

Blue & Gold Triangle

APRIL, 1986

LEADERSHIP IS ACCEPTING THE CHALLENGE

by Carmela Silvestri

A leader is not necessarily something a person plans to be. You need not follow a formula to success. Leadership is merely accepting the challenge of responsibility for your lifestyle and career; that is, the pursuit of personal and professional goals. The potential for conscious active participation appears to be within each of us. Differences in personality and situation dictate how and when it will surface. Although a number of our peers possess the ability to become outstanding leaders and professional pioneers, it is only a few who believe in themselves and their work enough to realize their potential.

In 1983, I accepted the challenge put to me by my professional peers at the APhA Annual Meeting in New Orleans. If someone had told me a year earlier that I would serve as the national president of the Student American Pharmaceutical Association, I would not have believed them. Through my own experience and through what I have observed in the pharmacy leaders that I have been fortunate to know, I have drawn a conclusion. It is that leadership lies in mustering the courage to accept the challenge of responsibility and then continuing to see the responsibility through.

Following through with plans is often the most difficult part of leadership. Verbal acceptance is merely the beginning. It is the full comprehension of each task and the commitment to see its completion which identifies a true leader. Our pharmaceutical associations and fraternal organizations are brimming with potential leaders. We are fortunate also to work in the presence of men and women who have dedicated a lifetime to shaping the varied career choices we are now offered as pharmacists.

In a profession with so many potential leaders why should you become

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OUTSTANDING STUDENT LEADER CARMELA SILVESTRI

Carmela Silvestri chose pharmacy as a profession through her interest in chemistry. She worked in a local pharmacy in Northern New Jersey to "get an idea of what it would be like to use a degree in pharmacy." She enjoyed working with the patients and was attracted to the flexibility that pharmacy offers women practitioners. The next year, she enrolled at Rutgers University and entered the pharmacy program.

Carmela joined Student APhA in her freshman year. She also joined the staff of "Apothecary News," her college newsletter. Other student involvement has included work with the Poison Prevention Committee, The Drug Abuse Committee the Peer Counseling program, yearbook staff and student senate while at Rutgers. Her work with Student APhA culminated in her selection as the 1984 President of the Student APhA and House of Delegates.

She notes that, "transient presidencies are bittersweet experiences" in that often the president will not be in office to see the completion of projects that they have initiated. While she was SAPHa president, the Patient Counseling Competition went national

Continued page 16 . . .

CALL TO CONVENTION

August 5-9, 1986, we will bring sisters of Lambda Kappa Sigma together for our 29th Biennial Convention. I invite you to join us in Indianapolis, Indiana, for the "WINNING" events. During the meeting, special emphasis will be placed on leadership. Accredited continuing education for alumnae will be available. Leaders in pharmacy will be with us representing industry, the pharmacy associations, and education, along with community and institutional practitioners.

We will address the business of the fraternity, review the Strategic Organizational Plan for the next biennium, and elect our Grand Council to lead us. We'll review our successes and plan for our future.

We'll also share in the important aspects of sisterhood. Lambda Kappa Sigma will celebrate her 75th anniversary in just two short years. As Grand President, I call upon you to join us in Indianapolis to begin the celebration of our founding which will culminate in Boston in 1988.

Phi Chapters have rolled out the red carpet for us. They have planned local hospitality, tours, and events to make this a memorable and valuable experience for us. Grand Council and Executive Director Mary Grear have planned our program which will be highlighted by our Leadership Conference. Much of this issue of the TRIANGLE is dedicated to outlining the events and for setting the stage for Indianapolis. Come join us and be a "WINNER."

Fraternally,
Patricia Kienle
Grand President

Inside . . .
Program details of the 29th
Biennial Convention
. . . page 6

DRUG ABUSE PREVENTION

By Carol Bohach, B.S. Pharm.

Pharmacists are in a particularly good position for getting involved in substance abuse education and prevention activities. Although you may not be familiar with the terminology used by street drug users, your knowledge of pharmacy offers a fine basis for becoming an expert on drug abuse topics in a very short period of time.

Deciding how and where to begin however, may be quite another matter. Sitting at home reading about the drugs of abuse is a nice way to introduce yourself to the problem, as would be attending a continuing education event on the subject. But, if you really want to take an active role in helping to stem the ever growing problem of drug abuse, you will need to consider the following:

- 1) Keeping up to date. Drug dealers and users are always coming up with something new—new drugs or new ways to use them.
- 2) Selling prevention. How can you become part of the team of folks that are striving to encourage people of all ages to say no to the drugs of abuse?
- 3) Promoting healthy attitudes toward medication use and discouraging unhealthy attitudes toward the non-medical use of drugs.

First, consider the problem of keeping up-to-date. If you are going to get involved, you'll have to know what you are talking about. The place to begin? Your own town! Find out what drugs are causing the biggest problems in your community. Talk to a high school teacher, an emergency room nurse or a drug abuse rehabilitation counselor. Find out what they consider the most abused drugs locally.

Then, keep up to date by subscribing to a substance abuse newsletter to get a national perspective. Suggestions include the following:

PharmChem Newsletter
3925 Bohannon Drive
Menlo Park, CA 94025
(bimonthly, \$25/yr, 8 pages)

Street Pharmacologist
c/o UP FRONT, Inc.
5701 Biscayne Blvd, #602
Miami, FL 33137
(monthly, \$25/yr, 6 pages, send a SASE for free sample)



Substance Abuse Report
c/o Pace Publications
443 Park Avenue South
New York, NY 10016
(monthly, \$95/yr, 8 pages)

Armed with current information, you will now be ready for the second step, selling prevention. Volunteer to talk to school, church and civic groups about the drug abuse problem as you see it. Join a local parent's group that has come out against drug abuse or, help out as a volunteer counselor at a drug education or rehabilitation center.

If you plan to give a talk on drug abuse, but don't know what to say, don't feel that you are alone. One of the best guides to planning a speech on drug abuse topics has recently been updated and is better than ever! For only \$15 you can obtain a copy of Teaching About Drugs, A Curriculum Guide, K-12, third edition, 1985. Write to the Pharmaceutical Manufacturers Association at 1100 Fifteenth St., N.W., Washington, D.C. to order.

Thirdly, play an active professional role in promoting good attitudes toward medicines and discourage the misuse and abuse of drugs of all kinds. Come out against the sale of tobacco products in pharmacies and hospitals. Distribute drug abuse education and prevention pamphlets. Check to see that the items on the shelves in your pharmacy don't carry pro-drug abuse messages. T-shirts, novelty items and posters may carry pictures of marijuana leaves or other drug culture symbols.

Finally, offer written materials on the proper use of medicines and be ready to discuss them with patients and customers. Don't forget to mention drug interaction problems that

may occur when a medicine is mixed with alcohol, marijuana or cocaine. The statement, "I realize that this may not be a problem for you, but this medicine should not be used along with alcohol, marijuana or other drugs causing drowsiness," tells people that you care and allows them to discuss illicit drug use comfortably if it is a problem. If the patient is pregnant, this information becomes even more important.

By making recognition of our society's problem with drug abuse part of your daily routine, you too can actively promote healthy attitudes toward the drugs in our lives.

CAROL BOHACH, B.S. Pharm. is a graduate of the University of Connecticut School of Pharmacy where she was a member of Alpha Beta chapter. Following college, she spent 8 years with the pharmaceutical industry as a drug regulatory affairs specialist.

Since moving to Florida, she has concentrated on medical writing and patient education. She is staff pharmacist at Up Front Drug Information Center and an Adjunct Assistant Professor in the Department of Family Medicine, University of Miami School of Medicine.

She is a member of the American Pharmaceutical Association and serves on two national task forces on patient education for the National Council on Patient Information and Education. Carol has also been selected to serve on the national advisory council for Pharmacists Against Drug Abuse.

GETTING INVOLVED WITH THE GREEKS

Until recently, our Alpha Pi Chapter has been separated from all the other fraternities and sororities on the St. John's University campus. This separation was due mostly to physical separation on the campus. The pharmacy fraternities have always been located in the Pharmacy building, while all the other Greeks were located in the University Center on the other side of campus. But, because of the need for more faculty office space, this past summer St. John's extended the Pharmacy building to include a new lounge. This new lounge was given to the Greeks so their old lounge could be converted into faculty offices. No longer separated by space, we found a challenge before us. Should we get involved with the other Greeks or remain in isolation?

To my delight, we chose to try to get involved with the other St. John's University Greeks. This fall we joined the Intersorority Council (ISC) and we appointed our Social Chairperson, Bernadette Loughlin, as the first Lambda Kappa Sigma Representative. Also, for the first time we participated in the Intersorority Volleyball League. In the playoffs we lost the third place trophy, but we gained a stronger sense of sisterhood. We played our best and supported one another, while at the same time represented Lambda Kappa Sigma to our newly found Greek Community.

Sometimes being in a Pharmacy Fraternity such as ours, we become so concerned with the profession, that we forget we are also Greeks. Greeks, who have that special bond called Sisterhood.

Nancy Lee Hull



Attending and leading workshops at the Southern Regional Meeting in Houston were Grand President Patricia Kienle (seated), Grand Vice President Gloria Doughty, Executive Director Mary Gear, Honorary Advisor Judith Riffie and Southern Regional Supervisor Luanne Betz



Participants in the Southern Regional Meeting held in Houston, Texas, October, 1985

Campaign for Progress

. . . and the list goes on. We add these names to the roster of those sisters appearing in the last issue of the TRIANGLE. Thank You.

ALPHA **Massachusetts College of Pharmacy and Allied Health Sciences**

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Laurie McGowan Dionne
Donna Goolkasian
Sophie Wleczorek Hebert
Elizabeth Marbach Hopkins
Doris Joe
Carole Moyer Judge
Nancy Merrill
Valerie Myers
Alicia Hebb Newman
Diane Saball Ouellette
Marcia Perednia
Charlene Morin Peterson
Valerie Poudrier
Anne Psomos
Josephine Cusick Rockwell
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Deborah Chryst
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Rita Corbett
Nellie Hernandez Doyle
Deborah Green
Mary Kelly
Jane Konkol
Janet Korwan
Roxie Moss Miles
Mary Murphy
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Elizabeth Barwig Doyle
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Kwasiborski
Marie Biedke Leach
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Irene Barron Menego
Amy Myers
Debbie Smith Odasso
Sara Kroffe Ryan
Roberta Wilson Thomas

EPSILON **University of Maryland**

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Pamela Lindsay

ZETA **University of California**

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Marianne Foppiano Woodruff

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Mary McShane Arnista
Celia Menendez-Botet
Elizabeth Wagner Chase
Frances Finnigan Curran
Penelope Holl Gross
Debra Brandmier Habib
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Nancy Stock Hunsinger
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Geraldine Coyle Liberti
Lenore Ombres
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Cynthia Swantkowski Rios
Lanette Scaran
Helen Boyle Schimpf
Mindy Bowman Schlachter
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Yaeno Yorimato
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Janet Mullen Cheetham
Lois Lew Fong
Connie Hom
Michelle Blain Hupp
Ikuko Ito
Leslie Blinn Litsey
Lai Wong
Nancy Zwemer

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Linnea Powell
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Kelly Doty
Jeannie Beatty Holmes
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Wendy Naefach
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Dee Ryan
Lisa Schleuter
Martha Severance
Sherri Heiser Snyder
Mary Eloise Stoikes
Ann Clemenson Unanue
Suzan Yaman

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Yvonne Buyers
Gloria Beckmann Hatfield
Mildred Hull
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Dayna Whitehead Stein
Eileen O'Brien Wallace
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Kathleen Schaar Moore
Lois Lemon Thom
Margaret Phillipson Wilson

PSI **Detroit Institute of Technology**

Beatrice Weiland Koschade

OMEGA **Medical University of South Carolina**

Michele Farrington
Alice Paysinger
Pamela Whitmire Tribble

“Collegiates surveyed in 1986 listed the positive influence of alumnae members on their social and professional lives as one of their important member benefits.”

*Gloria H. Doughty
Grand Vice President*

A record number of Lambda Kappa Sigma members have shown their loyalty for the fraternity through payment of 1985-86 Stray Lamb dues and through contributions to the Campaign for Progress. We salute these alumnae sisters along with the hundreds of alumnae who participate in chapters. Your contributions keep the programs and educational experiences of LKS alive.

**ALPHA ALPHA
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Patti Gritsko
Susan Hatch Kane
Joan Skaudis Klein
Eugenie Lepri
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Claudia Melo
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Julie Giorgi
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Barbara Mason Hayes
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**PHOENIX METRO
Phoenix, Arizona**

Nina Rose Foushi
Cecelia Furmaniak
Stella Lechkun



Thanks for your support!

Winning

LAMBDA KAPPA SIGMA 29th BIENNIAL CONVENTION PROGRAM— August 5–9, 1986 Radisson Hotel—Indianapolis, Indiana

WELCOME TO INDY

On behalf of Phi Collegiate and Alumnae Chapters of Lambda Kappa Sigma, we cordially welcome you to our city of Indianapolis, Indiana, for the Twenty-ninth Biennial Convention, from August 5–9th. May your stay with us be a meaningful and “winning” experience while you are at the Radisson Plaza Hotel and other featured sites around our city. We aim to fill your week with important business sessions for fraternity business, informative continuing education seminars, the presentation of varied guest speakers, award functions, and many pleasant surprises for your enjoyment. We eagerly await your visit to Indy during August of 1986, and assure you numerous professionally and personally fulfilling experiences.

Cindy Schubert Storm—Collegiate President

Susan Zetzi—Collegiate Convention Co-chairman

Jeanne H. VanTyle—Alumnae President

Karen J. Roberts—Alumnae Convention Co-chairman

August 5, 1986 Tuesday

12 Noon–	7PM	Registration
7PM–	9PM	Reception
8:30PM–		Alumnae Delegate Caucus

August 6, 1986 Wednesday

8AM–	9:30AM	Breakfast
9:30AM–	12 Noon	Business Meeting
1:30PM–	5PM	Business Meeting
6PM–	8PM	Award of Merit Dinner

August 7, 1986 Thursday

8AM–	9AM	Continental Breakfast
9AM–	12 Noon	Business Meeting
12 Noon–	4PM	Local tour Sponsored by Eli Lilly & Co.
4PM–	6PM	Business Meeting

August 8, 1986 Friday

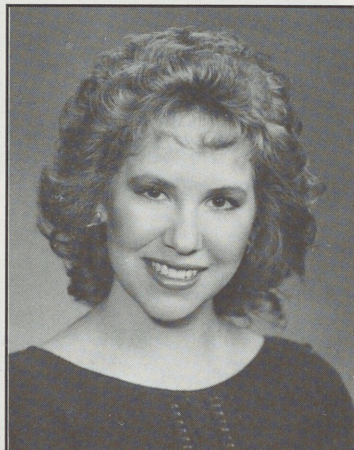
8AM–	9AM	Continental Breakfast and Registration Elder-Care, Madeline Feinberg, Speaker Sponsored by Parke-Davis
9AM–	12 Noon	
12 Noon–	2PM	Professional Fraternity Association Luncheon Paul Baumgartner, Speaker Sponsored by Merck Sharp & Dohme
2PM–	4PM	Alumnae and Collegiate Conferences Business Meeting Distinguished Service Citation Dinner
4PM–	5:30PM	
6PM–	8PM	

August 9, 1986 Saturday

8AM–	9AM	Registration
9AM–	12 Noon	Leadership Conference
12 Noon–	1PM	Luncheon
1:30PM–	4PM	Workshops
4PM–	5PM	Wrap-up
5PM–	7PM	Reception
7PM–		Banquet



Cindy Storms
Phi President



Susan Zetzi
Phi Co-Chairman



Karen Roberts
Phi Alumnae Co-Chairman



Jeanne Van Tyle
Phi Alumnae President

LKS and Indianapolis: A Winning Combination

When I was visiting my home in Michigan last summer (site of the sensational Alpha Iota chapter), I picked up a copy of my beloved *DETROIT FREE PRESS*. Immediately, my eyes focused on an article entitled, "Indianapolis on its Way to Being a Big League City." I read through the topic sentences. "Indianapolis—It's no longer necessary to send sympathy cards to friends and neighbors who are moving to Indianapolis. And it's no longer funny to mail an Indianapolis postcard to your worst enemy with the message: WISH YOU WERE HERE." What's with this guy's sense of humor?

The author, Charlie Vincent, temporarily redeemed himself by remarking that the city had recently changed and had left its old soul mates: Des Moines (sorry, Nu Chapter), Cedar Rapids, Omaha, (sorry, Theta Chapter), and Oklahoma City behind. But then he claimed, "It's not New York—there's a huge grain elevator next to the stadium where the US Clay Court Tennis Championships are held, and there's a convention of fertilizer salesmen in town." Okay, who wants Indianapolis to be New York, anyway? Vincent went on to explain, "By nature, Hoosiers aren't very exciting people. You don't see many Madonna lookalikes or break dancers on the street here. In Los Angeles they eat quiche, in Indianapolis, they eat scrambled eggs and bacon." I'm glad Mr. Vincent elaborated on his definition of "exciting." Actually, I did not appreciate his sarcasm. I am surprised I even had the nerve to read further.

What did Indianapolis ever do to Charlie Vincent to deserve all this? After fuming my way to the end of his article, it was revealed to me. Charlie Vincent was jealous. Yes, envious that Indianapolis did many things that other cities could not. Think about it! A domed arena in the heart of downtown along with the new restaurants, hotels, shops, and night spots. Vincent even noticed that people walk through the downtown streets after dark. "Skeptics who doubt the impact of sports on a city and its economy should look at Indianapolis."

The city of Indianapolis has so many things going for it. When I moved here eight years ago, it dawned on me that something indeed was different. What made people here so intensely proud of their city? Having lived in a more naturally picturesque area of the country with a more pleasing climate, I've got to tell you, I won-

LAMBDA KAPPA SIGMA 29th BIENNIAL CONVENTION August 5-9, 1986, Indianapolis, Radisson Hotel

Name _____ Chapter _____

Address _____ Zip _____

Summer Address _____ Zip _____
(If different than above)

Phone _____

Delegate _____ Alternate _____ Attendee _____
(check one)

Mode of Travel _____ Air _____ Ground _____

Arrival Date _____ Time _____ Departure Date _____

Complete Registration, August 5-9 _____ \$95.00 _____
(Includes all sessions, meals, Leadership Conference and Final Banquet)

Optional Indianapolis Tour (tentatively Tues.) _____ 15.00 _____
(subject to cancellation if not enough register)

Daily Registration: (for partial registration only)

August 5—Reception _____ 15.00 _____

August 6—Breakfast _____ 10.00 _____

Award of Merit Dinner _____ 20.00 _____

August 7—Breakfast _____ 10.00 _____

Conner Prairie Tour (Lunch) _____ 25.00 _____

August 8—Breakfast _____ 10.00 _____

Continuing Education Elder Care _____ 15.00 _____

PFA Luncheon _____ 20.00 _____

Distinguished Service Citation _____ 20.00 _____
Dinner

August 9—Leadership Conference and _____ 50.00 _____
Reception

Final Banquet _____ 30.00 _____

TOTAL REGISTRATION DUE _____ \$ _____

NO refunds will be made for registrations cancelled after July 15. Delegate registration to be received by May 15, 1986. A late registration fee of \$10 will be charged for registrations received after July 1. Payment may be submitted by check or charged to Master Card or VISA.

Please charge to my card # _____ Master Card _____ VISA _____

Expiration Date _____ Signature _____

Room reservations should be made directly with the Radisson.

Please indicate type of room and roommates preferred:

Single _____ \$60, Double _____ \$65, Triple _____ \$70, Quad _____ \$75.

Roommates _____ , _____ , _____

Registration and payment should be submitted to:

LAMBDA KAPPA SIGMA, P.O. BOX 981, CLAREMORE, OK 74018

dered. Indianapolis people are WINNERS. Indianapolis people are people on the move. They do not take their city for granted. The residents work very hard together to make Indianapolis special: arts, music, theater, history, tradition, education, sports, recreation, media, technology, commerce, science, and health care. The fine quality of life and the positive image of Indianapolis reflects the efforts of the residents.

The women of Phi Alumnae and Phi Collegiate Chapters cordially invite you to visit the City of WINNERS and attend the Lambda Kappa Sigma Biennial Convention to be held August 5-9, 1986, headquartered in the beautiful Indianapolis Radisson Hotel. Oh, yes! I'm sure the delegation from Omicron Collegiate and Omicron Alumnae will have news for ol' Charlie Vincent of the *DETROIT FREE PRESS*.

Emily Cramer Hancock



Monument Circle, Indianapolis

Indianapolis

Winning

LEADERSHIP CONFERENCE

AUGUST 9, 1986

Radisson Hotel, Indianapolis, IN

GOAL

Through participation in this program women pharmacists will be exposed to many of the skills needed for becoming effective leaders.

OBJECTIVES

1. To encourage more women in pharmacy to seek leadership roles.
2. To encourage more active participation in pharmacy associations at the national level, the state level and at "grass roots."
3. To provide a forum for discussion of how you go about preparing for management level positions in the workforce.
4. To develop a network and a support group.
5. To aid in career planning.
6. To allow access to role models.

LOCATION

The conference will take place at the Radisson Hotel, Keystone at the Crossing, 8787 Keystone Crossing, Indianapolis, Indiana 46240, Phone 317-846-2700.

REGISTRATION

Deadline for pre-registration is July 1, 1986. The registration fee is \$50 prior to July 1 and \$60 after July 1 and on site which includes program participation, lunch, two coffee breaks, and the reception. The banquet cost is \$30 (per person) and is optional. No refunds will be given for cancellation after July 15.

CREDIT

Through participation in the conference the registrant can obtain 8 hours of ACPE approved credit. This program is cosponsored by Butler University College of Pharmacy, which is approved by the American Council on Pharmaceutical Education as a provider of continuing pharmaceutical education. Program Number 182 017-86-01.



PROGRAM

- | | |
|-------------------|--|
| 8 AM- 9 AM | Registration |
| 9 AM-9:15 AM | Introductions and Announcements <ul style="list-style-type: none">• Michelle Valentine, B.S. Pharm, M.S. Pharmacist, Washington |
| 9:15 AM- 12 Noon | All You Need to Know about Being a Leader <ul style="list-style-type: none">• Marie Kisiel, Ph.D. Career Counselor Professor, Humanities and Public Administration, Roosevelt University, Chicago, Illinois |
| 12:15 PM- 1:15 PM | Luncheon Presentation <ul style="list-style-type: none">• Angele D'Angelo, B.S. Pharm, M.S. Assistant Dean and Associate Clinical Professor, St. John's University, Brooklyn, New York |
| 1:30 PM- 4 PM | Workshops (each registrant may attend two or four workshops) <ul style="list-style-type: none">A. Assertiveness Training Without Aggressiveness<ul style="list-style-type: none">• Madeline Feinberg, B.S. Pharm Director, Elder-Care Program University of Maryland, BaltimoreB. Working with Leaders<ul style="list-style-type: none">• Gloria Francke, Pharm. D. Pharmacist, Editor, Information Specialist, Washington, D.C.C. Passages: Where You Get Started and the Time Line Necessary for Achieving Goals<ul style="list-style-type: none">• Mary Jo Reilly, B.S. Pharm, M.S. Senior Vice President, American Society of Hospital Pharmacists, Bethesda, MarylandD. Time Management Basics<ul style="list-style-type: none">• Shirley McKee, B.S. Pharm Pharmacist, Department Manager, Foley's Pharmacy, Houston, Texas |
| 4 PM- 5 PM | Wrap-Up Discussion |
| 5:15 PM- 7 PM | Reception |
| 7 PM- 9 PM | Banquet (Optional) |

Indianapolis

CONVENTION TRAVEL PLANS

We have selected Fugazy International Travel of New Haven, Connecticut, to handle our airfare travel to the biennial convention because of their comprehensive services and commitment to securing the lowest possible airfares for the Fraternity and its members. All *delegate* airfares will be billed directly to the Fraternity. Non-delegates are encouraged to utilize the Fugazy services including a toll free phone number and have their fares billed to them personally. By increasing our volume of reservations through Fugazy we will be able to negotiate airfares below the advertised discount fares of the airlines.

Lambda Kappa Sigma will reimburse delegates the lowest applicable fare unless it is not available, then the delegate will be reimbursed round trip coach class fare. Discount fares should be booked as far in advance as possible with a minimum of thirty days in advance. Reimbursement for chapter delegates will be based on the location of your chapter. If additional side trips are planned or the sister is traveling from a city other than that of chapter origin and the travel cost is more, the fraternity will be billed for the applicable amount and the delegate will be liable for the balance. Travel expenses to and from the airport will be the delegates responsibility.

For those delegates not traveling by air to convention, reimbursement will be made directly to you by the Grand Treasurer, Nancy Horst. When sending convention credentials to the Grand Treasurer, be sure to indicate that travel will be by car. The appropriate reimbursement will be mailed directly to you in June.

Tommy Gianfriddo of Fugazy will be our personal travel consultant. When calling Fugazy for reservations please ask for Tommy G. He will be available Monday through Friday 9:AM to 5:30 PM. If not available when you call leave your name and number and they will return your call. Be sure to identify yourself as a member of Lambda Kappa Sigma and indicate that you have called to arrange convention travel.

At the airport, there is a hotel bus running every half hour. It will go directly to the hotel. There is no charge.

**Fugazy International
Toll-Free Number:
1-800-243-1723.**

GREETINGS TO ALUMNAE EVERYWHERE

We hope that sometime during the Holiday Season you had a few days of rest and recuperation to collect your thoughts and goals for the NEW YEAR. I escaped for a quick family reunion in Florida Jan 1st. Having met many of you at Regionals in 1985, I know that you thrive best on a busy schedule—but do take time to smell the evergreens!

I had the opportunity of participating in both the Midwest Regional in Des Moines, and the Southern in Houston. The alumnae problem solving sessions were filled with constructive thoughts and creative ideas i.e.

LKS bringing about cohesiveness in Pharmacy (Glue and EWE)

Networking

LKS pharmacists taking PADA to the community

Pharmacists increased involvement in Home Health Care

LKS taking leadership role in International Pharmacy

Then, what fun to see Grand President Pat Kienle whip this all together with her whirl-wind goal setting ses-

sion with the collegiates and alums. You had to be there to believe it. We all came away with the feeling that we should do this more often. Take heart, dear sisters, and prepare to participate in more of this at the Biennial Convention in August.

For those of you associated with an active chapter, we don't have to recite the benefits of organization, despite some of our problems with time crunch. When we took the survey of collegiates this last year the one outstanding comment was the positive influence of alumnae members on their lives socially and professionally. So, I want to thank you for your participation in the Big-Sister, Little Sister programs, the scholarships sponsored by many chapters and to the Stray Lamb contributors to the Campaign for Progress. And SPECIAL THANKS to those who took Pharmacists Against Drug Abuse into the community.

And speaking of Alums Afield, it's time to stand up and be counted. Please send in your dues and let me know if you are interested in being a delegate to the Convention.

Best wishes for an outstanding 1986.

Gloria H. Doughty
Grand Vice President



"YOU'RE THE SOPRANOS, YOU'RE THE ALTOS, AND YOU'RE THE ONES WHO MOUTH THE WORDS AND DON'T MAKE A SOUND."

Betty (Davison) Woods—Phi Mu, University of Illinois

SONG TO BE SHARED

The sisters of Alpha Sigma Chapter at Texas Southern University have shared their rendition of "Sweet Genevieve" with us. It will be practiced at the upcoming Biennial Convention.

OH LKS

Oh LKS Dear LKS
We love our colors gold and blue
To you we will always be true
Oh LKS, How we love you
Loyalty to LKS
Makes us ever so proud
It sets us apart from all the rest
Oh LKS, How we love you.

CHAPTER NEWS

DELTA

University of Pittsburgh

Kris Hofer of Delta Chapter has been elected Student APhA Region II Midyear Meeting Coordinator. She will be responsible for planning the educational and social programming for the Fall, 1986 Student APhA Region II Meeting.

ETA

Philadelphia College of Pharmacy

In addition to our "Let Us" Get Together First Rush and the Second Rush in November, we organized a traditional Parents' Day where we invite the parents of all the members and pledges to enjoy a home-cooked spaghetti dinner with all the sisters of the chapter. Also in the fall semester we had two pledges who successfully completed their pledge period.

Many changes have taken place for Eta chapter with the coming of the spring semester including installation of the new officers and the welcoming of our new chapter advisor, Dr. Neta Hodge, at the Annual Meeting in January. We would like to say farewell and many thanks to our retiring advisor, Mrs. Frances Curran. Also, we would like to welcome our nine pledges.

In February we held our annual Valentines Sale fundraiser, and the annual Senior Dinner to honor those members of the chapter who will be graduating in May. Our Hygeia Day program and presentation will feature two speakers: Ms. Madeline Feinberg, who will speak on the topic of Home Health Care, and Mrs. Yolanda Davis who will inform us about the physical therapy aspects of the HHC system. The annual Fraternity Revue organized by Eta Chapter here at P.C.P.S. will be held in April and will be the first event to open up Greek Weekend in which all campus fraternities will participate in various competitions, picnics and parties. Also in April we will be having our Dinner Dance.

Other projects for this semester include community service through the local Ronald MacDonald House as well as trying to reach some "shut-ins" with food and personal company.

Vicky Rehill

A LAMB IS . . .

*fluffy,
not stuffy.*

Jeanette Murphy

LAMBDA

University of Southern California

The new initiates are finishing up their pledge project which is a drug abuse education campaign in fifth and sixth grade classrooms of local schools. The women started with the speaker's kit from the Pharmacists Against Drug Abuse program, and have added to it with slides, books and making it more of a discussion session with the kids. Many times the kids teach us something as well.

Initiation was on January 30th and we are pleased to announce that we have twenty new actives. They were a big help with our annual Valentine's carnation sale. This is our big fund raiser for the year.

We have two speakers lined up for lunch-time talks. The first one is a representative of the Hollister Company to talk on ostomy care and supplies. She will speak on March 13th for Hygeia Day. The other speaker is for Poison Prevention Week, and he will speak on household poisons.

In April, we will be having our annual Ping-Pong Marathon to raise money for Project HOPE. The event will take place on April 2nd and 3rd. Pharmacy students will play ping-pong for an hour each and get people to sponsor them for that hour. This is also the month we will have our dinner/dance with Phi Delta Chi. This year it will be held at the Ports O'Call restaurant in San Pedro on April 11th. LKS members or alumnae who will be in the area at this time are welcome to join us.

A few of us are heading up to San Francisco for the APhA Convention. We'll be helping with the LKS booth and doing what we can to help Donna Fujii and Alpha Xi chapter get UCSF initiated.

Susan Bond

NU

Drake University

After a Thanksgiving dinner, a Food Drive, Yankee Swap, and a role in a Blood Drive, Nu chapter members were sure ready for Christmas break. We began second semester with a series of fundraisers. Members worked at Registration and we also held a Superbowl Raffle. Currently, we're selling Pharmacy notepads and sharpening our hopping skills.

Out "Hopscotch for Hope" was held March 8th in conjunction with the Student APhA Health Fair. We're looking at a \$1,000 goal. We'll be getting a lot of help from our 7 fantastic new ac-

tives: Jean Brommel, Chris Cahill, Julie Demry, Cathy Dobbs, Roula Manokas, Sonja Schaefer, and Lori Vogrin. We'll sure need them as future plans for the semester include even more fundraisers, speakers, a Formal with Kappa Psi in May, and Street-painting at Drake Relays.

Leslie Baker

XI

University of Rhode Island

Each semester we sponsor a wine and cheese party to attract prospective members. We started our organized pledge program with a tour of the college of pharmacy and pizza party. We also had a movie night where we showed BILL COSBY, HIMSELF and served popcorn. At finals time we sold URI College of Pharmacy coffee mugs and are planning a pledge bakesale and a hypertension clinic at a local mall.

Michele Kaufman has won the APhA Industrial Pharmaceutical Technology Undergraduate Research Award. Her paper is entitled "The Effect of Aloe and Jojoba Oil on a Water Washable Cream." Michele will receive her award of \$1,000 and a certificate at the APhA Annual Meeting in San Francisco. The Department of Pharmaceutics at URI also receives \$1,000. Dr. Jean Lausier, Xi Alumnae, was Michele's advisor throughout her research at URI.

OMICRON

Wayne State

Omicron Chapter has added twelve new sisters to our current membership. Our new sisters are Theresa Berezik, Kathy Bruinsma, Joann Cacioppo, Alicia Easton, Renee Ferman, Karen Fort, Heidi Jackson, Colleen Krapp, Anita Mathis, Janet Osinski, Ruth Samyn, and Katherine Taylor. What is even more promising is the fact that we have eleven new pledges for our winter semester rush. Their addition will bring our membership status to the highest it has been in awhile.

Omicron has established various committees to help disperse our responsibilities equally among all members. The new members have already contributed a great deal of their time and ideas to the success of these committees. Some of the committee plans include a Faculty Baby Picture contest planned by the Social Activities Committee, bake sales hosted by the Fund Raising Activities Committee (not to mention our ongoing T-Shirt



Omicron sisters initiated in Fall, 1985, had fun on "Help Night"

and Sweatshirt sale they also sponsored), and our Hygeia Day event sponsoring an open lecture on Stress Management made possible by the efforts of our Professional Activities Committee with the assistance of our Faculty Advisor, Geralynn Smith. Our Rushing and Banquet Committees are working to prepare for the ceremonious initiation of our pledges.

Theresa Pollard

TAU Duquesne University

The gears for the new year started in December for us with the election of our new officers. Those elected include: President, Geri Cegelski; First Vice-President, Cheri Lober; Second Vice-President, Bernie Brezinski; Treasurer, Trish D'Antonio; Corresponding Secretary, Lisa Mangello; Recording Secretary, Patti Wanzie; Pledge Mistress, Laurie Dandar; and Historian, Debbie Nowak. They have established committees and planning is underway.

Our social plans for the semester include ice skating Senior Dinner-Dance, a parent Tea, and a Senior banquet. It promises to be an exciting and prosperous semester.

With the Valentine spirit surrounding us the choice for a Sweetheart was inevitable. Our new lucky Sweetheart is Marty Maher. We love him already.

This is also the season for pledging. The Tau Chapter has four ambitious pledges this semester. They are working hard, as are we, in getting them acquainted with Lambda Kappa Sigma.

At the close of the semester we will lose twenty-two sisters to graduation.

Debbie Nowak

PHI Butler University

Our rush events began with our Ice Cream Social held on September 3. Throughout September we planned more rush functions including a Lettuce Get Together Salad Luncheon, a Friday 13th Party with videos, pizza and games, and the traditional Fondue Dinner Party which some of the alumnae attended.

On September 12th, our members helped with the Golf Tournament for the American Diabetes Association. As our first fundraiser, we sold Check Cashing Cards for People's Drug Store. On November 13th, Phi chapter pledged 11 new sisters. During November we held a canned food drive for the needy.

The pledges took the Great American Smokeout as one of their pledge projects. We planned a bake sale for December 3 and 4.

We would like to thank Jeanne Hawkins VanTyle for her help and understanding as our faculty advisor. Congratulations also on the birth of her first baby.

Faye Chan

ALPHA ZETA St. Louis College of Pharmacy

We had our largest bid dropping ceremony ever with thirty-seven women deciding to pledge Alpha Zeta chapter. We all now have at least two more little sisters. At a Muscular Dystrophy Dance-a-thon sponsored by Kappa Epsilon, we had our share of fun dancing the night away. On Valentine's

Day, the pledge class sold carnations for fund raising. For Hygeia Day, they are planning an organ donor convocation.

This year we will be graduating four sisters. As usual, we are busy raising money for our Spring Formal. All of us are selling bagels, tupperware and Current. To help with Convention, we will be selling more LKS Cookbooks!

Karen Replogle

ALPHA IOTA Ferris State College

We attended a tree trimming party at the Kappa Psi house, and we also held our own Christmas potluck dinner, where we exchanged gifts. We held a Christmas Party for the underprivileged children in the Big Rapids area. Each child enjoyed cartoons, lunch, and a present from Santa Claus.

Winter formal was held in Grand Rapids. Dinner was followed by the presentation of our chapter awards and dancing. Congratulations to Lori Vandekerkhove, pledge of the year; Mary Jo Hadley and Cindy Schoendorf, co-recipients of the Executive Board Award; Deidre Nordlund, Lamb of the Year; and Jennifer Lee, recipient of the Ruth Flaherty Award.

We continue to keep the antique pharmacy open one morning a week, and the pharmacy library open two nights a week. We held a Red Cross Blood drive with the men of Phi Delta Chi. We participated in the Big Brother/Big Sister's of Mecosat County Bowl-a-thon and sponsored a meeting of the Lupus Foundation at the local hospital.

We have held several successful fundraisers this term including a raffle and a Ferris Pharmacy t-shirt sale. Both of the co-ed volleyball teams we are participating in are doing well, and we have plans for softball teams this spring.

Most recently we elected new officers: President—Tina Marazita, Vice President—Kim Hindenach, Treasurer—Julie Smolinski, Sgt. at Arms—Sheroyl Coffman, Recording Secretary—Sue Hendricks, Corresponding Secretary—Chris Fronczak.

Kim Hindenach

A LAMB IS . . .
Lovable-
Ambitious-
Marketable-
Beneficial.

Nancy Hull

ALPHA LAMBDA University of British Columbia

Our rush must have been successful since our chapter now has 15 new enthusiastic members. We celebrated Founders' Day with the traditional ceremony followed by a dinner. Our fall seminar presented "AIDS: What a pharmacist should know". The speaker was Anne Beardsell, a hospital pharmacist in Vancouver and the audience was faculty and students of pharmacy. We ended 1985 with a pot luck Christmas luncheon with egg nog and Christmas carols included. At the end of January, we co-hosted our annual Monte Carlo Night. We were very pleased that the winner of our door prize, a trip for two to Reno, was Dr. T. Brown, the Associate Dean of Undergraduate Programs at UBC. Although everyone had a great time at the event, the real winner was our charity, the Berwick Preschool for Handicapped Children. In early February, we held our Manufacturer's Night. We had 29 drug manufacturers present their products to pharmacy faculty and students. Now underway is a lecture series presented by members at our weekly meetings. Various topics are covered including new material for some students and a good refresher for others.

Dorothy Cram

ALPHA NU University of Kentucky

The annual Christmas Dance at the Hyatt Regency Hotel was a special evening because it was our chapter's 26th anniversary. An alumnae reception was organized by Mrs. Doughty, our Grand Vice President and fraternity advisor.

Alpha Nu chapter initiated 30 women in January. The next day we held our officer elections and the new 1986 officers are: President Linda Kornet, First V.P. Renee Marshal, Second V.P. Lisa Andrew, Corresponding Secretary Frieda Hill, Recording Secretary Kathy Bartlett, Treasurer Mary Baker, Historian Dawn DiOrio and Chaplain Terri Kruse. We would like to congratulate and thank the 1985 officers for a job well done. The following day there was a banquet and induction of the new officers at the Oriental Inn.

Alpha Nus have been busy with professional activities for the School of Pharmacy. Under our previous President, Juliana Pantoja, LKS started a program where professional drug reps would come to the college and hand out pamphlets, gifts, and talk to the students on the current issues as well as answer any questions asked. This



Alpha Lambda chapter members at January initiation

program proved to be successful, about 80% of the student body attend these monthly programs.

The chapter has a new design for our annual coffee mug sale. The mugs will be collector items because they have a picture of our new Pharmacy building on the front. The mugs are selling for \$4.

The pledge class of 1985 was also very busy and successful selling sweat shirts with the University of Kentucky College of Pharmacy on the front with a mortar and pestle.

Dawn Marie DiOrio

ALPHA XI University of the Pacific

Our first rush function theme was "Winter Wonderland" which had the actives sporting ski wear and winter attire. We munched on delicious homemade 'smores and downed them with hot cocoa while meeting with the new rushees. Our second rush function was a semi-formal event where we served wine and cheese while getting reacquainted with returning rushees. A few days thereafter we attended Preference Day where bids were announced and we welcomed our new winter pledges: Selina, Kelli, Kathi, Terri, Glenna, Le and Martha.

An entire day was spent visiting many of the famous California wineries and admiring the lush, green hills. Alpha Xi sold Valentine's Day Balloon-O-Grams. This fundraiser involved selling helium-filled balloons that proved to be both profitable and quite a success! Our Valentine's Day Dance is our social event of the semester and is co-sponsored annually with SAPHA. We had a very good turnout at the dance, sold a lot of raffle tickets, and gave out some really good prizes (dinners for two, movie tickets, pies etc.).

For professional projects this semester, we have planned blood pressure screenings, Poison Prevention Week talks at neighborhood elementary schools and a talk on one of the local radio stations. We will also be having a cardiopulmonary resuscitation class for anyone who would like to be certified.

Our officers for this semester are: President, Beth Johnson; Vice-president, Irene Mendoza; Treasurer, Sue Corner; Recording Secretary, Cindy Bird; Corresponding Secretary, Ruby Lew; Social Chairperson, Erika Nagy; Fundraiser, Sheryl Kinoshita; Scholarship Chairperson, Nancy Lombard; Alumnae Corresponding Secretary, Claudia Kronfield; Historian, Linda Namba; Publicity, Jackie Garces; Pledge-trainer, Sandi Scott and Pledge-trainer assistant, Ellen Fujitani.

Future activities planned for this semester include Initiation, a get-together with Kappa Psi and Phi Delta Chi and various fundraisers.

Linda Namba



Alpha Xi members posing at Preference Day before announcement of LKS pledges

ALPHA PI St. John's University

Suzanne Finazzo, our Professional Chairwoman and Vice President of 1984-1985, was chosen as a recipient of the 1984 Student APhA Chloraseptic Leadership Award. This award was presented to her at the National APhA Convention in San Antonio, Texas in February 1985. She was nominated by St. John's APhA Chapter and she was one of four students nationwide to be selected for this honor. Furthermore, Suzanne has just been elected President of the pharmacy leadership Honor Society, Phi Lambda Sigma, Xi Chapter for the 1985-1986 school year.

Maria R. Iannucci, our Past President and graduating sister of June 1985 was awarded the Upjohn Achievement Award for her outstanding leadership qualities. Maria is presently taking a surgical fitting course to become certified in this specialty as she looks for a full time position as a RPh.

This past fall, Alpha Pi Chapter held its annual Student-Faculty Coffee Hour. At this event, the sisters of LKS meet with the Deans and Professors of the College of Pharmacy. The sisters bake and prepare goodies to share with the faculty. While discussing various topics over cake and coffee, the faculty and sisters get to know each other.

For the past twenty years we have sponsored an annual dinner dance. This year the dance will be held in April. In the past, the sisters have organized everything by themselves. This year, we will be co-sponsoring the event with the brothers of Phi Delta Chi. It is an enjoyable evening for the students, Deans and Professors of the College of Pharmacy who attend.

Matilda Bruno
Ann Marie Iadevaio

PHI ALUMNAE Indianapolis, IN

Since our fall report, practically all of our time has been dedicated toward convention planning; our most active 12-15 alum members are variously combined on several committees to plan and prepare for our big week in August. We have had one or two sub-committee meetings at someone's house each week since mid-December to brainstorm, accomplish goals, or construct items. Then at the January, February, and March meetings we are featuring continuing education video presentations, open to other pharmacists in town (for a small fee) to help us raise funds. After each presenta-

tion, we report all interim committee developments or topics needing a group decision. Efforts are now being made to involve inactive lambs in the area, either physically or financially, as we can use the help. One remaining activity we plan for early April is a Senior Recognition Dinner for graduating collegiates. Then it will be back to convention readiness work until August.

Karen J. Roberts

CHI ALUMNAE Seattle, WA

Thanks to enthusiastic collegiate officers and the help of the alumnae members, the Chi collegiate chapter is gaining momentum. We had a dessert party on October 3rd at the home of Pat Tanac, fraternity advisor. Myrna Romack and Rhonda White introduced alumnae members to five prospective pledges. The pledges were eager to hear about LKS from alumnae.

Alumnae and collegiates got together for Founder's Day and pledge initiation on November 13. Seven collegiates were initiated! They were excited and proud to become part of LKS, and were impressed with its history.

Alumnae brought scraps of wrapping paper and ribbons to our December meeting to wrap candy bars to donate to Pinehurst Nursing Home for Christmas. Joyce Tsai and Chris Ferris got carried away making pompoms instead of bows that really looked special. We exchanged gifts between members and wrote Christmas cards to our special LKS friends.

Lisa Kiyomi Barr



Alpha Iota recipients of chapter awards

ALUMNAE NEWS

. . . ALICIA HEBB NEWMAN, Alpha, substitute teaches science in a local high school in the Metchen, NJ area . . . ROXIE MOSS MILES, Beta, is a hospital pharmacist in the Apalachin, NY area . . . KAREN SPINELLI, Beta, is president of the Colorado Society of Hospital Pharmacists, and lives in Denver, CO . . . VIRGINIA DAUGHERTY, Delta, is a graduate student in Pittsburgh . . . JOANN WEHNERT, Epsilon, serves as president of the Delaware Society of Hospital Pharmacists . . . LAURA ROBINSON CURRAN, Nu, practices pharmacy at Drug Town in Mt. Pleasant, IA . . . Nu sisters practicing hospital pharmacy include SUELLEN DOMAN in Schaumburg, IL, CAROL KRUEGER in Dixon, IL and MARILYN HALL RHATIGAN in Cottage Grove, MN . . . JOANNE POLKOWSKI VONMACH, Omicron, is a candidate for a Doctor of Osteopathy degree . . . GERALYNN BASILE SMITH, Pi, is a clinical pharmacist and assistant professor at Wayne State University. She is now affiliated with Omicron chapters . . . MARIJO KRAISINGER, Tau, is a satellite pharmacist at the Orlando Regional Medical Center in Orlando, FL . . . PATRICIA HUDAK TOMKO, Tau, lives in Hubbard, OH and is a Rite Aid pharmacist . . . YVONNE BUYERS, Phi, resides in Indianapolis, IN and is an assistant manager and pharmacist . . . DONNA WOJKOVICH, Phi, works as a staff pharmacist for Healthcare Prescription Services providing nursing home service in Greenwood, IN . . . GAYLE HUDGINS COCHRAN, Chi, serves as president of the Montana Society of Hospital Pharmacists. She is a resident of Missoula, MT and Assistant Professor Clinical Pharmacy at the University of Montana . . . CHRISTINE POWERS FERRIS, Chi, lives in Seattle, WA, and is a pharmacist and horse trainer . . . BEATRICE WEILAND KOSCHADE, Psi, is a pharmacist-owner in Montgomery, MN . . . EUGENIE LEPRI, Alpha Alpha, is a Regulatory Affairs Coordinator for Wyeth . . . CLAUDIA MELO, Alpha Beta, is in marketing for Graphic and Display Company in White Plains, NY . . . DOREEN LARSON SCHWERDT-FEGER, Alpha Beta, from Columbia, CT practices as a community pharmacist . . . ERIN McELROY, Alpha Gamma, works at Big B Drugs in Birmingham, AL . . . MARTHA FUZEK, Alpha Gamma, works as Pharmacist-Assistant Manager for Revco in Johnson City, TN and has interest in an alumnae chapter . . . ADRIANNE YVELDA BRADY, Alpha Epsilon, is the Coordinator of Operations, Southern Poison Center and resides in Cordova, TN

. . . JANET KETNER, Alpha Epsilon, is an Eckerd Pharmacist and President-elect of the Knoxville, TN, Pharmaceutical Association . . . BARBARA SLOVER, Alpha Epsilon, was selected in 1985 as a "Bowl of Hygeia" winner for the state of Texas . . . MAUREEN DETTENMEIER AUVENSHINE, Alpha Zeta, is on the night shift at a hospital in Collinsville, IL . . . Hospital staff pharmacist MARILYN K. BURTON, Alpha Zeta, is living in Springfield, IL . . . JILL MITCHELL BROWN, Alpha Zeta, writes from Marshall, MO, and thanks us for remembering a "Lost Lamb." She's interested in getting active with LKS Alumnae projects in the near future . . . RENEE RIZZO FLEMING, Alpha Theta, lives in Tonawanda, NY, and is a hospital staff pharmacist . . . VERONIKA PABERZS VISOCKIS, Alpha Iota, from Grand Rapids, MI, is Chief Pharmacist at Kent Community Hospital . . . NANCY SUE LIND, Alpha Iota, living in Rochester, MI is a clinic pharmacist . . . SHARON CRAIG, Alpha Iota, is a Masters Degree candidate in Houston, TX, where she also works part-time . . . ELIZABETH MORGAN CARROLL, Alpha Kappa, is back in Athens, GA, and back in touch with Alpha Kappa Alumnae . . . TAMMIE MORRISON, Alpha Lambda, is a community pharmacist living in Parksville, British Columbia, Canada . . . GINGER SCOTT, Alpha Nu, is serving as President of the Kentucky Pharmaceutical Association . . . PATIENCE NAVE FORT, Alpha Nu, lives in Bowling Green, Ky, and practices as a staff pharmacist . . . BETTINA DAVILA LOPEZ, Alpha Xi, a member of the Arizona State Board of Pharmacy for the past eight years, has been elected president. She received the 1982 Bowl of Hygeia in Arizona . . . SHIRLEY FANTAZIA, Alpha Xi, enjoys hearing chapter news in Modesto, CA, where she practices community pharmacy . . . CYNTHIA WOODY, Alpha Omicron, Wheeling, WV, is a staff pharmacist with Rite Aid . . . GOOD TO HEAR FROM YOU!!!

HOPE CONTRIBUTION

My thanks to you for forwarding the Lambda Kappa Sigma contribution of \$3,295.02 to Project Hope. Please express my personal thanks and appreciation to all members and chapters for their support of the work of HOPE. We are most grateful for their interest and commitment.

Sincerely,
William B. Walsh, MD
President Project Hope

involved? In the theoretical sense, we know that to strive is to achieve. "You have to play to win." We are constantly told this by those who sell lottery or raffle tickets; but, their message is much deeper than the material gain they imply. People across the nation were reminded of this by the effort and tragic loss of the CHALLENGER crew. It was only through the disappointment of a tragic setback that we came to realize the extent of the accomplishments of our shuttle program. Sometimes, the potential gain outweighs the potential for loss. And so we strive to achieve.

Among pharmacy students, I have often observed an attitude of defeat. "I can't get involved. My grades will suffer." In some cases this is a valid assessment of personal strength and weakness. Pharmacy school is quite a challenge in itself. Unfortunately, this is also a common excuse of students who have not been motivated to involvement in extra-curricular activities. These students are cheating themselves of a valuable experience.

That is why I feel that anyone with an interest should be encouraged to hold positions of leadership in their student years. This seems to be where student professional organizations show their true value. As professional fraternal members, we have been given the opportunity to test our own limits, experience the beauty of "belonging" and have an impact on the development of other students.

Some will be lured by the recognition which they will receive and others by the addition to their resumes. Some will hold positions in name only or show that their commitment was merely verbal by performing a minimal function. This type of experience will give them neither recognition nor career advantages. Unfortunately, they may adversely affect the level of motivation within their organization. Apathy is like a cancer in that it may spread rapidly enveloping large groups. It is in these cases that we need to remind ourselves that if no one has the courage to fly the shuttle, or run the lecture series or professional program, then no one will benefit.

We must encourage potential leaders to accept positions and to work at their responsibilities to feel the thrill of achievement. Anyone who has served as a chapter officer or committee head in LKS, Student APhA, or other organization, knows that the feeling of success and pride overshadows the needed motivation. Accomplishment provides new reason to continue and to move forward as a leader.

The need for involvement stretches beyond our school years and chapter

activity. It reaches into our varied areas of professional practice, graduate studies, and home lives. It is true that it is necessary to give 100% of ourselves to be successful in any of these areas. Association and fraternal post-graduate involvement are meant to complement what we do as graduates of pharmacy schools. We can not be afraid to assume positions of responsibility. Leadership roles exist to enhance the fibers of our lives, not to interfere with or replace them.

The common link among the pharmacy leaders that I have met has to be their willingness to serve and the satisfaction which they derive from speaking about their views. In a profession as regulated as our own, speaking out on issues is of great importance. Even when a leader loses a battle, I feel that he or she wins. The winning is in the personal satisfaction of having given it your best effort.

When I was a freshman, I knew that I couldn't sit back and watch my collegiate years go by. There is something very important in taking charge of your life and creating the years of experience that you'll always want to remember. Leadership and membership are ways to keep determination, common to all undergraduates, alive. Once you allow yourself to feel that initial burst of enthusiasm, you'll see how it can become infectious. Strength comes from within. I also believe that it is within everyone. Achievement, the essence of leadership, is found in realizing this and in allowing yourself to use your strength by accepting the challenge.

BALFOUR FELLOWSHIPS

The National Interfraternity Foundation is now accepting applications for Balfour Graduate Fellowships. Nearly \$20,000 will be awarded this year to graduate students. The grants are available to fraternity members pursuing a graduate or professional graduate degree.

Awards will be made for full time graduate study with no limitations on the field of study. Individuals applying will be evaluated for their fraternal and interfraternal service, contributions to the enhancement of fraternal ideals, campus and community service, scholastic achievement, and financial need. Applications and an information sheet are available through request from the National Interfraternity Conference, 3901 W. 86th St., Suite 280, Indianapolis, IN 46268. An April 20, 1986, deadline has been set for receipt of applications. Announcement of the recipients will be made by July 1st.

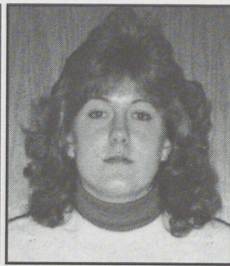
CORA E. CRAVEN GRANT RECIPIENTS



Jacqueline M. LaBranche
Alpha



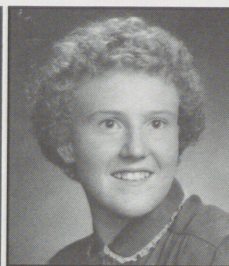
Claire M. Schuttenmaer
Gamma



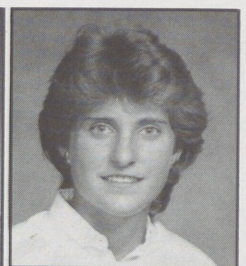
Kristin Ann Hofer
Delta



Teresa Ling-Chih Chao
Theta



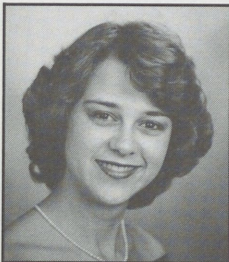
Joyce E. Hahn
Tau



Cheri A. Lober
Tau



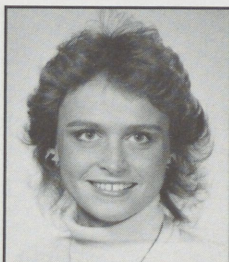
Kim M. Hunt
Alpha Gamma



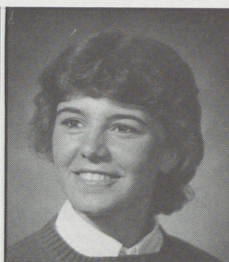
Amy Jones Campbell
Alpha Epsilon



Cathy P. Geraghty
Alpha Zeta



Deidre Ann Nordlund
Alpha Iota



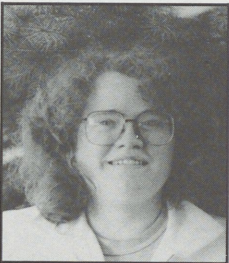
Diane Marie Yost
Alpha Mu



Marie Ann Wilkerson
Alpha Nu



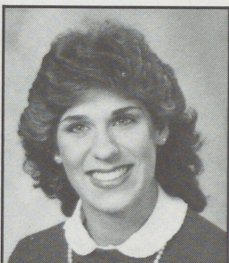
Carolyn Bush
Alpha Xi



Suzanne M. Corner
Alpha Xi



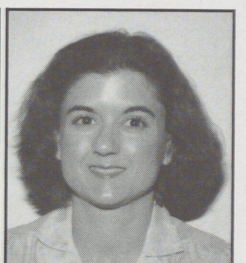
Marie Duilinda Serpa
Alpha Xi



Kay Renee Bode
Alpha Omicron



Nancy Lee Hull
Alpha Pi



Jeanett Lynn Murphy
Alpha Pi

WHO MAY CONTRIBUTE?

The Lambda Kappa Sigma Educational Trust welcomes contributions from individuals, chapters, and groups. You need not be a member of Lambda Kappa Sigma to make a gift.

Checks should be made payable to: "Lambda Kappa Sigma Educational Trust" and mailed to:

**Lambda Kappa Sigma
Educational Trust
Adele Lowe
12610 Brookshire Pkwy.
Carmel, IN 46032**



Virginia Sargavakian recipient of the
Dr. B. Olive Cole Graduate Education-
al Grant

B. OLIVE COLE GRANT RECIPIENT

The Dr. B. Olive Cole Graduate Educational Grant has been awarded to Virginia Sargavakian who was initiated into Omicron Chapter at Wayne State University and is now affiliated with Chi Alumnae Chapter as an active member. Virginia is pursuing a Masters in Public Health in collaboration with a pharmacy residency program at the Group Health Cooperative, Central Hospital in Seattle, Washington. Virginia is pursuing a career in hospital pharmacy management.

CHAPTER CONTRIBUTORS EDUCATIONAL TRUST

Lambda
Mu
Tau
Alpha Epsilon
Alpha Iota
Alpha Kappa
Alpha Lambda
Eta Alumnae
Omicron Alumnae
Phi Alumnae
Alpha Zeta Alumnae

The Educational Trust Annual Fund Raising Drive is now underway. Please join these chapters by sending your contribution to the Educational Trust today.



Memorial Plaza, Indianapolis

. . . continued from page 1 and the NPC member companies consented to take research intensive summer interns. She initiated contact with the national medical students association to facilitate better communications "that could filter down to the individual young practitioner to promote teamwork."

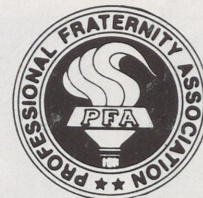
Pi Chapter at Rutgers initiated Carmela in April of 1983. Her duties with Student APhA kept her from being actively involved with Pi Chapter until this year. She now holds the position of chapter historian.

Carmela has been listed among the Outstanding Young Women of America and in the International Who's Who in Medicine. In 1985, the New Jersey State Senate passed a resolution commending her work on both the local and national level. She also held an NPC Internship position at Merck, Sharp and Dohme last summer and was Executive Resident to the New Jersey Pharmaceutical Association. One of her greatest honors has been found "in the trusting response" that she was given by students while she presided at the Student APhA meetings.

Lambda Kappa Sigma congratulates and recognizes Carmela Silvestri for her leadership and accomplishments!



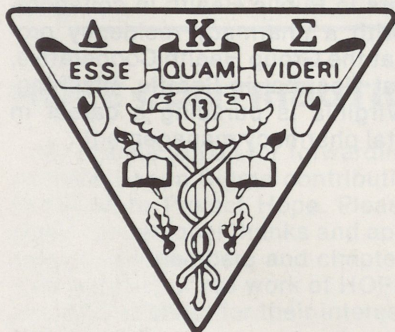
Rosalie, Sagraves, Kappa Epsilon, and Ruth Brown, Lambda Kappa Sigma, helped attend the Women's Health Issues booth on Calcium Needs in Women at the ASHP-Mid Year Clinical in New Orleans



The Blue and Gold Triangle is the official publication of Lambda Kappa Sigma, International Pharmacy Fraternity published quarterly by Lambda Kappa Sigma.

Mrs. Mary Gear
Editor and Executive Director
P O Box 981
Claremore, OK 74018

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