

1993-1994  
Fraternity Director

# the Key

KAPPA  
KAPPA GAMMA

Volume 110, No 3  
Fall 1993



Kappas  
Excel  
in Athletics

# FITTING IN FITNESS



## Encompassing much more than a healthy body

*Fitness, then, encompasses much more than a healthy body. It may also include a healthy mental and emotional attitude, a healthy lifestyle, and a positive outlook on life.*

spoke of "congruence," the balance of body, mind and spirit, saying, "Congruence means being — or at least truly trying to be — who you say you are."

Fitness, then, encompasses much more than a healthy body. It may also include a healthy mental and emotional attitude, a healthy lifestyle, and a positive outlook on life. Enduring stress and pushing oneself to the limit at work or at home is not conducive to fitness. Feeling unhappy with what you are doing, who you are or how you look is not symptomatic of fitness. Building physical health and strength in surroundings of sorrow and anger can result in a person who views the world with a jaundiced eye.

While videos and classes teach and encourage physical fitness, we must look within ourselves and to the help of friends, family, and spiritual resources for mental and emotional fitness. We look to our Kappa sisters for encouragement, praise, understanding, sympathy, constructive criticism, faithful support, and the limitless reserves of strength which enable us to withstand traumas and fully appreciate triumphs. The "quality or state of being fit or suitable, qualified or competent," lies totally within our grasp. It is our vision of ourselves...thin or "roundish," active or sedentary, sleek or haphazard... but more important, our image of who we are and our acceptance of that image. Our state of personal fitness directly relates to our comfort with ourselves, our self-esteem, our acceptance of

"congruence...body, mind and spirit in balance, in agreement, in conversation with each other."

As Kappas, we are "fit to be tied,"... bound together by the ties of Fraternity that enable us to work together for the good of all.

It is "fittin' and proper" that we apply our native abilities and learned skills to make the world not "fit for a king," but for everyone. Fitness is what we are all about.

— Lois Catherman  
Heenehan, Adelpi



**"T**ain't fitten'." "I'm fit to be tied." "The doctor can fit you in at 3 p.m." "Fit as a fiddle." "I don't fit in here." "You're not fit to live with."

There are many uses for the word "fit" in noun or verb form to express a variety of feelings. However, if someone mentions "fitness" today, thoughts are likely to revolve around images of Jane Fonda and Richard Simmons, aerobics, sweat-suits, videotapes, expensive equipment, diets, exercise routines, and the motto of "no pain, no gain."

Fitness, according to the *Compact Oxford English Dictionary, 1992*, is "the quality or state of being fit or suitable; the quality of being fitted, qualified or competent." Although physical fitness can be viewed as one component of fitness, it is not the only facet of the definition. Nor can outside sources be allowed to set rigid standards for determining individual degrees of fitness.

Perhaps the best all-round definition of fitness is expressed in the address to the 1990 General Convention given by Dr. Margaret Mohrmann, Phi Mu, a physician. She

*We look to our Kappa sisters for encouragement, praise, understanding, sympathy, constructive criticism, faithful support, and the limitless reserves of strength which enable us to withstand traumas and fully appreciate triumphs.*



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*The Key* (ISSN 1063-4665) is published quarterly for  
\$3.00 by Kappa Kappa Gamma Fraternity, 530 E. Town  
St., Columbus, OH 43215. Printed in the United States of  
America, copyright Kappa Kappa Gamma Fraternity  
1993. Second-class postage paid at Columbus, OH.  
POSTMASTER: Send address changes to *The Key*, P.O.  
Box 177, Columbus, OH 43216.

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#### ON THE COVER

Dorothy Trapp, *Kentucky*, competes with her horse, *Molokai*, in Equestrian Three-Day Eventing. See Profiles pages 11 - 18.

Photo Credit: Tom Marks, *Lexington Herald-Leader*

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# Dr. ETTY GRIFFIN Puts Expertise to Work

Sports doctor offers sound advice to sports enthusiasts

**D**r. Letha Y. (Ety) Hunter Griffin, *Ohio State*, practices Sports Medicine, Knee and Arthroscopic Surgery at the Peachtree Orthopaedic Clinic in Atlanta, Ga. Her work in this field has led her into other aspects of the medical profession. Currently a clinical instructor at the Emory University School of Medicine in Atlanta, Ety has received several grants for her work in the sports medicine field, is the recipient of numerous awards and honors, and is a member of countless national and Atlanta-based medical associations. Her experience has led to the publication of articles and books, as well as presentations to colleagues, which feature topics pertaining to female athletes and findings or problems related to sports medicine.

Responding to frequently asked questions about sports injuries, Dr. Griffin offers suggestions and advice.

**Q**

I have pain on the outside of my right elbow (I'm right-handed) and I'm sure it's tennis elbow. What should I be doing to make it better?

**A**

Tennis elbow, or lateral epicondylitis, is an overuse injury that results from microtears in the muscles that extend the wrist.

These microtears occur near the origination of the muscles on the outside of the elbow. Too many overheads or backhands, or a too small or too tightly strung racquet can all be inciting factors. You may notice the pain not only while playing tennis, but also when you do other activities requiring wrist extension, such as shaking hands and opening doors.

Treatment of tennis elbow is two-fold, focusing on reducing the acute inflammatory response while increasing circulation to the area to promote healing. The former is achieved with the use of oral anti-inflammatory medication such as ibuprofen, massaging the area with salicylate cream or ice, and using a tennis elbow brace. Massage also helps to achieve the latter goal, along with exercises to stretch and strengthen the involved muscles.

To stretch the muscles that extend the wrist, hold the affected arm out in front of you just below shoulder height. Keeping your elbow straight, turn your palm down, and use your other hand to stretch those fingers toward the floor. To strengthen the muscles that extend the wrist, sit so that your affected forearm is supported on a table, and turn your palm down. Stabilizing your forearm with the other hand, slowly lift a one-pound weight, making sure to extend only at the wrist.



**Q**

Does exercise really help to prevent osteoporosis?

**A**

Absolutely. Your chances of developing osteoporosis (reduced bone mass), which predisposes bones to break, can be lessened by regular exercise, especially

weight bearing exercise such as walking. Bone responds to the stress of exercise by getting thicker, much like your skin responds to frictional stress by developing thicker areas of skin known as calluses. Bone health follows the old adage of "use it or lose it."

Remember, for good bone health, not only should you exercise regularly, but you should also consume adequate amounts (at least 1000 milligrams per day) of calcium, either naturally in your diet or through supplements; have adequate Vitamin D intake (400 International Units daily); and if you are a woman, have adequate estrogen levels. Low levels of estrogen can occur in athletic women who stop having normal periods or in postmenopausal women. If you fall into one of these two categories, consult your physician to see if you should be on estrogen supplementation.



**I'm having trouble with painful bunions when I try to run. Do you have any tips?**



Irritation of the inner aspect of the joint where the big toe joins the foot (the metatarsophalangeal, or MTP joint) is frequently caused by an improperly fitting shoe that rubs the skin over this bony prominence, causing the skin and underlying bursa to be thickened, inflamed, and painful. This irritation is more commonly seen in people who have what is termed a "hallux valgus" deformity (a bunion) - that is, a deviation of the big toe toward the second toe, resulting in the bony flare of the first metatarsal being more prominent.

If you have a hallux valgus deformity, it is important to purchase shoes (both running shoes and dress shoes) with a wide enough toebox. Yet, at the same time, you must make sure that the heel of the shoe is narrow enough to prevent your foot from sliding forward in the shoe, resulting in frictional rubbing over the first metatarsal flare. Operative correction of bunions should only be considered when all conservative measures (proper shoe wear, extra pads over irritated areas, etc.) have failed to relieve symptoms, as bunion surgery can result in stiffness of this big toe joint.



**I'm a swimmer and recently began training with hand paddles to help improve the strength in my arms. However, after I started using the paddles, my shoulder became sore. I stopped using the paddles, but the soreness has persisted. What should I do?**



Although paddles can be used to increase strength in the arm, if they are incorporated too quickly into your workout, they can cause fatigue of the rotator cuff muscles. The rotator cuff muscles are the muscles of the shoulder joint that are responsible for positioning and stabilizing the joint in overhead movements, such as the arm motion in the crawl stroke.

When the rotator cuff muscles become fatigued and no longer hold the shoulder

"ball" securely in its socket during overhead activity, they allow the ball to migrate upward and "impinge" on the acromion, the bony "roof" of the shoulder joint that you feel when you put your hand on top of your shoulder. Such impingement causes pain during overhead activities. To relieve the pain, you must reinstitute proper shoulder mechanics by strengthening the rotator cuff muscles.

To strengthen the internal muscles of the rotator cuff, tie a piece of rubber tubing on a door handle and stand sideways with the injured shoulder toward the door. Hold the rubber tubing in the hand nearest the door and, keeping your elbow bent to 90 degrees at your side, slowly pull your hand toward your stomach and then gradually release the tubing.

To strengthen the external muscles of the rotator cuff, turn so that your good shoulder is facing the door. Hold the tubing in the hand farthest from the door, keep your elbow bent to 90 degrees at your side, slowly pull outward from your body, and then gradually release the tubing. Perform three sets of ten repetitions of each exercise.



**I recently started training as a race walker (I was a cyclist before) and I developed pain in my foot, which my doctor diagnosed as a stress fracture. What is a stress fracture and when can I expect to begin training again?**



A stress fracture is an overuse injury (as opposed to an acute, traumatic injury) that occurs when the rate of normal bone breakdown exceeds the rate of bone repair. This may happen if you begin a new activity or increase the intensity of an activity too quickly to allow your bone time to adjust to the increased demands being placed on it. Microfractures occur, weakening the bone, and causing localized pain that increases with activity and improves with rest. If the athlete stops the offending activity, healing will typically occur within six to eight weeks. It may be necessary to use a crutch or cane initially if walking is painful, but a cast is generally not required. If, however, the athlete contin-

ues the offending activity, a stress fracture may progress to an actual fracture with separation of the bony fragments, necessitating a prolonged recovery time.

With a stress fracture in your foot, at first you will need to avoid impact-loading activities such as walking, running, and jumping. During this time, you can maintain your cardiovascular fitness by biking or swimming instead. As your fracture heals, you may gradually progress to walking and then race walking. Be sure to increase the intensity and duration of your race walking more slowly this time to avoid a recurrence of your stress fracture.



**I've never been much of an exerciser, but now I'm nearing 40 and it's time for me to lose a few pounds and become more active. Do you have any helpful hints?**



Congratulations on your resolve to get in shape. It's never too late to start reaping the benefits from a healthier lifestyle.

If you haven't exercised in the past, walking is a good way to begin. It's less stressful on the joints than running, the only equipment required is a good pair of supportive shoes, and it can be done virtually anywhere. Begin walking short distances at a comfortable pace and gradually increase the duration and speed of your walk. Remember to pump your arms to further enhance the cardiovascular benefits of your walk.

You will need to walk for at least 30 minutes per day, three days per week to improve your fitness level. Check your heart rate regularly to make sure you are achieving your target heart rate, which is calculated by subtracting your age from 220 and then multiplying that number by 60 percent. As your fitness level improves, increase the multiplication factor to 80 percent.

As far as your diet is concerned, strive to eat approximately 60 percent carbohydrates, 15 percent protein, and 25 percent fat each day. Aim for a gradual weight loss of one to two pounds per week while eating a sensible, well-balanced diet. Good luck!

# The Q



Cynthia Hamil, Texas Christian

“Song of the Soul”

“**W**hat is that on your mouth? You look like someone hit you!”

“Oh, Mom! It’s just Tangee Natural. Everybody’s wearing it.”

This conversation brings back memories to any woman who is fifty-something or some younger. It was the inevitable

confrontation over the privilege of wearing lipstick...generally step one in the quest for glamour.

The brand name and color didn’t really matter. It was the idea that drew us...the concept of being grown up, of improving on nature to appear more attractive. With all the grace of a new-born colt, we teetered on spike heels and spent large portions of our allowances learning to

handle nylons without causing a run. In the 30s and 40s we quickly progressed from “natural” lipstick to bright red. In the 50s and later the focus shifted to eyes; mascara, eyeliner, and eyelash curlers were the products we searched for. Ears came in for their share of attention as lobes were pierced for stylish earrings. Hair was curled, ironed, lightened and brightened, flipped, rolled, and long enough to tuck in our belts! Rouge was bright. (Nothing so subtle as “blush.”) Skin was scoured clean or covered and figures rounded or flattened as women sought to keep up with the latest tricks guaranteed to make them appear glamorous. By the 60s, when the song “The Impossible Dream” filled the air waves, American women were light years ahead of *The Man of La Mancha* in a quest — theirs for glamour...and perhaps an impossible dream.

## Laundry Makes Me

“*Horses sweat; gentlemen perspire; ladies glow*”...stuff your grandmother used to say

“**L**iz” said my Kappa man, “I’m worried about you.”

He got my attention. I am riveted, even. My Kappa man...he’s an incredible guy in a crunch. When I need love and support, he is right there. During hurricanes, earthquakes, and floods he is your basic rock-solid, anchor type. During other times he is either at work, playing tennis, or on the golf course. Did I mention baseball? The man worships at the sweat altar...

Anyway, he got my attention.

“Worried about me? Why?” My mind began to trip off into wonderful realms...like maybe he thinks I am overworked and he’s planning to hire a cook and a maid. Or maybe he thinks I need a day at the spa...a little massage, a manicure, a pedicure...

“You don’t sweat enough.” he replied, dragging me back from my fantasy excursion. “You need exercise.”

Is that man insane? I am a working mother and he thinks I don’t sweat? What about the day I had an important commercial shoot and the baby-sitter went home with a mysterious rash? I made 23 phone calls before I found another sitter. Talk about *sweat!* Macho Man Maroni should know how to sweat like I did. Or the time I had to get from an audition in Orlando back to Clearwater in time to see the Mother’s Day program at Jennifer’s school...Sweat? I felt as though I was in the Indy 500 time trials.

“I sweat, Don. Trust me. I am an actress...a working mom. Believe me, I sweat.”

“Not that kind of sweat, Liz. I mean *good* sweat.”

Forgive my obtuseness here. Having grown up a wimp sissy couch potato, I am ill-informed in the gradations of sweat. He informed me.

“There’s good sweat, and there’s bad sweat. Bad sweat comes from stress and worry. It has an unpleasant odor. Good sweat comes from exercise...heart-pumping, vein-pulsating exercise. It gives you that great locker room scent.”

Now I may not know sweat gradation, but as the mother of four sons and the wife of one jock, I know that great locker room scent. Hoo-boy, I know it well!

“Honey, are you telling me I need some new perfume?” I ask.

“No, Liz, you need exercise. Knee bends. Leg raises. Running. Jogging. Bench presses. Exercise. Frankly, I am surprised you haven’t gotten into it. It is very fashionable right now. You know...muscle tone.”

The closest I come to the fashion of exercise is that cute little pink velour warm-up suit hanging in the closet. The kind of exercise I get is not fashionable. You do it in your grubbies. Laundry lifts,

# Quest for Glamour

What is glamour? Ask ten women and you will probably get ten different answers. The dictionary isn't much help... "an air of compelling charm, romance, and excitement, especially when delusively alluring." Note that word "delusively" — meaning "tending to deceive or mislead; deceptive." Our quest for glamour is, then, not just a gilding of the lily, but perhaps at times a false presentation to the world in order to appear desirable.

Very well. Do we pledge to ignore the cosmetic industry? Shall we whack away our hair with dull scissors? Dare we promote dry, rough hands and face as being "in"? Is it time to grin and bear bodies which are meant to be many varieties of lumpy? Should these be our quests for the 90s?

Of course not. There is nothing wrong with trying to look and be at our best. However, we must consider carefully just

what it is that enables us to look our best and feel our most fit.

Layers of makeup, shelves of shampoos and conditioners, tanning parlors, rigorous diets or strenuous workouts do not the glamorous woman make. What they may make is a compulsive, insecure, worry-wart who is never satisfied with her appearance or herself.

Glamour is "an air," and we can strive to achieve it but may never succeed. Beauty, on the other hand, is "a pleasing quality associated with harmony; truthfulness; a quality that is gratifying." How better can we present ourselves to others than to be in harmony with ourselves, truthful in our personal expectations and gratifying or pleasing in our acceptance of who and what we are?

Beauty, truth and goodness. These are the ideals of our Fraternity and the qualities which best represent our goals as women. As collegians, in the workplace, as young mothers, community volunteers, single parents, while juggling family and career, as grandmothers and retirees, what we are is reflected in how we look. "A glamorous woman is rarely an interesting woman," someone once said. "She's too busy maintaining her glamour to be aware of anything else." However, a woman in harmony with herself radiates pleasure to others.

If it is true that "Beauty is in the eye of the beholder," then let us look at ourselves truthfully and compassionately. If "we've come a long way, baby," then let us determine if it is in the direction we truly wish to go. If we choose to pursue a quest for glamour, let us not do it at the expense of our health, our pocketbook, or our self-esteem. We can't all be model-thin, have creamy skin, luscious lips, starry eyes, silken hair, and present a composite picture of cover-girl glamour.

We can all devote our efforts toward "the attainment of individual excellence." We can exercise appropriately for our ages and physical conditions to maintain good health. We can eat balanced diets



Cynthia Hamil, Texas Christian

"See No Evil"

suitable for our own physiques and nutritional needs. We can monitor our time in the sun and regularly search for changes in our bodies...lumps, spots, aches, or pains that need attention. We can avoid using substances which have been proven harmful. We can, indeed *must*, structure a suitable medical history and procedure for our lifestyles. We can advocate the necessity for increased awareness of the need for expanded research in the area of women's health and fitness. We can use our intellects, imaginations, and much maligned tendency to change our minds as we redefine our concept of glamour.

Going back to the dictionary, "Glamour suggests magic and enchantment." "Beauty applies to what stirs a heightened response of the senses and of the mind on its highest level."

So go ahead and use that touch of blush; brush your crowning glory into shining waves; choose the dress that gives a slimming look. But don't forget the real you...the beauty that will shine through wrinkled skin and white hair. Glamour is fleeting; real beauty is timeless.

—Lois Catherman Heenehan, Adelphi

## Glow

dirty sock bends, vacuuming presses, and trash raises may not be Olympic sports, but when it comes to sweat they can raise it with the best of them.

Suddenly it hit me. An idea. I smiled at that man I love, that macho, sweat-loving Kappa man of mine.

"Honey, I believe you're right. I'm going to rush right out and join the fitness center. I'm going to take better care of myself. For you. For the kids. For me.

Speaking of the kids, would you keep an eye on them while I'm gone? For the sake of my soon-to-be muscle tone?"

"Sure, babe," he replied, smiling at me, "Anything I can do to help you get in shape."

"Anything"?

I left him doing mop presses in the kitchen.

Me?

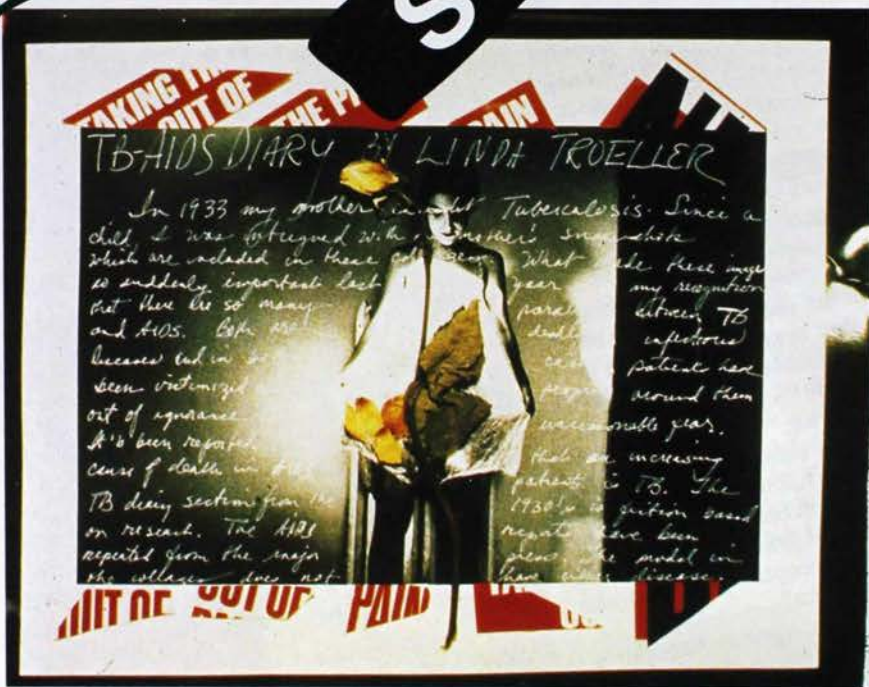
I'm writing this from the jacuzzi at the fitness center. Let's see what kind of shape or "sweat" he's in when I come home.

—Elizabeth Phillips Runkle, Monmouth

# B/AIDS DIARY

# STIGMA

bearing roses



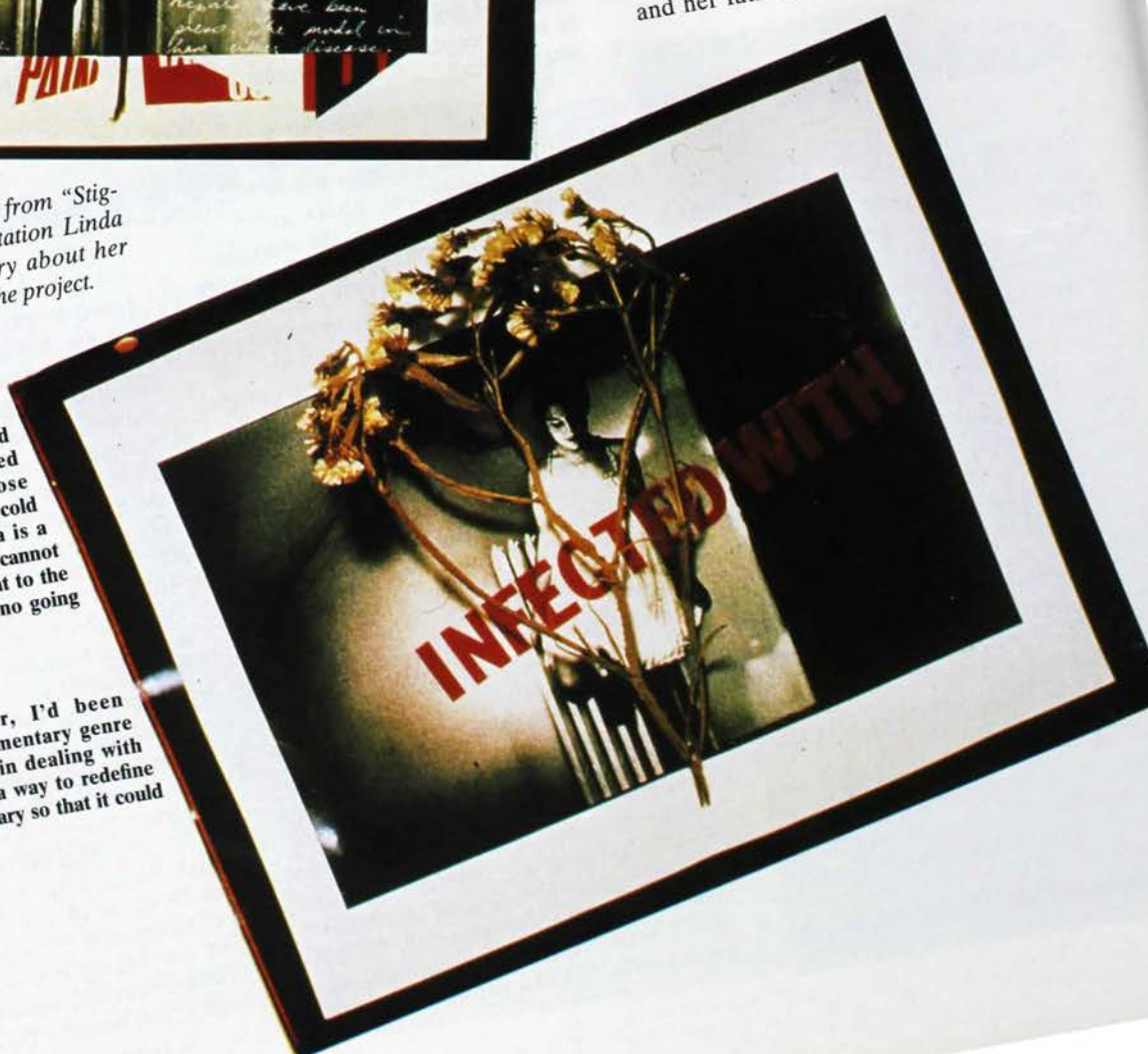
Linda Troeller blurs the lines between art and documentary, and draws a parallel between TB and AIDS

In 1986 after the death of her father, Linda Troeller, West Virginia, searched through pieces of her past for reconciliation. She explored the pain her parents had endured — her mother, a victim of tuberculosis at the age of twenty, and her father, a World War II veteran

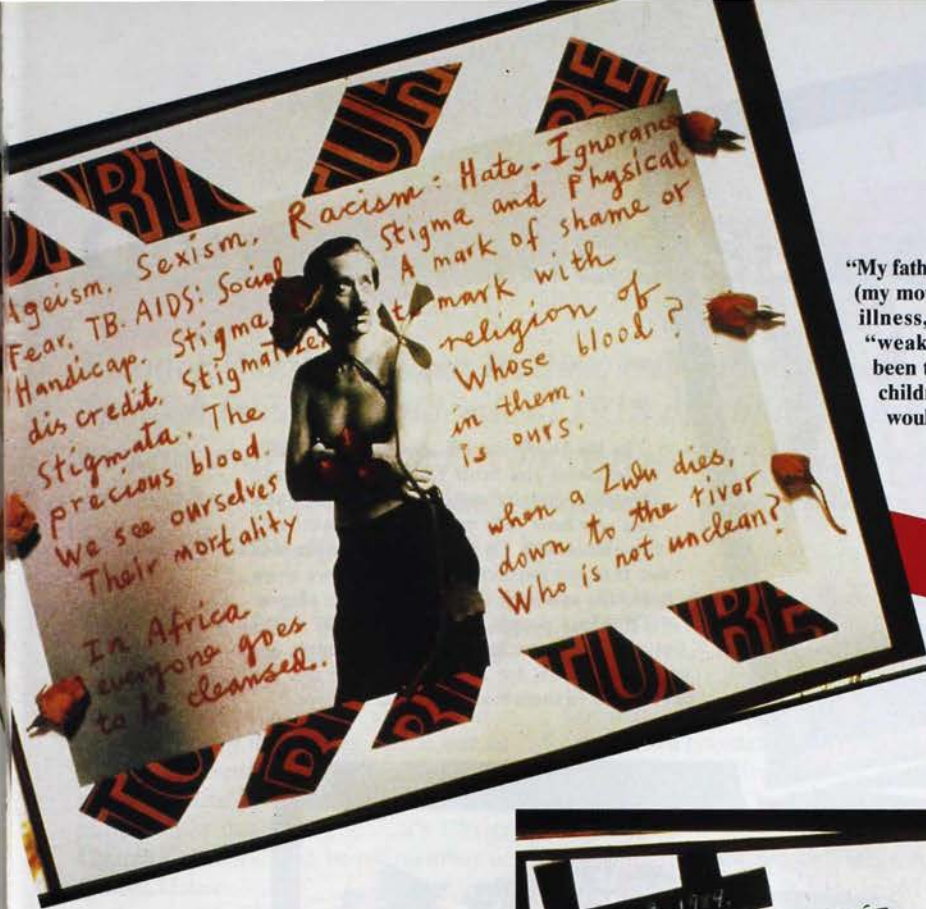
The following excerpts are from "Stigma Bearing Roses," a presentation Linda has given around the country about her insights and the evolution of the project.

"When my father died in 1986, I saved the red roses that were laid on the American Flag the disabled Veterans of America draped over his casket. The rose blooms in the morning. If a cold wind arrives, (and stigma is a kind of cold wind) the rose cannot protect itself, cannot retreat to the bud or the stem; there is no going back."

"As a photographer, I'd been questioning the documentary genre and its effectiveness in dealing with social issues, seeking a way to redefine and extend documentary so that it could include my ideas."







"My father had been advised not to marry (my mother) because, by contracting the illness, she'd proven herself to be a "weak woman." For her part, she'd been told she should never try to have children. Had they listened, I never would have been born."

wounded for life — and sought to express their lives through art. Dried red roses from her father's funeral, family snapshots, a diary of her mother's year spent in a TB sanitarium were starting focal points of her work.

During her creation period in the 1980s, another growing epidemic with social implications was solidifying its roots — AIDS. Misinformation and ignorance of the disease's contagion provoked suspicion and anger in a frightened public and psychologically isolated victims into a state of shame and, sometimes, denial.

For Linda, news media and personal observation validated the growing stigma endured by victims of AIDS. Although TB, curable since the 1950s, differs in origin and manifestation, Linda wanted to draw a parallel and foster hope. She hoped to humanize a disease often dehumanized by fear. A friend placed Linda in contact with Barbara Cleveland, mother of an AIDS victim, Scott, and Founder of Mothers of Victims of AIDS. Mrs. Cleveland shared family mementos and memories, and specifically, a diary she kept while watching her son's slow and painful demise.

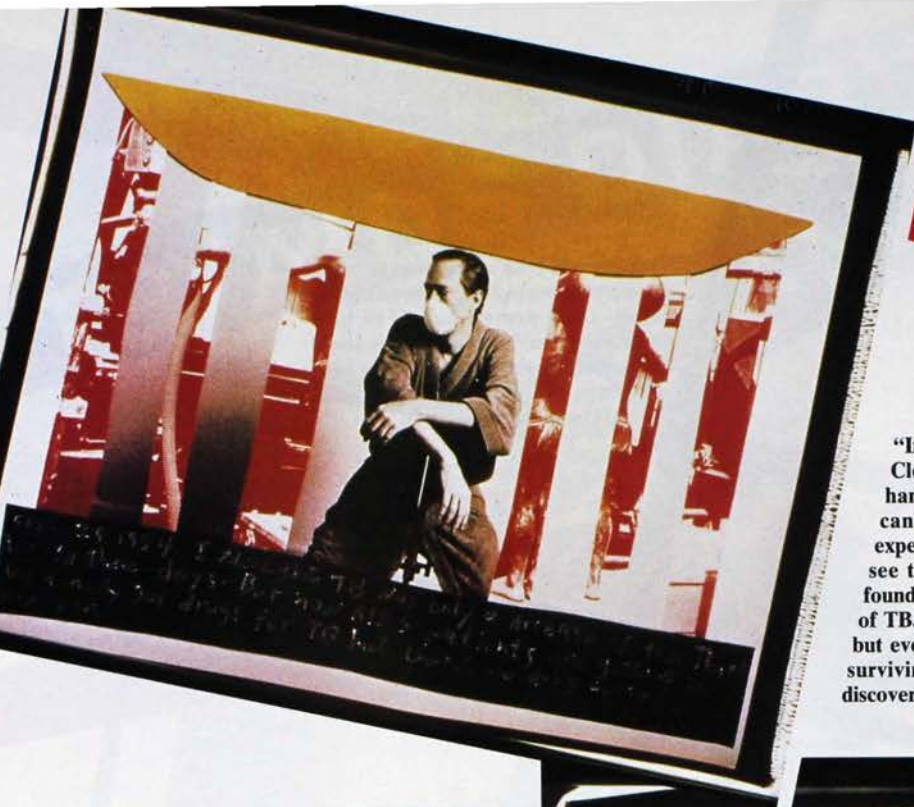
TB/AIDS DIARY currently is being shown in Bogota, Columbia, and will appear in the Havana Biennial 1994. The series has been exhibited around the United States and traveled abroad to



"Underlying the social act of stigmatization is people's fear: fear of suffering, of being marked as a sick person, of facing death (especially premature death), and of being thought of as having a 'self-earned' illness."



"AIDS asks the world community to offer to its sufferers the unconditional love that normally comes from family and friends. Are we, collectively, capable of this?"



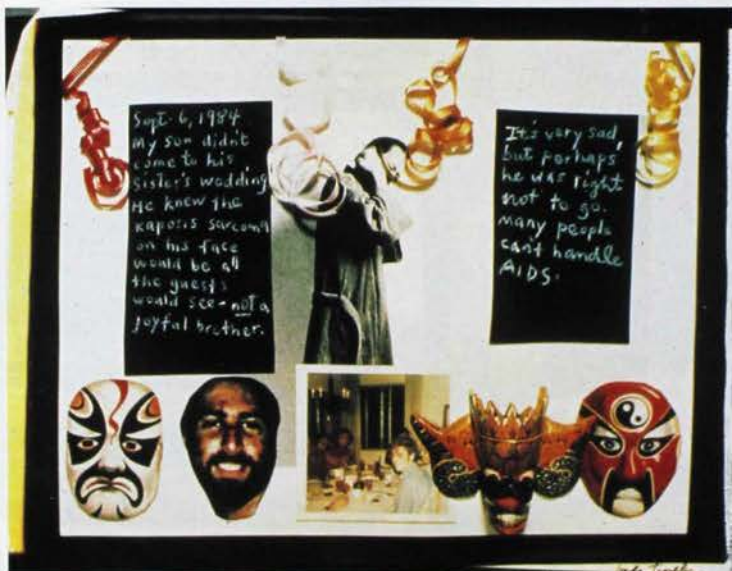
"In the Diary you are shown how Barbara Cleveland and Scott Cleveland faced and handled discrimination, and perhaps you can see how that refers to my mother's experience with TB in the past. You can also see that my mother survived, that we even found the antibiotic drug for the 'white plague' of TB. Many people today are dying of AIDS but even more are living with AIDS; some are surviving AIDS, for reasons we have not yet discovered. So there is always cause for hope."

more than ten countries including England, Japan, Sweden, France and Germany. It has been reviewed in more than 50 publications such as *The New York Times*, *Village Voice*, and the *Philadelphia Inquirer*. Selected Collections possess her work including the Library of Congress AIDS Collection; University of California Museum; Musée de l'Elysée, Switzerland; Syracuse University Library; and Manfred Heiting Collection, Brussels, among others.

The New Jersey State Council on the Arts/Department of State awarded Linda the 1992-93 Fellowship for this exhibit and her current work-in-progress, "Following the Waters," which addresses water therapies and environmental issues in Asia, Central America, Europe and the USA. In May 1993, Linda received a National Press Club 1992 Pictures of the Year first place award for her photo, "Jacuzzi, Calistoga Spa, California."

Linda earned a B.S. in journalism from West Virginia, and an M.S. and M.F.A. from Syracuse University. She continues to teach photography workshops and lecture around the world. Kappa Kappa Gamma awarded Linda a Circle Key Alumna Grant in 1978 which enabled her to attend the First Meeting of Latin America Photographers in Mexico City.

— Lisa Morris, *Allegheny*



# Opportunities Scarcely Imagined

*Eleanor Wright Munger, Rollins, remembered the Spanish influenza epidemic of 1918 and how her father and his staff ministered to the victims with no protection other than healthy sanitary practices. Now she ministers to the victims of AIDS.*

“If there is a God, then Eleanor was the perfect person to call, because she can relate so well on so many different levels. There is not a cell in her body that judges. She is one of the most accepting human beings I have ever met,” said The Rev. J. Patrick McGehee, former dean of Houston’s Christ Church Cathedral and board member of Omega House.

At age 83, Eleanor Wright Munger, charter President of Delta Epsilon Chapter at Rollins College in Winter Park, Fla., has retired again. Standing just over five feet with a slight stoop, unhurried, unadorned, her step having slowed over the past seven years, she occasionally uses a cane, and she can’t sit on the floor with the children any longer. Yet there remains about her undiminished the strength of purpose and determined commitment which led her seven years ago to help found a hospice for AIDS patients in Houston at a time when AIDS was still spoken about in a whisper and most women her age were unaware of the circumstances of its existence.

In 1970 after her husband died, Eleanor moved to Houston from Kansas City and took up residence in a garage apartment behind her daughter’s house. Wanting to make her own way financially, she used money she had saved since high school and went to England to study with Montessori. At age 59, she began a teaching career which lasted fifteen years before her first retirement. “That made me very proud that I’d shown myself I could do it. It was a new experience.”

Then on a Sunday morning in 1986, she attended a class about Christian responsibility and social issues. “I had that very morning read the first article I ever read about the AIDS virus and its spreading epidemically. And the two things went ‘zing’ in my head. I couldn’t get it out of my mind. I had recurring feelings that were as close to being a call as I will ever get.”

So she phoned the Houston Board of the AIDS Foundation and offered her help. At that time, the board was composed mostly of young gay men who had not had assistance offered by a woman, much less a grandmother. She persisted, so with much consideration and trepidation, they consented to let her come to a training session.

Many hospital visits later, during an afternoon with Joey, a 19-year-old boy to whom she had become attached, she heard a doctor tell him he had only a short time to live. The hospital asked him to leave because they needed the bed for someone

they could help get well. “Tears streaming down his face, he said to me, ‘I have nowhere to go. I haven’t had a home for years.’ I couldn’t stand that,” said this gentle mother of two. “I went downstairs and cried. Then I pulled myself together and started talking with people about a hospice with a family atmosphere, a place where AIDS patients could get tender care, pain relief, and a peaceful place to die.”

This was the beginning of Omega House, a lovely old house in a peaceful neighborhood and a last home for first three and soon-to-be eight patients. But it didn’t come into being easily.

Those who knew Eleanor and worked with her at this time describe her as authentically pious, visionary, courageous, and even a “gutsy broad.” She spoke to everyone who would listen. The disease was not one which universally evoked sympathy, especially because its first victims in this country were homosexual.



Eleanor Wright Munger, Rollins, spends quality time with an AIDS patient at a Houston hospice.

There were those who felt AIDS victims were being punished for their sins. "My response to that," Eleanor replied, "was that I hope for mercy and don't expect when I am judged to get what I deserve."

In her generous manner, Eleanor does not speak now of much opposition. The Rev. McGehee remembers from another viewpoint. "At that time, raising money for AIDS was a pretty risky business. She risked public rejection. Yet Eleanor demands such respect by her presence that no one directly confronted her, unlike the opposition some others encountered. She went to gay and leather bars, seeking financial support, seeing a side of life she had never seen before, nothing that a Montessori teacher was likely to see. And she was an excellent fund-raiser."

With the money in hand or promised, actually finding a house was a difficult task. Always totally open with the neighbors, Eleanor would look elsewhere if there was any unease. Eventually a house was found, "a sort of pseudo-Spanish house with an adobe wall across the front. It was nothing special, but that was its characteristic. And the wall spoke to us." It allowed seclusion for the necessary coming and going so the patients didn't feel exposed and the neighbors were not constantly reminded of its mission.

Licensing from the state was another obstacle. The concept didn't fit into the state's regulations, so the regulations for residential care for those terminally ill with AIDS were rewritten. Omega House opened in August 1986, one of the first hospices in the country for terminally ill AIDS patients. It subsequently became a model, with visitors from all over the world coming to see how it operated.

In the beginning, only two people committed to giving round-the-clock care, and one was Eleanor. "I slept on the sofa in the living room, or rather I lay on the sofa," chuckles Eleanor, who was 75 at the time. "Her major role was lobbying in her own quiet way with potential sources of funding, and Eleanor had a talent for slowly making her way through the system," remembers Margo Morris, Executive Director of Omega House. "But she did patient care, that is, bed changing,



Eleanor Wright Munger, Rollins

laundry and cleaning. Probably more valuable was the time she spent with the patients, reading to them, listening to them, being a real presence to them. Eleanor, with her very strong but non-judgmental kind of spiritual background, helped them face what was ahead. She was key in that process."

She did not fear for her own health, and if other people were fearful of Eleanor, she did not notice. The only child of a doctor in Ithaca, N.Y., Eleanor remembered the Spanish influenza epidemic of 1918 and how her father and his staff ministered to the victims with no protection other than healthy sanitary practices. "The AIDS virus perishes very quickly when it is exposed to the open air, and it perishes instantly with something as simple as Ivory soap and water. Cleanliness, an extreme sense of cleanliness...it is an easy, average awareness that after you handle an AIDS patient, you wash your hands," she explained in her steady, soft-spoken voice. But she cautions, "This virus mutates in a positively devilish fashion. It's as if it had a mind that realizes when steps are taken that destroy it, so it shifts to another angle, to the right, to the left, or divides itself or something."

"All the patients need their hands held," she said. "I remember a young man named Harry. He was one of the characters I will never forget. He squeezed my hand to say goodbye and let it go. But I held it again until he left." She has watched over more than 120 as they died, sharing their last moments, easing their departure,

and grieving for all of them. But she has not allowed herself to become depressed or overcome by sadness.

Another young man, a choir member with a fine tenor voice, sat up in bed one day and began to sing hymns. The volunteers phoned Eleanor to ask what they should do. She suggested they sing with him, which they did. Eventually he stopped, thanked them, and said he'd now like to sing on his own. "He sang in his beautiful tenor voice for a while and then folded his hands and died, just like that. When I told my friend (The Rev. McGehee), he said that is how he would like to die—of course, he is tone deaf, so it wouldn't be quite the same."

For several years, she spent eight hours a day at Omega House, and then she learned about children infected with the HIV virus, "wards of the court, these babies of girls fourteen or fifteen years old who have had a misadventure."

She persuaded Casa de Esperanza, a shelter for children run by a Roman Catholic sister, to take these babies, and eventually she set up a Montessori classroom for three- and four-year-olds. "When people asked why set up a classroom for children who were going to die," said Sister Kathy Foster, founder and director of Casa, "Eleanor said the focus should be on life, not death." She worked with the children until she no longer could get down on the floor with them.

Retirement this time is supposed to mean reading, knitting, listening to music, attending study groups, and enjoying her new apartment in a high-rise retirement home. But she is still chairman emeritus of the board of Omega House, attending monthly meetings and visiting patients at other times.

"Do I fear death? I guess my answer is yes and no. I'm thankful when I wake up in the morning and I'm still here. But I feel that death is a wonderful healing, and that there is something that awaits us, some ambience or situation — whatever wording we should use — that offers us a light and peace. Possibly, quite possibly I think, opportunity, new opportunities we can scarcely imagine."

— Jennie Miller Helderman, Alabama

## Going for the Gold in the Equine Triathlon...Dorothy Trapp

**T**he danger is overrated," says Dorothy Trapp, Kentucky, in talking about Three-Day Events, competitions in the horse world somewhat comparable to triathlons for human athletes. "Oh, danger's definitely there, but more for the rider than the horse."

Dorothy and her ten-year-old horse, Molokai, competed the last week of August in Burghley, England, one of the two major annual world events, both in England where the sport draws crowds of 100,000 spectators. The other major event is at Badminton in May. "Think of them," Dorothy suggests, "as Burghley being Wimbledon and Badminton being the U. S. Open."

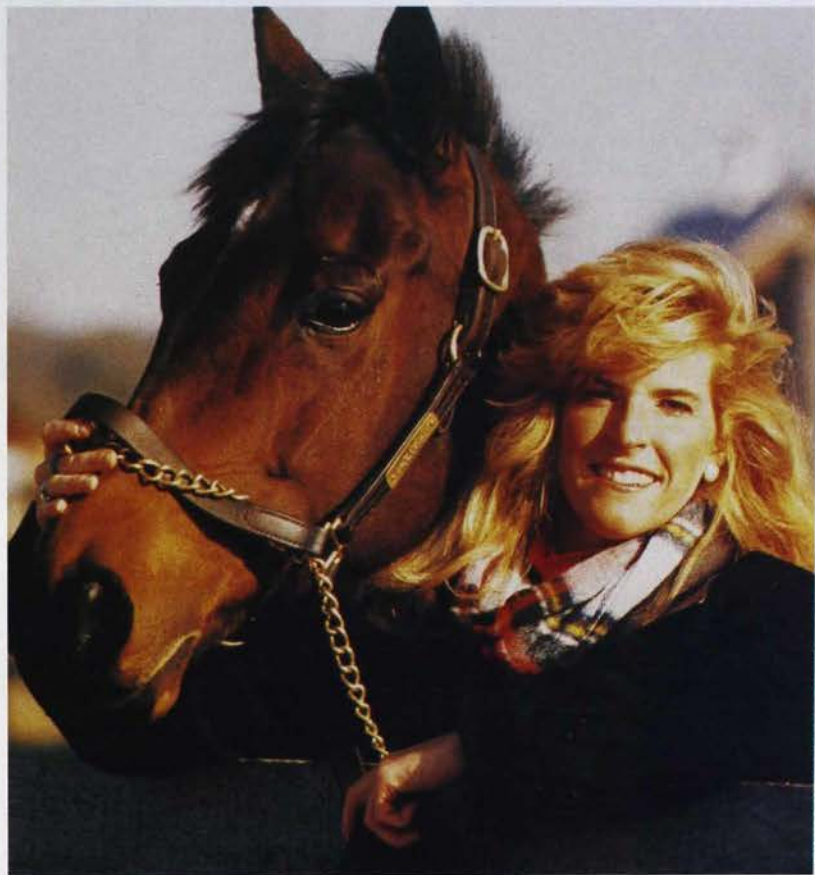
She hopes they can remain in England to prepare for the August 1994 World Championships in The Hague, Netherlands. If Molokai performed well at Burghley, the United States Equestrian Team will give them a grant as he will be the U. S. horse with the best record. Dorothy supports herself as a part-time horse broker and riding instructor in Lexington, Ky.

Dorothy and Molokai made the 1992 U.S. Olympic Team, just as she determined to do ten years ago when she wrote out her year-by-year "Olympic plan," but as alternates did not get to compete. Now she is single-mindedly on course for the 1996 Olympics, and with more age and experience, Molokai and she are good bets to reach the goal.

Molokai, a not-so-successful former race horse, is now ranked sixth in the world in the Three-Day Event. Dorothy bought the bay thoroughbred gelding for the inexpensive price of \$5000 on the installment plan, and the two have formed a close partnership. "The reason I am trying so hard for the Olympics is because I have Mo, and he is something special." He is an eye-catching horse whose speed and abilities have made quite an impression in England, according to the Lexington, Ky., newspaper.

Mo will be thirteen in 1996, his prime age for competing. "Eventing is a rigorous enough sport that the horse must be mature. Five years is the minimum age," explains Dorothy, "and recent Olympic winners have been fourteen and sixteen." Dorothy will be 35, an average age for eventers where experience and training count for much.

Three-Day Eventing is derived from the military and based on battlefield requirements. It demonstrates that horse and rider can perform on the parade field and get a message cross-country over all sorts of obstacles. The first day begins with dressage, sedate and controlled, in the ring. The second day, the big score day and endurance test, is cross-country. The riders leave their scarlet jackets and velvet caps for survival clothes and crash helmets and the horses wear boots and grease to help them slide over jumps as they race the clock. Uphill and downhill, over water, bushes, hay wagons, for miles they run. Those who make it to the third day face a series of jumps and water obstacles to test the horse's resilience.



Dorothy and her horse, Molokai.

Tom Marks, Lexington Herald-Leader

Eventing is the only Olympic sport in which men and women compete on a totally equal basis, according to Dorothy. There is a minimum weight limit of 165 pounds for the rider, which includes the approximately 18-pound saddle. Riders who come under 165 must carry weights to bring them to that number. This requirement has come under much discussion lately and may be reduced in the future.

Slender and just under six feet tall, Dorothy likes to weigh in a few pounds over the limit. Since she will lose weight during the three-day period, she likes to have this cushion. It would be disheartening to be disqualified at the end for being too light.

"I've broken a few bones here and there and had a few concussions. Sure, injury is a risk of competition of any high impact sport at a professional level," concedes Dorothy. "It does major damage to your confidence level while you sit out to heal, a real low period, but you come back."

Eventing is a sport in which competitors tend to hang on for many years, but once it is all over for Dorothy, she has a plan "percolating on the back burner. I love to teach and I love coaching. I'd like to open a complex, a barn, of my own for all ages of riders, help them purchase the right horse and attain their goals. And I'd like to bring young horses along. Of course, Kentucky is the place to do it."

— Jennie Miller Helderman, Alabama

## Conquering the Ultimate Test...Julie Weinheimer

A triathlon is a grueling test of the strength and endurance of the human body. The Ironman Triathlon held on the island of Hawaii is the first among triathlons...the oldest, the most difficult, and the most prestigious...and it determines the world championship. It begins with a 2.4-mile swim in the ocean, followed by a 112-mile bicycle race, followed by a marathon (a 26.2-mile run) all of which must be completed within 17 hours. Those who complete the course earn a medalion and a highly prized T-shirt for their efforts. There were only fifteen participants, all male, in the first Ironman in 1978, but each year has seen the field grow so that now about 1400 from 48 countries take part.

On October 10 Julie Weinheimer, *Miami (Ohio)*, a 30-year-old account executive with WLWT-TV in Cincinnati, Ohio, expects at the sound of the cannon to dive into her second consecutive Ironman competition. Last year, just hoping to cross the finish line, she placed in the top 20 percent of the 286 women competitors and has since been named to the All-American team by *Triathlete* magazine.

Getting to the Ironman is a feat in itself. The contest is open by invitation only, and the invitations are earned by winning competitions leading up to the Ironman. There are 13 qualifying triathlons in the United States for women with the winners of each in each age group gaining a chance at the Ironman.

For Julie, training began in 1991 when she made the commitment to go for the Ironman, exactly one year to the day prior to the 1992 contest, and has not stopped since. The pace accelerates as October draws closer. The training typically requires 18 to 24 hours per week consisting of six miles of swimming, 225 miles of biking, and 50 miles running to develop the stamina and endurance necessary to complete the 140.6-mile event.

All this must be done around a full-time job. She swims at six a.m., runs at lunch, and bikes at night. "I feel like I live in a shower!" she exclaims.

In the qualifying race the first year, she fell short of victory and was discouraged. The next week her father died. Because his support had been so strong, Julie determined that she would qualify and complete the course for him. In the next five races, she took first place, guaranteeing her spot at the Ironman.

"You think you are prepared for the swim, but when 1400 people hit the water at the same time over the same course, you get beat-up good! People swim over the top of each other, you get kicked, and you open your mouth to breathe and get a big swallow of salt water.



"The bike ride is fun, but the run is a death march. With all the salt water sloshing in your stomach, you can get really sick. Nobody tells you to carry Tums to quiet your stomach, but this year I'll be prepared."

Julie finished in 11 hours and 12 minutes, the middle of the pack of men and women but a good showing. Volunteers wait at the finish line to assist with what is needed, including the medical tent which "looks like an episode of *M\*A\*S\*H* with cots and IVs everywhere."

The race officially ends at midnight, so that is when the big celebration begins. Looking forward to being a part of this, Julie decided to freshen-up with a short nap while she awaited the midnight hour. That is when exhaustion took over, and she slept well into the next day. Surprisingly, she had experienced more soreness from less difficult races.

With her success, Julie is committed to continuing as a triathlete now. "I'm 30 years old, which is my peak age for endurance, and I compete in the 30- to 34-age bracket."

When asked why she wanted to do the Ironman in the first place, Julie knew the reason: "I didn't want to wake up and be 50 years old one day and say 'I wish I had...I could have...'"

— Jennie Miller Helderman, Alabama

## A Big Mix of Cultures in a Small Package...Janice Ugaki

“My life has turned into an adventure,” exclaims Janice Ugaki, Utah. From Blackfoot, Idaho, the 12,000-population “Potato Capitol of the World,” to Harvard Law, to the Rhodes scholarship, this 24-year-old Japanese-American student has earned her way into what *The Economist* magazine deems one of the ten most prestigious societies in the world. Despite the lofty honor, Janice doesn’t take herself too seriously. She has a quick laugh, a contagious sense of humor, and a keen awareness of her ethnic heritage. “My philosophy is that body, mind, and spirit must be in balance. That means hard work and much fun.”

Interrupting her studies at Harvard after one year in law school, Janice journeys in October to Oxford, England, to begin a three-year program toward a doctorate of philosophy in politics. Then she will return to Harvard to complete a degree in international law before pursuing a career in public service. Her ultimate goal is to work toward bettering Japanese-American relations.

Janice joins 31 other United States students and about 90 internationally in a scholarship program established by British philanthropist Cecil Rhodes in 1904, but which has admitted women only since 1976. This year’s U. S. recipients include 16 women. The scholarships are based on excellence in academics, integrity, leadership, and athletics.

Janice graduated *summa cum laude* from the University of Utah in 1992 with a B.S. in finance, a B.A. in political science and a minor in Japanese. Phi Beta Kappa, senior class president, all the most prestigious honoraries, legal aid to the homeless, initiating a program whereby students receive special recognition for public service work, even Homecoming Queen, Janice’s four-page résumé is exhaustive in the honors, leadership, and scholarships it lists. It includes internships with the State Department, the U. S. Supreme Court, the Utah Governor’s Office, and six months study at two universities in Japan.

“It is not necessary to be a varsity athlete for the Rhodes scholarship,” Janice explained. “The selection committee looks at participation in sports to judge the energy one applies to achieving goals.” Leaving skiing and mountain biking with the West, she turned to water sports at Harvard and is coxswain for the women’s intramural crew. Small but muscular, Janice describes the coxswain as “the eyes of crew,” the one who steers and is in charge of strategy, equipment and safety. She and the other eight women take the boat out at 6 a.m. three times a week, weight train, and swim or run three to five miles on three alternate days.

Born to a Japanese mother and second generation Japanese-American father, Janice is acutely aware of her heritage and the opportunities it offers. Japanese was spoken in her home although the children replied in English, resulting in Janice’s being fluent in Japanese but with an American accent. Wanting their three children (Janice is the youngest) to be ordinary American children, her parents “mainstreamed” them in small town culture, all the while encouraging them to believe that if you work hard, you can do whatever you dream.

With many relatives in Japan, Janice has visited there four times. Although she teased and prodded her cousins toward American ways, “I was more Japanese than I realized,” she mused. “The way I



Janice Ugaki, Utah.



A daughter of two countries.

was raised to value family, the obligation to do well not only for myself but for my family, the practice of gift-giving (we even give cash at funerals), and the *omae* complex: that’s not a disease!, it is mothers instilling the importance of education in their children.”

Definitely on a career track herself, Janice’s views about the roles of women have been shaped by her background. Janice’s mother had a traditional Japanese upbringing but much prefers her life in the United States. She has supported Janice’s aspirations. Janice recalls her mother’s learning English as she helped the children with their lessons. From this example, Janice hopes to marry, have children and continue to work while caring for them.

To those who wonder if being Homecoming Queen clashes with a career agenda, Janice replies that the selection was based on interviews and activities rather than beauty. Still, she grins, her Harvard friends would tease her IF they knew about it.

She allowed almost equal time to play as to study at Harvard. In a conversation peppered with lawyer jokes, she confesses to a specially-computerized-for-Harvard Bingo game that law students surreptitiously play during class.

When she completes her education five years from now, she would like first to work for a private firm to gain experience about the economy and marketing before entering public service. Eventually she would like to head a non-profit Japanese-American foundation to promote understanding between the two nations. “Globally, their partnership is very important since they are both economic leaders in the world.”

As the time to leave for Oxford draws near, Janice contemplates what it means to be a Rhodes scholar: “It puts pressure on me to achieve greatness, not of fame or fortune, but in the sense of making a difference.”

— Jennie Miller Helderman, Alabama

## Physician/Athlete Makes Olympic Dream Come True

***“I approach life the way my father taught me: tee off at the men’s tee. Equal rules promote mutual respect and help the athletic female to gain strong support from men as well as women.”***

When she was appointed team physician for the University of Kentucky in 1985, Mary Lloyd Ireland, M.D., *Mississippi*, did not know what news she was making. The Kentucky coaches and team, being accustomed to women as staff and student trainers, welcomed her orthopaedic abilities. It was from the resulting headlines across the country and Hollywood producers wanting her story for a movie or mini-series, that she learned she was the only woman in the country to serve in this capacity.

“I didn’t think of myself as a trailblazer but I hoped the publicity would encourage other women to enter male-dominated fields,” she recalls. “In general, orthopaedics is still a good-old-boy society. But when you know what you are doing the athletes themselves sense it, and my being a woman doesn’t matter.” Obviously not, as Mary Lloyd is highly regarded in the field of sports medicine.

It was being an athlete herself that led her into this field. Mary Lloyd began swimming competitively at age eight in her hometown of Lexington, Ky., and went on to compete in five sports—field hockey, basketball, track, softball, and swimming.

A high achiever, she represented the United States in a Canadian-American dual swimming meet at age 15 and held high school state championship swimming records in eight events. While a student at Memphis State University in 1973, having transferred from Ole Miss, she swam for the United States at the World University Games in Moscow. Dreaming of the Olympics, she competed in the U.S. Olympic trials in 1972 and 1976 but did not make the final teams.



Mary Lloyd, *Mississippi*, tends to a patient at her sports medicine clinic in Lexington.

Lexington Herald-Leader

Having surgery on her shoulders and back three times as a swimmer gave her frontline experience with athletes’ injuries. “I saw how important it was to get the treatment you needed to return to the sport. And I learned, by personal experience, that males and females should be treated equally and with the same recovery goals by all in the medical profession, especially the orthopaedist.”

After finishing medical school at the University of Tennessee, this experience led her to pursue sports medicine, which she did as the only woman in her orthopaedic residency. Her postgraduate training includes work in California, at Harvard, and with the renowned Dr. James Andrews, then in Columbus, Ga.

When she became the first female head physician for the U.S. Olympic Sports Festival in Minneapolis in 1990, it was said she was one of the few people who know what it is like to represent the United States both as a physician and as an athlete. “Recently, with persistence, I made the medical team for Barcelona 1992. At last, I went to the Olympics.”

In regard to gender differences and inequality in sports, Mary Lloyd lists lack of recognition and support as women’s most significant problems. “This means less ink, less air time, less applause, less fame...and less money at the professional level.” In addition to physical differences in gender, there are varying physiological and psychological approaches to competition. Because of these differ-



## ...Dr. Mary Lloyd Ireland

ences, the perception is often that women are inferior to men. "These perceivers can be the female athletes, supporters, medical personnel, fans, and reporters." She emphasizes that gender distinctions should not be viewed as demeaning to women.

Taking issue with those who dwell on inequalities, she says, "As a female you may have to take a few more bounces, but the springboard effect makes you a better person, a better athlete, a better physician."

As for illnesses and injuries related to female athletes, Mary Lloyd finds that studies indicate that, in general, injuries appear to be sport-specific rather than gender-specific. Some knee disorders and injuries do occur more frequently among women, especially at the level of Olympic basketball.

Menstrual and nutritional disorders are unique to athletic women and are in epidemic proportions, with nutritional disorders being rampant among adolescent female athletes. Both

contribute to injuries, stress fractures, general malaise, and psychological disorders.

Mary Lloyd has acknowledged the value of strong family support and the discipline and dedication taught by her Kappa mother. Her family includes a Kappa sister and very proud husband, Wood Simpson.

Mary Lloyd will realize her Olympic goal a second time when she again serves on the Olympic medical staff at the 1996 Summer Olympics in Atlanta.

In the meantime, she has opened a state-of-the-art clinic in a \$1.1 million futuristic building in Lexington. "The big difference," her husband beamed when asked how this clinic differed from other top private clinics, "is that you get Mary Lloyd."

— Susan Riggs Guise, *Michigan State, and Key Staff*

## Senior Racquetball Champion on 50th Wedding Anniversary...Mary Low Fahrenwald Acuff

While they have successfully defended their titles each Labor Day since, the first time Mary Low Fahrenwald Acuff, *Idaho*, captured the World Senior Racquetball Championship, her husband won the same title for men, and it was their 50th wedding anniversary.

Mary Low didn't take up the sport until 1982 and only then because she got tired of sitting in the stands while Earl, a multiple-title-holder, played.

Small, with dark hair, Mary Low looks too young for her 70-plus age group. As there is only one other competitor at the national level in this group ("...and I could beat her playing on my knees..."), Mary Low "plays down" to whatever group is represented, and wins. She won the 4th Annual Senior Master's Tournament last spring playing in the 55-year age group.

Earl has long been a handball and racquetball champ. Between the two of them they now have more than 50 world and national titles and 46 others for second and third places.

Mary Low has had a lifelong interest in sports, primarily golf, aerobics, and swimming. "However," says she, "raising eight chil-



"Stand back!" as Champ Mary Low Acuff prepares to wham the racquetball.

dren and keeping up with requirements of an Army officer's wife didn't leave a whole lot of time for serious sports." Her priority was being a positive role model for her children and other young women.

In fact, when she received her pin as a fifty-year-Kappa, she was serving as Advisory Board Chairman and Chapter Council Adviser to the young Zeta Mu Chapter at Virginia Polytechnic Institute in Blacksburg, Va.

In 1989 she and Earl moved to Asheville, N.C., where Mary Low takes part in the Asheville Area Alumnae Association.

Recently finding a new challenge, she has literally walked away with gold medals in her latest venture, race walking competition with the National Senior Games. She won gold medals in the 5K and one-mile walks in North Carolina for 1991 and 1992. In 1992 the Senior Games added racquetball, and the first gold medal winner was Mary Low Acuff. At

press time she and Earl are defending their titles in Albuquerque, N.M.

— Jennie Miller Helderman, *Alabama*

## Teaching Disabled Children Vaulting... Carol Kromer Fuller

Carol Kromer Fuller has been horsing around quite a bit since her Kappa days at Ohio State...as the vaulting coach for the Great Falls (Virginia) Pony Club, that is.

Vaulting is the sport of gymnastics on a moving horse. Individuals and/or teams perform acrobatic movements on a single horse which moves at a steady canter. As a nationally-recognized coach, Carol works with young people, aged seven to 20, one to two days each week. She is also an instructor at Lift Me Up, Great Falls therapeutic riding school where she teaches vaulting to disabled children.

Carol was introduced to the world of horses by the eldest of her five children who rode and then vaulted. As her children began to participate in a Pony Club, she became involved as well. Pony Clubs are non-profit groups designed to educate young people to care for, understand, and ride horses, with a special emphasis on safety. Through her parental involvement, Carol took up riding when she was in her thirties.

Although she has been a vaulting coach since 1982, Carol didn't try vaulting until she was 45. "Vaulting is a sport that appeals to people who like roller coasters," she says. "I always hated roller coasters myself!"

As a member of the American Vaulting Association (AVA), the Great Falls Pony Club is one of about 35 teams that compete nationally with other individual vaulters. Vaulting helps to build strength and coordination, but Carol believes the most important skill it develops is self-confidence.

Carol says being a vaulter is not a requirement for coaching, "but I'm really the last generation of vaulting coaches who weren't vaulters themselves. I'm sure it would be a big asset to compete before you coach, but a true love of the sport is the

most important requirement."

Contrary to popular perception, vaulting is not a particularly dangerous sport. "It has a better safety record than tennis," Carol says. "Vaulters suffer twists and occasional breaks, but the risk is really minimal. And it's a relatively inexpensive sport."

Carol feels she is a good coach because she teaches the children to teach others. "I try to be flexible, and I don't feel sorry for the disabled children that I teach. I believe everyone has a handicap. I may not be able to see yours and you may not be able to see mine, but we all have our disabilities. It's important to demonstrate a philosophy of mutual respect as a coach."

"Vaulting is a wonderful sport for disabled children," Carol says. "The horses used in vaulting are chosen for temperament, so they are very patient and the kids love them. And vaulting can be learned quickly. Children, who are usually fearless, can do some of the movements almost immediately. So they see progress rapidly." One student with Down's syndrome was so adept at vaulting that he was mainstreamed into her Pony Club class. "The kids said John never saw what he was doing — his eyes were always squeezed shut from grinning so hard!"

In addition to coaching Carol has been a member of the AVA board of directors since 1985. She is also chairperson for the vaulting committee of the United States Pony Clubs, Inc. and a member of the vaulting committee of the American Horse Shows Association. As a member of these organizations, she promotes the sport by planning and teaching vaulting clinics on the East Coast. Although vaulting has traditionally been more popular in the western U.S., Carol says the sport is blossoming in the East.

Carol says that caring for her family with her husband, Pep, and vaulting have become all-consuming. "It is very rewarding to help a child realize his potential," she says. "There are many things I'm proud of in my involvement with vaulting, but I think I'm most proud of the personal growth that I witness in the youngsters as a result of vaulting. Often their grades go up as their self-confidence grows. It's an exciting and challenging sport...I'm a genuine enthusiast!"

— Leigh Light Leyschock, Auburn



Carol (right) gives an encouraging smile to John, whose eyes are squeezed shut by his proud grin.



Two young vaulters perform acrobatic movements perched atop a cantering horse.

## Battling for the Competitive Edge... Rose Mary Mann Dawson

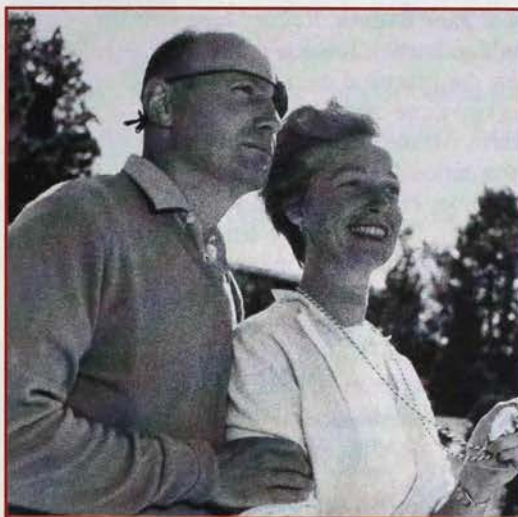
Recognized as a pioneer in the advancement of women's sports, Rose Mary Mann Dawson, Michigan, fostered the then controversial opinion that women could benefit physically and emotionally from competition. As a coach, Rose Mary promoted her beliefs through her love of competitive swimming, touching and inspiring the lives of many Kappas, including Olympic Gold Medalist Donna de Varona, UCLA, and Juliana Fraser Wales, Ohio State, Fraternity President.

Born into a prominent swimming family, Rose Mary could not escape the thrill of competitive swimming. She learned to swim at three years of age and swam her first mile at seven. Her father, Matt Mann, was the 1952 United States Olympic swimming coach, renowned as coach of 14 NCAA championship swim teams at the Universities of Michigan and Oklahoma, and founder of two athletic camps — Camp Chikopi for boys and the oldest women's swim camp, Camp Ak-O-Mak. Involved in such a predominant swimming background, Rose Mary was destined to make her mark in the world of competitive swimming. "What choice did I have," she asks, "when my father was a coach who met my mother in a pool? My husband was a swimming nut and all my children were swimmers."

After serving apprenticeships, Rose Mary pursued swimming professionally at the age of 21 by teaching swimming during the summer at Camp Ak-O-Mak. Following the death of her first husband, Bruce Corson, she pursued her career full-time as a swimming instructor for the University of Michigan Women's Physical Education Department. Rose Mary's more controversial achievements occurred at Michigan: the establishment of a women's competitive swimming program and, in 1960, her initiative in forming the first Intercollegiate Championship Swimming Meet for Women. Her Michigan team snatched first place at the first three national meets.

Paving the road for women's competitive swimming proved to be a difficult task. Rose Mary coached her Michigan team under frequent harassment from the university which did not consider competition healthy for young women. "You couldn't say 'I quit.' You had to go ahead and do whatever you could to make it work!" she says, explaining her resistance to Michigan's attempts to dispirit her team and ideals.

Rose Mary applied her determination and "golden touch" to each of her ventures, resulting in an endless list of achievements. A few of her accomplishments include: the establishment with her husband, Buck Dawson, of the nationally acclaimed Ann Arbor Swim Club; being the first coach to take



Buck and Rose Mary Dawson.



First coach to take an age-group team overseas arrives in Japan.

an age-group team overseas in her 1961 tour of Japan; and the distinction of being the only coach to win both the United States and Canadian national swimming championships.

Rose Mary has achieved pioneering status both in sports and as a career woman, successfully juggling career, marriage and family. Of course, her family shared her career interest; they were as wet as her teams. Buck, her husband and partner, was the first executive of the International Swimming Hall of Fame, and her daughter, Marilyn Corson, won a bronze medal at the 1968 Mexico City Olympics, carrying on Rose Mary's tradition of excellence.

In 1978, after 36 years of coaching, Rose Mary retired. Her contributions are still recognized and her progressive actions applauded. Donna deVarona, a 1964 Olympic Gold Medalist and the first female sports commentator for "ABC Wide World of Sports," admiringly states, "Rose Mary is a real pioneer. She is one of the first women to make it into the elite of swimming...the first coach to realize that swimming is a psychological sport."

Today, after 50 years of coaching at Camp Ak-O-Mak, Rose Mary remains active each summer, sharing her expertise with her daughter who manages the camp. A member and past president of the International Swimming Hall of Fame Dames, Rose Mary has devoted her life to swimming and to the children she has watched grow into successful athletes and fine adults. "It feels good to have the ability to give to children, and I have made it my life's work," she says.

Few people possess the drive, determination, ingenuity, and compassion to meet all the challenges Rose Mary has faced. When questioned about her success, this modest woman replies simply, "Somebody had to do it."

— Joanna Scungio, Washington & Jefferson

# Kappa Athletes Excel

## A Look Back on Athletic Accomplishments

**K**appas everywhere participate in various sports, from archery and golf to skiing and tennis. Some started early in life while others took up their sport after retirement. Some have won tournaments, been inducted into a Hall of Fame, or been in the Olympics. Some are well-known names such as Olympic gold medal swimmer **Donna de Varona**, *UCLA*, and championship golfers **Patty Berg**, *Minnesota*; **Jane Blalock**, *Rollins*; **Jane Geddes**, *Florida State*, and **Hollis Stacy**, *Rollins*.

A Kappa was a pioneer in woman's golf, when **Johnnie Anna Carpenter** won the first women's city championship of Indianapolis in 1895. An undergraduate at Butler, she practiced on a three-hole course she had designed next to the women's dorm. She later became state champion after winning two more city titles.

Track star **Betty Robinson Schwartz**, *Northwestern*, won the 100-meter women's race in the 1928 Amsterdam Olympics. In 1931 she was seriously injured in a plane accident but made a spectacular comeback five years later as a member of the team that won the 400-meter relay in the Olympics. **Anne Lee Howell Clark**, *Butler*, began running after retirement as a teacher. A world class septuagenarian runner featured in several magazines, Anne won the 70-plus category for women in America's Marathon-Chicago, setting a national record.

1952 was a great year for Kappa swimmers. **Mary Freeman Kelly**, *George Washington*, (sister-in-law of the late Grace Kelly) was the number one woman backstroker on the U.S. Olympic team. Other Kappas on that Olympic team were **Carolyn Green Lewis**, *Miami (Fla.)*; **Judy Roberts Thomas**, *Indiana*, and **Jody Alderson Braskamp**, *Illinois*, who won the 100-meter freestyle event.

Winning 44 national tennis championships between 1902 and 1958, **Hazel Hotchkiss Wightman**, *UC Berkeley*, was the founder-donor of the Wightman Cup Trophy for which U.S. and British women compete annually. She taught the game throughout her life and established the first Girl Scout Merit Badge given in tennis. Another tennis star, **Helen Wills Roark**, *UC Berkeley*, won the U.S. women's singles tennis championship six times and teamed with Hazel Wightman to win the U.S. women's doubles. A third Kappa to win the U.S. Women's Open Championship was **Doris Hart**, *Miami (Fla.)*, captain of the U.S. Wightman Cup Team.

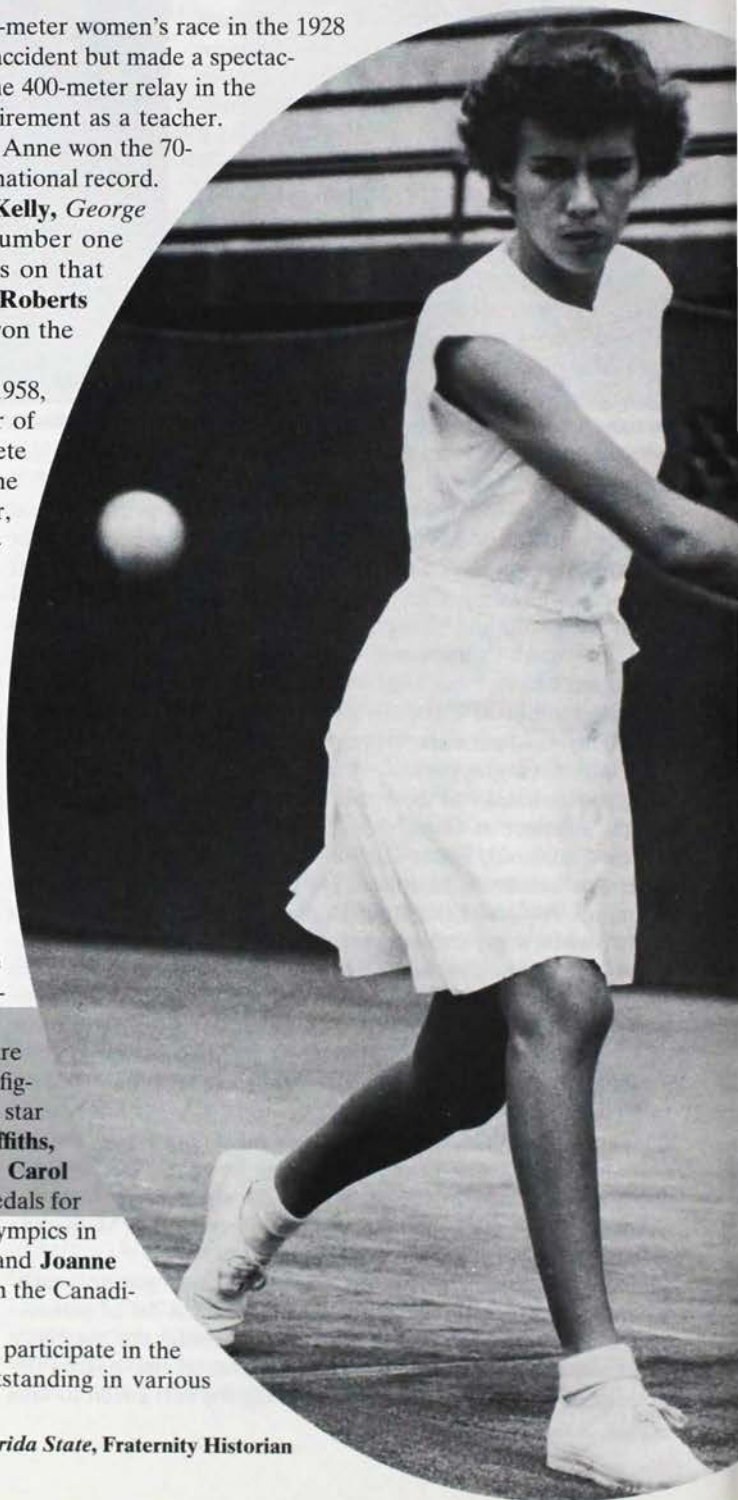
From 1919 until 1924, **Dorothy Dudley Smith Cummings**, *Boston*, was the champion of women's archery. Versatile **Joan Packard Birkland**, *Colorado*, won her third Colorado state golf title in 1963 and one week later won the state women's singles tennis championship.

Water skiing was the chosen sport for **Carol Anne Duthie MacDonald**, *Toronto*. She was the 1953 world water skiing champion at age 16, later winning other Canadian championships, the U.S. National Water Skiing Championship, the Mexican National, and the North American championships. She was voted into the Canadian Sports Hall of Fame and the Amateur Athletic Union Hall of Fame.

Kappas have also excelled in winter sports, most notably in figure skating and snow skiing. After winning five top awards in Canadian figure skating by age 19, **Rosemary Henderson Marks**, *Manitoba*, was a star of "Ice Capades" in 1952. Champion skater **Janet Gerhauser Griffiths**, *Minnesota*, was another Kappa on the 1952 U.S. Olympic Team. **Carol Irwin Grant**, *British Columbia*, won both Canadian and U.S. gold medals for figure skating. Three Kappa skiers who competed in the 1952 Olympics in Oslo were **Sally Neidlinger Hudson**, *Colorado*, on the U.S. Team and **Joanne Hewson Rees**, *McGill*, and **Rosemarie Ruth Schutz Asch**, *McGill*, on the Canadian Team.


It isn't necessary to win a championship, be in a Hall of Fame, or participate in the Olympics to be a sports enthusiast. Many Kappas have been outstanding in various sports and we honor them for their accomplishments.

— Susannah Erck Howard, *Florida State*, Fraternity Historian

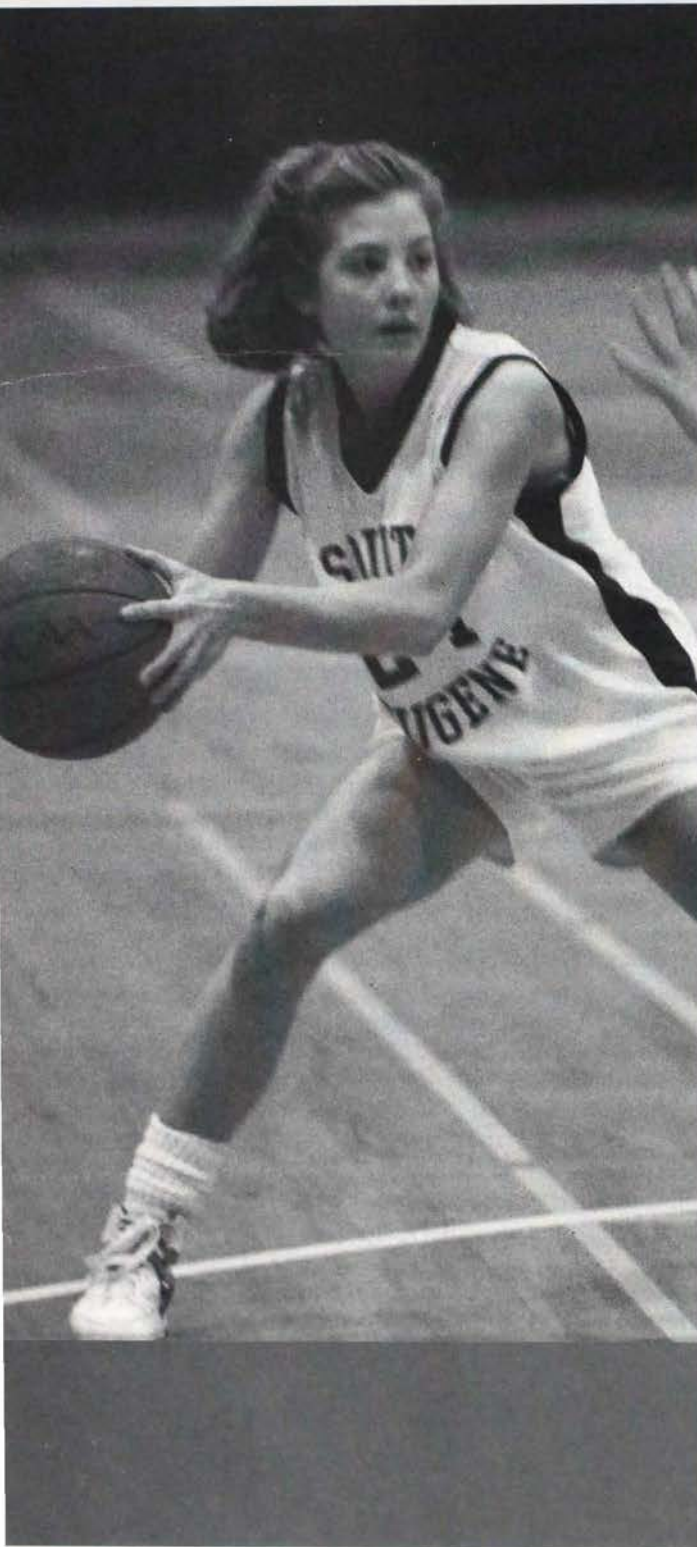


## Famous Kappas in Sports

- Patty Berg, *Minnesota*—golf  
Joan Packard Birkland, *Colorado*—golf/tennis  
Jane Blalock, *Rollins*—golf  
Jody Anderson Braskamp, *Illinois*—swimming  
Johnnie Anna Carpenter, *Butler*—golf  
Ann Lee Howell Clark, *Butler*—running  
Dorothy Dudley Smith Cummings, *Boston*—archery  
Donna deVarona, *UCLA*—swimming  
Jane Geddes, *Florida State*—golf  
Carol Irwin Grant, *British Columbia*—ice skating  
Janet Gerhauser Griffiths, *Minnesota*—ice skating  
Doris Hart, *Miami (Fla.)*—tennis  
Lesley Hickcox, *Indiana*—diving  
Sally Neidlinger Hudson, *Colorado*—snow skiing  
Mary Freeman Kelly, *George Washington*—swimming  
Marjorie Leeming, *British Columbia*—tennis  
Carolyn Green Lewis, *Miami (Fla.)*—swimming  
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Judy Roberts Thomas, *Indiana*—swimming  
Hazel Hotchkiss Wightman, *UC Berkeley*—tennis



Above: Patty Jane Berg, *Minnesota*  
Left: Doris J. Hart, *Miami (Fla.)*



## President's Message

Each of us is influenced by special people in our lives. There have been two women who have influenced my character and development more than anyone else, my mother and the director of the camp I attended for several summers. They are both Kappas, and they have lived their lives as examples of what is good and true and beautiful.

In 1961, my mother insisted I go to summer camp because I was hesitant to be independent and away from my family. Some would say I suffered from homesickness. I was encouraged to select the camp I preferred and, stubbornly, I chose a competitive sports camp which specialized in swimming. While the decision to go to camp was not mine to make, the selection was and my choice changed my life forever.

The pervading culture of the camp was personified in the camp director, Rose Mary Mann Dawson, *Michigan*, (See Profiles, page 17). She expected each young woman to be the very best she could be, to try her hardest, and to win when your abilities enabled you. The counseling staff often included Kappas, active in their undergraduate chapters, who were always examples of Rose Mary's fundamental beliefs and were role models for the ideals expressed in our ritual.

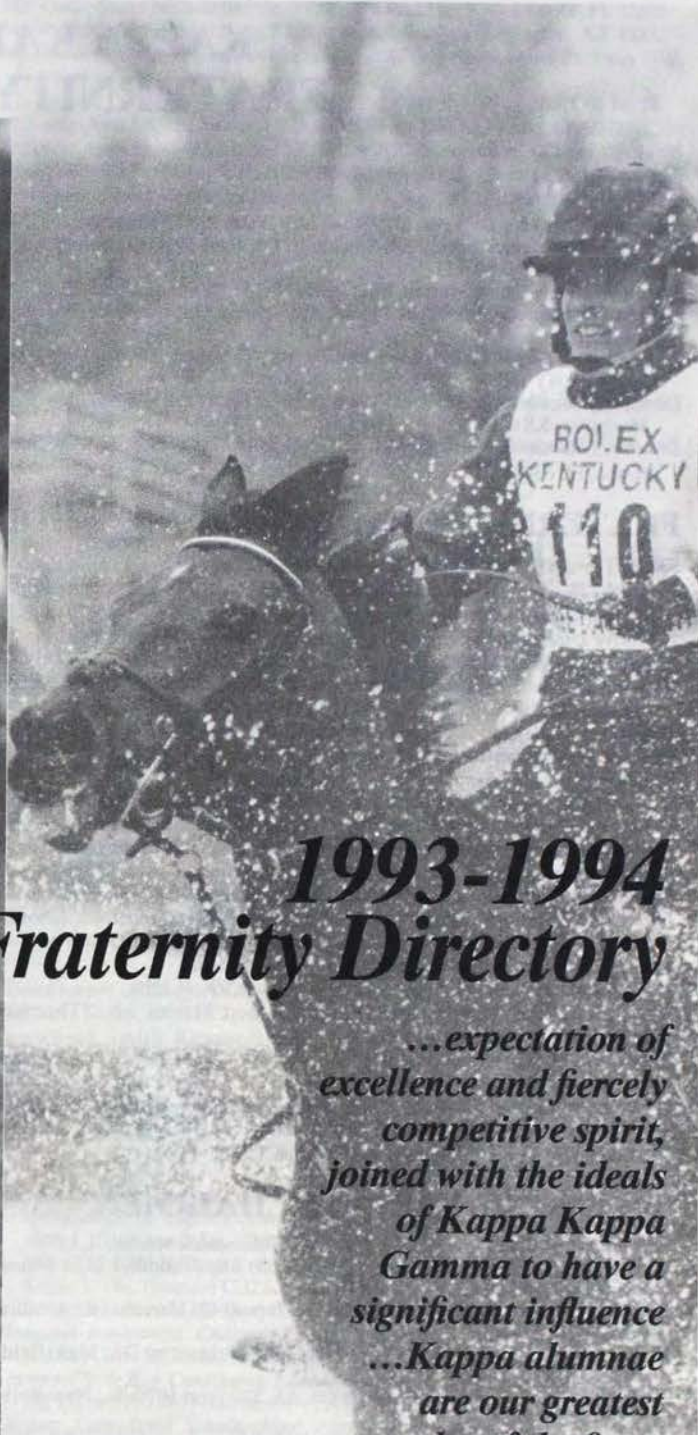
The challenge of being exposed each summer to more than thirty sports was physically demanding, yet it ingrained in us the advantages of regular exercise. In addition to individual instruction in various sports, the camp offered team competition. Each team consisted of members from each age group and representatives of the excellent athletes and those less athletically gifted were intermingled. While the obvious goal for each team was to win the various contests and be the overall winner at the end of the summer, the lessons to be learned from working together are life skills still relevant today: appreciating each other's abilities and respecting the differences each of us brought to the team.

The athletic emphasis was important, but the greatest benefits were the development of character, skills, and positive self-esteem. Athletics are a training ground for the future. Much of what is learned and experienced in sports is also inherent in our chapter life. Respect for others, recognizing and valuing the abilities of others, sharing your talents to bring strength to others is basic to our belief in sisterhood in Kappa Kappa Gamma.

The grace and beauty of my mother and Rose Mary, alumnae of the Fraternity, combined with their expectation of excellence and fiercely competitive spirit, joined with the ideals of Kappa Kappa Gamma to have a significant influence on me. Kappa alumnae are our greatest examples of the finest in life and thought and character, and as such each of us can be influences for good with today's young women. The Fraternity asks us to reach our potential, to be our best, and share our best with others. Today's young Kappas are counting on alumna help and guidance. Let's be there for them.

— Juliana Fraser Wales, *Ohio State*  
Fraternity President





## *1993-1994 Fraternity Directory*

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ASSOCIATE COORDINATOR  
PROVINCIAL TUTOR OF KAPPA  
KAPPA GAMMA  
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## ARE YOU AN OWL OUT ON A LIMB? COME JOIN THE GROUP!

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**DePauw U.** - (Delta S) - Jessica Rupp, 507 South Locust Street, Greencastle, IN 46135; Gigi Jennewein Fenlon, Y, (Bill) R.R. 3, Box 592, Greencastle, IN 46135

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**Hillsdale C.** - (Delta N) - Jennifer Heicher, 221 Hillsdale Street, Hillsdale, MI 49242; Sally Altman Giauque, K, 2412 Brookview, Toledo, OH 43615

**Idaho, U. of** - (Iota E) - Ginger Gissel, P.O. Box 3038, Moscow, ID 83843; Mary Newhouse Landkammer, BK, (Brent) W. 308 "C" St. #2, Moscow, ID 83843

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**Illinois, U. of** - (Epsilon S) - Sondra Stedronsky, 1102 South Lincoln, Urbana, IL 61801; Katherine Carpenter Bookwalter, BA, (Robert) 7 Shady Lane, Danville, IL 61832

**Indiana U.** - (Delta S) - Rianne Stone, 1018 East Third Street, Bloomington, IN 47401; Carol Conner Franklin, Δ, (Joseph) 2709 Blue Ridge Ct., Bloomington, IN 47408



**Iowa, U. of - (Zeta N)** - Sarah Schiavone, 728 E. Washington, Iowa City, IA 52240; Jane Carter Jones, GM, (Ron) 9 Cherry Lane NE, Iowa City, IA 52240

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**Kansas State U.** - (Zeta S) - Jennifer Viterise, 517 Fairchild Terrace, Manhattan, KS 66502; Nancy McEwen Knopp, FA, (Joe) 1201 Houston, Manhattan, KS 66502

**Kansas, U. of - (Zeta S)** - Melinda James, Kappa Kappa Gamma, 1 Gower Place, Lawrence, KS 66044; Carol Jones Hatton, Ω, (Donald) 1641 Hillcrest Rd., Lawrence, KS 66044

**Kentucky, U. of - (Nu N)** - Sarah Coleman, 238 E. Maxwell St., Lexington, KY 40508; Laura Murdock, BX, 3751 Appian Way #249, Lexington, KY 40517

**Lafayette C.** - (Beta E) - Janna Kludzuweit, Farinon Center Box 9484, Lafayette College, Easton, PA 18042-1784; Karen Stewart Mitton, GP, 1445 Linden St., Allentown, PA 18102

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**Louisiana State U.** - (Theta E) - Whitney Stone, P.O. Box 25104, Baton Rouge, LA 70894; Amy Kramer, ΔI, 2100 College Dr. #14, Baton Rouge, LA 70808

**Massachusetts, U. of - (Rho S)** - Heather Godsey, 32 Nutting Avenue, Amherst, MA 01002; Elaine Chomyn Barker, ΔN, (Alan) RFD #3, 40 Teewaddle Hill Rd., Amherst, MA 01002

**McGill U.** - (Alpha N) - Sara Robson, 529 Prince-Arthur, Montreal, QU H2X-1T6

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**Michigan State U.** - (Delta N) - Lauren Flynn, 605 M.A.C., East Lansing, MI 48823; Elizabeth Birchfield Putman, ΔΓ, (Daniel) 4415 Elmwood, Okemos, MI 48864

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## 1994 "SEEK PLANNER" Ready in November

Responding to heavy demand for a sequel to its 1992-93 SEEK Planner, the Seek Task Force Committee has announced that a revised 1994 Planner will be available in November.

Orders are being taken now, for delivery after November 15th.

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drawing by Lucretia Leonard Romey, Δ

# CHAPTER ANNUAL HONORS REPORT

*Congratulations to the following undergraduates  
who were honored during the 1992-93 academic year.\**

- ALPHA LAMBDA DELTA**  
(1st-year Student Scholarship)
- Alabama - ITI**  
Lauren Andrews  
Marian Northington
- Arizona State - EA**  
Jamie Leary  
Lisa Morrison  
Lauren Mullican  
Jenny Rau  
Kearstin Switzenberg
- Auburn - EH**  
Amy Brockway  
Meg Conger  
Wendy Dean  
Tricia Hurst  
Erika Mellgren  
Kelly Sturgis
- Baylor - EY**  
Amy Mack  
Maryann Norris  
Katherine Smith
- Bucknell - ΔΦ**  
Laura Gillespie
- Butler - M**  
Angela Angstman  
Colleen McKay  
Tara Rodney
- California, Los Angeles - ΓΞ**  
Robyn Baranick  
Kate Cutler  
Kimberly Haas  
Blythe Henry  
Courtney Swerdloff
- California, San Diego - ZN**  
Holly Ratelle
- Connecticut - ΔM**  
Lisa Chapman  
Heather Dunn  
Sara Gerke  
Jennifer Swallow
- DePauw - I**  
Amy Eberle
- Florida - EΦ**  
Julie Arner  
Beth Dungey  
Anne Radecki  
Suzanne Sealey
- Florida State - EZ**  
Miki Sakata
- Illinois - BA**  
Laura Ball  
Sally Gschwendtner  
Amy Hook  
Lindsey Pann  
Heather Strook
- Illinois Wesleyan - E**  
Jennifer Bonebrake
- Julie Brown  
Allison Enns  
Sherri Huck  
Mari Ireland  
Mi Kim  
Shay Sizer  
Cathy Westley
- Kansas State - ΓA**  
Kristi Manion  
Jacquelyn Pinney
- Kentucky - BX**  
Jennifer Lynn Carter  
Preeti Bansal  
Ragan Watson
- Monmouth - A<sup>Δ</sup>**  
Jennifer Hootselle  
Katie Hunter  
Kristen Schroeder
- Louisiana State - ΔI**  
Jennifer Adcock  
Kim Brignac  
Amy Burton  
Jennifer Guste  
Donna Howard  
Jennifer Lohman  
Kendall Mack  
Beth Pederson  
Melissa Roth  
Suzie Shaw
- Nebraska - Σ**  
Courtney Bullock  
Amy Craig  
Lisa Holley  
Jodi Petrig
- Northwestern - Y**  
Kendra Berke  
Kerry Clayman  
Dee Compaan
- Oklahoma - BΘ**  
Kim Brackett  
Jennifer Golm  
Krista Gordon  
Ashley Harris  
Marni Hill  
Lara Lambert  
Holly Pauling  
Shannon Richison  
Leigh Swanson  
Jonni Taylor
- Oregon State - ΓM**  
Chelsea Bashor
- South Carolina - EK**  
Gretchen Foreny  
Ranya Zakhour
- Southern California - ΔT**  
Loralee Brown  
Harte Chaden  
Rachel McDevitt
- Ginny Schreiber  
Melissa Thomas  
Dee Tyson
- William and Mary - ΓK**  
Emily Ashmore
- PHI ETA SIGMA**  
(1st-year Student Scholarship)
- Alabama - ITI**  
Lauren Andrews  
Marian Northington
- Arizona - ΓZ**  
Lindsey Palmer  
Ivy Pirrell  
Amy Webb  
Anastasia Weryp
- Arkansas - ΓN**  
Karen Curtis
- Auburn - EH**  
Monique Bourgeois  
Amy Brockway  
Meg Conger  
Wendy Dean  
Lyn Duncan  
Chrissy Hall  
Erika Mellgren  
Kerrin Smith  
Kelly Sturgis  
Claire Tinney  
Julie Woo
- Bucknell - ΔΦ**  
Laura Gillespie  
Kerry Mack  
Wendy Millman  
Kerry Pyle  
Kelly Seed
- Butler - M**  
Angela Angstman  
Colleen McKay  
Tara Rodney  
Amy Syler  
Kristin Tryon-Burnette
- California, Los Angeles - ΓΞ**  
Robyn Baranick  
Kimberly Haas  
Blythe Henry  
Courtney Swerdloff
- DePauw - I**  
Amy Eberle
- Emory - EE**  
Robin Coull  
Jennifer Davis
- Florida - EΦ**  
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Anne Radecki  
Suzanne Sealey
- Georgia Southern - ZY**  
Jenny Allen
- Illinois - BA**  
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Natalie Fulk  
Amy Hook
- Katie Knutson  
Lindsey Pann
- Kansas State - ΓA**  
Laura Kelly  
Shelley Mudhenke  
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- Kentucky - BX**  
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- Louisiana State - ΔI**  
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Kim Brignac  
Amy Burton  
Jennifer Lohman  
Kendall Mack  
Beth Pederson  
Melissa Roth  
Killian Saam  
Suzie Shaw  
Stephanie Trevathan
- Nebraska - Σ**  
Courtney Bullock  
Erika Counselor  
Amy Craig  
Lisa Holley  
Jodi Petrig
- North Texas - ZE**  
Molly Cook  
Tracy Lynn Jones  
Melissa Moore
- Northwestern - Y**  
Kim Danielli
- Richmond - ZO**  
Jennifer Marasia  
Andrea Stigall
- Rollins College - ΔE**  
Courtney Thompson  
Catherine Weibel
- South Carolina - EK**  
Ranya Zakhour
- Texas A & M - EP**  
Christy Ebrom  
Laurie Davis  
Anne Morris
- Utah - ΔH**  
Alice Brown
- Virginia Tech - ZM**  
Vivian Pearson
- Washington - BI**  
Vanessa Barton  
Michelle Sindici  
Lori Smith  
Lisa Thoms
- Washington and Lee - ZT**  
Leslie Hallet
- William and Mary - ΓK**  
Emily Ashmore
- Ashley Hunt  
Betsy McKewen  
Alison Raines  
Dana Schwalbert  
Jenny Shenefelt  
Leanne Wiener
- Arizona State - EA**  
Julie Bergstein  
Amy Pizzutillo
- Arkansas - ΓN**  
Crystal Bell  
Karen Curtis  
Ali Earnest  
Rebecca Kisor  
Lydia Marinoni  
Amy J. Martin  
Leslie Phillips
- Baylor - EY**  
Tracie Carr  
Stephanie Fairchild  
Robbin Grisham  
Malin Hansson  
Amy Mack  
Lisa Mesloh  
Maryann Norris  
Carie Olson  
Susan Pedison  
Jenny Pierson  
Jennifer Ross  
Katherine Smith  
Amy Walker
- Florida State - EZ**  
Jacqueline Ader  
Tracey Case  
Jennifer Higham
- Georgia Southern - ZY**  
Jenny Allen  
Catherine Anlicker  
Ashley Beech  
Nikki Burns  
April Hendley  
Carolyn Leathers  
Tara Myers  
Michelle Penberthy  
Amy Richardson  
Jennifer Whitfield
- Louisiana State - ΔI**  
Kristi Huerter  
Kendall Maginnis  
Melissa Roth
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Stacey Boyes  
Kim Harris  
Tiffany Jones
- Utah - ΔH**  
Camille Wooley
- Southern California - ΔT**  
Jori Haller
- Virginia Tech - ZM**  
Karen Burkholder  
Jeanne Jose  
Vivian Pearson
- GAMMA BETA PHI**  
(Soph. Scholarship)
- Alabama - ITI**  
Greer Blackwell  
Meg Harrington

\*Listing is based on Chapter Annual Honors Reports received by the June 1 deadline.

- GOLDEN KEY**  
(Jr. Scholarship)
- Alabama - ΓΠ**  
Ashley Abercrombie  
Leigh Davis  
Amy Dennis  
Kris Loveman  
Rebecca Simmons  
Lesly Somerville
- Arizona - ΓΖ**  
Laura Fernandez  
Christine Lucaire
- Arizona State - ΕΑ**  
Sarah Beil  
Jamie Leary  
Amy Pizzutillo
- Arkansas - ΓΝ**  
Crystal Bell  
Ali Earnest  
Amy J. Martin  
Leslie Phillips
- Baylor - ΕΥ**  
Carrie Carr  
Jennifer Delaney  
Stephanie Fairchild  
Malin Hansson  
Lisa Mesloh  
Susan Pedison  
Amy Walker  
Kelly Yarbro
- Bowling Green State - ΖΚ**  
Tamara Eggert  
Robbie Killius  
Mary Ann Prohaska  
Amy Schermer
- California, Berkeley - Π<sup>Α</sup>**  
Erryn Ulrich  
Leila Gazale  
Jamie Jefferson  
Torrey Miller
- California, Irvine - ΖΗ**  
Kristine Wagner
- California, Los Angeles - ΓΞ**  
Michelle Holcenberg  
Marianne Makely  
Dru Nielsen  
Erin O'Neal  
Laurie Sleep  
Anna Steding
- California, Riverside - ΕΠ**  
Melissa Goulet  
Penelope Ross  
Kristin Taylor
- California, San Diego - ΖΜ**  
Jill Cohen  
Julie Coricello  
Holly Ratelle  
Debbie Setton  
Jill Tommeraason  
Shannon Welch
- California, Santa Barbara - ΕΨ**  
Jamie Jefferson
- California State, Fresno - ΔΩ**  
Kristine Gomes  
Ashley Newton  
Tracy Sagle
- Colorado College - ΔΖ**  
Ariella Randel  
Kelli Shannon
- Connecticut - ΔΜ**  
Bronwyn Brahe  
Melyssa Kinney
- DePauw - Ι**  
Anne Estevez  
Jessica Rupp  
Amy Sputh
- Florida - ΕΦ**  
Kristina Diecidue  
Ronni Dreyfuss  
Terri Feldman
- Amy Greenstein  
Jillian Marcus  
Kirsten Senteney  
Kate Sramek  
Juliet Stroud  
Jennifer Wanak
- Georgia Southern - ΖΥ**  
Jenny Allen  
Angel Haley  
Michelle Penberthy
- Oklahoma - ΒΘ**  
Terry Cater  
Krista Gordon
- Illinois - ΒΑ**  
Lynn Hayden  
Cindy Hislop  
Jenefer Johnson  
Melissa Mitchell  
Annette Resteghene
- Kansas - Ω**  
Kristen Ridders
- Kansas State - ΓΑ**  
Dana Erickson  
Kerri Keithley  
Laura Kelly  
Kristi Manion  
Leslie Tyerina  
Jodi Wallace
- Louisiana State - ΔΙ**  
Nicole Charbonnet  
Jennifer Guste  
Hayley Riddle
- Miami (Ohio) - ΔΑ**  
Amy Altschuler  
Joy Hammond  
Allison Pohn  
Meredith Schwartz
- Nebraska - Σ**  
Erika Counselor  
Kristen Gasseling  
Heather Hahn  
Paige Johnson  
Krista Kerns  
Christina Nielsen  
Heather Sinor
- Northwestern - Υ**  
Kim Danielli  
Kristi Leonard  
Carey Merkel
- North Texas - ΖΕ**  
Tracee Williams
- Richmond - ΖΟ**  
Courtney Barg  
Wesley Bowman  
Terri Collins  
Lisa Dunlap  
Jacqueline Guy  
Thea Hall
- Southern California - ΔΤ**  
Kristi Campbell  
Katie Huck  
Kara Lanham
- South Carolina - ΕΚ**  
Katie Squatriglia  
Rebecca Heil
- Texas A & M - ΕΡ**  
Michelle Davis  
Laura Ellis  
Karen Mitchell  
Anne Morris  
Natalie Ramsey  
Jamie Winters
- Utah - ΔΗ**  
Alice Brown
- Virginia Tech - ΖΜ**  
Kari Bodnar  
Karen Burkholder  
Danielle Unger
- Washington - ΒΠ**  
Suzanne Brahm
- Stacey Brower  
Laura Colthurst  
Susan Schroeder
- MORTAR BOARD**  
(Sr. Scholarship and Leadership)
- Alabama - ΓΠ**  
Kari Kubiszyn
- Arkansas - ΓΝ**  
Amy J. Martin  
Robyn Shirey
- Baylor - ΕΥ**  
Kelly Yarbro
- Bowling Green - ΖΚ**  
Kristina Dobos  
Tamara Eggert
- Bucknell - ΔΦ**  
Anne Buck  
Mary Ellen Crowley  
Chrissy Margherio  
Kerry Pyle  
Julie Zuckerman
- California, Berkeley - Π<sup>Α</sup>**  
Anneliese Lodge  
Jamie Jefferson
- California, Santa Barbara - ΕΨ**  
Marnie Bozak  
Taline Sheriff
- DePauw - Ι**  
Anne Estevez  
Sarah Herrlinger  
Jolyn Phelan
- Emory - ΕΕ**  
Betsy Hope  
Tanya Mazarowski  
Jennifer Melnyk  
Mary Skinner
- Florida - ΕΦ**  
Jillian Marcus  
Kirsten Senteney
- Florida State - ΕΖ**  
Kelly Fayer  
Christy Wiggers
- Illinois - ΒΑ**  
Jennifer Dadant  
LaTonya Lowry
- Kansas - Ω**  
Staci Banks  
Kristen Ridders
- Monmouth - Α<sup>Α</sup>**  
Jessica Bunch
- Nebraska - Σ**  
Erika Counselor  
Sarah Duey  
Kristen Gasseling  
Ann Nelson
- Northwestern - Υ**  
Kim Danielli  
Kristi Leonard  
Carey Merkel  
Molly Terwilliger  
Kari Vedder
- Oregon State - ΓΜ**  
Molly Comer  
Jennifer Rosales
- Richmond - ΖΟ**  
Jen Chropuvka  
Heather Pili
- Southern California - ΔΤ**  
Kathleen Neely
- South Carolina - ΕΚ**  
Janet Mahaffey
- Tulsa - ΔΠ**  
Sharla Barklind  
Teri Klindera
- Washington - ΒΠ**  
Stacey Brower  
Anne Huizinga  
Syusan Schroeder
- West Virginia - ΒΥ**  
Mary Page Marshall
- William and Mary - ΓΚ**  
Anna Finley  
Heather Lyle  
Brooke Spelman
- OMICRON DELTA KAPPA**  
(Sr. Scholarship and Leadership)
- Alabama - ΓΠ**  
Leigh Davis  
Kari Kubiszyn
- Baylor - ΕΥ**  
Carrie Carr  
Jennifer Ducate  
Kristin Lancelot  
Lisa Mesloh  
Amy Walker
- Bucknell - ΔΦ**  
Laurie Burkland  
Ellie Finklestein  
Elizabeth McCullough  
Brynja McDivitt  
Kerry Pyle  
Kathy Wurster
- Centre - ΖΓ**  
April Boulton  
Amanda Kinard  
Allyson Russell  
Polly Shrewsbury  
Erin Stevenson  
Leslie Wilson
- Emory - ΕΕ**  
Jennifer Melnyk  
Laura Reeves
- Florida - ΕΦ**  
Terri Feldman  
Amy Greenstein  
Jennifer Truitt
- Florida State - ΕΖ**  
Beth Corcoran  
Heather Pinder
- Miami (Ohio) - ΔΑ**  
Joy Hammond
- Richmond - ΖΟ**  
Jen Chropuvka  
Jennifer Marasia  
Jill Peterson  
Heather Pili
- Rollins - ΔΕ**  
Diana Rudolf  
Dayna Wolfe
- South Carolina - ΕΚ**  
Lisa Lubin  
Janet Mahaffey
- Tulsa - ΔΠ**  
Sharla Barklind  
Paula Clark  
Katie Morgan  
Rachel Ruth
- Virginia Tech - ΖΜ**  
Dawn Daniel
- Washington and Lee - ΖΤ**  
Andrea Cardamone  
Laura Clark  
Clarie Dudley  
Robyn McCord
- William and Mary - ΓΚ**  
Kate Bloomquist  
Anna Finley  
Gabriella Leite  
Heather Lyle  
Brooke Spelman
- PHI BETA KAPPA**  
(Sr. Scholarship)
- Alabama - ΓΠ**  
Bea Bright  
Deanie Walburn
- Allegheny - ΓΡ**  
Kristie Kachuriak  
Allison Lengauer  
Sarah Lenhart  
Kammi Schmeer  
Heather Thomas
- Arizona State - ΕΑ**  
Jenny Rau
- Bucknell - ΔΦ**  
Kerry Pyle
- Bowling Green - ΖΚ**  
Amy Schermer
- California, Irvine - ΖΗ**  
Kristine Wagner
- Centre - ΖΓ**  
Kerri Pruitt
- Kansas - Ω**  
Staci Banks
- Miami (Ohio) - ΔΑ**  
Kristy Scales
- North Carolina - ΕΓ**  
Gabriella Bruno  
Christine Cecich  
Leigh Coan  
Lilly Farahnakian  
Judith McCullough  
Kathy Neal  
Jennifer Pilla  
Brooke Tyson
- Richmond - ΖΟ**  
Jen Chropuvka  
Jennifer Marasia
- South Carolina - ΕΚ**  
Melanie Turkett
- Tulsa - ΔΠ**  
Julie Bacak  
Susie Owens
- Utah - ΔΗ**  
Ann Jensen
- Washington and Jefferson - ΖΑ**  
Theresa Elliott
- Washington and Lee - ΖΤ**  
Andrea Cardamone  
Leslie Hess  
Robyn McCord  
Wendy Miles  
Megan Reese
- William and Mary - ΓΚ**  
Karrie Dyer  
Vienne Murray  
Stephanie Saines  
Danielle Sepulveda  
Elyse Shuk
- PHI KAPPA PHI**  
(Sr. Scholarship)
- Alabama - ΓΠ**  
Kari Kubiszyn
- Arkansas - ΓΝ**  
Amy J. Martin
- Connecticut - ΔΜ**  
Melyssa Kinney
- Florida - ΕΦ**  
Katie Mentzer  
Samantha Nichols  
Lisa Simpson  
Jennifer Wanek
- Illinois - ΒΑ**  
Lynn Hayden
- Illinois Wesleyan - Ε**  
Mi Kim  
Kim Vanderverter  
Jennifer York
- Kansas State - ΚΑ**  
Sarah Caldwell  
Jayme Morris  
Leslie Tyerina
- Louisiana State - ΔΙ**  
Tricia Comeaux

- Oregon State - KM**  
Molly Comer  
Heidi Marx
- HONOR SOCIETY PRESIDENTS**
- Alabama - ΠΠ**  
Leigh Davis - Senior Women's Club
- Bucknell - ΔΦ**  
Laurie Burkland - Omicron Delta Kappa
- Bowling Green - ZK**  
Jill Chambers - Delta Kappa Psi Honorary  
Tamara Eggert - Order of Omega
- California, Berkeley - Π<sup>A</sup>**  
Sharon Finley - C.S.F.
- California, Riverside - ΕΠ**  
Melissa Goulet - Golden Key
- California State, Fresno - ΔΩ**  
Ashley Newton - Golden Key Vice President
- DePauw - I**  
Mary Duncan - Alpha Delta Lambda
- Illinois - ΒΛ**  
LaTonya Lowry - Mortar Board
- Kentucky - ΒΧ**  
Ragan Watson - Alpha Lambda Delta
- Monmouth - Α<sup>A</sup>**  
Katie Bass - Lambda Pi Eta  
Rhonda Mallie - Alpha Delta Lambda
- Rollins - ΔΕ**  
Diana Rudolf - Omicron Delta Kappa
- St. Lawrence - ΒΒ<sup>A</sup>**  
Abby Rock - Irving Bacheller Society (English Honorary)
- Texas A & M - EP**  
Susan Keller - Society of Women Engineers
- Texas Christian - EA**  
Meredith Norton - Beta Alpha Psi (Accounting Honorary)
- Texas A & M - EP**  
Susan Keller - Society of Women Engineers
- Texas Christian - EA**  
Meredith Norton - Beta Alpha Psi (Accounting Honorary)
- Tulsa - ΔΠ**  
Paula Clark - Omicron Delta Kappa and Order of Omega
- Virginia Tech - ZM**  
Katy Johnson - Vice President of Phi Upsilon Omicron (Human Resources)
- Westminster - ZZ**  
Jennifer Lang - Chi Psi (Psychology) Honorary
- Richmond - ZO**  
Lisa Dunlap - Golden Key National Honor Society
- PANHELLENIC/ALL-CAMPUS GREEK AWARDS**  
(Most Outstanding Achievement)
- Alabama - ΠΠ**  
1st Place Pledge Class Scholarship
- Allegheny - ΓΡ**  
Roshma Azeem - Outstanding Greek Woman
- Marjahn Elyaderani - Panhellenic Sister of the Semester  
Kristie Kachuriak - Outstanding Member of Kappa Kappa Gamma  
Denice Lazarro - Greek Achiever  
Allison Lengauer - Scholarship Award
- Arizona - ΓΖ**  
Liana Johnson - Finalist for Freshman Greek Woman of the Year  
Laura Fernandez - Finalist for Sophomore Greek Woman of the Year  
Amy Webb - Arizona Regents
- Arkansas - ΓΝ**  
Highest Chapter Grade Point Average Spring 1993
- Baylor - ΕΥ**  
Wendy's Community Service Award
- Bucknell - ΔΦ**  
Anne Buck - Outstanding Chapter Officer  
Rachel Magaree - Outstanding Greek  
Involved in Philanthropy  
Most Improved Chapter  
Outstanding Public Relations Program
- Bowling Green - ZK**  
Deborah Cordes - Outstanding President's Award
- California, Irvine - ΖΗ**  
Felicia Bleecker - Most Outstanding Freshman Newport Harbor Panhellenic Scholarship  
Tracy Bodnar - Most Outstanding New Initiate  
Jennifer Oldfield - Most Outstanding Junior
- California, Riverside - ΕΠ**  
Panhellenic Scholarship Award - 1st Place
- California, San Diego - ΖΝ**  
Agnes de Guzman - Emerging Leader of the Year  
Caroline Jones - Outstanding Senior of the Year  
1st Place Highest Grade Point Average for Sororities  
Outstanding Chapter of the Year
- California, Santa Barbara - ΕΥ**  
Outstanding Athletic Achievement Award
- California State, Fresno - ΔΩ**  
Most Spirited Sorority Award 1992
- Centre - ΖΓ**  
Highest Pledge Class Grade Point Average Recognition
- Cornell - Ψ<sup>A</sup>**  
Marylou Mercer - Outstanding Panhellenic Member  
1993 Outstanding Chapter
- DePauw - I**  
Terry Ozbun - William Wallace Carson Award Recipient
- Emory - ΕΕ**  
Liz Parrot - Outstanding Greek Woman of the Year (1993)  
Chapter Most Improved Award
- Outstanding Community Service Award  
Outstanding Program Award (Aids Awareness Week)
- Florida - ΕΦ**  
Stacey Parks - Phi Sigma Sigma Service Award  
Juliet Stroud - Greek Woman of the Year  
Most Improved Chapter  
Most Outstanding Pledge Program  
1993 President's Cup Winner
- Georgia Southern - ΖΥ**  
Jenny Allen - Career Foundation Scholarship Recipient  
Revonda Jarret - Award of Excellence  
Jennifer Whitfield - National Nursing Leadership Award
- Iowa - ΒΖ**  
Kris Pugliani - IFC/Panhellenic Officer of the Year  
Renee Welter - Recipient of Helen Reich Scholarship  
Highest Pledge Class Grade Point Average
- Kansas - Ω**  
1992 Fall Blood Drive Champions
- Kansas State - ΓΑ**  
Kristi Miller - Most Outstanding Social Responsibility Committee Member  
Deanna Nichols - Most Outstanding President  
Outstanding Scholarship
- Miami (Ohio) - ΔΔ**  
Allison Pohn - Outstanding Greek Leader  
Erika Trost - Outstanding Greek Leader  
Pledge Program - Honorable Mention
- North Texas - ΖΕ**  
Kristana Kane - Best Female Vocalist  
Kelly Shaw - Panhellenic Scholarship Recipient  
Intramurals Best Sportsmanship Award
- South Carolina - ΕΚ**  
Lisa Stokes - Chapter Adviser of the Year
- Texas A & M - EP**  
1st Place Scholarship Award
- Texas Christian - EA**  
Chapter of the Month  
Outstanding Alumni Relations Award
- Tulsa - ΔΠ**  
Sharla Barklind - Tulsa Panhellenic Scholarship, Rhodes Scholarship Nominee, Truman Scholarship Nominee  
Alissa McClure - Carol Canfield Outstanding Sophomore Award
- Virginia Tech - ΖΜ**  
Laura Heller - Most Outstanding Delegate to Panhellenic
- Washington - ΒΠ**  
Elizabeth Meyer - Greek Woman of the Year
- Washington and Jefferson - ΖΑ**  
1st Place Highest Grade Point Average
- Westminster - ΖΖ**  
Outstanding Philanthropy  
Drosten Cup Winners
- West Virginia - ΒΥ**  
1st Place Intramural Soccer
- William and Mary - ΓΚ**  
Most Philanthropic Chapter  
Most Outstanding Chapter
- Wisconsin - Η**  
Megan Warren - Greek Woman of the Year  
Nominee
- ELECTED PANHELLENIC OFFICERS**
- Allegheny - ΓΡ**  
Heather Huston - Vice President of Internal Affairs  
Denise Lazarro - Vice President of External Affairs
- Arizona - ΓΖ**  
Corey Saba - Greek Leadership Conference Coordinator
- Arkansas - ΓΝ**  
J. Lynn Fox - Scholarship Chair  
Leslie Phillips - G.A.M.M.A. Chair
- Baylor - ΕΥ**  
Tracy Ogle - Treasurer
- Bowling Green - ΖΚ**  
Amy Schermer - Treasurer
- Bucknell - ΔΦ**  
Tracey Salerno - Vice President
- Butler - Μ**  
Maegan Cook - Vice President
- California, Irvine - ΖΗ**  
Kris Verrangia - Executive Council Vice President for Communications
- California, Los Angeles - ΓΞ**  
Shelby Fulmer - Assistant Membership Chair
- California, Riverside - ΕΠ**  
Erin Stottlemeyer - Secretary/Treasurer
- California State, Fresno - ΔΩ**  
Amy Lee - Vice President of Public Relations  
Shauna Linder - Scholarship
- California, San Diego - ΖΝ**  
Lawrel Awfmuth - Assistant Director of Membership  
Suzi Choi - President  
Agnes de Guzman - Vice President of Administration  
Jana Nalua - Director of Community Relations
- Centre - ΖΓ**  
Jennifer Deutsch - Secretary/Treasurer
- Colorado - ΔΖ**  
Alex Kennaugh - Vice President
- Connecticut - ΔΜ**  
Sara Berke - Executive Board Member
- Cornell - Ψ<sup>A</sup>**  
Sara Lulo - President
- Florida State - ΕΖ**  
Heather Pinder - Treasurer
- Illinois - ΒΛ**  
Jennifer Dadant - Vice President for Membership Education

# JOBS

Available to members of  
Kappa Kappa Gamma

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for a new or better  
job, we can help!

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- Illinois Wesleyan - E**  
Christy Johnson  
Sarah Wills
- Iowa - BZ**  
Inger Hansen - Scholarship,  
Leadership, Service Director
- Kentucky - BX**  
Debra Williams - President
- Louisiana State - ΔI**  
Allison Hansen - Rush Vice  
President
- McGill - ΔΔ**  
Carol Sharman - Treasurer
- Miami (Ohio) - ΔA**  
Allison Pohn - Vice President  
of New Member Develop-  
ment
- Minnesota - X**  
Dawn Fakler - Vice President  
Christina Garcia - Executive  
Board Member
- Monmouth - A<sup>Δ</sup>**  
Cheri Lydic - Secretary/  
Treasurer
- North Texas - ZE**  
Melissa Moore - Executive  
Board Member  
Carrie Piquette - Executive  
Board Member  
Laura Williamson - Executive  
Board Member
- Northwestern - Y**  
Holly Troy - Executive Vice  
President
- Oklahoma - BΘ**  
Karen Golm - Chaplain  
Holly Pauling - Scholarship  
Chair  
Heidi Wiechmann - Junior  
Vice President
- Princeton - ZΦ**  
Danielle Van Jaarsveld - Vice  
President
- Rollins - ΔE**  
Holly Hollingsworth - Vice  
President of Executive Board
- South Carolina - EK**  
Janet Mahaffey - Secretary  
Amy Hampton Knight -  
Cabinet
- St. Lawrence - BB<sup>A</sup>**  
Leah Lovelace - Vice  
President
- Texas Christian - EA**  
Katie Van Valkenburg -  
Judicial Board Member
- Tulsa - ΔΠ**  
Sharla Barklind - Vice President  
Melanie Miller - Assistant to  
Public Relations Chair
- Utah - ΔH**  
Erin Christensen - Member at  
Large
- Washington - BΠ**  
Melanie Fountain - Events  
Chair
- Washington and Jefferson - ZA**  
Melissa Scott - President
- Washington and Lee - ZT**  
Laura Clark - President  
Eliza Tobias - Housing and  
Extension Chair
- West Virginia - BY**  
Catherine Hicks - Assistant  
to the 1st Vice President
- Westminster - ZZ**  
Jennifer Philbin - Executive  
Officer  
Meredith Wampler -  
Executive Officer
- Wisconsin - H**  
Sarah Ballin - Executive  
Public Relations Chair
- ORDER OF OMEGA**  
(Greek Honorary)
- Alabama - ΓΠI**  
Leigh Davis  
Charlotte Weatherly
- Colorado - ΔZ**  
Alex Kennaugh
- Southern California - ΔT**  
Jane Burns  
Katie Huck  
Beverly Johnson  
Kara Lanham  
Sally Maier  
Kathleen Neely
- Arizona State - EA**  
Jamie Leary  
Stephanie McKibbin
- Emory - EE**  
Julie Christou  
Besty Hope  
Tanya Mazarowski  
Michele Ritz  
Nancy Sterman  
Katy Turshen
- Florida State - EZ**  
Beth Corcoran - Secretary
- California, Riverside - EΠ**  
Xandi Byrd
- Lisa Haxton  
Denise Joe  
Shelby Jones  
Kristin Taylor
- Texas A & M - EP**  
Jamie Dodson
- California, Irvine - ZH**  
Amy Bruce  
Kris Verrengia
- Bowling Green - ZK**  
Kelly Bricking  
Tamara Eggert  
Mary Nestor  
Alicia White
- California, San Diego - ZN**  
Nikki Cayanan  
Suzy Choi  
Agnes de Guzman  
Caroline Jones  
Nancy Trethewey
- Richmond - ZO**  
Kristen Greenwood  
Heather Pili  
Cara Swinden
- Georgia Southern - ZY**  
Ashely Beech  
Angel Haley  
Jennifer Moore  
Jennifer Whitfield
- ELECTED STUDENT  
GOVERNMENT OFFICERS**
- Alabama - ΓΠI**  
Ashley Hunt - Representa-  
tive
- Allegheny - ΓP**  
Sarah King - Director of  
Publicity
- Arizona State - EA**  
Stephanie Phillips - Senator
- Bowling Green - ZK**  
Karen Janos - Campus  
Senator
- Bucknell - ΔΦ**  
Jacinta Bares - Treasurer  
Aubrey Schneggebberger -  
1st Vice President
- Butler - M**  
Allison Syrcle - Council on  
Presidential Affairs
- Centre - ZΓ**  
Jill Dugan - Vice President
- Colorado - ΔZ**  
Sierra Blackwelder -  
Member-at-Large
- DePauw - I**  
Christine Gembala - Class  
Treasurer  
Amy Morgan - Academic  
Programming Chair  
CeCe Sullivan - Student  
Government Representative
- Emory - EE**  
Katie Bilotta - College  
Council President
- Florida - EΦ**  
Heather Gaver - Senator  
Beth Montgomery - Senator
- Illinois Wesleyan - E**  
Shay Sizer - Student  
Government Officer  
Sarah Wills - Student  
Government Officer
- Kansas - Ω**  
Jody Hagerman - Campus  
Senator
- Kansas State - ΓA**  
Sarah Caldwell - Arts and  
Science Senator
- Louisiana State - ΔI**  
Hayley Riddle - Business  
Administration Representa-  
tive
- Monmouth - A<sup>Δ</sup>**  
Lynn Foster - Secretary  
Katie Hunter - President
- North Carolina - EΓ**  
Nanci Locklear - Senior Class  
Vice-President
- North Texas - ZE**  
Melissa Moore - Student  
Regent
- Oklahoma - BΘ**  
Terry Cater - Vice  
President
- Oregon State - ΓM**  
Kim Eicher - Liberal Arts  
Senator  
Michelle McKee - Vice  
President  
Jennifer Rosales - Engineer-  
ing Senator
- Princeton - ZΦ**  
Shefali Shah - Vice President
- Richmond - ZO**  
Hillary Ballman - Junior  
Class Cabinet  
Courtney Barg - Business  
Senator  
Jennifer Collins - Business  
Senator
- Terri Collins - Business  
Senator  
Kelly Finnerty - Sophomore  
Class Cabinet  
Tanya Hagen - Business  
Senator
- Rollins - ΔE**  
Chata Dickinson - Council of  
Leaders Chair  
Heather Smiley - Senate  
Representative  
Catherine Weibel - Senate  
Representative
- South Carolina - EK**  
Leslie Carrol - Judicial Board  
Representative  
Carrie Sicora - Greek Liaison
- St. Lawrence - BB<sup>A</sup>**  
Christine McMahon -  
Representative
- Tulsa - ΔΠ**  
Sharla Barklind - Senator-at-  
Large  
Paula Clark - Arts and  
Science Senator  
Nicole Jackson - Business  
Senator  
Alissa McClure - Arts and  
Science Senator  
Lisa Palluconi - Arts and  
Science Senator  
Crista Shufflebarger - Arts  
and Science Senator
- Virginia Tech - ZM**  
Laura Heller - Student  
Government Officer  
Robyn McGuckin - Student  
Government Officer  
Vivian Pearson - Student  
Government Officer
- West Virginia - BY**  
Amy Boyd - Student  
Administration Board of  
Governors  
Erin Heflin - Bureau of  
Finance Treasurer
- Westminster - ZZ**  
Tracy Arnold - Treasurer  
Paige Scott - Vice President
- Washington and Jefferson - ZA**  
Anna Maratos - Treasurer  
Jennifer Peoples - Vice  
President
- Washington and Lee - ZT**  
Carol Pierce - Executive  
Committee Member

*Packing for a move?*

Keep KKT Address Lists

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Use the handy clip-off form on the inside

back cover to send us your latest (or pending) address changes.



## Foundation Unites Neighbors

When I pledged Kappa Kappa Gamma at The Ohio State University, I was only thinking of my college experience. However, as I grew older and continued to be involved with Kappa, I realized that the Kappa experience truly lasts for a lifetime.

Currently, I am working as the Foundation Coordinator at Fraternity Headquarters, where one of my responsibilities is making address changes. One day while working on this task, I was surprised to come across two Kappas with the same street address. After doing some research, I discovered that both of these Kappas were living in a retirement community in Charlottesville, Va.

I noticed that both of these women were far from their original homes, and I wondered if perhaps they were unaware of each other's presence. Wouldn't it be wonderful to introduce these two to each other? I sent letters to Eloise Pearson Neff, *West Virginia*, and Sue Ewing Johnson, *Kentucky*, informing them that a Kappa sister lived in the same community. As I was unaware of the health of Mrs. Neff and Mrs. Johnson, I simply hoped they would receive the letters and have the opportunity to meet, if they hadn't already.

Can you imagine my pleasure and surprise when I received a lovely thank-you letter from Mrs. Neff:

*Dear Emily Conley,*

*How kind and thoughtful of you to write to Sue Johnson and to me when you noticed that we had both had the address of The Colonnades. Upon receiving your letter I immediately called the front desk and found that a person of that name had been here about two weeks. She was not only here, her apartment was on the same floor as mine, at the end of the hall.*

*I called her, she came to my apartment and we have eaten dinner together almost every night since. I am twelve years older than she is, but we seem to have the same likes and dislikes and since this is a retirement home, age doesn't matter. We are both so glad you brought us together.*

*To prove that good deeds have their own rewards, I am sending you this check for the Kappa Kappa Gamma Foundation and will let it be my swan song.*

*Loyally,*

*Eloise P. Neff*

I read the letter to my co-workers at Headquarters and we were so thrilled. As this story reminded us all of the depth of Kappa's bonds, I shared it with the Board of Trustees of the Foundation. They were all so touched and everyone wanted to do more for these ladies. Betty Hines Bloore, Director of Alumnae, lives in Virginia and planned a trip to visit Mrs. Johnson and Mrs. Neff.

When I called Mrs. Johnson to coordinate the visit, she asked if any other Kappas lived in her retirement community. Curiously, I



**Eloise Pearson Neff, *West Virginia*, and Sue Ewing Johnson, *Kentucky*, not only share the same address but the same bond of sisterhood.**

searched our computer files and was delighted to discover that Frances McCandless Roby, *Kentucky*; Marion Falck Rich, *Utah*; and Virginia Mulford Burins, *Cincinnati*, were also living there.

During Betty's visit she presented them with fleur-de-lis and had a lovely time talking with them over tea and cookies. Only Mrs. Neff, Mrs. Johnson and Mrs. Burins could attend, but they all plan to get together soon.

Certainly, experiences like this serve as beautiful reminders of the way Kappa crosses barriers of age and geography and continues to unite us as sisters.

— Emily Owen Conley, *Ohio State*

## Director of Development Joins Foundation Staff

Marilyn Fouse Jennings, *Ohio Wesleyan*, joined the Headquarters staff in June as Director of Development for the Kappa Kappa Gamma Foundation. Marilyn's position at Fraternity Headquarters will concentrate on increasing awareness about the Kappa Kappa Gamma Foundation.

A native of the Akron, Ohio area, Marilyn has spent the last 10 years as the Director of Annual Funds and Special Projects for the Riverside Methodist Hospitals Foundation. Her job involved planning an annual benefit ball which raised nearly \$300,000 to aid a variety of patient care programs. She also planned and managed annual appeals and donor recognition events in addition to maintaining all annual and cumulative donor records.

Prior to her tenure at Riverside Hospitals, Marilyn spent two years at the Newman Center on The Ohio State University campus. This position raised money for the Catholic Church which catered to the OSU student population.

A proud mother of three, Marilyn enjoys playing tennis and gardening. She has been a community volunteer for 17 years and serves on several boards in the Central Ohio Area.

Feel free to contact Marilyn at Fraternity Headquarters if you have any questions about or suggestions for the Foundation.





## How Can the Fraternity Support Women in the 21st Century?

Many studies are available which project the outlook for women in the 21st century. One social service agency, Family Service America, Inc. (FSA), produces a document titled *Family Agenda* which outlines its advocacy statements and offers supporting data on American and Canadian life.

As leaders of an organization of women which seeks to serve its members, the Kappa Kappa Gamma Fraternity Council and Foundation Trustees want to be knowledgeable about issues affecting women. FSA provides the following noteworthy statistics:

- From 1950 to 1988, the U.S. divorce rate doubled, with sharp rises between the mid-1960's and 1980. The rate has slipped slightly since 1980 (5.2 per 1,000 people to 4.8 in 1988).
- Fifty-six percent of recent first marriages are likely to disrupt within 40 years of marriage.
- A man's disposable income usually rises after a divorce while a woman's usually falls, especially if she gets custody of children.
- More than 75 percent of the approximate seven million caregivers in America are women, according to a 1989 report from the Older Women's League.
- American women can expect to spend 17 years of their lives raising children and 18 years helping an aging parent.
- According to a 1989 *New York Times* article, AARP reported that 55 percent of caregivers to the elderly also have jobs. According to another report, 10 percent to 20 percent of caregivers leave their jobs to become full-time caregivers.
- It is estimated that domestic violence results in more serious injuries to American women than auto accidents, muggings, and rape combined.
- In Canada, statistics that estimated that one in every 10 women involved in a long-term relationship is being abused by her partner are considered low because as many as 92 percent of domestic assaults are believed to go unreported.
- In 1980, 57 percent of women in the U.S. were in the paid work force. The rate of Canadian working mothers (with children younger than age 16) was 69 percent in 1989, up from 49 percent in 1979.
- Since 1965, the Canadian population older than age 65 has steadily increased and in 2030 is expected to represent more than half of the dependent population.
- Seventy-five percent of all American school-age children live in families in which both parents (or a single parent) work outside the home, many of them full time.
- More than 60 percent of Americans surveyed in 1990 said their jobs robbed them of sufficient energy and time to be with their families. More than 80 percent said they were only sometimes, rarely, or never able to completely fulfill their personal obligations.

Is there any doubt that Kappas are included in these statistics? Do you personally identify with one or more of these issues? Can women survive and thrive in this environment without nurturing support systems? Can the future be any brighter if we don't personally make the commitment to find solutions to today's problems?

In order for Kappa Kappa Gamma to be a meaningful support system, we need to ask our members questions. Which issues are important to you? Which problems do you think Kappa can most effectively impact with our available resources?

These are some of the *issues* facing us as women and the *questions* we will be asking Kappas . . . the *solutions* will be found with tax-deductible gifts to the educational and philanthropic programs of the Foundation.

## Kappa Memorabilia Restored

David Hartmann, Director of the Heritage Museum, has recently overseen the restoration of several important pieces of Fraternity memorabilia. Funding for these projects came from generous Kappas and the Heritage Museum Guild, an organization of Kappas in Columbus, Ohio, whose efforts support the museum. The following is a list of newly restored Fraternity keepsakes:

1. **Monmouth College Diploma, 1874, Martha Louisa Stevenson. Signed by David Wallace, D.D., first president of Monmouth College.** In addition to reframing, this artifact needed conservation work to repair the damage done to the vellum by improper non-archival matting. In the nineteenth century, diplomas were traditionally hung either in bedchambers or sitting rooms. This historic piece will hang in the morning room, our first floor sitting room.
2. **The Founders of Kappa Kappa Gamma.** In 1990, contributions were made to the Foundation in memory of Gwynneth Clifton Hamilton Collett, *Northwestern*. These gifts were used to have sepia-toned photographs of Kappa's six founders made for display in the Heritage Museum. These college era photographs have been matted and placed in a gilt frame.
3. **Founder's Badge.** This is the only surviving badge worn by one of the six founders, Anna Elizabeth Willits (Pattee). John Stevenson, a Pittsburgh jeweler and family friend of Mary Louise Bennett (Boyd) made the badge in the summer of 1870. This Fraternity keepsake has been reframed in a handsome 1860's oval frame given to the museum by Isabel Hatton Simmons, *Ohio State*.
4. **The Chi Collection.** The Fraternity is fortunate to have a collection of nineteenth century badges from Chi Chapter, *University of Minnesota*, donated by Cleora Wheeler. In all, there are eighteen badges which are displayed in two gold-leafed shadowboxes with plush blue wool matting.

### MEMBERSHIP TO VOTE ON PHILANTHROPY FOCUS

Since 1952, Kappa's philanthropy has been Rehabilitation. In recent years "Rehabilitation" has become more difficult for our members to define and many are unaware that we even have an international philanthropy.

This year the Kappa Kappa Gamma Foundation is giving Kappas the choice of retaining "Rehabilitation" or selecting a specific philanthropy under the umbrella of "Rehabilitation," one that focuses on an issue of concern to women.

Undergraduates will vote in their chapters, and alumnae will vote in their associations. The Foundation encourages all alumnae to join their nearest association and become involved in this important decision.



T. Thomson, *Delaware Gazette*

## Soccer Star Shines on National Level...Sarah Rafanelli

my last chance. We've got to win," she said.

As a biology/pre-med major on the Stanford Athletic Honor Roll, Sarah says that playing soccer has taught her to never give up and has given her confidence to succeed in her competitive classes. "Soccer has helped me organize my life because I've always played on more than

one team and really had to budget my time well," she said. Support from her family has definitely influenced Sarah's love and talent for soccer. She has an older sister and two younger sisters who all play soccer. "My parents never pushed me but have always encouraged everything I've done," said Sarah. "I've learned that if you believe in yourself, you'll succeed." Sarah doesn't have a formula for success, but her advice to others is "Go for it!"

Being organized and managing her time has also allowed Sarah to assume the responsibilities of Senior Class President and Vice President - Organization for her chapter. She says her favorite part about Kappa is the friendships. "When I went through rush as a freshman, I didn't think I would pledge any chapter. But one person in particular made me change my mind. And now she's my big sister," said Sarah.

Before advancing to national teams, Sarah played on the Northern California State team. Through various evaluation tournaments, she was selected to a regional team. From the regional team she was selected to the U.S. Under-19 Women's National Team, which feeds players into the U.S. National Women's Team.

From 1990-1992 Sarah played on the U.S. Youth National Team and was a National Soccer Coaches Association of America 1992 All-American. The U.S. Women's National Team, of which Sarah is now a member, played in the first-ever Women's World Championship in November 1991 and won. This was the first world championship win for U.S. Soccer. "An incredible thing about playing on this team is that some of my teammates were my idols and role models when I was younger. I never thought I'd be playing side by side with these famous athletes," said Sarah.

Sarah says she feels lucky to travel with the team to many different countries. She has visited Bulgaria, France, Norway, Cyprus, and toured all over the United States with the national teams. "Bulgaria was fascinating because we were there just before all of the major changes happened," she said.

Sarah Rafanelli, *Stanford*, knows the meaning of the words competition and dedication better than many women her age. This spirited 21-year-old from Piedmont, Calif., has been a forward on the U.S. Women's National Soccer Team since August 1992, a leading player on the Stanford Women's Soccer Team for three years, and still makes time for Kappa Kappa Gamma and campus activities.

Sarah began playing soccer on local community teams when she was eight. "For a while I had to play on boys' teams because they didn't offer soccer teams for girls," she said. She attended high school at The College Preparatory School in Oakland, Calif.

This fall Sarah will be a senior at Stanford and play her last year of collegiate soccer. In 1990 Sarah enjoyed an outstanding freshman season leading Stanford in scoring with 11 goals and six assists. As a sophomore she led with 16 goals and eight assists, while starting all 19 games. Last year she finished second in scoring with 12 goals, and helped lead the team to the quarterfinals of the National Collegiate Athletic Association tournament. Sarah says the team's goal is to win the NCAA Championship this year. "It's

one team and really had to budget my time well," she said.

Being organized and managing her time has also allowed Sarah to assume the responsibilities of Senior Class President and Vice President - Organization for her chapter. She says her favorite part about Kappa is the friendships. "When I went through rush as a freshman, I didn't think I would pledge any chapter. But one person in particular made me change my mind. And now she's my big sister," said Sarah.

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U.S. Youth National Team and was a

## NCAA Volleyball Champions...Nine Stanford Kappas

Nine Stanford University women are not only proud to be Kappas, they are proud to be the National Collegiate Athletic Association women's volleyball champions.

The Stanford women's volleyball team won three games and lost one during the semi-finals in Albuquerque, N.M. Then they defeated UCLA to win the NCAA championship in December.

Beta Eta<sup>Δ</sup> Chapter has a history of athletic success. Laurie Sawin, a captain for the championship team, said, "Our chapter has always been strong in athletics. We have divers, basketball, tennis and soccer players, and tons of other top athletes."

Laurie also explained that Stanford is a competitive school for both academics and athletics. "Stanford is very serious about sports, and teams are expected to perform well," she said. "As a student athlete you have to learn early that studying and practice come first."

A graduating senior, Laurie says, "Because of Kappa we were close friends on and off the court." She also explained that enthusiasm was an integral part of the team's success. "Through Kappa we were always enthusiastic around each other and showed our team spirit, even when we went out."

The Kappa team members are Heidi Eick, Piper Hahn, Wendy Hromadka, Maureen McLaren, Denise Rotert, Laurie Sawin, Marnie Triefenbach, Cary Wendell, and Anne Wicks.

Heidi Eick, a captain for the new 1993-94 team, said that the team is very strong due to its unique chemistry. "We all get along well and have a good combination of personalities and talent," she said.



Nine Beta Eta<sup>Δ</sup>, Stanford, Kappas were on the 1992 NCAA championship women's volleyball team.

Heidi also mentioned that it's no surprise so many women on the team pledge Kappa because they work together all season and become friends with players who are already Kappas before rush starts in the spring.

Anne Wicks, also an upcoming team captain, believes her team's victory is a Cinderella story. "We were the underdogs, ranked second behind UCLA, which was favored to win the championship. But we peaked when it mattered most," she said. "After winning I was ecstatic, almost in disbelief. It was neat because all of our parents, families, and the entire crowd went crazy and really 'got into' our win."

Anne believes that being a Kappa has had a positive impact on her ability to balance athletics, academics, and social activities. "Our schedules get very sticky during the season. We go to class then straight to practice. You learn quickly to be focused and to prioritize," she said. "Our chapter has been really supportive and came to many of our matches."

Lara Asper, an assistant coach and Beta Eta alumna, played on the team from 1986-89. She noted that this was her first year to coach at Stanford and the first time the team ever won the NCAA championship. "It was an amazing feeling when we won. Especially since we were sometimes known as a 'choking team' because

we would always come close to the championship but never go all the way. There was such a great team feeling of happiness, like nothing else mattered," she said.

Lara admits she may have "got the ball rolling" as far as the number of volleyball players who pledged Kappa. "I rushed my freshman year to meet women outside of volleyball because it was hard to meet new friends since the team traveled so much. My second year, two more volleyball players pledged Kappa and now the entire 1993-94 team is made up of Kappas," Lara said. Four or five incoming freshmen will join the team in the fall.

According to head coach, Don Shaw, the teamwork shown by these women has been outstanding. "Volleyball is the ultimate team game. You can't hide anyone," he explained. "Every year we try to build team chemistry. This team stood out because they really cared for each other."

It is evident that these dedicated young women have learned what it takes to survive in the competitive world they face after graduation. Summing up what she has learned, Laurie says, "Through all my experiences, especially winning the NCAA championship, I've gained confidence to set higher goals for myself. I believe anything is attainable."

Through the "ultimate team game," these Kappas have combined teamwork and sisterhood into a recipe for success.



Heather Denker, *Whitman*, evades opponent.

**“B**efore every game, for as long as I can remember, my dad has told me to ‘play hard and have fun.’ These words have been special to me because I always try to give 100 percent. It’s just not worth it to do anything half way,” explains Heather Denker, *Whitman*.

The captain and only senior on the 1992-93 Whitman College women’s basketball team, Heather viewed herself as a liaison and role model for team members. “I’ve tried to be a liaison between the coach and the team and to encourage and build the confidence of the younger players,” she says.

Heather started playing organized sports in second grade and grew up in a family of coaches. Her father, Jim, has coached basketball for 12 years at South Eugene High School in Oregon, where Heather was a top player. During her elementary years, he taught her fundamentals of the game and watched her become one of Oregon’s leading high school point guards.

As a sophomore, her high school team won a 3A state title, during her junior and senior years she was named to the mid-Western Conference team, and as a senior she was one of 10 girls named to the National Little All-America team and made the Metro All-Star Team.

“Having my father as my coach was hard at times, but usually it was great

## Playing Hard and Having Fun...Heather Denker

because we are so much alike,” said Heather. “If he was explaining a difficult strategy, I could understand him better than anyone else.

Heather was not only coached by her father, but also by her brother, Chris, who specialized in coaching the point guards during her junior

and senior years. “Practice was a real family affair,” she said.

At Whitman, Heather was a starting point guard all four years. As a senior she was the leading three-point shooter, averaging 11 points a game, and led the team in free throws.

“Heather is smart, loyal, an excellent leader, and a team player,” says John Wilcox, Whitman women’s basketball coach. Knowing that Heather will likely follow in his footsteps and become a coach, John said, “Her leadership and ability to get along with others will make her an excellent coach. People listen to her and do what she asks them to do.”

Heather is proud of her team’s season, which ended during the second round of National Association of Intercollegiate Athletics playoffs. “It was disappointing to lose at that point because we were just a win away from going to nationals,” she explained. This is the farthest Whitman women’s basketball has ever progressed in the team’s history. “With a lot of individual talent it was hard to mesh at times. But we learned to respect each other and combined our strengths,” she said.

Seen by her peers not only as the women’s basketball captain, Heather was also recognized as an active student and a Kappa. “Kappa has been a great resource for me and a strong support

group. I love how diverse we are and how all our qualities blend together.”

Heather served as Scholarship Committee member, Pledge Chairman, and President. “I had doubts when I was nominated for President, because I take on too much sometimes. But my family and friends encouraged me constantly,” she explained. “The chapter was always understanding if I had to leave a meeting early for a game or practice.”

As a sociology major who is working on a teaching certificate, Heather is proud of her senior thesis entitled “Educating Children of Poverty and Homelessness,” which received distinction. Topping off her senior year, she received the Borleske Scholar Athlete Award for outstanding academic achievement, athletic success, and leadership.

After returning home to Eugene, Ore., Heather will student teach at Whiteaker Elementary School to complete her teaching certification. Part of her senior thesis was based on this school, where approximately 43 percent of the students are homeless and almost all are in poverty. “People have already warned me that I can’t try to solve everyone’s problems,” she said.

“It’s difficult to focus on learning when children are suffering. Along with regular school subjects, these students need help learning social skills and dealing with anger,” she said. Heather believes her classroom experience and communication skills will help her to help these children.

Eventually Heather sees herself with a permanent teaching job and a coaching position. Considering her background, coaching seems like a natural step. But whatever paths Heather chooses, it is certain she will succeed by “playing hard and having fun.”



Epsilon Delta, Arizona State, Kappas volunteering at the Phoenix Open golf tournament.

### Arizona State Kappas Score During Golf Tournament

Epsilon Delta, Arizona State, was invited to work at the Phoenix Open golf tournament sponsored by The Phoenix Thunderbirds, a men's volunteer group. "This is a very prestigious event and only four chapters on campus were invited to help," said Kelley Stover, Membership Chairman. Because of the chapter's hard work and enthusiasm, The Phoenix Thunderbirds donated \$400 to the Rose McGill Fund. Kelley also mentioned that the chapter rose from 13th place to second place in the ASU sorority philanthropic standing.



### Wendy's Award for Community Service at Baylor

Epsilon Upsilon, Baylor, received the Wendy's Community Service Award during the Spring Greek Awards Banquet. The criteria for the award include the number of person-hours, number of participating members, number of people who benefit, money raised, originality of the projects, and publicity gained.

The chapter was awarded a \$1,000 check for its outstanding community service contributions which included: a Walk for Charity in conjunction with the Texas Commission for the Blind, a Swing-A-

Epsilon Upsilon, Baylor, Kappas volunteering time and smiles at St. Elizabeth Nursing Home during the all-campus Steppin' Out community service day.

Thon to benefit the Methodist Home, and volunteering at St. Elizabeth Nursing Home and St. Regis Retirement Home.

"We were very surprised and excited about the award. We always focus on philanthropy but didn't expect to be recognized this way," says Public Relations Chairman Jenny Pierson. She also said the chapter plans to donate part of the money to the Rose McGill Fund and use the rest for future philanthropy projects.

*Kappas across the country are campus leaders, dedicated volunteers, and fun-loving sisters. You'll find Kappa chapters helping in their communities, planning safe social events, promoting school spirit, and cleaning-up highways.*

### Louisiana State Chapter Donates \$7,500 to Foundation

Delta Iota, Louisiana State, donated \$3,500 to Muscular Dystrophy, \$3,500 to the Rose McGill Fund, and \$500 to the local American Red Cross. The chapter raised the money through its second philanthropic golf tournament. Teams from the university and the community were encouraged to register to play at the LSU Golf Course. "The entire chapter participates by finding sponsors and helping out the day of the event. Some of us even work as caddies," says Philanthropy Chairman Jennifer Guste. The money is raised through entry fees, caddying, and corporate sponsors.

### Drake Chapter Co-hosts Political Forum

Gamma Theta, Drake, co-hosted a campus-wide political forum with the Sigma Chi chapter, featuring John Roehrick, the Iowa Democratic Party Director. According to Tami Strentz, Vice President - Organization, approximately 45 people attended to ask questions about the presidential race. "Mr. Roehrick seemed very impartial and gave in-depth answers to questions about both parties," said Tami.

The political forum followed Gamma Theta's intense voter registration drive, which included voter registration booths and programs to other Greek chapters. According to Wendy Wulkow, President, "The program was very successful. It was a great way for us to show our leadership on campus."

### Philanthropic Projects Recognized by State

Zeta Theta, Trinity, was recognized by the Connecticut Department of Higher

# Kappas on Campus

Education for community philanthropic projects. Programs cited include tutoring students at the Betonces School, an inner-city grade school; raising money through a Valentine's Day candy sale for a local battered women's shelter; volunteering at the Trinity Fun Fair for children; visiting and assisting residents at a local convalescent home; participating in the Hartford Walk Against Hunger; and raising money through a bowl-a-thon for the Trinity Child Care Center Scholarship Fund.

They were awarded a certificate of honorable mention which was presented to them in front of the State Capital Building by the governor.

According to Emelie East, President, "We were really honored and thrilled to receive this positive recognition. It means a lot to our chapter."

## Bowling Green Member Shapes Foreign Policy

**Tamara Eggert**, *Bowling Green*, was one of 100 political science students across the country sent to the Air Force Academy in Colorado Springs, to study "Foreign Policy in Latin America in the 1990s." Tamara, a junior honors student, double majoring in political science and Russian, was chosen to attend the week-long conference based on the essay she submitted to the political science department. Only one essay was chosen and the university paid the conference expenses.

Tamara said students met in groups with foreign policy specialists to debate different view points. "We were given the opportunity to show how we would handle foreign policy if given the chance," she said. "It was both fascinating and frustrating to deal with so many different points of view."

After the conference, the policy recommendations formulated by the students were sent to U.S. and Latin American government and academic institutions.

## Clean-up by Colorado State

**Epsilon Beta**, *Colorado State*, members meet at the chapter house on Sunday afternoons to clean their designated two-mile strip of Interstate 25. They have been picking up litter on the highway four times a year for two years.



**Mu, Butler**, members enjoying their ice skating "Surprise Night."

## Swept Off Their Feet During "Surprise Night"

A new program for **Mu, Butler**, "Surprise Night" is a non-alcoholic event planned by secret committees once a month. "Only the group which plans it knows what the event will be and it comes as a surprise to everyone else. Ice-skating night was a blast!" says Jen Metcalf, President.

## Washington and Jefferson Sophomore Honored

**Michele Streppa**, *Washington and Jefferson*, Zeta Lambda's Corresponding Secretary, is one of five sophomores at Washington and Jefferson College to be awarded the James Rule, Howard Hughes, and Robert Murphy Memorial Fund Award. This \$2,000 award recognizes students for their outstanding qualities of leadership, academic performance, and character.

## USA Today Selects a Kappa

*USA Today* newspaper selected **Leigh Ann Gatewood**, *Baylor*, for its USA All-American Team. Students were chosen based on their outstanding scholarship achievements, initiative, leadership, and creativity. Leigh Anne, a senior education major, was pictured in *USA Today* and received a \$2,500 award and a plaque.

## Monmouth Takes First Place during Greek Week

**Alpha  $\Delta$** , *Monmouth*, Kappas celebrate their Over-all First Place award for Greek Games during Greek Week at Monmouth College.



Let The Key know of any undergraduates with interesting hobbies or campus activities.



Half a million girls in 142 countries look to *Utah* Kappa Virginia Pearce for leadership skills.



Astronaut Eileen Collins gives coveted 'Silver Snoopy' Award to *Florida State's* Marg Cubero for her work on the space shuttle.

## Kappa Plays Top Role in Worldwide LDS Youth Organization

As first counselor to the president of Young Women General Presidency, an organization within the Church of Jesus Christ of Latter Day Saints, **Virginia Hinckley Pearce**, *Utah*, oversees curriculum and leadership training for 480,000 girls aged 12-18 in 142 countries.

A social worker by profession until assuming this position, Virginia says the program stresses the seven values of faith, divine nature, individual worth, knowledge, choice and accountability, good works and integrity. She has worked in Ecuador and Columbia and will go wherever requested by local leaders.

"They never tell you how long your term will be," she says, explaining how

she came to this position. "The board is elected by the priesthood, and you serve until you are offered an honorable release. It could be one year or fifteen." She is midway through her second year.

Virginia returned to school in 1987 for an M.A. in social work when her sixth child entered the first grade. "Going back to school was a pleasure and joy. I had classes and studied while the children were at school. When they came home, I packed it all in and vacuumed." Then she did PTA, civic work and took an active role in the Salt Lake City Alumnae Association.

"Kappa was a training ground for me. It was one of the early places where I learned to meet and appreciate people." Two daughters were also *Utah* Kappas, and Virginia dutifully worked with the Mothers Club. She

and her physician husband are enjoying their first grandchild.

## Florida State Kappa's Work on Ground Helps Space Shuttle Stay Aloft

**Marg Shiley Cubero**, *Florida State*, was recently presented with the Manned Flight Awareness "Silver Snoopy" Award by Astronaut Eileen Collins for her outstanding support of the United States Space Shuttle Program.

The Astronauts' Personal Achievement Award, better known by its symbol character from the Charles Shultz comic strip, is presented to NASA and contractor employees nominated by their management "in appreciation for professionalism, dedication and out-

# Accent on Alumnae



Dotty Smith mans the gift shop which she started 22 years ago as a fund-raiser for the Detroit Rehabilitation Institute.

ary and has held all its offices. In 1971 she organized the gift shop which now provides \$10,000 per year in income. As membership chairman, she increased the number of volunteers by 23 percent and computerized the volunteer records. And she brings Humane Society pets to cheer up the patients.

For thirty years

Dotty has been the organizer at the Mariner's Inn for the Homeless in Detroit, even providing her own portable organ for several years. Delta Province honored her with its outstanding alumna award in 1987.

## Walla Walla Kappa Chosen Area MS Mother of the Year

Janet Richardson Esary, *Whitman*, has been named Mother of the Year by the Multiple Sclerosis Association for a northern Idaho and Washington region as she "exemplifies the drive of the human spirit and the dedication needed to manage the daily challenge that her disease presents, while fulfilling the responsibilities and activities which make life worthwhile."

Janet, whose mother and daughter are Kappas, was diagnosed with multiple sclerosis in 1971 but remained active as a volunteer and parent of three teenagers. In 1987 she was diagnosed with leukemia as well but did not allow that to force her out of life's activities either.

Known as the backbone of the Walla Walla Alumnae Association for many years and a many-time adviser

for Gamma Gamma Chapter at Whitman, Janet also volunteers for the Multiple Sclerosis Society, the YMCA and her church.

"I try to balance doing interesting things and coordinate that with adequate rest," she said. "I have a fairly effective routine."

## New Mexico Kappa Heads World's Largest Independent Ad Network

Deemed a "Woman on the Move" and one of Albuquerque's Young Turks in 1989, **Deborah Ullrich Johnson**, *New Mexico*, has fulfilled that prophecy. At a June meeting in London, she was installed as the international chairman of Affiliated Advertising Agencies International (3AI), the first woman in its 54-year history to reach this position.

Debbie and her husband own Rick Johnson & Company, Inc., an Albuquerque agency with more than 600 creative awards in local, national, and international competitions to its credit.

3AI is the world's oldest and largest advertising agency network with principal markets worldwide and collective annual billings of more than \$3.2 billion.

A former editor of a "Women in Business" column and a writer for the Associated Press, Debbie serves on the Better Business Bureau, United Way and Albuquerque Economic Development boards.

## AAA Recipient Appears on Oprah Winfrey Show

**Sharon Carlson Wilsnack**, M.D., *Kansas State*, an Alumna Achievement Award recipient in 1990 for her work in the study of alcoholism, was the guest expert on an Oprah Winfrey show on women who had killed others by driving while intoxicated.

Sharon's study of women's drinking has been awarded a \$2.4 million grant from the National Institute of Health, thus extending its funding

standing support that greatly enhanced flight safety and mission success during the Space Shuttle program."

Marg was recognized for her outstanding contributions on the recent transition of the Launch Processing System Morning Report to computer automation. She started with the inception of the project and continued as the main driver throughout the 18-month effort. In addition to the technical aspects of this work, she trained analysts on the new procedures. Now approximately 50 members of the management team have the benefit of the valuable information.

## Detroit Volunteer Recognized for Rehab Service

The first woman president of the student council at Hillsdale College in 1936-37, **Dorothy (Dotty) O'Hara Smith**, *Hillsdale*, recently received a Thanks for Giving Award in the metro Detroit area for her decades of service to the Rehabilitation Institute.

Dotty was a volunteer at the institute before volunteer hours were recorded. Twenty-five years ago she established the institute's first auxil-



from 1994 through 1998. Among other things, the new funding will allow the organizing of an international collaborative research group of scientists who have been studying women's drinking in several countries. At present, researchers from the Czech Republic, Slovakia, Finland, Israel, Mexico, Russia and Sweden are participating. The first meeting was in Krakow, Poland, in June.

### Indiana Arts Advocate Goes on National Board

**Carole Rigsby Darst**, *Denison*, Executive Director of two statewide arts service organizations in Indiana, has been elected to the board of directors of the State Arts Advocacy League of America. She has also been elected chairman of the second statewide Indiana Cultural Congress to be held in March 1994.

Carole currently serves as president of her Phi Beta Kappa Indiana Alumni Association and the Ethnographic Arts Society of Indianapolis,

and is grants vice president for her township school foundation.

Interested in fitness training, African art, and Indiana artists, Carole and her attorney husband have two daughters in the arts.

### Galveston Alumnae President Sits on Women in Medicine Advisory Panel

**Heather Linn Scruggs**, M.D., *Texas A & M*, a resident in neurology, completed a two-year term in June as the resident representative to the American Medical Association's Women in Medicine Advisory Panel. As such, she and one medical student joined seven physicians in advising the AMA on issues such as child care and work, maternity and paternity leave, and sexual harassment. The Advisory Panel is appointed by the AMA Board of Trustees from a number of applicants.

The mother of 19-month-old Annie, Heather also is President of the Galveston (TX) Alumnae Asso-

ciation. After a trek through Nepal in October, she will complete a Fellowship in clinical neurophysiology at the Baylor Medical College in Houston, then set up private practice in neurology in Galveston in 1994.

Chairman of the Student Ethics Committee and an honors graduate with B.S. and M.S. degrees in biology, Heather did an internship in internal medicine and residencies in pathology and neurology, all while belonging to the Galveston Junior League. No wonder she was selected for Who's Who Among Rising Young Americans in 1991.

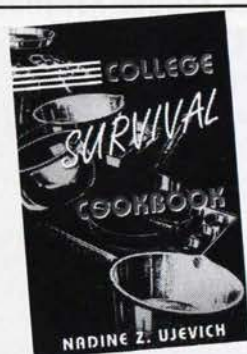
### Tulsa Alumnae Alternate Holiday Tours of Two Cities

Being in the middle works well for Tulsa, Okla., Kappas. Dallas and Kansas City are within affordable day trip range, allowing Tulsa Kappas to



Tulsa alumnae have fun and raise money traveling to Dallas and Kansas City for Kappa Holiday Home Tours.

enjoy the Holiday Tours of each of these cities. Since 1989, they have alternated between the two, with Dallas being on the 1993 agenda. It is a fun day for visiting, holiday home touring, Christmas shopping, good food, and successful fund raising for Tulsa.



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# Accent on Alumnae



Shreveport area Kappa prepare for the Halloween classic.

## Beta Chi Kappas Honor Former House Mother As 101st Birthday Nears

Sara Elizabeth (Beth) Rodes Barbee, Kentucky, now of Dayton, Ohio, spent many of her soon-to-be 101 years with Beta Chi Chapter in Lexington, Ky. Initiated in 1911, she was the first House Board President and then served as Housemother from 1956 to 1968. In honor of her 100th birthday, Beta Chi alumnae presented

a gold leaf mirror and plaque to the chapter house in her honor.

## Kappa's Oldest Alumnae Association Blossoms After Dormant Period

The Minneapolis-St. Paul Alumnae Association, originally founded in 1892, has sparked to new life after a period of inactivity.

Inspired by Director of Alumnae Betty Bloore and Regional Director Annie Butler, area alumnae signed on as association officers, Chi Chapter, Minnesota, advisers and rush helpers.

## Ghosts and Goblins Haunt Shreveport's Annual Tennis Tournament and Kappa Fund-raiser

From its beginning nine years ago, it could be called the Hilarious Halloween Happening. It is the Halloween Classic Tennis Tournament and Kappa fund-raiser through which the Shreveport (LA) Alumnae Association supports the Kappa Kappa Gamma Foundation and two local charities.

The courts "look all witchy with Halloween decorations from the attic and corn weeds that grow down at the end of Millicent Way," raves Helen Hickman, Louisiana State, association President and a co-founder of the tournament along with retired tennis pro Helene McCarter. Some people dress in costume, while others wear the annual commemorative T-shirt. And Helen gets to make up the rules as they go along.

The first year, Helen laughingly recalls, there were no lines on the

## School Teacher Triumphs in Ironman Triathlon

"He thought I was 'just a little school teacher,' so the trophy had to belong to one of my sons," said Marcia Urton Martyn, Arizona, a resource specialist in special education. Her recent visitor had spied the Ironman trophy in her Corona del Mar, Calif., home, and he was not the first to underestimate this mother of three sons, ages 22, 25 and 28.

Actually it was 1983 and Marcia was only 42 when she finished fifth in her age group in the world's most difficult triathlon. As the Ironman must be completed in 17 hours, there is a cutoff time after which competitors are no longer

permitted to set out on the 26.2 mile marathon which ends the contest. "My year was the year of the upholstery tacks," she vividly recalled. "Someone scattered tacks along the bike route, and everybody had problems. I got two of them. I patched the tires with a temporary quick fix, pumped them up, and rode with a slow leak until they needed repairing again, each stop costing valuable minutes. I made the cutoff time for the run by 50 seconds!"

Her overall time was 16 hours and 30 minutes. Besides the trophy, Marcia got a photo of her finish and a very special T-shirt. In 1992 her 22-year-old son

completed the Ironman with the exact time his mother had at age 42, a comparison she enjoys.

A runner before a knee injury added biking and swimming to her pursuits, Marcia was featured in *Sports Illustrated* in 1982 as the first woman to compete in the two-part Pikes Peak Marathon, an ascent race thirteen miles up Pikes Peak on Saturday followed on Sunday by a run up and back. She next has set her sights on Mt. Kilimanjaro at 19,000 feet, a climb to celebrate her 55th birthday in September 1994.

No, she's not "just a little school teacher."

courts until the day before the tournament. The courts were being redone, and rain had held up the painting of the lines. She was preparing rules for lineless play, "a Halloween trick," when the court was completed. From that time forward, it has been good tennis but more fun. And there's a little golf, also.

The local funds assist CASA, which provides appropriate legal aid to abused children, and a halfway house for recovering female alcoholics or other addicted individuals.

### Potpourri:

The 20-member **Kingwood Texas Association** sold 32 magazine subscriptions totaling \$825, with profit to Rose McGill of \$410.44...The **Albuquerque** Kappa Trippers viewed "Hawaii" at the Dynamax Theater...**San Mateo** Calif., hosted a program on "Turning Volunteer Hours Into Dollars." ...**Northern Virginia** Kappas toured the Clara Barton House in Cabin John, Md...**Des Moines** Kappas had a series of gourmet cooking classes in Kappa homes...The Key Guys, an interest group of Kappa husbands in **Washington, D. C./Suburban Maryland**, play golf to raise money for the association's philanthropy...**Springfield, Mo., Jackson, Miss., and Epsilon Lambda Chapter** at the University of Tennessee have each adopted an owl at the local zoo...**Atlanta** alumnae are hostesses each year for the Atlanta Symphony Show House. This year the setting was the 1927 Georgian Revival and former French Consulate home of Eva Loridans Gumbert, *Tulane*.

### Items:

**Camille Perkins Lavington, Colorado**, received the 1993 Leadership Award given by the Greater New York Councils of the Boy Scouts of America...**Suzanne Wilbert Turner, Louisiana**, was given the Award for Distinguished Service to the Arts and Humanities by the Baton Rouge, Louisiana Arts Council. A board member of the National Trust for His-

toric Preservation, Sue has worked with many museums including Kappa's Heritage Museum ...**Terry LeFevre Watson, Arkansas**, is Volunteer of the Year in Richardson, Texas ...**Lois Yvonne (Eva) Reese Shade, West Virginia**, was given the Distinguished Leadership Award from the National Association for Community Leadership in Decatur, Ill.



A Quilt of Happy Memories. Jennifer Cole, *Texas Tech*, with some help from her grandmother, turned her old Kappa mixer t-shirts into a quilt of college memories.

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City		State	Zip Code
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Employer		Position	
<input type="checkbox"/> Self-Employed †			
Years Employed	Business Phone ( )	Date of Birth	
*alimony, child support, or separate maintenance income need not be revealed if you do not wish it considered as a basis of repayment			Annual Income* \$
Previous Address			Years There
Residence Information <input type="checkbox"/> RENT <input type="checkbox"/> OWN <input type="checkbox"/> LIVE WITH RELATIVES		Your Bank <input type="checkbox"/> CHECKING <input type="checkbox"/> SAVINGS	
Name of Nearest Relative Not Living With You			Relationship
Relative's Address (Street)			
City/State/Zip			Phone ( )

### Co-Applicant Information

**This section should be completed if you are applying for a joint account or relying on another person's income**

Co-Applicant's Name			
Social Security Number		Date of Birth	Business Phone ( )
*alimony, child support, or separate maintenance income need not be revealed if you do not wish it considered as a basis of repayment			Annual Income* \$
Employer		Years Employed	Position
<input type="checkbox"/> Self-Employed †			

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† If self-employed or retired, please attach the most recent 2 years signed income tax returns or other proof of income.

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Working from old photographs, Sabra Meyer molds the bust of Civil War Union General Odon Guitar in clay before casting it in bronze. The bust is in the collection of the University of Missouri.

## Sabra Meyer Sculpts Portraits in Bronze

"The more you know about the character and what the person did, the easier it is to translate what you see in a photograph." Research plays an important role for sculptress Sabra Tull Meyer, *Missouri*, whose specially commissioned portrait busts for the University of Missouri and Stephens College are on public display. Much of Sabra's work is in private collections throughout the Midwest.

Sabra works in bronze using the "lost wax" method of casting. She is interested in exploring the classical tradition in art. Other than the portrait busts, this former Missouri Homecoming Queen likes to portray the human form in motion and has done many dancers, athletes, and children.

As the mother of four and grandmother of four, Sabra allowed 33 years to raise her family between her bachelor's and master's degrees. She has since taught at Stephens College in Columbia, Mo., and William Woods College in Fulton, Mo.

Theta Chapter at the University of Missouri has known her as House Board President for six years, House Board member for another six years, and past Membership Adviser.

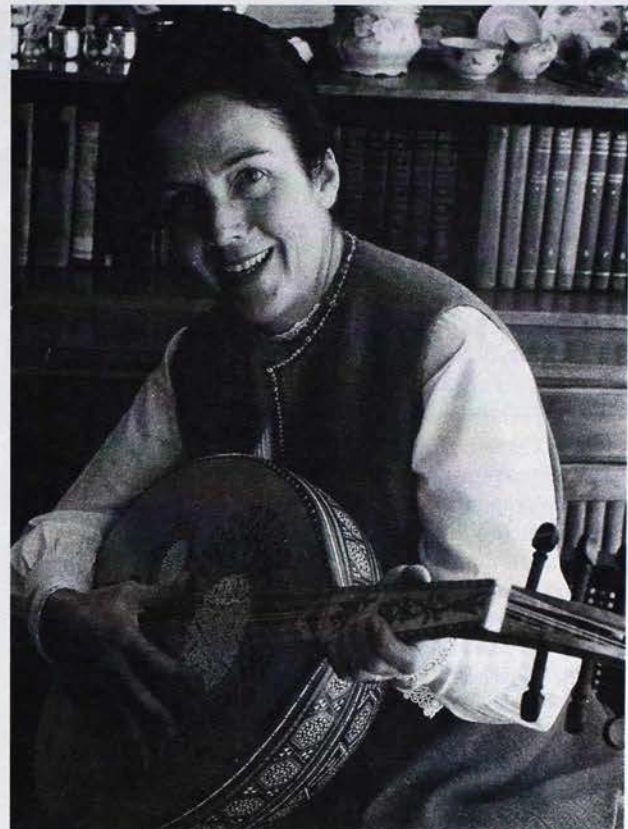
## Venezuelan Stamp Honors Kappa Composer

**Caroline Packhurst Lloyd**, *New Mexico*, (1924-1980) an acclaimed composer in Venezuela, was the subject of a commemorative postage stamp in that nation.

A resident of Caracas from 1952-1968, Caroline is renowned for her composition of the opera *Dona Barbara*, which was presented on the 400th anniversary of the city of Caracas in 1967.

In addition to her talents as a composer, she was recognized for her devotion to the work of Centro Venezolano Americano (CVA). The CVA is a bi-national center whose purpose is to bring Venezuelans and Americans together through educational and cultural programs. Caroline was an integral force behind the CVA's musical activities, as well as being on the board of directors for 15 years. It was through her work there and with other institutions that she passionately encouraged young musicians.

The stamp was issued officially on July 4, 1991, to mark the 50th anniversary of the CVA.



A resident of Caracas, Venezuela, for sixteen years, Caroline Lloyd worked to bring Venezuelans and Americans together through cultural programs.



Caroline Lloyd's face is superimposed over the score of the opera *Dona Barbara* on the Venezuelan stamp issued in her memory July 4, 1992.

*Dona Barbara* is based on a novel well-known throughout South America. It was written by Romulo Gallegos, the first democratically elected president of Venezuela. Gallegos attended the opera's premiere in Caracas in June 1967, as did Raul Leoni, who held the Venezuelan presidency at that time.

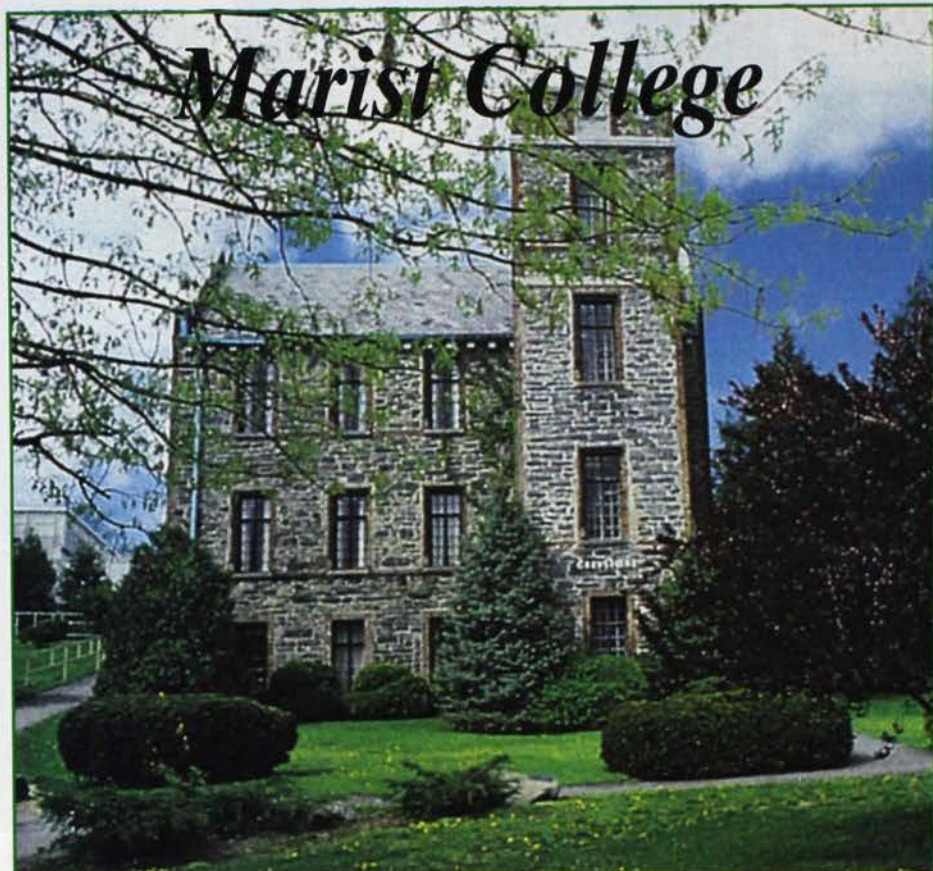
## Fraternity and Foundation Long Range Plan Outlined

The Fraternity Council and the Kappa Kappa Gamma Foundation Board of Trustees have established four long-range goals to prepare the Fraternity and Foundation for the year 2000. The goals were determined after examining external and internal factors which are expected to have an impact on the Fraternity and Foundation in the years to come.

The goals are:

- To strengthen the Fraternity through growth;
- To exemplify and promote the Fraternity's values;
- To increase financial security in order to fund the Fraternity's programs;
- To provide effective programs for members as women supporting women.

Short term objectives to help meet these goals have been written by the Council and Board of Trustees. Action plans, which are the sequential steps to be taken to reach the short-term objectives, will be determined next. Regional Officers, Standing Committee Chairmen, Special Committee Chairmen, Assistants, and Field Representatives will have an active role in writing and implementing the action plans.



## Welcome Zeta Chi Colony!

Kappa Kappa Gamma extends a warm welcome to the 55 collegians who were pledged on April 30 at Marist College, Poughkeepsie, N.Y.

The new colony has dedicated Kappa alumnae who will be working closely with it during the year ahead. Mary Hellman, *Massachusetts*, is in the mentor program at Marist and serves as staff adviser to the colony. Kathleen Wall, *Villanova*, will serve as the first Chapter Consultant, living and working with the members for the 1993-94 school year. Jackie Smith Riccardi, *Ohio State*, the Coordinator of Chapter Development for the colony, is a member of the Westchester County Alumnae Association. She will be co-ordinating plans for new-member education and working with area alumnae to build an Advisory Board and House Board.

Located in a beautiful scenic area overlooking the Hudson River, Marist was a monastery before becoming a college in 1946. With a student population of 3,000, approximately half women, Marist is a private liberal arts college with outstanding programs in communications, fashion, and computer technology.

According to a July 15, 1992, article in *The Christian Science Monitor*, Marist is a leader in incorporating computer technology into the classroom. In return for agreeing to be a testing ground for IBM, Marist has received millions of dollars worth of advanced computer and telephone systems.

Zeta Chi Colony will become the Fraternity's 122nd chapter, with installation planned for the weekend of November 19.

## “Kappas in Concert”

*The following journal was kept during the Associate Council Seminar held June 19-24 in Callaway Gardens, Ga. Newly-elected PDC for Zeta South, Leigh Leyshock, shares some of her observations about ACS...*

### Day 1

I feel just like the ACS version of the Lauren Bacall Royal CaribbeanCruise Line commercials! (“Day 1 - I was seated at the captain’s table this evening...”) Arriving a couple of hours early at Callaway Gardens, I had the opportunity to unpack my clothes and re-pack my mind with Kappa. One of the first things I did was to turn to the five-day schedule in our “Kappas in Concert” notebook that I was given at check-in. A quick glance indicated a 9 a.m. to 9 p.m. schedule that was packed. I suddenly felt fatigued!

We kicked off ACS with a poolside reception and dinner in the ballroom. It was fascinating to see familiar names and put them together with not-so-familiar faces. The program that evening was a brief overview, a little business, line dancing by some Emory Kappa actives — and some pretty pitiful attempts by “more mature” ACSers!

### Day 2

Zeta North PDC Julie Lundsted is my very compatible roommate. We woke up fairly easily and headed off for a full day. After reviewing my first day of breakfast, lunch, and dinner, it’s good to see that Kappas still love to eat!

Today I attended introductions of new PDCs and seminars on expenses, campus trends, Advisory and House Board issues, and a Kappa Foundation update. Lots of information already!

I already feel more comfortable with my new-found friends and sisters. There really is a bond between us even though we’ve just met.



### Day 3

We entered our opening session on membership this morning to a rousing Dixieland band playing next door.

We finished out the morning with workshops on risk management and a SEEK presentation. This afternoon, we discussed Panhellenic, ritual, and Traveling Consultant visits.

While the PDCs meet together, the PDAs have their own sessions. Their information seems to be just as extensive as ours. What a great network of talent we have!

Our beach dinner was re-routed to the hotel due to threatening thunderstorms, but it didn’t rain on those Kappa appetites! We finished our official business of the day with a review of Kappa Kappa Gamma *Policies*. I now know just enough to be dangerous!

### Day 4

I stumbled out of bed this morning for a 7:30 meeting with my Regional Director of Chapters, Peggy Hellwig. We did an overview of each of my chapters and I can’t wait to get started!

The morning sessions covered Total Programming, Social, Pledge, Scholarship, and chapter visits. After lunch, we discussed Province Meeting planning and standards. We had a great program dinner, followed by seminars covering *The Key* and communication.

One of the best aspects of ACS has been the opportunity to meet other Kappas from around the United States and Canada. It’s wonderful to see the level of accomplishment among these

women. Their knowledge and achievements are inspiring.

### Day 5

Julie and I moaned and groaned a bit more this morning, and we got two wake-up calls. We decided that the Council Officers must have planned that knowing that we’d be more likely to have a hard time getting going on this last morning of ACS!

We completed our final morning of training with sessions on Advisory Board training, House Board issues, College Panhellenic and a Management Action Program (MAP) update.

After lunch, we finished with a final question and answer period. Since this would be last time the PDCs and RDCs would be alone as a group, Director of Chapters Cathy Carswell had each RDC and PDC give two or three words describing how they felt at that moment. I chose “eager,” because I am so looking forward to getting to know my chapters, and “proud” because I feel so full of respect for the level of accomplishment exemplified by the group of women.

With our first two hours of free time in five days, a group of us got together to enjoy a few of the sights at Callaway. We enjoyed a visit to the Butterfly Center where we walked among 1,000 butterflies in a tropical conservatory. From there, we traveled to Mr. Cason’s Vegetable Garden, site of the PBS TV program “Victory Garden.”

Reflecting on the beautiful service of the Candlelight Banquet, I am struck once again by the strength of the bonds of sisterhood. I came here knowing only one person, yet those bonds of having shared a similar collegiate experience and the commonality of our continued service to the Fraternity made us instant and sincere friends.

The team-building and esteem-building of ACS is invaluable. I feel privileged to have shared in it and to wear the golden key of Kappa Kappa Gamma.

—Leigh Light Leyshock, Auburn

## Kappas on the Job —

### 1993-1994 Field Representatives Assisting Chapters Across the Country



1993-94 Field Representatives. Row 1 (left to right): Juliet Stroud, Florida; Carmen Donohue, Virginia Tech.; Deanie Walburn, Alabama. Row 2: Cindy Hepler, Indiana; Lisa Van Stavern, Texas. Row 3: Kristin Holland, Washington State; Samantha Britney, Syracuse; Jennifer Haughey, Utah; Miriam Guthrie, Lawrence; Lisa Haxton, U.C. Riverside. Row 4: Kathleen Wall, Villanova; Sonja Schnell, Miami (Fla.); Anne Kieselbach, U.C. San Diego; Jayme Critchfield, Tulsa.

Meet the new Kappa Kappa Gamma Field Representatives. Eight Chapter Consultants and six Traveling Consultants were selected to assist the Fraternity based on their leadership skills, academic achievements, and contributions to their college and community. They will be trained to help chapter members in many areas including: goal setting, risk management, leadership, relationship building, and group dynamics. Chapter Consultants have been awarded scholarships for graduate study while living with and consulting one chapter during the 1993-94 academic year. Traveling Consultants will visit approximately 30 chapters each throughout the year. Although these women come from different chapters, they share common goals of strengthening the Fraternity and giving back to Kappa some of the special gifts they have received.

#### Chapter Consultants

**Jayme Critchfield** - Tulsa to Utah - "One of the most important things I have gained from Kappa is confidence in my abilities - confidence to discuss serious issues with my sisters and confidence to make difficult decisions."

**Carmen Donohue** - Virginia Tech to Akron - "I consider my sisters to be the best friends I have made in college. They have been my family away from home and have given me encouragement, support, and love. Little did I know as an 18-year-old pledge, that this is what involvement and dedication would reap?"

**Miriam Guthrie** - Lawrence to Virginia Tech - "Not only has the Fraternity helped to teach me leadership, responsibility and determination, but it has also challenged me to succeed through self-confidence, integrity, and sincerity. I have grown in my appreciation for others and their values and beliefs. I have also realized how important it is to draw out and polish the precious jewels of creativity, individuality, and initiative."

**Jennifer Haughey** - Utah to Florida State - "Kappa Kappa Gamma is so much more than my chapter. There are Kappas in every corner of the world who will welcome me, accept me, and encourage me to reach my potential. Kappa is not merely memories of the past, it is also a part of the future."

**Kristin Holland** - Washington State to Colorado State - "With the numerous opportunities members are given while in college, there also comes constantly changing challenges and issues. Kappa Kappa Gamma is an organization that for more than a century has successfully dealt with the issues its members have faced through its up-to-date programs and policies."

**Sonja Schnell** - Miami (Fla.) to South Carolina - "In my four years at the University of Miami, I have gained so much knowledge of myself, others, and the world. So much of this knowledge I found through Kappa. My campus involvement has built leadership, communication, and organizational skills."

**Juliet Stroud** - Florida to Arizona State - "Being able to attend Convention this past summer was a wonderful experience. It truly gave me a view of Kappa as a whole. It is amazing how different all the chapters are, yet how we all bind together because of the bond of shared vows and belief in Kappa Kappa Gamma."

**Kathleen Wall** - Villanova to Marist - "Looking back to the time when I was a rushee, I don't think I realized what an impact choosing Kappa would have on my college life. Not only have I become friends with some of the most interesting women at Villanova, but I have met Kappas all around the country."

#### Traveling Consultants

**Samantha Britney**, Syracuse - "This organization means a lot to me as it helps young women develop in such areas as scholarship, leadership, philanthropy, and personal growth."

**Lisa Haxton**, California, Riverside - "In focusing on the wonderful, precious times



in Kappa, I hold on to the friends I have made that will last for a lifetime. I am thankful for the leadership skills and lessons in life that Kappa has taught me and for the support and loyalty that I feel through a special bond encountered among Kappas everywhere."

**Cindy Hepler, Indiana** - "Convention made me realize the vastness and depth of our organization. Seeing 1,000 Kappas assembled in one place gave me a very concrete idea of how diverse our members are and what a tremendous job it is trying to reach all of them with the various educational programs and general information."

**Anne Kieselbach, California, San Diego** - "I believe that Kappa is an exciting adventure in self-discovery. It is a gift we give ourselves and our sisters every day. It is not refundable but we have the opportunity to exchange the gift in a variety of ways. The Traveling Consultant position is the perfect opportunity to share the gift of Kappa Kappa Gamma."

**Lisa Van Stavern, Texas** - "Throughout my college life, I have become more involved in Kappa and more aware of the Fraternity's 'big picture'. I have grown to truly care not only about my chapter, but also for the prosperity of all Kappa chapters."

**Deanie Walburn, Alabama** - "I believe that sororities are poised for action as we enter this next century. By evaluating trends on college campuses and the concerns and needs of female students, I can help preserve the Fraternity that means so much to me."

— **Jenny Struthers Hoover, Bowling Green**

## Kappa Careers—The Opportunity of a Lifetime

Put your leadership skills and knowledge of the Fraternity to work as a Chapter Consultant or Traveling Consultant. Applications and brochures will be in the Fall Chapter Mailing or apply now! The application deadline is **November 15, 1993**.

### Contact:

Ann Stafford Truesdell  
Chairman of Field Representatives  
6191 Kilimanjaro Dr.  
Evergreen, CO 80439

## A Fond Farewell: "We Laughed, We Cried, We Traveled!"

As the 1992-93 Traveling Consultants, we want to thank the Fraternity, as well as the women in the chapters, for making our year the greatest experience of our young lives. It was a year filled with challenges, successes, life-long friends, and many laughs. And now, we wish the new Traveling Consultants sturdy luggage, timely flights, cheerful welcomes, great memories, and immeasurable growth. Best of luck!

Loyally,

The 1992-93 Traveling Consultants

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# Through the Keyhole

## the **Key** Mail KAPPA KAPPA GAMMA

Thank you for your letter of April 19, forwarding a letter regarding the Junior League. Kappa Kappa Gamma and the Association of Junior Leagues International have many members in common. The Association's Annual Conference was held shortly after The Key, which contained the notice of my presidency, was published. I was surprised by the number of League delegates who commented that they were Kappas and had seen the writeup. I shouldn't have been surprised. Both Kappa Kappa Gamma and the Association of Junior Leagues share a commitment to helping women to develop their potential as leaders in their communities.

—Mary Burrus Babson, Duke

It was with great interest that I read the article about Ann and Ray Smith and their beautiful Bailwick Inn in Fairfax, Virginia. I am the artist who painted the portrait of Ann (and also the portraits of Thomas Jefferson George Mason, and Antoinette Ford). In the original Lucy Webb Hayes portrait, Mrs. Hayes is holding flowers. When I decided to replace the flowers with a set of keys, little did I know that I was placing them into the hands of a Kappa sister! And to find that the portrait I chose to copy was that of another Kappa...the circle is truly complete!

—Nancy Butcher Tankersley, Miami (Ohio)

## CLASSIFIED

### NYC BOUND?

Meet new Kappa friends in the N.Y. Alumnae Association. We have an active group and wide diversity of programs. Contact Susan Dee 212-745-2542 or Rhonda Neben 212-773-5587 for information about our schedule.

### KNIT OR NEEDLEPOINT THE KAPPA CREST FROM A FULL-COLOR CHART

Needlepoint Crest: \$15.95 Knitting Crest: (includes simple sweater pattern) \$19.95 Custom Work: \$25.95 (any photograph or artwork converted to full-color chart) \$25.95 Write: NEEDLEGRAPHS, 3213 West Wheeler Street, Box 236K, Seattle, WA 98129.

### CARIBBEAN VILLA

2 bedroom, 2 bath, with magnificent view of St. Barts and St. Martin, located on Anguilla, The Tranquil Island, with 33 quiet, pristine beaches. Call 407-575-3020 or write Caribbean Villa, P.O. Box 14696, N. Palm Beach, FL 33408.

### LONDON

Kappa offers Knightsbridge homes for short lets. Studios to smashing 5-bedroom townhouses. Phone/fax 504-899-5586.

## KKF Headquarters Request Form

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

1. Check the item and number of copies desired.
2. Phone (614) 228-6515, or mail this form to:  
Information Services  
Kappa Kappa Gamma Fraternity  
P.O. Box 2079  
Columbus, OH 43216

No. of Copies	Price
Membership Data Form	NC
Burr, Patterson, and Auld Brochure	NC
Choices Professional Directory	\$8.25
Graphics Manual	\$11.00
INSIGHT on Domestic Violence	\$5.00
Kappa Kappa Gamma Cruise Information	NC
Kappa Kappa Gamma Foundation Information	NC
KEEP SAFE Brochure	\$1.00
Reviewer's Choice Brochure (Review of all Video Resources)	NC
Choices Pathfinder Kit	\$7.00
SEEK Manual (Chapter or Alumna)	\$7.00
SEEK Video	\$8.00
TOTAL AMOUNT	

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No.: \_\_\_\_\_

# Burr, Patterson & Auld Company

## BADGES

	14K	10K	GK	SS
1. Plain Badge	\$	\$45.00	\$	\$
2. Crown Pearl Badge	-	75.00	-	-
3. Crown Sapphire Badge	-	75.00	-	-
4. Alternating Sapphire/Pearl Badge	-	70.00	-	-
5. Alternating Pearl/Diamond Badge	-	155.00	-	-
6. Alternating Sapphire/Diamond Badge	-	170.00	-	-
7. Crown Diamond Badge	-	250.00	-	-
8. Special Plain Award Key	-	60.00	-	-
Special Award Key with Pearls (not shown)	-	95.00	-	-
Special Award Key with Sapphire, Garnets or Rubies (not shown)	-	95.00	-	-
Special Award Key with Diamonds (not shown)	-	475.00	-	-
9. Special Award Key with Emeralds	-	110.00	-	-

NOTE: For Enameled Letters, add \$1.00 to the above prices.  
 (GK) Goldplated is a 14K electroplate.  
 (SS) Sterling Silver.

## GREEK LETTER CHAPTER GUARDS

Please specify chapter letters

	14K	10K	GK	SS
10a. Plain Single Letter Guard	-	30.00	11.50	-
b. Plain Double Letter Guard	-	35.00	14.00	-
c. Chased Single Letter Guard	-	30.00	14.00	-
d. Chased Double Letter Guard	-	40.00	17.00	-
e. Crown Pearl Single Letter Guard	-	60.00	33.50	-
f. Crown Pearl Double Letter Guard	-	75.00	51.00	-

NOTE: Guards available in ruby, sapphire, emerald and diamond stone combinations.  
 Price available on request.

## LAVALIERES

	14K	10K	GK	SS
11. Crest Lavalier	47.00	31.50	12.50	12.50
12. Crown Pearl Staggered Letter Lavalier	110.50	85.00	63.00	-
13. GF Small Round Filigree Charm with Crest	-	45.50	25.50	25.50
14. GF Oval Filigree Charm with Greek Letters	-	48.00	28.00	28.00
15. Vertical Letter Lavalier	38.00	28.00	8.00	12.50
16. Heart Lavalier	39.00	29.00	12.50	12.50
17. Circle Lavalier	39.00	29.00	12.50	12.50
18. Key Lavalier	38.00	28.00	8.00	12.50
19. Pin-on-Badge Charm	157.00	112.00	52.50	52.50

Note: The prices above do not include neckchain; add \$5.00 to above prices for 18 inch gold-filled or sterling silver neckchain.

## BRACELETS

	14K	10K	GK	SS
20. Key Bracelet with Crest	-	222.00	86.50	86.50

## RINGS

Please specify ring size

	14K	10K	GK	SS
21. Wide Band Crest Ring	165.00	127.00	-	57.50
22. Round Signet Crest Ring	146.00	114.00	-	52.00
23. Imperial Onyx/Crest Ring without Pearls	190.50	139.50	-	57.50
24. Imperial Onyx/Crest Ring with Pearls	202.00	151.00	-	69.00
25. Blue Enamel Marquis Ring with Crest	139.50	108.00	-	46.00
26. Mini Monogram Ring	101.50	76.00	-	34.50
27. Vertical Incised Letter Ring without Enamel	153.00	108.00	-	40.50
28. Scottsdale Incised Key Ring	139.50	101.50	-	34.50
29. Philly Swirl Ring	-	-	-	-
a. All Sapphire	209.50	158.50	-	-



b. All Pearl (not shown)	190.50	139.50	-	-
c. Alternating Sapphire/Pearl (not shown)	203.00	152.50	-	-
d. Alternating Pearl/Diamond (not shown)	266.50	216.00	-	-
e. Alternating Sapphire/Diamond (not shown)	273.00	222.00	-	-
f. All Diamond (not shown)	305.00	254.00	-	-
30. Oval Incised Letter Ring without Enamel	152.50	108.00	-	40.50
31. Oval Raised Letter Ring	152.50	108.00	-	40.50

## PINS

32. Fleur de Lis Pin	-	25.50	12.50	12.50
a. Fleur de Lis Pin with 3 Pearls	-	31.50	18.50	18.50
33. 65 Year Pin	-	-	15.00	-
34. 50 Year Pin	-	-	10.00	-
35. Pledge Pin	-	-	5.00	-
36. Recognition Key Pin	-	20.00	5.00	-
37. Monogram Recognition Pin	-	-	4.00	-

## KEYCHAINS

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



MAIL PREPAID ORDERS TO:  
**BURR, PATTERSON & AULD COMPANY, INC.**  
 Post Office Box 800 Elwood, IN 46036  
**(317) 552-7366 1-800-422-4348**

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

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

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

Name: \_\_\_\_\_  
 Last First Middle/Maiden Chapter

Spouse's Name: \_\_\_\_\_  
 Last First

Street Address City State Zip

Home Phone: ( ) Occupation: \_\_\_\_\_

Send to: KKG Fraternity Headquarters, P.O. Box 177, Columbus, OH 43216

# FOR KAPPA GIFTS, THE KEY SOURCE IS YOUR BEST SOURCE!

Here's a sampling from our big new catalog for STUDENTS and ALUMNAE! Featured gifts include an all-cotton afghan in a nostalgic Kappa motif...holiday gifts...ornaments...needlework...stationery...more sportswear and an entirely new jewelry section. From license plate frames to photo frames, this catalog has it! Ask about group discounts, and monthly specials. Order early for initiation and holidays! \* Please state desired delivery date.

a. Hand cast antique style key & French fleur de lis ribbon \$5.50  
2 antiqued keys for \$9.75

b. Key tree \$8.25

c. Crest globe \$7.70

d. Pewter iris \$6.20

*More ornaments in catalog!*

*Personalized box: a special gift!*

e.

Precious 4 inch imported ceramic footed box, hand painted with keys and fleur de lis, KKG in lid \$20  
Artist will add date, initials, name for \$1.50 per word

f. \$52

g. \$48

h. \$52

j. \$49

*Timeless treasures for Kappas!*

**MORE NOTES**

m. NEW! 15 plaid KKG letter sheets & 10 env. \$3.95

n. 8 key note-cards & env. No KKG \$5.50

p. NEW! 8 finest quality key & iris cards & envs. No KKG \$5.50

## NEW EMBROIDERY & PLAID DESIGNS FOR SWEATS & TEES

#29 Kappa medallion embroidery and applique

#25 Kappa Mom embroidery

*Special introductory prices on three premium embroidery designs on high quality sweats & tees. See below.*

#28 Argyle embroidery & applique

# 64 jumbo printed plaid KKG has a sewn on look.

# 65 Alumnae printed plaid

**LASTING GIFTS ...**

r. cross stitched pillow \$32

s. Battenburg lace pillow with white KKG \$29.50

t. 8 by 14 inch lace pillow with floral KKG \$16

u. bear with key lavalier \$26

q. frame: \$16

**PLAID & PAISLEY LETTERS**

# 42 Paisley double twill applied letters

# 43 Red plaid double twill letters

# 45 Blue plaid double twill letters

**NEW EMBROIDERY (above)**

#28 argyle & #29 medallion Tee shirt \$34 Sweatshirt \$50  
Colors:  navy  heather grey

#25 "Kappa Mom" (heather only) Tee \$25\* Sweatshirt \$42\*

**APPLIQUED PLAID KKG (left)**

# 42, #43, #45: Patterned letters set on contrasting solid background twill. Matching hooded sweats & plaid boxers, too!  
Tees: Short sleeved \$17 Lg sl \$19.75  
Heavy Sweatshirt: \$28 Hi cotton \$42  
Colors:  navy  heather grey  red  white  forest green

Size S thru XXL. Small sizes may require additional time

#66 Kappa Crest

DESIGNS #64-#66 (above)  
*New plaids & KKG crest!*  
Heavyweight sweatshirt \$26  
Tees: Long sl. \$18 Sh sl \$14  
 heather  navy  white  
(Other colors special order)

**TO ORDER TOLL FREE** Call 1-800-441-3877 or mail order to: Key Source, P.O. Box 9458 Peoria, IL 61612-9458 Min ord. \$15  
Shipping: \$3.75 first item, \$.50 each additional item. Gift wrap: \$3.50 Master Card, VISA, checks. *Kappa owned!* Prices subject to change.

Send all notices of address changes and member deaths to KKG Headquarters • PO Box 177 • Columbus, OH 43216. Phone: 614-228-6515