

Generations



We were the children of The **Great Depression.** We rode streetcars...



It was the **best** of times, it was the worst of times — and we *watched* it all on the magic box of **TELEVISION**



We are the **children** of the revolutionary '70s and go-go '80s. We've been **plugged in** since birth.



*The Key is the first
college women's
fraternity magazine,
published continuously
since 1882.*

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President's Message

Kappa for a lifetime



Baby Boomers. Generation X. Baby Busters.

These are categories which stereotype different generations by characteristics identified with their age groups.

Most of us are uncomfortable with labels that pigeon-hole us. While the futurists and demographers may use these classifications, Kappa Kappa Gamma takes a more intergenerational approach to membership activities.

A conversation with an alumna many years ago offered me the opportunity to realize that Kappa is truly an intergenerational organization. She said to me, "Please call me Nancy; there are no age distinctions in Kappa." She gave me permission to see Kappa in the

broadest sense — as an organization for women which seeks opportunities for every member regardless of age. Indeed we are fortunate to have many chances to interact with a multitude of women of various ages in a friendship group which supports and strengthens us as individuals.

The very best example of this intergenerational interaction is General Convention. I invite all Kappas of all ages and experience to come together June 26-30 at Innisbrook in Tarpon Springs, Fla.

Highlights of these four days include the recognition of our youngest chapters, the newest generation of Kappas, and the awarding of special pins to women who have been Kappas for 50, 65, and 75 years, our oldest generation.

Together, all generations attending Convention will work together, discuss issues affecting us all, share ideas, learn from one another, and make decisions about the future of Kappa Kappa Gamma. It is incredibly exciting to bring generations together — women of all ages who care deeply about their Fraternity membership — and to participate in the synergy of making decisions based on intergenerational respect and mutual helpfulness.

Life Links...Discovery Through Kappa is the 1996 Convention theme. Generations of Kappas are linked through their Fraternity membership — forever linked because their discovery of life's passages is within the framework of the Fraternity's values and beliefs.

Come to Convention and share in the most wonderful intergenerational experience — *Life Links...Discovery Through Kappa*.

JULIANA FRASER WALES, Ohio State
Fraternity President

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On the cover

Searching for the personalities of our generations is a daunting task. How do we describe ourselves? Page 2...



National Panhellenic
Editors Conference

The Last Innocents

We were the children of The Great Depression. We rode streetcars and kept food in ice boxes. Millions of our parents were out of work. Radios played "Brother, Can You Spare a Dime?" Women did their best to stretch the family's pennies.

By
**LOIS
CATHERMAN
HEENEHAN,**
Adelphi

Our teens and 20s were focused on The War...World War II. Men in uniform were everywhere...and some women, too. The economy boomed as factories ran full out on war production schedules. Pleated skirts, saddle shoes and bobby socks were the fad. We danced to Big Band music and served at U.S.O. canteens, bought war bonds and planted victory gardens. Rosie the Riveter was a sign of times to come. We saved tinfoil and grease, never imagining that recycling would one day become a habit. Blackouts, rationing and shortages were irritating. Concentration camps and the atom bomb were present horrors;

the United Nations a future hope. We believed in our nation and ourselves. We may have been the last generation of innocents.

More of us attended college than any previous generation of Americans, many with the help of the G.I.



Bill. Work-study programs were unheard of, but we managed to hold down a job and maintain our grades at the same time... sometimes while also being parents. Education

was important, the foundation for future success.

Looking at Life from Both Sides, Now

It was the best of times, it was the worst of times — and we watched it all on the magic box of television.

The same television that entertained us with *The Mickey Mouse Show* also reported

By
**JOANN
BARTON
VAUGHAN,**
Virginia

the daily casualty count from Vietnam. From an early age, Baby Boomers looked at life from both sides right in our own living rooms.

From our infancy, America was a superpower, mighty and invincible, yet our kindergarten curriculum included air raid drills. We saw a young president elected full of hope and then received a day off from school when he was shot in Dallas. His successor was concerned with the horror of poverty, yet could



not stop the horror of war. We listened to a preacher peacefully proclaiming equality for all, but the special news bulletin announcing his murder in Memphis interrupted *Bewitched*. We saw the greatest nation on Earth helicopter the last Marine off of a rooftop in Saigon.

Our parents tried to make our childhoods perfect, exposing us to new ideas and experiences. We studied Kurt Vonnegut and calculated in base eight. Our summers were spent canoeing and sailing at camp. We had braces to straighten our teeth and rhinoplasty to straighten our noses. We sympathized with Wally and the Beaver, laughed at Gilligan and the Skipper, and celebrated when Mary Richards finally could make it on her own.

The No-Rules Kids

We are the children of the revolutionary '70s and go-go '80s. We've been plugged in since birth.

From the beginning, television ruled our lives. We cared more about who shot J.R. than who shot J.F.K. We watched

By
**JENNY
STRUTHERS
HOOVER,**
Bowling Green

Wonder Woman as our "supermoms" tried to have it all. We learned about friendship through *Little House on the Prairie* and were taught that a family crisis could be resolved in 30 minutes on *Family Ties* or *The Cosby Show*. We know *The Brady*

Bunch theme song as well as the national anthem.

We took gymnastics like Mary Lou Retton and cut our hair like Dorothy Hamill. Our Cinderella dreams played out as we watched the royal wedding, but the "happily ever after" never came true. The nuclear family is no longer the norm. Our parents watched *Father Knows Best*; our blended families watched *My Two Dads*.

As children we watched our superpower nation get pushed around as blindfolded Americans were paraded before television cameras in Iran. Then we grew up in the era of Reaganomics and 12 years of politics that maintained a steady heartbeat. Nothing significant seemed to ignite in our generation a passion for a cause. Politics remained status quo while the world around us became scary. We grew numb to both.

For older generations the Moon Walk was "a small step for



We lived in a world that had been torn apart, amid lives that were struggling to rebuild. We looked for ways to become a part of something — to make a connection — and Kappa Kappa Gamma offered friendship and stability. We bought small homes, cars, that great new invention — television, and looked toward a future of prosperity and better things



"If there is a defining characteristic of our generation... it may be our adaptability."

for our families. We dressed stylishly but simply, and white gloves and hats with small veils were proper for young ladies.

We gave birth to a generation that would become known as "Baby Boomers." As our children grew, we tried

Reactions to "the Vietnam conflict" were diametrically opposed, with anguish and grief on both sides. Civil rights, student unrest, the Kennedy and King assassinations filled news media reports. The future became the present as computers entered our lives. Now our grandchildren are teaching us to use them!

Continued on next page.

As children of a super power, we longed for super heroes, but even Batman and Robin came across a little campy under the threat of nuclear annihilation.

We watched, and as the world made no sense, we questioned — and we didn't always like the answers we received. We protested and watched our peers arrested as often the demonstrations turned violent. "Peace and love" too often became "Burn, baby, burn," and the government we were brought up to trust overreacted... in Chicago...at Kent State. We grew our hair long,



burned draft cards and bras, wore beads and embroidered workshirts, and marched to a different drummer.

And the bass of the drums was the heartbeat of the generation. The Beatles, The Rolling Stones, Herman's Hermits, and the entire British invasion swept across our continent, until the simplicity of the beat was replaced by the complexity of the lyrics. From miniskirts and "Satisfaction" to bell-bottoms and "Purple Haze," the music became a method of protest. In an era of civil rights, white suburban kids shagged to the music of Motown. Bob Dylan and Joan Baez serenaded for peace, Crosby, Stills, and Nash encouraged us to teach our children well, and we all got back to the garden at Naisbett's farm. Yet

Continued on next page.

"We watched, and as the world made no sense, we questioned..."



man, a giant leap for mankind." To many of us, it's one of Michael Jackson's dance moves. We danced and sang to the tune of "Material Girl" in our little material worlds.

We are the generation of instant gratification. Commercials tell us what we want, and we want it now. We asked for Cabbage Patch dolls, and our parents stood in line. We need our pizza in 30 minutes or less; we microwave our dinners for five minutes on high. We wear disposable lenses. We buy now and pay later from the comfort of our living rooms via QVC from a TV that always has a remote control and more than three channels.

Trained by Atari and Nintendo, we are the computer

"...growing up in a world without walls, we've learned to be independent..."

jocks of all generations. We communicate via E-Mail and wanted CD-ROM before we even knew what it was. We spend hours surfing the 'Net.' We don't just listen to or watch the world — as did the radio and television generations of our grandparents and parents. We interact with the world around us — at a global level. World politics may leave us cold, but the people of the world are our chat-room mates. Like our Founders, "the world is moving too slowly for us."

We are highly adaptable and very creative. As kids we could solve the Rubik's Cube that stumped adults, now we program our parents' VCRs and computers. A reality based generation,

As kids we could solve the Rubik's Cube that stumped adults, now we program our parents' VCRs and computers. A reality based generation,

Continued on next page.




The Last Innocents

(Continued from page 3, col. 1)

The offshoot of Rosie was women's lib and having it all. A woman was appointed to the United States Supreme Court. But women perceived a "glass ceiling" and struggled to surmount it.

We worked our way through the "Me" generation and whatever else came along, including rap music, oversize clothing, environmental disasters, and frequent changes in the map of Europe. Some of us are enjoying a comfortable retirement; others are barely subsisting on Social Security. We are now "Senior Citizens," struggling with arthritis and osteoporosis but getting hotel and entertainment discounts to honor our survival!

If there is a defining characteristic of our generation...the 60-and-more-somethings... it may be our adaptability. We saw great changes: cataclysmic war destroyed millions of lives but caused great advances in knowledge and technology, thus bringing surprising benefits to the world. With each change we learned, relearned, adapted, and moved forward.

Some of us were born as this century began. Many of us will live to see the next century begin. As long as ideas are born, beliefs are upheld, feelings are created and sustained, we are generationless. We still think and love and teach and grow. We are all still in the process of becoming. 



Looking at Life From Both Sides, Now

(Continued from page 3, col. 2)

"She Loves You Yeh, Yeh, Yeh" became "Lucy in the Sky with Diamonds," and we watched our rock heroes enter rehabilitation centers or overdose on drugs.


The music also chanted a change in the role of women. From Aretha Franklin we learned respect and Helen Reddy said we could do anything. The civil rights movement focused attention on equality and women, now liberated from traditional roles by the birth control pill, went from the laundry room to the board room, becoming doctors, lawyers, firefighters, politicians — only to find that we could not give up the warm cuddles and soft snuggles of family life. Trying to balance a briefcase and a baby backpack has left us unsure of our roles, unsure of where we are supposed to be, and tired.

Looking at life from both sides gave us no stability. It gave us options and opportunities — especially for women — but left us with no rules and with no trust. "Don't trust anyone over 30" and "Down with the establishment" worked until we were over 30 and we were the establishment. We learned not to trust the future — and sought to have it all, now.



So the hippies became Yuppies, and we traded in our VW vans for BMWs, our Birkenstocks for wing tips, *Mother Earth News* for *The Wall Street Journal* and we underwrote the decade of greed. We measured our success by our portfolios and claimed "you can never be too rich or too thin." We thought we could bring

home the bacon and fry it up in a pan. Then we lost our jobs as companies downsized, merged, acquired, took over or folded. We came to the '90s feeling betrayed by experiencing both sides of the American Dream.

Eventually we will have to accept our maturity. As the generation that will lead the world into the 21st century, we must quit protesting and find peace within ourselves. We must take the ups and downs of life, and weave both into the tapestry of living. 

The No-Rules Kids

(Continued from page 3, col. 3)

growing up in a world without walls, we've learned to be independent, adaptable problem solvers — well suited for the fast pace of the global village in the next century.

So who are we now, this generation that follows the Baby Boomers? As we speed along the Information Superhighway, the rules of life change as quickly as the times. And if you don't know the rules, it is hard to play the game, much less win!




It's like the world has turned topsy-turvy, confused by messages of "Just Do It" and "Just Say No." While many of us are breaking through the glass ceiling, others are coveting the role of stay-at-home mom. We won't get a gold watch after working for the same com-

pany for 40 years — the company may be gone and we may change careers as many as five times during our working lives.

But the world seems to make no sense. The enemies of the Cold War are now requesting our help as we navigate the ever-changing geopolitical map of the world. We were told "All You Need is Love," only to learn that many of our friends are dying of AIDS. More racially and ethnically tolerant than previous generations, we watch the Rodney King verdict riots and the O.J. Simpson trial and wonder, "Why can't we all just get along?"

As we approach the next century, we'll demand creative, tailored work options. We will restrengthen our families and work hard to shield our marriages from the risk and stress of our careers. We are thinking more and rushing less. We will write the rules to a new game of life.

We're a mysterious generation with an element of surprise. Right now we Generation Xers have more questions than answers — perhaps because we lack the perspective that comes with age. But we are well prepared to meet the challenges of the brave new world. "*Carpe Diem*" is our motto and time is on our side — there's no time like the present to make the future brighter. 

Looking Ahead

National Panhellenic Conference consider the future of Greek life

"An Eye to the Future" was the theme of the 54th biennial meeting of the National Panhellenic Conference (NPC) in St. Louis October 5-8, 1995, and the Kappa Kappa Gamma delegation definitely had its eyes on the future as Fraternity NPC Delegate MARIAN KLINGBEIL WILLIAMS, *Missouri*, assumed the position of secretary-treasurer of the conference.

The positions of NPC chairman, vice-chairman, and secretary-treasurer are held by the 26 member-groups on a rotating basis according to the founding dates of the sororities. Kappa Kappa Gamma last held the chairmanship in

1948, and Marian, as the Fraternity's NPC Delegate will assume the chairmanship in 2000.

Kappa Proud

Fraternity President JULIANA (J.J.) FRASER WALES, *Ohio State*, presented the conference with a gift of \$10,000 honoring Marian as she enters the executive committee rotation. Other incoming executive committee members are Chairman Jean Scott, Pi Beta Phi, and Vice-Chairman Lissa Bradford, Kappa Alpha Theta. This leadership initiates the



Marian Williams (on right), joins Jean Scott, Pi Beta Phi, and Lissa Bradford, Kappa Alpha Theta, on the National Panhellenic Conference executive committee.

fourth rotation of the member-groups.

First Alternate JEAN HESS WELLS, *Georgia*, Second Alternate MARJORIE MATSON CONVERSE, *Purdue*, and Third Alternate and Director of Alumnae MARILYN NICHOLS BULLOCK, *Kansas State*, also represented the Fraternity at the conference. Director of Membership MARTHA HAY STREIBIG, *Indiana*, attended a special seminar on membership recruitment, "Dynamic Directions."

Concurrent meetings of the National Presidents, Central Office Executives, and National Panhellenic Editors' Conference were attended by J.J. Wales, Executive Director DALE BRUBECK, William & Mary, and JOANN BARTON VAUGHAN, *Virginia*.

(Continued on page 8)

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 accomplishment
- to provide a forum for an exchange of information and opinion
- to be a permanent record

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Woman of the Year

JEAN HESS WELLS, *Georgia*, became the second recipient of the Pi Beta Phi Panhellenic Woman of the Year Award at the National Panhellenic Conference meeting in October 1995.

Presenting the award, NPC Chairman Jean Scott, Pi Beta Phi, said, "Pi Beta Phi honors her [Jean Wells] for being the guiding hand, the guiding light, the creative designer, the behind-the-scenes architect of all that has taken place in the past two years to set direction for the future of the National Panhellenic Conference. The benefits of her leadership will have an incredible influence on the fraternity world."

The award is not presented on an annual basis, but is reserved for a time when someone exhibits true leadership in the Panhellenic community, Jean Scott noted.



Jean Hess Wells, *Georgia*, (right) accepts the Woman of the Year Award from Jean Scott, NPC Chairman.

Discover Kappa friends, discover Kappa fun *at the 61st Biennial Convention*

June 26-30 • Innisbrook Resort
Tarpon Springs, Florida

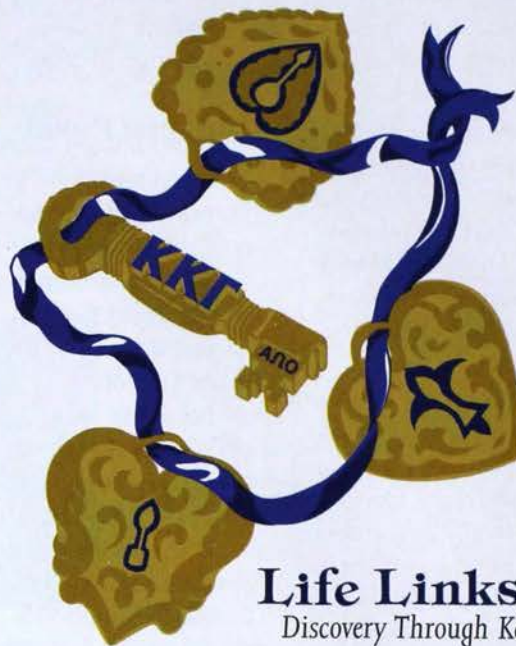
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Life Links...
Discovery Through Kappa



Yes, I am interested in attending the 61st Biennial Convention June 26 - 30 at Innisbrook Resort.
Please send me an official Convention registration form.

Name: _____
First Name Middle/Maiden Last Husband's First Name

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Met Any Good Leaders Lately?

The Nominating Committee is continuing to solicit nominations for the positions of Fraternity Council members, Regional Directors of Alumnae, and Regional Directors of Chapters. The Nominating Committee will submit its slate of candidates for these positions at the General Convention in Tarpon Springs, Fla., June 26-30. Fraternity Council members and Regional Officers are elected by majority vote at the close of each General Convention to a two-year term. No one may hold the same position for more than two terms.

Any Kappa may recommend any alumna in good standing who has served the Fraternity within the

past 10 years as a member of Council, as a Regional or Province Officer, as a Traveling Consultant, as a member of a Standing or Special Committee, or as a Council Assistant.

A candidate should have demonstrated leadership ability and have good managerial, communication, and analytic skills. She should be mature, a good team player, self-motivated, and able to relate well to people — someone who will represent the Fraternity well.

Every Kappa is invited to become a part of the nominating process by submitting recommendations to the Nominating Committee.



Kappa Kappa Gamma Recommendation for Fraternity Position

Clip and mail to: Marilyn Hicks, 6007 Granada Blvd., Coral Gables, FL 33146.

Recommendation for: _____			
<small>First Name</small>	<small>Middle/Maiden</small>	<small>Last</small>	<small>Husband's First Name</small>
_____		_____	
<small>Street Address</small>	<small>City</small>	<small>State</small>	<small>Zip</small>
_____		_____	
Chapter: _____		College: _____	
Alumnae Association: _____		Province: _____	
Position(s) for which this Kappa is recommended: _____			

Reasons for recommending this Kappa: (e.g., Fraternity experience, achievements, skills, qualifications) _____			

Recommendation submitted by: _____			
<small>First Name</small>	<small>Middle/Maiden</small>	<small>Last</small>	<small>Husband's First Name</small>
_____		_____	
<small>Street Address</small>	<small>City</small>	<small>State</small>	<small>Zip</small>
_____		_____	
Chapter: _____		Alumnae Association: _____	
Recommended by: <input type="checkbox"/> Chapter <input type="checkbox"/> Association <input type="checkbox"/> Individual <input type="checkbox"/> Other _____			

(Continued from page 5)

Chairman Harriet Rodenburg, Sigma Delta Tau, highlighted the accomplishments of the Conference as she ended her term, including the establishment of focus groups with other fraternity-oriented organizations, efforts in alcohol management, the introduction of the Links program, and presentation of the two segments of "In the Company of Women."

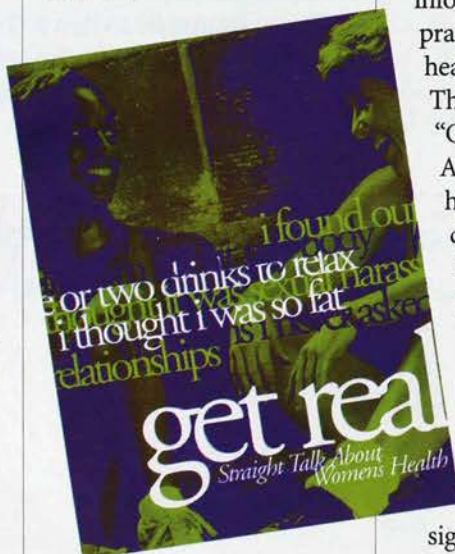
Long-Range Plans

With an eye to the next century, Jean Wells gave the Long-Range Planning Committee report, noting that the first year of the biennium was spent studying the conference structure while work in the second year concentrated on the external environment. Results include a pilot risk management program presented at Pennsylvania State University in October [see *The Key*, Winter 1995], cooperation with the National Interfraternity Council on substance-free housing, and initiation over the next two years of focus groups with collegiate and alumnae members.

Campus Issues Discussed

Jean also moderates a panel discussion, "In the Company of Women: A University Perspective," featuring Kent Gardner, University of Texas-Arlington; William Bracewell, University of Georgia; and Dudley Long, Birmingham-Southern

College. All panelists emphasized the need for women's fraternities to recognize the climate on today's campuses and to deal with problems in a timely and responsible manner. They each pinpointed flexibility as a critical need and challenged the conference to develop a fraternal system that meets the needs of today's female student.



An important message to share.

Panhellenic Awards

The Cleveland (Ohio) Alumnae Panhellenic received the outstanding alumnae Panhellenic award. Campus Panhellenics honored were Bucknell University, New Mexico State University, Northwestern University, Pennsylvania State University, Southeastern Louisiana University, University of Florida, University of Kentucky, University of Illinois, and Villanova University.

Get Real About Women's Health

Depression, contraception, heart disease, cancer, eating disorders, substance abuse, sexually transmitted diseases — day in and day out women are bombarded with faceless stories about health problems.

A new video workshop addresses these concerns with clear, up-to-date information that provides practical suggestions for a healthier and longer life. The program entitled "Get Real: Straight Talk About Women's Health," has been sent to every chapter and is available for rent through Fraternity Headquarters for a fee of \$10.

The program is a self-contained, self-explanatory workshop designed to promote positive discussion and practical suggestions on living a healthier life. "Get Real" is produced by the U.S. Public Health Service's Office on

Women's Health and the Society for the Advancement of Women's Health Research. It is supported by an educational grant from Ortho-McNeil Pharmaceutical company.

Facilitation Made Easy

Want to improve your presentation proficiency, run a meeting better, or enable dynamic discussion of a Fraternity educational program? Then sharpen your skills at Convention through the new Facilitator Track.

Presented by the Education Committee, the track will help Kappas of all ages build a tool box for leadership skills. Information covered will include skills a facilitator needs, building blocks of well-managed meeting, participatory exercises, and lots of fun.

This dynamic, enriching program is another good reason to attend the 61st Biennial Convention at Innisbrook Resort, Tarpon Springs, Fla.

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How to Make a Kappa Quilt:

Missouri sisters snuggle up with college memories


By JOANN BARTON VAUGHAN, Virginia

Three Theta Chapter, *Missouri*, sisters — now all sisters-in-law — are enjoying remembering their college days with personalized quilts made from old T-shirts by their grandmother (in-law).

When MARLA FINK, *Missouri*, was still in high school, her grandmother, Alberta Fink, showed her a picture of a T-shirt quilt — but the quilt didn't catch Marla's fancy. After college, however, she asked her grandmother if she could make one. Together, they gathered the T-shirts needed.

Marla's quilt turned out so well that her two brothers and their Missouri Kappa wives, JANET HECKMAN FINK and GRETCHEN EVERETT FINK, each wanted one — and Alberta's needle obliged, preserving college memories forever. "My college Kappa years have been a very important part of my life," Marla says. "The quilt is a wonderful way to preserve the memories."

Marla, Janet, and Gretchen are all active Kappa alumnae. Marla is working as a food services manager in Nebraska City, Neb.; Janet is in graduate school at the University of Illinois and is an RN in a cardiovascular intensive care unit; and Gretchen is also working as a nurse in a surgical intensive care unit while pursuing a family nurse practitioner degree.

"When I married my husband three years ago, I not only gained a husband but two more Kappa sisters. Two of my sisters are Kappas, and now I have two Kappa sisters-in-law," Janet says. "Having lived outside Missouri since I was married, I'm always proud to say I'm a Theta Chapter Kappa." 

Janet Heckman Fink and Marla Fink show off their new quilts.



Gretchen Everett Fink's quilt features Missouri's school colors.

Directions:

Select 30 T-shirts. Using a 14" square piece of glass (available at a lumber yard) as a template, cut the fronts from the T-shirts using a rotary cutter. The glass is heavy enough to hold the shirt while cutting and transparent so you can see if the shirt is centered. Cut a 14" square of light-weight muslin and stitch to the back of each block to stabilize it.

Sew T-shirt blocks together, matching corners. Or, for a different look, sew a strip on each side of the square, then sew the strips together. Alberta first used a 3 1/2" wide black strip, taking 1/2" seams. On another, she accented the black strip with a 3 1/2" gold square at the corners — using Missouri school colors.

To finish the top, lay the quilt and backing on the floor, right sides together. Pin, then stitch all around, leaving a 24" opening in one of the long sides. Return the quilt to the floor. Cut the batting to the exact size and lay it on top of the quilt. (Alberta used extra loft.) With a friend, roll the quilt backing and batting from corners as tightly as possible — rolling toward the opening. Stretch the opening over the huge roll of cotton and fabric and turn your quilt right side out. Unroll it carefully, working out any bumps or wrinkles. Stitch closed.

For tying you can use yarn, all six strands of embroidery floss, pearl cotton, or heavy crochet thread. The quilt should be tied about every four inches in a square or surgeon's knot. Alberta tied her quilts on the wrong side, but says that tying on either side would work.



HEALTHY CHOICES

Steps to maintaining a healthy lifestyle at every age

By ANITA SOMANI, M.D., Miami

Anita is an obstetrician and gynecologist in Worthington, Ohio, and is President of the Columbus Alumnae Association.

In the past, a doctor treated diseases. Now the focus of women's health has changed from treatment to prevention. Prevention is cheaper and more effective than therapy after the fact, and this is where the journey to a healthy lifestyle begins.

It is important for a woman today to take steps to modify her lifestyle to prevent everything from osteoporosis to cardiovascular disease to cancer. Women can begin the process themselves and should encourage their friends and daughters to exercise and eat healthy, low fat meals and snacks.

...a diet high in fruits, vegetables, legumes, and whole grain cereals, can lower your risk of cancer...

The Committee on Diet and Health of the National Research Council recommends:

- reducing total fat intake to 30 percent of calories or less. Saturated fatty acid intake should be less than 10 percent of calories and the intake of cholesterol should be less than 300 mg per day.
- daily intake of five or more servings of vegetables and fruits, especially green and yellow vegetables and citrus fruits.
- maintaining daily alcohol intakes of no more than one

ounce of alcohol per day (two cans of beer, two glasses of wine, or two cocktails).

- limiting salt intake to less than six grams per day.
- not exceeding daily and recommended intake of vitamin/mineral supplements.

Diet is primarily important because it influences the risk of chronic illness, especially cardiovascular disease and high blood pressure. Other health problems influenced by diet are diabetes and dental problems. A low fat diet can reduce the risk of breast, colon, and ovarian cancers while a diet high in plant foods (fruits, vegetables, legumes, and whole grain cereals) can lower the risk of cancer of the lung, colon, esophagus and stomach, as well as the occurrence of coronary heart disease.

Alcohol and caffeine intake can impair calcium absorption and increase the risk of osteoporosis, a condition where bone loss exceeds bone formation. Calcium intake should be encouraged at a young age and encouraged throughout life since it is necessary for bone formation. The daily recommended intake is 1000–1500 mg depending on the woman's age. Daily caffeine intake should be limited to two cups of coffee or tea or two to three cans of caffeinated soda.

Exercise a Plus

The next step to a healthy lifestyle is exercise. You may know that exercise reduces the risk of heart disease and osteoporosis, but did you know that moderate activity three times a week can also reduce the risk of breast and colon cancer? Exercise is an important aspect of stress management and can help minimize premenstrual syndrome and perimenopausal symptoms.

The greatest obstacle many women face on their quest for good health is smoking. We all know that smoking increases the risk of several cancers including lung, oral, bladder, pancreatic, and cervical cancers. However, it also has other adverse effects on women, including:

- decreased fertility
- twice the rate of ectopic pregnancy
- increased risk of miscarriage
- increased risk of preterm labor and delivery
- smaller babies with higher risk of miscarriage
- smaller babies with higher risks of growth retardation and learning disabilities
- early menopause
- increased risk of osteoporosis
- increased incidence of lung and heart disease.



Recommended Preventive Exams

- **PAP smear** — screens for cervical cancer and precancerous disease (Dysplasia). Should be performed annually after age 18 or as soon as a woman becomes sexually active.
- **Breast exam** — screens for benign lumps and breast cancer. A woman should examine her own breasts monthly during the week following a menstrual cycle, and exams should be conducted yearly by a physician.
- **Mammogram** — screens for breast cancer. A baseline mammogram should be conducted between the ages of 35 and 40, then should be performed every two years until 50, and yearly after 50.
- **Cholesterol** — screens for elevated levels increasing the risk of cardiovascular disease. Should be checked every five years after age 20.
- **Fecal occult blood test and sigmoidoscopy** — screens for colon cancer. Rectal exam every year after age 40 with sigmoidoscopy every three to five years after age 50.

Five Tips Toward Wellness

1. Quit Smoking
2. Begin and stick with an exercise program
3. Stick to a low-fat diet and increase intake of antioxidants like Vitamin E and C
4. Maintain weight control — obesity is linked to several diseases and many types of cancer
5. Manage stress — increased stress can lead to depression and other medical conditions, including fatigue.

The best advice on smoking is "DON'T START." However, in order to quit you must modify your behavior. Nicotine replacement therapy with patches or gum increases the effectiveness of smoking cessation programs by 50 percent.

Get Tested Regularly

Now that you've taken the above steps to improve your health, what screening tests should your doctor perform to help detect problems at an early stage? Regular Pap smears are screening tests for cervical cancer but are also helpful to detect precancerous problems. Many women will have an abnormal Pap smear but on further testing will be found to have a viral infection or precancerous dysplasia which is easily treated.

Breast exams, both self-performed or conducted by a doctor on a regular basis, can help detect lumps at an early stage. The majority of breast lumps are benign and can easily be managed with a local biopsy or needle aspiration. Mammograms are helpful after the age of 35, but women younger than that have very dense breast tissue, so lesions may be missed. If a lesion is suspected in a younger woman, an ultrasound will be more helpful.

Other tests such as sigmoidoscopy and colonoscopy are useful in detecting colon cancer or such problems as ulcerative colitis and Crohn's disease. Sigmoidoscopy is a useful screening test for women over the age of 50 while colonoscopy is appropriate for high risk women such as those with a family history of colon cancer, polyps, or a personal history of inflammatory bowel disease.

As women approach the fourth and fifth decades of life, they may begin to have irregular menstrual cycles or begin to notice emotional, physical, psychological, and sexual changes. This time of life is labeled perimenopausal. It is a time of variable and unpredictable hormone secretion and is defined as the five to 10 years preceding menopause. The signs of declining estrogen levels in perimenopause include menstrual irregularities, hot flashes, and urogenital and skin changes.



Choices to Make

The need for effective contraception is present for women through their 40s and 50s. Birth control options such as oral contraceptives and intrauterine devices (IUD) are offered to perimenopausal women. In addition to providing effective birth control, oral contraceptives can also alleviate the symptoms related to declining estrogen levels. Health benefits of oral contraceptives include regular menstrual cycles and decrease the risk of:

- menstrual cramps
- anemia
- fibrosystic breast disease
- fibroids
- ovarian cysts and ovarian cancer
- endometrial cancer.

*"The need
for effective
contraception
is present for
women in
their 40s
and 50s."*

Warning Signs Of:

Thyroid Disease — fatigue, lethargy, cold intolerance, dry skin, hair loss, constipation, weight gain, and menstrual irregularities

Depression — low energy, irritability, anxiety, sexual dysfunction, alterations in sleeping, eating, concentration, and libido.

Sexually Transmitted Disease — vaginal discharge, pelvic pain, urinary burning, skin lesions or ulcers, irregular bleeding

Uterine or Cervical Cancer — vaginal bleeding, bleeding after intercourse

Ovarian Cancer — family history, unexplained weight loss with abdominal bloating, feeling of fullness

Menopause — irregular menstrual cycles, hot flashes, night sweats, sleep disturbance, emotional changes, depression



“Estrogen has been found to reduce the risks of colon cancer and Alzheimer’s disease.”

Oral contraceptives are increasingly being used to help minimize perimenopausal symptoms, so it may be difficult to determine when menopause occurs. Doctors now recommend an annual blood test after the age of 50 during a pill-free week to see if the woman is in menopause. If she is, hormone replacement therapy can be started at that time.

Another safe contraceptive alternative is an IUD. There are currently two IUDs on the market. One is a copper-releasing device good for 10 years, and the other is a progesterone-releasing IUD which is replaced yearly. Other effective contraceptive choices include DepoProvera, a long-acting progesterone given by injection every 12 weeks, and Norplant, an extremely safe, six-year implant. All of these methods help reduce the risk of uterine cancer and are safe for women who cannot take the Pill.

Changes in Our Bodies

Now that you have made it through perimenopause with minimal symptoms and discomfort, what do you have to look forward to during menopause? Approximately 40 million women are in or are past menopause, with another 20 million due to reach menopause in the next decade. Menopause increases the risk of heart disease and osteoporosis.

Estrogen therapy is known to relieve the postmenopausal symptoms of hot flashes, night sweats, vaginal dryness, disruption in sleep patterns, and reduction of the incidence of stress incontinence. However, the most important benefit of estrogen replacement is the reduction of coronary artery disease and osteoporosis, both of which increase in a menopausal woman. Despite all these benefits, many women are afraid of hormones because of concerns of an increased risk of breast cancer. At the present time, there is no definitive evidence linking estrogen with a higher incidence of breast cancer. There are, however, a few cases where estrogen therapy should be avoided, including women who know or suspect:

- pregnancy
- breast cancer
- estrogen-dependent cancer
- undiagnosed abnormal genital bleeding
- active thrombophlebitis or thromboembolic disorders.

Once hormone replacement therapy begins, some of the side effects you may experience are breast tenderness,

Immunizations:

At ages 13–18: Tetanus–Diphtheria booster; Hepatitis B vaccine; Measles, mumps, and rubella booster.

At ages 19–39: Tetanus–Diphtheria booster; Hepatitis B vaccine; Influenza and pneumococcal vaccine for high risk group.

At ages 40–64: Tetanus–Diphtheria booster; Influenza vaccine (annually after age 54).

At ages 65 & Older: Tetanus–Diphtheria booster; Influenza vaccine (annually), Pneumococcal vaccine.


irregular bleeding, abdominal bloating or cramping, and weight gain. Most of these symptoms resolve themselves after the first six to nine months of therapy. Side effects are often dose related and should be discussed with a doctor so she can make adjustments.

Estrogen is also the therapy of choice for prevention and treatment of osteoporosis. Supplemental calcium, diet, and exercise are also beneficial, but are not as effective as estrogen. There is a new medication available to increase bone density for those women who cannot take estrogen that helps form new bone and reduce the breakdown of existing bone. The maximum rate of bone loss is in the first five to six postmenopausal years, so hormone replacement therapy should begin within the first three years. However, there is a benefit to beginning therapy at any time in postmenopause.

Estrogen has also been found to reduce the risks of colon cancer and Alzheimer's disease.

Research Benefits and Risks

I would encourage all women who are candidates for estrogen hormone replacement to consider it and discuss the benefits and risks with their doctors before making a decision. This discussion should take place long before menopause occurs so the decision can be made objectively, without pressure.

Lifestyle can help change a woman's risk for several common diseases and changes in diet and exercise can reduce the risk of cardiovascular disease and cancer — two of the leading causes of death in women. While changes should be initiated in childhood and maintained throughout a woman's life, there's no time like the present to start the steps to a healthy life. 

References:

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Continuous Combined Estrogen/Progestin Hormone Replacement Therapy. A supplement to *The Female Patient*, November 1995

Perimenopause — Midlife decisions for long-term health. A supplement to *Contemporary OB/GYN*, February 1995

Menopause Management — Managing the Perimenopause. January/February 1995

Top Five Questions to Ask Your Doctor:

1. What are your qualifications?
2. Are you board certified?
3. How can I help myself get better?
4. What can I do to stay healthy?
5. If a medication is being prescribed, ask about side effects, drug interactions, and alternatives.



A River Lost

*Telling an intergenerational tale
of a clash of cultures*

By LYNN BRAGG MARICH, *Washington*

My son, Patrick, is a member of the Arrow Lake Band of the Colville Confederated Tribe. Bringing up any child can be difficult enough. My challenge is to raise a child whose culture is different than my own.

After graduating from the University of Washington, I took my first teaching job at the Inchelium School on the Colville Reservation, where generations of Patrick's ancestors have lived and where his paternal family still resides today. I taught both second and fifth grades on the reservation from 1979-1985. It was during my tenure there that I learned of Inchelium's sad history.


Inchelium, a community of approximately 1,000 residents, is situated on the banks of Lake Roosevelt, a man-made lake. For thousands of years the Arrow Lake Band of Indians (now part of the Colville Confederated Tribes) resided on the Columbia River, and their way of life revolved around the banks and fishing for salmon at the river's falls. All of this was taken away from them during "The New Deal" when Grand Coulee Dam was built. The dam had no fish ladders, hence the salmon could never return to this once fertile fishing site. The dam also wiped out the entire town with very little advance notice to the town's residents.

Many tribal elders could not conceive of this phenomenon. They could not believe this could really happen; and, therefore many of them did not move their homes out of the path of the oncoming tide of water until the last possible moment. It took the younger generation to convince these elders that they had to move. In addition to seeing their homes, gardens, church, and graves either moved or destroyed, these elders saw the total obliteration of a major part of their heritage, fishing

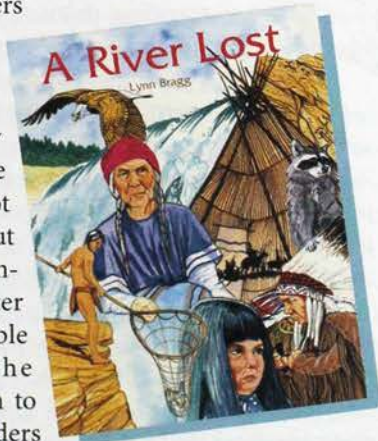
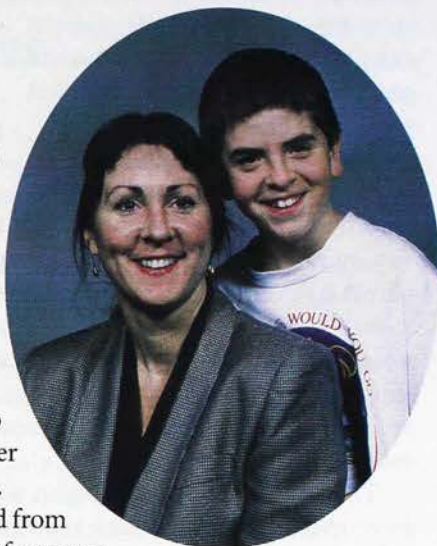
and communing at the river's falls.

The town of Inchelium and its sad story is the inspiration for *A River Lost*—a book I wrote for my son to ensure he will never forget his heritage.

The story is told from the point of view of younger family members trying to convince their great-grandmother, or *Toopa* (in the language of the Lakes Tribe), that she has to move her home. Through Toopa's eyes, we see what life along the river was like for thousands of years. The reader goes back in time with Toopa to her girlhood, when she and her family traveled by canoe to the falls to fish and celebrate with Indian families from near and far. The story ends with Toopa moving up the hill and dying before any members of her tribe are compensated for their losses. The Colville Tribal members finally received payment, promised to them when the dam was built in the 1930s, on April 7, 1995.

The younger generation of Inchelium know that Lake Roosevelt was once a river; in fact, the town's people still call it "The River." When the lake level drops to exceptionally low levels the children like to go for scavenger hunts on the beaches. Old broken pieces of glass, pottery, and occasionally even arrowheads can be found. This summer when Patrick and I were visiting the reservation we went to The River and hunted for old treasures. Seeing old pieces of bottle-glass, and rusted food tins made the fact that his people had once lived there seem real to Pat. Although we left the reservation when he was two years old, he felt a great deal of empathy for his ancestors who were forced from their homes, and suffered the loss of their precious river. 

A River Lost, by Lynn Bragg, Hancock House, 32 pages,
\$12.95, 604/538-1114



EMPTY NESTS

Two women find different solutions to the problem of infertility

My life had been so predictable up to this point. As a very goal-oriented individual, I was able to accomplish whatever I set out to do. Then five years into my career my life pattern came to a screeching halt. I could not achieve the most important goal of my life — having a child.

After 18 months of trying to become pregnant — and some denial — my husband, David, and I finally, humbly, began the long journey of determining the problem and hoping to correct it. Just admitting that we had a problem stirred extreme emotions in me — anger, frustration, disappointment, sadness. I was not prepared for the depth of the process or the time it would take. I was thinking months; in reality it was years. Our lengthy, emotional roller coaster ride had begun.

The visits to the doctor began with basic tests. I began recording my temperature every morning before I even slightly stirred while David bravely gave his samples for testing.

I thought I could simply take a drug and this would fix everything. Unfortunately this was not to be. As the months progressed, and certain days of my cycle became significant, my emotions began to rise and fall. Tears appeared without cause. Our intimate life became regulated and scheduled — extracting romance from our relationship — and any trips taken apart during critical days of the month were prohibited. Feelings of isolation, abnormality, and loneliness amplified my already established emotional pain.

David and I had decided to keep our infertility problems to ourselves. We thought we could ride this out together. Many people, knowing we had been married for five years, asked often when we were going to start a family. We would smile, mutter something about soon, and exit quickly to hurt alone in the privacy of our home. I was labeled a “career woman.” If only they knew!

After a year of frustration, the next month brought triumph — then disaster. I discovered I was pregnant; I was elated. Everything had worked; the nightmare was over; I could go now and be “normal.” I landed in the emergency room with an ectopic pregnancy. The embryo had implanted in my fallopian tube and had to be removed

immediately. While others were thankful I was alive, I was devastated, grieving for our loss.

It became increasingly difficult for me to handle certain social situations. Many of our friends were starting families and the succession of pregnancies, baby showers, and the arriving bundles of joy made me tearful, angry, and

depressed. Sometimes my husband wanted to shake me and tell me to “snap out of it,” but I didn’t know how.


Eight months and several tests later, I again conceived. We were cautiously excited. I had a sonogram which determined a normally placed fetus. We were thrilled.

Again, we began to dream about this child. Then we were torn apart again when I eventually miscarried.

In some strange way, this loss made me even more determined to keep trying. I knew the pain of an ectopic pregnancy and a miscarriage. I believed I had nothing to lose. We also decided to open up, to tell others of our struggle, and to seek others in the same situation. We began attending meetings through Resolve, a national support group for infertile couples. We switched to a reproductive endocrinologist for treatment.

The reproductive endocrinologist moved us quickly through treatment, not spending months on one procedure as I had in the past. When I first handed her my chart of monthly temperatures, she inadvertently held it upside down. When she realized she had it wrong, she chuckled and said it looked better upside down. We laughed a lot about this and realized we had not been laughing enough. Yes, it was painful; yes it was disappointing, but we had forgotten that a little sense of humor would smooth over many rough spots.

Within five months I was pregnant again. After all initial tests, it was deemed a healthy, correctly placed pregnancy. Nine months later, I gave birth to a healthy baby boy. We were blessed 11 months later with another pregnancy and the birth of our beautiful daughter.

While I am glad to be through with our struggle with infertility, I feel a certain kinship with others who struggled along with us. So much was learned through this difficult period of our lives. 

Just Keep Trying

By **MARIANNE CROSBY LANDRITH**, Arizona



As I sit back and reflect on the changing of the years, I cannot help but be amazed that my blond-haired, blue-eyed buddy, my son, will soon be three years old.

I think about how much my life has changed from eight years ago when my husband and I decided to begin a family. This was an issue that was very important to each of us and had been mutually "postponed." Sometimes I wonder if we could have looked into a crystal ball and seen what the future was to hold if we would have gone forward.

During the first seven months as we tried to conceive, nothing positive happened. With a slight hint of frustration I decided to make an appointment with my doctor and determine what we needed to do to make this work.

My doctor prescribed a six-month treatment of Clomid, a fertility drug, and several diagnostic procedures to rule out other possible obstacles. He hoped to see results by the end of the year. Well, the year came and went, and I was still not pregnant, but the frustration was growing.

My doctor recommended an infertility specialist who recommended intrauterine insemination. I began making regular every-other-day trips to the doctor. Each trip involved a two-and-a-half hour waiting process during the middle of the work day. How fortunate I was that my employer allowed me the time to rendezvous with "the other man in my life" — my infertility specialist.

By mid-May, the day had arrived. I lay there waiting to be told I could get up and go home. I counted the days, hoping to go past day 28, hoping that my menstrual cycle would not begin. Memorial Day weekend passed and finally I began to hope. I bought a home pregnancy kit and woke early one morning to do the test. To my amazement, I was pregnant. I now felt able to participate in the same milestone every friend and relative I knew had experienced.

I don't think I came down from that cloud until many weeks later when I began spotting. I rushed to the doctor who could no longer hear the heartbeat that had been so strong just weeks earlier. I can still see the ultrasound screen so still and black. I don't remember anything about the drive home except the disc jockey announcing a record temperature of 122 degrees and joking that this must be what Hell felt like. I thought that what I was feeling was what Hell felt like. The worst part was that the logical part of my brain kept telling me that this wasn't a big deal, that things like this happen all the time, while the emotional side of my brain was weeping with the pain.

As the months passed, all our attempts were negative. A low tubal transfer with daily injections, additional hormonal therapy, and one attempt at in-vitro fertilization all worked over my body without a resulting pregnancy.

During the months that turned into years of using every dollar of savings we had, not being able to take

vacations that conflicted with the timing of my cycle, and rescheduling appointments so we could both be available to the demands of my body, our frustration level became intense. The anger and helplessness was more than we wanted to handle as a married couple. We began to look at adoption as an answer.


Mutually we decided to pursue a private, domestic adoption and began with a fervor to complete the necessary paperwork. We felt like we were interviewing for the CIA or FBI! Our attorney then told us the approval could take six months to

a year, but within five months we received a notice that we were certified to adopt. Once again, the waiting began.

A call came about a birth mother and father who were very young and had decided to place their child for adoption. We met, and we both really liked them from the beginning. This decision felt right.

At times it seemed the due date would never arrive, then it came and went! Finally, the phone call came; our baby was being born.

It was agony waiting for all the paper work to be processed, knowing our little boy was on the earth but we could not see him or hold him. I can only imagine the pain the birth mother was experiencing and quietly thanked her from my heart for her selfless act of love in allowing us to parent the child she had brought into the world. From the moment we arrived home with our bundle of love, nothing has ever felt so right as the sight of our son's smiling face.

It will soon be three years since our son changed our lives forever. I would never wish the pain of infertility on anyone, but as I reflect back I know I would go through everything again to be able to have him call me "Mommy" and say with such innocence, "I love you." 

Adoption Options

By MELISSA COY MCGINLEY, Arizona

Hints from Marianne and Melissa for the infertile couple:

- Go to an infertility specialist if you suspect a problem.
- Get involved in support groups.
- Be informed. Read books, newsletters, magazines.
- Listen to yourself, and take care of yourself when difficult situations arise, such as holidays, family gatherings, or the pregnancy of a friend.
- Remember others generally mean well. They may just be uninformed.

for family and friends:

- Be informed. Ask the infertile couple to share reading material with you.
- Be careful about giving advice. Many comments are based on myth — not fact!
- Be there to listen.
- Avoid surprises. Public announcements of pregnancy and public recognition of Mother's Day can be difficult.

Generations to Discover

Shaking the branches of your family tree

By HAZEL (SKIP) MUSSER CHURCHILL, *Ohio Wesleyan*

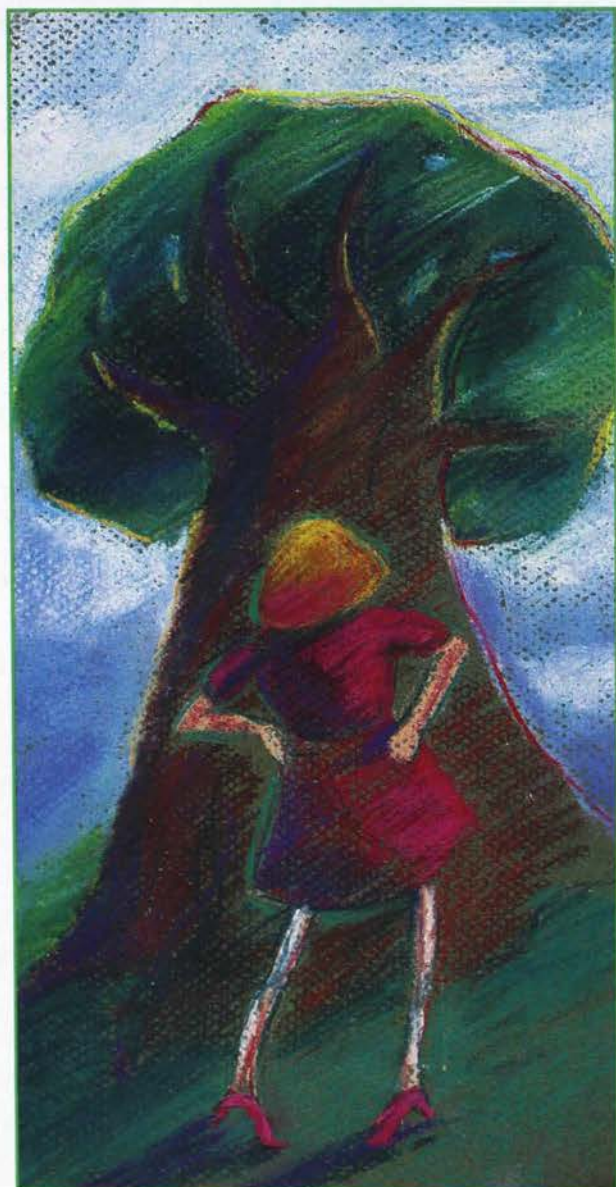


Illustration: Susannah Lazar

Come along on an extraordinary journey of discovery of your earlier generations through genealogy. My journey has been a richly rewarding, often exasperating, eye-opening pilgrimage, documenting my family to medieval Europe — punctuated with many halts, hits, and misses along the way.

The younger generation started this. My daughter would gently nag me with questions about those people in the family photographs and how we were related. Twenty-plus years later, there are still several blank spaces on the charts, but we have uncovered some astonishing and fascinating facts, each piece driving us inevitably to the next clue in a huge personalized puzzle.

But what about you and your ancestors? How have they impacted you throughout the generations? And the crucial question — how to get started on your journey of discovery? Where do you find these people?

You start, quite simply, with yourself — and work backwards, from the known to the unknown. Put down your name, your parents, their parents, going as far back as your memory allows. Prepare a game plan and a list of questions, then interview everyone on film or tape. Write

to those almost forgotten relatives — but keep your questions to two or three. You don't want to overwhelm everyone with your research. Remember to include a self-addressed stamped envelope, no matter to whom you are writing — otherwise there may be no reply.

Dig out old albums, annuals, deeds, certificates, religious, burial, and cemetery records.

The younger generation started this. My daughter would gently nag me with questions about those people in the family photographs and how we were related.

Unearth old letters; the possibilities are infinite. Listen to those rattling skeletons waiting to be heard (every family has a few!). Pester older relatives, but always say thank you — it's your project, not theirs.

Stay organized via charts, available at libraries and bookstores. Begin in pencil — there will be many changes. Fill in the information you have, then move on. The “holes” will haunt you, begging to be filled! Be sure to date your charts correctly: digits for days, three-letter abbreviations for the month, all four digits for the year (e.g., 12 Feb 1996).

The best news is that genealogy is hot, and libraries have kept up with the demand. Visit the main library in your area — not a branch — with all your organized data. Set some realistic goals and plan to spend the day. The basic requirements are time, tenacity, patience, and a good eraser. This is truly a do-it-yourself job, but the librarian can steer you to the many sources.

Join your local genealogical or historical society. They offer seminars, will print your queries, and can keep you informed. Attend local classes and area meetings. Everyone there is like you — searching — and is eager and willing to share information and help you along.

The collection of data from The Church of Jesus Christ of Latter Days Saints (the Mormons) is incomparable. It is the largest in the world and more data is added daily. Your first day at an LDS Family History Center is overwhelming, with records from around the world on CD-ROM, microfiche, and microfilm. A trained volunteer librarian will get you started. Days and hours are often limited, so call ahead. Not every Latter Day Saints church has a Family History Center. Check in your local telephone book under “Libraries” or call 800/346-6044 and press option 4.

So what do you do when you're stuck — and it happens to everyone. Try to think as your ancestor did — just what motivated him to move to Missouri? Track other family members as extended families were

common. Search your family backwards, using censuses and their indexes, maybe a migration pattern will emerge. Beginning with the 1850 census a state or county of origin was listed for everyone.


Take a hard look at phonetic, often outlandish spelling and wild handwriting — in the 1880 federal census in Ohio, Hugh Ball is listed as Hugh Roll. Search the original county and contiguous townships. Most of all, read, read, read! The help available to you is almost limitless and practically free. When you're stuck, it's time to cover every source again and think imaginatively.

Remember, names were often abbreviated or Americanized — Carl Heinrich Johannes von Braunstein became John Brown. Coming to the New World was an ideal time to change one's total identity — and it was done more often than we think.

Be open to all possibilities.

Some final caveats — get it right with documented proof. Assumptions will lead you astray. Beware of biographies and family stories that are often highly exaggerated. My family story concerned a “stowaway”

who sailed from London in 1767. Right? Mostly wrong! The “stowaway” came because he was convicted of a minor crime and sentenced by the Crown to transportation to the colonies for seven years of servitude. The great “stowaway” story held up for 223 years, until this brash, nosey descendant proved otherwise.

So shake the branches of your family tree. Waiting for you are mighty challenges, outstanding discoveries, and great fun — an adventure for all lifetimes in genealogy. 

Skip, a professional genealogist, is a member of the National Society of Daughters of the American Revolution and of First Families of Ohio, the Ohio Genealogical Society. Skip is in her fourth year of moderating two genealogy classes at the University of Cincinnati. In addition, Skip is a volunteer librarian at a Latter Day Saints Family History Center.

**Get
it right with
documented proof.
Assumptions will
lead you astray.**

How to Get Started

1. Inquire about genealogy classes in your area.
2. Get a genealogical chart from your library. More sophisticated versions may be found for a computer.
3. Write down all the relatives you know of. Write to each one concerning your project to see if they have any information. Who knows, you might find a cousin also bitten by the genealogy bug.
4. Remember that you will not be able to fill in all the blanks. Some elusive relatives are very elusive!
5. Fill in the chart with all the information you know of and have proof of. Start with yourself, then our parents, etc. Write down all the other information you know, but do not have proof of.
6. Talk to everyone; see how far back you can go.
7. Begin a search for family records.
8. Check an LDS Family History Center for records. Check your local library for addresses of vital records offices.
9. Enjoy!

The third little pig was right:

Save Today to Enjoy Tomorrow

By KAREN KAHLER HOLLIDAY, *Mississippi*

Now more than ever, women must invest for the future. In a world of government budget deficits, corporate downsizing, and increased life expectancies, many individuals are learning the hard way that the federal government and company pensions won't necessarily cushion them during retirement and other life-cycle changes.

Having an awareness of the need to save and actually doing so are two different things. Moreover, the term "investing" tends to invoke images of fear, risk, and self-sacrifice. However, putting away dollars for retirement and long-term health care doesn't have to be painful, especially if you start early. And even if you haven't, experts say it's imperative that you begin today.

Four Financial Stages

According to ELLIE WILLIAMS CLINTON, *Missouri*, a partner in MONEYWISE, a St. Louis-based training company specializing in financial education and the author of several books on money management, there are four stages to successful investment. These stages, detailed in *The Smart Woman's Guide to Spending, Saving, and Managing Money* co-authored by Ellie and her partner, Diane Pearl, are Getting Started, Getting Going, Getting Comfortable, and Taking It Easy.

In the first financial stage, Getting Started, a young woman is beginning a career, buying furniture and a car, and saving for a home. Ellie points out that it is also



imperative to begin saving now. Young workers should begin an emergency fund of three to six months' living expenses, kept in a highly liquid investment such as a money market account. In addition, while there is not a lot of cash left after expenses, young workers should invest something for the long term to maximize earned interest. With compounding, your interest will earn interest for 40 years, if a savings account is started in your 20s. In addition, money can be placed in a reasonably aggressive growth account because it will be invested for a long time; short-term losses will be offset by long-term gains.

After getting started, it's time to Get Going. This is a busy stage, when women often get married and begin a family. Couples buy homes and adult "toys," including boats, cars, etc. Investment at this stage is also long-term — college for the kids and retirement — with a short-term account set aside for emergencies in an unstable working world. Again, Ellie emphasizes the importance of regular savings to prepare for the expenses ahead.

Getting Comfortable begins when the major expenses of buying a house and rearing and educating children is over. The kids are on their own. "Now is the time to actively prepare for retirement," Ellie states, "by investing larger amounts of money into a growing retirement account." While growth is important, money should be put at less risk — there's no time to earn it back.

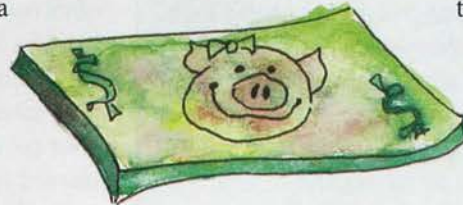
Retirement begins when you can finally Take It Easy —

you may be 50; you may be 70. This stage may last 30 years — or more. Ellie disputes the thought that some people may not feel the need to manage their money — they're retired! This, she emphasizes, is the last stage of money management, and you will need some growth, just to keep up with inflation.

This advice is echoed by Finance Committee member DARCY HOWE, *Indiana*, a vice president and financial consultant with Merrill Lynch in Kansas City. "With today's increased life expectancies, people are living as long in retirement as they are in their working years. Many people don't realize that they need at least 60 percent and more reasonably 80 percent of their income to fund their expenses each year during retirement."

But according to "Promises to Keep," a 1994 report conducted by

Public Agenda, many of us are not getting the message. According to this New York research group's findings, one-third of survey respondents said they have put away "nothing" or "nearly nothing" for their retirements. Impediments to savings were typical — one-third said they don't earn enough to save and seven in 10 said they lacked knowledge about savings principles, objectives, and instruments. But the time to act is now, and it may not be as difficult as you think.



"Putting away dollars for retirement doesn't have to be painful, especially if you start early."

\$10 a Week Investment

Beginning to invest \$10 a week at the age of 21, increasing the amount by \$1 each week every six months, will result in more than \$1 million in savings by age 65, if the money is invested in an account with an 8% return, compounded semi-annually.

Time (years)	Weekly Investment	End of Year Accumulation
0.5	\$10	\$260
1	\$12	\$582
5	\$28	\$5730
10	\$48	\$20,454
20	\$88	\$96,240
30	\$128	\$293,265
40	\$168	\$755,942
44	\$184	\$1,076,864

Start Saving Early

Financial advisers and bankers contend that a savings jump-start in your 20s and 30s can lead to a lot of financial security in the future. With time as an ally, they say, you don't need wealth to build wealth — just a little discipline. According to Frances Leonard, author of the book *Time is Money*, a 22-year-old could accumulate \$1 million by age 67 if \$87 is invested monthly in a tax-deferred account that returns 10 percent annually. Likewise, if at 21 you begin to save \$10 a week (the price of a movie) and increase that amount by \$1 every six months (the price of a latte), you will have more than \$1 million by age 65, if the amount is invested in an account that earns eight percent compounded semi-annually (See chart at left).

Since retirement is a long way off for Generation X and the Baby Busters, aggressive growth should be a prime investment objective. Many advisers recommend that investors of this age group look at mutual funds, which

Get Help.

Articles on finance always tell you to start investing, but never tell you how to do it. According to Darcy, finding a good financial adviser is a lot like finding a good haircut. It just takes networking.

"I would take the person I knew who was doing well financially and who I admired and ask her who she uses," Darcy says.

Darcy also points out that you do not need a lot of money to begin a relationship with a financial professional. "Most financial advisers look at what the cash flow will be over time," she remarks. "The adviser is going to develop a relationship with you, even if you can only invest \$50 a month."

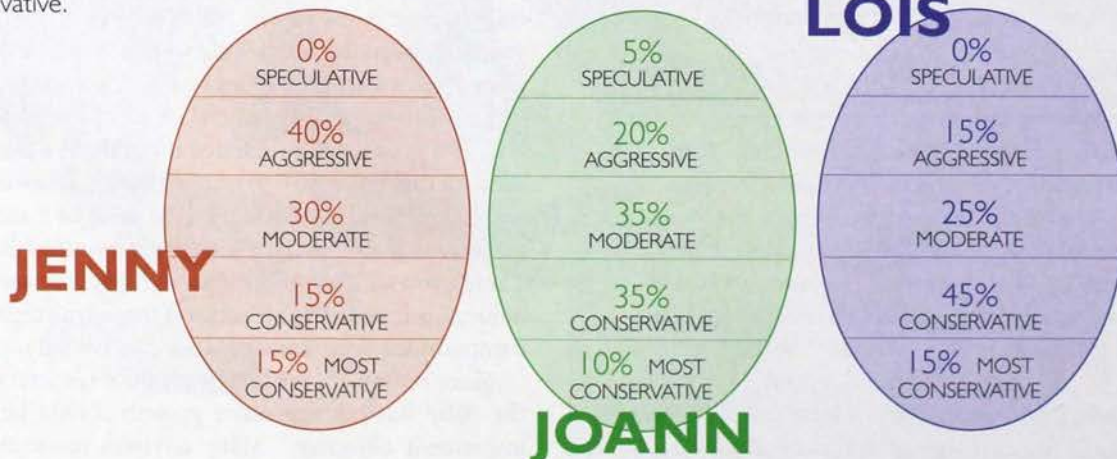
Networking is the key, she notes, whether you are around the office coffee machine or at an alumnae association meeting.

Like hairdressing, Darcy notes that most people need someone else to do it for them. "Ninety percent of people are not do-it-yourselfers in this field," she says.

offer a way to play the stock market without taking on the full risk of individual stocks. Many funds will waive or reduce the initial investment they normally require if participants utilize an automatic savings plan, deducting money from a checking account for example. In some instances, you can start out by putting in as little as \$25 a week.

How much should she invest?*

Let's take a look at each of our *Generations* writers' financial stages to determine what percentage of their incomes they should invest, taking into consideration their goals, ranging from speculative to aggressive to very conservative.



Employee-Sponsored Accounts

Individuals should also determine whether their company provides a 401(k) plan and, if it does, advisers assert that participants should squeeze in as much as they can from their paycheck. The good thing about these employee-sponsored accounts is that in most cases, the company will top off your investment with a contribution of its own. For example, if you manage to save \$20 a week out of a \$26,000 salary and your company matches half, by the end of the year you will have accumulated \$1,560 plus interest — all without making a significant hit to your paycheck. Moreover, contributions and investment income are tax deferred.

Even if you are self-employed or work for a small company versus a corporate conglomerate, there are options. Simplified Employee Pensions (SEPs) and Keogh accounts can represent viable alternatives, as does the standard Individual Retirement Account (IRA).

Retirement for Homemakers

But what should you do when your family is your full-time job. Ellie notes that there are ways a woman not working outside the home can plan for her retirement.

Couples with one employed spouse may put away \$2,250 in an IRA account, Ellie notes, but as long as no more than \$2,000 is deposited each year into any single account, the amount may be split any way the couple chooses.

"For example," Ellie notes, "if a husband has other retirement funds through his place of employment [a 401(k), for example], then it might make sense to put \$250 into his IRA and \$2,000 into the wife's account."

*From *The Smart Woman's Guide to Spending, Saving, and Managing Money* by Ellie Williams Clinton and Diane Pearl.



Basic Strategies for Stock Fund Investing

- **Start Early** — even a small initial or ongoing investment can make a big difference down the road.
- **Identify Financial Goals** — clarify your long-term life-cycle needs and determine what it will take financially to get there, accounting for inflation and tax implications.
- **Diversify** — this can help you capture the performance of different parts of the market.
- **Keep Abreast of Performance** — learn how to read fund annual reports and don't be afraid to ask questions.
- **Invest Regularly, Review Annually** — this will instill discipline and will determine whether your asset allocation mix needs modification.

For households without a working spouse, Ellie notes that an automatic monthly deposit into a mutual fund will help build retirement income, although the money earned by the account is not tax-deferred.

Discipline = Options


Darcy says it is important to get into the habit of "automatic" savings. She says that too often a barrier to savings is that "there's nothing left from the paycheck" after the bills, necessities and entertainment expenses take out their respective bites. But Darcy asserts that you should learn to "pay yourself first," making savings a budget item just like rent, groceries, or utility expenses.

Another painless way to save is to get in the habit of putting paycheck raises into investment vehicles. Too often, Darcy says, raises are spent on vacations or other luxury items before they are even received. If you can discipline yourself to sock away all of the increase — or at least a large portion — as you receive it, you will prepare for retirement with ease.

Once you've started to build up an enviable retirement

nest egg, what should you do? Well, for one thing, you should review and reevaluate your asset mix on a regular basis to ensure that inflation, for example, won't take a toll on your stash. Most of all, experts say, you should resist the urge to dip into retirement savings to finance a larger house, bigger car, or other luxury items. Monetary penalties may be incurred by tapping into your savings before retirement age, and your financial momentum will take a giant leap backwards.

Finally, experts stress that investors should understand that for most people wealth has little to do with the minute-by-minute fluctuations of the world's financial markets. Investing for long-term prosperity is fundamentally different from trying to win a short-term investment game. Learn the basics by consulting your banker, broker, or other financial professional and by reading consumer-friendly financial publications instead of jumping on any "hot tips" from the friend of a friend, co-worker, or relative.

Instead of trying to get rich by buying a lottery ticket each week, put the money away. The \$1 each week can turn you into a millionaire! 

KAREN KAHLER HOLLIDAY, Mississippi, is a freelance writer and a regular contributor to *The Key* who has won many awards for her contributions to business and economic media.

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Passport to Magic

By JENNIFER McDOWELL, Idaho

Great melodies, lyrics, harmonies, and rhythms can light up pathless places in the human heart. Whether we're enjoying such music at a concert in the park, or creating it ourselves by "beauty-shop quartetting" with our friends, we can become in its presence more truly ourselves, wiser and better.

Music's transforming power has won it a permanent place in community life in America. Bands, orchestras, choirs, opera companies and music appreciation classes usher generations of Americans into music's vast treasure house, offering an array of precious gems: a chorus from Handel's *Messiah*, a blue note from Bessie Smith, a flash of whimsy from the Beatles.

Like prospectors, we take what stirs our hearts from this cache of music. Kids love "The Farmer in the Dell." When we grow up, we may become devotees of Mozart's *The Magic Flute*. And what diversity there is to choose from! We can select Gregorian chant, the master works of Purcell, Bach, Mozart, Verdi, Moussorgsky, the masterpieces of the musical theater, of gospel and popular song.

A reassuring truth about this vibrant diversity is that when one applies the most exacting standards, it turns out that the great blues singer, Bessie Smith, matches in voice and interpretative power the great German opera singer, Kirsten Flagstad. In a similar vein, America's Ambassador of Good Will, Louis Armstrong, in his dazzling improvisations, has shown the same imaginative power one finds in a cantata by Bach.

American popular music has been enormously influential in the world, and from a musical point of view, one of its most creative periods is the 1950s. This decade has been labeled the era of the "silent generation," but its

popular music speaks volumes today. Frank Loesser's *Guys and Dolls* of 1950 still lights up our stages. In 1956, Alan J. Lerner and Frederick Loewe, in *My Fair Lady*, provided a feast of exuberant songs which will never be surpassed: "I Could Have Danced All Night," "On The Street Where You Live," and "I'm an Ordinary Man." In 1951, Richard Rodgers and Oscar Hammerstein created *The King and I*, and in 1959, *The Sound of Music*. Stephen Sondheim wrote the lyrics for *West Side Story* and *Gypsy*.

Jazz was a flower garden of creativity, too, and crowds flocked to hear Count Basie, the Modern Jazz Quartet and Duke Ellington.

Rock 'n' roll had its beginnings in this decade. The phrase was first popularized in 1954 by Alan Freed, a disc jockey whose show, "The Big Beat," was broadcast over Station WINS in New York City. Early rock hits were Bill Haley and the Comets' "Rock Around the Clock," and Chuck Berry's "Maybelline." In 1956 Elvis Presley burst on the scene with "Heartbreak Hotel." Before the year was over, he had 19 hits.

Top songs from the 1950s include "I Left My Heart in San Francisco," "Hey There," and "Fly Me to the Moon."

The 1960s saw big changes. At the beginning of the decade, the classics, gospel, show music, the blues, jazz, country, folk and pop had thriving audiences of all ages. Ray Charles was a leading star, and the Supremes and the Temptations made names. Then, in 1963, Bob Dylan, a folk musician, made a sensation with "Blowin' in the Wind." A host of Dylan songs, with electric instruments, soon followed. In 1964, the Beatles appeared on *The Ed Sullivan Show* and at Carnegie Hall, and their whimsical, understated, imaginative songs created a frenzy of Beatlemania.

Nineteen sixty-four saw the creation at this time, too, of a masterpiece of the musical theater: Sheldon Harnick's and Jerry Bock's *Fiddler on the Roof*.

In 1965, the Rolling Stones hit No. 1 on the charts with "Satisfaction," and after that rock rhythms and electric guitars began to dominate popular music. Youth became popular music's main audience, too, and this led to declines in other traditional musical domains. Rock's successes were accompanied by audience losses in jazz as well as country music.

In the 1970s, the Beatles made glorious last records:




"Let It Be," "The Long and Winding Road," and the album *Abbey Road*. The musical *Grease* bubbled up, and *A Chorus Line* sang "What I Did for Love." Black musical theater conjured up *The Wiz*. Disco dancing blossomed, and John Travolta became an instant star with the musical film, *Saturday Night Fever*.

Though by the late 1970s there were certain musical groups such as the Dead Kennedys that elevated shock for its own sake, wonderful music nonetheless gushed up in the 1980s. People fell in love with the themes from *Chariots of Fire* and *Flame Trees of Thika*. "Islands in the Stream," "The Rose," "I Just Called To Say I Love You," and "How Will I Know?" were all top hits. On the other hand, hip-hop, rap and heavy metal often created considerable controversy and concern if they release songs that seemed to be vehicles for the venting of violence, especially violence against women.

In the 1990s, the atmosphere has changed as pure energy is beginning to be seen as limited, if ungoverned by meaning, imagination and maturity. Classical, gospel, and country music, for their parts, have always defended craft and sensibility.

The talented trumpeter, Wynton Marsalis, today is reaching audiences with jazz improvisation and the European classics. Generation X musicians are rediscovering the beauty of acoustic instruments. World music is bringing new treasures to our shores, inspiring a renewed search for complexity, beauty and taste in our own popular music.

Music has always been a passport to magic. In our vast, creative country a wealth of talent, imagination and good will is waiting to bloom in people of all ages. So let the new concerts begin, and let them grow in all hearts, young and old, rich and poor, so music will keep the promise it has always offered—to console us in our troubles and to transform us as we live and dream. 

Jennifer is a composer and lyricist and was recently featured in The Gifts of Music, a collection of thoughts by 144 advocates of arts education produced by the Music Educators National Conference.

TOP HITS FOR EVERY GENERATION

THE THRIFTY THIRTIES

Happy Days Are Here Again
Embraceable You
Stormy Weather
Smoke Gets in Your Eyes
Lost in a Fog
Cheek to Cheek
The Way You Look Tonight
The Dipsy Doodle
Over the Rainbow
Brother Can You Spare a Dime

The Flaming Forties

I'll Never Smile Again
I Hear a Rhapsody
White Christmas
You'll Never Know
I'll Be Seeing You
To Each His Own
Peg O' My Heart
Buttons 'n Bows
Some Enchanted Evening
It's Been a Long, Long Time

The Fabulous Fifties

My Foolish Heart
Too Young
You Belong to Me
Song from the Moulin Rouge
Hey There
Rock Around the Clock
Heartbreak Hotel
Tammy
It's All in the Game
Mack the Knife

The Psychedelic Sixties

Theme from "A Summer Place"
Tossin' and Turnin'
Big Girls Don't Cry
Sugar Shack
I Want to Hold Your Hand
Satisfaction
The Ballad of the Green Berets
To Sir with Love
Hey Jude
Aquarius/Let the Sun Shine

The Soaring Seventies

Bridge over Troubled Water
Joy to the World
Alone Again (Naturally)
Killing Me Softly
The Way We Were
Love Will Keep Us Together
Silly Love Songs
You Light Up My Life
Night Fever
My Sharona

THE EXCESSIVE EIGHTIES

Call Me
Bette Davis Eyes
Ebony and Ivory
Every Breath You Take
Like a Virgin
We Are the World
Walk Like an Egyptian
Faith
One More Try
Miss You Much

THE NATURAL NINETIES

Another Day in Paradise
Unforgettable
Tears in Heaven
I Will Always Love You

*based on weeks at #1 on Your Hit Parade and Billboard each year

Is your favorite song missing from our top 10 list? Then let us know! What was your favorite song from the decade you were in college? Send the title and time period to JOANN BARTON VAUGHAN, Kappa Kappa Gamma Headquarters, P.O. Box 38, Columbus, OH 43216-0038, and a revised list of music hits will appear in a future issue of *The Key*.

Vietnam: *The Humid Hug*

By CLAUDIA HARTMAN, *Colorado*

Editor's Note: For previous generations, Vietnam was a graceful part of French Indochina. To my generation it was a nightly horror on the television set. Now, a new generation discovers the charm and grace of this East Asian country.

Vietnam's humid temperatures and warm people draw you in and hug you, like an embrace that you never want to let go of.

Tell anyone you are going to Vietnam and the first thing they will ask: Why?!

Before I went, it was a difficult question to respond to. Curiosity was my stock answer. I had seen a photo in a travel magazine that contradicted every image I had of Vietnam. It seemed to oppose every horrible image I memorized of news footage from the war. It was a simple photo taken from inside a hotel room, out through a window. There was a sweeping white terrace outside with breezy sky-blue shutters open just enough to see the deep blue waters of Nha Trang Beach on the South China Sea. It was inviting and mysterious like a whisper that forces you to lean in closely to hear it.

That photo stayed with me, fading all previous images and calling me to come to the new Vietnam. So I did.

Sweltering Saigon

From the first moment, the humidity surrounded me like a hug, a giant embrace that never lets go. The heat somehow relaxes you and helps you let go of any anxiety or apprehension.

"Welcome to Vietnam," a taxi driver shouted.

It was well past midnight, but the Tan Son Nhat Airport was like a microcosm of Ho Chi Minh City (Saigon), buzzing with taxi drivers, bus drivers, porters, vendors, families, and children everywhere smiling to me and waving, "Hello."

Ho Chi Minh City seemed so calm to us at this hour. A late night deception well corrected by day break. My taxi driver sped through each intersection with only a blast on the horn. No stop signs or signals — just announce yourself and hope for the best. It was truly frightening, yet exhilarating — like a roller-coaster ride with designed near misses. The coming day would add an extra three million people to the roads making it truly a wonder to behold.

Vehicular Anarchy

I spent my first morning sitting at a café watching in total amazement at how the traffic worked. It was like water flowing together, merging and melting into one continuous flow. It seems impossible that a four-lane intersection in a major city, void of

all stop signs, signals or traffic police to dictate the rules of the road worked!

The best way to get around Ho Chi Minh City is by Cyclo, a large footpedaled tricycle with a comfortable two-seater cab in the front. It costs about 10 cents for the average ride anywhere from one to five miles. I was extremely lucky when I happened upon Bê (which means calf or literally little cow in Vietnamese). Bê not only became my regular Cyclo driver, but my week-long guide, interpreter, and good friend. He was warm, funny and incredibly kind and I looked forward to spending every day with him. His English was nearly flawless. He talked of getting married someday and how he would like me to come to the wedding. I was so touched that I agreed and await anxiously for a letter to arrive.

Bê took me everywhere and never tired of pedaling. He agreed to let me try for a while, and I was embarrassed at how exhausted I felt after only a few blocks. Give me a gas pedal any day.

Of all the awesome war museums, temples, mausoleums, and memorials I visited, it was the grand open markets that I liked best. Like the humidity, the plethora of smells



My guide and friend, Bê, on his cyclo.

surround you as your nose tries to interpret each scent. First it's the fruit — pineapple was strongest as well as jacaranda, passion fruit and other Asian delicacies. Then flowers pervade, sweet with smells of gardenia and orchids. The distinct odor of fish and meats sort of slaps you in the face. As I wandered through the small corridors, lit only with golden beams of sun rays, the smells morphed into roasted nuts and an unfamiliar scent of rattan and heated straw softened for bending and weaving baskets and hats.

I purchased some peanuts from an older woman who flashed me a big smile full of beet-red gums, only a few teeth remaining after years of chewing beetle juice. A few stalls down I purchased some very spicy noodles, cooked right on the spot in a giant wok. As I squatted down to eat them, struggling with the chop sticks, beads of sweat poured from my forehead. Gazing up, dozens of Vietnamese shoppers had encircled me, following my every bite, waiting for my reactions and laughing in joy at a Westerner participating in something obviously so Vietnamese. Each time I laughed to hide the pain of my burning tongue, they laughed even harder as if to say, "silly Westerner."

The Vietnamese have purchased all their commercial airliners from France, so I flew safely, quickly and relatively cheaply for the next three weeks all around Vietnam, from north in Hanoi, down along the Eastern coast of the South China Sea, ending again in Ho Chi Minh City.

Helmets in Hanoi

For every baseball cap worn in Ho Chi Minh City, there is a Viet Cong Pith helmet worn in Hanoi. The remnants of the war are still displayed proudly by the North Vietnamese. Tattered remains of military uniforms, army medals and Communist flags were visible all around the city. That, coupled with the hesitation of the North Vietnamese people, was a bit jolting at first, but as soon as I smiled at them or gave a wave and a hello, they lowered their guards and out crept their warmth.

And the warmth was all around, indeed. The indicator in my hotel room read 98 percent humidity level. I joked that just two more percent, and it would be raining inside the room!

Hanoi had an old, dilapidated feeling to it. The colonialism that had once brought huge mansions and European architecture has been neglected, leaving just facades of the past. They are now overrun by stalls and vendors perched outside the once-stunning buildings. Where Ho Chi Minh City has embraced the onslaught of development and Westernization, Hanoi still seems to be struggling with its colonial past, and with Communism in an ever freer world.

I visited many cities on my return south, but the place that won my heart was Hoi An, a tiny fishing village situated between Hue and Danang right on a river. Caught right in the middle between North and South, Hoi An has had many influences, evident in the architecture. One street had traditional Chinese homes while the next was lined with European verandas. At one point, both streets were connected by a stunning Japanese bridge crossing a dried-up creek.




A beetle-juice smile from a woman in the Hoi An market.
Children in Saigon practicing their thumbs-up. (below)



Each night, the restaurants along the docks would line up tables and chairs outside to welcome patrons to sit in the humid night and enjoy the catch of the day. Piles of shrimp and buttery lobster made me feel decadent and spoiled. I could have stayed in Hoi An the rest of the trip. But sadly, on we went, stomachs and hearts full.

To my joy, Bê had been waiting for me near our hotel to take me on one last tour on our final day in Ho Chi Minh City. It was one of the best days we had. We talked and laughed with our new friend until it was time to go. Our drive to the airport was somber. I was so sad to leave this wonderful country and so grateful that it contradicted every image I had previously held.

I hope you marry soon, Bê, so that I can come back to Vietnam. 

Cay Weston Drachnik

One Generation Helping Another

TO CAY WESTON DRACHNIK, *Maryland*, a past President of the Sacramento Valley Alumnae Association, it is the role of one generation to help another. Cay is a marriage and family counselor, trained as an art therapist to use art in counseling disturbed children. Often, traumatized children will not talk about their feelings but will draw pictures which depict realistically or symbolically their reactions to traumas. Cay helps them address their feelings by putting their fears on paper. It is a non-threatening form of communication.

An art therapist must have a master's degree and course work in both art and psychology plus a clinical internship of 1,000 hours in order to practice. She must be able to interpret the symbols in children's drawings and be familiar with art materials in order to know which materials are best suited for each client. For example, clay is not suitable for a hyperactive child nor one with an obsessive-compulsive behavior. A pencil with a ruler may be the best place to start with the compulsive child. Hyperactive children might work with colored markers or crayons on paper.

Cay's counseling of children centers around art. She usually starts by asking the child to draw his family. This



Cay spends time with her granddaughter, Kady Coyne (right), and Kady's friend.

early drawing will give clues to relationships within the family structure. For example, if a child leaves herself out of the drawing, this might indicate a feeling of family rejection. If the father looms large in the drawing it would suggest he is the most powerful person in that family. As therapy progresses, Cay will either allow the child to sketch anything he wants, or she will ask him to portray something that pertains to the specific family problem.

In reviewing drawings, Cay will make an educated guess of the symbolic content and then ask the child to tell a story about the drawing...thus eliciting the metaphor. In the case of a six-year-old boy who was sexually molested by an older boy, the child would not talk about his abuse but would draw and talk about a bad monster who terrified him. As therapy progressed, he began to draw pictures of himself protected by a suit of armor. Then he started to attack the monster with saws, electric wires and whirlwinds. In the course of therapy, the monster in the drawings decreased in size while the child became larger and more powerful. Finally, he was able to verbalize the abuse and to cope with the trauma.

Another example of the benefits of art therapy involved the case of a 10-year-old boy who felt he was responsible for the death of a younger brother. With his

sister and his brother, he went for a hike in the woods. The boy and his sister left the brother during the outing, and the brother drowned in a river. His family did not allow him to attend the funeral. At first his drawings were of non-threatening subjects — anything to avoid his guilt. Then he drew pictures of family fights; next, a map of where the hike took place and the river in which his brother had drowned. He finally related the story in detail and in the next drawing showed a dove headed skyward. The last drawing was a picture of his brother in heaven, sitting on a cloud. He was thus able to accept his brother's death and even forgive himself for what he perceived to have been his part in it. Cay says that through the use of art with an empathetic therapist nearby, children will often "cure" themselves faster than with verbal therapy alone.

Cay was founder and a charter member of the Northern California Art Therapy Association. As legislative chair of that organization, she worked with the California legislature to ensure that art therapists could be licensed as marriage and family therapists. She then served on the board of the national American Art Therapy Association and subsequently was elected its president.

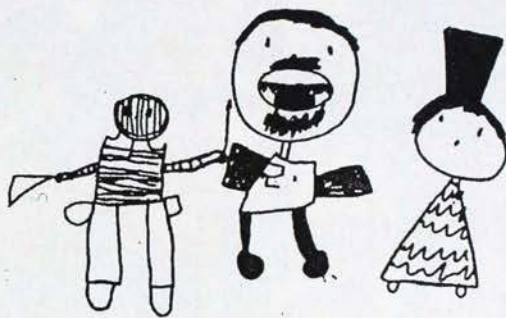
Every summer Cay teaches an art therapy class at the College of Notre Dame in Belmont, Calif. Her book, *Interpreting Metaphors in Children's Drawings*, published in November 1995, by Abbeygate Press, is a manual for art therapists and teachers which shows the developmental stages of children's art and the meanings of the symbols most frequently used by children in their drawings. The book also describes how to use these symbols as metaphors to help the child work through a problem. Cay also collects the art of untraumatized children to maintain perspective and keep a feel for what are the normal, creative outpourings of childhood. She has two grandchildren who contribute art to this study.

Lately, Cay has pursued her passion as an artist, painting subjects that relate to her work as an art therapist, including drug abuse, mother-daughter relationships, and




Monster drawn by six-year-old boy (above)

Boy protecting himself with a suit of armor (below)



women's roles in a changing society. She has won 19 awards in juried shows in the past three years.

Cay's Gamma Psi college roommate, GINNIE GALLIHER SPANGLE, *Maryland*, says, "Cay's diversity of talents and achievements take my breath away, and she seems to go on and on like that battery rabbit. The older she gets, the more she accomplishes. I think it is important that Kappas know about sisters over 70 who remain remarkably productive, both personally as well as in the service of others." 

— CHRISTINE ERICKSON ASTONE, *Wyoming*



Monster being electrocuted



Whirlwind protecting the boy

Renee McGinnis

Accomplished Artist



Browsing through the Bradford Exchange's catalog of fine porcelain collector's plates, one doesn't have to look closely to see the beautiful hand-painted bouquet of flowers, the light feather pen resting on a letter and a portrait of a young woman in the background.

But a Kappa's eye perusing the same edition will rest on the detailed fleur-de-lis embedded in the delicate gold border, the sea-and-sky blues of the ribbon design on the stationery, and the cross of two golden keys in the frame.

The Bradford Exchange took the illustration from an oil painting by RENEE MCGINNIS, *Illinois Wesleyan*, and made a film of pigment that is then baked right into the porcelain or china. This particular plate is one of her set of six featuring flowers — tulips, lilies, irises, chrysanthemums, and two with roses.

"It's a real Kappa thing," says Renee. "They [The Bradford Exchange] really liked it."

Renee said the fleur-de-lis plate was a tribute to the Fraternity, where she received many inspirations as a young artist in college.

As a junior at Illinois Wesleyan University in Bloomington, Renee went to Europe to study medieval culture, religion, and art. It was there, traveling through France, the Netherlands, England and Switzerland, that she met MICHELLE BALL and LISA FAUBEL, both Kappas from Illinois Wesleyan's Epsilon Chapter.

After hearing so much about the chapter from Lisa, then Vice President, and Michelle, Renee returned from Europe to pledge Kappa Kappa Gamma.

"It was a beautiful house with academic-minded girls who also knew how to have a good time — and that's important," Renee remembers.

"And, it was only a block away from the art department, had a 24-hour study room, and a 24-hour kitchen."

Renee graduated with a Bachelor of Fine Arts degree in graphic design, painting and printmaking in 1984 and moved back home with her mother in Cedar Rapids, Iowa, where she went to work for the local newspaper designing advertising layouts.

At 23, she was offered a position as the art director for the CBS affiliate KGAN-TV.

"I was the art department there," Renee said, joking. "It was just me." Renee joined the International Broadcasters Designers Association, through which the art director of an NBC affiliate in Chicago found her résumé and called her for an interview. Since her mother just happened to be going to Chicago anyway, Renee decided to tag along and interview for the experience.

"He offered me the job on the spot," Renee says, "so I went back to Iowa and packed."

Within six months of starting her job at Chicago's WMAQ in 1987, the NBC station owned by General

Electric began cutbacks that whittled her department in half. As the last one hired, Renee said she was certain she would be let go. Instead, NBC kept her on as a fill-in, and helped get her started in freelancing her electronic images and animations to CBS affiliate WBBM.

"Between those two stations," Renee says, "I could watch back and forth and see my work all over on TV."

Renee's illustrations varied from a shadowy stalker in front of a brick wall to school books with an apple used to denote school board stories, and the graphics typically appeared over the shoulder of the newscaster.

An opening at Chicago's WGN-TV landed Renee her position as art director. Each evening at five, Renee sits with the producer in the newsroom while they discuss the story budget for the 9 p.m. newscast.

"If a story comes back with no tape or film, then they use me to fill in the gaps," Renee says.

When the editors decide which stories will be covered and what runs when, the producer hands Renee a list of which stories need accompanying artwork.

"And then I go up to this incredible computer. I work on this monster — it's way beyond anything I can do with paint or markers."

WGN has large video walls that reporters stand in front of to deliver the news, so Renee's graphics are literally larger than life. One night of work might yield 20 graphics from Renee's computer, some very simple to produce and others more specific that can be very difficult. For instance, she might take a photograph of President Clinton and remove Bob Dole to insert Hillary, or quickly manipulate a stored caduceus image used to represent the medical profession for a medical story. A crime story might warrant a more complicated image of maps and locators. For a story on the renovation of Soldier Field, Renee spruced up an architect's rendering to make the graphic more attractive to appear on the air.

Working in the newsroom under deadline is as hectic as one might imagine, she says. And between 5 and 9 p.m., anything can happen.

"If a plane has a near-miss at O'Hare," Renee explains, "I work with the reporters. They are scribbling notes, and I'm asking if I do a graphic."

Since her work at WGN only consumes about 20 hours per week, Renee has plenty of time to do other things — such as paint. Most days, she gets up for a cup of coffee in

the morning and then goes right to the easel.

Art is all around her, even when she takes an afternoon break to hit the Stairmaster and free weights at a nearby gym.

Inside the facility, a large glass mural is framed on either side by two glass panels, each about 18 feet

long, one etched with a figure of a man and the other a woman, leading into respective locker rooms.

Today, Renee's greatest passion is sign art — most easily described as "big paintings."

She has had several shows in SoHo, New York City's gallery district, and two prior shows in Chicago.

In these allegorical oil paintings, Renee delves deeply into human tragedy and triumph, weaknesses and strengths. With 14 paintings in the series, each five-feet high and four-feet wide, Renee finds expression of issues that concern humanity.

Late in the

year Renee

closed a mortgage on a loft in Bucktown, the "Greenwich Village" of Chicago.

Surrounded by other artists in the neighborhood, Renee said she feels right at home under her 16-foot loft ceiling, and plans to remain. "I want to put a trapeze in my ceiling and swing." 



— CHRISTINE VERGES, *Oregon State*



Cory Feulner

KAPPA FOR FIVE LIFETIMES

"It's pretty funny. I remember hearing some Kappa songs when I was very young, and Mom sang to me," recalls **CORY FEULNER**, *Bucknell*, "but the songs are very different over the years and from one chapter to another. I do remember 'Oh, Pat!' though. I guess everyone knows that."

Kappa songs do differ in times and places, but there is so much that has remained the same for the 125 years since our Founders came together at Monmouth College. If there's someone who could have a real sense of the connection, it's Cory...great-great-granddaughter of Founder Anna Willits Pattee.

Five generations of Kappa history was not on Cory's mind when she chose to attend Bucknell University in Pennsylvania. "I wanted to go to a college in the East," says the Tucson, Ariz., native. I loved the campus but thought at first that the students were crazy. It was still chilly by my Arizona standards when we visited in the spring, but they were running around in shorts and T-shirts!" She now enjoys the changing seasons but could still do without the cold winters.

A sophomore accounting major "for the time being," Cory likes the program and classes but isn't sure where she might go with it in the future. "I'm not sure what my expectations were in coming so far from home, but I love Bucknell." Water sports are her thing. A member of the high school diving team and now a team member at Bucknell, water polo is the latest thing to grab her interest. Recently elected as Kappa's representative to the Panhellenic Peer Review Board, Cory is testing the waters in a variety of campus activities.

Since Bucknell has upperclass Rush, Cory didn't think much about joining a sorority until last summer when friends at home began saying things like, "You'll definitely be a Kappa."


Consequently, Cory feels she entered Rush thinking, "I'm NOT going to do it! I'm not going Kappa." Her mother, **LYNN YOUNGREN FEULNER**, *Arizona*, was supportive of Cory's making her own choice, saying, "Chapters are different at different places."

However, reason prevailed and Cory entered Rush with an open mind. "I really looked at all the [seven] sororities and had a hard time narrowing it down, but in the end I knew what I wanted. I felt most similar to the Kappas," she decided. On the other side, **MARLYSE PULVER**, chapter President says that in the early stages of Rush she asked a member who had spoken with Cory what she was like. "She's really awesome. Really," was the response. And on Bid Day, there she was. Pledging was fun, Cory says, adding, "I learned a lot about Kappa, but I feel there's a lot more to learn."

There's a lot to learn just from her own family's history. Cory's mother, an active alumna, has served as an adviser and now as House Board Treasurer for Gamma Zeta Chapter, *Arizona*.

Her grandmother, **MARGARET TUBBS YOUNGREN**, *Monmouth*, was the first President when Alpha Chapter was reinstated in 1934, October 13, 1934...64 years after the Founders made their first appearance in chapel.

As a recent initiate, Cory finds it hard to imagine how Kappa may fit into her life later on. "It's so strange," she says, "but I can see myself being affiliated and doing things in Kappa." She realizes that there are many unseen threads of connection. For instance, her mother's sister, **CARA YOUNGREN HARDINGER**, *Illinois*, is a member of the Wilmington (Del.) Alumnae Association and they have ties with Bucknell as "alum chums."

Unassuming, somewhat quiet, but poised and possessed of a sharp sense of humor, Cory takes things as she finds them. It's lucky that she and Kappa found each other and hit it off so well. 



For **Cory**, her mother, and grandmother, Kappa Kappa Gamma is a five-generation tradition.

— **LOIS CATHERMAN HEENEHAN**, *Adelphi*

To Newport *Rathburn Brodeur* **Looking Back**

A 78-year-old Kappa tells all

What could a 1930s Kappa pledge and member tell in a description of her years as a collegian? That's what Iota Province officers asked me last spring. Those young women just knew that this 78-year-old Kappa saw her sorority and campus life as very different from the '90s way of doing things.

It is fun to remember the strict closing hours, live music during every Sunday dinner, a house mother who was always escorted to the meal table and who oversaw our table manners, sleeping two to a double bed, being assigned work jobs every week and much more. The "much more" meant being encouraged to join this and that, to stay off the study table by earning suitable grades, to run for chapter office, to go to social events, to obey chapter rules, to make new college friends. That part isn't so different from today.

As I reflected on those Depression years (1935-1939), I was taken back to my girlhood and the very disturbing years I had gone through before turning 18. My father had a good business, and he agreed to my hopes of going to college. My brother, two years older, was known as the bright one, but he had died at the age of 18.

I thought of how lucky I was to be able to afford sorority life. I was not a cheerleader, not above average in scholarship, belonged to a high school club of no great reputation, and was very aware of a speech problem I had had since third grade.


So I left what is now known as a dysfunctional family and went to Washington State University to be embraced by 30 or 40 welcoming sorority sisters.

I soon overcame the speech impediment, joined the college YWCA, and covered the Department of Mining



Engineering for our school paper. The list grew longer as the years went by because of my energy and desire to serve. I dated a Sigma Nu and married him four years later. The reciprocal dances and firesides plus attending many sporting events broadened my social activities. However, I was injured one winter by falling off a toboggan in front of a car. I recovered enough to attend classes and to achieve my goal of graduating with my class. Out of nearly 20 in my pledge class, only five or so graduated. The Depression and marriage cut us down in number. The positive requests, suggestions, and requirements of my pledging and membership guided me into a wonderful destiny: a good marriage, three fine sons, YMCA programs chairmanship, school teaching, and Kappa honors. I was President of Tri-City (Wash.) Alumnae Association, Panhellenic's president there, honored by the Spokane alumnae, Iota Province Director of Alumnae in the '60s, and Alpha PDA in the '80s.

Five years after my husband, William Rathburn, passed away, I married A.T. Brodeur and lived in Montreal. Here I became acquainted with Kappas in Canada, New England, and New York. My husband died quite recently, and I now live in a lovely retirement complex in Spokane.

I can never thank my heavenly Father, my lovely mother, and my Kappa experiences enough for enlarging my opportunities for a wonderful life. Whatever the concerns or problems of a particular era or decade, there are also openings and issues we can grasp to continue development of a fulfilling life. 

—JO NEWPORT BRODEUR, *Washington State*

Volleyball Star Honored

Junior **BONNY BRUNST**, *Southern California*, is known as an instinctive, competitive, and versatile outside hitter for the University of Southern California volleyball team. A communication major with a 3.5 GPA, Bonny earned a spot on the 1994 Pac-10 All-Academic second team. She was also named Prime-Sports USC Student Athlete of the Week in October 1995.



Epsilon Pi, *UC Riverside*, works to raise money before a Cystic Fibrosis walk-a-thon on campus.

Kappas Fight Hunger with PB&J

GAMMA ZETA, *Arizona*, co-sponsored a PB & J sandwich-making event to help feed homeless people. Tables piled high with 80 loaves of bread, 60 pounds of peanut butter, 60 pounds of jelly, and plastic gloves and knives were set up at

Zeta Eta, *UC Irvine*, members and alumnae gather outside the chapter house during a Founders Day tea organized by the chapter.

the student union and in front of the Kappa house. Passers-by were encouraged to make sandwiches to be given to Casa Maria, a local charitable organization. Supplies were donated from local bakeries and supermarkets.

Good Ideas

SIGMA, *Nebraska*, raised \$450 through its "Kappa Kick Off" fundraiser, a soccer tournament to benefit a battered women's facility.

BETA NU, *Ohio State*, hosted a Panhellenic-

sponsored public relations forum at the chapter house featuring area media representatives. Journalists answered questions on how to write a news release and how to attract media coverage of positive Greek news.

BETA RHO^A, *Cincinnati*, enjoyed a surprise canoe outing as a break from a warm Rush work week.

The **GAMMA ALPHA**, *Kansas State*, "Dad's Club" sponsors a house project each year to benefit the chapter.

The **DELTA LAMBDA**, *Miami (Ohio)*, Finance Committee sponsors a pizza party for the pledge class that pays dues the fastest.

DELTA NU, *Massachusetts*, hosts a fall "dessert exchange" where the chapter invites other Greek groups to the Kappa house for a dessert party.

DELTA OMICRON, *Iowa State*, shared its Founders Day celebration with the Kappa Alpha Theta chapter in honor of the 125th anniversary of the founding of both Fraternities. Members of both chapters took turns reading facts



These four members of **Epsilon**, *Illinois Wesleyan*, make up half of the university cheerleading squad.





Beta Xi, Texas, Kappas who worked in Washington, D.C., for the summer, gather near the Washington Monument.

and historical information about each organization.

EPSILON DELTA, Arizona State, threw a "Fat Tuesday" dinner celebration at the Ronald McDonald House for children and families affected by cancer. The feast included a fajita dinner followed by ice cream sundaes and Mardi Gras beads for the kids.

EPSILON IOTA, Puget Sound, enjoyed an all-chapter retreat full of games, food, stories, brainstorming, and songs around a bonfire at a beachfront facility.

The **GAMMA NU**, Arkansas, Scholarship Committee organizes "Culture Nights" featuring different countries through food, music, and videos.

Life is a Highway



Robin Kirk enjoys the scenery as she sits atop the trailer she pulled behind her motorcycle during a cross-country journey.

ROBIN KIRK, Waterloo, is enjoying an adventurous year of travel throughout North America via motorcycle with a friend. In addition to experiencing new people and places, she is visiting universities in search of a master's degree program. During her journey, Robin has also been visiting a number of Kappa chapters in an effort to exchange and learn new ideas for chapter programming to share with Zeta Omega Chapter, which was installed in 1994. After her one-year journey, Robin will return to the University of Waterloo for her final year of classes and graduation.

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The Mu, Butler, Standards Committee recognizes members for good deeds and accomplishments with "Kappa Kongrats" award certificates.

ZETA KAPPA, Bowling Green, gives pledges a scholarship supplement full of study tips and campus resources, including phone numbers and locations of academic assistance offices.

ZETA XI, Yale, uses a voice mail system that allows members to call for an update on chapter and campus events.

ETA ALPHA, Furman, invites professors to "Kappa Coffee Break" each semester. The chapter scholarship program also

includes a scholarship banquet and guest speakers to inform the chapter about internship and scholarship opportunities.

Helping Kids Across America

MEGAN BOLINDER, EMILY SIMPSON, TARA BOHN, *Kansas State*, MIA FOLEY, *William and Mary*, JULIE McBRAYER and ERIN DONOVAN, *Baylor*, and BRENDA POKORNY, *SMU*, were brought together while working as counselors for Kids Across



Kappas from three universities met while working as counselors for Kids Across America summer camp.

America summer camp. They helped inner-city high school students experience mountain climbing, rappelling, canoeing, diving, fishing, swimming, and dancing, and stressed motivation and cooperation among the group. 

Zeta Gamma, Centre, members stand with advisers in front of their new chapter house after an adviser appreciation banquet.

ATTENTION CHAPTERS AND ADVISERS!

Please send collegiate news articles, photographs and "Good Ideas" to:

Collegiate News Editor

P.O. Box 38
Columbus, OH
43216-0038

Fax:
614/228-2571

E-Mail Addresses:

Internet:
73442.1175@
compuserve.com

Compuserve:
73442,1175

Kappa Aims for Olympics



Swimmer BETH JACKSON, *Michigan*, sports her second place medal from the World University Games in Japan. She is completing her final year on the University of Michigan swim team and is training for the Olympic Trials. Beth is pictured with her translator.



IN MEMORIAM

Names which appear in this listing are from information received by Headquarters from October 5, 1995, to January 8, 1996.

*ADELPHI COLLEGE

Mercer, Edwina Wallace,
'45,d.6/95
Nichols, Doris MacDermott,
'32,d.8/95
Pettit, Margaret Lowe, '40,d.11/95
Tabell, Margaret Suydam,
'27,d.11/95

*ADRIAN COLLEGE

Bragg, Charlene Norman,
'36,d.10/95
Deis, Elsie Davis, '31,d.12/95

ALABAMA, UNIVERSITY OF
Wiley, Mary Conrad, '47,d.4/95

ALLEGHENY COLLEGE
Flint, Priscilla Gill, '26,d.10/94
Ruoss, Barbara, '39,d.9/95

ARIZONA, UNIVERSITY OF
Drach, Paula Thomas, '54,d.11/95
Lamar, Elizabeth, '69,d.8/95

ARKANSAS, UNIVERSITY OF
Storey, Norma Ivy, '46,d.9/95

BUTLER UNIVERSITY
Buschmann, Virginia Bugbee,
'30,d.10/95
Gruen, Virginia Fosler,
'32,d.12/95
Harryman, Ilene, '20,d.1/94

CALIFORNIA STATE U. AT FRESNO
Losee, Myra Zahlis, '54,d.8/95

CALIFORNIA, U. OF AT BERKELEY
Humphries, Carol Guerin,
'35,d.11/95

CALIFORNIA, U OF AT LOS ANGELES
Williams, Peggy Tolton,
'34,d.8/95

COLORADO COLLEGE
Long, Betty Lou Walton,
'37,d.6/95
Wagner, Hazel Round,
'32,d.6/95

COLORADO, UNIVERSITY OF
Hudson, Sally Neidlinger,
'48,d.2/95

CONNECTICUT, UNIVERSITY OF
Gamble, Nancy Webb, '43,d.9/95

CORNELL UNIVERSITY
Dimelow, Grace, '16,d.10/95

DARTMOUTH COLLEGE
Boss, Alexis, '91,d.12/95

DENISON UNIVERSITY
Becher, Margaret Halteman,
'29,d.11/95
Kinsey, Louise Weston,
'34,d.1/95

DEPAUW UNIVERSITY
Beeson, Harriett Wall, '45,d.3/95
Wheat, Jean Walker, '44,d.10/95

DUKE UNIVERSITY
Gabel, Kathleen Roberson,
'32,d.12/95
Mann, Mildred Guthrie,
'30,d.1/95

GEORGE WASHINGTON UNIVERSITY
Gray, Alice Pagan, '37,d.7/91

GEORGIA, UNIVERSITY OF
Mitcham, Anne Halter,
'51,d.10/95

HILLSDALE COLLEGE
Curtin, Ann Booth, '44,d.4/95
Wiget, Marcia Walrath,
'31,d.3/95
Zimmerman, Mary Iredell,
'67,d.5/95

IDAHO, UNIVERSITY OF
Branson, Arleen Johnson,
'42,d.6/95
Runser, Alice Acuff, '35,d.8/93
Vieth, Marian Willsey,
'35,d.10/95

ILLINOIS, UNIVERSITY OF
Collison, Elizabeth Mason,
'27,d.3/95
Eisermann, Florence Mai,
'21,d.8/95
Pickett, Evaline Pettigrew,
'26,d.9/95

ILLINOIS WESLEYAN UNIVERSITY
Lennertz, Margot Ritter,
'51,d.12/93
McCord, Lillian Mecherle,
'24,d.9/95

INDIANA UNIVERSITY
Elford, Mary Potts, '49,d.10/95
Lowe, Helene Book, '25,d.4/91
Montgomery, Harriett Endres,
'35,d.10/95
Shaw, Kirsten Hollander,
'73,d.11/94

IOWA STATE UNIVERSITY
Illeman, Nance Caldwell,
'47,d.8/95

KANSAS STATE UNIVERSITY
Gaskill, Joellen Taylor, '44,d.12/95
Hardman, Meriam Blankenship,
'31,d.3/95
Pendleton, Marilyn Lacey,
'76,d.11/94
Schulze, Adelyn Peterson,
'41,d.9/95
Thompson, Majol Pollom,
'46,d.10/95

KANSAS, UNIVERSITY OF
Dye, Marion Dillenbeck,
'27,d.11/93
Elliott, Maude, '33,d.7/93
Swartz, Susan Hudson,
'29,d.10/95

KENTUCKY, UNIVERSITY OF
Alexander, Charlotte Talbert,
'44,d.10/95
Deibel, Lucy Manly, '60,d.11/95
Latimer, Martha Hall, '35,d.12/95
Milward, Rebecca Shelby,
'31,d.12/95
Newberry, Ann Webb, '43,d.10/95
Nuckols, Sarah Hall, '44,d.10/95

***MANITOBA, UNIVERSITY OF**
Morgan, Nancy, '36,d.4/95

MASSACHUSETTS, UNIVERSITY OF
Farrell, Claire Horton, '42,d.9/95
Smart, Helen Parkis, '44,d.10/94

MIAMI UNIVERSITY
Hoover, Nancy Martin, '49,d.9/95
Miller, Susan Bruere, '55,d.11/95

MICHIGAN STATE UNIVERSITY
Alley, Evelyn Webster, '61,d.12/94
Hitchcock, Helen Gould,
'31,d.8/95
Roe, Louise Lentz, '34,d.11/95
Swartz, Ruthmary Mangold,
'41,d.11/92

MICHIGAN, UNIVERSITY OF
Johnson, Blanche Martin,
'06,d.3/80

MINNESOTA, UNIVERSITY OF
Patterson, Elizabeth Hunt,
'23,d.10/94
Richards, Marion Sanders,
'32,d.11/95
Sevareid, Elizabeth Lockwood,
'30,d.9/95

MISSOURI, UNIVERSITY OF
Chatfield, Lynn Overstreet,
'55,d.12/95

MONTANA, UNIVERSITY OF
Miller, Helen Peterson,
'37,d.11/94
McDonnell, Mae Grant,
'17,d.11/95
Richey, Margaret Miller,
'16,d.9/95
Swartz, Ruthmary Mangold,
'41,d.11/92
Tanner, Joan Bielenberg,
'53,d.11/95

NEBRASKA, UNIVERSITY OF
Anderson, Frances Klose,
'31,d.9/91
Hudson, Jane McLaughlin,
'32,d.9/95
Plants, Marjorie Souders,
'34,d.11/95

NEW MEXICO, UNIVERSITY OF
Gulshen, Barbara Kipka,
'46,d.12/90
Oehmke, Rebecca Vanatta,
'45,d.7/93
Person, Marian Clark, '32,d.5/94

NORTH CAROLINA, UNIVERSITY OF
Smith, Edythe Sweeney, '61,d.1/95

***NORTH DAKOTA STATE UNIVERSITY**
Anderson, Mary Parker, '29,d.7/95
Buck, Laura Ball, '31,d.8/95
Walker, Lorissa Sheldon,
'29,d.9/95

OHIO STATE UNIVERSITY
Auld, Margaret Hiestand,
'24,d.12/95
Boardman, Eleanor Penniman,
'23,d.12/95
Denney, Mary Eull, '40,d.7/94
Heitz, Helen Gardiner,
'36,d.10/95
Wise, Helen King, '32,d.10/95

OHIO WESLEYAN UNIVERSITY
Agger, Barbara Gale, '54,d.10/95
Hughes, Leila Ricketts, '26,d.1/91
Longstreth, Cynthia Sykes,
'47,d.4/95
Miller, Frances, '27,d.10/95

OKLAHOMA, UNIVERSITY OF
Roberts, Helen Heyward,
'32,d.12/95
Talbot, Alice Schaff, '25,d.10/95
Wynne, Mary Wadlington,
'17,d.11/95

OREGON STATE UNIVERSITY
Butler, Julie Swennes, '45,d.9/95
Voll, Dorothea Leist, '30,d.1/94

(Continued next page)

Family Project

Three generations keep a Kappa chapter strong

"The only way to keep Kappa Kappa Gamma going in the next hundred years is by passing on the Fraternity from one generation to the other," says **SUSAN GOLDSMITH SHELLEY, Miami**. "This is especially important to me as there are three generations of Delta Kappa, Miami, Kappas in my family."

Susan's mother-in-law, **REBEKAH PARHAM SHELLEY**, was a charter member of Delta Kappa Chapter. Susan's daughter, **JENNIFER SHELLEY ROBINSON**, her sisters-in-law, **KATHERINE SHELLEY BLOMQUIST** and **REBEKAH SHELLEY GRIFFARD**, and her niece, **CHRISTINE GRIFFARD**, are also Delta Kappa Chapter members. Susan has served as Mu Province Director of Chapters and twice as the Miami Alumnae Association President.

With both Delta Kappa Chapter and her family meaning so much to Susan, it made sense to her to donate from her family foundation, The Goldsmith Family Foundation, the \$5,000 needed to fully fund Delta Kappa Chapter's Project 2000 account.

"This was a way for me to help keep Kappa going in the future," Susan adds. "If the Greek system is going to continue at the University of Miami it is important to keep families interested."

Project 2000, started in 1990, is a challenge by the Fraternity to the chapters to raise at least \$10,000 to endow a scholarship. The interest earned by the chapter's principal is distributed annually as a scholarship grant to one of the chapter members. This project has involved chapters in fund raising as well as giving alumnae a way to donate tax deductible dollars through the Kappa Kappa Gamma Foundation for a scholarship at a specific chapter.


To date, three chapters have fully funded these endowed scholarships, and five more are meeting the challenge, having raised over \$5,000.



Susan Goldsmith Shelley, Rebekah Shelley Griffard, Rebekah Parham Shelley, Jennifer Shelley Robinson, and Christine Griffard make Delta Kappa Chapter a family affair.

Delta Kappa Chapter members raised money for the Project 2000 account and contributions were also received from the Miami Alumnae Association. The scholarship will be named the Delta Kappa Project 2000/Lambda Phi Scholarship in honor of the local sorority, Lambda Phi, that became a chapter of Kappa Kappa Gamma Fraternity in 1938.

Other chapters that have fully funded Project 2000 scholarships are Beta Xi, *Texas*, and Pi Deuteron, *Berkeley*. Other chapters close to being fully funded are Beta Zeta, *Iowa*; Epsilon Rho, *Texas A&M*; Beta Mu, *Colorado*; Kappa, *Hillsdale*; and a special fund established by Beta Province.

Contributions to benefit these Project 2000 funds should be forwarded to the Kappa Kappa Gamma Foundation with a designation of which chapter is to benefit. Chapter Presidents will be notified of all gifts received. 

(Cont'd from p.37)

OREGON, UNIVERSITY OF
Hague, Jeanne Wagy, '38,d.8/95
Schade, Mary Bohoskey,
'31,d.7/94
Sullivan, Gertrude Miller,
'14,d.12/95

PENNSYLVANIA STATE
UNIVERSITY
Heckert, Helen Fiedler,
'44,d.12/94

***PENNSYLVANIA, UNIVERSITY OF**
Derbyshire, Doris Joy,
'25,d.11/90
Emerick, Aileen Collison,
'40,d.11/95
Lewis, Elizabeth Robertson,
'40,d.4/94

PURDUE UNIVERSITY
Hanson, Louise Woodbridge,
'23,d.8/95
Hurley, Wilmina Loveless,
'22,d.10/95

ROLLINS COLLEGE
McFee, Eleanor Roe, '36,d.10/95

SOUTHERN CALIFORNIA, U. OF
Hartford, Lucy Sherrill,
'51,d.9/95

SOUTHERN METHODIST
UNIVERSITY
Russ, Lillian Shertzer,
'34,d.11/95

***SWARTHMORE COLLEGE**
Brock, Sarah Pratt, '25,d.11/95

SYRACUSE UNIVERSITY
Caswell, Elizabeth Blanchard,
'20,d.8/87
Skilling, Mary Courtney,
'45,d.10/95
Vivian, Barbara Jones,
'41,d.11/95
Whitney, Isabelle Knapp,
'16,d.10/95

TEXAS, UNIVERSITY OF
Duease, Mary McDermott,
'37,d.4/90
Huth, Augusta Maverick,
'30,d.10/95

TORONTO, UNIVERSITY OF
Coatsworth, Helen,
'17,d.7/95

MacDonald, Betty-Jane Teagle,
'39,d.11/95
Rutherford, Elizabeth
Anderson, '26,d.10/95

TULANE UNIVERSITY
Boggs, Sarah Holbrook,
'41,d.8/95
Martin, Lillian Galt, '36,d.5/93
Parkerson, Elsa Schwartz,
'40,d.1/95
Perrilliat, Adele Cleveland,
'24,d.10/95

TULSA, UNIVERSITY OF
Taylor, Lynn Semple, '47,d.12/95

UTAH, UNIVERSITY OF
Browning, Afton Wright,
'32,d.10/95

Endowments Guarantee Stability

The concept of endowment is certainly nothing new. More than 2,300 years ago the philosopher Plato made a will, leaving his farm to a nephew and designating that the proceeds from the fields would support students and faculty at an academy he had founded. Although not quite an endowment in today's terms, Plato's purpose was to perpetuate his academy beyond his own generation.


Increased endowment provides Kappa Kappa Gamma with greater flexibility in meeting program needs. Endowment provides the most reliable source of income year in and year out. A large endowment creates stability, enabling the institution to confidently and creatively meet the challenges of the future.

Gifts of any size may be designated to endowment. A gift of \$25,000 or more may be used to create a restricted endowment, which offers the donor the opportunity to finance a program of personal importance — and offers the chance to name the endowment. Annual earnings can be directed by the Board of Trustees to fund current program needs. Endowment offers a perpetual, visible expression of a donor's intent.

In the past fiscal year, the Kappa Kappa Gamma Foundation awarded 74 scholarships and fellowships, 33 of which were provided by grants from endowed funds. Some of the funds came from bequests, such as those from **MARIAN BURR JOHNSON, Akron**, and **KATHARINE FARBER FUTCH, Drake**, whose thoughtful estate planning will support scholarships for our members — forever.

Many of the endowed funds have been established by individual members, friends, family, or alumnae associations to provide tribute to the honor or memory of a Kappa.

Scholarships and fellowships are not the only endowment opportunities. Endowments may be established for all of the Fraternity's educational and charitable programs, including leadership development such as Kappa Kinetics, educational programs such as KEEP SAFE, Rose McGill grants for Kappas in serious financial need, and the Heritage Museum.

To find out how to contribute to an existing endowment fund, or to establish one to support a particular program, contact the Director of Development, **MARILYN FOUSE JENNINGS, Ohio Wesleyan**. 

*For
more
information*
on
**Foundation
programs,**

please contact:

**KKΓ Fraternity
Headquarters
and Foundation
Office
P.O. Box 38
Columbus, OH
43216-0038**

**Tel:
614/228-6515**

**Fax:
614/228-7809**

**E-Mail:
73442.1175@
compuserve.com**

Hodges, Gwene Johnson,
'36,d.9/94
Ray, Virginia Otterstrom,
'32,d.10/95

WASHINGTON STATE UNIVERSITY

Anderson, Thelma Harper,
'23,d.9/95

WASHINGTON UNIVERSITY
Hencken, Virginia Cook,
'32,d.2/95

Obeir, June Burkart,
'44,d.3/93

WASHINGTON, UNIVERSITY OF
Grim, Robin, '76,d.10/95
O'Neal, Sally Wooldridge,
'45,d.7/95

WEST VIRGINIA UNIVERSITY
Kaufman, Betty Bayliss,
'31,d.10/94
Springer, Willey Hamilton,
'21,d.1/87

WHITMAN COLLEGE
Bodmer, Frances Ankeny,
'30,d.12/92
Buschmann, Virginia,
'63,d.10/95
Foster, Dorothy Gowman,
'31,d.7/95
Gaiser, Pauline,
'43,d.12/94

Holmes, Laura Robison,
'33,d.12/94
Matthews, Dana Coleman,
'36,d.12/95

Quick, Elizabeth Dubois,
'37,d.10/95


WILLIAM & MARY, COLLEGE OF
Franck, Minnie, '34,d.10/95
Schneider, Suzita Cecil,
'48,d.11/95
Wilke, Katherine Todd,
'71,d.10/95
Wright, Page Vaughan,
'26,d.12/95

WISCONSIN, UNIVERSITY OF
Hof, Janet Jones, '40,d.8/95

WYOMING, UNIVERSITY OF
Rapp, Joan Minshall, '49,d.8/95

* inactive chapter

HAZEL ROUND WAGNER,
*Colorado College, '32, died in
June 1995. She served the
Fraternity as Province Director,
Director of Philanthropies
1960-64, and as Director of
Membership 1964-66.*

In order for names to appear in the "In Memoriam" section, verification and date of death must be sent to Fraternity Headquarters and Foundation Office, P.O. Box 38, Columbus, OH 43216-0038. Memorial gifts may be sent to the KKΓ Foundation, attention: Marilyn Jennings. 

Tales from a Successful Sale

Scottsdale's 10-year-old Kappa Karport and Garage Sale, most successful as a fundraiser, is growing as a legend in Arizona Kappa circles. Past chair and present event treasurer **JOYCE SHELTON SACKETT**, *Missouri*, and **LYNN McCORMICK GUYOT**, *Butler*, say it is an easy way to make money. "There's a lot of work for four or five days, but then it's all over and you look back on the fun," says Lynn. "We've had a lot of laughs and a few near tears. We've grown from bringing our own card tables for display and stringing clothes lines to renting tables and clothes racks."

It was the tables lent for display that brought the near tears. A newspaper ad one year highlighted a ping pong table. Fortunately just before a customer carried it off, someone learned that it was only on loan. No such luck for an antique table belonging to a 65-year Kappa. She set up a jewelry boutique on her rare folding table and, while she was taking a lunch break, the table was sold. To this day, no one remembers who bought or sold the table.

Everyone oohed and ahed over a gorgeous diamond ring discovered in an old purse and envied the jubilant purchaser until a fine jewelry appraiser declared it a piece of glass.

Members sort and price for four days prior to the sale, often admiring what friends have donated. Those who don't work at the sale bring food, so that more than half of the 130 members help in some way. The eve of the sale is Preview Picnic where the Kappas enjoy barbecue and buy what has caught their eyes — for twice the marked price.

One member hosted the sale in her carport for seven years, then moved to a condominium, perhaps to get away. The police nearly broke up the sale another year as customers were parking in No Parking zones. A Kappa husband traffic controller did some fast talking and ended by making a sale to the policemen.

"We're still high on garage sales," say Lynn and Joyce. "They beat selling tickets, and they promote lasting

friendships among Kappa. It's continually amazing how many great women come out to help this one time of the year."

Olympic Hopeful

"Wow, what a race — all the water and bagels and free massages you could ever want," says **KIM CARLSON BENNER**, *Santa Barbara*, one of the 188 qualifiers at the Women's Olympic Trials Marathon race in Columbia, S.C., February 10.

Kim, 33, finished the 26-mile course with a time of 3:05:55, 124th out of 129 finishers. "I'm really glad I finished, even though a faster time would have been great," Kim says. "I know I can do better, so I'm already planning on running another marathon in June. Hopefully my husband will coach me for one more race, so I will be ready to rock."

Kim placed ninth at the USA Women's National Marathon Championship last year making the Olympic trials qualifying time by 15 seconds.

Although she did not qualify for the Olympic team, Kim says the experience was worth all the training and hard work.

"Just being a part of the Olympic

experience is a dream come true," exclaimed Kim. "If I had had the race of a lifetime, I might have even made the team! But just to be able to compete with the nation's best marathoners is a goal realized. My husband and I have already purchased tickets to attend the Olympics in Atlanta, so I know I'll be 'at the Games' no matter what!"



Kim Carlson Benner, *Santa Barbara*, didn't start running until after college.



Detroit East Suburban Kappas have launched an annual golf and lunch outing which is proving popular. These Kappas represent **DePauw**, **Miami**, **Purdue**, **Hillsdale**, and **Michigan State** chapters.

Twist on Tradition

"This year we're trying something different," says **DEBBIE OSBORNE HOLTSCLAW**, *Vanderbilt*, of the six-year-old Kappa/Pi Phi Spring Fashion Show which was held on March 1. The show is a proven fundraiser, averaging \$3,400 each year for Indianapolis Alumnae Association philanthropies.

This year the show has moved from Saturday to a Friday lunch hour as working women wanted their weekends free for family activities.

Also the clothing took a new "twist." Lillies of Zionsville describes its clothes as "wearable art." The owner of the store is known for transforming a scarf into a vest during previous fashion shows, and specializes in teaching the guests during the show.

Benefiting from the proceeds of the show are the Dayspring Center with services for the homeless and the Family Service Association of Central Indiana which offers rehabilitation programs to families, children, and older adults.

Kappa Kollectibles

"Last winter my husband and I were on a cross-country antiquing trip," writes **MARY WELLS RATHBONE**, *Southern California*, Province Director of Alumnae for Iota (East), "when I made a surprising find in a little shop in Indiana. It was a large, heavy, cast iron key, exactly the same in design as our little gold badge, priced at \$12. I am curious about its origin and would like the help of fellow Kappas.

"It might be a promotional piece such as vendors sometimes send to the Fraternity. This key is cast iron, eight inches long, and weighs more than two pounds. When a piece is cast, that means a mold is made and usually many pieces are cast from a single mold, otherwise the process would be too expensive to justify the product. This is why I believe there must be more keys like this in the country and someone out there must know



It looks just like the Kappa badge but this eight-pound black cast iron key would be hard to wear! Iota East PDA **Mary Wells Rathbone** would like help in learning its origin.

something about it."

Another Fraternity-related item surfaced at a **NEWARK, OHIO**, antique auction last July and was the surprise of the sale. An eight-and-a-half-inch



The Culvert Chair designed by **Katie Lee Eichert**, *Idaho*, won first place in the Best Student category at the Fourth Annual Chair Affair sponsored by the Interior Designers of Idaho. The chair is constructed of a piece of culvert and a wood seat. Katie recently received both a Bachelor of Architecture and a Bachelor of Interior Planning and Design *cum laude* from the University of Idaho.



Founders Day 1995 marked the dedication of a clock in memory of **Eleanore Goodridge Campbell**, *Colorado*, Fraternity President 1956-60. The clock sits in the living room at the University of Colorado Beta Mu Chapter house and was donated by members of the Denver Alumnae Association.

matt blue Weller pottery owl book-end soared to more than \$1000 before bidding ended. The art-deco styled bird was commissioned by the Fraternity and available from 1930 to 1933 only to alumnae. No examples have been known previously, and neither the Fraternity archivist nor the authors of a book on Weller's KKG pottery have seen an example of the bookend before.

Anyone having information about similar pieces should contact Fraternity Archivist Diane Mallstrom at Headquarters.

Homemaker Wins DAR Award

The 1995 California Outstanding Junior Member of the Daughters of the American Revolution (DAR) is **LAURA KATHERINE FANDEY CARSON**, *UC Riverside*, who served her chapter as Treasurer from 1978-80 before becoming principal accountant at the U.S. Department of Energy's Lawrence Livermore National Laboratory. Now a full-time homemaker and mother to two preschool-age boys, Laura helped form a new DAR chapter and has held numerous offices over the past 13 years.



Laura Katherine Fandey Carson was selected DAR's Outstanding Junior member in California.



New Hampshire alumnae gathered guests from as far away as England for food and fun at a member's lake home amid a large collection of bonsai trees.

Good Ideas

The **HOUSTON ALUMNAE ASSOCIATION** recognizes a loyal Kappa each year at Founders Day plus gives an Achiever Award for community involvement.

DAYTON, OHIO, puts its schedule on a bookmark to make it easier to keep handy and use; **CLEVELAND** gives a free first-year membership to encourage new members. **THE FAYETTEVILLE (ARK.) ALUMNAE ASSOCIATION** reduces dues to \$10 for recent graduates for two years — a half-price break. The plan seems to work as the group had a 55 percent increase in young alumnae members last year.

SONOMA COUNTY, CALIF., Kappas plan lunch and shopping to take advantage of a seniors discount day at the local mall.

Kappas in **KINGWOOD, TEXAS**, will gather for a lively St. Patrick's Bunko party. This fast-paced, quick-mixing game is on the agenda for **SOUTHERN VENTURA COUNTY, CALIF.**, and **TULSA, OKLA.** **GRAND ISLAND, NEB.**, alumnae will go to the horse races, and **NAPIERVILLE, ILL.**, Kappas will have a slumber party at the nearby chapter house. **HUTCHINSON, KANSAS**, alumnae follow a Spring Fling with a program by Kappa potters. **THE HOUSTON NORTHWEST ALUMNAE ASSOCIATION** plans an After Taxes party in April.

Andrea Higgins Teaches Art in Bali

ANDREA HIGGINS, *Dartmouth*, of **KANSAS CITY, MO.**, has spent this year in Indonesia assigned to the Faculty of Fine Arts at Udayana University in Bali as a Scholar of the Henry Luce Foundation. The foundation chose Andrea as one of 18 Luce Scholars who live and work in diverse settings throughout East and Southeast Asia. She was nominated by Dartmouth College, from which she was graduated in 1992.

The Luce Scholars Program, established in 1974, is designed to promote a greater understanding of Asia by Americans under age 30 who demonstrate leadership potential. Although applicants must be highly qualified academically and professionally, they may have no prior significant experience in Asia or Asian studies. Unlike other major international fellowship programs, the Luce Scholars program is experience-oriented, rather than academic.

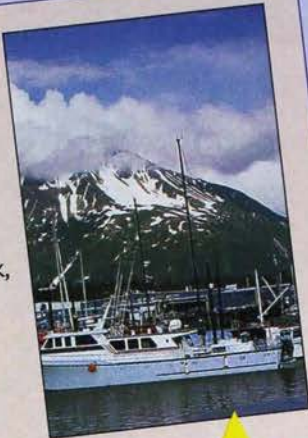
Andrea, age 24, earned her bachelor's degree with majors in studio art and art history. She recently completed her master's in fine arts in painting at the San Francisco Art Institute.

Alaska Cruise and Rail Tour

August 12-22, 1996

\$2,389 per person, double occupancy. Denali National Park, Prince William Sound, and the Inside Passage.

Call Linda Singleton
800/484-9934 x3290

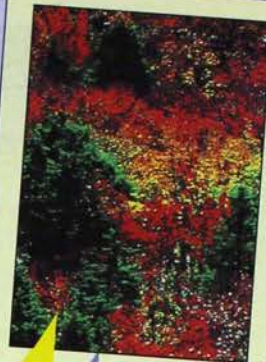


Fall Foliage Tour

Oct. 12-22,
1996

\$2,380 per person, includes free airfare. Ten days from Montreal to New York, including New England.

Call Nancy Grow
800/654-4934



San Francisco/ Wine Country/ Carmel

Sept. 28-Oct. 3, 1996

\$1,296 per person. San Francisco sights, wine country train, Carmel and the Monterey Aquarium.

Call
Linda Singleton
800/484-9934
x3290



Fab Five

with
Kappa
Travel '96

New York Theatre Tour

Dec. 6-11, 1996

\$1,550 per person, double occupancy. Three Broadway shows, Rockettes Christmas Show, shopping & sightseeing.

Call Nancy Grow
800/654-4934



Spice Island Cruise & Orient Express

Oct. 20-Nov. 3,
1996

\$4,499 per person, includes free airfare from LAX or SFO. Spice Islands Cruise, Orient Express train from Singapore to Bangkok.

Call Linda Singleton
800/484-9934 x3290



Call the travel agents listed above, or Lila Isbell – 800/554-7673

New Look for Dallas Holiday Homes Tour

Looking to add freshness and excitement to its ever-popular biennial Holiday Homes Tour, the DALLAS ALUMNAE ASSOCIATION introduced a new event called *Tablescapes* to kick off its 1995 tour of homes. Patterned after the FT. WORTH ALUMNAE ASSOCIATION's fundraising luncheon, *Tablescapes*, held at the Dallas Country Club featured over 50 tables individually designed and decorated by some of Dallas's top designers and retailers.

More than 400 guests attended the luncheon which included a viewing of all the tables during a coffee hour, a lively presentation by BEVERLY REESE CHURCH, *Tulane*, a nationally known expert on entertaining and the author of two best sellers, *The Joys of Entertaining* and *Weddings Southern Style*, lunch and then the tour of homes in the afternoon. "The November luncheon was sold out in July thanks to the support of Kappas and their friends who become table sponsors. We were pleased to see such a positive response as the proceeds from the tour and the luncheon will go to Girls' Inc. Preventing Adolescent Pregnancy Program, Rainbow Room of Child Protective Services to provide portable cribs, car seats, formula and diapers for victims of child abuse and neglect in Dallas County and to the Kappa Kappa Gamma Foundation for scholarships and the Rose McGill Fund. These worthwhile organizations reflect and support our Fraternity and Foundation goals of 'Women supporting Women' which we as an Association are pleased to be able to recognize and achieve through our fundraising and giving efforts," stated BELLE DRYE SCHAFER, SMU, Dallas Alumnae Association President.

Table decorators included CHANEL Boutique, Hermes of Paris, Neiman Marcus, The Polo Store, The Dallas Museum of Art, Stanley Korshak, Tiffany's and several other local florists, designers, antique dealers and upscale specialty retailers. According to BARBARA RAUN BARTON, *Nebraska*, and LOUISE SPENCE GRIFFETH, *Texas*, luncheon chairmen, the retailers were thrilled to be a part of the event. "It was a win-win for all of us. While the table decorators felt they were giving to the community while having the opportunity to showcase themselves at a very special time of year to a very select audience, we were able to coordinate and staff the event with a limited amount of volunteer effort. The volunteer numbers were critical as we did not want to overcommit our Kappas who were volunteers at our tour homes."

The Holiday Homes Tour was another grand success! Held Nov. 30 and Dec. 1, it showcased four lovely homes decorated for the holiday season by local florists. The floral design work was generously underwritten by Kappas and local businesses. A "store" at one of the homes featured six vendors with truly unique items not currently found in Dallas shops. Each vendor manned its own table and gave a percentage of the sales to the Kappa-designated philanthropies. Another great add-on to the event was a raffle drawing for some very special prizes donated by local merchants, hotels and airlines. Ten dollar chances were sold to members in the fall, at the *Tablescapes* luncheon and at each home during the Homes Tour. The drawing was held after the tour of homes.

As "adaptability" and "change" appear to be constant themes for the nineties, the Dallas Association members were pleased that the additions, deletions, the changes they made, and the risks they assumed were met with such positive results for their members and for the community they serve.



Tablescape Chairmen
Barbara Barton and **Louise Griffeth** sitting at a Christmas theme table.



Top: A table decorated for a wedding party.

Middle: Decor for those with an appetite for knowledge.

Left: This holiday table features an overhanging birdhouse!

— KAY SCHOLBERG WEEKS, *Bucknell*

Dynamic Duo



Annie and Amy Smith are singing their way to the top of the music charts.

Twin sisters and *Stanford* graduates ANNIE and AMY SMITH are bursting their way on to the country music scene. The Cheyenne, Wyo., natives have recently recorded their first CD "Dancin' in the Wind" in Nashville, Tenn., and have made their first music video "Golden Fields."

Together, Annie and Amy write all their own music from personal experiences as well as from stories shared by others. They have performed at The Grand Old Opry, as well as for Bob Hope, President and Mrs. Ronald Reagan, and President Gerald Ford.

Potpourri

"The interaction fills a need that can't be met anywhere but in the comfortable company of women friends," says GIGI PAVLOVICH, SMU, President of the FRESNO (CALIF.) ALUMNAE ASSOCIATION, speaking of fun activities such as the upcoming Spring Fling on April 1. "I encourage each of you to take time for the fun and satisfaction of friendship. If you join us for our Association meetings, luncheons, and parties, I guarantee you'll make a deposit in your 'sense of well-being account' that you can draw from later...It's the power of one and the power of fun."

ALPHA PROVINCE is unique in that its 12 alumnae associations span three countries, Canada, the United States, and England.

Prominent Canadian television figure DOROTHY (DODIE) ROBB, *Toronto*, received the Governor General's award in Commemoration of the "Person" Case. This was a famous 1926 decision of the British Privy Council which declared women to be "persons." The award recognizes outstanding contributions toward the promotion of equality for women. Dodie, a resident of Toronto, was honored for consistently promoting the participation of women in an industry dominated by men and for outstanding quality of her programs for women and children.

The CINCINNATI and BUTLER COUNTY, OHIO, alumnae offered a quilt at auction made by CATHRYN (CASSI) CONLIN BAUMAN, *Hillsdale*. The quilt brought \$330.

As an undergraduate journalism major at the *University of Georgia* in 1994, MARY BROWN COFFEE BREWER volunteered to be press secretary for a congressional candidate and commuted between classes and the campaign. His victory catapulted her to the position of press secretary for his Washington office, making her the youngest press secretary on Capitol Hill.

The two symphony orchestras of St. Petersburg, Russia, accepted fresh roses and gifts of friendship from the



Enjoying the puzzle table at the **Fort Wayne, Ind.**, new hands-on Science Central are the children of the alumnae association President. The table was a gift of the **Fort Wayne Alumnae Association**.

Spokane, Wash., Symphony, presented by MARGARET ROSS THRAILKILL, *Whitman*. The symphonies performed as part of a White Nights Festival, named for the nearly 24 hours of daylight during the Russian winter. The festival included 31 musical events, operas, ballets, symphony and choral concerts, chamber and solo



Miami University Kappas of the class of 1945 held a mini-reunion in **Bonita Springs, Fla.**, which included spouses, sun on the beach, nature trails, good restaurants, and hours of reminiscing.

recitals. In November, Margaret was presented with an Outstanding Achievement Award in Spokane for her work in the area of education.

A Trustee for the National Trust for Historic Preservation, **KATHARINE HORN DICKENSON**, *Miami*, was recognized for her outstanding volunteer service in Boca Raton, Fla.

Tulsa World special features writer **LOU ANN RUARK**, *Tulsa*, won an Associated Press award for an article about a Native American woman and the discovery of oil in Oklahoma.

Banking on It

BETTY BRYANT SHAUL, *Oklahoma*, president designate of the Bank of Cushing, has been named to serve on the board of directors of the Oklahoma City branch of the Kansas City Federal Reserve. The district serves Oklahoma City, Denver, and Omaha, Neb. The seven-member board consists of



Betty Shaul,
Oklahoma

two representatives from Federal Reserve banks in the district and five representatives from various industry segments. Betty will serve a three-year term and may be re-elected once. She said it was a great compliment to be named to the board, and she doesn't "often hesitate to provide an opinion. I look forward to working with others who will provide an insight of the economy in other parts of the area."

Opening Doors

The **KINGWOOD (TEXAS) ALUMNAE ASSOCIATION** is opening doors for those in need. The group has been very involved in the building and development of a new shelter for abused women and children.

Kappas are helping from the ground up. **CANDY KUBIAK VARTY**, *Northwestern*, owner and manager of a contracting company, has coordinated the extensive renovation and rebuilding of the shelter, and has donated much of her time to the project. **JANET SKELTON WOOD**,

Tulsa, and **JUDY BROWN BLACK**, *Ohio State*, designed and assembled an entire Kappa quilt sold to raise money for the project. Other Kingwood members have assembled canvas bags of toys for the children who seek safety at the shelter.



Kingwood, Texas, Kappas assemble bags of toys for children at a family shelter.

The shelter is called The Door; the volunteer auxiliary supporting the project is named The Key. The auxiliary group, organized by the mother of a Kingwood Kappa, thought of the name after seeing Fraternity magazines on the coffee table.



Texas pledge sisters **Dorothy Slator Paterson** (left) and **Nancy Netherton Ellison** won 1995 top Scouting awards in the **Houston** area. Each serves as Brownie and Girl Scout leaders for their daughters and Cub and Cubmasters for their sons.



"It looks like green granite, but it is made of recycled newspapers and soybean flour," explains former Chapter Consultant **Ann Girand Ullman**, *New Mexico*, of the table she designed which won an international design contest. The table will be exhibited in the U.S., Canada, Japan, and Europe.

EDITOR'S NOTE: We are delighted to be receiving so many 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.

Interfraternal Appreciation

I know it may seem unusual to receive a letter from an Executive Director in another organization. However, I feel compelled to write to you and congratulate you and the members of *The Key* staff for producing such a fine publication.

I am especially impressed with the variety of articles and your efforts not only to educate your members, but to focus on the Fraternity's mission. There is a tremendous amount of content that is interesting, informative, and thought provoking. You have reason to be proud of your magazine!

Continue your good works! Those of us committed to supporting the ideals of fraternal life appreciate your efforts. I look forward to reading your future issues!

Bethany A. Deines, *Executive Director*
Sigma Sigma Sigma Sorority

Feeling Good

JENNY HOOVER's outstanding article about Kappa Kidney Kamp in the Winter issue is a wonderful affirmation of the growing partnership between Ohio's Kappa Kappa Gamma Fraternity chapters and alumnae associations and the National Kidney Foundation.

Our hope is for all Kappas who read your article to feel very good about the role they play in giving some very special children many special memories that will last a lifetime. How appropriate for them to read such a heart-warming story at this special time of the year.

Our board of trustees, Kamp volunteers, staff, and — most of all — our campers send their thanks and best wishes.

Donald W. Slobodien, *Executive Director*
Renee M. Stith, *Director of Patient Services*
and Professional Education
National Kidney Foundation of Ohio

Errata

I really like the new format and hate to be a nitpicker, but someone made a "boo-boo" on page 42 (Winter 1995) which any resident of Florida would spot immediately.

The University of Florida is located in Gainesville. Florida State (FSU) is located in Tallahassee. At the beginning of the story, you mention the University of Florida and at the end, you mention FSU. I gather from the story you intended to say Florida State in the opening.

Shape up! These two schools are intense rivals.

Here is another suggestion — in your Keyhole (Letters to the Editor) section, it would be helpful if you gave the proper address. Is a sister supposed to write to the street number or the box number? I guessed the box number.

Keep up the good work!

AUDREY WENDLAND, *Wisconsin*

Editor's Note: Growing up in Oklahoma I understand state rivalries. I certainly would not want anyone to confuse Norman with Stillwater, or vice versa. *The Key* staff apologizes for the error and appreciates the geography lesson.

In response to your second point, both addresses are correct and proper, depending on the way the mail is sent. If a letter is sent via the United States Postal Service, then the P.O. Box is the preferred address. If a letter is sent via another carrier — and many are — then the street address must be used. *The Key* will continue to list both addresses, as is the custom with many large businesses across the continent.

Thanks a Bunch

Thank you for the profile of KATHERINE SHAW SPAHT in the Winter issue. KAREN KOHLER HOLLIDAY, who wrote the article did a nice job.

Congratulations on the new look for *The Key*. I always look forward to receiving mine.

JOAN McLELLAN NASH, *Mississippi*

Good News

I was delighted (as was my mother who is also a Kappa) with the lovely article JULIE ALVARADO wrote about me in the Summer issue. In fact, the article led my Little Sister, whom I have not seen for 20 years, to contact me.

I received the best Christmas present ever this year as I was selected to become the Director of the St. Paul District of the U. S. Immigration and Naturalization Service, serving Minnesota, North Dakota, and South Dakota. I became a member of a very select club — one of only three women district directors in our agency worldwide! Who said the "Year of the Woman" is dead?

This wonderful news came on the heels of a trip to Philadelphia to receive the Commissioner's Exceptional Service Award on November 30. This is the highest award granted by our agency and centered on my work with Cuban and Haitian refugees.

I am preparing to move again now (my 33rd move, if you can believe it) and have written to the Twin Cities Alumnae Association to let them know I am coming. The best thing about Kappa sisterhood has always been the instant friends you find in a new community. I am looking forward to meeting new Kappas and working with the University of Minnesota chapter.

VALERIE BLATT BLAKE, *Florida State*

(continued on next page)

Through the Keyhole... *Letters to the Editor*

(continued from previous page)

CORRECTION

In the Winter issue, the CLEVELAND ALUMNAE ASSOCIATION was left out of those donating to Gamma Province Kappa Kidney Kamp. The Cleveland Alumnae Association has been and continues to be an active supporter of and contributor to the camp. *The Key* apologizes for the error.

CLASSIFIED ADS

Save the Date

EPSILON SIGMA CHAPTER, Virginia, is holding its 20th anniversary reunion in Charlottesville, Oct. 18-20. Look for a mailing with more details soon. For more information, call JOANN BARTON VAUGHAN, 614/228-6515.

Villa for Rent

2 bedroom, 2 bath, with magnificent view of old St. Barts and St. Martin, located on Anguilla, "The Tranquil Island," with 33 quiet pristine beaches. Call 407/575-3020 or write Caribbean Villa, 15870 Windrift Dr., Jupiter, FL 33477

Holding a special reunion and you want to reach everyone? Consider advertising in *The Key*! Classified rates begin at \$150. For more information, call JOANN VAUGHAN, 614/228-6515.



Are You an Owl Out on a Limb?

Come join the group!

You, too, can enjoy the privileges, friendships, and fun that come with participation in an alumnae association. Please take a moment to complete the information form below and send it to SUSAN HUGHES. She will put you in touch with your Province Director of Alumnae and the alumnae association nearest you.

☐ YES! I want to know more about Kappa Alumnae opportunities near me!

Name: _____
First Nickname Middle/Maiden

_____ Last Husband's name

Address: _____
Number Street

_____ City State Zip

Telephone: (____) _____

College/University _____

Init.Date: _____

☐ New Address? ☐ New to Area?

Last Address: _____
Number Street

_____ City State Zip

MAIL TO: SUSAN EYNATTEN HUGHES, 426 W. 57th St., Kansas City, MO 64113

KKΓ HEADQUARTERS REQUEST FORM

Several often-requested items are available directly from Fraternity Headquarters.

1. Check the item and number of copies desired.
2. Phone 614/228-6515, or mail this form to:

Information Services
Kappa Kappa Gamma Fraternity
P.O. Box 38
Columbus, OH 43216-0038

No. of Copies	Price
Membership Data Form	NC
Graphics Manual	\$11.00
Hazing Brochure	Call
INSIGHT on Domestic Violence	\$5.00
Kappa Kappa Gamma Cruise Information	NC
Kappa Kappa Gamma Foundation Information	NC
KEEP SAFE Brochure	\$1.00
Reviewer's Choice Brochure (Review of all Video Resources)	NC
SEEK Manual (Chapter or Alumna)	\$8.25
SEEK Video	\$10.00
SEEK Audio Tapes I, II, & III	\$15.00
"Reflections" Video	\$20.00
TOTAL AMOUNT	

Your Name: _____

Address: _____

Phone No.: _____ / _____

Burr, Patterson & Auld Company

BADGES:

	14K	10K	GK	SS
1. Plain Badge	\$	\$45.00	\$	\$
2. Crown Pearl Badge	-	80.00	-	-
3. Crown Sapphire Badge	-	75.00	-	-
4. Alternating Sapphire/Pearl Badge	-	75.00	-	-
5. Alternating Pearl/Diamond Badge	-	160.00	-	-
6. Alternating Sapphire/Diamond Badge	-	170.00	-	-
7. Crown Diamond Badge	-	250.00	-	-
NOTE: For Enameled Letters, add \$1.00 to the above prices.				
8. Special Plain Award Key	-	60.00	-	-
Special Pearl Award Key	-	100.00	-	-
Special Award w/ Sapphire, Garnets or Rubies	-	95.00	-	-
Special Award w/ Diamonds	-	475.00	-	-
9. Special Emerald Award Key	-	110.00	-	-

GREEK LETTER CHAPTER GUARDS:

Please specify chapter letters.

10a. Plain Single	-	30.00	11.50	-
b. Plain Double	-	35.00	14.00	-
c. Chased Single	-	30.00	14.00	-
d. Chased Double	-	40.00	17.00	-
e. Crown Pearl Single	-	65.00	33.50	-
f. Crown Pearl Double	-	80.00	51.00	-

NOTE: Guards available in Ruby, Sapphire, Emerald and Diamond Stone Combinations. Price Available upon request.

LAVALIERES:

11. Crest	47.00	31.50	12.50	12.50
12. Crown Pearl Stag Letter	110.50	85.00	63.00	-
13. GF Small Round Filigree	-	45.50	25.50	25.50
14. GF Oval Filigree	-	48.00	28.00	28.00
15. Vertical Letter	38.00	28.00	8.00	12.50
16. Heart	39.00	29.00	12.50	12.50
17. Circle	39.00	29.00	12.50	12.50
18. Key	38.00	28.00	8.00	12.50
19. Pin-on-Badge Charm (Badge not included)	157.00	112.00	52.50	52.50

Note: The prices above do not include Neckchain; add \$5.00 to above prices for 18" Gold-filled or Sterling Silver Neckchain.

BRACELETS:

	14K	10K	GK	SS
20. Key w/ Crest	-	220.00	86.50	86.50

RINGS:

Please specify ring size

21. Wide Band Crest	165.00	127.00	57.50	
22. Round Signet Crest	146.00	114.00	52.00	
23. Imp. Onyx/Crest Ring w/o Pearls	190.50	139.50	57.50	
24. Imp. Onyx/Crest Ring w/ Pearls	202.00	151.00	69.00	
25. Blue Enamel Marquis	139.50	108.00	46.00	
26. Mini Monogram	101.50	76.00	34.50	
27. Vertical Incised Letter	153.00	108.00	40.50	
28. Scottsdale Incised	139.50	101.50	34.50	
29. Philly Swirl Ring				
a. Sapphire	209.50	158.50	-	

*NOTE: Returned or cancelled orders are subject to penalty. Prices are subject to change without notice. Prices are subject to state sales tax for Indiana residents. Please allow four to six weeks for manufacturing.



b. Pearl	190.50	139.50	-
c. Alt. Sapphire/Pearl	203.00	152.50	-
d. Alt. Pearl/Diamond	266.50	216.00	-
e. Alt. Sapphire/Diamond	273.00	222.00	-
f. Alt. Diamond	305.00	254.00	-
30. Oval Incised Letter	152.50	108.00	40.50
31. Oval Raised Letter	152.50	108.00	40.50

PINS:

32. Fleur de Lis Pin	-	25.50	12.50	12.50
a. Fleur de Lis Pin with 3 Pearls	-	31.50	18.50	18.50
33. 65 Year Pin	-	(Available through HQ only)		
34. 50 Year Pin	-	(Available through HQ only)		
35. Pledge	-	-	5.00	-
36. Recognition Key	-	20.00	5.00	-
37. Monogram Recognition	-	-	4.00	-

KEYCHAINS:

38. Horseshoe Fob	-	-	18.50	-
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Individual badge orders may be placed directly with Burr, Patterson & Auld Company. Chapter orders for badges MUST be prepared by Chapter Corresponding Secretary on official order forms obtained from Fraternity Headquarters.



Effective 9/95

MAIL PREPAID ORDERS TO:

BURR, PATTERSON & AULD COMPANY, INC.

P.O. Box 800 • 9147 W. 1000 N. • Elwood, IN 46036

(317) 552-7366 • 1-800-422-4348 • Fax (317) 552-2759

UNDERGRADUATE MEMBERS: Issues of *The Key* are mailed to your home address and we hope your parents will read and enjoy them also. After leaving college, please notify Headquarters of your address changes.

HAVE YOU MOVED...CHANGED YOUR NAME OR OCCUPATION?

Please provide Headquarters with current information. Career information will be entered in the data bank for CHOICES.

Name: _____
Last
First
Middle/Maiden
Chapter

Spouse's Name: _____
Last
First

Street Address _____ City _____ State _____ Zip _____

Home Phone : (_____) _____ Occupation: _____

Send to: KKG Fraternity Headquarters, P.O. Box 308 Columbus, OH 43216

Make it Happen

— For Generations to Come



"I sincerely thank you for making this scholarship possible and for selecting me as the recipient of the Ruth Heady Hardy Memorial Scholarship. It is truly a privilege to accept this scholarship which honors your mother's own dedication to career, Fraternity, and community. I believe in myself and will continue to strive for success in my pharmacy studies and Fraternity life through college and years beyond."

— ELLEN GARZYNSKI, *Purdue*

JUNE HARDY LIVINGHOUSE endowed a scholarship in the memory of her mother. Your gift to the Foundation can likewise help a new generation of Kappas achieve its goals.



Wouldn't you want your last gift to last forever?

Planning on your part makes a positive, permanent impact in the lives of Kappas.

Your estate gift to the Kappa Kappa Gamma Foundation will make a difference to the future of Kappas around the world. Join the 116 women as charter members of The Omega Society who have remembered the Fraternity in their estate plans. There is no minimum donation, just a needed commitment to future generations.

Charter membership in The Omega Society closes June 1. For more information, call **MARILYN FOUSE JENNINGS**, *Ohio Wesleyan*, Director of Development, 614/228-6515.

Send all notices of address changes and member deaths to:
KKG Headquarters
PO Box 308
Columbus, OH 43216-0308
Phone: 614/228-6515