

the key

Summer 2018
KAPPA KAPPA GAMMA

PAGE 24

Meghan's Moment

*An eyewitness look
at the day a Kappa
became royalty*





1978

LOOKING BACK

Chi Chapter, *Minnesota*, wasn't playing around when it came to its recruitment retreat at the Mount Olivet Conference and Retreat Center in Farmington, Minnesota—though members did take time to hang out at the local jungle gym.

We were frantically trying to decide when to start “Oh Pat” to make sure Meghan would see us.

— Katy Daggett

ON LOCATION AT WINDSOR CASTLE



DREW ANGERER/POOL VIA CN/DPA/
ALAMY LIVE NEWS; ALI GERVANTES BARBER/
MINESH BACHANIA

Summer

2018, Volume 135, No. 2

FEATURES

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BY DAN MORRELL

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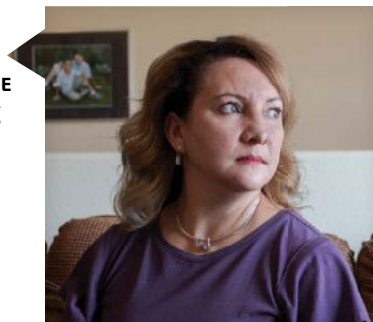
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COVER: TIM O'BRIEN

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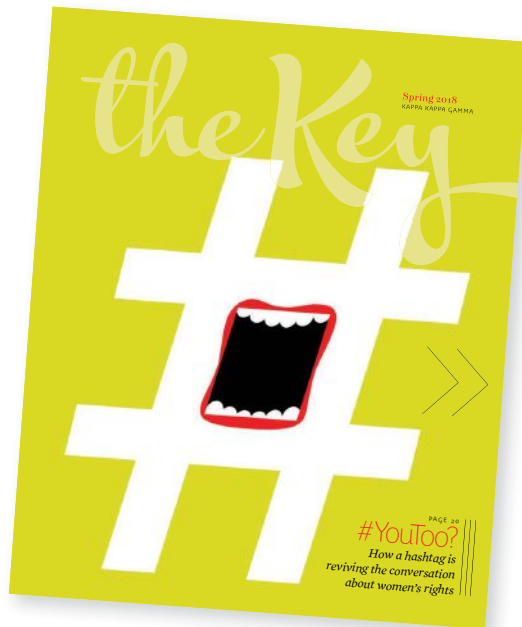
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FEEDBACK



Yes, #MeToo

What a timely, news-filled, power-packed issue from the howling hashtag on the cover to wrenching illustrations and tales of uplifting stories about Kappas.

[Spring] issue can stand with the finest contemporary magazines in quality, visual appeal, and depth and range of content. I'm Kappa-proud of the people in the stories and those who produced the magazine. Had I heard your request for Kappas to share their #MeToo experiences, I would have answered: Yes, #MeToo. Many times, but no injuries; none of the horrors many women experienced.

My guess is many, if not most, women of my generation have a #MeToo story or two—or 10. Culture and expectations were quite different then. If we hoped to work alongside men, then we better know “how to take a joke,” laugh at or ignore their off-color stories, and “be a good sport.”

I was accosted by a U.S. senator on the National Mall

in Washington, D.C. I was in my mid-40s, working for my congressman and with him and his wife at a congressional picnic when a man grabbed me from behind and flipped me upside down. My legs flew up, my skirt fell over my head. Thankfully, we both fell on the grass. He helped me up, laughing at his joke. I knew who he was but had never been in his presence before. I was disheveled and flustered but not hurt. My congressman and others close by were appalled, but this man walked off without so much as a nod of apology to me. Was this assault? Most certainly. Sexual? Yes, in that he didn't take such liberties with any of the men present.

The man was a notorious skirt chaser while in Congress but at another time he was a U.S. hero. That doesn't excuse him. It's my choice, though, not to name him

out of respect for his service.

How smart women are today, to demand respect, refuse to “go along,” and join their voices to proclaim: No more.

—**Jennie Miller Helderman,**
Alabama

Strong Stance

I'M SO GLAD TO SEE KAPPA taking a stance on the #MeToo movement and amplifying women's voices—after all, we are an organization by women and for women.

—**Whitney Cross, Mississippi**

A Word from the Wise

THE SPRING 2018 ISSUE OF *The Key* is the most informative, interesting, uplifting and well-written issue I have ever read. And, I might add that I am 82 years “young.”

—**Nancy Hoeltke, Indiana**

theKey

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Loyally (and Royally)

OH, FOR PAT'S SAKE!

IF YOU'RE LIKE ME, YOUR SIGNIFICANT OTHER HAS GROWN accustomed to most things Kappa. They know the blues of sky and sea are our favorite color combo. They know we simply can't walk past a fleur-de-lis without pointing it out. They're comfortable sharing a home that may contain just a few items

in owl or key patterns. And their children have been rocked to sleep to "Dream a While of Kappa."

On May 19, 2018, England's Prince Harry joined that special fraternity of Kappa spouses, inheriting the owl, the key and the fleur-de-lis when he married **Meghan Markle**, *Northwestern*. And like other Kappa couples, Harry and his bride were treated to a cherished Kappa tradition—the "Oh Pat" serenade—as they exited Windsor Castle by carriage. Our cover story on Page 24 details how Kappas came together to ensure the royal newlyweds received this beloved rite of passage. (Hint: There might have been some tears of joy involved.)

While some Kappas lined the parade route at Windsor, others celebrated from afar. In Cheyenne, Wyoming, members gathered—many bleary-eyed from waking up early—to watch the wedding festivities live. **Kay Osborne Jessen**, *Wyoming*, served up homemade scones with clotted cream and lemon curd. Candy rings and crowns

were available for those whose closets lack a wealth of jewels and tiaras.

Meanwhile, the Omaha Alumnae Association held a traditional British cream tea, taking in the royal wedding in their best floral dresses and fascinators while British historian **Catherine Medici-Thiemann**, *Creighton*, provided commentary and analysis.

At the Pittsburgh home of **Brittany Boldt**, *Tulsa*, members noshed on a tasteful spread of tea sandwiches, cookies, tea, and Pimm's cups, performing their own stateside rendition of "Oh Pat." "It was really fun to pull off with women from seven different chapters since everyone has their own take on it," says **Maria Brown**, *Valparaiso*.

More than 30 brunch guests in Corona del Mar, California, wore their best headwear and were "met" at the door by life-size cardboard cutouts of Harry and Meghan. "We were all so excited to spend the morning in sisterhood viewing the royal wedding," says **Sharon Sunstedt Busch**, Arizona.

In Washington, D.C., **Lyndsay Best Friedman**, *Miami*, woke up early to watch the wedding, only to find her husband had already tuned in with their 3-year-old twin girls by his side. (Oh, those Kappa dads!) "I came in and saw how beautiful and happy Meghan looked and I started crying," Lyndsay wrote to *The Key*. "Then I started singing 'Lovely Girl,' and my twins hummed along because that's one of their lullabies."

One thing is for certain: No matter where or how Kappas watched the royal wedding, it was an event to remember for a lifetime. "I was singing 'Oh Pat' from my couch with joyful tears," says **Cris Galicia Charbonneau**, *Oregon*. We can only hope that Meghan felt the embrace of our Kappa spirit along with the well-wishes that were on the heart of each sister. (And Harry: Welcome to the family.)

Kristin

—**Kristin Sangid**, EDITOR



HIGH FLYER

"Female officers make up about 5 percent of the officer corps in the Marine Corps," says Capt. **Kelli LaCosta "Dangle" Gallagher**, *Purdue*. "We're even more rare in the pilot communities." A C-130 pilot, Kelli has flown missions all over the world, including combat deployment in support of Operation Inherent Resolve in Iraq and Syria. Currently, she travels to college campuses to share her story and recruit future Marine Corps pilots.

“The first time we saw Mount Everest, it was a distant point barely visible behind rows of other ranges.”

— **Elizabeth Hamilton**


HILLSDALE



THE
mix



ELIZABETH HAMILTON



A stupa seen along the trail to Everest Base Camp. Buddhists use stupas for meditation, often adorning them with prayer flags.



Take a Hike

THE UPS AND DOWNS OF A TWO-SISTER TREK
TO MOUNT EVEREST'S BASE CAMP

IN NOVEMBER 2016, I RECEIVED AN UNEXPECTED FACEBOOK message from **Emma Curtis, Hillsdale**. I hadn't seen or talked with Emma since we graduated from college. Still, we kept up with each other on social media and shared a love of travel and creative endeavors: Emma is a classically trained painter from Seattle; I am a writer in Dallas.

From left to right: Elizabeth and Emma moments before reaching Everest Base Camp

Emma had a proposition for me: She was going to Asia for six months and thought I might like to join her on a trek to Everest Base Camp in Nepal. Besides loving to travel, I am an avid hiker, and trekking to Mount Everest is a dream for any outdoor/travel enthusiast. So, I said

COURTESY ELIZABETH HAMILTON (3)

yes. And just like that, we were going to Mount Everest.

But making it to Everest is a lot harder than simply deciding to go.

Classic route: scenery and safety

Everest Base Camp is a tent city southwest of Mount Everest's summit where climbers adjust to the high altitude. At 17,600 feet, the atmospheric pressure reduces oxygen inspiration in the body by about 50 percent from sea level. Climbers arrive as early as March to set up camp while they wait for the brutal wind—routinely 100 mph or higher—to calm down enough

took when they summited Mount Everest in 1953, it begins with a 10-hour bus ride from Kathmandu to the Nepalese villages of Shivalaya and Jiri. Climbers can start the trek from either one. From there, it's a weeklong hike through the Himalayan foothills to Lukla, where the trail connects with the popular route.

We chose the classic trek on purpose. Emma wanted to experience the foothills, which are verdant and lush compared to the icy, desolate mountain peaks beyond. They boast wide valleys with terraced farmland cut into the slopes and red and

Heavy pack, broken poles, bad weather

Many trekkers choose to hire a guide or porter. As artists with paychecks to match, neither of these options were in the budget for Emma and me. Besides, we wanted to see if we could make it on our own.

The first day of the trek, we weren't even sure we'd make it to the first lodge along the trail where we planned to stop to sleep and eat a meal of lentils, curried vegetables and rice. My brand-new 65-liter Osprey Anti-Gravity Pack (which another trekker said resembled a spaceship) was packed tight: snacks in

My body, which I'd thought was in pretty good shape, was unfit to hike straight up a 3,000-foot mountain on a trail of giant boulders arranged in towering steps.



in May for the ascent to the 29,000-foot peak.

There are two ways to reach Base Camp. The first and more popular route involves flying from Nepal's capital, Kathmandu, to Lukla, Nepal, a small town at an elevation of 9,400 feet. From there, trekkers hike for two weeks to Base Camp and back.

Emma and I opted for the second and decidedly less popular route. Known as the classic trek because it was the route Sir Edmund Hillary and the Sherpa mountaineer Tenzing Norgay

pink rhododendron trees heavy with blossoms as fat as your fist. I wanted to avoid flying into Lukla's Tenzing-Hillary Airport. With its shockingly short runway nestled into the side of a mountain, it is one of the world's most dangerous airports. If the pilot—landing without the assistance of an air traffic controller—misses the runway by even a small margin, you're slamming into the side of a cliff. I was happy to hike a few extra days to avoid that risk.

Of course, that was before I knew what trekking in the Himalayas was like.

case we couldn't find food, gear for every possible emergency, and heavy winter clothes for the frigid temperatures higher up—which meant it weighed around 30 pounds. My body, which I'd thought was in pretty good shape, was unfit to hike straight up a 3,000-foot mountain on a trail of giant boulders arranged in towering steps.

My trekking poles, which I'd bought used for a few dollars at a gear shop in Kathmandu, were flimsy, and the plastic points on the bottoms snapped off within the first 10 minutes.

From left to right: Crossing the Dudh Koshi River via suspension bridge, one of many on the trek; Emma rests as mules haul supplies up the mountains.



Little vegetation grows on Everest's austere mountain slopes.

Every few steps, I had to stop to catch my breath. My hamstrings burned. The straps of my pack dug into my shoulders. The anti-gravity feature made me wobble on the rocks, threatening to tip me off the side of the mountain.

Emma—a more experienced climber with a lighter pack—stuck with me. We took turns leading and following depending on who was injured, who was sick, who was feeling fatigued. That first day, we discovered a reserve of willpower and strength that we would draw on again and again. The question was: Could we do it throughout the entire trek?

As it turned out, we could.

Every day of the trek brought a fresh challenge. On day two, we lost the trail and were led back to it down the side of a sheer cliff by a friendly Nepali. On day three, we barely made it to a lodge before heavy rain and lightning set in. On day four, that thunderstorm became a snowstorm, forcing us to shelter in a filthy cliffside barn with a

leaky roof. On day five, we hiked for over 10 hours through knee-deep snow over a pass. On day six, my knees swelled to the size of large apples—and they were just as red.

If it sounds miserable, that's because on some level, it was.

Breathtaking beauty

But if trekking in the Himalayas is extreme pain, it is also extreme beauty. On one day, we found ourselves in a lush forest of rhododendron trees. The next day brought a high mountain desert with the towering form of a mountain called Ama Dablam above us, only to realize that the swath of clouds we thought swirled about its peak actually covered its midsection; there was more mountain beyond.

The first time we saw Mount Everest, it was a distant point barely visible behind rows of other ranges. Soon, we were walking down the last stretch of trail toward Base Camp, gray and white mountains on each side and Mount Everest above us—a jagged peak with its

familiar white contrail streaming off the top.

'We can do anything'

Base Camp is little more than a pile of rocks covered in colorful prayer flags above an orange tent city. Emma and I took our obligatory pictures and then found a secluded spot away from the other trekkers who were cheering and snapping photos of their own. We each ate a Snickers we'd saved for this moment. Emma cried a little. I wondered what it meant to see the tallest mountain in the world.

After almost three weeks of trekking, we stayed at Base Camp for around a half-hour before hiking back and eventually flying out of Lukla, a feat that didn't seem so scary after our three-week adventure. Emma and I were thinking the same thing as we returned:

"From now on, whenever I think I can't do something, I'll just remind myself that I made it to Everest Base Camp," Emma said. "If we can do that, I'm pretty sure we can do anything."

—By **Elizabeth Hamilton**,
Hillsdale

COURTESY ELIZABETH HAMILTON



“The idea of empowerment and gender equality is a big part of it.”

Under the Influence

Studies show that the gender gap in drinking is shrinking.

WITH A NEW ALCOHOL EDUCATION program for chapters, Kappa Kappa Gamma is working to counter destructive messages, such as “Act like a lady, drink like a bro,” pervasive in social media, on snarky tank tops and in savvy marketing by the liquor industry.

The Alcohol Skills Training Program, adopted by Kappa Kappa Gamma in 2017, explains that women don’t metabolize alcohol the same way men do. According to the National Institutes of Health’s National Institute on Alcohol Abuse and Alcoholism, there are four key physiological reasons for the difference.

ENZYMES. Lower levels of alcohol-metabolizing enzymes means women absorb up to 30 percent more alcohol than men.

FAT. Women tend to have a higher ratio of body fat than men have. Since fat can’t absorb alcohol, it concentrates at higher levels in women.

WATER. Women generally have less body water than men, leading to higher blood alcohol concentrations.

HORMONES. Female hormones can heighten alcohol’s impact.

Despite these differences, alcohol consumption is up in women. A study published in *JAMA Psychiatry* in 2017 reports that 1 in 3 women engage in binge drinking (consuming four or more drinks in two hours).






Sharon Carlson Wilsnack, *Kansas State*, professor at the University of North Dakota School of Medicine and Health Sciences, conducted a 20-year gender and alcohol consumption study that has been cited over 180 times in scholarly literature. She says the liquor industry’s

marketing campaigns play into gender and equality issues.

“The idea of empowerment and gender equality is a big part of it,” she said in a March 2017 interview. “If [gender equality] is one of the major dynamics [driving women to drink excessively] ... smart young women are going to figure out alcohol use will not lead to success.”

Hillary Stahl Paulsen, Education Coordinator at Kappa Headquarters, says ASTP focuses on harm reduction in a nonpunitive way without finger-pointing or character judgment. —**Kristin Sangid**, Georgia Southern

WOMEN VS. MEN: All is not equal when alcohol is involved.

DRINKS	TIME	MAN	WOMAN
		(25-year-old, 170 lbs.)	(25-year-old, 130lbs.)
	30 minutes	.018	.027
	1 hour	.037	.061
	2 hours	.053	.088
	3 hours	.067	.115
	4 hours	.082	.141

* standard mixed drink with .60 ounces of alcohol

Source: Foundation for Advancing Alcohol Responsibility
Disclaimer: The illustration is not intended to be used as a scientific BAC measurement and should not take the place of your own responsible decisions about drinking alcohol or about if or when it might be safe for you to drive after drinking.

Percell Arrington knits during one of Sheila's weekly classes.



Strings Attached

KNITTING CLASS IS CHANGING LIVES ONE STITCH AT A TIME.

THE CONCENTRATION AND PRODUCTIVITY OF knitting are just what some inmates are looking for, says instructor **Sheila Wright Rovelstad, Maryland**, whose Knitting Behind Bars course at the Dorsey Run Correctional Facility, a minimum-security prison of 500 men in Jessup, Maryland, routinely has a waiting list. Her class gives them the tools to learn not only how to knit, but how to connect. “Knitting brings Zen and peace,” Sheila says.

Sheila was 8 years old when she taught herself how to knit out of necessity. In college, knitting became an escape, a break from her studies and a good excuse not to get caught up in the all-night bridge games in the

sorority house.

Years later, in a knitting group outside Baltimore, Sheila met Lyn Zwerling, who had found a similar peace through knitting. Zwerling wanted to share that feeling of peace with others and

began to think about who else might benefit from learning to knit. Zwerling came up with a novel population of potential knitters: male prisoners.

When Sheila heard the idea, she was all in. But the idea

was not so obvious to the local prison warden, who took five years to convince.

Sheila says it's not just about the knitting; it is about conversations, sharing emotions and building relationships.

Some people might see a risk in giving prison inmates knitting needles.

"My most important thought about knitting needles as a weapon is: Someone who knits is not going to be violent," Zwerling told NPR. "For a man to cross over that border and to join a knitting group, he's already identified himself as someone who's open, who's ready for change." But to ensure

their communities.

As they knit, Sheila talks with her students about their families and their hobbies. She does not ask what they did in their past or what landed them in prison. Instead, she focuses on what they want to do in the future. Most of her students are scheduled for release within a few years.

Sheila says she hopes her classes can inspire them, help them through their pain, and help keep them out of trouble beyond the prison's walls. She tells the story of Josh, a former student who shared that he dreamed of becoming an EMT. Sheila brought him



Sheila looks on as William Bright shows off a finished project.

safety and comply with the prison's standards, Sheila manages the supplies, accounting for every needle, every pair of scissors, every ball of yarn.

One of Sheila's mottos for the class is, "Be the best you can be, and help others." To that end, the projects her students knit have purpose, like winter hats donated to Baltimore children—some of whom attend the same schools inmates did. A hand-knit winter hat is a small thing to give, but in giving, Sheila says, her students have a sense of purpose and a reconnection to

a copy of *Gray's Anatomy* and encouraged him when he came to class. He's now been out of prison for five years, and though he's not knitting with Sheila anymore, he did become an EMT, she says.

Sheila says her pride and satisfaction are not only from the projects her students turn out, but from the connections they make. Division disappears when they are working together on a project, she says. They are people just like she is, knitting, talking, working through life.

—**Melissa Price**, Florida State

Wax Poetic

Pick up a book of poetry and you'll be reminded of the beauty of language. Perfect for a quick read, these collections of poems will transport, inform and entertain you.

—By **Katie Mills Giorgio**, Drake



The Sun and Her Flowers

BY RUPI KAUR

Kaur's second collection of poems and sketches explores ancestry and coming of age.



The Poets Laureate Anthology

EDITED BY ELIZABETH HUN SCHMIDT

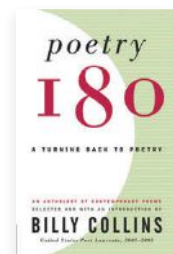
This anthology was the first of its kind to gather the works of every U.S. poet laureate.



Wade in the Water

BY TRACY K. SMITH

Poems that explore citizenship, motherhood, and art in a culture arbitrated by wealth, men, and violence.



Poetry 180: A Turning Back to Poetry

EDITED BY BILLY COLLINS

Inspired by Collins' poem-a-day program with the Library of Congress, this anthology introduces readers to contemporary poetry.



FIVE QUESTIONS

Love and the End of Life

More than 65 million people—just under 30 percent of the U.S. population—provide care for a chronically ill, disabled or elderly family member.

Interview by **Julie Robison Baldwin**, Hillsdale

According to a joint study by the National Alliance for Caregiving and AARP, approximately 66 percent of family caregivers are women. Psychotherapist **Diana Brabham Denholm**, *Wisconsin*, wrote *The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself* (2012) after the death of her husband. Diana provides caregivers with important tools to ease tough decisions and take care of their own health, regardless of whom they are caring for.

1 It's easy to get caught up in caring for your loved one. What are your most important takeaways?

Don't assume. Half the time we're assuming the sick person wants X, but it could be Y. We assume the relatives are going to behave in a certain way, and then they don't. We assume that we're supposed to have this duty and that they want us in charge. They don't want us in charge. And that's why you need to have those conversations.

2 Your book follows six women and their relationships with their seriously ill spouses. Their relationships are often fraught with complications common in many marriages, but the issues are exacerbated by the reality of long-term illness. You focus on

discussions about type of care, who is in charge of it, finances, and roles and responsibilities.

Why are these topics critical? Ideally, you get through this experience with a better relationship because illness destroys relationships, and if you don't do anything about it, then the relationship dies long before the person dies.

3 You highlight a concept you call "understandings." What are they, and why is it important to come to these understandings ahead of time?

Understandings are critical for married couples. These are basically agreements about who is in charge of the health care, what the spouse wants done or not done, and what you are willing to do and not do. There will be times you agree to disagree. But remember: You are taking care of you while taking care of the sick person.

4 You share how you and your husband, John, prepared for the inevitable. Alongside planning his funeral and putting all the financial and legal affairs in order, you planned time with his children and grandchildren to help ease his passing and create opportunities for special end-of-life memories. How did the plan play out in the long term?

Because we had these understandings and it was made

known that John and I both made them, it gave them quite the gift to have these special occasions. It was quite moving. I can look back and have no regrets. The relationship I have with John's children is nice. There is a level of respect and caring that has come over the years. It was worthwhile, and I would not change any of our understandings. In hindsight, they were all valid and important. That's a pretty big deal.

5 How did you cope when it came time to say goodbye?

I was president of the Palm Beach Alumnae Association of Kappa Kappa Gamma while John was dying. He was on dialysis and had a poor quality of life. He knew if he stopped dialysis, he would die within days. We had a Kappa event scheduled for a Saturday in January 2006. He had his last dialysis Friday. Saturday, I led our Kappa event. One of the ladies at my table knew something wasn't right with me, but she respected my privacy and was just there for me. I was barely holding it together, but the event gave me a little break from dealing with what was happening at home. My husband passed away Thursday of that week. Kappas were supportive of me during his many years of illness and after he died.

Ideally, you get through this experience with a better relationship because illness destroys relationships.

The president's suite at **Beta Tau Chapter**, *Syracuse*, got a sophisticated new look in seven days thanks to designer **Amie Freling Brown**.



BEFORE

"I mixed patterns and textures with the Kappa blues, keeping in mind that if there was any way to sneak in extra storage, I did."—Amie

DESIGN

Out of the Blue

A room makeover of presidential proportions

BLUE AND BLUE RUN DEEP IN **Amie Freling Brown**, *Syracuse*, A DESIGNER, ARTIST AND BLOGGER. When the opportunity arose to donate a room makeover to her chapter, she jumped at the chance. The president's room, though large, lacked the style and elegance it deserved. Amie envisioned a beautiful, functional space that could serve as a place to meet and a retreat to provide rest from the demands of leadership and academics. In seven days, the room went from stark simplicity to Kappa chic.

Color choice

Amie drew inspiration from what she knew best and kept it classic. Layers of navy, blue, and white with pops of orange seamlessly blend Kappa's and Syracuse's colors. Textured fabrics give the room a relaxed, yet curated look.

Pattern play

The bold choices in this suite show how to mix patterns, colors and textures in all the right ways.

The blue and white quatrefoil fabric on the chair is mimicked in the accent pillows and the white bedside table.

Amie chose a white and navy arabesque rug, while the tone-on-tone striped blue walls create a subtle pattern. The contrasting navy and cream stripes in the bedding draw the eyes to the navy upholstered headboard, a statement piece with tailored curves and plush fabric.

Storage galore

Storage is key in a multipurpose room. Amie placed an upholstered pinboard above the writer's desk to corral photos, mementos and to-dos. The bedside table doubles as bookshelf, and the bed skirt conceals under-bed storage. The result: a beautiful room for Kappas to love and enjoy for years to come. For the house that took care of Amie, she certainly returned the favor. — **By Catherine Mace**

AMIE FRELING BROWN

Kappa Kandy

SWEET SELECTIONS FOR SISTERS EVERYWHERE



Bag Lady

Fly with the fleur when you pack in this perfectly patterned luggage set. // \$440 // www.ebags.com



Get Carded

Wrap your ID in hues of blue with this stunning passport holder. // \$58 // www.henribendel.com



If the Shoe Fits

These Born flats will walk miles with you across the globe. Easy slip on (and off) for those pesky TSA lines. // \$95 // www.bornshoes.com



Tag, You're It

Bag it, tag it and go. Kikkerland's blue owl luggage tag is the ultimate adventure accessory. // \$11 // www.amazon.com

SAMSONITE/EBAGS.COM; L. BRANDS, INC./HENRI BENDEL; KIKKERLAND DESIGNS; BORN FOOTWEAR



Ask Clara

ADVICE FOR ANY OCCASION

Clara Pierce, Ohio State, was Executive Secretary of Kappa Kappa Gamma from 1929–1969. She urged members to “aspire nobly ... adventure daringly ... but serve humbly.”

Dear Clara: I have three wonderful children and have spent the last few years being a full-time stay-at-home mom. I’m considering going back to work, but after being out of the business for six years, I’m concerned. Is going back to work a lost cause?

—Signed, *Work Gap Woes*

Dear Woes:

If going back to work is your ultimate goal, seek out part-time or contract work, refresh your skills with a certification course or classes at your local college, or attend a conference or networking event. When you’re ready, be prepared to discuss the gap on your résumé. Being a stay-at-home mom isn’t

just fun and games—you come away with time-management skills (not to mention the ability to work with difficult clients). If you highlight those skills in addition to your education and previous work experience, plus any leadership roles you’ve held through volunteer work or community engagement, you can get back into the game with confidence.

the issue directly. Be firm and professional, and explain yourself clearly and concisely. It’s possible that your co-worker is unaware of his bias.

Dear Clara:

I’m not completely oblivious about my finances, but lately I’ve been struggling with my budget. I keep forgetting little things—\$30 for the gym or \$10 for a movie. It’s stressing me out, but I’m not sure where to start. How can I manage my money and not the other way around?

—Signed, *Budget Blunder*

Dear Blunder:

Managing your finances may seem overwhelming, but you can make it to next month stress-free. Take your life expenses—rent, utilities, insurance, etc.—and add them up. That is money you can’t touch. Then, consider the nice-to-haves—that movie ticket or gym membership—and see what you can afford this month and what can wait. You may have to make sacrifices now, but remember that every month is a new opportunity to stick to a budget.

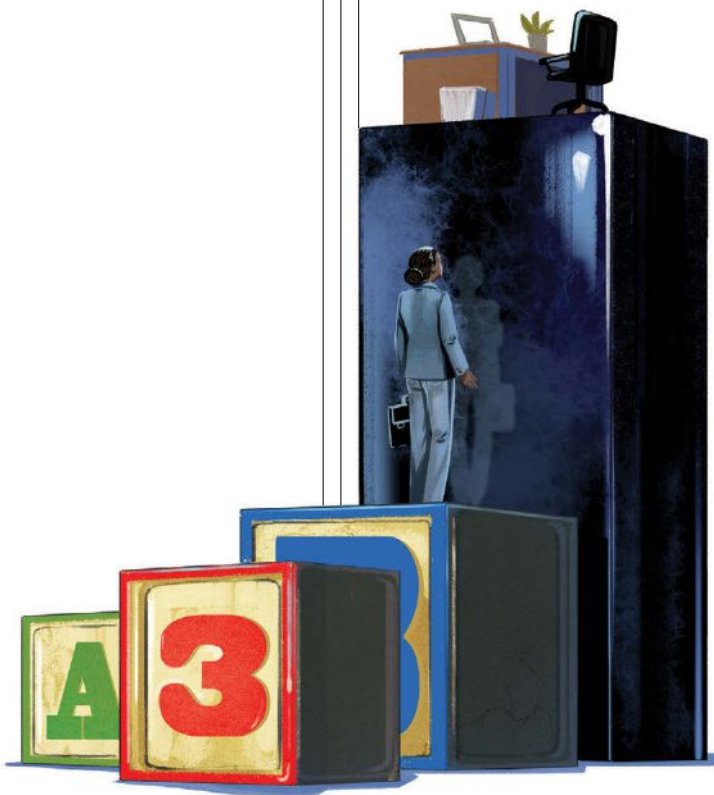
Dear Clara:
I have a co-worker who mansplains everything to me. We work in similar roles and we both have the same amount of education and experience, but he treats me like I’m new to the game. How can I shut down his mansplaining without causing tension?

—Signed, *Exhausted With Explainers*

Dear Exhausted:

Mansplaining—when a man explains something to a woman who already knows as much as or more than he does about the subject being explained—can be a pain. Since he’s talking to you about something you have experience in, try asking him an incisive question. Showing him that you are knowledgeable and know what you’re doing may help. If all else fails, confront

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



Reunited (And It Feels So Good)

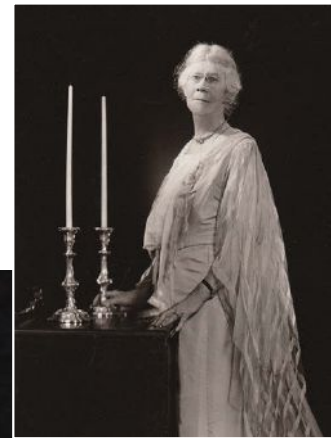
Perhaps you're familiar with Kappa's Ware candlesticks—the ones used at 63 chapter Installations, at the 1934 reinstatement of Alpha Chapter, and at 30 Conventions from 1936 to 1998. After 62 years of travel, the sterling-silver treasures were retired to the Fraternity archives in 1998.

During Kappa's recent archives digitization project, a less iconic but equally captivating treasure resurfaced: the dress that their namesake, **Charlotte Barrell Ware**, *Boston*, Kappa's second Grand President, wore when she introduced the Passing of the Light ceremony at the 1936 Convention.

Soon, the dress and the candlesticks will be displayed side by side at Kappa Kappa Gamma Headquarters.

—By **Kylie Towers Smith, Simpson**, Archivist/Museum Director

Alongside her beloved candlesticks, Charlotte wears the gown she wore first as Grand President in 1884 and again 52 years later at the first Passing of the Light ceremony in 1936. Now that's a timeless dress.



Dress of Charlotte Barrell Ware, *Boston*, Grand President (1884–88). Likely couture from Paris, the sky-blue dress is made of silk net, taffeta and lace. By 1958, the collar and sleeves were so badly deteriorated that they were replaced.



“You are the keeper of the ancient flame. You are the flame. So, let the light be passed.”

— **Charlotte Barrell Ware**, *Boston*, 1935

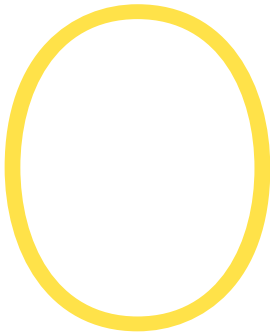


Nicole Hockley lost her son Dylan at Sandy Hook Elementary School in 2012. Now the nonprofit organization she co-founded is leading the national conversation on gun violence, aiming to change

THE NEW NORMAL

By Dan Morrell

ILLUSTRATION BY BRIAN CRONIN



ON FEB. 21, **NICOLE MORETTI HOCKLEY**, *Trinity*, arrived at the White House for what had been billed as a private group listening session with President Trump and members of his administration. It was seven days after a gunman killed 17 students and staff at Marjory Stoneman Douglas High School in Parkland, Florida, and the White House was hosting survivors of that shooting as well as

students and parents affected by mass shootings at Columbine High School in Littleton, Colorado, and Sandy Hook Elementary School in Newtown, Connecticut.

Nicole, co-founder of the gun violence prevention nonprofit Sandy Hook Promise, arrived to find that the private listening session had become a live broadcast. She took her assigned seat, and a tense Parkland survivor, Sam Zeif, sat to her right, his breath caught in his chest.

“Hi, I’m Nicole. Who are you?”

He introduced himself, and the two shared their stories. Nicole’s son Dylan had been killed in the Sandy Hook shooting in 2012. Zeif had lost his best friend, Joaquin Oliver, at Stoneman Douglas. Nicole asked who had come with him.

“I’m here by myself,” Zeif told her.

“I’m really sorry,” she told him, “but I’m going to go all mama bear on you now because I really don’t like the fact that you’re alone.”

She held his hand, and they breathed together.

After several participants shared their thoughts, Zeif got the microphone: “I was reading today that a person, 20 years old, walked into a store and bought an AR-15 in five minutes with an expired ID,” he said. “How is it that easy to buy this type of weapon? How did we not stop this after Columbine, after Sandy Hook? I’m sitting with a mother that lost her son.”

Zeif’s voice broke, and he turned to Nicole, stretching an arm around her shoulder.

“And it’s still happening.”

Nicole spoke next.

“I implore you,” she said, eyes locked on the president. “Consider your own children. You don’t want to be me. No parent does. And you have the ability to make a difference and save lives today. Please don’t waste this.”

‘THERE WILL BE A POSITIVE CHANGE ... ’

What happened after the White House meeting—after the cameras were turned off—was different. A little more than a month after the shooting at Stoneman Douglas, the students of Parkland led the March for Our Lives event in Washington, D.C., attended by almost 200,000 people. The passion—and the pressure—didn’t wane. That’s because, Nicole says, this was a culmination.

In the wake of a mass shooting, Nicole says, comes a general sense of helplessness, of powerlessness, and eventually, resignation: Things never change. But suddenly, they were.

“What’s been happening since Sandy Hook is the start of the movement—getting all of these people engaged in it and involved in it,” Nicole says. She’s not sure if 200,000 people would have been marching on Washington five years ago. “But the number of people across the country that have become enraged by this issue, engaged in this



issue, and wanting to find solutions—it’s grown and grown since Sandy Hook.”

For Nicole, it began the day she stood up at her 6-year-old’s memorial service, steeled herself, and made a pledge: “His death will have meaning. There will be a positive change from this—and we will be part of it.”

TRAGEDY, GRIEF, DISAPPOINTMENT

As an undergrad at Trinity College in Hartford, Connecticut, Nicole didn’t know what she wanted to be. She loved drama and she loved writing. Her best guess? Foreign diplomat. That led her to a study-abroad program in Norwich, England, where she met her future husband, Ian, two days after arriving. They married in January 1993. Their first son, Jake, was born in 2004; Dylan was born in 2006. The family moved to Newtown, Connecticut, in January 2011.

Newtown United formed within the first 48 hours of the shooting that

NANA VALLEY REGISTER/ZUMA WIRE/AMY LIVE NEWS



Nicole Hockley, founder and managing director of Sandy Hook Promise, shares a photograph of her son Dylan at a Harvest Magnet Middle School assembly in March 2017.

left 20 children and six school employees dead, along with the shooter and his mother. Sandy Hook Promise launched in January 2013, and Nicole began working full time at the organization two months later, along with Sandy Hook parents Mark Barden, who lost son Daniel, 7, in the shooting, and Tim Mackris, whose fourth-grader was not injured.

“We didn’t know anything about gun violence prevention when Sandy Hook happened,” Nicole says, “so we had to learn fast, and all of the other groups in the state—and all of the energy of the moment—were behind background checks. That was deemed to be the low-hanging fruit.”

In April 2013, they worked on a bipartisan bill that would require criminal background checks for all commercial gun purchases. It came up for a vote in the U.S. Senate, falling six votes short of the 60 it needed.

The defeat was crushing. A photo that ran that day in *The New York Times*, shows President Obama, disappointed, comforting Nicole: His hand on her neck, her head bowed.

“What’s been happening since Sandy Hook is the start of the movement—getting all of these people engaged in it and involved in it.”

“It was a catalyst moment in the formation of this organization,” co-founder Barden says.

They were shaken but undeterred. Barden offers a quote from Sarah Brady, famed gun control activist: “Sometimes it takes a good defeat.”

Moving forward was the only option for Nicole.

“I don’t really have a choice,” she says. “This is my mission, and I’m

“This is my mission, and I’m always going to put Promise first. This is the only way that I know how to honor my son and prevent these things from happening.”

always going to put Promise first. This is the only way that I know how to honor my son and prevent these things from happening.”

The next year, Nicole says, the organization went quiet. Its leaders dedicated their time to collecting expertise about guns, the causes of gun violence, the barriers to implementing solutions, mental health, suicide prevention, and creating social change. They consulted with experts in nonprofit management. They gathered qualitative research as well, sitting behind a one-way mirror and searching for possible kernels of common ground as they listened to gun owners discuss their opinions and beliefs.

They emerged with a clear vision: Sandy Hook Promise would be an organization that teaches students to recognize the warning signs of a potential shooter as well as how to take action and intervene.

The reception was mixed; some supporters were still looking for a policy-driven agenda.

“When we first came out with this idea, I remember a lot of people said, ‘I don’t get it,’” Nicole says. “If you’re gun violence prevention, you have to be screaming for an assault weapons ban. You have to be knocking down doors of senators and congressmen.” But Nicole and the Promise team had tried that. It didn’t work.

“So I can knock my head against a wall and expect change, or I can do something different,” she says.

CHANGING COURSE: ‘No one’s talking to kids’

The difference in Promise’s new approach wasn’t just that it was a programmatic, but that it was aimed at students.

“We were saying, ‘OK, look—social change takes two generations,’” Nicole says. “Everyone’s talking to the adults. No one’s talking to kids, influencing their behaviors and attitudes about the issue, other than lockdown drills.”

Promise launched its first pilot project in November 2014 in a church basement in Ohio. The basic idea was to promote a “say something” campaign—walking through a tip sheet of sorts with examples of concerning behaviors and best practices for reporting them. Ohio was a deliberate choice for a testing ground: a swing state with a demographic and socioeconomic mix and a high incidence of gun violence.

That pilot began to answer core questions: How do we engage these people? How do the programs work? What do they look like in the schools? And then, how do we scale that model? Indeed, that first pilot led to more pilots and eventually a more formal curriculum as well as partnerships with academic advisers, suicide prevention specialists, and threat assessment groups.

The growth can rightly be attributed to Promise developing a clear vision, studying the issues and testing its model. Just as important was that people—even doubters who questioned the programmatic strategy—started to get it.



President Barack Obama hugs Nicole Hockley after delivering a statement following the failure of gun legislation in Congress.

“Gun violence prevention has always been a top-down, policy-led approach,” Nicole says. But that doesn’t give people much to do but call their senator or representative and press them to write or vote on legislation. When nothing comes of those calls, she says, people disengage.

“But giving them an experience in their own community—in their own school—a tangible experience that empowers them to prevent an act of violence or self-harm, that’s a completely different way of engaging,” she says. “It provides hope—a way forward—and then makes it so much easier for that policy change to follow.”

GROWTH, DISCERNMENT, INNOVATION

In late 2014, Sandy Hook Promise had about a dozen staffers working out of an office above a nail salon and gift shop on Church Hill Road in Newtown. They moved across the street to a white, two-story house—the current headquarters—in 2017.

“We were doing meetings in stairwells and in our cars,” Nicole says. Now with a headcount hovering around 30 and expansion in the works, it might soon be time to move again.

The organization’s growth mirrors its widening impact. Sandy Hook Promise has now worked in 7,000 schools in all 50 states and trained about 3.5 million people on gun violence prevention. Its haunting PSAs continue to find large audiences, including a recent piece called “Evan,” which offers scenes from a high school romance while a school shooter simmers in the background. Released in December 2016, it had tallied more than 155 million views online as of May. Nicole says the

DREW ANGERER / POOL VIA CNP/DPA/AMNY LIVE NEWS



“The senior leadership team and the three managing directors—we wear so many hats, but we can’t sustain this level,” Nicole says. “We can’t do the selling and the implementation. We can’t keep doing the vision and the practical, in-the-weeds work.” Yet Promise has always been a very close team, and she doesn’t want it to get too big—to become some cold corporate entity.

“It transcends the typical working relationship, transcends the typical friendship relationship,” Barden says, “because we’re navigating this shared grief together, and we’re building this organization and forging this new path together.”

It’s hard to explain, he says, but they both experience the same dynamic: The organization will finally get a big win—something it’s worked really hard to achieve.

“You have this sense of elation, like ‘My gosh, we finally did it!’” he says. “And then you immediately crash, realizing, you know, my little boy is still gone, and he is going to be gone forever and I’ve done nothing to change that. And it may be selfish, but it’s the reality of it. So, it’s a tremendous comfort having Nicole here.”

Those are the kinds of connections Nicole wants to preserve.

“If you grow too quickly, you could lose what it is you’re trying to do, so this is absolutely keeping me up at night, figuring out how do we ... ,” she pauses and wipes tears from her eyes. “This is so important to me. I have to protect this organization. No matter what happens, I have to protect it and help guide it through.”

She pauses again, regains her composure, steels herself, pushes on.

“Because this is bigger than anyone who works here,” she says. “This is bigger than me. We truly see ourselves as a life-or-death organization, and I care about everyone I work with. And just trying to find that way through so we can keep focused on delivering impact and helping kids.”

GRIEF: productive, purposeful ... ever present

Nicole writes late at night. She used to write speeches. Sometimes it was memories, trying as hard as she could to not forget the details of Dylan. Lately, it’s also been marketing material—emails and other copy. She’s been working on a book for the past two years, too.

“Maybe it will actually come out someday, who knows?” she says. “Because I think there’s so much here to share with people. But also, it’s the only way that I can get out all the stuff that I’m keeping in all the time.”

Amid a whole new world of information Nicole never wanted to have to know, she’s had some self-discovery, too.

“I’m a lot more stubborn than I thought I was,” she says. “I’m also more capable of controlling my emotions than I thought I was.”

Those tough conversations where she has to toe a moderate, non-political line, can be really hard. She has to check herself constantly.

“The second your ego comes forward, then you’re not helping Promise,” she says. “So I’m always just keeping that down.”

She’s always been resilient, but the depth of that well has been surprising. She recalls a tough, emotional night from the previous week.

“I was calling my mom,” she says. “I was crying. I was incredibly upset.”

The next morning, though, she woke up with clarity.

“All that emotion’s gone now,” she told herself. “I’ve let it all out and now I know exactly the path that needs to be taken to push forward.”

organization is working with the Writers Guild of America to help build storylines around the warning signs of gun violence.

In early 2018, Sandy Hook Promise released an anonymous reporting app called “Say Something” for high school students.

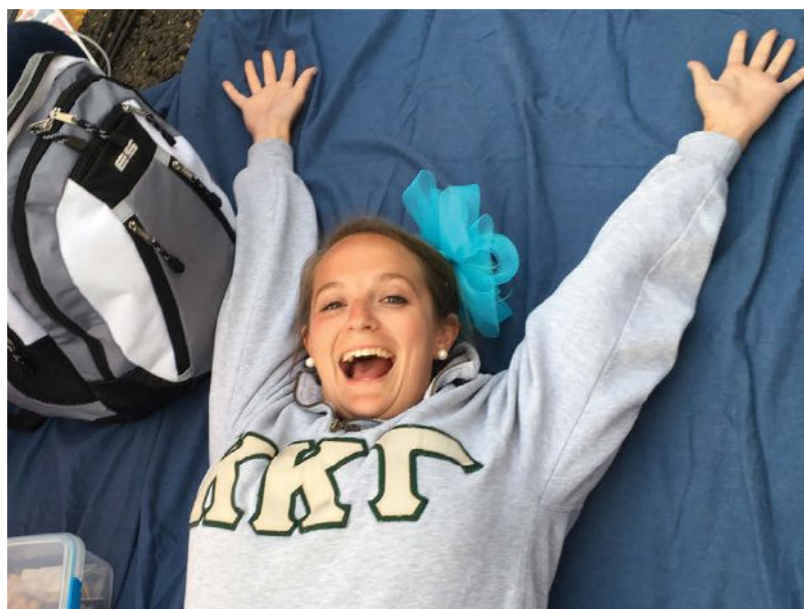
“When we first developed Say Something, we always knew that telling a trusted adult wasn’t going to work for everyone,” Nicole says. “So we’ve always been trying to figure out, ‘How do you take it to the next stage?’” Promise offers schools up-front training for the app as well as back-end management and a 24-hour, Miami-based crisis center that triages calls based on the threat level and provides case management. Already in 30 school districts following its launch, the app had a sharp increase in interest following Parkland and another mass school shooting in Santa Fe, Texas, in May.

The research continues.

“We really want to move to a completely evidence-based model,” Nicole says. Members of the Promise staff are starting to see the first quantitative feedback for Say Something and Start With Hello, a program that aims to curb social isolation—“You know, pre- and post-program surveys that ask, ‘Does this truly change the climate, the behavior of students? Do they feel more able to take action? Are they going to take action?’”

A few pilot studies—one with the University of Michigan-based Michigan Youth Violence Prevention Center—attempt to answer those questions, and Sandy Hook Promise plans to expand on them.

The organization’s growth, though, has meant some strain.





Ladies ~ IN ~ Waiting

Wondering what it was like to watch
a Kappa become real-life royalty in person?
These Kappa sisters gave *The Key* the
true-blue scoop we've all been waiting for.



At Church Street and Castle Hill

in Windsor, a group of Kappas—introduced on Page 26—gathered 100 yards shy of the castle gate. They could see the steps to St. George’s Chapel through a stone archway—a perfect spot to greet the Duke and Duchess of Sussex and to serenade the newlyweds with “Oh Pat” as they passed by in their Ascot Landau carriage.

Waiting in Windsor

DISHA: We had 20 to 25 ladies holding the best spot at Windsor. All the Kappas were together, wearing the blue and blue, with letters, banners and flags.

MARGARET: We put up KKG flags to claim our territory. We had so many Kappas pass by in the streets, see the flags and exclaim “Kappa!” or “Oh my gosh, are y’all Kappas?” After a while, the British people around us who are unfamiliar with sororities began asking, “OK, what is this Kappa? Who are you?”

LAURA: Since there were only a few of us trying to take up space for a larger group to come, we spread out. Meredith got out her king-size sheet (blue, of course) to mark the Kappa Zone, then starfished on it to make the point. Later, as we settled down for the night in our sleeping bags, we did a soft rendition of the “Dream a While” lullaby, which was beautiful.

CAROLINE: While camping out, we learned about our various chapters’ customs. Despite those local differences, when it came time for a sing-along featuring “Rah Rah for Kappa Kappa Gamma,” “Dream a While” and a practice run for Saturday’s “Oh Pat,” we could all take part.

ALEXANDRA: We sang Kappa songs throughout the night and motivated one another when the hours seemed to be endless.

ELYSE: The reporters and photographers in the press box next to us had a great view above the crowd, so we kept asking them for updates. Some of them even took a group picture of us.

ALI: James, the police officer standing guard in front of the Kappa group, encouraged our Kappa cheers and chants and helped us have our cameras ready at the perfect moment by wiggling his eyebrows to notify us when something big was about to happen.



After their wedding ceremony, the Duke and Duchess of Sussex kiss on the steps of St. George's Chapel.



By the end of the day, he referred to himself as “the Kappa Kappa Gamma police officer.”

LAURA: Being part of the crowds away from the big screens means you don’t get to see the ceremony. We were listening carefully, though, and when the congregation was asked if they would help the couple to keep their vows to each other and replied with, “We will,” the crowds outside added, “We will.”

CATHERINE: When the choir sang “Stand By Me” in the chapel, all the spectators outside the castle started to sing along. Hearing the lyrics sung all across Windsor was incredibly peaceful and warming.

Getting It Down “Pat” The group had heard that Harry and Meghan’s carriage would be pulled by four gray horses, so they decided to use that as a cue. As the procession exited the castle walls and the grays trotted into view, the assembled Kappas threw their hands in the air, serenading the new bride and groom with a loud rendition of “Oh Pat,” a wedding-day tradition for Kappa brides.

LAURA: We were fairly confident in our spot, but there was always a chance [Meghan] would look the other way and miss us. I was thinking, “You have to do the loudest, most exaggerated ‘Oh Pat’ ever.” I was up on my tiptoes, leaning over the barriers, stretching all the way

up with jazz hands as we held the “Ohhhhhh ...”

KATY: We were frantically trying to decide when to start “Oh Pat” to make sure [Meghan] would see us. Everyone was looking at the carriage and then at each other until someone finally started—just in time for her to see.

CATHERINE: We were all singing our hearts out. We could tell when she first saw our group because she had such a surprised look.

EMILY: Her eyes lit up when she saw us. I think she was completely stunned that Kappas had come to see her and sing to her, but she was equally happy. We all saw it in her face.

HANNAH: Meghan looked directly at us, and her hand went to her heart. Her smile at us was a smile of familiarity, like she recognized and knew who we were. She told Harry, “That’s my sorority!” She waved at us—not a general wave like others got—but a really heartfelt little wave.

MEREDITH: The moment [Meghan] recognized us will stay with me forever. Her expression totally changed, and you could see that she was so touched by the gesture. There was a moment where she caught her breath and said, “Oh!” and a huge smile spread across her face, and you could tell that she had seen us singing “Oh Pat” and was clearly touched.



Massive crowds of royal supporters gather as Prince Harry and Meghan Markle, Duke and Duchess of Sussex, take a carriage ride through Windsor on May 19, 2018.

PREVIOUS SPREAD: PA IMAGES / ALAMY STOCK PHOTO; CROWDSHARK/ALAMY LIVE NEWS



PAUL ELLIS/AFP/GETTY IMAGES

KELLY: That moment [when Meghan saw us] really embodied everything Kappa is. Wherever you go, and whatever you do no matter what happens, you have sisters who will always be there supporting you and loving you. It's one of the most wonderful things about our sisterhood across the pond or around the world—Kappa is always there for you.

We're Not Crying, You're Crying What had first begun for so many as a whim of an idea in the months leading up to the wedding soon became real as Harry and Meghan passed by. Several women in the group had camped for more than 30 hours to hold the spot, and between the building excitement and the utter exhaustion, emotions ran from laughter to tears and everything in between.

LAURA: As the carriage moved away, there was lots of screaming to each other: "She saw us!" "Did you see she touched her heart?" "She whispered to Harry!" Everyone was crying. There was a real sense that the hours of planning and waiting around had paid off, as well as relief that it hadn't all been for nothing.

KATY: It looked like we had surprised her! Everything erupted into chaos, and we were very off-timed for the next part of "Oh Pat" after Meghan went by.

MARGARET: The second after they passed, we were all shouting in unison, "She saw us!" We were all crying, and the people around us were happy for us too. I was hugging a few ladies afterward, and they got teary seeing me cry. They could see how special it was for us. He



On the Royal Road:

FROM BRITISH CITIZENS, TO EXPATS, TO SISTERS WHO FLEW ACROSS THE POND ON A WHIM, MEET some of the Kappas who witnessed history—and shared a royal moment with Her Royal Highness the Duchess of Sussex (formerly known as **Meghan Markle**, *Northwestern*).

"I have always wanted to visit London, and this was the perfect excuse. How many times does a sister get married to a prince?"

—HANNAH PICKENS

JACKSON, *Texas*, made travel plans shortly after Harry and Meghan's engagement announcement.



"They welcomed me with open arms immediately and made me feel a part of the group."

—ALEXANDRA SMITH, *Miami*, lives in the United States, but lived in London when she was an intern.

"I have a lot of family and friends back in the States who would have killed to be there. They were so excited that I live here and could experience it and give them updates."

—MARGARET POWELL PHIPPS,

North Texas, moved to London with her husband in 2017. She arrived on site 36 hours before the royal wedding to scout the location and hold it alongside Meredith and Laura.



"We wanted to be there in person to sing 'Oh Pat' for Meghan and to be present for the once-in-a-lifetime opportunity."

—ALI CERVANTES BARBER, CATHERINE GEIGER (both *Northeastern*) and ELYSE BRENNAN, *UC Santa Barbara*, flew to London to be on the scene during the royal wedding.

"When we found out we were going to be there [at the same time as the wedding], we knew we had to go to support our Kappa sister."

—KATY DAGGETT and MADISON SUMISON, both *Utah*, had booked a trip to Europe together even before the wedding date was announced.

PAUL ELLIS/ANP/GETTY IMAGES




won't admit it, but James, the police officer, was misty-eyed too.

DISHA: We couldn't believe that we accomplished what we had planned—giving Meghan a special Kappa memory on her wedding day. Even the people who were around us were excited. A woman asked us to sing “Oh Pat” again for her to video it. For me, it was the same feeling of sisterhood I feel after every Initiation.

CATHERINE: I was shaking from excitement, and a few girls teared up. It was so meaningful to be there and see how happy she was.

MEREDITH: “Oh Pat” was something just for Meghan. So much of what goes on at a royal wedding is about tradition and customs, the monarchy and the royal family, but Kappa was something that was just for her in that moment, not for anyone or anything else. “Oh Pat” is a Kappa tradition regardless of whether you're marrying a prince or a commoner. I think it meant a lot to her, in that moment, to feel a bit of normalcy and sisterly love.

KELLY: While Meghan's wedding was far from a typical Kappa wedding, it was important to us that Meghan was able to get the same experience and love from her sisters as at other Kappa weddings.

DISHA: In a crowd of people who were there mostly for the royal family, Kappa sisters were a piece of home for Meghan. We knew we wouldn't be strangers to her because Kappa ladies are never strangers. 

* You can lip-read this in video coverage.



“Kappas online were saying things like, ‘I hope her sisters “Oh Pat” her.’ We started to wonder, ‘What if we make sure she’s “Oh Pat”-ed?’”

– LAURA GRIBBLE, *Montana*, grew up outside of London. She arrived at dawn on Friday and held the location for over 36 hours.

“You could just sense the excitement in the air; everyone was in overjoyed spirits.”

– KELLY HOOPER, *Florida*, is studying abroad in London.

“I left my apartment around 3:30 a.m. on Saturday. I did not want to miss that first train.”

– DISHA RAMDENEY, *Wichita State*, lives in London.

“Nineteen hours of ‘Kappa Kamping’ was so worth it.”

– CAROLINE TUCKER, *Princeton*, teaches at a boys' prep school outside of London and traveled to Windsor to help hold the Kappa viewing spot overnight.

“I would have been filled with regret if I missed the wedding while I was living in London.”

– MEREDITH RADKE, *British Columbia*, has called London home since 2017.



“I almost felt a sense of responsibility as I was representing both Americans and Kappas.”

– EMILY GAMAUF, *Akron*, decided in February that if she was going to watch Meghan's wedding, she wanted to do it in person.

PHOTO BY MINESH BACRANIA



WARNING: This article contains information about relational violence that may be triggering to survivors.

While research has long correlated domestic violence with the stress of poverty, intimate partner violence has always crossed socioeconomic barriers. New studies reveal that a potent mix of money, power and social stigma may be driving abuse in affluent communities too.

Not for Love or for Money

By **Kristen Desmond LeFevre**, *Indiana*

When Leslie Betts, *Mississippi*, got married in 1998, life seemed idyllic—for about two weeks.

Immediately after she said, “I do,” the put-downs began. Belittlement soon gave way to sudden fits of rage, broken furniture, and a broken heart.

“One time, he snatched a mirror off the wall and slammed it to the ground,” she says. “It shattered on the floor, and he grabbed me by the arm and screamed in my face to clean up the mess I’d made.

“Another time, I walked in on a Friday night after work, dressed in a suit and heels. He got up from the couch and started shouting, ‘It stinks in here!’ I spent the whole night scrubbing the toilets.”

Sometimes, she says, he would turn as sweet as he’d been sour.

“When I’d get to the verge of not being able to take it, he’d swoop in with expensive flowers or a lavish vacation,” she says. “Then he’d ride on that for a while before the meanness came back like a bad penny.”

As time went on, her husband began to raise doubts about her friends and co-workers.

“He’d say, ‘This one’s not your friend. I can see right through her,’ or, ‘You’d better watch your back with that one,’” she says. “He was systematically alienating everybody around me.”

When she confided in one of the close friends she had left, the attempt backfired. “He told me to try harder to save my marriage. He said I needed to be more humble.”

Desperate to make things work, Leslie took his advice. “I kept thinking of my vision of marriage, what it was supposed to be like,” she says. “I started thinking, ‘What am I doing wrong?’ In those moments, I felt I should just lie in the bed that I made. I blamed myself. I did that for four more years.”

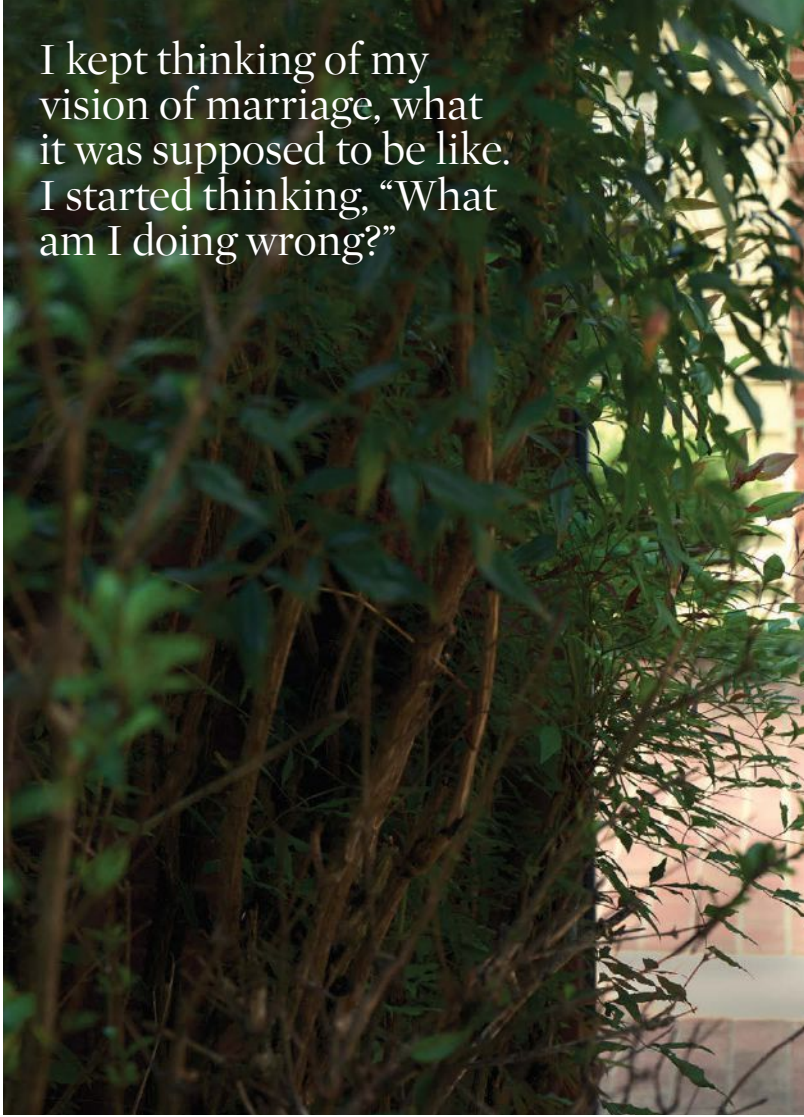
On the verge of a breakdown, Leslie went to see a psychologist. He told her something she was unprepared to hear: She was an abused wife.

Leslie left the marriage nine months later. “I was so naïve,” she says. “I knew physical abuse existed, but I didn’t know about emotional abuse, about control.”

It has taken Leslie years to see what her psychologist saw after only two visits: She was a victim of intimate partner violence. According to the Centers for Disease Control and Prevention, intimate partner violence is physical violence, sexual violence, stalking and psychological aggression (including coercive tactics) by a current or former intimate partner—including spouses, boyfriends/girlfriends, dating partners or ongoing sexual partners.

While the familiar term *domestic violence* implied a type of abuse that took place only between couples in a home, today the term *intimate partner violence* is preferred because it covers all kinds of people in all kinds of relationships, environments and contexts, explains **Debra Houry**, Emory, director of the CDC’s National Center for Injury Prevention. “It presents a serious public health problem,” she says.

Data from the CDC’s National Intimate Partner and Sexual Violence Survey indicate that nearly 1 in 4 adult women in the United States report having experienced severe physical violence from an intimate partner—including being kicked, beaten, choked or burned on purpose, or having a weapon used against her. While this kind of severe physical violence is a pervasive public health issue, so is the toll taken



I kept thinking of my vision of marriage, what it was supposed to be like. I started thinking, “What am I doing wrong?”

on those who are emotionally abused. Nearly half of all women in the United States have experienced psychological aggression, such as humiliating or controlling behaviors.

Whether physical or psychological, Debra says intimate partner violence is “a lifespan issue” that can happen to a person at any stage of life—from adolescents to senior citizens.

For Janelle Taylor Garcia, *New Mexico*, the abuse began with her middle school boyfriend—a relationship Janelle describes as volatile from the start.

Janelle, who is Hispanic, says that when her boyfriend would get angry, he’d use racial slurs directed at her. Still, she stayed in the relationship “because he was Anglo and from a really good family,” she says. “He was definitely a catch in terms of status.”

Eventually, things turned physically violent. When she was a sophomore in high school, he became enraged when she forgot the keys to



ERIN KAY MOORE

The Path to Safety



MARY SUMP, ILLINOIS WESLEYAN, IS A VICTIM ADVOCATE and attorney who has been practicing in family law and domestic violence in the Chicago area since 2009.

Angela Thomas, *Oklahoma State*, is a crime victim coordinator with the Collin County Sheriff’s Office in McKinney, Texas. A survivor of intimate partner violence, she helps victims learn how to escape and thrive.

Mary and Angela offer these tips:

AT: STASH SOME CASH. Start with \$20 here, \$20 there. Sock money away a little bit at a time. Don’t ever mention it. Hopefully, you’ll never have to use it, but if you do, you’ll have it.

MS: CALL THE POLICE. If you feel your personal safety is threatened, call the police without hesitation. Never think that you are blowing a “personal” issue out of proportion.

MS: DOCUMENT EVERY INCIDENT. If your abuser makes threats or throws objects, punches doors or walls, or in any way physically harms you, document it every time in writing and in photographs. Take photos with your cellphone of locations, broken objects and multiple angles of injuries. Take additional photos of injuries every one or two days to document change.

AT: SPEAK UP. Sharing your story can help those who are trying to get through it. We need to talk

about it and keep talking until people know about it.

MS: KEEP A BURNER PHONE. If your abuser has taken or destroyed your cellphone on any occasion, keep a TracFone or other “burner phone” in your car.

MS: SEE A COUNSELOR or therapist as soon as possible to deal with the emotional component of the abuse.

AT: FIND AN ADVOCATE. Victim advocates can provide procedural information and moral support during your proceedings.

MS: HIRE A LAWYER. Having a strong legal advocate to speak in court on your behalf and offer advice on settlement or trial is invaluable.

AT: LEND A HELPING HAND. If you suspect someone is being abused, connect with them. Just say, “You look stressed. I’m worried about you.” You’ve got to reach out to people.



Megan Haselschwerdt studies intimate partner violence from the perspective of women, children exposed to family violence, and social service providers working with women and children.

her house. He punched her in the face, breaking her nose.

Her nose healed. So did the relationship.

“He promised to be on his best behavior,” she says. “I thought I loved him. He was the first and only boyfriend I’d had.”

They dated throughout high school and eventually attended the same college. They were on again, off again. But one thing was constant: Whenever they would argue, things got physical.

In 1993, he proposed after what Janelle calls “a really good year and a half or so.” His violence had been at bay, so she accepted his proposal. They were married in “a storybook wedding” in 1994.

Within a month, his temper returned.

“The first time he hurt me badly enough to take me to the ER, he had picked me up and thrown me against the wall,” she says. “I started hyperventilating, and he was afraid I had broken a rib.” He told a nurse that Janelle had fallen off the bed. Janelle kept her mouth shut. She was released into his care after a few hours.

After two years of marriage, she had a lucky break that may have saved her life. One night, her husband didn’t

“By overlooking violence in affluent populations, we’re actually furthering the marginalization of lower-resource communities because we’re continuing to portray IPV as something endemic of these communities.”

show up at home in time for an event they’d planned to attend. Instead, he came home late with a bag of fast food.

Before Janelle could finish asking if he’d forgotten about the event, she says he got up and smashed his cheeseburger into her face. Then, she says, he knocked her to the ground and dragged her by her hair. She grabbed the phone to call for help.

“I dialed the first few digits, and then he snatched the phone out of my hands and threw it across the room.” In his anger, he inadvertently dialed a local number and completed a call.

A woman answered the call, and she could hear sobbing and shouting in the background. Using caller ID, she alerted police, then called Janelle's house. When Janelle's husband answered, the woman told him police were on the way. He fled out the back door.

An officer arrived to take Janelle's statement.

"The bruises were already rising on my face and body. My hair was bloody and coming out in clumps," she says. "The officer sat me down on a couch. He took my hand and said, 'You don't need to be living like this. Nobody deserves to be treated this way.'"

"It was like a huge lightbulb went off. I had never had somebody tell me that what was happening was not normal," she says. "I thought, 'Yeah, you're right. I don't need to live like this. I'm never going to let him do this to me again.'"

Janelle has a doctorate degree and worked as a school principal. Today, she works in technology sales. Her ex-husband has an advanced medical degree.

Leslie is an insurance agent with more than 25 years of experience. Her ex-husband is a college-educated professional.

Both couples made ample money, drove expensive cars, lived in nice homes ... and had violent relationships.

Megan Haselschwerdt, *Indiana*, director of the Family Violence Across the Lifespan research team at the University of Tennessee, says that Janelle's and Leslie's situations are far from unique.

"If you talk to agencies, lawyers, police or social workers, they'll tell you this is absolutely a problem within suburban and more affluent communities," says Megan, who studies intimate partner violence and its intersection with socioeconomic status.

Megan refers to her study group as affluent women, including those who identify as upper-middle class with high levels of education and professional jobs.

She followed 10 affluent victims of intimate partner violence and 17 social service providers, including attorneys, therapists, police and social workers, within a prominent Midwestern community. She says that by society's standards, women in her study group are expected to have the education, autonomy and financial resources to get out of abusive relationships.

The research reveals a different reality, Megan says in her article "Managing Secrecy and Disclosure of Domestic Violence in Affluent Communities," published in the April 2017 issue of the *Journal of Marriage and Family*. Despite successful careers—annual incomes from \$80,000 to well over \$300,000—and inherited wealth, these women often had little access to their bank accounts or lines of credit, even when the women were themselves the main breadwinners. Because the husbands

THE NUMBERS

1 in 4
WOMEN

1 in 9
MEN

is a victim of physical violence, stalking and/or contact sexual violence by an intimate partner with a negative impact such as injury, fear, concern for safety, or needing services.

1 in 4
WOMEN

1 in 7
MEN

has experienced severe physical violence by an intimate partner.

SOURCE: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention's National Intimate Partner and Sexual Violence Study

wielded control over the couple's money, the wives were often unable to access high-quality legal representation. At the same time, the couple's wealth often precluded the wives from qualifying for pro bono legal services. As one therapist explained to Megan, "My client may be driving a \$60,000 car, but she has \$20 in her wallet. She may have the appearance of money, but in reality, she has nothing."

"When we say things like, 'Women in poverty are at a greater risk of violence,' we have robust national data sets to show that to be the case," Megan explains. The body of research on intimate partner violence among affluent women, however, is much smaller—for a variety of reasons. First, pervasive secrecy norms within affluent communities make it difficult to recruit affluent victims into studies. Second, researchers may not see the problem as critical enough to warrant considerable study. And, the data available isn't specific enough, Megan says; the most reputable national surveys often restrict a respondent to "\$100,000 or more" for the top income category.

"We simply don't know the prevalence rates of intimate partner violence in communities above the \$100,000 annual income mark," Megan says. "It's an area of intimate partner violence that is both understudied and underfunded."

She's hopeful her research will change that.

The next phase of Megan's research is to broaden both the size and reach of her study. Megan, along with a team of researchers and community partners—survivors, attorneys, and agency executive directors—recently secured funding from the University of Tennessee's Office of Research and Engagement to conduct a multi-site study on victims of intimate partner violence and their help-seeking needs and experiences.

Though Megan and her team will be recruiting women from all socioeconomic backgrounds in three major cities—the Boston metropolitan area, the San Francisco Bay Area, and Knoxville, Tennessee—they will follow affluent victims of intimate partner violence in order to identify similarities and differences among economic groups within the sample.

"These geographic locations were chosen thanks to partnerships with a handful of agencies that serve large populations of affluent victims," Megan says. "They're eager to help us gather data for our study because they need to have data to better serve the interests of their clients who have unique demands—particularly legally and financially. Without data, these agencies cannot apply for grants to add new programs and initiatives." Along with less targeted national recruitment efforts, findings from this study will be used in federal research proposals for projects with community partners in Naples, Florida; the Minneapolis-St. Paul area; and Washington, D.C.

The new study is set for launch in late summer 2018. Megan says

including affluent populations in the research will close significant gaps in knowledge and provide a fuller understanding of intimate partner violence for the benefit of all women—no matter their socioeconomic status.

“By overlooking violence in affluent populations, we’re actually furthering the marginalization of lower-resource communities because we’re continuing to portray IPV as something endemic of these communities, as opposed to a public health epidemic that impacts women across the socioeconomic spectrum,” Megan says.

It’s been almost 12 years since Leslie’s divorce, and she says she still has at least one nightmare a month about the man who abused her. In some of the dreams, she’s angry; in others, she’s deathly afraid.

“If I’ve learned anything, it’s that fear should be your teacher,” she says. “It should be a gift to you that tells you something is wrong. If anything makes you afraid, that’s not a loving relationship; that is not a marriage.”

Despite Leslie’s successful career, her husband’s financial control and a three-year divorce process left her with almost no financial resources. “I left with what I could carry out overnight,” she says.

Janelle’s divorce was over quickly, but intense feelings of isolation

“If I’ve learned anything, it’s that fear should be your teacher. It should be a gift to you that tells you something is wrong. If anything makes you afraid, that’s not a loving relationship; that is not a marriage.”

soon overwhelmed her. More than a decade later, she recalls the weeks following her divorce as the loneliest time in her life.

“He’d been my best friend since middle school. I didn’t really cultivate other friendships because I was always with him. In leaving him, I left behind everything I had come to know as my life. Sure, it was a life full of beatings and insults. But it was the only life I knew.”

For Megan, stories like Leslie’s and Janelle’s are all too familiar.

“We’ve got to disrupt the myth that intimate partner violence can’t happen to affluent women,” Megan says. “It’s the only way we’ll ever penetrate the silence and denial that this kind of violence only happens outside of affluent communities.” **➔**

Profiling Abuse



Could you be in a relationship with a potential abuser? The National Coalition Against Domestic Violence offers this tool to help identify warning signs. The more questions you answer “yes” to in this emotional abuse quiz, the more likely it is that you are in an abusive relationship.

Y/N Did your partner grow up in a violent family?

Y/N Does your partner tend to use force or violence to “solve” their problems?

Y/N Does your partner have a quick temper? Do they overreact to little problems and frustration? Are they cruel to animals? Do they punch walls or throw things when they are upset?

Y/N Does your partner abuse alcohol or other drugs?

Y/N Does your partner have strong traditional ideas about “roles” in relationships? For example, do they think all women should stay at home, take care of their husbands and follow their wishes and orders?

Y/N Is your partner jealous of your other relationships—anyone you may know? Do they keep tabs on you? Do they want to know where you are at all times? Do they want you with them all of the time?

Y/N Does your partner

have access to guns, knives or other lethal weapons? Do they talk of using them against people or threaten to use them to get even?

Y/N Does your partner expect you to follow their orders or advice? Do they become angry if you do not fulfill their wishes or if you cannot anticipate what they want?

Y/N Does your partner go through extreme highs and lows almost as though they are two different people? Are they extremely kind one time and extremely cruel another time?

Y/N When your partner gets angry, do you fear them? Do you find that not making them angry has become a major part of your life? Do you do what they want you to

do rather than what you want to do?

Y/N Does your partner treat you roughly? Do they physically force you to do what you do not want to do?

Y/N Does your partner threaten or abuse your pets?

GET HELP: Threats and physical abuse are prevalent in relationship violence, often occurring in an escalating cycle.

For confidential help available 24/7, call the National Domestic Violence Hotline at 800-799-7233 (SAFE) or 800-787-3224 (TTY). For more information about Megan’s research and her upcoming study, follow her team’s Facebook page (Family Violence Across the Lifespan Research Team).



NEEDLE TO THE GROOVE

Woman of Record

Caren Kelleher is revitalizing a once-dead vinyl records industry.

By Steve Wilson

GOLD RUSH VINYL HAD ONLY been up and running for a few weeks when the manager for rapper JPEGMAFIA called with an impossible job: 1,000 records in a matter of days. The bigger vinyl plant he'd hired couldn't get them done in time for JPEG's tour, and nobody else would take on such a quick job.

Caren Kelleher, *Emory*, started Gold Rush for just this kind of crisis.

"That's why 'Rush' is in the name," she says in the pressing room of her 8,400-square-foot warehouse space in North Austin, Texas.

Where most vinyl companies require minimum orders of 500 or 1,000 records and make some clients wait as long as six to eight months, Gold Rush regularly works with bands that only need 100 albums, which Gold Rush can finish in a few weeks. This particular morning, there's no rush job—just one of the many runs Caren has lined up since she opened in March. Her two automated Canadian presses hum to life in a corner of the room, taking up far less space than one might expect from machines that can churn out a record in 30 seconds. Compact and clean with touch

screens and glass panels, they look more like equipment you'd find at a copy shop than a record factory. The only giveaway is the heap of vinyl trimmings on the floor and the worktable piled with tools of the trade: a metal stamper that molds the records; ropelike coils of plastic; stacks of labels; and glass jars of colored pellets to produce specialized platters like the ivory-white records on a nearby shelf.

For the past decade, music lovers have rediscovered the joys of sliding an album from a cardboard jacket, placing it on a turntable and putting the needle to the groove. It's sweet revenge for a medium driven almost to extinction by the switchover to CDs, digital downloads, and streams. Vinyl offers a different way to love music, and it's not just nostalgia.

"There's something about the uninterrupted experience, whether it's reading a magazine or book or listening to a vinyl record," Caren says. "Especially in this fast-paced world, to take a moment to enjoy art and be present with it is really compelling."

At this point in vinyl's decade-long comeback, many music fans practically expect artists to



Caren Kelleher slides a record album from its jacket, just one among her massive collection.

SARAH FRANKIE LINDER

Through the Keyhole



46

IN BRIEF

Meet the Foundation
President

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REMIX

Flight crew: Civility matters,
especially at 30,000 feet.

Mother Lode

What do you wish
you'd known before
becoming a parent?
We want to hear
from you. Email:
thekey@klig.org



complement their releases with archaic albums. The revived vinyl industry that meets this demand approached \$500 million in sales last year, inspiring Sony Music to press LPs for the first time in 28 years. When Caren noticed the streaming site Spotify hawking vinyl alongside its cloud-based offerings, she realized old-school records really were a thing again. She also saw a missing niche in the reborn industry: Vinyl producers old and new have so much trouble meeting the demand that they give top priority to big clients with big orders. This new equation often leaves out small indie bands that can only afford to make 100 or so records—a gap Caren aims to fill.

Caren delivers with an approach to record pressing that honors the craft and improves on it. Making vinyl is a messy business of harmful chemicals, boiling-hot steam and frequent machine failure (especially the old presses that people have coaxed back to life), but you wouldn't know it in the tidy Gold Rush warehouse. Caren outsources most of the toxic chemistry to a company in Nashville that makes her stampers, and she avoids the headache of breakdowns with two presses: If one goes down, the other can pick up the slack. Even when both machines run at the same time, she only needs one operator because they're automated, which lets her keep a lean staff. She also runs two boilers, placing them in a sealed-off room to safely pump their steam to the presses through overhead pipes. This makes Gold Rush look more like a brewery than a vinyl factory, which isn't so surprising given that Caren consulted with brewers and other experts outside of the record industry when building the place.



Gold Rush turns out orders of a hundred or fewer albums in just a few weeks.

“Talking with them gave us fresh eyes to do things differently than they did in the 1970s,” she says.

Innovating an analog technology is the kind of challenge Caren has trained for her entire career. Growing up in the Washington, D.C., suburbs of Maryland, Caren says she was always “the kid staying up late making mixtapes for everybody off the radio with my double cassette recorder.” Majoring in business and minoring in political science at Emory University, she did an internship at MTV that left her jaded about the music industry until her Kappa adviser helped her land an internship with *Paste* magazine in 2002. This publication, which fused old-school print with CD music samplers, hired Caren after graduation, and she worked there for three years before going to Harvard Business School. With an MBA in hand, she moved to London to work for a British concert app

called Songkick, moved back home to open the company's U.S. office, and then was hired by the music division of Google. Though she helped launch and expand Google Play and Google Music, she grew disenchanted with the digital world.

“I got frustrated that so much of my work was to keep people on their phones looking down,” she says. “Music’s meant to be a shared experience, and vinyl lends itself to that.”

She kept her sanity by managing bands on the side, where she witnessed firsthand how smaller acts were missing out on the return of records.

“I saw young fans demand vinyl and wondered why there was such a bottleneck in getting it made,” Caren says.

Leaving Google and its San Francisco headquarters, Caren “painfully” moved her massive album collection and other possessions to set up Gold Rush in Austin, a music industry hub. Half her clientele are local Texas

bands with standing invitations to hang out at Gold Rush’s listening lounge and save a few bucks by labeling their own records. She also invites other customers from elsewhere to pop in when they’re passing through on tour.

Caren plans to grow Gold Rush. She has plenty of room in the warehouse to add more presses and boilers and the people to work them. She’d also like to expand her relationships with vinyl subscription services as well as with companies looking to promote their brands through vinyl giveaways. She has her eyes on smaller details too, like finding faster ways to print up jackets and labels, which can bring a pressing to a standstill for days.

“Some of these processes can get backed up waiting for a piece of circular paper,” she says.

But the occasional headaches are worth it. Gold Rush has had so much work that in its first few months, Caren didn’t make a single sales call. Thanks to a Small Business Administration loan plus money from friends, family and her own savings, Caren controls the business 100 percent, making Gold Rush the second woman-owned vinyl press in the country. She’s quick to give her peeps a shoutout for the achievement.

“I’ve had to get creative about financing so I can maintain equity, but I’ve learned a lot watching friends of mine go through business startups,” she says. “This has been such a community effort of people in my life, harkening back to my Kappa days.”

“I saw young fans demand vinyl and wondered why there was such a bottleneck in getting it made.”

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Key

ACHIEVEMENTS

Madeline “Piper” Merritt

OKLAHOMA STATE. In October 2017, Piper was elected vice president of the central region of the National FFA Organization, a student group for those interested in agriculture and leadership. “Through my year of service, I hope to learn something from every experience and opportunity that we have,” says Piper, who has been active in FFA for six years. She is deferring a year of college to travel more than 100,000 miles in service to FFA’s 650,000 members.

Marisa Sechrest

WAKE FOREST. Marisa is a co-producer of the Broadway musical *Mean Girls*, which opened in April at the August Wilson Theatre in New York City. As the live stage representative for Paramount Pictures, Marisa oversees the day-to-day operations and long-term growth initiatives. She is also president and producer of Altair Entertainment, a global entertainment company focused on live theatrical productions.

Lindsay Cameron

SYRACUSE. In December, Lindsay was recognized as one of the *New York Observer’s* “Rising Stars: The 10 Most Powerful Young People

in PR Today.” She’s a senior account manager at HL Group, which represents clients like Four Seasons Hotels and Resorts, Google, Casper, Houzz, and Lindblad Expeditions. Lindsay’s role includes press events, broadcast segments, print features, and social media activity and engagement.

Marianne Wolf-Astrauskas

ILLINOIS WESLEYAN. In September, Marianne was elected president of the National Federation of Press Women, a nationwide organization of professional women and men pursuing careers across the communications spectrum. She was a co-editor of *The Anthology*, a 2014 history of the Illinois Woman’s Press Association. She received the NFPW’s Communicator of Achievement Award in 2013.

Nancy Charron

MICHIGAN. An educator for more than 40 years, Nancy recently co-wrote *Reading with Writing in Mind: A Guide for Middle and High School Educators*, promoting Universal Design for Learning principles in all content areas. She says the approach by the National Center on Universal Design for Learning is not a

one-size-fits-all solution but rather offers customization to meet individual student needs. “UDL is a framework to improve and optimize teaching and learning for all people based on scientific insights into how

humans learn,” she says. Nancy is an associate professor in the School of Education at Southern New Hampshire University.

Allison King

TEXAS A&M. The Institute

BREAKING BARRIERS

LINDA BAMBA

SYRACUSE

A senior public relations and sociology dual major, Linda was recently elected the first African-American president of Syracuse University’s National Panhellenic Association. In overseeing 13 groups, her goal is to help strengthen individual chapters and the Greek-letter community. “Being the Panhellenic Council president has gone beyond a title,” she says. “The work I do and the people I do it with have set me up for a lifetime—strong women making big strides.” Linda also manages the council’s involvement with the on-campus Women’s Empowerment Project and national movements such as #MeToo and the Women’s March.



of Hazardous Materials Management named Allison a Distinguished Diplomate, a designation awarded to IHMM fellows who have demonstrated knowledge, expertise and excellence in the management of hazardous materials and dangerous goods transport. For 26 years, Allison was employed by Ashland Chemical Co., where she directed the handling and storage of hazardous material and waste. She now works in environmental services for Nexeo Solutions.

Karen Stedtfeld Offen

IDAHO. Karen is a senior scholar and distinguished historian at the Clayman Institute for Gender Research at Stanford University. She recently published *The Woman Question in France, 1400–1870* (Cambridge University Press, 2017). Her next title, *Debating the Woman Question in the French Third Republic, 1870–1920* (Cambridge University Press, 2018), investigates feminist and anti-feminist politics under a male-dominated regime that Karen says “professed liberty, equality and fraternity as guiding principles, but hesitated at ending women’s subordination.” Karen received Kappa’s Alumnae Achievement Award in 2012.

Charlotte Santa Cruz

ARKANSAS. *Employee Benefit Adviser* magazine named Charlotte one of the most influential women in benefit advising for 2017. She is the CEO of Santa Cruz Insurance Group, a national employee benefits enrollment firm with headquarters in the greater New Orleans area. Founded in 1994, Santa Cruz Insurance Group represents more than 300 companies and 65,000

employees nationwide. Charlotte is the daughter of **Linda Krone Raff**, *Arkansas*.

Ashley Spear

WYOMING. In March, Ashley received a prestigious National Science Foundation Career Award. The \$500,000 grant will support her research into the failure of additively manufactured (known commonly as 3D-printed) metal parts used in applications ranging from aerospace parts to biomedical implants. “We are looking for inherent imperfections within the additively manufactured parts and trying to understand how these imperfections interact and potentially contribute to the formation and growth of cracks in the material,” says Ashley, an assistant professor of mechanical engineering at the University of Utah.

Genevra “Gevvie” Stone

PRINCETON. Gevvie, a 2016 Olympic silver medalist in the women’s single sculls rowing event, won a record eighth crown at the 53rd Head of the Charles Regatta in October. “It was absolutely a mental battle out there within myself,” says Gevvie, who has been competing internationally since 2006. She is now in her medical residency in emergency medicine at Beth Israel Deaconess Medical Center in Boston.

Karen Thingelstad

NORTH DAKOTA STATE. *Prairie Business* magazine recently named Karen one of its 2018 Top 25 Women in Business. She is the first female vice president in Minnkota Power Cooperative’s history. Karen has been with the electric utility company for 25 years and currently serves as vice president and CFO.



HOW SWEET IT IS

MIRANDA SCOTT

COLGATE

As a sophomore in 2015, Miranda founded The Waffle Cookie, a social enterprise that sells cookie confections made with a waffle iron. For every 10 waffle cookies sold, the company donates a meal to a person in need via Forgotten Harvest, a Feeding America organization in Detroit. By spring 2018, The Waffle Cookie had sold more than 6,000 cookies and donated more than 600 meals. Flavors include chocolate chip, double chocolate chip, white chocolate macadamia nut, and lemon.

Joanna Weiss

COLORADO STATE. In December, the Women’s Council of Realtors of Chicago named Joanna Affiliate of the Year. She has been a member of the council for seven years and a mortgage professional for 16 years. Joanna is a home lending adviser with JPMorgan Chase.

Susie Spitzer Kinsella

OHIO WESLEYAN. Susie was honored as a 2018 *Unsung Hero* by the St. Louis *Jewish Light* for her work with Central Elementary School in Ferguson, Missouri. Susie reads with students each week and collected enough books for each student to receive 11 titles.

COURTESY MIRANDA SCOTT

IN memoriam

Alabama, University of

Cox, Ann Haas, '53, d. 3/18
Sikes, Norma Evers, '44, d. 3/18

Arizona State University

Krofchik, Elizabeth Bunn, '61,
d. 3/18

Arizona, University of

Bowman, Betty Joann, '36, 8/15
Knox, Barbara Gaddis, '54, d. 2/18
Lake, Krista Davis, '91, d. 3/18

Arkansas, University of

Burnette, Laurel Owens, '48, d. 2/18
Jones, Jane Rowland, '43, d. 2/18

Butler University

Bemis, Joanna Jennings, '46, d. 3/18

California, U. of, Berkeley

Minor, Shelley Pond, '60, d. 2/18

California, U. of, Los Angeles

Sloan, Rachel Williams, '39, d. 2/18

Carnegie Mellon University

Bigley, Louise Richard, '45, d. 3/18
Burk, Dorothy Floyd, '47, d. 5/16
Warren, Mary Smith, '51, d. 1/18

Cincinnati, University of

Cordes, Gene Ann Good, '43, d. 2/18
Drackett, Lu McGee, '55, d. 3/18
Stumpf, Vernetta Bidlingmeyer, '56, d.
2/18

Colorado College

Laber, Isabel Hopkins, '50, d. 3/18
Nyholm, Margaret Fellows, '52, d. 6/00
Walker, Hylasue Yeager, '49, d. 2/18

Colorado State University

Bird, Ann Herrmann, '63, d. 2/17
Kuhlmann, Karen Johnson, '61, d. 2/16
Lee, Suzanne Cooper, '58, d. 3/18

Colorado, University of

Irwin, Sue Scott, '53, d. 2/18
Shaw, Madelon, '53, d. 6/09

*** Connecticut, University of**

Depatie, Christine Poulsen, '46, d. 2/18
Hibbard, Marilyn Olsen, '44, d. 2/18

Cornell University

Jung, Paula Moyer, '47, d. 12/06

Denison University

Bailey, Ruth Hopper, '59, d. 3/18
De Butts, Patricia Hudson, '43, d. 8/17
Janney, Jacquelyn Adamson, '54,
d. 1/17

Keller, Janet Fox, '62, d. 1/17

DePauw University

Dolk, Virginia Porter, '46, d. 3/18

Drake University

Hirschauer, Betty Bohman, '54, d. 8/17
Johnson, Martha Hamilton, '34, d. 2/06
Suchomel, Mary Moore, '68, d. 3/13

Duke University

Christensen, Ellin Malloy, '72, d. 9/11
Corbino, Marcia Norcross, '46, d. 11/15

George Washington University

Downey, Betty Werner, '41, d. 3/18

Georgia Southern University

Burton-Hanzalik, Barbara Burton, '90,
d. 3/18

Georgia, University of

Banks, Marie Whitehead, '49, d. 3/18

Hillsdale College

Ludwig, Joan Bouchard, '50, d. 2/18
Rischitelli, Donna Frost, '61, d. 11/13
Scully, Sally Childe, '49, d. 3/18

Idaho, University of

Flack, Susan Snow, '57, d. 3/18
Lemke, Marian Griggs, '44, d. 11/17

Illinois Wesleyan University

Kellen, Ann McCausland, '55, d. 8/16

Indiana University

McGarvey, Janet Prentice, '57, d. 1/18

Iowa, University of

Howe, Marjorie Woodson, '34, d. 11/96
Van Trigt, Janet Fisher, '45, d. 2/18

Kansas State University

Blum, Edith Lovell, '52, d. 3/18
Bounous, Kathryn, '54, d. 1/17

Kansas, University of

Griffith, Gene Stevenson, '57, d. 2/18

Kentucky, University of

Conway, Marie Sympson, '49, d. 6/16
Garwood, Merle Haffler, '52, d. 3/18
Monohan, Beth, '62, d. 12/17
Wachs, Dottie Sympson, '45, d. 3/18

Louisiana State University

Cupit, Alberta Berdon, '54, d. 7/17
Sanders, Sara Haynes, '55, d. 2/18
Stiel, Patricia Palfrey, '45, d. 3/18

*** Maryland, University of**

Cox, Virginia Burnside, '50, d. 1/18
Ihle, Marilyn Henderson, '43, d. 1/95

Massachusetts, University of

Frye, Margery Bowman, '56, d. 3/18

Miami, University of

Viamontes, Deborah Duvall, '69,
d. 2/18

Michigan, University of

Ekholm, Sherrie Smith, '48, d. 9/06
Nordlie, Nancy Holt, '45, d. 7/17

Minnesota, University of

Corley, Jane Hendricks, '56, d. 3/18

Mississippi, University of

Berdon, Bernice, '50, d. 5/17

Missouri, University of

Birkhead, Jane, '37, d. 1/05
Carson, Marjorie Mann, '36, d. 9/04
Coe, Dora Wood, '31, d. 11/01
Crawford, Rhoda Simpson, '35, d. 7/83
Dickinson, Carolyn Ford, '54, d. 9/11
Duckworth, Edwina Nelson, '33, d. 8/87
Heffernan, Martha Powell, '34, d. 6/03
Heitzberg, Joann Settle, '46, d. 11/06
Hope, Georgann Garner, '37, d. 3/00
Huston, Diana Gambrel, '49, d. 6/95
Jae-Fry, Maizie Coe, '44, d. 3/18
Johnson, Diane Irwin, '50, d. 6/99
Jones, Martha Corder, '30, d. 2/05

Kennedy, Harriet Williams, '34,
d. 8/06

Killam, Mary Winn, '40, d. 11/99

Lamb, Judy Roland, '48, d. 10/05

McGuire, Lillian Jones, '29, d. 11/97

McKeever, Martha Rodes, '46, d. 10/59

Northrup, Barbara Stewart, '50, d. 4/06

Robnett, Harriet, '39, d. 7/12

Sackett, Joyce Shelton, '51, d. 3/18

Smart, Hilda Humphrey, '37, d. 2/92

Sturdevant, Elizabeth Moore, '39,
d. 1/94

Vanderhoef, Jeanne Lambert, '37,
d. 2/15

Ware, Lillian Rose, '38, d. 4/00

Webb, Carolyn Childress, '72, d. 12/09

Wheeler, Martha Plants, '69, d. 8/12

Williams, Betty Barr, '36, d. 9/08

Young, Patricia Burnett, '46, d. 3/88

Montmouth College

Mathew, Ronette Shawger, '51, d. 3/18

Montana, University of

Mannoni, Karen Whittet, '51, d. 2/18

Roholt, Sophronia Beagle, '34, d. 11/17

Nebraska, University of

Collister, Charlotte Bridge, '37,
d. 11/92

Shackelford, Martha Frerichs, '80,
d. 3/18

Westervelt, Jeanne Elliott, '54, d. 3/18

New Mexico, University of

Lenihan, Patricia Reedy, '44, d. 3/16

North Carolina, University of

Zacharias, Joyce Funai, '58, d. 3/18

*** North Dakota State University**

Wasche, Margaret Johnson, '42, d. 2/18

Northwestern University

Hughes, Elizabeth Sturdevant, '37, d. 11/04

Rice, Mary Mallory, '44, d. 9/17

Young, Mary Braden, '42, d. 6/09

Ohio State University

Stoddard-Freeman, Annette Dods, '35,
d. 12/17

Ohio Wesleyan University

Kelley, Elizabeth Bowser, '63, d. 3/18

Tripp, Jeanne Bigalow, '47, d. 2/18

Oklahoma, University of

Edwards, Joanne Harris, '49, d. 2/18

Holloway, Nadine Norton, '49, d. 3/18

Phillips, Carole Breneman, '54, d. 9/93

Oregon State University

Wagner, Virginia Boal, '58, d. 2/18

Oregon, University of

Turner, JanetBelle Roberts, '43, d. 3/18

Wood, Kathleen Phipps, '63, d. 3/18

Penn State University

Cramer, Lee Wheeler, '51, d. 3/18

Purdue University

Clarke, Ann Vermilion, '50, d. 12/17

Lobdell, Barbara Covert, '47, d. 3/18

Vincelette, Annette Rankin, '67,
d. 6/02

Wagner, Katie Uecker, '49, d. 3/18

Southern California, U. of

Killian, Sandra Imhoff, '49, d. 12/17

Lingenfelder, Dale Fletcher, '56,
d. 2/18

Sullivan, Patricia Sheldon, '52,
d. 3/18

Southern Methodist University

Carter, Dorothy Harris, '38, d. 2/18

Craig, Valerie Hecht, '49, d. 12/17

Darr, Willa Stone, '49, d. 2/18

Fleming, Patricia Powell, '47, d. 3/18

Mighell, Julia Carstarphen, '54,
d. 2/18

Moore, Louise Edwards, '46, d. 2/18

Syracuse University

Darrone, Doris Allen, '35, d. 3/18

Lyne, Beverly Uebel, '48, d. 2/18

Texas Christian University

Cooper, Shirley Reddell, '55, d. 3/18

Keller, Nikki Kincaid, '62, d. 2/18

Nevill, Cecilia Young, '64, d. 2/18

Texas Tech University

Brown, Robin Whitfield, '56, d. 2/18

Texas, University of

Benness, Claire Ownby, '50, d. 6/11

Cavness, Tita Juergens, '47, d. 3/18

Griffin, Gail Garrett, '54, d. 8/13

Toronto, University of

Smith, Emily Joyce Dunham, '40,
d. 5/15

Washington and Lee University

Smith, Jeanne, '05, d. 2/18

Washington University

Harding, Elizabeth Thomas, '46,
d. 2/18

Muth, Margaret Pillow, '52, d. 1/18

Stradal, Joan Weir, '51, d. 2/18

Washington, University of

Brandt, Janet Hart, '55, d. 3/18

Mayo, Nancy Nutley, '46, d. 2/18

West Virginia University

Raynes, Lisa Harling, '78, d. 2/18

Taylor, Susan Hansen, '49, d. 3/18

William & Mary, College of

Davis, Mary Van Buren, '44, d. 11/13

Wisconsin, University of

Emerson, Marion Wheeler, '48,
d. 11/17

Henderson, Martha Brand, '44,
d. 10/17

Jeffries, Patricia Heal, '48, d. 2/18

Tippet, Lorna Gossett, '51, d. 3/18

Wyoming, University of

Minister, Neva Blankenship, '46,
d. 11/16

* Indicates inactive chapters.

Submitted December 1, 2017, to

March 31, 2018.

IN brief

TALLAHASSEE, FLORIDA

Punch Out Parkinson's

WHEN ANNABELLE "ANN" Graham Davis and Carole Clark Smith, both *Florida State*, ran into each other almost 50 years after graduating, they weren't that surprised. Despite Tallahassee being the capital and home to Florida State University, it still maintains a small town charm and close-knit community feel. What's surprising is where these two reconnected.

"We thought we might shop or go to lunch together," Ann says, "but we never anticipated boxing together!"

Ann and Carole are both members of the Rock Steady Boxing program at Sweat Therapy Fitness in Tallahassee. Ann was diagnosed with Parkinson's disease at 60 years old and Carole was diagnosed at age 75. A long-term degenerative disorder of the central nervous system, Parkinson's disease presents itself differently across patients. Some, like Ann, experience symptoms not generally associated with PD, like loss of smell and a softening of the voice, while Carole experienced changes in gait and posture.

Almost three years after joining Sweat Therapy's Rock Steady Boxing program, which offers boxing-based fitness classes for those living with Parkinson's disease, Ann and Carole box up to three days a week. Adapted from training used by professional boxers, the program emphasizes gross motor movements, balance, core strength, and rhythm to slow the progress of Parkinson's symptoms and improve the ability to perform activities of daily living.

"The impact Rock Steady



MESSAGE FROM THE FOUNDATION PRESIDENT

Countdown to 150

Our Convention in June marked the kickoff of Kappa Kappa Gamma's Sesquicentennial celebration, which will continue until Founders Day 2020 when Kappa turns 150 years old. What better way to celebrate our history than by digitally archiving it! With Kappa's new digital archives, members can see and experience Kappa's history and plan celebrations for Founders Day in 2020. My favorite item in the digital archives is the Delta Red Book, which contains details of Kappa's initiation ceremony handwritten by early members of Delta Chapter, *Indiana*.

Follow the digitization progress at www.kappa.org/archives.

—By **Susanne Vander Heyden**, Washington State



Boxing duo Carole Smith and Ann Davis

Boxing has made in our lives is immeasurable. Not only are our symptoms improving, but our workouts help us stay positive. We look forward to boxing as a way to fight back against PD, but also as a time to socialize. The boxers at Sweat Therapy have become like a sorority or fraternity—we share a deep bond and can always count on one another,” Carole says.

Carole was Ann’s adviser when she served as Education and Scholarship Chairman while active in Epsilon Zeta Chapter, *Florida State*. “I would never have imagined that we’d be supporting each other years later as we battle a degenerative disease,” Ann says. “I wouldn’t want to take on this fight with anyone else.”

BELLEVUE, WASHINGTON

Stocking the Shelves

MEMBERS OF THE **LAKE Washington Alumnae Association** recently introduced civil rights activist Rosa Parks and U.S. Supreme Court Justice Sonia Sotomayor to students at nearby Lake Hills Elementary School. The introduction—literary not literal—came through new books in the classroom and in the library. Students at Lake Hills—more than half of whom qualify for free or reduced lunch—can access a host of new books purchased with proceeds raised at the alumnae association’s book and author event.

Because 53 percent of Lake Hills’ students speak a first language other than English, books written in Arabic, Japanese, Russian, Chinese, Persian and Vietnamese were purchased for the school’s multicultural library, plus books written in Spanish for its dual-language program.

Lake Hills’ literacy facilitator Justine Sysmala selected books with themes that will best reach the school population. She says the Kappa’s effort to restock the library “is going to impact some of our most important readers.”

—**Marcia French, Michigan**



KATHRYN WOLTER, COURTESY ERIKA GREENE, NATIONAL GEOGRAPHIC/SCHOLASTIC BOOKS

MAKE A note



Pedal Power

In 2017, 21 members of Kappas for a Cure joined the Pelotonia bike ride, raising over \$14,000 for cancer research. Interested in joining this year’s effort in Columbus, Ohio? Whether you want to bike in person (housing is available with local alumnae for out-of-town participants) or ride virtually, visit www.pelotonia.org and search “Kappas for a Cure,” or email team captain Ericka Greene, *Ohio Wesleyan*, at ericka.greene@kkg.org

The Quad Squad

The next two years will see the addition of four new chapters of Kappa Kappa Gamma: Long Island University Post, Illinois State University and Southern Illinois University Edwardsville in fall 2018, and Louisiana Technical University in fall 2019.

Behind Happy Faces

The Behind Happy Faces mental health program has reached more than 25 chapters of Kappa Kappa Gamma. Next year, that number will double. Therapist Stacey Chadwick Brown, *Auburn*, says the program has been well received. “College women can be especially vulnerable to problems like depression, post-traumatic stress disorder, and anxiety,” she says.

remix

STAND BY FOR TAKEOFF

Delays, unruly passengers and ever-shrinking legroom and luggage space have us reminiscing about the days when air travel meant dressing up and experiencing a taste of luxury. We asked Kappas in the airline industry for their advice on how to make the best of travel today. Flight attendants **Michelle Weber**, *Central Florida*, and **Madeline Mandeville**, *Mississippi*, share how manners, kindness and understanding can make flights nearly as enjoyable today, even in coach.

Michelle Weber
CENTRAL FLORIDA



Madeline Mandeville
MISSISSIPPI

<p>Many airlines know when passengers have connections and are already working on a possible solution when your flight is delayed.</p>	<p>I'm delayed. Can you call the gate?</p>	<p>We cannot call your gate and have them hold the plane for you. Delays are frustrating for everyone.</p>
<p>Manners mean so much to me. Children with manners make me so happy, and I always thank their parents.</p>	<p>Manners matter.</p>	<p>I appreciate when a passenger pauses their movie, makes eye contact and says, "Thank you."</p>
<p>Never go into the lavatories barefoot. They're cleaned between each flight, but I still wouldn't recommend it.</p>	<p>Never do this (not that you would)!</p>	<p>Like Michelle said, never go to the bathroom without shoes. We can't be sure that is just water on the floor.</p>
<p>Becoming frustrated or angry with the flight crew never solves anything. We'll do everything in our power to help you as long as it's safe for everyone.</p>	<p>Pet peeves</p>	<p>It's polite to remove headphones for a few moments when I'm speaking to you.</p>
<p>Getting to know passengers makes the flight more enjoyable and gives me the chance to give them something extra, like a glass of Champagne for a couple headed to their honeymoon.</p>	<p>Friendly skies</p>	<p>I have met so many people who have humbled me. Recently, I met a therapist who was flying with three autistic adults to Clearwater Beach, Florida, for spring break. The people you meet and the places you go are the best parts.</p>
<p>I appreciate when passengers ask me how my day is going or make small talk during boarding or while they're in the galley.</p>	<p>Tips from the top</p>	<p>We love it when passengers bring candy!</p>

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TEDxDiego 2014

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