



BLUE & GOLD TRIANGLE

LKS



FALL
2008

Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"

Something To Talk About...



2008



The Blue and Gold Triangle Of Lambda Kappa Sigma

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

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GRAND PRESIDENT'S MESSAGE

by Sharon Brown



This is going to be a challenging and exciting biennium for Lambda Kappa Sigma! And I am honored as well as humbled that you have placed your trust in me to serve the

Fraternity as Grand President. As I step into this role, I would like to thank Jennifer Rhodes, who has provided leadership during the past biennium with consistency, integrity, and steadfast determination to always do what is right for the Fraternity, regardless of how difficult the actions may be. She has demonstrated grace during our celebrations as well as our challenges, and has been instrumental in strengthening the foundation upon which our future successes can be built.

In my address to the convention body, I discussed what I feel are three critical concepts in building the foundation for our success as we move forward on our journey from Good to Great: growth, financial stability, and leadership.

The authors of the book "Whale Done" made the following statement: What we give our attention to, grows. How does this apply to LKS? I interpret it to mean that if we give our attention to our members, really focus on meeting the needs of our members, LKS will continue to grow. We should not continue to grow simply because there are more women entering the profession than men. We should not grow simply because there are more colleges of pharmacy opening around the nation. Our growth must be based on the recruitment of individuals who understand who we are, who agree with what we stand for, and are willing to participate in the work of the Fraternity as well as the benefits. Great vision without great people is irrelevant. Slow growth with great people will provide greater viability than rapid growth with mediocre people.

Your Fraternity, through the efforts of several generations of Grand Councils, has reached a point where we can evaluate financial statements with both eyes open. And I can honestly say that we are getting better every year at what Normal Vincent Peale said was a secret to success: Think Big! Act Big! Be Big! By continuing to think of LKS as "just" a fraternity, we limit our ability to seek recognition, and thus financial investment from one of our closest allies – industry. We made very big

strides this year with 2 major grants to support our CE programs, and have developed ongoing relationships with several companies. However, we have a long way to go to maximize our potential for financial investment in the Fraternity to accomplish our goals.

Perhaps the most significant goal for me, personally, is that of leadership. Ken Blanchard described leadership as a "higher calling". He said: Leading at a higher level is the process of achieving worthwhile results while acting with respect, care, and fairness for the well-being of all involved. It's only when you realize that it's not about you that you begin to lead at a higher level, and to be sure this biennium is not about me, I ask each of you to keep in mind that as leaders, your membership in LKS is also not about you. It's about us. When any of us succeeds, we all succeed. We are all leaders – whether in our personal, professional, or spiritual lives. It's important for us as leaders to walk the talk – to become living symbols of our organization's value system. Take a moment to read the Creed of Lambda Kappa Sigma. This is at the heart of our fraternity's value system. I challenge you to Think Big! Act Big! Be Big! in supporting the programs of LKS – the Educational Trust, Project HOPE, and our Women's Health Issue. Remember that great opportunities often disguise themselves in small tasks.

LKS has an incredible history and a bright future. However, if we dwell only on "what was" or "what will be", we miss the power of what is. LKS is the professional organization of choice for women in pharmacy. LKS is improving its organizational performance every year. LKS is strategically situated to take a leading role in demonstrating a commitment to the values professional fraternal organizations embrace.

You get from people what you expect. During this biennium, I challenge you to expect nothing less than excellence – from collegiate chapters, from members appointed to councils and committees, and especially from your elected leadership.

As I strive to lead at a higher level, I look forward to improved communication with all of our members through expanded Website capabilities and targeted publications. I encourage each of you to openly provide your input, opinions, and suggestions to Grand Council or the International Office regarding the operation, conduct, and activities of the fraternity. Get on the bus! Be a driving force in our continued journey from Good to Great! We're well on our way!

NATIONAL PHILANTHROPY DAY

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

On November 15th, 1986, the first National Philanthropy Day was celebrated. Roget's Thesaurus uses words like altruism, humanitarian, charitable, and unselfish to describe philanthropy. The extent of such charity ranges from the grandiose to more modest and intimate in scope. Names like Rockefeller, Getty, Carnegie, and Gates come to mind when we think of major gifts. But there are others – lots of others – who have the resources to give and the desire to support a cause in which they believe. All of us who give are philanthropists.

Individuals, groups, and the nation respond to calls for help in times of famine, flood, and earthquakes as well as to man-made disasters. From the Book of Acts, "It is more blessed to give than to receive", to the words of John D. Rockefeller, "Think of giving not only as a duty but as a privilege", our hearts are inspired to give generously – but why?

The roots of philanthropy go very deep. In 1638 John Harvard bequeathed his library and half of his estate to a newly founded school in Cambridge, MA. Not to be outdone, Elihu Yale sent gifts to the Collegiate School of Connecticut in 1715-1718; guess what name that school is now known by? Each of us can identify other such bequests to colleges and universities that now perpetuate the name of the donor.

Over the years, benefactors have helped create orphanages, hospitals, Gallaudet School for the Deaf, the Red Cross, Boy Scouts and Girl Scouts, American Cancer Society, historic Williamsburg, the Smithsonian Institution and our National Gallery, Opera and Ballet companies, Orchestras and social service agencies of all stripes.

But, why do we give? Because --

- There is a need;
- We have abundant resources that others do not have;
- We believe in the mission and values of a particular group or institution;
- We want to invest in the future and leave the world better than it is now;
- We seek recognition for our generosity -- or prefer anonymity;
- Someone helped us when we were in need;
- As a group of donors, we can be much more powerful than a single individual; and --

Because we are asked.

On behalf of the LKS Educational Trust, I encourage you to give generously to further the mission of the philanthropic arm of our fraternity.

- Our members have financial need while studying for the profession;
- We have resources to share;
- We believe in our fraternity, its Educational Trust, and their missions and values;
- Investing in the future – and especially education – reaps tangible rewards;
- We can be publicly recognized or just feel good in private about our efforts;
- Many of us were helped by the Educational Grants program while a student;

- Many members donating with a singular purpose empowers the gifts to grow and multiply beyond what a single individual can do; and --

The first Educational Trust appeal letter of our new biennium is now in the mail and we ask you for your help in supporting the LKS Educational Grants program. Increasing the number and size of available grants is my main priority for the future. This is an achievable goal, but only with your help. The power of all of us doing whatever we can, will work wonders.

CONVENTION 2008: Something to Talk About

By Convention Committee members: Christine Grass, Jennifer Rhodes, and Tiffany Self

Southern hospitality was abundant at the Lambda Kappa Sigma 2008 Biennial Convention, held in Savannah, Georgia, August 6 through 9. With over 160 members and patrons in attendance, the convention offered a variety of topics in which attendees were able to participate and then take back for use at their chapters, in their workplaces, and in their personal lives. Programming included pharmacy continuing education, an exploration of fraternity core values, continued discussion on the fraternity's Strategic Organizational Plan and, of course, sessions to conduct official fraternity business. Yes, a lot happened in Savannah when the Lambs got together. Read on...

Wednesday, August 6

Wednesday evening's opening reception was a feast for the eyes and the taste buds. With the Savannah River in view through large picture windows, attendees met new friends and renewed old friendships while enjoying food and conversation. Three lovely Alpha Kappa collegiate members attired in traditional southern belle dresses welcomed us to this southern city known for its hospitality.

An "ice-breaker" activity had attendees forming into small groups by using a "puzzle piece" that each received in their registration packet. As they completed their puzzle, it was unveiled to them the name of the "bus" that each member would be a part of during Saturday afternoon's joint alumni-collegiate conference.

Next, attendees were escorted to trolleys for a "haunted" tour of Savannah. Tour guides shared with their guests a variety of traditions, suspicions and superstitions of downtown Savannah. They highlighted the many formal garden squares that set Savannah apart from just about every city in the United States. They pointed out the house of Jim Williams whose life (and death) became famous in the novel and subsequent movie "Midnight in the Garden of Good and Evil". We also saw locations used in the movies "Forrest Gump" and "Something to Talk About", as well as the house of the founder of the Girls



Members of Alpha Phi stop to take a photo before boarding the steamboat for the Blue and Gold Dinner

Scouts, Juliette Gordon Low.

Voted the most haunted city in the United States, Savannah left many people intrigued and interested in exploring more when free time was available during the meeting. In fact, at least one group took a haunted pub tour later in the week!

Thursday, August 7

Thursday's program delved into fraternity work from the standpoint of how we should present ourselves as members of the pharmacy community, by exploring the core values of LKS.

The opening breakfast's keynote address, by David Stollman of CampusSpeak, inspired those who care about the core values of Greek Life (friendship, service, leadership and scholarship) by considering the notion to "Buy In or Get Out" when it comes to Lambda Kappa Sigma and its purpose. He challenged members to embrace the best in their actions and beliefs. Later in the day, he made himself available during small group sessions with select collegiate members, to address their specific concerns.

Mr. Stollman's address led nicely into a Lambda Kappa Sigma Core Values program, presented by Grand Vice President for Development Sharon Brown, Past Grand President Dixie Leikach and Grand President Jennifer Rhodes. During the session, attendees explored the culture and core values of LKS by dissecting the fraternity's creed and reflecting on the mission statement. Taking this one step further, members discussed how to incorporate this set of core values into all of our decision-making. The LKS Code of Conduct was introduced and discussed, and will be rolled out to the chapters this fall. This document reminds us all of the principles of the "Golden Rule" (treat others as you would like to be treated) and the newer "Platinum Rule" (treat others as they want to be treated), and it will be a foundation for development of current and prospective chapters of LKS.

Next, Grand President Jennifer Rhodes presided over the first of three business sessions. Past and present Grand Council members were introduced. Select fraternity reports were shared. A memorial service to remember those members and friends no longer with us was conducted. And, alumni chapter delegates present their respective chapter's report before adjourning for other schedule programming.

Rounding out Thursday's formal program was the first of three continuing education sessions presented during the convention. The topic was "Cervical Cancer", which will also serve as our Women's Health Issues topic for the 2008-2010 biennium. Sarah Scarpace, PharmD, BCOP, presented this topic using both personal and scientific approaches to the material.



Alpha Beta show their LKS pride at the Blue and Gold Dinner

Ms. Scarpace's Power Point slide program is available to the fraternity membership for use in our chapters and our communities.

For the evening festivities, the collegiate and alumni attendees parted company. The students traveled to Tybee Island for dinner at The Crab Shack (where "the elite dine in their bare feet"). Meanwhile, the alumni partook in some good southern fare at Paula Deen's restaurant The Lady and Sons. We are sure that each of these experiences was remembered long after we departed Savannah!

Friday, August 8

Friday combined professional practice learning with fraternity business sessions.

The morning started with an overflowing crowd for the CE program, "Immunization Update: Focus on New Vaccines and Influenza", presented by Sharon Brown, MS, RPH.

The second business session offered convention attendees an opportunity to hear from each collegiate chapter delegate as they present their chapter reports. Delegates told the assembly what they were doing, what was working, and where help or improvement was needed within their chapters. Grand Vice Presidents for Collegiates Kara Shirley (2006-2008) and Elicia Fauvel (2008-2010), as well as some region supervisors, could be seen taking notes for future chapter and officer development programming.

Next, the Awards Luncheon showcased four exemplary LKS members. Awards Committee Chairperson Chris Grass presided over the program, which introduced Jenny Brandt, Distinguished Young Pharmacist; Lisa Anzisi, Award of Merit recipient; Stefanie Vitale, LKS/Merck Vanguard Leadership Award recipient; and Ruth Brown, recipient of the Distinguished Service Citation.

The third continuing education program was entitled "Asthma Management: Incorporating Current Guidelines into Daily Practice". Presented by Amy Miller, PharmD, BCPS, this topic offered practical information and advice on helping our patients cope with their disease condition in order to realize their best potential.

The Blue and Gold Dinner rounded out Friday's events. Meeting participants and guests enjoyed a dinner cruise on board a steamboat that traveled down the Savannah River. The buffet dinner, a DJ's music, and the local scenery passing us by were all pleasures to the senses! Along our travels, dolphins breached the river, following our boat for a short time. (Maybe they wanted to be Lambs for Life?) Mistresses of Ceremony Ruth Brown and Patti Kienle kept the talent organized (or was it more a case of controlled chaos?), as we were treated to skits and songs from collegiate and alumni members.

Saturday, August 9

Saturday began with the third and final business session. The new Region Supervisors were introduced, and the realignment of the regions was announced. The Strategic Organizational Plan, as approved by the Grand Council during its pre-Convention meeting, was presented for use later in the day at the joint alumni-collegiate conference. In addition, the convention body renewed the fraternity's commitment to Project HOPE as our international philanthropy, and to Cervical Cancer as our Women's Health Issues topic for the 2008-2010 biennium. Members of the Alpha Beta collegiate chapter invited the fraternity to the city of Hartford, Connecticut, for the 2009 Regional Meeting. And, the delegates of Delta and Tau collegiate chapters invited all to attend the 2010 Convention in Pittsburgh, Pennsylvania. What fun we will continue to have at future meetings!

The Educational Trust Luncheon, with Chairperson Marilyn Harris presiding, allowed the opportunity to spotlight our scholarship and benevolence to our educational grant program. Many past grant recipients were present, and many more members contributed to the Trust through the auction and raffle conducted during the luncheon.

The Joint Alumni-Collegiate Conference provided an opportunity for attendees to work on the Strategic Organizational Plan. From Wednesday evening's puzzle solving ice-breaker, each small group now discussed their specific topic from the seven areas of the Strategic Organizational Plan: Communication; Growth; Leadership; Management; Outreach; Preservation and History; Programs and Benefits. Then, each group shared with the entire meeting room their findings. The 2008-2010 Grand Council will use the discussion and ideas shared at this conference to build on Lambda Kappa Sigma's strengths in each of these seven areas of our work, and will seek out the efforts of many of our members who have signed up showing interest in the work of one or more of these buses. (If you want to learn more about the buses, please contact the International Office or any member of Grand Council.)

Then, it was time to recognize our achievements during the 2006-2008 biennium and look to the future, at the Final Banquet. The following is a summary of the awards and recognition bestowed during the banquet:

Certificates of Appreciation for service were given to Grand Council members and Committee Chairs.

Chapter Achievement Awards, announced by Kara Shirley, Grand Vice President for Collegiates:

1. Membership (6 submissions) - Honorable Mention, Alpha; Winner, Tau
2. Publications (3 submissions) - Honorable Mention, Alpha; Winner, Xi
3. Professional Projects (8 submissions)- Honorable Mention, Tau and Lambda; Winner, Xi
4. Loyalty (6 submissions) - Honorable Mention, Tau; Winner, Xi
5. Leadership (6 submissions) - Honorable Mention, Tau; Winner, Alpha Pi
6. Service (8 submissions) - Honorable Mention, Alpha Pi and Lambda; Winner, Tau
7. Scholarship (6 submissions)- Honorable Mention, Alpha Pi; Winner, Xi

Chapter Anniversaries

50 years, Alpha Nu 75 years, Tau

Efficiency Gavel, announced by Jennifer Brandt, Grand Vice President for Alumni

Second Runner Up,
Epsilon Alumni
First Runner Up,
Alpha Nu Alumni
Winner, Alpha Alumni

Efficiency Cup, announced by Kara Shirley, Grand Vice President for Collegiates

Second Runner Up, Alpha Beta
First Runner Up, Alpha
Winner, Xi

Throughout the meeting, individual alumni described an event (or more than one event!) that became their quintessential moment as a member of Lambda Kappa Sigma. Some stories were poignant and others were downright funny. The sharing of these "Lamb for Life" moments will continue at future meetings. So, if you were unable to attend the 2008 Biennial Convention, or have just not yet shared a "Lamb moment" with your sisters, we invite you to attend a meeting, soon! Then, you, too, will show everyone that you have

"Something to Talk About!"



Phi Alumni Marcia Harms and Portia Devore



Past Grand Presidents Jennifer Rhodes, Marilyn Harris, Ruth Brown, Patty Kienle, Dixie Leikach, Christine Perry, Nancy Horst.



Creaque Charles, Kara Shirley, Dixie Leikach and Carrie Molesa celebrate a great week in Savannah

2008-2010 Women's Health Issue: Cervical Cancer

By Sharon Brown, Alpha Iota, Grand President

Although during the past 20 years the incidence of cervical cancer in the United States has declined by almost one third, worldwide, cervical cancer is the second most common malignancy in women, second only to breast cancer. The economically disadvantaged, the elderly, and women who do not participate in routine screening programs compose a high percentage of those who develop and ultimately die from cervical cancer.¹

Cervical cancer is most commonly diagnosed in women less than 50 years of age, and rarely develops in women under the age of 20. It occurs more often in Hispanic women and African-American women than in non-Hispanic white women.²

Risk factors for the development of cervical cancer include young age at first intercourse, multiple sexual partners, high parity, and a history of sexually transmitted diseases. High risk sexual behaviors by a male partner also contributes to the incidence of cervical cancer. Some studies have also provided evidence that links exposure to cigarette smoke with an increased risk of the development of cervical cancer. Because carcinogens present in cigarette smoke concentrate in cervical mucus, researchers believe there is the potential for alterations in local immunity as a result.

The presence of human papillomavirus (HPV) is considered to be the most important risk factor for the development of clinically significant cervical cancer.³ HPV is strongly associated with the development of intraepithelial lesions and invasive squamous carcinoma, and HPV DNA is present in more than 90% of preinvasive and invasive cervical lesions. HPV infection is most prevalent in young women and adolescents, with up to 64% of sexually

active adolescent females testing positive for HPV DNA. HPV is the most common sexually transmitted disease in the United States.³ It is estimated that up to 15% of the population is currently infected with HPV. However, these infections are usually transient. Cervical cancer is most closely associated with certain types of HPV, such as oncogenic HPV types 16 and 18. These particular types are persistent infections that can cause changes cervical cytology leading to noninvasive, and eventually, invasive cervical cancer.

Lambda Kappa Sigma has chosen Cervical Cancer as our Women's Health Issue for the current biennium. As the health care professional most accessible to the public, pharmacists have the opportunity to provide education and other informational programs to their communities that can lead to reductions in the risk of developing cervical cancer. During the biennium, we will be providing additional information about cervical cancer, including screening, staging, treatments, and prevention strategies, through a series of articles in our publications.

During Convention in Savannah, Dr. Sarah Scarpace provided an excellent program on cervical cancer. She

has graciously agreed to allow LKS members to utilize her slide set and supporting documentation to provide educational programs on campus or in other community venues. The International Office will coordinate the distribution of these materials upon request from collegiate and alumni chapters. In addition, be looking for information from the Professional Projects committee regarding ideas on how to co-ordinate our WHI topic with Professional Projects during the biennium. Through the combined efforts of our general membership, WHI committee, and Professional Projects committee, LKS can positively impact women's health in their communities.

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2. American Cancer Society, Inc. Cancer facts and Figures, 2006. Available at: www.cancer./docroot/CRI/content
3. Cox, J. Thomas. The development of cervical cancer and its precursors: What is the role of human papillomavirus infection? *Curr Opinion Obstet Gynecol* 2006;18(Suppl 1): S5-S13.



The History of HOPE

by Jennifer Brandt, Pharm D, Epsilon, Grand Vice President for Alumni

Polio. Diabetes. Burns. Tuberculosis. Tapeworm. To most Americans, these may seem like simple ailments to treat and prevent, but to much of the world, these are serious problems. This is exactly the reason why Dr. Walsh founded Project HOPE in 1958 to provide health opportunities for people everywhere.

During World War II, Dr. Walsh served as a medical officer on a destroyer in the South Pacific. The conditions he saw there inspired him to make a difference. He was moved by the number of people he saw afflicted by diseases that simple medical know-how could treat. In 1958, his experiences led him to request that President Eisenhower donate a U.S. Navy hospital ship, the USS Consolation, to the cause. Although this was an extraordinary request, Dr. Walsh had been the President's cardiologist when he suffered a heart attack three years earlier. The ship was refitted and on September 22, 1960, the first peace-time hospital ship left on its maiden voyage to South Vietnam and Indonesia. The SS HOPE was designed to serve as a floating clinic and hospital as well as a floating university, to spread knowledge to those areas visited so that they could later help themselves. The ship was staffed with 100 to 150 physicians, nurses, and other medical professionals who volunteered their time for their mission, "teaching while healing". Over the next 14 years, the SS HOPE made 11 humanitarian missions to Southeast Asia, South America, and Africa.

Project HOPE has also made significant differences on land as well. In 1963, the group worked with the University of Trujillo to found the first University Hospital and School of Nursing in Peru. HOPE has also built hospitals in Poland, China, and, most recently, in Iraq. Mother and baby, diabetes, HIV, and TB clinics have been set up in over 35 countries, including the United States. These clinics help to provide adequate care to treat and prevent common ailments. One of the most successful programs, the Village Health Bank, was started in 1982. The aim of the program is to provide women education and small loans to start businesses. The women in turn teach other women to do the same. Project HOPE has also published Health Affairs since 1981. Health Affairs is widely viewed as the preeminent journal in the field of health policy.

In recent years, Project HOPE has returned to its roots, although now it is with the US Navy. Project HOPE has stationed volunteers on the USNS Comfort and USNS Mercy, taking them to areas affected by disaster, including

Indonesia following the tsunami and the Gulf Coast region ravaged by Hurricanes Katrina and Rita in 2005. HOPE has also begun to station volunteers on the hospital ships on a routine basis, sending them to areas in Latin America and Africa in just the past two years.

In 1958, Lambda Kappa Sigma decided to support Project HOPE in its mission. HOPE has remained our official philanthropy for 50 years. The oath of a pharmacist states that "I will consider the welfare of humanity and relief of human suffering as my primary concerns." The mission of Project HOPE fits this statement perfectly. Since its beginning, Project HOPE has provided basic care to millions of people and trained thousands of healthcare workers, truly bringing Health Opportunities to People Everywhere.



ALPHA CHAPTER

Massachusetts College of Pharmacy

A big hello from your fellow lambs at Alpha Chapter! We hope you all had a relaxing summer and a great start in September. This year, as our summer ended, we attended the 2008 LKS Biennial Convention in Savannah, Georgia. We had a great time touring the beautiful city; it was a wonderful way to end the summer with our fellow sisters from across the country. We had the fortunate opportunity to meet and bond with many of you lambs. As an LKS unit, we as chapters collaborated for event and fundraising ideas. We were all able to admire Savannah's culture, with the delicious candy shops and stunning architecture that characterize the city of Savannah. Now, since September, LKS Alpha chapter is back in our home city of Boston. Back in Boston, we have started the year off strong with charity, professional, fundraising, and recruiting events. In September, we sponsored a Welcome Back party for our entire student body here at MCPHS to blend the students back together for the school year. We also held a faculty luncheon for our staff here at MCPHS, which gave us a chance to thank our professors and staff that work so hard to educate us. We even made some money fundraising already in September, through a t-shirt sale as well as a pie sale to start the autumn season. We have also held movie nights for not only our own sisters to spend time together, but also for fellow students who are not LKS Alpha chapter members, but may be interested in getting to know us.

In October, we had an opportunity to walk for those with the chronic illnesses of Leukemia and Lymphoma. LKS Alpha chapter attended the Leukemia and Lymphoma Society's walk around the Boston Commons for their annual Lite the Nite walk. Lite the Nite was a great way to give back to others, but also a very enjoyable experience. During this time of economic crisis here in America, even a little bit of help for those less fortunate could make all the difference.

We are currently holding a Yankee candle fundraiser for the upcoming holiday season as well. Alpha chapter had an enjoyable celebration for Founder's Day, with our very own Faculty Advisor, Erica Murrell, speaking to us about what sisterhood meant to her in her own life, pharmacy, and LKS experiences. We are looking forward to this holiday season, and the upcoming events and fundraisers that will accompany it! Hope you are all doing well around the country and that you too enjoy your holidays! Good Luck this semester!

DELTA CHAPTER

University of Pittsburgh



The sisters of Delta chapter have been busy this summer and so far this fall semester! Two of our sisters attended the LKS biennial convention in Savannah, Georgia where they met other sisters from across the nation and were very informative in sharing their experiences with the sisters back in Pittsburgh.

First of all, Delta Chapter is pleased to announce the addition of 32 new sisters through recruitment this semester! Through a variety of informational and social events planned for the recruitment period, including a lunch/information session, a beach-themed luau party, and a picnic, potential new members had the chance to interact with older sisters to learn about the fraternity. We are very excited about the upcoming semester and have a lot of activities planned for the recruitment period! Our pinning ceremony was held on Wednesday October 1st, whereby new members and sisters met their "biggs" and respective "littles" and found the opportunity to mingle over cake and refreshments.

In other activities, the Founder's Day ceremony was also successful within the Delta chapter, having been held on Sunday October 12th. It featured a speaker, Dr. Kara Shirley, past Grand Vice-President for Collegiates of the LKS Grand Council, as well as a potluck dinner. It was definitely a great experience for all, and a great opportunity to hear from a fellow lamb who is truly making a difference. Many thanks to all for coordinating events as well as putting all of your effort into recruitment events!

For service activities, October is Breast Cancer Awareness Month. The Breast Cancer Service Project began starting with the first Friday in October, during which we are selling pins to students, faculty, and staff, as well as wearing pink clothing every Friday in October. It sure is a colorful classroom on those days! All proceeds and donations will go to the Susan G. Komen Breast Cancer Foundation. Many sisters also donated their time and ener-

gy to participate in the JDRF Walk to Cure Diabetes walk on September 21st and running in the Pittsburgh Great Race on September 28th, benefiting the Richard S. Caliguiri Amyloidosis Fund—in honor of the late mayor of Pittsburgh, Richard S. Caliguiri. We also participated in the "Light the Night" Walk at Heinz Field (where the Pittsburgh Steelers play) on October 2nd. We are an active chapter to say the least!

We look forward to future collaborative events with Tau chapter as well as upcoming initiation and formal events. From all of us at Delta Chapter, welcome to the Fall Semester!

EPSILON CHAPTER

University of Maryland

Greetings from the Epsilon chapter at the University of Maryland! We've been keeping busy, yet having fun as we get back into the new school year. Last semester, we had several fundraisers, which were very successful. We had a few bake sales, rose grams for Valentine's Day, umbrella sales during the rainy season, and much more. This semester, we are selling flash drives, which were a major success for us last year. Four of us from the Epsilon chapter went to the Biennial Convention in beautiful Savannah, Georgia, and we all had lots of fun and lots of food! We brought back some great suggestions for recruitment, and we put them to good use this semester. We are welcoming four new members to be initiated this month, and we are proud to have them as our fellow lambs. Our recruitment events included Spa Night, hosted by Dixie Leikach, a Dessert Indulgence, and a Lambs Luncheon. We also went to our satellite campus, where we met two of our incoming members.

We will also be doing several service projects, including Diabetic Halloween, and we will be repeating Operation Christmas Child from last year, where we will be filling shoeboxes with school supplies and small toys for children. We will also have a clothing drive to donate clothes to a women's shelter this winter. Our social events will include possibly bringing out the kids in us by going to a pumpkin patch, carving our own pumpkins, and maybe going on a ghost tour (not all of us are quite so excited about that last one—eep!). We're looking forward to a great year!

COLLEGIATE CHAPTER NEWS Continued



LAMBDA CHAPTER University of Southern California



On behalf of the Lambda chapter at the University of Southern California, I would like to introduce our amazing board members for the year. Each member has helped to make our recruitment period a great success, as we recently welcomed 21 new members to our orientation class. Our board members have worked tirelessly, beginning in early summer and continuing throughout the fall, to plan events and activities to recruit new members into the LKS family.

The school year began with our annual info session during which our very creative historian, Tiffany Cheung, debuted a commercial, which she both wrote and filmed, advertising the benefits of being a member of LKS. She also put together a wonderful collection of photos that highlighted all the events and accomplishments of our fraternity from the year before. Next, our new member coordinators, Bryan Coleman and Kristina Tran, put together three successful recruitment events, which helped us get to know our potential new members and gave them a great impression of what Lambda Kappa Sigma offers. To end our recruitment period, our VP of Social Affairs, Mari Grigorian, planned a fun welcome dinner to introduce our new members to their families and big sibs.

Now joined by our new members, we will focus on our goals for the year ahead. Our health fair coordinators, Stephanie Li and Pati Lopez, are organizing osteoporosis screenings, which will allow us to reach out to the community and share our knowledge as pharmacy students. Khanh Nguyen, our VP of Professional Workshops, has already hosted two informative workshops on pharmacy residencies and Spanish signs to help our members excel in their careers. Nanaz Amini, our Alumni Coordinator, has arranged dinners to help our active members stay in touch with our amazing LKS alumni, who have continued to be a great source of support and guidance. All the while, we have had Pam Lincoln, our board advisor, and Anna Tran, our recording secretary, there to keep us organized and on task, while our VP of Finance, Carmit Strauss, watches over us all to make sure we remain within our budget, while still being able to accomplish everything we

want to for the year. Last, but certainly not least, none of these events would have been possible without our President, Michelle Nguyen. She supports each member of the board, as well as the whole fraternity, to make the Lambda chapter the best it can be. Her dedication to LKS is a great inspiration for all members, new and active.

With such a strong and hardworking executive board, as well as a committed group of active members, this is sure to be an exciting and productive year for LKS at USC. We are looking forward to all we have planned for the year and all the contributions our new members will make to our chapter and fraternity.

NU CHAPTER Drake University



Greetings, fellow Lambs, from the Nu chapter of Drake University! The past year has been extremely exciting, as we have re-activated the Nu chapter at Drake. Thanks to our awesome members and the support of all of you, the Nu chapter has been successfully established and is proving to become an attractive organization on campus. We have developed close and meaningful relationships with each other that will last for many years.

Our most successful fundraiser last spring was selling "forever roses" for Valentine's Day. They are wooden roses that look very real, and many people didn't realize that they were wooden until they touched them! The campus community greatly supported our cause—it seemed like almost everyone bought some roses. In addition to fundraisers, we had numerous social and professional events. One social event was a brunch held to wish our sole P3 member good luck on rotations. In addition, we also said thank you and goodbye to one of our faculty advisors, who has left Drake. One of our professional events included a presentation by a representative of the American Cancer Society, which is a wonderful advocate for cancer patients and survivors. We also participated in Relay for Life, which is always a touching event because almost everyone has been affected by cancer in some capacity.

Four of our members attended the Biennial Convention in Savannah this summer. They had an awesome time getting

to know fellow LKS members from across the nation. They had nothing but great things to say about their experience! This fall is already flying by, and we have been busy. One weekend in September, we held a rummage sale to raise money for Project Hope. All members donated unwanted clothes and miscellaneous items, and 100% of the proceeds were given to Project Hope. Just recently, we held three rush events in order for potential new members to check us out and learn about LKS. After rush was completed, we doubled our chapter membership and now have a little over forty members! Everyone is very excited for LKS to grow because having a larger membership will allow us to do even more fundraising and philanthropic events.

Once again, we want to thank everyone for your support and helping us get off the ground! We want to wish you all a great semester, happy holidays, and a happy new year!

XI CHAPTER University of Rhode Island



After a very exciting Convention in Savannah, the Xi delegate presented the Efficiency Cup and Chapter Achievement Awards to Xi Chapter with a celebration in the lobby of the pharmacy building. To start another great year, the chapter dove headfirst into one of our goals: to hear out every sister's opinions and concerns. Using the convention's "Bus Workshop" as inspiration, Xi broke into officer-lead discussion groups during our first meeting. Some discussion topics included attendance and participation, accountability, sister bonding events, Xi pride, and increased campus-wide awareness of LKS. Our "Sister Speak" was very successful because the small group setting gave all sisters the chance to share their thoughts.

The semester has just begun but Xi chapter is already very busy with new member recruitment. So far, we have held an ice cream night at a local creamery, a spaghetti dinner at a sisters' house, a kickball game on the Quad, and a bowling night. On October 3rd, 59 girls received BIDs!

Our fundraising events include monthly bake sales, Fall Yankee Candle sales, an online textbook sale, and change collections for Project Hope at weekly meetings. Twenty sisters (along with new member recruits) will walk in the annual

Making Strides Against Breast Cancer walk in Providence, RI on Sunday, October 19. So far, we have collected over \$1,900! Xi has scheduled a campus cleanup for October 26th.

Other exciting events that we are planning for the semester are a karaoke night, a brunch for our families during Parent's Weekend, round table discussion with sister's on rotation, new member initiation, t-shirt sales, and our annual Winter Formal. Xi is very eager to celebrate Founder's Day with our own Blue and Gold Dinner of pizza and cake with the performing of fraternity rituals.

OMICRON CHAPTER

Wayne State University

Hello fellow Lambs! Our chapter was incredibly lucky with our initiation process this year, and I owe it to our excellent recruitment. We had 20 ladies that decided to join for this coming year! Our e-board is very excited to get such a high number.

This past year we ended on a high note when we sent off our now alumni members. This current year we are in the "Breast Cancer Awareness Month" and it is in full swing. Our chapter is holding raffles, bake sales, and other various fundraising events for the Susan G. Komen Foundation. We also have events planned for November raffles and various other service projects. Our chapter is also looking forward to a green awareness project that we created and we are hoping to build on that!

Our chapter hopes that yours are also doing well!

TAU CHAPTER

Duquesne University

Welcome to a new year with Tau Chapter in the city of Pittsburgh! We started this year with our recruitment theme "Lambs for Life" where all the sisters shared their most memorable moments and why they joined LKS. This semester we have two members going through the orientation process, and we are happy to have them join!

This past summer we sent five sisters to the Regional Convention in Savannah, Georgia, where we won first place for outstanding achievement in membership and in service. We were awarded for contributing to Project HOPE and the LKS Educational Trust. Tau chapter was also recognized for 75 years of support and loyalty to the ideals of LKS Pharmacy Fraternity. As a fundraising event for Convention, we managed to sell over \$200 in Vera Bradley letters! These T-shirts were very popular among our sisters! At the convention, our sisters attended meetings,

continuing education courses, and valued the great ideas that other chapters were willing to offer!

For our social activity, we had a Pharmacy Picnic on September 10th at the Heinz Field for all pharmacy students to participate in games, food, and lots of fun! At our LKS booth, we had a water balloon toss. Recently in October, three sisters from LKS went to a Leadership Retreat that was sponsored by the Pharmacy Leadership Society. This retreat was very beneficial because it taught our members how to become up-and-coming leaders to LKS and help to inspire others to do the same. The retreat had low and high rope courses that taught the girls to be able to take risks while cheering their teammates on to achieve their goals. Several service projects we participated in are the JDRF Walk in September where we raised money for twins with diabetes through a bake sale, and we also attended Light the Night Walk to raise money to support research for leukemia. We are excited for new social and service projects that will be coming up this year!

PHI CHAPTER

Butler University



The Phi Chapter of Lambda Kappa Sigma at Butler University in Indianapolis, IN is excited to welcome 11 new initiates to our chapter this fall. After a busy few weeks of recruitment, the Lambs at Butler are ready to get to work on various community outreach projects we have planned for the semester. Our chapter, as well as other pharmacy organizations throughout the campus, are working together to plan a Free Health Screening Day for members of the community. This is only one of our many efforts to increase the public's awareness of their health and the importance of early prevention. Once again we will be preparing a fiesta themed dinner for families staying at the Ronald McDonald house here in town. We have planned many fundraising activities as well, including selling picture frames to commemorate the event of the White Coat Ceremony for students entering the professional phase of the Health Sciences curriculum at Butler. In celebration of our hard work during the semester, we have sisterhood social activities planned as well; a bowling night and pottery night are just a couple of the social activities we have planned for the semester.

ALPHA ALPHA CHAPTER

Temple University



Greetings from the lambs in Philadelphia! Our delegate, Lindsey Pelletier, went to the Convention in Savannah, Georgia, this past summer and gained a lot of great knowledge. She returned and taught us about sisterly love and how we can make a better chapter for future sisters at Temple University.

Our semester is off to a great start so far! We have organized five rush events in September and October, including two information sessions, a Phillies game party, an afternoon lunch at the Draught Horse (the local Temple hangout), and a bowling night.

We have had an excellent recruitment process so far and we would like to thank all of the sisters for their hard work. We will soon be inducting several new lambs into our chapter! They will make excellent sisters and uphold the tradition of getting involved in various school and community activities.

One project we were working on this past semester involved helping giving back to the community. About 25 sisters and potential lambs-to-be participated in the Walk for Hope to help cure breast cancer on September 28. We walked from Camden, NJ across the Ben Franklin Bridge into Penn's Landing. For this event, we raised over \$640!

Another project we have been working on is expanding our LKS wardrobe even further. Many of the sisters have ordered yoga pants and tote bags to help represent Lambda Kappa Sigma to its fullest.

To help celebrate Founder's Day, we are having a guest speaker come and lecture. Dr. Susan Kent, a clinical pharmacist and the newest faculty member at Temple Pharmacy, will be giving us a lecture on osteoporosis. We are positive that the turnout will be just as great as last year when we had a lecture about Gardasil.

This semester we are looking forward to the spaghetti dinner we have with the Kappa Psi brothers and our annual school winter formal.

We have a very exciting year ahead and we hope to see everyone again soon!

COLLEGIATE CHAPTER NEWS Continued



ALPHA BETA CHAPTER University of Connecticut



Hello, lovely Lambs, from Alpha Beta chapter at the University of Connecticut.

Twelve of our sisters are trying to drop their temporary southern accents and "focus" on their schoolwork. We kicked off the semester with many fun and exciting activities for the fall. This year recruitment included an informational slide show and pizza party, a night of Lamb's Bingo and ice cream, interviews with some of the sisters, and our own version of "Speed Dating". We proudly inducted 27 dedicated and enthusiastic lambs. We have also decided to switch to only 1 semester of recruitment to use the other semester to focus on sister bonding and "Lamb for Life" moments.

In addition to recruitment, our committees have been working hard to come up with creative ideas for this semester. For example, our professional committee designed posters for our university's annual health fair that explained and described symptoms, treatments, and prevention tips for cervical cancer and general anxiety disorders. They are also planning a seminar for the pre-pharmacy students about what to do if they do not get into pharmacy school. They have also planned to decorate a display case in our Student Union about a health topic, make posters for our infirmary about Meningitis, and even co-host an event with our Women's Center about women's health issues.

Our fundraising committee is hard at work getting ready to sell cookie dough! They are also planning other fundraising events like window decals, a bake sale, and even a spaghetti dinner.

Since October is National Breast Cancer Awareness Month, we are planning to sell breast cancer ribbons to hang in the pharmacy building. Many members will be getting exercise at the walk for breast cancer in the "Making Strides Against Breast Cancer" walk in Hartford, Connecticut. We are also collecting Yoplait yogurt lids that will be donated to the Susan G. Komen Breast Cancer Foundation. The community service committee has many activities for Project HOPE including Penny Wars among the pharmacy classes, and a few of our girls are running different races in

the Hartford Marathon to raise money. We are organizing a team for the annual HuskyTHON, an 18-hour dance marathon that is a major philanthropic event here on campus to raise money for the Connecticut Children's Hospital and Children's Miracle Network. We will also be volunteering our time at the Mansfield Center for Nursing and Rehabilitation.

In addition, in addition, the Alumni Committee has started planning an event with our alumni at a UCONN women's basketball game, which should be very exciting to everyone attending including the sisters, alumni, and the P4's. They have also planned to have our P4 sisters come and talk about their rotations.

Our social committee has had their hands full planning several events including sister bonding nights that included a trivia night and relaxing dinners at local restaurants, as well as a bowling night with the boys from Kappa Psi. Plans are in the works for our second annual Holiday Social, a successful event started last year as a little relief from studying for finals. This year's theme is going to be an Ugly Sweater and Mock-tail Social.

Besides what our committees have planned, we have formed an intramural volleyball team for an exciting stress breaker and some sister bonding. Our team name is "Lambs for Life" and has been tons of fun whether we're playing or cheering on our other sisters. We are getting ready for the 2009 Regional Meeting. Our sisters are organizing many exciting and creative ideas for the meeting.

Hope all the sisters are having a successful semester and we hope to see you in Hartford! Much love always.

ALPHA ZETA St Louis College of Pharmacy

The sisters of Lambda Kappa Sigma, Alpha Zeta chapter, have been keeping busy as usual. The end of the last school year was packed with recruitment events, with the most memorable being LKS - AZ's annual Jimmy Buffetville. With such a great turnout, we all had a blast meeting with potential NMO's. We had an eventful summer with more fun recruitment events. One was the annual float trip down the Huzzah River. As usual, we had a great time while spending time with some future new members. STLCOP Cares took place in September, and as always, the sisters of LKS - AZ enthusiastically participated in the annual event in which STLCOP students and organizations give a few hours to the community to help with everything from gardening to diabetes education.

As this year's New Member Orientation ended, we were very happy to initiate 21 new members! This is one of the largest NMO classes we've had! We are excited to add such a great group of girls to our family. With the semester in full swing, we have many other activities planned, such as Safe Halloween, in which we will oversee a game and distribution of some sugar-free treats to diabetic children, and our yearly trip to the pumpkin patch for pumpkin picking. Our latest alumni event, a wine and cheese party, took place at the beginning of October, and was a great time for our alumni to meet the new members. The sisters of Lambda Kappa Sigma - Alpha Zeta look forward to an exciting and productive end to 2008.

ALPHA ETA Long Island University



Greetings from the sisters of the Alpha Eta Chapter! After a fun filled summer, the ladies here in Brooklyn are back in action and are excited for the upcoming year. The fall semester is kicking off to a great start with the activities that we have in store for our lambs!

In August, our girls attended the Biennial Convention in Savannah and brought back many great experiences to share. We want to thank the other chapters for the special moments and opportunities we had to bond with the other sisters. (GO DOGS!)

Within the first month of school, LKS held a women's only Dean's Hour on "What NOT to Wear on Rotations" and a bake sale. We began our rush events with a pizza party and a potluck dinner at one of our sister's houses. We were thrilled to see the turnout for both of these rush events and look forward to welcoming many new girls to our family in November.

We also plan to hold our second annual Yankee Candle fundraiser; last year we made well over \$1000 and this year we plan to double that amount! So far, this fall we plan to participate in The American Cancer Society's Making Strides Against Breast Cancer walk and even challenge Phi Delta Chi to a Penny War competition. Both our social chair and fundraising chairs have been working to find exciting ways for us to raise money and have a fun time while doing it.

COLLEGIATE CHAPTER NEWS Continued

This semester will certainly be busy for our sisters with all the events that we have planned. One of the main goals of our chapter is for us to grow stronger as sisters and as future professionals. We hope that all the chapters have a great semester and wish them nothing but love and success! Lambs Love Always!

ALPHA THETA

State University of New York at Buffalo



Greetings from the chilly north! This year our chapter has 17 brand spankin' new initiates! They've been working diligently, setting up an apple picking day as well as a baking day so we'll have some home-baked apple pies at our annual bake sale this month. We had a terrific Big/Little event at a local dessert bar where the Bigs got to bond with their Littles and treat them to something sweet.

We also participated in our local Linda Yalem Safety Run, a 5k marathon. One of our brothers clocked in at 27 minutes, while another sister came in at 29 minutes. Gotta keep those legs healthy! We'll be participating in Gender Week at our university, to promote breast cancer awareness as well as cervical cancer education – this biennium's topic!

Our Yankee Candle fundraiser is ending this month; we're looking forward to a good profit. We'll also be selling long sleeve t-shirts later on in the semester with our "Licensed to Pill" logo, designed by one of our own sisters.

We'll be holding a Halloween party at one of our new brother's houses – it'll be a great chance to see everyone in a creative costume. We're also looking forward to the end of school and finals (gulp) and the annual Holiday Party at our faculty advisor's gorgeous home. It's always a great time with good food, great company, and a fun gift exchange. Until next time, stay toasty and warm!

ALPHA IOTA

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 volunteering at Metron, a local nursing home. The people there seem to 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 Adopt a Highway on October 10th where we picked up the garbage on the side of the highway for 2 miles. As people drove by they waved and thanked us; it was great that many people appreciated our help.

We also went to Cedar Point September 19th-21st and volunteered to work there for two days as a way to fundraise a little extra money.

We give our best wishes to other chapters and hope everyone has a great rest of the semester!

ALPHA KAPPA

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 highly 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 is just around the corner with a local breast cancer walk called "In Their Shoes" on November 8, 2008. Several LKS girls will be walking and numerous others will volunteer

their time. Our team raised \$10,000 for the Loran Smith Cancer Center last year, and hopes to raise more with help from the entire College of Pharmacy. LKS has had numerous fundraisers this year including selling nametags, 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 increased breast cancer awareness campus wide through our participation in the fifth annual Dawgtoberfest. We attended continuing education, leadership seminars, and enjoyed fun activities with future women pharmacists from around the country.

Our biggest and most exciting event this year to promote the profession of pharmacy among women was this summer at the LKS Biennial Convention. Our chapter hosted this great event on August 6-9, 2008. We had such a great time with all of the other chapters in LKS, and hope you did too! We invited all LKS members 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 our Homecoming Tailgate this weekend, (those of you at Convention know how important football is to us!), to meet and recruit more past members of LKS.

In order to relieve the stress of pharmacy school, LKS took time out for socials 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. 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 focus this semester was recruitment. We planned an ice cream social, a game night, and a speed dating night. The work we put in paid off when we initiated 28 extraordinary new members!

The ladies of LKS are especially

COLLEGIATE CHAPTER NEWS Continued

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 our new Regional Supervisor, Lisa Rodriguez. 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!

ALPHA NU University of Kentucky



Greetings, Lambs! We had a great time at Convention this summer, and brought back a wealth of knowledge to help grow and strengthen our chapter. We are just now getting to take a breather from a busy first month. Recruitment and Big/Little activities went very well this year and both weeks were a huge success. We will be initiating 31 new members on November 6th this semester.

We have many service activities this semester; Reverse Trick-or-Treat at Shriner's Hospital, an angel tree for AIDS Volunteers Inc., Race for the Cure and a great new fundraising idea for Project HOPE. We had 11 members participate in Race for the Cure and we raised \$155. We also have raised \$800 for Project HOPE through our car parking fundraiser! Our upcoming social events include movie nights, Founder's Day celebration, our chapter's 50th birthday party, Thanksgiving dinner and Mistletoe Mingle. This year we are trying to extend our annual Mistletoe Mingle to include other colleges on our medical campus (medical, dental, nursing, etc.).

For professional development, we will soon be having an ice cream social with 14 women from the Japanese Women's Pharmacy Association and many influential women pharmacists at the University of Kentucky. This is a great opportunity for our chapter!

Our chapter is looking forward to a great year and we wish you all the best of luck and joy!

ALPHA XI University of the Pacific

The girls of the Alpha Xi chapter are excited for this new school year. Although only a few weeks into the year, we have been very busy with our professional events. We have participated in walks and health fairs put on by the Stockton community and various local and national organizations. At these events, we inform the public and other health care professionals about the importance of folic acid in our diets. We are looking forward to getting more involved with our community on a professional level as the year progresses.

We also put on a Women's Health Symposium in conjunction with the American Cancer Society here at Pacific. We had guest speaker Dr. Thaker, a renowned gynecologist, come to inform our faculty and students about cervical cancer. There was a really good turnout and the event was a success.

Besides all this hard work, our girls know how to have fun. For our fall social event, we all watched "The House Bunny" and later had a potluck and made LKS picture frames. The movie was perfect for our fraternity to watch together. We also had a bowling night with the other pharmacy fraternities on campus. Although our LKS girls are not about to start a professional bowling team, we did our best.

The main social event of this semester was our campus-wide Black and White Affaire. It is a party put on for both the undergraduates and graduates here at Pacific. Everyone looked cute in their black and white attire: girls in dresses and cute outfits and the guys looking sharp as well.

The Alpha Xi chapter has a few major things to celebrate this year. First, we would like to congratulate our sisters who have been accepted into Pharmacy school. It was a proud moment watching them walk across the stage, receiving their white coats at Pacific's White Coat Ceremony. We would also like to welcome Dr. Roshanak Rahimian into our LKS family. She has been our faculty advisor for several years now, and it is a pleasure to have her inducted into our fraternity. Last, but definitely not least, is the oncoming of our chapter's 50th anniversary! We are planning a banquet in celebration of Alpha Xi's 50 years on campus. We are

very excited to welcome back alumni and meet the alumni of the Pacific chapter of Lambda Kappa Sigma.

To the rest of the LKS family, we wish you the best for an exciting new year.

ALPHA OMICRON West Virginia University

Greetings from the sisters of Alpha Omicron Chapter at West Virginia University! We are excited to be back and we have already had a great start this semester. We worked really hard at the beginning of the semester for recruitment purposes. One of our recruitment activities included a game/pool night which turned out to be a huge success!

All of our members have been busy this semester already with service and social events. We have volunteered our services by cooking spaghetti at our local Rosebaum House (it provides meals to families that have patients in our local hospital) and the Ronald McDonald House. Our Relay for Life committee has also been very active by holding a Vera Bradley Bingo as well as working on our second annual pharmacy yearbook in which all proceeds from both of these will go to the American Cancer Society. We have also sold WVU School of Pharmacy jackets and are currently working on selling portfolios that students can use on rotations. We are also collecting and making shoeboxes for Appalachian Outreach this week.

Our social chair has planned a lot of fun activities this semester. Some of those activities included a Mary Kay party, a Halloween party, a WVU tailgate, and our annual wine and cheese get together that is coming up in the next couple of weeks.

The Alpha Omicron Chapter has been hard at work and we have a lot of great activities coming up!! Our sisters are excited to be back and we wish all other chapters an awesome year!!

ALPHA PI St John's University



Greetings from the Alpha Pi Chapter at St. John's University!

This past spring we welcomed eight wonderful women into our chapter, and this summer, we had three collegiate sis-

COLLEGIATE CHAPTER NEWS Continued

ters attend the Biennial Convention in Savannah, Georgia. Congratulations to our alumni, Stephanie Guzman and Anisa Nurbhai, on becoming Regional Supervisors! We'd also like to send out a huge congratulation to our Pharm.D. Class of 2008 graduates!

Back on campus, we are hard at work, starting on fundraising for our annual Relay for Life. Last year, the Alpha Pi team reached purple status, raising nearly \$11,000 in the overnight relay for the fight against cancer. Between baking batches of cupcakes for our bake sales, we've been busy sending donations of clothes and supplies to a children's orphanage in Afghanistan, walking in the American Cancer Society's Breast Cancer Walk, and participating in "Healthy Halloween," where we taught children from a local elementary school how to have a safe Halloween. We are planning to volunteer with the Ronald McDonald House and going on a Midnight Run, where we will go into Manhattan overnight to give food, blankets, and toiletries to the homeless.

Although we are focusing on professional events, this year, we have a stress reliever workshop planned to help our girls during those busy midterms and finals weeks! We are also excited to bring back some of our alumni sisters to host talks about Fellowship and Residency programs, in order to help our collegiate/soon-to-be alumni more easily navigate the world of post-doctoral studies.

However, the ladies of the Alpha Pi chapter aren't all work and no play! Last April we held a Spring Formal with Phi Delta Chi Fraternity. All the ladies looked gorgeous dancing the night away! Earlier this semester, we had dinner at a Vietnamese restaurant followed by karaoke and celebrated Founder's Day with some delicious cake and sisterly bonding. As one of the most diverse college campuses in the country, we will also soon be celebrating the unique heritages of each of our sisters through an International Foods Celebration.

The Alpha Pi Chapter wishes everyone a happy, healthy, and successful school year!

ALPHA RHO Northeastern University



Greetings from the lambs of Alpha Rho! So far, we have had a great start to the new year! We have been very busy working to promote our fraternity on campus. This year, we were very successful in raising \$2550 for Making Strides against Breast Cancer. Quite a few of our girls showed up in support for the annual walk along the Charles River, where our sisters from Alpha chapter also joined us. On October 22nd, we will host a table representing the Fraternity for Rho Chi's Health Day. Then on October 23rd, we will also be sponsoring another event for breast cancer.

Along with Colleges against Cancer, we will be hosting an Oncology Specialist lecture. We have also been busy planning events for the new member orientation period. We recently held our annual mocktail night, hosted by one of our own sisters, to get to know potential members. The event turned out to be a success, and in a few weeks we will be welcoming ten new members into our chapter!

The girls have a few great events to look forward to including t-shirt making, a cookie swap, and a "Lambs' Luau" with Phi Delta Chi. And, of course, our annual progressive dinner, where we can enjoy each part of a meal at the home of a different sister.

We are looking forward to a busy but exciting semester! Alpha Rho sends out our Lambs' love to sister's everywhere!

ALPHA SIGMA Texas Southern University

Greetings from Alpha Sigma Chapter! Wow! It has been an exciting year for Alpha Sigma of Texas Southern University College of Pharmacy and Health Sciences. Seven of our sisters attended Convention this year in Savannah and had a blast! We welcomed eleven new sisters to our chapter this past spring. Hurricane Ike interrupted some fall planning. We survived and reorganized some programs for the duration of the semester. Our latest endeavor was the Susan G. Komen Race for the Cure. Recently, we had fun at our first post exam week social with ice cream and bowling.

Additionally, many of our sisters were inducted into Rho Chi this past spring, and there are several more contenders for this spring semester's ceremonies. Our sisters on rotations have continued to be an integral part in the success of the chapter this semester. The encouragement gained at Convention has fueled our enthusiasm and will sustain us through the year. Thank you for all the concern and support expressed to our chapter during and after Hurricane Ike. Your devotion was a true pillar in the storm.

ALPHA PHI Wilkes University



Greetings from the Alpha Phi chapter in Wilkes-Barre, Pennsylvania! We have been very busy these past couple of months. Last spring on April 25, we celebrated Alpha Phi's 10th year anniversary! We have grown so much over the past 10 years and celebrated everything we have accomplished thus far with a small party and cake. Over the summer, 11 members along with our new faculty advisor attended the Convention in Savannah, Georgia. Everyone that attended had a wonderful time and came back with new ideas to share with the rest of the group.

The first weekend after the school year started, the returning members enjoyed a white-water rafting trip. Although it rained the entire day, everyone had a great time and we are looking forward to going again in the spring. We are very excited to have seven new orientees. We held two interest meetings: a picnic with volleyball and a Game Night. We have also participated in a challenging Ropes course to build the relationship between the members and orientees, and held a Twister tournament. We have several upcoming events planned for the orientees, including karaoke night, pumpkin carving, and a haunted house for Halloween. We are also coordinating an "Amazing Race" for the incoming members and a Big/Little week.

Our fundraiser and professional chairs have been busy from the start. We have two Burger Burns planned for this semester at the local Sam's Club, and are getting ready to start our popular Gertrude Hawk candy bar sale. For professional activities this semester, we are participating in the Light the Night Walk for leukemia and lymphoma, the Alzheimer's Association walk for Awareness, and the university's Walk for Alcohol Awareness.

We are looking forward to a very busy and productive year for the Alpha Phi Chapter. We wish everyone the best of luck in all of your upcoming events.

ALUMNI CHAPTER REPORTS

Alpha Alumni Chapter



The Final Banquet was held on April 18 at the Best Western Longwood Inn. Alpha Chaplain Maryana Levit gave the blessing and Collegiate President Marianne Weyburn welcomed the group to the Final Banquet. After dinner numerous award and scholarships were given out. Congratulations to all members of Alpha

Ruth Davies Flaherty Award (A)

Elicia Fauvel

Elsie Gassiraro Scholarship

Kimberly Lindstrom

Rosetta Hassan Scholarship

Kanika Dunn

Alpha Presidents Scholarship

Marianne Weyburn

Alpha Leadership Scholarship

Amanda Frezza

Christine M Perry Scholarship

Emily Starenchak

Alpha Collegiate Scholarship

Riley Godley

Alpha Sisterhood Scholarship

Cathy Darah

Ruth Davies Flaherty Award (C)

Marianne Weyburn

Lamb of the Year Award

Arielle Bibeault

Ethel J Health Key Recipients

Alexis King, Michelle Talib

and Kimberly Lindstrom

The alumni then installed their officers and Alumni President, Elicia Fauvel addressed the sisters. We would like to congratulate new Alpha Alumni member Kimberly Lindstrom, who was the 2008 valedictorian of the Massachusetts College of Pharmacy.

The Biennial Convention this summer was a great time. Congratulations to Elicia Fauvel, Grand Vice President for Collegiates and Marina Fridman, Alumni Supervisor, who were installed as members of Grand Council. Additional highlights include: At the Educational Trust Luncheon Alpha Collegiate won the ET award for the highest donation to the Trust for the 2006-2008 biennium. We were all excited!

The evening ended with the Final Banquet where Alpha Collegiate were awarded 1st runner up for the Efficiency Cup and Alpha Alumni won the Efficiency Gavel. We all had a great time in Savannah ya'all

We had a great time at Founder's Day with our collegiates and look forward to seeing our sisters at the next alumni function.

Alpha Nu Alumni Chapter



The Alpha Nu Alumni have had an interesting summer here in Kentucky, to say the least. It has been a summer of joy and a summer of sadness, as well. In April, we had our (hopefully) first annual Graduation cookout. It was a lovely day. Although, the only thing predictable about spring weather in Kentucky is how unpredictable it can truly be. We also awarded the Ruth Davies Flaherty Service Award to Dorathea Andrews.

The summer began beautifully. However, it was to be short-lived. Ginny France's mother, Linda, was diagnosed with breast cancer. Ginny and her baby girl, Lynn, moved up to Louisville to be closer to her mom and to help her begin her battle against breast cancer. Please keep the Engoglia and France families in your prayers. Ann Amerson, a truly wonderful Lamb for Life, lost her husband, Russell, to cancer this summer, as well. The Alpha Nu Alumni chapter made a donation to Hospice of the Bluegrass in his memory. Please keep Ann in your thoughts and prayers, as well. The summer news wasn't all doom and gloom. We are proud to say that Tiffany Self was named the Kentucky Pharmacists Association's 2008 Young Pharmacist of the Year. Tiffany will also be serving another term as Grand Treasurer for the upcoming Biennium. We are very proud of Tiffany and everything that she does. We are also happy to announce that Charity Dorathea Andrews will be serving another term as a Region Supervisor for the Central Region.

In between all of the sadness and glad-

ness, we even managed to find a couple of lost lambs. We are happy to welcome Patricia Thornsby and Debra Kelly back to the flock. Patricia is actually one of the charter members of the Alpha Nu collegiate chapter and we are happy to have her back. Savannah was great fun and the Alpha Nu Alumni chapter can't wait for Hartford.

Chi Alumni Chapter

Jean McLaughlan was host of our Annual Senior Dinner in May. Chi Alums presented a scholarship to Michelle Gouker, who is serving as Chi Collegiate Chapter President.

Nancy Horst was the chapter delegate during the 40th Biennial Convention in Savannah during August.

Pat and Bob Tanac (patron) are proud Great Grandparents of Caden Wesley Druliner, born in Silverton, Oregon, on September 8th. Bob returned to Portland, Oregon, from a 21 day trip to the Czech Republic and Slovakia on September 9th to greet Caden before he was one day old.

Susan Lakey, Advisor to Chi Collegiate, acting Assistant Professor of Pharmacy, was named a post-doctoral fellow and received an NIH New Clinical Drug Evaluation Unit new Investigational award.

Audrey Wade Lacey, Ann Massie and Joan Skalabrin attended their Pharmacy School 50th class reunion with classmates in June in Seattle.

Linda Kware Story, husband David and son Spencer are relocating to Andorra, a Municipality in the Pyrenees Mountains between Spain and France. We will miss Linda's participation with LKS and their presence in the community. We wish them well.

Epsilon Alumni Chapter

Dixie Leikach and Jenny Brandt had a wonderful time attending the LKS Convention in Savannah, Georgia, this August. We have not had a chance to meet as a chapter; however Dixie participated in the Spa and Sub Recruitment night for the Epsilon Collegiate Chapter in September. Keely Ireland has been busy running all kinds of races, including the Susan G. Komen Race for the Cure, held October 19th. We continue to communicate with each other and the collegiate chapter via email and Facebook®.



LAMBDA KAPPA SIGMA DEADLINES & UPCOMING EVENTS

December 8

ASHP Mid-Year Meeting/LKS Member
Dessert Reception – Orlando, FL

January 15

Announcement of Educational Grant Recipients

February 15

Deadline for Spring Blue & Gold Triangle
articles and chapter news

March 15

Hygeia Day celebrated by presenting a professional
program open to the public

April 1

Deadline for the payment of Alumni Dues

April 1-3

LKS Spring Grand Council Meeting, San Antonio, TX

April 4-6

APhA Annual Meeting – LKS Exhibit and Member
Dessert Reception, San Diego

April 30

Deadline for nominations for the following
LKS awards:

Vanguard, Distinguished Young Pharmacist,
Advisor Award

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 LKS Regional Meeting

August 5-7

LKS Recruitment Boot Camp – Hartford, CT

August 7-9

LKS Regional Meeting – Hartford, CT

BLUE & GOLD
TRIANGLE

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