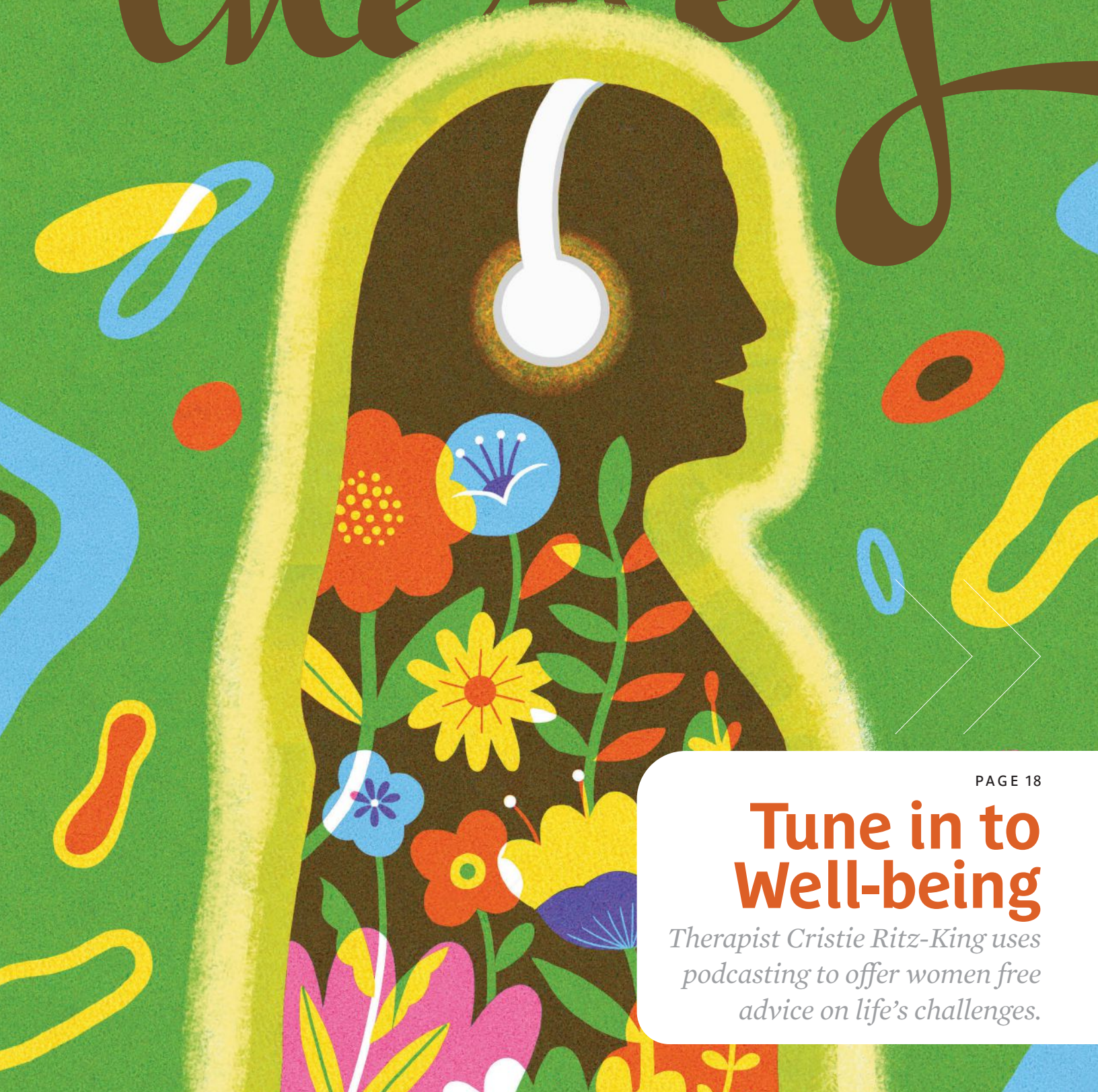


the Key

Fall 2024
KAPPA KAPPA GAMMA



PAGE 18

Tune in to Well-being

Therapist Cristie Ritz-King uses podcasting to offer women free advice on life's challenges.



1954

LOOKING BACK

Go blue! Go white! **Joan Ziegler Eggers, Nancy Van Tries Kidd, and Joan Hunter Miller**, all *Penn State*, pose on the famous Nittany Lion shrine in State College, Pennsylvania.



FROM TOP: BOYOUNG KIM; INT'L ST. CLAIR; WESLEY ALLSBROOK



“It is one of my greatest privileges as a therapist to ask a woman to tell me about herself. Often it’s the first time they’ve told anyone who they really are in quite some time.”

– **Cristie Ritz-King**, *West Virginia*
THERAPIST AND PODCAST HOST

Fall

2024, Volume 140, No. 2

FEATURES

The Doc Is In

BY MAUREEN HARMON

18 We asked therapist Cristie Ritz-King for advice on the big life decisions and the everyday challenges women face.

Chief Among Them

BY LAURA J. COLE

24 Meet Dawn Judkins, personal trainer turned accountant turned King County’s first female fire chief.

Raising Lazarus

BY BETH MACY

30 Beth Macy details the history of the opioid crisis and shares stories of the hidden heroes making a difference through a mobile medical practice.

COVER: BOYOUNG KIM



IN EVERY ISSUE

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3 **Letter From the Editor**

4 **The Mix**
Reach for the stars, land among the fleur-de-lis: Kappa’s Diamond Jubilee Convention.

Self-proclaimed phone addict Sharon Baker takes a tech break and rediscovers the magic of being present.

The memories made within the walls of a Kappa house make it a home. Step into the sisterhood flourishing in these six homes.

35 **Through the Keyhole**
New York Times best-selling author Fiona Davis captivates readers through compelling stories that bring iconic NYC buildings to life.

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FEEDBACK



Inspiring Women

The feedback is in: Kappas were honored to meet the Alumnae Achievement Award recipients at Kappa's 75th Biennial Convention. It was the first time in several conventions that all recipients were able to attend. It was a moment not to miss!

Keys Overseas

I RECEIVED MY FIRST COPY OF the magazine at my house after returning from two and a half years of teaching English in the Japan Exchange and Teaching Program (JET). I was so inspired to see my sisters—powerful and accomplished women—grace the page and their stories.

—Courtney Halverson
North Carolina

Way to Go!

THE KEY WAS RECOGNIZED by our peers and friends in the industry at the Fraternity Communications Association conference in May 2024. *The Key* received an award for the Chapterville illustrated map of our chapters on Page 8 of

the summer 2023 issue. The design was by Em Dash and the illustration was by Nik Neves. Also recognized was the colorful duets ad by Rhyme & Reason Design on Page 41 of the same issue.

Her Star Shines

ONE OF THE ENTREPRENEURS changing the fashion industry featured in the spring 2024 issue was interviewed by Brene Brown in "Five Questions With Lauren Choi." You can find the interview with the Johns Hopkins alumna on brenebrown.com. Search "Lauren Choi."

To Flourish

KAPPA HAS GIVEN ME THE strength and confidence to be my true self. Serving on exec

this past semester as the Vice President Standards has truly allowed me to grow among my peers in a way I could never have imagined. I walked into Kappa as a shy, nervous freshman and I can truly say Kappa has changed my life. Being surrounded by strong, supportive women has allowed me to flourish into my true self as a young woman, and this sorority has truly changed my life.

—Reese Katovich
Butler

Let Us in on It

We rely on Kappas to let us know who you know! Connect us with Kappas who have a story to tell. Email thekey@kappa.org or drop in our DMs.

theKey

Volume 140, No. 2
Fall 2024

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

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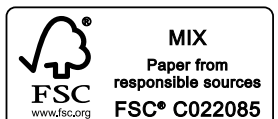
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Camp Blue

More Kappacore

WHAT IN THE BLUE BLAZES ARE THE HEAD-TO-TOE blue outfits that we have been seeing in recruitment work week photos? To call them a “blue out” would be an understatement. It’s not just all blue—it’s what I’m calling “Camp Blue,” as in campy: weird and wacky, but somehow appealing.

While I’m not on TikTok, plenty of Kappas forwarded me snippets of videos from Beta Theta Chapter, *Oklahoma*. Without some context, we weren’t sure what to make of these silly outfits. While we’re all for less frills during the whole recruitment process, these blue-and-blue outfits were nothing like we’ve seen before (they were not required). Blue hair, blue faces, blue clothing, even a blue mermaid suit. Soon we began seeing other chapters and sororities following suit. Is it a parody? We asked Beta Theta Chapter members to help us understand.

“The blue theme we do has been a Kappa tradition! Oklahoma Kappa does this for Pan in the Park. Pan in the Park is an event where all the sororities come together to do fun activities after work week. Instead of dressing so serious, we like to put a fun twist on it to show people that Recruitment can be super fun and light-hearted,” Mallie Starr, *Oklahoma*, says.

By now you can guess the rest of the story. The fun twist went viral. TikTok went crazy. Many loved it. Some questioned the seemingly rogue display. Clearly, the chapter doesn’t take itself too seriously and that’s where I have to say I’d drop a blue heart. At the end of the day, the next generation defines how they’ll live in sisterhood. It’s their blue and blue to interpret and love: all the blue hearts to that!

While we’re busy musing about how Gen Z is doing things differently, *The Key* is back with another fun coloring page on Page 39. The art is by a good friend of mine and Kappa alumna Holly McCaig, *Georgia Southern*. You can download it from kappa.org/the-key as well.

This issue is a triumph in many ways. Award-winning journalist Beth Macy, *Bowling Green*, has written about the opioid crisis in her book titled *Raising Lazarus*, which she has generously shared as an excerpt with *The Key*. It’s a tough topic but Beth handles it with aplomb.

Decisions are tough and we can get in our heads about them. Licensed therapist Cristie Ritz-King, *West Virginia*, helps show us how to be confident in our decisions.

Speaking of confidence, you can get inspired by trailblazer Dawn Judkins, *Puget Sound*. She’s the first woman fire chief in King County, Washington.

Back to TikTok. I really did consider downloading the app so I could scroll and relish in more blue Kappa videos. Until I was reminded of the essay “Happily Disconnected” by Sharon Baker, *Northwestern*, on Page 14. She encourages breaks from being hyper-connected. It’s nice to have a sister to encourage us. With that, among the scrolling, enjoy this issue’s bit of analog sisterhood.

Kristin
—Kristin Sangid, EDITOR



DYNAMIC DUO

Megan Louis Casper, *Florida*, and I instantly connected during Recruitment in 2003. A dynamic duo, we had the time of our lives! Our friendship has spanned different continents, coasts, and even living under one roof with our families (including three kids and three dogs!) during a job transition and move. We’ve traveled through the valleys of deployments and deaths and climbed the mountaintops of weddings and work successes—all because of Kappa Kappa Gamma. For that, I am forever grateful to the blue and blue.

—Lanna Daniel Britt, *Florida*

COURTESY LANNA BRITT

“All of my dreams
did in fact come
true in Kappaland.”

—**Hilirie
McLaughlin,**
Lawrence

2024 CONVENTION
ATTENDEE



THE
mix

LISA LINK/KPL PHOTOGRAPHY



A Diamond Jubilee



KAPPA'S CONVENTION ERA UNFOLDED BENEATH SKIES AND SEAS OF BLUE
FOR AN EVENT TO REMEMBER FOR THE AGES

IT WAS THE PERFECT SETTING FOR CONNECTING WITH sisters from near and far. Over 600 Kappas gathered for the 75th Biennial Convention at the JW Marriot Phoenix Desert Ridge Resort & Spa this past June. Together, we celebrated our sisterhood and expanded the horizon of our dreams.



THU



Chapter President Halle Smith, *Illinois Wesleyan*, and former Fraternity President Cathy Thompson Carswell, *Illinois Wesleyan*

Lavender Haze and Rah! Rah! Party

The weekend in Kappaland kicked off in style. We donned our lavender haze outfits for a Taylor Swift-themed Parade of Flags and a moment to honor former Fraternity Presidents. The fun continued with a dance party with DJ Jeffy J on Friday night. Kappas danced the night away in their blue-and-blue 'fits.



One hundred and forty chapters and 95 alumnae associations sent representatives to the 2024 Convention.



Whooo's that?

With fanfare and a dancing walk-on, Kappa introduced its new mascot, Owlivia! Convention attendees snapped hundreds of selfies throughout the weekend and we're looking forward to her next appearance.



you are important

Finding Home

As we began Opening Business Meeting, **Sara Khouzam**, *Loyola*, inspired us with these powerful words: "As I sat in my second-grade classroom, each hand pulling down on a section of frizzy curls, I truly believed that in doing so I was making my hair straight in order to fit in with the rest of the girls. Carrying this attitude throughout the majority of my life, I pulled and pulled on the parts of myself that I believed to be 'too much.' But from my very first step into that room of blue and blue, fleur-de-lis, and golden keys, I experienced a warmth that is hard to explain.

"A sisterhood and a home away from home I never expected to gain. As years passed, those second-grade arms that once pulled down so hard on those frizzy curls slowly began to loosen their grasp.

"Until one day, they fell down at their sides and fully embraced it. I finally decided to stop dulling myself just to 'fit.'

"Due to the love from each member in that field of blue, I stopped pulling down on those curls and finally grew. If today you catch yourself pulling down on your 'curls,' slowly put your arms down and remember that there is only one you in this field of blue and blue.

"Don't dull yourself down by cutting off your edges just to make yourself fit. You are beautiful in your own measure, don't ever forget it."



FRI

PHOTOS BY LISA LINK/KPL PHOTOGRAPHY

FRI



A Force for Good

The perfect Loyalty Award recipient is kind, tenacious, generous, willing, and loyal. The 2024 recipient, **Collett Beers Rangitsch, Wyoming**, embodies these ideals and more. Since joining Gamma Omicron Chapter, *Wyoming*, in 1983, Collett has held numerous leadership roles, including General Convention Chair and Director of Standards. She is known for approaching her Kappa roles with compassion, humor, and efficiency. Collett joins all previous Loyalty Award recipients as a living embodiment of our Fraternity's ideals and values.



Sisterhood Saturday

This choose-your-own-adventure day included personalized essential oil blends, planting a succulent to gift to a friend, or assembling mental health kits for the community. The Valley of the Sun Alumnae Association members delivered the kits to Ryan House, which was founded by **Holly Cottor, Arizona**.



The Convention choir carried the tune of the Diamond Jubilee Convention.



SAT



MENTAL
health
MATTERS

“My first Kappa Convention in 10 years was filled with friendship and reunions with people I’m fortunate to call sisters. My heart is full.”

—**Mary Kate Caviness,**
Arkansas
2024 CONVENTION ATTENDEE

Susie Orr, *West Virginia*, and
Jenn Schmidt, *Illinois*, visit
the Relax & Recharge space.

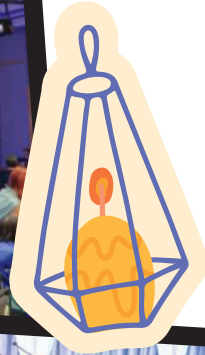
Making Dreams Come True

Convention days are long, but attendees found moments of tranquility at a Relax & Recharge Lounge sponsored by the Kappa Foundation. But the pièce de résistance of the Foundation’s work was the overwhelming success of the Tribute Table, which garnered over \$82,000 in donations and unlocked a matching donor gift of an additional \$75,000 from **Teresa Shaw, South Carolina**. The Foundation also hosted its traditional Milestone Brunch to honor 50-, 65-, and 75-year Kappa members.



Survey Says

For many, the highlight of Convention was a panel conversation with the Alumnae Achievement Award recipients: **Lt. Gen. Jody Daniels, Carnegie Mellon**, Chief of U.S. Army Reserves; **Holly Pfeifer, Simpson**, owner and pilot of Cherry Bomb hot air balloon; **Elisa Villanueva Beard, DePauw**, CEO at Teach For America; and **Margie Moreno, UCLA**, Senior Vice President Current Programming at Warner Brothers.



The magic of Convention concluded with Candlelight Dinner and the traditional Passing of the Light ceremony.



SAT

That's a Wrap

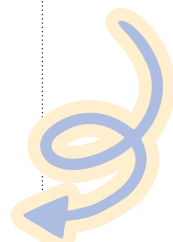
The dreamy weekend concluded with the traditional Candlelight Dinner, a word from toastmistress **Carol George Sanders**, *Cal State Northridge*, and the timeless Passing of the Light. "When I think of bold, I think of being brave and daring," said Carol. "History has shown time and time again that dreams do come true, so why not dream with daring, with an adventurous spirit, in vivid, bold color, with a gutsy attitude?" Kappa's future is bold and bright because of members like you. Join us in making bold dreams come true.

Let's Talk Business

For more about the business of Convention, including *Bylaws*, resolutions, and the newly installed officers, see Page 40.

"My blue-and-blue inner fire has been reignited and my soul has been enriched by these three days. ... I embrace the call to dream boldly and live fully."

— **Sarah Skinner**,
Emory
2024 CONVENTION
ATTENDEE



Kappa Kandy

SWEET SELECTIONS FOR SISTERS EVERYWHERE



Hair Masque

Nourish your locks with a dollop of this botanical repair.
// aveda.com // \$74



Tough as Nails

Pick any hue. We choose this sparkly blue. // essie.com // \$10



Olive You

Who knew olive oil was the secret ingredient to your perfect skin?
// olivespa.com // \$48



Glow Girl

Turn on an effortless skincare ritual with this red light face mask.
// higherdose.com // \$349

COURTESY: AVEDA; ESSIE; OLIVESPA; HIGHDOSE

Come On In

HOME IS WHERE THE KAPPAS ARE

LAUGHTER ECHOES DOWN THE HALLS; MEMORIES ARE MADE IN COZY corners; and friendships bloom within these walls. It's safe to say our Kappa homes are more than just brick and mortar. They transform the ordinary college experience into something extraordinary. When you step through the doors of these six houses, you realize they're part of the recipe of our sisterhood and hold countless memories of our dear Kappa days.



Blue Views

EPSILON ALPHA, TCU

THERE'S A SPECIAL SPOT ALL the Kappas know on the third floor of this house. There's a big blue couch under a window with perfect views of Texas sunsets. Chapter President Allison Wagner says it's the Kappa sweet spot where everyone ends up at the end of the day. They lounge around, catch up, and form friendships.

There's a wholesomeness you don't get in other TCU housing, she explains. "It feels like you're with family." Another favorite feature is the chapter room: It's classic blue and blue and was designed in 2017 by renowned interior designer Joseph Minton, son of the late Frances Morton Minton, Texas.



Presidential Digs

GAMMA ALPHA, KANSAS STATE

"MOVING INTO THE HOUSE was the moment it all changed," says Chapter President Christina Wood. It's when Kappa really became home. The house was built in 1930 and sleeps 77 members. The crown jewel of rooms is The Tree House—a spacious bedroom with vaulted ceilings. It's one of Christina's favorite spots in

the house and she's lucky to call it home during her term as President. "People come in and sit on my couch and chat for hours," she says. It gives her a chance to catch up with officers and friends she doesn't usually see. Outside of her room, the best place to hang out with sisters is the informal living room, which sports the comfiest couches.

TOP LEFT: FREEZE MEDIA GROUP; COURTESY GAMMA ALPHA



Informally Magical

DELTA NU, MASSACHUSETTS

HOUSE BOARD PRESIDENT Sandy Woo, *Massachusetts*, says she can't imagine not having lived in the house. The Kappas she lived with are some of her closest friends to this day. From huddling in a sister's room after a night out to watching TV in the informal living room, it opened her eyes to the magic

of Kappa. The informal living room holds a special place in Chapter President Meagan Dowd's heart as well. Meagan says there's always someone hanging out in there and it's her safe place to go at the end of the day. "The amount of memories in these rooms is crazy," Megan says.



Intentional Connections

GAMMA NU, ARKANSAS

CHAPTER PRESIDENT STERLING Thomas loves having 91 sisters down the hall or a floor away. She remembers one of her first weeks living in the house when she helped a Kappa down the hall decorate for her roommate's birthday. The themes of celebration and connection

are woven into the walls of the house. Members cheer each other on and celebrate wins as a chapter. "You can see the intentional design to build sisterhood," Sterling says about the house and its spaces that foster connection, like the informal living room and the porches.



Blue Bliss

BETA DELTA, MICHIGAN

THE PERFECT LOCATION, THE perfect house. The rooms within the Delta Nu house are fostering friendships to last a lifetime. Whether members are getting ready for game days together, hosting sisterhood events like Kappa Karaoke, or watching the National Championships in the Blue Room, Chapter President Sadie Howard says

she feels so connected with her Kappa sisters. When asked what her favorite room in the house is, Sadie is quick to answer with the dining room. She remembers seeing it during her first visit to the house. It's stunning with its blue-and-white wallpaper and it holds special memories from Recruitment and sisterhood events, Sadie says.



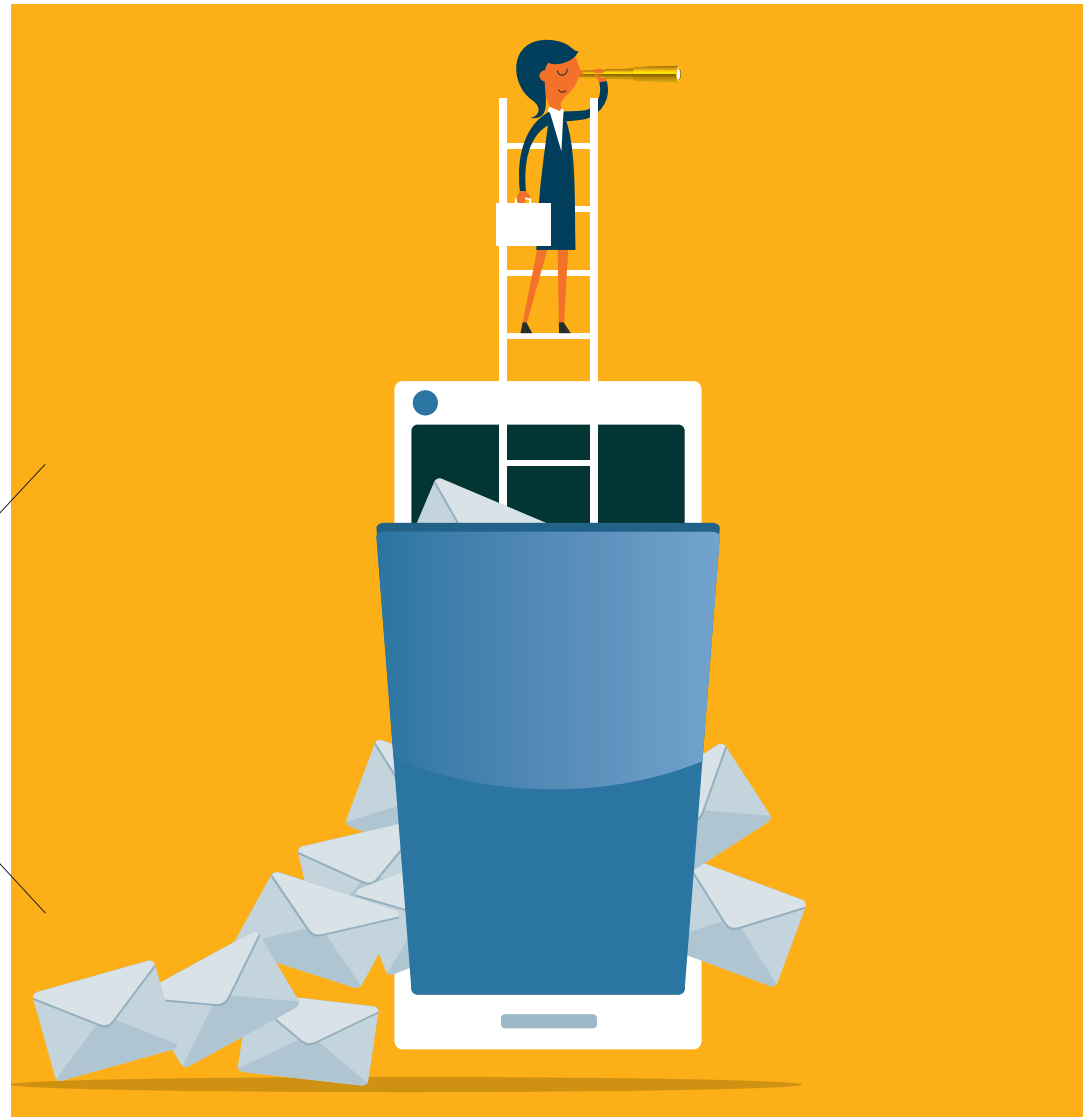
Cafe Chronicles

EPSILON XI, CAL STATE NORTHRIDGE

OUR HOUSE IS SMALL, BUT mighty, says Chapter President Melanie Nunez. The house sleeps five members, but the common spaces and backyard are open to the entire chapter. It's a home away from home for everyone. The Kappa Cafe is one of the most frequented places to hang out with sisters. On Monday nights,

you'll find Kappas crammed in doing homework and spending time together before chapter meetings, says Lizbeth Barba, who lived in her senior year. "Everyone has different memories and stories in the house and that's the beauty of it all," says Melanie. "It's where the chapter has the opportunity to evolve and grow together."

TOP LEFT: COURTESY DELTA NU; HANNAH AMOUDEH, LILLY BABIN/THE RICHLAND GROUP, INC.; COURTESY BETA DELTA; COURTESY EPSILON XI



Happily Disconnected

A CELLPHONE ADDICT RECONNECTS WITH HER HEART

FRIDAY, 8 P.M.

I needed a Big Sign.
Well. It's on the back of a Stevia packet:
"SPEND MORE TIME IN REAL TIME," Stevia advises. Me? The relaxed yoga girl who checks her cellphone every hour? Every 30 minutes? Every ... yeah me.

OK. Into the yoga pant drawer you go. Farewell, my darling best/worst friend.

"See you Monday morning," I whisper, powering her down.
"Will you miss me?"

No answer.
I dive into a giant bowl of French vanilla ice cream. Extra chocolate sauce.

SATURDAY, NOON.

"Breathe in, stretch into your deepest down dog," intones Kerry, my fave yoga teacher. "Breathe out. What's your intention for today's practice?"

You know my intention: no emails, texts, Facebook, or calls. Do not open the yoga pants drawer.

After class, I relax at our backyard pool with husband Kenny. Yes, he's looking at cute videos of our grandson, scrolling through Facebook, sports scores, and the usual beep of texts from friends. All at once, the multi-tasker.

My tweets are the robins, blue jays, grackles, bluebirds, and woodpeckers scarfing down the millet and pumpkin seeds at the Baker buffet. Inhaling our jasmine-perfumed air, I'm blissed out in our garden of yellow hibiscus, pink oleander, peach geraniums.

Real time is kinda swell. "Hey honey," Kenny says, showing me his phone. "Here's a Facebook memory of our Michael Bublé concert. What a night."

"I'm on phone break this weekend. Can't look at mine. Or yours."

He smirks. "By the way," he says, "I wrote a list of all the concerts we've enjoyed together the past 11 years. Wanna see it?"

On paper ... my dear husband has compiled an amazing memory of favorite groups, such as: Fleetwood Mac; Earth, Wind & Fire; Neil Diamond; Elton John; The Eagles; Billy Joel; Herb Alpert; Chicago; Chris Stapleton; Celine Dion; Coldplay and and and ...

"We're so blessed," I smile. "And different subject ... we've been dreaming about an African safari for 11 years."

"And we never actually plan it," he laughs. "Well. Maybe someday."

Back on his phone. Floating under a sapphire sky, the flowers, birds, and I contemplate someday.

SUNDAY, NOON

My resolve is weakening. My phone addiction is relentless. At the yoga pants drawer, I ask her, "Are you OK in there?"

I'm sure there's a cornucopia of emails, texts, Facebook posts, and my favorite: voice messages from gal pals inviting me to fun.

Slipping into a sundress and sneakers, I walk around the corner to The Magic Forest. My happy place. A quiet tangled jungle where my imagination blossoms. Hundred-year-old live oaks shade delicate palm trees. Dappled sunshine glints from the burbling creek.

Creatures live here. Only I see them.

A fierce jaguar laps the cool water, watching me with her golden eyes. We smile.

My green-haired troll buddy waves hello. We smile.

On the highest branch, sleepy sloth wakes from her nap. We smile.

My Magic Forest is where I ask my 70-year-old self: Heart! What do ya want?

"I want an African safari with Kenny," says my heart.

"I want to adventure in Costa Rica again to see sloths, macaws, and sea turtles laying eggs," says my heart.

"I want to sign that book contract and publish my first children's book," says my heart.

MONDAY, 10 A.M.

I slide open my yoga pants drawer. There she is. My best friend, who connects me to everyone and everything. My worst enemy, who controls my time, my serenity, my sanity.

Power up. Wow: 100 emails? 30 texts? 25 phone messages? How can I ever RSVP?

First things first.

I call and reserve our 2025 African safari.

I call and reserve my second trip to Costa Rica.

I call my publisher and tell her I'm ready to publish my children's picture book, *Where Is the Magic?*

Then. I'll walk to The Magic Forest. Without her.

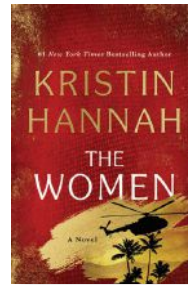
—By **Sharon Spence Baker**
Northwestern

Sharon's new children's picture book, Where is the Magic, will be available on Amazon this fall.

BOOKS

Listen While You Cruise

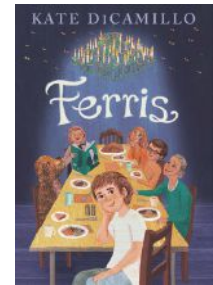
These 2024 new releases will keep your ears perked up while you keep your eyes on the road during your next road trip.



The Women

BY KRISTIN HANNAH,
READ BY JULIA WHELAN
AND KRISTIN HANNAH

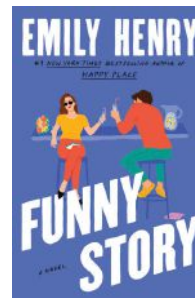
Acclaimed storyteller Kristin Hannah transports readers to 1960s America to tell the coming-of-age story of a woman during a period of war and divided politics.



Ferris

BY KATE DICAMILLO, READ
BY CHERRY JONES

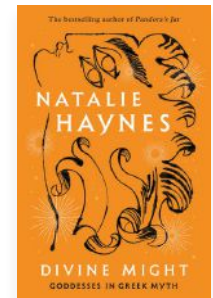
The whole family will love this heartwarming tale about Ferris Wilkey and the summer before she starts fifth grade. The story is packed with humor and heart at every turn.



Funny Story

BY EMILY HENRY,
READ BY JULIA WHELAN

A favorite author of romance readers, Emily Henry is back with another novel that will make your heart soar and your funny bone tickle.



Divine Might: Goddesses in Greek Myth

BY NATALIE HAYNES, READ
BY NATALIE HAYNES

This refreshing female-centered look at the legends of Olympus is narrated by the author, which is always a treat.



Ask Clara

ADVICE FOR ANY OCCASION

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

Dear Clara: After graduating, I landed my dream job and it’s located in a brand-new city. So, I packed my bags and started this adventure. I love it here, but to be honest, I’m struggling to make new friends. Any advice?

—Looking for Gal Pals

Dear Gal Pal,

First, congrats on landing this awesome job! Second, know you’re not alone. Making friends is hard, especially when you leave the college environment where you live down the hall from people your age or can meet friends at campus events. The key is to put yourself out there and keep trying! Strike up a conversation with someone in your next workout class or

sign up for sites like Bumble For Friends (You know the founder is a Kappa, right?). You’ll find your new group of friends; it just takes time.

Dear Clara,
My family and I don’t see eye to eye on politics and someone inevitably decides to bring it up at family gatherings. It makes me dread the whole thing entirely. How should I navigate these get-togethers so things don’t get so tense or awkward?

—Politically Charged

Dear Charged,

Everyone is entitled to their own opinions and sometimes it’s best to agree to disagree. Go into the family gatherings with a positive attitude and if someone brings up politics, remember you can politely change the subject or excuse yourself to catch up with your relatives stationed by the chips and dip. Failing that, you can remind your family member of the common ground you do share regarding politics rather than focusing on items of disagreement.

Dear Clara,
I’m struggling with my current relationship. Being 28, I feel as if I’m falling behind on

the timeline I had imagined for myself. I thought I would be married by now and in reality, I’m not sure an engagement is coming any time soon. It’s especially hard when I see my friends reaching these milestones before me. I feel like I am running out of time. What do I do?

—Short on Time

Dear Short on Time,

First, remember that while it’s easy to compare yourself and your relationship to others, everyone is on their own timeline. And I would say you’re right on time with yours. There’s no rush to get married. It will happen when it’s meant to. Second, remember that life is about so much more than romantic relationships. Look to your education, career and friendships for additional fulfillment. Once you find a way to stop putting so much pressure on yourself and the expectations for your relationship, you’ll be able to enjoy the stage you’re currently in and be pleasantly surprised when it’s time for the next.



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

JONATHAN BARTLETT



Two Stewart girls (pictured below) were early members: Founder Minnie Stewart and Crissie Stewart. This painting hangs in their childhood home, now The Stewart House Museum.



FROM THE ARCHIVES

An Artist and a Founder

A striking landscape adorns the walls of the charter room at The Stewart House Museum. According to Stewart family lore, the artist behind the sun-brushed path, delicate shadows, and autumn-hued foliage is founder Minnie Stewart. It is worth noting that Minnie was enrolled in the scientific course, while her sister Crissie took art lessons at the college and Minnie may have as well. Crissie was initiated sub rosa (in secret) in 1877 after the chapter closed. —By **Kylie Towers Smith**, Simpson

KAPPA ARCHIVES



TIPS FROM THE TRENCHES

As a therapist, podcast host, and author, Cristie Ritz-King helps women navigate the complexities—and really big decisions—of life. We asked her for a free therapy session.

INTERVIEW BY MAUREEN HARMON

IN 2020, CRISTIE RITZ-KING, WEST VIRGINIA, PUBLISHED THE BOOK *Explicit Parenting: Tips from the Trenches for Raising Good and Happy Humans*. Her goal as an author and therapist was to teach, but in the process, she learned that the core ideas she built the book around—Know Yourself, Know Your End Game, Be Curious, Don't Judge, and Stay Consistent and Persistent—made up an applicable framework to address many of the issues being raised in her practice and on her podcast: "I Wonder, Getting Curious with Dr. Cristie."

Through her work, Cristie urges women to apply these principles to help them heal from acute trauma like sexual assault and to help them find their voices in a classroom or a boardroom, care for parents or children in complicated times, and navigate new relationships without bringing in past issues.

"It is one of my greatest privileges as a therapist to ask a woman to tell me about herself," says Cristie. "Often, it's the first time they've told anyone who they really are in quite some time. Even more often, it's the first time they've thought about it themselves. The good news is they always come back to themselves, and they are ultimately thrilled with who they find."

We took a few of the most complicated dilemmas facing women today and asked Cristie for input—and some free therapy.

Here's what she had to say:





ON PARENTING IN... The Digital Age

Opinions Not Welcome:

Shut out the noise and close out everybody else's opinions about your children in the digital age. Instead, ask yourself a few questions: How do I want to go forward with my kid in the digital space? Do I want to raise a digital-free child or one who can safely navigate the digital world? Are there time limits and rules I need to establish to help support them as they learn to safely navigate the internet? Am I more of a free-range digital parent? What do I want them to learn?

But the Big Question to Ask:

How will I help them live and thrive in this environment,

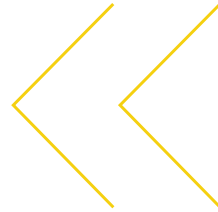
because technology is here to stay?

Be Explicit:

Be explicit and upfront with your children about the ways you expect them to engage (or not) in social media, video games, even YouTube and influencer culture, and why you have made that decision.

Here's the Tricky Part:

This is their world. As parents—just like every generation before ours—we always need to remember that we're raising children in a world that we don't necessarily recognize. Our role is to not always fight against that new world, but rather, help children learn the best ways to manage what's in front of them.



This is their world. As parents—just like every generation before ours—we always need to remember that we're raising children in a world that we don't necessarily recognize.

ON NOT PARENTING... At All

This Is Your Call:

Want to live a child-free life? Be prepared for questions (“What if you regret it?” “Don’t you like kids?” “Why?”) and many unsolicited opinions, but leave them where they lie. This is your decision. When you can confidently make that decision because you’ve done the work to know it’s right, you can more easily tune out the noise of others’ opinions. (And a special note to the people asking these questions of women: Knock it off. We never know if it’s a decision or a point of pain or a health consideration. No matter what it is, it’s actually none of our business.)

Zoom Out:

Maybe you see a gender reveal video and you really want that moment of celebration. Or maybe you see a beautiful Instagram



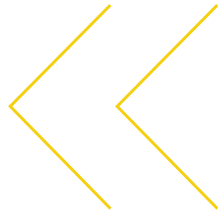
account of a child-free woman hiking through Europe with her very good-looking partner and you crave that freedom. But zoom out—what’s the bigger picture here? And when you consider that bigger picture—diapers and crying and sleepless nights on one end and living from a suitcase in foreign places on the other—do you really want everything that goes with that photoshopped and edited snapshot? No matter which journey you choose, there are a lot of pros and cons with each, and only you know which big picture works for you.

Now Zoom Back In:

Consider that snapshot again. How does it make you feel? Those feelings can reveal some important insights. I talked with a woman once who had decided to have children and couldn’t stop looking at images of her child-free friend who travels and always looks rested and content. Once we dug deeper, we learned that it wasn’t a child-free life she craved, it was rest. She felt like she was on this treadmill and her friend was living this glamorous life. So my client just built things into her life that restored her. When you look at the snapshot, what is it that resonates most about what you see? How do you get more of that in your life?

Doubt Is Normal:

Just as I tell mothers who have moments of doubt about whether they should have had kids, so too do I tell women who have moments of doubt when they chose not to: Moments of doubt are totally normal (yes, even when you are very sure of your decision). But if you’ve done the work to explore what you want from your life and have come to some awareness of who you are, those moments will pass.



No matter which journey you choose, there are a lot of pros and cons with each and only you know which big picture works for you.



While not fun, pain and mistakes are absolutes when it comes to life.

ON PARENTING... Through Fear

Check Your 12-Year-Old Self:

Parenting is ripe with triggering moments. Your kid gets bullied and you remember being bullied, or your kid gets a bad grade and you remember that D in algebra that embarrassed you once upon a time. Those are hard moments for any parent, but especially when your inner 12-year-old takes over and approaches the situation out of fear. Life is full of discomfort and mistakes, and we need to help our kids recognize and live through that—but sometimes we have to recognize it ourselves first. We need to be aware of our own “stuff” in order to help our children navigate theirs.

Be Curious, Save Your Assumptions:

Be curious, not judgmental, when it comes to knowing your kids. Listen more than you speak. Ask questions rather than make assumptions about their intention or motivation. Find out from them how something feels or why they chose a certain way. Then ask, “What do you think you could have done differently?” Or, “What are you proud of doing? What might you want to do next based on what we just talked through?”

Pain and Mistakes Are a Fact of Life:

While not fun, pain and mistakes are absolutes when it



comes to life. The good part about them? They're usually formative—and the same will be true for your children. We can't always—nor should we—protect our children from every single moment of pain or potential mistake. Instead, our job is to help them navigate difficult moments while letting our adult selves (not our inner child) guide that process.

Be a Gutter Guard: At its core, a parent's job is to provide a safe space to land. We know there are disengaged parents, Helicopter parents, and Snowplow parents. If none of those parenting styles feel like you, consider becoming a Gutter Guard parent, just like the bumpers you see in bowling alleys. The guards are there to help children (and new bowlers) learn to throw straight without too much humiliation and instant failure.

We can't make our children throw a perfect strike at life, but we can let them know they won't veer totally into danger without some soft guidance back on track.

It's easier to talk about options and set expectations before we ever need to, so when the time comes, everyone involved knows the way forward.

ON CARING FOR Aging Parents

Uncharted Territory: In a lot of cases, at least in America, this is uncharted territory. The boomers are the first generation to live this long. They weren't really caring for their parents in the same way that we're caring for ours. Often, they just moved their aging parents or loved ones into their homes, which isn't a go-to option for many today, whether we're living further away from our families, we don't have the space for mom or dad, or we just don't want to be back under the same roof as our parents. So there are parts of this journey that will feel frustrating because they're new or simply uncomfortable. Accepting both of these truths will make it easier in the long run.

Familiar Territory (But Not Really): If you are a parent to children, it may feel like you're parenting all over again, but it's not the kind of parenting you've done so far. If you decided not to have or raise children, this process may not be like any you've experienced. As is the case with anything new (a job, a relationship, a new neighborhood), it will take some time to adjust. And remember, this isn't all about you—your parents aren't used to this either. They will have their own adjustment period.

Talk Taboo:
The name of my book is *Explicit Parenting*

because, as a society, we don't seem to have tough conversations about parenting children. It's taboo. But this lack of conversation is also apparent around topics like grief, aging, and dying. And if we do talk about it, it's often not early enough. Let's get these hard topics out on the table. Talk to your aging loved ones preemptively about expectations and plans. Maybe your parent is planning to move in with you when they can no longer care for themselves. Maybe that is not your plan at all. It's easier to have these conversations early when there's less emotion and fear involved. It's easier to talk about options and to set expectations before we ever need to so when the time comes, everyone involved knows the way forward.

Phone a Friend: If these conversations are too difficult for you to have yourself for whatever reason—especially if there's already tension in the relationship—consider a third party to help you navigate. That could be a therapist, friend, or family member, but it could also be a lawyer who helps families navigate conversations around power of attorney and wills. Third parties are able to bring in some neutrality by sticking to the facts and lowering the unavoidable emotions involved.

This is Their Life, Too: This isn't all about you. Whatever or however you decide to have these conversations, I encourage parent and child to explore options together and approach it as a team.





ON ADVANCING Your Career (or Not)

Acknowledge the Elephant in the Room:

The workplace is not always diverse or female-friendly. Hard work isn't always the golden key to the next promotion—that's still not entirely how the world works for us, even if seeing more women in leadership positions can make us feel like it is. In moments of rejection or when we are passed up for a promotion, our knee-jerk reaction is to blame ourselves or at least look for what we can do differently. Just remember, there's more at play here than our individual performance, so we have to be careful not to turn on ourselves in those situations.

Watch for Gender

Pressure: Avoid thinking: So many women paved the way for me far be it from me to say this

isn't the path I want. Be aware of your own goals as they align with your values and expectations. Then, go for those, not the next "right" step on the ladder. Your goals might change over time. So keep checking in with yourself on each new rung of the ladder you're climbing.

Consider How You Show Up:

For a long time, the expectation for women who wanted to advance their careers was to act like men. But the beautiful thing about the younger generation is that they've recognized that approach isn't for them. They've realized that they don't have to be what the bosses ahead of them were in order to get to higher levels in their careers because doing that isn't a guarantee they'll get to where they want to go anyway. That

thinking frees us up. If acting like them isn't a guarantee, then we might as well be ourselves.

Who Am I?: Ask yourself:

Who am I as a professional or a leader? Not who you're supposed to be, but what is it about you that makes you good at your job? What do you as an individual bring to the table based on your strengths and personality? I've talked with many women at the top of the corporate ladder who operated in a preconceived box only to realize that what they were doing didn't feel good. That's because their work selves were not in alignment with who they really were.

Change It or Leave It:

Women, especially women leaders, have the power to help organizations through a shift in culture. When women embrace those characteristics that are theirs, the people who work for them or with them really respond. We also have the power to walk away from a job that isn't working. If you're realizing that who you are doesn't match an organization, move on. Leaving a position is not a sign of failure; it's not an indication that you can't succeed. It may not seem like it all the time, but there is a place out there where they will recognize the gifts you bring. Find that place.

You're More Than Your Job:

Remember, your job doesn't have to be the thing that defines you or even aligns with you perfectly. Maybe you work in order to rock climb every weekend or afford to ski or adopt all the stray dogs. Maybe you don't want to be the president of the company or the lead engineer. You actually just want to do good work in order to fund the rest of your life. **0—**



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CHIEF AMONG THEM

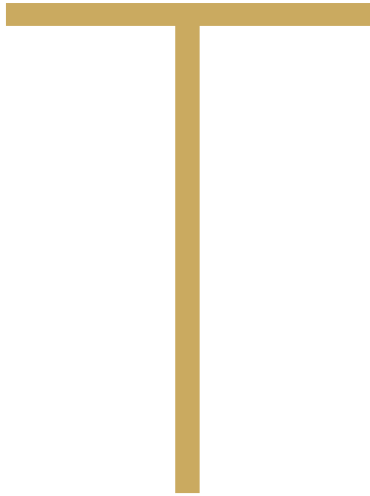
AS THE FIRST FEMALE
FIRE CHIEF IN KING COUNTY,
DAWN JUDKINS
SHATTERS STEREOTYPES IN A
MALE-DOMINATED PROFESSION.

INTERVIEW BY

Laura J. Cole

PHOTOS BY

Inti St. Clair



HE CAREER OF DAWN JUDKINS, Puget Sound, has been anything but typical. A lifelong athlete, she was a personal trainer turned accountant before she decided to become a firefighter in her 30s. She was one of the older recruits in her academy—and the only woman. That didn't stop her from becoming the first female

fire chief in King County—the most populated area in Washington state—when women still make up less than 5% of career firefighters in the United States, or from strengthening her team while the industry is facing severe staffing shortages.

We sat down with Dawn to ask about her journey to become fire chief of the Mountain View Fire and Rescue in Auburn, what she looks for when assembling a team that performs well under pressure, and how she's combatting the decline of her profession, especially when emergency calls and wildfires are on the rise.

You were an accountant before you became a firefighter. Tell me about that decision and when you knew being a firefighter was the right career for you.

I got into accounting by accident. I was actually working at the Washington Athletic Club in Seattle as a personal trainer, but I didn't love it. I knew I didn't want to do sales, and accounting was the only path there that met my criteria. I learned a lot, which is very valuable to me now, but it felt like every day was Groundhog Day—I was doing the same things over and over again.

When I changed employers and started working for the city of Redmond, I met some firefighters who invited me to join their softball team, and I ended up doing a ride-along with one of them. It just kind of clicked for me, and I started as a volunteer. I love that firefighting is a job where I get to be physically active, someone tells me what to do, and every day is vastly different. I don't have to worry about an inbox. I just respond to whatever call comes in. And I get to help right at the time that someone really needs it and then send them off to someone who is better capable of serving them, so it has worked out great.

What was it like starting out?

I knew how challenging it was going to be. My first experience in the fire service was as a volunteer firefighter. I participated on weekends



and in the evenings after my full-time job. The academy and the physical test for the volunteer program were very strenuous. I was the only woman in the academy and one of the only women in Duvall, Washington, where I got my first volunteer position, though nobody batted an eye at it. I remember when I first had to start a chainsaw—I had never done that before, and I felt like such a girl. But then I learned so many of the guys in the class hadn't either. My age gave me the opportunity to naturally step into a "mom" or teaching position where I could say, "Let's work on this together." It was a great experience.

What are some of the challenges and opportunities of being a woman leader in a historically male-dominated industry?

I know less than 10% of firefighters in the U.S. are women, and there's value in having more diversity in this field. But I don't feel different. I think because I've always played sports—I did weightlifting, soccer, softball, and was a thrower—I always felt like one of the guys. My dad, who was drafted to play Major League Baseball after high school, taught me baseball, which I played for six years. I had a lot of guy friends throughout school. We would go to the gym together. I was a skinny little runt up through junior high and working out with them



As the fire chief in King County, Dawn relies on volunteers to serve her area, but there has been a sharp decline in volunteer across the country. “The reality is it’s hard to recruit people to volunteer,” says Dawn. “This is a way of contributing to your community, but it’s not like the food bank, where you can come once a week for a couple of hours.”

I REMEMBER WHEN I FIRST HAD TO START A CHAINSAW—I HAD NEVER DONE THAT BEFORE AND I FELT LIKE SUCH A GIRL. BUT THEN I LEARNED SO MANY OF THE GUYS IN THE CLASS HADN’T EITHER.



helped me become stronger. And I think because I’ve grown up in sports, I like being a helper. A lot of female firefighters I know have a sports background, and we rely on that team leadership experience as we progress through the ranks.

I realize though that sometimes I’m seen as different. There have definitely been times when I’ve known that I am on the outside. Some female patients gravitate toward me; some male patients want a male firefighter. But I think that if we all get over historical views of what jobs we can do based on our genders, it makes it easier to do our jobs.

What is your philosophy when it comes to being a role model not only for your team but for your community?

As a firefighter, my focus was helping to make everyone’s day better than when I encountered them at the beginning. As the fire chief, my goal every day is for my firefighters to enjoy their job. I want them to have fun because I know that if they have a positive work experience, then they’ll provide excellent customer service to the people who have called for help.

There has been a sharp decline in the number of men and women becoming volunteer and career firefighters. How does that impact your day-to-day?

We used to rely on volunteers significantly, but we don’t have as many as we did in the past. We’re actually down to five volunteers right now when even four or five years ago we had like 70. Volunteers play an important role in connecting us with the community, but they also allow us to train and vet firefighters before they’re hired, and we rely on them to help fill shifts.

The national standard of staffing for each station for fire response is four firefighters. In the Pacific Northwest, the standard is three. Until two years ago, we had only two firefighters at each station. As a profession, we don’t fight as many building fires as we did years ago, but having adequate staffing is also very important for CPR and non-fire incidents, which make up about 70% of our calls. With two people, it’s challenging to address the incident—to do chest compressions, ventilation, run the AED, and talk on the radio, for example. The demand for services is increasing—it’s up 30% since 2020—as our population is increasing significantly. That’s in addition to attending public events where we’re requested and responding to wildfires. We have an agreement with the Department of Natural Resources for wildland deployments. All but two in our department are Red Card trained, so we help in those situations, but, thankfully, we have a pretty seamless mutual-aid agreement with all of the agencies in King County.



Dawn and her team focus on recruitment and retention by inviting interested volunteer firefighters to join ride-alongs. "I want them to know what working in a fire department is actually like before they apply for a job and get hired," she says, "because some TV shows make it look very glamorous."

How are you addressing the shortage?

Traditionally, being a volunteer firefighter is the path to becoming a career firefighter. It's the one I followed. But the reality is it's hard to recruit people to volunteer. This is a way of contributing to your community, but it's not like the food bank, where you can come once a week for a couple of hours. We require at least 30 hours of training per month. It requires you to be part of the crew, go on calls, and be up at night when maybe you have a job the next day. So our volunteer ranks have diminished but our hiring is up. We had 24 firefighters when I joined this department in 2021 and will have 39 by the end of this year.

We focus on recruitment and retention by encouraging people to join us for ride-alongs. I want them to know what working in a fire department is actually like before they apply for a job and get hired because some TV shows make it look very glamorous. And we get the privilege of getting to see what they're like and if they're a good fit.

Other than physical ability, what do you look for in a good firefighter and teammate?

I want someone who can easily communicate, and I want someone who has some experience being a team player. When you're constantly

I WANT THEM TO KNOW WHAT WORKING IN A FIRE DEPARTMENT IS ACTUALLY LIKE BEFORE THEY APPLY FOR A JOB AND GET HIRED BECAUSE SOME TV SHOWS MAKE IT LOOK VERY GLAMOROUS.

with two or three other people all day long for 48 hours at a time, you need to get along well with others. When people tell me that they've been involved in team sports, I know for the most part that they can assimilate into this life well.

The other thing I look for is core values so that they can remind themselves who they are, how they should act, and what their integrity level is. People who are easily able to communicate what's important to them—whether it's their family or their faith or the way they serve the community—are people I'm drawn to. ➡

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ILLUSTRATION BY
Wesley Allsbrook



COMPASSION *amid*
CHAOS. *In her book,*
**RAISING LAZARUS: Hope,
Justice, and the Future of America's
Overdose Crisis, **BETH MACY,**
Bowling Green, takes readers
through the history of the
OPIOID CRISIS *and*
the role **POWERFUL COMPANIES**
and families have played in its surge.
Along the way, she brings light to
the **HIDDEN HEROES** *working*
to combat **GOLIATH.****

On a chilly spring evening in 2021, nurse-practitioner Tim Nolan set up his portable exam room next to a McDonald's dumpster in Hickory, North Carolina, and he waited. His desk was the dusty dashboard of his gray Prius, his office this parking lot. It smelled like frying oil and fermented trash.

In the time it takes a drug user to pull up a shot of heroin, Tim can fashion a medical lab of test tubes and testing strips on the roof of his car. He's a practitioner on the move, delivering harm-reduction supplies, lifesaving prescriptions, and treatments for injection-related infections to patients who can't make it to his office because they don't have cars.

Or because the transmission on the one they were borrowing just blew.

Because they're not inclined.

Because the only thing they can think about is scoring drugs, so they won't end up on the toilet again, dopesick and in excruciating withdrawal.



A middle-aged factory worker named Sam, new to Tim's practice, was supposed to meet Tim in the parking lot at 5:30 p.m., but Sam had misplaced his cellphone and was running late. Also, he was super high.

Tim waited for Sam. He had two important messages for his new patient.

One: You can get better.

And two: Don't disappear.

The Centers for Disease Control and Prevention estimates that more than a million Americans have died from drug overdose since 1996, the largest factor by far in decreasing life expectancy for Americans. In the past two decades, overdose deaths have quintupled. If life-expectancy declines persist, experts predict it will take more than a century to recover.

COVID-19 emerged roughly six months into my reporting for my 2022 book, which visits the country's hardest hit places to witness the devastating personal costs that two-thirds of America's families are now being forced to shoulder and profiles the companies and families that have benefitted from the opioid crisis. Overdose deaths went up as the pandemic further isolated people with substance use disorders (SUDs).

Within the first pandemic year, the overdose count was 29% higher than the year before, and the numbers kept climbing. By late 2021, it was clear that addiction had become the No. 1 destroyer of families in our time, with almost a third of Americans reporting it as a serious cause of family strife, and drug overdoses claiming the lives of more than 100,000 Americans in a year—more than from car crashes and guns combined.

And yet, after reporting on the issue for more than a decade, I have learned that whatever most people believe they know about drug addiction, unless they understand the issue firsthand—unless they know people like Tim and Sam—the reality is hard to fathom. In one small Appalachian city, EMS workers have tended to overdose deaths of more than a dozen of their former classmates, not counting the calls for addiction-related domestic violence and child abandonment. In a small Tennessee town, a 32-year-old told me she'd already lost 27% of her high-school class to overdose.

HOW WE GOT HERE

As Tim waited for Sam, the United States Congress debated how to hold to account the Sackler family, sole owners of Purdue Pharma, whose OxyContin painkiller was the taproot of the opioid crisis. The Sacklers are just one node in a vast network of opioid lawsuits broadly acknowledged to be the most complicated in American history.

Under pressure from litigation against Purdue Pharma by 2,600 cities, counties, and Native American tribes, and to forestall further lawsuits against the Sackler family, the company filed for Chapter 11 bankruptcy in late 2019. The move was both cunning and literal, as it was preceded by a change of address that allowed the company's legal reckoning to be determined in the sleepy suburb of White Plains, New York.

White Plains has only one bankruptcy judge, Robert Drain. And Drain was known for favoring settlement deals that make economic sense and for trusting big law firms to get the details right. Judge shopping, the practice is called. The Sackler family was nowhere near bankrupt—and had no meaningful connection to White Plains.

If Drain confirmed the bankruptcy plan, the full extent of the Sacklers' role in the overdose crisis would never be known.

For a quarter century, the Sacklers masterminded and micro-managed a relentless marketing campaign for their killer drug, then surgically drained the company of \$10 billion when they saw trouble

on the horizon. The family socked much of that money away in family trusts and offshore accounts. But they needed a court's help to shield this money—permanently—from the company's creditors and other victims.

At the same time, any effort on the part of the government to rein in drug companies had long been dwarfed by the greed of private industry. Under Republican presidents before and after Barack Obama, career prosecutors who'd worked mightily to nail Purdue's owners and executives for fraud were twice thwarted by politically appointed superiors at the Department of Justice, thanks largely to repeat influence peddlers.

During the Obama years, lobbyists pushed legislators to pass into law a bill called the Ensuring Patient Access and Effective Drug Enforcement Act. It sounded good, but in actuality, the law severely limited the Drug Enforcement Administration's ability to freeze suspicious narcotic shipments from drug distributors to pharmacies—setting the stage for more pills, more deaths, and more litigation. In recent years the opioid lobby has spent eight times more than the gun lobby to curry favor with lawmakers.

By the spring of 2021, the naming of President Joe Biden's new drug czar was bogged down in politics, as was the possibility of his appointing the acting commissioner of the Food and Drug Administration, Dr. Janet Woodcock, to the actual post. Earlier in her career, when

In American cities being slammed by illicit fentanyl and in much of rural America where the crisis initially took root, a disparate group of people who work outside the realm of mainstream bureaucracies had begun tackling what officials have failed for decades to do: keeping people alive.

OxyContin and many other potent painkillers were approved, Woodcock was supposed to have been the nation's "top drug cop." But for two decades, regulatory watchdogs stood by as pharmaceutical and health-products corporations plied lobbyists, political campaigns, and Capitol Hill politicians with \$4.7 billion to smooth the pathway so they could sell, sell, sell.

How did the Sacklers get away with so much for so long? They surrounded themselves with sycophants hired to shield them from the consequences of their faulty product. They bought influence. As OxyContin scion Richard Sackler put it, "We can get virtually every senator and congressman we want to talk to on the phone in the next 72 hours."

America's 1 million overdose-death count is predicted to double by this decade's end. It is already as if a city the size of San Jose has vanished, and, by 2029, those deaths will be Houston-sized.

But such disappearances are quiet and geographically dispersed as the epidemic remains hidden in plain sight, buried in a fierce, century-old battle between shaming drug users as criminals or treating them as patients worthy of medical care.

At this point, too much attention is focused on stemming the oversupply of prescription opioids. A quarter century into the crisis, many people with opioid use disorder (OUD) have long since transitioned from painkillers to heroin, methamphetamine, and fentanyl, the ultra-potent synthetic opioid. And we now have a generation of drug users that started with heroin and fentanyl.

As President Biden faced pressure to make up for the drug wars he'd committed in the 1980s and '90s by championing punitive "tough on crime" laws that scapegoated Black and poor people, overdose deaths from fentanyl rose most among Black Americans, surging 38% in 2019. (Native Americans claimed the highest overdose-death rate in 2020, but no group has seen a larger increase than Black men.)

In American cities being slammed by illicit fentanyl and in much of rural America where the crisis initially took root, a disparate group of people who work outside the realm of mainstream bureaucracies had begun tackling what officials have failed for decades to do: keeping people alive. While many government-run programs were initially hobbled by pandemic rules designed to protect workers, people like Tim simply masked up and carried on. They worked long hours from the trunks of their cars, under bridges, and in fast-food parking lots. Some risked arrest to deliver sterile needles, lifesaving addiction medications, or treatments for injection-related hepatitis C and HIV/AIDS. The most passionate among them were former drug users who now do outreach and are officially called "peers" (short for peer recovery specialists or peer coaches).

As the Rev. Michelle Mathis, who coordinates Tim's street outreach, described it: Those who get close enough to people who use drugs may get to personally witness the miracle of wellness—but only if they first answer the call. As with the disciples who unwrapped a raised-from-the-dead Lazarus at Jesus's command, Rev. Mathis explained, "It doesn't always smell like flowers, and you might get a little something on you. But the people who are willing to work at the face-to-face level get to see the miracle and look it in the eye."

As Tim worked nights visiting drug users, Judge Drain spent his days focused on buttoning up the bankruptcy. The Sackler family was on the verge of locking away most of its wealth even as overdose deaths kept breaking records.

In a country that spends five times more to incarcerate people with SUD than it does to treat their medical condition, progress remains stagnant. In 2019, an estimated 18.9 million Americans in need of treatment didn't receive it. That's a treatment gap of roughly 90%. Among the lucky few who do get treatment, Black patients were far less likely than whites to have access to lifesaving buprenorphine ("bupe"), a medicine that blocks opioid cravings, for their OUD.

When Americans fall into addiction, survival remains a luxury. Nearly a decade into the second wave of America's overdose crisis, pharmaceutical companies have yet to answer for the harms they created.

SMALL WINS

Recently, Apple announced it would create 3,000 jobs and a new East Coast campus in nearby Raleigh-Durham, part of North Carolina's so-called Research Triangle, about two hours east of where Tim works. But outside the Whole Foods-rich triangle (four and counting), little opportunity beckoned for Tim's patients, most of whom were thirsty, hungry, unhoused, and divorced from mainstream health care.

Tim's patients aren't well enough to make it to the clinic where he works during the day, let alone apply for Apple's jobs in machine learning, artificial intelligence, and software engineering. They have lived off-grid and in the shadows for too long. The state pledged \$845 million in tax incentives, and the county \$20 million. But for the people in Tim's practice, no such investment is being made.

Street medicine is low-tech and high-touch, the antithesis of Apple. But more than most of the programs I've witnessed in my decade of reporting on the overdose crisis, Tim's low-barrier approach works—not always the first time, and not for everyone, but, eventually, for many.

"It doesn't always smell like flowers, and you might get a little something on you. But the people who are willing to work at the face-to-face level get to see the miracle and look it in the eye."

Sam was giddy by the time he arrived at McDonald's. He stood between the dumpster and his dented SUV, apologetically late and unapologetically glassy-eyed. He asked Tim to prescribe him something no other health care provider ever had during his decade of using drugs: affordable buprenorphine.

"I'm ready to get off that damn needle," Sam told him.

"Why do you want to?" Tim asked, gently.

Sam stalled and took a deep breath. His eyes welled. "Sorry, man," he stammered.

"Is that a hard question you don't want to answer?" Tim asked.

Sam shook his head and told his story: He'd been imprisoned twice, once for selling drugs and once for assaulting a police officer during a full-blown psychosis that Sam blamed on a forced withdrawal. A year earlier, his 18-year-old son had been murdered in a drug dispute, shot in the head with a crossbow. Though Sam considered himself "a functioning addict," he'd been fired from his last job driving a forklift after a drug-related fight. Standing next to the dumpster, he vowed to stop using heroin before he began his next job.

"I've never even said all this to anyone," he told Tim, wiping away tears.

"I appreciate it," Tim said. "That's how we're going to work together."

But Tim worried. Burke County remained an epicenter of heroin, fentanyl, and meth use.

Tim didn't have time for Facebook. His social worker wife, Amy, worried that he worked too many hours. He didn't drive as well at night as he once did. On street medicine nights, he slept in his brother-in-law's basement, hours from his Asheville home. Nights and weekends, there was rarely a time when a stranger wasn't sending him a text, usually beginning: "Hi. A friend told me you can treat me."

If the patients couldn't find a ride to the nearest truck stop or Burger King, Tim took his mobile clinic to them. Absent a cohesive system of care to treat the afflicted, he created his own.

The next day, Tim phoned in Sam's discount prescription for Suboxone to Walgreens.

"I'm 41 years old, and with nothing to show for it," Sam had said at the end of his first visit. COVID was raging at the moment, but his face mask dangled from one ear, broken.

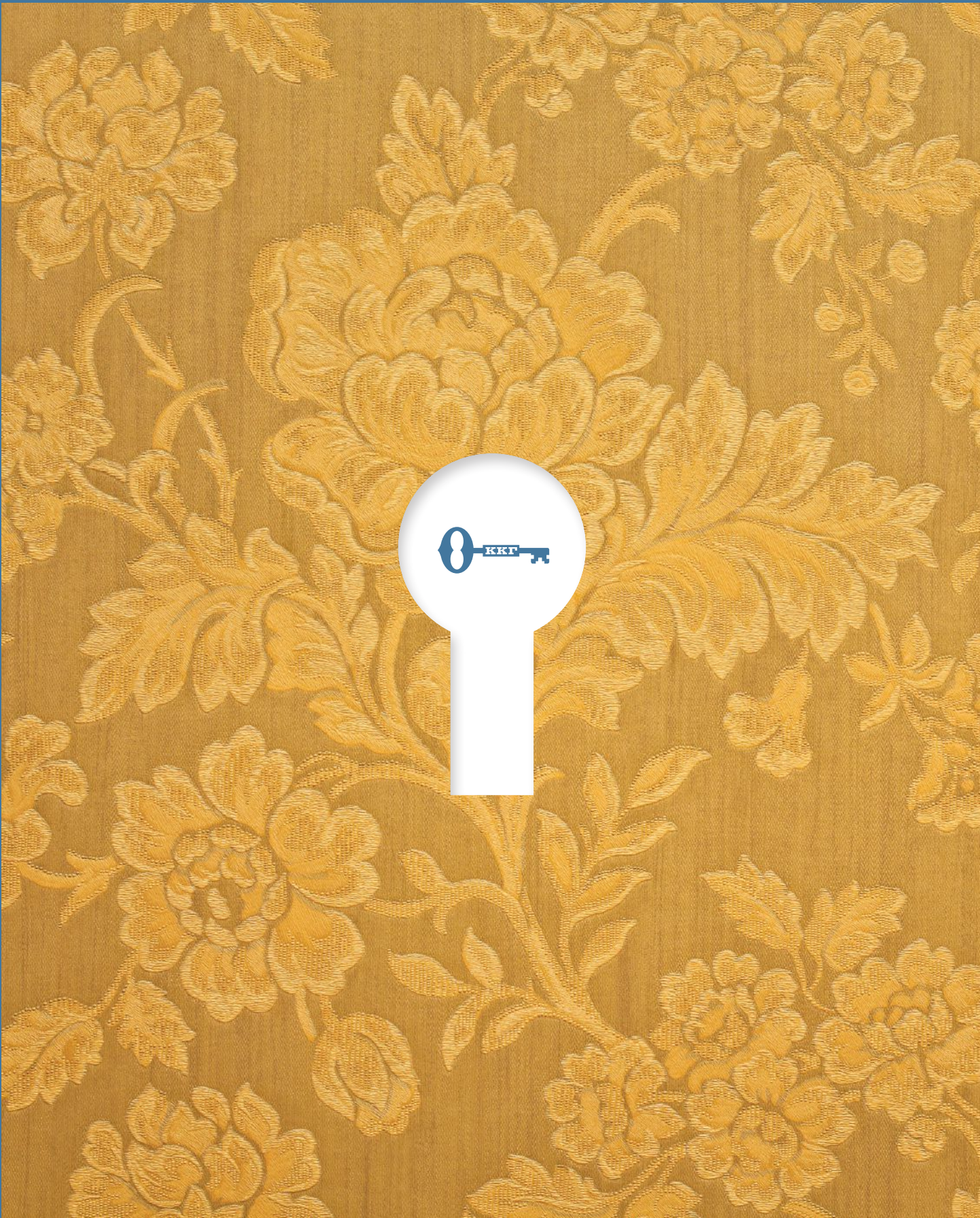
"Well, let's turn it around," Tim said. "I always tell people, just don't disappear on me. If next week is a worse week for you, we're not going to throw you out of the program. I'll text you and ask if we can meet at the Burger King that's closer to your house. We'll talk more and see how the week went. Is that fair?"

Sam nodded.

"Just don't disappear, okay?" Tim repeated. They started to shake hands on it, then awkwardly bumped elbows instead.

Then Sam took off in his Jeep, and he disappeared. 🚗

Excerpted from Raising Lazarus: Hope, Justice, and the Future of America's Overdose Crisis, by Beth Macy. Reprinted with permission from Little, Brown and Company, a Hachette Book Group. Macy is also the author of Dopesick and was a co-writer and executive producer on Hulu's adaptation of the book.



Fiona Davis, storyteller
extraordinaire of New
York City and its historical
buildings and people

STORYBUILDER

Landmarks and Legacy

Fiona Davis brings iconic New York City buildings to life in spectacular novels

By **Katie Mills Giorgio**, *Drake*

FIONA DAVIS, *WILLIAM & Mary*, is a *New York Times* best-selling author.

But that's not necessarily a title her younger self saw coming.

"I was definitely not someone who imagined writing a book," she said by phone from her home in New York.

She did, however, have big dreams. After college, Fiona, the daughter of an engineer and a scientist, moved to New York City to pursue acting. For the next 10 years, she performed on and off Broadway and in regional theater.

"When I look back, I think I can't believe ... I moved to New York to go to acting school. I can't believe my parents let me. But, I'm so glad I did. I'm so glad I chose the path that was a little nutty. Because that is the time to do it ... you'll make mistakes and pick yourself up and carry on and that's just all part of it."

While Fiona said she appreciates that phase of life, she knew it wouldn't be forever.

"Acting was really great, but I just realized that as I got older

it would only get tougher," she said. "I thought maybe there's something else I should be doing; that maybe I should look into an alternate career."

A Myers-Briggs test laid out two options: police officer or journalist.

"I think maybe there's some sense of fairness and justice in both of them," Fiona said, "but I certainly was not going to be a New York City cop."

So, she applied to the journalism program at Columbia University, was accepted and completed a master's degree there.

"It was life-changing because it taught me how to write, how to structure a narrative, and even though it was nonfiction, all of those things apply in writing fiction, especially historical fiction, where you have to do so much research."

While working as a freelance magazine writer, Fiona's curiosity steered her toward novel writing.

"In my mid-40s, I was looking for a new apartment in New

KRISTEN NORMAN





Through the Keyhole



40 IN BRIEF

From the President:
Meet Team Kappa

43
MAKE A NOTE
Coming up in Kappaland

44
KEY ACHIEVEMENTS
From scaling mountains
to receiving Emmys, these
Kappas are inspiring

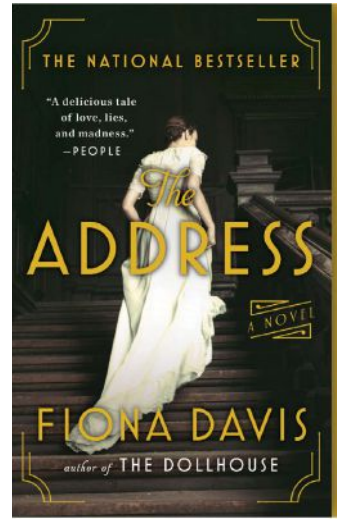
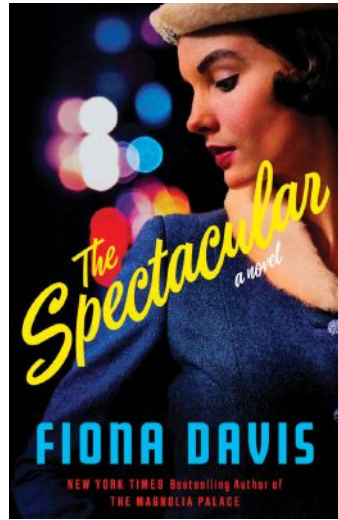
46
IN MEMORIAM

48
REMIX
Amateur sleuths and
whodunit moments keep
the pages turning

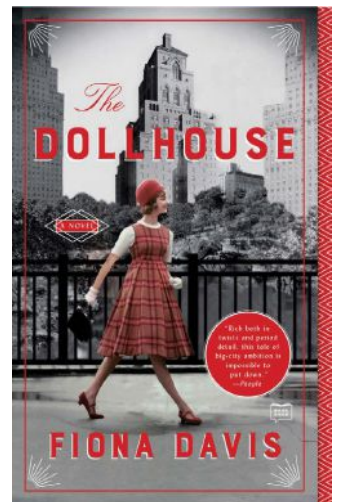
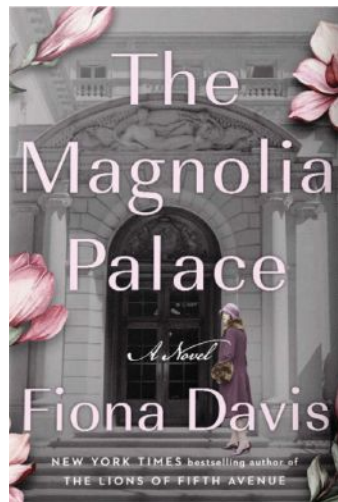
Super Fans

Share your story and
passion for a chance
to be featured!

thekey@kappa.org



Historical fiction titles
by Fiona Davis



“The stories are just remarkable that I find of people who’ve lived in New York in eras where women were really forgotten and lost. Finding these women who were really important in their time and making those names clear in a story and celebrating who they were is, to me, very rewarding.”

Her writing has reconnected her with her Kappa sisters as well. “I did a book talk and luncheon down in Sarasota, Florida, for a Kappa event and it was just amazing,” she said. “It was a great thing to see everyone with their key pins and to talk with people and hear their stories.”

Her latest book, *The Spectacular*, is set at Radio City Music Hall in the 1950s. “I did a lot of research interviewing women who were Rockettes in the 1940s and 50s and hearing their stories and what it was like to be a woman in New York then and to dance on that iconic stage when women were supposed to be secretaries or teachers. And here they were financially independent in the center of the Big Apple. The pride of what they accomplished was wonderful. I did everything I could to bring that to the page.”

And there is more fun on the horizon. Fiona has been working on her next book, *The Stolen Queen*, which is set at the Met Museum and will be out in January 2025.

“It’s a big building and there’s a lot going on there,” she said, noting that it features an assistant curator working on the Egyptian collection and an assistant at the Met Gala. “It’s a wonderful building to write about,” she said, noting that she’s still waiting for her invitation to a Met Gala event, for research purposes of course.

York City and I went to see one at the Barbizon 63 condo, which I knew had been the Barbizon Hotel for Women,” she said, noting in the 1950s it was a place where cultured women could stay while they worked or studied in Manhattan.

In 2005 when Fiona saw the Barbizon, there were original residents still living there paying around \$200 a month in rent. Meanwhile, the rest of the building was converted to luxury condos, with the penthouse fetching \$17 million.

“The journalist in me thought

it was a really fascinating story and I’d love to read this book, especially if it went back and forth in time and could compare how the building and the residents in the city have changed.” So she started researching and writing. And that eventually led to her first book, *The Dollhouse*.

“Suddenly I was off on this whole new career path.”

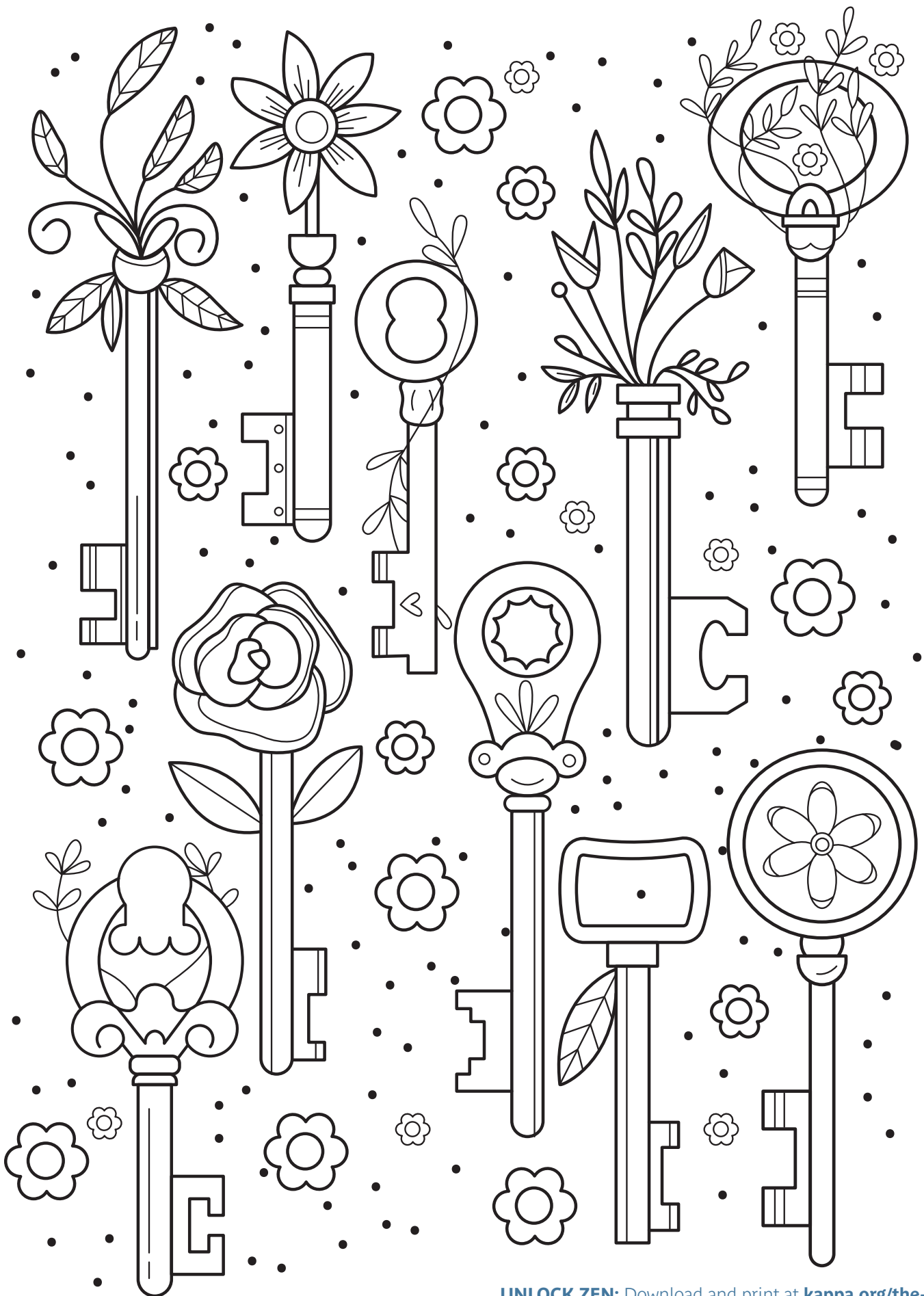
Fiona got curious about another building and then another and then another.

“I love the research part of writing where you’re learning all about the building and the people

who live there or pass through there,” she said. “What I usually do is use all of that research as a kind of scaffolding and then layer a fictional story on top of that.”

She has since written seven historical fiction novels inspired by buildings.

“It was a very organic thing. It wasn’t like I thought, well, I’ll create a franchise. It really came from my desire to learn about these generations of ghosts who have passed through the walls of these amazing buildings.” A city like New York offers up endless ideas, she said.



IN brief



MESSAGE FROM THE PRESIDENT

Meet Team Kappa

The 2024 election of Fraternity Council officers and District Directors was held in April. At Kappa's 75th Diamond Jubilee Convention in June, the council officers and District Directors were installed with over 600 Kappas in attendance. These volunteers will serve for the 2024–26 Biennium, leading Kappa and strengthening our future. Fraternity Council: President **Elizabeth Bailey**, *Mississippi*; Treasurer **Kyle Donnelly**, *UC Riverside*; and Vice Presidents: **Nancy Dennis Campbell**, *Florida State*; **Jessica Coffield**, *UC Riverside*; **Sandra "Sam" Laich Fetcho**, *Illinois Wesleyan*; and **Barb Adams Goettelman**, *Syracuse*.

DUBLIN, OHIO

More Team Kappa

The 14 District Directors, elected in April and installed at Convention, are:

- Fiona McCracken Allen**, *Texas A&M*
- Emily Fetcho Barclay**, *Butler*
- Chelsea Bellew**, *Denison*
- Amy Moore Collins**, *Mississippi*
- Mary Campbell Ford**, *West Virginia*
- Mary Ferguson Hendrick**, *Oklahoma*
- Kailey Hulick**, *Iowa State*
- Casie Lindsly**, *Emory*
- Emily Logue**, *Central Florida*
- Susie Orr**, *West Virginia*
- Alyssa Bernauer Parietti**, *Santa Clara*
- Holly Sullivan Proffitt**, *Westminster*
- Amy Hernandez Riesinger**, *Georgia Southern*
- Elizabeth "Liz" Wong**, *Waterloo*

Express Interest

DURING THE FIRST FRATERNITY Council meeting, held in July, Content Directors and standing and special committee chairs were appointed. There will be more appointments to come as we fill committees and task forces. In addition, we're always looking for seasoned volunteers to step into leadership roles and serve as Content Specialists, chapter advisers, House Board trustees, and alumnae association officers. Whether you have three hours or 30 hours to give, there's a volunteer opportunity waiting for you. Express interest: kappa.org/volunteer-interest-form. We appreciate everyone continuing to say "yes" to Kappa. — **Elizabeth Bailey**, *Mississippi*



A Lasting Mark

FORMER FOUNDATION EXECUTIVE Director **Maggie Sims Coons**, *Hillsdale*, was awarded the William D. Jenkins Outstanding Foundation Professional Award by the Foundation for Fraternal Excellence. Over her 20-year career with the Kappa Foundation, Maggie exemplified an unwavering commitment to the Foundation's mission and an innovative approach to fundraising. Her achievements, such as the launch of the Founders Day Giving Challenge and the digitization of Kappa's archives, have made a lasting impact on the

organization, its members, and the broader Greek-letter community.

Bylaws and Standing Rules

THE BUSINESS OF CONVENTION includes voting on proposed amendments to the Fraternity *Bylaws and Standing Rules*, which were presented by Bylaws Chairman **Carmen Crocker Mincy**, *Vermont*. The *Bylaws and Standing Rules* amendments were sent to the membership in March and included 29 total proposed amendments.

Many of the proposed amendments included adjustments for clarity, including the removal of the expired provisos and modifications to wording for consistency. Substantive changes include:

>>Moving the deadline to submit amendments to the Fraternity documents from mid-December to Nov. 1 prior to a Convention.

>>Moving the "Amendment of *Standing Rules*" from the Fraternity *Standing Rules* to the Fraternity *Bylaws*.

>>Enabling the Bylaws Committee to correct typographical and technical

Want a taste of Kappa? Try The Fleur
Napa Valley's newest varietal

OWLS, KEYS AND
FLEUR-DE-LIS

2021 PINOT NOIR



errors in the Fraternity documents to ensure accuracy and readability of the published documents.

>>Refining the process for the request for resignation or removal of certain volunteer positions.

>>Instituting a stepwise process for the withdrawal of an alumnae association charter.

>>Refining and clarifying the Fraternity standards process.

>>Revising wording for the annual per capita fee evaluation for clarity.

>>Refining the leadership selection and Leadership Selection Committee process.

>>Adapting the Fraternity election process to better meet the needs of elections being

conducted prior to a Convention.

>>Requiring that chapters receive permission prior to using the “all-in-one” initiation ceremony.

These newly amended documents took effect at the end of Convention. They will be available on the Kappa website in the coming weeks.



Members of Gamma Delta Chapter, Purdue, advocate for mental health.

WEST LAFAYETTE, INDIANA

Wellness Week Raises Awareness

GAMMA DELTA CHAPTER, *Purdue*, dedicated a week to mental health awareness, sparking vital conversations and breaking down the stigma across campus. “Wellness Week was more than

just a fundraiser,” says former Philanthropy Chair **Maureen Kelly**. “It was a weeklong celebration of unity, compassion, and the power of collective dedication.”

The chapter engaged the community with events designed to promote mental health and foster a positive atmosphere on campus, including therapy dog visits, a member-led sunset yoga class, passing out handwritten



compliments, and more. The chapter exceeded its fundraising goal, raising over \$11,500 in donations for the Jed Foundation and the National Eating Disorders Association.

Therapy Is for Everyone

Talk it out and prioritize your mental health. Thanks to a grant from the Kappa Foundation, alumnae receive 25% off Talkspace mental health services with code Kappa25. Collegians receive services free of charge.

[TALKSPACE.COM/KAPPA](https://talkspace.com/kappa)



World Mental Health Day

OCT. 10

Three ways to celebrate World Mental Health Day:

TEXT OR CALL
a Kappa sister to check in.

VOLUNTEER
with one of Kappa’s philanthropic partners.

SUPPORT
the Kappa Foundation’s mental health and well-being programming.



Loyal-Tee

For Kappas loyal and true. This limited-edition launch from The Kappa Collection is the perfect way to rep Kappa and spread kindness.

MAKE A note

Kappa Scholars

Applications for the Foundation merit- and need-based scholarships as well as graduate scholarships open in November. Want to get a head start? Review the Scholarship Application Guide at kappa.org/scholarships.

Kappa Turns 154!

OCT. 13

Founders Day is right around the corner! Grab your owls, keys, and fleurs-de-lis as we celebrate another year of friendship and sisterhood. Show us how you're celebrating: socialmedia@kappa.org



Keep up With Kappa

As technology continues to evolve, so does Kappa. We are upgrading our email system to improve our ability to connect with you. We're excited about the new system and its possibilities and ask for patience and support with any growing pains.



**WE'RE
HIRING**

Visit kappa.org/careers

Work for Kappa

Want to travel, inspire the next generation of Kappa leaders, and kick-start your career? Consider applying for a Leadership Consultant position. Applications open in November. Looking for other career opportunities at Kappa? Visit kappa.org/careers.

FROM TOP-CLOCKWISE: THE KAPPA COLLECTION; CORY KLEIN; OREGON STATE; ISTOCK

Fleurishing Fun

Everyone's favorite virtual alumna events are back! With cooking classes, book clubs, and more on the schedule, there's something for everyone. Learn more at kappa.org/events.



Key

ACHIEVEMENTS

Audrey Grunst

LOYOLA. THE GLMV CHAMBER of Commerce awarded Audrey the 2023 Mrs. Claus Make A Difference Award for her community and mental health advocacy work after the Highland Park shooting. She also won the Illinois Senate Award for organizing over 600 therapists to serve the community after the shooting.

Lindsay Dorf

MICHIGAN. LINDSAY HAS developed a forward-thinking and cutting-edge app called Astor, which combines best-in-class money management tools with a supportive community. Astor's mission is to empower women to build confidence in investing, bridging the gender gap in financial literacy and wealth management.

Victoria Garrick Browne USC (CALIF.)

VICTORIA founded The Hidden Opponent, a nonprofit raising awareness for student-athlete mental health and, in April, announced its official partnership with Adidas. For the next two years, the two brands will amplify conversations around mental health, provide programming and education for student-athletes, and work to end the stigma surrounding mental health.

Josette Baxter Perez and Janette Baxter Hinton

AUBURN AND GEORGIA. LIFE IS better when you're dancing. Twin sisters Josette and Janette wanted to find a community for women 50 and older in Atlanta. Their goal was to have fun and exercise. They founded the Staying Alive Crew dance group in 2018 and have performed community events, danced at center

court at an Atlanta Hawks game, and have over 60 members.

Rosita Najmi

WAKE FOREST. IN HER TED TALK at TEDWomen, Rosita focuses on leadership styles and how to become a successful leader. She shares how multilingual leaders succeed by bridging sectors, communicating effectively, and adapting their leadership languages to audiences across industries. Watch the video at go.ted.com/rositanajmi.

Jessica Klepper Wiederhorn

WASHINGTON. FOUNDER OF SOS and president of the FAT Brands Foundation, Jessica uses her nearly 20 years of sales experience to empower women and champion community causes. She started the Foundation from the ground up, developed the overarching vision, and built a diverse board. She was awarded the 2024 Emerging Nonprofit Executive of the Year from the Los Angeles Business Journal.

Sydney Marvin

TEXAS. SYDNEY IS REVOLUTIONIZING personal safety as the founder of Stunner Safety. She's zapping away safety concerns and launching her debut product: a three-in-one, nonlethal self-defense gadget that's part stun gun, pepper spray, and flashlight. Sydney's invention lights up personal safety, empowering women with high-quality protective gear.

Abyah Wynn

PEPPERDINE. ABYAH IS BREAKING barriers in venture capital as co-founder and managing director of Twenty65 Fund. She launched the microfund in 2019, focusing on investing in women, especially those of color. Abyah also volunteers with Many



TRAILBLAZING

ARDEN HUNT

WHITMAN

Arden is blazing trails and trekking into new territory with *The Whitman Outdoor Journal*. Driven to share peoples' stories and experiences in the great outdoors, Arden and her co-founder created this print magazine. While they love celebrating the adventurous achievements of Whitman students, alumni, and faculty, they strive to share all stories—no matter how big or small the achievement. Learn more at whitmanoutdoorjournal.com.

COURTESY WHITMAN COLLEGE



PAWSITIVELY PERFECT

AMY SHANK FIALA

NORTH TEXAS

Amy included her dogs in her wedding, so she knows how special it is for paw-rents to have that option. Her company, A Wedding Tail, started as a dog-walking service and has since expanded to include wedding day dog attendant duties. Couples hand over the reins (or leash) so their furry friend can be part of their big day.

Hopes, supporting disadvantaged children in Kenya through housing, education, and advocacy initiatives.

Joanne Sullivan

FLORIDA STATE. JOANNE WAS honored with the 2024 Dottie Berger MacKinnon Woman of Influence Award by the Tampa Bay Chamber of Commerce. Joanne’s more than 30 years in fundraising and development has made her a “serial connector” and “friend-raiser.” Her mentorship, community service, and ability to unite diverse stakeholders exemplify values of leadership and empowerment.

Haley Kluge

MICHIGAN STATE. AS VARIETY magazine’s youngest-ever creative director, Haley is a visionary who orchestrates 48 weekly print issues and 52 award-re-

lated publications annually. Her avant-garde designs, including 20 celebrity-adorned covers, have revitalized Variety’s aesthetic across print and digital. Her remarkable prowess has garnered industry accolades and a coveted spot on Forbes’ illustrious 30 Under 30 roster.

Monica Harkins Graves

MISSOURI. MONICA, AN anchor/reporter at WDRB Media, achieved a lifelong dream when she received two Emmys. She was honored for her news coverage of the Old National Bank mass shooting in Louisville, Kentucky, in 2023. In her acceptance speech, she dedicated the award to the survivors and victims.

Kelly Stuckey

ARKANSAS. *HOW TO TEACH A Troll to Read* is a heartwarming

story that weaves a tale of a young boy who transforms into a troll, and his journey back to humanity, highlighting the importance of kindness, empathy, and the transformative power of education. An unlikely friendship between the troll and Meg, a brave and com-

passionate girl who teaches him to read, demonstrates the impact of patience and kindness. The enchanting story spurs the imagination and encourages empathy. It’s a perfect read for anyone who believes in the magic of change and the power of a good book.



WITHIN REACH

RITA “RIKI” D’ANNA JONES

ROLLINS

Reaching new heights. Literally. On May 21, 2024, Riki summited Mount Everest with 19 other climbers. “A little before 8:30 a.m. on May 21, I was able to make a longtime dream of mine come true! To say it was incredible would be such an understatement,” says Riki. This is the fourth mountain in her pursuit of the Seven Summits.

UPI/ALAMY LIVE NEWS

IN memoriam

* Adelphi College

Lerme, Madeline Brunks, '48, d. 5/23

* Akron, University of

Killian, Frances Haramis, '48, d. 2/24
Norval, Patricia Mullins, '53, d. 1/24
Tatar, Jennifer Prebish, '04, d. 9/23

Alabama, University of

Cork, Katherine, '95, d. 11/02
Dolcater, June Unger, '50, d. 4/23
Evans, Carrie Scales, '50, d. 5/23
Hollis, Jane, '75, d. 4/23
Lanford, Cynthia McMillan, '56, d. 3/24
Morrow, Rosa Partlow, '57, d. 10/23
Ragsdale, Mary Connor, '42, d. 4/24
Roberts, Barbara Wilbanks, '64, d. 8/23
Shields, Sarah Marshall, '45, d. 1/24
Smith, Louise Young, '50, d. 10/23
Woodson, Abbie Wendel, '46, d. 3/23

Allegheny College

Blackmar, Elizabeth Miller, '63, d. 3/24
Nettrour, Mary Soisson, '53, d. 11/23

Arizona, University of

Auslander, Edith Sayre, '58, d. 7/23
Bryant, Jane Schell, '52, d. 1/24
Dunsmore, Ann, '73, d. 2/24
Oden, Peggy Cox, '52, d. 10/23
Washburn, Sandra Jones, '60, d. 3/24

* Arkansas, Univ. of, Little Rock
Shackleford, Suzy Dempster, '63,
d. 12/23

Arkansas, University of

Brewer, Nell Walker, '57, d. 3/24
Czeschin, Sissy Baker, '56, d. 3/24
Harris, Kalynn Wilson, '61, d. 11/23
John, Melissa Williams, '89, d. 10/23
Kerr, Virginia Mizell, '59, d. 4/24
Ousterhout, Janet Grohoski, '14, d. 1/24
Reaves, Linda Carson, '67, d. 1/24
Roth, Jo Ann Jaynes, '53, d. 2/24
Smith, Joy Wineland, '76, d. 1/24
Smith, Susan Cosmos, '63, d. 1/24
Steele, Betty Ayers, '53, d. 12/23

Baylor University

Klatt, Lynn Williams, '77, d. 3/23

Bucknell University

Sallada, Alice Hartzell, '64, d. 10/23

Butler University

Chapman, Joan Yarian, '46, d. 11/23
Morgan, Helen Letsinger, '52, d. 12/23
Morrow, Frances Parker, '48, d. 3/24
Nix, Jane Lineback, '56, d. 1/24
Rauch, Janet Gormley, '49, d. 8/23
Smithers, Dara, '66, d. 12/23

Cal Poly, San Luis Obispo

Padoan, Sofia, '21, d. 2/24

California, U. of, Los Angeles

Dunn, Charleen Voorhees, '61, d. 8/23
Hawkrige, Edith Crouse, '47, d. 3/24
Renwick, Gloria Rainey, '55, d. 3/24

California, U. of, Santa Barbara

Flanagan, Stephanie, '88, d. 10/23

Carnegie Mellon University

Bray, Shirlee Ferguson, '53, d. 10/23

Central Florida, University of

Watson, Julia, '11, d. 11/23

Cincinnati, University of

Chalfin, Jacqueline Hayes, '58, d. 1/24
Grant, Ellyn Rice, '71, d. 4/24
Rockwell, Diane Lundin, '63, d. 1/24
Sampson, Susan, '58, d. 3/24
Surman, Pat Morris, '53, d. 3/24

* Colorado College

Dern, Ellen Lindsay, '50, d. 4/24
Hopper, Betty Long, '44, d. 12/23
Kellett, Elizabeth Burton, '51, d. 2/24
Schisler, Dottie Lucas, '48, d. 6/23
Seibel, Carolyn McClintock, '54, d. 2/24

Colorado State University

Brasch, Donna Summerour, '67, d. 4/24
Hartung, Barbara, '63, d. 1/24
Rasmussen, Janice Flett, '58, d. 4/24

Colorado, University of

Galloway, Margaret Wright, '59, d. 8/23
Jeurink, Leslie Erskine, '55, d. 4/24
Lazaroff, Dianne MacCornack, '62,
d. 12/23
McMillan, Grace Orendorff, '53, d. 9/23
Roemer, Ann Roning, '59, d. 9/23

* Connecticut, University of

Adams, Carol Carrano, '56, d. 3/23

Cornell University

Dicker, Leane Werner, '68, d. 9/23
Rippe, Marianna Aber, '50, d. 12/23

Denison University

Albers, Marty Garner, '50, d. 11/23
Barker, Carole Neuman, '53, d. 6/23
Fleming, Caroline Warfield, '49, d. 11/23
Kramer, Phyllis Early, '46, d. 11/23
Piper, Betsy, '73, d. 10/23
Weist, Mary Alice Paul, '54, d. 9/23

DePauw University

Jones, Mary White, '53, d. 3/23
Knapton, Carolyn Repp, '45, d. 3/24
Thompson, Kristi Anderson, '70, d. 10/23
Thompson, Ann Huesmann, '50, d. 4/23

Drake University

Betts, Janet Davies, '51, d. 6/23
Coppock, Barb Barnhart, '58, d. 10/23
Higgs, Gertrude Van Ginkel, '47, d. 2/24

Durham, North Carolina, Delta Beta

Canine, Emily Anderson, '43, d. 4/24
Nichols, Eleanor Rathbone, '48, d. 2/24
Thompson, Lorna Perks, '50, d. 2/24

Florida State University

Shaw, Marilyn Bishop, '70, d. 1/24

Florida, University of

Speer, Lindsay English, '05, d. 10/23

George Washington University

Byorth, Jeanne Rhodes, '49, d. 3/23
Fulton, Ruth Boesch, '46, d. 1/24

Georgia, University of

Brown, Lettie Jensen, '55, d. 3/24
Howard, Mary Francis Stubbs, '52, d. 4/23
Peterson, Alice, '66, d. 11/23
Weeks, Juliana Wright, '52, d. 11/23
Wellborn, Marguerite Geer, '55, d. 11/23

Hillsdale College

Hein, Joanne Bresson, '50, d. 2/24

Idaho, University of

Odberg, Patricia Long, '51, d. 11/23
Schou, June Meeks, '47, d. 1/24
Thompson, Dude Edgington, '45, d. 3/24
Urban, Pamela Harrington, '46, d. 3/24

Illinois Wesleyan University

Coventry, Suzanne Livingston, '52, d. 3/24

Illinois, University of

Buck, Catherine Denny, '86, d. 3/24
Edgerley, Janice Smith, '43, d. 8/23
Getzen, Ruth Wylie, '52, d. 2/23

Indiana University

Crabtree, Jo Ann Shrode, '43, d. 3/24
Ludwig, Mary Taylor, '43, d. 10/23
Minton, Susanne Sackett, '53, d. 3/24
Rockwood, Dolores Schavul, '50, d. 3/24

Iowa State University

Calhoun, Lois Lindsey, '47, d. 10/23
McEachran, Mary Lou Petersen, '51, d.
3/24

Ragsdale, Toni Lorenz, '68, d. 12/23
Schlemeier, Nancy Early, '47, d. 2/24

Iowa, University of

Beeh, Darlene Scott, '51, d. 2/24
Clark, JoBeth Gale, '82, d. 10/23
Evans, Priscilla Garrett, '46, d. 7/10
Kennedy, Marilyn Reed, '51, d. 3/24
Sparks-Greif, Shirley Nichols, '52, d. 12/23

Kansas State University

Banks, Michele Clark, '64, d. 1/24
Bradbury, Ellen McLaughlin, '59, d. 10/23
Flowers, Susan Peterson, '59, d. 3/24
Peck, Betsy Baker, '49, d. 4/24
Simpson, Betty Russell, '44, d. 3/24
Wancura, Brianna, '10, d. 12/23

Kansas, University of

Duke, Barbara Hays, '48, d. 10/23
Morrill, Georgiana Sewell, '46, d. 12/23

Louisiana State University

Jones, Jariel LaFleur, '63, d. 4/23
Lunn, Betsy Holton, '48, d. 1/24
Nelson, Diane King, '49, d. 1/23
Pittman, Elizabeth Fair, '51, d. 4/24
Pound, Betty Armstrong, '53, d. 12/23
Reynolds, Mary Kathryn Curtis, '46,
d. 1/24

* Maryland, University of

Gasparre, Betty DeMello, '53, d. 12/23
Martine, Julia Chesser, '49, d. 11/23
Swope, Nancy, '68, d. 3/24
Voight, Barbara Wasser, '59, d. 3/23

Miami University

Dunham, Marilyn Striegel, '52, d. 3/24
Hirsch, Anne Dearing, '54, d. 12/23
Howe, Dawn Mitchell, '53, d. 1/24
Isler, Lois Symms, '49, d. 1/24
Sandeen, Sue Swezey, '58, d. 2/24
Vasholz, Marjorie Cartwright, '52, d. 3/24
Whedon, Marilyn Sargent, '51, d. 3/24
Whelpton, Barbara Doan, '46, d. 1/24

* Miami, University of

Robbins, Virginia Tanis, '54, d. 4/24

Michigan, University of

Walters, Marilyn Stone, '47, d. 10/23

* Middlebury College

Southard, Sally Tingle, '59, d. 7/23
Stark, Barbara Wessellmann, '47, d. 2/24

Minnesota, University of

Barickman-Meier, Barbara King, '50, d.
4/23
Brainard, Joan Cockroft, '45, d. 10/23
Swanson, Mary Stewart, '52, d. 3/24

Mississippi, University of

Amason, Luci Kreger, '51, d. 7/23
Cologino, Johnette Walker, '58, d. 3/24
Gary, Betty Parks, '52, d. 1/24
Gorton, Anne Carlton, '59, d. 3/24
Hunt, Anita Ledlow, '73, d. 7/23

Missouri, University of

Barron, Catherine Iuen, '58, d. 3/23
Bliss, Sue, '62, d. 9/23
Kleppe, Cora Jean Bork, '48, d. 3/24
Lesniak, Dorothy Burger, '52, d. 4/24
Maffry, Mary Barton, '52, d. 3/24
Prewitt, Susanne Munsell, '45, d. 2/24
Robison, Helen Tucker, '48, d. 1/24
Ryan, Susan Vollenweider, '64, d. 11/23
Schultz, Kathy, '87, d. 1/24
Smith, Sally Schorr, '51, d. 4/23
Stevens, Ann Pate, '48, d. 11/23
Watson, Susan Doubet, '74, d. 3/24
Williams, Jeanne Dodds, '41, d. 3/23

Monmouth College

Williams, Cathy Axline, '47, d. 10/23

* Montana, University of

Casebeer, Terry Stephenson, '58, d. 2/24
Johnson, Kay Klampe, '55, d. 4/24
O'Brien, Saralou Leaphart, '52, d. 12/23
Short, Ann Higham, '59, d. 4/24

Nebraska, University of

Adler, Jean Wilson, '51, d. 9/23
Bunten, Mimi Duteau, '52, d. 3/24
Jones, Mary Runyan, '41, d. 2/24
Ofe, Jayne Gorton, '53, d. 4/24
Rapp, Jane Skinner, '60, d. 3/24
Romisch, Dorothy Minnick, '84, d. 10/23

New Mexico, University of

Pomeroy, Mona Howe, '54, d. 10/23
Renken, Patricia Cazier, '61, d. 3/24
Sanclare, Shelby Smith, '59, d. 6/23
Stockham, Martha Goodman, '62, d. 3/24
Williamson, Ruth Redman, '50, d. 1/24

North Carolina, University of

Moore, Judi McConnell, '68, d. 3/24

* North Dakota State University

Bakkemo, Carolee Arneson, '60, d. 9/23
Daelley, Mary Moffitt, '58, d. 3/24
Elavsky, Billie Knudson, '69, d. 3/24

North Texas, University of

Page, Trina Key, '90, d. 5/23

Northwestern University

Brewer, Miriam Nesbit, '52, d. 12/23
Casey, Mary Usas, '69, d. 1/24
Cossum, Mary Childe, '51, d. 6/23

Galvin, Joan Zellmer, '50, d. 7/23
Gee, Barbara Bullock, '55, d. 9/23
Phillips, Rosemary Sherian, '56, d. 4/24

Ohio State University

Burney, Sandra Barrett, '63, d. 10/23
Butler, Sue Burkhart, '57, d. 12/23
Hall, Barbara Warner, '78, d. 2/24
Minter, Elizabeth Bayer, '53, d. 1/24
Riihimaki, Sharon Soutar, '53, d. 1/24

Ohio Wesleyan University

Allen, Sue Mills, '66, d. 12/23
De Bauerfeind, Marjorie Skelton, '39, d. 1/23
Graham, Stephanie Schmidt, '74, d. 11/23
Jackson, Eleanor Manuel, '52, d. 1/24
Lewis, Joy Wacker, '44, d. 10/23
Nicklin, Joanna Shinkle, '53, d. 6/23
Pasternak, Catherine Hamilton, '60, d. 3/23
Worcester, Ginny Perry, '78, d. 10/23

Oklahoma State University

Miller, Joan LeMaster, '50, d. 12/23
Millsbaugh, Mildred Robinson, '47, d. 3/24

Oklahoma, University of

Edwards, Elaine Johnson, '45, d. 12/23
Horkey, Ann Rippel, '51, d. 4/24
Law, Betty Ingram, '48, d. 11/23
Roberts, Peggy Wilson, '52, d. 9/23
Salyer, Kay Royalty, '54, d. 9/23
Stout, Margaret Wise, '58, d. 11/23

Oregon State University

Burgess, Susan Cooley, '53, d. 2/24
McDonnal, Marianne Rackleff, '47, d. 1/24

Oregon, University of

Kinney, Helen Moore, '40, d. 10/23
Pacziesniak, Kimberley Yee, '71, d. 4/24
Ross, Leslie Seder, '56, d. 1/24
Wegner, Lynne Smith, '56, d. 12/23

Pennsylvania State University

Carey, Florence Tietz, '50, d. 2/24
Eignor, Kelly Lender, '98, d. 5/23
Flagler, Marilyn Buzby, '52, d. 2/24
Kochel, Renae Cauger, '02, d. 1/23
Snow, Sue Forbes, '63, d. 3/24

*** Pennsylvania, University of**

Sieck, Barbara Winne, '57, d. 12/23

Pittsburgh, University of

Mrvos, Mary Louise Lois, '47, d. 12/23

Purdue University

Currisse, Jetta Thorn, '48, d. 4/24
German, Helen McKinlay, '51, d. 9/23
Harris, Nancy Gloin, '58, d. 2/24
Kubesch, Joey Cole, '57, d. 1/24

*** Rollins College**

Loomer, Dorrie Halbrooks, '45, d. 3/24

*** San Jose State University**

Stewart, Norma Gentry, '51, d. 1/24

South Carolina, University of

Ackerman, Sherry, '69, d. 11/23

Southern California, U. of

Laughton, Galen Chase, '79, d. 3/24
Riedell, Christine, '65, d. 1/24

Southern Methodist University

Bivins, Marjorie Harrison, '46, d. 4/24
Gearheart, Ginger Kaufmann, '65, d. 4/24
Gilbreath, Wendy, '91, d. 3/24
Goodwin, Mary Bryant, '47, d. 1/24
Grinnan, Catherine Curry, '41, d. 12/23
Madden, Mary Glen, '50, d. 9/23
Ratliff, Barbara Warner, '44, d. 2/24
Rubsamen, Florence Ayres, '54, d. 2/24
Smith, Ann Rich, '54, d. 2/24

St. Lawrence University

Henshaw, Ann Robinson, '47, d. 7/23

Syracuse University

Paullin, Ann Cooper, '59, d. 8/23
Terwilliger, Priscilla Braun, '41, d. 1/24

Texas Christian University

Beckering, Sarah, '61, d. 10/23
Clements, Pamela Oswalt, '61, d. 12/23

Texas Tech University

Devine, Judith Jones, '64, d. 12/22
Fowler, Gaile Scott, '54, d. 1/24
Martin, Daisy Holly, '54, d. 9/23
Matlock, Mary Thomas, '58, d. 4/24
Ortiz, Katherine Mathieu, '54, d. 9/23
Todd, Nancy Hart, '58, d. 2/24

Texas, University of

Allison, Brooke Rumsey, '62, d. 2/24
Block, Martha, '74, d. 1/24
Costolo, Catherine Dennis, '64, d. 10/23
Devenport, Virginia Nash, '56, d. 6/23
Evans, Genevieve Bohlmann, '67, d. 10/23
Goodson, Molly Barnes, '46, d. 12/23
Hamman, Ann Hufendick, '57, d. 2/24
Izbicki, Virginia Pierce, '70, d. 12/23
Keever, Cindy Pendergrass, '60, d. 4/24
McDavid, Kimberly Palmisano, '82, d. 3/24
Moffitt, Mary Kay Bonneau, '54, d. 10/23
O'Brien, Mary Grant, '53, d. 1/24
Olsen, Kathleen Holland, '55, d. 2/24
Porter, Marjorie McEnnis, '40, d. 4/23
Sabo, Mary Swain, '53, d. 7/23
Sawtelle, Kathryn Young, '51, d. 6/23
Turner, Betty Noble, '52, d. 1/24
Whiteside Lee, Mary Milam, '64, d. 5/23

Toronto, University of

Halpenny, Dora Smith, '42, d. 6/23
Ritcey, Sheila Kemp, '54, d. 2/24
Stevenson, Ann, '55, d. 7/23

Tulane University

Hammitt, Carey O'Kelley, '54, d. 2/24
Pool, Judith Billings, '53, d. 2/24

Tulsa, University of

Hanna, Timmie Collins, '50, d. 10/23

Utah, University of

Baldwin, Marian Cheney, '42, d. 12/23
Beauchaine, Kristie Snow, '79, d. 3/24
Burchett, Ann Eldredge, '52, d. 11/23
Parks, Virginia Smith, '41, d. 10/23
Pearson, Verlynn Freebairn, '50, d. 1/24

Washington State University

Doggett, Dawnee Taylor, '92, d. 1/24

Washington University

Anderson, Renate Noxon, '48, d. 6/22
Burdette, Ann Cleaver, '50, d. 5/22

Dawson, Evelyn White, '44, d. 11/23
Mayer, Joan Tolman, '56, d. 5/22
McCann, Ginny Degelow, '52, d. 3/23
McGaughy, Grace Gregg, '56, d. 10/23

Washington, University of

Plunkett, Deirdre Augustine, '51, d. 10/23

Tomlinson, Susan Weaver, '50, d. 3/24

West, Audrey Feroglia, '55, d. 4/24

Yanicks, Storm Jobs, '55, d. 12/23

West Virginia University

Amsdell, Barbara Buehler, '50, d. 10/23
Holden, Eleanor Barnard, '43, d. 10/23

Madden, Mary Tomlinson, '62, d. 12/23

Whitman College

Christopher, Sonja, '56, d. 4/24
Harrell, Margaret Penrose, '56, d. 7/23
McAllister, Joan Caldwell, '56, d. 2/23

William & Mary, College of

Bommer, Sollace Molineux, '55, d. 10/23
Deans, Beverly Bose, '44, d. 12/23

Grinnan, Carolyn Drinard, '63, d. 12/23

Harmon, Peg, '49, d. 2/24

Markham, Kathleen Kincaid, '65, d. 2/24

Snow, Pamela Hilton, '68, d. 9/23

Wisconsin, University of

Haspell, Harriet Bissell, '46, d. 2/24

Wyoming, University of

Harbaugh, Jo Daugherty, '46, d. 2/24

Thorne, Donna Lowry, '56, d. 9/23

***Indicates inactive chapters. These names were submitted from Sept. 28, 2023 to April 29, 2024.**

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<p>Everywhere! A bit of me is in every book and I channel personal experiences. My passion for cities inspires me as well.</p>	<p>Tell us where you find inspiration</p>	<p>Friends' family scandals can end up as a motive for murder, events from the '70s inspire me, and I try to think about women's issues too.</p>
<p>They know I will write them in but won't make them a victim. They inspire side characters and characteristics.</p>	<p>Do family or friends appear in your books?</p>	<p>My friends ask to be written in all the time. Their names are all over my later books. However, I can't promise they'll be a nice character or won't get killed.</p>
<p>I made the grandmother in my Cajun Country Mystery series a Kappa. Of course, she wears blue and blue as she's sleuthing.</p>	<p>Is there a Kappa influence in your books?</p>	<p>My Kappa experience informed the strong, female friendships between characters. They see each other's flaws and love each other anyway.</p>
<p>In front of my computer in my home office. I need a cone of silence to concentrate.</p>	<p>Go-to writing spot?</p>	<p>I write longhand so I can do it anywhere. I jot ideas down throughout the day and use talk-to-text.</p>
<p>When the characters get themselves into trouble while investigating. I like to add a fun twist.</p>	<p>What's your fave predicament to write characters into?</p>	<p>It's a running gag that Ellison's mother has a conniption fit every time she finds a body ... and she finds a lot.</p>



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