for Life services at a local health fair and supporting an organization called Individuals Putting Abilities in Motion by taking part in a wheelchair basketball tournament later this semester.

Alpha Chi



Fall greetings from Northeast Ohio Medical University! Last spring, we held our HOPE waLKS 5K event. Over the summer, we had four members and one alumni member attend the convention. We presented two posters over two of our more popular events. At convention, we learned great new ideas from other chapters, which we hope to implement soon.

This fall, we held a Think Pink bake sale to raise money for Susan G. Komen. We are also organizing our school's annual business etiquette dinner fashion show, which teaches students the do's and don'ts of professional attire. This is always a fun and successful event for our school!

Alpha Psi



Alpha Psi Chapter held three social events this semester: a bowling night to mingle with prospective lambs, a potluck dinner and apple picking. We also presented information about our organization at an orientation for new students as well as at an open house for the new student's families.

Our chapter was fortunate to have members Kimberly Mulchay and Erin Maggie Jones attend the Healthcare Improvement Student Quality Leadership Academy in Cambridge, Massachusetts, over the summer. They were 2 of 3 students selected from our university to attend.

Alumni Chapter Reports

Alpha Alumni



This past July, the Alpha Alumni and Collegiate Chapters hosted the Centennial Celebration. We fundraised, advertised and networked to be able to bring you some memorable moments and to let you bring a piece of our history home with you. A huge thank you to the Reception and Favors Committee, chaired by Allesandra Baron and Jane Charron, who brought attendees insulated lunch totes filled with goodies, mirror compacts, cookies, lamb pops and gold frames embossed with the LKS crest. And all things blue and gold were brought to you by way of the amazing centerpieces created by Renee Suckau. The few days we were all together were packed with history, recognitions, celebrations, bonding, professional development, laughs and a rekindling of what it means to be a Lamb for Life!

Epsilon

The Epsilon Alumni chapter has honestly been recovering from convention because Jenny Brandt (chapter VP) is LKS Grand President, and Dixie Leikach (chapter Secretary/Treasurer) was the co-chair of the Convention Committee. We were very excited to have four alumni members in attendance, including Lynette Bradley-Baker, who attended her first convention!

As fraternity adviser, Dixie communicates with the collegiate chapter. We are all looking forward to our Founder's Day celebration, which will be held October 10th at the Shady Grove campus with the collegiate chapter.

President Keely Ireland has adopted a new dog, Ginger, and we are all happy for them, especially since many sisters have heard of the antics of the late Colby and Bates.

The chapter was honored and privileged to share the Outstanding Alumni Chapter of the Year award with the Alpha Alumni Chapter and to work with them in planning the convention, celebrating 100 years of sisterhood.

Chi

We had our fall meeting on October 15th, where Nancy Horst shared highlights of the Centennial Convention in Boston and the 100th anniversary book. Our next meeting will be in December, and Chi Alums will attend the Chi Collegiate Initiation in January.

The Washington Pharmacy magazine had an obituary for Dr. Muriel C. Vincent, the 1968 LKS Award of Merit winner. She joined Rho Chapter as an undergraduate and affiliated with Chi Chapter during her master's and doctorate studies at the University of Washington. She passed away April 22, 2013. Dr. Vincent endowed scholarships for pharmacy students at Oregon State, UW and North Dakota State, where she was a professor.

Pat Tanac (Past Grand President) and husband Bob (Patron) were featured in an article in the UW Columns magazine about the School of Pharmacy Geriatrics Program, which has a student site at University House where they live. As retired pharmacists, they participate in mentoring the students.

Alpha Beta



Greetings from the Alpha Beta Alumni Chapter! We are still beaming with excitement over our 3rd place win for Alumni Chapter of the Year at convention! We are very proud of how far we've come and plan on continuing to grow and improve. This summer, we elected new officers; this was the first change since we were re-activated in 2011. The Chapter President is now Ashley Warning, a recent graduate from the University of Connecticut. Marissa Salvo has remained our Treasurer, and Marina Grgas transitioned to Secretary.

Over Columbus Day weekend, some of our chapter members and the Alpha Beta collegiate chapter met at the UCONN Homecoming football game (we even celebrated Founder's Day). This annual event allows for the alumni to reconnect and for the collegiates to network with alumni. We had 5 alumni members attend. It is always a fun time!

We will be participating in their annual HOPE waLKS 5K and will be planning a professional development event for the spring semester. And now for some exciting chapter member news...Marissa Salvo is a newlywed! She married Seth Korn on June 29th. We are also happy to announce that several of our members are soon-to-be mommies, including Lauren Aleksunes and Annette Hood. This is a very exciting year for Alpha Beta!

Alpha Zeta



With the reactivation of the St. Louis-based Alpha Zeta Alumni Chapter, there are many plans in store. Reconnecting with sisters at convention brings our chapter count to 20 active alumni members. We are excited to be together, and we meet quarterly to catch up and support our collegiate counterparts. Currently, we are working on researching our Lambda Kappa Sigma family trees and hope to get in touch with any lost lambs along the way. Our fall meeting is a few weeks away, and a wonderful potluck and craft night with the present collegiate sisters on rotation is on the agenda.

*Lambda
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Sigma*



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SCHEDULE OF DEADLINES & UPCOMING EVENTS

December 8-12: ASHP Mid-year Meeting in Orlando. Member reception on December 9.

December 15: Proposed bylaws amendments due to Bylaws Committee

January 3-5: Annual PFEA meeting in Boston.

January 15: Announcement of Educational Grant recipients. Grand Council Election ballots sent to chapters and dues-paid alumni.

January 30: LinKS distribution.

February 1: Call for Region Supervisors.

February 15: Alumni News distribution. Collegiate and Alumni chapter reports submission deadline for Blue & Gold Triangle.

March 1: Proposed bylaws changes to chapters and members. Deadline (postmark) for Grand Council election ballots.

March 28-31: APhA Annual Meeting in Orlando. Member reception on March 29.

March 15: Hygeia Day celebrated with the presentation of a professional program open to the public.

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

April 15: Deadline for submitting chapter and alumni financial obligations, initiation fees, MMIS forms, updated Chapter Roster Form and Chapter Annual Report.

April 30: Nomination deadline for all LKS alumni awards (Award of Merit, Distinguished Service Citation, Distinguished Young Pharmacist Award, Leadership Award and Advisor Award).

July 23-26: LKS Annual Convention, Naples