

the Key

KAPPA
KAPPA GAMMA

VOLUME 118, No. 1
SPRING 2001

*"I Will
Survive!"*

This illustration portrays a woman emerging triumphantly from a maze that represents life's challenges. In this issue, you will meet Kappa survivors and heroes.

Date Rape Drugs — 8
Dealing with Grief — 12
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Survival – That's Life

— By LOIS CATHERMAN HEENEHAN, *Adelphi*

Life is what happens when you're making other plans.

I don't know where that saying came from, but I've always thought it quite true. Life does come along and smack you "upside the head" when you don't expect it. Maybe it's just a reminder that our inventions, machines, abilities and intelligence have not rendered us invincible.

The "happening" always seems to be disastrous — or at least, those are the events we remember most vividly. We fail an exam, don't find the perfect job or house, have an auto accident, are struck by a serious illness, etc. Sometimes, however, the surprise event is a happy one — acing the exam, getting the job or house, winning a trip to Disney World, orchestrating a big wedding. There are even the events that shift categories, like missing the train that is later derailed!


Whatever the event — good or bad, major or minor — we follow the song lyrics and "pick ourselves up, dust ourselves off and start all over again." We survive.

This issue tells the stories of a number of Kappas who are survivors. They experienced life on a television reality show, fought disease, endured assault, lost loved ones and changed careers. In facing their situations, they all had one thing in common — the support of other Kappas.

Building on the strengths instilled by our families, we are provided with tools and taught survival techniques — how to come through with our sense of humor intact, how to turn losses into gains, how to look to the future. Just think, we survive "rush" or membership recruitment! We learn how to organize an activity, gain the backing of a varied group of women, serve others, promote ethical and responsible behavior and interact for the good of individuals and the group.

We learn from each other as well as from Fraternity publications and programs. *The Leadership Guide*,

Keep Safe, *INSIGHT on Domestic Violence*, *SEEK* and others provide information and means of coping with specific problems. Advisers and Fraternity officers serve as mentors, resources and role models. Kappas worldwide share experiences through *The Key*. And your sister on campus or in the community is there with applause, a hug or a free day of babysitting when it's most needed and appreciated.

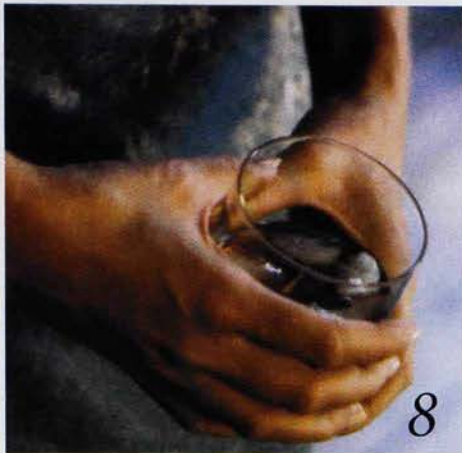
Survival happens in small steps. Each step is smaller and easier to take when you know someone has walked this path before and is there to steady your footsteps. Survival means "to last, pull through, weather" — and there is good weather and bad. "Surviving" a big wedding can mean fun-filled planning and also nail-biting anxiety. Serious illness creates grave concern that hopefully converts to triumphant recovery. And through it all ... *We get by with a little help from our friends.* 



A short break helps these **Beta Rho**, *Cincinnati*, members survive recruitment week.

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National Panhellenic
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President's Message

Show Your Greek Pride!

Arriving home after college graduation, it was natural to sort the memorabilia of four years into the "save" and "toss" piles. Somehow, my Kappa membership certificate landed in the toss pile, but I kept my badge. It is a beautiful piece of jewelry. In essence, my badge survived the change of lifestyle from college student to professional.

Do you know where your golden key badge is? Has it survived the relocations, the trips to the dry cleaner, being tucked away in a safe place only to resurface when one cleans out that chest of drawers? It is a wonderful keepsake from those collegiate days. It holds so many special memories and symbolizes all that binds us together. So, why not give it a place of prominence?

For several years now, the National Panhellenic Conference has encouraged all sorority women to wear their badges or Greek letters the first Monday in March. And, 2001 is no exception. Once again this month, all women in the Panhellenic system — active and alumna alike — have been encouraged to honor their Greek affiliation by wearing their badges or letters.

Greek-letter organizations have survived anti-Greek sentiment from their earliest days. Greek-letter organizations have been banned from college campuses, only to be resurrected again, surviving the critics who would focus on the poor choices of a handful of members.

Kappa Kappa Gamma and all Greek groups continue to face a public relations challenge. The impact that an individual's actions — or a dozen individuals' actions — have on the whole is exponential. We must continually remind ourselves that, as good as we feel about our organization, we are only as good as how we are perceived by others.

So, what can you — one Kappa — do to create a positive picture of Kappa Kappa Gamma? Wear your badge.

Wear it to work, wear it to lunch, wear it to your community service organization's meeting. You are living proof that Kappa membership is for a lifetime. You exemplify to your community the best of Kappa. We can and will improve the image of being Greek, one acquaintance at a time. However, it will take each of us sharing the story, the purpose and the mission of Kappa Kappa Gamma.

In this issue of *The Key*, we examine many touching stories of survival. Kappa, too, has its own success story — that of more than 130 years of history and rich heritage. Wear your badge proudly for it is a symbol of all that is good and true and beautiful.



Loyally,

ANN STAFFORD TRUESDELL
Ohio Wesleyan
Fraternity President

NPC Tackles Tough Issues

Delegates, presidents, executive directors and editors of the 26 member groups of the National Panhellenic Conference gathered at the DFW Lakes Hilton Executive Conference Center in Grapevine, Texas, October 20 – 22, for NPC's 2000 Interim Meeting.



Chairman MARIAN KLINGBEIL WILLIAMS, *Missouri*, (pictured above), opened the meeting by emphasizing the theme, "Leading the Way, Sharing the Vision." Noting the continued concern about alcohol abuse on campuses, Marian stressed that the time has come for new initiatives requiring NPC's vision, leadership and courage to create change in the culture on the college campus. She cited a noted vice president of student affairs who said, "It makes me ask if there is any hope for the Greek system or will they continue to self-destruct." Marian challenged all fraternity and sorority members to use vision, communication, collaboration and leadership to accomplish needed changes.

NPC Selects Administrative Director

CAROL LASH ARMSTRONG, *Miami (Ohio)*, has been selected as the permanent administrative director for the NPC central office in Indianapolis, Ind. For more information on the National Panhellenic Conference, call 317/872-3185 or visit its Web site at www.npcwomen.org.

In closing, Marian noted that NPC is eagerly anticipating its Centennial celebration in 2002. "NPC is not great because she is old; she is old because she is great ... a legacy earned which has been time honored and for which each of us is responsible."

Special sessions were held to hear reports of the "Women & Girls, Tobacco & Lung Cancer" and "College Women & Depression" programs. For delegates with chapters on specific campuses, campus and housing meetings were held to discuss critical issues and determine courses of action to improve situations.

Tim Burke, NPC legal counsel, stressed the need for everyone to protect and advocate our Constitutional First Amendment rights: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the Freedom of Speech, or of the Press; or the right of the people peaceably to assemble, and to petition the government for redress of grievances." The First Amendment and other provisions of the Constitution are our sources for broad freedoms of association and privacy rights.

Other legal issues discussed included preserving the single-sex status of NPC organizations. Title IX of the Education Act, prohibiting discrimination on the basis of sex, does "not apply to membership practices ... of a social fraternity or social sorority ... , the active membership of which consists primarily of students in attendance at an institution of higher education."

An alcohol-free housing initiative panel indicated that, although not yet universal, many steps are being taken on campuses to change the perceived alcohol-centered culture. Increasingly Panhellenic women are stepping forward to take responsibility for addressing substance abuse. When women combine effort in a Panhellenic, they represent the largest organization of women on most campuses.

NPC adopted the following programs:

- The "Focus on Confrontation" program will be piloted during 2001-2002 to assist college Panhellenic members in handling complicated risk management issues.

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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Congratulations to the following Kappa Kappa Gamma alumnae and collegians serving as local Panhellenic Presidents:

Alumnae Panhellenic Presidents:

MONICA MEEHAN,
Nebraska,
Pikes Peak Region, Colo.

BARBARA ZEMER GOLAN,
Nebraska,
Daytona Beach, Fla.

JULIA WATKINS TODD,
Baylor,
Northwest Harris, Texas

VICKI STEMENBERG
ABBOTT, *Baylor,*
Plano-Richardson, Texas

SONYA GORDON JONES,
Boston, Stuart Area, Fla.

MELISSA LAFLEUR SIMON,
LSU, Shreveport-Bossi, La.

KATHLEEN ROWLAND,
Texas A&M,
Hidalgo County, Texas

LINDA BELL DANIELS,
Whitman, Naperville, Ill.

CHERYL MINTON COOPER,
Arkansas,
Hot Springs, Ariz.

BARBARA BRADSHAW
SILLESEN, *DePauw,*
Newport Harbor, Calif.

CARLA PARKER DUESER,
Texas, Abilene, Texas

ANDREA URBACH PITT, *UC*
San Diego, Lakeland, Fla.

ALISON BRUNER WEWERKA,
Oklahoma,
Ventura Area, Calif.

BETSY WILKIE MALONEY,
Wisconsin,
Hinsdale Area, Ill.

CAROL DAVIS DECATUR,
St. Lawrence,
Philadelphia, Pa.

MARGE FREE LICHTY,
Kansas,
Greater Kansas City, Kan.

Campus Panhellenic Presidents:

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Colorado State

ERIN CAVANAUGH,
Connecticut

CARRIE JABLONOW,
George Washington

CAROLINE KEATING,
Northwestern

LAUREN KINNEY, *Missouri*

CAROLYN WESTRICH,
Valparaiso

STACIE WRIGHT, *Kansas*

CATE SCHEFFY,
Louisiana State

ELANA SCHAFFER,
Massachusetts

DANA PICKELL, *Montana*

PAMELA TEETS, *Allegheny*

SONJA JENSEN, *Utah*

ALISON DYKSTRA,
Washington

LAURA BLEGEN, *Lawrence*

— Provided by NPC,
fall 2000



(pictured front to back, on right) NPC Chairman **Marian Klingbeil Williams**, *Missouri*; Second Alternate **Carol Morrison Sobek**, *Arizona State*; First Alternate Delegate **Juliana (J.J.) Fraser Wales**, *Ohio State*; (front to back, on left) Fraternity President **Ann Stafford Truesdell**, *Ohio Wesleyan*; Third Alternate **Gail Simpson Owen**, *Monmouth*.

- The "Focus on Self-Esteem" will also be tested and evaluated during this time.
- College and alumnae Panhellenics will recognize and promote October as the Month of the Scholar.
- NPC will sponsor, in kind, the National Alcohol Screening Day during 2001-2003, through mailings to those campuses where College Panhellenics are established.

The Kappa Kappa Gamma delegation members in attendance with Chairman Marian Williams were First Alternate Delegate JULIANA (J.J.) FRASER WALES, *Ohio State*; Second Alternate CAROL MORRISON SOBEK, *Arizona State*; Third Alternate GAIL SIMPSON OWEN, *Monmouth*. Attending concurrent meetings were Fraternity President ANN STAFFORD TRUESDELL, *Ohio Wesleyan*; Interim Executive Director LILA ISBELL, *Montana*; and Editor JENNY STRUTHERS HOOVER, *Bowling Green*.

Alcohol-Free Resolution

The Alcohol-Free Resolution implemented last fall is gaining support. More than 80 college Panhellenics have passed alcohol-free social event initiatives. Due to a variety of campus circumstances (campus size, availability of vendors and space, etc.), some chapters are facing challenges implementing the resolution. However, the Fraternity Council is encouraged by the progress of our chapters and continues to offer them support and resources.

Many chapters have taken on a leadership role by working with other women's and men's groups to plan alcohol-free events. EPSILON NU, *Vanderbilt*, has initiated philanthropy swaps with other fraternities and sororities. The two groups get together for an afternoon and volunteer in their community. EPSILON RHO, *Texas A&M*, is working to eliminate alcohol from the ever-popular "Derby Days." In addition, chapter

Convention 2002

The 64th Biennial Convention will be held in Orlando, Fla., June 2002.

members worked with other Panhellenic groups to pass alcohol-free resolutions that are consistent with Kappa's resolution, calling for events with the fraternities whose facilities are alcohol-free. All the sororities on campus have passed an alcohol-free resolution.

If your chapter is leading the way in implementing the alcohol-free resolution, please contact *The Key*.

Alumnae Association Membership ... Why Is It Special?

It's an opportunity to:

- meet and socialize with wonderful women
- gain support in pursuit of lifelong learning
- receive recognition and appreciation of your time and talents
- enjoy laughter, good food and a lot of fun, and
- participate in leadership and philanthropic service to Kappa and your community.

The Fraternity is extending and rejuvenating in the following locations. Getting involved is easy — simply contact a Kappa listed below. If your area is not represented in this list and you would like to start an association, contact SHIRLEY SWAN JORDEN, *Tulsa*, P.O. Box 8111, Horseshoe Bay, TX 78657-8111; jrjorden@tstar.net; 830/596-2201.

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Even if your dress size has changed, your key still fits! Join the fun and worthwhile projects of a local association. A complete list of alumnae associations is available at www.kappa.org or by calling Fraternity Headquarters at 614/228-6515.

New Alumnae Associations

- **HIGHLAND LAKES** — President LINDA EICHNER SCHNEIDER, *LSU*, 605 CR, 120B Marble Falls, TX 78654, 830/693-1471, ris@281.com
- **BENTON CITY** and **FAYETTEVILLE ALUMNAE ASSOCIATIONS** have merged to become **NORTHWEST ARKANSAS** — President KARYN KOSCHEL, *Arkansas*, 2075 N. Kantz Ln., Fayetteville, AR 72703, 501/521-5531, kk@mail.dicksonstreet.com



Province Officers from across the continent met at Fraternity Headquarters for a fall training seminar. Training for newly elected Province Officers will take place during the annual Associate Council Seminar in Columbus, Ohio, June 21-23.

Chairman of Philanthropy

The Fraternity Council has established a Chairman of Philanthropy position to work with alumnae associations and chapters to develop appropriate philanthropy programs and encourage member participation. CAROL LASH ARMSTRONG, *Miami (Ohio)*, the newly appointed chairman, will encourage support of the Kappa Kappa Gamma Foundation and promote the availability of Foundation scholarships.

Foundation President Reappointed

The Fraternity Council has reappointed PATSY BREDWICK LEVANG, *North Dakota State*, as President of the Kappa Kappa Gamma Foundation for another two-year term. Patsy has served the Foundation as President since June 1997. She has previously served the Foundation as Chairman of Financial Assistance and served the Fraternity as Chairman of Pledge Programs, Province Director of Chapters, Coordinator of Chapter Development and Graduate Counselor. (Read Patsy's message on Page 31.)

Two New Task Forces

The New Member Program Task Force led by CATHY EARLY, *Villanova*, Assistant to the Director of Chapters, will review and evaluate the New Member Program. Recommendations will be made to Fraternity Council in June. Comments may be sent to Cathy via e-mail: earlycathy@hotmail.com or to Fraternity Headquarters.

The Technology Task Force led by JANE YOUNG BARRETT, *Oklahoma*, will study the flow of information within the Fraternity and recommend changes to improve efficiency. Comments may be sent to Jane via e-mail: jybar@telepath.com or to Fraternity Headquarters.

Identity Study Focus Groups Completed

During the winter, the Fraternity engaged in focus groups with members from 30 alumnae associations and 18 collegiate chapters. These interviews were conducted by consultants from Luxon • Carrà, an international consulting firm hired to implement Kappa Kappa Gamma's comprehensive identity study.

Consultants have also interviewed parents of collegiate members, leading university administrators, Greek advisers, Foundation donors and Fraternity and Foundation officers and chairmen. The firm has also analyzed the Fraternity's strategic plans, communication materials and Fraternity and Foundation documents. Upon completion of the study, they will present to the Fraternity and Foundation the factors that make

Kappa Kappa Gamma distinctive, and recommend ways to articulate those factors in a visually concise and consistent manner.

Associations and chapters were selected on their ability to represent

the interest and opinions of the Fraternity's diverse membership. The Fraternity thanks all those who took the time to share their thoughts and opinions during this process.




Members of the **Dallas Alumnae Association** took part in the Dallas/Ft. Worth area focus group conducted in December 2000. Pictured are **Sandy Heaberlin Saalfied**, *Tulane*; **Kathy Winniford Jackson**, *Southern Methodist*; **Lynn Witte Hamilton**, *Baylor*; and **Elaine Edwards Nelson**, *Baylor*.

2002 Alumnae Achievement Awards

Do You Know an Outstanding Candidate?

Kappa Kappa Gamma honors outstanding alumnae by recognizing excellence in volunteer and professional pursuits, a tradition established in 1946. Your nominee must be active in her field with involvement on a national or international level. Many alumnae achieve local acclaim, but this award requires more than regional recognition. Recipients will be honored at the General Convention in June, 2002.

To be considered, the following nomination form must be postmarked by **May 15, 2001**. A one-page letter enumerating the manner in which the nominee has fulfilled the criteria for the Alumnae Achievement Award must accompany nominations. News clips, magazine articles and color photographs are encouraged. Send completed form and supportive materials to:

PEGGY HANNA HELLWIG, *Tennessee*, Fraternity Vice President, 205 Stable Rd., Carrboro, NC 27510. 

KKΓ Alumnae Achievement Award Nomination Form

Date: __/__/__

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

Street Address: _____

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

Phone #: _____ E-mail: _____

University/College: _____ KKG Chapter: _____

Initiation Year: _____ Degree/s Earned: _____

Field of Achievement: _____

Honors/Recognition of a National/International Scope: _____

Participation in KKG Activities: _____

Nominated by: (First, Maiden, Last) _____

Street Address: _____

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

Phone #: _____ E-mail: _____

A Mother's Plea

Warn your daughters and
educate your sons

As young women and men enter college, often away from home for the first time, they encounter many new experiences. As a Kappa alumna, but mostly as a mother, I desperately want to forewarn young people about the dangers on college campuses.

My daughter left for school in the fall of 1999, filled with hope and excitement for the new experiences that college life would bring. Ready to take on dorm life, academics and meeting new people, she pledged a sorority and began to settle into her new life. But what happened one January night has changed our lives forever.



At a fraternity party last year, my daughter made the mistake of drinking from an open cup that was distributed from behind a bar. Although her father and I do not condone underage drinking and have had strict rules on the subject, we are not naïve about the fact that underage drinking does occur in college. Regardless, we have had many discussions about limits and safety issues and felt our daughter was street smart.

What has happened to our daughter is a parent's worst nightmare — one we can't wake from. We are virtually certain that my daughter's drink was laced with rohypnol (or "roofies"), the date rape drug of choice on campuses. Within minutes of drinking from that cup, she felt sick and left her group of friends to go to the restroom. It was there that she blacked out. Whoever spiked her drink must have watched carefully as she left the main party, and pounced on her when she was defenseless and isolated.

She was taken to a back room, stripped and raped. We don't know how many were involved or for how long this occurred. The visualization that runs through our heads sickens us and is more than we can bear.

All we know for certain is that her friends eventually began to worry and started looking for her. They found her unconscious. Unfortunately, they didn't seek medical attention for her. By the time she regained her full senses, too much time had elapsed for the police to investigate. Denial set in. It took two weeks for her to even admit that something bad had happened. Only then did she visit the campus health center. A doctor verified that she had been violated.

Not only had she been raped, but our daughter also had been robbed of her virginity. She had

Ways to Reduce Your Risk

Educate yourself and others about the dangers of alcohol and drug use. Although "date rape" drugs are in the spotlight — alcohol is still the most common "rape drug."

1. Be alert! Rohypnol is a dime-sized white pill usually carried in zip-lock bags or in foil-backed bubble packs. It quickly dissolves in liquids and is odorless and tasteless; older pills available via the black market are still colorless.

GHB (gamma-hydroxybutyrate) is available in a laundry-flake powder or a clear or syrupy liquid. It is most often carried socially in small containers similar to hotel shampoo samples or eyedropper bottles. Drinks containing GHB might have an unpleasant plastic, salty taste or even a mild odor.

2. Plan ahead. Use the buddy system and make sure you and your friends are watching each other for any unexplained behavior changes. When alcohol is being consumed, be alert for anyone appearing more inebriated than her consumption would explain. Use a code word to indicate that you or a friend needs help.

3. Avoid being the only woman at a party or where men greatly outnumber women. Do not allow yourself or a friend to be the last woman at a party, especially when alcohol has been consumed.

4. Do not leave beverages unattended even for a brief time.

5. At parties, do not accept open-container drinks from anyone.

6. Never leave a bar, party or other gathering with someone you do not know well — even if that person appears to be a friend of someone you know.

7. Be alert for any of the following sedating drug symptoms in yourself or a friend: dizziness, confusion, nausea, weakness or a general feeling of disorientation. Even if someone appears to only be drunk, she may still be at risk.

If you suspect that you or a friend has been drugged or sexually assaulted:

1. Get to a safe place and call a rape crisis center. The national sexual assault hotline in the United States is 800/656-HOPE. Your call will be forwarded to the nearest rape crisis center where you can receive information and support. **In Canada,** contact the Ottawa Rape Crisis Centre at 613/562-2333 or <http://orcc.net>; or contact the Vancouver Rape Relief and Women's Shelter at 604/82-8212 or <http://www.rapereliefshelter.bc.ca>.

2. Save a portion of any beverage you were given and the container, if possible.

3. Do not change anything about your clothing or the setting where the assault happened.

4. Avoid going to the bathroom or cleaning any portion of your body.

5. Go immediately to an emergency medical facility where staff is certified to perform a sexual assault exam, treat injuries, provide preventive treatment for infections and collect forensic evidence in case you decide to prosecute. **Note:** Sedating drugs clear the system quickly, so a victim may need assistance from trusted friends to get the treatment she needs while she is still recovering from the effects of the drugs.

— Side bar provided by DEANA MATTINGLY BLACKBURN, Baylor, a counselor and crime victims' advocate for victims of sexual assault and family violence. For more information contact the Hill Country Crisis Council, P.O. Box 291817, Kerrville, TX 78029-1817; 830/257-7088; fax: 830/257-7097.

Kappa Wants You to Keep Safe

Believing that personal safety is a vital issue, and in an effort to help women make educated decisions, the Council of Kappa Kappa Gamma Fraternity has adopted Keep Safe as a program of personal safety and security for women.

An important part of the Fraternity's New Member Program, *Keep Safe* heightens awareness about campus safety and stranger/date/acquaintance rape. The program is designed for presentation to all new members shortly after pledging Kappa Kappa Gamma.

The above position statement, developed by the Fraternity Council in 1989, is still relevant today. However, recognizing the ever-changing needs of our collegians, the Fraternity's Education Committee revised this program to include current statistics, updated

terminology and true-to-life scenarios. The manual was re-designed to make it more user-friendly and help the collegiate facilitator feel comfortable with the material.

The revised program looks at the issues of rape prevention and awareness, date rape drugs, myths about rape, the role alcohol plays and valuable information about how to help a friend. In addition to the *Keep Safe* program, Kappa Kappa Gamma Fraternity encourages chapters to utilize the resources in their community and college campuses. Bringing in a rape crisis counselor, law enforcement officer or self-defense trainer are just a few of the recommendations. The Fraternity Council hopes that each new member of Kappa Kappa Gamma will be equipped with the tools and proper information to keep

themselves and their sisters safe, during college and beyond.



As part of the *Keep Safe* program, each New Member receives a personal safety brochure and an emergency information card with crucial numbers to call for help or support. *Keep Safe* is not restricted for chapters only — this valuable program is also applicable for alumnae. Call 614/228-6515 to request your copy of *Keep Safe*.

— By MARLA WILLIAMS,
Director of Education
and Training

decided to abstain from sex until she was ready and in a committed relationship. Instead, she has had to undergo testing for sexually transmitted diseases. I can't begin to tell you how we agonized waiting for the HIV results, which have been negative so far, thank God.

On top of the emotional trauma, this rape has also left her with HPV (genital warts) which, if left untreated, can cause cervical cancer and pregnancy complications later. My daughter has had to endure painful medical procedures to deal with this problem, a process that may go on for years.

Not wanting to admit what happened to her, she didn't tell us until she returned home in May. By that time, other consequences had set in. Her decision to handle this on her own, to seek no counseling, caused such anxiety that she failed all of her classes and was denied admission for the following term.

Most of you can't imagine what this senseless, violent attack has done to our family — the anger, rage and fear is unreal. The questions "Why did this happen?" and "What kind of person does this?" go unanswered. Although we have all been in counseling, we are hurt to the core of our souls. During the summer, our daughter finally reported the assault to the college dean and filed a police report, even though nothing can be done at this point to prosecute.

Mothers — please talk to your daughters again and again. Remind them of ways to stay safe. My daughter thought she was cautious and that "it would never happen to her." The consequences of one night of partying may stay with your child forever. I also beg you to talk to your sons to make absolutely sure they know that this is no joke or fraternity prank. Ask them what they would do if they suspected something like this was occurring




The Ft. Lauderdale (Fla.) Alumnae Association joined **Delta Kappa Chapter, Miami**, for a safety presentation by **Estelle Taylor Abrams, Florida**, a detective with the Ft. Lauderdale Police Department. Kappa's *Keep Safe* manual has other program ideas and safety tips.

on their campus. Would they know how to help a woman friend who showed symptoms of being drugged?

A young woman's life has been devastated by a cruel act that should have been prevented. Perhaps others at that party were aware of what was happening — did they try to stop it?

We often wonder if the young man (or men) have given any thought to what they have done. Do they value and respect the preciousness of another human being? Do they have any compassion or integrity?

I am not including my name or my daughter's name out of respect and concern for her. She needs time to

heal and does not want people to stare at her or pity her. I strongly encourage anyone who has endured a similar tragedy to notify campus and community police. The research I have done indicates that campus rape crisis centers see numerous cases like this, but very few of these incidents are reported to police. If I can prevent this from happening to someone else's child, and if I can stimulate dialog about respecting others, then the purpose of this message will be fulfilled. Please share this information with everyone you know. 

— For more information on this subject, visit www.kappa.org and click on The Key.

Dying for a Good Time

— By LILA ISBELL, *Montana*, KKT Interim Executive Director

Do you know what the following words have in common? *Special K, M&M, Kit Kat, Adam, X, Georgia Home Boy, Roach.*

Maybe you thought of brands of cereal or candy, names of rock stars and even an insect. In actuality, these are street names for “club drugs” used by teens and young adults at parties, nightclubs, bars and raves (all-night parties held in remote locations).

Young people are using club drugs to enhance social interactions and experience increased energy and sexual arousal. These drugs are attractive due to their cheap and intoxicating highs. Users don't realize that club drugs can lead to harmful reactions and death, especially when combined with alcohol.

At a recent professional conference for Greek affairs personnel and sorority/fraternity representatives, I attended an eye-opening session about club drugs. An article alone cannot convey the astonishing array of these drugs with names such as methylenedioxymethamphetamine (MDMA, Ecstasy, X or M&M), Gamma-hydroxybutyrate (GHB or Georgia Home Boy), Flunitrazepam (Rohypnol, Roofies or Roach) and Ketamine (Special K or Kit Kat), but

I hope to shed some light on this tragic trend in drug use.

One major concern is the widespread use among high school youth, college students and young adults who frequent nightclubs and raves and are lured by the availability and intoxicating effects of these drugs. Rohypnol and GHB, in particular, can cause blackouts and amnesia, placing individuals, particularly women, at risk of sexual assault.

Ecstasy or X is another popular club drug. A stimulant known for causing euphoria, enhanced mental or emotional clarity, anxiety and paranoia — Ecstasy comes in a tablet, capsule or powder and is usually consumed orally. An Ecstasy high can last from six to 24 hours with the average “trip” lasting about three to four hours.

Reactions to Ecstasy include loss of appetite, nausea, increased heart rate and blood pressure, teeth clenching and convulsions. With physical exertion, users are at risk of heat exhaustion, dehydration and even death. It is common to see Ecstasy users with water bottles and sucking on pacifiers and lollipops to relieve dehydration and teeth clenching. Ecstasy is a preferred drug among women because it causes the

same feelings of intoxication as alcohol but it is calorie-free and does not cause a hangover.

Another drug of concern is Progesterex. Rumors say that this white pill (supposedly used by veterinarians to sedate horses), when used with Rohypnol, could leave a woman infertile. However, the U.S. Food and Drug Administration, American Veterinary Medicine Association and the University of Pennsylvania Veterinary School could find no evidence of such a drug, making this story an urban legend.

— For more information, visit www.kappa.org and click on The Key.

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In Grief: PRESS ON

Tips for helping yourself and others to survive the loss of a loved one

— By DEBORAH PETERSON MONCRIEF, *Mississippi*

DEBORAH PETERSON MONCRIEF, ACSW, LMSW-ACP, LMFT, is an advanced clinical practitioner and licensed marriage and family therapist with the Houston Center for Christian Counseling. With more than 15 years of counseling experience, Deborah has co-authored a book on grief and mourning. Deborah can be reached at 281/277-8811.

In the beginning stage of grief, the events of the day seem like a blur. However, the impact of the emotions may remain quite vivid. The emptiness and realization of the loss can be overwhelming. Your associates and loved ones will want you to get back to normal. But you may not know what “normal” is anymore. You may think: “It always happens to someone else.” “I am not ready,” “I didn’t have the chance to say goodbye,” or “It happened so fast.”

Loss affects your inner life (emotionally and spiritually) and your outer life (your identity, roles and activities). A natural response to sadness or loss is to grieve; just as with a broken bone, the body goes into shock and begins a natural healing process. If not attended to, the bone may grow back crooked or may not heal properly, or the bone may even cause other physical problems, such as a limp or aches when the weather changes. In a similar fashion, people have a natural response of denial or shock after a tragedy to the soul (one’s mind, will and emotions). After any loss, it is natural to experience grief. But it is through the mourning process that you begin to heal.

Your heart may feel as if it has been torn to shreds. Your life may feel as though it is falling apart. This is part of the natural course of grief. You may wonder, “What will happen to me now?” or “How will I survive this?” But I have learned through my experiences and through counseling others, that spiritual faith can carry you through. Allowing others into your life to share your grief also helps ease the pain.

Mourning Is a Gift

Once shock and denial pass, you may believe that your sadness and grief is abnormal because it is so intense. Acknowledging your loss is the first part of the healing process. Some losses are so personal that others may not readily acknowledge them. However, any loss that causes a painful reaction is worthy of notice. Let the gift of mourning be your helper.



Deborah Peterson Moncrief, *Mississippi*, ACSW, LMSW-ACP, LMFT, and Carolyn Rowe, LSW, are authors of the book, *Press On ... From Mourning to Joy*.

In addition to simply allowing yourself to express emotion, through crying or writing in a journal for example, some other ways to mourn include visiting the gravesite, writing a poem, sorting through pictures and clothes, making a quilt from your loved one's clothing, contacting old friends, making a scrapbook, using a recipe of the loved one, placing a cross in the ground where the accident took place, and volunteering to help others.

Do not forget the importance of releasing chemicals and toxins from your body through crying. Tears that are not released create exhaustion. By releasing tears, you are also facing grief and signaling to others that the grief is still present.

There is no right way to mourn; there is only your way. By knowing what your way is, and by exploring spirituality and enhancing the mourning process with increased awareness and tools, your mourning can be even more effective.

What Is the Difference Between Grief and Mourning?

Grief helps you recognize the meaning of the loss. Grief is the state that you are in when you experience loss. It is a natural, inward look.

Mourning releases the internal experience of grief and expresses it outside of you. In the grief workbook, *Press On ... From Mourning to Joy*, mourning is defined as:

- The release of grief
- A natural God-given process of restoration
- A natural reaction to loss/trauma
- Expected (Everyone will experience it.)
- A look inward and outward (for the integration of your loss into your life)
- A process (not a "state")
- A process unique to the individual

Nobody's Child Anymore

Grieving, Caring and Comforting When Parents Die

Losing a parent is a rite of passage we all go through but rarely discuss. *Nobody's Child Anymore*, written by BARBARA LEMMON BARTOCCI, Colorado, explores what it's like to lose one's parents — leaving an adult orphaned in the world. Children often must endure the painful final stages of a parent's life, the finality of their death and their own grief while offering support for a surviving parent.

The author helps adults realize they are not alone, that there is nothing wrong with them if they experience prolonged grief for a parent. She delicately shows the unspoken and often underestimated effect of losing a parent.

Barbara explores the four stages of losing a parent by using the loss of her parents as a backdrop. It is a book of true stories, her own and that of friends. Each vignette captures an important moment then offers a practical suggestion on how to cope with loss and find

new meaning beyond grief. Barbara titles her healing thoughts as "A Step Forward." Here are a few of her suggestions.

- Don't decide in advance what you "should" feel.
- If you feel like a lost and lonely child, don't be ashamed to seek comfort.
- Just knowing your feelings are normal may lighten the fog a little.
- Laughter is permissible in mourning, just as expressions of joy for a life fully lived are valid at a funeral. Laughter offers temporary anesthesia from the terrible pain of grief. Be grateful for the gift.
- Relationships don't cease when someone dies; they merely become different.
- I discovered, as you will too, that in a deeper sense, our parents don't leave us — they become a part of us.



About the Author

BARBARA LEMMON BARTOCCI, Colorado, is an award-winning author and motivational speaker. A freelance writer for *Women's Day*, *Family Circle*, *McCall's*, *Good Housekeeping* and *Reader's Digest*, among others, Barbara has written three previous books — *Midlife Awakenings*, *Unexpected Answers* and *My Angry Son*. Her essays have also been included in several volumes of the *Chicken Soup for the Soul* series. Barbara can be reached via e-mail at bbartocci@aol.com. *Nobody's Child Anymore* can be ordered through SorinBooks.com or most book stores.

Ways to Help a Friend

When a friend is hurting, use tact, timing and sensitivity in all that you do.

Below are some “dos and don’ts” that may help.

Do:

- **Invite disclosure.** Say, “If you ever want to talk about this loss, I’m here.” When you “listen” to her tears, she will leave a little less sad because you have helped her release more of the grief.
- **Keep in touch.** Don’t give up – remain available. Leave thoughtful messages on her answering machine. Remember your friend on holidays and anniversaries. It is never too late to send kind words via e-mail, fax or greeting cards. Acknowledge the loss/grief and include a special memory of the person who was lost.
- **Listen with your heart.** Show empathy by truly trying to understand what the loss has meant. Be a safe person to talk to and allow her to tell her story as many times as needed. Accept her silence and tears.
- **Do what needs to be done.** Answer the phone; help make difficult phone calls; care for children; prepare meals and freeze for later; restock tissues; keep a list of cards, flowers, food delivered; offer companionship – just your presence can help.
- **Be yourself.** Speak in a sensitive tone – not too chipper or too reverential.
- **Offer alternatives.** In time, gently draw your friend into quiet outside activities. Rather than saying, “You need to get out,” try saying, “Would you meet me for breakfast?” Offer to accompany her to her first grief support group.

Don’t:

- **When in doubt,** don’t say anything. Say as little as possible on early visits.
- **Never say things like:** “I know how you feel.” “Well, at least you have other children.” “You can remarry.”
- **Avoid clichés:** “At least they did not suffer.” “They lived a long time.” “You have the rest of your life in front of you.”
- **Don’t try to stop her from crying.**
- **Don’t tell her what she needs to do.** Let her mourn at her own pace.
- **Don’t enable** her by doing too much for too long.

— For additional “Dos and Don’ts” and other grief resources, visit www.kappa.org and click on The Key.

- A condition of moral and spiritual crisis
- A gift to help you get through your pain

Mourning is not:

- A lack of faith
- Abnormal depression
- Permanent

“Mourning allows you to take control of your grief, rather than letting your grief control you.”

Do You Have a Choice?

Grief is an inevitable human response to loss in the same way that pain is a response to a physical injury. However, I firmly believe that with spiritual assistance and the support of loved ones, your grief can be less painful and more hopeful.

We will all have grief; that is not a choice. But going through the mourning process is a choice. The reason for allowing yourself to go through the mourning process is for growth and to make your future more meaningful. Mourning allows you to take control of your grief, rather than letting your grief control you.

Why Is Mourning Necessary?

Mourning is responsible for much of our growth — spiritually and emotionally. People move toward healing not by grief, but through mourning. People who fight the mourning process and try to cover up their pain suffer so much longer than those who embrace the mourning process. Precious energy that is needed to heal is often used to “put on” for others rather than allowing a natural process to take place.

Mourning allows you to make the necessary changes needed to integrate the loss into your new reality. Mourning provides a unity of your inner and outer experiences. The process of mourning allows you to be honest and truthful with yourself and others.

Why Does Mourning Seem So Difficult?

Grief is the difficult part. Mourning is the healing release of grief. By trying not to mourn, your grief becomes more difficult. It is through the mourning process that you take control of your grief. Even though you may feel “out of control,” there is no

emotion so great that you cannot survive it.

People often find another's mourning uncomfortable. Often they will try to make you forget your loss or talk about everything else but your loss. Mourning is a period when you need to express your loss. This conflict can be discouraging, making your mourning even more difficult. However, I have found that the discomfort often leads individuals to seek God in their grief, which can bring newfound joy.

You Can Find Joy Through Mourning

It is through the mourning process that you will re-establish yourself. From the state of grief to working out your grief through mourning, you develop a new outlook. You will be able to look outward again, rather than just inward at the hurt.

"You may believe that your feelings are abnormal because they are so intense."

After a loss, your whole world has been shaken — your attachments have been rearranged. New footing must be found through mourning. While you are in mourning, I believe you can *take refuge in the shadow of God's wings until the disaster has passed* (as described in Psalm 17:8). Although this idea can be difficult to embrace at first, the things that bring the greatest pain in life may also bring some of the greatest joy. You never know what new experiences or relationships will result from your mourning.

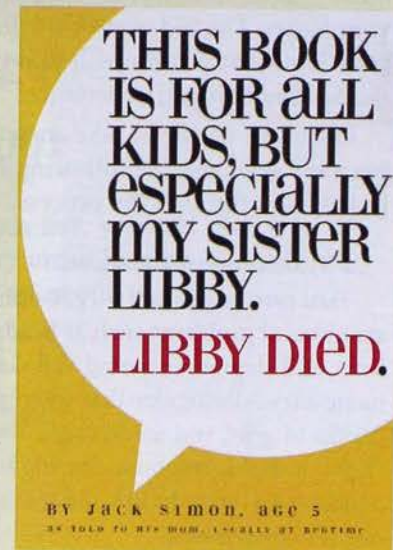
"And when you die, you don't even have to get the chicken pox."

These are just a few of the heartfelt words spoken by 5-year-old Jack Simon after his sister, Libby, died of a rare birth disorder. Libby wasn't supposed to live past 6 months but she was 3½ years old when she died.

Jack and Libby's mother, ANNETTE DAUPHIN SIMON, Cincinnati, spoke often with Jack who had many thoughts and questions about Libby's death. Annette helped him grieve by listening and writing down his words, line by line. "Jack's questions were too important to let them go by," Annette says. "Maybe they would help others heal — maybe they would teach us about kids and grief."

A few years after Libby died, Annette, an art director for an advertising agency in Austin, Texas, reread Jack's words and decided they needed to be published. She ran them by several hospice experts who urged her on. Now the book, *This Book Is for All Kids, But Especially My Sister Libby. Libby Died* (Idea University Press, \$17.95, 32 pgs.), has the endorsement of many grief experts and is helping in hospices and healing groups across the continent.

Annette wanted Jack to be a big part of the publishing process so she



began by getting his permission to publish his words. He is grateful that his mom wrote it all down. Annette illustrated the book with Jack at her side to approve each colorful, bold page featuring questions like, "Do angels ever go to sleep?" And, there's an uplifting passage directed to Libby: "Wow. Now you know what God looks like." A tearjerker follows it. "Hey, Libby, did you get the balloons we flew up for your birthday?"

Annette can be reached at 512/427-4544 or via e-mail at annette_simon@gsdm.com. For more information on the book, call toll-free 877/598-2424 or visit www.ideauniversitypress.com.



Jack Simon and Annette Dauphin Simon, Cincinnati, hope that their book helps others who are grieving.

How Do You Begin to Mourn?

Identify your loss or losses. Often you will find one major loss has created a ripple effect of many other losses. Make a conscious decision to mourn your losses. The old myth that time will heal is not true. It is what you do with that time that determines the healing that you experience.

Once you decide to take an active part in mourning your grief, use the following **PRESS ON** acronym to help you through the process.

Physical considerations:

Take care of yourself — get a physical. Grief can create physical problems such as headaches, digestive problems, and changes in eating and sleeping patterns, to name a few. Recognize that when you are in the initial depths of grief, you are in crisis. Your body goes into a “fight or flight” response. Staying in this mode can be dangerous to your health. Grief is a form of energy that needs to be released.

Recognize grief patterns:

Recognize patterns in how you have grieved and mourned in the past. How you express grief is often learned by watching role models — those who have made an impression on your life. They may be people from scriptures, history or individuals you have known personally. Recognizing unproductive patterns and establishing newer productive patterns will help you find joy again.

Emotional considerations:

Recognize the complex emotions that are present. Try to identify the most pressing emotions and work through each one individually.

Support:

Get support. If your family and friends are not available, find a local grief support group or counselor.

Spiritual considerations:

Seek comfort from a higher power — regardless of your religious background or how often you have practiced.

Old reality:


Validate your old reality and the value it had to you.

New reality:

Recognize your new reality and try to embrace the opportunity for new blessings not seen before.

Those who work through their grief are able to move forward more securely than those who do not. Your loss is only a part of who you are. Remember, your goal is to live again. A very real part of living is having appreciation for the simple things that bring

you joy. Healing does come after the expression of pain. There are no shortcuts, but there are ways outlined in the workbook, *Press On...From Mourning to Joy*, to get you through this process, so that you do not linger in pain. If any area is exaggerated or concerns you (feeling hopeless or suicidal, serious sleep or eating problems, etc.), consult a licensed professional.

Pressing on through the mourning process is done in small steps keeping the outcome of healing in mind. When you or someone you love experiences grief, just try to remember that joy and healing are possible when you open up to others and allow mourning to take place. 

*“There is no right way to mourn;
there is only your way.”*

Bereavement Gift Ideas

- Journal notebook
- Live plants
- Pictures of the loved one
- Contributions to a special charity
- Comforting music or books
- Games or special items for children
- Restaurant gift certificate
- Long-distance calling card
- Gift certificate for pampering herself
- Offer to have visiting relatives stay in your home
- Plant a memorial tree

Press On ... From Mourning to Joy

Written by **DEBORAH PETERSON MONCRIEF**,
Mississippi, ACSW, LMSW-ACP, LMFT, and Carolyn
Rowe, LSW, *Press On...From Mourning to Joy* is a
workbook designed to help grieving individuals
through the mourning process. To order, send \$18.50
to Deborah Moncrief, 9818 Penton Drive, Sugar Land,
TX 77478.

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Hospice: Not a Place, but a Caring Concept

Understanding hospice can ease worry and fear

— By LOIS CATHERMAN HEENEHAN, *Adelphi*, and
JENNY STRUTHERS HOOVER, *Bowling Green*

When life's end is inevitably near, many of us would prefer to "go gentle into that good night" and would wish the same for our loved ones. It is not, however, something we can guarantee. Lacking that guarantee, we search for ways to make final weeks and days easier on patients and families.

Hospice care is a compassionate method of caring for terminally ill people and their families. KATHY MESSMORE MEYER, Akron, is a certified hospice nurse with the Hospice of Visiting Nurse Service in Akron, Ohio, and PATRICIA BURKLEY WAICKMAN, Akron, is the executive director. They not only find their work rewarding but they also have experienced the personal support of hospice care for their own families.

Storage:

PATENT NO. 4,207,680

Communication Is Key

While Pat has counseled numerous families on the advantages of hospice, she knows first-hand the importance of this specialized care because her father had recently been cared for at her hospice care facility; he died while this article was being written. A helpful lesson Pat and her family have learned is that increased communication is crucial when a loved one enters hospice, especially when some family members live out of town. To keep communication lines open, out-of-town relatives checked in with a phone call every day to find out how their father was doing and to feel more connected.

The most important advice Pat offers has little to do with hospice and everything to do with planning. "Start discussions now," encourages Pat. While she acknowledges that issues relating to death are difficult to bring up, Pat reminds people that putting a loved one's wishes in writing and having detailed conversations before someone becomes ill can make difficult times less stressful.

Communication continues to play an important role for the individual entering hospice care. "Many people see death in only a negative light but it can also be a meaningful time of reconciliation and transition," Pat explains. "Knowing you're going to die can help you explore and better understand the meaning of life and helps you say things to people you might not otherwise take the time to say."

"People are more willing to talk about drugs and safe sex with their children than to discuss end-of-life care with their terminally-ill parents."

Overcoming Our Fear

Kathy, who works the night shift (midnight to 8 a.m.), agrees that families should look into hospice as early as possible. "When people enter hospice care earlier in their disease, they can take advantage of the valuable services hospice has to offer when they are most helpful," she explains. "But entering hospice means that they are accepting the fact that they are dying and sometimes patients and their families are not ready to admit that."

"There is a misconception that hospice is only needed when you are on your deathbed," says Kathy.

"But hospice works to ease the discomforts and distractions which interfere with meaningful living, often many weeks and months before the final days." Patients are more comfortable and have more control over their situation, which can improve their quality of life. Kathy has even seen patients feel well enough while under hospice care to go on a family vacation or participate in activities they enjoy during their final months and weeks.

Patients and caregivers are often amazed and reassured by the amount of help and support hospice provides. Even the financial benefits can be significant since hospice patients can receive coverage for comfort-oriented medications and equipment such as hospital beds, wheelchairs and oxygen supplies. When describing why she likes hospice nursing, Kathy explains, "It is rewarding to work for a program that has so many gifts to offer and can accomplish a great deal in a short amount of time."

In general, we don't like to face the inevitable. The process of dying, however, is a phase of living and, like other phases of life, thought and planning can ease the process. While we would certainly choose a cure, there comes a time when a life-limiting illness no longer responds to cure-oriented treatments. Hospice care neither prolongs life nor



Kathy Messmore Meyer, Akron, is a certified hospice nurse with the Hospice of Visiting Nurse Service of Akron, Ohio, and **Patricia Burkley Waickman**, Akron, is the executive director. Kathy and Pat became friends while they were active members of Lambda Chapter and now enjoy working together to help others through hospice. For more information, call 800/335-1455.

hastens death. Accepting death as a natural part of life, hospice care enables individuals to live their final days as comfortably as possible, with dignity, at home or in a home-like setting.

Facing the Facts

"Too many Americans die alone," says the National Hospice Organization. "Most people do not want to die by themselves in sterile, impersonal surroundings, hooked up to machines and cut off from family and friends. Instead, they prefer to spend their last days at home ... alert and free of pain ... among the people they love. Hospice care makes this possible."

The organization found through a survey that people are more willing to talk about drugs and safe sex with their children than to discuss end-of-life care with their terminally-ill parents. Only 24 percent of Americans put into writing how they wish to be cared for at the end of life; 19 percent have not thought about the subject at all, while 16 percent have thought about it but not told anyone their wishes.

*"Hospice care neither
prolongs life nor
hastens death."*

Ninety percent of adults believe it is the family's responsibility to care for the dying and an overwhelming majority would prefer to be cared for at home and would be interested in hospice care. They fear being a burden to family, fear pain and losing control of their lives. Knowledge and understanding of hospice care can help families deal with fears and avoid these perils. Pat and Kathy strongly recommend

Noteworthy Facts

- Hospices served at least 700,000 U.S. patients in 1999.
- Nearly 2.4 million Americans died that year — less than 50 percent in a hospital, 25 percent in a nursing home, 25 percent in their own home or elsewhere.
- About 90 percent of hospice care is provided in the patient's home.
- The average length of enrollment in hospice care was 48 days; median length of service was 29 days, down from the previous year.
- Twenty-eight percent of Medicare costs go toward care in the last year of life. Hospice patients incurred \$2,737 less per person in costs than those not on the Medicare Hospice Benefit.

that families invite a hospice professional to their homes to discuss their needs so when the time is right for hospice care, everyone is ready.

Hospice also offers respite to family members who can be overwhelmed by caregiving efforts. Addressing not just the patients' physical problems but their psychological and spiritual needs as well, hospice care also helps family members during and after the dying process. The patient or family can terminate hospice care at any time, for any reason.

How Does Hospice Care Work?

In the U.S., Medicare is the single greatest source of coverage, since most terminally ill Americans are over 65. More than one-third of hospice patients are covered by

other means, including millions in charitable donations. The Medicare Hospice Benefit provides a full scope of non-curative medical and support services for the terminally ill.

The primary criteria for eligibility are that the patient's doctor and the hospice doctor certify that the patient is terminally ill, with a life expectancy of six months or less, if the disease runs its normal course, and the patient signs a statement choosing hospice care instead of standard Medicare benefits. A hospice patient may continue to receive hospice support after the initial six-month period if the physician continues to certify a limited life expectancy. Hospice care may be delivered in hospitals, nursing homes, other long-term care facilities, hospice facilities and private homes.

The hospice staff is available 24 hours a day, seven days a week. The team consists of a physician, nurse, home health aide, social worker, chaplain or clergy member and other health care professionals as needed. In addition, more than 100,000 volunteers contributed more than five million hours of service to U.S. hospice programs. Many are family and friends of patients who had received hospice care. Professionals and volunteers make regular visits to assess the patient and ...

- manage the patient's pain and symptoms
- assist the patient with the emotional and psychological aspects of dying
- provide needed medication, supplies and equipment
- coach the family on patient care
- deliver special services like speech and physical therapy when needed

FOR MORE INFORMATION, CONTACT:

In the United States:


- National Hospice and Palliative Care Organization
1700 Diagonal Road, Suite 300
Alexandria, VA 22314
703/837-1500 703/525-5762
www.nhpco.org
- National Hospice Foundation
800/338-8619
www.hospiceinfo.org
- Hospice Foundation of America (HFA)
800/854-3402
www.hospicefoundation.org

In Canada:

- Canadian Palliative Care Association
Suite 131C, 43 Bruyere Street
Ottawa, ON K1N 5C8
800/668-2785 fax: 613/241-3986
www.cPCA.net
- Castlegar Hospice Society
P.O. Box 200, 1444 Columbia Avenue
Castlegar, BC V1N 3K3
250/365-6880 fax: 250/365-6850
www.castlegar.com/hospice

- make short-term inpatient care available when necessary
- provide bereavement care and counseling to family and friends. (Most adults believe it would take a year or more to adjust to the death of a loved one. However, only 10 percent of adults have ever participated in a bereavement program or grief counseling.

Families express gratitude and relief for the support and care offered by hospices. One woman wrote an article entitled "Memoir of a Lucky Man: Remembering my father's good life — and good death." Another marveled at how the hospice staff controlled her husband's pain, keeping him comfortable but not "doped up." A staff member often sang his favorite hymn softly at his bedside.

The word "hospice" was originally used to describe a place of shelter for weary and sick travelers returning from religious pilgrimages. The modern hospice movement began in the 1960s with a British physician, Dr. Cicely Saunders. The first American hospice was established in 1974 in New Haven, Conn. There are now more than 3,000 hospices in the United States. Hospice workers believe in the philosophy of dignity, compassion and comfort. They understand that people do know what they want in end-of-life care and should be able to "go gentle into that good night." 



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 provide the following information via e-mail to Kappaowls@Kappa.org.

If e-mail is not available to you, then please complete the form below and send it to **Christine Erickson Astone, Wyoming**. 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 association opportunities near me!

Name: _____

Address: _____
(Street) (City) (State/Province) (Zip)

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

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

Last Address: _____

Former Fraternity Experience: _____

MAIL TO: Christine Astone, 4113 Zephyr Way, Sacramento, CA 95821 (Kappaowls@Kappa.org)

Survivors

Meet Kappa sisters who have survived serious illnesses, an auto accident and even a political campaign. Plus, meet our very own Survivor TV celebrity!

A Kappa Never Gives Up

A near-fatal heart attack sparks a renewed outlook

— By SANDY SINES ARNOLD, Hillsdale

I sit reading my journal, which I started in December 1998. It tells of all the moments of joy I have experienced — my Kappa daughter turning 21, my grandson's first birthday, my 3rd son's wedding, my 2nd son coaching baseball and winning. I could go on.

I almost missed out on these memories. I had a heart attack on November 18, 1998. Thinking it was heartburn or symptoms from my healing broken leg from five weeks earlier, I almost put off seeing my doctor. After all, I had never been sick in my life. Fortunately, my husband drove me to my doctor's office where an EKG was done. I was then rushed to the hospital where I insisted it was only heartburn. I asked for a Tums and to be sent home.

The next thing I knew, I woke up hearing that I'd had another heart attack. Triple bypass and open-heart surgery saved my life. I felt like I had been sawed in half.

My family was there for me through it all. "Mom never is sick," one of them said. I was in the hospital for four days — with tubes and wires in and out of me. I came home carrying a pillow and limping with my right leg in a cast. My left leg was clipped together where they took a

vein for the bypasses. With my chest sewed up and a few bandages that would be removed later, I was eating Jell-O. A nurse visited three times to see how I was healing.

I took three months off from work, and in February 1999, I started rehabilitation. I took advantage of all



Sandy Sines Arnold, Hillsdale, survived a severe heart attack and triple bypass open-heart surgery.



Sandy and her daughter, **Suzanne Arnold**, Akron, don't take life for granted.

the sessions to learn more about lifestyle choices and heart problems. I learned that women have different symptoms and heal differently than men. Some observers say that women are more likely than men to die from heart disease because women often spend more time caring for others and not thinking about their own health. They may ignore symptoms and delay treatment.

"I get scared hoping I won't have another heart attack."

I wanted to stay healthy so I started using a treadmill. My children bought me a T.V. so I could walk and watch my favorite shows to make the time go by faster. I never miss a walk and I watch my blood pressure and pulse. I call the doctor often with questions about healing pains compared to serious heart pains. One nurse said if you can breathe deeply with no pain, the pains are just healing pains.

Warning Signs of Heart Attack in Women

Your body will likely have one or more of these symptoms:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Pain that spreads to the shoulders, neck and arms
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath

Less common warning signs:

- Atypical chest pain, stomach or abdominal pain
- Nausea or dizziness (without chest pain)
- Shortness of breath and difficulty breathing (without chest pain)
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat or paleness


Not all of these signals occur in every attack. Sometimes they go away and return. If some occur, get help fast. If you notice one or more of these signs in another person, don't wait— call 911 fast!

— From the "Women's Section" of the American Heart Association Web site, <http://women.heart.org>

I get scared hoping I won't have another heart attack. I have to force myself out of the house daily. Home is so safe. Nevertheless, my mom always said, "Life is to be lived and I will live it." Because of my bypasses, I must watch the cholesterol count for it can jam up around the bottom of the bypasses. I have always exercised and never considered myself overweight; I do not drink or smoke and I no longer eat ice cream. However, I am having fun!

I no longer take life for granted. I have been blessed in many ways — Tom, my husband of 34 years; my sister and brother; my Kappa daughter, Suzanne, a member at the University of Akron; my three grown sons and their wives, and my two small grandchildren have all made me strong.

My co-workers were supportive, too. They helped with meals for three weeks during my recovery. I continue to work as a family advocate for Child Focus Inc. helping disadvantaged people obtain jobs and further their education. A former teacher, I enjoy working with parents and families. I even volunteer as a clown doing tricks and making balloon animals. If I can help one person to improve her life then I have done something important.

I never forget to count my blessings, and I continue adding to my journal. I keep going strong because a Kappa never gives up! 

Cancer Survivor Turned Castaway

Survivor castmember turns fame into fortune to help others

— By JULIE KROON ALVARADO, *Arizona State*

SONJA CHRISTOPHER, *Whitman*, is now famous to viewers of a history-making television show that lasted for 13 weeks last summer. The CBS phenomenon, *Survivor — Outplay, Outwit, Outlast*, captured the attention of millions who watched as 16 people lived on a deserted island under primitive conditions.

Sonja calls the production a "clever concept that was brilliantly cast, photographed and edited." Even though she was the first person voted off the island by the other "castaways," and even though much of her privacy has vanished, Sonja would do it again.

Sonja is well loved, not only for her gracious exit from the island, but also for the example she sets as a breast cancer survivor. In fact, it was after surviving breast cancer and redefining who she was that she was invited to an outdoor adventure training camp for women. There were 18 breast



A former castmember of the CBS show, *Survivor — Outplay, Outwit, Outlast*, **Sonja Christopher**, *Whitman*, uses her celebrity status to help others.

cancer survivors from around the United States who joined together for rock climbing, mountain biking, kayaking and orienteering.

"Through this [adventure camp] experience," says Sonja, who is in her 60s, "I learned not only that I could still meet physical challenges, but that we elders — we survivors of life — can give hope and inspiration to others." It was with this newly inspired attitude, and a bit of self-professed naiveté, that Sonja sent in a videotape and application to CBS. Sonja competed with 6,000 other applicants and was later interviewed along with 800 castaway hopefuls.

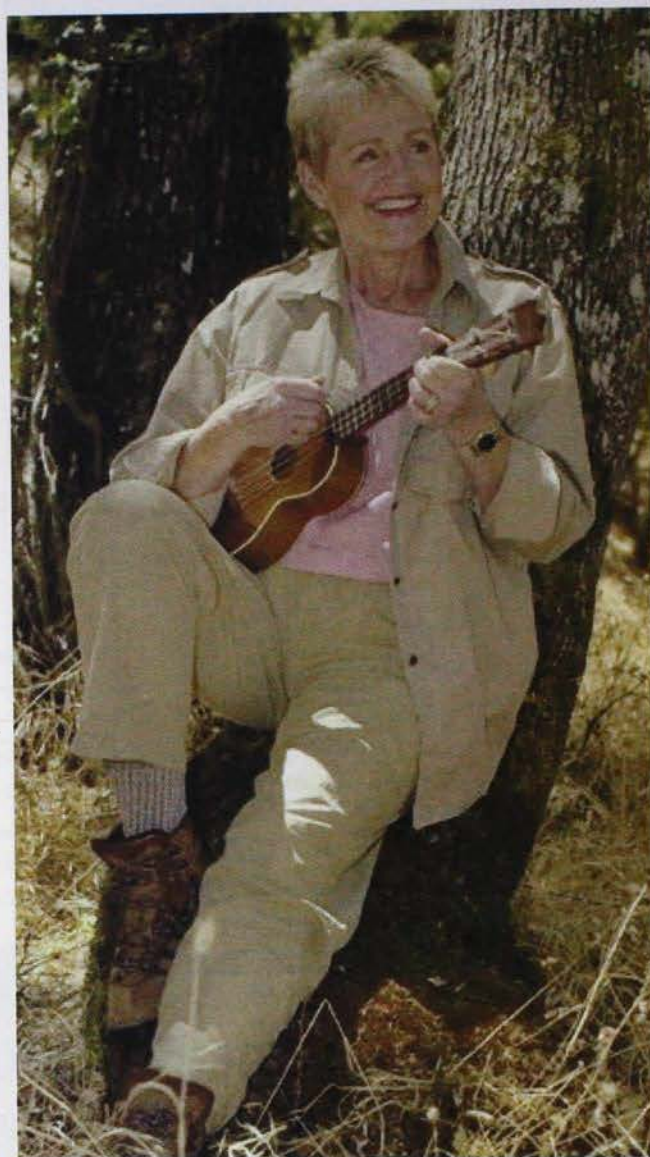
Sonja always enjoys adventure, but she does admit to a few nerves related to the show. Sonja was not especially worried about the survival aspect, which she expected to conquer — rather she worried about being videotaped 24 hours a day, and about the possibility of losing her privacy after the show.

"I was naïve about how the game would be played, and perhaps I ignored the *outwit* part of the slogan," Sonja laughingly admits. "I wanted a *Swiss Family Robinson* experience." Sonja adds that episode number one, where she is voted off the island by the other castmembers, is a true reflection of who she is — except for the stumble that cost her tribe a few precious seconds in an "immunity challenge." "I had always been good at sports, so that uncharacteristic accident was not one of my higher moments!" says Sonja. Eventually all but two of the castaways were voted off at which point the seven most recently dismissed returned to decide which survivor would receive \$1 million.

Although Sonja received a \$2,500 consolation prize, she also came away with diminished privacy. Sonja has "unlisted" her phone number to keep on-air radio personalities from calling, as well as star-struck fans who want autographs. Sonja has even hired an agent to handle requests for appearances. Despite the interruptions to her life, she considers herself wealthy. "I want to use my 15 minutes of fame to further the causes that are close to my heart."

The \$2,500 prize was donated to the Mt. Diablo Unitarian-Universalist Church in Walnut Creek, Calif., where she is spearheading a fund to help build a fellowship hall which she hoped to build with the \$1 million had she won. Many of her paid appearances will support this effort.

Sonja also participates in art and cultural organizations, utilizing her banjo and musical abilities to minister to others. Sonja was thrilled when the Mt. Diablo Hospital Foundation honored her in October 2000, with the "Heart and Soul" award for courage in overcoming breast cancer and inspiring others. (Sonja also survived



A breast cancer survivor, Sonja enjoys inspiring and encouraging younger generations.

the removal of a benign brain tumor in 1991.) She has also lent her name to a breast cancer early detection and awareness program for low-income women.

Her path of helping others has led her to some surprising places. "I never dreamed I'd be meeting the President of the United States, having lunch with Rosie O'Donnell, 'co-starring' with Dick Van Dyke and speaking on platforms with the likes of Dennis Franz, Katie Couric, Bryant Gumbel, Sam Donaldson and many other amazing people." Breast Cancer Awareness Month was a highlight for Sonja. Producers of *The Rosie O'Donnell Show* told her story to ourhouse.com which then donated \$50,000 to breast cancer in her name. "The doors that have opened and opportunities to help are the most marvelous thing that has come out of this amazing journey."



The Woman of the House

Newly elected Congresswoman survives the campaign trail and beats the odds

— By IDA JANE MEADOWS GALLAGHER, *West Virginia*, and LOIS CATHERMAN HEENEHAN, *Adelphi*

“**P**olitical pedigree, electability and command of the issues” brought media attention to SHELLEY MOORE CAPITO, *Duke*, in her campaign. A desire to positively influence the lives of others, a charismatic personality, knowledge of subject matter and a lot of hard work brought success. Shelley was elected to the U.S. House of Representatives from West Virginia.

Political life is not new to Shelley. Her father, Arch A. Moore, Jr., served three terms as governor of West Virginia and six terms in the U.S. House of Representatives. She found politics exciting and inspirational and as a two-term member of the West Virginia Legislature, she won the respect of Democratic and Republican colleagues.



Shelley Moore Capito, *Duke*, is a newly elected member of the U.S. House of Representatives and the first woman from West Virginia to hold this office.

Statistics were against her. Shelley's district is registered Democratic by a two-to-one margin; it has been 20 years since a Republican was elected from West Virginia; and a woman has never represented the state. She financed her own campaign, running against a multimillionaire who spent \$7 million — five times Shelley's expenditures. Her grass-roots campaign brought Shelley from 30 points down at the end of May to a win that included Democratic and independent voters.

Family and friends gave strong support to Shelley's campaign, and she did everything possible to be there for family events. She made a five-hour trip home to see her daughter, a high school junior, crowned as Homecoming queen and listened to her husband recite a play-by-play of their son's football game on the phone when she couldn't attend. Their oldest son, a sophomore at Duke, was her campaign driver during the summer and her parents were active in her campaign. A number of Kappas helped, including SUZANNE MORGAN, *West Virginia*, as deputy campaign manager and MARY JONES PAYNE, *Rollins*, as assistant finance manager.

Being a woman in politics is not a disadvantage, Shelley feels. It can be an advantage to stand out in a crowd, and people were receptive to her discussion of issues, recognizing that she had personal experience with issues such as education. Shelley also believes her Kappa experience was valuable. In her formative years, being part of a group built confidence and camaraderie. She also knew how to build team closeness, as exemplified by her saying “our campaign,” not “my campaign.”

Asked for tips on surviving the rigors of campaigning, Shelley says, “You have to let vanity slip by the wayside.” She learned to change clothes in the car, changed her usual style of little makeup as fatigue set in and regarded a proper hairdo as next to impossible. Forget about a good diet and sleep. “A campaign is fast-paced,” Shelley says. “You are so scheduled there is no private time. But you get caught up in the energy and realize it is a necessary sacrifice.”

Supported by friends and family, and believing that women can contribute new ideas and make a difference in the lives of others, Shelley knows that a woman's place really is in the house — the U.S. House of Representatives.



Promoting Women in Politics

"A woman of vision, effective activism, generosity of spirit, and boundless commitment to public service," are terms used to describe PAULA (POLLY) PETERSON LOGAN, *Nebraska*. She has also been called "the grande dame of Massachusetts Republican politics," mentor extraordinaire, quintessential role model and inspiration to a whole generation of women now active in politics and public service.

In recognition of her contributions to the cause of women and social justice, the Polly Logan Fund was created in support of the Center for Women in Politics and Public Policy, UMass Boston.

Possessed of an indomitable spirit, an infectious laugh and an uncanny ability to bring together opposing sides, Polly — a self-described liberal — has fought cancer, right-wing politics in her party and the "old-boy" network. A staunch advocate of a cleaner environment, education, child-care funding and greater assistance for the poor, Polly has challenged gender barriers since her college years. A staunch Republican who married into a family of equally dedicated Democrats, Polly is known for her ability to convince opposing sides to work amicably together.

"I learned early that if you want something done, you simply volunteered to do it. Period," says Polly. And volunteer she has, in many areas of public policy. She has served as a key adviser to a past Massachusetts governor, as a member of the transition team for

two others, as board member of the NAACP Legal Defense and Educational Fund, the Horace Mann Foundation, as well as founding the Massachusetts Women's Political Caucus. Currently vice chairman of the state's Republican Party, Polly has been a state and national committee member.

The Center for Women in Politics and Public Policy serves as a catalyst for participation in political life and as a nonpartisan resource for policy-makers and the public. It provides policy briefs for legislators, research studies, debates and symposia. The Polly Logan Fund will support visiting professorships, scholarships, policy



Polly Peterson Logan, *Nebraska*, (center) is an inspiration and mentor to women active in politics and public service. She is pictured with Martha Bernard Welch and former Lt. Governor Don Dwight.

The political arena is not her only interest. Polly has also served in various ways with the Boston Ballet, Museum of Fine Arts and the U.S. Constitution Museum and was honored with the New England Award of the Environmental Protection Agency. Devoted to promoting economic and political equality for women, Polly believes that women can best address the varied challenges of today's world. "Women have got to go out and get elected to office and do something about all these problems we face."

training and leadership development — often for women from disadvantaged backgrounds and under-represented groups.

JANE SWIFT, *Trinity*, Massachusetts Lieutenant Governor, says of Polly, "Over the years, Polly Logan has been a true friend and confidante who has always gone out of her way to lend her enthusiastic support and valuable advice. I am among many who owe this mentor a tremendous debt of gratitude."



“I Win!”

Cancer survivor continues active volunteerism after a vigorous battle

— By LAURA SHOCK SCHERER, *Bowling Green*


Volunteerism has taken on a new dimension now that MARA HUNTER REDDEN, *Southern Cal.*, is sitting in the winner's circle after a spirited fight against ovarian cancer.

In August 1999, Mara was diagnosed with stage-three cancer. (Cancer is diagnosed in severity from stages one through four.) After three surgeries and nine cycles of chemotherapy, a follow-up surgery declared her cancer free. At first, Mara was misdiagnosed with a benign cyst and was instructed by a medical professional that surgery wasn't immediately necessary. When the surgery was finally performed months later, cancer was not only detected but had spread.

“I do feel like I have won a huge battle. I owe my friends and family a great deal of gratitude for being there and for their support. And it took a lot of fighting and faith in the medical treatments,” Mara vividly remembers. Friends planted flowers in her garden, brought an array of food, visited her during chemo treatments and sent cards that now fill up two binders.

Mara was equally impressed with the outpouring of friendship she received from Kappas who were longtime friends and even the young women at DELTA TAU CHAPTER who, even though they didn't know her, attended an event called “Swim with Mike” at which she was honored. These young Kappas watched her receive the 2000 President Gerald and Betty Ford “People Helping People” award. This annual award is presented to an active community leader who has demonstrated an effort to improve society through volunteer work and by helping those less fortunate. In her long list of volunteer work, Mara has contributed significantly to the Swim With Mike program since the event began 21 years ago. Her efforts help to raise money for the Physically Challenged Athletes Scholarship Fund at the University of Southern California.

I owe my friends and family a great deal of gratitude for their support.

Volunteering has always been an important part of Mara's life and now she talks with numerous cancer victims about her experience, the disease and doctor referrals. Mara, who finds it easy to talk to people, finds a silver lining to her cancer by encouraging others to fight and believe in a positive outcome. 



Mara Hunter Redden, *Southern Cal.*, is surrounded by collegians who watched her receive the 2000 President Gerald and Betty Ford “People Helping People” award.

Ovarian Cancer — A Silent Killer

Cancer is one of the most feared words in our vocabulary.

Ovarian cancer is known as the “silent killer” because it lacks symptoms until it has spread into other areas of the body.¹

RISKS

Ovarian cancer is caused when cells in the ovary grow and divide uncontrollably, causing a tumor.² It is most common in older women, or women who have gone through menopause, and those with a family history.³ Other risk factors include infertility, delayed childbearing, a high fat diet, the use of talcum powder around the genital area, and the use of estrogen (except in oral contraceptives).⁴

It is important to note that younger women are not exempt from this disease. Statistics show that one quarter of ovarian cancer deaths occur in women age 35 to 54.⁵ Because early symptoms are minimal, more than 50 percent of women suffer from advanced ovarian cancer at the time of diagnosis.⁶

TREATMENT

Scientists are currently working to isolate and correct a gene mutation, which is linked to half of all cases.⁷ Alternative treatments such as further gene therapy are being explored, along with the use of drugs such as Topotecan, Gemcetabine, and Tamoxifen.⁸

PREVENTION and SYMPTOMS

The best method of prevention is having regular pelvic examinations by your doctor and avoiding the above risk factors. No complete prevention is known; however, studies find that after five or more years of oral contraceptive use, there is a 60 percent reduction in ovarian cancer risk.⁹

See your doctor immediately if the following symptoms are present:

a feeling of being bloated; clothes don't fit quite as easily as they once did; vague abdominal and pelvic discomfort; vaginal bleeding; and gastrointestinal symptoms such as gas, back pain, indigestion, and fatigue.¹⁰

— Sidebar by JULIE HARRIS KREBS,
Bowling Green

This article is dedicated to the memory of 28-year-old JENNIFER TYDE, Tulsa, who recently passed away — one year after an ovarian cancer diagnosis. The Key thanks Julie Harris Krebs and other friends of Jennifer Tyde for helping to raise awareness of this terrible disease.

Sources used for sidebar:

1, 7, 8 www.mdanderson.com, Conquest, Summer 1997, Volume 12, Issue 1, University of Texas MD Anderson Cancer Center.

4, 5, 6, 9 <http://health.yahoo.com/health>, Ovarian Cancer 2000 Yahoo! Inc., 2000 adam.com.

2, 3, 10 <http://rpci.med.buffalo.edu/departments/gynoc/grwp.html>, The Gilda Radner Familial Ovarian Cancer Registry, Roswell Park Cancer Institute, Buffalo, New York.

Debilitating Injuries Define a Dream

Hit by a drunk driver, a young woman renews her commitment to become a doctor

— By ELIZABETH WESLEY CORNETTE, Kentucky

It is not surprising that I plan to practice medicine for I have dreamt of becoming a doctor since childhood. But when I started college, I had forgotten the motivations behind my goal. My desire lacked emotion, and school had become difficult because it had turned into a required conclusion. In living for the future, I had failed to recognize the demands of the present.

But that changed in an instant when a drunk driver struck me head on during my trip home for summer

break in 1996. I sustained serious injuries and spent that summer slowly changing into a person who understood the value of a moment and the importance of today. I realized I had a second chance to get it right.

The accident threw me into the life of a patient. I shared my doctors' frustration with a stubborn, debilitating injury that left me feeling the uncertainty of rehabilitation and the fear of chronic pain. Only weeks before, I had been teaching tennis lessons three hours

*“As I faced an
uncertain future,
I struggled with the
anger I felt toward the
man who hit me.”*

a day. Then, suddenly, I found my time divided between waiting rooms, hospital visits and physical therapy.

As I faced an uncertain future, I struggled with the anger I felt toward the man who hit me. His blood alcohol level was “.08” which at the time was not considered legally drunk. (A new state law now considers that level driving under the influence.) His poor judgment to drink and drive forever changed my life — he walked away virtually unharmed.

I returned to school for my junior year that fall but I could barely dress myself or wash my face. My doctor advised me to withdraw from college and it was the first time I faced the magnitude of the injury. My spirit broke as I realized that I might never again play tennis, dance with my friends or cook dinner. I found solace in my doctor who understood my feelings of unfairness and lost youth. He held my shaking hand as our individual efforts to heal joined in partnership. This serendipitous encounter rekindled my desire to practice medicine.

I had never worked closely with patients before, and I was uncertain that I possessed the special qualities it takes to be a doctor. My apprehension turned to confidence while working as a phlebotomist (one who draws blood) at the University of Kentucky Hospital. I became acquainted with proce-

dures and, more importantly, patients. I had found my purpose through one special patient:

One Saturday morning, the halls were filling with physicians making their rounds. An aging woman's cries filled the west wing as I entered. It was apparent that the wailing had begun some time before. Her cries are still fresh in my mind. Without thinking, I passed through her doorway. With her arms and legs restrained, only her voice was unbound. I walked toward her while asking if she needed anything and not expecting an answer. I stood at her bedside talking quietly about nothing. She pulled at the bottom of my lab coat startling me, but her cries began to soften and I took her hand. She held it tightly. At most she weighed 90 pounds and her firm grip seemed unnatural. With my free hand, I straightened the white hair from her face as a tear fell down her cheek. I held her hand and listened. Her voice was calm, and this time I heard it in my heart. Earlier the screams had

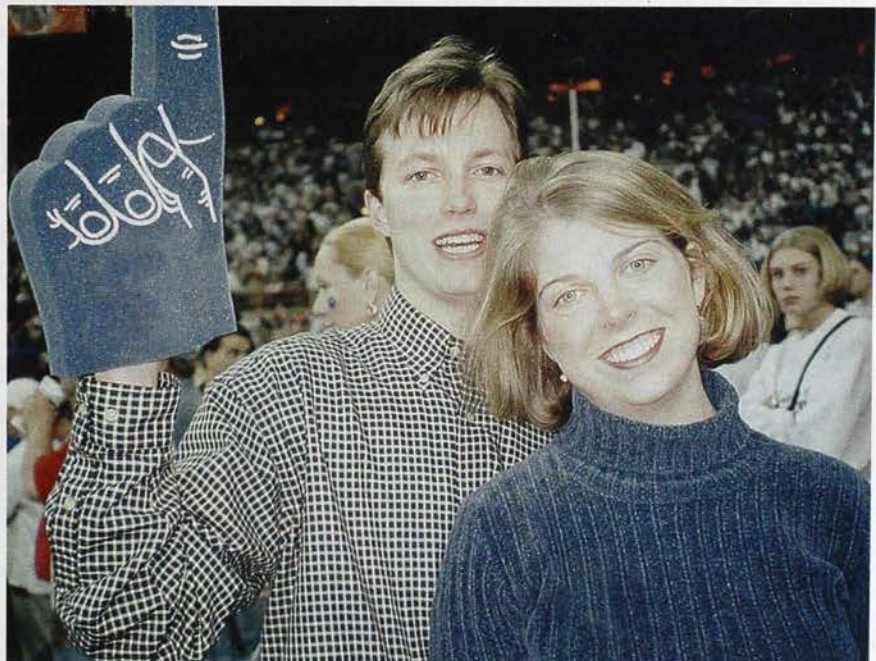
masked her song; now, more softly, she was singing a hymn.

I stood when she closed her eyes and eased her grasp on my hand. As I left the room, I am certain that the sun shone more brightly through her window, and it was quiet. I wiped the tears from my face, not realizing they had fallen. By providing comfort, I found completion.

Believing in my abilities is essential and so is accepting the sacrifices that medicine demands. Choosing to pursue this profession was the hardest decision I have ever made. And in the end, it may not be the easiest path to balancing a career and a life, but it is my path. And I know that I do not need another chance to get it right.



EDITOR'S NOTE: *Elizabeth has applied to medical school at the University of Kentucky and will learn this year if she is accepted. The Key Editorial Board wishes her the best.*



After her car was struck by a drunk driver, **Elizabeth Wesley Cornette**, Kentucky, became even more determined to study medicine.

Emergency Grant Helps Undergrad Survive

— By Robin Pickett, KKT Foundation Development Associate

For LAUREN WALL, *Arkansas*, difficult family times and financial setbacks have become part of her daily life. A junior majoring in human development with a concentration in lifespan development and family studies, her goal is to work with families or children in crisis. "I want to help others who are experiencing extreme stress in their lives," says Lauren. "I want to see people grow and overcome odds that are stacked against them."

Lauren has overcome her own share of obstacles. "I have dealt with multiple learning disabilities and worked very hard in school despite these hardships." Lauren receives weekly tutoring through the university, utilizes note-takers and meets with an academic mentor. She also attends summer school and takes courses during winter breaks. Her grades have improved each year and she earned a 3.5 GPA last semester.

After experiencing the heartbreaking divorce of her parents, Lauren battled anorexia nervosa (self-starvation leading to a loss of body weight 15 percent below normal) during high school. "Overcoming this disorder is what I am most proud of today. I chose life. Many others do not," explains Lauren. She now shares her experiences and knowledge of the disease with others.

Lauren contacted the Kappa Kappa Gamma Foundation in October 2000. Her college fund established by her grandparents was depleted. Bills had accumulated from her medical needs as well as her mother's ongoing treatment for her previous battle with breast cancer. Lauren's future at school was in jeopardy.



Lauren Wall, *Arkansas*, (right) has overcome many obstacles, including an eating disorder.

In a letter of recommendation for Lauren, CATHERINE BAYS KYLE, *Arkansas*, an adviser for Gamma Nu Chapter, writes, "Even with Lauren's financial setbacks, her unhappy family situation and her learning disabilities, she has remained positive and deserves an opportunity to continue her studies." In November, the Foundation awarded Lauren an Undergraduate Emergency Grant from the Rose McGill Fund. Lauren is looking forward to her graduation from the University of Arkansas this spring.

Here's What's New at Our Museums

Heritage Museum, Columbus, Ohio: To expand its interpretation of women's lives in 19th-century America, the Heritage Museum will exhibit the presence of children in the home, as a central component of home and family life. The Museums Committee has acquired a crib, washtub and children's tea set. Additional items needed include a period doll, toys, high chair, wicker stroller and salesman's sample furniture of the era.

The Stewart House, Monmouth, Ill.: The authentic 1800s restoration of The Stewart House parlor, where it is believed the original Fraternity Constitution and Charter were signed, will soon be complete. The Stewart House will dedicate the restored parlor, named in memory of JEAN HESS WELLS, *Georgia*, former Fraternity President, in October 2001.

The next restoration phase will include the west bedroom, upstairs hallway, stair hallway, and foyer. This project is possible by

a gift from the ALPHA^A CHAPTER, *Monmouth*, pledge class of 1950 and their friends in honor of a beloved pledge sister, as well as the generous contributions of BONNIE BONDURANT SHADDOCK, *Monmouth*.

Needed furnishings include a period walnut end table and side chairs, a fireplace mantle clock, wall accessories, a pair of prints, lamps and a big family Bible or book.



An antique crib is a new addition to the Heritage Museum.

Making a Difference — More Than Surviving

A Message from the Foundation President



As President of the Foundation Board of Trustees, I am constantly meeting women who believe in their power to improve society. They do what they do with little recognition, and great mountains are moved because faith in their sisters has motivated their philanthropic hearts.

You and I are blessed. We have a unique opportunity to change the

future through supporting the programs of this grand organization, and we dare not miss this chance. Kappas throughout history have done their part to help the world around them. As women, we are reaching a new level of sophistication with our philanthropic endeavors.

We are so much more than just a scholarship-granting organization. We assist women to be more than survivors. We want our sisters to be champions despite the worst of circumstances. We help that sister who suddenly finds herself a single parent, or confronted with a medical crisis, or drifting in a sea of emotion so great she cannot bare to face the future alone. We are there for her!

The Foundation team is made up of women who share their volunteer spirit, along with their expertise, to expand the Foundation's capability to reach every sister in need. We need sisters of passion — women like you, who have a generous heart — to further our efforts to preserve and teach the history of collegiate women through our museums, to care for our sisters in need and to provide meaningful student aid and educational programming. We are committed to the kind of financial development it takes to make all of this happen.

Thank you for linking arms with us as we make miracles happen for our sisters who need us the most. Together, let's demonstrate the kind of faith in the future that expects, at the very least, the best for every sister.

Loyally,

Patsy Levang

PATSY BREDWICK LEVANG, *North Dakota State*
Foundation President

Research for Women's Wellness Program Funded by the Foundation

Kappa Kappa Gamma Fraternity has proposed the development of a women's wellness program to benefit members and others. The Foundation Board of Trustees approved funding for initial research involving disordered eating. The practice of "bingeing and purging" as a means of weight control is becoming increasingly common among college students. This devastating and deadly behavior severely impacts — not only the eating disordered person — but also her close associates.

The first phase will identify the existing eating disorders and health/wellness programs available for women — investigating what works and what doesn't, as well as gathering data from focus groups and developing survey instruments to identify future programmatic needs of alumnae and collegians.

By establishing an educational program to address health and wellness, Kappa Kappa Gamma seeks to positively affect the health and well being of its members, as well as future generations.

Board Actions

At the November 2000 Board of Trustees meeting, confidential aid for undergraduates was adopted as a program of the Rose McGill Fund. This program will provide funds in larger amounts than provided by Undergraduate Emergency Grants. Any initiated member in need may be referred for consideration by alumnae associations, chapters or another member, or she may request aid directly by contacting the Foundation office at 614/228-6515.

The amount of undergraduate scholarships was increased from \$1,500 to \$3,000, and graduate scholarships from \$2,000 to \$3,000. The amount for an individual or alumnae association to give a one-time named scholarship will increase from \$1,000 to \$1,500. The Kappa Kappa Gamma Foundation will match the gift for a total scholarship of \$3,000.

Annual Meeting of the KKT Foundation of Canada

The annual general meeting of the Kappa Kappa Gamma Foundation of Canada will take place at noon on Monday, May 7, 2001. The meeting is open to all members in good standing of Kappa Kappa Gamma Fraternity. If you would like to attend, please call or write to Secretary JOYCE BAINARD FORSTER, *Toronto*, 29 St. Andrew's Gardens, Toronto, ON M4W 2C9, 415/925-8639.

DESIGNING WOMEN

Meet Creative Kappas from Across the Continent

Drawing and Painting Is a Way of Life

Although MARY WELLMAN PORTER, *Purdue*, has retired from a full-time career at a small college, she continues to enjoy painting and exhibiting her work in watercolor, acrylics and mixed media. Her semi-abstract paintings, which she calls "adventures for the eye," are known for imaginative use of color and surprising images. Many of her paintings are found in corporate and private collections in Michigan, Indiana and Ohio.

Represented by three western Michigan galleries and one in Naples, Fla., Mary's paintings have been accepted in juried competitions and exhibitions and have garnered numerous awards. Mary has four grown children and works as a freelance designer.



Mary Wellman Porter, *Purdue*, at work on a painting.

Artist Enjoys Many Art Forms

When CLAIRE CHAMBERLAIN BRYANT, *Colorado College*, visited a needlework shop in the early '70s and showed samples of her painted needlepoint canvases, the shop owner asked if she could chart designs for cross stitch. "I went home and learned how in a hurry," says Claire. She then started a business she called The Berry Patch, named after the wild berries growing along the sidewalk of her farmhouse in Colfax, N.C. The business grew to a small warehouse and 15 employees.



Claire Chamberlain Bryant, *Colorado College*, in her art studio. Claire is President of the **Sandhills (N.C.) Alumnae Association**.

Claire stretches her artistic repertoire as an accomplished spinner, weaver, knitter, painter and writer. In addition to several books she has written, Claire has copyrights on more than 50 needlework books. She attended her first Kappa Convention last summer and realized there were no children's coloring books for sale in the Convention's Blue Owl Boutique. "Everyone thought I was taking copious notes during the speeches," Claire admits. "But I was sketching ideas for a Kappa coloring book!"

Girlfriend, Let's Go Shopping

Kappa brought them together and friendship sealed their fate as they opened their first boutique in San Francisco in 1993. SUSAN EXPOSITO MARGOLIS, *UC Berkeley*, and KATHARINE RIBARICH RYAN, *UC Berkeley*, created *Girlfriends*, a unique shop where friends can hang out on a comfortable couch, drink coffee, grab a fistful of M&Ms and, yes, shop. The store carries contemporary clothing lines, jewelry and gifts for the home.

Fashion magazines, including *Glamour* and *Seventeen*, are featuring the clothing and product line as popular and trendy. Stars such as Gwyneth Paltrow, Heather Locklear and Neve Campbell are patrons, and



Susan Exposito Margolis, *UC Berkeley*, and **Katharine Ribarich Ryan**, *UC Berkeley*, created a boutique they appropriately titled *Girlfriends*.

Courtney Cox Arquette has even worn the whimsical logoed T-shirt on *Friends*.

The California-based shop did so well that Susan moved to Portland, Ore., in 1997, to oversee the opening of their second shop. And a new mail-order catalog allows shoppers to view the expanding line of products. To order one, call 800/561-0732. Or visit their Web site at www.girlfriendsboutique.com.

Designing a New Life and Business

Having suffered a series of illnesses and financial setbacks, **MARNIE READ STARBUCK**, *Georgia/Florida State*, is creating an at-home graphic arts business. Although still struggling with some remaining effects of an illness, Marnie is excited about putting her art degree to work. She does part-time work for a grocery chain as well as painting and refinishing furniture. Her latest venture in graphic arts includes note cards, invitations, advertising materials and similar services for individuals and companies. Her fleur-de-lis and old-fashioned keys note cards are especially attractive — and not just to Kappas!



Marnie's iris notecards are popular, not just to Kappas.

Recalling that she "majored in Kappa" when she served two terms as President of **EPSILON ZETA CHAPTER**, what she gave to Kappa then is being returned now in the form of aid from the Rose McGill Fund. Marnie shared her story of challenges and triumphs in the Winter 2000 Issue of *The Key*. Contact Marnie at 352/369-5605.

"Freddy's Fleece" Inspired by Survival

The inspiration to start a business may come from an unusual source. For **KAY GANSHAW SMITH**, *Cornell*, it came from the fleece blanket that covered her son Frederick during seven weeks in the hospital. Freddy was born 10 weeks prematurely, survived heart surgery and other close calls and is now a happy 3-year-old.

To Kay, the blanket represented Freddy's fight for survival and inspired her to start a home-based business



Kay Ganshaw Smith, *Cornell*, and her son, Freddy.

in custom-designed fleece clothing for children newborn to age 10. Hand-sewn mittens, jackets and decorated blankets are sold by Club Fred Kids and a new line is in the works, to be named after younger sister Sarah.

In honor of Freddy, the business gives 10 percent of the purchase price to buy fleece, which Kay uses to make blankets for area hospitals. The neonatologist who cared for Freddy says the blankets provide comfort to families of premature babies when they are searching for reassurance and support. Contact Kay at 515/279-4745.

French Country Style Graces Furnishings and Accessories

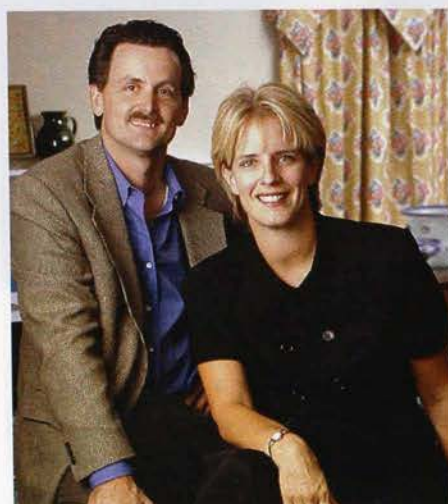
On a self-created sabbatical, **SALLY MCCORMICK MCCONNELL**, *Ohio Wesleyan*, and her husband quit their successful executive careers and moved to France in 1985. Instantly they fell in love with the French style, particularly in the South of France. They admired the blue-and-white tiles being made by artisans on the Rue

Vielle-du-Temple, the hand-painted armoires from the Alsace region and the colorful Provencal fabrics.

"We were surprised that these artisans did not have a hold on the American market," Sally said of the craftsmen that they approached. These vendors eventually would custom-make the furniture for the store they opened in Virginia in 1986 called French Country Living.

Their store and catalogue are filled with top-priced furniture to practical accessories. Wall to wall are fruit-wood farm tables, richly colored cottons and sun-drenched pottery. The catalogue has received awards from the Direct Marketing Association. In the first year, it was named "Best New Consumer catalogue" and in 1998, it was named "Best Home Furnishings Catalogue" in its market. To receive a copy, call 800-485-1302 or visit www.frenchcountryliving.com.

Sally and her husband will open a flagship store in 2001 which will give them 7,200 sq. ft. of selling space — a big jump from the original 3,000 sq. ft. store. Plans are also underway to open stores in other markets. "We hope one day to involve and pass on this business to our daughters Cole, 11 and Adele, 9," Sally says with pride.



Sally McCormick McConnell,
Ohio Wesleyan,
created French Country Living with her husband, Bringier.

Artists by Trade

Painting in their brand new, family-owned art gallery, SHANNON and JENNIFER LYNN SMITH, *Clemson*, are continuing their successful careers as artists. Two siblings of triplets, they shared their passion for art in college, graduated with fine art degrees then went on to sell their work in separate studios.

Now their oil paintings are shown and available for sale at the family studio, Smith Killian Fine Art, on Queen Street in Charleston, S.C., which caters to local buyers, tourists and even international buyers. Their paintings range from \$700-\$8,000 featuring subject matter from landscapes to figures, still life, architecture and more. "I give my paintings a loose brush stroke to accomplish a



"Marinara," oil on linen, by **Shannon Smith, Clemson**

more painterly quality, a very expressive feel very close to impressionistic," said Shannon of her work. She explains that she and Jennifer are always growing and changing with their painting, which keeps their art exciting.



"Seabrook Moonrise," oil on linen, by **Jennifer Smith, Clemson**

Growing up, they were inspired as their mother made a living as a painter. Now they work alongside her, their father and brother who is a photographer by trade. "I'm excited that our family has come together to open a gallery where we can show our work together," Shannon proudly remarks. "You can paint anywhere and our family often travels together for opportunities to paint, most recently to Tuscany." Jennifer recently studied in Maine by herself and Shannon enjoyed a short stay in France where she studied with another artist. To view their work and learn more about this family gallery, visit their Web site at www.smithkillian.com.

Slippery Success

Eleven years ago, MARTHA ALDA ELLIS, *Arkansas (Little Rock)*, left her career as a dental hygienist to stay at home with her two young boys. In an effort to make inexpensive Valentine's gifts, she experimented with

making French milled soap from her kitchen in Little Rock, Ark. After trial and error, she succeeded at making a bar of soap with a design that stays put until the bar is credit card thin. Drawing on her background in chemistry, she developed the patented technique that has led her business, Alda's Forever, to its multi-million dollar status with products sold all over the world.



Martha Alda Ellis, Arkansas (Little Rock)

In response to requests for custom-design soaps, she has built a client base including The White House, the Grand Ole Opry, and popular contemporary singers. (President Clinton commissioned Alda to mix up a shipment sporting the presidential seal.) Alda's Forever also offers candles, silver home décor, stationery, books, music and a popular body line.

The company is housed in an 18,000-square-foot facility with more than 40 employees and has permanent showrooms at the Dallas TradeMart, Atlanta Gift Mart and Chicago Merchandise Mart. Her husband eventually left his job as a top executive to oversee the rapidly growing business, allowing Alda to step back again to spend more time with her children and concentrate on the creative end. She uses her extra time to travel to speaking engagements and book signings for the many books she has authored. Her most recent book, titled *Listen to the Quiet*, inspires women to nourish their souls and revive their spirit.

After Alda lost her mother to breast cancer, she turned her number-one selling product — the friendship ball — into a voice for breast cancer awareness. The friendship ball is based on an old English tradition of giving where friends pass a silver ball back and forth through the years by filling and re-filling it with something special. The special-edition "Friendship for the

Cure Friendship Ball," tied with a pink ribbon, holds a small breast exam card inside along with a pink bath sponge and pink soap with a sticker. It reads, "An annual mammogram can save your life." With every purchase of a Friendship for the Cure Ball, Alda's Forever donates one dollar to promote breast cancer awareness. These friendship balls can be purchased through the Alda's Forever catalog by calling 800/253-7627.

Husband/Wife Team Reflects on a Lifetime of Designing

For more than 39 years, CAROLE RIDINGS RENMARK, *Miami*, and husband Ronnie have been in business together as interior designers. Their firm has grown through the years and now offers a full range of services — interior, planning, architecture and design. "We're proud to be located in Richmond's (Va.) downtown, newly designated historic district where we rehabbed an 1878 building into apartments and commercial space," says Carole. The building is included on the National Registry of Historic Landmarks and received an award from the Historic Richmond Foundation.

A recent interior design project involved the completion of 10,000 square feet for the Corporate Sky Suites at Colonial Downs Race Track in Virginia and 30,000 square feet for the General Agency of Northwestern Mutual Life Insurance.

Currently the couple is working with long-time client, The Maryland Jockey Club, in the redesign of 1,000,000 square feet at Laurel Park and Pimlico Thoroughbred Race Tracks. "Our objective in this \$65 million project is to restore the glamour and romance of horse racing through interiors evocative of the rich 18th- and 19th-century architecture associated with Maryland thoroughbred racing."



Carole Ridings Renmark, Miami, runs a successful interior design firm with her husband and daughter in Richmond, Va.

Their daughter, Tayne, joined the firm in 1988 adding her talent to the family business. "As she grew up, Tayne was right there, absorbing and contributing," says Carole. "It can now be told that at age 8 she designed the hat logo for Arby's that is still being used today."

Over the years Carole and Ronnie's work has appeared in numerous magazines. *Traditional Home* featured the company as one of the top design firms in the 1996 "Decorator Showhouse" edition. "Our talent speaks for itself but our confidence in each other is at the heart of everything we do," explains Carole. "As a united team, we embrace a shared vision that our clients, and we as a family, benefit from."

Artist Builds Gift Business on a Whim

For years, CYNTHIA HAWS DUNCAN, Akron, enjoyed painting jewelry and other items using a special technique. In 1997, she began creating her own artwork and has moved from the craft world to retail with the creation of her business called Cyndi's Whims. Her original designs are available on rubber stamps, T-shirts, sweatshirts, totes,



Cynthia Haws Duncan, Akron

keychains, magnets, notepads and pins. Cyndi recently announced a new line of scrapbook rubber stamps featuring 23 scrapbook-themed rubber stamps which join the company's existing line of basket-related rubber stamps. View Cyndi's Whims products online at www.CyndisWhims.com, as well as from various scrapbook stores and other gift shops. More information is also available by calling 330/342-7275.

A busy mother of two young daughters, Cyndi enjoys making scrapbooks and even runs a scrapbook idea Web site, Cyndi's Scrapyard (<http://members.aol.com/ScrapnCyn>). In addition to designing Web sites on the side, Cyndi is developing a Spanish after-school enrichment program in her community. In April, Cyndi will represent her business at the Ohio Scrapbook Retreat in Cincinnati, as well as the Ohio Scrapbook Convention in Cleveland in October. She hopes to meet any Kappas who may be there.

Home Building Takes a Woman's Touch

Although women arguably do the most cleaning and organizing of a home, few women actually design living spaces. DIANE COX BASHEER, Colorado College, is founder and president of Diane Cox Basheer Communities where she oversees the design and construction of homes in new and existing communities. She has surpassed more than \$1 billion worth of home construction during more than two decades. Diane's original degree at Colorado College was in political science and she worked for *Voice of America*. Homebuilding, however, was in her blood and she followed her father and two uncles into the business.

The Washington Business Journal says Diane stands out among the handful of female homebuilders in

Northern Virginia. Diane told *The Journal*, "I do not know why more women don't become developers and home builders. There are many creative aspects to it, particularly having a willingness to take a design vision and respond creatively to the consumer."



Diane Cox Basheer, Colorado College, is founder and president of Diane Cox Basheer Communities.

Diane does everything, including acquiring the land through building the homes. A partnership, Basheer and Edgemore, offers 40 years of experience in the Washington metropolitan area and includes more than 5,000 homes and multiple neighborhoods. Diane's signature is craftsmanship and attention to customer service and details. She enjoys matching the homes to the neighborhoods' customers, including landscaping appropriate for the area. For more information, visit www.jackjmorris.com/basheer/aboutus.html.

— "Designing Women" section by JULIE KROON ALVARADO, Arizona State; LOIS CATHERMAN HEENEHAN, Adelphi; JENNY STRUTHERS HOOVER, Bowling Green and LAURA SHOCK SCHERER, Bowling Green.

ALUMNAE PROMOTE HISTORY

Heritage Museum Open to the Public

CARRIE WEYLER, *Bowling Green*, and AMY HOWARD, *Georgia Southern*, volunteered as tour guides for Kappa's Heritage Museum during the annual Olde Towne Spring Tour in Columbus, Ohio. This self-guided tour is designed to preserve, promote and renew the historic community of Columbus, Ohio. Kappa Kappa Gamma Fraternity Headquarters and Heritage Museum was the home of Ohio Governor David Tod in 1862. A well-known historical site, it is the finest example of Italianate architecture remaining in the city.

Dressed in 19th-century gowns, Carrie and Amy gave tours of the morning room, parlor and formal dining room. Carrie and Amy agree that "for all Kappa Kappa Gamma does for others, it feels really good to give back to Kappa for a change." (For more information on the Heritage Museum, see Page 30.)



Alumnae Visit Kappa's First Lady

MEREDYTH KEEFE EARNEST, *Georgia Southern*, and MISSY JOLLY RAMSEY, *Georgia Southern*, were thrilled to spot the Kappa key badge on a gown of First Lady LUCY WEBB HAYES, *Ohio Wesleyan*, (wife of the 19th U.S. President Rutherford B. Hayes) at the First Ladies Exhibit at The Smithsonian Institution in Washington, D.C. LOU HENRY

HOOVER, *Stanford*, was the first Kappa to serve as first lady.

The exhibit was directed and mounted by another Kappa, EDITH PERTERSILIA MAYO, *George Washington*, curator/supervisor of the Smithsonian Institution's Division of Political History. Edith is a 1996 Alumnae Achievement Award recipient.



Meredyth Keefe Earnest, *Georgia Southern*, and Missy Jolly Ramsey, *Georgia Southern*, view the key badge of First Lady Lucy Hayes at The Smithsonian.

Lecturer Loves Children's Lit

CAROL CAMPBELL JACOBS, *New Mexico*, of San Mateo, Calif., enjoys wearing her trademark "lecturing dress" decorated with storybook characters. Her most recent opportunity to wear the dress was when she was asked by the Association of Libraries at Stanford University to give her lecture on "A Glimpse of Treasure — A History of Children's Literature." Carol's collection of antiquarian children's books is on display in many libraries. She has also donated her col-



lection of children's books and related toys including a Pinocchio doll and book, a tea set with an *Alice in Wonderland* volume, a blue glass dolphin and the book, *Island of the Blue Dolphins*, to her hometown library in Paso Robles, Calif.

Alumnae Remember Our Founders

Members of JACKSONVILLE and GAINESVILLE (FLA.) ALUMNAE ASSOCIATIONS held a luncheon for graduating seniors at Magnolia Point Golf and Country Club in Green Cove Springs, Fla. The highlight of the day was visiting the gravesites of Founders HANNAH JEANETTE BOYD and MARY LOUISE BENNETT BOYD. In keeping with tradition, alumnae sent candy and notes of encouragement to Florida chapter members at the close of spring semester.



Celebrate Women's History!

March is U.S. Women's History Month. Celebrate women's history and Kappa history at your next meeting by reading passages from *History 2000 ... Kappa Kappa Gamma Through the Years*. For order information, see Page 51. For information about Women's History Month, visit the National Women's History Project Web site at www.nwhp.org

KAPPA KUDOS

• **MARTHA SPURGEON FISHER**, *Purdue*, received the "Honor Key Award" from the INDIANAPOLIS ALUMNAE ASSOCIATION. Martha is President of the WEST LAFAYETTE (IND.) ALUMNAE ASSOCIATION. Martha has also served the Fraternity as a Province and Regional Director of Alumnae. Daughter **JULIE FISHER MCKINNEY**, *Purdue*, took part in the celebration.



Martha Spurgeon Fisher, *Purdue*, and daughter **Julie Fisher McKinney**, *Purdue*

• **JACQUELINE (JAKI) GILES LAKE**, *Washington State*, is one of 46 teachers statewide to receive the Washington Award for Excellence in Education for 2000, which recognizes educators for their leadership, contributions and commitment to education. Jaki serves as the director of the Inland Empire Region for the Washington State University Alumni Association.



Jacqueline (Jaki) Giles Lake, *Washington State*



Sarah Seeger Dougherty, **Vicki Dauphin Matheisen**, and **Lindy Cope Rojas**, *Cal. State, Fresno*, were victorious at the club golf championship at the San Joaquin Country Club.

• **DIANE HERTEL THOMASON**, *Iowa State*, golf coach at the University of Iowa, coached the USA National Golf Team in the World University Golf Championship in Ireland, finishing in second place. Other honors include LPGA Coach of the Year, Hall of Fame Member, Big Ten Coach of the Year and the Gladys Palmer Award, an honor given by the coaches association for service and dedication to golf. Pictured with Diane are two team members, Angie Yoon and Kristin Dufour.



Diane Hertel Thomason, *Iowa State*, with two team members, Angie Yoon and Kristin Dufour.

• **TORONTO ALUMNAE ASSOCIATION** member **ELIZABETH SCROGGIE JOY**, *Toronto*, presented the Kay Dignan Memorial Prize to **MELANIE HERSHORN**, *Toronto*. The Advisory Board and active Scholarship Chairman of Beta Psi Chapter suggest a nominee based on academic per-

formance, contribution to the Fraternity and involvement and interest in the University community. This award has been presented annually for the past 40 years.



Elizabeth Scroggie Joy, *Toronto*, presents the Kay Dignan Memorial Prize to **Melanie Hershorn**, *Toronto*.

• Kappa Kappa Gamma's Director of Standards **PRISCILLA MURPHY GERDE**, *Purdue*, received special recognition from the WEST LAFAYETTE (IND.) ALUMNAE ASSOCIATION for outstanding service to the Fraternity.



Priscilla Murphy Gerde, *Purdue*, with association President **Martha Spurgeon Fisher**, *Purdue*.

• **HOPE HASLAM**, *Baylor*, has been appointed publisher of *Texas Lawyer*, the state's leading legal newspaper. Previously, Hope worked in sales and marketing for West Group. Prior to this, she was the legal editor of *Texas Lawyer's* book division and helped create and edit a variety of legal publications in Texas. Hope earned a law degree from Mississippi College. (Not pictured.)

ALUMNAE IN ACTION

Make the Internet Work for You

Members of the EAST BAY (CALIF.) ALUMNAE ASSOCIATION jumped onto the information superhighway during an Internet training class. Led by Pr^A, UC Berkeley, active members KELLY McDONNELL and CHIARA SHANNON, they surfed the Web, set up free e-mail accounts, sent animated multimedia greeting cards and arranged a Web site for the alumnae. East Bay alumnae are lowering their office supply and mailing costs by using the Internet and the actives enjoy the opportunity to enhance their résumés as experienced Internet instructors.



Chiara Shannon, UC Berkley, and Ann Scott Patton, Kentucky

Annual "Tablescapes" Helps Many

DALLAS ALUMNAE ASSOCIATION members focus on a philanthropic adventure that brings members of all ages together, realizing that the volunteer of today is attracted to opportunities that are fun, flexible, and require little training.



The Dallas Alumnae Association raised more than \$105,000 through "Tablescapes."

For their renowned "Tablescapes" event, 60 designers and retailers participated in creating table designs utilizing their merchandise and creative talents featuring china displays, floral and other whimsical centerpieces and inviting table coverings. Alumnae participating in this two-day event helped raise funds by providing a luncheon table viewing, book sale and a successful underwriting program. "Tablescapes" raised more than \$105,000, which was donated to the Child Protection Services, The Family Place, Scottish Rite Hospital, and the Rose McGill Fund of the Kappa Kappa Gamma Foundation.

Friendship a Force in Sarajevo

DAYTON (OHIO) ALUMNAE ASSOCIATION members CAROLYN KEARNS YOUNG, *Denison*, and DORIS HUMES PONITZ, *Michigan State*, traveled to Sarajevo with a group called Friendship Force, to distribute school supplies, non-prescription medications and clothing. During their stay in war-torn Bosnia, Carolyn and Doris met with Sarajevo citizens to determine how Dayton, their U.S. "sister city," could help.

While visiting *Zene Za Zene* (the Woman to Woman Center), Carolyn learned how more than 850 women are assisted through training programs that teach them how to merchandise crafts and borrow money to purchase cows or chickens so the women can produce products to sell. An explanation of women's rights in Bosnia is written on a wall in the women's center. "These women are excellent carpenters and produce stools covered with beautiful hand-made rugs," says Carolyn, who stayed with a young cello player during her visit. "I shall never forget Sarajevo."



Carolyn Kearns Young, *Denison*, and Doris Humes Ponitz, *Michigan State*, found a "Kappa" brand clothing store in the heart of Sarajevo.

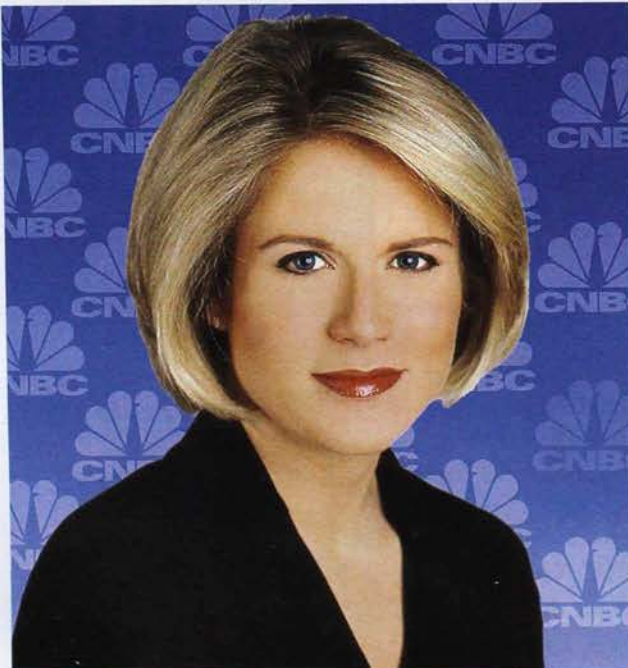
Friendship Force grew out of the Dayton Peace Accords in 1995. Carolyn and Doris have an impressive list of civic accomplishments and at different times have been named one of Dayton's "Ten Outstanding Women."

Meet CNBC Correspondent Martha MacCallum

As a CNBC *Business News* correspondent and fill-in anchor for *Market Watch*, *Market Wrap*, *The Edge*, and *Power Lunch*, MARTHA MACCALLUM, *St. Lawrence*, draws on 10 years of experience covering business and financial news for CNBC and Dow Jones and Company.

Martha also reports for CNBC from the floor of the New York Stock Exchange and the NASDAQ/AMEX Marketsite, and she has contributed to NBC's *Today Show*, sister cable station MSNBC and various NBC affiliates nationwide. Before joining CNBC, Martha was an anchor and reporter for WBIS-TV, a sports and business network in New York. At Wall Street Journal Television, Martha served as a business news correspondent and anchor for *The Wall Street Journal Report*, *World Market Outlook* and *Business USA*. She was correspondent on a story called "Glass Ceiling" for *The Wall Street Journal Report*, which won the Gracie Allen Award in 1998.

Before entering broadcasting, Martha worked as a profiles and real estate reporter for *Corporate Finance Magazine*. She resides in New Jersey with husband Daniel and their two children.



CNBC Business News Correspondent **Martha MacCallum**, *St. Lawrence*.

ALUMNAE WELCOME GRADUATING SENIORS



The **Lawrence (Kan.) Alumnae Association** held a tea for graduating seniors from **Omega, Kansas**. The collegians were presented with a Kappa cookbook and fleur-de-lis and were welcomed into alumna membership.



The **Gamma Epsilon, Pittsburgh, Advisory Board and House Board** held their annual "High Tea" to introduce recent graduates to the importance of alumna involvement.



Officers of the newly established **Lexington (Ky.) Alumnae Association** planned a dinner for graduating seniors from **Beta Chi, Kentucky**, to promote alumna involvement and to encourage seniors to join a Kappa alumnae association wherever their lives may lead them.

Kappa Authors

Over 80: Things You Can Do

By ELIZABETH (BETTY) FLETCHER HOWELL FELTMAN,
Northwestern

26 pgs., \$12.95 or two for \$25
(Call 480/945-6668 to order.)



When Betty's son, Richard, a doctor, asked her to create a booklet to encourage his elderly patients who were struggling with depression, Betty came up with this book of suggestions on how to enjoy life. The four chapters are "You Can Be Popular After 80," "You Can Be Healthy After 80," "You Can Be a Supergrandparent After 80," and "Just For You." The

book was so popular that Betty decided to publish it and use the sale of her book to raise money for various organizations. For every 25 books ordered by Kappas, Betty will donate \$100 to the Kappa Kappa Gamma Foundation.

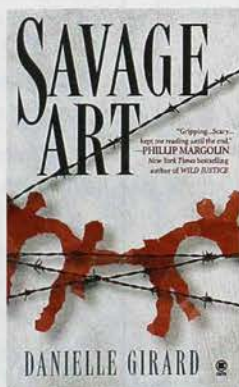
Betty has served the Fraternity as Epsilon Province Director of Chapters (1942-43). After college she served as the EVANSTON (ILL.) ALUMNAE ASSOCIATION President and has been an active community volunteer her entire adult life. For the past 28 years, Betty has been a volunteer teacher at the Boys and Girls Club of Scottsdale, Ariz. In the past 28 years, she has taught 400 children the art of photography and many have won national awards. Betty's other contributions are too numerous to mention.

Betty and her first husband, the late Dick Howell, a 1924 Olympic Gold Medalist swimmer, had two sons and a Kappa daughter, JULIE HOWELL GALLIMORE, Tulsa. Betty received her 75-year pin during the PHOENIX, SCOTTSDALE and EAST VALLEY ALUMNAE ASSOCIATIONS Founders Day banquet and was presented with a cake in honor of her 94th birthday.

Savage Art

By DANIELLE GIRARD, Cornell
Onyx, a division of Penguin
Putnam, Inc., 384 pgs., \$6.99

This is not bedtime reading! The author describes how ex-FBI profiler Casey McKinley was brutally attacked by a killer she was profiling. Suffering permanent physical and emotional damage, she retreats from work and family only to be brought back into terrifying contact with the killer.



With a background in medicine and a family history of storytelling, Danielle has also spent several years working in finance and a year traveling the world with her husband. Four years after the characters first entered her mind on a beach in New Zealand, Danielle tells their story in *Savage Art*. Her second novel, *Familiar Stranger*, will appear in July 2001 and she is hard at work on the next, along with spending time with her husband and daughter in their Northern California home.

You're on the Air


By SALLIE CARTER DUBOIS-PHILLIPS, British Columbia
Sono Nis Press, 213 pgs., \$21.95

"I lost my heart to radio," Sallie wrote, describing the wooden box she loved to listen to in the late 1930s, as well as the career that captured her interest in the '40s. A housewife and mother, she felt the need to use her skills in other ways. An interest in acting, a good speaking voice and the ability to write scripts led Sallie into a program for CBR, part of the Canadian Broadcasting Corporation's Trans-Canada Network.



Sallie had tried acting but her body didn't convey emotions and action satisfactorily. It was said of her voice, however, "She can really take it off the paper." That voice came through live, since broadcasts were not yet taped. Sallie read her scripts aloud, with occasional sound effects included.

This was a time when people were "just beginning to think women might have a place in the business world," and Sallie also worked in public relations for the Community Chest (now United Way), the Vancouver Symphony and Opera and other groups. She was one of only a few women in the field and never took a job that interfered with family life.

The book includes more than 30 scripts of many radio shows — most occurring between 1946 and 1952. The scripts are about family, a black lab, wildflowers, medicinal plants, camping, local history and how life began at 40. They reflect life in mid-20th century British Columbia — how greatly many things changed and some not at all. 

EDITOR'S NOTE: The Key is delighted to receive so many books written by Kappas. If you have submitted a book, please be patient. Books will be reviewed in the order in which they are received. Books and author information may be submitted to The Key, P.O. Box 38, Columbus, OH 43216-0038. Books will not be returned and will be kept in the Fraternity archives.

Spring 2000 Collegiate Honors Report

Chapters at or Above the All-Sorority GPA

REGION 1

Alpha Province
Colgate

Beta Province
Dickinson

Rho Province
Connecticut

REGION 2
Gamma Province
Ohio State

Nu Province
Wake Forest

REGION 3
Xi Province
LSU

Mu Province
Emory

REGION 4
Delta Province
Valparaiso
Zeta Province
Washington Univ.

REGION 5
Iota Province
Albertson
Eta Province
Colorado
REGION 6
Pi Province
Oregon
Kappa Province
Pepperdine
UC Santa Barbara
UC San Diego

Chapters Scholastically Ranked First on Campus

REGION 1
Rho Province
Connecticut

REGION 2
Lambda Province
West Virginia

REGION 3
Nu Province
Wake Forest

REGION 4
Zeta Province
Washington Univ.

REGION 5
Iota Province
Albertson

REGION 6
Kappa Province
UC Santa Barbara
UC San Diego

Kappas with 4.0 GPA

REGION 1
Alpha Province
McGill
Rebecca Foster
Shilo-Anne Morton

Beta Province
Villanova
Toni Nicole
Benedetti
Katherine Kunec

Rho Province
Connecticut
V.Shannon Tallent

REGION 2
Gamma Province
Ohio State
Emily Deschler
Lambda Province
George Washington
Sandy Rosenberg

West Virginia
Kimberly Ables
Allyson Crow
Randena Harrison
Devon Smith
Sherry Sheffren

Nu Province
Kentucky
Natalie Aronson
Ann Balsley
Emily Burns
Colleen Crawford
Amy Ernst
Melody Fritz
Shelley Hays
Erin Marsh
Kathy McDonald
Ali McGreevy
KC Niedermeyer
Liz Peace
Annie Warnock

Wake Forest
Courtney Cantwell
Lauren Dawson
Beth Doby
Emily Dransfield
Holly Holton
Katherine Lewis
Alison McPheely
Angela Moratti
Kara Petracek
Laura Sayers
Anna Schultz
Joanna Smith
Leah Williamson
Kristen Yablonsky
Lindsay Yount

Duke
Alexandra Akers
Jill Austrian
Janet Deland
Shelby Granowitz
Priscilla Krone
Carley Petesch
Jennifer Robb
North Carolina
Alicia Greiser Hill
Kristin Latimer
Elizabeth Ann
Scanlon
Brittany Paige
Whitesell

REGION 3
Mu Province
Emory
Jennifer Peresie
Karen Tegge
Xi Province
LSU
Julie Beattie
Leah Blaize
Danielle Boudreaux
Sabastian Caballero
Jaime Cambre
Laura Danna
Amanda Davis
Stephanie Dawes
Simone Derouen
Holy Edmonds
Cherie Dessauer
Teri Ellison
Rachel Guedry
Tracy Hatcher
Erin Kernaghan
Bridget Laborde
Amanda Lavergne
Elke Lawson
Amie McWhorter

Melinda Matte
Sarah Monk
Erin Oglesbee
Lindsay Poche
Leeann Sandlin
Allison Surcouf
Hollis Walsdorf
Amy Weiner

REGION 4
Epsilon Province
Illinois
Christi Blakkolb
Kristin Braun
Lisa Buie
Dana Dorr
Mary Gainer
Traci Galvanoni
Denise Knipp
Jessica Ohr
Jamie Porter
Dana Raisdana
Kristine Ross
Jessica Smudzinski
Northwestern
Rebecca Agule
Amy Haase
Julie MacIntosh
Dara Miller
Hilary Doyle
Allison Baske

Susan Israel
Lindsey James
Heidi Gluck

REGION 5
Iota Province
Albertson
Christine Sestero
Elizabeth Shotton
Puget Sound
Larke Frederickson

REGION 6:
Pi Province
Oregon
Allison Lee
Deborah Warren
Kappa Province
Santa Barbara
Kelly Bussell
Lauren Cappelloni
Cara Taylor

Data is based on chapter scholarship reports received by December 11, 2000. The Key apologizes that some chapters are not listed due to reports not received by the deadline.

Collegiate News Wanted!

The Key wants to know what's happening at your chapter via e-mail! Just send news, individual or chapter accomplishments and community service work to agreiner@kappakappagamma.org. Then send your photos in the mail to *The Key*, Collegiate News Editor, P.O. Box 38, Columbus, OH 43216-0038. Tell us what makes your chapter special!

Photo Tips: Please send clear, quality, color photographs that show action. Do not send photos showing beverages or open flames. Do not submit digital photographs. Appoint a member to take pictures at all chapter events and send copies to *The Key* throughout the year! Photos will not be returned and may be used in other Fraternity publications or the official Web site.

Figure Skater Reaches for the Stars

When she was three years old, KEYLA OHS, British Columbia, *tightened her laces and skated circles around toddlers who couldn't tie their shoes. Eighteen years later, Keyla's circles have evolved into axels, lutzes and artistry on ice.*

Keyla stunned the competitive skating world when she moved from novice to junior and then to senior rank in only one year. In the 1998 Canadian Figure Skating Championships, Keyla earned second place. Although she placed 13th last year, The November 18, 2000, *Calgary Herald* lauded her efforts, noting that she has the potential to be a leading contender in future competitions.

Keyla is admired for her graceful beauty and crisp choreography. To complement the focus and skill required to be a champion skater, Keyla plays the piano and is well versed in ballet. She says that playing the piano "trains your mind ... to relate to music and how to feel it and brings out what the music is asking you to perform." She adds that her ballet training helps her keep nice lines and be true to the ballet art form of skating.

In addition to skating, Keyla enjoys several hobbies. Poetry helps her emotionally process her skating efforts. "Sometimes you'll hit a day or two when your skating is not going so well and it really helps to find other avenues which you can express yourself." Keyla also loves animals. "I think I'd have 100 pets if I could but I don't have the time to take care of them."

Although she is no longer taking classes at the University of British Columbia, Keyla has enjoyed the encouragement from Gamma Upsilon Chapter. Despite her rigorous training schedule and academic work, Keyla is thrilled she made time for Kappa — her home away from home during college. "My chapter understood about my difficult schedule and always supported me," says Keyla. One chapter member gave her a picture of all the actives gathered around the television set the night of the "Fireside" ceremony watching Keyla perform at the 1998 Canadian Championships. "It made me sad that I missed some important Kappa events due to my skating but my sisters were always there for me."

Now, Keyla is deciding whether to continue skating or accept a scholarship to Harvard University to complete an undergraduate degree. She has also done some acting and plans to pursue this as a future career. "I have some tough choices to make ... this is a pivotal time in my life," Keyla admits. But no matter what she decides, Keyla knows that she has support from her Kappa sisters.

— By KATY QUINN POWERS, *Oklahoma*

Discover New Pathways!

- Are you looking for a new and exciting workshop for your chapter or association?
- Do you need a 10-15 minute game or activity to liven up a meeting?
- Are you seeking ways to heighten and enrich your lifelong education experience?

Visit *Pathways* on the Web. Located on the member's-only side of the official Kappa Web site, *Pathways* holds the key to every Kappa's continuous education experience. It's easy. Just click on the swiveling *Pathways* logo. *Pathways* organizes the Fraternity's educational resources into four color-coded focus areas:

- Self-Discovery and Intellectual Development,
- Interpersonal Development
- Understanding and Appreciation for Kappa
- Leadership and Skill Building.

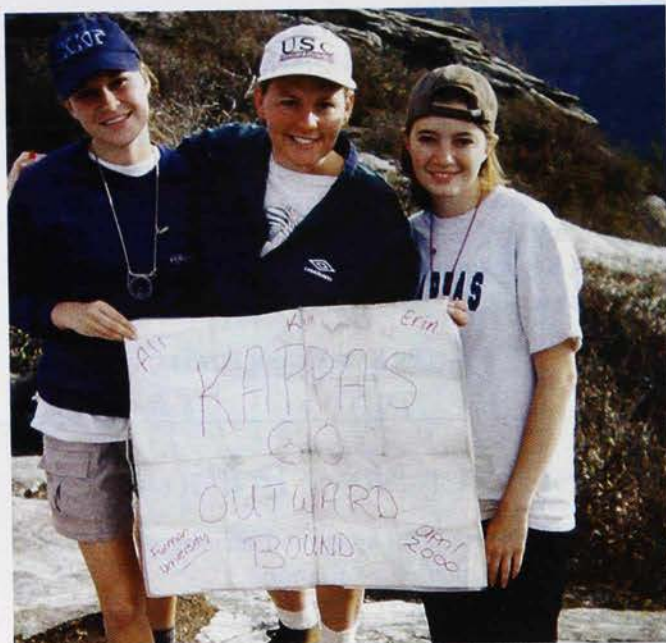
Use *Pathways* on the Web for researching potential resources as well as for obtaining or downloading workshops, games, activities and an on-line order form. New resources are being added continually. The first 10 members to download and mail in a completed order form with the word "Key" written in the top right corner, will receive a free *Pathways* T-Shirt. Visit the *Pathways* site today!



Pathways

KAPPA'S CONTINUOUS EDUCATION EXPERIENCE

Survival School Renews Mind and Soul



Erin Sonnett, Kim Adams and Alison Kraigsley head in the right direction during an Outward Bound survival and leadership program with Furman University.

No watch, no bed, no shower! Life at the North Carolina Outward Bound School is simply living in the moment concerned only with the weight of the 50-pound pack on your back and the dull ache of your legs as you summit the mountain peak.

KIM ADAMS, South Carolina, director of leadership programs at Furman University; ERIN SONNETT, Furman; and ALISON KRAIGSLEY, Furman, spent a spring break hiking, backpacking, rock climbing, camping and rappelling in the Pisgah National Forest. For then seniors Erin and Allison, this was the capstone experience of their participation in the Furman Leadership Summit Program — a perfect time and place to reflect on the past four years as college students. A three-time Outward Bound veteran, Kim believes there is nothing better for renewing one's heart, mind and soul than time in the wilds of God's amazing creation.

In her own words, Kim Adams shares the experience: "Our adventure began with an empty pack, a plastic bag called a "happy sack" to keep important things dry, and a pile of food and supplies so we could survive in the wilderness for five days. Outward Bound is a school, so

each day we learned wilderness survival tips including lightening drills, how to set up a tarp, proper campsite selection, navigation skills and the importance of minimum impact camping. Our first day was freezing cold, windy and the threat of a storm circled ominously above as we wearily ascended the mountain in search of Outlaw Cave. Darkness came, we escaped the storm and we ended the day much more unified as a group. We cooked black beans and tortillas as we huddled in the cave, trying to stay warm. The next day we were freed from the burden of our backpacks and enjoyed learning how to belay, rock climb and rappel. As dark fell, we rappelled out of the Attic Window, a 100-foot rock face.

Beyond adventure and survival skills, Outward Bound teaches the importance of solitude and reflection. We had the opportunity to spend one full night and part of a day on a solo experience. Being completely alone except for thoughts and a journal opens the door for a life that is richer and more vivid.

Outward Bound stretched our comfort zones, changed us and gave us an opportunity to be significant group members. Daily we were challenged to give and receive compassion from others. We were reminded of Louis L'Amour's words, "The thing to remember when traveling is that the trail is the thing, not the end of the trail. Travel too fast and you miss all you are traveling for."



Alison Kraigsley, Furman, climbs to shelter in Pisgah National Forest in North Carolina.

Another View

KYE MARTIN, *Washington State*, may turn out to be another JANE PAULEY, *Indiana*. Co-host and producer of *Another View*, a campus television show based on the format of the network show, *The View*, Kye is doing the groundwork for a career in broadcast journalism. Kye calls the show spunky and informative. She organizes writers' meetings and speaks about her views on topics such as date rape and alcohol use. "As far as my career is concerned, I feel the sky is the limit," says Kye, who worked for no pay at a Palm Desert, Calif., TV station last summer in order to gain valuable work experience.

Kye and her mother, ROBIN ROAT MARTIN, *Oregon State*, share a special bond as Kappas. "It is a connection that both of us value very highly — she has been a huge influence in my life," says Kye, who received the Keith Jackson journalism scholarship and was recognized as the "Best Female Talent" last spring for her work on *Another View*. With a minor in Spanish, Kye also speaks French.



Kye Martin, *Washington State*, prepares for an episode of *Another View*, a campus television show she co-hosts.

Traveling Toy Box

"We traveled with our portable set that folded into the back of a van and a giant blue toy box that everything was pulled out of and around which a lot of the action centered — it was more successful than I ever could have imagined," reflects recent graduate JULEE BABER, *Centre*. Julee developed and marketed a children's theatre troupe while studying dramatic arts at Centre. The Traveling Toy Box, which included Julee and other Kappa actors, traveled for free to surrounding children's homes, pediatric units and the local Girl Scout troop. The Traveling Toy Box also performed on campus. All sets, costumes and props were designed and built by students. Julee received a "volunteer of the month" award and was featured in several Lexington, Ky., newspapers.

Ropes and Rafts

Today's college student is increasingly busy, often working, volunteering and seeking internships and career experiences in addition to studying. To help alleviate the pressure, several chapters are taking time out from rigorous schedules to build trust and renew friendships through outdoor experiences. Both Pi^α, *UC Berkeley*, and DELTA TAU, *Southern Cal.*, have organized adventure trips right before recruitment to build chapter unity and allow time for everyone to relax.

Delta Tau members participated in a ropes course and Pi^α members have organized rafting, ropes and horseback riding events. FELICITY MEU, *UC Berkeley*, a certified outdoor



Jessica Wood, *UC Berkeley*, is one of several Pi^α members to complete the challenges of a ropes course.

adventure leader and river guide, has helped organize Pi^α Chapter events for several years and has served as Membership Chairman. "The camaraderie was felt by potential members, who are able to gauge how well chapter members interact," says Felicity. Delta Tau members also noticed their chapter was more unified during recruitment after experiencing a ropes course.

The key to the success of these events is proper safety, planning and use of the Kappa Kappa Gamma Event Planning Form. Events of this nature should not be mandatory and should only be conducted by a certified company under contracts and insurance approved through the Fraternity's Risk Management Guidelines. While adventure activities can offer positive experiences, chapters must keep in mind the potential liability they may cause, especially with strenuous physical activities. To minimize this risk, injury waivers and releases should be signed by the participants and their parents. Chapters should also keep in mind that buses must be contracted for events more than 20 miles off campus. If you have questions about risk management, please contact your Province Director of Chapters or the Fraternity's Risk Management Chairman, POLLY GAMBLE LARNED, *Michigan*, at wlarned@aol.com.

Home Sweet Home

ZETA UPSILON, *Georgia Southern*, is busy preparing for the groundbreaking on a house to call their home on Greek Row. Zeta Upsilon will be the first Kappa chapter since the 1980s to build a house. Chapter members are excitedly awaiting the construction of this house since they are the only unhoused sorority on campus. For more information about groundbreaking, contact Coordinator of

Chapter Development, CATHLEEN MORROW MCKINNEY, *Emory*, 2440 Reynolds Dr., Winston-Salem, NC 27104; e-mail cmk@triad.rr.com.

Play for Charity

- DELTA IOTA, *LSU*, donated \$20,000 in proceeds from its annual "Kappa Klassic Golf Tournament" to the Dream Day Foundation in support of St. Jude's Children's Research Hospital. Chapter Philanthropy Chairman JULIE BABB says, "We are so proud to give the gift of life to Dream Day, the hospital and the children."
- Last spring BETA OMEGA, *Oregon*, and GAMMA MU, *Oregon State*, teamed up for the first time and organized a golf tournament that raised more than \$10,000 for the domestic violence shelters in Eugene and Corvallis.
- BETA XI, *Texas*, held a "Kappa Klassic Pool Tournament" that raised \$1,700 for the Austin Children's Shelter.

"LeaderShape" Inspires Personal Goals

KATIE CLARK, *Michigan*, is one of several Kappas to attend a LeaderShape Institute conference.

Because of this experience, Katie set a personal goal to enlist 1,000 people to run with her in the 2001 Race for the Cure. "I know this is a steep goal to reach for, but I feel so strongly about it and so prepared from LeaderShape that I am confident in my quest to make a difference," says Katie, whose mother died in 1992 from breast cancer at the age of 45.

Fellow Kappa and LeaderShape presenter, CATHY EARLEY, *Centre*, Assistant to the Director of Chapters, particularly inspired Katie. "Cathy is by far one of the best public speakers I have ever heard, and I feel so privileged to have been able to meet and talk with her about different issues regarding Kappa and leadership in general. It is reassuring to know that there are women out there who are still involved in Kappa and care very much about the actives," says Katie.

By offering leadership programs focused on men and women ages 17-25, the LeaderShape Institute, a nonprofit corporation, seeks to improve society by inspiring, developing and supporting more people committed to "leading with integrity." For more information, visit www.leadershape.org.



Lauren Keasy, *Michigan*; Katie Clark, *Michigan*; Ann Brinker, *Iowa State*; and Jessica Hohn, *Iowa State*, attended LeaderShape VII.



Erin Hurst, Jenny Perkins, Sarah Wicker and Sarah Gareis, Oklahoma State, collect donations for Harvest II canned food drive.

Hoots 'N Salutes

- The New Member Kore groups at DELTA SIGMA, *Oklahoma State*, have set academic goals and work together to hold each other accountable. "Caring Sisters" provide recognition for high grades and class attendance. Delta Sigma also supports university-wide projects like Harvest II, a 10-year annual event that donated more than 7,000 pounds of food for local agencies last year. The key to the drive's success is "Can OU Day" (rival Oklahoma University) which creates interest and support for the project.
- GAMMA BETA, *New Mexico*, keeps service in mind when planning philanthropic activities. Recent events include "Owleen," a Halloween party for children, a manicure party for elderly women and a baby-sitting night offered at no cost to local alumnae.
- A 70th-anniversary celebration in Montreal has kept DELTA DELTA, *McGill*, busy during the past year. Planning this event has enabled the chapter to use its committees — organizing hotel accommodations to food and favours.

- OMICRON^Δ, *Simpson*, Kappas have worked with their Panhellenic to support the 1991 NPC recruitment resolution. Now, all but one of the sororities has eliminated skits in favor of more in-depth conversations with potential members.
- Community service is important to GAMMA EPSILON, *Pittsburgh*. Each Saturday members visit an assisted living facility to play games, plant flowers or paint with residents. The chapter collects canned goods, clothing and toiletries which are donated to a women's shelter each month and in the fall they pick apples for a local food bank.
- The Scholarship Committee of BETA CHI, *Kentucky*, has established "owl teams," groups of same-major Kappas that offer tutoring and study group sessions. The committee also has invited an administrator from the Student Activities Office to speak about leadership opportunities in other organizations.
- ALI FISHER, *Lafayette*, has been named the 2000 Patriot League Scholar-Athlete of the Year for women's lacrosse. Ali, who was a

key to Lafayette's Patriot League championship season last year, led a defense that allowed just 7.27 goals per game. She started all 15 games, leading the Leopards to an 11-4 mark, the best record at Lafayette since 1993.

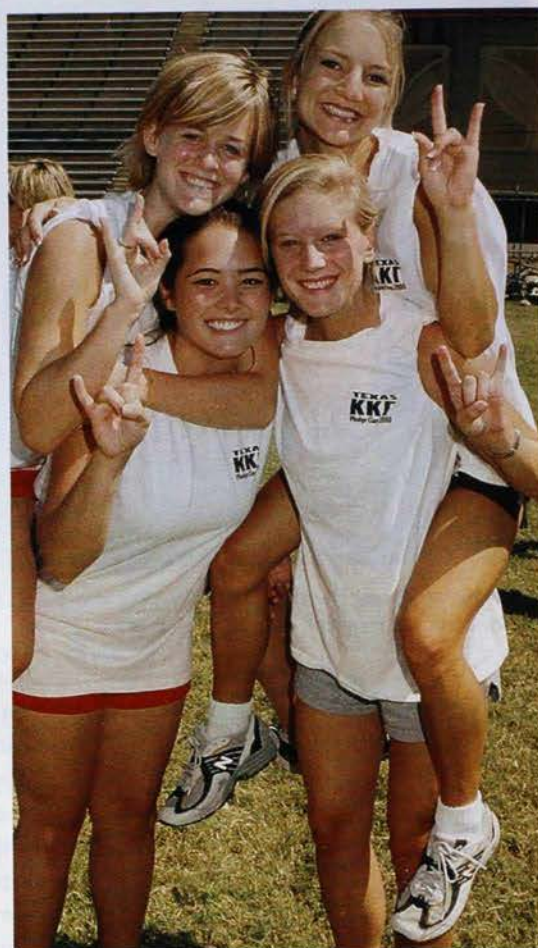
Good Ideas

- ZETA XI, *Yale*, sends hand-written invitations to local alumnae asking them to participate in Initiation activities. The invitation reads: *The sisters of Zeta Xi at Yale University cordially invite you to the Initiation of our newest members. Alumna presence contributes so much to the spirit of Initiation, giving the new members direct proof that sisterhood lasts longer than our college years.*
- DELTA IOTA, *LSU*, held a risk management presentation by the Alcohol and Beverage Consumption Agency. They also started a campus trend by using buses for off-campus events to minimize risk and liability.
- GAMMA XI, *UCLA*, invites professors to the chapter's annual scholarship dinner. The Scholarship Committee also rewards chapter members who achieve a 3.0 GPA for the quarter.
- New members of LAMBDA, *Akron*, are given matching bracelets when assigned to a Kore group. Worn during recruitment, the bracelets are used to explain Kores to potential members. New members receive their Kore-colored bracelet on Bid Day.
- DELTA XI, *Carnegie-Mellon*, organized a campus "Gong Show" including musical acts, comedians and dance ensembles. The panel of judges was selected from the audience, which made it a fun and interactive event. The proceeds were donated to Debra House, a homeless shelter in Pittsburgh.





Epsilon Phi, Florida, members strike a winning pose for the 2000 Physique Style Party contest. The chapter selected the Children's Miracle Network as the recipient of the \$3,000 prize.



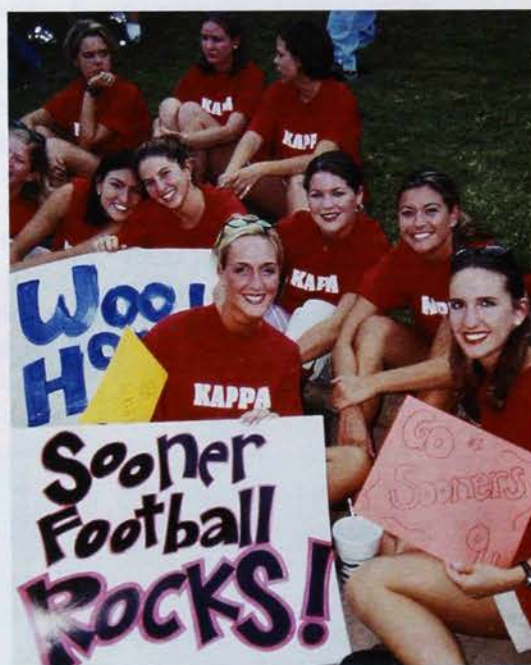
Beta Xi, Texas, members had a blast supporting Phi Kappa Psi Fraternity "Field Days."



Rho⁺, Ohio Wesleyan, provided lunch and shared camaraderie with the children of the local Ronald McDonald House. For weeks before the event, they collected soda-pop tabs to donate to the Ronald McDonald House recycling project.



The **Gamma Omicron, Wyoming**, Ruckus Crew enjoys the volleyball tournament called "The Ruckus." This chapter-sponsored event raised \$4,000 for a soup kitchen.



Beta Theta, Oklahoma, members prepare for the "Big Red Rally" to support their Sooners, NCAA National Football champions.

Names in this list are from information received by Fraternity Headquarters, September 27, 2000, through January 4, 2001.

*ADRIAN COLLEGE

Tolford, Dorothy Palmer, '22, d. 10/00

AKRON, UNIVERSITY OF

Corns, Doris Stroman, '27, d. 12/00
Helbig, Patricia Gates, '44, d. 11/00
Kidder, Rosemary Botzum, '35, d. 7/00
Parshall, Kathryn Sherer, '35, d. 11/00

ALLEGHENY COLLEGE

Mellers, Carolyn Morgan, '42, d. 8/00
Van Dyck, Jane Parker, '56, d. 3/00

ARIZONA STATE UNIVERSITY

Swanson, Jennie, '99, d. 5/00

ARIZONA, UNIVERSITY OF

Borrett, Elizabeth McGill, '40, d. 8/00
Hoell, Margaret Stevens, '41, d. 10/00
McBride, Virginia Wilson, '31, d. 10/00
Stanley, Ruth, '48, d. 9/00

ARKANSAS, UNIVERSITY OF

Kerr, Margaret, '41, d. 10/00
Lichty, Olivia Baucum, '30, d. 12/00

BAYLOR UNIVERSITY

Butler, Betty Currey, '78, d. 11/00

BUCKNELL UNIVERSITY

Marks, Dawn Beatty, '56, d. 9/00

BUTLER UNIVERSITY

Harrison, Mary Bradshaw, '37, d. 7/00
Raynor, Elise Schmidt, '30, d. 1/01
Silverman, Sara Hill, '30, d. 10/98

CALIFORNIA STATE U., FRESNO

Say, Elva Dau, '54, d. 7/00

CALIFORNIA, U. OF, BERKELEY

Behr, Margaret Maze, '40, d. 8/00

CALIFORNIA, U. OF, LOS ANGELES

Crotty, Ida Lloyd, '30, d. 9/00
Dochterman, Nancy Garlinghouse, '40, d. 11/00
Fleming, Kathryn Hocking, '25, d. 6/00
Headlee, Barbara Butts, '33, d. 8/00
Hughes, Marion Willaman, '26, d. 1/00
Sweeney, Josephine Branham, '26, d. 1/99

CARNEGIE-MELLON UNIVERSITY

Mainwaring, Elizabeth Floyd, '44, d. 2/00

CINCINNATI, UNIVERSITY OF

Bullerick, Vera Heidt, '29, d. 12/00
Lefterich, Margaret Reece, '45, d. 9/00
Marx, Jane Fowler, '25, d. 11/00

COLORADO COLLEGE

Blahnik, Enid Turner, '44, d. 11/00

COLORADO, UNIVERSITY OF

Cheney, Julia Miller, '32, d. 11/00
Houle, Bettie Eckhardt, '38, d. 11/00
Pate, Dorothy Westby, '23, d. 10/00
Rheem, Mary Wierman, '38, d. 8/00

CORNELL UNIVERSITY

Schneider, Barbara Krause, '53, d. 9/00
Wade, Agnes Lester, '23, d. 11/00
Yinger, Mary, '23, d. 11/00

DEPAUW UNIVERSITY

Hillman, Esther Gentry, '26, d. 2/00
Zeller, Virginia Neff, '22, d. 12/00

DENISON UNIVERSITY

Van Beuren, Virginia, '30, d. 12/00
Weaver, Rosemary Irwin, '46, d. 9/00

DRAKE UNIVERSITY

Larson, Mary Cary, '37, d. 8/00

DUKE UNIVERSITY

Chenoweth, Barbara Dow, '40, d. 6/00
Collins, Geneva Eldredge, '42, d. 9/00
Curtis, Doris Welles, '33, d. 10/00
Hill, Anne Sykes, '37, d. 7/00
Morton, Arlis Cowan, '33, d. 8/00

GEORGE WASHINGTON UNIVERSITY

Anderson, Shirley Smith, '46, d. 9/00

*GOUCHER COLLEGE

Wilson, Jeanne Speyer, '40, d. 11/00

HILLSDALE COLLEGE

Banninger, Mary Penhallegon, '48, d. 10/00
Dunnaback, Anna Hollenbeck, '34, d. 8/00

ILLINOIS WESLEYAN UNIVERSITY

Gunn, Rebecca Ewert, '88, d. 8/00

ILLINOIS, UNIVERSITY OF

Williamson, Meryl Sanders, '29, d. 11/00

INDIANA UNIVERSITY

Evans, Gladys Minas, '37, d. 11/00
Knight, Margaret Barclay, '32, d. 9/00
Patton, Elizabeth, '24, d. 10/00
Smith, Saralee Allen, '57, d. 8/00

IOWA STATE UNIVERSITY

Dow, Hollis Merkle, '57, d. 1/00

IOWA, UNIVERSITY OF

Mallett, Catherine Doepeke, '32, d. 9/00

KANSAS STATE UNIVERSITY

Weller, Dorothy Elder, '17, d. 5/95

KANSAS, UNIVERSITY OF

Morrison, Lyndon Bailey, '58, d. 1/00
Shelton, Patsy Piller, '42, d. 10/00
Smith, Catherine Cole, '22, d. 10/00

KENTUCKY, UNIVERSITY OF

Gee, Mary Naive, '37, d. 10/00
Johnson, Sue Ewing, '42, d. 7/98
Whitlow, Allie McAlister, '30, d. 10/00

LOUISIANA STATE UNIVERSITY

Clay, Lynden Howell, '49, d. 11/00
McGivney, Gertrude Modisette, '38, d. 7/00

*MANITOBA, UNIVERSITY OF

Ryan, Norma Wilson, '30, d. 6/00

*MARYLAND, UNIVERSITY OF

Comstock, Margaret Karr, '29, d. 1/00
Ramsburg, Mary Krauss, '35, d. 8/00

MIAMI UNIVERSITY

Dair, Jean Armentrout, '41, d. 11/00

MIAMI, UNIVERSITY OF

Leib, Virginia Lyons, '50, d. 10/00
Yerger, Lois Cameron, '41, d. 2/96

MICHIGAN STATE UNIVERSITY

Coolidge, Magrieta Gunn, '36, d. 11/00

MICHIGAN, UNIVERSITY OF

Clauss, Oriel Straehley, '42, d. 10/00
Dawson, Mary Riggs, '47, d. 11/00
Guthrie, Vida Patten, '32, d. 10/00
Hewitt, Nancy Bauer, '53, d. 11/00
Miller, Nancy Comstock, '50, d. 4/97

MINNESOTA, UNIVERSITY OF

Charette, Bonnie Boyd, '41, d. 5/99

MISSOURI, UNIVERSITY OF

Benton, Jessie Hodges, '26, d. 8/00
Hogenuer, Mary Owsley, '34, d. 8/00

MONMOUTH COLLEGE

Miller, Fredrica Tubbs, '47, d. 12/00

NEBRASKA, UNIVERSITY OF

Lohse, Helen Coyne, '40, d. 3/99
Luhe, Pauline Boyd, '38, d. 8/00
March, Margaret Johnson, '48, d. 9/00
Maxey, Jeanne Pope, '36, d. 11/00
Wiggenhorn, Mary Mitchell, '35, d. 9/00

NEW MEXICO, UNIVERSITY OF

Erwin, Virginia McKnight, '33, d. 11/00
Hurst, Peggy McCormick, '34, d. 9/00
Parnegg, Janee Sprecher, '42, d. 5/00
Shortle, Parrie Van Hyning, '38, d. 7/00

*NORTH DAKOTA STATE UNIVERSITY

Askegaard, Marie, '79, d. 5/00
Barcome, Shirley Shepard, '50, d. 6/00

NORTHWESTERN UNIVERSITY

Colbath, Vesta Swenson, '28, d. 12/00
McBride, Janice Martin, '29, d. 7/00
Morr, Cora Kling, '32, d. 1/99
Quinn, Dorothy Hastings, '26, d. 7/00
Rich, Eileen Sparrow, '33, d. 8/00
Spence, Martha Smothers, '34, d. 1/00

OHIO STATE UNIVERSITY

Beyerly, Martha Newton, '58, d. 9/00
Colucci, Jane Berry, '31, d. 10/00
Domby, Margaret Jacob, '24, d. 12/00
Eggleston, Sarah Sackett, '34, d. 9/00
Folkert, Mary Jean Tice, '42, d. 11/00
Lynn, Barbara Allen, '40, d. 11/00
Saxby, Elizabeth Altsman, '33, d. 10/00

OHIO WESLEYAN UNIVERSITY

Cadwallader, Mary Powers, '33, d. 6/00
Hale, Katherine Enger, '40, d. 8/00
McIlvain, Cornelia Sawyer, '31, d. 10/00
Whitney, Elizabeth Fish, '35, d. 11/00

OKLAHOMA STATE UNIVERSITY

Moore, Judith Hendrickson, '63, d. 9/00
Points, Mary Drummond, '53, d. 12/00
Sturdevant, Shirley Langford, '54, d. 12/00

OKLAHOMA, UNIVERSITY OF

Beckwith, Helen Smith, '34, d. 10/00
Gourley, Billie Simpson, '41, d. 10/00
Gunning, Eleonore Aderhold, '35, d. 11/00
Minneman, Mary Hutchinson, '50, d. 8/00
Rapp, Genevieve Conway, '28, d. 10/00
Stahl, Mary Smith, '24, d. 11/00

OREGON STATE UNIVERSITY

Evans, Ione Staley, '42, d. 11/00
Mayo, Jean Inglis, '38, d. 9/00
Parker, Harriet Hatton, '42, d. 11/00

OREGON, UNIVERSITY OF

Mears, Marian Lee Villiers, '46, d. 9/00
Slade, Louise Clark, '26, d. 9/00
Snell, Barbara Johnson, '40, d. 10/00

PENNSYLVANIA ST. UNIVERSITY

Brodrick, Lois Hunter, '41, d. 9/00
Convers, Eleanor Bennett, '44, d. 9/00
Eastburn, Anne Mellinger, '30, d. 9/00
Feely, Gretchen Diehl, '33, d. 10/00

PITTSBURGH, UNIVERSITY OF

Arthur, Margaret, '28, d. 12/99
White, Betty Springer, '40, d. 3/00

PURDUE UNIVERSITY

Allen, Margaret Roehler, '26, d. 9/00
Lugar, Gretchen Bartels, '41, d. 9/00
Mayer, Margaret Woodworth, '53, d. 6/00
Shehan, Irma Witte, '24, d. 10/00

ROLLINS COLLEGE

Burnette, Celestina McKay, '32, d. 10/00
Sanders, Mary Mundell, '64, d. 6/00

*SAN JOSE STATE UNIVERSITY

Bondelie, Barbara Berry, '50, d. 9/97

SOUTHERN CALIFORNIA, U. OF

Brandt, Mary Mathes, '53, d. 6/99

SOUTHERN METHODIST UNIVERSITY

Holt, Jean Sloan, '47, d. 9/00

Man, Martha, '49, d. 10/00
Woodard, Marion Laves, '46, d. 9/00

STANFORD UNIVERSITY

Freeman, Elinor Day, '32, d. 5/00

*SWARTHMORE COLLEGE

McLagan, Martha Brown, '23, d. 8/00

TEXAS CHRISTIAN UNIVERSITY

Hazard, Sarah Fowler, '71, d. 2/00

TEXAS TECH UNIVERSITY

Hott, Carolyn Coe, '54, d. 8/99
MacKay, Betty Gordon, '53, d. 7/00

TEXAS, UNIVERSITY OF

Lynch, Betty Stratton, '34, d. 10/00
Lynn, Barbara Callan, '46, d. 11/00
Red, Alice McDermott, '39, d. 5/00
Scarborough, Margaret Caldwell, '24, d. 9/00

TORONTO, UNIVERSITY OF

Lovering, Jane Spence, '42, d. 7/00
Nicholson, Juliet Duncan, '34, d. 5/00
Warne, Isabel, '29, d. 9/00

TULANE UNIVERSITY

Davis, Alice Conroy, '66, d. 7/00
Landry, Mildred Plauche, '26, d. 10/00
Sanders, Marjorie Marchal, '36, d. 3/00

TULSA, UNIVERSITY OF

Thoen, Sigrid Spencer, '67, d. 11/00

UTAH, UNIVERSITY OF

Bell, Mary Thomas, '32, d. 12/00
Nicholson, Mary Cozzens, '32, d. 12/99
Sheehan, Julianne Sheldon, '41, d. 12/00

WASHINGTON UNIVERSITY

Cheshire, Elizabeth Sprague, '41, d. 9/00
Deckert, Juliabelle Forgey, '35, d. 4/97

WASHINGTON, UNIVERSITY OF

Jackson, Gertrude Dunn, '25, d. 9/00
Manock, Dorothy Rhodes, '45, d. 10/00
McGowan, Stephanie Coe, '42, d. 10/00

WEST VIRGINIA UNIVERSITY

Babcock, Frankie St. Clair, '43, d. 11/00

WHITMAN COLLEGE

Eubanks, Anne Casler, '36, d. 10/00
White, Eileen Dierkes, '30, d. 10/00

WILLIAM & MARY, COLLEGE OF

McGee, Lois Lacy, '27, d. 7/00

WYOMING, UNIVERSITY OF

Rhein, Ethel Crofts, '29, d. 9/00
Smith, Dorothy Carson, '40, d. 3/00
Tighe, Nancy Alexander, '54, d. 10/00
Ward, Barbara Benton, '42, d. 10/00
Whaley, Marion Woosley, '44, d. 4/98

* indicates inactive chapters

PATSY PILLER SHELTON, Kansas, served the Fraternity in numerous volunteer roles including Historian (1987-88), Heritage Museum Chairman (1986-88), Heritage Museum Committee (1984-88), Housing (1971), PDC (1968-71), and Graduate Counselor 1945-46.

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



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

Pass It On

Several months ago, my daughter called to tell me she needed to travel from her home in Florida to San Francisco, Calif., to have a team of doctors perform a type of surgery in which very few doctors are trained. She needed someone to assist and support her through this two-week ordeal. I wanted to be that person. Then I asked myself, "How do we do this?"

Not being familiar with the San Francisco area, I called a Kappa friend, ANN NORTON DAVIS, *Northwestern*, for advice on lodging near the hospital and the best method of transportation to and from the airport and hospital. Ann had been my roommate for one quarter during college, but other than a few reunions and a short visit in 1999, we had lost touch. However, my call was met with an immediate response of, "Well, of course, you'll stay with us. I'll make as many runs to the airport as needed and you can have one of our cars to drive." I was awed and relieved by her generosity.

As I write this, we are reaching the end of our two-week sojourn. We have had full use and comfort of her home instead of a motel room at this trying time. I am compelled to express the beauty and sustaining meaning of the loyalty oath we took many years ago, which Ann has lived up to. The graciousness that she and her husband, Al, have extended to us has been overwhelming.

Ann's philosophy for life is, "Pass it on." Thank you, Ann. You exhibit the true meaning of love and friendship.

— SALLY STONER IRWIN, *Northwestern*



Al Davis and Ann Norton Davis (left) opened their home to Sally Stoner Irwin and her husband, Bob, during a difficult time.

The Key Themes and Deadlines

SUMMER 2001: Copy due April 15, 2001. Theme: "Angels Among Us" — featuring stories about women who are helping others in extraordinary ways, plus a special section on membership recruitment.

FALL 2001: Copy due June 1, 2001. Theme: "Exploration and Adventure" — featuring stories of adventure from around the world.

WINTER 2001: Copy due Sept. 1, 2001. Theme: "Women Supporting Women" — featuring stories of importance to women of all ages.

SPRING 2002: Copy due Nov. 15, 2001. Theme: "Minding Your Own Business" — featuring entrepreneurs and business owners, home-based careers and more.

Themes are subject to change without notice. Stories may be submitted to The Key, Kappa Kappa Gamma Fraternity Headquarters, P.O. Box 38, Columbus, OH 43216-0038; fax: 614/228-7809; e-mail: jhoover@kappakappagamma.org. Written pieces and artwork are accepted on a volunteer-basis only. Photographs become the property of The Key and will not be returned. Submissions may be used in other Fraternity publications or on the official Web site. The Editorial Board regrets that not all submissions can be used.

EDITOR'S NOTE: *Are you a stay-at-home mom? Have you left the work force to care for a loved one?* The Key wants to hear from you! The Editorial Board would like to feature stories and good advice from Kappas who are not currently employed outside the home — what are your challenges and triumphs? How has your Kappa and college experience helped prepare you for your current endeavors?

Log On to KKG

Have you visited www.kappa.org? Check out the new Pathways educational program now available on the Web! More new sections will be ready soon. If you have difficulty accessing the "Kappas Only" site, try these tips.

1. Read all Web site instructions carefully.
2. To register for "Kappas Only," use your full name: first, maiden, last.
3. Locate your member number on the back of *The Key*, or contact Fraternity Headquarters.
4. Make sure your member number is entered as a seven-digit number. If your number has fewer than seven digits, you will need to add zeros in the appropriate places. (If your member number is 12-345, you will need to enter it as 0120345 so it has seven digits. See instructions on Web site.)

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Jaydee Boat, chair of *Colorado Cache Cookbook*, offers week long tours of Provence in the spring and fall. Explore the food, wine, art and history. Lodging is in country homes with pools..

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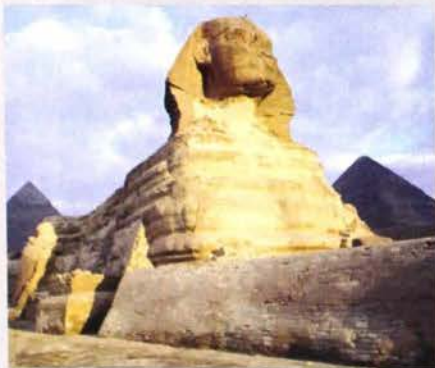


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All Kappas, their friends and families are welcome on our trips. I hope you will join us for one of our beautiful tours this year and experience the pleasure and fun of meeting Kappas from around the continent. We usually dine together and share the day's events — but make your own choices of excursions and activities. Please call me for further information. — VERA MARINE, Coordinator

For more information call Kappa Travels Coordinator VERA LEWIS MARINE, Colorado College, at 626/446-3870, or 614/228-6515, or verakappa@aol.com

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TRAVELS**



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1. Pin-On Badge Charm.....	\$157.00	\$112.00	\$52.50	\$52.50
2. Pierced Pin-On Badge Charm.....	125.00	90.00	45.00	50.00
3. Imperial Onyx/Crest Ring w/4 Pearls.....	202.00	151.00	--	69.00
4. Imperial Onyx/Crest Ring w/out Pearls.....	190.50	139.50	--	57.50
5. Dangle Ring.....	76.00	50.50	--	23.00
6. Round Signet Crest Ring.....	146.00	114.00	--	52.00
7. Wide Band Crest Ring.....	165.00	127.00	--	57.50
8. Mini Monogram Ring.....	101.50	76.00	--	34.50
9. Philly Swirl Ring All Sapphire.....	209.50	158.50	--	--
All Pearl (not shown).....	190.50	139.50	--	--
Alternating Sapphire/ Pearl (not shown).....	203.00	152.50	--	--
Alternating Pearl/ Diamond (not shown).....	266.50	216.00	--	--
Alternating Sapphire/ Diamond (not shown).....	273.00	222.00	--	--
All Diamond (not shown).....	305.00	254.00	--	--
10. Vertical Incised Letter Ring w/out Enamel.....	153.00	108.00	--	40.50
11. Scottsdale Incised Key Ring.....	139.50	101.50	--	34.50
12. Blue Enamel Marquis Ring w/ Crest.....	139.50	108.00	--	46.00
13. Oval Raised Letter Ring.....	152.50	108.00	--	40.50
14. Oval Incised Letter Ring.....	152.50	108.00	--	40.50
15. Key Ring.....	152.50	108.00	--	40.50
16. GF/SS Oval Filigree w/ Engraved Vertical Letters.....	--	28.00 (GF)	--	28.00
17. GF/SS Large Round Filigree with Crest.....	--	50.50	30.00	31.00
18. GF/SS Small Round Filigree Charm w/Crest.....	--	45.50	25.50	26.00
19. GF/SS Heart Filigree w/ Engraved Horiz. Letters.....	--	18.00 (GF)	--	18.00
20. Crown Pearl Vertical Letter Lavalier.....	110.50	85.00	63.50	--
21. Vertical Letter Lavalier.....	38.00	28.00	8.00	12.50
22. Mini Vertical Letter Lavalier.....	25.50	16.50	8.00	12.50
23. Key Lavalier.....	38.00	28.00	8.00	12.50
24. Ingot Lavalier w/ Enamel.....	76.00	53.00	12.50	12.50
25. Staggered Letter Lavalier.....	38.00	28.00	8.00	12.50
26. Crest Lavalier.....	47.00	31.50	12.50	12.50
27. Heart Lavalier.....	39.00	29.00	12.50	12.50
28. Circle Lavalier.....	39.00	29.00	12.50	12.50
29. Mini Staggered Letter Lavalier.....	25.50	16.50	8.00	12.50
30. Horseshoe Keyring FOB.....	--	--	18.50	--
31. GF/SS Single Link Bracelet.....	--	11.50 (GF)	--	11.50
32. GF Festoon Bracelet w/1 Key.....	--	69.50	28.50	28.50
33. Key Bracelet w/Crest (7).....	--	222.00	86.50	86.50
34. Plain Double Letter Guard.....	--	35.00	14.00	--
Plain Single Letter Guard (not shown).....	--	30.00	11.50	--
35. Crown Pearl Single Letter Guard.....	--	65.00	33.50	--
Crown Pearl Double Letter Guard (not shown).....	--	80.00	51.00	--
36. Chased Double Letter Guard.....	--	40.00	17.00	--
Chased Single Letter Guard (not shown).....	--	30.00	14.00	--

Please specify chapter letters when ordering guards.



	14K	10K	GK	SS
37. Recognition Key Pin.....	\$--	\$22.00	\$5.00	\$--
38. Plain Special Award Key.....	--	62.00	--	--
39. Plain Bar Pin w/Greek Letters.....	--	57.00	20.00	--
40. Mono Recognition Pin.....	--	--	4.00	--

Badges

For enameled letters add \$1.00 to the badge prices below.

41. Crown Pearl Badge.....	--	82.00	--	--
42. Alternating Pearl/ Diamond Badge.....	--	162.00	--	--
43. All Diamond Badge.....	--	252.00	--	--
44. Plain Badge.....	--	45.00	--	--
45. Close Set Emerald Special Award Key.....	--	112.00	--	--
46. All Sapphire Badge.....	--	77.00	--	--
47. Alternating Sapphire/ Pearl Badge.....	--	75.00	--	--
48. Alternating Sapphire/ Diamond Badge.....	--	172.00	--	--
49. 65-Year Pin*.....	--	--	--	--
75-Year Pin* (not shown).....	--	--	--	--
50. 50-Year Pin.....	--	--	--	--
51. Fleur de Lis Pin.....	--	25.50	12.50	12.50
Fleur de Lis Pin w/ 3 Pearls (not shown).....	--	31.50	18.50	18.50
52. Staggered Letter Stick Pin.....	--	--	9.00	--
53. New Member Pin.....	--	--	5.50	--
55. Glass & Mirror Box w/Crest.....	--	--	26.00	--
56. Oval Metal Trinket Box w/Crest.....	--	--	15.00	--

Not Shown

Official Recognition Dangles.....	24.00	16.50	7.50	--
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d. Iris doormat \$23.50



e. 18" petti-point pillow \$127 see matching area rug on web

o. pewter iris 4x6 frame \$30



n. surround iris KKG mug \$7.50



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j. Light blue with KKG/iris \$13

g. Flip flops full sizes 6-10 \$19.95

h. Iris water bottle \$3.50



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m. long sleeve iris fitted tee, navy \$22 S-L unisex long sleeve tee in same design S-XL

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u.. fitted kappa word shirt \$27 Short sleeve: \$22 S-XL

u..unisex long sleeve kappa word shirt \$27 Short sleeve: \$22 S-XL



bb. Kappa-cino mug \$7
cc. Travel mug \$4.50



ff. Handmade needlepoint pillow 10" \$27



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