

VOLUME 120, No. 1
SPRING 2003

The Key

A KAPPA KAPPA GAMMA PUBLICATION



Live Your Best Life!

IN THIS ISSUE:

Tips from a fitness expert
Colin Powell's dynamic daughter
Life in Afghanistan unveiled
A *Trading Spaces* designer ... and more!

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A KAPPA KAPPA GAMMA PUBLICATION

VOLUME 120, No. 1
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The Key is the first college women's fraternity magazine, published continuously since 1882.

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On the Cover

Spring is a time for new beginnings, so ask a Kappa sister to join you in a revitalizing, new exercise regimen. You'll improve your health and your friendship!

Mission Statement of *The Key*

The Key of Kappa Kappa Gamma links each member with the Fraternity. The mission of *The Key* is:

- to inform, inspire and challenge
- to sustain and nurture membership loyalty and interest
- to recognize individual, group and Fraternity accomplishments
- to provide a forum for an exchange of information and opinion
- to be a permanent record.

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Which Way Is the Right Way to Go?



In Lewis Carroll's *Alice In Wonderland*, Alice says to the grinning Cheshire cat, "I wanted to know which way I ought to go?" The cat replies, "That depends on where you want to get to." Alice says that it really doesn't matter and the cat replies, "Then it really doesn't matter which way you go." Alice could have used a strategic plan.

Setting direction, outlining goals, long-range planning, creating a blueprint, tactical maneuvers — all identify what is most important and skillfully manage one's initiatives. Alice could have utilized this skill.

The Fraternity Council spent many hours of its January meeting reviewing what was most important within the scope and purposes of Kappa Kappa Gamma, crystallizing our goals

and strategically outlining objectives to help achieve those priorities. Building on the accomplishments of our previous strategic plan, the Council felt these goals and objectives could be expanded to guide us through 2006.

In our Strategic Plan, the overarching focus is to preserve, maintain and promote Fraternity values through ethical leadership. From that focus, five goals were identified:

- Goal 1: to create environments that foster mutual support
- Goal 2: to strengthen the Fraternity through growth
- Goal 3: to promote and enhance positive public relations
- Goal 4: to strengthen the Fraternity through leadership development
- Goal 5: to maximize technology use and increase communication.

Based on the mission, purposes and values of Kappa Kappa Gamma, the strategic plan will continue to evolve and will help us prepare for our future. This model is the vision of what might be — but with strings attached to reality. Strategic, yes and recognizing where we want to go, we will continue our "Tradition of Leadership." We welcome Alice to join us.

Loyally,

A handwritten signature in black ink, appearing to read "Ann Truesdell". The signature is written in a cursive style with a large initial "A".

ANN STAFFORD TRUESDELL
Ohio Wesleyan
Fraternity President

Kappa Kappa Gamma Mission Statement

Kappa Kappa Gamma is an organization of women that seeks for every member throughout her life, bonds of friendship, mutual support, opportunities for self-growth, respect for intellectual development, and an understanding of and an allegiance to positive, ethical principles.

Editor's Note:

You only may know *The Key* Editorial Board as the list of names on the inside cover. I have the pleasure of calling them colleagues and friends. One of the reasons we have such an effective Editorial Board is that we are a reflection of our audience. We range in age from 20-somethings to 50-year pin recipients. We come from coast to coast with varied experiences and interests. We range from exercise enthusiast to "couch potato."

Despite our varying degrees of commitment to exercise, we all agree that spring is a great time to think about new beginnings and ways to improve health and happiness. Kappa Kappa Gamma promotes high standards in all areas of life, so we are pleased to share with you the latest fitness information from a Kappa sister and health expert.

The Editorial Board relies on experts and authors for many of our feature articles — so if you or a Kappa you know is an expert in a field that would be of interest to other Kappas, please let us know.

One author/expert we'll be featuring in an upcoming issue is ROBIN WRIGHT, *Michigan*. You may have seen Robin, a recognized expert on the Middle East, talking with George Stephanopoulos on *ABC This Week* or Tim Russert on NBC's *Meet the Press*. Don't miss this and other fascinating stories in future issues.

Please share your comments and questions so we can continue to inspire, educate, entertain and serve as a forum for the exchange of information and opinion. Your feedback will help us continue Kappa's tradition of leadership!

The Editorial Board is saddened by the death of long-time contributor RUTH BRANNING MOLLOY, *Pennsylvania*. A professional writer, photographer and historian, Ruth edited the chapter section of the 1975 *History of Kappa Kappa Gamma*. A member of Kappa's Heritage Museum Board in the early 1980s and an adviser to BETA ALPHA CHAPTER, *Pennsylvania*, for more than 40 years, Ruth was the first woman to receive a distinguished alumni award from the University of Pennsylvania. Ruth was known for her wit, diverse interests and joyous approach to life.

We also ask you to join us in our sincere condolences to EVELYN NEELY HUSBAND, *Texas Tech.*, whose husband, Rick Husband, was the commander of the *Space Shuttle Columbia*. Evelyn is an active member of the BAY AREA ALUMNAE ASSOCIATION.

fraternity news

Adviser Recruitment: What's New?

At the General Convention 2002, the voting members adopted a resolution to assist four chapters that do not have the support of advisers. The resolution reads in part – "That Kappa Kappa Gamma ... initiate a two-year pilot program making it possible for not more than four chapters to pursue the alumna membership process outlined by the Alumna Initiation Task Force...". Interested chapters without adequate alumna support that wish to participate would apply to the Director of Membership." A maximum of four alumna initiates per pilot chapter is allowed.

Two chapters, DELTA PHI, *Bucknell*, and ZETA RHO, *Colgate*, have applied and been accepted by Fraternity Council into the pilot program. Other chapters are in the process of discussing the feasibility of applying for the pilot program.

Any alumna interested in serving on a Kappa Advisory Board or House Board should contact her Province Officer or contact CATHLEEN MORROW MCKINNEY, *Emory*, Advisory Board/Housing Chairman, at kkghq@kappa.org or 866/KKG-1870.

*A college alumna at least 30 years of age, never having been a member of any NPC group, may be proposed to the Fraternity Council for membership. She would agree to be an adviser for the local chapter needing adviser support and would complete a Fraternity education program.



ANN STAFFORD TRUESDELL, *Ohio Wesleyan*, Fraternity President, visits with advisers and Chapter Council members at Pr^o, *UC Berkeley*, in September 2002.



The newly initiated members of **ETA ETA**, *University of Central Florida*.

Kappa Kappa Gamma Installs 130th Chapter

Magical Orlando, Fla., was the backdrop for the Installation of Kappa Kappa Gamma's 130th chapter on November 23, 2002.

A total of 121 charter members were initiated into **ETA ETA CHAPTER** at the University of Central Florida in Orlando. The new members were initiated and the chapter installed by Fraternity President **ANN STAFFORD TRUESDELL**, *Ohio Wesleyan*.

Assisting in the Installation service were **CAROL GEORGE SANDERS**, *Northridge*, Fraternity Director of Alumnae; **BETH UPHOFF BLACK**, *Illinois Wesleyan*, Regional Director of Alumnae; **MARY HOLLAND BELVIN**, *Tennessee*, Regional Director of Chapters; **JOANIE COOK COHEN**, *Colorado*, Chairman of Extension; **LISA WERNER WIGGINS**, *Florida*, Province Director of Alumnae; **DIANE DOOLAN**, *Miami*, Province Director of Chapters; and Traveling Consultants **LORI ARMIGER**, *Nebraska*, **CAROLINE BENNETT**, *Texas Tech*, and **FELICITY MEU**, *UC Berkeley*.

GINA CAPUTO DiPAOLO, *Florida*, is serving as Eta Eta's Coordinator of Chapter Development and **KYLEE DETERDING**, *Iowa State*, is completing her second year as a Field Representative for the Fraternity by serving as the Chapter Consultant.

EPSILON PHI, *Florida* served as Eta Eta's Mentor Chapter and the Epsilon Phi members served as key sisters for the newest members. Chapter members from **DELTA EPSILON**, *Rollins*; **DELTA KAPPA**, *Miami*; **ZETA EPSILON**, *Georgia Southern*; and **EPSILON ZETA**, *Florida State*, attended the weekend activities and welcomed Kappa Kappa Gamma's newest chapter.

Foundation of Canada Annual Meeting

The annual meeting of the Kappa Kappa Gamma Foundation of Canada will take place on Monday, April 14, 2003, at noon. The meeting is open to all members of Kappa Kappa Gamma. For details, call **SU OZTURK**, *Toronto*, Vice President, at (W) 416/814-5809 or (H) 416/402-9606.

2004 Alumnae Achievement Awards

Do you know an outstanding candidate?

Kappa Kappa Gamma honors outstanding alumnae by recognizing excellence in volunteer and professional pursuits, a tradition established in 1946. Your nominee must be active in her field with involvement on a national or international level. Many alumnae achieve local acclaim, but this award requires more than regional recognition. Recipients will be honored at the General Convention in June 2004.

To be considered, the following nomination form must be postmarked by May 15, 2003. A one-page letter enumerating the manner in which the nominee has fulfilled the criteria for the Alumnae Achievement Award must accompany nominations. News clips, magazine articles and color photographs are encouraged. Send completed form and supportive materials to: PRISCILLA MURPHY GERDE, *Purdue*, Fraternity Vice President, Lakehurst, Battle Ground, IN 47920, pris@hgrlaw.com

KKΓ Alumnae Achievement Award Nomination Form

Mail to: PRISCILLA MURPHY GERDE, *Purdue*, Fraternity Vice President, Lakehurst, Battle Ground, IN 47920, pris@hgrlaw.com.

Deadline: May 15, 2003.

Date: ___/___/___

Nominee's Name: (First, Maiden, Last) _____

Street Address: _____

City: _____ State/Province: _____ Postal Code: _____

Phone #: _____ E-mail: _____

University/College: _____ KKG Chapter: _____

Initiation Year: _____ Degree/s Earned: _____

Field of Achievement: _____

Honors/Recognition of a National/International Scope: _____

Participation in KKG Activities: _____

Nominated by: (First, Maiden, Last) _____

Street Address: _____

City: _____ State/Province: _____ Postal Code: _____

Phone #: _____ E-mail: _____

fraternity news



6 THE RARITAN VALLEY ALUMNAE ASSOCIATION was recently chartered in western central New Jersey. Signing the charter application are (l to r): CHERYL SEALANDER KOHLER, *Bucknell*; SUE CASURELLA MICHELS, *Illinois Wesleyan*; LAURA JOHNSON JORDAN, *LSU*; PAT WRIGHT BECKER, *Adelphi*; association President RHONDA MCCOY GRUENEWALD, *Purdue*; HEATHER HERING BROWN, *Ohio Wesleyan*; JEAN DICKINSON MANSUR, *Bucknell*; and MELISSA MURPHY MCGARRIGLE, *Pittsburgh*.



On December 6, 2002, Kappa Kappa Gamma and Delta Gamma co-hosted a reception for the Association of Fraternity Advisors Conference at Kappa Kappa Gamma Fraternity Headquarters in Columbus, Ohio. (From left to right) Betsy Fouss, Executive Director Delta Gamma; ANN STAFFORD TRUESDELL, *Ohio Wesleyan*, Kappa Kappa Gamma Fraternity President; Maureen Hollmeyer, Delta Gamma National President, and LILA ISBELL, *Montana*, Kappa Kappa Gamma Executive Director.

Traveling Kappa History

In 1970, Monmouth College received a John Singer Sargent painting titled "A Winding Road and Cypress Trees, San Vigilio" from Kappa Kappa Gamma Fraternity to mark the 100th anniversary of our founding.

Currently the painting is on loan and part of a traveling exhibit of John Singer Sargent's works. The painting was first on exhibit at the Gallery of Modern and Contemporary Art (Palazzo del Diamante) in Ferrara, Italy, from September 22, 2002, through January 6, 2003. It then returned to the United States for exhibits at the Los Angeles County Museum of Art (February 2 – May 11, 2003) and will next go to the Denver Art Museum (June 28 – September 21, 2003).

Kappas will enjoy seeing this exhibit of more than 90 oil and watercolor paintings from Sargent's entire career. It will be a special opportunity for Kappas who might not visit Monmouth College to see this painting, which represents Kappa Kappa Gamma's Centennial Celebration.



"A Winding Road and Cypress Trees, San Vigilio" by John Singer Sargent. Kappa Kappa Gamma donated this painting to Monmouth College in 1970 to mark the Fraternity's Centennial Celebration.

Submission Reminders

Submit articles and photographs to *The Key*, P.O. Box 38, Columbus, OH 43216-0038; fax: 614/228-7809; e-mail: jhoover@kappakappagamma.org.

- Full name and chapter/school must be submitted for each Kappa listed in an article or photo caption (first, maiden and last name).
- Actual photographs are preferred over digital files.
- *The Key* will only accept digital images scanned at 100 percent and 300 DPI.
- Unsolicited photographs become the property of *The Key* and are not returned.
- Articles are accepted on a volunteer-basis.
- Submissions may be used in other Fraternity publications or on the official Web site.
- The Editorial Board regrets that not all submissions can be used.
- Obituaries are not published. Deceased members are listed in "In Memoriam." (Exceptions are made for past Fraternity Presidents.)
- Stories and photographs may be used up to one year from the submission date.

Official Web Site Gets a New Look!

Look for Kappa Kappa Gamma's redesigned Web site this summer! The official Fraternity Web site, www.kappa.org, will have an improved look and better navigation capabilities. Questions or comments regarding the Web site may be sent via e-mail to kkghq@kappa.org.



BETA NU CHAPTER, *Ohio State*, actives and new members display the new "Tradition of Leadership" banner that was sent recently to each chapter as part of Kappa Kappa Gamma's public relations campaign.

Kappa Golfari Is Coming!

Mark your calendar for the weekend of September 18-21, 2003, for the first-ever Kappa Golfari!

This fun weekend of golf instruction and play will take place at Pine Needles Lodge and Golf Club in Southern Pines, N.C. PEGGY KIRK BELL, PH.D., *Rollins*, owner of Pine Needles, developed a "Safari of Golf" for golfers who are interested in improving their game while having fun. On-tee instruction — irons, woods, putting, chipping, pitching,

bunkerplay, trouble shots — and on-course instruction are available to you during your Golfari adventure. Golfers of all levels are welcome to attend and learn from the "First Lady of Golf."

Participation is limited to 50 members of Kappa Kappa Gamma. To reserve your space for the Kappa Golfari, call the Pine Needles Reservation line at 800/747-7272. The Kappa package includes four days/three nights room accommodations, meals, golf instruction and play, as well as special receptions and dinners. Single occupancy is \$1,335/person and double occupancy is \$1,095/person.

Don't miss this opportunity to learn more about the great game of golf from Alumnae Achievement Award recipient Peggy Kirk Bell and have fun with Kappa golfers from across the continent.

"In Memoriam" Reminder

When reporting a deceased member to be listed in the "In Memoriam" section of *The Key*, Fraternity Headquarters must receive her full name (including maiden), address, chapter or college, year of initiation or graduation, date of death and your name, phone number and relationship to the deceased. Copies of obituaries are also appreciated. Receiving this detailed information helps to prevent errors in the quarterly "In Memoriam" list.

Save the Date!

Plan to join hundreds of Kappa sisters at the 65th Biennial Convention in Kansas City, Mo., Saturday, June 26, through Wednesday, June 30, 2004.

What You Should Know About Club Drugs

Kappa Kappa Gamma is pleased to offer the new program — SAFE — an interactive program to educate women about the dangers of club and recreational drug use.

It is important for all sorority leaders to provide education to members on important health and safety topics. The SAFE Program provides everything a chapter or Panhellenic council needs to present a workshop on the life-threatening effects of club and recreational drug use.

SAFE contains an educational video, workshop materials and facilitator's guide. Trained facilitators are not required, but local/campus experts in law enforcement and healthcare can be used to enhance the program.

The SAFE project was created by members of P-DEC, the Panhellenic — Drug Education Consortium, which is a cooperative effort between representatives from the 26 National Panhellenic Conference groups. Greek leaders hope that SAFE will assist in giving undergraduate women knowledge and skills to make responsible choices.

Keeping Ourselves and Each Other...

SAFE

A complete INTERACTIVE PROGRAM to EDUCATE SORORITY WOMEN about the DANGER of club and recreational DRUG USE

It is important for all sorority women to provide education to members on important health and safety topics. The SAFE Program provides everything a chapter or Panhellenic council needs to present a workshop on club and recreational drug use.

SAFE contains an educational video, workshop materials, and a facilitator's guide. Trained facilitators are not required, but local/campus experts in law enforcement and healthcare can be used to enhance the program presentation.

THE VIDEO presents three personal testimonials of women who have experienced the negative effects of serious club and recreational drug use. It also includes research and factual information on ecstasy, ketamine, and substituted drug use and abuse. In addition, safety information on how to avoid high-risk situations, how to make responsible decisions, and what to do if confronted with a high-risk situation is included.

This program is a cutting edge message for everyone from graduate assistants to chapter advisors to support drug education in an interactive and informative way. Not only does it contain the latest comprehensive research and statistics on the topic, but also the format

makes it engaging and user-friendly for professionals and students alike. Each campus will receive one FREE copy to be kept on file with the Greek Life Office for chapters or College Panhellenic use. The SAFE

between representatives from the NPC groups. It is the hope that SAFE will assist in giving undergraduate women the knowledge, insight and skills to make responsible choices regarding drug use.



project could be a wonderful opportunity to sponsor a Panhellenic program for all women students, facilitated by student affairs staff using the same-to-follow study guide and materials. This program will be available on National Panhellenic Conference campuses for late January 2007.

The SAFE project has been created by members of P-DEC, Panhellenic — Drug Education Consortium, a cooperative effort

WORKSHOP MATERIALS

- Activities all written in an easy-to-follow, lesson plan format
- A pre- and post-test activity
- Topic information review
- Breakout group activities
- Reference websites with statistical information

Disseminated by the P-DEC Public Relations & Marketing Committee. For further information, contact Lisa Harnock at lsharnock@kappagamma.org

Workshop materials and video are available for rent from Kappa Kappa Gamma Fraternity Headquarters for \$3. Order your video and workshop materials today by calling toll-free 866/KKG-1870 or kkghq@kappa.org.

Are You an Owl Out on a Limb?

Continue the Kappa Experience...

by enjoying the friendships and fun that come with participation in an alumnae association.

Please provide the following information via e-mail to kappaowls@kappa.org or complete the form below and send it to SALLY COWDERY SPENCER, St. Lawrence. She will put you in touch with the alumnae association nearest you or with your Province Director of Alumnae.

YES! I want to know more about Kappa Kappa Gamma alumnae association opportunities near me!

Name: _____

Street Address: _____

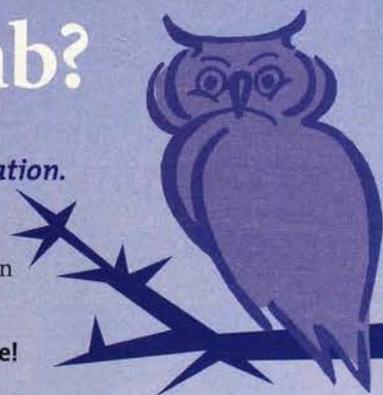
City: _____ State/Province: _____ Postal Code: _____

Telephone: ____ / ____ College/University: _____ Init. Date: ____ / ____

New Address? New to Area? E-mail: _____

Last Address: _____

Mail to: SALLY COWDERY SPENCER, St. Lawrence, 2 Butterback Lane, Savannah, GA 31411 (kappaowls@kappa.org)



Whatever Your Age or Ability — Transform Your



10

Check out
the latest health
news plus tips to
get you moving.



— By **DEBBIE MILLBERN POWERS**, *Indiana*,
health/wellness expert

FROM college through the golden years, there are many things that can brighten a blue day. One is to spend time with a Kappa sister. Another is EXERCISE. We know we need it — we say we don't have time for it.

For many women, exercise conjures up painful memories of jumping jacks, sit-ups, gym squads and shower check-offs. Former athletes may recall tiring drills, sore muscles and long practices.

Today, those who exercise regularly or vigorously are often categorized as “fitness nuts” or “bodies” vying for perfection. On the contrary, every woman needs physical activity throughout her life — and it can be easy and fun! However, physical inactivity has reached epidemic proportions, and the lack of activity among women is higher than among men. In fact, teenage girls report a rapid decline in exercise after junior high school.

Life By Exercising!



The Fountain of Youth?

Researchers have found a direct association between inactivity and mortality. Many consider exercise the “fountain of youth” since much of what we consider aging — the loss of strength, stamina, bone density, memory, balance and flexibility — is actually due to inactivity.

Research also emphasizes the value of friendship among women — that they know where to go for support — and that it explains, in part, why women live longer. If you can’t find the motivation to begin exercising on your own, ask a friend to join you. You’ll improve your friendship and your health!

It’s easy to gloss over the health information that streams across our televisions, computer screens and magazines — but stop for a minute to consider that heart disease, high blood pressure, cancer, osteoporosis, type 2 diabetes and other chronic diseases are closely linked to a sedentary lifestyle. Despite all the well-known benefits, only 10 percent of women engage in a regular exercise program. Many children and teens are “sofa spuds.”

Much of what we consider aging — the loss of strength, stamina, bone density, memory, balance and flexibility — is actually due to inactivity.

The exciting news about exercise is that it doesn’t take huge amounts to reap the benefits. Research has uncovered that as little as 10 minutes of walking, repeated throughout the day to equal 30 minutes, can make a notable health difference. The famous Framingham Heart Study found that expending 2,000 calories a week in physical activity — the equivalent of walking about one hour every day — increased life expectancy by two years.

The equally prestigious Harvard Nurses’ Health Study — a 25-year study of over 120,000 female nurses — has revealed that more than 80 percent of heart attacks, strokes, cancer and type 2 diabetes in women are preventable by lifestyle modification, including daily physical exercise. Look at these specific benefits of exercise for women of all ages.

11 Ways to "Just Do It"

It is best if you can fit in 30-60 minutes a day of continuous aerobic and/or strength-building exercises. If this is not possible, try some of these ideas:

- Walk or ride a bike to do errands. If you cannot walk the entire distance, just park a few blocks away.
- Take the stairs rather than the elevator or escalator.
- Rather than "driving thru," get out and walk into the bank, restaurant or dry cleaners.
- Schedule an exercise "date" with your boyfriend or spouse. Walk or ride bikes together.
- Try a "walking meeting" with co-workers, friends or Kappa sisters. Take care of business while walking around the block!
- Get up from your desk while at work or studying to do five minutes of stretching, walking, squats, bicep curls, jumping jacks, etc. (Six of these sessions a day equals 30 extra minutes of activity!)
- Give up one of your automatic gadgets — electric garage door opener, electric can opener, remote control, leaf blower, etc.
- During television commercials, do leg lifts, abdominal crunches, pushups, squats, etc.
- Park in the farthest parking spot from the entrance to the store or restaurant.
- Schedule a regular exercise "appointment" with a friend (or yourself). Treat it as any other important appointment. Having a buddy keeps you accountable and is the number one predictor of successful adherence.
- Wear a step pedometer. See if you can accumulate 10,000 steps per day — the number of daily steps recommended for health benefits.



important measuring factors of heart disease risk. Exercise positively affects all of these factors, accentuated by the fact that sedentary women have more than five times the risk of heart disease as active women. A Harvard study of more than 72,000 middle-aged women found that women who walked briskly for at least three hours a week cut their heart attack risk by 40 percent.

The Key to Weight Management

Obesity will soon overtake smoking as the number one preventable cause of disease and death in the United States. Each year, 300,000 Americans will die from health problems directly related to being overweight — including heart attacks, type 2 diabetes and certain cancers.

Reducing calories, portions and fat in our diets is important in lifetime weight loss. However, regular physical activity is the most important component in weight loss and lifetime maintenance. The National Weight Control Registry is a 10-year database of more than 2,000 people who have shed at least 30 pounds and kept it off at least one year. The study showed that daily exercise that burned 400 calories a day (equivalent to walking 4 miles) was vital for long-term success.

Loss of muscle mass is a major reason a woman's metabolism slows during middle age.

We live in an environment of cheap, abundant food and push-button conveniences. Since our cars, remote controls, computer mice and elevators save us from hundreds of calories expended each day, it is up to us to make the time to exercise — to make a conscious choice to deviate from the cultural norm of complacent, sedentary living or "couch potato disease." It does take some effort, but the pay-off is tremendous.

Loss of muscle mass is a major reason a woman's metabolism slows during middle age. Women can especially benefit from adding a few days per week of strength or resistance training to their regular aerobic program. Hand weights, exercise bands or weight machines all work. One pound of fat tissue burns only 2-3 calories a day, whereas a pound of muscle tissue burns 35-50 calories per day. Therefore, building muscle mass with regular strength training can stoke your "calorie-burning fire" and keep it going 24 hours a day. Don't worry — you won't get big, bulky muscles.

Cardiovascular Disease — Your Most Serious Threat

Most women don't know that cardiovascular disease (CVD) claims the life of approximately 500,000 women per year. Cancer (all forms combined) kills approximately 250,000, with breast cancer claiming 40,000 of these lives. Cardiovascular disease is a woman's most serious health threat.

Regular physical activity is essential for cardiovascular health. Cholesterol levels, HDL cholesterol (the "good" cholesterol), triglycerides and blood pressure are all

Cancer — Another Lifestyle Disease

Cancer is the number-two killer of women in the United States. However, like cardiovascular disease, it is considered a lifestyle disease and not inevitable. The newest research has revealed how important lifestyle factors are in substantially lowering cancer risk. Along with diet, exercise habits are emerging as key factors.

A UCLA study found that women who participated in at least four hours of exercise a week during their premenopausal years had a 58 percent lower breast cancer risk than women who were inactive. Ovary protection also joins the list of benefits women receive from regular exercise. By comparing the exercise histories of thousands of women, researchers have discovered that those who are physically active — more than four hours a week — are 27 percent less likely to develop ovarian cancer than women who exercise less than one hour per week.

Risk of colon cancer can be cut by 50 percent by exercising for 30 minutes on most days of the week.

Women who work out between one to four hours per week also receive some risk reduction. Since nine out of 10 colorectal cancers are preventable, exercise habits play a particularly important role in preventing this common cancer. Risk of colon cancer can be cut by 50 percent by exercising for 30 minutes on most days of the week.

How Does Exercise Lower Cancer Risk?

In regard to colon cancer, it is theorized that exercise speeds food through the digestive system, thus reducing the time that the body is exposed to potential carcinogenic toxins in food. Exercise also lowers levels of certain reproductive hormones that are associated with various cancers. Women who are overweight tend to have higher blood estrogen levels and higher insulin levels, both of which may promote the development of cancerous cells.

In the case of breast cancer, excess estrogen produced by fat cells may fuel the growth of tumors. College-age women who are overweight are nearly four times more likely to develop breast cancer than their leaner classmates. And after menopause, carrying excess weight can increase risk for breast cancer by up to 60 percent.

Take a Stand Against Osteoporosis

Osteoporosis affects more than 25 million people in the United States, (80 percent of whom are women), and causes 1.5 million fractures to vertebrae, wrists and hips each year. The National Osteoporosis Foundation predicts that over the next 15 years, 41 million people will be affected due to the aging of baby-boomers. This slow, silent disease takes decades to develop and can be debilitating. Whereas the intake of calcium, vitamin D, magnesium and protein affects bone mass throughout the lifespan, exercise is an even more dominant factor.

Here's how it works — during exercise, the muscles pull on the bones, improving density. For example, by measuring the bone in the playing arm of a professional tennis player, one finds it denser than the bone in the non-playing arm. Also, weight-bearing exercise — walking, jogging, aerobic dance, stair-climbing, dancing and tennis — is vital in building bone. Regular strength and resistance training is also effective in building bone in women.

Lifting weights, using resistance bands, doing squats and even vertical jumping have been shown to increase bone density in even post-menopausal women. In one

WALKING — the World's Easiest Exercise!

- Easy on joints
- Can burn as many calories as jogging
- Strengthens bones
- Relieves stress
- Lowers blood pressure
- Slims waistline
- Shapes legs and buttocks
- Reduces risk of heart disease, type 2 diabetes, cancer and more
- Requires no equipment
- Can be done anywhere, even when traveling
- Costs nothing
- Eases back pain
- Can be done in short sessions
- Strengthens the immune system
- Can be done with family, friends and babies in strollers!



study, 70- and 80-year-old women increased their bone mass 10 percent by lifting weights just twice a week for a year.

Since peak bone mass is reached between ages 25-30, it is vitally important for young women to build as much bone mass as possible with a healthy diet and regular exercise. Even if some bone loss occurs during aging or menopause, banking away plenty of bone when you are young will ensure enough reserves later in life to avoid osteoporosis.

Since peak bone mass is reached between ages 25-30, it is vitally important for young women to build as much bone mass as possible with a healthy diet and regular exercise.

Six Tips to Keep You Going:

Prioritize. Set aside specific times for physical activity in your schedule. This may mean getting up 30 minutes earlier in the morning, or using part of your lunch hour.

Make it convenient. Have exercise clothes laid out in the morning; gym bag packed; jogging shoes packed in your suitcase; locker reserved at the gym; an indoor exercise alternative during inclement weather; etc.

Try variety. Vary your walking route; try an exercise class; join a biking or hiking club; try a new piece of exercise equipment; sign up for a road race or fun run; etc.

Include others. Sharing your activity with family and friends helps you stay on track and remain accountable.

Keep records. Keeping an exercise log is a proven strategy for helping maintain a new habit.

Add music. Listening to music while you exercise prevents boredom and helps you keep a steady pace.



Type 2 Diabetes — What You Should Know

Diabetes has increased at an alarming rate in the United States during the past decade — rising 70 percent among people in their 30s and 33 percent among all age groups. While it is still most common among older adults, the rapid rise in teens and young adults has caused health professionals to re-name the disease “type 2” diabetes rather than its former name of “adult-onset” diabetes.

Health experts blame the rising incidence of obesity and lack of exercise as the major reasons diabetes is rising so rapidly. In fact, the risk of type 2 diabetes is five times greater in people who are moderately overweight and ten times greater in the obese. Often left untreated, the disease takes a tremendous toll — heart disease, stroke, kidney failure, nerve damage and blindness.

Regular exercise goes a long way toward reducing the risk of diabetes. Not only does exercise increase the body’s ability to use insulin more efficiently, but it is essential for long-term weight loss. And, it doesn’t have to be strenuous. In several studies, moderate exercise (brisk walking, for example) for 30 minutes per day lowered the risk of diabetes by 30 percent. More vigorous exercise can cut the risk even further.

Are You Sick and Tired?

Do you have a tendency to catch a lot of colds or flu? Those who engage in moderate forms of exercise have stronger immune systems than sedentary individuals. A study of women who walked briskly for 35-45 minutes five days a week for 12 to 15 weeks experienced half as many days with cold symptoms as their sedentary peers.

Exercise is also empowering and energizing. It increases self-esteem and is a terrific way to reduce stress and depression. Though it may seem incongruous, exercise is extremely effective in combating lethargy and fatigue. It increases blood flow to the muscles and brain, stimulating the nervous system and releasing hormones that improve mood. It beats caffeine!

How Hard for How Long?

The current low rate of physical activity may be explained, in part, by the misperception that one must engage in extremely vigorous, exhaustive exercise to reap health benefits. This misperception is enough to discourage many women. In actuality, the scientific evidence shows that the majority of health benefits can be achieved by accumulating 30 to 60

minutes of physical activity on most, if not all, days of the week. Thirty minutes is the minimum for reducing risk of chronic diseases; up to 60 minutes is best for weight loss/maintenance.

Moderate-intensity exercise refers to working at approximately 65 to 70 percent of maximum heart rate. This means exercising at a pace that is challenging, but sustainable such as brisk walking, bike riding (outdoor or stationary), swimming, jogging, cross-country skiing or aerobic dance.

10 Minutes Here, 10 Minutes There ...

The good news is that the physical activity can be broken up throughout the day (walk the dog in the morning; bike errands in the afternoon; take the stairs at the office or classroom building; swim in the evening; etc.). Perhaps you prefer joining a health club and scheduling the entire workout into your day's routine just like any other appointment. Make a daily commitment to exercise just like you make a daily commitment to brushing your teeth.

Consult a physician before starting a program more vigorous than walking. Start slowly, progress gradually and choose fun, varied activities. You don't have to run marathons to get fit. The key is to become more active — every day! Make a commitment today by accepting responsibility for your health and encouraging your friends and loved ones to do the same. Start right now by inviting a Kappa sister to join you on a brisk walk around the block! 

Looking for an easy program about women's health?

Try this:
***Get Real — Straight Talk
About Women's Health.***

This 26-minute video covers an overview of pertinent women's health issues including addictions, eating disorders, breast cancer, depression, abuse and HIV discussed by women with firsthand experience. Tips are given on prevention, symptoms and treatment. The facilitator guide and fact sheets are available from Fraternity Headquarters for a \$3 rental fee (plus shipping). Call LAUREL PALMER, *Ohio State*, Resources Coordinator, toll free at 866/KKG-1870, ext. 126 to order.

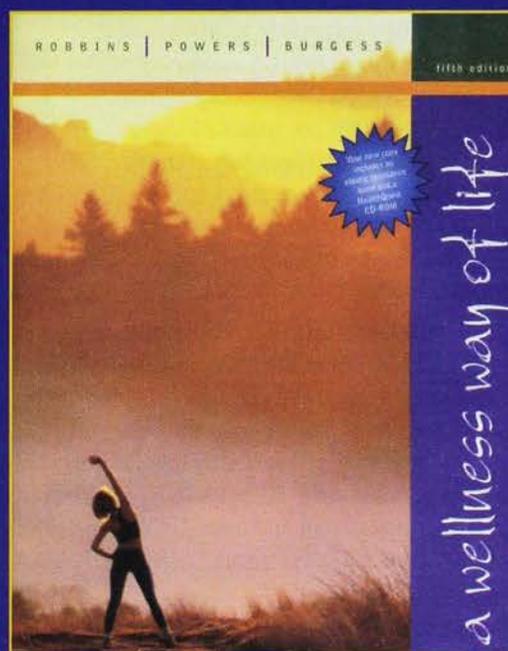
About the Author

DEBBIE MILLBERN POWERS, *Indiana*, is an assistant professor in the School of Physical Education at Ball State University where she has been a faculty member since 1976. She earned her master's in physical education from Ball State and her bachelor's in physical education from Indiana University.

Debbie was a four-year starter on Indiana's women's basketball team and she served as the head women's basketball coach at Ball State for five years. Debbie's teaching and research interests include wellness education, fitness, preventive health, nutrition and weight management. She has published numerous articles and presented seminars on many wellness topics.

Debbie and husband Jim have two children. They are also independent consultants for Body Wise International, a nutraceutical company that manufactures nutritional supplements. For more information, contact Debbie at dpowers@bsu.edu.

Debbie's most recent writing project is a book called *A Wellness Way of Life*, 5th edition. One of the three authors of the book, Debbie says it can motivate and guide you toward making positive lifestyle changes that last. Packaged with each book is a CD with interactive wellness assessments and activities. Also included is a Theraband exercise band with a suggested resistance program. Available through www.books.McGraw-Hill.com <<http://www.books.McGraw-Hill.com>> (in the search box, type: *A Wellness Way of Life*)



Deep the Sweet Significance . . .

What you should know about your Kappa badge.

— By LILA A. ISBELL, *Montana*,
Kappa Kappa Gamma Executive Director

We can all remember the day our golden badge was pinned on as a symbol of our initiation into Kappa Kappa Gamma. From that moment on we would become the custodian of an emblem conceived of by six women in the late 1800s and recognized by fellow Greek members and others around the world. It is an emblem we cherish and each member should make provisions for its safekeeping.

The Founders and early members of Kappa Kappa Gamma wore a flat, gold key in their hair and eventually pinned close to their hearts on dresses. The Kappa badge came in a variety of sizes and shapes. Local jewelers were commissioned to make the badge according to dimensions given by a member. On display at Kappa Kappa Gamma Fraternity Headquarters are many of these unique early badges, which have been left to the organization by officers and members as a way to preserve the history and significance of the golden key.

Standard dimensions for the badge were discussed and approved at the 1926 and 1930 General Conventions and the badge is one of the insignia of the Fraternity as described in the Fraternity *Constitution* and *Bylaws*. The Fraternity has selected several official jewelers since the early 1900s to ensure consistency in the badge design and availability to initiated members of Kappa Kappa Gamma.

Burr, Patterson and Auld of Elwood, Ind., has been the official jeweler since 1974. The badge we received with pride at Initiation actually began as a wax mold created from a die that includes the letters KKG and

AQO. The wax molds are mounted on a “tree” (a circular tube with wax badges attached), which is cast in plaster that forms the design of each badge. The tree is heated and melts the wax, thus leaving the mold of the badge. Gold is poured into the mold and cooled leaving behind the badge that is sent on for manufacturing.

Members can choose from eight styles of the badge including plain and jeweled. The sapphire and pearl badge continues to be the favorite choice of collegians. Official order forms are available from the chapter Corresponding Secretary or a member may contact Burr, Patterson and Auld directly to place an order.



The electronic age has brought about an interesting way of disposing of various possessions. EBay has become a popular selling site for Greek memorabilia, including badges. Kappa Kappa Gamma badges have been prevalent auction items in the past several years. Many of these badges were stolen from members years ago and have been successfully reunited with their Kappa owners.

Sometimes members or their families do not realize that the key-shaped pin is an emblem of membership and that provisions for a badge should be made so that it does not fall into the possession of a nonmember.

At the top of the next page is a short form you can fill out and place with your badge or other personal papers so that your family is aware of your intentions for the disposal of your badge. To ensure that intentions are enforceable, however, please consult with a lawyer.

As members of Kappa Kappa Gamma, we sing about the love and significance in pinning on the key. That same key should always be close to the heart of a Kappa. 

Kappa Kappa Gamma Badge Disposition Instructions

I, _____, as a member of Kappa Kappa Gamma, request that my membership badge, a one-inch golden key bearing the Greek letters KKT and ΑΩΟ, be ...

(Check one)

___ returned to Kappa Kappa Gamma Fraternity Headquarters (530 E. Town St., P.O. Box 38, Columbus, OH 43215).

___ left to my sister, daughter, granddaughter, great-granddaughter or other direct legacy connection.

___ left to _____ chapter to be used as an award key for _____

___ left to _____ alumnae association to be used as _____

___ buried with me.

Date: _____ Member Signature: _____

(Please keep this form with your badge or personal papers.)

Historic Badge Returns Home



ANN STAFFORD TRUESDELL, *Ohio Wesleyan*, Fraternity President, with members of the Palo Alto Alumnae Association.

EMILY BRIGHT BURNHAM, *Boston*, served Kappa Kappa Gamma as Grand President from 1892-1894 after having served two consecutive terms as Grand Secretary. During the six years in which she held office, five chapters were added to the Fraternity rolls, one of which was BETA ETA, *Stanford*. At the installation of Beta Eta Chapter, Emily gave her sapphire badge with chapter guard to the chapter President to wear while in office. For the years following, each new chapter President wore this beautiful pin.

In 1944, when Stanford closed all fraternities and sororities, Emily's sapphire badge was given to the PALO ALTO ALUMNAE ASSOCIATION. From that time, the association President has had the privilege of wearing this badge while in office.

Wearing Emily's badge as well as her own to the Kappa Kappa Gamma General Convention in Orlando in June 2002, KATHRYN BROWN KELLY, *UC Davis*, current President of the Palo Alto Alumnae Association, purchased two "bubble guards" to ensure the safe-keeping of these badges. When she found that the bubble would not fit the President's badge, she was certain that the bubble was defective. The Fraternity jeweler pointed out that the bubble might not fit because this was a very old badge and the 12-9-86 on the reverse was most likely 1886, rather than 1986.

Kathryn became curious about the badge traditionally worn by the association President and, working with MARY RUDDICK SILZEL, *Whitman*, former

Fraternity Historian, they discovered that the badge had belonged to past Grand President Emily Bright Burnham.

It was with great pride that the Palo Alto Alumnae Association returned this historic badge to Fraternity Headquarters so that it may be displayed and preserved with other badges of our past. During Palo Alto's 2002 Founders Day celebration, ANN STAFFORD TRUESDELL, *Ohio Wesleyan*, Fraternity President, accepted this beautiful treasure on behalf of the Fraternity.

EDITOR'S NOTE: The Key thanks KARLA KRAFT TAYLOR, *Purdue*, for assisting with this article.



This treasured historic badge of EMILY BRIGHT BURNHAM, *Boston*, Grand President 1892-1894, was returned to Fraternity Headquarters.

Her Father May Stand in the World Spotlight, but Anne Powell Prefers to Work Behind the Camera

— By ANN GRAHAM SCHNAEDTER, *Missouri*

ANNE POWELL LYONS, *William and Mary*, begins her descent into the tunnel inside the Great Pyramid, an area not open to the general public. Anne, a freelance television producer, was in Egypt to film a live television special.



They are only with us a short time — a year, maybe two. Some stay in touch. Others stride confidently into a new phase of life and don't look back. As a chapter adviser, I have watched young Kappas graduate and go out into the world entering all sorts of wonderful careers and have often wondered where they are now and what they are doing.

I remember participating in the GAMMA KAPPA Initiation ceremony at the *College of William and Mary* several years ago and watching a wide-eyed girl raise her hand making her pledge to the Fraternity, in awe and wonder at the revelations and solemnity of the occasion. I didn't know her name then, but later fate would put us together. In a couple of years I would become her adviser, at a time when both our worlds changed.

The last time I had seen ANNE POWELL LYONS, *William and Mary*, shortly before her graduation, she had blossomed into a beautiful, confident, sophisticated young woman, hoping for a career in television. It was a pleasure to catch up recently with Anne, whom I had heard was working in New York as a television producer.

Soon after Anne became a chapter officer and I became her adviser, the United States entered into the Gulf War, a scary time for all Americans. Before the war began, I hadn't heard of General Colin Powell but it wasn't long before I was wrapped up in worry over his daughter. (Advisers sometimes get

very motherly.) Because of his position, Anne was put under the security of the campus police. I remember how unhappy she was to be monitored constantly. (What young co-ed wouldn't be?) She eventually called her dad and told him the protection was more frightening than comforting. He immediately cancelled it since, she says, "He has a tremendous respect for our privacy."

According to Anne, "Serving as an officer for the chapter was the beginning of my education in so many things. The first budget I ever managed was for glasses and T-shirt orders and the first lesson learned, the hard way, was whom to trust to buy from." She adds that, "Most professional work involves managing money and managing people. Working within a group of individuals with varying viewpoints and many objectives is always a valuable experience."

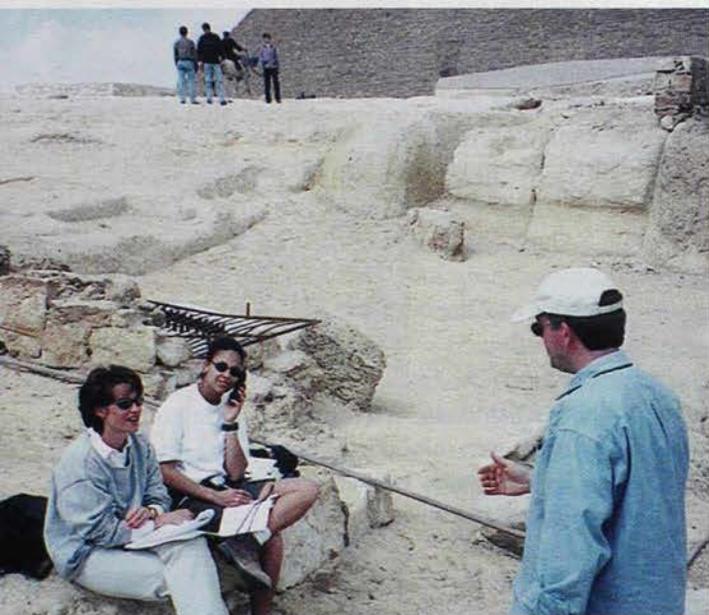
Anne was a history major but she feels your major really doesn't matter in television. She points out that although TV is difficult to get into, the right attitude is the key. "I pursued a career in television for the simple reason that I had always enjoyed watching TV," says Anne, who started out as a runner for CNN at the Democratic convention. "Anyone aspiring to a career in TV needs to find a way right out of school to work for nothing or next to nothing and live at home. If you are smart (and what Kappa isn't?), and as dedicated to getting the coffee orders right as picking the right shot or asking the right questions, people will remember you and keep you advancing."

During Anne's short career in broadcasting, she has helped produce several major television projects such as *The ESPY Awards* on ESPN, *The Cosby Show — A Look Back*, and segments for six episodes of the reality series, *Lost*. As a freelance producer and manager, she has worked on numerous live network events, primetime specials, cable series and on-going development projects. Anne's work has been seen on NBC, ABC, FOX and Women's Entertainment Channel.

Since 1997, Anne has worked for an independent production company and is now freelancing. From 1993-1997 she worked for ABC News and was production coordinator and graphics production assistant for *Nightline*. Anne says that Ted Koppel was a great influence.

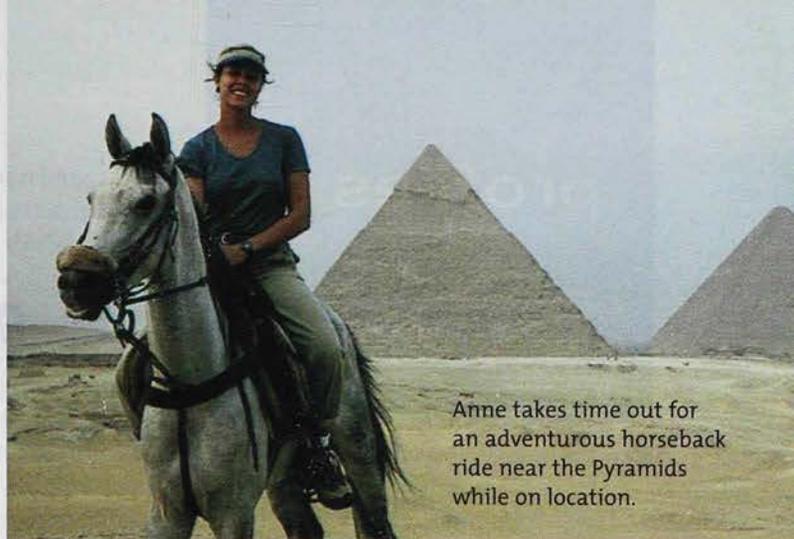
With her young career already filled with many highlights, Anne remembers vividly the thrill of doing a live special from Egypt a few years ago. "I not only got to experience the Pyramids as an insider, but enjoyed the challenge of pulling off a live show in the middle of the desert in the middle of the night in a foreign country," says Anne, who also learned a great deal about herself during that experience.

Anne's group was allowed into chambers not open to the public in The Great Pyramid. "It was then that I discovered I was claustrophobic," explains Anne. "As we crawled on hands and knees through a tiny chamber, all the lights went out. With people in front of me and behind me, I had to laugh to keep from crying and sang nursery rhymes to keep myself calm."



Anne, center, is busy at work in the shadow of the Great Pyramid in Giza during the filming of a live television special in Egypt. At left is ESPN sports reporter Suzy Kolber.

Overcoming challenging situations is nothing new for Anne. Life as the daughter of a well-known general and the U.S. Secretary of State has been exciting and adventurous. Anne's parents have always inspired her and offered just the right amount of guidance and understanding. "The family, as a whole, has experienced the many phases of my father's career and, with all the moves made while he was an army officer, we learned to go with the flow. I try to follow the lesson from the *Serenity Prayer*: to change what I can, accept what I can't change and have the wisdom to know the difference,"



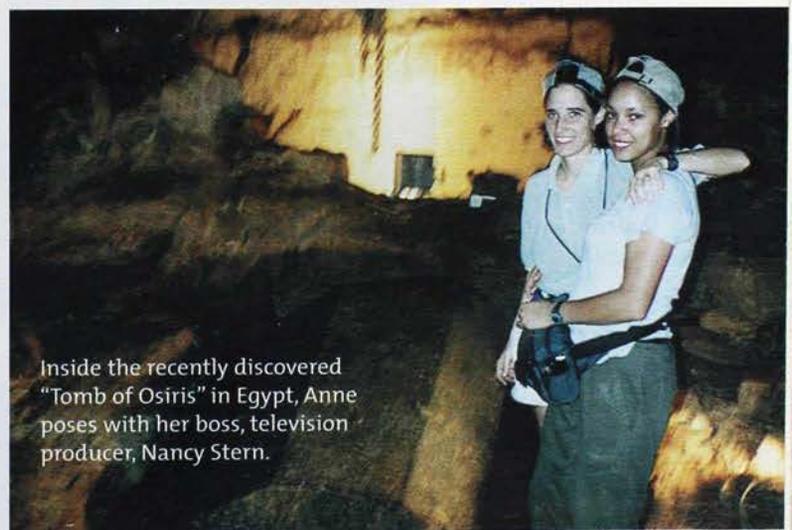
Anne takes time out for an adventurous horseback ride near the Pyramids while on location.

she explains. "I feel that is a good skill in life and in my work, with the pressure of deadlines."

In the past and in the present, Anne says there have been challenges related to her father's high-profile positions and involvement in issues that affect people emotionally, "... but they were never difficulties we couldn't, as a family, manage." She says it has been helpful, too, meeting people and finding work. But, she adds, "That only gets you so far. Celebrity can open doors and provide introductions, but at the end of the day it's getting the job done that counts."

In November last year, Anne married Francis Lyons, a television producer, writer and cameraman. Although they had been acquainted at William and Mary, it was when Anne moved to New York that they were re-introduced by mutual friends and started working together.

Being a Kappa adviser is always rewarding, but learning more about our young members as they mature and become successful in life brings a special warm spot to my heart. As I watch them graduate and wonder where they will be in 10 or 20 years, I reflect on the fact that their Kappa experience has helped prepare them for the world they are entering. Hopefully, all of them have found the success, happiness and sense of accomplishment that Anne is experiencing. 🗝️



Inside the recently discovered "Tomb of Osiris" in Egypt, Anne poses with her boss, television producer, Nancy Stern.

TV Host Sheds Light on Life in Afghanistan, Then and Now

— By JANET PAVASKO HEYL, *Bowling Green*

The aftermath of the 9-11 terrorist attacks left an indelible mark on Americans — especially MARY LOU MOORE BIGELOW, *Massachusetts*. But not in the way you might expect.

In reaction to the uncomplimentary media coverage of Afghans as “men with guns and women and children beggars,” the Massachusetts television talk show host and producer knew she had to do something to counteract that view.

Through home film footage and personal stories, Mary Lou tells a different story — a story woven with tales of friendships formed during four years of living in Afghanistan. A story that, according to Mary Lou, “tells the other side of life in Afghanistan.”

That story captured the 2002 International Award for a talk show at the ACM (Alliance for Community Media’s) Annual Hometown Video Festival, as well as four top honors at this year’s ACM Northeast Regional Awards. The Arlington Studio of Massachusetts’ Sammy Awards also lauded Mary Lou as outstanding producer and host in a talk show.

The *Mary Lou Bigelow: Afghanistan Series* airing in Massachusetts and Manhattan includes her own exclusive film footage taken from 1968-1972 when the producer-host taught English at United States Information Service in Kabul.

“It was like going back in time — no television, few cars and lots of bikes and dust everywhere, but a wonderfully warm, hospitable people,” says Mary Lou. Part of the charm was to see herds of sheep, camels or goats trotting down the thoroughfare. Water was a premium for the majority of the population who lived in the hills. “Water was drawn from wells by water bearers ... and that’s still true today,” she explains.

What’s not true, Mary Lou says, is the common American misconception about Afghan women and the relevance of the chadery, or full body veil.

“When I lived in Afghanistan, the women were stylish dressers, wearing the latest European styles — even mini skirts,” says Mary Lou, adding that many women even wore makeup. She met women who worked in business,

Mary Lou (kneeling) gathers with locals outside a mosque.





Mary Lou interviews Hangama Anwari, NCHS-Habitat Afghanistan.



Mary Lou Bigelow (fourth from left) meets with female engineers in Kabul.



Mary Lou (center) joins a pre-wedding party in Paghman, near Kabul.

government, engineering, teaching, nursing and medicine who attended graduate school in France, the Soviet Union or the United States.

And the veils? "The chadery is not a big deal ... it is we Americans who make it such a big deal. It's like putting on a coat and hat. The Afghan woman takes the chadery off at home, at the office or whatever her destination," Bigelow explains. "It protects her from the dust, unwanted stares and gives her a sense of privacy and security. ... What is important is that she has the choice to make the decision whether or not to wear one."

All that changed, however, when the Taliban took over. "At first the Afghans were relieved because they had suffered so much during the years of civil strife and yearned for much-needed law and order," says Mary Lou. "They had no conception that the Taliban's strict fundamentalist regime would result in such cruelty to women and thereby the children."

Many women had to give up their professions, except for those who bravely continued their work behind closed doors. There are countless stories of Afghan women who continued "conducting underground schools, teaching young girls under the threat of corporal punishment."

"It is uncanny," she says, but when she heard that the Taliban banned laughter and entertainment in the country, she recalled that when she lived in Kabul 30 years ago, friends spent many evenings making audio vignettes, which they would later play at dinner parties. One vignette stood out as an omen of things to come.

"Mustering up our wildest imaginations, we dreamed up a world where a new law in Kabul would ban all music and laughter ... that actually happened under the Taliban!" says Mary Lou. "I still have that tape."

But while the government has changed throughout the years and people have suffered, the attitudes of most have remained positive. "They are conservative, hardworking, religious

people who do not force their religion on others ... and they are grateful to the Americans and the support of the world for giving them back their freedom," she says.

Mary Lou, who calls herself an "American-Afghan by choice," has used her local celebrity status to bring the needs of the Afghans to light in America. In her hometown of Winchester, Mass., she hosted a symposium titled "The Soul of Afghanistan." The event, held in March 2002, drew people from the Carolinas, New York and the District of Columbia and showcased the history, culture, women, reconstruction and future of Afghanistan.

Despite her efforts, the ever-energetic Mary Lou admits that she sometimes feels alone in her quest to accurately depict the plight of the Afghans. "The mainstream TV and cable don't show the good works of the Afghans, the caring work of the doctors in run-down hospitals, the hospitable kindness of the people to foreigners or the beautiful faces of young people. No, their focus is destruction, the latest bomb cache, the dirt and the begging. I show the other side ... a beautiful and proud people with incredible dignity."

"Few Afghans have televisions. Most have no idea what a skyscraper or an elevator is and certainly don't understand what happened in New York, nor how the media in western societies depicts them," explains Mary Lou, who uses the team-building skills she learned through Kappa Kappa Gamma to create support for her work. "There is strength in numbers and my team is building," says Mary Lou.



EDITOR'S NOTE: The Mary Lou Bigelow: Afghanistan Series airs in *Manhattan* on MNN channel 58 (aol tv) or 106 (rcn) each Saturday at 1:30 p.m. It also airs in the Massachusetts communities of Arlington, Boston (BNN), Cambridge, Malden, Somerville, Stoneham and Winchester. The show soon may air in other large U.S. communities. Contact Mary Lou at MLBGlobal@aol.com for more information. (This article is in memory of Farhad Ahad jaan.)

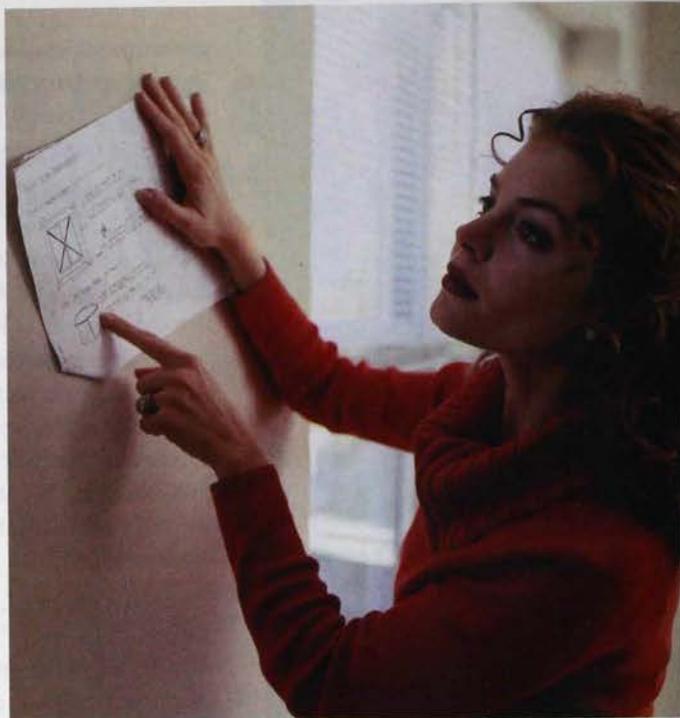
Trading Spaces Designer Won't Trade Places

— By ALLISON GREINER, *Ohio State*

L AURIE HICKSON-SMITH, *Southern Methodist*, has become an icon over the past two seasons for the hit TV show *Trading Spaces* on The Learning Channel (TLC). “My main goal as a designer on *Trading Spaces* is to inspire people who would not typically hire a designer to come into their house,” explains Laurie. “I am also trying to show the people at home that so much of home decorating and restoration is trial-and-error and experimenting.”

A broadcast journalism major during college, Laurie had never considered a career in interior design. However, she did have a passion for art and architecture, as well as for the theater. After graduation, Laurie moved to Atlanta where she began working in marketing for Turner Network Television (TNT). “I was getting pressured to get my MBA and that is when I realized that this field was way off track for that little girl from Mississippi who wanted to be an actress,” explains Laurie.

After leaving TNT, Laurie worked for a friend in Atlanta who was an up-and-coming designer. “Overall, design seemed challenging but also creative and fun,” says Laurie, who took a few interior design classes and loved it. In 1997, she moved to New York and was accepted at the New York School of Interior Design where she



L AURIE HICKSON-SMITH, *Southern Methodist*, reviews her plans for the room that will be redecorated within 48 hours.

obtained her degree a year later. She then married and a year later moved back to Jackson, Miss., with her husband. After just five months as a residential designer, Laurie received a phone call that would fulfill her dreams.

“When I was applying to design school, I was thinking, ‘Well, I have missed my real dream but here is a good backup.’ Little did I know that the good Lord would use design to help me achieve this dream,” says Laurie.

Trading Spaces producers had originally called Laurie’s friend in Atlanta to audition but she was not willing to do the extensive traveling since she was building her business. Instead, she recommended they contact Laurie, who was not only a designer but had a theater and broadcast background as well. “Everything happened so fast. I literally received a phone call from them, went to audition and was on the first episode a week after that and that was two years ago,” explains Laurie.

Life on the road with *Trading Spaces* is hectic. Each designer travels five weeks for each season. Laurie, the other designer appearing on that episode and the rest of the crew arrive one evening early for pre-production. Laurie meets with her producer and the carpenter on the first morning. That afternoon they see the room they will be redesigning. Each designer takes measurements and begins some sketches. Next,

it is off to buy supplies such as wood and paint. Each designer has a \$1,000 limit to complete the room.

The next morning, a 48-hour whirlwind of activity begins. Five minutes before the show begins taping, Laurie and the other designer meet the homeowners with whom they will be working. It is nonstop from the time the audience hears, "Are you ready to clear the room?"

What audience members don't see once the cameras are off is that the homeowners and the designers do meet each other. They discuss the room, and the designers answer any questions the homeowners may have.

"I love the Christmas season because I get cards from all over the country with pictures from the different homeowners I have worked with," says Laurie, who even corresponds with them via e-mail now and then.

In addition to her Southern charm and polished style, Laurie is also well-known for the tortoise-shell table she created for an episode in Miami, Fla., during season two. She admits during the show that she has never done this technique before, but it turns out to be stunning. "That is what design is about — trial and error — and in this situation it turned out awesome," says Laurie, who has received countless letters from viewers saying that they have tried the tortoise-shell table in their homes and love it.

While Laurie enjoys inspiring others, she appreciates the inspiration she has gained through Kappa Kappa Gamma. "Kappa has definitely inspired me to pursue my career and lifelong goals and it has

taught me how to deal with and overcome some life challenges, like changing careers," says Laurie. "I think it is really important to have a support system behind you of wonderful, bright women who all have the same aspirations and goals in different fields ... and who really support you."

Although Laurie was missed during her maternity leave late last summer (she and her husband are proud parents of a son), you can catch her on the third season of *Trading Spaces* on TLC weekdays at 4 p.m. ET/PT, Saturdays at 11 a.m. and 8 p.m. ET/PT and Sundays at noon ET/PT. To learn more and to view some of Laurie's creations, visit www.tlc.com.

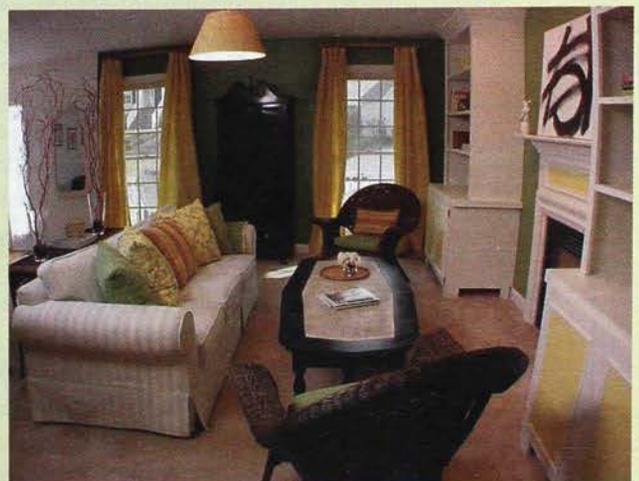


Laurie's Tips for Remodeling a Room

- Don't attack the room with wall color first.
- Choose a fabric, piece of furniture or artwork that you love — something that has personal meaning to you — and coordinate the room around that piece.
- One fabulous pattern can bring the room together. From there, the room, including the wall color, just falls into place.



Trading Spaces gives two sets of neighbors \$1,000 a piece, a designer, a carpenter and 48 hours to redo a room in each other's home.



Left: Here's the "before" look of a living room in Wake Forest, N.C. Right: Here's the same living room after Laurie and the homeowners' neighbors spent 48 hours redesigning the space.

Compassion and Courage Lead to Career in Firefighting

— By KATHI NICOUD WINTER, *Arizona State*

KATIE VAN OSDOL ROBERTS, *Arizona State*, is part of a growing cadre of women who work as firefighters, paramedics and emergency medical technicians (EMTs). A firefighter with the Santa Clara County Fire Department, Katie discovered her passion for this difficult yet exhilarating job during a ride-a-long with Phoenix, Ariz., firefighters.

Katie began her pursuit of firefighting while in college in the late 1990s. She studied pre-med and graduated with a degree in exercise physiology. While in Arizona, she also attended a community college to obtain her EMT certification. After realizing her passion for becoming a firefighter, she rapidly completed all of her degree coursework, took additional fire science classes and began a series of roles that would lead to the fulfillment of her dream — to follow in her father's footsteps.

Upon college graduation, Katie served as a volunteer firefighter, an EMT and later as a paramedic. In April of 2000, she joined the Santa Clara County Fire Department as a full-time firefighter.

Katie's father spent a number of years in the fire service and his stories and memories left an imprint on her young mind. In addition, Kappa experiences also shaped her desire to help and comfort others in a crisis. Katie was always the



Following in her father's footsteps, Katie is a dedicated firefighter.

one her Kappa sisters would turn to in times of trouble.

Katie strongly believes that firefighting is ideally suited for women. "Women are natural nurturers, who are generally compassionate, caring and accepting," says Katie. Those qualities, combined with a strong athletic mindset, an ability to think calmly and clearly and react quickly in tense crisis situations are the keys to success in the fire service.

Firefighting also opens the door to community involvement through educational, social and fire safety programs. "Today's women realize that there are no limits to what they can achieve, says Katie. "For women who want to make a difference and truly impact the lives of others, firefighting is a great career choice."

Since the events of September 11, 2001, firefighters and other emergency personnel have worked to better prepare for terrorist attacks. "Many departments, including mine, have created special operations task forces that are trained in heavy search and rescue as well as dealing with hazardous materials. Fire departments have undergone extensive training on weapons of mass destruction and in dealing with the effects of terrorism," Katie explains.

Kappas can be proud of strong women like Katie who make a difference in the world through their courage and dedication. 🔑

SPRING INTO ACTION!

Alumni College in IRELAND/Kilkenny July 2 – 10, 2003

Experience the local culture and people of the Emerald Isle. Make the Ormonde Hotel in Kilkenny your home during your stay where all excursions and activities will begin and end. Tour the Waterford Crystal Visitor Center, The Kennedy Homestead, Cashel Rock, the towns of Tipperary and Dublin and more. Priced at \$2,395 dbl. occ., including air from NYC. Call 800/323-7373 for more information.



WATERWAYS OF THE CZARS August 19 – September 1, 2003

Back by popular demand is Uniworld's grand cruise from Moscow to St. Petersburg. Sail along the historic Volga River aboard the m.s. *Tolstoy*, the most luxurious ship ever built for Russian waterways. See the Bolshoi Theater, Red Square, and the Kremlin in Moscow and the Hermitage Museum, Pushkin and more in St. Petersburg. Explore the ancient villages with fairytale architecture along the way. The all-inclusive price of \$2,998 p.p. dbl. occ. includes air from NYC. Cruise only, \$1,998.

Call Linda Singleton 800/522-8140.

Alumni College in PROVENCE September 16 – 24, 2003

Your travel base is historic Aix-en-Provence. Travel to the charming town of Cassis to see the magnificent Calanques along the coast. Visit Luberon, a private tour of a chateau in Arles, and the highlights of Les Baux and St. Remy. Tour the Palace of Popes and the Pont du Gard in Avignon. Unpack only once — enjoy seven nights in the first-class Hotel Aquabella. All-inclusive price of \$2,495 inc. air from NYC.

Call 800/323-7373 for reservations.

SANTA FE, TAOS & THE LAND OF ENCHANTMENT October 3 – 10, 2003

Tauk, a premier, deluxe tour operator, is hosting an incredible trip to the beautiful southwest. Visit art and sculpture galleries, explore ancient Anasazi cliff dwellings and take cooking or painting classes. Visit Albuquerque, Los Alamos/Taos and Santa Fe. Call Linda Singleton at 800/522-8140 for details and reservations.

Also back by popular demand:

NEW YORK THEATER TRIP! December 4-9, 2003

See the Rockettes Christmas Spectacular, two Broadway plays, brunch at Tavern on the Green ... and much more! Prices approximately \$2,000 per person dbl. occ.

For more information, contact Kappa Travels Coordinator
VERA LEWIS MARINE, Colorado College, at kkgtrav@aol.com or call
626/446-3870 or toll free

866/KKG-1870.

KAPPA TRAVELS



All friends and family members are welcome on all Kappa trips.

The Seniors of ALPHA^Δ, Monmouth, visit The Stewart House on Bid Day 2002. The Stewart House, run by the Kappa Kappa Gamma Foundation, is the birthplace of Kappa Kappa Gamma and Alpha Chapter.



Members of EPSILON ALPHA, Texas Christian, take a break from a fund-raising event for St. Jude Children's Research Hospital to spend some time with a young patient.



GAMMA PI, Alabama, Kappas participate in the philanthropy round during recruitment — an opportunity for potential new members to learn about the chapter's community service efforts.



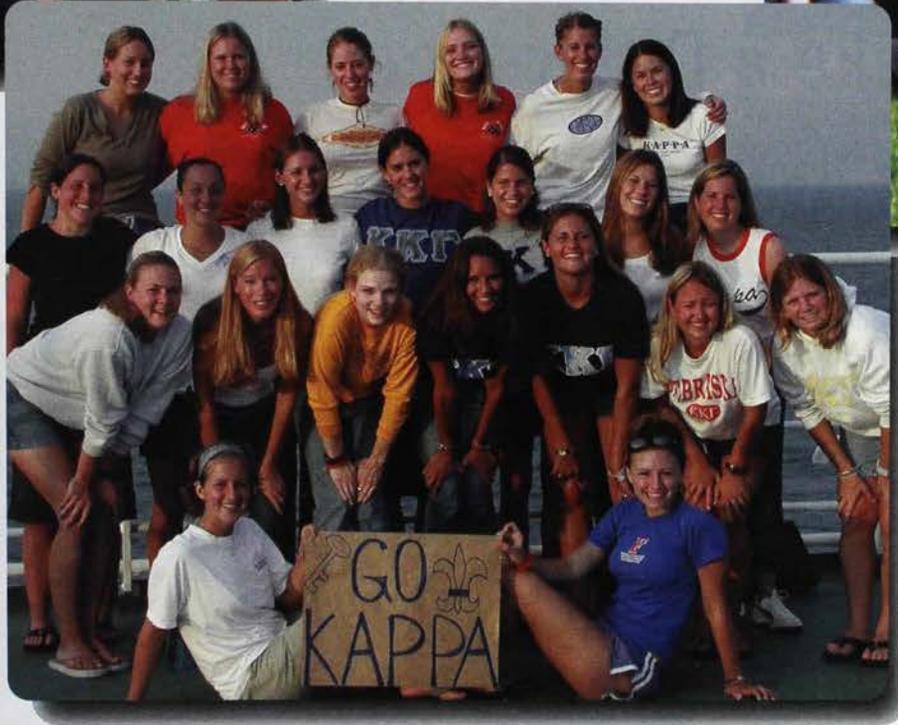
During a summer pre-MBA program at Dartmouth College, EMILY SCHULTZ, Northwestern, and CATHERINE CALDWELL, Washington and Lee, quickly became friends when they learned of their Kappa sisterhood and they continue to keep in touch.

ANNE STAUFFER, ANNIE PURDY, MARISSA DePAOLA and CARRIE LEE, all Oregon, participate in "Kappa Klassic," the chapter's annual philanthropy, which raised \$3,000 for Womenspace.





Iowa State women's tennis team members and Kappa sisters take a break from practice.



Kappas from 14 universities met during a Semester at Sea with students from 600 universities. Pictured are Kappas from Penn State, Colorado, San Diego, Tulane, Missouri, Pittsburgh, Nebraska, Bucknell, Syracuse, Drake, Wisconsin, Arizona State, UCLA and Southern Calif.



ETA ZETA, John Carroll, members celebrate after winning Greek Week 2002.



LEIGH ANNE FERGUSON, *Georgia Southern*, accepts one of the four Homecoming awards that the chapter won during GSU's 2002 Homecoming festivities. Leigh Anne represented her chapter and the student body on the Homecoming court.

LYNDA HERDON CAREY,
Idaho, and the
GAMMA ETA,
Washington State,
Chapter Council.



Advisers Make a Difference

Northwestern Kappas Say "Thank You" to Chapter Council Adviser

The members of UPSILON, *Northwestern*, cannot thank their Chapter Council Adviser, CARRIE NISSEN, *Miami (Ohio)*, enough for all she has done and continues to do for the chapter. Northwestern alumnae and Panhellenic members are always impressed with how smoothly the chapter operates, as well as with the enthusiasm and camaraderie among members.

Few people realize how much goes on behind the scenes to make a chapter successful and advisers like Carrie are key. She has taken the time to get to know almost everyone in the chapter and is always there when members need her as an adviser or a friend.

"Through her encouraging ways, Carrie helps me deal with frustrations both in Kappa and my personal life and inspires me to be a good President," expresses CAMILA PENNA, *Northwestern*, chapter President.

Adviser Touches Many Lives

LYNDA HERDON CAREY, *Idaho*, has been an incredible asset to the members of GAMMA ETA, *Washington State*, for more than 24 years. She has not only given many hours to the chapter but she continues to be an instrumental force in members' lives.

Lynda has also been involved in Kappa throughout the years including serving on the Fraternity's Pledge Task Force from 1994-96. In 1989, the Iota Province presented Lynda with the Province Alumnae Loyalty Award.

In 1992 and 1994, Washington State University presented Lynda with the Chapter Adviser Award. She also received the Bob and Carol Smawley Award for outstanding service in the Greek community in 1997.

These days Lynda is focused on assisting the chapter with its overall operation. She is currently the corporation President, Chapter Finance Adviser and the Advisory Board Chairman.

"Lynda is an amazing adviser. Without her dedication and leadership, Gamma Eta truly would not be as strong. ... She is extremely understanding and supportive of college life and always lends an ear or hand when we need her. As President, my time with Lynda was special and I am thankful for her genuine caring and support," says MCKENZIE MARTIN, *Washington State*, chapter President.

Three Advisers Stick Together

The EPSILON OMICRON, *UC Davis*, advisers have dedicated innumerable hours and outstanding efforts in helping EPSILON OMICRON, *UC Davis*, maintain the highest standards. Each member of the Advisory Board is essential, yet three of these dedicated women stand out.

SANDY PLANZ FORTINI, *San Jose State*, is currently the House Adviser and has also served as the Standards Adviser. Each year, Sandy coordinates an etiquette dinner, teaching proper dining manners and guidelines. She counsels the chapter on many different issues and takes an active role during Recruitment and Initiation. Sandy is one of the few advisers who lives in the same city and she willingly chaperones many chapter functions.

PAT MANESS KRIZ, *Colorado*, has served as the House Board President for many years, going above and beyond her duties to make sure that the Epsilon Omicron Chapter house is the best that it can be. Over the summer months, Pat has volunteered countless hours painting and re-wallpapering as well as supervising house repairs. "Pat has been a shoulder to cry on, an understanding smile and a knowledgeable asset to the Epsilon Omicron Chapter," chapter members say. Although Pat is no longer the House Board President, she stills serves on a committee and remains involved with the chapter.

Fall 2002 recruitment for Epsilon Omicron was one of the most successful ever due in part to Recruitment Adviser MARGY SHANNON POWELL, *Kansas State*.

Margy's calm mediation allowed the chapter to avoid predicaments and concentrate fully on the important issues of recruitment. She owns an interior design business and generously volunteered her services to help in the redecoration of the chapter house. Margy also lives in town and often opens up her home for Kappa events.

The members of Epsilon Omicron thank Sandy, Pat, Margy and all of their advisers and House Board members for their outstanding efforts and dedication.

The Key wants to know about other outstanding chapter Advisory and House Boards. Tell us why you appreciate these alumnae. Send information and photographs to ALLISON GREINER, *Ohio State*, Assistant to the Editor, Fraternity Headquarters, P.O. Box 38, Columbus, Ohio 43216-0038 or agreiner@kappakappagamma.org.



SANDY PLANZ FORTINI, *San Jose State*, (third row middle) with the New Member class of 2002 after her annual etiquette dinner.

Developing Women Leaders of Tomorrow Through Networking

Have you ever wanted to embark on a journey into a "man's world"? FRANCES BROOKS, *Stanford*, wanted to do just that. During her junior year, she decided she would pursue a career in corporate finance and investment banking but found that few women were breaking into this field.

In an effort to change that, Frances contacted all of the alumnae from *Stanford* to gain information about what the corporate finance field was like on a daily basis, what it took to succeed, what skills it developed and what options were available several years down the road. "I really



Upon graduation, FRANCES BROOKS, *Stanford*, will begin her career at a financial company in New York City. She attributes her success to the effort she put into Women Leaders of Tomorrow program. To learn more, contact Frances at francesb@stanford.edu.

developed an amazing bank of knowledge and wanted to be able to share this with other women who were also considering starting in this field as a career," says Frances.

Last year, Frances and two other women began a campus group called "Women Leaders of Tomorrow," which focused on helping women achieve success in the business world through social and educational programs. "I think that the easiest way to talk to other women is when you are doing something. Men in business can go out and play basketball and talk about what they are doing at work. I do not feel that women have that kind of an organization or any network in which this can happen," Frances explains.

The first meeting was held at a local art museum. Frances invited women from San Francisco who worked for such companies as GAP Inc., JP Morgan, Bain, Pantheon Ventures and others. Attendees toured the museum and then networked over refreshments. In the fall of 2002, Women Leaders of Tomorrow put together a panel of speakers from different professions and close to 80 people attended. One student even received an interview opportunity with one of the companies that was represented and was later hired.

Women Leaders of Tomorrow is funded through *Stanford University's* discretionary funds. "It really does not cost a lot to put these functions on," says Frances. "One event we called Brownies and Brainstorming and we all made brownies and sat around and talked."

A goal of Women Leaders of Tomorrow is to expand the organization to other campuses. Being from Boston, Frances plans to go back East after graduation. "When applying for jobs out East I only knew of the big firms and not the smaller ones that may have been hiring," explains Frances. By having contacts at other schools, we can utilize each other to network in the parts of the country we are planning on living."

Frances is thankful that Kappas have been her greatest supporters and believes there is no better source of bright, intelligent women. The Fraternity's "Kappa Connection" program also has been a resource for her when looking for speakers. The Kappas whom Frances has contacted are always willing and honored to speak to her group.

— By ALLISON GREINER, *Ohio State*

Campus Leader Puts Students First



DANNA GLASSEL, Michigan

DANNA GLASSEL, *Michigan*, helped create a new political party within the university's student government and got elected vice president of the student body at the third largest university in the United States, while only a sophomore. Her new party, "Students First," beat the incumbent party, which had been in office for seven terms, by 31 votes.

Danna was active in her community during high school and was determined to be just as involved in college. She began by pledging Kappa Kappa Gamma and becoming vice president of her dorm before winning a seat in the student assembly. While holding office, anchoring for the campus television station and serving as assistant Marshal for BETA DELTA CHAPTER, Danna still finds time to volunteer for community counseling and family service initiatives and serves as the site leader for Detroit cleanup projects.

"Queen for a Day" Continues to Bring Smiles to Young Cancer Patients

Since March of 2002, JENNA EDWARDS, *Miami*, has immersed herself in the nonprofit organization, Queen for a Day, which she founded.

Queen for a Day (QFAD) has become an international organization with 30 chapters in the United States, two in Canada, one in South Africa and one in Jamaica. QFAD in South Africa has teamed up with an organization called Reach for a Dream. This is similar to the Make-a-Wish Foundation in the United States. "One of my Kappa sisters is from Jamaica and she and her father have started QFAD there as well," explains Jenna.

Her success is evident by several television appearances. "A 13-year-old girl who is really sick saw the *Oprah Winfrey Show* on March 25, 2002, where I was on as part of the Angel Network. She contacted the show and wanted me to come and visit her. So I was flown out to Detroit in the beginning of November and the visit aired on November 20, 2002," explains Jenna.

Jenna is also recognized by her peers and was named "Miss University of Miami." This honor has allowed her to take time to travel throughout Florida and hold numerous QFAD parties with young hospital patients. Jenna hopes to run the organization as a full-time career after she graduates in December of this year.

In pursuit of her goal, Jenna is taking some business classes and has contacted business professors who have offered to help her write a plan to present to potential investors. "I need to do this so I can get enough money to establish a payroll so after graduation I can pay myself and others to do this full time," explains Jenna, who thanks collegiate and alumna Kappas for their continued support.

For more information about Queen for a Day, visit www.qfad.org or write to P.O. Box 422, Clinton, MS 39060. To read the Summer 2002 article about Jenna's efforts, visit www.kappa.org and click on "The Key." 



JENNA EDWARDS, *Miami*, with a patient during a Queen for a Day party designed to make seriously ill girls feel pampered and special

Collegiate Honors Report

Part II of spring 2002 academic term results, based on reports received at Headquarters as of January 20, 2003.

Chapters at or Above the All-Sorority GPA

REGION 1:

Alpha Province
Colgate

Beta Province
Carnegie-Mellon
Penn State
Pittsburgh

Rho Province
Babson
Connecticut
Dartmouth

REGION 2:
Gamma Province
Miami (Ohio)

Nu Province
Centre
Wake Forest

REGION 3:
Mu Province
Furman

Theta Province
Tulsa

REGION 4:
Delta Province
Hillsdale
Michigan State

Epsilon Province
Wisconsin

Zeta Province
Iowa

REGION 5:
Iota Province
Washington

Eta Province
Wyoming

REGION 6:
Pi Province
UC Davis

Kappa Province
UCLA
UC Riverside
UC Santa Barbara

Scholastically Ranked First on Campus

REGION 1:

Rho Province
Babson

REGION 4:
Delta Province
Hillsdale

REGION 5:
Eta Province
Wyoming

Iota Province
Albertson

REGION 6:
Kappa Province
UC Riverside

Kappas with 4.0 GPA

REGION 1:

Beta Province
Bucknell:
Lauren Capaldo

Carnegie-Mellon:
Victoria Bracco
Eveline Chao
Kristen Moffat

Lafayette:
Beth Doby
Elizabeth Diorio
Shannon McCraw
Amanda Prewett
Lindsey Yount

Pittsburgh:
Megan Anderson

Princeton:
Hilary Rubin
Caroline Churchill
Kallie Thompson
Emily Minkow

Rho Province
Dartmouth:
Kate Alexander
Tucker Ballard
Libby Jones
Anne Knopman

Whitney Stevens
Shannon Stoval
Margot Sullivan
Karen Tani
Blaise Trigg-Smith
Suzanne Kim

REGION 2:
Gamma Province
Miami (Ohio):
Tricia Felice
Amanda Krisiewicz
Courtney Lynn
Laura Meyers
Sarah Pickle
Emily Richardson
Lauren Steidl
Susan Wagner

Ohio State:
Lindsey Johnson
Trisha Schroeder
Jill Taylor
Tara Wedwaldt
Tara Wise

Lambda Province
Washington and Lee:
Patricia Ballantyne

Nu Province
North Carolina:
Rebecca Emerick
Jessica Jones
Katie Jordan
Katherine Lilley

REGION 3:
Mu Province
Furman:
Emily Dendy
Bonnie Mount
Katie Preston
Andrea Sorrow
Jenna Wilson

Rollins:
Katherine Greenberg
Sara Roach

South Carolina:
Mireille Dizard
Carol Edwards
Shanna Rozier
Jessica Foy

Sarah Huskamp
Tiffany Krause
Audrey McCall
Elizabeth Wagoner

Theta Province

Baylor:
Kelly Brooks
Julie Brown
Megan Clark
Amy Hall
Heather Kartanson
Beth Lambert
Ryan McFarland
Haven Morgan
Hillary Skelton
Emily Spradling
Melissa Torsch

Tulsa:
Kelly Birchler
Denise Kaufman
Lauren Kott
Sara Ryser
Ashley Smith
Megan Papenfuss

REGION 3
Mu Province
Emory:
Katherine Holder

REGION 4:
Delta Province
Hillsdale:
Elizabeth Hastings
Megan Leithart
Terah Malette
Juliet Manto
Amanda Proctor
Coral Shaw
Brooke Shultz
Ashely Thomas
Beth VanEvery

Michigan State:
Kristi Nohl

Epsilon Province
Lawrence:
Janine Slaga

Wisconsin:
Whitney Johnson
Annie Thompson
Erika Wilson
Amy Young
Amanda Zellmer

Zeta Province

Iowa:
Meredith Bawden
Kristy Cole
Molly Thomas

Washington Univ.:
Lindsay Cronch
Katherine Kunkel
Dionne Padilla
Lanie Shapiro
Melissa Katz

REGION 5:
Eta Province

Wyoming:
Tracie Caller
Anna Eason
Natalie Humes
Linda Icenhower
Megan McKee
Katie Mellinger
Amy Steidley

REGION 6:

Pi Province
UC Berkeley:
Kristen Bardwil
Samantha Barrett
Julia Hampson
Phoebe Harlan
Elizabeth Hart
Erin Reding
Anne Simms
Jessica Wood

UC Davis:
Katie Holmquist

Kappa Province
UCLA:
Laura Borcich
Lauren Kirkpatrick
Toni Maraviglia
Morgan Newell
Katherine Steele

UC Riverside:
Lynzie Hazan
Valerie Howard

UC Santa Barbara:
Jeris Cox

Additions or corrections may be reported to Fraternity Headquarters at kkghq@kappa.org.



While out for a morning walk during a reunion in Laguna Beach, Calif., these GAMMA BETA, *New Mexico*, pledge sisters noticed fleur-de-lis inserts decorating this brick wall. Pictured are MELISSA RICHTER O'NEILL, NANCY HERRING, SUSAN ANDERSON RITCHIE, ETA PDA, AND SUSAN VIGIL MACEachEN.

THE GREELEY (COLO.) ALUMNAE ASSOCIATION hosts visiting Eta Province Director of Alumnae SUSAN ANDERSON RITCHIE, *New Mexico*, (front, far right) at a luncheon during her official visit last spring.



Fancy hats and friendship highlighted the ARCADIA (CALIF.) ALUMNAE ASSOCIATION's "Kentucky Derby Night." MARGARET AVERY BROM, *UCLA*; JOANNE DOOLEN MONTGOMERY, *Arizona*, and JEAN STEELE ADAMS, *Ohio Wesleyan*, along with (seated) LYNN BERGLUND ROOD, *San Jose State*, and LOUISE RICHARD BIGLEY, *Carnegie-Mellon*, enjoy learning historic facts and stories about the Derby.



The ANN ARBOR ALUMNAE ASSOCIATION welcomes new Kappas to the area with a summer barbecue.

Members of the 1960 pledge class of DELTA OMICRON, Iowa State, enjoy a tailgate party before the Iowa State-Kansas football game. Even though members keep in touch through their own Web site (<http://home.wi.rr.com/joyntom/isukkg/>), they say nothing beats a weekend get-together.



33

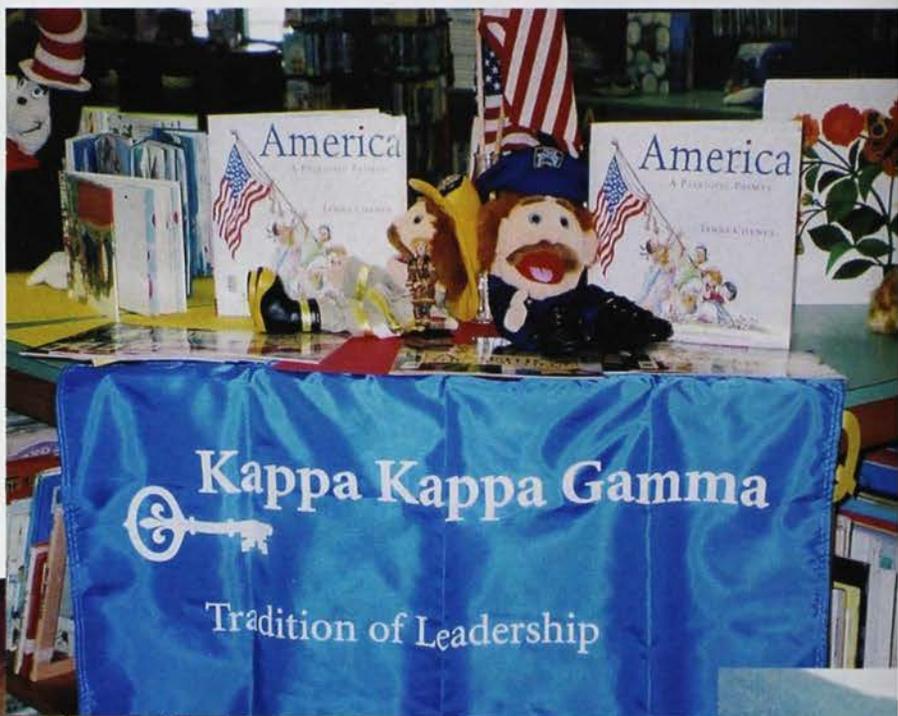


Five DELTA BETA, Duke, members participated in the Avon 3-Day Walk for Breast Cancer, trekking 60 miles from Kenosha, Wis., to Chicago. The event was a milestone, with more than 6,300 walkers, including 196 breast cancer survivors, raising more than \$12 million for breast cancer research and care. From left, HEIDI SPARKES GUBER, KATHY BRAUN, EMILY TURNER KNIGHT, ALEX KALDIS TYSON and CAROL ANDRESEN WILHELM sport their "Go Kappa" caps. Pink shirts denote breast cancer survivors.



Donning captains hats aboard the *Willamette Queen*, LINDA FAIRBURN CRESS, Idaho; CAROL STOLK ZWICKER, Oregon; JOSEPHINE LOCKHART REID, Texas; and GAY PRICE PURNELL, Whitman, prepare to steer the sternwheeler during an outing last May with the SALEM (ORE.) ALUMNAE ASSOCIATION. Members enjoyed a luncheon meeting aboard the ship.

Tuttle Elementary School in Sarasota, Fla., was one of the recipients of books collected during Kappa Kappa Gamma's "Bring a Book to Convention" project during the 2002 General Convention in Orlando. The books, along with puppets, are used to enhance reading programs in grades K-2.



Fifty-year pin recipient ANN KELSAY SMALL, Wyoming, (seated, right) Regional Director of Alumnae for Region 2, was surprised with a reunion of fellow RDAs who were present to see Ann receive the HELEN PEDERSON Honorary Key given annually to the SOUTHERN NEVADA ALUMNAE ASSOCIATION member who has made extraordinary contributions to the association. Celebrating with Ann are ARLEEN MEIER TARRANCE, Bowling Green, Former Region 2 RDA; DEBORAH (DEBBIE) VOLK COOK, Ohio Wesleyan, Region 5 RDA and DEBBIE OSBORNE HOLTSCLAW, Vanderbilt, Region 1 RDA.



Association Celebrates 100 Years

Celebrating 100 years as an organization, the **ST. LOUIS ALUMNAE ASSOCIATION** has planned for all programs this year to be presented by Kappas. Speakers at the fall opening meeting were **ANNA PETERSON CROSSLIN** and **SUZANNE LELAURIN**, Kappa sisters at *Washington University* and now both working at the International Institute in St. Louis. Anna is director of the agency, which has grown under her leadership to one of national prominence. Suzanne is senior vice president for individuals and families, overseeing social services to more than 100,000 newcomers annually from 40 countries. From left are **RANDI JANE REED WEBER**, **NANCY LOGAN ABDULRAUF**, **ANNA**, **SUZANNE** and **EDITH GOULD BROWN**, all *Washington University*.



Renowned Golf Pro Inspires Panhellenic Audience

Renowned LPGA golfer, golf instructor and 2000 Alumnae Achievement Award recipient **PEGGY KIRK BELL**, *Rollins*, left, was the guest speaker at a Panhellenic luncheon at Pine Needles Resort in Southern Pines, N.C. In her speech "Birdies, Bogies and Funny Stories," she not only regaled the audience with humorous golf adventures, but also talked about how important it is to belong to a Greek organization. She autographed her newest book, *The Gift of Golf*, for members of the **SANDHILLS (N.C.) ALUMNAE ASSOCIATION**. Peggy's daughters, **PEGGY BELL MILLER**, *Alabama*, and **BONNIE BELL MCGOWEN**, *Rollins*, are members of the Sandhills association.



"Wise Old Owls" Enjoy Association Membership

The **TWIN CITIES ALUMNAE ASSOCIATION** has formed a group called the **WOO** — Wise Old Owls to encourage participation among older Kappas who don't drive at night or who cannot attend meetings because of distance. Organized by Association President **LORA NORBACK PETERS**, *Washington Univ. (St. Louis)*, and **BEVERLY ESTABROOK ESSEL HIRT**, *Miami (Ohio)*, members of WOO must have been initiated at least 30 years ago and reside in Minneapolis-St. Paul and nearby suburbs. As most have been active in association work for years, this group remains purely social, meeting every other month for lunch and conversation.





CINDY JACOBS KOLARIK, *West Virginia*, prepares "Jared Boxes."

Project Helps Chronically Ill Children

Following the death of a friend's young son, Jared, who died from a brain tumor, CINDY JACOBS KOLARIK, *West Virginia*, began making "Jared Boxes" — plastic shoe boxes filled with toys and games, which are distributed to hospitals to entertain chronically ill children as they go through dialysis or chemotherapy treatments. Cindy's project has caught on with numerous alumnae associations and civic groups as a rewarding philanthropy project. To date, 3,000 Jared Boxes have been distributed to children's hospitals in Delaware, Maryland, New Jersey, New York, Ohio, Pennsylvania, Virginia and West Virginia. For more information, contact The Jared Box Project, P.O. Box 201, Boalsburg, PA 16827, 814/353-9343 or thejaredbox@aol.com.

Music in the Mountains

More than one kind of gold can be found in the mountains of Northern California. For MADELYN MALONEY DIMUGNO, *Adelphi*, retirement to this beautiful area brought a golden opportunity for community involvement and volunteer work. Recently, she was honored for her years of service.

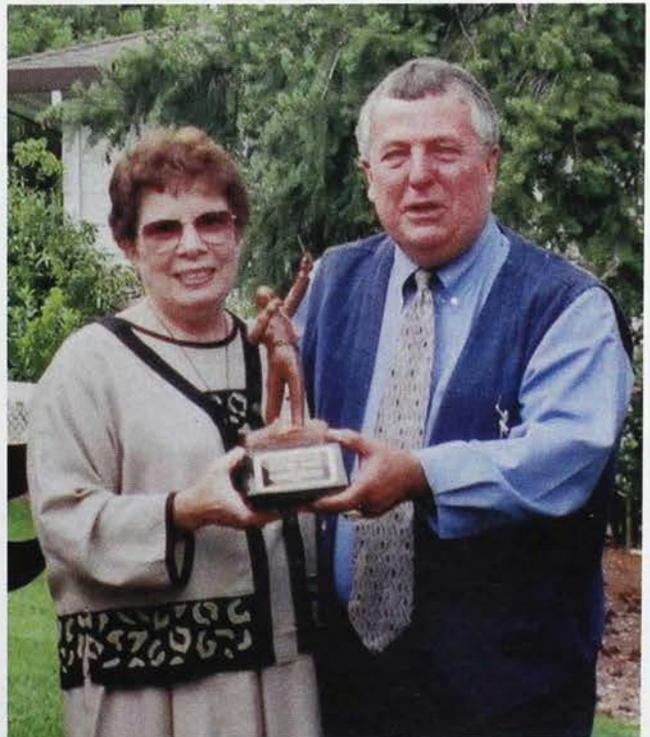
Grass Valley and Nevada City are art-oriented communities halfway between Sacramento and Lake Tahoe. Some 21 years ago, a small band of music lovers gathered to produce a few summer concerts. Their mission to promote live classical music has grown to offer critically acclaimed festivals of chamber music,

major orchestral works, choral masterpieces with featured soloists and ensembles. The June Summer Festival has grown from 14 concerts in 10 days to a 17-day program, which includes the addition of pops, jazz, Big Band programs and a free Kinderconcert. The Fall and Spring Festivals each offer eight days of chamber concerts. Three Holiday Choral Concerts are sell-outs.

The annual Young Musician's Competition has seen quite a few winners go on to play in major symphonies or to other careers in music. MIM celebrated its 20th anniversary in 2001 with the opening of a renovated and acoustically enhanced auditorium seating 700.

Looking for a volunteer opportunity 16 years ago, Madelyn joined the auxiliary and served as chairman of several events. "The talent, passion and dedication of all those involved with Music in the Mountains was contagious," according to Madelyn. Later, as auxiliary president, she sat on the board of directors of MIM. When that term ended in 1996, she was asked to remain on the board and for the last two years she was board president.

Describing her involvement as "a full-time job without pay," Madelyn oversaw a capital campaign and the establishment of a permanent performance center. In September 2002, she was given the Maestro's Award, the highest honor given for contributions of time, talent and treasure to Music in the Mountains,



MADELYN MALONEY DIMUGNO, *Adelphi*, received the Maestro's Award from Maestro Paul Perry for her dedicated service to Music in the Mountains.

96nm16 no 7m2003

an honor given to only a few in the group's 21-year history. The award, like the black and copper figure Madelyn is holding, shows a left-handed maestro since Paul Perry, founding artistic director and conductor pictured with Madelyn, is left-handed.

"My husband John's career moved us frequently and I always found the best way to make friends and integrate the family in a new community was to become involved as a volunteer. Whatever I gave was returned many-fold in friendships and satisfaction in time well spent," says Madelyn.

Pharmacist Receives Top Honor

MELISSA MURER, *Drake*, is the recipient of a Merit Award presented by the APhA Academy of Pharmacy Practice and Management for singular, significant contributions to pharmacy practice.

Named as one of six pharmacists nationwide making a difference in health-system pharmacy, Melissa has been the executive director of the Pharmacy Technician Certification Board in Washington, D.C., since its inception in 1995. This board is a national certification program for more than 104,000 pharmacy technicians nationwide and under her leadership has won several awards.

Melissa also serves on the Drake University Pharmacy National Advisory Board and until recently served the Northern Virginia Alumnae Association as Treasurer.



MELISSA MURER, *Drake*, right, receives a Merit Award for her contributions to the practice of pharmacy.

Spring Break Trip Takes Dental Care to the Jungle

Dirt roads through the jungle instead of a Caribbean beach ... An isolated mission hospital instead of an ocean view stateroom ... Spring break for fourth-year dental students BETH DEVER, *Denison* and TRACY GARINO, *Illinois*, consisted of a week in the jungles of Honduras. They were part of a group of Ohio State dental students, under the leadership of Dr. Gregory Ness, who spent their vacation providing much needed dental care to underprivileged natives. The university and a local church sponsored the trip.



BETH DEVER, *Denison*, and TRACY GARINO, *Illinois*, fourth-year dental students at Ohio State, spent their spring break in Honduras ministering to the native people.

Landing in the town of San Pedro Sula, the group traveled by bus over dirt roads for four hours before reaching their destination, tiny Loma de Luz Hospital, where they would spend a week ministering to the locals.

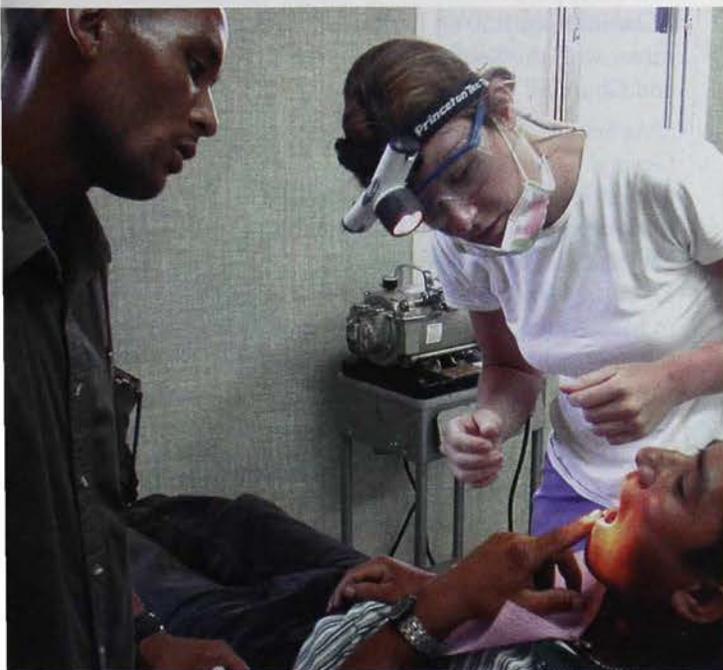
It took the students about a day to transform the hospital into a dental clinic with the equipment they would need. Tracy said she learned that it is

rare for dentists to come to the mission hospital, so villagers poured in daily to have extractions, fillings and other dental care. Beth relates that some of them would walk for miles for treatment, often dressed in their best clothes. Even small children didn't fear the pulling of a tooth, as it put an end to pain. Often the students had to improvise. On one occasion, Tracy found herself kneeling down doing an extraction with the patient sitting on a folding chair instead of lying on a regular dental couch.

The group became a mobile team, almost like a M.A.S.H. unit, traveling by bus to outposts in the countryside and jungle to give dental care and oral hygiene instructions.

They used models of teeth and huge toothbrushes to show children and adults how to care for their teeth. When the roads wouldn't permit the buses to go any further, the students would walk to the villages along rutted, ruined roads carrying their supplies.

The beautiful setting of the small hospital, on a cliff overlooking the scenic Caribbean, surrounded by lush tropical foliage, belies the abject poverty of the area. Beth and Tracy felt that it was an incredible experience for the students to see the need that existed. Beth was touched by the obvious appreciation of the locals for their work. She says that while the students changed the quality of the Hondurans lives, the attitudes and strengths of the locals touched the young dentists.



Tracy, with the help of a translator, prepares a patient for a tooth extraction in a remote Honduran mission hospital.



The Ft. Worth Business Press has recognized KRISTI MAYFIELD DILL, *Texas Christian*, as one of the "Top 40 Under 40" for her accomplishments in business and her community. She is pictured with Marvin Girouard, Chairman and CEO of Pier 1 Imports, also an award winner.

"Top 40 Under 40"

The Ft. Worth Business Press has recognized KRISTI MAYFIELD DILL, *Texas Christian*, as one of the top 40 men and women under the age of 40 who have made their mark in business and community involvement. As assistant dean of the M.J. Neeley School of Business at TCU, Kristi handles budgets and endowment funds as well as serving as director of marketing and facilities. She says the responsibilities of working on the financial side and balancing that with the creative side is a perfect fit for her. She has served on the Advisory Board of EPSILON ALPHA, *Texas Christian* and is a member of the Ft. Worth Junior League and Junior Woman's Club. She also has served on the Arts and Business Connection Board of Directors and the Harris Health Foundation.

Meet a 96-Year-Old Ageless Hero

A 96-year-old Scottsdale Kappa has received the 2002 Ageless Hero Award from Blue Cross Blue Shield of Arizona for her lifetime of helping others and giving to her community. As a volunteer with the Retired Senior Volunteer Program, ELIZABETH (BETTY) FLETCHER HOWELL FELTMAN, *Northwestern*, has logged more than 4,000 hours of service. She is a founding member of the Scottsdale Healthcare Auxiliary and belongs to the DAR, Boys and Girls Clubs and the SCOTTSDALE ALUMNAE ASSOCIATION.

Betty taught photography for 28 years and at age 80 became a published author with *Over 80 — Things You*



BETTY FLETCHER HOWELL FELTMAN, *Northwestern*, was honored with Scottsdale's 2002 Ageless Hero Award for lifelong volunteerism.

Can Do. On her current "to-do" list is to write *Over 90 — Things You Can Do*. She still drives her own car and participates in several alumna interest groups. She is a former president of the EVANSTON ALUMNAE ASSOCIATION and a former Province Director of Chapters. She contends that *The Key* has influenced her and that Kappa has meant so much to both her and her daughter, JULIE HOWELL GALIMORE, *Tulsa*. This grandmother of 20 says that Kappa has given her wonderful lifelong friendships.

Book and Author Event Raises \$97,000

Now in its 13th year, the DENVER ALUMNAE ASSOCIATION'S Book and Author Dinner has become one of Denver's premier philanthropic events. Says association President GAY WATKINS MATHEWSON, *Wyoming*, "The event is highly anticipated in the local community and the national literary community."



KAREN ANDERSEN GREGORIO, *Arizona State*, left, chairman of the Denver Book and Author Dinner, enjoys a chat with Denny O'Malley, president of Craig Hospital and GAY WATKINS MATHEWSON, *Wyoming*, DENVER ALUMNAE ASSOCIATION President.

Headed by KAREN ANDERSEN GREGORIO, *Arizona State*, the 2002 event raised more than \$97,000. Seventy-five percent of the proceeds go to Craig Hospital, a national center specializing in the care and treatment of patients with spinal cord injuries. The rest of the proceeds go to the Iris Foundation providing scholarships for Kappas in Colorado universities, as well as the Kappa Kappa Gamma Foundation, including The Minnie Stewart House.

One of the scholarship recipients, JENNIFER RADIL, *Colorado College*, spoke during the event about how grateful she was that Kappa helped her finish college. Paralyzed after her freshman year, she will graduate with her class in May. She says she is fortunate to be among the many individuals and organizations that benefit from Kappa philanthropies.

Behind the Scenes at the Kentucky Derby

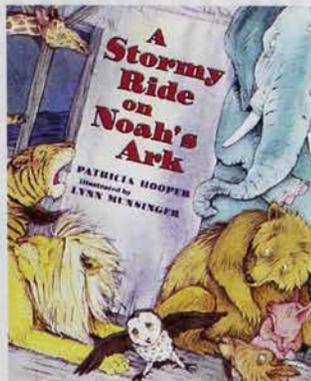
Lawyer REBECCA CASEY REED, *Kentucky*, was featured in *Kentucky Alumnus* magazine on her varied career with the Kentucky Derby and Churchill Downs.

As Senior Vice President, General Council and Secretary of Churchill Downs, Inc., the Derby is more to Rebecca than the fancy hats and singing of *My Old Kentucky Home* the first Saturday in May. As the top legal officer for the past eight years, she negotiates contracts with NBC and ESPN, deals with shareholders and the board of directors, works with crowd control, unions, security, promotion and marketing for this Louisville company with racetracks in six major markets. Rebecca, who was president of BETA CHI CHAPTER, earned her undergraduate and law degrees at Kentucky, where she says she had a well-rounded experience.



REBECCA CASEY REED, *Kentucky*, was featured in *Kentucky Alumnus* magazine for her work as Senior Vice President, General Council and Secretary of Churchill Downs, Inc. The company, known for the Kentucky Derby race, also owns racetracks in six major markets throughout the United States.

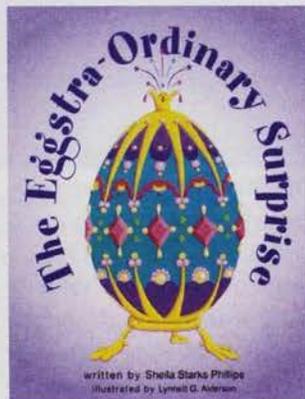
Kappa Authors



By **PATRICIA HOOPER**
(EVERHARDUS),
Michigan
G. P. Putnam's Sons,
32 pgs.

Patricia has written two other children's books and two books of poetry for adults. Her poetry has appeared in *The Atlantic Monthly* and other magazines and she has won several awards.

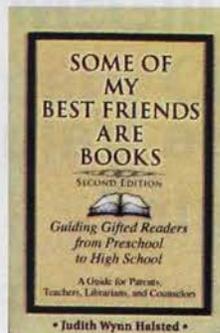
This gentle story of animals learning to live together is beautifully illustrated in soft colors by Lynn Munsinger.



By **SHEILA STARKS**
PHILLIPS, Oklahoma
RWP Interests, LLC,
36 pgs.

Sheila has been a first-grade teacher and a zookeeper at the Houston Zoological Gardens. Since 1990 she has entertained children with storytelling, including topics like American and Texas history, holidays, ghost stories and heritage tales.

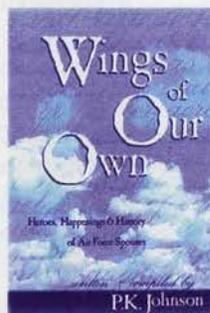
In *The Eggstra-Ordinary Surprise*, the Chief Easter Bunny tours hen houses to choose the best eggs for Easter. Mrs. Brown and her chicken friends live on a small, simple farm and are upset when "snooty Mrs. Patooty" visits and says their place will be ignored by The Chief Easter Bunny since it's not grand enough. However, he surprises Mrs. Brown and her friends by admiring their eggs and the chicken, in turn, had an "eggstra-ordinary" surprise for him. The book is accompanied by a coloring and activity book and both are illustrated by Lynnett Alderson, an award-winning artist. Sheila can be reached by e-mail at zoolady@neosoft.com.



By **JUDITH WYNN HALSTED**,
Ohio Wesleyan
Great Potential Press, Inc.,
527 pgs., second edition

Formerly a director of gifted programs, Judith has been involved with gifted children for more than 35 years as an educator, librarian, counselor and parent. Now a Certified Educational Planner, Judith is a founder — along with her psychologist husband David W. Halsted, Ph.D. — of Halsted Academic Advisors, which aids parents of gifted children with testing, counseling and college selection.

Subtitled *Guiding Gifted Readers from Preschool to High School*, this book shows how books affect the lives of bright children by allowing them to relate to the characters, situations and themes they find in books. It serves as a guide for parents, teachers, librarians and counselors of gifted children to suggest appropriate reading material. The child's heart and mind (emotional and intellectual development) are discussed and focus is aimed at different kinds of literature — fiction, biography, poetry, etc. — which will challenge the child at different ages.



By **P.K. (PAULETTE KAMYKOWSKI)**
JOHNSON, Miami (Ohio)
Wingspan Publications, 240 pgs.

An Air Force spouse for more than 30 years, "P.K." chronicles everyday events — friendships made and lost, frequent moves, top 10 rules to live by and "the ultimate sacrifice." She can write these stories and compile the stories of others because she has lived them.

Focusing on stories of military spouses rather than those of the service members, the book is appropriately subtitled *Heroes, Happenings and History of Air Force Spouses*. Personal anecdotes provide inspiration, humor and education. Biographical sketches and personal reminiscences cover distances and decades of American history to provide links to past, present and future.

P.K. can be reached at wingsofourown@aol.com.

What Is the Value of Your Investments?

— By **Mary Kendall Mhoon Maginnis**, *LSU*, Development Chairman

For the past eight years I have been privileged to serve the Kappa Kappa Gamma Foundation as a member of the Board of Trustees. As Development Chairman, my responsibilities include educating all members of Kappa Kappa Gamma about the important work of the Foundation and encouraging every member to invest in our programs.

In December, I witnessed firsthand how my dollars, combined with the contributions from other Kappa sisters, were used to rescue a sister in need.

A Kappa friend here in Baton Rouge was asking about my work with the Foundation. As I told her about the four programs the Foundation supports, her interest was piqued when I described what the Rose McGill Fund can accomplish.

Immediately she said, "There is someone right here in town who is desperate! I wonder if Rose McGill could help her?"

An alumna of our own Delta Iota Chapter was facing a dire financial crisis. When Kappas here had called her to inquire how they could help, she shared her immediate need for financial assistance. A close friend contacted her, and she agreed to apply for Rose McGill assistance. She was amazed to receive the

funds she needed to help pay her medical expenses within one week of her application.

A single mother of three, pursuing a Ph.D. in linguistics, Allison* had been diagnosed with ovarian cancer. After successfully undergoing surgery and chemotherapy, her medical benefits ran out. She required another round of chemotherapy, but her physician was forced to discontinue treatment because there were no means to pay for it.

Allison is currently applying to be a candidate for clinical trials to test a new vaccine that is in the development stages. "I am an excellent candidate in that I am an active woman who has successfully completed both surgery and chemotherapy," says Allison. "If I am accepted to the new vaccine program, all of my medical expenses will be covered."

"I must finish my Ph.D. to repay my school loans. I just don't know what I would have done. The Rose McGill Fund truly saved me when my money was gone. It has allowed me to continue what I think is important and where I can make the greatest contribution. This was truly life-changing and my story needs to be told."

On the following page, you can read about **MARIJA IGNJATOVIC**, *Ohio Wesleyan*, an undergraduate

member who also received aid from Rose McGill to help her finish her education. Without assistance from Rose McGill, Allison and Marija do not know where they would be. I encourage you to look around your own chapters and associations to see who has benefited from a Foundation scholarship, grant, educational and leadership program or Museum program. These sisters are the value of your investments!

If you have not made a gift to the Foundation yet this year, or even if you have, please join me in making a contribution. Our sisters need our help. The value of our investments is high and the return is great!

**The recipient's name has been changed.*



MARY KENDALL MHOON MAGINNIS, *LSU*, Development Chairman

Courage, Determination and a Little Help from the Rose McGill Fund Make Collegian's Dream Come True

— By Robin Pickett Bowlus, Foundation Director of Development



MARIJA IGNJATOVIC, *Ohio Wesleyan*, who left her home in Belgrade, Yugoslavia, to attend school in the United States, is grateful to the Foundation for helping her through her last two years of college.

In August 1998, MARIJA IGNJATOVIC, *Ohio Wesleyan*, left Belgrade, Yugoslavia, with two suitcases and a heart full of dreams. A senior in high school, Marija had enrolled in an exchange program where she would spend her last year of high school in Reynoldsburg, Ohio. "Yugoslavia was very oppressive. By coming to America I would be able to perfect my English, and the American educational system would give me the opportunity to make something of myself. I would not have such an opportunity if I were to stay in Yugoslavia," says Marija. "My mother encouraged me to follow my heart and has been very supportive of my dreams."

During her year in Reynoldsburg, Ohio, Marija's host family encouraged her to consider attending a university in Ohio. Marija visited The Ohio State University and other institutions, but found Ohio Wesleyan in Delaware, Ohio, a perfect fit. "Ohio Wesleyan has a great support system and program package for foreign students," Marija explains. "I would also be able to study in my fields of interest."

Marija lived in Hayes Hall, an all-female dormitory, her freshman year. At her first floor meeting, she met a member of Kappa Kappa Gamma and they became friends instantly. "I was very interested in the concept of Greek life – it is so American. I participated in winter recruitment. I felt very comfortable at the Kappa house — they were so easy-going. I was so excited on Bid Day that I was the first one at the house to accept my bid!"

During her sophomore year, Marija found out that because of the declining economy in Yugoslavia, her mother would not have the resources to support her final two years of school. Marija had always held multiple on-campus jobs, but they would not allow her to cover all her expenses. Since she is not an American citizen or permanent resident, Marija obtained a work permit that allowed her to work at a chiropractic clinic. "With multiple jobs, and every paycheck going toward a tuition payment, I did not know how I was going to be able to pay for my last two years."

Marija had learned through her chapter that the Kappa Kappa Gamma Foundation had programs to

Make a Gift Online!

The Foundation is able to accept donations via the Kappa Kappa Gamma Web site. Donating online is easy and secure! Here's how:

1. Go to www.kappa.org.
2. Log-on to the member-only side (You will need your member number from your mailing label on *The Key* magazine.)
3. Click on the word FOUNDATION on the left-hand side.
4. Look for the Online Donation link.
5. Follow the instructions.

Your donation will be secure and you will receive an acknowledgement letter from the Foundation office. This is a great way to make a gift to the Foundation in honor or in memory of a special friend or relative.

help sisters in need. "I went on the Web site and found out that the Rose McGill Confidential Aid Program for Undergraduates had just been established." Marija requested an application and Financial Aid Chairman, VALERIE NELSON RENNER, *Indiana*, helped her through the process. Marija was awarded a grant for her junior year, and then she re-applied for the program and was awarded another grant for her senior year. "Without the support of the Kappa Kappa Gamma Foundation, I do not know what I would have done," says Marija. "I am forever grateful, and I hope to give back to the Foundation in the future so they can help other sisters in need."

During her sophomore and junior years, Marija served her chapter as Social Chairman and then went on to represent her chapter as a Panhellenic Greek Activities Chairman. "Being a Kappa, I have gained so many life skills," says Marija. "My sense of loyalty is strong. I have gained an identity and a sense of responsibility to represent Kappa to the best of my ability. The leadership skills, especially the ability to compromise, are skills I will continue to use in every aspect of my life."

An international studies major with a minor in biology, Marija holds a 3.4 GPA. "My education will allow me to pursue a career with a non-governmental international organization working with diplomacy, policy analysis or possibly bioterrorism, which is an ever-growing concern in the world."

Marija has applied to graduate programs in the United States and in England and plans to continue her education in international relations. She will graduate from Ohio Wesleyan in May 2003, and she is hopeful that her mother and cousin, both of whom she has not seen since 1998, will be able to attend her graduation ceremony.

Although Rose McGill aid is confidential, Marija hopes that sharing her story will prove how meaningful a gift to the Kappa Kappa Gamma Foundation can be.

Invest in the Future of Kappa Kappa Gamma

The Foundation's philanthropic programs are made possible by the generous gifts of our members in a variety of ways:

- Gifts to the "Loyalty Fund" annual campaign
- Gifts in honor or memory of Kappas, family members and friends
- Bequests and other planned gifts
- Matching gifts
- Gifts from alumnae associations and chapters
- Unsolicited gifts, either unrestricted for use in the area of the greatest need or restricted for a specific program.

The following methods are those most frequently used for charitable contributions. Donors should consult a personal attorney, financial planner, accountant or tax adviser for additional information about gifts most advantageous to their situation.

Gifts of Cash

Either a check or credit card is the most common way to make a charitable contribution.

Gifts of Securities

Gifts of stocks are often more tax-wise to contribute than cash because with a gift of appreciated stock, the donor can avoid capital gains taxes while receiving an income-tax deduction for the full, fair market value of the gift.

Gifts by Bequest

The Foundation may be named the beneficiary in a will or trust of a designated gift, a percentage of the estate or a residual bequest of whatever property remains after specific bequests have been fulfilled. The Foundation can also be named as the beneficiary of a life insurance policy or assets from a retirement plan.

Life Income Gifts

Life income gifts allow you to transfer cash, securities or property for the future benefit of the Foundation while providing current income and significant tax savings to the donor. These instruments most commonly include charitable gift annuities and charitable remainder trusts.

in memoriam

Names in this list are from information received by Fraternity Headquarters, October 16, 2002, through January 21, 2003.

*ADRIAN COLLEGE

Moon, Dorothy Jane Savage, '32, d. 12/02

AKRON, UNIVERSITY OF

Costigan, Ann Mildred Buettell, '40, d. 10/02

ALABAMA, UNIVERSITY OF

Kretzer, Carole Leigh, '52, d. 11/02
Lewis, Alice Ruth Featherston, '41, d. 10/02
Parnell, Carleton, '99, d. 07/02

ARIZONA STATE UNIVERSITY

Simpson, Tracy Richards, '98, d. 12/02

ARIZONA, UNIVERSITY OF

Dawson, Violet Louise Hautau, '43, d. 09/02
Mulcahy, Mary Elizabeth Rechif, '30, d. 03/02

ARKANSAS, UNIVERSITY OF

Hale, Jean Barbee, '56, d. 11/01
Jackson, Betty Jane Tracy, '45, d. 12/01

*BOSTON UNIVERSITY

Woodruff, Phyllis Leatherbee, '26, d. 07/02

BRITISH COLUMBIA, UNIV. OF

Crossman, Dorothy Evelyn Saville, '35, d. 08/02

BUCKNELL UNIVERSITY

Halstead, Carol Lynn Pope, '60, d. 09/02

BUTLER UNIVERSITY

Moseley, Ruth Pratt Johnson, '25, d. 05/01
Stevens, Betty Lou Brown, '42, d. 01/98
Wenz, Johanne Perrin, '31, d. 05/02
Westfall, Sonya Anita Schlee, '40, d. 12/02
Wood, Nellie M. Brewer, '21, d. 12/01

CALIFORNIA, U. OF, BERKELEY

Matteson, Eleanor Carlisle Eckart, '30, d. 09/02

CALIFORNIA, U. OF, LOS ANGELES

Chichester, Dona Lee Jones, '41, d. 11/02

CINCINNATI, UNIVERSITY OF

McCarthy, Virginia Robb Butz, '37, d. 10/02
Romell, Nancy Lee Sullivan, '41, d. 12/01

COLORADO COLLEGE

Lennox, Elizabeth E. Foster, '33, d. 12/02
Robinson, Jeanie Barkalow, '37, d. 02/99
Tippin, Meredith Preston Richards, '59, d. 07/02
Wood, Mary Lawton Gilmore, '34, d. 07/02

COLORADO, UNIVERSITY OF

Gross, Mary Barbara Shewalter, '78, d. 10/02
Myer, Helen Louise McClelland, '48, d. 09/02
Rose, Louise Parker, '34, d. 10/02
Schutze, Carolyn Roberts, '60, d. 05/02
Young, Mary Ingle, '30, d. 10/02

CORNELL UNIVERSITY

Huntington, Katharine Evelyn Wolf, '31, d. 01/02

DEPAUW UNIVERSITY

Hawbecker, Mary Ann Elliott, '47, d. 02/02
Kapnick, Mary Tuttle Redus, '46, d. 10/02

HILLSDALE COLLEGE

Ford, Georgeanna Brydon Croft, '43, d. 10/02

IDAHO, UNIVERSITY OF

Harris, Millicent Judge Eldridge, '36, d. 11/02
Hill, Margaret Kellogg, '31, d. 11/02

ILLINOIS WESLEYAN UNIVERSITY

Latham, Mary Edney Weatherwax, '30, d. 09/02

ILLINOIS, UNIVERSITY OF

Bray, Marjorie Arlene Rouse, '48, d. 10/02
Dunlop, MaryHelen Moss, '36, d. 12/02
Raymond, Barbara Ruth Moore, '38, d. 10/02

INDIANA UNIVERSITY

Eck, Pauline Vonnegut, '33, d. 12/02
Johnston, Elizabeth Bulleit, '36, d. 10/02
Miller, Ann Worden Hamilton, '54, d. 04/00
Wells, Mary Ellen Hines, '41, d. 07/02

IOWA, UNIVERSITY OF

Hall, Gene Harrison, '27, d. 06/02
Towner, Nancy Frey Pfeiffer, '43, d. 01/03

KANSAS STATE UNIVERSITY

Flynn, Sandra Beck, '63, d. 11/02
Manahan, Isabell Hamilton, '18, d. 10/97
Perrill, Marilyn M. Phillips, '49, d. 07/02

KANSAS, UNIVERSITY OF

Littoo, Helen Virginia Johnson, '38, d. 12/02
Markey, Caroline Jane Ham, '43, d. 07/02

KENTUCKY, UNIVERSITY OF

Cheek, Lyde Luttrell Gooding, '44, d. 12/02
Erker, Charlene Otis Smith, '61, d. 06/00
Pouliot, Lucy Ann Hawkins, '45, d. 10/02
Turner, Dorothy G. McCammish, '35, d. 10/02

LOUISIANA STATE UNIVERSITY

Arbour, Rebecca Laycock Stone, '60, d. 11/02
Jordan, Patricia Exum Weaver, '45, d. 10/02

*MARYLAND, UNIVERSITY OF

Van Doren, Margaret Galloway, '47, d. 04/01

MCGILL UNIVERSITY

Amsden, Audrey Elizabeth Bovey, '41, d. 03/02
Stikeman, Mary Baillie Gurd, '37, d. 08/02

MICHIGAN STATE UNIVERSITY

Childers, Marian Bowen Finch, '30, d. 12/02
McCartney, Sally Mae Kuhn, '48, d. 12/02
Miller, Betty Rae Jamieson, '38, d. 03/02
Philips, Marian Margaret Munn, '46, d. 07/02

MICHIGAN, UNIVERSITY OF

Gurd, Ruth Sights, '46, d. 11/02

MISSISSIPPI, UNIVERSITY OF

Browne, Patricia LoRita Garrett, '63, d. 11/02
McDonald, Susan Elaine Carr, '74, d. 10/02

MISSOURI, UNIVERSITY OF

Hyde, Nancy Farrar Holmes, '46, d. 10/02
Sallee, Nancy Ann Foster, '51, d. 11/02

MONMOUTH COLLEGE

Anderson, Jane Kay Weir, '55, d. 07/02
Dunlap, Mary Louise Frantz, '42, d. 01/02

MONTANA, UNIVERSITY OF

Karsted, Jessie Walton, '36, d. 04/01
Mortenson, Jean R. Wilkins, '35, d. 11/02

NEBRASKA, UNIVERSITY OF

Bailey, Janie Lehnhoff, '28, d. 12/02
Cochrane, Mignon H. Marcy, '42, d. 11/02
Hevelone, Dorothy May Greevy, '29, d. 11/02
Wissing, Susan Jane Finnigsmier, '79, d. 07/02

NEW MEXICO, UNIVERSITY OF

Durning, Mabel Downer, '33, d. 08/02

*NORTH DAKOTA STATE UNIVERSITY

Friederichs, Metta Sherwood Cleveland, '31, d. 10/02

NORTHWESTERN UNIVERSITY

Bucklen, Elizabeth Eberhart Blair, '33, d. 01/03

Hipps, Ruth Van Benschoten, '19, d. 08/02

Traylor, Claire Cornelia Guthrie, '49, d. 08/02

Warner, Lura Marie Skoog, '32, d. 11/02

OHIO STATE UNIVERSITY

Hart, Gertrude Marie Fox, '31, d. 05/86
Kiene, Isabel Ann Alexander, '44, d. 12/02
Kromer, Frances Louise Romer, '26, d. 11/02
Minton, Marilyn Roberta Cross, '53, d. 07/02
Richardson, Anne, '55, d. 10/02

OHIO WESLEYAN UNIVERSITY

Bryant, Martha Margaret Sinsabaugh, '31, d. 09/02
Dixon, Jennifer, '01, d. 10/02
Hazard, Joan Battelle, '39, d. 11/02

OKLAHOMA STATE UNIVERSITY

Hughes, Billie Darlene Hodge, '48, d. 09/02

OKLAHOMA, UNIVERSITY OF

Bledsoe, Mylie Lee Acker, '27, d. 10/99
Womble, Joan Edwards, '46, d. 12/02

OREGON STATE UNIVERSITY

Axford, Janet Collie, '32, d. 04/02
Blackledge, Margaret Kennedy Mulligan, '34, d. 09/02
Gray, Jean Elizabeth Reynolds, '37, d. 07/02
West, Christine Marie Gibbs, '70, d. 05/02

OREGON, UNIVERSITY OF

Haglund, Sharon Ann Ford, '55, d. 10/02

PENNSYLVANIA ST. UNIVERSITY

Cost, Blanche Wieland, '32, d. 11/02
Herpel, Margaret Anna Yotter, '30, d. 08/02

*PENNSYLVANIA, UNIVERSITY OF

Faircloth, Barbara Ceil Staehling, '40, d. 01/01
Molloy, Ruth Branning, '27, d. 11/02

PITTSBURGH, UNIVERSITY OF

Kagarise, Sara Eleanor Wassam, '36, d. 10/02
Zacharias, Sophia Spanos, '62, d. 12/02

PURDUE UNIVERSITY

Adams, Mary Wilson, '34, d. 08/02
Erdal, Lucretia Annette Stevens, '35, d. 12/02

SOUTH CAROLINA, UNIVERSITY OF

Barrett, Natalie, '98, d. 11/02

SOUTHERN CALIFORNIA, U. OF

Derringer, Emilee Ann Openshaw, '53, d. 11/01
Tichenor, Jane Frances Curry, '56, d. 12/02

SOUTHERN METHODIST UNIVERSITY

Barbeck, Jane Abraham, '34, d. 12/02
Bonnick, Margery Winston, '36, d. 12/02
Lindsley, Helen Davis, '35, d. 08/02
Pittman, Margaret Louise Echerd, '54, d. 10/02

ST. LAWRENCE UNIVERSITY

Dubiel, Constance Wingate, '54, d. 11/02

STANFORD UNIVERSITY

Plummer, Phyllis Eliot Boothe, '34, d. 07/02

*SWARTHMORE COLLEGE

Burdick, Marian Baldwin Pratt, '25, d. 04/00
Wright, Alla Tomashevsky, '30, d. 10/02

SYRACUSE UNIVERSITY

Flood, Anne Campbell Conan, '40, d. 10/02
Forsyth, Joan Fisher, '41, d. 11/02

TEXAS CHRISTIAN UNIVERSITY

Pittman, Sue Rowan, '57, d. 10/02

TEXAS TECH UNIVERSITY

La Roe, Katherine Vanstory Moseley, '63, d. 09/01

TEXAS, UNIVERSITY OF

Adelman, Sarah Ward Billups, '54, d. 01/03

Daniel, Jean Houston Baldwin, '36, d. 12/02
Holmes, Sherrill Jane Spradley, '65, d. 10/02
Hortenstine, Madison Rountree, '36, d. 12/02

Nevitt, Flora M. Clarke, '42, d. 09/02
Sawtelle, Melissa Anne Baum, '87, d. 06/02

TORONTO, UNIVERSITY OF

Abram, Persis Ross Hughes, '46, d. 07/02
Aitchison, Mary Margaret Horning, '48, d. 07/02
Findlay, Dorothy Graham Smith, '35, d. 12/02
Fraser, Sally Mae Millar, '46, d. 12/02
McFarlane, Patricia Louise Peart, '47, d. 07/02
Oakes, Kathleen Marjorie Dunne, '37, d. 11/02
Priestman, Mary Gertrude Tobias, '40, d. 11/02
Sandercock, Gail Ann Adams, '60, d. 01/01
Zinger, Jacqueline Margaret VanLeeuwen, '84, d. 07/02
Zurrer, Helen Elizabeth Marshall, '42, d. 07/02

TULANE UNIVERSITY

Strauss, Marianne Ellis, '27, d. 09/02

WASHINGTON UNIVERSITY

Morgens, Anne Wakefield Huffman, '31, d. 08/02

WASHINGTON, UNIVERSITY OF

Shivers, Sherry Adrienne Jenkins, '57, d. 09/02

WEST VIRGINIA UNIVERSITY

Anglin, Alice Crawford, '33, d. 11/01
Bloyd, Dorothea Louise McCracken, '45, d. 11/02

WHITMAN COLLEGE

Peterson, Mary Elizabeth Cope, '57, d. 05/02
Phillips, Elizabeth Charlotte Jones, '33, d. 05/02

WILLIAM & MARY, COLLEGE OF

Hegeman, Nancy Adams, '35, d. 12/02
Ruston, Betty Jane Taylor, '44, d. 07/02
Stone, Margaret Pollock Venable, '26, d. 11/02
Tierney, Joan Rosemary Lynch, '43, d. 11/02
Watson, Katharine Alvord Rutherford, '41, d. 10/02

WISCONSIN, UNIVERSITY OF

Steward, Judith Ann Wall, '64, d. 11/02

WYOMING, UNIVERSITY OF

Iverson, Martha Jean Hinthorn, '59, d. 07/02

*refers to closed chapters

In the Winter 2002 issue, SUSAN ARLINGTON MISTR, *Virginia Tech.*, was listed in "In Memoriam" by mistake. *The Key* apologizes to Susan and her family and friends.

REBECCA "BECKY" STONE ARBOUR, *LSU*, served the Fraternity in numerous volunteer roles including Treasurer (1987-1988, 1982-1986), Director of Alumnae (1986-1987), Director of Personnel (1980-1982), Vice President (1978-1980) and PDC (1973-1977).

In order for names to appear in "In Memoriam," verification and date of death must be sent to Fraternity Headquarters and Foundation Office, P.O. Box 308, Columbus, OH 43216-0308. Memorial gifts may be sent to the KKG Foundation.

EDITOR'S NOTE: We are delighted to receive your letters but regret that we are unable to print each one. Please keep writing to *The Key* and know that we appreciate your input. Letters are edited for clarity and length.

Create a Pink Ribbon Experience

As a Kappa sister and founder of Friends...You Can Count On, the nonprofit organization focused solely on finding a new method for earlier detection of breast cancer, I invite you to participate in a national effort called the "Pink Ribbon Experience." This experience will culminate in a traveling art exhibit highlighting the magnitude of breast cancer and the need for earlier detection.

Share the Pink Ribbon Experience with groups of friends, such as those in your place of worship and in social groups such as book clubs, etc. You'll need rolls of pink ribbon between 1/2 - 3/4 inches wide in different shades and textures. First, give each person a piece of ribbon between 12-18 inches long. Then ask them to write the names of people they know whose lives have touched his/hers and who have encountered breast cancer. Tie those pieces of ribbon onto your piece of ribbon. Invite each friend to start her own pink ribbon experience with other friends.

Continue collecting ribbon through August 2003 and then send the pieces to Friends...You Can Count On, P.O. Box 29524, Greensboro, NC 27429-9524, with your name, address and phone number by September 1, 2003. For more information, call 336/286-6620 or 888/792-3062 or visit www.earlier.org.

— MARTHA HENDRIX KALEY, *North Carolina*

Join the Kappa Travels Adventures!

I recently returned from a Kappa Travels trip to China — twenty-five of us enjoyed a fascinating and educational trip. It was well organized by our "travel lady," VERA LEWIS MARINE, *Colorado College*, Kappa Travels Coordinator. Several years ago I went to Russia with

Vera and other Kappa sisters — also a well-organized trip.

It makes no difference if you know the other travelers or not — Kappa sisterhood bonds us all and we're like old friends by the end of the trip. I encourage all Kappas to check out the current trips available and join the fun!

— SARA MAE ECKSTEIN, *Montana*

A Story of Survival and Sisterhood

Twenty years ago, modern medicine had no explanation of how I was able to survive a cerebral hemorrhage, a stroke, brain surgery and the epilepsy that followed. At age 23, one of greatest challenges was finding a friend that could relate to all of this.

After 20 years, I finally found someone with similar challenges — and she is a Kappa too! In the summer 2002 issue, I read about JULIE INMAN, *Southern Calif.*, and her many obstacles following her stroke. I felt as if she were speaking to me.

In 1981, I was working to pass the state boards in dental hygiene on the West Coast. One day, I felt a sudden sharp pain in my head and the next day I was found in my apartment paralyzed on one side. Hospital staff called my parents warning them that there was no time to fly out and that they should give their consent for surgery by phone. They waited 13 hours by the phone until they were told they could come and see me.

When my family arrived, they didn't recognize "the skinny thing with a shaved head and two black eyes." I struggled through rehabilitation for one year and went back to college to finish my degree in communications. My scar was directly over my short-term memory and I felt like I could not remember anything. It was frustrating, but I managed to graduate and began working in dental hygiene to pay back college loans.

Things began to fall into place. My hair grew back and I gained a healthy amount of weight. Finally, my confidence came back too. Shortly after I turned 30, I got married.

Less than one year later, I was working three dental jobs and thought that a lack of sleep was causing headaches again. It turned out that I had an aneurysm. Another surgery was followed by more therapy. I was no longer able to work or drive so I took the bus and volunteered at the American Red Cross. Seeing people with problems worse than mine made me realize just how lucky I was to have another chance at life.

The next year, I became pregnant. Although my pregnancy was risky due to seizures, our daughter, Faith, was born healthy. My seizures improved with medication and two years later we had a baby boy. Today, our daughter, age 9, and her brother, age 7, are very helpful with mommy's "forgetfulness." They patiently listen to stories of my Kappa days, which are some of my dearest memories.



— BETSY SCHNELL COMTESS, *Ohio State*

EDITOR'S NOTE: For classified ad information, contact ALLISON GREINER, Ohio State, at agreiner@kappakappa.org or 866/KKG-1870.

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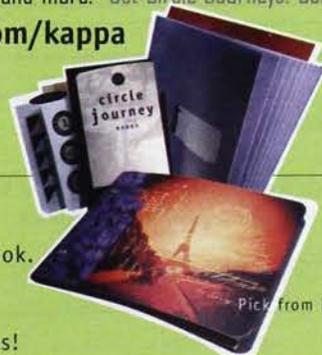
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Doing Our Little, Perfectly



Remember “The Little Engine That Could”? He thought he could, he thought he could and he huffed and he puffed until he got the job done. There’s something you can do and no huffing or puffing is needed. You can support Kappa, returning the support it has given to you.

There is a phrase used at the end of association meetings — “Endeavoring here as elsewhere to do our little, perfectly. ...” What does it mean to you to do your little — perfectly? It can mean simply writing a check or supplying a credit card number and then addressing and stamping an envelope or clicking your computer mouse a few times. It means paying your \$10 alumna dues annually.

It is wonderful to participate in an alumnae association, hold office, back a fund-raising event, be a chapter adviser, hold a Fraternity office or committee chairmanship. In return, we enjoy alumna interaction and sisterhood, give chapters mentoring and guidance, and strengthen the Fraternity organization and governance.

But not all of us can participate in those ways. Other responsibilities and geographical limitations may prevent such contributions of time and effort. And yet, you CAN do all of the above ... by paying \$10 annual dues to support the work, technology and programs of Kappa, including this, your Fraternity magazine.

You can do your little perfectly. No huff. No puff. You don’t just think you could — you know you can!

Your Fraternity Needs You!

- WHO?** The more than 100,000 alumnae who currently do not pay dues.
- WHY?** To support the development and distribution of educational programs to collegians and alumnae, continued improvement in technology and member services including *The Key* and the Web site.
- WHEN?** Today and into the future.
- WHERE?** To Kappa Kappa Gamma Fraternity Headquarters, P.O. Box 38, Columbus, Ohio 43216-0038
- HOW?** By sending \$10 alumna dues annually, payable by check or credit card. (See form below.)

If you have paid dues to an alumnae association, your alumna dues are paid. If you know of a non-participating alumna, encourage her to send in her alumna dues. Being a “Kappa for a lifetime” is a privilege and a responsibility — your support will keep Kappa Kappa Gamma strong.

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Kappa Can Count on Me!

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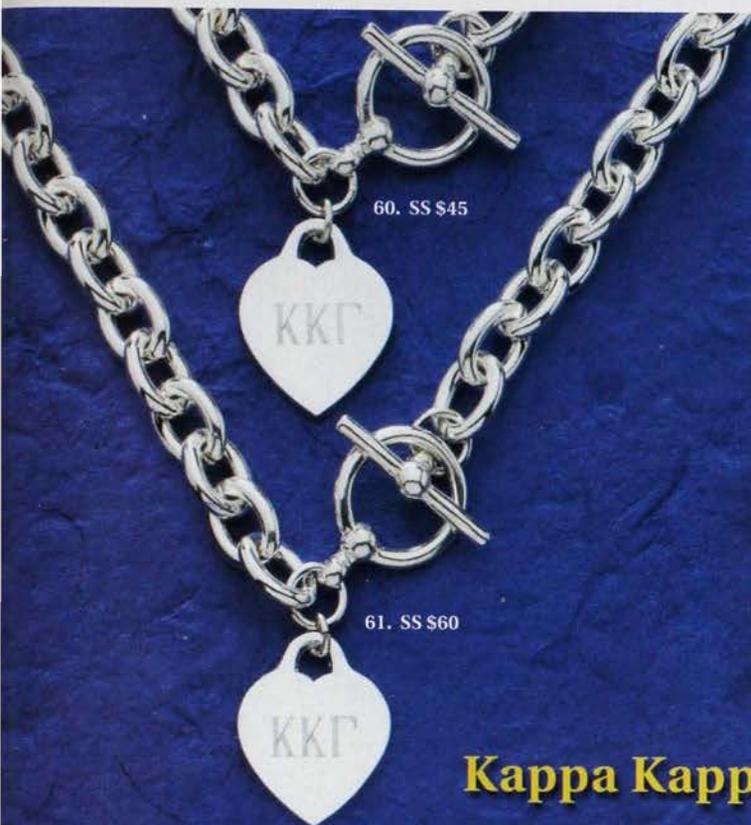
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Send to Kappa Kappa Gamma Fraternity Headquarters, P.O. Box 308, Columbus, OH 43216-0308, kkghq@kappa.org, 866/KKG-1870.

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