

- Cervical Cancer: Screening and Diagnosis
- New Model of Giving
- Get those Raffle Items Ready!

- 3 Progress
- 7 Welcome New Grads!
- 8 Member News

Alumni News

*The Alumni Newsletter
Of Lambda Kappa Sigma
Pharmacy Fraternity
Spring 2009*

Reducing Work-Related Stress

By Nicole Allie, PharmD, CGP

Stress. It is at home and work and everyone has to deal with it. Yet, in this current economic market, as others may lose their jobs around you, your responsibilities may be increasing. As times get harder and harder for our employers, work related stress can turn your dream job into a nightmare.

Stress can be described as the adverse psychological and physical reactions that occur in an individual as a result of their being unable to cope with the demands being made on them. Stress is usually triggered by external problems faced by individuals as by the way they cope (or fail to cope) with these problems. Once an individual fails to deal adequately with pressure, symptoms of stress appears.

Work related stress is often a cause for employees to use sick days and the stress can negatively impact not only the quantity and quality of their work on the job, but it can also impact their personal life and even health. Due to the impact work related stress has on employees, many employers have sought ways to help their employees cope better with pressure and relieve stress caused by work related issues which can include work relationships, organizational structure and culture, increased demand, changes in job characteristics and responsibilities, and the current external employment market, particularly the economic situation.

Some of the common signs of work related stress include headaches, apathy, loss of interest in work, trouble concentrating, tremors, nervous tics, anxiety, loss of sense of humor, dry mouth, lump in throat, muscular tension and pain, coughs, difficulty

breathing, ulcers due to heartburn and indigestion, abnormal pain in bowels and diarrhea, frequent urination, dry skin and rashes, fatigue, social isolation, and menstrual irregularities.

If you are suffering from these symptoms and have found yourself struggling to really want to go to work, you may be suffering from serious work related stress. Many companies have employee health programs that may offer some assistance with work related stress, but here are some things you can do to relieve your work related stress today.

- **Communication:** Consider talking about your stress to a friend, colleague, your boss and even at employee meetings as a group. If you're experiencing problems, chances are others are too, and the opportunity to discuss issues may provide solutions for everyone.
- **Break it down:** It's easier to cope with a large workload if you take it one step at a time. By setting daily goals you'll be more focused on what you want to achieve, and you can then begin working towards that goal. Remember to set goals that are manageable each day. Then prioritize them and get the high priority items done first. Breaking down large projects into easily to manage smaller tasks that you can accomplish daily will also foster a sense of accomplishment.

Continued on Page 2

Reducing Work-related Stress

Continued from Page 1

- **Earlier is better:** Try to leave earlier in the morning to get to work a few minutes early so you are not rushing to get your day started. This can give you a sense of control over your day ahead.
- **Time tasks:** For certain tasks it is best to set a time limit on how long you are going to work on them to make sure that you leave time for other tasks. You may surprise yourself with how much you can get done when you know you only have a certain amount of time to work on something.
- **Avoid over commitment:** If you find that too much has been placed on your plate to handle, don't wait to speak to your administrator. Often they are unaware that you are having issues keeping up unless you let them know! A balanced schedule will also help relieve stress at home as well.
- **Resist perfectionism:** No project, situation, or decision is ever perfect, and you put undue stress on yourself by trying to do everything perfectly. When you set unrealistic goals for yourself or try to do too much, you're setting yourself up to fall short. Do your best, and you'll do fine.
- **Delegate:** Don't forget your support staff! Delegating responsibility can be appropriate as you can't do everything by yourself. There are tasks that, by letting them go to other people without you worrying or overseeing every little step, you can move down your daily goal list faster and more efficiently.
- **Get active:** Try some de-stress activities at lunch time for you and your colleagues. How about a yoga class, book club, or a walking group? Some simple exercises can be done at your desk throughout the day. After work, you should try to set aside a little time for a short burst of high-intensity exercise to burn off internal frustration energy.
- **Get rid of your negative attitude:** When you find yourself in a stressful situation, think of it as a positive challenge. Learn to be less negative and potentially less argumentative. Try to let things go without a knee-jerk negative reaction. You will improve your over-all satisfaction with your job and encourage personal growth. Make it a point to recognize and acknowledge what you cannot change so you don't beat yourself up over it or want to beat someone up over it.
- **Sleep.** Sleep has a massive impact in every area of our life. If you're sleep deprived you'll undoubtedly feel more stressed, and things will get to you more easily than they normally would. Aim for 7-8 hours each night for maximum benefit.
- **Avoid self-medication:** Nicotine, alcohol, caffeine, sugar, or tranquilizers can give you an artificial sense of control or relaxation but they can seriously impair your function if taken chronically and in the short-term, even if they give you a boost, when you crash off their effects, your overall performance can seriously suffer.
- **Eat:** By eating smaller meals multiple times a day, and reducing your refined sugar intake you can help yourself feel physically much better and prevent negative physical effects of over-eating, eating too much grease or too much food in general, or even not eating enough if you have a tendency of skipping meals to get more work done.
- **Relax at work:** Take short, regular breaks 2-5 minutes every one to two hours. Use this time to get away from your desk, go for a walk, say hi to a friend in the office, or even just stretching or closing your eyes while you breathe deeply can help you stay calm and focused.
- **Take Lunch:** Don't skip it. Even if you are done eating in a few minutes, don't short yourself the time. Do something that is not work related that you enjoy like reading a novel, listening to music, or calling a friend or family member.
- **Lastly, consider seeing a professional:** If you can't seem to get over the stress, definitely bring it up with your doctor. Other health related issues could be exacerbating your stress or formal counseling might be beneficial. Remember, there's no point suffering in silence, and there's no shame in admitting you feel under pressure. Everyone understands and relates so the only thing you have to lose is your stress.

Progress

By Sharon Brown, Grand President

Progress . . . To move forward, advance, improve; *to evolve*. If there were one word to describe the journey of Lambda Kappa Sigma over a rich and meaningful 96-year history it would be . . . *progress*.

That's why in the 1980's the Fraternity developed the annual "Campaign for Progress Appeal" as an opportunity to invest, beyond the scope of membership dues, in the future of LKS and its membership. Here are a few of the initiatives that the Campaign for Progress Appeal has supported:

- First LKS Headquarters established;
- Development of new promotional and printed materials;
- Upgraded events and programming at Biennial Conventions and Regional Meetings;
- Creation of first website; and
- Upgrade of existing website.

These are just a few of the things that we have been able to do to move LKS forward and improve our Fraternity for future generations. We truly have evolved, and it is due to the loyalty and commitment of our valued members who have supported the Fraternity through their generous, and voluntary, donations to the Campaign for Progress Appeal.

The most recent initiative has been one designed to strengthen our Collegiate Chapters and provide to them the resources they need to succeed in a changing campus environment. We believe our investment in them today will make it possible for a bright and prosperous LKS long into the future. The kick-off for this new initiative was held during the 2008 Biennial Convention in Savannah, Georgia, where we presented the nationally-renowned CAMPUSPEAK program "Buy In or Get Out" by David Stollman. At the Regional Meeting in Hartford, facilitators from CAMPUSPEAK will present their dynamic program entitled "Recruitment Boot Camp", an intense three-day program directed to our hard-working LKS chapter leaders. This program, presented throughout the Social and Professional Greek systems throughout North America, has proven results in the successful recruitment, training and retention of quality and committed members in campus chapters. The message is clear, defined, and will be wholly integrated with the mission, purpose, vision and core values of Lambda Kappa Sigma.

The direct expenses associated with the presentation of the Recruitment Boot Camp Program are approximately \$30,000, which will be raised through a combination of industry and an Alumni appeal. This covers the cost of the facilitators, program materials, and hotel meeting expenses. The intense three day RBC program will accommodate 60 students, representing each of our active chapters. Each participant will be selected through a rigorous application process to assure their commitment to the program. All expenses for participants will be offset, or paid in full, by the Fraternity. Each attendee who completes the program will leave with a detailed action-plan to be applied to their 2009 fall recruiting efforts. In addition, the Fraternity will receive in-depth support from CAMPUSPEAK in the development of the new "Chapter Operations Guide" and a risk management policy, all to be in place for the Fall 2009 school term.

Sound ambitious? Maybe. But take the following into consideration:

- In the fall of 1994, LKS alumni raised more than \$50,000 in three months to retire outstanding debt – it can be done, and LKS has already proven it!
- Last year, more than \$6000 was raised for the Campaign for Progress Appeal, and we didn't even ask for the money! (It was applied to the "Buy In or Get Out" program during the 2008 Convention)
- One anonymous donor has pledged to match the highest donation made by an *individual* member of the Fraternity (up to \$2500)

Interested in contributing to Campaign for Progress? Go online at: www.lks.org and make your donation today!

Screening and Diagnosis of Cervical Cancer

By: Dorathea Andrews, PharmD, BCPS

Cervical cancer is one of the most well-understood and potentially one of the most preventable forms of cancer. With the introduction of the Papanicolaou smear (a.k.a. the Pap smear or Pap test) in the 1950's, the screening of women for cervical cancer began. This is still considered a milestone in the prevention of cancer.¹

The American Cancer Society encourages all women to begin cancer screening approximately three years after they start having sexual intercourse and no later than the age of 21.² This screening includes the Pap smear, which can detect the early stages of cervical dysplasia and cervical carcinoma.³ There are two types of Pap smears. If the older Pap smear is used, then a woman should be tested every year. However, if the newer liquid-based Pap smear is used, then a woman may be screened once every two years.² Beginning at the age of 30, a woman who has had three normal Pap smears in a row may be tested every two to three years. Another testing option is to be tested every three years with a Pap smear plus the human papilloma virus (HPV) DNA test. Once a woman has reached the age of 70, then she may choose to stop having cervical cancer testing, if she has had three or more normal Pap smears in the last 10 years.² A woman who has had a total hysterectomy may also choose to stop

cervical cancer screening. The most important risk factor for developing cervical cancer is infection with HPV. Women can now be tested for the presence of the types of HPV most associated with cervical cancer. The HPV DNA test is collected in the same manner as the Pap smear and in some instances can be performed from the same sample as the Pap smear. The HPV DNA test may be performed under two different circumstances. First, the FDA has approved the use of the HPV DNA test, but only in combination with the Pap smear in women over the age of 30. It does not replace the Pap smear. The HPV DNA test may also be used in a woman of any age who has had a slightly abnormal Pap smear test results.²

An essential point to make is that the Pap smear is a screening tool, not a diagnostic tool. If a woman receives an abnormal Pap smear results, then she will have to undergo further tests to determine if the abnormality is a pre-cancerous change or is in fact cancer. The tests most commonly used are the colposcopy (with biopsy) and endocervical scraping. A colposcopy is performed much in the same manner as a Pap smear. However, the doctor will use a special instrument known as a colposcope. This instrument is a pair of magnifying lenses (similar to binoculars) that allows the doctor to see the surface of

the cervix more closely and clearly. During the colposcopy the doctor may "treat" the cervix with a weak acetic acid solution. This treatment allows the doctor to see any abnormal areas better. The colposcopy is painless and has no side effects. However, if an abnormal area is seen on the cervix, then a biopsy will be performed. This biopsy sample will then be sent to a pathologist to determine if the abnormality is a pre-cancer, cancer or neither. An endocervical scraping or cerdocervical curettage is also usually performed during a colposcopy. For this part of the procedure, a local anesthetic is applied to the cervix to numb it. A narrow instrument, known as a curette, is then inserted into the passage between the outer part of the cervix and the inner part of the uterus (endocervical canal). Tissue is then removed by scraping the endocervix with the curette. This sample is then also sent to the pathologist for diagnosis.

The most widely used system to categorize Pap smear results is the Bethesda System (TBS).³ The Bethesda System was first developed in 1998 and was most recently revised in 2001. The general categories of the Bethesda System are as follows:

- ❖ Negative for intraepithelial lesion or malignancy
- ❖ Epithelial cell abnormalities
- ❖ Other malignant neoplasms.

Cervical Cancer

Continued from Page 4

The first category is negative for intraepithelial lesion or malignancy and this means that no signs of cancer, pre-cancerous changes or other significant abnormalities were found with the Pap smear. The second category is epithelial cell abnormalities which means that the cells lining the cervix have shown changes that might be cancer or a pre-cancerous condition. This category can be further subdivided based on the type of cell involved in the changes. These cells include squamous cells and glandular cells. Epithelial cell abnormalities for squamous cells are categorized as follows:

- ❖ Atypical squamous cells (ASCs), subdivided into ASC-US and ASC-H
- ❖ Low-grade squamous intraepithelial lesions (SILs)
- ❖ High-grade SILs
- ❖ Squamous cell carcinoma.

Atypical squamous cells are further subdivided into two categories. The first category is ASC-US or atypical squamous

cells of uncertain significance. The category is used when the cells look abnormal, but it is not possible to tell what the cause of the change is. The changes in the cell can be due to infections, irritation or pre-cancer. However, most of the time ASC-US is not pre-cancer and are not treated, although, many doctors will recommend repeating the Pap smear after several months. ASC-H refers to a high grade SIL. If a high grade SIL is suspected, then a colposcopy is recommended. Squamous intraepithelial lesions (SILs) can also be subdivided into low-grade SILs and high grade SILs. High grade SILs are less likely to resolve on the own as opposed to low grade SILs. High grade SILs are also more likely to progress to cancer if not treated properly. Treatment can cure all SILs and can prevent their progression to cancer. Squamous cell carcinoma means that a woman is most likely to have an invasive squamous cell cancer. In this instance, further testing is warranted to be sure of the diagnosis and to determine a treatment plan. The Bethesda System also describes epithelial cell abnormalities for glandular

cells. These abnormalities are subdivided as follows:

- ❖ Adenocarcinoma
- ❖ Atypical glandular cells

Cancer of the glandular cells is reported as adenocarcinoma. In some instances, the pathologist examining the cells may be able to determine the origin of the cells (endocervix, uterus or elsewhere in the body). Atypical glandular cells do not look normal, but their appearance does not assure that they are cancerous. The presence of these cells requires further testing to determine the true nature of the cells.

References

1. Safaeian, M, Solomon, D, Castle, P. Cervical Cancer Prevention-Cervical Screening: Science in Evolution. *Obstet Gynecol Clin N Am.* 2007; 34: 739-760
2. American Cancer Society, Inc. What is Cervical Cancer, 2008. Available at www.cancer.org
3. Long III, H, Laack, N, Gostout, B. Prevention, Diagnosis, and Treatment of Cervical Cancer. *Mayo Clin Proc.* December 2007; 82(12):1566-1544

Upcoming Dates

- | | |
|--------------|--|
| June 30 | The early bird gets the worm...Early-bird registration deadline for 2009 Regional Meeting. |
| August 7-9 | Come experience the "Hart and Soul" of LKS in Hartford! |
| September 15 | Ideas anyone? Deadline for Alumni News contributions
Get involved! Deadline for Grand Council Credentials |
| October 14 | Take some time to remember Founders' Day. |
| October 15 | Do you have something you want to share? Deadline for the Blue and Gold Triangle |
| November 1 | Are you a graduate student? Deadline for the B. Olive Cole Grant |

LKS Alumni and Female Philanthropists: A New Model of Generosity

By: Marilyn Harris, PhD

In 2005, the U.S. Internal Revenue Service (IRS) announced a thought-provoking statistic: "In the preceding 4 years, 46.3 % of the nation's top wealth holders were women". Since then, women's wealth has continued to increase. The Institute for Women and Wealth (www.instituteforwomenandwealth.org) projects that by 2010, women will control more than \$22 trillion. This represents more than 60% of the wealth in the United States. In addition to controlling substantial wealth, women are emerging as major league philanthropists in comparison to their male counterparts.

There are a number of reasons why women are in the forefront of re-defining philanthropy. The seven top reasons are:

- Women out-number men in all age groups after age forty. Women on average live seven years longer than men. The average age of widowhood is 56.
- Women lead in the workplace. In 2004, women had 50% or greater ownership in 10.6 million U.S. firms. These firms generated \$2.6 trillion in sales and employed 19.1 million people.
- Women's educational levels have increased in each decade since the 1950s. Women receive 60% of Bachelor Degrees and 58.7% of Master's Degrees.
- Women control household spending. Eighty-four percent of all philanthropic giving and 83% of all major household financial decisions - healthcare, vacations, insurance, cars, etc. - are made by women.
- Women participate in philanthropy and volunteerism. A Merrill Lynch study cited 92% of women business owners give to charity each year and 68% of these volunteer. A US Department of Labor study found that, overall, women volunteer at a higher rate than men do (32.4% women vs. 25% men).
- More women give. Single women are 37% more likely to be donors than single men (divorced, widowed or never married).
- Women support their causes and are generous with their dollars. Eighty-six per-cent of women say they give to organizations about which they are passionate. Donations by women are two and one-half times larger to organizations in which they also donate their time and talent.

I believe that most LKS Alumni could easily count four or more of the above reasons as applying to them and their philanthropic mind-set.

Within our world of pharmacy, the number of pharmacists needed to fill traditional and emerging roles in the expanding health care system has led to a rapid increase in the size and influence of the profession. The significant increase of women in pharmacy, who fill all roles and function at all levels, enables us to have a greater opportunity to make philanthropy an important part of our lives. LKS members clearly are part of this growth recognized as female philanthropists.

Thanks to the generosity of our members, the 2008 yearly TLC appeal raised over \$12,000. This generosity enabled us to fund our Educational Grants, pay expenses and prudently retain the balance. By using these funds we were able to leave our existing investments in place until the market regains its strength. Remarkably the number and size of donations showed a gratifying increase compared to previous years despite a gloomy economy. Members are to be commended for their continuing generosity and confirming what the statistics already show about women and philanthropy.

Continued on Page 7

Female Philanthropists *Continued from Page 6*

For the future, we need to work on increasing the amount and size of our donations and to encourage those who are not part of our philanthropic efforts to join us in supporting the Educational Trust. The immediate future portends to be difficult times for the Trust and other charities.

More than ever, the Trust will need your support to fulfill its mission. That mission is defined in the LKS By-Laws (Article XV) and instructs the Trust and its administrators to “perpetuate a program to assist in scientific, literary and educational purposes with specific emphasis on advancing students in the field of pharmacy.” We currently accomplish this through the provision of educational grants to our members.

At the 2008 LKS Biennial Convention in Savannah, the LKS Trust Liaison Committee (TLC) increased the value of each of the grants in our program to \$1,000 each. A total of seven such grants have been awarded this year - six professional grants and one graduate grant.

Beyond dollars, the Educational Trust has been the recipient of your donations in other forms; many of you have also freely shared your time and talent. The Trust continues to need your monetary donations but we also look to make good use of your other attributes as well. The TLC welcomes your interest and expertise and will find ways to use all of your gifts to the growth and benefit of the Trust. Contact the 2008-2010 TLC Chair, Avis J. Ericson, Pharm.D. (rxaje@embarqmail.com) to learn about such directions.

We thank you for your support and encourage all of you to remain faithful to the LKS Trust. We also invite you to become deeply involved and enjoy the rewards of being a life-long, active, and sustaining part of your fraternity and the support of educational grants to our members. We applaud your leadership in setting the pace as a Female Philanthropist.

Welcome New Graduates!

By Jenny Brandt, Grand Vice President of Alumni

Congratulations on your successful completion of pharmacy school. I know it has been a long tough ride, but you are about to realize the benefits. Your first year of alumni membership is free as a way of saying “Good job, you made it!” You may be thinking that continued membership in Lambda Kappa Sigma is not important, but MEMBERSHIP HAS ITS BENEFITS!!! Until now, LKS may have seemed like an extra-curricular school activity. Fraternity programs and events helped you to develop leadership and professional skills, and along the way you established a network of friends and professional connections. As an alumni member, LKS will continue to support you as you hone your skills as a pharmacist and a leader among professional women; it will also help you to solidify meaningful relationships with others who are striving, just like you, to be the best pharmacists, friends, and women they can be. Most active alumni members will tell you that the greatest benefit is the friendship and camaraderie of other members. Our alumni members keep LKS running; they serve as the Grand Council, as Regional Supervisors, and committee members. Most of all, our alumni serve as mentors for our collegiate members.

You have now entered the company of some truly great women. Attending conventions may be the best thing you ever do for your career as a pharmacist. You can make personal contact with women who can really help you along the way. When you were inducted into LKS, you became a member for life. Please help support the fraternity that has come to mean so much to you over the past several years in your college life. You will see that it can mean a lot in your life as a pharmacist, woman, wife and mother or in whatever path you choose for your future.

News From Our Readers

Doratheia Andrews

Alpha Nu

Doratheia passed the BCPS exam and has been accepted into the MPH program at the University of Kentucky.

Robin Bogner

Alpha Beta

Robin moved with her younger son to a new house that she designed and had built in Storrs. She reports her commute is a pleasant 4 min and 43 seconds, which allows her more time to devote to research and her students. In January, she hosted the 50 women from the collegiate chapter for their annual sleepover. 20 stayed up until noon the next day. Robin is very excited about the upcoming meeting in Hartford and will be hosting an Alumni event in her home.

Gail Bucher

Alpha '63

This is Gail's 50th high school graduation year and in 2010 she will have been a member of LKS for 50 years! Where did the time go? Gail's daughter was married in 2008 and this year she and her husband celebrated their 35th wedding anniversary. She is still active as a trustee at MCPHS in Boston.

Donna Dancer

Donna has moved to Florida! It came together very quickly the first of the year. Her new address is: 124 Park Drive, Tavares, FL 32778.

Stefanie Pratola Ferreri

Alpha Beta

Stephanie was highlighted as one of the "Top 40 Alumni Under 40" in UConn Magazine. She was recognized for her work as a Clinical Professor and Community Residency Director at UNC, a community pharmacist at local health center and for her role in local and national pharmacy organizations.

Marina Fridman

Alpha

Marina got engaged and will be getting married on 09/06/09.

Susan Exposito Fry

Alpha

Susan gave birth to Andrew Robert Fry at 1:24pm on November 10th. He was 7lb and 20in. His middle name is in honor of his grandfathers. Big sister Sara is ignoring new baby brother.

Mindy Jock

Alpha Iota '08

Mindy is currently doing a PGYI at Borgess Medical Center in Kalamazoo, Michigan, with a focus in ambulatory care.

Susan Kane

Alpha Kappa '93

Susan was named UGA's Distinguished Alumni for 2008. She will be Grand Marshall for the college's commencement on May 2.

Lu Shawna Lawson

Alpha Nu

In February, Lu Shawna was among 12 people recognized as McDonald's Black History Makers of Today and Tomorrow.

Lu Shawna was awarded this distinction for excelling in her occupation in public health and for being the first African-American Director of Pharmacy at Community Health Network.

Dorothy McAlanis

Eta '76

Dorothy is self-employed; she has owned her own stores, the Dal-Hern Pharmacy in Herndon, Pennsylvania (since 1989), and Millersburg Pharmacy in Millersburg, Pennsylvania (since 1984). She also serves as the 2009 President of the Capital Area Pharmacists Association.

Kerry McGee

Alpha

Kerry gave birth to Connor Edward Sweeney on September 18, 2008 at 6:42pm. He weighed 9lbs and 12.2oz and was 22 inches long. Kerry reports "Yes, he was a big baby".

Debra Pruss

Tau

Debra was highlighted in a Pharmacy Today article the One to One Patient Counseling Recognition Program. Debra was honored for her work at Kerr Drug in Raleigh, NC and especially for her work as a diabetes educator, in which she uses her own experiences to help relate to patients.

Deborah Randall

Alpha Mu '77

Deborah has been working at the same independent retail

Continued on Page 9

Member News

Continued from Page 8

pharmacy in Gibsonburg, Ohio, for the past 25 years! She has two children – a 24-year-old son who is an airline pilot and a 23-year-old daughter who is a medical student at the Cleveland Clinic. She has been married for 31 years to a physician in Fremont, Ohio.

Darla Silk Riddell

Tau '06

Darla and her husband, Randy, recently welcomed their new daughter, Riley Ann, into the world in February. She was 5 lbs, 7 oz, and 18.5 inches. Everyone is doing fine!

Lisa Savage

Alpha Nu

Lisa passed the BCOP exam!

Diana Lucek Sobieraj

Xi

Diana is an Assistant Clinical Professor of Pharmacy Practice/Clinical Specialist in Ambulatory Care at UConn. Her clinical Practice site is at the Community Health Center in Meriden, CT and she holds certifications in medication therapy management and as a smoking cessation specialist.

Jasmine Talameh

Delta '08

Jasmine is in her second semester in the clinical and translational research PhD program at the University of North Carolina at Chapel Hill. The school is sending her to Europe to present the HIV prevention research she recently completed.

Get Those Items Ready!

Start thinking now of items you would like to contribute for the raffle at the meeting in Hartford! This year, we will be raffling themed baskets prepared by each Region or Alumni group. This will be the only official fundraiser at the meeting. Grand Council will supply the baskets, but we need you to supply the rest. The Alumni can contribute to either of the two Alumni Baskets. If you plan to contribute, email Jenny Brandt at jennybrandt@earthlink.net.

- **Alumni Basket #1: "Lamb Smorgasboard"**
Who doesn't like lambs? Especially these unique finds!
- **Alumni Basket #2: "History Buff"**
These are great items to add to your collection, whether its LKS memorabilia or pharmacy history.

And just so you can start saving your money, here are the other baskets:

- **Grand Council: "Help for the Working Woman"**
We know you do it all. You hold down a busy job and then go home to take care of the kids. Here are a few things to help you in your endeavors.
- **New England Region: "There's No Crying in Baseball!"**
Boys aren't the only ones that like to hang out and watch their favorite Sports Teams, and New England has every sport worth watching! This basket will feature a Lambs guide to getting through the playoffs, rivalries, and tail-gates for the avid sports fan!
- **Mid-Atlantic Region: "A Mind is a Terrible Thing to Waste"**
A little stress relief for those all nighters that Pharmacy school puts you through! Study breaks are what we all live for!
- **North Eastern Region: "A Girls Night In"**
You don't need to hit the town to get all dolled up with your girls! A Mary Kay makeover, mani's, pedi's, some Lia Sophia jewelry, and a chick flick or two are some of the ingredients that make it more fun to stay in sometimes!
- **Central Region: "You Feel a Little Tense"**
Enjoying a relaxing day at the spa is what every Lamb needs! Candles, lotions, face masks galore! Rejuvenation is key in this fast paced world!
- **Southern Region: "Life is Like a Box of Chocolates, You never know what you're going to get"**
Sometimes Chocolate will make it all go away!
- **Western Region: "California Dreaming on such a Winter Day!"**
Not all of us can enjoy the sunshine all year round, so let's bring it to everyone! Sunglasses, lotion, flip flops, a great book and the sounds of the ocean to throw your cares away!

LAMBDA KAPPA SIGMA

2009 REGIONAL MEETING - HARTFORD, CONNECTICUT

August 7-9, 2009*

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

Wednesday, August 5th - Pre-Meeting Program

8:00am - 5:00pm	Grand Council Meeting
8:30am - 4:30pm	Registration for RBC Facilitators & Participants
9:00am - 3:00pm	Recruitment Boot Camp: Training for Facilitators
5:00pm - 10:00pm	Recruitment Boot Camp: Kickoff, Program; Small Groups

Thursday, August 6th - Pre-Meeting Program

8:00am - 10:00pm	Recruitment Boot Camp: Program and Small Groups
9:00am	Optional off-site event: Amusement Park (extra charge)
3:00pm - 5:00pm	Regional Meeting Registration
5:00pm - 9:00pm	Alumni Dinner hosted by Robin Bogner (alumni only)

Friday, August 7th

7:30am - 5:00pm	Regional Meeting Registration
8:00am - 11:00am	Recruitment Boot Camp: Final Program & Wrap Up
8:00am - 8:30am	Continental Breakfast
8:30am - 10:00am	CE: Therapeutic Management of MRSA
10:15am - 11:45am	Educational Trust Retreat
12:00pm - 1:45pm	Opening Luncheon & Regional Meeting Kickoff
2:00pm - 4:00pm	Collegiate and Alumni Programming
5:30pm - 10:00pm	Elegant Dinner Cruise - Off Site (all attendees)

Saturday, August 8th

8:00am - 9:00am	Educational Trust Breakfast and Raffle
9:15am - 10:45am	CE -Cardiovascular Disease in Women
11:00am - 12:45pm	Joint Alumni/Collegiate Program
1:00pm - 2:30pm	Awards Luncheon
2:45pm - 4:00pm	General Session
4:00pm	FREE TIME
6:00pm	Group Photo & Blue/Gold Dinner

Sunday, August 9th

9:00am - 10:30am	Breakfast, Raffle & Sendoff
------------------	-----------------------------



Lambda Kappa Sigma Pharmacy Fraternity 2009 Regional Meeting

Hartford Hilton Hotel – Hartford, Connecticut
August 7-9, 2009*

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

REGISTRATION FORM

Return to: Lambda Kappa Sigma PO Box 570 Muskego WI 53150-0570 Fax: 262-679-4558

Name _____

Chapter _____ Collegiate/Alumni

Mailing Address _____

Best Telephone (_____) _____

City/State/Zip _____

Email Address: _____

REGISTRATION FEES & PAYMENT INFO:

Early-Bird Registration, postmarked on or before June 30, 2009:

Alumni - \$260 _____ Student - \$260 _____

Regular Registration, postmarked on or after July 1, 2009:

Alumni - \$275 _____ Student - \$275 _____

(Early-bird and Regular Registration Fees include printed materials, CE, workshops, meals, breaks, and Friday night off-site activity during the 2009 Regional Meeting, beginning Friday morning through Sunday. Fee does not include travel, lodging or Recruitment Boot Camp Program.)

Recruitment Boot Camp (RBC) Fee:

There is a required minimum of 2 students per chapter for this event; limited additional openings are available on a first-come, first-serve basis.

Recruitment Boot Camp Fee \$150/person _____

(Recruitment Boot Camp Fee includes all RBC program materials, meals, breaks, etc. from Wednesday evening through the program conclusion on Friday morning, August 7th. Fee does not include travel or lodging.)

Total Payment Enclosed: \$ _____

Check enclosed (made payable to Lambda Kappa Sigma)

Visa MasterCard Expiration: ____/____

Visa/MC Number: _____

Signature: _____

HOTEL RESERVATIONS:

Alumni and Students – All alumni and student attendees must reserve hotel accommodations through the LKS International Office. All room reservations will require a credit card to guarantee and will only be confirmed once a paid meeting registration has been received.

Hotel Reservation Request:

Date/Time of Arrival: _____

Date/Time of Departure: _____

What rooming arrangements would you prefer?

Single - \$142/nt + tax Triple - \$48/nt + tax
 Double - \$71/nt + tax Quad - \$36/nt + tax

Would you like assistance finding room mate(s)?

Yes! Please help me find room mate(s) up to the preferred rooming arrangement indicated above.
 I already have room mates. Their full names and chapter designations are listed on back of this form.
 I do not wish to have a room mate and will pay the full single rate for my hotel accommodations.

Please use the following Visa or MasterCard number to guarantee my reservation (cancellations accepted up to 24 hours prior to date of arrival):

Card Number: _____

Expiration: ____/____

EMERGENCY INFORMATION:

Emergency Contact: _____ Phone: (_____) _____

State any dietary needs or restrictions: _____

"I hereby release Lambda Kappa Sigma, its officers, directors and employees from any and all claims, damages and liabilities incurred by me or on my behalf during the 2009 Regional Meeting, including but not limited to bodily injury, host liquor liability and contractual liability."

Signature: _____ Date: _____

Interested in Grand Council Service?

For the 2010-2012 Biennium, Grand Council officer and supervisor credentials are currently being accepted. Download the credential form at www.lks.org, or contact the International Office, at 1-800-LKS-1913.

Credentials must be received at the International Office by September 15, 2009.

An information session will be held this summer, at the Regional Meeting in Hartford, Connecticut, for those interested for learning more about these LKS leadership opportunities.

For more information, contact Jennifer Rhodes, Past Grand President and Nominating Committee Chair, at jm.rhodes@comcast.net or 360-833-2620.

The mission of Lambda Kappa Sigma 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.

LAMBDA KAPPA SIGMA
PO Box 570
MUSKEGO WI 53150-0570
800-LKS-1913

First Class Mail
US Postage
PAID
Permit 318
Brookfield WI 53045