

the Key

Summer 2014
KAPPA KAPPA GAMMA

PAGE 20

The Real Story

Gretchen
Carlson's
unlikely,
uphill journey
from fiddle
prodigy to
national
newscaster.





1934

FROM THE ARCHIVE

Howdy from Kappas at the 1934 General Convention! Kappa's 31st Biennial Convention was held at the Old Faithful Inn, Yellowstone National Park, Wyo. Kappa's 2014 General Convention in Houston should have some similarly enthusiastic gals! #KKGHouston



FROM TOP: BETH PERKENS, COURTESY JILL
ATER; ALISON CONKLIN

When we give our time and attention
to others and show them that
they matter, it gives our life purpose.
Serving others enriches our understanding
of people—and ourselves.

—Sarah Cronk

FOUNDER OF THE SPARKLE EFFECT

Summer

2014, Volume 131, No. 2

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FEEDBACK



Some bunny loves you . . .

Thank you so much for publishing “Madelyn’s Bunny Drive Cheers Sick Children” in the 2013 winter edition of *The Key*. Our daughter’s story motivated us to pay it forward and collect stuffed bunnies for post-surgery children at Children’s Hospital in Aurora, Colo.

Madelyn has received bunnies from Kappas all over the U.S. I cannot express how blessed I feel to receive emails, phone calls, tweets, etc., from Kappas asking if they can help. Sisters from Miami have shared the story with their families, encouraging them to send bunnies our way. My alumnae association in Cheyenne, Wyo., is graciously gathering bunnies to donate. A USC (Calif.) alumna sent a bunny our way and shared her story of a similar experience with her child’s open

heart surgery. A Denver news station will be featuring Madelyn’s Bunny Drive, as one of the directors is an alumna who read her story in *The Key*.

With the support of *The Key* and sisters of Kappa Kappa Gamma, this is sure to be our biggest bunny drive yet, with hundreds of children receiving a bunny of their very own to warm their hearts following surgery. I have received several questions on where to send bunnies. Please send bunnies or monetary

donations for bunnies to Melissa Urbansky, 42B Fort Warren Ave., Cheyenne, WY 82001.

Again, thank you for your support, not only for the children receiving a bunny, but also for my daughter. As Madelyn grows and gains a better understanding of all she went through, I hope she never loses sight of how special she is and what an inspiration she is to others.

Loyally,
—MELISSA DORN URBANSKY,
Miami

theKey

**Volume 131, No. 2
Summer 2014**

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

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Printed by

The Watkins Printing Company,
Columbus, Ohio

The Key (ISSN 1063-4665) is published quarterly by the Kappa Kappa Gamma Fraternity and Foundation, 530 E. Town St., Columbus, OH 43215. Printed in the United States of America, copyright Kappa Kappa Gamma Fraternity 2014. Subscription price is \$3.

Preferred periodical postage paid at Columbus, Ohio
POSTMASTER: Send address changes to *The Key*
P.O. Box 38
Columbus, OH 43216-0038

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MIX
Paper from
responsible sources
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Silver and Gold

MAKE NEW FRIENDS BUT KEEP THE OLD.

THE MASTHEAD TO THE LEFT SAYS THAT WE HAVE BEEN publishing *The Key* since 1882, when Kappa Kappa Gamma was a mere 12 years old. It can be a little awe-inspiring (well, actually intimidating) to carry the torch for a publication that has been inspiring its members for 144 years. Do we ever run out of stories to tell?

As long as Kappas gather, form friendships and join together to navigate collegehood days followed by loyal years of alumna life, there are stories to tell. It never gets dull to hear a young or old Kappa discover that Kappa isn't just for four years—it's for a lifetime!

Perhaps as well as anyone, we at *The Key* know that the special connections we form in college and beyond, through like ideals, know no age. In 2020, when Kappa turns 150, our Sesquicentennial will be a milestone that needs no concealing.

The other magazines on your coffee table or bedside exclaim that 50 is the new 30 (with some cosmetic help!). While we've never been much for Botox, *The Key* is happy to sport a new look and feel, one you will be proud to display on your coffee table and save for reading.

Just like friendships silver and gold, the connection that

The Key fosters will change but also remain the same. The reader surveys showed that Kappas want to be informed, but also entertained. We even included one male in our survey (because dads, husbands and significant others read *The Key*). As the Kappa story often goes, our magazine consultant's wife happens to be a Kappa, a fact that was previously unknown to us. After visiting Kappa's Headquarters, the consultant was quite excited to tell his wife that he had the opportunity to see a live rendition of "Oh Pat" during the *The Key* Editorial Board meeting. It never gets old, dear old Pat. And neither does *The Key*.

Change can be exciting but also daunting. Part of our makeover is opening up the conversation and we hope to hear from you more often.

Many Kappas have said they would like to read about

journalist Gretchen Carlson and Pulitzer-winning author Donna Tartt, among others. And sometimes it's the little things that matter most. Madelyn's Bunny Drive warms our hearts, and Nippy and Tigie go on a great adventure thanks to Hannah Spector's Kappa friends (see column to the right).

We strive for the magazine to reflect our membership, to encourage discussion of the topics of the day and to celebrate our members' accomplishments. Please let us know when we succeed and where we could do better. Like a conversation with an old friend, we look forward to catching up and inspiring one another.

Join the conversation at thekey@kkg.org.



—Kristin Sangid, EDITOR



INSIGHT

When **Hannah Meehan Spector's**, Utah, son lost his stuffed animals, Hannah turned to Facebook. Kappa friends sent James postcards from Nippy (a rat) and Tigie (a tiger cub) as the pair crisscrossed the country: from Washington State to Atlanta, from the Houston Zoo to Cheyenne's Frontier Days, visiting both Bo Obama and Mickey Mouse. Eventually, James and his animals were reunited. "I have never been more aware that my Kappa sisters are there for me," says Hannah.

When **Hannah Davis**, *Clemson*, moved to China after graduation, she took the advice, “walk a mile in their shoes” to a whole new level. In addition to learning from the local culture and people, Hannah was inspired to create a brand of shoes that has invested more than \$10,000 in its nonprofit partner, Kiva, since 2012. The president of her own company before the age of 30, Hannah is making a bang with bangsshoes.com.

THE **mix**

MARIAM CHANNING



Starting with a BANG!

AT 26 YEARS OLD, HANNAH DAVIS IS THE
FOUNDER AND PRESIDENT OF HER OWN COMPANY AND IS
TAKING THE CHANCE TO STAND ON ISSUES.

WHEN HANNAH DAVIS, *Clemson*, TRAVELED to the Jiangsu Province of Eastern China in 2009, the last thing on her mind was starting a shoe company. “I traveled to China to teach English the year after I graduated,” says Hannah. “It wasn’t until

I came across a pair of green shoes worn by Chinese workers that I thought of BANGS shoes.”

The shoes, and the people who wear them, inspired Hannah to form a brand that influences social good through retail. However, making BANGS a reality proved difficult. From manufacturing to establishing a supply chain, the hurdles seemed insurmountable, until a chance meeting changed the trajectory of BANGS.

“I met George Derhofer, our first investor and current partner, while I was bartending,” says Hannah. “He and his wife were driving through Charleston, S.C., and stopped in to eat.” George and Hannah discussed BANGS, and George was intrigued with the idea of

an entire brand created around investing in nonprofit companies. “After a couple of months, he decided to invest and has been a huge part of why BANGS is where it is today.”

They soon partnered with Peter Rushford, who had worked with major brands like UGG and Asics. Today, BANGS has invested more than \$10,000 in its give-back program since the first pair of shoes sold in October 2012. “We support entrepreneurs through our nonprofit partner, Kiva, because we believe helping people help themselves is the only way to make real, lasting results,” says Hannah. “We want to start changing lives for good.”

BANGS has a blog and shopping at www.bangsshoes.com.

—By Catherine Roebuck

{ Want to know more?
Visit Kappa's blog to learn more about Hannah's BANGS startup
venture at www.kappa.org/blog. }



The name BANGS comes from the Chinese character for help, spelled b-a-n-g.



ABROAD

For the Love of London and All Things Royal

A native Texan, **Emily Merrell**, *Pepperdine*, has found it all in the UK, a country half the size of her home state.

PEOPLE ASK, “WHY DO YOU live in London?” I am from Texas and went to a university in California, but it’s not what you are thinking—I didn’t fall in love with a British man, at least not yet, which is much to my parents’ happiness.

I moved to London because of my love for the city. People from every culture, religion, and tradition make up a city full of opportunity: parks of all sizes, markets selling treasures from flowers to antiques, and of course, food to fashion. London has history, yet is paving the

future as the business capital and often fashion leader of the world. This city doesn’t stay open 24/7 like New York City, but it is unique. Samuel Johnson’s words from 1777 still ring true—“When a man is tired of London, he is tired of life; for there is in London all that life can afford.”

And of course, the royal family. I camped out with a group of my Australian and British friends on The Mall in front of Buckingham Palace to have a front row spot at seeing the future queen ride past as Miss Middleton and return as The

Duchess of Cambridge with her groom in tow. It was 48 hours to remember.

On Royal Ascot Ladies Day, I attended a “hen party,” or bachelorette party. We wore beautiful hats, brought a picnic and bet on horses. The Queen and Prince Philip entered in a horse-drawn landau carriage. It was a glorious day at the races—Kentucky Derby meets British class.

Although I still struggle with the rules, I am fond of cricket matches at the famous Lords Cricket Ground. I learned it’s more about a day out in the sun with a great friend, bubbles and the sports atmosphere than understanding exactly what is going on. People dress stylishly, behave (for the most part) and are very polite. It’s a must-have experience if you are in London during the summer.

A traditional English wedding in the countryside is an all-day experience. In small-town England, the people of the town come out to see the bride and groom emerge from the chapel as husband and wife. Manor houses are the desired destination for an all-day and night reception. I always enjoy wearing a fascinator affixed in my hair for weddings.

In the summer of 2012, the Queen’s Diamond Jubilee led to summer festivals across London, then to the pinnacle that was London 2012 Summer Olympics. The focus of the world, London delivered. I had the privilege of attending five Olympic events in four different areas of London. Seeing the women’s gymnastics event was a tick off my bucket list.

What started as a six-month visit has turned into nine years. Who knows how long I’ll stay, but it will be until I feel I’m supposed to be elsewhere.



MUST-HAVES FOR Royal Events:

- Philip Treacy hat or fascinator
- A blow-dry
- LK Bennett pumps
- Reiss jacket
- Temperley London dress
- Your wave perfected and a smile

COURTESY OF EMILY MERRELL



COVER UP
Lilly Pulitzer Sarasota
Beaded Tunic in
Resort White Sea
Soiree; \$148 at
lilypulitzer.com

Beach Ready

WITH AN ARTFUL EYE FOR EXUBERANT DESIGNS, **Janie Burley Schoenborn, Rollins**, shares her stylish must-haves for a day at the beach, taking cues from Lilly Pulitzer's summer collection and its 2014 theme, "A Story Written in the Sun."

PROTECTION

Supergoop! SPF 40
soothing mineral
sunscreen; \$37 at
supergoop.com



ITSY BITSY

Lilly Pulitzer Keene Bandeau
Top in Bright Navy I Heard
You Mini; \$78. Matching
Surf's Up Bottoms; \$68. Both
available at lilypulitzer.com

SHADES

Lilly Pulitzer Kennett
aviator sunglasses;
\$68 at lilypulitzer.com



THE BAG

Lilly's Coastal Tote
Bag in Resort White
Lioness Patch;
\$98 at lilypulitzer.com

NAILS

Essie nail polish, in assorted
colors; \$8.50 each at essie.com





Janie & Lilly

BIO: Janie Schoenborn is taking Lilly Pulitzer to a new level of resort-chic in her current role as vice president of marketing and creative communications. The Georgia native started her love affair with Lilly Pulitzer at a young age. “I come from a family of Lilly lovers.”

ABOUT HER DREAM JOB: “Working at Lilly Pulitzer is really my dream job,” Janie says. “Lilly is a happy brand filled with joie de vivre, and reflects my personality—optimistic, a little irreverent, a little devil-may-care.”

ON THE ADVENT OF LP'S SORORITY PRINTS: “We did the sorORITY prints to give all of those young, fabulous women an entrée into the brand so they can wear it for the best times of their lives—in college and in their sorORITY experiences.”

MY FAV

Estée Lauder Pure Color gloss; in assorted colors. Janie loves this shade, called “Tempting Tearose,” \$24 at esteelauder.com

AND THE KAPPA PRINT?:

“Well, obviously we did the Kappa print first and then moved forward from there. Of course I’m going to make that happen!”

YOUR PERSONAL STYLE:

“Colorful, happy and eclectic. I love Lilly’s prints and colors. And I have a bit of a jewelry obsession. I love to layer on lots of jewelry to make the Lilly my own. I don’t have one bit of prissy in me. I like an almost gypsy-infused style. I’m definitely a free spirit when it comes to dressing.”

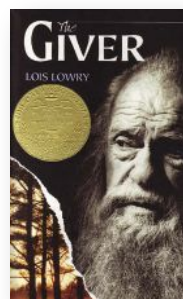


BOOKS

Read 'Em Before You See 'Em

As enjoyable as films based on well-written books may be, we all know the novel is (almost) always better than the movie. Here are four books to enjoy before the film adaptations hit the big screen.

—Compiled by *Kristen Desmond LeFevre, Indiana*



The Giver

BY LOIS LOWRY

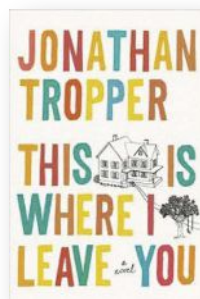
In a seemingly perfect community, without war, pain or suffering, a boy must learn about the truths of the “real” world.



Dark Places

BY GILLIAN FLYNN

A woman who survived her family’s murder is forced to relive the event by a group obsessed with solving notorious crimes.



This Is Where I Leave You

BY JONATHAN TROPPER

A family sits Shiva to fulfill their father’s final wish and confront their issues in the process.



The Maze Runner

BY JAMES DASHNER

In a post-apocalyptic world, Thomas fights to recover his memory and escape the maze that entraps him.

The Grand Tour

IN COLLEGE, THERE'S NO PLACE LIKE YOUR KAPPA HOME.

IT CAN BE HARD TO FIND YOUR PLACE AT COLLEGE—you need a home away from home. From sharing a wardrobe with 90 sisters to the view from a rooftop patio, these houses are home base for Kappas on campus. They hail from the beaches of the West Coast to the heart of the Midwest, and for these lucky Kappas, there's really no place like home.



Nestled in Norman

BETA THETA, OKLAHOMA

AFTER A FURNACE EXPLOSION in 1918, the Beta Thetas needed a new place to call home. Architect **Margaret Read, Colorado**, helped local architects design the home, which opened in 1939. Today, 91 women are housed in this renovated and debt-free facility. This past April, Beta Theta alumnae and guests enjoyed touring this home

as part of the 100th anniversary celebration! Favorite meals include Poppy Seed Chicken, blueberry pancakes and chocolate-covered strawberries. And they love their chef's famous grapefruit juice. The theme in this house is togetherness—from sharing clothes, studying together, to watching award shows on TV.



Palmed Palace

EPSILON ZETA, FLORIDA STATE

THIS PILLARED COLONIAL house was built for the ladies of Epsilon Zeta in 1961 on the site of the old College Park Grocery Store. Surrounded by beautiful palm trees, it is a welcome addition to the campus surroundings. This home has been hosting Kappas since 1962 and currently has the capacity to house about 50 members. These

members enjoy an expertly decorated interior, complete with parquet floors installed in the dining room and foyer in 1985. The columns were recently replaced to improve the structure of this palatial house. Their favorite lunch: grilled cheese, and if you are not on time, you might find this popular choice completely gone!

TOP LEFT: AIDEN MCCALL, OKLAHOMA



Destination Dreamhouse

BETA NU, OHIO STATE

THE BETA NU HOUSE HOLDS a prime location on East 15th Avenue, less than one block from The Ohio State University's campus. Opened in 1951, Kappa was the first women's group at the university to build a chapter house. Beta Nu has outgrown "The

Dreamhouse" and is currently raising funds for renovations, which will allow 81 members to live in. Taco Tuesdays is their favorite day. Members are often found relaxing on "big red," their comfortable couch, which they hope survives the 2014 renovation.



California Classy

DELTA TAU, USC

WITH A ROOFTOP DECK, smoothie machine and an endless closet for sharing outfits, the Delta Tau house is the place to be. Except for the stained glass fleur-de-lis on the front door, you might think you were walking onto the set of a movie rather

than entering a sorority house. Friday brunch prepared by their 5-star chef is quiche, pancakes and omelets. On Mondays, sisters gather to watch *The Bachelor* and occasionally their own sister, **Greer Grammar**, on MTV.



Azure Oasis

GAMMA DELTA, PURDUE

AFTER TWO ADDITIONS, the 1935-built house at Purdue accommodates up to 95 live-in members. Recognizable from the street by its blue shutters and "KKΓ" letters over the threshold, once inside you also will find KKG emblazoned on the marble floor. Their kitchen staff keeps the Gamma Deltas well fed, especially with their

favorite dessert—mint chip ice cream in an Oreo crust. Movie nights in the basement are popular—with Starbucks coffee and cookies. Their current love for the movie *Frozen* has it playing any chance they get. Chapter members adore living in this beautifully landscaped oasis in West Lafayette, Ind., even without air conditioning!



Life at the Kastle

GAMMA MU, OREGON STATE

THIS TUDOR-STYLE HOUSE, a prominent architectural landmark in the Corvallis area, was purchased by the Gamma Mu Chapter in 1935 and is known as the "Kappa Kastle." The house was redecorated in the 1990s, and the 62 collegians who live in the house like to use both the official Kappa study room and common

areas of the house to keep their GPAs in top shape. While the members love to gather at the house for events such as holiday parties, they also love being able to hang out with their sisters to watch *Criminal Minds* and *The Bachelor*. The two short years that members can live in the Kastle go by too quickly.



TRACY POWELL

A Light in the Darkness

TWO GRADUATE STUDENTS AND ONE IDEA
THAT FLIPS THE SWITCH ON SEEING IN THE DARK.

IF THERE IS ONE THING WE CAN COUNT ON, IT IS THAT EVERY DAY, THE sun will rise. A designer and visionary, **Anna Stork**, *Dartmouth*, has created LuminAID, a socially minded product that takes advantage of this simple fact—utilizing solar power to light up the darkness for disaster victims worldwide. Anna, along with co-founder Andrea Sreshta,

revolutionized the landscape of disaster aid by creating a well-designed, high performance, portable solar energy product.

Forbes has called it “a possible alternative to Thomas Edison’s 1879 electric discovery that has the potential to change, not only the light bulb, but also the world.” So what is it?

The LuminAID is a solar-powered light that inflates to create a lightweight, waterproof “lantern” useful for both global crises and family camping trips. It contains a lithium-polymer ion battery and can hold a full charge for over four months. No larger than a smartphone, approximately 50 LuminAID lights can fit in the same space as eight small flashlights. Anna and Andrea initially designed the LuminAID as a class project while studying at Columbia Graduate School of Architecture, Planning and Preservation.

Light is a basic need often taken for granted. An estimated 1.6 billion people lack proper access to electricity. Many rely upon dangerous and expensive

kerosene lanterns as their chief light source. Recognizing this problem, LuminAID came to life as an affordable, renewable alternative.

While the LuminAID was designed in the wake of Haiti’s January 2010 earthquake, the duo later experienced firsthand the damage caused by large-scale disasters while in Japan. In March 2011, they found themselves in the middle of an 8.9 magnitude earthquake, one of the worst earthquakes ever recorded. Seeing how a crisis can affect peoples’ lives, they were motivated to make the LuminAID light a reality.

Since 2011, LuminAID has distributed thousands of lights in more than a dozen countries.

The lights have illuminated orphanages in Haiti and India, allowed students in rural Laos and Tanzania to study at night, and brightened the nights of the victims of Hurricane Sandy.

“It is always amazing to see images of the lights being used in different countries,” Anna says. Luckily for Anna and crises

victims around the world, this gift will keep on giving.

—By **Sarah Kropp**, *Allegheny*

{ **Want to know more?**
Visit www.luminaid.com

Emily Glaine
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Lifetime



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BY THE NUMBERS

The Great Texas Flag Caper

Celebrating 20 Years of Painting the Town Red, White and Blue

—By **Ann Graham Schnaedter**, *Missouri*
ILLUSTRATIONS BY OLIVIA KWONG



DECADES

2

Nell Anne Walter Hunt, *Texas Tech*, has decorated the streets of Irving, Texas, with American flags on the Fourth of July for the past 20 years. It all began when she first moved into her home and found her new neighbors so welcoming that she decided to decorate her yard and those of her closest neighbors.



FEAST ATTENDEES AND TEXAS HEAT

100+ Volunteers attend a potluck in Nell Anne's backyard on July 3 to celebrate their patriotism.

POPULATION OF IRVING, TX

216,290

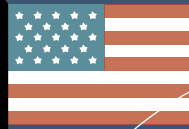
The suburb of Dallas-Fort Worth contains part of the DFW International Airport. The now-demolished Texas Stadium, former home of the Dallas Cowboys, was also located here.



LENGTH OF
MACARTHUR
BLVD

10½
Miles

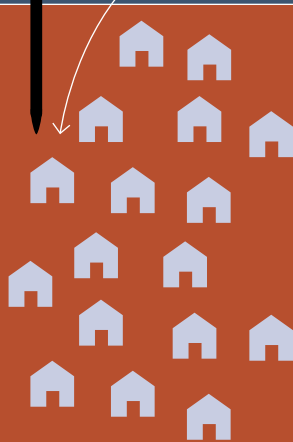
The main street through Irving, from its northernmost tip to the southernmost point, is lined completely with American flags, as are the many side streets and individual neighborhoods, uniting the entire city.



SPACE BETWEEN EACH FLAG

20 feet Armed with bug spray, a small hammer, and a weed digger or screwdriver to dig a hole in the hard, dry Texas soil, volunteers spend several hours placing the flags in the days leading up to the Fourth.

THE
mix



GAWKERS

1,000s

Much like the viewing of Christmas lights, the display of flags attracts thousands of people who come from other areas to see the dramatic effect and take the idea back to their own neighborhoods. Nell Anne feels the annual planting of flags magically unites the town and its diverse neighborhoods, from poor to affluent. The time, sweat, energy and money are worth it. She says, "It is so gratifying to see all generations and all walks of life passing along their love of our country."

FLAGS PLANTED

40,000

By the time July Fourth rolls around, the town is "painted" red, white and blue.



DOLLARS INVESTED
EACH YEAR

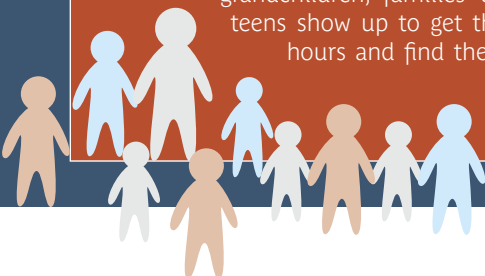
7,000

In the beginning, the project was mostly funded by Nell Anne. She has never held an official fundraising campaign but through the years, as the spectacle has grown, she says donations just seem to appear. Sometimes a check is in her mailbox or under her doormat. Although flags are recycled, each year the funds are invested in new ones.

VOLUNTEERS

300

Nell Anne's front porch becomes command central, where volunteers pick up flags to begin decorating the weekend before July 4. Families turn out on bikes or with red wagons filled with flags and joggers stuff their flags in backpacks. Grandparents come with their grandchildren, families use vacation time and teens show up to get their community service hours and find they get much more from the experience. By July 3, all flags are in place.



FLAGS BOUGHT FOR THE FIRST YEAR

200

It was such a hit, she bought 400 flags the second year and decorated more of her block. Soon, folks wanted the entire neighborhood decorated and began to pitch in with the expense and the "planting" of flags.

From the Sidelines

SPREAD A LITTLE SPARKLE WHEREVER YOU GO.

REMEMBER GOING THROUGH RECRUITMENT, LOOKING FOR A sorority where you would be accepted for who you are, a sorority where you could fit in yet have opportunities to stand out?

"Folks in my community started to talk about the ripple effect The Sparkles were having on our school and community. Whenever people saw inclusion happening outside of the cheer team they would say, 'That's the Sparkle effect,' and so the name stuck," says Sarah.

Kappa has given us that.

Teens and pre-teens with disabilities also have found a place to belong and blossom as members of their school's inclusive cheerleading squad, The Sparkles. The squads are offshoots of The Sparkle Effect, a nonprofit organization that

incorporates students with Down syndrome, autism spectrum disorders and other disabilities into mainstream high school and college cheer squads.

Sarah Cronk, Whitman, founded The Sparkle Effect as a 15-year-old high schooler in Iowa after seeing how students with disabilities,

including her brother, Charlie, were excluded. As her cheer squad's captain, Sarah committed to helping sidelined students get in the game.

During the past six years, more than 120 Sparkles squads have popped up across the U.S., pairing special needs students with typically developing students who help them learn cheers, jumps and stunts.

"There are thousands of incredibly brave girls and boys with disabilities who, for the first time, are standing before their student body and performing and becoming total rock stars," says Sarah. "Without that kind of bravery, determination and leadership, nothing The Sparkle Effect has done would ever have happened."

Sarah and The Sparkle Effect have received numerous accolades over the years. Most recently, Sarah received the 2013 World of Children Award and the 2012 L'Oréal Women of Worth Award for improving the lives of others. In 2011, Sarah received a \$100,000 Do Something Award as the nation's best world-changer under age 25. She has

been featured in *People* magazine, appeared on the *Oprah Winfrey Show*—twice—and was named to *Parade* magazine's All-America Service Team.

The list of awards and honors goes on and on. What Sarah finds most important, however, is the impact typically developing students can have when they create socially inclusive environments.

"The Sparkle Effect really is a group effort, a community of people working together to make inclusion the norm, not just something we hear about once in a while," says Sarah. "It really does take a village."

The far-reaching impact of The Sparkle Effect highlights an important truth: Whether in a sorority or on a cheer squad, whether at school or at work, everyone wants a place to fit in and to shine.

"When we give our time and attention to others and show them that they matter, it gives our life purpose," says Sarah. "Serving others enriches our understanding of other people—and ourselves."

—By Ruth Goodman

Want to know more?

Visit www.thesparkleeffect.org to learn more about Sarah, her service work and how to start a Sparkles squad.



Kappa Kandy

SWEET SELECTIONS FOR SISTERS EVERYWHERE



Big/Little Necklaces

Proclaim your love for one another with this Big Sister/Little Sister necklace set from Etsy. // \$25.95 // Available at www.etsy.com/shop/TheSweetSilverLining



Blue Owl Bank

Trust "Leo" the blue owl bank to keep your spare change safe and sound. // \$12 // Available at www.urbanoutfitters.com



Blue Nike Shoes

Nike Air Max+ sneakers in Distance Blue/Chambray Blue show the world that the blues of sky and sea can take you anywhere in style! // \$180 // Available at www.zappos.com



Sisterhood Pillow

Cozy up with this "Always My Sister, Forever My Friend" hand-painted pillow from Etsy and remember that Kappa is truly for a lifetime. // \$38 // Available at www.etsy.com/shop/crabbychris



Ask Clara

ADVICE FOR ANY OCCASION



Dear Clara:

A friend keeps inviting me to play Candy Crush on Facebook and it's driving me nuts! How can I tell her I don't want to play without losing her as a friend? —*Signed, No More Games*

Dear Games: Try sending her a frank but friendly message, like, "I love you ... but I don't love all the invitations to feed your Candy Crush addiction. The only invitation I want from you is a girls' night out sometime soon!" She'll get your point, get a laugh (hopefully), and you won't be down by one in your friend count.

Dear Clara: Since my 19-year-old daughter left for college, she has declared that she'd rather communicate with me via text. I like texting too, but sometimes I'd like to have an old-fashioned phone call with my daughter. Do you think that's too much to ask? I really miss hearing her voice. —*Signed, Missing Our Connection*

Dear Connection: It's not too much to ask to hear her voice and to converse without keystrokes, emoticons, or acronyms. Sit down and have an honest conversation with her.

Tell her you know it's hard for her to find time to call you—or to stop what she's doing and answer your call—but that you miss hearing her voice. Meet her halfway: Consider agreeing to text each other on most days but set up a time each week for a phone call. Your connection isn't lost—it's just harder to feel it when you don't hear each other's voices on a regular basis.

Dear Clara: Should I send a thank-you note after a job interview? Which is best: email? Or a handwritten note? —*Signed, Job Seeker*

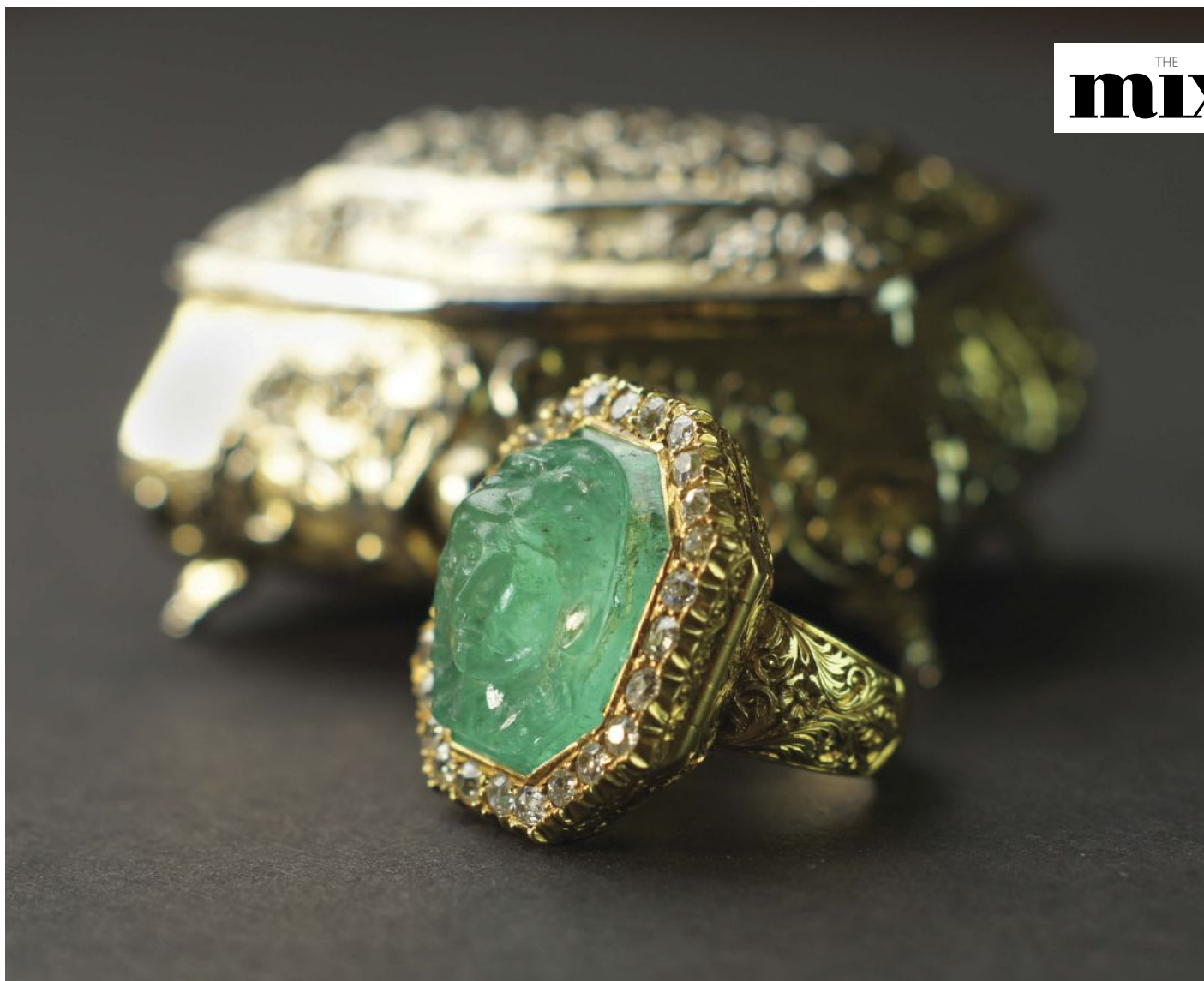
Dear Seeker: Always send a thank-you note within 24 hours of that final handshake. A handwritten note is the gold standard when it comes to looking like a bona fide must-hire. However, if the company will be making a speedy hiring decision, consider sending a thank-you email. If the hiring timeframe is unknown, consider

sending a brief thank-you email right away, and a more detailed handwritten note in a day or two. Don't let failure to follow up sabotage a job offer!

Dear Clara: Why is everyone so down on Snapchat? My friends and I don't use it to do anything illegal or bad. What's the big deal? —*Signed, Serious Snapchatter*

Dear Snapchatter: I'm "down on" Snapchat because I don't like lying. And the anonymity that Snapchat promises is just that: a lie. Snapchat tracks you via the unique signature assigned to your smartphone. Worse, Snapchat leads you to believe that your images are deleted after viewing. But don't be fooled: Your image is not deleted but instead logged on Snapchat's servers (according to their terms of service). Snapchat can store your content for any purpose—or length of time. To my mind, that kind of deception is a big deal.

{ Have a question for Clara? }
thekey@kkg.org



FROM THE ARCHIVES

Sinister Accessory




The Heritage Museum and Fraternity archives in Columbus, Ohio, house many curiosities, such as this poison ring.

CATHERINE ROEBUCK

This poison ring was purchased by **Beatrice Woodman**, *Boston*, in Florence, Italy, during World War II. Made during the Renaissance over 400 years ago, Beatrice bequeathed it to Kappa in 1969. The ring is a carved emerald with a secret compartment for poisonous powder. The powder could be dropped into the wine glass of an enemy. The face of Minerva is carved on the outside of the emerald and is surrounded by 26 diamonds. As you open the ring, you see the profile of a Roman soldier, carved into the underside of the emerald. This carving is called an intaglio (in-tal-ee-oh) and is the reverse of a cameo. No vengeance to carry out? It's just the right size to hold a pinch of glitter or two plain M&M's. Ask the archivist at archives@kkg.org. —**By Kylie Towers Smith**, *Simpson*





Gretchen prepares
for her daily newscast,
a show that draws
1.2 million viewers
on average.

*Gretchen Carlson's unlikely,
uphill journey from fiddle prodigy
to national newscaster.*

The Real Story

BY ALEXANDER GELFAND

PHOTOS BY BETH PERKINS

Gretchen Carlson,

Stanford, stands in a pool of light in a hushed television studio in the News Corporation Building in midtown Manhattan. Her nationally televised cable news program, *The Real Story with Gretchen Carlson*, which airs weekdays on Fox News Channel from 2 p.m. to 3 p.m., is on commercial break. Gretchen, head bowed, chews her lower lip as she reviews a sheaf of papers bearing notes on the various segments that will run during the last 10 minutes of the show.

A handful of camera operators and a woman with a headset and a clipboard stand in darkness, just beyond the glare of the overhead klieg lights that make Gretchen's blonde hair, gold earrings, and flaming red dress pop almost audibly. No one speaks, and the only sound on set is the quiet hum of the building's ventilation system.

"Two minutes!" the woman with the clipboard suddenly shouts, breaking the near-silence with the force of a starter's pistol.

That's when Gretchen, a veteran television journalist, former Miss America, and child prodigy on the violin, begins talking to herself.

"Who was actually videotaping the car going in?"

Nobody responds.

"I wonder if they also helped," she continues.

It takes a moment to realize that Gretchen isn't speaking to an invisible friend or being coolly ignored by her crew. Rather, she is talking to her producers up in the control room, and they, in turn, are replying through her earpiece.

"Thirty seconds," cries the woman with the clipboard.

"Is it tal-ONS?" Gretchen asks, seemingly of no one in particular. "Tal-ENS?"

"Five, four, three..."

And then Gretchen is off and running, plunging immediately into coverage of a devastating apartment fire in Detroit, images of flames flickering across the flat screen TVs that line the walls of the set, before segueing to footage of two feuding bald eagles trapped in a tree in Portland, Ore., ("their talons locked," she intones with the correct pronunciation) and yet another one-sided conversation with a silent partner—this time, Fox News correspondent Steve Harrigan, in Miami.

Throughout, Gretchen remains on her feet, looking squarely into the cameras arrayed before her. Viewers at home can see the video

footage that she narrates and the split screen that she shares with on-air interlocutors like Steve, but they are likely unaware that Gretchen herself cannot. Instead, she sees only the cameras themselves, behind whose unblinking lenses lie multitudes. (According to Nielsen Media Research, *The Real Story* has averaged 1.2 million viewers since debuting on September 30, 2013—more than the audiences for cable rivals CNN, MSNBC, and HLN combined.)

Viewers are also likely unaware of the amount of information that Gretchen must process both on-air and during commercial breaks—breaks that are less like pauses for Gretchen than opportunities to confer with her producers, catch up on breaking news, read viewer comments via social media and email, and think ahead to the next segment. *The Real Story* covers a lot of ground—a typical show runs through stories that touch upon politics, religion and whatever happens to be burning up the wires or the blogosphere—and it does so at a gallop, with Gretchen moving through three or four segments in the amount of time that it takes most people to read a single newspaper article. Seen from the studio floor, it's a virtuoso performance that blends intense focus with continuous multitasking and frequent improvisation.

After the segment with Steve ends, Gretchen sits down at a Lucite desk, legs crossed, an open laptop in front of her, and assiduously begins scrolling through headlines on her smartphone. At the same time, she holds an animated conversation—eyebrows raised, arms gesticulating—with the voice in her ear about a tease for tomorrow's show about recent comments by Pope Francis I regarding women, divorcées and same-sex marriage.

"One minute!"

"Could there be momentous changes coming to the Catholic Church?" Gretchen asks, trying out one possible formulation of a



Gretchen credits her violin performance background for preparing her for the national spotlight.

blurb that will be used to drive viewers to her show the following day.

“Five, four, three...”

And then it was back into the fray: a viral video of runners in an 8 km race in San Jose, Calif., taking to the sidewalk to shake the hand of a 92-year-old World War II veteran who had shown up in uniform to cheer them on; viewers’ online responses to the announcement by Mexican fast-food chain Chipotle that it might curtail the sale of guacamole due to a global-warming-induced rise in the price of avocados; and a preview of fellow Fox News anchor Shepard Smith’s upcoming live coverage from Kiev of the ongoing crisis in Ukraine, where Russian troops had recently occupied the Crimean Peninsula—a topic Gretchen herself had covered earlier on in the hour, with help from Fox News personality Lt. Col. Oliver North.

Prior to *The Real Story*, Gretchen co-hosted the top-rated cable news morning show *Fox & Friends*. Before that, she spent more than a decade steadily rising through the ranks as a reporter and anchor for network affiliates across the country. Yet her career in broadcasting appears to have resulted from a series of detours she took while on her way to doing other things.

“My life,” she says, her off-air voice surprisingly quiet compared to her on-air one, “has been a series of happenstance.”

Gretchen was born and raised in Anoka, Minn., the same small town where Garrison Keillor, creator of *A Prairie Home Companion*, was reared, and where Rep. Michele Bachmann, who babysat for Gretchen, grew up. Her gift for the violin surfaced early—as a child, she traveled to New York City to study with Dorothy DeLay, the same Juilliard instructor who taught Itzhak Perlman and Midori—but even that was a fluke of sorts: Gretchen had initially wanted to play the piano, but her teacher declared that her hands were too small, so she took up the fiddle instead.

Gretchen’s parents, who ran a GM dealership, assumed that she would become a professional musician, and they planned accordingly. When Gretchen was in eighth grade, her mother made her give up sports out of concern that she might injure her hands. Gretchen jokes that she isn’t much of a cook because Mom kept her away from the kitchen knives for the same reason. So they were much chagrined when, at the age of 17, Gretchen declared that she had grown weary of the isolation and single-mindedness that a career on the concert stage would demand. Instead, she opted to major in sociology at Stanford University—though not before promising her mother that she would find some other way to make use of her musical talent.

“My mom never forgot that,” Gretchen says.

When Gretchen was at Oxford University on a study-abroad



Gretchen had to prove the Miss America stereotypes wrong to find her niche in the newsroom.

program during her junior year, her mother learned that 50 percent of the points awarded in the Miss America pageant were reserved for the talent portion of the competition. She urged Gretchen, who had been first runner-up in the national Miss Teen USA competition in high school, to enter. Gretchen agreed, in part because of the talent angle, and in part because the Miss America program offered significant college scholarship money. She won in 1989, attributing her victory to her performance of *Zigeunerweisen*, a bravura piece by the Spanish composer Pablo de Sarasate. (A video clip of Gretchen playing the violin in all her pageant finery can be found on YouTube.)

Gretchen spent two years fulfilling her duties as Miss America before returning to Stanford to complete her degree, and she initially intended to enroll in law school after graduation. But happenstance intervened yet again, this time in the form of TV’s *Bloopers & Practical Jokes*. One week after being crowned, Gretchen was invited to a

television station in Denver, Colo., to introduce a new satellite—the “Miss America Satellite,” no less—in a live broadcast to a group of 5,000 engineers in Washington, D.C. It was a joke, of course, but one that Gretchen wasn’t in on, and which required her to ad lib for 14 minutes while her tormentors fed her cue cards loaded with technical jargon.

It was an embarrassing episode, not least because Gretchen already faced a certain amount of pressure as the “smart” Miss America. (“A lot of people tried to prove me dumb that year as a result,” she says.) But when the program aired eight months later, Gretchen began receiving calls from agents who wanted to know if she’d ever considered working in television.

In fact, she had. Local TV stations had occasionally featured Gretchen in her previous incarnation as a violin prodigy, and she was intrigued by the similarities between performing on stage and performing on screen—enough so to have interned at a Minneapolis television station one summer. Add to that all the time she’d since spent on air as Miss America, and she decided to make a go of broadcasting.

She did not, however, take the path of least resistance.

“Back then, there was a hard line between hard news and the entertainment route,” says Gretchen, adding that she gave up “some pretty high-level jobs” on the entertainment side to focus on hard news—a decision she made because it suited her academic background and because she never wanted it said that she’d landed a job simply because she had been Miss America.

As it turned out, that wasn’t a problem.

By the early 1990s, women had made significant gains within the old major-network hierarchy of television news. But that didn’t mean that they were universally accorded the same respect as their male colleagues, or that they weren’t sometimes dismissed as eye candy. Indeed, there is evidence that such attitudes persist: In February 2014, Gretchen appeared on Fox’s *Media Buzz* with Howard Kurtz to talk about the online abuse that she and other women in the media suffer, much of it decidedly sexist, if not misogynistic.

Gretchen told Howard that she was a target for three principal reasons: she’s blonde, she’s a former Miss America (and therefore assumed to be “dumb times two”) and she works at Fox. Only the first two of those were factors early on in Gretchen’s career, but they were enough. Gretchen still remembers how a news director at a station in Richmond, Va., reacted when she first called him about a job: “I don’t think I’m going to like your tape,” he told her, “because you were Miss America.”

In the end, he liked it well enough for Gretchen to land an interview, along with her first on-air gig as the station’s political reporter. But Gretchen moved around a lot in the first 10 years of her reporting career, serving as a correspondent and anchor at network affiliates in Cincinnati, Cleveland and Dallas before coming to New York to work for CBS, and she found that her reputation as Miss America invariably preceded her. In the end, she says, she wound up working twice as hard just to prove her worth.

The effort seemed to pay off, though Gretchen’s rise was not uninterrupted. In 1996, she was named one-half of the nation’s first two-woman TV news anchor team at WOIO-TV in Cleveland, Ohio. It was a bold move on the station’s part and, in the end, an unsuccessful one.

“It was a huge risk,” Gretchen says. “It ultimately did not work. And I paid the price for it.”

A week after she wed sports agent Casey Close, Gretchen was fired by a general manager who told her that she’d be fine now that she was married. It was a difficult period, one that Gretchen says she’s only recently begun talking about. Stripped of her identity as a journalist, she was out of work for a year, and when she finally landed another job, this time in Dallas, she had to move alone, with Casey only able to follow nine months later. In 2000, the two relocated yet again when Gretchen landed a job as a correspondent for CBS News in New York City, ascending to the co-anchor chair on the Saturday *Early Show* before jumping ship to *Fox & Friends* in 2005. (Gretchen and Casey now live in Connecticut with their two children.)

By then, Gretchen had won a brace of awards, including two local Emmys and three Gracies from the organization formerly known as American Women in Radio and Television (now the Alliance for Women in Media). She also had developed a yen for anchoring a morning show more than once a week. She was intrigued by what she saw as Fox’s innovative programming. She especially liked the improvisatory style of *Fox & Friends*, whose hosts discussed news items in unscripted conversations rather than reading them from teleprompters.


“Quite frankly, it’s way more difficult to do it that way,” Gretchen says, adding that it is also more difficult to anchor a hard-news program at a 24-hour cable operation where the on-air talent might be required to “tap dance,” or ad lib, at any time in response to breaking news.

Today, for example, she’s already had to tap dance her way through ongoing updates on the events unfolding in Ukraine, along with breaking news of a failed nominee for United States Attorney General. And while there is an entire team of producers, editors and bookers helping to digest the fire hose of information that is trained on her, Gretchen is the one who must ultimately transform a relentless barrage of news items and trending topics into a reasonably comprehensible narrative. She must also project an air of being trustworthy and relatable—qualities that are key, she explains, to attracting viewers.

Gretchen says that she draws on her early experience as a musician to maintain her concentration on set. Seeing the red light go on in the studio causes her to flip the same mental switch that she formerly tripped when striding onstage to play for two thousand people. Both situations demand laser-like focus and the ability to achieve a Zen-like state in which one is no longer conscious of the audience, visible or otherwise. Both also generate the same feeling of exhilaration in the moment, and can lead to a similar comedown when the light goes off and the performance is over.

Back on set, Gretchen has finished the day’s broadcast but is continuing to work with her producers on the papal tease for tomorrow’s program.

“I’ll just ad lib off the top,” she says, before asking, in her best announcer’s voice: “Could big changes be coming to the Catholic Church?”

Her work in the studio done, Gretchen gathers her things and walks briskly across the polished black floor toward the door. There will be a final, face-to-face meeting with her producers, but the show itself is over, and while the klieg lights have not yet dimmed, the star of *The Real Story* has left the stage. 



In My ELECTRIC *Dreams*



Faced with rapidly progressing Parkinson's disease and failing treatments, **Jill Lifschiz Ater**, *UC San Diego*, had one last option: a radical surgery that would shock her brain back to behaving normally.

BY JILL LIFSCHIZ ATER

ILLUSTRATION BY POLLY BECKER

was scared. I was lying in a hospital bed, being prepped for surgery. Four nurses were sticking needles in my arms and fiddling with my hair. The anesthesiologist had just told me—and had me sign off on—all of the possible horrific complications that could occur in the operating room, most of which involved death. My husband, Alan, stood about 10 feet away from the foot of my bed. He was pale. I asked him, “Are you scared?” When he nodded, his eyes welled up with tears. It took everything in me not to shout, “Stop! I’ve changed my mind! I don’t want brain surgery!”

My road to that hospital bed had started nine years earlier. I had noticed that my left index finger was sticking straight out. I could pull it back down, but once I relaxed, it shot right out again. Around the same time I went to get a pedicure, and the big toe on my left foot was doing the same thing. I didn’t notice it, but the nail tech kept telling me to relax my foot. I thought it was relaxed.

For the next five months, I saw doctor after doctor. First I went to my primary care doctor, who sent me to an arthritis specialist, who sent me to get an MRI. Then I was sent to another specialist who did electromyography (EMG) testing on my arms and legs to record the electrical activity of my muscles. Next was a neurologist who repeated the testing, but this time on my head. He asked me a bunch of questions and then, after learning I was of Ashkenazi Jewish (Eastern European) heritage, he diagnosed me with Dystonia, a disorder in which your muscles involuntarily contract, and referred me to a neurologist specializing in movement disorders. That doctor confirmed the Dystonia diagnosis and started me on Mirapex, a medicine used to treat Restless Leg Syndrome. That worked for a while, but less than a year later, my symptoms were increasing, and my neurologist had retired.

After making several calls, I was able to get in to see another movement disorder neurologist at the University of Colorado Medical Center. Upon hearing my story, as if this whole thing were no big deal, she turned to me and said, “You don’t have Dystonia. You have Parkinson’s.”

PARKINSON’S DISEASE AFFECTS 1.5 million Americans, probably more, since many of the elderly are not properly diagnosed. About 10 percent of those 1.5 million are under the age of 50. At 42, I became one of them when I was diagnosed with Young Onset Parkinson’s disease (YOPD).

I am no stranger to Parkinson’s—my mother had been diagnosed

in 2001. But the diagnosis at my age stunned me. Forty-two-year-olds are worrying about what to put on the dinner table, their kids’ sports schedules, or the state of their small business. They’re worried about getting their children through college. They’re worried about the latest dip in the market and its effect on their retirement funds. They are not often worrying about diseases that could put them into a wheelchair before retirement.

In 2005, there was no known genetic correlation in Parkinson’s; however, current research suggests otherwise. It turns out that my European ancestry did play a part in my disease, though not in the way the original neurologist had thought. There appears to be a gene mutation called LRRK2 that is prevalent in Ashkenazi Jews that may be tied to Parkinson’s disease and, not surprisingly, LRRK2 runs in my family. In 2011, my younger sister, Jan, was also diagnosed with YOPD at the age of 46. Parkinson’s had nailed a hat trick on my family.

REGARDLESS OF THE DIAGNOSIS, the Mirapex still seemed to help. As typical of the disease, eventually my symptoms worsened, so they upped my dosage. A couple of years later, I got worse again, so the doctors added Sinemet, which is the most commonly used medicine for PD. That seemed to work. During the next phase of my treatment, I started receiving Botox injections into my arm in order to control the cramping in my left hand. While the Botox helped with the pain and cramping, it caused me to lose all the strength in that hand, so Botox was soon out.

Throughout all the diagnoses and treatments, I continued to raise my children, run my business, work out at the gym, and generally live a normal life. Hardly anyone knew I had PD.

Then came 2012, which was a pretty tough year. Although I had successfully franchised my business, due to the extended recession, franchisees were filing bankruptcy and closing their businesses without compensating my company for what we were contractually owed.

Curing the Brain from the Inside Out

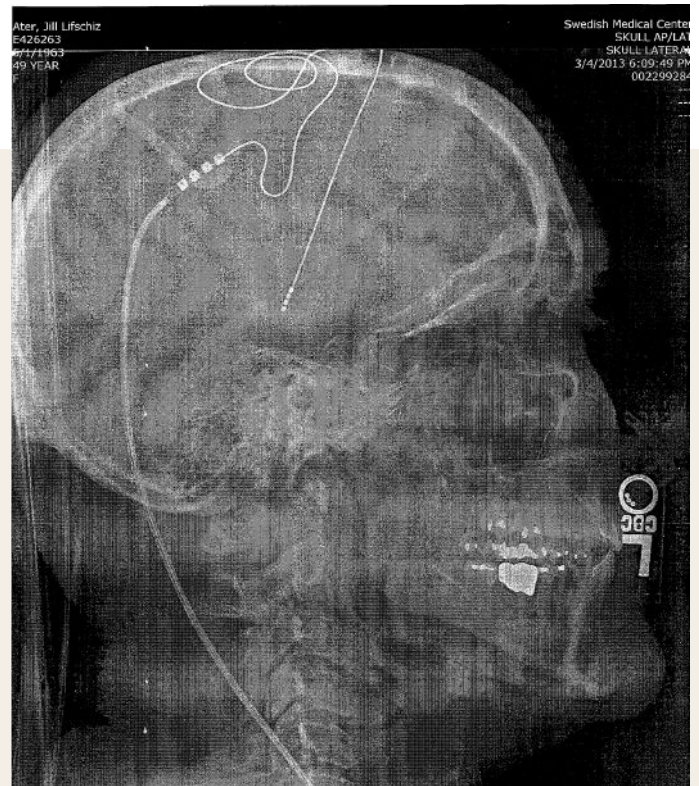
You wouldn't be able to tell by looking at her that Jill Ater has a battery pack in her chest, or a thin wire running from it to an electrode slipped securely into her subthalamic nucleus—a portion of the middle brain about the size of an olive. Nor would you be able to tell that about two inches behind her hairline is a dime-sized hole in her skull, today covered securely with a plastic cap.

It was through that hole that neurosurgeon and neuroscientist Dr. Adam Hebb, working at the Swedish Medical Center in Denver, Colo., first slid that 1.7-millimeter wire into Jill's brain in search of that subthalamic nucleus, because reaching that point and providing electric pulse stimulation to that very spot would alleviate her Parkinson's symptoms for good.

Some say the idea behind Deep Brain Stimulation began with a surgical accident. According to a 2001 paper by researchers from the Department of Neurosurgery at the New York Medical College, Dr. Irving Cooper, an expert in movement disorders such as tremors and Parkinson's, was performing a pedunculotomy, a severing of

the cerebral peduncle (an area of the brain that receives and transmits motor information), on a patient with tremors in 1952. Pedunculotomy was then considered the best surgical option for involuntary movements, but while operating, Cooper damaged the patient's anterior choroidal artery. When the patient came to, Cooper discovered that his tremors had stopped, leading the surgeon to purposefully ligate the anterior choroidal arteries of future tremor patients.

The new procedure provided inconsistent results, so Cooper began permanently damaging targeted areas of the brain in various ways in order to reduce involuntary movements and stiffness. Following on the heels of Cooper's work, he and other researchers began to discover that the same results—a cessation of tremors and rigidity in epileptic and stroke patients—could be achieved when certain areas of the brain were stimulated with electric pulses. In 1979, Cooper implanted his first brain stimulator. Though Cooper died in 1985, the surgery he had a hand in developing continues to thrive. The FDA approved DBS for tremors in 1997. It was approved



A battery pack in Jill's chest turns on wires that are implanted in her skull and neck, releasing an electrical current that overrides abnormal impulses caused by Parkinson's.

to treat Parkinson's in 2002.

For all this incredible scientific discovery, no researcher knows exactly why the procedure works. Their best guess, says Sierra Farris, the DBS programmer who worked with Jill and her neurologist, Dr. Monique Giroux, is that the stimulation overrides abnormal impulses.

Whatever the science, though, DBS is not only working, but working long-term. Parkinson's patients who opted for the surgery back when it was first approved are still benefitting from the effects, and there's no

indication their symptoms will be coming back.

As for Jill, who underwent surgery to treat the symptoms on the left side of her body in 2013, she admits that it's awfully frightening to face brain surgery and all of its possible side effects and complications—ranging from infection to death—but her only regret is not doing it sooner. As she preps to do it all again in July to treat ever-increasing symptoms on her right side, Jill says she isn't frightened this time around. "I'd do it tomorrow if I could," she says.

I had a huge bank loan for work, and it wasn't getting any smaller. Then I found out that a former business partner had betrayed me. With all the escalated emotions and stress, it is no coincidence that my PD symptoms got noticeably worse, as stress makes Parkinson's, like so many other diseases, worse. By August of 2012, I was taking nine Sinamet a day, more than double what I had been taking previously. I had stopped the Mirapex a year or so prior because of its side effects, namely compulsive behavior and relentless insomnia. But still I was not sleeping; had constant cramping in my hand, arm, and thigh; and, although I had not experienced them earlier, the tremors that are usually associated with Parkinson's were now

occurring frequently. When the meds worked, I was fine. When I was stressed, or often even when I was not, the meds didn't work at all. Unfortunately, since PD is a progressive disease, it was all expected to happen sooner or later—and it was expected to continue to get worse.

The doctors wanted me to consider Deep Brain Stimulation (DBS) surgery. The surgery has been used to treat Parkinson's for well over 10 years and has a strong track record of improved symptom control. Because of the intensity of the surgery, as well as the cost (usually approved by insurance), it often is considered a last resort.

I had no desire whatsoever to have a hole drilled in my skull, so I said "no" and continued to exercise and eat well, and I tried various

ways to limit my stress. I went gluten-free, took probiotics, had acupuncture and chiropractic treatments, and met with a hypnotist. But I still kept getting worse, so I finally agreed to meet with a neurosurgeon and get his take.

NEUROSURGEON #1 SEEMED LIKE an intelligent guy. He only had one patient die in the eight years that he had been doing DBS, which really is good odds, though I'd prefer that number be zero. I asked him what he would recommend if I were his sister. He said there was some new technology coming out, and he suggested I wait.

Neurosurgeon #2 said I absolutely shouldn't consider DBS at this juncture and that all I had to do was increase the Sinamet and add

taking me off most of the meds, she ordered major blood work to determine if anything else was going on inside my exhausted and aching body and brain. She then suggested we take two simultaneous paths—one path for traditional medicine-based treatment and the other path toward Deep Brain Stimulation surgery, an option I had dismissed just a few short months earlier.

DECIDING TO HAVE DBS is not a quick process, as there are about six months' worth of hoops to jump through in preparation. There are MRIs, blood work, X-rays, doctor exams, and a four-hour evaluation by a neuropsychologist. In the meantime, I continued with the exercise, a gluten-free diet, probiotics, acupuncture, chiropractic treatments, and hypnotism.

And I continued to get worse.

At that point, the decision was to either have the surgery or risk my mental and emotional well-being, which was quickly deteriorating along with my physical health. My 12-year-old son had to help me get dressed. I couldn't go to the gym because I hurt too much. I wasn't sleeping. I was ineffective at work. I was completely depressed. I knew I had to have the surgery because I couldn't live like this anymore.

After clearing everything with our insurance company, my DBS surgery was scheduled for March 4, 2013.

IN 20 YEARS OF MARRIAGE the only time I had seen my husband cry was when our first son was born. As I lay in the hospital bed, I had to ask him to leave for fear I wouldn't be able to continue.

With him out of the room, doctors and nurses pumped me full of painkillers and nailed a fiberglass frame to my skull to keep my head immobile during surgery.

After an excruciating hour in an MRI machine, the DBS team put me under general anesthesia, and when they brought me to consciousness, there was a dime-sized hole in my head and a wire plunging directly into the middle of my brain. In most DBS procedures, the surgeons wake you up to do testing to make sure the wire placement is correct, but since the brain has no feeling, I didn't feel any pain. In fact, I felt strangely normal. They tested different wire locations and different amounts of power for about 30 minutes until the surgeon was pleased with the results. Then the team put me back under, sewed up the seven-inch incision in my head, fed the wire down my skull and neck, and implanted a battery pack in my chest.

After a total of seven hours in the operating room, I woke up in the recovery area. Eventually, my husband and youngest son were able to come see me. We all cried. The worst was over.

I spent just one night in the hospital. For two days afterward I experienced what doctors call a honeymoon period, meaning that although my battery power wasn't turned on yet (and wouldn't be

After an excruciating hour in an MRI machine, the DBS team put me under general anesthesia, and when they brought me to consciousness, there was a dime-sized hole in my head and a wire plunging directly into the middle of my brain.



another medication called Tasmar. I asked him about the drug's side effects, and he warned me that Tasmar could cause serious liver issues. So I got a liver test, started on the Tasmar—and then stopped sleeping *entirely*.

After four nights without a wink of sleep, I found myself hearing voices and engaging in completely compulsive behavior. I called a business associate at 9:30 in the evening to tell him his PowerPoint presentation that afternoon had “totally sucked.” On that fourth night, my husband called me at the office to see where I was. It was 2:30 in the morning, and I was reformatting documents for a presentation to a client. Well, “reformatting” isn't quite the right word. “Destroying” would be more accurate.

A call to Neurosurgeon #2 the next day revealed that there were other potential side effects of Tasmar, notably manic behavior and altered consciousness. He suggested Ambien. My husband suggested a new neurologist.

When I arrived at the office of movement disorder specialist and neurologist, Dr. Monique Giroux, I was at my wits' end. I was in pain. I was exhausted. I was shaking with tremors. I was depressed. And I was petrified. She calmly suggested we first worry about “getting me off the cliff,” and then we could talk treatment plans. After

All in the Family

Just a few years ago, there was no known genetic link for Parkinson's disease through family lines, but researchers are beginning to think differently, largely due to the LRRK2 (pronounced Lark-2) gene mutation found largely in populations of Ashkenazi Jews and North African Arab-Berbers.

Jill's family is a sad case in point. After attending a seminar by Jim Langston, scientific director and founder of the Parkinson's Institute in Sunnyvale, Calif., Jill approached him and ran through a brief family

According to the Michael J. Fox Foundation for Parkinson's Research, just 10 percent of Parkinson's cases in the general population seem to have a genetic link, and the majority of those cases are the result of changes in LRRK2. But 15 to 20 percent of Parkinson's cases in Ashkenazi Jews and about 40 percent of cases in North African Arab-Berbers are the result of LRRK2.

While helpful, the LRRK2 connection and what it might tell us about Parkinson's patients is limited so far, though studies have been popping

up worldwide.

The Michael J. Fox Foundation, for example, is spearheading a consortium

made up of more than 30 research teams to better understand the LRRK2 mutation and help identify drugs to target the gene.

Jill's two sons, age 16 and 13, are still too young to undergo testing, but Jill admits they'll approach it with caution. Having the LRRK2 gene is not a surefire Parkinson's diagnosis, and even if it were, says Jill, at this point, there's really not much they can do about it.

"10 percent of Parkinson's cases in the general population seem to have a genetic link."

history. She was diagnosed with Parkinson's in 2005 at age 42. Her mother was diagnosed years earlier. Though she didn't know it at the time of her own diagnosis, her sister would be diagnosed five years later at age 46. The family is of Eastern European Jewish descent. After taking a saliva test through 23andme, a company that sequences human genomes, the family learned that all three of the women carried the LRRK2 mutation.

It is still too early for Jill's teenage sons to undergo genetic testing for the LRRK2 mutation. It's a bridge they will cross with caution in the future.



for another three weeks), I was oddly symptom-free, a fabulous side-effect due to the swelling in my brain. After that second day, my symptoms returned. The third day, my husband removed the bandages from my head. After five days, I was allowed to wash my hair. After two weeks, I was back at work. But during those first three weeks post-surgery, I was back on *all* my Parkinson's meds, as I had to wait for the post-op swelling to subside in my brain before the doctors could turn on the neurostimulator battery. So, despite my surgery, I was facing tremors and sleepless nights all over again.

Three weeks after surgery, Alan and I met with Sierra Farris, my neurostimulation programmer (yes, there is such a job), to get my unit turned on. The night before, I had to be off all meds again and had yet another completely sleepless night. But when Sierra turned that thing on, my trembling and cramping instantly and completely stopped. Alan and I both cried. Crying has become a part of our world, but this time it was tears of absolute joy.

I now have a plugged-up hole in my skull, 2.2 volts of electricity running from my chest, up my neck, and into my brain—and I haven't felt this great in more than two years. In the year since I've been "turned on" (I love saying that!), I have been completely free of symptoms on my left side. I am sleeping through the night and am down to three pills a day.

But DBS is not a cure, and Parkinson's is a progressive disease.

Every DBS recipient is different, and no one knows for sure just how long the benefits will last, but studies are showing that patients who had DBS actually have a better long-term prognosis than those who didn't have DBS. I will continue to get other Parkinson's symptoms, including issues with balance and cognitive problems, and the surgery only helped calm symptoms on the left side of my body. In the coming year, I will do it all again in order to treat the growing symptoms affecting the right side of my body. I am keeping my fingers crossed that during the next 10 years a cure is found for this terrible condition. But whatever the future may have in store, I refuse to allow this disease to define my life.

I am, and always will be, much more than the sum of my parts—wires or no wires. **0—**

Just the Start

For more information on Parkinson's and its related research ...

The Michael J. Fox Foundation
www.michaeljfox.org

The Davis Phinney Foundation
www.davisphinneyfoundation.org

The Parkinson's Association
www.apdaparkinson.org

Jill Ater founded 10 til 2, a staffing company based in Denver, Colo. She was recently named one of the Denver Business Journals' Outstanding Women in Business. She owned the business for 10 years and notes that nine of those years were spent battling Parkinson's disease, just to prove, as she says, "It doesn't have to stop you." She recently sold the company and now is a career and life coach in California.



– **SERIOUS** –

Style

With **Lilliana Vazquez**,
George Washington

By **Naomi Ratner**, *Syracuse*

PHOTOGRAPHS BY ALISON CONKLIN | ILLUSTRATIONS BY EDWIN FOTHERINGHAM



Lilliana Vazquez

is one Cheap Chica, but she doesn't sacrifice style: "Fashion isn't reserved for women who can afford the latest Céline bag. It's for women everywhere—they just need to know where to go and how to find the deals."

As a fashion blogger, style expert and TV correspondent, Lilliana provides inspiration for women who want to dress their best for less at CheapChicas.com. The online fashion resource shows everything from daily deals to discounted versions of celebrity looks that encourage a thrifty price model.

"In my world, style should always be accessible, attainable and affordable," says Lilliana,

“Never travel without a really good pair of dark skinny jeans, even if it’s a trip to Mexico and it’ll be 88 degrees.”




who contributes to the *Today Show*, *Access Hollywood*, *E! News* and others (using Kappa friends as models for segments when she has the chance).

The best spots for some serious finds? Designer deals at Nordstrom Rack, TJMaxx, Marshalls, Century21, eBay and outlet stores; wallet-friendly pieces at Old Navy and Forever21; and great deals from British retailers like ASOS, Miss

Selfridge and Dorothy Perkins.

Here’s some advice: Never travel without a really good pair of dark skinny jeans, “even if it’s a trip to Mexico and it’ll be 88 degrees.” And wisely, never wear more than two trends at a time.

Find more tips from Lilliana in *The Cheap Chica’s Guide to Style: Secrets to Shopping and Looking Chic* at booksellers. Follow Lilliana on Twitter and Instagram at @LillianaVazquez. 

QUIZ

What kind of Chica are you?



1. YOU’RE AT THE MALL AND YOU SEE THE PERFECT LEATHER JACKET, PRICED WAY OUT OF YOUR BUDGET. YOU . . .

- a.** Walk right past it, headed straight for the movie theater.
- b.** Buy it with zero hesitation. Every celebrity is wearing these Acne jackets right now!
- c.** Ogle it, pet the leather, and vow to start saving your money so you can come back and get it in a few months.
- d.** Get it . . . then return it two days later. Luckily, on your way out of the store, you see another one just like it for much less—and you deserve a pick-me-up after the week you’ve had!

2. WHEN YOUR CREDIT CARD BILL COMES EVERY MONTH, YOU . . .

- a.** Pay it off in full. No carried balances here!
- b.** Pay the minimum balance. You’ll have the money one day, but right now, this is the only way to maintain the kind of lifestyle you want.
- c.** Pay as much as you can for the next few months until you cover the cost of the Céline purse you splurged on.
- d.** Were ready to pay it off in full, but then you went on that shopping spree when you and your boyfriend broke up . . .

>>

3. DO BRAND NAMES AND DESIGNERS MATTER TO YOU?

a. Nope! As long as it looks OK, I don't care where it came from.

b. Definitely. I wouldn't be caught dead in a no-name label.

c. Sometimes, but I have a mixture of high-end and low-end items in my closet.

d. I don't care too much about where it came from; I just love that high I get from buying something new.

4. WHEN DO YOU DO MOST OF YOUR SHOPPING?

a. Only when there's something I absolutely need.

b. The question is, when don't I shop?

c. When I get a notice telling me my favorite store is having a sale.

d. When I get a promotion at work—I earned it!

5. HOW DO YOU RATIONALIZE YOUR SPENDING?

a. No need to justify anything—I got only the item I needed at a price that was within my budget.

b. When I'm older, I won't care as much about how I look. Now is the time to dress my best!

c. I brought my lunch to work every day this week so that I could get the bracelet I've been eyeing.

d. My friends all dress a certain way, and it's not fair that I shouldn't be able to, too.

6. YOUR GO-TO BUTTON-DOWN SHIRT IS STARTING TO LOOK A LITTLE WORSE FOR WEAR. WHAT DO YOU DO?

a. Keep wearing it regardless. I want to get as much mileage as possible out of it as I can before having to shell out for a replacement.

b. Head straight to Theory to pick up another.

c. Disguise it as best I can under blazers and with bold accessories until the Gap emails me a coupon.

d. Go buy one . . . along with a new skirt, belt, and watch to wear with it! I lost three pounds this week, so I'm feeling good!



“In my world, style should always be accessible, attainable and affordable.”

You're a Sale-Only Chica.

IF YOU CHOSE MOSTLY A's. This Chica is frugal and always diligent about her purchases. She most likely pays her credit card off every month and doesn't spend money she doesn't have. Fashion may or may not play a large role in her day-to-day life. She likely doesn't realize that having style doesn't have to mean breaking the bank, or she doesn't see the value in dressing her best.

If this sounds like you, *The Cheap Chicas Guide* shows you how to expand your fervor for fashion (while still being financially responsible). Shopping can be stress-free with tips like taking the time to look good when shopping, asking for help and using a stylist.

You're a Splurge Chica.

IF YOU CHOSE MOSTLY B's. This Chica loves fashion and worships labels. She has to have something if it's the latest trend or the hottest brand. She generally doesn't think about the cost and is willing to have credit card debt to get what she needs and keep up with her crew fashionwise. She needs to learn what havoc her spending habits might have on her financial future and be educated in all the lower-cost options that exist.

Is this you? If so, *The Cheap Chicas Guide* is just what you need! Use the Hollywood method—find inspiration in magazines and movies, but shop similar looks for cheaper and save splurges for items that will get a lot of wear.

You're a Sensible Chica.

IF YOU CHOSE MOSTLY C's. This is a Chica who loves to shop, enjoys fashion, and likes to have nice things—but she does it within her financial limits. She saved long and hard for her Miu Miu leather jacket, and she'd be devastated to know that the same coat sold for nearly half the price online. Though she's a good mix of sense and style, she could make her money go further by educating herself on other options.

If that describes you and your spending habits, *The Cheap Chicas Guide* can help you uncover secrets to stretch your style and budget even further by breaking bad habits, using a tailor and going rogue (hint: step outside of the women's department).

You're a Spontaneous Chica.

IF YOU CHOSE MOSTLY D's. Whether she's bored or just in need of retail therapy, this Chica shops with her emotions, spending money she doesn't necessarily have on things she doesn't necessarily need. It's important that she recognize her spending habits and learn new and helpful ways to shop more for what she really needs and less to fill a void.

If this sounds familiar, *The Cheap Chicas Guide* can help you put a stop to these dangerous habits. Strategies include managing shopping receipts and returns, transferring your passion to healthy habits and re-thinking rewards, because 30 years from now you won't be wearing the Herve Leger bandage dress you bought on a whim in Vegas.



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REMIX

Some things change ...
Some things stay the same

Make It Count

One Heart.

One Kappa. Join the Kappa Foundation's campaign to build up the women around us and create a future that is more than we could achieve on our own. Be a part of one Kappa future!

www.kappa.org/foundation





A PULITZER PRIZE-WINNING ALUMNA

Writer Brings in the World While She Keeps It at Bay

Donna Tartt Talks, a Bit, About 'The Goldfinch'

—By Julie Bosman (reprinted from *The New York Times*, Oct. 7, 2013)

PHOTO BY ANNIE LEIBOVITZ

Donna Tartt is the kind of writer who makes other writers, in the words of her fellow Southerner Scarlett O'Hara, pea green with envy.

She is so thoroughly well read that she is known to quote entire poems and passages from French novels at length in her slight Mississippi twang. In photos, she projects a ghostly mystery, her porcelain skin and black bob suggesting a cross between Anna Wintour and Oscar Wilde. And her self-confidence is so unshakable that it wouldn't occur to her to fret that her novels, all three of them, only come out every decade or so.

Ms. Tartt, 49, is making a rare emergence from her writerly cocoon for the publication on Tuesday of "The Goldfinch," perhaps the most anticipated book of the fall season, a 771-page bildungsroman that has been called dazzling, Dickensian and hypnotizing. She avoids most interviews and has zero desire to be a regular on the book-world circuit of panels, readings and award galas.

Arriving for lunch last week at a restaurant in Greenwich Village, Ms. Tartt shrugged off her tiny jacket and immediately lamented her discovery on the way over: the Barnes & Noble nearby had closed.

"I saw William S. Burroughs there once," she said, sounding mournful, then jumped into a rat-a-tat history of the book business from before the Internet to the current age of e-books, recalling that when her first novel was published, it was typeset in the old-fashioned, pre-computerized way.

"It's very weird," she said. "The odd thing about it is that it's so long between books for me that the publishing world changes completely every time I'm out, so it's like I've never done it before."

Ms. Tartt became an instant celebrity with the publication of "The Secret History," her 1992 novel about a pack of murderous classics scholars at a private college in New England. The book has sold more than five million copies and has been translated into dozens of languages.

It was about two weeks before the publication of that novel that she became spooked by all the attention. The release was accompanied by a profile in *Vanity Fair* proclaiming that Ms. Tartt was “going to be famous very soon — conceivably the moment you read this.”

“I learned pretty early on that I wasn’t cut out for sort of the public, literary...” she said, her voice trailing off, and her light green eyes darting to the side. “Too much noise, too much hubbub, too much.”

To her relief, the publicity subsided, and Ms. Tartt went back to her writing, rarely granting interviews or discussing her private life. (For the record, she is unmarried, has no children, and divides her time between Manhattan and the Virginia countryside.) Ten years after “*The Secret History*,” Ms. Tartt and her publisher, Knopf, released “*The Little Friend*,” a story set in the South that received much less enthusiastic reviews but still sold briskly.

She got back to work on a new novel that had its beginnings during trips to Amsterdam more than 20 years ago. Ms. Tartt is a lifelong keeper of notebooks, and some of the earliest scenes in “*The Goldfinch*” were taken from notes dated 1993. “I was writing for a while not knowing what I was writing,” she said. “That’s the way it’s been with all my books. Things will come to you and you’re not going to know exactly how they fit in. You have to trust in the way they all fit together, that your subconscious knows what you’re doing.”

The book was centered on a 1654 painting by the Dutch artist Carel Fabritius — the “*Goldfinch*” — that Ms. Tartt, speaking with the authority of an art historian, said is the “missing link” between Rembrandt and Vermeer.

Much of Ms. Tartt’s research and writing took place in the marble-and-wood-paneled Allen Room at the New York Public Library’s flagship building on Fifth Avenue, where she worked

regularly in the mornings, writing with plain ballpoint pens in spiral-bound notebooks. She kept potential distractions to a minimum; Ms. Tartt isn’t on Twitter and said that if she uses the Internet at all, it’s usually to find a restaurant address.

A trip to Las Vegas that she initially resisted — “It’s a long story,” she said — gave her the realization that much of the novel should be set there, a decision that gave the book its sweep that went beyond New York and Amsterdam.

The book, which took more than 10 years to write, is narrated by Theo Decker, a 13-year-old New York boy whose world is violently disrupted during a routine visit to the Metropolitan Museum of Art with his much-adored mother. A terrorist bomb explodes, killing Theo’s mother and other innocents, including a man who, just before dying, implores Theo to take “*The Goldfinch*” out of the smoking wreckage of the museum.

For nearly 800 pages, the book asks deep questions: whether it is possible to be good, what part love plays in our behavior and what in life is true and lasting. Writing in *The New York Times*, Michiko Kakutani said that the novel “pulls together all her remarkable storytelling talents into a rapturous, symphonic whole and reminds the reader of the immersive, stay-up-all-night pleasures of reading.”

Michael Pietsch, her editor at Little, Brown & Company who is now the chief executive of Hachette Book Group, its parent company, said: “I can’t think of another writer who invents every character and every setting from so entirely within the characters and within the place. You never doubt for a second that you’re experiencing something real.”

The Dickensian sweep of “*The Goldfinch*” has its roots in Ms. Tartt’s childhood in

Grenada, Miss., where she began writing and drawing her own books when she was 5 years old. Taking copies of *National Geographic*, she would cut out pictures of a zebra or a child, and write a story about the picture. “I wrote books in this way, around images,” Ms. Tartt said, something that didn’t occur to her until “*The Goldfinch*” — a book that surrounds an image of a luminous yellow-tinged bird — was complete.

As a teenager, she worked at the local library and read nearly everything in it, devouring 19th-century novels in earnest. “I read so much Dickens when I was a kid growing up that those books are more inside me now than they are outside me,” Ms. Tartt said.

With the publication of “*The Goldfinch*” only days away, Ms. Tartt was getting ready, somewhat reluctantly and while fighting a cold, for all its accompaniments: a book party, a 12-city book tour that would take her from Nashville to Edinburgh. By sheer coincidence, on Tuesday, her publication date, an exhibition of paintings by Dutch masters will begin at the Frick Collection in Manhattan. “*The Goldfinch*” is among them. (A spokeswoman for the Frick said the exhibition was planned without knowledge of Ms. Tartt’s book.)

“My Dutch publisher called me and said, ‘You’re never going to believe this,’” Ms. Tartt said. “It’s really kind of strange. It was very moving to me in a weird way. Just to make sure I got the point, it wasn’t the approximate date. It was the exact date.”

This article about Donna Tartt, Mississippi, was originally published in The New York Times on Oct. 7, 2013, and has been reprinted with permission from The New York Times. Copyright © 2013, The New York Times Company.



WORTH THE

Wait

JoAnne Carlson Kruger, *Washington State*, pledged **Gamma Eta Chapter** in 1950. Love soon got in the way; her boyfriend proposed, and she left school before being initiated. Sixty-three years later (assisted by her daughter, **Cindy Haffner Howe**, *Washington State*), JoAnne was initiated at the age of 81. Congratulations!



Write a Reference

Submit a reference for your daughter, sister or anyone else who you think might be interested. Send the Membership Reference form (found at www.kappa.org) to the Membership Chairman of the chapter. Find addresses with the Chapter Locator at www.kappa.org.

888-NOT-HAZE

SEPTEMBER 22-26

National Hazing Prevention Week is Sept. 22-26. Reaffirm your commitment and bring attention to this international problem. Visit www.hazingprevention.org to learn what you can do to prevent hazing. As a sponsor of the National Anti-Hazing Hotline, we encourage you to call 888-NOT-HAZE to report an issue. The hotline is confidential.

Canada Day

JULY 1, 2014

Did you know? In 1867, Canada became a self-governing dominion of Great Britain and a federation of four provinces. Celebrate Canadian independence with our Northern sisters!

Gamma Upsilon,
British Columbia
Beta Psi, Toronto
Delta Delta, McGill
Zeta Omega, Waterloo

Host the Foundation

Find out what the Kappa Kappa Gamma Foundation can do for your community. To host the Foundation at your next event, email foundation@kkg.org or call 866-KKG-1870. For 25 years, the Kappa Foundation has enhanced the lives of Kappas and their communities by providing funds for educational programs, scholarships, financial aid and the preservation of Kappa's heritage. We look forward to meeting you!



Founders Day

OCTOBER 13

Wearing keys in their hair, six students walked into Monmouth Chapel on Oct. 13, 1870. While we now wear our badges over our hearts rather than in our hair, we honor the courage of Minnie, Jennie, Anna, Lou Bennett, Lou Stevenson and Sue to found our Fraternity. On Founders Day, Kappa will celebrate 144 years and more than 260,000 members. Learn more about Kappa's history and our Founders at wiki.kappa.org.

MAKE A note

TED TALK

Listen Up!

Even though 51 percent of college students are female, women are leaving the work force in disproportionate numbers.

Learn from **Cecily Rodriguez**, *Kansas State*, how the lack of flexibility in the traditional work world causes talented women to decline leadership roles or opt out of corporate America. In her TEDxBuffaloWomen segment at <http://tedxtalks.ted.com>, Cecily shares how she avoids the "leadership plateau," while achieving success with a flexible schedule.

GIRLS Academy

NOVEMBER 1

Apply by Nov. 1 to host a fall 2015 GIRLS Academy. This fall, two GIRLS Academies are scheduled: **Chi, Minnesota**, with *Twin Cities* and **Epsilon Zeta, Florida State**, with *Tallahassee*.

GIRLS Academy is a leadership retreat for middle-school girls co-sponsored by chapters and alumnae associations. Share friendship, service and leadership while encouraging girls to become strong leaders. Email education@kkg.org for more info.



70th Biennial Convention

After Convention the fun doesn't end! Visit www.kappa.org/2014Convention to see award winners, Foundation Tribute Table totals and pictures of the new Fraternity Council, as well as download workshop presentations. And while there, be sure to read *The Hoot*, the official Convention publication! Follow Kappa on Facebook and Instagram to see more photos and stories from Convention. #KKGHouston



IN brief



NEW MEXICO

Healing Hands

Rachel Bujewski, *New Mexico*, has always been grateful for family. After her father died when she was 6 years old, Rachel's mother, **Grace Thompson**, *New Mexico*, raised her and older brother, Kurt. The financial burden of a college education is significant for Rachel and her family.

To pay for tuition and related expenses, Rachel works 25 hours a week in a restaurant. When not working, she leads a weekly youth group for troubled middle-school girls, delivers meals to the homeless with Road Runner Food Bank and shadows a physical therapist to prepare for her career as a physical therapist.

Rachel chose physical therapy because of her strong desire to help others, which she attributes to her mother's example—and Kappa. "I see Kappa in the way she treats others with kindness and respect, in the way she never gives up, and the way she walks through life as a strong woman."

Upon hearing that she was selected for the Bette Lou Albert Memorial Scholarship for 2013–2014, Rachel cried tears of relief.

Established in 2012 with a gift from the estate of **Bette Lou Albert**, *New Mexico*, this fund provides one scholarship annually.

Rachel says the scholarship

LEFT: THINKSTOCK



PRESIDENT'S CORNER

Planning to Succeed

Setting a goal with achievable steps is the best path to success. Under the new Chapter Strategic Plan, all collegiate members take a survey, which guides chapter goal setting, the master calendar and budget. Clear goals will allow each chapter to evaluate its own progress. In turn, the Fraternity will provide feedback for a 180-degree Chapter Review, which will provide transparency and dialogue between chapters and the Fraternity. The Chapter Strategic Plan ensures that each chapter and the Fraternity operate soundly based upon Kappa's values. —By **Julie Marine Leshay**, *Colorado College*

allows her to spend less time at her job and more time working toward her dream of studying to become a physical therapist for veterans.

“Physical therapy school is very expensive, and right now I am saving every penny I have in order to afford it one day.” Thanks to the scholarship, many of her day-to-day expenses are covered, allowing her to save her earnings to pay for her graduate education.

Rachel cherishes the extra time she is able to spend with her sisters.

To learn more about the Kappa Kappa Gamma Foundation, visit www.kappa.org/foundation.

ILLINOIS

Rose McGill Offers Relief

At 1 a.m. on Jan. 6, 2014, **Sophia Son**, *Illinois*, woke to her younger sister screaming as water and debris from a burst pipe came raining down on her. No one was hurt, but Sophia and her family lost most of their possessions to water damage. At the time, Sophia was home in Arkansas for winter break and her mother, who had declared



bankruptcy, was in no position to endure another financial setback. Sophia considered dropping out of school to work full time.

A pre-med student majoring in molecular and cellular biology, Sophia joined **Beta Lambda Chapter** in her sophomore year. She says her family knew nothing about Greek life, having come from Korea when Sophia was 10. “My mom thought I was just living with a group of girls in a house where someone cooks for you,” she says. That perception would soon change.

Prior to the flood, Sophia learned about the Kappa Foundation while attending Leadership Academy, which she thought would look good on a résumé—“but it was so different,” she says. “All those girls wanted to lead their chapters.” She ran for Chapter Council and

was elected Registrar.

Thanks to the Kappa Foundation’s Emergency Assistance, Sophia was able to stay in school after the flood. When she received funds in two days from the Foundation,

Sophia’s mother began to understand how much Kappas help one another. Sophia says that without the aid, “I wouldn’t be [in school] right now.”

In the aftermath of the flood, **Sally Cowdery Spencer**, *St. Lawrence*, chairman of Rose McGill Confidential Aid and Disaster Relief to Undergraduates, helped Sophia find legal assistance through members of the **Little Rock Alumnae Association**. “They had no idea who I am. That they were willing to help means so much,” Sophia says. She hopes one day to be able to give back and “return that appreciation that they gave me.”

Sophia volunteers at the local Boys & Girls Club and works as a research assistant. She hopes to attend medical school in Chicago after graduation.

For more about Rose McGill Aid, email foundation@kkg.org or call 866-KKG-1870.



ASPIRE TO BE ...

Bold

What began as a “what if...” turned into reality. **Alyssa Zinga**, *North Carolina*, says the terrifying but exhilarating experience of bungee jumping in Interlaken, Switzerland, helped her develop a sense of fearlessness that she will take into the working world.

Gamma Gamma Chapter

RAISED \$25,000 FOR CHARITY.

The **Gamma Gamma Chapter**, *Whitman*, fundraised \$25,000 this year. The funds support a local Walla Walla, Wash., nonprofit agency, Trilogy,

which works with youth who struggle with alcohol and drug addiction and will allow the organization to start a Latino outreach program. Funds also went to GIRLS Academy and the Kappa Foundation. In the past, Gamma Gamma has supported brain cancer research and farm sustainability.



key

ACHIEVEMENTS

Renée Nicholson

BUTLER Renée's collection of poems, *Roundabout Directions to Lincoln Center*, was published in the spring of 2014 by the Crossroads Poetry Series of Urban Farmhouse Press. Renée served as the 2011 Emerging Writer-in-Residence at Penn State Altoona and is currently assistant professor in the Multidisciplinary Studies Program at West Virginia University, with discipline specialties in creative writing, dance and marketing communications. Having begun her career writing poems and stories in the **Mu Chapter** house, Renée is devoted to creating a community for writers and readers and co-founded a book discussion podcast, *SummerBooks*, as well as a literary journal, *Souvenir*, in 2012. Find out more at www.reneenicholson.com.

Sara Iacovino

DICKINSON Sara, Membership Chairman at **Epsilon Omega**, leads her chapter in volunteering with the YWCA Homework Club in Carlisle, Pa. As the liaison for the club at Dickinson, Sara recruited her fellow Kappas to assist at the after-school program for low-income families. Sara and 20 of her sisters volunteer at least once a

week to assist with homework, organize learning stations and teach important skills such as tolerance and respect. Sara has an internship with RedPeg Marketing in Alexandria, Va., and is considering joining Teach for America after graduation to continue her passion for teaching children.

Donna Jackson Nakazawa

DUKE Exploring the edges of medicine, Donna, an award-winning science journalist with an autoimmune disorder, unveils an obscure branch of research showing the link between "adverse childhood experiences" and chronic illness in adulthood in her new book, *The Last Best Cure*. Published by Hudson Street Press in February 2014, *The Last Best Cure* chronicles Donna's journey exploring the revolutionary neuroscience on how mind-body therapies such as meditation, yoga and acupuncture awaken the curative potential of our brains, change our biology, and ultimately renew our health.

Allyson Hills Clark & Lauren Hills Alsbrooks

KANSAS STATE Allyson and Lauren launched Two Dots, an online clothing boutique that features fashion staples for the wardrobe as well as trendy

pieces with a contemporary feel. Allyson and Lauren are proud to offer high-quality, reasonably priced clothes that can be worn for years to come by a variety of ages. The boutique can be found at www.shoptwodots.com or www.facebook.com/shoptwodots. They also have pages on Instagram, Twitter, and Pinterest.

Nicole Metzger Brewer

SMU Nicole co-founded Smocked Auctions with a simple idea—sell extra

inventory of children's clothes on Facebook. Her passion for quality children's clothes, classic design and an excellent deal resulted in Smocked Auctions, a multimillion-dollar business. Smocked and monogrammed boys' and girls' clothing is sold through online bidding on the social networking site, a retail concept called F-commerce. Nicole hired **Jacey Kessen Kunka**, Miami (Ohio), and they have been able to reconnect as former Leadership Consultants, as moms of young



SUSAN G. KOMEN WALK

Six members from **Eta Gamma**, San Diego, celebrate raising \$10,000 for breast cancer after walking 60 miles in the 3-day Susan G. Komen Walk in San Diego. Passionate for this cause since Susan G. Komen is their chapter philanthropy, all six women also have had breast cancer affect a family member.

children, and now as business associates. Visit www.smocke-dauctions.com for more.

Alice Matthews Ericson

WILLIAM & MARY Alice is the author of *A Chronicle of Civil War Hampton, Virginia*, published in 2014 by The History Press. A ninth-generation Virginian, Alice's interest in the Civil War comes from her family's experience under federal occupation in the war years, 1861–1865. She was inspired to capture family stories before they are lost to memory and to explore the history of civilian life in Hampton and Elizabeth City County, Va., shortly before, during and after the war. Available on amazon.com, Kindle and other bookstores.

Rachel Weber Haugo

IOWA STATE Rachel was named lifestyle editor at *Allrecipes* magazine in October 2013. Rachel started at Meredith Corporation as an editorial apprentice in the Better Homes & Gardens Special Interest Media group in 2006. Upon graduation in 2007, she worked on multiple brands at Meredith including BHG.com, *Better Homes & Gardens' Kitchens and Bath Makeovers* and *Lowe's Creative Ideas*. *Allrecipes* magazine, launched in November 2013, is the print extension of Allrecipes.com. She is a former President of the **Des Moines Alumnae Association**, currently serves as an adviser to the VP-AE and Events Chairman at Iowa State, and is a member of the **Ames Alumnae Association**.

Karen Pszanka Layng

ILLINOIS Karen leads the Girl Scouts of Greater Chicago and Northwest Indiana as president and chairman of the board. It is the largest council in the nation with 84,000 girls. Karen is chairman of the construction law group, Vedder Price, and has extensive litigation

experience before federal and state courts. The new Girl Scout board includes prominent corporate executives and entrepreneurs representing industries ranging from technology to financial services.

Julia Dixon

AKRON Julia was invited to the White House in February by the office of the vice president and the Council on Women and Girls to discuss sexual assault on college campuses as a part of a new task force, the White House Task Force to Protect Students from Sexual Assault, started by President Obama. Julia met with senior White House officials about what the task force can do to effect change at collegiate and governmental levels. A survivor of rape as a freshman on her college campus, Julia believes that sexual assault needs to be tackled at the highest level and she is honored to have been invited to be a part of the solution.

Nita Stormes

OHIO WESLEYAN U.S. Magistrate Judge Nita L. Stormes received the Distinguished Alumni Award from University Liggett School in Grosse Pointe Woods, Mich. Nita was an Assistant U.S. Attorney for the Southern District of California and served as chief of its Civil Division from 1995–99. She is a member of the Rules Committee for the Federal Magistrate Judges Association and a member of the Magistrate Judges Executive Board.

Andee Rudloff

MISSISSIPPI Andee is the 2013 Kentucky Art Education Association's Museum Educator of the Year. Andee is the education director for the Southern Kentucky Performing Arts Center in Bowling Green, Ky., while continuing a career as a professional visual artist, creating whimsical murals. Appointed in 2011, she serves on the board of directors of the Kentucky Arts



JILLIAN LONGNECKER

Senior vice president and head of physical productions for Exclusive Media, Jillian Longnecker, *Pepperdine*, was recently recognized in *The Hollywood Reporter's* 2013 top 35 under 35 executives in the Hollywood film industry. Jill received her M.F.A. from the American Film Institute and counts among her credits *The Ides of March*, *Can a Song Save Your Life?* and the recently released horror film, *The Quiet Ones*. Additionally, she was an executive producer on the critically acclaimed Oscar-winning documentary *Undeclared*, directed by Dan Lindsay and TJ Martin.

Council. See Andee's art at www.chicnhair.com.

Kirstie Maldonado

OKLAHOMA Kirstie is a founding member of the a cappella group, Pentatonix. After winning the third season of NBC's hit show, *The*

Sing-Off, in 2011, the group released two albums—both debuting on Billboard's Top 200 and selling more than 125,000 copies each. They have toured North America and Europe twice, regularly selling out venues. For more, visit www.ptxofficial.com.



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IN memoriam

* Adrian College

Oram, Doris Nickloy, '42, d. 11/13

Akron, University of

Scarpitti, Janet Malick, '64, d. 3/14

Alabama, University of

Russell, Kate Andrews, '51, d. 2/03

Allegheny College

Ahrens, Margaret Wheeler, '53, d. 2/14

Arizona, University of

Durkin, Alice Mahoney, '56, d. 11/13

McCaffery, Miriam, '20, d. 12/87

Arkansas, University of

Bradford, Lucille Irvin, '44, d. 12/13

Healey, Jean Stevenson, '38, d. 3/14

Joslyn, Mary See, '46, d. 12/13

Reagan, Agnes Lytton, '32, d. 12/13

Bucknell University

Cloughen, Judith Huntress, '67, d. 1/14

Butler University

Blackwell, Mabelle Sherman, '32, d. 7/88

Helmer, Becky Kuch, '66, d. 12/13

Martin, Dolores Gulley, '50, d. 9/11

Mason, Patricia Hart, '51, d. 1/14

Smaltz, Carolyn Garthwait, '45, d. 5/09

California, U. of, Berkeley

Hanchett, Gwynn Corbet, '37, d. 11/13

California, U. of, Los Angeles

Carroll, Mary Heinzelman, '39, d. 2/14

Webb, Diana Stimson, '37, d. 10/09

Williams, Jeanne Laurion, '59, d. 5/13

California, U. of, Santa Barbara

Ohlson, Cynthia, '82, d. 12/13

Carnegie Mellon University

Barry, Caroline Wallace, '44, d. 3/14

Cincinnati, University of

Brafford, Wilma Kuhn, '38, d. 11/01

Degarmo, Barbara Redmond, '46, d. 1/14

Flessa, Jeannine McCue, '50, d. 2/14

Stockstill, Ruth Heinlein, '44, d. 3/14

Colorado College

McElroy, Janice Jilka, '57, d. 1/14

Scherer, Susan Sebo, '58, d. 3/14

Weber, Nancy Nichols, '51, d. 3/14

Colorado, University of

Edwards, Miriam Briggs, '39, d. 1/06

Krill, Mary Hitt, '42, d. 2/14

Cornell University

Cable, Jane Purdy, '43, d. 2/14

Dartmouth College

Steinberg, Blaine, '13, d. 3/14

Denison University

Bishop, Catherine Lowrey, '42, d. 5/13

Brady, Alice Berg, '36, d. 10/00

White, Helen Harper, '49, d. 7/13

Wiley, Phyllis Ewan, '44, d. 1/14

DePauw University

Dorman, Eleanor Haas, '39, d. 9/12

Fucilla, Judith Clow, '51, d. 10/13

Wilhelm, Debra Easton, '85, d. 9/03

Drake University

Cox, Marilyn Brown, '51, d. 2/14

Goldman, Martha Schmach, '53, d. 9/13

Keffer, Ruth Hoffman, '41, d. 10/13

Lawyer, Marjorie Kinsey, '47, d. 2/14

Myrah, Gertrude Arant, '24, d. 12/03

Duke University

Hughes, Ann Nolen, '51, d. 2/14

Stroud, Margaret Coleman, '36, d. 9/90

Florida State University

Tarver, Liz Evans, '98, d. 1/14

Fresno State

Asador, Susan Petersen, '79, d. 1/14

George Washington University

Kinnemann, Susan, '58, d. 1/14

Thompson, Leila McLaughlin, '45, d. 2/14

* Goucher College

Singley, Margaret Kaestner, '33, d. 1/00

Hillsdale College

Carpenter, Dorothy Rhodes, '41, d. 2/14

Idaho, University of

Moore, Beth Lillard, '49, d. 3/14

Illinois Wesleyan University

Aikin, Elizabeth Ratcliffe, '37, d. 2/14

Christopher, Betty Boulton, '37, d. 1/14

Lewis, Mary Read, '47, d. 3/14

Shaw, Betty Buck, '40, d. 5/01

Illinois, University of

Bondus, Marilyn Kater, '49, d. 4/99

Elliott, Madelyn Flynn, '37, d. 12/02

Tobin, Nancy Robb, '39, d. 1/14

Trewyn, Joyce, '48, d. 5/05

Indiana University

Diener, Ann Pearson, '45, d. 6/13

Dyer, Mary Leclair, '48, d. 2/09

Hendricks, Rosemary, '40, d. 2/14

McClintock, Carolyn Holder, '55, d. 5/13

Splittorff, Bettye Reckner, '41, d. 3/14

Iowa State University

Graff, Jane, '47, d. 8/08

Iowa, University of

Chesney, Terry Tester, '42, d. 1/14

Hershey, Julia Elder, '48, d. 7/99

Phillips, Evelyn Wasem, '46, d. 3/14

Shelledy, Mary Cornwall, '40, d. 3/14

Kansas, University of

Good, Sue Stephenson, '36, d. 4/12

Grether, Anne Burton, '54, d. 2/14

Luder, Katherine Woods, '58, d. 11/13

McKinney, Zara Zoellner, '48, d. 3/14

Kentucky, University of

Campbell, Ann Estill, '48, d. 2/14

Ogden, Sue Turley, '46, d. 2/14

Severson, Martha Gregory, '43, d. 12/12

Louisiana State University

Hathorn, Frances Bradford, '54, d. 1/14

Miami University

Packard, Patricia Canning, '42, d. 1/14

Younkman, Charlotte Anderson, '50, d. 3/14

Miami, University of

Auer, Martha Ousley, '38, d. 5/12

Birr, Virginia Miles, '38, d. 3/08

Pierson, Priscilla Clarke, '38, d. 1/98

Taylor, Virginia Smith, '38, d. 6/00

Tonner, Jane Rankin, '41, d. 10/03

Wagner, Mary Moore, '38, d. 11/09

Michigan State University

Black, Elizabeth Stone, '43, d. 11/13

Michigan, University of

Glrum, Mary Lively, '48, d. 2/14

Root, Betty Barthel, '34, d. 2/14

* Middlebury College

Johnson, Shirley West, '42, d. 3/14

Minnesota, University of

Bailey, Ann MacGibbon, '49, d. 2/14

Mississippi, University of

Brandon, Carole Mixon, '48, d. 9/00

Klemme, Janell Maxwell, '58, d. 1/14

Speer, Kathryn Rodgers, '54, d. 1/14

Missouri, University of

Dipiazza, Lytton Davis, '53, d. 12/02

Roudebush, Dorothy Coleman, '34, d. 7/07

Schneider, Gwen Mason, '55, d. 5/12

White, Ann Wells, '45, d. 1/14

Monmouth College

Josephson, Mary Castle, '49, d. 2/14

Thompson, Tammy Frazier, '59, d. 3/12

Montana, University of

Jordheim, Janet Howe, '49, d. 8/13

Sax, Janice Smidt, '54, d. 3/14

Turnquist, Margaret Garrison, '44, d. 10/13

Nebraska, University of

Dowling, Mary Heaton, '35, d. 12/13

Haight, Stanley Walker, '57, d. 2/13

Rice, Winifred Edee, '44, d. 1/14

Wagener, Rosemary Kimball, '48, d. 3/14

New Mexico, University of

Rhodes, Ellen Henderson, '62, d. 2/14

Sussex, Reina Decastro, '50, d. 11/13

North Carolina, University of

Ireland, Rebecca, '68, d. 3/14

* North Dakota State University

Grothe, Joan McKenzie, '51, d. 11/13

Northwestern University

McCarthy, Mary-Ellen Schatz, '42, d. 3/14

Stultz, Elizabeth Hoff, '39, d. 2/14

Ohio State University

Cargill, Mary Swanston, '50, d. 9/92

Pumphrey, Lisa Von Haam, '56, d. 2/11

Shortz, Patricia Worton, '53, d. 2/14

Ohio Wesleyan University

Cart, Doris Parks, '40, d. 3/14

Ellis, Nancy Dalee, '43, d. 2/14

Navarro, Nancy Tucker, '50, d. 3/14

Oklahoma State University

Howell, Saralee Fisher, '50, d. 3/14

Oklahoma, University of

Bauman, Marjorie Smiley, '39, d. 5/00

Berry, Jean Clark, '40, d. 3/14

Beyette, Fayma Griffith, '32, d. 12/84

Braddock, Elizabeth Hardy, '44, d. 8/05

Foster, Margaret Brown, '43, d. 2/09

Goble, Lucille McMillan, '22, d. 11/94

Goldsby, Mary Johnson, '40, d. 8/92

Langebartel, Mildred Loomis, '36, d. 6/04

Lewis, Martha Shultz, '48, d. 2/14

Marsh, Ruth Ann Beard, '53, d. 12/11

Montagu, Elizabeth Fullerton, '32, d. 5/07

Newman, Mary Reid, '40, d. 2/05

Ritter, Barbara Christian, '40, d. 3/14

Shaffer, Adelyn Rutherford, '23, d. 4/90

Wagner, Mary Williams, '41, d. 7/04

Oregon State University

Brassey, Dorothy Barbour, '43, d. 1/14

Hollenbeck, Jean Davies, '41, d. 2/13

Karamanos, Bette Elle, '45, d. 1/14

Shaw, Harriet Hager, '39, d. 2/14

Oregon, University of

Ho, Sheila Mills, '71, d. 4/14

Stanard, Nancy Archbold, '32, d. 3/14

Pennsylvania State University

Johnston, Elizabeth Everett, '30, d. 10/07

* Pennsylvania, University of

Peters, Elizabeth Morrill, '55, d. 1/14

Pittsburgh, University of

Murray, Doris Wacker, '38, d. 2/08

Purdue University

Antrim, Liz Callison, '38, d. 3/14

Badger, Sally Runk, '59, d. 3/14

Cousino, Jeanne Wasmundt, '61, d. 12/13

Graves, Jeanne Blattman, '42, d. 1/14

McKay, Virginia Sherwood, '51, d. 2/14

Rollins College

Schnering, Ruth Scott, '36, d. 12/13

Strite, Elizabeth Rand, '33, d. 10/05

* San Jose State University

Kirtley, Barbara Mitchell, '49, d. 3/14

Little, Alice Westfall, '51, d. 2/14

Southern Methodist University

Apple, Corky Graham, '56, d. 2/14

Barnes, Martha Corley, '43, d. 1/14

Bernays, Sally Anderson, '49, d. 1/14

Cullum, Dorothy Rogers, '32, d. 1/14

Rauscher, Mary Jo McCorkle, '49, d. 1/14

Richmond, Margaret Bond, '51, d. 8/12

Syracuse University

Jewett, Mary Carlson, '43, d. 1/14

Thompson, Dorothy Pendleton, '42, d. 11/13

Tennessee, University of

Stafford, Anne, '80, d. 2/14

Texas Christian University

Smith, Kay Streit, '57, d. 4/14

Texas Tech University

Berry, Virginia Towns, '54, d. 2/14

Texas, University of

Berry, Eleanor Gammon, '67, d. 3/14

Cassidy, Mary Munger, '50, d. 1/14

Dittmer, Frances Ronshausen, '60, d. 2/14

Fosdick, Pauline Boswell, '41, d. 3/14

Keller, Josephine Elliott,

remix

SOME THINGS CHANGE... SOME STAY THE SAME

Whitney Brumley,
OHIO STATE,
Class of 2012



Betty Bacon McCoy,
GEORGE WASHINGTON,
Class of 1932

To find out how things have changed over the past 82 years, *The Key* asked **Betty McCoy**, *George Washington*, a 1932 initiate and **Whitney Brumley**, *Ohio State*, initiated in 2012. Betty stays busy playing bridge several days a week, has traveled the world and says she has never met a Kappa she doesn't like! And with no siblings, her Kappa sisters became her family. Whitney learned Kappa songs as a baby from her mom, also a Kappa. Whitney has four younger sisters whom she hopes will become Kappas as well, to join her grandmother and two aunts.

I lived in the "Dreamhouse," as we call it, for two years! The saddest part about graduating is moving out of the Kappa house.

Did you live in the Kappa house?

We did not have houses or even a dormitory when I started college, so I lived at home. We did have a sorority room on campus.

I drive a red Jeep Wrangler. I brought it to Ohio for my last semester to get to internships that are off campus.

Did you have a car while in college?

My father gave me a car. I don't remember the kind, but it was a big deal to have a car in those days!

Greek Week events are my favorite. And we love to eat, so we like to go to different restaurants and to movies. My favorite movie at this time is *The Blind Side* because I love anything to do with football!

What were your favorite social events and dates?

Dances were big and we had big, beautiful dances ... we loved to dance! And we went to movies ... I really loved movies.

We are very proud to be the top donor for Kappa Kidney Camp, a camp for children with kidney disease. We raise funds with Kappa Dog Day, where we sell hot dog and soda combos on the front lawn of the Kappa house. This is one of my favorite nights of fun!

What did your chapter do for service projects or philanthropy?

We did all sorts of service projects back then, but we didn't call it philanthropy. We always took care of poor people and made sure people who were hungry had enough to eat.

I have applied to the graduate school at Ohio State to get a master's degree in consumer science with a specialization in hospitality.

After graduation?

I got married. My husband was in the oil business and he had sort of a tour of duty all over Europe, including Hamburg after the war.

My advice is to **live in the chapter house as long as you can.** And put in to Kappa as much as you want to get out of it. The more you give to Kappa, the more joy you will receive.

Advice?

Now in my old age, I think happiness is the best thing to have. Money doesn't buy it ... you have to make your own happiness.

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In emergencies, we act. When an alert is sent, our 24/7 safety agents act instantly, pinpointing your exact location and tracking your whereabouts. There's no need to tell us where you are or what's happening, as we listen in and assess the details.

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Jogging in the park, walking alone at night—or any other times you or your family feels unsafe—a simple touch of a button arms MyForce.



2 Send an alert

A simple touch of a button sends an alert and a live MyForce security agent is immediately informed of your situation.



3 Live agents instantly start listening, recording and tracking

A live MyForce agent notifies the appropriate authorities in your area to get you the help you need—when and where you need it.

