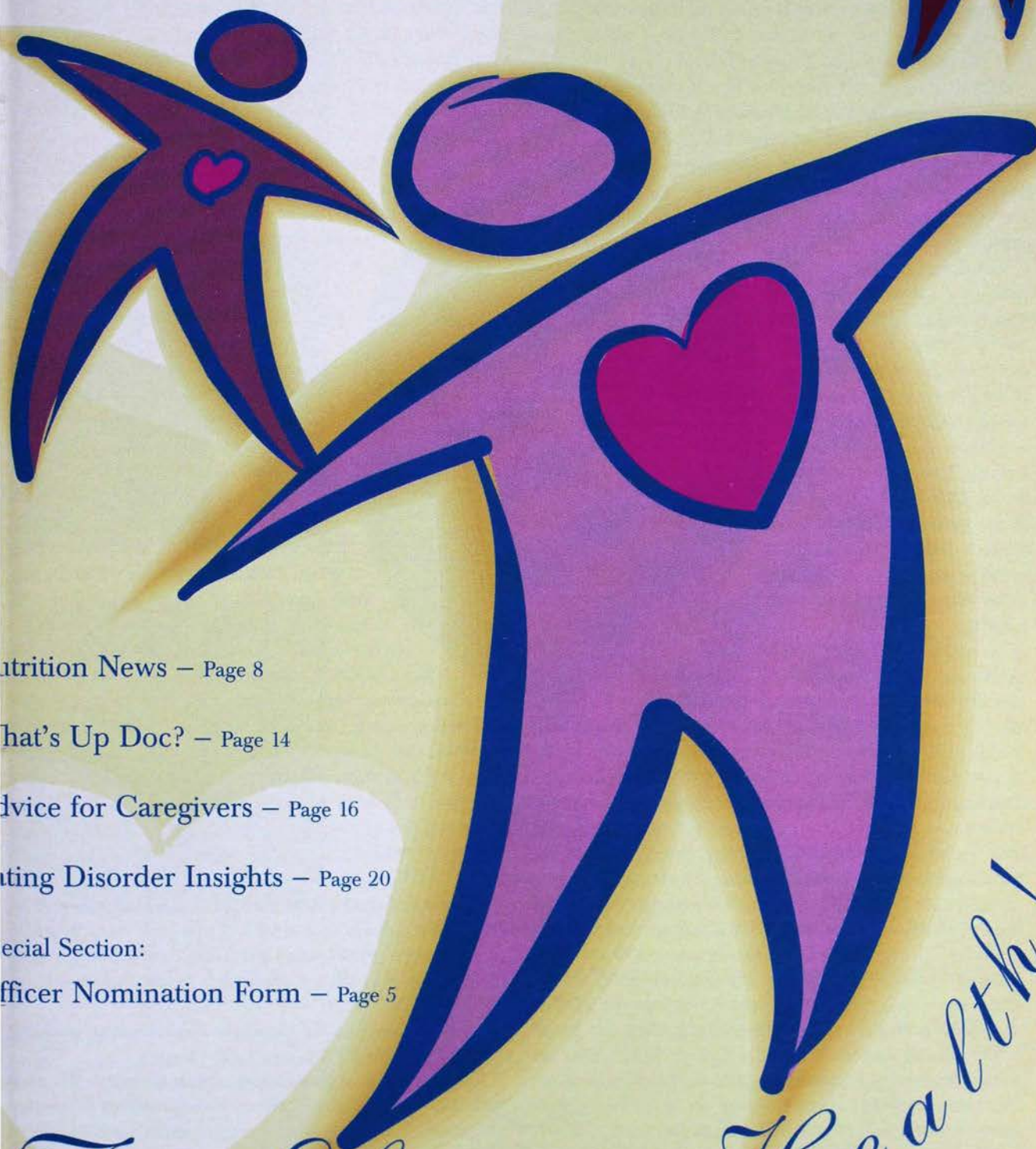


the Key

KAPPA
KAPPA GAMMA

VOLUME 114, No. 4
WINTER 1997



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To Your Health!

To Your Health!

By LOIS CATHERMAN HEENEHAN, *Adelphi*

"How does it feel to be 60?" or 65 or 70, our children ask as either of us reaches the next milestone birthday.

"I don't know," says my husband. "How is it supposed to feel? I've never been this age before."

Nor could they have described how it would feel as they reached the 30th, 40th or 50th milestones.

Not knowing how one is "supposed" to feel at any particular age is okay. Knowing what it is to be healthy, however, is a feeling everyone should understand and appreciate.

Good health is not just the absence of illness, disease or debilitating conditions. It could be compared to a positive electrical charge — a feeling of well-being and energy, an upbeat attitude, a mental, emotional and physical equilibrium. That feeling may differ for each of us at different times or in varied circumstances but the bottom line remains the same — to maintain or recover our optimum state of health.

A century and more ago women's health was rarely discussed and only of concern in times of trauma or grave illness. Women complained of "the vapors" and were dosed with the all-purpose Lydia Pinkham's medicine. They were subject to fainting spells — could they have been oxygen-deprived by tight whalebone corsets? Pregnancy and giving birth could be extremely hazardous for reasons ranging from unsanitary conditions to living at a great distance from a doctor or his lack of knowledge and understanding of the female body. It wasn't considered proper for doctors (all male) to examine or treat women as they would men.

Today, attention to women's health covers a broad spectrum of topics from obstetrics and gynecology to anxiety and osteoporosis. One of the greatest concerns for all of us should be how our present lifestyle will affect our future health. Young women focused on body image may set unrealistic dietary and exercise goals, progressing to eating disorders or setting themselves up for increased risk of infertility or osteoporosis. Alcohol abuse, itself a severe health hazard, also predisposes a woman to fall prey to STDs and HIV infections. Stress and sleep deprivation can

be forerunners of affective disorders, anxiety or depression. And cardiovascular disease is gaining recognition as the number one health problem for women, as well as men, as more is learned about this aspect of women's health.


Scary, isn't it? And as soon as you learn one "fact" about how to take care of yourself, another study comes out with a different conclusion...witness cholesterol studies and mammogram screening recommendations. So just forget about the whole thing and do as you please, right? WRONG! As Dr. Nancy Snyderman said on a *Good Morning America* feature on women's health, "No one will pay attention to you if you don't pay attention to yourself."

Historically, women have been the nurturers, the caregivers, the nurses, the listeners, the keepers of the family's health. A recent ad for a cough medication pictures "Dr. Mom" in just this role. But all too often the care does not extend to her own health. "Women's health issues" became everyone's concern when legislators discovered how severely it affected everyone when the resident doctor, so-to-speak, was put out of commission by her own illness.

In the "spirit of mutual helpfulness," which is a basis of Kappa Kappa Gamma, there are members across the continent who offer experience, suggestions and perhaps even solutions. Sometimes there is no better medicine than to talk things through with a sister and discover that you know what to do...you just needed to realize that you are headed in the right direction. Fraternity programs address numerous health issues and a new video, "get real," does just that...presents a realistic approach to a variety of health concerns. It is essential that all of us use our education and our heritage of women supporting women to be informed, listen to our bodies and seek medical attention. A Kappa nurse made a wise comment: "No one should be afraid to hear what a doctor has to say; you should be afraid NOT to."

A recent issue of the Geisinger Health System publication *For Your Health* says it all quite clearly:

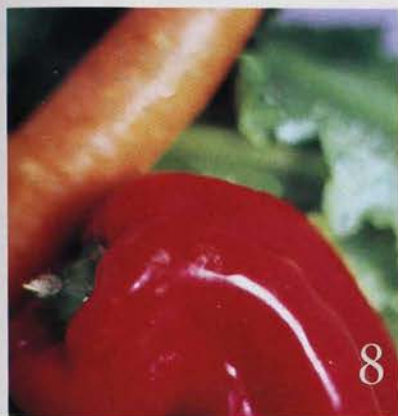
"Poets sing of women and their infinite variety. They are girls and feminists, mothers and grandmothers. Who they are, and what they are, when they are well and unwell, affects all the world, everything and everyone."

To your health! 



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College Fraternity
Editors Association



National Panhellenic
Editors Conference



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

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President's Message

VISION 20/20 What's Your Vision?

Because a huge part of our energy is focused on our health and sense of well-being, this issue of *The Key* contains articles that provide valuable information to enhance our lives. Who of us has taken her good health for granted only to feel shock and dismay when knocked off her feet by a cold or flu bug? For most of us, good health does not come by chance; it is the result of how we treat our bodies. We must constantly strive to take good care of ourselves and our loved ones.

Kappa Kappa Gamma also needs our constant attention as we work together to carry out the mission that our Founders developed. Over the years, countless volunteers have devoted hours of their precious time and talents to keep the Fraternity relevant in an ever-changing world. Names and faces have changed over the past 127 years, but the dedication has remained strong. As time marches steadily toward a new millennium, it is important for us to prepare for change. While continuing to nurture and tend to Kappa's welfare, we must look for better ways to serve our collegiate and alumna members.

The theme for the 62nd Biennial Convention is Vision 20/20. What is our vision for the future? Do we have goals and objectives that will guide us into the next century? Among other definitions, the *American Heritage Dictionary of the English Language* states that vision is unusual competence in discernment or perception, or the manner in which one sees or conceives of something. Although the Fraternity Council and other Kappa officers have devoted a great deal of time to envisioning the future, we invite you to Convention to help chart the direction the Fraternity will take in the 21st century. Where should Kappa be in the year 2020?



What can the Fraternity do to better support its members?

We need to have 20/20 vision to plan our future! All aspects of our organization need to be studied and evaluated to determine if Kappa Kappa Gamma is fulfilling its Mission:

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

Please join us in Scottsdale, Ariz., June 24-28, 1998, and together we will create the vision of Kappa Kappa Gamma for the next millennium!

Loyally,

A Cathy

CATHY THOMPSON CARSWELL,
Illinois Wesleyan
Fraternity President

Calling All Kappas to Convention '98

Event: 62nd Biennial Convention of Kappa Kappa Gamma
Theme: Vision 20/20
Place: Princess Resort, Scottsdale, Ariz.
Dates: June 24-28, 1998



The 62nd Biennial Convention of Kappa Kappa Gamma will take place in the quiet desert setting of the Scottsdale Princess Resort. This luxurious, state-of-the-art facility will be home to more than 1,000 Kappas from June 24-28, 1998.

The Fraternity Council, Convention Committee and Regional Directors of Alumnae and Chapters are busy planning informative programs and workshops on a wide range of topics to help Kappas of all ages envision and prepare for the next century with 20/20 vision!

About the Resort

All rooms feature oversized living and working areas, terraces, in-room safes, ironing boards and irons, walk-in closets, video messages and cable TV. The enormous bathrooms include double sinks, separate tub and shower, and hairdryer.


The resort boasts three heated pools, a spa and fitness center, a racquet and squash court, world-class tennis courts, 18-hole golf courses and a host of

boutiques. Adjacent to the resort is Westworld, Scottsdale's 400-acre horse park and site of some of the world's most exciting horse shows.

How to Register

Look for more registration information in the Spring 1998 Issue of *The Key* or call Fraternity Headquarters at 614/228-6515. Alumnae associations, chapters, house boards and advisory boards will receive registration packets in February 1998. Full-time and part-time packages will be offered. Association and Chapter Delegates must attend full time.

Cost and Travel

The registration fee is \$120. Hotel and meals are \$560 per person (Wed. dinner through Sun. breakfast). Shuttle to and from the Princess is free of charge if travel reservations are made through Century Travel, the Fraternity's official travel agency. 

Mission Statement of The Key

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

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

To request advertising rates or to send information and photographs for *The Key*, please contact:

KKΓ Headquarters and Foundation Office
 Jenny Struthers Hoover, Editor
 P.O. Box 38
 Columbus, Ohio 43216-0038

TEL: 614/228-6515

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<http://www.kappa.org>

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Who Will Lead the Fraternity Into the Turn of the Century?

An invitation to every Kappa to participate in the nominating process

RESPONSIBILITIES **Council Members**

The members of the Fraternity Council are responsible for the management of the Fraternity. They set policy, determine the direction of the Fraternity and deal with issues affecting the Fraternity as a whole. They must attend regular Council meetings, Province Meetings, General Conventions and assist in Foundation efforts. They are also called upon to attend other Fraternity functions and visit alumnae associations and chapters. Each Council member also has specific areas of responsibility.

PRESIDENT: presides over all meetings of the Fraternity and the Council. She supervises Fraternity operations and administration, and oversees relations with colleges and universities. She presides at the installation of new chapters. She is an *ex officio* member of all committees except Nominating and fills vacancies with the approval of the Council.

VICE PRESIDENT: presides in the absence of the President and assists her in all ways. She oversees all publications and public relations projects and directs new and special programs.

TREASURER: reviews the Fraternity's financial operation and develops a fiscal plan for the future. She oversees all areas of Fraternity finance, directs the work of the Finance Committee, prepares the budget and reports on Fraternity finances to the Council and the General Convention.


DIRECTOR OF ALUMNAE: supervises the organization and administration of alumnae associations and participates in the alumnae extension program. She directs the work of Fraternity volunteers involved with the development and management of the alumnae associations.

DIRECTOR OF CHAPTERS: supervises the organization and administration of all chapters and is responsible for the annual review of chapter management and needs. She directs the work of those volunteers involved in the development and management of the chapters.

DIRECTOR OF MEMBERSHIP: directs the program of selection of new members. She is in charge of membership policies and procedures and is responsible for the maintenance of permanent membership rolls. She assists in the annual review of chapter needs.

DIRECTOR OF STANDARDS: works with the chapter Standards Committees and participates in a review of chapter needs. She is responsible for standards policies and procedures.

Regional Officers

REGIONAL DIRECTORS OF ALUMNAE AND DIRECTORS OF CHAPTERS: oversee the work of the Province Officers in working with alumnae associations and chapters. These women are responsible for program development, implementation of policies and procedures, and training. Regional Officers meet at least once as a Regional Council between General Conventions. 

At the 1998 General Convention, the voting delegates will select the leaders of Kappa Kappa Gamma Fraternity for the 1998-2000 biennium. Every Kappa is invited to become part of the process by submitting recommendations to the Nominating Committee.

Who is elected at the 62nd Biennial Convention?

The Fraternity Council, the Regional Directors of Alumnae and the Regional Directors of Chapters will be elected in Scottsdale, Ariz., June 24 - 28, 1998.

Who can recommend a candidate for consideration?

Any Kappa may recommend a candidate. Suggestions are also solicited from chapters and alumnae associations. Individuals are also encouraged to submit their own names to the Nominating Committee if they are interested.

Whom may I recommend?

Any alumna in good standing who has served the Fraternity within the past 10 years as a member of Council, as a Regional or Province Officer, as a Traveling Consultant, as a member of a Standing or Special Committee, or as a Council Assistant is eligible for any Council or Regional position.

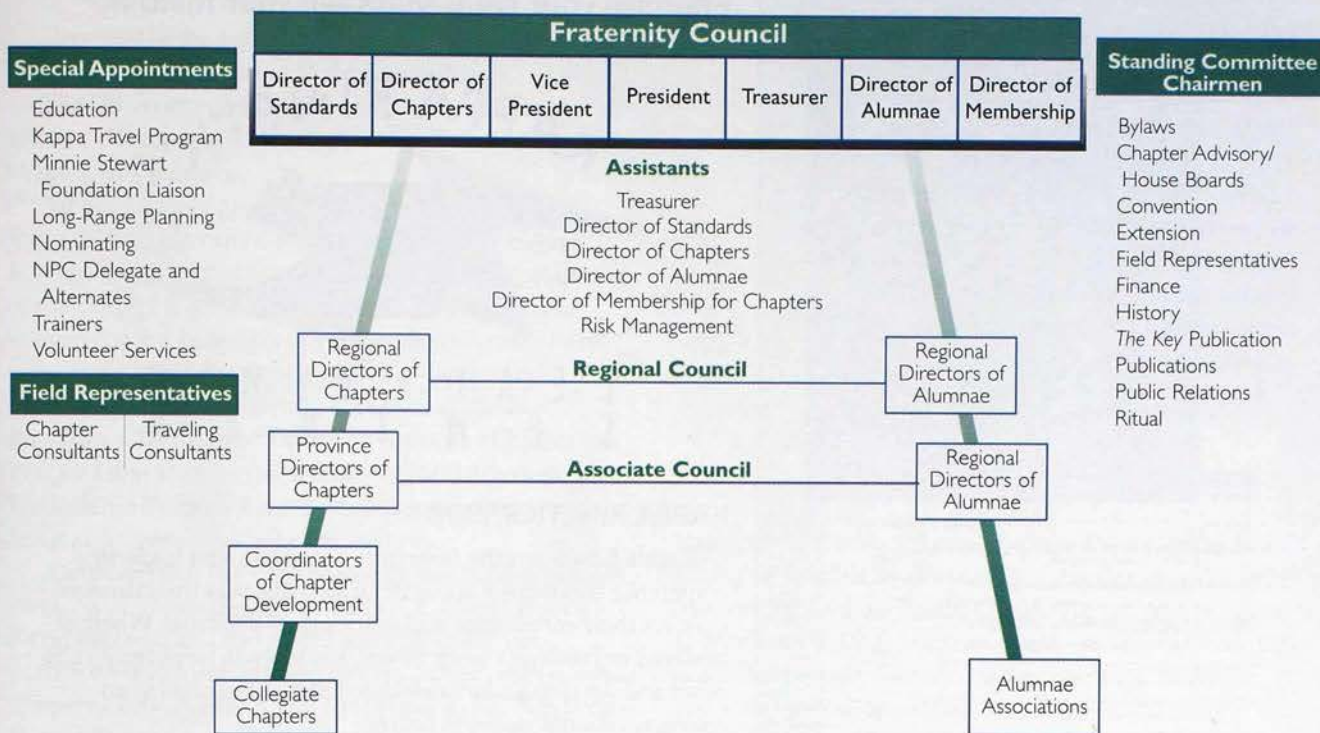
What other qualities are important?

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

What is the term of office?

Fraternity Council members and Regional Officers are elected by a majority vote to a two-year term at the close of each General Convention. No one may hold the same position for more than two terms.

Fraternity Organization Chart



Kappa Kappa Gamma Recommendation for Fraternity Position

Mail to: Nancy Naus King, Miami (Ohio), Nominating Chairman, 3029 Woodmont Dr., South Bend, IN 46614, Deadline: March 1, 1998

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

Street Address City State/Province Zip

Chapter: _____ College: _____

Alumnae Association: _____ Province: _____

Position(s) for which this Kappa is recommended: _____

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

Recommendation submitted by: _____

Chapter: _____ Alumnae Association: _____

Recommended by: ☐ Chapter ☐ Association ☐ Individual ☐ Other

Editor's Note:

Each year, all publications mailed with a second-class permit are required to file the following form with the U.S. Postal Service and publish this form in the magazine.

In the last filing year, (Winter 1996-Fall 1997), *The Key* averaged a press run of 122,715 copies. The highest press run was 122,996 copies. Of these copies, more than 99 percent are mailed in the U.S., Canada, and abroad, with the remaining one percent used at Fraternity Headquarters for file copies and for use during Extension activities.

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Fraternity Welcomes Eta Gamma Chapter, San Diego

Two trips to the sunny coast of San Diego, Calif., have resulted in a new addition to the Kappa family.


The University of San Diego (not to be confused with UC San Diego) is home to Kappa Kappa Gamma's 126th chapter, **ETA GAMMA**.

An outstanding group of young women became a Kappa Kappa Gamma Colony during a Colonization Rush held on campus September 19-21, 1997. Installation of the chapter was held November 7-8, making these women charter members of Eta Gamma Chapter. Fifty-one colony members were initiated by Fraternity President **CATHY THOMPSON CARSWELL**, *Illinois Wesleyan*. Chairman of Extension **JULIANA (J.J.) FRASER WALES**, *Ohio State*, and Fraternity Second Alternate Panhellenic Delegate **CAROL MORRISON SOBEK**, *Arizona State*, also assisted with the Installation.

Alumnae from the San Diego area and members from **ZETA NU**, *UC San Diego*; **ZETA ETA**, *UC Irvine*; **GAMMA ZETA**, *Arizona*; and **EPSILON DELTA**, *Arizona State*, participated in Installation activities, as well. Eta Gamma's Chapter Consultant is **ANNE KIESELBACH**, *UC San Diego*. **RAGEN BRADNER**, *UC San Diego*, is serving as the Coordinator of Chapter Development.

The University of San Diego is an independent Catholic institution known for its commitment to



teaching and the liberal arts. Students live and work in a setting of Spanish Renaissance architecture overlooking Mission Bay and the Pacific Ocean. The university serves approximately 4,000 undergraduates and more than 2,000 graduate students. Close to 90 percent of the freshman and a majority of upperclass students live on campus. The university offers 16 NCAA Division I sports as well as a variety of club and intramural level sports. Other Panhellenic groups on campus are Alpha Delta Pi, Alpha Phi and Gamma Phi Beta. 

The Gift that Continues All Year Long

PRICES ON THE FOLLOWING TITLES GUARANTEED THROUGH FEBRUARY 1, 1998

CHILDREN

CHILDREN'S TV WORKSHOP	
SESAME STREET (2-5 YRS)	18.97
KID CITY (6-8 YRS)	17.97
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LADYBUG (2-6 YRS)	32.97
SPIDER (6-9 YRS)	32.97
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ELLE	19.97
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AMERICAN HEALTH	18.97
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MEN'S JOURNAL	15.97
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NUTRITION FOR A LIFETIME



*Groundbreaking news about women's health reported
by the head of The American Dietetic Association*

— By BEVERLY BROUGHTON BAJUS, *Manitoba*



Few choices in life are as important as those we make about our health. Yet, only recently has women's health found its rightful place in the national dialogue. As operating officer of the world's largest organization of food and nutrition professionals, I am thrilled to see nutrition acknowledged as an integral part of women's disease prevention and health promotion.

Our research at the Chicago-based American Dietetic Association (ADA) has repeatedly shown that although the vast majority of women are more concerned than ever about the effect of food choices on their future health, far

fewer are willing to describe their diet as very healthy. Meanwhile, women are bombarded with media reports on health and nutrition. Even though some of this information is timely, accurate and potentially useful, it is nonetheless fragmented. Time after time, women are left asking, "But what am I supposed to do?"

Several years ago, just as the women's health issue was heating up, the ADA launched the Nutrition and Health Campaign for Women. This national campaign is an effort to translate the newest scientific findings about the role of nutrition in disease prevention into positive choices women can incorporate into their lives.

ADA's Nutrition and Health Campaign for Women approaches the knowledge-action gap on a number of fronts. We have formed alliances with other nutrition and women's health organizations to help shape public policy and we are supporting several clinical research studies on women's nutritional health.

One of the most exciting facets of the campaign is the October 1997 publication of a definitive book on women's nutritional health. Designed expressly for women who want to take charge of their health by making positive food choices, *The ADA Guide to Women's Nutrition for Healthy Living* by Susan Calvert Finn, Ph.D., R.D., is available in bookstores.

One of the reasons I feel so strongly about this issue is that I believe that women's health is about so much more than the health of women. It's about family health, community health and the health of society. Despite its pervasive impact, however, women's health hasn't always been such a hot topic. Allow me to share some history that may surprise you.

"Women's health advocates soon discovered that research into diseases that affect both men and women often had included only male participants."

A LEGACY OF NEGLECT

Women's health is a relative newcomer to the spotlight — not only among the media and general public, but among health researchers and policy makers as well. In the late 1980s, the Congressional Caucus for Women's Issues, a group of U.S. Congressional representatives, was the first to sound an alarm. The caucus revealed that for years the medical establishment had been virtually ignoring women's special health needs.

Women's health advocates soon discovered that research into diseases that affect both men and women often had included only male participants. Nevertheless, results from these studies were applied to women's disease prevention and treatment. In fact, the male bias was so pervasive that only male rats were used for laboratory experiments.

One example of this lopsided approach is the Baltimore Longitudinal Study, one of the largest efforts to examine the process of aging. The study began in 1958,

and for its first 20 years did not include women — despite the fact that two-thirds of the people over age 65 are women. (Today, half of the study participants are women.)

Yet another example is the Physicians' Health Study, better known as the "aspirin study," which concluded that taking aspirin every other day may reduce the risk of heart disease. The study sample of 22,000 included only men — even though heart disease is the number one killer of women. But perhaps the most outrageous gender bias in medical research occurred when estrogen was studied as protection against heart disease — in men.

The fact is that as late as 1987, only 13 percent of the National Institutes of Health (NIH) budget was spent to study diseases that exclusively, predominantly or more seriously affect women — diseases such as breast cancer, ovarian cancer and osteoporosis, or that have different risk factors or treatments in women — such as heart disease, diabetes and depression.

Revelations concerning the gap in women's health research reached critical proportions in 1990 when a General Accounting Office (GAO) investigation showed that NIH continued to do little to implement policies supportive of women's health. It was this GAO report, a landmark in women's history, that shot women's health to the top of the national agenda. In 1993, NIH established an Office of Women's Health, and legislation now mandates that research studies must not only include women (when appropriate) but must also be designed and conducted so that gender differences can be analyzed.



HEADED IN THE RIGHT DIRECTION

One of the most dramatic developments resulting from NIH's commitment to women's health is the Women's Health Initiative (WHI). A 14-year, \$625 million clinical study, it is the largest clinical study, regardless of gender, ever undertaken in the United States. It addresses three of the most common causes of death, disability and impaired quality of life among women — heart disease, breast cancer and osteoporosis.

During the next decade, the Women's Health Initiative will reveal much information about the role of diet in health. And the initiative's nutrition-oriented design is likely to serve as a model for future clinical research. In the meantime, however, there are certain steps all women can take to ensure their nutritional health. *The American Dietetic Association Guide to Women's Nutrition for Healthy Living* details the following strategies.

"For adolescents and young adults, an age group that is particularly vulnerable to society's 'skinny is beautiful' message, being too thin can interfere with estrogen production."



MAINTAIN A HEALTHY WEIGHT

A healthy weight is a matter of balance — not too heavy, not too thin. Women who suffer from eating disorders may become dangerously thin, which can be potentially fatal at any age. For adolescents and young adults, an age group that is particularly vulnerable to society's "skinny is beautiful" message, being too thin can interfere with estrogen production. Without enough estrogen, young girls don't build the bone mass they need to protect them from osteoporosis later in life.

On the other hand, the consequences of obesity can be equally as devastating. Each year, about 150,000 women die from diseases directly related to obesity, such as heart disease, diabetes and some cancers. Obesity also plays a prominent role in hypertension, osteoarthritis and immune dysfunction. And, as many women who are or have been obese can attest, being fat in today's society takes a severe psychological as well as a physical toll.

GOOD NUTRITION PROTECTS YOU

The American Dietetic Association's Nutrition and Health Campaign for Women targets these five diseases as particularly dangerous for women:

1. **Heart disease** is the single largest killer of women, claiming more than 250,000 female lives each year. While men are more likely to have a heart attack and die, women are more likely to suffer for years with heart disease. Nutritional intervention is known to be effective in preventing and treating heart disease in women.
2. **Breast cancer** strikes an estimated 180,000 women yearly, resulting in 46,000 deaths — a third of all cancer deaths in women. More and more research is showing that diet and exercise can have a significant impact on breast health.
3. **Obesity** is an ongoing problem in the U.S., especially for women. Thirty-five percent of adult women are estimated to be overweight, up from 27 percent a decade ago. Defining a healthy weight and recognizing each woman's unique needs are critical to success in weight loss and maintenance.
4. **Diabetes** is the fourth leading cause of death by disease in the U.S. Half of the 13 million Americans with diabetes are women, and 60 percent of all new cases are diagnosed in women. The risk of diabetes increases dramatically with obesity.
5. **Osteoporosis** affects 25 million Americans, most of them women. Nearly one-third of all post-menopausal women have osteoporosis. Good nutrition practices throughout life — such as getting enough calcium and vitamin D — can help prevent and reduce the severity of this crippling disease.

If you are concerned about your weight and feel you need some coaching to learn how to manage it, a registered dietitian (R.D.) can help you. A registered dietitian can also teach you how to set reasonable weight-loss goals and keep lost weight off. Even a small weight loss can have significant health benefits.

Many people know, whether first hand or through family and friends, how personally challenging weight issues can be. When it comes to this aspect of women's health, I think it's important to cultivate patience and compassion, along with good nutrition and exercise habits. This is clearly an area in which women need to take charge of their health and be kind to themselves.

"Anyone at any age can benefit from exercise — ideally, about 30 minutes of accumulated physical activity every day."



GET PHYSICAL!

Getting regular exercise — both aerobic and strength training — is an important part of maintaining a healthy weight. But physical activity does more than that. It also helps maintain a high level of fitness and improves overall health. Health experts estimate that lack of physical activity may be related to as many as 250,000 deaths a year. Yet, despite overwhelming evidence about benefits of exercise, only about 20 percent of adults engage in regular physical activity of any intensity.

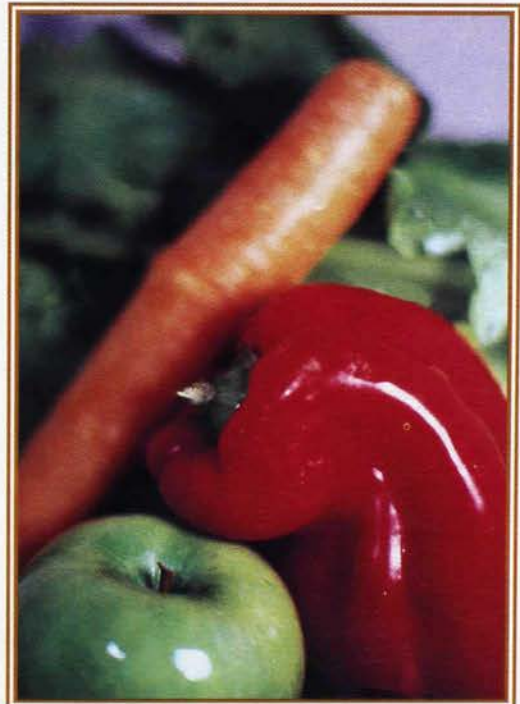
Exercise helps reduce the risk of heart disease and stroke by strengthening the heart muscle, lowering blood pressure and boosting HDL "good" cholesterol (which is especially heart-protective for women). Regular exercise also preserves muscle tissue (the more muscle you have, the more calories you burn) and builds strength, flexibility and coordination — all of which are especially important for older women. It also helps non-insulin dependent (type II) diabetes, which occurs with age and overweight, and discourages body fat from settling in the abdominal area where it poses a higher risk for heart disease and perhaps breast cancer.

These benefits are just the beginning. Perhaps the biggest plus most women can relate to best is that exercise makes you feel good. And it's a great way to develop positive feelings about your body. Anyone at any age can benefit from exercise — ideally, about 30 minutes of accumulated physical activity every day. Remember, the most dramatic health benefits occur when you make that first move toward a more active lifestyle.

EAT MORE... FRUITS, VEGETABLES AND GRAINS

The science of nutrition is still relatively young. Although we tend to take vitamins and minerals for granted, it wasn't that long ago that scientists discovered these nutrients and began to learn about how they work. What we know for certain is that there is a lot more to learn about food composition, the interaction of food components and their effect on disease prevention and health promotion.

Fruits, vegetables and grains are a gold mine of vitamins and minerals, some of which act as antioxidants that cleanse the body of damaging free radicals. (Free radicals can cause cell and tissue damage which leads to cancer and other diseases.) Plant foods also contain phytochemicals, compounds that may affect your body in ways that nutrition scientists are just beginning to understand. For example, some phytochemicals act as antioxidants, while others mimic the hormone estrogen. Phytochemicals are the new frontier in nutrition, the next step in the evolution of nutrition science. In addition, the fiber in fruits, vegetables and grains helps lower cholesterol and keeps the digestive tract running smoothly. From a practical standpoint, filling up on plant-based foods is a great way to cut down on fat, which is much higher in calories.



Fresh fruits and vegetables are good sources of vitamins A, C, and folacin which are hard to find in other foods. They are also a great source of fiber. If fresh is a little too expensive, try frozen or canned. Stick to plain vegetables or fruits in juices or water if you follow a special diet. Vegetables in sauces can be high in sodium. Syrups on fruits should be avoided by diabetics.

Despite a growing body of evidence that fruits and vegetables are healthy food choices, only one in five adults meets the daily recommendation of five servings. Incorporating more plant-based foods into your diet takes a certain mindfulness. It is often a lot easier to choose high-fat foods. We need to be aware of what we are eating. By making mindful decisions, you become more involved in the whole experience of eating. Chances are, you'll really enjoy it.

GET ENOUGH CALCIUM

Calcium is an important nutrient for women of all ages. Not only is it a major player in the prevention and treatment of osteoporosis, calcium is also vital to a number of basic body functions and may help in the prevention of hypertension as well. In fact, there is so much research showing the benefits of calcium that it is one of the few nutrients for which the government allows a health claim on food labels.

Because preventing osteoporosis is a lifelong process, getting enough calcium early in life is an important first step. Peak bone mass is usually achieved by the early 20s. In the 30s and 40s, calcium helps maintain bone health. At menopause, women lose bone mass due to a drop in estrogen. For post-menopausal women, getting enough calcium (and exercise) is critical to protecting bones, particularly if no hormone replacement therapy is used.



Keep bones strong by getting plenty of exercise, vitamin D and calcium. You can get vitamin D in sunlight and in milk with vitamin D. Lowfat versions of your favorite dairy products contain just as much calcium as their regular counterparts. Look for green leafy vegetables — they also have calcium.

HOW TO FIND A NUTRITION PROFESSIONAL

You will find people who call themselves nutritionists with all kinds of so-called credentials. Some may sound impressive but could mean absolutely nothing. Look for the credential R.D., which stands for "registered dietitian." At a minimum, R.D.s have earned an undergraduate degree and completed an internship in some aspect of nutrition. Many hold graduate degrees as well. All registered dietitians must pass a rigorous credentialing examination and pursue continuing education to keep their credentials. To help protect consumers, some states also license registered dietitians, so you might see the credential L.D. along with R.D.

Before your first visit, it is likely that the R.D. will ask you to keep a food diary for at least three days, including one weekend day. This record will help the R.D. understand your eating habits and spot any nutritional deficiencies. You also might be asked to provide some medical information — such as your cholesterol level and blood pressure.

At your first visit, your dietitian will weigh you and is likely to calculate your body mass index (BMI) and waist-hip ratio. He or she also might use skin calipers to estimate your body fat-to-lean ratio. (This procedure is painless.) The dietitian will review your medical history, lifestyle, activity level, food shopping and eating habits, family medical history and, of course, your goals. Based on this information, the R.D. will help you design a plan for weight loss or weight maintenance and will follow your progress over an agreed-upon period of time, making adjustments as needed.

The initial visit with a registered dietitian (about one hour) will cost \$50 to \$100. Follow-up visits may cost less. Some insurance plans cover these costs if you are referred by your physician for a medical necessity. To find an R.D. in your area, ask your doctor or call the American Dietetic Association's Nationwide Nutrition Network at 800/366-1655.

— Adapted from *The American Dietetic Association Guide to Women's Nutrition for Healthy Living*.






Drink six to eight cups of liquid a day. Two or three servings should be water, the remaining liquid can come from juice, milk, coffee, tea or soup. Remember to moderate caffeine — it can cause frequent urination and prevent you from meeting your daily requirements.

Research also shows that osteoporosis drugs like alendronate work even better in synergy with calcium.

Dairy products are the best source of calcium, but many women, especially younger women, avoid these foods because they fear weight gain. In fact, low-fat dairy products offer just as much calcium as their full-fat counterparts. Nevertheless, some women will need to take a calcium supplement. (Your physician or a registered dietitian can help you decide if taking extra calcium is a good idea.)

BRIDGE THE KNOWLEDGE-ACTION GAP

Making the connection between what you know about nutrition and health and what to do about your nutritional health isn't easy. Each of us has special needs and circumstances. That is why I believe women's health advocacy and efforts such as ADA's campaign are so important. They affirm our common bond as women, acknowledge our uniqueness and respect our individuality.

For more information about promoting good health through nutrition, call The ADA's Nutrition Network at 800/366-1655, or look for *The American Dietetic Association's Complete Food and Nutrition Guide* (Chronimed 1996) in bookstores. 

A CAREER IN DIETETICS

Health, nutrition and fitness are top priorities for many people. This means increased career opportunities in the field of dietetics. In fact, employment of dietitians is expected to grow faster than the average profession through the year 2000.

Dietitians are widely recognized as experts on food and nutrition and providers of medical nutrition therapy. They work in different settings and can pursue many career paths, ranging from clinical work as part of the medical team in a hospital, to product development with a food manufacturer.

To find out more about a career in dietetics, call The American Dietetic Association's networks team at 800/877-1600, ext. 4897.



Beverly Broughton Bajus, Manitoba

About the Author

A 1982 Kappa Kappa Gamma Alumnae Achievement Award recipient, Beverly works hard to promote the importance of eating right and to ensure that lawmakers make nutrition a high priority. Founded in 1917, the ADA is the largest group of food and nutrition professionals in the world. Visit the ADA Web site at <http://www.eatright.org>.

Getting Your Medical Degree

or

How to Talk to Your Doctor 101

—By LOIS CATHERMAN HEENEHAN, *Adelphi*



“Doctors are not being trained to listen to patients and believe them.”

This statement was made by Dr. Jody Heymann, Harvard Medical School Professor of Patient Relations in her book *Equal Partners*. She cites studies which show that listening decreases during medical training as doctors rely more on their own learning.

A reporter for *ABC News*, during a week-long focus on women's health, found that doctors may be “patronizing, insensitive and dismissing.”

Women are not only the main consumers of health care, they are often the medical decision-makers. Nearly

half of current medical school students and graduates are women. Today's women are using political clout in effecting health care reform. Whatever our relationship with our own doctor, maintaining an open dialogue can only improve it. We can make a difference, but each of us must do our homework.

“Choose a doctor who treats you with respect,” says pediatrician **JANINE EBEGLU SANCHEZ**, *Miami*. “I recommend seeking the opinions of others who have been under this physician's care.” This is also stressed by **KIRSTEN SANTIANNI**, *Dickinson*, osteopath, who says, “The patient should be treated as a person, not as a medical problem.”

"Communication problems are the chief reason why patients end a relationship and seek a new doctor," states family practitioner **STACEY VAN PELT BRENNAN**, *Penn State*, adding, "An important role of your primary care doctor is to be your health educator, along with the nursing staff and others such as nutritionists, physical therapists and pharmacists."

"How comfortable are you asking questions of the physician and staff? Are questions trivialized or taken seriously?" asks **ROBYN THIEME-SKLAR**, *Baylor*, a Dallas pediatrician. "How accessible are the physician and staff? Are you able to talk with the physician if you are not satisfied with the nurse's response?" These questions help to determine the doctor-patient relationship.

"Nurse practitioners and physician assistants are important in providing health care today," Stacey notes. Your doctor should describe their roles so that you understand what they may and may not do. Some do only well care checkups. In some instances, state laws or health care providers set limits or guidelines for their work.

Since women are likely to seek annual well care checkups. They may choose an internist, family doctor or gynecologist for these visits. Kirsten suggests that one of these doctors be your personal advocate...the one who has overall knowledge of your health, including some understanding of your family, work, etc.

Stacey notes that there is talk of a new specialty, "Women's Health," as a residency option in the future.

"Any questions?" can be an intimidating closing to your office visit. Make sure you understand your diagnosis, including any unfamiliar medical terms. Ask about the expected effect of treatments, possible complications and what your options are. Be wary of someone who discourages second opinions.

Suppose you have come with questions all written down so you won't forget. That's fine but have realistic expectations of the doctor's time. Prioritize your list. As Kirsten notes, "If your problem is chest pain, the doctor probably won't have time to look at a wart on your foot!"

Oddly enough, she says, patients often don't mention their real problem right away. The third complaint may turn out to be the primary concern. They may complain of back pain but neglect to mention things such as divorce, elderly parents who are ill, lack of child care, etc. If the doctor is able to draw those complaints from the patient, stress may be the diagnosis rather than a physical ailment. And just as the patient writes down questions, so should the doctor write instructions.

"Ask about preventive care," says Janine. When possible, have an introductory visit. If you are there for a specific problem, note your symptoms, when they began and what changes them. "Doctors should talk, listen and get to know the family as much as possible within today's pressures to see more patients," Kirsten states. "How convenient is the practice to your home or work? Will you be able to reach the

Where Do You Stand Statistically?

A recent survey by *Parade Magazine* of 1,752 men and women ages 18 and older brought to light some interesting attitudes toward health.


Fifty-seven percent described themselves as overweight, 52 percent don't exercise, 26 percent smoke and 39 percent do not get annual checkups. Yet 89 percent agree with the statement, "My physical well-being is in my hands."

The most common health problem cited by respondents is arthritis, followed by high blood pressure, depression, asthma, cancer, heart disease, diabetes, anxiety disorder, skin cancer and alcoholism. According to the National Center for Health Statistics, the top 10 killers for 1995 are heart, cancer, stroke, chronic lung diseases, accidents, pneumonia and flu, diabetes, HIV, suicide and chronic liver disease. Men and women do not differ significantly in their likelihood to suffer from any of the top 10 health problems except for one — alcoholism, where men outnumber women six percent to one percent.

Women are less likely to consider themselves fit, and are more likely to diet and be dissatisfied with their weight. Women use more health services and are more likely to have an annual checkup.

"There is a difference in awareness," says Dr. Nancy Dickey, president of the American Medical Association. "Women are the caregivers and the managers of health information in the home."

physician in an emergency?" asks Robin. "We should share information about (ourselves)," says Stacey. "Our practice publishes a brochure which discusses each physician's training and specialty but also mentions our hobbies, activities and interests."

Taking time to choose a physician should occur before an emergency causes a hasty decision. As always, Kappas are there to help, whether as neighbors when you are new in town or as physicians willing to share their expertise and experience. 

Who Cares for the Caregiver?

Author and caregiver expresses the feelings of millions of others

— By LOIS CATHERMAN HEENEHAN, *Adelphi*

From the cover of *Mainstay: For the Well Spouse of the Chronically Ill*



*T*he illness is a force that changes lives.”

“Laughter is the flip side of crying. It means you’re able to connect.”

“Where does it hurt? Behind your eyes? In your throat? In your chest?” It was wonderful to hear. I existed.”

These are not the statements of someone with a chronic illness. They express the feelings of Maggie Strong who wrote *Mainstay: For the Well Spouse of the Chronically Ill*, about her 20-year (and counting) experience caring for her chronically ill husband, reflecting an experience shared with an estimated 8 to 10 million other well spouses.

In 1977 Maggie’s husband, Ted, was diagnosed with multiple sclerosis (MS). Then 45 years old and a successful book editor, he and Maggie lived in New York City with their two young children. The diagnosis turned their lives upside down. Maggie gradually took over many of Ted’s responsibilities, maintained the children’s nurtur-

ing, cared for her aging mother and worked to earn a living as an author. (Maggie Strong is one of several pen names of MARY ZANE HICKOX KOTKER, *Middlebury*.)

In the *New York Times*, Jane Brody said of *Mainstay*, “It is an inspiring celebration of the stamina of the human spirit and a survival guide for all who face long-lasting problems of any sort.” Yet an order form for the book says, “Other books try to inspire. *Mainstay* doesn’t.” adding, “Professionals use the book to understand clients, family members to find out what’s happened to their children, parents or siblings. Well spouses rely upon it as the place where they can find someone who understands what it’s like after the future vanishes, the workload doubles, and money shrinks.” In the book, Maggie shares her own experiences of being a well spouse, interviews with people whose spouses have all kinds of illnesses, plus a variety of factual information.

Getting the News and Going Public

(Chapters 2 and 3)

Recognizing that something is wrong and getting the diagnosis are the first steps in realizing that life will no longer be the same. Telling others is a big step, one which brings varied reactions from family and friends. Dependencies change and acute emotions surface. Disbelief, love, loss, anticipatory grief, guilt, alert but helpless fear, assault to trust, denial and responsibility create a high-energy response to combat the initial crisis. From saying "This can't be happening!" through "Where is the future?" "We're both alone." "Why me? What's wrong with God?" to "None of this is real! Everything will be all right," acute emotions provide an outlet in immediate crises.

Telling others comprises a whole set of decisions. Telling family, children, employers, friends and others involves how, when, how much. Telling children is the hardest, Maggie says, because they have so much future to be altered. Do tell someone, she advises, even if your spouse doesn't want to. You need the support.

I Can Do It! (But Do I Exist?) (Chapter 5)

When Ted lost his job, living in New York was no longer financially feasible. Maggie organized, managed and in large part physically handled the family's move to a small town in New England. In the midst of this upheaval, their son thought he had appendicitis and Maggie thought she might have kidney stones. Yet everyday concerns of just keeping going surfaced first in Maggie's mind. "Who will take the car in for an oil and lube tomorrow?" Examination showed that neither person needed medical care but pointed out changed dependencies in the family.

Record-keeping is vital. Names and phone numbers of doctors, hospitals and agencies; bills, receipts and notes; photocopies of anything concerning money; dates on everything — all may be needed some day. Divide labors fairly. Don't play Mama or Papa to the ill spouse. Set limits. Be assertive, not a silent saint or a bully. Simplify — cut the work. Recognize that the well spouse will always take second place.

War Without Roses: The Chronic Emotions (Chapters 7 and 8)

Sadness for losing so much as individuals and as a family ranges from shared activities to the loss of intimacy. Guilt surfaces when the well spouse gets angry with the ill person. The well spouse feels trapped but thinks there would be no forgiveness from others or herself if she left. Not being able to share either the pains or the pleasures of the situation results in loneliness.

Jealousy comes when the ill spouse gets all the attention. There is annoyance at the increased work load. The well spouse can become angry at being bossed around, bored with nothing but sickness, humiliated at the loss of purchasing power, fatigued, depressed, anxious and overwhelmed by the huge problems to be faced daily and forever.

Downward Mobility (Chapter 9)

Money — there's never enough. "You need time to get money," says Maggie. "If you don't have enough of either one and less of both, watch out for the ground. You may be so downwardly mobile you bite the dust." Maintaining an old house, a rattling car, the children's needs or a rare, inexpensive treat means a constant juggling act and an always near-zero checkbook balance. It also means a need for someone to listen and understand.

Acts of Rescue (Chapter 14)

- Exercise.
- Use relaxation techniques.
- Do everything more slowly.
- Get your sleep.
- Check up on your own health.
- Plan small daily pleasures.
- Imagine happy outcomes.
- Use your religion or your view of the world.
- Take temporary flight in a night or weekend off.
- Get a pet.
- Work outside the home.
- Recognize your need for friends for emotional response.
- Maintain your sanity.
- Discuss problems.
- Do healthy things together.
- Recognize that you lead a double life...one half in the sick world, one half in the well world.
- Repeat: I am not sick.

Fighting Off the Gurus (Chapter 10)

Well-meaning friends may increase anxiety or depression by implying that the ill spouse is making himself sick by wrong thought or action. Special diets or other remedies may be suggested. Accept your spouse's view of how to treat the illness and stick with medical advice you trust.

Therapy and Support Groups (Chapters 12 and 13)

Long-term or short-term individual therapy, couples, family or group therapy, information or diet workshops, chapter meetings of various illness foundations can help. Maggie suggests guarding against the danger of getting too consumed by the illness, however, and proposes a group for well spouses.

Jane Brody's piece about *Mainstay* for the *New York Times* quoted an imaginary conversation between a well spouse and the world. It was written by Cindy Cates of California.

You're so brave.

I'm scared.

You're so strong.

I'm scared.

You're an extraordinary woman.

I'm scared and alone.

I don't know how you do it.

Neither do I.

Isn't it great you're a nurse and can take care of him?

I lost my best friend, lover
and husband; who will take
care of me?

Your children give him much to live for.

His absorption in his pain,
illness and survival leave him
with little left over to give his
children or wife.

How Are the Kids? (Chapter 15)

The answer: their childhood is stolen. Time, energy, money, attention...all the elements of child-rearing are likely to be focused elsewhere. They are loved and they love the ill parent. But they see what is happening around them and are bound to feel its effects, including many of the chronic emotions.

What's Left of the Two of Us? (Chapter 17)

Maggie remembered reading that having MS was like going down a ladder. You grieve on each rung but you do find footing and balance. And then you go down another rung. She says, "It seems that we have aged before our time. And, in a way, that's exactly what's so painful about chronic illness — it's premature aging. I'm glad to have aged with someone who makes me laugh...surprises me with tidbits at supper. Someone who's loyal. We trust and respect each other just as we did when we married, only now it has been tested. The marriage changes but remains."

Recalling a conversation with Ted, Maggie notes that she told him he didn't deserve this rotten disease. He thanked her and seemed to feel better, so she said it every day for a week. She wrote the conversation into the first draft of *Mainstay* and after making his comments on the book Ted said, "There's one last thing. You don't deserve this rotten disease either. You really don't."

And so, she says, "We live in the quicksand together. The healthy couple cannot imagine what we know."

What Lies Ahead? and Till Death Does or Doesn't Us Part (Chapters 19 and 20)

Talk about the future with your spouse, Maggie advises. Consider adult day care and respite care. Make a will. Make as many arrangements today as you possibly can to make tomorrow easier.

Making Connections — The Well Spouse Foundation (Chapter 22)

Finishing the final draft of the hardcover edition of *Mainstay* in February 1987, Maggie began to wonder if it could spark a national support group for others like her. The following spring the book appeared, containing a note suggesting that readers interested in a support group send a postcard with a few facts about their situation to a New York post office box. Correspondence poured in. Informal groups appeared and a newsletter began. Ted helped by reading copy.

In November 1989, 20 people brought themselves formally into being as a nonprofit organization. Eighteen months later they obtained their 501(c)(3) tax-exempt status.

"We did exist," says Maggie.

With 90 to 100 chapters, regional day-long conferences and a national weekend conference provide opportunities to share experiences and emotions. "We don't have to explain. Everyone does 'get it'." Maggie relates an instance toward the end of a recent conference where a well spouse commented that it was so great to be with "normal people," her definition of the well spouses and their shared problems. They share coping skills, facing their loneliness and isolation as well as the fact that they are often "invisible" in relation to their spouses' visible illness.

"People often tell me," Maggie writes, "that *Mainstay* has saved their sanity; the Well Spouse Foundation has saved mine."

Today, the children are adults, having integrated a staggering illness into their world. Ted continues to write, is witty and uncomplaining, though confined to a wheelchair. Maggie's first novel, *Try to Remember*, has been published by Random House under her own name, Zane Kotker. The family lives in the present.

Who Are the Caregivers?

They are spouses, children, parents, siblings. But they are uncounted and unrecorded. There are no funds for statistical enumeration.

There are 25 million Americans of marriageable age who are chronically ill. Estimates say there are 8 to 10 million well spouses — about 4 in every 100 adult Americans. This estimate does not include others such as parents of a chronically ill or disabled child or siblings caring for their sisters and brothers.


Caregivers come in all ages, with varied backgrounds, abilities and concerns. But they are largely invisible. Jane Bendetson wrote in a *New York Times Magazine* endpaper, "I Am More Than Hands," saying, "People look sympathetically at the patient in the wheelchair but never recognize the person pushing it. The pusher doesn't exist; she is only an extension of the illness."

Her husband had his first heart attack at age 38 and became a cardiac invalid. Their son was seven. When she was asked to edit the Well Spouse Foundation's newsletter, she realized she was not alone. In the dark early-morning hours, before her husband died, she wrote: "I am I. I am more than an adjunct to a disease," describing briefly and poignantly the isolation and invisibility felt by caregivers.

"I have stood where you're standing now," says another caregiver in the preface to *The Caregiver's Manual: A Guide to Helping the Elderly and Infirm* by Gene B. Williams and Patie Kay (Citadel Press Book). "Surround-

ed by family, friends and an army of medical professionals, all offering advice and trying to help, I had never felt so alone in my life. I wasn't the patient — I was the caregiver."

On a personal note, I was working on this article when we discovered my husband, Paul, needed a major operation. What was supposed to be a 7-day hospital stay turned out to be 25 days in cardiac intensive care, followed by 4 weeks in a rehabilitation facility. These two months have taught me that I have only the tiniest realization of the difficulties faced by long-term caregivers.

When their time, money and emotional resources are concentrated elsewhere, caregivers need assistance to cope not only with the patient's needs but with bureaucracy and their own survival. Caregivers are the walking wounded of the well world. 

EDITOR'S NOTE: A few weeks after completing this article, Lois lost her beloved husband, Paul. He died as a result of a sudden heart attack. Lois has been a member of The Key Editorial Board for 20 years.



Mary Zane Hickox Kotker,
Middlebury, (Pen name:
Maggie Strong)

Mainstay can be ordered from Bradford Books, Room 9K, 160 Main Street, Northampton, MA 01060-3134. Send a check for \$15 plus \$3 shipping & handling per book. In Canada, \$20 plus \$4 per book.

For more information about the Well Spouse Foundation, call 800/838-0879 (in New York 212/644-1241) or write to Well Spouse Foundation, Suite 814, 610 Lexington Avenue, New York, NY 10022-6005.

Mirror Mirror on the Wall

Why image is not everything

—By JOANN BARTON VAUGHAN, Virginia

Eating disorders are now recognized as major medical and psychiatric problems, affecting millions of women in the United States and Europe. We live in a society obsessed with size, weight and image. This is readily apparent by merely observing the explosion of diet clinics, liquid fasting programs, advertisements for weight reduction vacations and spas, and the weight control pharmacopoeia at any local drugstore."

—Kathryn Zerbe, MD

Servings from each of the major food groups may be a nutritional ideal, but too often young women are starving themselves to achieve an unrealistic physical ideal.

Anorexia and bulimia are practiced in secret by women whose eating habits are out of control, according to MARY ELLEN (M.E.) CROWLEY, *Bucknell*, whose interest in the psychology behind eating disorders led her to pursue a Ph.D. at Ohio University. One year of her graduate education was supported by a grant from the Kappa Kappa Gamma Foundation.

While an undergraduate, M.E. received a research grant funded by the Knight Foundation to conduct a

study comparing aberrant eating disorders among students. Her research concluded that schools with students from a higher socio-economic background had higher incidents of eating disorders. Her further studies have led to research on the effect of eating disorders on a woman's mood and stress level and the level of her self-esteem.

"I saw so many young women with sub-clinical bulimia and aberrant patterns of eating," M.E. says, "especially during periods of stress such as during finals or when a relationship was rocky. People really relied on food as a way of dealing with stress and this can get out of hand."

Diagnostic criteria for Bulimia Nervosa*

- Recurrent episodes of binge eating characterized by both of the following:
 - 1) eating, in a discrete period of time, an amount of food that is definitely larger than most people would eat during a certain time and under similar circumstances
 - 2) a sense of lack of control over eating during that episode
- Recurrent inappropriate compensatory behavior in order to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, enemas or other medications; fasting; or excessive exercise.
- The binge eating and inappropriate compensatory behaviors both occur, on average, at least twice a week for three months.
- Self-evaluation is unduly influenced by body shape and weight.

Many college women practice unhealthy eating behaviors, including starving and bingeing and purging, that have not yet progressed to the clinical stage.

When thinking of eating disorders, many think of excessive behaviors such as anorexia nervosa – the relentless pursuit of thinness without regard to negative health consequences – and bulimia nervosa – which includes eating large amounts of unhealthy foods at one time then vomiting or using laxatives to rid the body of excess calories. These serious psychological disorders can progress very quickly and often lead to health problems – even death. But M.E. points out that many college women practice unhealthy eating behaviors, including starving and bingeing and purging, that have not yet progressed to

the clinical stage. Whether a young woman is devouring ice cream to get over a break up with a boyfriend, over-training and under-eating to improve athletic performance or skipping many meals for many days to look like the models in magazines, she is not pursuing a healthy lifestyle.

Often the self-starvation or the bingeing and purging is done in secret and in silence.

“People are using eating as a maladaptive method of coping – just like people use cigarettes to cope with stress. And just like smoking, this can hurt you. These young women are missing major nutrients. They may suffer from hair loss, their tooth enamel may be worn, and eating disorders, over time, can lead to disorders of most major organ systems – in addition to psychological damage.”

Often the self-starvation or the bingeing and purging is done in secret and in silence. Without training, even close friends and family members can miss the warning signs that might lead them to intervene with the young woman and seek help.

While some men do suffer from eating disorders, more than 90 percent of those with aberrant eating behaviors are women. M.E. points out that there are

Diagnostic criteria for Anorexia Nervosa*

- Refusal to maintain body weight at or above a minimum normal weight for age and height.
- Intense fear of gaining weight or becoming fat, even though underweight.
- Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or denial of the seriousness of the current low body weight.
- In postmenarcheal women, amenorrhea, i.e. — the absence of at least three consecutive menstrual cycles.

Warning signs of eating disorders:*

- Obsession with weight and body image
- Eating little or nothing
- Rapid weight loss
- Brittle hair and nails
- Worn tooth enamel
- Mood swings
- Lethargy


*From *The Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*

many social factors that contribute to this ratio, including unrealistic, unhealthy and unobtainable ideals of feminine beauty. "If you are five-feet four-inches, you know you are never going to be six-foot-one. But women of one body type convince themselves they can weigh a certain weight or wear a certain size."

She points out that top models in the 1970s on average weighed 15 pounds more than models today. "The ideal has become a lot thinner and therefore we see more young women try to obtain this unrealistic ideal. Often

these women want perfection, They want perfect grades – and they also want the perfect body."

Baby boomer mothers who are concerned about their own weight as they age also send the wrong message to their daughters.

Most often it is a question of self-esteem. "Women need to be proud of who they are not what size they are," says M.E., "We need to be comfortable with what is possible. Often what is not said is really the problem. We need to build up our daughters, compliment them, and be proud of their achievements and not send the message that women are only measured by their dress size." 

Know the Facts

- Ninety to 95 percent of people suffering from eating disorders are women.
- The fatality rate from anorexia nervosa ranges from five to 20 percent. Complications from bulimia can also lead to an early death, often causing significant complications along the way.
- Numerous studies of patients following treatment have shown a recovery rate as high as 60 to 70 percent after five years.

Get Real: Straight Talk About Women's Health

Real faces for real issues

Do you wish you had access to clear, relevant health information? The Society for the Advancement of Women's Health Research and the U.S. Public Health Service's Office on Women's Health have discovered that many women answer "yes" to this question.

"Get Real: Straight Talk About Women's Health" tells the stories of several young women and the issues they have faced during times of great personal change: the late teens and early 20s. The program puts real faces on real issues — from nutrition and fitness to substance abuse, eating disorders, sexual harassment, HIV/AIDS and more.

"Get Real" is full of practical suggestions about how knowledge and moderate lifestyle changes can yield a healthier and longer life.

The Society for the Advancement of Women's Health Research, a nonprofit organization launched in 1990, brought to national attention the problem of the exclusion of women from major clinical research trials, and the consequent need for greater funding for diseases and conditions experienced by women.

"Get Real" was distributed by the Society to all National Panhellenic Conference groups. Each chapter has received a seminar kit consisting of presentation materials, a video presentation and a discussion guide.

The program components are designed to work collectively in helping women think about total mind and body fitness and to motivate them to change risky health behaviors, sharing personal experiences and providing useful tips.

To order "Get Real" or for a list of other educational programs, contact Director of Education and Training JOANN BARTON VAUGHAN, Virginia, at Kappa Kappa Gamma Fraternity Headquarters, P.O. Box 38, Columbus, OH 43216-0038, 614/228-6515, Fax: 614/228-7809, kkghq@kappa.org.

Growing Older Gracefully

Advice on healthy aging for the
“Sandwich Generation” and their elderly loved ones

— BY GAIL GLADDER GOELLER, *Washington State*

The last phrase my mom wrote on her kitchen greaseboard read: “Life is what happens when you’re making other plans.” Perhaps she knew something we didn’t know, for within a seven-year period, my husband, John, and I were to say good-bye to her, his father and an elderly aunt; empty the nest of our two children, and leave our primary careers to jump into the totally foreign world of publishing. Mom’s message had become our theme song.

A Common Story

Recalling the 37 years since joining GAMMA ETA Chapter, *Washington State*, my story is not unusual. After college, I married my high school sweetheart and taught school in Seattle and Pullman, Wash. When John and I decided to commence our family, we followed our hearts back to Spokane, a great place to raise kids.

Both sets of grandparents were of tremendous support to us and our two children, Greg and Kaaren, throughout the next 18 years. John spent his waking hours as a high school counselor, while I stayed at home with our children, participating with them during their early years in a parent cooperative preschool. Later, I attended graduate school and for the next several years managed a private practice as a management consultant. Fortunately, we all weathered



Gail Gladder Goeller, *Washington State*, with husband John.

the varied storms of marriage and the chaos of charting the course for raising children in a culture that was beginning to challenge the traditional models for parenting.

The years flew. Our kids began their college careers. There was plenty to distract us from the fact that our parents were aging and changing. We were part of the majority of Americans who prefer to live in denial about aging and death.

Then Grandpa Goeller died. Afterward, we realized that his habit of speaking for his wife had been a convenient cover for the advent of her Alzheimer's disease. The next two years, we made a groove in the road from our place to the Goeller family home to manage the care for John's mother, Impie. During this process, it became apparent that her sister could no longer live alone. We moved her in with her sister and began to solicit the support of caregivers and home health care professionals.

With help, life seemed to regain some normalcy. But another surprise was lurking — at age 72, my sweet mom had a major stroke, followed by a series of smaller strokes that took her life within two months. My father, 11 years her senior, struggled to embrace being a widower, with our support.

"We were tired. We had been taxed heavily by trying to maintain full-time jobs, putting our kids through college and caring for our parents."

A Call for Action

As in any time of transition, John and I knew we had been changed forever and that our old molds were no longer working. We were tired. We had been taxed heavily by trying to maintain full-time jobs, putting our kids through college and caring for our parents. Our physical and emotional health was suffering. We decided to take some risks.

John left his 25-year career in education to take early retirement. Two years later, I stopped my consulting



About the Book

The Complete Directory for Seniors and Their Families, now in its third edition, is a regional guide for the Inland Northwest which features 175 pages of information, tips and articles. With more than 900 references, the directory has four chapters:

- I. **Taking Charge:** A compilation of financial, legal, final planning, and safety/security information.
- II. **Exploring Housing Options:** Listings of retirement and assisted living communities, adult family homes (foster homes), and nursing facilities; maps included.
- III. **Finding Help:** Descriptions of the support and healthcare services available for both private paying and public support programs.
- IV. **Living Fully:** Details regarding activities, educational experiences, political involvement and volunteer opportunities.

The book is used by seniors, adult children, "boomers" planning for retirement and service providers. As one senior put it, "Your guide has been my bible for about eight months now. When I purchased it, I thought, 'I'll probably need this in five or 10 years.' Not so! As it turned out, I've been referring to its pages again and again, often on a daily basis."

What others are saying about *The Complete Directory for Seniors and Their Families*:

This directory is not only an incredible and delightful source of information, it is a map for our elderly patients and our families with seniors — for some tough choices ahead.

William J. Peters, M.D.

Family Health Center, family practice physician

With this book, I can get on the phone and make calls to find help for my mom 300 miles away in Spokane without having to be on site. The Complete Directory for Seniors and Their Families has been a godsend for the kind of long-distance caregiving I want to be able to provide from afar.

Sharron Kick

faculty member from Bastyr College in Seattle

For more information about the directory or Vesta Seminars, contact Mature Matters, P.O. Box 20031, Spokane, WA 99204, or call 509/624-0798.

business. Both 51 years old, we were staring at an enormous void, knowing we still had to produce an income. What now? We explored many options. None seemed to fit. We began to feel desperate. Finally, and fortunately, we began the practice of letting go and waiting for our answers to emerge.

“We sensed there were thousands like ourselves, who had waited for a crisis as an incentive for looking ahead to a time when their parents might need support.”

There is a saying, “Nature abhors a vacuum.” Thus, on an evening walk, we realized what we were to do next. It was hiding in plain sight all along and would only require that we carefully retrace the steps we had taken in our experiences with eldercare. We sensed there were thousands like ourselves, who had waited for a crisis as an incentive for looking ahead to a time when their parents might need support. Like us, they had been caught short, lacking the skills and information necessary to address the needs of their parents. It was clear that our community needed a resource guide — or a map — that could help chart this new territory. And, based on our experiences, we knew we could write it.

We began reclaiming the breadcrumbs of our own journey into eldercare. Our list was enormous: creating and gathering necessary legal documents, forecasting the economics of alternative housing or keeping our relatives in their homes, screening and interviewing potential caregivers, communicating with other family members, scheduling medical appointments and communicating with providers, monitoring medications, to mention a few. John began taking my father to a fitness program for seniors offered by our community college; I went on shopping sprees with my mother-in-law for a new wardrobe that would accommodate the weight loss that often accompanies Alzheimer’s disease. Then, we reached out to the community and its service providers to expand our database. These professionals recognized the importance of the need we were trying to fill and were more than generous with their information.

Hot off the Press


Nine months later through their new business, *Mature Matters*, a directory was born. It had become a family effort. My father proofread copy; our son and his wife, Patti, came home to format the book and coax the process along, and our daughter visited to prepare frozen meals for us to have as our work became more intense. We learned about copyrights and printing, editing and

word processing. We struggled, and mastered the computer (sort of!).

What we didn’t know when we started was that the aging of America was occurring not only in Spokane but all over the continent: that people are living longer than ever before, that 76 million baby boomers are beginning to turn 50 and that there is an exploding number of “Sandwich Generation” folks (those who are saying “goodbye” to kids and “hello” to the needs of their aging parents). Accidentally, we had placed ourselves in the right place, at the right time.

Today, we await our third publication. Our guide has become a part of our region’s establishment and we are getting requests from other areas in the nation to duplicate it for their locations.

In addition to book publishing, *Mature Matters* is involved in seminars and special events throughout the community. In collaboration with Care Management Resources, Inc., a geriatric care management company, we have just co-produced the play, *Vesta*, at the Spokane Civic Theatre. A tender intergenerational piece about a family that goes through the process of losing an elder member, this production is a natural and poignant catalyst for seminars in eldercare called *Vesta Seminars*. Focusing on the internal family dynamics, it is a personal looking glass for each member of the audience. You will recognize its people, perhaps even yourself.

John and I can say that life is full again, but in a way that is nourishing our need to make a difference — with our family and within our community. 



Gail (right) with **Nancy Sampson Nethercutt**, Washington State.

About the Author

Gail worked as an organizational/management consultant for 16 years and is the former Director of Organizational Development for Group Health Northwest. She earned a bachelor’s degree in elementary education and a master’s of applied behavioral science. She serves as president of Hospice of Spokane Board of Directors and as vice president of Project Joy Senior Entertainers. Gail has presented programs to the **SPOKANE (WASH.) ALUMNAE ASSOCIATION**.

KKΓ TO THE RESCUE

Rose McGill Fund helps flood victims recover

—By SUSAN JORGENSEN FITZGERALD, Illinois



Spring flood water caused most of Grand Forks, N.D., to be evacuated.

You have probably heard stories about Kappa sisters with tragic personal crises often associated with financial need. Although each story has unique circumstances, the lessons learned are often the same — lessons of courage, compassion and appreciation for the important things in life.

Lessons like these were learned by numerous victims last spring when pictures of devastating floods in North Dakota were viewed with sympathy and shock by people around the world. As government agencies and others debated how to help, Kappas were already helping Kappas.

ANNETTE THRIFT RAY, Monmouth, and her family, after living in Grand Forks, N.D., for 31 years, still find it hard to believe that so many lives could be changed by circumstances beyond their control. She and her husband were used to preparing for seepage in their finished base-

ment but had no idea of the extent of damage this storm would cause. As the National Weather Service continued to forecast more and more rain, Annette quickly realized she was needed in the community more than in her home. Soon she was preparing sandwiches and hot dogs for the hundreds of students who were dismissed from school to work in the community bagging sand.

Annette's story continues as a dike protecting one of the Grand Forks neighborhoods broke and everyone was evacuated:

By late that night and early Saturday the remaining dikes were breached — the force of the water was just too much for the sandbags. As the water spread over the city, storm sewers backed up, as well as the city's sanitary lift stations. By 10 a.m. Saturday, nearly the whole city was ordered to evacuate. Our usually high and dry neighbor-



Flood water covers streets and destroys property in Grand Forks, N.D.

"Water was coming down our street from the east and west."

hood began flooding with water coming up from the storm sewers. Water was coming down our street from the east and west. Grabbing clothes, a little food, our golden retriever and cat, we decided to leave our smaller car here and drive our mini-van because the water was already too high for many cars. We prayed that our sump pumps would keep the basement dry. Unfortunately, the terrible fire in the downtown area the next day forced the city to cut off all power, so our sump pumps were useless.

Now all we can say is "God bless and thank you" to the Red Cross, Salvation Army and the many volunteers from all over who helped us recover. After two months my son and family are still homeless, waiting for a mobile home to see them through the next year. The spirit in the community is hopeful — businesses are starting to recover, five schools will need to be rebuilt as well as numerous homes. Life goes on.

Kappa Kappa Gamma was able to help Annette and her family, along with five other Kappas, get back on their feet with a financial gift from the Rose McGill Fund. Each thought her home to be safe and well outside the flood plain, but none was prepared for the devastation that the rising Red River would cause. Here is just a glimpse of what these Kappas experienced and how they survived.

1990 Alumnae Achievement Award recipient SHARON CARLSON WILSNACK, *Kansas State*, thought she and her family were protected by living on high ground and consequently had not purchased flood insurance. After the floodwaters receded, Sharon returned to her home to find her finished basement, including the family's library of thousands of professional books collected over 30 years as university professors, covered in smelly, river-soaked debris. Further, she discovered family collectibles and pictures floating aimlessly in the post-flood aftermath. Her heart grew heavy as she thought of having to tell her four children of the loss of their personal mementos which had been stored with mom and dad for safe keeping.

We have learned a great deal from our experiences the past few months — not only to carry flood insurance, but also about the courage and resilience of our Grand Forks friends and neighbors and about the care and generosity of individuals and organizations nationwide.

It took months to haul away refuse which had been covering curbs and street corners. ELLEN KELSEY JACOBI, *Colorado College*; LUCIA (CIA) NELSON, *North Dakota State*, RUTH MCGUIGAN NORD, *North Dakota State*, and AUDREY LITTLE WILLIAMS, *North Dakota State*, shared similar losses and have spent the better part of this year dealing with their own flood experiences. Despite the

Who Is Rose McGill?

ROSE MCGILL, *Toronto*, was one of the first recipients of financial aid through the Fraternity. The Rose McGill Fund originated at the 1922 Convention when members of BETA PSI, *Toronto*, appealed to those attending for financial aid for their sister, Rose, a victim of tuberculosis. The resulting \$600 helped defray hospital expenses and provided a few comforts for Rose until her death a few years later.

For more information about the Rose McGill Fund or other Foundation programs please contact the Kappa Kappa Gamma Foundation, P.O. Box 38, Columbus, Ohio, 43216-0038, 614/228-6515, fax: 614/228-7809, e-mail: kkghq@kappa.org.

damage done to their own homes, these Kappas were often found helping sandbag low-lying homes and preparing food for volunteer workers.

When Ellen and her family returned home after being forced to evacuate the city, they found that the river had invaded part of the first level and filled the basement, which included a family room and office. Everything the water touched was ruined. Among the filthy debris in the basement, Ellen found her college trunk containing the remains of Kappa composite pictures and other cherished mementos of her days at Delta Zeta Chapter.

I am thankful that the love and support of my Kappa sisters is always there for me. It is such a comfort to know that nothing (including floods) can ever take that away. I am greatly inspired by the kindness and generosity of our Fraternity. The money will be used to help restore our family room on the first floor of our house. Thank you!

Cia says that as she watched her water-soaked furnishings picked up from the side of the street she realized they would now hold those "things" much more loosely because they can be gone so quickly and will hold tight the people and relationships that make life rich.

"It is so special to know I am part of an organization which truly cares about its members and is there to help when help is needed most."

Little did our family realize, that night when we were evacuated from our home, the effect it would have on our lives or the terrible destruction and devastation our city would encounter. The magnitude of this disaster will influence the way we think and feel about many things for the rest of our lives and we will never be the same. It is so special to know I am part of an organization which truly cares about its members and is there to help when help is needed most. My husband couldn't believe a group that I became a part of close to 30 years ago would take such an interest and reach out to us with such a gift.

The entire lower level of Ruth's patio home was filled with storm and sewer backup when she was evacuated at 3 a.m. Among the items ruined were new furnishings for two bedrooms and a recreation area, along with the furnace, power box and water heater.

It is indeed heartwarming to know that Kappa cares.


Audrey lost all of the contents of her basement to seven feet of flood water.



Rose McGill Emergency Grant recipients say they enjoyed getting to know each other through this unfortunate experience and feel encouraged and humbled by the generosity of Kappa Kappa Gamma.

Needless to say, it was an unexpected loss at an age when the energy level is somewhat lower and the income fixed. The thought that Kappa sisters would think of us is fantastic. The grant is a wonderful aid to us in the recovery process. Thank you.

For six Kappas in North Dakota, the Rose McGill Confidential Aid Program helped provide some very basic necessities to help them begin rebuilding their homes and lives. While no one could replace treasured keepsakes, the Kappa Kappa Gamma Foundation is pleased to be able to assist these members whose unfortunate circumstances gave them a new appreciation of the most precious things in life. Once again there is reason to applaud the efforts of the young women who, 75 years ago, came to the aid of ROSE MCGILL, Toronto, in her desperate time of need.

Today, the Rose McGill Fund enables the Kappa Kappa Gamma Foundation to meet the unexpected needs of numerous members. In 1996-97 the Foundation provided \$122,546 in Rose McGill Confidential Aid, Undergraduate Emergency Assistance Grants and Circle Key Alumna Grants, assisting 84 members. Through gifts to the Rose McGill Fund and subscriptions through the Rose McGill Magazine Agency, Kappas can make a difference in many lives, giving new hope to members and their families during and after a crisis. 

Sandra Lotz Fisher **Makes the Mind-Body Connection**



Sandra Lotz Fisher, Pennsylvania, is the president of Fitness by Fisher.

“*Soar With Your Strengths* — Stop driving yourself and others crazy.” This is the title of one of many seminars conducted by **SANDRA LOTZ FISHER**, Pennsylvania, a consultant who devotes her life to helping people achieve wellness and success.

“What I really am is a teacher and a coach — I give people tools to improve their lives,” says Sandra. Working as a speaker, writer and consultant in the areas of physical fitness, wellness, stress management and career planning, Sandra motivates and challenges individual clients and entire audiences to expand their self-images and adopt healthier lifestyles.

An exercise physiologist and former Director of Fitness and Health for the New York City YWCA, Sandra is owner and president of Fitness by Fisher, a consulting business that teaches clients how to market themselves for success, and customizes programs to transform business meetings into healthy, energizing experiences. Her approaches to wellness and marketing have been featured in various publications including *Sales and Marketing Management*, *American Health* and *Good Housekeeping*.

When Opportunity Knocks — Are You Ready?

Self-marketing is a strategy to communicate effectively and promote yourself to achieve your goals. Too often women hesitate to “toot their own horns.”

Here are three tips to get you started:

1. Know your skills, strengths, accomplishments and goals.
2. Identify and plan how to reach your target markets — who they are, what services are needed and what you can offer.
3. Plan your campaign. Network like crazy. Design an appropriate business card, résumé and support materials. Craft a 15-second introduction, creating the best possible impression.

Prescription for Success

Sandra describes herself as a self-starter who is always full of ideas. “My mind is like a MAC (Macintosh computer),” she says. “I have so many windows open at the same time that it’s hard to shut down at the end of the day.”

She discovered her desire for a consulting business after a career development course revealed her knack for selling ideas and motivating people. When her sons, Hadley and Winston, were young, Sandra worked as a social studies teacher. “I’m an educator at heart,” she says. “And a good educator is skilled at marketing and selling ideas.”

Another catalyst for Sandra to start her own business was an Outward Bound course. “It was an invigorating, self-affirming experience,” says Sandra. “I discovered the power of the mind-body connection and wanted to capture and build on that extraordinary feeling.”

Sandra earned a bachelor’s degree in political science from the University of Pennsylvania and two master’s degrees, one in education and one in applied physiology, from Columbia University. She also took a variety of business courses. Although she says experience is important, Sandra believes education is crucial. “Having the right credentials is important because you have to know what you’re talking about when you’re in front of an audience,” she explains.

Sandra’s experience and ambition weren’t the only things that lead her down this career path. She credits the influence of her parents, as well. Her mother, who died of breast cancer 11 years ago, ran her own catering business when Sandra was a child. “I grew up with a tray in my hand until the ninth grade,” she says, adding that she learned valuable lessons about how to run a business. Her father, who also died after a long illness, was a salesman and helped Sandra by training her in sales techniques, organization and networking.

Wellness Works

Toward the end of her six and a half years at the largest YWCA in the U.S., Sandra began lining up consulting opportunities. “It was a natural place for me to work because I’ve always been interested in women’s issues,” she says, “but I was ready to get my consulting business off the ground.”

It didn’t take long for Sandra to develop an impressive list of clients, including: American Management Association, AT&T, Merrill Lynch, National League for Nursing, Metropolitan Life, National YWCA, Association of Internal Management Consultants, Presidents Council on Physical Fitness and Sports and numerous others.

Originally Sandra’s work focused on meeting planning and fitness programs, but now she gets more requests for help with self-marketing. She is busy coaching clients through career changes in various fields, teaching small business owners about networking and marketing, and helping individuals develop personal marketing plans. “I’ve invested a lifetime in helping people identify their strengths and make the most of them.” These days Sandra is even helping clients develop Web sites. “It’s my nature to be involved in a little bit of everything,” she says.

“People have told me I’ve saved their lives — some of them were heart attacks waiting to happen.”

Sandra says every day is different in this multifaceted business. To stay on top of things she sets goals for the week and for the year. “What I like most is being creative and finding ways to make a difference,” says Sandra. “People have told me I’ve saved their lives — some of them were heart attacks waiting to happen.”

Another way Sandra has kept her business running smoothly is with some help from the American Women’s Economic Development Corporation, which offers an 18-month training program for women business owners. “The program was fabulous and served as a built-in support group,” says Sandra. She and six of the women from the program meet regularly. “If we need anything, we call each other,” she says. None of the group members are competitors, so they share business leads and contacts. A group like this is invaluable because there are no managers or co-workers to turn to in a one-woman business.

Sandra’s advice for those seeking a new career path is to do extensive homework; draw from various experiences; take stock of resources; and consider goals, desired lifestyle and need for a paycheck. Most important of all, says Sandra, is to devise a business and marketing plan. But don’t forget about networking. Sandra says one

of her greatest programs resulted from attending a conference where she met a vice president of sales for a large pharmaceutical company who was looking for a program planner. "I told him what I did and his company turned out to be a fabulous client — my first big program," she says. For six and a half years Sandra planned educational programs, conducted seminars and produced newsletters for the company.

Kappa Connections

Although Sandra had been involved in **BETA ALPHA, Pennsylvania**, as Pledge Chairman and Social Chairman, it never occurred to her that her membership continued after college. "Graduating seniors were not encouraged to stay involved with Kappa the way they are now with those great senior packets," she says. Now, as a member of the **NEW YORK CITY ALUMNAE ASSOCIATION**, Sandra is always impressed with the recent graduates who attend the meetings. "They are poised and professional and communicate well."

Sandra's favorite Kappa story is about a woman who visited her at the YWCA asking if Sandra would present a program for her group. When Sandra asked what group it was, the woman said it was an alumnae association for members of a national women's organization. "Finally I pulled the name of the group out of her — it was the New York City Alumnae Association of Kappa Kappa Gamma," says Sandra. "She was afraid I might not take her seriously if she said the word fraternity — but I told her, 'You're in luck, I'm a Kappa too!'"

Sandra is surprised how often Kappas fail to mention their affiliation. "Kappas should talk about Kappa and list their membership on résumés and applications," she says, adding that members should capitalize on the leadership skills learned through Kappa like managing a budget, planning programs and working with a group toward common goals. "I know if I give a project to a Kappa, it will be done very well and with a great deal of class," says Sandra. By the same token, Sandra was recommended for one of her first consulting jobs by her friend **JACKIE GANIM, Emory**.

Sandra enjoyed attending Kappa Kappa Gamma General Conventions in 1963 and 1996. "I'm amazed at standards that are promoted and the opportunities to help and mold young women," she says. Her most recent involvement with the Fraternity involved presenting a leadership workshop for **ZETA CHI, Marist**, and presenting a program entitled, "Kappa Makes the Difference — Marketing our Fraternity in the '90s" at the spring 1997 Alpha Province Meeting in White Plains, N.Y.


Women and Wellness

"Most people know that exercise and stress reduction are important," says Sandra, "but there are lots of reasons

"Without good health you spend all your time and energy trying to get it back."

people don't take care of themselves — they're consumed by their jobs, they lack support, the weather is bad...whatever." Sandra stresses fitness and health because it is the basis for overall wellness and success. "As you get older it's more and more important to take care of your health," she says. "Without good health you spend all your time and energy trying to get it back."

Sandra feels that women need to better manage stress and achieve balance so they have time for themselves. "Women take care of others — they are the gatekeepers of health — but they have a much harder time caring for themselves," she says. When working full time it is difficult for many women to fill all their roles, so Sandra recommends setting boundaries and staying flexible.

Sandra's business is not just about serving clients and earning a living, it's more about helping herself, and others, get the most out of life. 

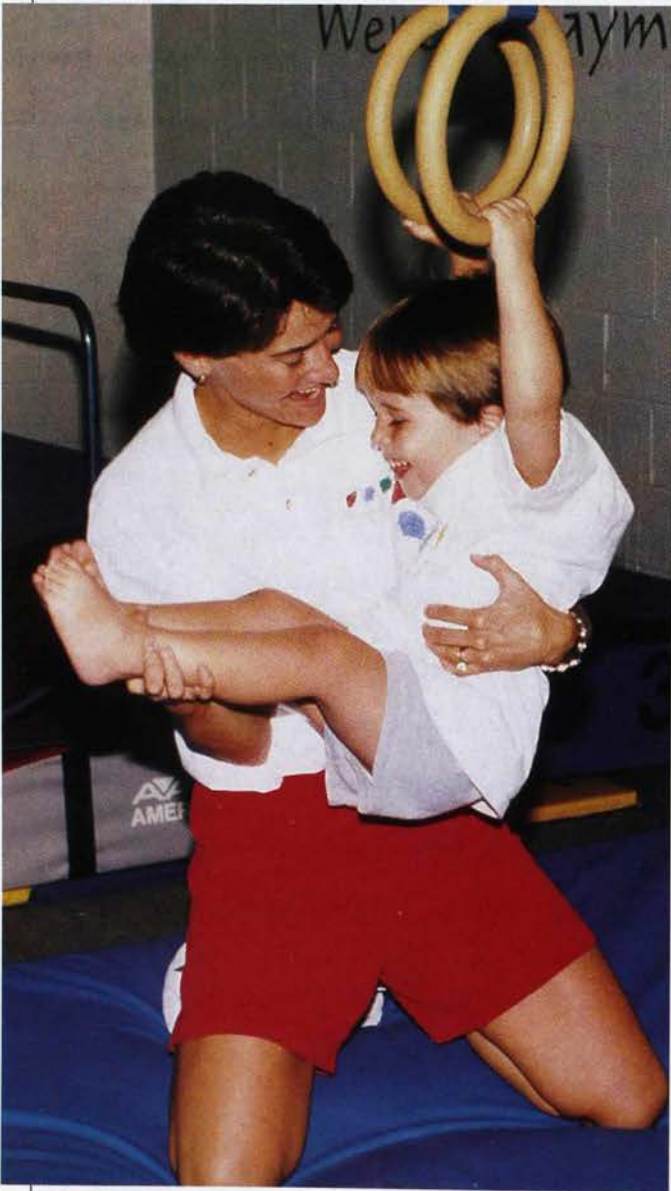
— JENNY STRUTHERS HOOVER, *Bowling Green*

Sandra's Top 10 Stress-Reducing Techniques



1. Control the controllable and let the rest go. Tune in to your needs.
2. Take action. Discard the "superwoman" complex and set limits. Prioritize and assert yourself.
3. Accentuate the positive.
4. Keep things in perspective.
5. Take care of your health.
6. Exercise, eat nutritiously and get a good night's sleep.
7. Practice meditation and relaxation.
8. Enjoy friends, family and relationships.
9. Love and live joyfully.
10. Laugh a lot and have fun!

Wendy Hinton Gomez Takes a Leap of Faith



Wendy Hinton Gomez, Ohio State, assists a student on the rings at her non-competitive gymnastics school.

*W*ENDY HINTON GOMEZ, *Ohio State*, would rather teach somersaults and back bends to children than oversee daily business operations or negotiate with vendors. Yet this spunky young woman took a chance in the unpredictable world of small business and came out on top.

After 22 years of serious gymnastics competing and coaching, Wendy decided there was more to life than winning. So in 1993, after extensive research and planning, she opened Wendy's Gymnastics and Fitness for Children, Inc., a non-competitive gymnastics school. Although she wanted a larger facility, she settled on a 4,000-square-foot-warehouse that she converted into a gym. After painting, installing carpet and building three walls for an office, Wendy opened up shop.

A gymnast since age three, Wendy competed for seven years under the United States Gymnastics Federation and four years at the varsity level for Upper Arlington High School in central Ohio. After so many years of grueling practice, fierce competition and growing up in a gymnasium, Wendy recognized a need for balance in her life. Now she helps children build emotional and physical fitness through fun, safe, non-competitive gymnastics.

All Kids Are Winners on Wendy's Team

"In many gymnastics programs, the competitive students are the focus and the less talented kids get brushed aside," says Wendy. She also points out that high-profile coaches at competitive gyms are often dissatisfied when teaching lower level classes. "But the non-competitive students are paying too and deserve the same attention and encouragement."

Wendy, who served as a captain of The Ohio State University cheerleading squad, earned a bachelor's in early childhood development in 1992. Then she directed a competitive gymnastics program at a local gym, gaining the experience needed to venture out on her own and develop a new approach to gymnastics.

Her mission is to create a place that focuses on kids and teaches them life-skills, using gymnastics to build self-esteem. "People say that my gym is a place to have fun without pressure, and promotes a well-rounded child," says Wendy. She emphasizes effort and attitude, not perfection.

"Childhood is a unique time of life when much of one's personality and confidence is developed in a short time span," says Wendy, "That's why children need to feel good about themselves at an early age." Even if a child lacks natural talent in gymnastics, the lessons learned here can be applied to other sports and activities.

Getting Down To Business

Wendy's goal of registering 80 students by her grand opening was surpassed when 250 children signed up for the first quarter. Now 600 students are enrolled, the maximum for her facility. Boys and girls ages two through 12 are taught body awareness and control, strength and flexibility exercises, endurance, balance and coordination. The children also benefit from socialization and practicing their language development in an exciting and encouraging environment.



Wendy captivates students as she instructs them to freeze during a routine.

The brightly colored gym is full of equipment built just for kids: smaller bars for little hands to grab, colorful mats in the shape of donuts and cheese wedges, and junior-sized balance beams and spring boards. A popular feature is the Tumble Tramp, a trampoline-like apparatus that stands two feet off the ground. It offers the same spring and fun as the old-fashioned trampoline, but is safer and

better designed for gymnastics training. Because most gymnastics programs include classes for young children, Wendy was shocked to learn that child-oriented equipment is unpopular with many vendors and often difficult to find.

While Wendy is dedicated to making gymnastics fun, she emphasizes that this is much more than a playground. The

gym is fully equipped for regulation gymnastics including: the vault, uneven parallel bars, balance beam, floor exercise and rings. Basic gymnastics skills and techniques are taught in progressions in order to focus on small accomplishments so children feel successful.

Wendy teaches most of the classes because she says she couldn't stand to work in the office all day. Although the schedule gets exhausting at times, she is tempted to expand the business. "I hate to turn away students, but I don't want to grow too quickly and lose any of the quality and service."

A Little Praise Goes a Long Way

Wendy reiterates to her staff that any child who tries, deserves praise and that there is always something positive to be said. Her eight staff members have varying gymnastics backgrounds, but all have experience working with children. When hiring instructors, Wendy says she looks for teachers, not coaches.

She worried at first about whether or not the non-competitive approach would take off. "I thought maybe people would want a more competition - and results-oriented program, but now that my classes are so popular, I'm more into it than ever." She is pleased that so many

parents want their kids to learn about good sportsmanship instead of cutthroat competition.

A Family Affair

"Looking back, everything seems to have just fallen into place. It's a dream I never thought would happen," she remembers, stressing that her family's encouragement made all the difference. Although Wendy thinks that a business degree would have helped, her father, a dentist with his own practice, and her husband, an accountant, helped her put it all together.

Wendy also depends a great deal on her older sister, **VIRGINIA (GINI) HINTON CURPHEY, Ohio State**, for advice and support. Not only are Wendy and Gini both alumnae of **BETA NU CHAPTER**, they also work together — Gini is an instructor at the gym. Plus, Gini's two children are enrolled in classes there.


Another role model is her mother who passed away during Wendy's first year of college. Creating her child-oriented gymnastics school became even more important then because her mother had always believed in her and shared her dream. She turned pain and sadness into

perseverance and says that her school helps keep her mother's memory alive.

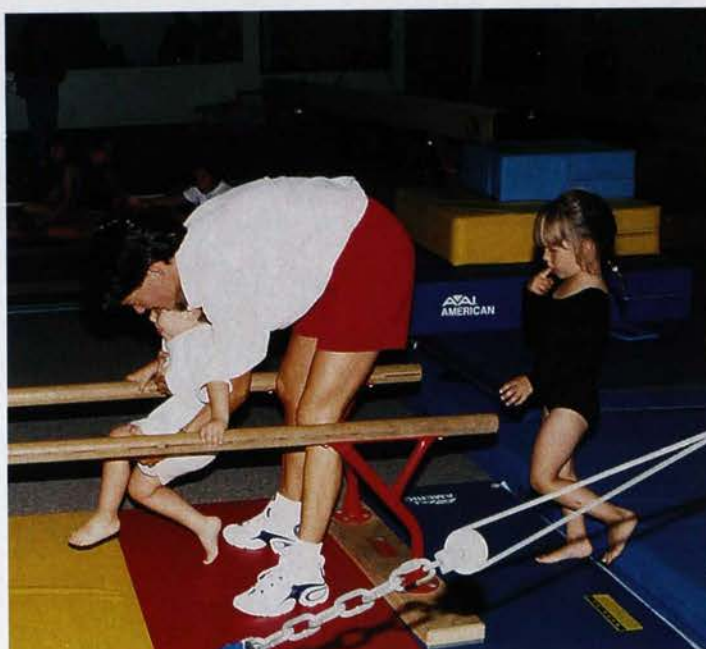
Wendy enjoys meeting new people through her business, especially when it means becoming better acquainted with and meeting new Kappas who enroll their children. Through her membership in Kappa Kappa Gamma and serving as Pledge Class President, Wendy gained self-confidence, learned to work with groups and formed many close friendships.

Wendy's advice to aspiring entrepreneurs is, "If you believe in what you're doing and you enjoy it, then jump in with both feet." She also says that having support from family and friends and time to

devote your life to your dream can make success a reality.

Wendy believes her success is driven by her love of working with children and families. "The world would be a much better place if everyone put children first," she says. Now that Wendy has made her own dream come true, she is dedicated to helping children accomplish their dreams. 

— **JENNY STRUTHERS HOOVER, Bowling Green**



Wendy assists students on the parallel bars during a "Tumble Tot 3" class.

Yes! I want to know more about Kappa Alumnae Association opportunities near me!

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Former Fraternity Experience _____

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You too can enjoy the privileges, friendship and fun that comes with participation in an alumnae association. Please take a moment to complete the information form and send it to **Christine Erickson Astone, Wyoming**. She will put you in touch with your Province Director of Alumnae and alumnae association nearest you.

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The Heritage Museum of Kappa Kappa Gamma

Help Us Tell the Story

The Heritage Museum of Kappa Kappa Gamma serves an important purpose in reflecting the lifestyle of 19th-century educated women. Although this era praised the role of domesticity, women's views were changing. Education and equality became foremost in their minds — if not for themselves, then for their daughters. The founders of Kappa Kappa Gamma were young women raised in homes that valued education.

As a Victorian house museum, the Heritage Museum interprets the lives, dreams and goals of women who lived during this era. The Museum Committee is always looking for acquisitions to help tell the story of women's history. Here is the Heritage Museum's wish list. Each item plays an important role of expressing the life of a bygone age.

Heritage Museum Wish List

Item	Estimated Expense
Victorian Painting	\$1,500+
Game Table	\$1,250+
Sewing Table	\$1,500+
Matching Hall Tables (pair)	\$3,000+
Antique Games & Toys	\$300-\$800
Parlor Lamp	\$1,500+
19th Century Sheet Music & Literature.....	\$250+
Limoges or Haviland China	\$3,000-\$4,000
Chocolate Set	\$350-\$500
Specialized Silver Service Pieces	\$250+
McGuffey Readers	\$250+
Tussie Mussie/Posie Tassie (shown)	\$1,000-\$2,000

If you have any questions about the wish list or the Heritage Museum, please call Fraternity Archivist/Curator Diane Mallstrom at 614/228-6515, ext. 129. 



Tussie Mussies (also known as Posie Tassies) are designed to hold miniature bouquets of flowers.

Here is my Heritage Museum wish list selection:

\$_____ for _____

My alternate choice is _____

I wish to support the Heritage Museum. Please use my gift where it is needed most.
\$_____

All gifts are tax deductible and should be made payable to the Kappa Kappa Gamma Foundation. Please enclose this form with your gift and mail to Kappa Kappa Gamma Foundation, P.O. Box 38, Columbus, OH 43216-0038.

IN MEMORIAM

Names which appear in this list are from information received by Headquarters from June 17 through October 10, 1997.

*ADRIAN COLLEGE

Holden, Majel Jones, '34,d.9/97
Moran, Katherine Lewis, '35,d.9/97
Powell, Phyllis Haas, '27,d.6/97

AKRON, UNIVERSITY OF

Mahan, Helen Norris, '32,d.5/97
Mansfield, Ruth Dornan, '40,d.4/97
Pflueger, Helen Swanson, '26,d.8/97
Spoonamore, Doris Apel, '29,d.5/97

ALABAMA, UNIVERSITY OF

Pipes, Elizabeth Barbour, '37,d.5/96

ALLEGHENY COLLEGE

Billington, Patricia, '67,d.8/97
Garlow, Mildred Moore, '33,d.1/94
Putnam, Alice McQuiston, '28,d.6/97
Roemer, Mary Blyth, '46,d.10/93

ARIZONA, UNIVERSITY OF

Gustke, Patricia Parker, '45,d.3/97
Watson, Katherine Dunn, '22,d.7/97

ARKANSAS, UNIVERSITY OF

Bates, Ada Phillips, '25,d.6/96
Corley, Nina Pate, '42,d.8/97
Hinson, Rebecca George, '31,d.6/97
Porter, Jan Jacobs, '55,d.8/97
Westpheling, Mary, '25,d.7/97

BUTLER UNIVERSITY

Ballweg, Charlotte Gilman, '25,d.4/97
Ferguson, Jean Banister, '37,d.1/96
Moore, Betty Myers, '32,d.9/97
Singleton, Louise Clark, '18,d.6/97
Tindall, Helen Shumaker, '42,d.9/97

CALIFORNIA STATE U., FRESNO

Henderson, Betty Allen, '54,d.1/94
Roth, Elizabeth, '54,d.12/96

CALIFORNIA, U. OF, BERKELEY

Cochrane, Adelaide Griffith, '22,d.7/97
Jensen, Joyce Freeborn, '45,d.7/97
Keenan, Judith Smith, '50,d.6/97
Manning, Anne Hall, '27,d.8/97
Meyer, Sally Harrison, '40,d.8/97
Sanson, Emily Cass, '18,d.6/97

CALIFORNIA, U. OF, LOS ANGELES

Bramhall, Lynn Jackson, '45,d.9/97
Cairns, Mary Ford, '32,d.7/97
Keenan, Anne Mitchell, '37,d.8/96

CINCINNATI, UNIVERSITY OF

Nichols, Janet Gebhardt, '29,d.7/97

CLEMSON UNIVERSITY

Amick, Julie Gibson, '89,d.9/97

COLORADO COLLEGE

Abplanalp, Norma, '46,d.6/97
Bentson, Dorothy Lawson, '35,d.8/97
Hillhouse, Helen Haney, '33,d.3/92
Peters, Ruth Laughlin, '32,d.6/97
Weimer, Frances, '32,d.8/97

COLORADO, UNIVERSITY OF

Fullerton, Dorothy Slagle, '42,d.6/97
Murray, Bettyann Asche, '58,d.5/97
O'Leary, Ellen, '30,d.7/97
Stoll, Dixie Leonard, '28,d.3/97

CORNELL UNIVERSITY

Baines, Martha Ashcroft, '41,d.6/97
Miller, Sara Speer, '17,d.5/97

DENISON UNIVERSITY

Wolfe, Mary Scarritt, '29,d.8/97

DEPAUW UNIVERSITY

Howarth, Ruth Poucher, '26,d.6/97
McGinnis, Dorothy Campbell, '21,d.7/97
Rushing, Alice Culbertson, '32,d.8/97

DRAKE UNIVERSITY

Baird, Grace Staves, '33,d.9/97
Fox, Carolyn Luther, '32,d.5/97

EMORY UNIVERSITY

Wise, Leone Maddox, '59,d.7/97

GEORGE WASHINGTON UNIVERSITY

Barnes, Margaret, '55,d.3/97
Brownlee, Antonine Miller, '44,d.4/97

HILLSDALE COLLEGE

Golden, Joan Garwood, '48,d.7/97
Smith, Kathleen, '22,d.7/96
Stuckey, Gertrude Dickerson, '38,d.9/93

IDAHO, UNIVERSITY OF

Bryan, Eunice von Ende, '25,d.5/97
Fagerstedt, Sue Frye, '40,d.1/97

ILLINOIS, UNIVERSITY OF

Ashley, Gail Sackett, '43,d.11/96
Bradt, Jane Zinn, '29,d.3/97
McLean, Mary Ann Eidman, '27,d.8/97

ILLINOIS WESLEYAN UNIVERSITY

McTurnan, Alice Light, '24,d.1/96
Powell, Madeline Ryburn, '21,d.6/97
Smith, Frances Liggitt, '26,d.11/96

INDIANA UNIVERSITY

Fertig, Rebecca Morris, '39,d.7/97
Havens, Jeannette Brill, '19,d.4/97
Miller, Helen Thieme, '39,d.9/97
Mitch, Mary Ackerman, '35,d.4/97
Nolan, Susanne Howe, '44,d.7/97
Ulrey, Abigail Strain, '56,d.6/97

IOWA, UNIVERSITY OF

Webber, Ruth House, '37,d.1/97

KANSAS STATE UNIVERSITY

Cortelyou, Margaret Manley, '25,d.4/97
Gustafson, Marie Vail, '33,d.7/97
Kysor, Ruth Albright, '27,d.6/97
Rader, Alma Hoffman, '17,d.8/97
Weddle, Esther Bales, '23,d.7/97

KANSAS, UNIVERSITY OF

Horton, Elizabeth Martin, '21,d.5/97
Kelsey, Marilyn McEwen, '43,d.9/97
McLaughlin, Elizabeth Berry, '46,d.8/97
Parker, Margarette, '38,d.5/96
Smith, Lucy Asbury, '43,d.4/97

KENTUCKY, UNIVERSITY OF

Ellis, Carey Adams, '53,d.7/97
Ellison, Mildred Bryan, '37,d.8/97
Forman, Agnes, '28,d.6/97

LOUISIANA STATE UNIVERSITY

Dockery, Jeanne Quinn, '48,d.1/97
Patrick, Miriam Morris, '35,d.8/97

*MANITOBA, UNIVERSITY OF

Miller, Jean McGillivray, '29,d.1/97
Russell, Evelyn Dobson, '28,d.6/97

*MARYLAND, UNIVERSITY OF

Millard, Jane Roche, '47,d.5/97

MIAMI UNIVERSITY

Goddard, Sarah Gray, '51,d.9/97
Stansbury, Gladys Frazier, '46,d.7/97
Stewart, Annie Gilbert, '44,d.7/97

MICHIGAN STATE UNIVERSITY

Gilbert, Jean Carruthers, '30,d.6/97
Hannum, Patricia Mulligan, '46,d.12/95
Hoffman, Joella Seibert, '50,d.7/97

MICHIGAN, UNIVERSITY OF

Cook, Elizabeth Bird, '36,d.8/97
Loughborough, Barbara Watson, '40,d.8/97

MINNESOTA, UNIVERSITY OF

Broughton, Jean Pike, '33,d.6/97
McNelly, Jane Greer, '33,d.7/97
Rodgers, Elizabeth McMillan, '27,d.8/96

MISSOURI, UNIVERSITY OF

Bernard, Barbara Handley, '42,d.5/97
Drinkwater, Geneva, '15,d.7/97
Fowler, Elinor, '25,d.10/95
Hedges, Jacqueline Royster, '29,d.9/97
Leake, Frances Ross, '18,d.4/97
Rhoads, Martha Robertson, '43,d.5/96
Van Dyne, Kate Faxon, '33,d.7/97
Woods, Mary Wilson, '41,d.5/97
Wright, Kay Grimes, '55,d.9/97

MONMOUTH COLLEGE

Greenwell, Mary Dains, '34,d.7/97
Horner, Onnalee Hawes, '34,d.9/96
Hutchinson, Margaret Smith, '34,d.7/97

MONTANA, UNIVERSITY OF

Cowell, Anne, '37,d.3/96
Lundquist, Patricia June, '71,d.3/97
McArthur, Josephine, '27,d.1/97

NEBRASKA, UNIVERSITY OF

Hammond, Mary Burch, '30,d.7/97
Lowe, Barbara Graf, '41,d.5/97
Stephens, Phyllis Walt, '23,d.10/96

NEW MEXICO, UNIVERSITY OF

Baca, Queen Stover, '25,d.9/97
Huning, Mary, '36,d.8/97
Keenan, Helene Smith, '55,d.6/97
Reed, Laura Blount, '41,d.7/97
Seymour, Mary Horton, '42,d.8/94
Street, Mary McCulloh, '48,d.9/97

*NORTH DAKOTA STATE UNIVERSITY

Marland, Emily Stahlem, '44,d.3/96
Pollock, Joan Pote, '35,d.8/97

NORTHWESTERN UNIVERSITY

Baker, Jane Dyer, '49,d.8/97
Schiffner, Ellen Ross, '48,d.8/97

OHIO STATE UNIVERSITY

Fulford, Carol Stackhouse, '44,d.9/97
Kelly, Margaret Gilfillan, '42,d.7/97

OHIO WESLEYAN UNIVERSITY

Allen, Dorothy Atkinson, '46,d.8/97
Hadsell, Sue Lovell, '54,d.9/97

OKLAHOMA, UNIVERSITY OF

Holleman, Maxine Maxey, '25,d.3/97
Sibley, Cordelia Standley, '20,d.12/96

OREGON STATE UNIVERSITY

Appleman, Carleta Dearmond, '44,d.2/96
Basserman, Wynn Meagher, '37,d.6/97
Bayly, Joanne Bollam, '55,d.5/97
Neve, Mary Richardson, '41,d.4/97

PENNSYLVANIA STATE UNIVERSITY

Bange, Caroline, '95,d.6/97

*PENNSYLVANIA, UNIVERSITY OF

Burton, Eva Smith, '30,d.6/97
Lewis, Marion Butts, '17,d.9/95
McGhee, Miriam, '22,d.6/93

PURDUE UNIVERSITY

Bailey, Erma Berry, '40,d.7/97
Cearing, Dorothy Studabaker, '46,d.3/97
Norkus, Elizabeth Meguiar, '40,d.1/96

*SAN JOSE STATE UNIVERSITY

Marsh, Mary Buckman, '51,d.6/97
Norwood, Marilyn Lind, '51,d.4/97
Stewart, Geraldine Stevens, '49,d.11/96

ST. LAWRENCE UNIVERSITY

Tyler, Louise Carter, '30,d.8/97

STANFORD UNIVERSITY

Bierer, Florence Holberton, '17,d.4/97
Peck, Jean Albertson, '33,d.8/97

*SWARTHMORE COLLEGE

Starbard, Marjorie, '29,d.6/97

TEXAS CHRISTIAN UNIVERSITY

Pollard, Martha Charless, '57,d.12/96

TEXAS TECH UNIVERSITY

Lynch, Margaret Rittenberry, '60,d.8/97

TEXAS, UNIVERSITY OF

Alevra, Carolyn Allen, '58,d.8/97
Biggadiki, Josephine Holden, '29,d.6/97
Davis, Mary McClure, '44,d.6/97
Dougherty, Sarah Blair, '31,d.6/97
Fredrick, Josephine Rutland, '29,d.10/96
Olds, Mary Fagg, '33,d.9/95
Potter, Jane Prather, '30,d.5/97
Simpson, Ibby Carrigan, '27,d.7/97
Stowers, Betty Moore, '37,d.8/97

TORONTO, UNIVERSITY OF

Braiden, Nora Lane, '33,d.7/97

TULANE UNIVERSITY

Diaz, Marjorie Lemann, '35,d.8/97
Lane, Amelia Craig, '38,d.10/97

UTAH, UNIVERSITY OF

Winterbotham, Kathryn Kelly, '49,d.7/97

WASHINGTON STATE UNIVERSITY

Atkins, Mary Graham, '24,d.7/97
Hepfer, Virginia Graham, '40,d.6/97
Mathewson, Pauline Bowman, '29,d.7/97
Orr, Doris Isaacs, '34,d.6/97

WASHINGTON UNIVERSITY

Shapiro, Janet, '86,d.7/97

WASHINGTON, UNIVERSITY OF


Greenleaf, Evaline Thompson, '28,d.9/97
Harris, Patricia Lang, '45,d.7/97
Rawlings, Eleanore Smith, '34,d.6/97

WEST VIRGINIA UNIVERSITY

Hibbett, Nancy Jarvis, '45,d.5/97
Hill, Nancy Hogg, '30,d.8/97
Minnich, Anna Bickel, '29,d.6/96
Thurston, Virginia Sweeney, '22,d.12/95

*Inactive chapters

continued on page 48

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

Kappa Authors

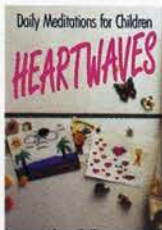


You've Got to Have a Sense of Humor to Have a Wedding

By MARGARET GOLDSBOROUGH
BIGGER, UNC
A. Borough Books
128 pages, \$9.95

The sequel to *There's No Such Thing as a Perfect Wedding*, this lighthearted book is full of humorous and wacky wedding bloopers, surprises, pranks and glitches. The author of nine books, Margaret has appeared on seven national TV talk shows and 150 radio programs discussing her first wedding book and is following a similar agenda with this book. "It seems that I've hit a topic that people love to talk about, laugh about and read about," says Margaret.

A former president of the Charlotte (N.C.) Alumnae Association, Margaret resides in Charlotte. She says she is always accepting new funny or odd true wedding tales for her next book. Wedding tales may be sent to A. Borough Books, P.O. Box 15391, Charlotte, NC 28211



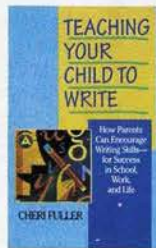
Heartwaves — Daily Meditations for Children

By MARY SELLERS BURNETT,
Alabama

Resource Publications, Inc.
207 pages, \$17.95

"This is the book I wish I'd had as a child; it might have saved me some heartache," writes Mary. These stories are based on fact, out of her own life experience or that of friends and family, and children with whom she has worked. The goal of *Heartwaves* is to empower children to be true to themselves and remind them that no matter what the problem, they are not alone.

Mary, a licensed counselor in Mobile, Ala., has worked as a school and agency counselor specializing in learning difficulties, addictive disease and co-dependency issues. Her work with Junior League of Mobile's drug education program, as well as her son's battle with dyslexia, fueled her interest in helping children and teachers.



Teaching Your Child to Write — How Parents Can Encourage Writing Skills for Success in School, Work and Life
By CHERI HEATH FULLER, Baylor
Berkley Publishing Group
187 pages, \$12

Parents spend thousands of dollars and hundreds of hours each year shopping for and buying the latest high-tech toys and video games. But is there a more valuable gift parents can give their children? This practical and comprehensive guide is designed to help parents help their children develop the important skill of writing in fun, creative ways.

Cheri, an experienced teacher, shares successful teaching methods she has learned from working with

hundreds of students in classrooms and workshops, and in her own experience as a writer and mother of three. *Teaching Your Child to Write* explains everything from how to encourage good grammar to nourishing creativity.

Cheri is the author of 12 books, including *Unlocking Your Children's Learning Potential* and *365 Ways to Help Your Child Learn and Achieve*, and has taught writing for 25 years.



Not Just Cheesecake! — A Yogurt Cheese Cookbook
By SHELLEY MELVIN, West Virginia
Triad Publishing Co.
224 pages, \$16.95

Enough dieting — yogurt cheese to the rescue! You'll enjoy these easy-to-prepare recipes full of well known ingredients. Yogurt cheese, a naturally low-fat food, is a great calcium source that provides a rich and creamy consistency to a wide variety of dishes and helps you "de-fat" your favorite recipes. Nutritional information and exchanges developed by the American Diabetes Association and American Dietetic Association are included in each recipe for those who are on special diets.

Shelley has studied in France with the late Simone Beck, Julia Child's partner and co-author of *Mastering the Art of French Cooking*. Her career as a food professional has included catering, teaching, creating a line of gourmet chocolates, working as a consumer adviser for a food processor manufacturer, and authoring several cookbooks. A Regional Director of Chapters for the Fraternity, Shelley resides in Gainesville, Fla., where she is involved with the Gainesville Symphony Orchestra and the Harn Museum of Art.



Teena Maierhofer Flanner, Colorado State, (second from left), displays her sculptures.



Joan MacClurg Pryce, Colorado, with husband Bill.

JOAN MACCLURG PRYCE, Colorado, wife of Ambassador to Honduras Bill Pryce, has been a volunteer in hospitals and orphanages in many countries including Mexico, Russia, Panama, Guatemala and Bolivia as husband Bill serves the Foreign Service with the Department of State.

Her favorite project is the *El Hogar de Amory Esperanza*, an orphanage

for 75 boys ages 5-15 in Tegucigalpa, Honduras. She plans outings that include picnics, swimming and tennis at the Ambassador's residence. Joan has involved other ambassadors' wives in this project, working to break the cycle of poverty and illiteracy. She is working to establish a library at the orphanage and is the elected president of the Damas Volunteers in Honduras.

Artist TEENA MAIERHOFER FLANNER, Colorado State, specializes in sculpting snowmen, snow babies, "sugared" rabbits and Santas. Her works have appeared in *Country Living* and *Home* magazines. Renowned illustrator Mary Englebreit, a collector of Flanner's pieces, features Teena in her forthcoming *Mary Englebreit Home Companion Christmas Book*.



Robin Law Mease, West Virginia.

ROBIN LAW MEASE, West Virginia, regional sales director for Key Pharmaceuticals was honored by the Annual Tribute to Women and Industry. This award is presented



During their annual holiday meeting, Arcadia (Calif.) Alumnae Association members wrap packages for the Kappa Kappa Gamma Holiday Sharing Program.



The Golden Key Kappas group of the **Greater Los Angeles Alumnae Association** meets twice a year to renew Kappa ties. Members must have been Kappas for at least 40 years to join this luncheon group. Greater Los Angeles has 35 Golden Key Kappas.



Members of the **Harrisburg (Pa.) Alumnae Association** wrap gifts during the holiday season in a local mall to benefit the Tri-County Society for Children and Adults. Each year they wear Kappa aprons designed by **Enid Dietrich Savage, Bucknell**. The association also holds an annual garage sale to raise funds.

annually to outstanding executive, professional and managerial women who have made significant contributions to the success of their

companies. Managing district managers and sales representatives, she teaches to identify, pursue and establish new business opportunities

and to conduct business interviews. She has championed policy and practice enhancements to improve competitiveness and quality of work-life for employees. In addition to the TWIN award, Robin received the President's Cup Award for her outstanding accomplishments at Key Pharmaceuticals.



Cherie Jacobs Lane, Missouri.

CHERIE JACOBS LANE, Missouri, has recently fulfilled a childhood dream of running away to join the circus.

Cherie, a staff writer for the *Sarasota Herald Tribune*, and a member of the **SARASOTA-MANATEE COUNTIES (FLA.) ALUMNAE ASSOCIATION**, was a volunteer for the American Cancer Society's Media Circus which raised \$2,400 for local patient programs including medication, education, equipment and counseling. Local Sarasota County students also participate to keep the circus tradition alive with stunts, clowning and walking the high wire.

After a gruelling eight weeks of training at the Sailor Circus, Cherie performed in two events: The Spanish Web, which involved climbing to the top of a rope and spinning around in circles, and in Globe Walking, by balancing and walking upon a giant 50-pound polyurethane ball.

Cherie remarked, "Trying something entirely different, not being good at it, and then practicing and rehearsing until I mastered the feat gave me the biggest thrill of all."

ACCENT ON ALUMNAE



Ann Marie Brouse McCrystal, *Miami*

Focusing on community health, **ANN MARIE BROUSE MCCRYSTAL**, *Miami*, received the Volunteer of the Year Award from the Visiting Nurse Association of America. She was selected from a field of nominees of Visiting Nurse Organizations throughout the country. The VNA is a non-profit home health care organization that provides home health care to residents regardless of their ability to pay for care.

ANNE CUFFE PAYNE, *Cal. State, Northridge*, won the Dolphin Award given by the publishers of the *Malibu Times News*. She has organized events at Pepperdine University for the Summer Olympics, set up a reading program at a local school, volunteers at Adamson House which features an historic collection of Malibu tile, and teaches first grade in a local school. Anne helped organize the Installation banquet following the Colonization and Initiation of charter undergraduates and alumna members at Pepperdine.

DR. BETH TRIEBEL, *Centre*, is the recipient of the Des Moines Junior Women's Club award for her exceptional civic duties in volunteerism. Her career as an optometrist has not kept her from active participation in charity and fund-raising events, including the Camp Fire Girls.

DIANNE RENZONI BAKER, *Syracuse*, art educator and teacher, provides instruction and program development in weaving, basketry, and mixed media assemblage on a project-by-project basis. Using copper, brass, roping, handmade papers and various fibers, she enjoys taking "cast-offs" from garage and yard sales and friends' homes. Her focus has evolved from tapestry to textural to three-dimensional to sculptural mixed media. Dianne produces public commissions and selected corporate collections as well as finished sculptures for museum exhibitions.



Marlene Smith Cavanaugh, *Missouri*.
(left)

MARLENE SMITH CAVANAUGH, *Missouri*, co-host of Alabama's television talk show, *The Time of Your Life*, interviewed NBC's *Weekend Today Show* cookbook author, Holly Clegg. The show features stories about travel, health issues, fashion and food to an "over 40" audience.



Dianne Renzoni Baker, *Syracuse*.



To raise funds for two high school scholarships and a hearing-impaired program, the **Hinsdale (Ill.) Alumnae Association** sells poinsettias. Co-chairmen **Ann Walters Scott**, *Nebraska*, and **Jo Ann Myers Kostkan**, *Nebraska*, report poinsettias in several sizes and colors are popular among members and community residents.



Carolyn Kyes Eggert, *Ohio Wesleyan*.

CAROLYN KYES EGGERT, *Ohio Wesleyan*, received the Woman of Distinction Award presented by the Palm Glades, Fla., Girl Scout Council. Carolyn served Indian River as County Commissioner and chairman of more than 16 committees. Her leadership roles include involvement in the local rehabilitation hospital, Center for the Arts, Substance Abuse Council, United Way and Indian River's Council on Aging.



Close to \$10,000 was raised by the **Richardson-Plano (Texas) Alumnae Association** during its annual Flower Fair, a project that was founded 30 years ago. Proceeds were divided among the Bridge Breast Center and Collin County Women's Shelter.

Thirty members of the **HUNTSVILLE (ALA.) ALUMNAE ASSOCIATION** hold a Christmas party for **GAMMA PI, Alabama**, actives and their mothers, and give special recognition to 50-year members.

JOANNA STEVENSON, Dartmouth, **MARGARET BLAYDES, Duke**, and **LINDA CHANG, Cornell**, became classmates at the Wharton Business School when they earned their MBAs.

The **NAPERVILLE (ILL.) ALUMNAE ASSOCIATION** celebrates "Kappa Kristmas," an annual event to renew friendships and participate in a gift exchange.

Members of the **BALTIMORE (MD.) ALUMNAE ASSOCIATION** enjoyed a luncheon in Little Italy after a tour of the Baltimore City Museum.

Members of the **NORMAN (OKLA.) ALUMNAE ASSOCIATION** wrap packages in the Sooner Mall of Norman during the holiday season. Proceeds are given to the United Cerebral Palsy organization of Oklahoma. **BETA THETA, Oklahoma**, members help with this project making it a popular active/alumna event.

ANN COOK COLE, SMU, Director of Community Volunteer Services and Transportation in Arlington, Texas, has given more than 25 years of guidance to the American Red Cross. As a member or chairman of more



A group of **Kingwood Area (Texas) Alumnae Association** members filled and assembled tote bags of toys for year-round giving to children arriving at the local women and children's center.

than a dozen organizations, she has found time to participate in Apheresis, a special procedure for collecting platelets to help people with blood disorders. Ann has been inducted into



The **North Shore (Ill.) Alumnae Association** raises money for philanthropic projects with its annual holiday wreath sale.



Kappas Go to Branson

Twenty Kappas with their husbands and friends, escorted by Kappa Travels Coordinator **Vera Lewis Marine, Colorado College**, enjoyed a trip to Branson, Mo., where they were entertained by Andy Williams, Bobby Vinton and the Glen Miller Orchestra, Tony Orlando and the Shoji Tabuchi show. Shoji is an accomplished violinist, singer and entertainer. His production is a first-class Hollywood-style revue and was a highlight for the group.

This Kappa Travels group also enjoyed touring the scenic hill and lake areas of Branson and Silver Dollar City, in addition to a breakfast cruise on Table Rock Lake. "Kappas love to travel together because they share an immediate bond of friendship," says Vera. For more information on upcoming Kappa Travels packages, see the ad on page 35.



Members of the **Greater Los Angeles Alumnae Association** sing Christmas carols to retirement center residents.

the American Red Cross Hall of Fame. Members of the **GREATER LOS ANGELES ALUMNAE ASSOCIATION** sing Christmas carols to residents of the Pacific Convalescent Center in Santa Monica, Calif. **LUCILLE CASWELL DAVIDS, Oregon State**, a former resident of this retirement home, was a recipient of the Rose McGill Fund

Kappas through the Rose McGill Fund. In addition to caroling at Lucy's residence, alumnae visit other facilities and homes of housebound members.

The **CHARLESTON (S.C.) ALUMNAE ASSOCIATION** tries to make life a little happier for local children diagnosed with cancer through participation in



Charleston (S.C.) Alumnae Association members make holiday ornaments for cancer patients.

during her college years. As a way of saying "thank you" she established a scholarship which gives aid to UCLA

the Happy Days and Special Times Project. Children from ages four to 16 undergoing treatment and unable to attend school enjoy the sociability of other children at Camp Happy Days during the summer and at special events throughout the year.

President **AMY CHAPMAN, South Carolina**, and **ANN MARIE SNEERINGER MCKAY, George Washington**, are volunteer counselors at the camp. A holiday party provides hand-made ornaments and baggies of cookies for these children.

FUN Raisers

ZETA NU, UC San Diego, turned its annual Multi-Ability Games Swim Meet into a "Monmouth Duo" by inviting Pi Beta Phi to volunteer at the

philanthropy. Many of the swim meet participants were vying for a chance to move on to the Special Olympics. The two sororities provided a great deal of help, support and motivation as they timed

races, distributed time cards and cheered on the swimmers.

EPSILON ALPHA, TCU, raised more than \$1,000 at its annual "Kappa Klassic," a volleyball tournament for

campus fraternities. All funds are donated to the Bridge Association and the Rose McGill Fund.

GAMMA GAMMA, Whitman, "teeter-tottered" for 50 hours nonstop and raised \$300 for the American Diabetes Association through student and faculty donations.

Kappas Promote Scholarship

GAMMA GAMMA, Whitman, exceeded its scholarship goal of 3.2 GPA last semester with a 3.36 GPA.

ZETA GAMMA, Centre, holds a competition between pledge classes for the highest GPA each term. The winning class enjoys a pizza party.

DELTA OMICRON, Iowa State, members who haven't skipped classes are presented with delicious cookies from a local cookie shop.

The **ZETA OMICRON, Richmond**, Scholarship Chairman holds a "Most Improved Dinner" each semester. Members state their individual academic goal at the beginning of the semester and those who reach their goal are invited to the event.

Check out the Fraternity's Web site at <http://www.kappa.org>.



The **Zeta Nu, UC San Diego**, annual philanthropy, "Multi-Ability Games Swim Meet" became a "Monmouth Duo" event when Pi Beta Phi joined the event as volunteers.



Epsilon Alpha, TCU, members serve as coaches for the Sigma Chi team at the 1997 "Kappa Klassic," a volleyball tournament in which campus fraternities participate.

Good Ideas

DELTA UPSILON, *Georgia*, officers enjoyed a retreat in Sky Valley, N.C. After a weekend of leadership training and bonding, officers met with their advisers to discuss each other's roles and make plans for the year.

BETA UPSILON, *West Virginia*, had outstanding attendance at a Keep Safe seminar on self-defense that the chapter sponsored. The seminar was open to the entire campus.

The Finance committee at **DELTA KAPPA**, *Miami*, uses postcards to remind members that their dues

Hoots 'N Salutes

THETA, *Missouri*, received the President's Cup of Excellence in Leadership at the Greek Awards banquet last year. This high honor signifies strength and involvement in campus and community activities.

LAUREL CARLIN, *UC San Diego*, received the highest individual Panhellenic award last spring for her academic achievements. The Scholarship Tray is awarded to the Greek woman with the highest GPA.

Forty-eight **EPSILON NU**, *Vanderbilt*, members made the dean's list last spring.

Kappas Discover Fleur-de-lis in Mexico

While traveling to Mexico City last spring, **DELTA TAU**, *Southern Cal.*, members stumbled upon the familiar fleur-de-lis and took a moment to admire its beauty. **BONNY BRUNST** and **MARY CLAIRE VADMAN** traveled with a team of seven with the Bel Air Presbyterian Church on a spring break mission.



Delta Upsilon, *Georgia*, officers enjoy a weekend of officer training and team-building.

To encourage community service, **ZETA XI**, *Yale*, held a chapter awards dessert where awards were distributed to members active throughout the community. As members received their awards, they discussed the charity work in which they participated. Many actually founded charitable organizations at Yale. The extensive involvement of these award winners was inspiring and served as role models to other members.

payments are late. The postcards, signed by the Finance Adviser, are sent seven days after the deadline.

The Fraternity Education Chairman at **ETA**, *Wisconsin*, divided the pledge class into groups and assigned pen pals — Kappa pledges from other universities. The assignment is to correspond with these women throughout the semester.



Collegians find a fleur-de-lis patch in Mexico City during a church mission trip.



Kappas from five different universities gather in Salamanca, Spain, during their summer study-abroad programs.

Chapter Brings Change to Rush

The DELTA ETA, *Utah*, Rush program became a model for other campus sororities during fall Rush. Delta Eta focuses on its philanthropic work for the YWCA's battered women's

If your chapter has developed or is working on a Web site, make sure it is reviewed by Fraternity Headquarters. Final approval is determined by Fraternity Vice President MARILYN NICHOLS BULLOCK, *Kansas State*. Contact Headquarters at 614/228-6515 or kkghq@kappa.org for more information.

shelter during the first round of Rush. The other sororities were so impressed with the idea that it became a theme for the first day of Rush. Each sorority invited speakers from different areas of the YWCA to give short presentations.

Delta Eta also took the lead among the sororities by naming its third round of Rush the "No Frills" day, which allows potential members to see the chapter house and members "just as they are" with no decorations or costumes. Chapter members say this is a great way for Rushees to see the diversity and individual strengths of members.

Alumna and Chapter Fight Against Breast Cancer

EPSILON GAMMA, *North Carolina*, had 100 percent participation (123 members) in a breast cancer walk sponsored by "Friends You Can Count On," an organization founded by MARTHA HENDRIX KALEY, *North Carolina*. The chapter raised \$6,100 in donations, and "Friends You Can

Count On" reached a total of \$68,000. The chapter hopes to increase the giving level next year and even expand this fundraiser to include other Kappa chapters across the country. Funds raised from this event will be applied toward research for better methods of earlier detection, breast health education regarding early detection and increasing the awareness for funding needs for research to find a cure for breast cancer.



Epsilon Gamma, *North Carolina*, participation totaled 100 percent in a breast cancer walk.

ATTENTION COLLEGIANS AND ADVISERS!

Please send collegiate news articles, photographs and good ideas to:

Collegiate News Editor, P.O. Box 38
Columbus, OH 43216-0038

Fax: 614/228-7809
E-Mail: kkghq@kappa.org

Heritage Museum Replicas

Add a replica of the Kappa Kappa Gamma Heritage Museum to your Kappa collection. All proceeds benefit the Heritage Museum. To order, send \$15 to KKT Fraternity Headquarters, P.O. Box 38, Columbus, OH 43216-0038, attention SUE MILLIGAN. Make checks payable to KKT Heritage Museum Guild.

Name: _____

Mailing Address: _____

Phone Number: _____



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

Boyfriend-in-a-box

Thank you for the wonderfully positive article about my company, Boyfriend-in-a-box, in the Fall 1997 Issue. My husband and I think it's the best piece anyone has written — you explained the concept so thoroughly and put a charming spin on it, to boot!

The article was brought to everyone's attention at our local alumnae association meeting. I even received a round of applause! Thanks again!

— CATHY JOHNSTON HAMILTON, *Kansas*

Quilted Memories



This "Kappa quilt" made from college T-shirts was created for **Brooke McBain**, *Iowa*, by her grandmother, **Ethelle Sherman Long**, *Arkansas*.

I was so excited when I saw the question in the Spring 1997 Issue about the Kappa T-shirt quilts. I have a quilt made from my T-shirts from the University of Iowa, **BETA ZETA CHAPTER**. I enjoy having this valuable piece of memorabilia. Thank you for putting the article on "How to Make a Kappa Quilt" in the Spring 1996 Issue.

My quilt is extra special because it was made by my grandmother, **ETHELLE SHERMAN LONG**, *Arkansas*, a 53-year Kappa. I know that my sister **ASHLEY MCBAIN**, *Florida State*, will cherish hers as well.

Thank you for a wonderful publication. It was truly inspiring and has made a lasting impression in my life.

— **BROOKE MCBAIN**, *Iowa*

Moving On

I really enjoyed the article, "Moving on...It's not just the young who make life-changing choices," in the Fall 1997 Issue. My parents are considering such a move themselves, but not, however, to a community near any of their children. I will pass the article on to them with the hope that they might reconsider the location.

— **CINDY FISCHER BAILEY**, *Duke*

Congrats!

Congratulations on the recognition *The Key* has received. I used to leaf through it — now I settle down to read the articles. The Fall 1997 Issue has kept up with the quality of the last few. Thank you.

— **MARY RIGGS DAWSON**, *Michigan*

A Bridge to Home

I am spending the summer in Israel working, learning Hebrew and studying the Middle East culture and Israeli politics. I'll return to DePauw University this fall for my senior year.

In a package from my parents I found the latest issue of *The Key*. In many ways it has helped bridge the distance between my Kappa friends and me, from the explanation of the New Member Program which **IOTA CHAPTER** implemented this past fall, to the alumna section, to advice on finding a job. It made me feel like I was back on campus with my friends. Thank you for bringing a smile to my face!

— **TOBY AMIR**, *DePauw*

Computer Question

How can those of us who do not have an IBM or a Macintosh — and if we did, wouldn't know how to use them anyway — get our material to you? Can we not send you an article created on a typewriter or word processor? I had a unique life experience I'd like to write and send to you — but your instructions make it impossible. Thanks.

— **MARTHA THOMSON BARCLAY**, *Oklahoma*

EDITOR'S NOTE: A member is welcome to submit a hard copy of a typewritten story instead of a computer disk, however, stories on IBM- or Macintosh-compatible disks are preferred. Receiving articles on disk is the most efficient method for *The Key* staff.

(continued on next page)

Through the Keyhole...

All submitted materials become property of The Key and are used at the discretion of the Editorial Board. Articles and letters will be edited for clarity and length and may be saved for a particular issue. We regret we are not able to use all submissions.

Thank you!

I have meant to write for several years to thank you for the excellent work you do to produce *The Key*. Particularly in the last year or two the quality has been outstanding. I find myself passing along articles to family members and friends with KKT pride.

I am a counselor with victims of domestic and sexual violence through a women's center. I value your emphasis and education in these areas. I hope in the future you will also focus on sexual assault by acquaintance, especially with the availability of sedating drugs such as Rohypnol and GHB. Actives and alumnae need this information.

Thanks again. Keep up the Kappa-quality work.

— DEANA MATTINGLY BLACKBURN, *Baylor*

Themes and Deadlines for *The Key*

Spring — "Leadership" (copy due Jan. 5, 1998)

Summer — "Historically Speaking" (copy due March 1, 1998)

Fall — "Oh, the Places We Go" (copy due June 1, 1998)

Winter — "Celebration of Giving" - Donor List and Foundation Stories (copy due Sept. 1, 1998)

The Key welcomes comments and suggestions regarding themes and story ideas. See page 3 for information on where to send suggestions and information.

Continued from page 46

WILLIAM & MARY, COLLEGE OF
Edwards, Sara Brewster, '29,d.6/97
Millard, Ann Baird, '54,d.6/97

WISCONSIN, UNIVERSITY OF
Bouska, Jennifer Mortenson,
'87,d.7/97
Goodson, Durie Gossett, '53,d.7/97
WYOMING, UNIVERSITY OF
Negrotto, Dorothy, '40,d.4/97

Photo Contest

Enter *The Key* photo contest! Details are on page 39 of the Fall Issue. The categories are collegians, alumnae, Kappa symbols and Kappa architecture. The deadline has been extended to December 31, 1997. Prizes will be gift certificates from THE KEY SOURCE. For more information contact JENNY STRUTHERS HOOVER, Editor, at 614/228-6515 or kkgqh@kappa.org.

KKT HEADQUARTERS REQUEST FORM

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

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

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

No. of Copies	Price
Membership Data Form	NC
Graphics Manual	\$11.00
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INSIGHT on Domestic Violence	\$5.00
Kappa Kappa Gamma Cruise Information	NC
Kappa Kappa Gamma Foundation Information	NC
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SEEK Video	\$10.00
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Alternating Pearl/ Diamond (not shown).....	266.50	216.00	--	--
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15. Key Ring.....	152.50	108.00	--	40.50
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21. Vertical Letter Lavalier.....	38.00	28.00	8.00	12.50
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26. Crest Lavalier.....	47.00	31.50	12.50	12.50
27. Heart Lavalier.....	39.00	29.00	12.50	12.50
28. Circle Lavalier.....	39.00	29.00	12.50	12.50
29. Mini Staggered Letter Lavalier.....	25.50	16.50	8.00	12.50
30. Horseshoe Keyring FOB.....	--	--	18.50	--
31. GF/SS Single Link Bracelet.....	--	11.50 (GF)	--	11.50
32. GF Festoon Bracelet w/1 Key.....	--	69.50	28.50	28.50
33. Key Bracelet w/Crest (7).....	--	222.00	86.50	86.50
34. Plain Double Letter Guard.....	--	35.00	14.00	--
Plain Single Letter Guard (not shown).....	--	30.00	11.50	--
35. Crown Pearl Single Letter Guard.....	--	65.00	33.50	--
Crown Pearl Double Letter Guard (not shown).....	--	80.00	51.00	--
36. Chased Double Letter Guard.....	--	40.00	17.00	--
Chased Single Letter Guard (not shown).....	--	30.00	14.00	--

Please specify chapter letters when ordering guards.



	14K	10K	GK	SS
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<i>For enameled letters add \$1.00 to the badge prices below.</i>				
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53. 50 Year Stick Pin*.....	--	--	--	--
54. Pledge Pin.....	--	--	5.00 (WF)	--
55. Glass & Mirror Box w/Crest.....	--	--	26.00	--
56. Oval Metal Trinket Box w/Crest.....	--	--	15.00	--
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(GK) Goldplated is a 14K electroplate.				
* Available through headquarters only.				
Colored stones are synthetic, pearls and diamonds are genuine.				
NOTE: The prices above do not include necklace; add \$5.00 to above prices for 18" gold-filled or sterling silver necklace.				

KKΓ



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

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D41 **D28**



D36 **D37** **D39** **D40**



D60 **D61**



D21 **D22** **D23** **D24** **D25** **D20** **D19**



D6 **D5** **D4** Handpainted Limoges Boxes



D7

- D1** 1997 3-d ornament \$15 each or 3 for \$40
- D2** CHAPTER TEE front & back imprints Kappa chapters ever established, open or closed. Long sleeve tee, navy
- D3** Stadium blanket, blue/ blue 53" sq.
- D4** Limoges heart
- D5** Limoges trunk, bows & keys design
- D6** Limoges trunk, lattice design
- D7** Kappa Krossing aluminum sign, 14" x 18"
- D8** Easel album, small
- D9** Iris journal
- D10** Large slip-in album
- D11** Teddy bear, 10" with memory book
- D19** World of Kappa sports bottle
- D20** Iris frame, with or without KKT
- D21** 5x7 acrylic blue & blue frame
- D22** Kappacchino oversized latte cup
- D23** Kappacchino mug, white ceramic
- D24** Surround design lettered mug
- D25** Thermal travel mug with lid
- D28** Needlepoint heirloom pillow, 10" (completed hand-made pillow, not a kit)
- D29** Toggle necklace & 2 charms sterling silver
- D30** Key* Sterling \$15.80 10K \$26.10
- D31** KKT* Sterling \$14.00 10K \$26.10
- D32** Key* Sterling \$15.80 10K \$26.10
- D33** Charm* KKT or Crest SS or YGF \$30-35; prices shown without chain
- D34** Blocks with beads & chain
- D36** Fleur frame
- D37** Bottle & fleur stop, clear \$18.50 color
- D39** Trinket box with fleur handle
- D40** Letter opener, fleur
- D41** Album with frame front
- D43** "Super K" ringer tee
- D44** "Super K" long sleeve tee with sleeve imprint
- D45** Single line Kappa design
- D46** Single line Kappa design
- D47** Key oval & Kappa design, dark Oxford
- D48** Key oval & Kappa design, dark Oxford
- D49** Short sleeve tee \$13.00 Long sleeve tee \$15.00
- D50** Taslon-type jacket, zipper pockets
- D51** Nylon jacket, sweatshirt lining, hood
- D52** Striped Anorak, KKT embroidery*
- D53** Thermal fleece jacket with crossed keys
- D54** Campus Kappa hat, white or navy
- D55** Kappa hat, white or navy
- D60** Reversible premium sweat, Kappa inside
- D61** Reversible premium sweat, Kappa inside
- D62** Arched kappa twill on sweatshirt M-XXL on premium hooded sweat (shown)
- D63** Athletic design on sweatshirt, 50/50
- D64** Sweatshirt hi-cotton (90-10) **
- D65** Long sleeve tee, 100% cotton **
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- D67** Specify circle design (KKT, Alum, Mom) also available in navy for slightly more

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