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Alumni News

*The Alumni Newsletter
Of Lambda Kappa Sigma
Pharmacy Fraternity
Spring 2010*

Building Bridges of Sisterhoods

Welcome to one of the country's most delightful surprises, and site of the 42nd Biennial Convention of Lambda Kappa Sigma! No longer the dirty steel town of old, Pittsburgh is now a true renaissance city. It is a city of modern cathedrals and Old World, neighborly charms, filled with high-tech companies, friendly faces, fun and adventure. Your convention hosts from Tau and Delta Collegiate chapters and Tau Alumni chapter are excited to welcome you to their home city. Come and take a closer look!

Pittsburgh is full of pleasing sights and attractions. From the National Aviary to the Andy Warhol Museum, to the Carnegie Museums of Art & Natural History, Pittsburgh is home to some of the most noteworthy attractions around. Sports anyone? Home to the Steelers, the Pirates, and a multitude of other professional and semi-professional teams, the sports enthusiast will feel right at home here.

There are plenty of great restaurants to choose from in Pittsburgh. If you are looking for a great meal with a spectacular view of the city, look no further than Mt. Washington. On top of this former "Coal Hill," is a stunning view of downtown (especially beautiful at night) which was ranked by USA Today as the second best beautiful place in America. Tau Alumni members will host the alumni attendees for a special pre-meeting "Alumni-only" dinner at one of the area's finest restaurants. Students will also enjoy a special pre-meeting night out, hosted by Tau and Delta collegiate chapters at Dave & Buster's.

No visit to Pittsburgh is complete without a ride on one of the restored 1800s inclines to the top of Mt. Washington - just across the river from downtown Pittsburgh. Convention attendees will have the

opportunity to ride the incline and enjoy a "photo op at the top" on Friday evening. A city tour then free time to dine and enjoy Pittsburgh nightlife will follow.

The 42nd Biennial Convention of Lambda Kappa Sigma will combine the best of Pittsburgh, beautiful, cost-effective and convenient hotel accommodations, and timely informative professional programming. From the official kick-off event on Thursday morning, to the official close of the Convention after the banquet on Saturday night, each moment will be memorable and life-changing. We hope to see you there!

Meeting Highlights

Shift... or Get off the Pot: 26 Simple Truths to Getting a Life

Keynote speaker Linda Edgecombe will energize us and discuss ways to achieve the work-life balance and at the same time be more accountable. Linda's message is as welcome as a good belly laugh and as profound as an honest look in the mirror.

Leadership Workshop

Leadership is a perennial topic of interest, especially given the challenging economic and political environment in the United States. The demands on today's leaders are greater than ever, yet we have few opportunities to explore and practice specific leadership skills. This interactive workshop focuses on five fundamental leadership skills, what they look like, why they matter, and how YOU can get better at each of them. We will also explore the unique challenges women face as leaders and why women will shape the future of work. You will leave this workshop with new tools and new confidence to be a better leader the minute you return to work!

Thank You Project HOPE Contributors!

Project HOPE has been the official philanthropy of Lambda Kappa Sigma for 52 years. During that time we have supported HOPE by raising awareness, sending volunteers, and most importantly, by raising funds. This Biennium has been no different. At the 2008 Convention in Savannah, we set a fundraising goal of \$12,500. We more than surpassed this goal, raising \$19,276! This money has certainly been put to good use by Project HOPE, who uses it to fund their programs around the world. This year it has been especially important given the urgent need in earthquake ravaged Haiti. Thank you for all you have done for Project HOPE!

Chapters

Alpha
Alpha Alumni
Alpha Alpha
Alpha Beta
Alpha Chi
Alpha Eta
Alpha Iota
Alpha Kappa
Alpha Lambda
Alpha Mu
Alpha Nu
Alpha Omicron
Alpha Phi
Alpha Pi
Alpha Sigma
Alpha Theta

Alpha Xi
Alpha Zeta
Chi
Chi Alumni
Delta
Epsilon
Lambda
Nu
Omicron
Pi
Tau
Tau Alumni
Xi

Individuals

Carrie Bearden
Jennifer Bhuiyan
Robin Bogner
Sharon Brown
Jenny Brandt
William Conrad
Sarah Criner
Susan Fuller
Rebecca Garrett
Elisa Giangiorgi
Marina Grgas
Nora Hammons
JoEllen Hanigosky
Anna Holstine
Kathy Huff

Julie Hull
Michelle Kaufman
Chanel Khemmoro
Julie Lauffenburger
Lois Lee
Neil Leikach
Maria Osborne
Sarah Providence
Elizabeth Rahouser
Elizabeth Raiman
Katherine Radzevick
Tiffany Self
Geraldynn Smith
Mildred Solovsky
Pat Tanac

News from Our Readers

Joellen Aymond
Zeta '67

Joellen has worked in retail for 40 years, serving 2 generations of customers. She held various positions with San Mateo County Pharmacists Association and served as president. T She retired to Sonoma County, CA in 2008. Joellen has 4 children, 2 step-children, and 10 grandchildren.

Deirdre Doucette
Alpha

Deidre gave birth to a baby girl, Vienne Iris on 9-15-09. Vienne weighed 7lb 6oz and is always

outfitted in her Mom's knitted handmade items.

Francine Farnsworth
Alpha Alpha '01

Francine completed a Pain Management Internship with ASCP in Ohio in September 2009. She also earned a Certified Pain Educator (CPE) credential.

Edna Ivans
Lambda '50

Edna still retains her license but no longer works as a pharmacist. She is also an elected trustee at Forest Hills Community College and is active in her church. She

has been married to her husband, also a pharmacist for 61 years!

In Memoriam

Mildred (Millie) Hull passed away June 14 at the age of 85. Millie was an active member of Phi Alumni. Throughout her career, she worked at hospitals and retail chains in and around Indianapolis. She was an active member of her church and had a deep love of animals and supported local pet shelters.

Thoughts for Alumni on Chapter Funds in the Educational Trust

By Avis Ericson, PharmD, Chair, Trust Liaison Committee

As loyal Alumni and supporters of the LKS Educational Trust, I am sure that you are aware of the individual Chapter Funds that reside in the Trust. To date there are five (Alpha, Eta, Tau, Alpha Zeta, and Alpha Pi) along with the developing Marilyn & Joe Haberle Fund. Your support of the General Fund (that pays for the Craven, Livingston, Wells, Lowe, and Cole grants) and these individual funds is much appreciated. Providing financial help to deserving LKS members is a worthy and important cause.

The Spring issue of The Blue & Gold Triangle describes Chapter Funds, their creation, and function in greater detail. The Spring issue of LinkS for Collegiates also focuses on this topic describing a hypothetical "Alpha Omega Chapter at Lake Kappatini School of Pharmacy (LKSoP)" and their goal to create a chapter fund in time for their 50th anniversary in 2013. This Alumni Newsletter piece will give you some perspective from the Alumni member side and may stimulate your interest in aiding Collegiate chapters as they pursue this concept – or initiating the effort on your own.

Anytime is the right time to begin a Chapter Fund within the Trust. Delaying the start of a fund will only delay the time for the fund to benefit from Trust management and the potential growth to be realized. Tomorrow, next week, and next year come whether we plan for them or not.

There are a number of "pluses" to be realized when funds are invested within the Trust. They benefit from our overall fund-raising efforts, the investment expertise of a professional and certified financial planner, investment income that is more than a bank would give, along with an increased awareness of our Trust and its workings.

Setting up such a fund is very easy and members of the Trust Liaison Committee are available to help at all steps along the way. Funds can be accessed at any time and, depending on how the chapter wishes to use their funds, there is "no waiting" for the fund to reach a specified amount before scholarships can be given. Knowing that scholarship funds are secure and growing gives great peace of mind to a chapter that has many more important things to ponder.

Almost all chapters have reached and/or exceeded their 40th anniversary with many at the 75 year mark and beyond. Such milestones should be celebrated not only for the past but as a focus toward the future. The upcoming 100th anniversary of LKS also marks an ideal time to promote both our overall as well as individual Chapter Funds and the scholarship dollars they provide.

Alumni members play an important role in the life of the Collegiate Chapter.

- Your Collegiate Chapter depends on you for counsel and advice.
- They depend on you to support their endeavors both financially and with your enthusiasm and fraternal spirit.
- They understand that you were once in their shoes and look to you for guidance and mentoring.
- They receive an expanded view of the profession and the Fraternity through your eyes.
- They come to appreciate your chapter's history – and its future – as they share thoughts, experiences, and listen to you express your vision for the future.
- They know that your experience and energy can mobilize Collegiates as well as other Alumni members to make a dream happen.
- Knowing Alumni members is a comforting reassurance that they too will graduate, enter the profession, and become a leader in pharmacy and LKS and accomplish things of which they can be proud.
- They know you are a special part of their life and represent a continuity embodied in our "Lamb for Life" phrase and the traditions of our history and Rituals.

Continued on Page 4

Chapter Funds

Continued from Page 3

I have a number of goals for the LKS Educational Trust as we approach the 100th anniversary of LKS in 2013 – and also mark the 40th anniversary of the Trust this year. One such goal is to see all chapters (Collegiate and Alumni – separately or by joining forces) establish a special Chapter Fund within the Trust that houses their scholarship dollars. You as Alumni members are key players in that process.

The goal is achievable. The process takes time, patience, and generosity all within the base of fraternal bonds, a spirit of philanthropy, and a vision for the future. Come be a part of this goal.

If this process appeals to your chapter, please contact Avis J. Ericson, Pharm.D., Chair of the TLC (702)566-0330 or rxaje@embargmail.com or any other TLC member for more in-depth information and guidance. TLC Members: Gloria Bernstein (Des Moines, IA), Robin Bogner (Storrs, CT), Ruth Brown (Sea Isle City, NJ), Donna Dancer (Tavares, FL), Marilyn Haberle (St. Louis, MO), Marilyn Harris (Pittsburgh, PA), Barbara Hayes (Missouri City, TX), Nancy Horst (Shoreline, WA), Neil Leikach (Reisterstown, MD), and Christine Perry (Fairhaven, MA).

This is one of 3 companion articles for the Spring 2010 LKS publications: The Blue & Gold Triangle, LinKS, and the Alumni Newsletter.

Treatment of Cervical Cancer

By C. Dorthea Andrews, PharmD, BCPS

Cervical cancer has three standard methods of treatment. These methods of treatment include surgery, radiation and chemotherapy. Treatment of cervical cancer is determined on a variety of factors, including the stage of cervical cancer and patient factors.

Surgical procedures that are commonly used are conization, cryosurgery, laser surgery, loop electrosurgical excision procedure (LEEP), hysterectomy (total and radical), and pelvic exenteration. Conization is a procedure to remove a cone-shaped piece of tissue from the cervix and cervical canal. Conization may be used as a diagnostic test or as a treatment for early stage cancer. Cryosurgery involves the use of an instrument that freezes and destroys the abnormal tissues. Laser surgery is a surgical procedure that uses a laser beam to make bloodless cuts in the tissue to help remove surface lesions. LEEP is a procedure that uses an electrical current that is passed through a thin wire loop to remove abnormal tissue or cancer. For later stage cancer, a hysterectomy may be performed. A total hysterectomy is the removal of the uterus and cervix and can include the removal of the ovaries and the fallopian tubes. A radical hysterectomy is different in that it involves the removal of the uterus, cervix, part of the vagina and a wide area of the ligaments and tissues around these organs. Of these surgical procedures, pelvic exenteration is the most invasive. Pelvic exenteration is a procedure that removes the lower colon, rectum, bladder, cervix, vagina, ovaries and nearby lymph nodes. This procedure requires the formation of stoma that allows the removal of urine and stool from the body.

Radiation therapy is less invasive than surgery and uses high energy x-rays or other types of radiation to kill cancer cells. Radiation therapy may also be used to keep cancer cells from growing. The two types of radiation therapy that are used include external and internal radiation therapy. External radiation therapy uses a machine which is outside the body to send the radiation toward the cancer. Internal radiation uses a radioactive substance sealed in seeds, needles, wires or catheters that are placed directly into or near the cancer.

Chemotherapy stops the growth of cancer cells, either by killing the cells or by preventing cell division. The most commonly used chemotherapy drugs in the treatment of cervical cancer are cisplatin, paclitaxel, topotecan, ifosfamide and fluorouracil (5-FU). Adverse effects depend on the type of drug used and the dose. The most common temporary adverse effects are nausea and vomiting, loss of appetite (anorexia), loss of hair (alopecia) and mouth sores. Other common adverse effects are a decrease in red blood cells (anemia), a decrease in white blood cells (neutropenia), a decrease in platelets (thrombocytopenia) and fatigue.

See the chart on page 5 for the stage-based treatment options for cervical cancer.

Stage-Based Treatment Options for Cervical Cancer

| Stage | Treatment Options |
|---------------------------|---|
| 0 | Surgery Internal radiation for women who are not candidates for surgery |
| IA | Total hysterectomy ± removal of ovaries and fallopian tubes Conization Internal Radiation |
| IB | Combination of external and internal radiation Radical hysterectomy with lymph node removal Radical hysterectomy with lymph node removal followed by radiation and chemotherapy Radiation therapy and chemotherapy |
| IIA | Combination of external and internal radiation plus chemotherapy Radical hysterectomy with lymph node removal Radical hysterectomy with lymph node removal followed by radiation and chemotherapy Radiation therapy and chemotherapy |
| IIB | Combination of internal and external radiation plus chemotherapy |
| III | Combination of internal and external radiation plus chemotherapy |
| IVA | Combination of internal and external radiation plus chemotherapy |
| IVB | Radiation therapy as palliative therapy (to improve quality of life and decrease pain) Chemotherapy Clinical trials |
| Recurrent cervical cancer | Pelvic exenteration followed by radiation therapy and chemotherapy Chemotherapy as palliative care Clinical trials |

Get Those Basket Items Ready!

At Convention this year, we will again be making baskets to raffle off. So bring any items that fit the themes of the Alumni Baskets: "Lamb Smorgasboard" (anything uniquely lamb) and "History Buff" (pharmacy and LKS history). Each region will also be putting together a basket.

Grand Council 2010-2012

| | |
|---|-----------------|
| Grand President | Sharon Brown |
| Grand Vice President for Alumni | Chris Grass |
| Grand Vice President for Collegiates | Elicia Fauvel |
| Grand Vice President for Development | Tiffany Self |
| Grand Secretary | Sandy Mullen |
| Grand Treasurer | Jenny Brandt |
| Past Grand President | Jennifer Rhodes |



SCHEDULE OF EVENTS (Rev 6/28/10)

Tuesday, July 27th

8am-6pm Grand Council Meeting

Wednesday, July 28th

9am-11am Grand Council Meeting
 3pm-4:45pm Summit: Chapter Presidents and Grand Council (professional)
 5pm-6pm Reception: New Alumni (by invitation)
 6:15pm Alumni Dinner (optional)
 6:15pm Students to Dave & Buster's (optional)

Thursday, July 29th

7:30-8:30am CE-new a.fib guidelines
 8:30-9:45am Welcome Breakfast
 10am-3pm Leadership Program
 3:30-5pm General Session & Keynote
 6pm-9:30pm Blue & Gold Dinner

Friday, July 30th

7:30am Continental Breakfast
 8-9:30am CE—Medication Safety
 9:45-12:15pm Collegiate Conference
 10:45-12:15pm Alumni Conference
 12:30-2pm Awards Luncheon
 2:15-5pm BUSINESS SESSION
 6-11pm FREE Night in Pittsburgh
 Transportation & Tour provided

Saturday, July 31st

8-9:30am Trust Breakfast
 9:45-10:45am CE
 11-1:30pm Joint Collegiate/Alumni Event
 1:45-4:30pm BUSINESS SESSION
 6-6:45pm Past President's reception
 7:pm Group Photo
 7:30-9:30pm Banquet and Program

Sunday

9am-1pm RS Training & Board Orientation



Lambda Kappa Sigma Pharmacy Fraternity
2010 Biennial Convention
 Hyatt Regency Pittsburgh Int'l Airport – Pittsburgh, PA
 July 28-31, 2010
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 15, 2010:

Alumni - \$300 _____ Student - \$300 _____

Regular Registration, postmarked on or after June 15, 2010:

Alumni - \$325 _____ Student - \$325 _____

(Early-bird and Regular Registration Fees include printed materials, CE, workshops, meals, breaks, and Friday night off-site activity during the 2010 Biennial Convention. Registration Fee does not include travel or lodging.)

Optional Student Night Out with Tau & Delta hosts – Wed 7/28:

Dave & Busters - Transportation, dinner included. Game cards on own.

Optional Student Night Out (7/28) \$35/person _____

Optional Alumni Dinner with Tau Alumni hosts – Wed 7/28:

Transportation & dinner at a fine dining establishment in Pittsburgh included.

Optional Alumni Dinner (7/28) \$60/person _____

Convention T-Shirt

Adult XS Adult S Adult M Adult L

Adult XL Adult XXL **\$15/each** _____

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 members must reserve their own hotel accommodations through the Hyatt Regency Reservations Department at (724)899-1234 or (800)233-1234, or online at:
https://resweb.passkey.com/Resweb.do?mode=welcome_el_new&eventID=2189919&utm_source=10517&utm_medium=email&utm_campaign=2362780

The "cut off date" for hotel reservations is 7/12/2010. Reservation requests received after the cut-off date will be based on Hotel room and rate availability.

All room reservations will require a credit card and a deposit equal to one night's room and tax to guarantee the reservation. Deposits will only be refundable if the reservation is canceled on or before 3pm, three days prior to arrival. Personal checks, money orders or a valid credit card number with expiration date will be needed for the deposit.

Hyatt Hotel Room Rates:

Single/Double - \$119/night + tax

Triple/Quad - \$119/night + tax

Room rates are quoted exclusive of applicable state and local taxes (which are currently 14%) or applicable service, or hotel specific fees in effect at the Hotel at the time of the meeting.

NOTE: The LKS International Office will not be making hotel rooming arrangements for this meeting. Instead, student and alumni members will be required to make housing arrangements directly with the Hyatt.

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 2010 Biennial Convention, including but not limited to bodily injury, host liquor liability and contractual liability."

Signature: _____ Date: _____

Message from the Grand Vice President for Alumni

As this is my last issue of the Alumni News, I wanted to take the opportunity to thank you for allowing me to serve as your Grand Vice President for Alumni for the past three Bienniums. Honestly, this was a job I didn't think I'd ever have, especially so early in my Alumni career. But one fall night, Nancy Horst called to see if I would consider the position. Of course, I couldn't say no to Nancy. So GVPA I became. And with your help, over the past six years, we have seen the number of Alumni grow, each year bringing in newly graduated collegiates. We have also had four new Alumni Chapters started, with several more working towards that goal. One of the accomplishments I take the most pride in is increasing the interaction of Alumni and Collegiates at meetings, through the Joint Conference, our Alumni-to-Collegiate "thank you" notes, and through the numerous ways we have tried to mix-it-up at meal functions.

It has truly been an honor and a pleasure to serve you and I can only hope that you can say the same. Chris Grass is eagerly waiting to take over the role of GVPA and I know she has a lot of great ideas. And not to worry, I won't be going away. It's not even my time to join the "back-of-the-room crowd" yet. I will be moving on to serve in a different capacity as the Grand Treasurer.

Lamb for Life,
Jenny Brandt
Grand Vice President for Alumni

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MUSKEGO WI 53150
800-LKS-1913

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