

The Key

A KAPPA KAPPA GAMMA PUBLICATION

VOLUME 130, No. 2
SUMMER 2013

*Is
Your
Life
Calling?*

*Live the life
you have imagined!*



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

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Celebrating 2013 graduation, study abroad opportunities and more!

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What Do You Do? Humorist **MELINDA RAINEY THOMPSON**, *Tulane*, ponders this sometimes niggling question.

Comings & Goings

Although she hasn't really gone anywhere, **Lois CATHERMAN HEENEHAN**, *Adelphi*, has retired from *The Key* after volunteering for more than 35 years. Lois promises she will contribute from time to time. Welcome humorist **MELINDA RAINEY THOMPSON**, *Tulane*, and illustrator, **PAT BENNETT BRANGLE**, *Illinois Wesleyan*—both offering light fare in this issue.

features



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Life Reimagined!
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The Key of Kappa Kappa Gamma links each member with the Fraternity. The mission of *The Key* is

- To inform, inspire and challenge
- To promote leadership, scholarship and friendship
- To sustain and nurture loyalty and interest
- To recognize the accomplishments of individuals, groups, the Fraternity and its Foundation
- To provide a forum for an exchange of information and opinion
- To be a permanent record.

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<http://uploads.kappa.org>

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Letter from the Editor

Help Us Reimagine *The Key*!

More than 3,000 Kappas responded to *The Key*'s readership survey, and we truly appreciate every reader who took time out of her busy schedule to respond to the detailed questions. Our readers' opinions are valuable as we begin working on a redesign and content makeover.

The Key Editorial Board and staff are working hard to bring you engaging and thought-provoking content. As we strive to do so, we have asked Dog Ear Consultants, an editorial and design consulting agency, to work with us as we reimagine *The Key*. We could use your help again. Dog Ear Consultants wants to explore what makes Kappa Kappa Gamma the organization it is today.

Would you mind taking a few minutes to complete this brief survey <http://dogearconsultants.com/kkg-survey>. Survey password is key (lowercase). (If you'd like to write down your responses and mail them to Fraternity Headquarters, feel free!)

Survey Questions:

1. Why did you join Kappa Kappa Gamma?
2. What do you think is the most interesting or surprising thing about the Fraternity's history?
3. What about your experience with Kappa Kappa Gamma did you find most surprising?
4. What about the organization or the experience did not live up to your expectations?
5. Do you consider yourself an involved member of Kappa Kappa Gamma today?
6. Can you give one or two concrete examples of the way Kappa Kappa Gamma has influenced your life?
7. Do you currently read *The Key*?
8. If so, do you think it is representative of Kappa Kappa Gamma? Why or why not?
9. If you could change one thing about *The Key*, what would it be?
10. If you know of a Kappa who has a story to share, please tell us about her.

Our goal for summer 2014 is to roll out a fresh, new magazine design with outstanding photography and heartwarming, compelling stories that are meaningful to our readers.

Please keep reading *The Key*—whether you prefer it online through www.kappa.org or delivered to your mailbox—and continue to let us know how we're doing. Send comments or questions to thekey@kkg.org.

P.S. *Congratulations to these readership survey respondents whose names were randomly selected to win a Lilly Pulitzer Kappa picture frame:*

JULIE RHYNE CORDLE, *Mississippi*

KATHERINE DAVIS, *South Carolina*

ALICIA GRUBB, *Waterloo*

DINAH CLARKE HEINRICH, *Oklahoma State*

JANE KENNEVICK INNAMORATI, *Utah*

WHITNEY KEY, *Dickinson*

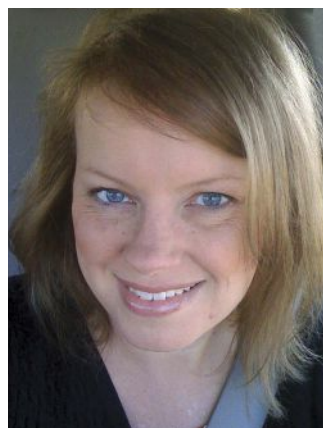
HEATHER MCKINNON MCCURDY, *Michigan State*

KATTI BOWLING NASH, *Kentucky*

BRITTANY PACE, *NYU*

KAREN FRANCES GILL SWOPE,
Washington (St. Louis)

Maria Wing, *Yale*



KRISTIN JOHNSON SANGID,
Georgia Southern, Editor

Please send responses to:
Kappa Kappa Gamma
Attn: *The Key*
P.O. Box 38
Columbus, OH 43216-0038

Two Chapters Suspended

It is with regret that the Kappa Kappa Gamma Fraternity Council has voted to suspend the operations of **DELTA EPSILON CHAPTER**, *Rollins*, as of April 23, and **ZETA ETA CHAPTER**, *UC Irvine*, as of June 16. Active members in good standing were granted alumna status.

“Every effort has been made over the past several years to help these chapters fulfill the requirements to remain active, and the Fraternity Council is saddened that these suspensions were necessary,” explains **JULIE MARINE LESHAY**, *Colorado College*, Fraternity President. “Fraternity Council will monitor opportunities over the next few years to gauge the possibility of a return to these campuses when the atmosphere is deemed more favorable for growth.”

Corrections

The **DELTA IOTA**, LSU, address was listed incorrectly in the spring issue of *The Key*. The correct address is: 101 LSU Student Union, Box 25104, Baton Rouge, LA 70803-0001.

The spring issue of *The Key* listed **ROSEMARY TRIBLE**’s email address incorrectly. Her correct email address is rosemary@fear2freedom.org and the website is www.fear2freedom.org.

Advertise in *The Key*

To inquire about advertising opportunities, email thekey@kkg.org.

ATTENTION
ALL KAPPA GALS
Y’ALL SAVE THE DATE
WE’LL SAVE
YOUR SPOT!



JUNE 25-29, 2014

Kappa’s 70th Biennial
CONVENTION
HILTON AMERICAS-
HOUSTON
T E X A S

Two New Chapters!

It's been a busy year for Kappa Kappa Gamma's extension team, and all of the hard work has resulted in two new chapters in 2013. After making exploratory visits to several campuses, Extension Chairman **BARB ADAMS GOETTEL**MAN, Syracuse, and her team submitted applications. Kappa was invited to make campus presentations at two California universities. The extension team was successful, and Kappa was invited to colonize on both campuses this past spring.

Fraternity President **JULIE MARINE LESHAY**, Colorado College, presided over the Installation of Kappa's 139th chapter at California Polytechnic State University (Cal Poly), in San Luis Obispo, Calif., and our 140th chapter at Chapman University in Orange, Calif.—proud moments for every participant as well as Kappas around the world.



Welcome, Eta Rho!

ETA RHO CHAPTER, *Cal Poly*, officially became a Kappa chapter when 111 charter members were initiated March 2, 2013, making Kappa the eighth National Panhellenic Conference group at Cal Poly, joining Alpha Chi Omega, Alpha Omicron Pi, Alpha Phi, Chi Omega, Gamma Phi Beta, Kappa Alpha Theta and Sigma Kappa.

Kappa accepted the invitation by Cal Poly in May 2012 to colonize in January 2013. The colonization team conducted a presentation during the opening session of Cal Poly's Panhellenic Formal Recruitment in September 2012, which was the first time the Fraternity's new "Be Kappa" colonization marketing plan was implemented. A Facebook page for potential new members provided easy access to colonization recruitment information and sign-ups for interviews. Alumnae from all over California assisted with interviews.

The team assisting Colonization Chairman **EMILY LANGDON**, *UC Davis*, included **SARAH FORD**, *Central Florida*, Chapter Consultant; **LAURIE HOLLINGER**, *Arizona State*, Coordinator of Chapter Development; and **HALEY SMITH**, *William & Mary*, former Leadership Consultant. Haley returned to campus a number of times during the fall, visiting with campus leaders and hosting a Fall Fest with help from **ETA MU CHAPTER**, *UC Santa Cruz*, and **ETA XI CHAPTER**, *UC Merced*. They set up tables with Kappa information and giveaways to help potential new

Coming Soon: *Georgetown, Wichita State and Elmhurst!*

Kappa is thrilled to welcome three new colonies during fall 2013: Georgetown University in Washington, D.C., Wichita State University in Wichita, Kan., and Elmhurst College in Elmhurst, Ill.,

More details (including dates) will be shared in the coming months, but join the celebration now at facebook.com/kappakappagamma.

members register for Colonization Recruitment using the new Kappa app. The newly formed **CALIFORNIA CENTRAL COAST ALUMNAE ASSOCIATION** helped with the information tables before final exams and hosted a Kappa Koffee break.

In January, Chapter Consultant Sarah Ford moved to San Luis Obispo and soon was joined by Leadership Consultants **JESSIE PEREIRA**, *Santa Clara*, and **REBECCA SHAW**, *Virginia Tech*. They prepared for the January 10 Colonization Kick-Off, and members from **EPSILON XI CHAPTER**, *Cal State Northridge*, came to help with tabling and marketing, resulting in more than 160 women signing up for interviews. The colonization team invited 126 women to the final



fraternity news

brunch on Sunday, Jan. 13. At the end of the brunch, Kappa extended invitations to membership. Bid Day followed and the new members, wearing their first Kappa T-shirts, were serenaded by area collegians and alumnae with "Oh, Pat!" before enjoying pizza and bowling, a Cal Poly tradition.

After the six-week new member program, 111 charter members were initiated on March 2, 2013. Sponsor chapters were **EPSILON XI**, *Cal State Northridge*, and **EPSILON PSI**, *UC Santa Barbara*.

Other Fraternity officials assisting Installation Chairman **CAROL GEORGE SANDERS**, *Cal State Northridge*, included **NICOLE CARVALHO**, *Central Florida*, Pi PDA; **DIANE JONES**, *Fresno State*, Pi PDC; **REECE JUELCH**, *UC Irvine*, Assistant to the Director of Chapters; **YVONNE KIM**, *UC Riverside*, Pi PDC; **KARI KITTRELL**, Executive Director; **VERA LEWIS MARINE**, *Colorado College*, 1998 Loyalty Award Recipient and former Director of Alumnae; **LAUREN NOGY**, *UC San Diego*, Kappa PDC; **COLLETT BEERS RANGITSCH**, *Wyoming*, Director of Chapters; **AMANDA COMPTON RUFFO**, *UC Irvine*, Pi PDC; **DENISE RUGANI**, *UC Davis*, Fraternity History Chairman and former Fraternity President; **SUSANNE WOLFF VANDER HEYDEN**, *Washington State*, Ritual Chairman; **NANCY VANDENBURG WESTCOTT**, *Idaho*, Pi PDA; Leadership Consultants **JESSIE PEREIRA**, *Santa Clara*, **BECCA SHAW**, *Virginia Tech*, **WHITNEY ANDERSON**, *Oklahoma State*, and **CHELSEA DYER**, *Oklahoma State*; and a group of Fraternity Headquarters staff.

Cal Poly guests included Renoda Campbell, Coordinator of Multicultural Programs and Services, and Anca Todor, Panhellenic President.

Fireside on March 2 and the Installation Service on March 3 were held at the Embassy Suites, San Luis Obispo. **CENTRAL COAST ALUMNAE ASSOCIATION** President **STEVIA WILSON SHAW**, *New Mexico*, pinned a president's badge on Eta Rho's first President, **JENNA STACK**, at the installation banquet at the Madonna Inn.

Local alumna **JUDITH GOINS CARLESON**, *Oregon State*, reflects: "When 20 or so alumnae were called together by Fraternity President Julie Leshay to help with the creation of a new chapter at Cal Poly, most of us did not know each other, and yet the bond was there ... We worked and planned and hoped that the dream of a new chapter would become a reality. Now we work even harder to make sure Eta Rho will be the same wonderful experience we each had, and are now having again."

KATIE RYAN, Eta Rho Chapter's first Public Relations Chairman, says: "The KAPPA hair tie I was given one day on campus, which seemed insignificant at the time, turned out to be something unexpected and special. My best friend is a Kappa at Stanford, and whenever I would visit, her Kappa sisters always welcomed me ... I knew Kappa was an organization I wanted to be a part of. ... By being a founding member of Eta Rho, I'm leaving a legacy that will grow and prosper."

Welcome, Eta Sigma!

ETA SIGMA CHAPTER, *Chapman*, was installed April 20, 2013, with 97 charter members, making Kappa the eighth NPC group at Chapman, joining Alpha Gamma Delta, Alpha Phi, Delta Delta Delta, Delta Gamma, Gamma Phi Beta, Kappa Alpha Theta and Phi Sigma Sigma. More than 100 collegiate and





alumna Kappas from surrounding areas took part in the initiation ceremony.

The fine-tuned “Be Kappa” marketing plan was in full force when Colonization Recruitment began Feb. 13, 2013, and resulted in 97 charter members being colonized on Feb. 16. Chapter Consultant **ANDREA SCHUG**, *Minnesota*, who had been on the ground conducting Kappa’s colonization campaign since fall 2012, and coordinated the new member program in spring 2013, says, “I am so honored to call the 97 charter members of Eta Sigma Chapter my sisters. They are beautiful, inside and out, and embody the spirit of Kappa.”

Other Fraternity officials assisting Colonization Chairman **SUSANNE WOLFF VANDER HEYDEN**, *Washington State*, and Installation Chairman **CAROL GEORGE SANDERS**, *Cal State Northridge*, included **VICKI HILL CARRIGAN**, *UC Riverside*, Publications Committee member; **VIKKI HAAG DAY**, *Whitman*, Region 7 RDA;

ANGELA DISALVO, *Iowa*, Region 6 RDC; **KYLEE GARTON**, *UCLA*, Coordinator of Chapter Development; **ELLA GAUMER**, *UC Riverside*, Region 4 RDC; **SHARON PICKRELL GOBER**, *Oklahoma State*, Director of Standards; **BETH GREULICH**, *Carnegie Mellon*, Kappa PDA; **JESSICA KLEPPER**, *Washington*, Kappa PDC; **CARROLL GOMMEL MUELLER**, *Arizona*, Kappa PDA; **LAUREN NOGY**, *UC San Diego*, Kappa PDC; **DEANNE PALMER**, *Colorado*, Kappa PDC; Leadership Consultants **BRITT NELSON**, *Colorado*, and **CHARLOTTE RHODES**, *SMU*; **MARY RUDDICK SILZEL**, *Whitman*, local installation chairman; **HANNAH MEEHAN SPECTOR**, *Utah*, Region 7 RDC; and a group of Fraternity Headquarters staff.

Chapman University guests included **Alli Segal**, Assistant Director for Student Affairs, and **Samantha Cressey**, Panhellenic President. Sponsor chapters were **EPSILON PI**, *UC Riverside*, and **DELTA TAU**, *USC*.

Fireside was held April 19 at Covenant Presbyterian Church and Installation was held April 20 at Grand Street Center. The installation luncheon that followed was held at The Villa with 230 attendees.

Eta Sigma President, **HAYLEY CHANDLER**, an undergraduate Kappa who transferred from the University of Arizona and affiliated with Eta Sigma, was thrilled to become the new chapter’s first affiliate member as well as its first chapter President. **JEANETTE JUSTUS**, *Missouri*, the **ORANGE COUNTY ALUMNAE ASSOCIATION** President gave a president’s badge to Hayley, explaining that it was donated by association member **LIBBY SILLESEN FULLER**, *UC Davis*. This badge belonged to Libby’s mother, **BARBARA SILLESEN**, *DePauw*, who was known throughout Orange County as a top high-school counselor and proponent of higher education. Barbara was President of the **SOUTHERN ORANGE COUNTY ALUMNAE ASSOCIATION** and was helpful in colonizing **ZETA ETA CHAPTER**, *UC Irvine*, serving on the chapter’s House Board for years.

For more information on our new chapters, visit www.facebook.com/kappachapman and www.facebook.com/kappacalpoly.

Seattle Kappas Have Vision, Passion for GIRLS Academy

—By **LUCY FIRST**, *DePauw*

Kappa Kappa Gamma's GIRLS Academy (Girls Inspire Respect Leadership and Service), the first of its kind among Greek-letter organizations, is an unforgettable opportunity for chapters and alumnae associations to make a positive difference in the lives of middle-school girls.

For the last two years, the **SEATTLE ALUMNAE ASSOCIATION** and **BETA PI CHAPTER, Washington**, have hosted GIRLS Academy for a nearby middle school. This interactive program develops leadership, interpersonal communication and values-based decision making to assist young women in navigating the challenges of middle school and high school.

"We are supporting women, beyond being Greek, and we are helping girls become women with the tools to make smarter decisions in their lives," says **KIM ALBERS NISBET, Oregon**.

CAMI JARED, Washington, who has coordinated the program the last two years, believes GIRLS Academy is a great way for an alumnae association and chapter to work together for the good of the community. "I also think that it is special because the middle-school participants are not the only beneficiaries of the program. GIRLS Academy also benefits the collegiate women because it gives them leadership skills and a chance to serve the community outside the walls of the chapter."

PIPER GRAY CUMMINGS, Washington State, agrees. "I think GIRLS Academy is different because it is put on by university women and not solely adults," Piper says. "I think the message is delivered and heard differently than another adult and/or teacher stating a similar message."


Piper admits that the event takes a great deal of resources, volunteers and time, but in the end, it's all worth it. "It feels good to give to such a great organization [and] program, and to watch these girls gain an opportunity that they never had before."

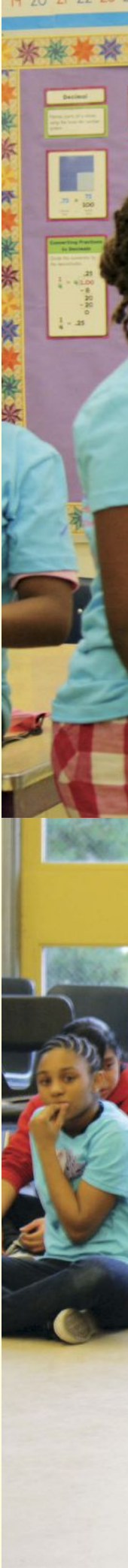
After a successful GIRLS Academy in 2012, the Seattle Alumnae Association realized their work was not done. "After the first year we really saw how important it was to bring the program back, so that the girls would continue to grow in their leadership and could also continue the positive relationships they'd built with the collegiate women," says Cami.

When the second GIRLS Academy was announced, the anticipation was evident. "We saw on year two a huge excitement from the middle school," Kim says. "The girls were asking to go [and] they worked hard during the fall quarter to earn their recommendation from their teachers to go."

"Watching these young girls find themselves, blossom, cross friendship boundaries and gain pride and self-assurance—it is very moving and inspirational," Piper adds. "Watch these girls over the next two to five years and hopefully see their lives change for the better knowing that they have choices and are not subjected to only what their environment exposes them to."

Kim adds, "After the first GIRLS Academy, two weeks later, a group of boys were outside the school, and I stopped and asked them if they heard about the program, and they said 'Yes' and then asked me, 'Miss, when is Boys Academy?'"

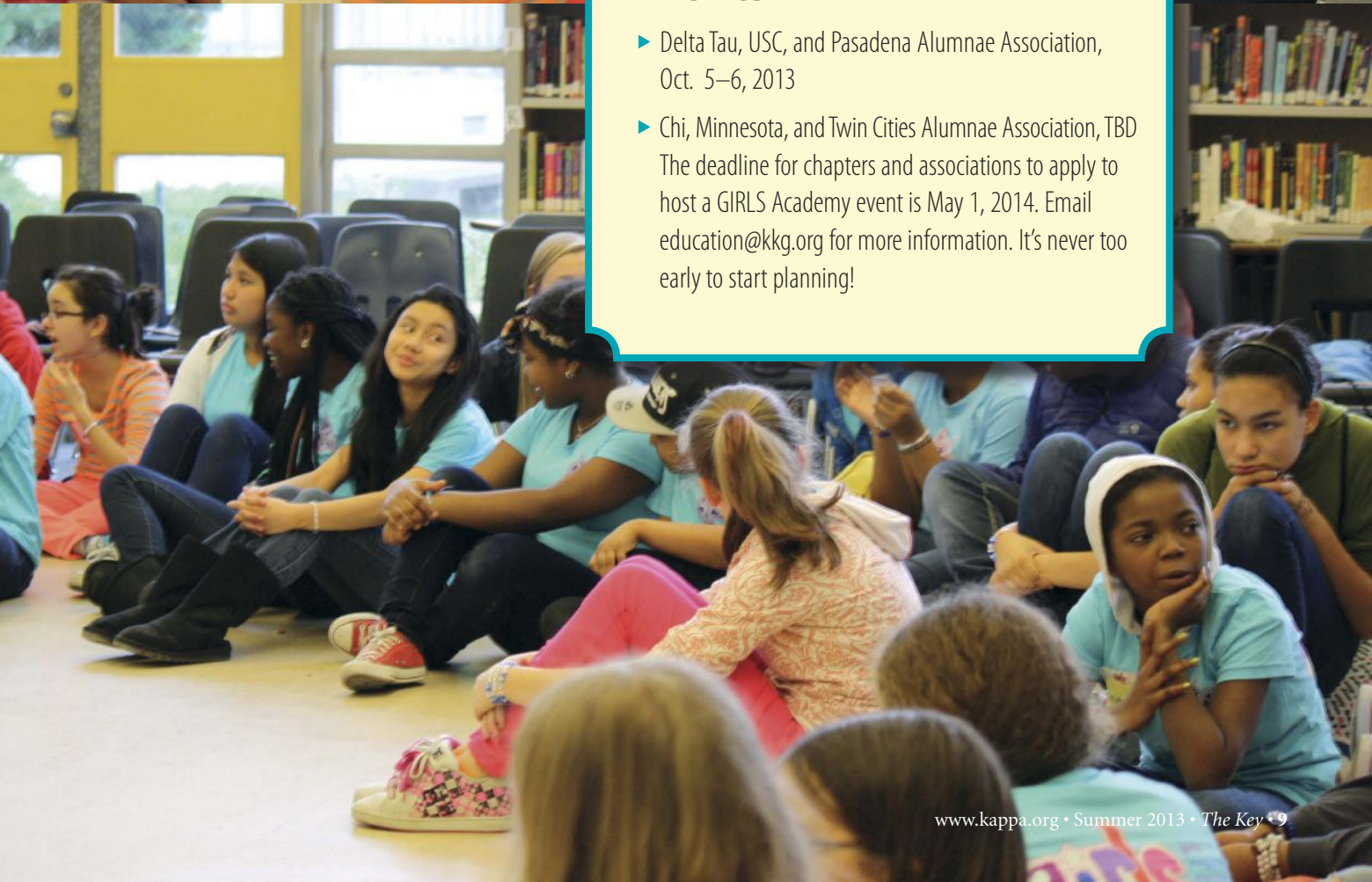
It looks like the Seattle Alumnae Association and Beta Pi Chapter will have an even larger pool of applicants for 2014. 





2013 GIRLS Academy Events

- ▶ Delta Tau, USC, and Pasadena Alumnae Association, Oct. 5–6, 2013
 - ▶ Chi, Minnesota, and Twin Cities Alumnae Association, TBD
- The deadline for chapters and associations to apply to host a GIRLS Academy event is May 1, 2014. Email education@kkg.org for more information. It's never too early to start planning!



In Memoriam

Honoring Those We Have Loved and Lost

These names were submitted to Fraternity Headquarters between Feb. 1 and May 1, 2013.

AKRON, UNIVERSITY OF
Post, Nancy Barnett, '49, d. 02/13

ALABAMA, UNIVERSITY OF
Franklin, Barbara Boardman, '39, d. 01/13
Galloway, Elizabeth Bollman, '49, d. 01/13
Tindell, Frances Waters, '42, d. 02/13

ALLEGHENY COLLEGE
Aiken, Jean Risser, '40, d. 01/13
Sibbet, Lorraine, '58, d. 04/13
Spangler, Anne Diefenderfer, '29, d. 04/13
Sweeney, Virginia Bennett, '41, d. 02/13

ARIZONA, UNIVERSITY OF
West, Elizabeth Parker, '51, d. 03/06

ARKANSAS, UNIVERSITY OF
Cecil, Helen, '44, d. 05/06
Crone, Jean Spies, '42, d. 03/13
Dougherty, Elizabeth Adamson, '48, d. 03/01
Field, Margaret Ammons, '43, d. 03/90
Kingsbery, Suzanne Park, '46, d. 01/13
McMullin, Pearl, '26, d. 06/85

AUBURN UNIVERSITY
Gacek, Cassandra, '11, d. 03/13

BABSON COLLEGE
Mawn, Kristen Schraven, '97, d. 03/13

BAYLOR UNIVERSITY
Brinck, Geraldine Guderian, '77, d. 03/13
Grabow, Gail, '77, d. 02/99
Schroeder, Marie Serger, '78, d. 01/08
Smith, Lois McPherson, '78, d. 03/13

*** BOSTON UNIVERSITY**
Wright, Nancy Fowler, '54, d. 01/12

BUTLER UNIVERSITY
Bartley, Betty Hardin, '40, d. 07/12
Ekberg, Leslie Shippey, '40, d. 02/13
Kling, Nancy Riggs, '63, d. 12/11

CALIFORNIA, U. OF, BERKELEY
Banner, Marion Majors, '50, d. 01/10
Belcher, Jane Gabriel, '35, d. 03/13
Chickering, Jean Rawlings, '35, d. 02/13
Crist, Alison Thomson, '34, d. 04/13

CALIFORNIA, U. OF, SANTA BARBARA
McCarthy, Merrill Cutler, '79, d. 03/13

CARNEGIE MELLON UNIVERSITY
Branagan, Jane, '44, d. 02/13

CINCINNATI, UNIVERSITY OF
Gerbitz, Doris Rydin, '51, d. 04/13

COLORADO COLLEGE
Kazda, Merritt Miller, '92, d. 09/12
Mershon, Helen Bell, '50, d. 05/08
Moon, Christine, '62, d. 01/12
Solberg, Betty Bonnet, '40, d. 02/13
Walker, Helen Zick, '36, d. 06/12

COLORADO, UNIVERSITY OF
Deck, Janet Felt, '51, d. 04/13
Snyder, Barbara Bennett, '41, d. 03/13
Standley, Mary Phillips, '37, d. 03/13

CONNECTICUT, UNIVERSITY OF
Beechler, Anne, '47, d. 01/13
Clark, Paulette, '65, d. 01/07
Hawkins, Carol Boyce, '46, d. 06/12

CORNELL UNIVERSITY
Rhynedance, Ruth Cosline, '41, d. 11/12

DENISON UNIVERSITY
Binzel, B.J. Oestmann, '45, d. 07/12
Peth, Elinor Malpass, '49, d. 11/12
Rowe, Margaret, '49, d. 02/13
Vause, Harriet Oestmann, '46, d. 11/12

DEPAUW UNIVERSITY
Becher, Carol Reininga, '48, d. 05/08
Szold, Marian Sweeney, '41, d. 02/13
Townsend, Dorothy Davis, '35, d. 03/13

DRAKE UNIVERSITY
German, Thelma Landstrom, '44, d. 02/09

DUKE UNIVERSITY
Holmes, Vivian Driver, '42, d. 08/12

EMORY UNIVERSITY
Bottoms, Carolyn Christian, '59, d. 04/13

FRESNO STATE
Kiggins, Jean Shaw, '54, d. 03/13

GEORGE WASHINGTON UNIVERSITY
Hicks, Claire Cronin, '69, d. 06/03
McWhirt, Mary Biesemeier, '41, d. 02/13

GEORGIA, UNIVERSITY OF
Mugge, Katherine Clouser, '75, d. 03/13

*** GOUCHER COLLEGE**
Ferguson, Mary Settle, '33, d. 03/09
Newsom, Anne Updike, '36, d. 03/13

HILLSDALE COLLEGE
Boden, Marion Knapp, '41, d. 01/13
Welsh, Patricia Wolfert, '46, d. 01/13

IDAHO, UNIVERSITY OF
Walters, Frances Hodgins, '49, d. 03/13
Whiteman, Patricia Carlson, '48, d. 01/13

ILLINOIS WESLEYAN UNIVERSITY
Cray, Maryana Janssen, '36, d. 02/13

ILLINOIS, UNIVERSITY OF
Bequette, Nancy Hornung, '44, d. 02/13
Dobbratz, Janet Ellington, '45, d. 09/12
Polaski, Mary Blair, '64, d. 03/13

IOWA STATE UNIVERSITY
Compton, Peggy Joslyn, '48, d. 03/13

IOWA, UNIVERSITY OF
Boice, Frances Stephen, '37, d. 03/13
Cretzmeyer, Marian Cornwall, '38, d. 02/13
Jefford, Shay Grundmann, '92, d. 04/13
Ragsdale, Vivien Buser, '30, d. 02/12

KANSAS STATE UNIVERSITY
Carolán, Diane Ira, '59, d. 04/13
Fey, Norma Holleicke, '48, d. 01/13
Watts, Elizabeth Cole, '43, d. 01/13

KANSAS, UNIVERSITY OF
Etzler, Marilyn Child, '44, d. 04/13
Johnson, Dorothea Simons, '28, d. 04/13

KENTUCKY, UNIVERSITY OF
Bell, Jessica Gay, '41, d. 03/13
Jennings, Beverly Smith, '42, d. 02/13
Patton, Mary Grimes, '45, d. 03/13
Welch, Stanley Clay, '36, d. 02/13

LOUISIANA STATE UNIVERSITY
Buckner, Jean Hamilton, '41, d. 02/13
Kane, Ellen McDonald, '70, d. 04/13
Manning, Mary Kirkpatrick, '41, d. 03/13
Weadock, Marguerite Bentley, '41, d. 06/02

*** MARYLAND, UNIVERSITY OF**
Boesch, Margie Geiger, '48, d. 11/12
Diggs, Emma Gibbs, '32, d. 11/10
Hansen, Ruth Aldridge, '42, d. 04/13

MASSACHUSETTS, UNIVERSITY OF
Stacy, Marilyn, '64, d. 04/12

MIAMI UNIVERSITY
Ehmke, Margaret Owens, '42, d. 01/13
Sickels, Dellarose Brooks, '41, d. 02/13

MIAMI, UNIVERSITY OF
Lund, Barbara Swirls, '44, d. 04/13
McClister, Joeline Lewis, '51, d. 03/13
Whelan, Gail Estabrook, '38, d. 05/01

MICHIGAN STATE UNIVERSITY
Harwood, Marjorie Maas, '38, d. 02/13
Purchis, Catherine Eddy, '55, d. 03/13
Purdy, Karen House, '60, d. 01/13
Schouweiler, Jeanne Ringle, '42, d. 03/13

MICHIGAN, UNIVERSITY OF
Dore, Bonny Barnes, '66, d. 02/13
Giegerich, Suzanne Thayer, '55, d. 10/12
Lawther, Ellen Vanzandt, '23, d. 01/95
Milks, June McIntosh, '44, d. 02/13
Schlender, Peggy Cannon, '41, d. 03/13

MINNESOTA, UNIVERSITY OF
Cone, Zoe Hartman, '41, d. 01/13
Thompson, Barbara Grandin, '44, d. 02/13

MISSOURI, UNIVERSITY OF
Bachman, Anne Walker, '39, d. 11/10
Platt, Alice Sebree, '41, d. 03/13

MONMOUTH COLLEGE
Burt, Emma Work, '34, d. 06/04
Johnson, Polly Martin, '40, d. 03/13
Manor, Ann Jones, '38, d. 01/13
Porter, Mary Ellen Biciste, '64, d. 01/13

MONTANA, UNIVERSITY OF
Carten, Alberta Annon, '38, d. 04/13
Countryman, Mary Lou Ross, '42, d. 03/13

NEBRASKA, UNIVERSITY OF
Brownlee, Elizabeth Waugh, '37, d. 02/13
Foley, Elizabeth Burns, '45, d. 08/05
Harrod, Marilyn Cunningham, '58, d. 04/13
Hecox, Marilyn Boettcher, '45, d. 11/12
Lanier, Sara Becker, '47, d. 03/96
Linderman, Mary Sidles, '30, d. 09/79
Lowe, Mary Kerl, '33, d. 06/04
Minard, Patricia Gilbreath, '51, d. 01/09
Pierson, Marty Mount, '59, d. 01/13
Rager, Virginia Slabaugh, '73, d. 02/13
Russell, Gretchen Schroeder, '44, d. 06/12
Urell, Judi Switzer, '66, d. 04/13

NEW MEXICO, UNIVERSITY OF
Anderson, Alice Johnson, '63, d. 01/09
Collins, Janet Neumann, '43, d. 09/12
Dobell, Helen Currier, '38, d. 02/13
Miller, Viola Chess, '49, d. 03/13
Ratcliff, Jane Adams, '51, d. 03/13
Thompson, Ginger Mollands, '35, d. 03/13

*** NORTH DAKOTA STATE UNIVERSITY**
Leinius, Ellen Bigelow, '62, d. 04/13
Loy, Nancy Eagle, '53, d. 01/13

OHIO STATE UNIVERSITY
Benson, Nancy Casto, '45, d. 02/13
Burt, Mary Dumbauld, '45, d. 03/13
Fisher, Martha Walker, '49, d. 04/13
Graham, Nancy Miller, '52, d. 02/13
Hammond, Sue McIntosh, '48, d. 03/13
Hollenback, Sally Young, '48, d. 02/13
Lorenz, Mary Dunlap, '35, d. 04/13

Pierce, Helen Geren, '38, d. 04/08
Williams, Ruth Cox, '40, d. 02/13
Young, Joan Haworth, '50, d. 02/13

OHIO WESLEYAN UNIVERSITY
Bozman, Carol Jones, '48, d. 03/12
Byrnes, Susan Richards, '53, d. 04/13
DeVane, Sara Moore, '38, d. 03/13
Fraser, Mildred Black, '44, d. 04/13
Gardner, Ruth Sieker, '49, d. 03/13
Gould, Virginia Mahon, '39, d. 12/09
Hartland, Marjory Foulds, '38, d. 03/13
Mewhort, Virginia Sweeney, '36, d. 04/13
Miller, Jeannette Wales, '33, d. 07/06
Stanley, Marjorie Werner, '40, d. 04/13

OKLAHOMA STATE UNIVERSITY
Bushong, Shirley Patton, '51, d. 02/13
Lasseter, Barbara Pojezny, '64, d. 09/03

OKLAHOMA, UNIVERSITY OF
Agent, Phyllis Bolton, '31, d. 10/98
Anderson, Joyce Harris, '31, d. 11/03
Arnold, Ann French, '30, d. 11/94
Babcock, Marcy Knight, '85, d. 03/00
Bacon, Helen Gardner, '34, d. 02/97
Badeau, Jo-Ann Huffstutler, '39, d. 10/00
Baer, Ann Lennington, '33, d. 04/87
Baines, Nannie Taggart, '15, d. 09/82
Barnes, Mary Smith, '20, d. 06/93
Barrett, Suzanne Long, '45, d. 11/02
Baumberger, Mary Bennett, '41, d. 05/09
Bealmeair, Helen Lentz, '38, d. 03/89
Bell, Julia Fullerton, '58, d. 06/08
Berghell, Helen Avery, '35, d. 09/07
Boen, Rosa Lewis, '36, d. 05/02
Brantley, Maria Hall, '39, d. 10/94
Brewer, Lillian Lunsford, '20, d. 12/90
Burford, Annette, '37, d. 02/09
Cavnar, Nancy Rygel, '44, d. 07/90
Coe, Mary Collins, '26, d. 10/78
Cooper, Martha Hendon, '50, d. 05/06
Corn, Betty Taylor, '35, d. 10/98
Cornwell, Helen Myers, '30, d. 05/03
Cox, Frances Murphy, '25, d. 02/88
Crabtree, Linda Adams, '58, d. 04/13
Crouch, Vivian Norval, '24, d. 10/69
Curran, Jean Adams, '32, d. 11/57
Dale, Sarah Colvert, '41, d. 09/08
Dibble, Mary Cox, '30, d. 05/97
Dickey, Virginia McDannald, '28, d. 03/86
Duelwel, Virginia Coleman, '33, d. 06/98
Echels, Beverly Benjamin, '47, d. 05/04
Espenas, Mary Amos, '37, d. 09/77
Finney, Sally Van Horn, '44, d. 06/84
Flanders, Lina Walker, '32, d. 04/93
Foley, Irene Harber, '38, d. 01/99
Frakes, Margaret Simpson, '34, d. 12/93
French, Frances Porter, '30, d. 02/80
Frost, Jean, '34, d. 12/89
Fryer, Betty Ross, '39, d. 09/03
Giffert, Jane Seger, '31, d. 03/94
Gillespie, Mary Fitzpatrick, '34, d. 09/01
Godfrey, Elizabeth Long, '28, d. 06/95
Griess, Katherine Haskell, '24, d. 03/81
Gunkel, Allelia Avera, '41, d. 06/01
Harris, Ann Goins, '54, d. 01/13
Hubbard, Josephine Hindman, '31, d. 08/05
Kahn, Helene Hadady, '20, d. 04/69
Kimbrell, Polly Pruitt, '33, d. 10/72
Kister, Mary Hively, '33, d. 04/94
Knutson, Grace Pryor, '30, d. 05/93
Lathrop, Martha Doran, '41, d. 01/08
Lents, Geraldine Balbin, '35, d. 09/74
Levorsen, Emily Catlin, '49, d. 02/13
Lewis, Janet Panzer, '47, d. 01/12
Linney, Donabel Christian, '43, d. 07/07
Love, Margaret Vessels, '30, d. 01/05
Mapel, Virginia Lester, '31, d. 04/04
Millard, Dorothy Hopps, '41, d. 03/95
Minneva, Virginia Richardson, '29, d. 03/08
Mohr, Beth Ann Alberding, '52, d. 06/12
Moody, Suzanne Rodolf, '31, d. 12/09
Moore, Natalie Rash, '37, d. 01/99
Morter, Mary Clark, '37, d. 11/11
Oakes, Evalyn Bond, '45, d. 09/90
Patten, Mary Reidron, '30, d. 03/73
Peard, Mary Jones, '43, d. 10/05
Perrkins, Joyce Marshall, '34, d. 01/03
Perryman, Leta Holtzendorff, '32, d. 01/02
Plymale, Harriet Shands, '33, d. 03/79
Pritchard, Carroll Cathey, '54, d. 01/13
Reynolds, Billie Twyman, '44, d. 03/93
Robinson, Lillian Harris, '36, d. 03/12
Rose, Grace King, '22, d. 01/88
Slessman, Margaret Gale, '40, d. 12/07
Spahn, Mildred Keegan, '35, d. 02/98
Staley, Billye Robinson, '40, d. 11/03
Stephens, Elizabeth Fink, '29, d. 04/91
Swank, Florence Thomas, '17, d. 07/73
Taylor, Mary Bennett, '35, d. 03/06
Terry, Marilyn Maidt, '53, d. 04/05
Thompson, Julia Scott, '39, d. 01/77
Todd, Louise Hutchins, '28, d. 01/65
Todd, Janie Brown, '34, d. 09/08
Turner, Ann Hamilton, '37, d. 10/09
Turner, Helen Kelly, '30, d. 06/03
Wade, Marguerite Phillips, '24, d. 04/92

Webb, Katherine Fast, '22, d. 06/06
Weimer, Marian Harrison, '27, d. 03/13
Westmoreland, Adeleyn Burckhalter, '35, d. 10/09
Williams, Mary Maloy, '29, d. 09/08
Wilson, Mildred Maxey, '28, d. 08/87
Wright, Nancy Graves, '66, d. 03/13
Wyly, Lillian Hastings, '32, d. 11/07
Zachry, Harriett, '42, d. 02/08

OREGON STATE UNIVERSITY
Clasper, Helen Thompson, '36, d. 01/13
Manske, Victoria Gaiser, '54, d. 12/12
Mays, Karen Byers, '70, d. 01/13
Mikkelsen, Fern Morse, '43, d. 03/13

PENNSYLVANIA STATE UNIVERSITY
Hedquist, Mary Welch, '44, d. 12/12
Morck, Ruth Everett, '32, d. 12/12
Tomlinson, Maryjane Stabley, '50, d. 04/13

*** PENNSYLVANIA, UNIVERSITY OF**
Browne, Cynthia Crowther, '53, d. 04/13
Haviland, Joan Oberly, '43, d. 02/13

PITTSBURGH, UNIVERSITY OF
Arthur, Karlyn Lovewell, '44, d. 04/13
Dodgson, Nancy McNeill, '50, d. 03/13

PURDUE UNIVERSITY
Karges, Caroline, '44, d. 11/12
Livinghouse, June Hardy, '43, d. 04/12
Lutz, Sue Knappenberger, '43, d. 06/12

ROLLINS COLLEGE
Alleman, Maryan Rising, '51, d. 01/13
Granger, Martha Vanzandt, '32, d. 09/91

*** SAN JOSE STATE UNIVERSITY**
Baumann, Carol Larson, '50, d. 03/13
Brann, Kathleen, '65, d. 02/13

SOUTHERN CALIFORNIA, U. OF
Wulff, Melinda McGarry, '58, d. 03/13

SOUTHERN METHODIST UNIVERSITY
Bennett, Peggy, '39, d. 10/93
Etscheid, Jeanne Haydon, '39, d. 04/05
Goddard, Anne Clymer, '39, d. 04/13
McCelvey, Dorothy Cooper, '37, d. 02/84
Simons, Cynthia Smith, '47, d. 03/13
Thomas, Betty Pferdmeigh, '49, d. 06/01

ST. LAWRENCE UNIVERSITY
Love, Jane Leining, '40, d. 02/13

SYRACUSE UNIVERSITY
Gage, Andrea Koch, '59, d. 03/13
Roe, Elizabeth Gamble, '45, d. 02/13
Vogelei, Christine, '70, d. 09/12

TEXAS TECH UNIVERSITY
Cordell, Jean McQueen, '56, d. 03/13
Jones, Johanna Williams, '55, d. 10/07

TEXAS, UNIVERSITY OF
Easdale, Marion Robbins, '41, d. 02/13
Exley, Tella Touchstone, '28, d. 11/95
Hall, Keri Scholtz, '89, d. 08/08
Houston, Mary Lyles, '42, d. 02/13
La Roche, Mary Jane Stevens, '50, d. 02/13
McKamy, Alice Leftwich, '43, d. 04/95
Pace, Barbara Curtin, '45, d. 02/13
Ripley, Thelma Fisher, '28, d. 01/02
Thompson, Peggy Dunlap, '52, d. 04/13

TULANE UNIVERSITY
Harvard, Anne Kilpatrick, '37, d. 01/08
Schell, Marie Harris, '44, d. 02/13

TULSA, UNIVERSITY OF
Couch, Kirsten, '83, d. 03/11
Crouch, Ann Heard, '52, d. 02/13

UTAH, UNIVERSITY OF
Richards, Janice Johnson, '46, d. 03/13

WASHINGTON UNIVERSITY
Alexander, Ann Noyes, '43, d. 02/13
Damron, Eloise Megginson, '33, d. 05/01
Hood, Shirley Conrad, '38, d. 03/13

WASHINGTON, UNIVERSITY OF
Hopf, Isabel Foster, '54, d. 03/13
Pollock, Grace Millman, '37, d. 02/13
Raam, Claire Thompson, '47, d. 02/13

WEST VIRGINIA UNIVERSITY
Hamilton, Nancy Pugh, '39, d. 03/13
Hopkins, Mary Ann Sutter, '51, d. 02/13

WHITMAN COLLEGE
Blake, Barbara Chisholm, '40, d. 04/13
Gose, Patricia Clark, '48, d. 02/13
McCoey, Lucie Stanton, '39, d. 02/13
Reid, Rosanne Whitby, '67, d. 03/13

WILLIAM AND MARY, COLLEGE OF
Bullock, Mary Devol, '44, d. 02/13

WISCONSIN, UNIVERSITY OF
Bledsoe-Ahrens, Katherine Kunkler, '49, d. 02/13

WYOMING, UNIVERSITY OF
Dexter, Virginia Darling, '44, d. 11/12
Dyess, Betty Omarr, '56, d. 05/07
Kaiser, Mary Gaber, '28, d. 01/13
Ludwig, Benja Taylor, '62, d. 09/00

* Indicates inactive chapters.

Take A Breath and Count to 10

—By JANE H. SUTTON, NPC Chairman

Take a breath. Count to 10. Before you exhale and start a sentence, think about what you plan to say.

Your sorority is now connected to a photo going viral online featuring a few women making bad choices. Really bad choices. Or let's say an email from a woman who happens to be in a sorority goes viral the same way. More bad choices.

Now, read the headlines and blog posts and pick out the labels being applied. This is where you count to 10. This is where and when you decide to take a high road. This is a test of your character and tipping point.

Should you speak up? Start a debate? Offer apologies? Remain silent? Or let all sorority women simply be maligned?

It's a given that the media will make us a target and slap us with labels and ugly stereotypes. It's also a given that bad choices generally have consequences. In between those two extremes, there is this to say to young women—what you do, what you say, what you post, what you snap, what you share (or what your friends share)—is subject to crowd scrutiny and crowd mentality.

Often, it's brutal.

Often, it cannot be retracted or explained.

And it remains online forever.

Most colleges and universities, by the time you read this, will have slowed down for the summer with the majority of their students at home, at internships or new adventures.

So let's think about this over the summer as our sorority conventions begin and as students, the ones who make good choices, are rewarded and recognized by their sisters.

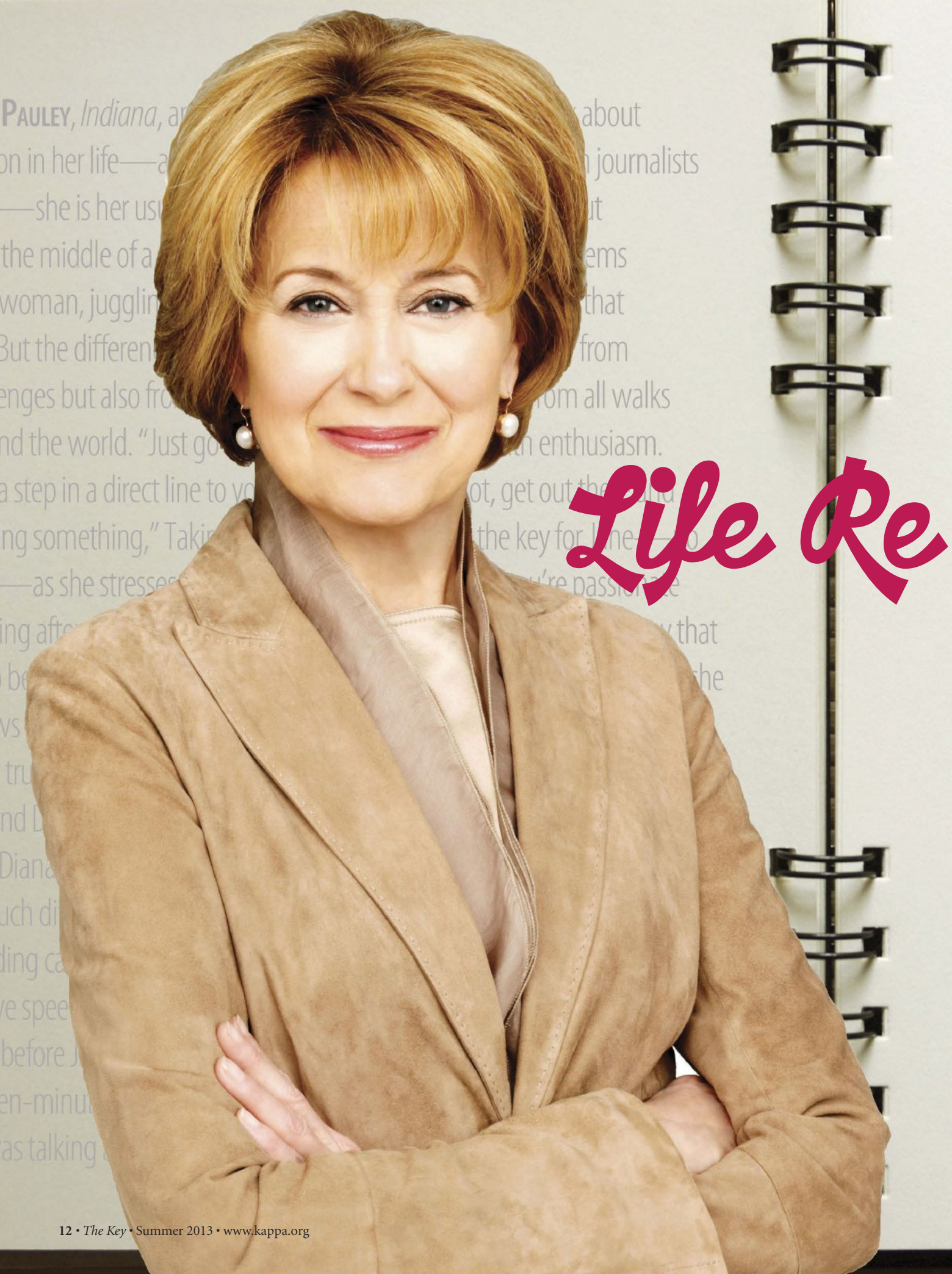
Making a mistake has consequences today that didn't exist before the days of email. Today, the online crowd can be merciless. Remember this in your summer convention moments and celebrations. Talk about the importance of your personal and sorority brand. Remember that young women have miles to go, and they need mentors, to make the better choices in their lives. Then, act accordingly.

And don't forget to exhale. 



Members of the **INDIANAPOLIS ALUMNAE ASSOCIATION** joined other Greek women at the Indianapolis Alumnae Panhellenic (IAP) Annual Holiday Auction. They raised more than \$1,800 for the Butler University Community Outreach Pharmacy (BUCOP), a student-run organization that provides free medical services to the underserved and uninsured populations of inner-city Indianapolis.

Kappa alumna **JAMIA JASPER JACOBSEN**, *Indiana*, left, and Margy Harm Moorhead, a Pi Beta Phi alumna, right, deliver the donation on behalf of IAP to Andrew Gonzales, center, a Butler pharmacy student.



Life Re

Jane Pauley's Next Chapter

—By **NAOMI RATNER**, *Syracuse*

imagined

When **JANE PAULEY**, *Indiana*, answers her New York City phone to talk about what's going on in her life—and how she came to be one of the best-known journalists in the country—she is her usual confident self, open and forthright about everything. In the middle of a pottery project in her laundry room, she seems like any other woman, juggling a family, a career, and all the challenges that come with it. But the difference is, Jane has learned life lessons not only from her own challenges, but also from the success and failure of people from all walks of life, all around the world.

"Groping in the dark is still looking," says Jane. "Get out there and do something and an idea that wouldn't have occurred to you ... it's the trial-and-error process."

"Just go do something!" says Jane with enthusiasm. "Whether it's a step in a direct line to your life's ambition or not, get out there and be actively doing something."

Taking action has always been the key for Jane—no pun intended—as she stresses the importance of finding what you're passionate about, and going after it.

True, it's not always that easy. Jane didn't always know that she wanted to be a reporter, but after some trial and error more than 30 years ago, she began her news reporting career and found her true passion. Jane became famous for her tenure on NBC's Today and Dateline, reporting everything from Princess Diana's wedding to the 9/11 attacks, building a reputation as one of the country's top news anchors. She even went on to have her own talk show, The Jane Pauley Show, and published a best-selling memoir, Skywriting. Her multiple Emmys and other awards prove her accomplishments, along with her recent honor, receiving the 2013 Commonwealth Award for Mass Communications for her lifetime accomplishments and enduring marks on modern culture.

Jane admits her story may have turned out much differently if she had continued her high-school cheerleading career, but the day she tagged along with friends to watch the school's competitive speech and debate team, Jane discovered she had a passion for public speaking.

It wasn't long before Jane was selecting a current event, writing a seven-minute speech and sounding like she knew what she was talking about. Suddenly, Jane exuded credibility and leadership and knew that she had found something that excited her. Her career in speech and debate continued to blossom and she became a state champion at 17.

"I was interested in current events and the news even before I became an extemporaneous speaker," says Jane, who grew up with parents who subscribed to every newspaper in Indianapolis. "There were always newspapers being read in our house."

Jane went on to study political science at Indiana University, and with an itch to begin her career, graduated early in 1971. The presidential election was in 1972, and with a background in political science, Jane didn't want to miss the excitement—or the opportunity to become acquainted with people in the media.

Getting involved in local happenings was vital in her path to journalism, as she was elected governor of Indiana Girls State,

and held a tuberculosis fundraiser with a local Indianapolis anchorman. Lucky for her, the anchorman's station was on the hunt for a female reporter at the time, as the FCC had recently added two key words to an Affirmative Action clause "and women."

Without a journalism degree or broadcast experience, Jane enthusiastically began working at the television station she had always watched.

"There was somewhere else I was meant to be and I didn't know what it was," says Jane of graduating early. "I was, and have always been, ready to take an off ramp before I knew what the destination was. What I did was pretty much the advice I would give—just go do something!" recommends Jane. "It's the trial-and-error method where you find out what works for you and what you're good at."

Now an AARP Ambassador reporting on Your Life Calling, Jane explores reinvention, highlighting baby boomers who reinvent themselves and pursue their dreams. From interviewing a Broadway dancer turned acupuncturist to a woman who couldn't sew but then launched a line of wellness clothing, Jane explores second careers among the 50+ generation and helps others see themselves in positive and powerful new ways.

"We've accomplished the things we've intended to, we've had the careers and families, and we do have healthy years ahead of us that we've got to account for," says Jane. "Retirement is so dissatisfying. . . . If your whole life is leisure, you very quickly start feeling undernourished, and looking for a way to find meaning typically will come in some category that you can define as work."

But that work can sometimes be interrupted, as life isn't always perfect—there are always bumps along the way and Jane sets a strong example of how to work through challenges, including sharing her stories and experiences with the often taboo topic of mental illness. Diagnosed with bipolar disorder 12 years ago, Jane has used her celebrity status to tell the American public about her experiences with bipolar disorder, giving hope to many families who aren't sure how to deal with mental health issues. Having had a career in the public eye has given her the opportunity to talk about something that can make a difference in people's lives, especially when it comes to a topic that is many times ignored.

"I was in the half of American families that had no experience with mental illness. [Now] we understand [that]

you're much more likely to come across

emotional and behavioral illnesses are disorders of the brain—they're treatable medical problems," says Jane, who takes daily medication to treat the disorder. "Recovery is possible . . . people could be better if they knew more."

"As women, we have the power to educate ourselves and make change and it's imperative to think of hope instead of stigma when it comes to mental health. Hope, recovery, they're such powerful words," says Jane on fighting the way people perceive mental health issues.

Family and friends have been an important part of Jane's recovery, as were her Kappa sisters. Jane's Kappa experience at Indiana University allowed her to find her community during her undergraduate years and the Fraternity remains a special part of her life.

"It was in college that I fell in love with my friends," says Jane. "It sounds kind of shallow, but honest to God, when I had found out I had been accepted to [Kappa], it was a top-five moment . . . it's way, way up there. That walking on air feeling—I definitely had it."

Living in the Delta chapter house is a memory full of fun for Jane. As not everyone can be impeccable in all aspects, she was awarded a "Good Housekeeping Award," poking fun at her messy habits (which even granted her a single room)!

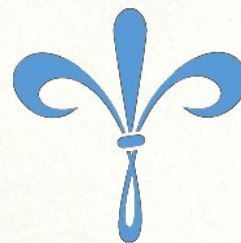
From seeing her Kappa friends on a regular basis to coming across a Kappa sister during her travels, the Fraternity remains special to her. Meeting a lot of people and shaking a lot of hands, sometimes that handshake is the special one, Jane shares with a laugh.

And laughter and passion are just the tickets when you're stuck—stuck as a 20-something in the midst of job hunting or stuck as a 70-something bored with retirement.

"Groping in the dark is still looking," says Jane. "Get out there and do something and you're much more likely to come across an idea that wouldn't have occurred to you . . . it's the trial-and-error process."

Jane's honesty and candor about her trials and errors and her achievements are what make her a role model for Kappas of all ages and ambitions.

Get inspired for your next chapter at lifereimagined.aarp.org. 



Aspire to Be— a Roadmap for Reinvention!

Inspiring

Start with enthusiasm for your idea. Get inspired by volunteering, trying a new class, or meeting new people. Revisit something you loved to do as a child or perhaps try something completely brand new. This month, Life Reimagined™ suggests "play" as a way to discover you. Go ahead: Bounce a ball. Get lost in a good book. Maybe even climb a mountain. However you define it, play is just as important for adults as it is for kids. Read on for tips and tools to help you add more fun to your life.

Preparing

You have an idea—and moving to the stage of taking a risk to make a change can be achieved by preparing. Be honest with yourself and don't fall for the excuse that you don't have time. Devote time and energy to preparing for your reinvention.

Impacting

Often you will discover your life's calling by finding something that impacts others. Truly believing in your goal and seeing the positive impact it can have on others, will help you overcome obstacles to achieve your goal.

Connecting

Modeling others who are successful and modeling the way **for** others are principals learned in Kappa's leadership and education programs. Modeling often involves connecting with others—reach out to find a mentor or ask for guidance. Sharing your dream with others will help you achieve it and in the process, you will also become a role model for others.

Visit lifereimagined.aarp.org. Tell *The Key* about your reinvention—email thekey@kkg.org.

Go confidently in the direction of your dreams.
Live the life you have imagined. ~Henry David Thoreau

THINKING about a second-act career?

Here are six tips for reinvention

success from **NANCY JARMUL COLLAMER**, *North Carolina*, author of *Second-Act Careers: 50+ Ways to Profit From Your Passions During Semi-Retirement*.

1. Look to your past for clues to your future:

Is there some piece or part of your work experiences—no matter how seemingly insignificant—that might be worth leveraging as a bridge into your next act? Perhaps you most enjoyed facilitating meetings—a skill that could be transferred over to working as a director for a nonprofit. Or maybe you loved mentoring younger workers at your company—an experience that could be a springboard into a second-act as an executive coach. Remember: all things being equal, it will be easiest to create a second-act career that is at least partially related to what you did before.

2. Don't get hung-up on trying to find your "one and only" passion:

Few people have one driving passion, and the focus on building a second-act around that "one true love" can create needless anxiety and frustration. But that doesn't mean that introspection is time wasted; think about causes you find compelling, people you find interesting and activities you enjoy and find meaningful—and then start exploring career options that line up with those varied interests and skills.

3. Adopt an opportunity-seeker mindset.

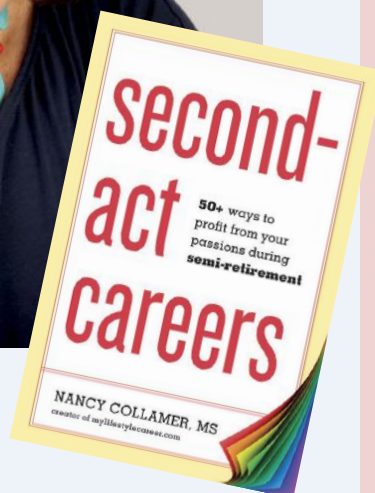
Never before have we enjoyed easier access to more information. You can learn about thousands, even millions, of new work options for semi-retirement from newspapers, television and the Internet. Many of the people profiled in *Second-Act Careers* found their second-act opportunities simply by keeping their "opportunity antenna" on alert and paying closer attention to what they were reading, hearing and experiencing on a daily basis.

4. Fully research the options.

People are now earning income in ways that we never could have even imagined just a few short years ago: selling on the Internet, self-publishing books on demand, and teaching webinars online. Jobs we aspired to when we were younger have become obsolete, and new careers—like virtual assistants, app designers, social media consultants and bloggers—have filled the void. There is no shortage of resources where you can learn about second-act career options: industry and trade associations have conferences and training programs, college catalogs are filled with ideas about emerging fields and "hot" careers, and community colleges and continuing education programs offer low-cost classes for entrepreneurs. Make the time to browse, consider and compare the full range of options. After all, if you're going to make the effort to start something new, don't you owe it to yourself to become familiar with the full range of possibilities?

5. Set up a personal reinvention research and development (R&D) budget:

Put aside a small amount of money each year to spend on classes, workshops and other opportunities to learn about and train for potential new career directions. It doesn't need to be much, but once you earmark those funds, you'll be more likely to invest in your ongoing education (and if you hesitate to spend the money on yourself, just think about what you spent on your kids' music lessons over the years!). Adult education is a big business these days, and there are more opportunities than ever for people of all ages to indulge in lifelong learning.



6. Don't go it alone: One of the biggest problems I see when people try to change their careers is that they feel like they need to go it alone. But when you think back to other major transitions in your life—graduations, marriage or new jobs—chances are that you had a network of friends, family and mentors (and Kappa sisters!) who guided, cheered and supported you through the process. Surrounding yourself with a supportive community is a critical part of career reinvention success, no matter what your age or life stage—it will help keep you focused, accountable and moving forward on your journey.

Most important, as **JANE PAULEY, Indiana**, says, “Get out there and do something.” Resolve today to take one small step toward your next act: make a phone call, sign up for a workshop or volunteer at a new organization. Consistency creates momentum and, over time, will help lead you to exciting new career possibilities. 🔑

About the Author: Nancy Collamer is a career coach, speaker and author who writes for NextAvenue.com and Forbes.com. For more, visit mylifestylecareer.com or Facebook.com/mylifestylecareer.

Consider Leadership Academy

Kappa’s Leadership Academy is a great place for women to reimagine themselves! One member from each chapter attends, in addition to alumnae from all over the continent. Have you attended or supported it?

This year Leadership Academy is celebrating its 10th anniversary. Be a part of the celebration by doing one of the following:

- ▶ Send an encouraging message to the participants of Leadership Academy 2013 by posting on the Leadership Academy Facebook group or tweet #LA13.
- ▶ Help us reach our goal of \$10,000 for the 10th anniversary at our Leadership Academy Tribute Table.
- ▶ Make a donation to the Kappa Kappa Gamma Foundation in honor of this 10th Anniversary celebration. kappa.org/donate.

Consider attending Leadership Academy in 2014. Online registration opens the first week of February.

www.kappa.org/Education

Kappa Connections

Helped Me Live My

—By **HOLLY ZALENSKI**, *North Texas*

Kappa taught me several things during my college years that I have taken with me into adulthood. I learned to be a leader, to live my dreams, to connect with sisters, and to be a strong and confident woman.

At 27 years old, I was happily teaching elementary school in Allen, Texas. I loved my job. I had won rookie of the year, was up for teacher of the year, had great work and parent relationships. But something was missing.

I daydreamed about quitting my job and traveling the world. Soon the daydream turned to reality when I realized that within a few months there would be no bills to pay, no apartment lease, and my school contract would start over. Everything seemed to line up to give me the opportunity to travel.

Within a couple of months I had turned in my resignation (they wished me good luck, gulp!), and stuffed everything I owned into a storage unit. What in the world had I just done?

Soon reality sank in—I had no plan! I had made all of the moves in one direction while actually having no real direction. Having saved enough money to get started, but no plan, I turned to Kappa. On the Kappa Connections forum I posted, “Anyone willing to house a sister abroad?” I was overwhelmed by the kind words and offers in response to my post. Sisters I had never met messaged me to wish me good luck or offer me their home. What trust from just the bond of Kappa—wow.

From Kappa Connections I immediately met a mentor, **BETH SCHON**, *North Texas*. Like me, she lived in the Dallas area and was excited about my plan for adventure because she had taken a solo trip abroad when she was my age. Beth welcomed me into her Dallas home and gave me tips for my journey. When I had doubts, Beth’s encouragement helped me gain courage to continue with my plan. Some of Beth’s dearest friends in Germany graciously hosted me and put me in touch with others and so on until there were plenty of friends around the world.

Another sister I met through Kappa Connections is **Ashley McNaughton**, *Bucknell*. She lives in Wurzburg, Germany, with her husband, Chris. She responded to my post right away and we began chatting online. Ashley was so supportive and encouraging leading up to my trip.

On departure day, nerves set in. Terrified of what was to come, the girl who dreads going to the grocery store alone had no idea how or why I had decided to leave the comforts of home. I shook and felt nauseated as I stepped onto the train to Germany to meet Ashley.

After four trains and 24 hours, I stepped out to see Ashley waiting and welcoming me to Germany. I have never felt so excited to meet a “stranger” in my life! We immediately hit it off, so much that my planned stay of a few days turned to a week and Ashley took a train with me for more adventure travel.

From Ashley I learned confidence and strength to continue my journey alone. With a recharged and refreshed spirit, I traveled from Germany to Sweden, Switzerland, Czech Republic and many stops between. I even got on a plane and lived in the Middle East for a month.

The memories of a lifetime, strength and independence, plus friendships around the world will last forever. I’m no longer afraid of the unknown. In fact, I’ve come to embrace it. I’m no longer afraid of change. I’ve come to challenge it. I’m no longer content with the familiar. I’ve come to dislike it.

From the timid beginnings of my wild idea, Kappas have seen me through it. Beth was the angel that got me out of the door. Ashley was there at the beginning of my trip when I was terrified and wondering if I would make it. It was like I was passed from the hands of one Kappa to another. 🗝️

About the Author: Holly Zalenski is back in Texas, saving money for her next adventure and working on a travel guide for young women.

On her world trip, **HOLLY ZALENSKI**, North Texas, right, connected with Kappas and friends of Kappas, all through the Kappa Connections Yahoo! group. Here she visits **ASHLEY McNAUGHTON**, Bucknell, in Wurzburg, Germany.

Dream

To participate in Kappa Connections, a Yahoo! group administered by **DIANE BASSETT**, UC Santa Barbara, send an email to kappaconnections-subscribe@yahoogroups.com. And, don't miss the networking opportunities on LinkedIn, keyword Kappa Kappa Gamma.



A nervous Holly on her way to meet Ashley, whom she met online through Kappa Connections.



Ashley (center) and Holly (right) bought handmade dirndls at Oktoberfest in Munich.

Valuing What Each Has to Offer

Meet Board of Trustees Member Jean Schmidt

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

“Kappa encourages its members to give back to the community and assist others in need. It is an essential part of who we are and one of our greatest strengths,” says **JEAN SCHMIDT**, *Miami (Ohio)*, who has witnessed how individuals, chapters and alumnae associations have worked to aid others throughout her 50 years of membership in Kappa.

An alumna of **DELTA LAMBDA** Chapter, Jean earned her law degree from Hastings Law School in San Francisco before establishing a computer-consulting firm.

Jean’s first employer was the Equal Employment Opportunity Commission where she worked on union disputes, discrimination cases and more. She is now a shareholder with Littler Mendelson, P.C., in New York City, continuing her interest in employment law and litigation.

Volunteering for Kappa has been Jean’s “other career,” starting out as a Field Secretary (now Leadership Consultant) in 1966–67 and a member of the Convention Staging Committee for 10 years. Jean also served as an adviser to **DELTA CHI**, *San Jose State*, and **BETA NU**, *Ohio State*, and is currently on the House Board of **ETA PI**, *NYU*. A member of the Fraternity Finance Committee from 1976–78, Jean was elected Fraternity Treasurer for 1978–82 and appointed Finance Chairman 1982–84. She was then Nominating Chairman during 1984–86 and 1988–92. For many years, she served as a facilitator for the “Something of Value” program developed through the National Panhellenic Conference to aid young women in making values-based decisions. A member of the Advisory Board/Housing Task Force in 2007, Jean served most recently on the Foundation Governance Task Force and is now a trustee for our Foundation. In 2008, Jean received the Loyalty Award, the Fraternity’s highest honor.

Reflecting on her 50 years in Kappa, Jean says: “Kappa has provided me with enriching opportunities to learn new things, develop leadership and other skills in a safe, supportive environment. All the things I’ve learned from the various volunteer positions—from finance to financial investments,

fundraising, leadership, strategic planning, conflict resolution, organization, people skills, communication skills—each of these has enriched me and contributed so much to me personally and to my success in my career and my other volunteer work.”

Jean’s other volunteer work includes the governing board of The Riverside Church, New York, and since 1982 as a member, president and currently vice president on the board of Edwin Gould Services for Children and Families. Jean and her partner of 46 years have a grown daughter whose sports teams Jean always coached.

“Kappa has taught me the importance of recognizing, valuing, encouraging, developing and supporting what each person has to offer—each person’s gifts. It’s what Kappa does best!”



JEAN SCHMIDT, *Miami (Ohio)*

Tribute Tables Increase Scholarship Awards

Thank you for making next year's academic costs more bearable for 23 undergraduate Kappas! The Foundation's 2013 Province Meeting Tribute Tables were a great success and we couldn't have done it without you. Almost \$79,000 was raised from 713 Kappas during Province Meetings.

Gifts by Province			
Alpha/Rho	\$5,280	Iota	\$7,431
Beta	\$2,429	Kappa	\$12,685
Gamma	\$2,547	Lambda	\$2,770
Delta	\$3,415	Mu	\$2,317
Epsilon	\$2,635	Nu	\$5,591
Zeta	\$7,916	Xi	\$6,516
Eta	\$3,948	Pi	\$2,760
Theta	\$10,585		
TOTAL: \$78,825			

What Is Your Charitable Dream?

How can you ensure that your charitable dream continues to come true even after you're gone? It's simple—create a will. Everyone needs one. It is especially important to update your will any time there is a change in your life or the lives of your family members, such as the death of a parent, change of employment, marriage, divorce or the birth of a child or grandchild.

A will allows you to retain control of the assets you have accrued throughout your life and allows you to decide how your property will be distributed. If you do not have a will, a larger portion of your estate may be taxable because you did not take advantage of the many tax-saving opportunities a will can provide.

Without a will, your property can only be distributed to certain relatives. Your heirs may not necessarily benefit in the proportions you would have intended. A will allows you to make special

gifts to friends and charitable organizations that otherwise would not receive a gift, despite your intentions. You need to ask yourself three questions:

- Have I taken care of myself?
- Have I taken care of my family?
- Have I provided for the organizations that mean the most to me?

Laws vary from state to state, so consult your legal advisers for the preparation of your will. Even the preparation of a modest estate plan should be written in the proper legal language to be sure your wishes are followed. The cost is usually low compared to the cost of court supervision and administration of an estate without a will. So don't wait—create or update your will today to ensure your charitable dream becomes reality.

For more, visit www.kappa.org/foundation and navigate to the Planned Giving link.

A Passion for Action

Meet Omega Society Member Christine Armstrong

—By **JOANN BARTON VAUGHAN**, Virginia

Friends and family say she is ambitious, energetic, exciting, quirky—and generous. **CHRISTINE ARMSTRONG**, Arizona, also could be described as an action figure personified, a fixer, a doer, an organizer. Her interest is sparked by the prospect of solving a problem.

Whether working as one of the top 400 financial planners in the U.S. (*Financial Times* magazine), serving on the corporate board of WGBH Public Television (she knows all of next season's spoilers for *Downton Abbey*), or entertaining children waiting for pediatric assistance in Vietnam, Christine propels her vitality into changing the world. An international upbringing gave Christine a global perspective.

"Kappa Kappa Gamma is collectively a formidable group of women," she says. "Together we can solve worldwide problems. Together we are unstoppable."

Her belief in Kappa as a leadership organization inspired Christine to make an estate gift to the Kappa Foundation in memory of **BETH SHARP**, Penn State, former Fraternity Council member.

"Beth was an amazing woman . . . and I admired her leadership style. Kappa taught me the importance of education and leadership and gave me opportunities for charitable outreach. Kappa focuses its efforts on supporting women to be all that they can be personally and professionally."

And Christine focuses on being all that she can be. She has worked for a company that built B-1 bombers and negotiated contracts as a labor representative for an American auto company. After law school she worked for a financial services firm in Europe. Each position dealt with tangible issues—materials costs for billion-dollar warplanes, compensation figures on union contracts, European income-tax rules, and talking constitutional law with a group of attorneys.

Returning to the U.S., Christine decided that she would focus on intangible issues that required a creative approach. Her solution was to work as a financial adviser to help people solve their most pressing problems. "I consider myself a general

contractor for solutions: I put together the right team to help coordinate every aspect of people's financial lives," Christine explains.

In Vietnam, Christine helped implement a pediatric health care system serving the rural population. It all started when a client who is a pediatrician told her about recent medical humanitarian trips.

After a phone call, and an interview in San Francisco, Christine was off to Vietnam where she entertained children waiting for medical attention, sterilized instruments, and worked in the recovery room—taking on any task that required an extra set of hands.

"At the end of one of the long days I told the woman who organizes our work that one of my goals is to save a life. She told me that I have saved 10,000 lives," says Christine.

"The philanthropy I do helps me be a better person," she says. "An estate gift continues a legacy. I hope I can encourage others to continue this legacy. I want them to say, 'She thinks she's so hot, well I'm hotter'—and they can prove it through a gift to Kappa."



CHRISTINE ARMSTRONG, Arizona

Chapter and Alumnae Association Giving

*These chapters and alumnae associations supported the Kappa Foundation with gifts received between Jan. 24 and April 26.**

Chapters gave a combined \$27,540

Theta, *Missouri*
Lambda, *Akron*
Chi, *Minnesota*
Beta Chi, *Kentucky*
Beta Pi, *Washington*
Beta Rho^Δ, *Cincinnati*
Beta Theta, *Oklahoma*
Gamma Epsilon, *Pittsburgh*
Gamma Kappa, *William & Mary*
Delta Omicron, *Iowa State*
Epsilon Beta, *Colorado State*
Epsilon Nu, *Vanderbilt*
Epsilon Pi, *UC Riverside*
Zeta Beta, *Lafayette*
Zeta Psi, *Wake Forest*
Zeta Iota, *Villanova*
Zeta Sigma, *North Texas*
Eta Delta, *Valparaiso*
Eta Lambda, *Loyola*

Alumnae Associations gave a combined \$75,063

Asheville
Bainbridge Island
Big Sky
Cape Cod
Chapel Hill
Charleston, W.Va.
Cleveland
Cleveland West Shore
Collier County
Columbia, S.C.
Contra Costa County
Dallas
Dayton
Denison–Sherman
Denver
Desert

East Lake–Porter County
Forsyth County
Grapevine–Colleyville–Southlake
Greater Daytona
Greater Los Angeles
Greater Pittsburgh
Greenville
Hawaii
Hill Country
Houston Northwest
Kansas City
Lake Kountry
Lawrence
Lexington
Little Rock
Milwaukee
Monterey County
Muncie
Nashville
New Hampshire
New Orleans
North Gold Country
Orange County
Peoria
Richardson–Plano
Salem
Sante Fe
Sarasota–Manatee Counties
Scottsdale
Seattle
Stars and Stripes
Stuart Area
Wasatch Mountains
West Chester Area
Wichita

**Gifts received after April 26 will be recognized in the next issue*

Doing My “Little”

“I’m an undergrad about to become an alumna and felt that I must do my little part now to help reach the undergraduate challenge goal. I helped a little by donating last year and I was amazed by the results, so I feel that it is my responsibility to do my little part again!” says SARAH WACHTMAN, *Akron*, one of the 473 undergraduate members to donate to the Foundation in 2012–2013. Undergraduate gifts totaled \$6,383.





Friends from the 2003 new member class of **CHI, Minnesota**, gather each year for a Secret Santa gift exchange.

After a recent painting class, members of the **CHARLESTON, W. VA. ALUMNAE ASSOCIATION** show off the canvases of blue fleur-de-lis they created at Uncork and Create in Charleston. Instructor Ian Brode said that the class would have gone faster if the Kappa flower were the tulip.



Two Kappas who went to high school together and have been friends for 60 years enjoy getting together during Founders Day at the Millennium Resort in Scottsdale. **GAIL OLSON RAUPP**, *New Mexico*, left, is a member of the **EAST VALLEY ALUMNAE ASSOCIATION** and **JUDY VAN EPPS STEWART**, *Colorado College*, is a member of the **PHOENIX ALUMNAE ASSOCIATION**. **EAST VALLEY, SCOTTSDALE** and **PHOENIX ALUMNAE ASSOCIATIONS** celebrate Founders Day together each year.

In January, the hiking club, a special interest group of the **CHATTANOOGA ALUMNAE ASSOCIATION**, took their hike indoors during cold weather by touring the local Volkswagen plant.



Submit photos at
<http://uploads.kappa.org>



Enjoying a Valentine's Day potluck party, Kappas in the **WILLIAMSBURG ALUMNAE ASSOCIATION** sing oldies with a professional piano player hired by the hosts.



Collegians and alumnae of **GAMMA KAPPA, William & Mary**, enjoy a reception celebrating the 90th anniversary of their founding in 1923, just six years after women were admitted to the college. In attendance were Gamma Kappa alumnae **NANCY PRETLOW BOZARTH HART** and **CATHERINE HART LIDDLE**, the daughter and granddaughter of charter member, **NANCY RIDLEY PRETLOW BOZARTH**. They shared memorabilia and archive material including the original letter announcing the founding and an early book of minutes.



Members of the Kappa Keys singing group, part of the **SARASOTA-MANATEE COUNTIES ALUMNAE ASSOCIATION**, perform during a 50th anniversary party celebrating their founding.

ZETA NU Philanthropy chairman, **NATALIE POON**, *UC San Diego*, thanks members of the **SAN DIEGUITO ALUMNAE ASSOCIATION** who have collected books for their local Reading Is Fundamental campaign with the San Diego Center for Children.



Members of the **MONMOUTH ALUMNAE ASSOCIATION** celebrate their annual Duo Days with the local Pi Beta Phi alumnae group, this year gathering on Valentine's Day.



Submit photos at
<http://uploads.kappa.org>

DAPHNE GIURIATI PATTON and **CHRISTY HARDINGER AGEE**, both *Iowa*, complete the 2012 200-mile Hood to Coast Relay in Oregon, the world's longest relay race, as part of the **LIVESTRONG** team. Together they raised more than \$8,200 in honor of Daphne's mother, who lost her battle with cancer in 2012.



Members of the 1962 graduating class of *Northwestern* enjoy a 50th reunion at the Northbrook, Ill., home of John and **BETSY CALIFF WHELEN**.



CHARLESTON, S.C., ALUMNAE ASSOCIATION members wrap holiday gifts at Barnes & Noble and use the donations to purchase books for the Happy Wheels cart which distributes books and toys to critically ill and injured children at MUSC Children's Hospital.



Members of the **SOUTHERN NEVADA ALUMNAE ASSOCIATION** participate in a Reading Is Key event at a local school, spending a morning reading to third-graders, helping students make bookmarks and select a book to take home. They donated more than 180 books, snack packs and bookmarks during this annual event.

Key Achievements

🔑 **MEREDITH RADKE**, British Columbia, straddles the equator after she hiked part way up Mt. Kenya. She was there with the Canadian Field Studies in Africa program, run by McGill University jointly with British Columbia, giving Meredith the opportunity to research politics in Kenya. While interning in Nairobi she ran a women's crisis center in the city's largest slum. In February, she returned to Tanzania to work with Youth Challenge International as a marketing and communications innovator. She blogs at sonorusblog.wordpress.com. Although Meredith lives in the San Francisco Bay area and is a member of the **CONTRA COSTA COUNTY ALUMNAE ASSOCIATION**, she also is a long-distance adviser to the chapter at McGill in Montreal.



🔑 **KATIE THARP GROVÉ**, Northwestern, is the creator and founder of the Abrigo bag. In Spanish, Abrigo means overcoat, so Katie adopted the name to describe her large, soft bag that accommodates an overcoat when traveling or shopping. Katie's bag, which she created with business travel in mind, folds down to take up minimal space when not in use, but is large enough to hold a purse if you need to consolidate bags while traveling or shopping. Selected as one of Kathie Lee's favorite things on the Today Show, learn more about the American-made Abrigo bag at abrigobag.com.

🔑 **CHRISTIE MULLETT MCCARTNEY**, West Virginia, and her husband, Billy, unveil the McCartney Greek Wall at the Erickson Alumni Center at West Virginia University in Morgantown. The wall, part of a \$200,000 donation, is a celebration of Greek life, featuring pictures, historical information and other memorabilia. Two interactive displays, one for fraternities and one for sororities, feature lists of Greek organizations, contact information, a search function, photos and a giving option. The McCartneys are active in WVU alumni affairs and wanted to celebrate the organizations that mean so much to them. Billy is an alumnus of Phi Sigma Kappa. They are with their daughter, Katie Reese.



Photo by WVU University Relations Photography

🔑 **MALLORY CORLEY BALDWIN**, South Carolina, has been named director of human resources at M. B. Kahn Construction Co., Inc., a construction company operating throughout the Southeast. Mallory, who joined the company seven years ago, is a member of the National Association of Women in Construction and the Society for Human Resource Managers. She has served as an adviser and House Board President for her chapter, **EPSILON KAPPA**, South Carolina, as Province Director of Chapters for Mu North, has been a Kappa Trainer and a Leadership Academy Facilitator.



🔑 **JENNIFER SCHWAB**, Arkansas, is chief sustainability officer at Sierra Club Green Home. A LEED-accredited practitioner, an energy efficiency and sustainability consultant, an environmental writer for Huffington Post, Jennifer serves on the board of advisers for Source 44, a carbon footprint assessment company based in San Diego; served on the USGBC Education Committee in Orange County; and has won



awards for her work in sustainability, including the World CSR Congress "best green entrepreneur." Jennifer earned her bachelor's in accounting at the University of Arkansas and studied environmental design at Art Center College of Design in Pasadena. She holds a master's in urban planning and sustainability from University of California-Irvine.

🔑 **MARISSA SCHAFFNER**, Missouri, has been recognized by Kansas City Business magazine as one of the 30 most influential women in Kansas City. Selected based on professional accomplishments, philanthropic endeavors and a commitment to mentoring, to date the magazine has honored more than 200 women. Marissa is vice president of ASE Group, a meeting and planning firm in business for more than 25 years and specializing in franchise, retailer and dealer conferences. Marissa served the **KANSAS CITY ALUMNAE ASSOCIATION** as the Holiday Homes Tour vice president in 2011. She is on the Student Affair Development Board at the University of Missouri and sits on the Jazzoo Steering Committee of the Kansas City Zoo. In June, she became president of the Junior League of Kansas City.



🔑 **MARIANNE WOLF-ASTRAUSKAS**, Illinois Wesleyan, received the 2013 Communicator of Achievement Award from the Illinois Women's Press Association. Recommended by IWPA member and **EPSILON** Chapter sister, **LANA WEISS BROWN**, Marianne is finishing four years as IWPA president. A writer of fiction, Marianne has also won numerous Mate E. Palmer Communications Awards, as well as awards from the National Federation of Press Women. She works in the United States Senate office in Chicago, where she mentors interns. A member of the **CHICAGO LOOP ALUMNAE ASSOCIATION**, she has held advisory roles for her alma mater and has written the histories of Illinois chapters for wiki.kappakappagamma.org.



🔑 **SHIYU "AMY" HUANG**, Denison, has been awarded the Davis Project for Peace grant with fellow Denison student, Abdi Ali. With the \$10,000 award, they will travel to Ethiopia this summer and help women who suffer from fistula. Amy and Abdi will open a small community health center in the village of Dabola to educate people about fistula, and hope to decrease the stigma attached to the condition. A 2013 graduate, Amy plans on going into international development and believes this experience will teach her valuable lessons in the field. She was also recently awarded the Denison Presidential Medal, an award given to four to eight senior students each year.

Email news and photos to thekey@kkg.org.
High-quality, large digital images are accepted.
Not all submissions are printed.

Off the Beaten Page:

The Best Trips for Lit Lovers, Book Clubs, and Girls on Getaways

(Chicago Review Press, May 2013)

By **TERRI PETERSON SMITH**, *Michigan*

► Designed for lovers of literature and travel, *Off the Beaten Page* takes readers on a tour of American literary destinations. From a Mark Twain-inspired steamboat cruise on the Mississippi, to tips on how to walk New York in the shoes of Holly Golightly from Truman Capote's *Breakfast at Tiffany's*, travel ideas and itineraries for 15 U.S. destinations featured in the works of famous writers are presented in each chapter. The book also helps travelers create a well-rounded experience by incorporating activities like Broadway shows, Segway tours and kayaking into the itineraries; outlining tips for stress-free group travel; and providing a list of boutique hotels, book festivals and author societies around the country to maintain the essence and authenticity of the lit trip.

The Cat at Cason College

By **MARSHA LOVE**, *Florida State*

► Marsha Love, who teaches English at Palm Beach State College, has written a children's book that is set at Cason Cottage, which is now a house museum operated by the Delray Beach Historical Society in Delray Beach, Fla., located in Palm Beach County. The book, illustrated by Delray Beach architect Robert Currie, tells tales of Clarabelle, a family cat. Marsha's great-grandfather was the Rev. John Robert Cason, who built the cottage around 1924 and lived there in retirement. The house museum is now open for tours through the Delray Beach Historical Society.

The book is available through the Delray Beach Historical Society, 3 NE 1st Street, Delray Beach, FL 33444. \$18. Call 561-274-9578 or email info@delraybeachhistory.org.

The House on Harrigan's Hill

By **C.J. NOONAN**, *UC Berkeley*

► In a twist between *A Tree Grows in Brooklyn* and *The Stone Diaries* comes a coming-of-age and century novel by Claire Noonan, UC Berkeley, set on the West coast. *The House on Harrigan's Hill* follows protagonist Mary Edwards, fated to be strong in character and mind, and her many family members through hardship, tremendous changes in the country, personal tragedies and forgiveness.

Mary, the narrator, speaks to her grandson, Lane, as she passes on the family lore to the next generations. Switching between character and speaker, child and adult, Mary says near the end: "And I'm 105. When we set off in the train from the Sierra to Sacramento, and a mountain girl became a city woman, how could I have known I'd live during three centuries?"

Claire has degrees in the humanities and education, and writes more at cjnoonan.com.

Fearless Feeding: *How to Raise Healthy Eaters from High Chair to High School*

(Jossey-Bass/Wiley)

By **Jill Lindeman Castle**,
Indiana, MS, RN, LDN

► From Jill Castle, a registered dietitian and childhood nutrition expert, comes *Fearless Feeding*, a resource to help parents and healthcare professionals know what to feed children at each stage of development, how to do it in a positive way and understand the why behind kids' behavior around food and eating.

Find more from Jill, including recipes, at her blog justtherightbyte.com.

Smyrna's Ashes: *Humanitarianism, Genocide and the Birth of the Middle East* (University of California Press, 2012)

By **MICHELLE TUSAN**, UC Davis

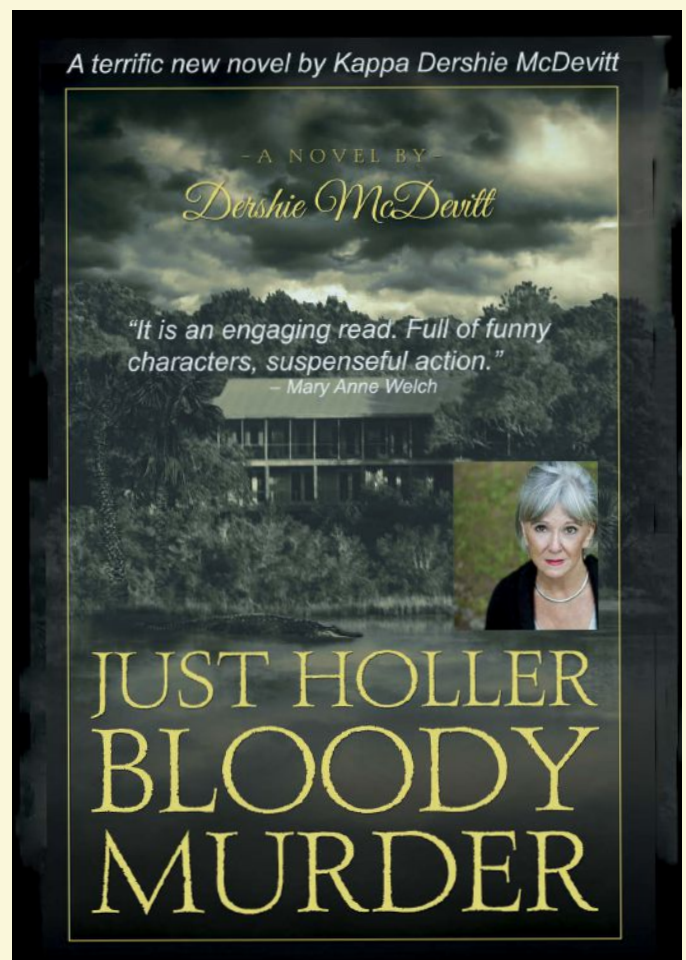
► Professor of history at the University of Nevada–Las Vegas, Michelle Tusan has published *Smyrna's Ashes*, a humanitarian and human rights history of the Middle East. A research-based European history book, *Smyrna's Ashes* reevaluates how the story of the “Eastern Question” shaped the cultural politics of geography, war, and genocide in the mapping of a larger Middle East after World War I. 🔑

Just Holler Bloody Murder

By **DERSHIE BRIDGFORD McDEVITT**,
North Carolina

► Dershie McDevitt has published her first novel, a murder mystery set in Coastal Carolina—full of local flora and fauna. The protagonist, Callahan Banks, is on Timicau Island near Charleston, S.C., to settle her mother's estate when a murder victim washes up on the beach. Callahan must rely on her skills as a naturalist and tracker to find a little boy before it's too late. For more, visit dershiemcdevitt.com.

Available on amazon.com, barnesandnoble.com and in independent book stores.



Udderly Hot Mama Fashions Make Moms and Babies Happy

MELANIE FREEDMAN HERSCHORN, Toronto, *a radio and television host, designed a nursing top that pulls down for a feeding (not up) so women don't have to expose their back or stomach to others. "My goal is for moms to feel stylish while nourishing their little ones. This way both mama and baby are happy!" says Melanie.*

Where did you get the idea for Udderly Hot Mama?

I love fashion—reading magazines, watching fashion shows, following the latest trends. When I gave birth to my daughter, I was excited to start wearing fashionable clothes again. But soon I realized many fashionable clothes didn't allow me to nurse. One night when I was breastfeeding my baby around 2:30 a.m., I had an epiphany—maybe I could design my own clothes for nursing moms! But I quickly dismissed the concept as the hallucinations of a sleep-deprived new mom. The thought wouldn't go away though. After talking it over with my husband and a Kappa sister for a couple of months, I decided to turn my middle-of-the-night idea into reality.

How did you begin?

I would lie in bed at night (in between feedings) and come up with designs in my head. When I finally decided to take action, I scoured the Internet for a seamstress in Phoenix and found only one! Luckily, she's been great. The next step was getting all the licenses. I now have federal, state and city permits. I even have an accountant and a patent attorney. Never thought I'd say that.

Who has been a resource for you?

I feel very fortunate to have intelligent and successful women in my corner. My Kappa sister **MELISSA ZUKER**, Toronto, who owns the designer computer, cosmetic and lifestyle bag company Melissa Beth Designs, has been an invaluable resource. She answers my emails and texts at all hours of the night.

My accountant deserves a lot of praise. She has introduced me to local women in business and always keeps me on track. My seamstress also has been so helpful. She's a small-business owner too and genuinely wants me to succeed.

What skills have you relied on from your previous jobs?

As a former account executive at a PR firm, I have lots of marketing experience. And having spent the past six years in journalism, I know how to write well and speak concisely. These skills serve me well since I am Udderly Hot Mama's spokeswoman (and everything else!). No matter what career you choose, you need to work well with others. In both PR and journalism, I honed my people skills daily.



What is it like on a daily basis—running UHM and being a mother?

For all intents and purposes, I'm a stay-at-home mom right now. My daughter still naps once a day so I try to get stuff done during the hour she's sleeping and I do the rest of my work when she's gone to bed for the night. Can you have it all? I don't know. But I'm trying to.

How did you come up with the name?

I wanted the name to have an association with milk. Since my daughter didn't take a bottle until she was 11 months old, I often joked that I felt like the cow on call. Since my goal with the company is to make women feel beautiful at this time in their lives, I put the two thoughts together and *voilà*, Udderly Hot Mama.

What are you most proud of?

I'm proud of the fact that I had absolutely no idea how to start a business, yet after a 9-month gestation period, Udderly Hot Mama opened for business. Seeing it come to fruition is such a great feeling of accomplishment. I'm most proud of the fact that I'm helping new moms feel beautiful again.

What would you like others to know?

Udderly Hot Mama nursing tops are the solution to a problem that nursing moms encounter every day. After nine months of pregnancy, women want to wear stylish, non-maternity clothing again. But until now, that was hard to find. Our tops are fashionable and functional for breastfeeding. Once the baby is weaned, a mom can remove our patent-pending undercover flap (it sits on the breastbone to provide extra privacy while nursing) and add the shirt to her regular wardrobe.

Advice for others?

Never stop learning. I truly believe the more knowledge you acquire, the better off you are. As my grandma always reminds me, everything you learn goes into the pot, so to speak. You never know when a skill you have developed will become very useful. And one more thing: (Wo)man plans, God laughs. So learn how to roll with the punches. It'll help lower your stress level.

Shop online at udderlyhotmama.com. 

Kisa has found her true passion with Timberline Adventures.



Thinking Reinvention?

“Take the leap!” says KISA HURTT HARRIS, Utah

—By **KRISTIN JOHNSON SANGID**, *Georgia Southern*

After 20 years working in high tech in the San Francisco Bay Area, Kisa and her husband, Dave, decided to pursue their passion (or maybe have a mid-life crisis!). In 2011, the couple bought an adventure travel company, Timberline Adventures, and moved with their three teenage daughters, two dogs and two cats to Denver, Colo.

In taking the leap, Kisa says she followed the motto found on a Lululemon shopping bag, “*Do one thing a day that scares you . . .*” Leaving their established life and careers in San Francisco, heading east, terrified her. But, taking that risk is one of her proudest moments. “Part of me said it’s too scary. The other part said ‘try it.’ I’m glad that part won because I want to be a role model for other women to take risks,” says Kisa.

Prior to moving back to Colorado, where Kisa grew up, she worked her way up at Adobe Systems from an intern to training manager and got her master’s degree in education. When her daughters were small she left the corporate world, consulting for a while and even becoming a preschool director. She says the common element over her life has always been teaching. While pursuing her tech career and volunteering, she has always taught some sort of classes, from aerobics to personal training to art and physical fitness when it was cut back in her daughters’ school system.

While running Timberline Adventures is a full-time, 24/7 commitment, Kisa strives to maintain balance in her life by making time for volunteering. “I volunteer because I get so much back from it,” she says. A coach for Girls

on the Run nonprofit organization for nine years, Kisa also serves on the House Board at **BETA MU, Colorado**, and teaches water aerobics at the local senior center.

“My love for Kappa was instant and still is strong to this day. Being involved with Kappa as an active member of **DELTA ETA, Utah**, helped build my confidence to pursue my dreams. I continue to nurture those friendships and build new ones,” she says.

While the decision to purchase a travel company came with risks, it was not made on impulse. Kisa’s parents had been patrons of Timberline Adventures for many years and they took extended family on trips nearly every year. “We first approached Timberline 12 years ago about buying the company and they said, ‘Nope!’” The families continued annual adventure trips with Timberline and in 2011, Timberline took Kisa and Dave up on their offer.

Already a Jill-of-many-trades, Kisa says she has learned more in a short while by owning her own company than ever—from mastering Quickbooks to cycle repair to customer service, she enjoys all of it. And leading tours around the country is a bonus, with the couple splitting the travel so that one parent is home with the family.

Timberline Adventures offers 73 exciting cycling and hiking adventures in 37 national parks in the United States and Canada. “We strive to incorporate invigorating exercise and breathtaking scenery with pleasurable dining, comfortable lodging and interesting itineraries and programs,” says Kisa, who plans all tours including permits, lodging and travel.



KISA HURTT HARRIS, *Utah*, Timberline Adventures, offers outdoor adventure trips specifically for women, in addition to other trips.

“This year we added a category of tours for active women, with female guides with the hopes of creating opportunities for women to come together from all over, getting time outside biking or hiking and in all cases cherishing the chance to enjoy a change of pace,” says Kisa.

This year’s special women’s week hiking program begins in Albuquerque, N.M., heading to the Great Sand Dunes National Park, then to Ojo Caliente Mineral Springs, one of the oldest natural health resorts in the U.S., followed by Taos for a hike, and then onto Santa Fe to hike, shop and eat.

While adventurous, Kisa designs Timberline trips to be relaxing and accommodating for different fitness levels. “All you have to do is pick a trip, get yourself to the trip and

everything else is taken care of,” she says. “An open mind and a sense of adventure is all you need!”

For more, visit timbertours.com or call 800-417-2453, or email kisaharris@gmail.com. 

5 Reasons to Try Adventure Travel

It’s good for your health.

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Do something for yourself.

Create memories!

BETH BROGDAN, *Clemson*, organized an auction in the music industry to benefit Newtown residents.



Kappa Sister Behind Music for Newtown Auction

—By **LEAH BOGDAN DECESARE**, *Syracuse*

Moved by the horrors in our hometown of Newtown, Conn., my sister, **BETH BOGDAN**, *Clemson*, launched Music for Newtown and ran an online auction that raised nearly \$40,000. Beth's employer, Republic Records, sponsored the auction, held March 25–27, 2013.

After December 14, 2012, Beth, like so many who called Newtown home, felt drawn and returned to Newtown. There was an incredible, immediate outpouring from people wanting to help, but the needs continue. Many of the affected families are out of work and struggling financially. Resources are needed for ongoing counseling and eventually for building or rebuilding, depending upon what is decided for the future of Sandy Hook Elementary School.

The United Way of Western Connecticut waived its administration fee so all proceeds from the auction benefitted Newtown needs through the Sandy Hook School Support Fund. Beth pulled together resources and the music industry rallied.

The list of heavy hitting stars who donated to the Music for Newtown Auction include Jack Johnson,

Taylor Swift, Elton John, Tim McGraw, 3 Doors Down, The Eagles, Eddie Vedder, John Mayer, One Direction, Lisa Marie Presley, Florence and the Machine, and Rush, among others.

Many people contacted Beth to thank her for creating and bringing the Music for Newtown auction to fruition. Old friends, acquaintances and complete strangers have expressed how important this is to them individually and to the community.

I'm beyond impressed by my sister. She's always embodied our Kappa ideals: she is all heart, fiercely loyal and monumentally generous. This project takes all of that to a new high. To put together an event of this magnitude in a couple of months while working full time is remarkable.

Beth gave life to this event practically single-handedly and in the most selfless way. She is like a child on Christmas morning in her excitement and like Santa Claus in her spirit of giving. Her emotions moved her to action, she followed her heart and modeled the way as a true Kappa leader. 🗝️

A Pinterest Potluck

FORT LAUDERDALE Kappas hold an annual potluck dinner for their first event every fall and have found that having a theme generates enthusiasm and better attendance. This year they looked to social media for their theme by having a “Pinterest Potluck.” Guests were encouraged through an original poem e-vite to bring a dish that they found on Pinterest, (a free website where browsers can “pin” to a virtual bulletin board something they find of interest they want to make or share with others.)

The dinner was held at the home of **ELIZABETH RODRIQUEZ RICHARDS**, *Florida State*. Members weren’t assigned categories, since they generally have a variety with no repeat dishes. Although many of the women were unfamiliar with Pinterest, they willingly brought a dish, along with the recipe. The event crossed over generations as recent graduates shared dishes and conversation with 50- and 75-year Kappas.

The association has found that attendance is better using themes for their events, and in the past have held neighborhood potlucks spread throughout several locations simultaneously to

reach the 500 Kappas in their large county. One theme highlighted “Sisters of Honor,” where each function featured a different decade, honoring those from the 1970s, 1980s and so on.

Has your association held a creative event? Upload a photo to *The Key* at <http://uploads.kappa.org/> or email thekey@kkg.org. *The Key* only accepts large photos—do not reduce or send photos under 500kb. Hard copy photos can be sent to Kappa Kappa Gamma, Attn: *The Key*, P.O. Box 38, Columbus, OH 43216-0038. Only quality photos will be considered. 🗝️



Members of the **FORT LAUDERDALE ALUMNAE ASSOCIATION** gather at the home of **ELIZABETH RODRIQUEZ RICHARDS**, *Florida State*, (red stripes) for a Pinterest Potluck, one of many themes to encourage participation.

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NORTH TEXAS. ZETA SIGMA hosted a shopping event in March, with a portion of the proceeds going to Autism Speaks. Vendors included Lilly Pulitzer, Vineyard Vines, Brown Bag Etc., Mad Jewels by Zeta Sigma alumna **MADISON SCOTT** and Barefoot Apparel.



NYU. ETA PI chapter President **JEN MORRISETTE** accepts sorority woman of the year and Chapter Consultant **ALLIE VUKOV**, *Michigan State*, accepts adviser of the year award at NYU's Fraternity and Sorority Life Awards. Congrats!



WILLIAM & MARY. GAMMA KAPPA members and Chapter Council Adviser **CYNTHIA HARRIS CASHORE** show the fundraising efforts of alumnae. For the 90th anniversary of the chapter, Gamma Kappa alumnae pledged to donate \$90 each toward upkeep of the house.



IOWA. These BETA ZETA members studying abroad celebrate Easter morning with a hike looking over Split, Croatia.





UC MERCED. ETA Xi member **ARIEL BLANDFORD** backpacked in the Grand Canyon for a week during spring break and represented Kappa Kappa Gamma while doing it!



JOHNS HOPKINS. One fish, two fish, big sis, little sis! ETA EPSILON members **LINDSAY KIERNAN** and **MIRIAM SNYDER** enjoy the beach during their Spring Break "Kappa Kruise" vacation.



FURMAN. 2013 graduates **ASHLEY MARSHALL**, **HANNAH SMITH**, **CHELSEA LAWDAHL**, **KATIE GUPTILL** and **LANDRI TRIPP** show their Kappa pride.



UC BERKELEY. These **PIA** members participated in the annual Jog for Jill 5k, which benefits the Bonnie J. Addario Lung Cancer Foundation. The chapter supports this annual event named in honor of Jill Costello, a **PIA** member who died from lung cancer in 2010. For more, visit jillslegacy.org.

JOHN CARROLL. SARAH BORING and AMANDA CHU take a break from their research during a tropical field biology course. These Eta Zeta women spent their spring break in Puerto Viejo, Costa Rica, studying at the La Selva Biological Station.



DENISON. Kappa has gone country. Singer Hunter Hayes gets in on the fun with KATIE COLLINS and LAURA SPINELLI. The big and little sisters from GAMMA OMEGA are fans of country music and initially bonded over their love of music.

MISSISSIPPI. Members of DELTA RHO hosted an event founded by alumna MCCALL MANNING DEMPSEY. While smashing scales with a sledge hammer, Kappas educated the public about the dangers of eating disorders while also empowering women to embrace their inner beauty. After recovering from an eating disorder, McCall founded Southern Smash to advocate for healthy body and self-image. Visit southernsmash.org for more.



PURDUE. Panhellenic president, MAUREEN JONES, and chapter President, MARY MCINERNEY, accept Greek awards on behalf of GAMMA DELTA for outstanding chapter and highest GPA.



STANFORD. BETA ETA^A put on a leadership education seminar in which the California senator and Stanford alumna Dianne Feinstein spoke about being a female leader in today's society.



COLORADO STATE. A proud Sigma Chi dad, Dave Sipos, wrote to *The Key*: “I remember all the good that came out of being involved with my organization and the positive involvement it had over my life to this day. So starting before college I suggested to my daughter, **BROOKE SIPOS**, that this is a lot more than just parties and events—it’s friendship you will have forever. So, when I heard she had won the Greek award for living the ritual, I was extremely excited and know what that means as a Greek member.”



NORTHEASTERN. Seniors of **ETA OMICRON** squeeze together on a chilly afternoon at the Boston Harbor for a photo—an event the chapter plans to repeat with future senior classes.



MARIST. This KKG is made by Zeta Chi members **LUCY BEUCHERT**, **NICOLE BEAUVAIS** and **CAITLIN MCCONNELL** on the beach in Split, Croatia in April. The three visited Split on a weekend trip while studying abroad.

Self-Discovery Through Study Abroad

—By **REBECCA TOLLEFSON**, *Centre*

Fingers nervously tap as the students arrange themselves around the table in the American College Program Office. The jet lag has yet to fully wear off and the reality of living abroad for the next four to five months hasn't really sunk in. Although nerves still predominate, hesitant smiles belying excitement and anticipation emerge once the orientation begins. These students are here to study abroad for a semester or academic year at the University of Fribourg, located in Fribourg, Switzerland. Adventures, classes and new friends await them.

The name Switzerland evokes the Alps, snow, cows, scenic landscapes, efficient trains and abundant chocolate and cheese—things any tourist can uncover—but what is to be discovered is Switzerland's people, culture and heritage and everyday life.

The city of Fribourg straddles the border between the French- and German-speaking regions of the country, and as a result, the town is bilingual, something that is evident upon arrival at the train station where signs indicate that you have just arrived in "Fribourg/Freiburg."

The University of Fribourg is bilingual as well—the only French-German bilingual university in Europe. The mix of culture and language on campus promotes an international feeling with students and professors from 110 different countries.

The American College Program is a study-abroad program that allows students to directly enroll in classes at the University of Fribourg. During the semester, the students receive support from the language center, which is part of the university, to build a solid foundation in French or German, or both.

Attending university in a strange country is initially quite intimidating, especially because you are learning in a language other than your mother tongue. However, students soon learn that the similarities of college life can far outweigh the differences. There are beloved professors and ones who students are counseled to avoid. There are extracurricular activities and clubs as well as friends made in class.

Of course there are differences too—the Swiss are noticeably more formal than Americans and it can take time to form bonds of friendship. Once made, however, they are often loyal friends for life.

Instead of clapping after a lecture, students thump the desk with their knuckles to show their appreciation. Students live off campus, either in apartments with other students or with their families, since most Swiss students attend college close to home.

After finding these similarities and differences, and perhaps after committing a few language errors and cultural glitches, students settle quickly into their new life at the University of Fribourg and begin to incorporate cheese, chocolate, neatness and efficiency into their everyday lives.

Beyond the daily discoveries, studying abroad opens the door to lifelong learning. I meet other Kappa sisters abroad and learn that for many, their life in search of something outside themselves oftentimes began with the decision to study abroad. These women are embodying this spirit in living abroad themselves and also helping to foster it in others.

Studying abroad is similar to the sisterhood of Kappa Kappa Gamma. Both embody giving

and receiving and involve personal growth and recognition of how one impacts others. While abroad in a new culture and different language, you feel yourself changing as you continue to experience new and challenging encounters. Perhaps your mind opens to new possibilities.

At the very least you learn how to negotiate a crowded train platform transfer in the Zurich train station even though you may in fact not speak a word of German. At the same time, you exercise a profound impact on those around you.

As citizen diplomats, American students abroad demonstrate why so often stereotypes are misleading and show that the only way to really get to know another culture is to learn about it first hand.

The experience of being a Kappa is similar, as you grow and change as a result of the influence of your sisters and the values of Kappa Kappa Gamma. Each sister also brings something of herself to share and helps transform Kappa and those around her for the better.

The strength and values of Kappa become particularly evident when one is removed from her comfort zone. Interacting and getting to know people from all different backgrounds and experiences is par for the course for any Kappa. What unites us is our common and shared values. What unites us across borders is our common humanity.

Go abroad. Better yet, study abroad. Challenge yourself and your preconceived notions and become a better person, sister, friend and citizen in the process. 🗝️

Rebecca Tollefson is an alumna of the Zeta Gamma Chapter of Kappa Kappa Gamma at Centre College. She graduated in 2005 and is currently living and working abroad in international education.

REBECCA TOLLEFSON, *Centre*, helps students discover the benefits of studying abroad with the American College Program.



Keys Overseas

While studying abroad, reach out to other Kappas studying abroad through the Keys Overseas program.


Undergraduate members who are going abroad this summer or fall and are interested in meeting other Kappas

who will be studying in the same vicinity may send an email to keysoverseas@kkg.org. Those members who participate will be asked to supply:

- ▶ Contact information
- ▶ Date of arrival
- ▶ Date of departure

- ▶ Name of their university
- ▶ City and country in which they will be studying.

In turn, you will receive a list of other Kappas who will be studying abroad as well as directions for joining the Keys Overseas forum and Facebook group.

A group of young women, likely Kappa members, are captured in a moment of pure joy and celebration. They are standing in front of a white building with horizontal siding and blue shutters. The women are dressed in formal attire, including a yellow ruffled dress, a black and white chevron dress with a gold tinsel lei, and a red lace dress. They have their arms raised high in the air, some with open mouths as if shouting or cheering. The scene is brightly lit, suggesting a sunny day. In the upper left, a hanging basket of flowers is visible. The overall mood is one of triumph and camaraderie.

“... and in the years after with tears or
with laughter, we’ll always remember our
dear Kappa days.” Graduates, update your
contact info at www.kappa.org/members.



Congrats 2013 Graduates!
Center: BETA KAPPA, Idaho; top right
ALPHA, Monmouth; ZETA MU,
Virginia Tech; ZETA GAMMA, Centre;
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What Do You Do?

The “What do you do?” question has been known to reduce extremely intelligent, socially skilled, well-educated, naturally gregarious, mostly self-confident, fully grown women to stuttering, stumbling incoherence within seconds. It feels like an ambush.

When a stranger poses such a seemingly simple question—which every woman knows has cosmic ramifications—highly successful, multi-tasking, over-scheduled women cast their eyes to the Heavens in consternation, twirl strands of their hair listlessly around their fingers, and sheepishly shift their weight back and forth from one high heel to the other as if they have somehow been caught napping during a hurricane evacuation.

Why does this question make so many of us feel instantly guilty?

I’ve noticed that men are rarely fazed by the “What do you do?” question. Have you ever seen a man blink twice when asked what he does for a living? I haven’t. For them, it’s the adult version of the collegiate “What’s your major?” question. You can tell men don’t agonize over this question because they don’t fidget and their eyes don’t twitch. They do not look like individuals who fear being indicted for perjury with their response.

Unlike many women, men rarely *over-share*. “I’m a brain surgeon, professional baseball player, bartender or jewelry thief.” That’s how men answer. They’re content with a one- or two-word response. They don’t offer unsolicited details—like whether their children are currently misbehaving or not, what their mothers-in-law expect from the holidays, where they bought their shoes, or what diet and exercise regimen works best for muffin tops.

They don’t compare wedding or divorce stories while standing in line for movie tickets. They don’t advise one another about moisturizers, and they don’t ask the sales clerk what she thinks about the clearance rack pants they try on in the dressing room.

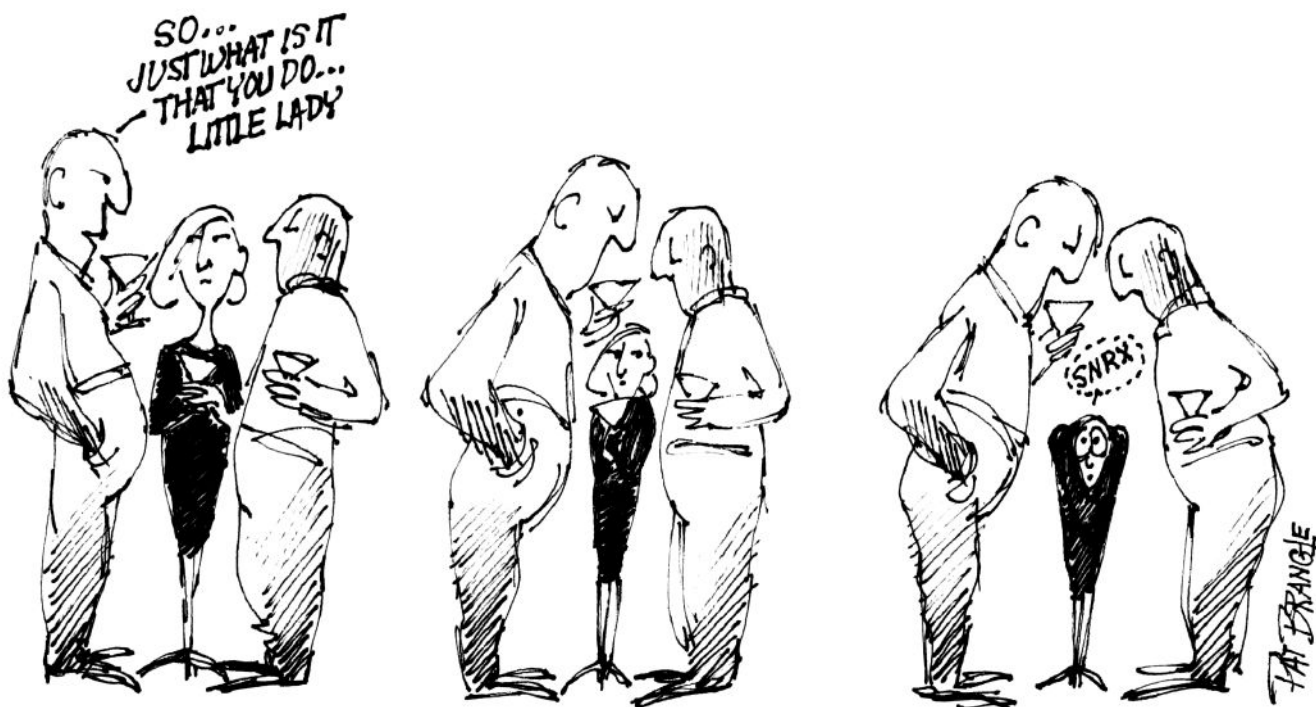
Apparently, that’s how they roll. Usually, I’d say it’s their loss, but with regard to the question at hand, I think we should be more like men when we describe what we “do.”

Men don’t feel the need to explain gaps in their résumés to perfect strangers at cocktail parties, even if they’ve done time in the pokey for purse snatching or tax evasion. They rarely

*Like most women
I know, I've
reinvented myself
every 10 years
or so.*



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drop out of the work force to rear children or care for sick relatives, nor do they volunteer as many hours in their communities. Volunteerism just might SAVE THE WORLD. That's HUGE.

Yeah. I'm *going there*. I've got a full head of steam. Keep reading. I feel a manifesto coming on. I can sense my husband and children rolling their eyes and hissing to one another under their collective breath, "Don't go upstairs. Mom's on a roll," as I type these words.

Here's what we're going to do: Take a deep breath, sisters, pull up your control-top stockings, slap on a little lipstick and tell it like it is.

I'll go first.

Instead of answering with downcast eyes and one of my usual apologetic, convoluted, borderline-painful-for-all-concerned responses like: "Well, my degrees are in English, but now I . . ." or "I used to teach, and then . . ." or "I'm a mom, and I also . . .," I'm going to look my inquisitor dead in the eye and say:

"I'm currently working as a humor writer and speaker. In addition, of course, I'm legally and morally responsible for the three ungrateful teenage wretches I gave birth

to, so I also work as a short-order cook, laundress, maid, fashion consultant, nurse, sports manager, cruise director, coach, tutor, spiritual guide, financier, personal shopper and chauffeur. Upon occasion, I have also served as a live-in prison warden. I am rumored to have a heart of stone."

In other words, I'm a writer and a mom, so I've got game. Like most women I know, I've reinvented myself every 10 years or so. Next time you're asked what you "do," go ahead and answer straight up. No squirming.

I dare you. 🗝️

About the author: MELINDA RAINEY THOMPSON, *Tulane*, is a speaker, humorist, and the author of four books: *SWAG: Southern Women Aging Gracefully*, *The SWAG Life*, *I Love You—Now Hush*, and *I've Had It Up To Here With Teenagers*. Melinda, a 1985 Tulane graduate, was Beta Omicron's chapter President. She can be reached at her blog <http://melindaraineythompson.wordpress.com> or through her Facebook fan page. Melinda lives with her husband and three children in Homewood, Ala.

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