

the Key

Winter 2015
KAPPA KAPPA GAMMA

PAGE 30

SOME LIKE IT HOT

*Nearly 150 years
old and still bottled
on Avery Island,
Louisiana, Tabasco
is infused with
powerful traditions.*





1952

LOOKING BACK

Aloha from **Theta Chapter, Missouri**. A Hawaiian straw hat, ukulele, silver, china, and fabulous dresses make us wish we could be a part of the festivities at this holiday dinner.



NATHAN LINDSTROM; BRAD SMITH;
SAVERIO TRUGLIA

“It makes you salivate, right?”

—John Simmons

TABASCO'S MANAGER OF
AGRICULTURE AND A SIXTH-GENERATION
MCILHENNY FAMILY MEMBER

Winter

2015, Volume 132, No. 3

FEATURES

Cirque du Soul

BY KRISTEN LEFEVRE

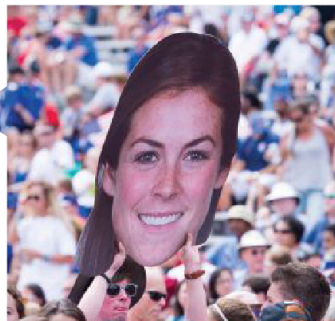
18 The Midnight Circus has arrived in Chicago! More than just tricks and flips, this circus has raised nearly a million dollars for Chicago-area parks.



Out of Bounds

BY LAUREN BELLATTI

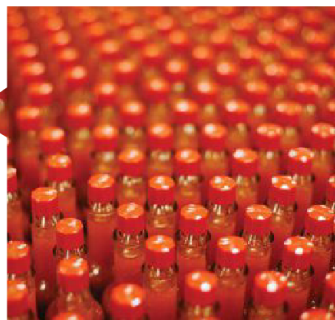
26 You may know Kelley O'Hara as a 2015 FIFA Women's World Cup winner, but this unlikely star nearly quit the game altogether.



Avery Island

BY MAGGIE RICHARDSON

30 Step inside the magical world of Avery Island, Louisiana, home to the Tabasco Brand sauce and the family who lives and breathes it.



IN EVERY ISSUE

2 Feedback
3 Letter from the Editor

4 The Mix
A visit to Marburger Farm during Antiques Week

For some, birth control is a bitter pill.

From the Archives:
Unlock the mysteries behind our beloved golden key.

38 Through the Keyhole
Two best friends discover their unbelievable shared past.

42 In Brief
44 Key Achievements
46 Make a Note
47 In Memoriam
48 Remix



Sorry, Not Sorry

It has been 30 years since the night when, just weeks into my freshman year at Tufts University, I was sexually assaulted in my dorm room by a classmate who lived on my hall.

“WHISTLING IN THE DARK,” in the Summer issue, reflects my story as just last year, due to Title IX changes, I was finally able to officially report his name and record the sexual assault. In 1985, the “morning after,” I reported the assault to my Resident Assistant and he told me, “Well, you wear short skirts so you kind of were asking for it.” So I kept quiet, became depressed, and withdrew from Tufts at the end of the year.

I transferred to Kansas and pledged Kappa the following year. The love and support from my Kappa sisters was incredibly important to me and helped to restart my college experience

and contributed to my success, enjoying and graduating college, despite my rocky start.

In my late 30s, now a parent, I called Tufts to let them know what had happened, and the RA’s response. I was told on that call that I was one of many who had contacted Tufts over the years, and they were really sorry there were so many of us. I was sent a letter of apology and their promise that RAs now had sexual assault reporting training.

Then last summer, in touring college dorms with my own college-bound twins, I saw flyers on almost every hall about how to report sexual assault. Emboldened by these posters,

I called Tufts again and their response now had changed. Thanks to Title IX, I now had the right to officially tell my story and report his name. If he should ever contact the university for alumni benefits, they will let him know a report was filed against him.

While I am glad there is now a way for the voices of victims to be heard, this is not in my mind, the protection women need as the article states. True protection would be to stop sexual assault before it happens and thus there would be nothing to report.

—(KATHERINE) PRICE SLOAN
SNEDAKER, Kansas

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Find Your Truth

IT WILL BRING YOU COURAGE

ON PAGE 8, CHRISTINE ROCHELLE PERROTTA SHARES her story about suffering a stroke in her 20s. I understand how difficult it can be to share health stories publicly. Having survived two strokes myself, I recall wondering what people would think. I admire Christine's courage to help educate women about the risk factors. And in her courage, I find strength.

I have corresponded with Christine occasionally through Kappa over the years, but little did I know that she and I both suffered migraines with aura. It's not really a chitchat topic—"How are your auras?"

Years before I met Christine, in my mid-20s and a mom to young twins, I began suffering migraines with aura. I saw doctors, from neurologists to an ENT and an eye specialist, but I did not think to mention it to my OB-GYN.

The migraines were a nuisance. I was studying for the bar exam and my narrowing vision and difficulty reading a computer screen were annoying. Despite many tests, doctors found nothing abnormal. I shrugged it off that fluorescent lights affected my vision.

Two weeks prior to the bar exam, I was diagnosed with Bell's Palsy, which caused facial droop but my case was atypical with numbness and paralysis

in my right arm and leg. The paralysis improved over time, but I was never satisfied with the diagnosis.

Fast-forward fifteen years and the migraines were intermittent but still present. I had been working out with a trainer one evening but left early because I felt faint. I thought I had pushed too hard. My teenage son, who was lifting weights at the same facility, met me at the car when he was finished but found me passed out. He thought I was sleeping but had to yell and shake me awake. Although he was only 15, he helped me drive the short distance home, grabbing the wheel several times as I swerved.

My behavior may seem stubborn, but in reality stroke patients can be unaware of what is wrong and may not have the presence of mind to seek help. I recall feeling extremely tired and wanted to go to sleep. When I slept for 15 hours and

didn't seem myself, a family member took me to the emergency room. I was diagnosed with a migraine.

Four months later I had another migraine but this time I slept so long that I didn't show up for a scheduled business trip. Back to the emergency room for another migraine diagnosis. I saw my family physician for a follow up on Monday. I was slurring my words so she ordered an MRI, which showed evidence of two ischemic strokes.

While there is no proof that my strokes were related to birth control, I've never had a migraine since stopping it. It is a decision that each woman has to make with her own risk factors in mind, but awareness is a good place to begin.

Kristin

—Kristin Sangid, EDITOR



BRAVE

Rich. Entitled. Promiscuous. Every day, stereotypes threaten to define the lives of sorority women. **Theta Chapter, Missouri**, fought back with a photo essay, entitled *Breaking Barriers*. Created by Public Relations Chairman **Brittany Frazier**, the photos show how members defy the labels of a sorority girl. Some of the photos are serious confessions (depression); others are light-hearted (ice cream), but all of the photos break barriers and stereotypes with a sharpie, two hands and a picture.

“Every piece has a story. Whether it’s from the dealer and where they found the item or that it is from that great trip you had with your girlfriends.”

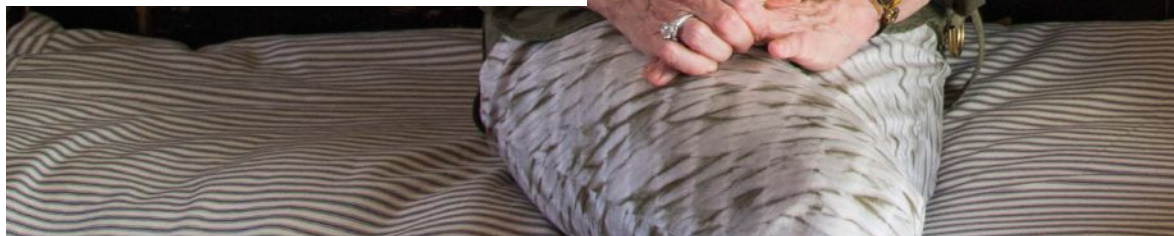
— **Ashley Hurst Ferguson**

CEO OF MARBURGER FARM



THE mix

Owner Margaret Marsh Mebus, *SMU*, and her daughter-in-law Ashley Hurst Ferguson, *Baylor*, enjoy a rare sit-down moment during Antiques Week at Marburger Farm.





Antlers abound at Marburger Farm; even a family dog enjoys canvassing the grounds at Marburger Farm; a gramophone on display at Antiques Week



Well Rounded

EVERYTHING OLD IS NEW AGAIN ... OR AT LEAST IT'S NEW TO THE LEGION OF SHOPPERS FLOCKING TO ANTIQUES WEEK AT MARBURGER FARM.

LOADED UP IN THEIR SUVs WITH THEIR TURQUOISE jewelry on, thousands of women head east of the Texas Hill Country twice a year for Antiques Week. Groups of women make annual trips to see the bluebonnets in spring and celebrate the fall in Round Top, Texas.

PREVIOUS SPREAD AND THIS PAGE SARAH LINT



"I love walking through the tents and seeing grandmothers, mothers, and daughters enjoying their day of shopping, eating and visiting."



Twice a year, **Ashley Hurst Ferguson, Baylor**, turns a 43-acre pasture at Marburger Farm into an antiques-filled wonderland. "When I walk through the tents, it's like I'm walking through the pages of a design magazine," Ashley says. "More than 350 dealers create incredible displays giving their clients ideas to use antiques in their homes."

Margaret Marsh Mebus, SMU, Ashley's mother-in-law, was looking for a family business opportunity. Margaret was a friend of show founder John Sauls and by word-of-mouth the two connected on the business opportunity. Margaret took on the challenge of purchasing the show in 2007 with

daughter-in-law, Ashley, son, Jay Ferguson, and daughter **Susan Ferguson McConn, Texas**, and son-in-law Rick McConn.

Margaret, who is in charge of hospitality and large groups, is known as "Ms. Marburger." Ashley says, "As soon as you've met my mother-in-law, you feel as if you've known her forever. She is gracious, generous, and hospitable."

The Marburger show has allowed Ashley great flexibility. When they took over the show eight years ago, she had small children at home. Now, as her girls are older, her role has evolved to include the year-round management of the show. Even though Ashley works more than 40 hours a week, it's flexible and primarily from home with an excellent support staff. Yet, for several weeks during the year, it's in the field.

"I love creating this environment that is conducive to building a community," Ashley says. "We have more than 200 people working in our show. They tell me they look at coming to the event as their getaway. I am also very proud and blessed that we bring additional financial resources to our staff."

Antiques Week began in 1968 with only one venue hosted by Emma Lee Turney. Today, it has grown exponentially to include neighboring towns. The town of Round Top has a population of 90 and twice a year, 100,000 people descend upon this tiny town for a week of antiques.

The majority of people making the trek are women. They don't drive for miles just for the

antiques...it's for the experience. Groups of women meet up twice a year, go to their favorite spots, have dinner and re-connect.

"I love walking through the tents and seeing grandmothers, mothers, and daughters enjoying their day of shopping, eating and visiting," Ashley says. "We see the same groups come through year after year. It's heartwarming to know that you are creating something unique every year that people look forward to attending with their friends and family."

Kappa friends meet up at the tents. "My sorority sisters come every six months and text me they have arrived. When I see them, there is this instant connection," Ashley says. Then the hunt is on for Kappa-related items!

The very first antique piece Ashley purchased was during a buying trip in college to Jefferson, Texas, with her grandmother. With her own money, she purchased a dough board that had been turned into a table. Now it serves as an art center-piece on the wall of her kitchen.

"This piece holds a special place in my heart since it was from a shopping trip with my grandmother," Ashley says. "If you love it, buy it...you will find a place for it!"

"Every piece has a story. Whether it's from the dealer and where they found the item or that it is from that great trip you had with your girlfriends," she says. "You just can't buy those memories from a store shelf."

—By **Melisse Campbell**,
Mississippi



ANTIQUES WEEK MUST-HAVES

Cowboy Boots
*Perfect for
uneven terrain*

Turquoise Jewelry
A girl has to look good.

Mexican Shirt
*Cool and breezy for the
outdoor venue*

Kettle Korn
*Something to snack on
that's salty and sweet*

Bottled Water
*To stay hydrated; it's in
a field, after all!*



Bitter Pill

Doctor Dialogue What contraceptives contain hormones?

"An intrauterine system (IUS), DepoProvera, and Nexplanon all are progestin-only, so they can be used in women who have had blood clots or breast cancer," Dr. Somani says. Contraception that contains both estrogen and progestin include the birth control pill, NuvaRing and OrthoEvra.

What factors increase the risk of a blood clot or stroke?

"If you have a family history of Factor V, or Protein-C or -S deficiency you should be tested before taking oral contraceptives," Dr. Somani says. Obesity, migraines with aura, and a family history of blood clots are also associated with increased risks. Smoking, increases your risk, as does uncontrolled hypertension.

WOMEN TAKING BIRTH CONTROL PILLS FACE NEARLY DOUBLE THE RISK OF STROKE COMPARED TO WOMEN USING OTHER FORMS OF BIRTH CONTROL.

W

HEN THE HEADACHE HIT, IT WAS

Mother's Day 2013, and 27-year-old

Christine Rochelle Perrotto, *Marist*, was

getting ready to attend a barbecue. She'd

dealt with migraines for years, but this

one felt *different*. She pressed on, but mid-shower, confusion set in.

"I couldn't figure out where my shampoo and conditioner were," she

explains. "They're always in the same spot, but I couldn't connect how

to get them." Undaunted, she shampooed her hair ("twice," she recalls).

The headache intensified at the barbeque. Christine felt the room spinning. She heard her speech slurring. When her fiancé, Patrick, asked her if she wanted a drink, she struggled to find the word *water*. "I don't know what's wrong, but you're not the *you* I know," he told her, as he drove her to the hospital "kicking and screaming."

At the hospital, doctors ordered an MRI, assuring her that she'd probably be just fine. But in the days that followed, Christine's neurologist showed her a startling picture: her brain

with a black spot on it. Then he told her, "You've had a stroke."

You can imagine Christine's surprise. According to the Centers for Disease Control, the majority of stroke victims are older than 65. But Christine's diagnosis was followed by another surprise: Her stroke was probably triggered by her birth control pill. "My neurologist said a history of migraines plus birth control pills is a bad combination," Christine explains, adding, "If I was a smoker that would have been a triple threat."

A 2015 American Medical Association report suggests that women taking birth control pills—even the newer, low-dose pills—are at higher risk of stroke than women using other forms of contraception. Women taking low-dose pills (10 mcg to 35 mcg) are still nearly twice as likely as non-users to suffer a stroke. That translates to one stroke yearly out of 24,000 women. Women using higher-dose pills (75 mcg to 100 mcg) face nearly a threefold risk, or one stroke annually in 12,000 women.

Booked for the Holidays

My favorite family holiday tradition? Our books-only gift exchange! Here are a few of the titles I'm hoping to unwrap this year.

—Compiled by **Kristen Desmond LeFevre**, Indiana

"The combination of certain types of progesterone with estrogen are what increase the risk of a blood clot," says **Dr. Anita Somani**, *Miami*, an OB-GYN in Dublin, Ohio. "The risk is increased the higher the estrogen dose so we try to keep women on the lowest dose possible."

The AMA's report is quick to point out that that risk of stroke is outweighed by the contraceptive benefits of the pills. If oral contraceptives were replaced by condoms, an estimated 687,000 additional unintended pregnancies would result each year, the study's authors note.

That's little consolation to Christine. "I had asked my OB-GYN about the long-term effects, but she said if I wasn't ready to have a baby she strongly advised against getting off the pill," Christine explains, adding, "as if other preventative measures weren't available if you didn't want to have a baby."

The hormones associated with pregnancy—estrogen and progesterone—promote clotting to prevent women from losing too much blood during childbirth. These two hormones are combined in many forms of hormone-based contraceptives to prevent ovulation. That's why pills, hormone patches and vaginal rings are associated with blood clots (and therefore stroke). "Estrogen increases clotting factors like fibrinogen and factors VII, X but it decreases antithrombin III, which inhibits coagulation, Dr. Somani explains. "The combination of increased clotting factors and decreased inhibitors increases the risk of a blood clot."

Two years later, Christine (now married) keeps close tabs on what she puts into her body and has become a proactive patient. "You know your body best," she advises. "Be your

own advocate." She's no longer taking the pill (condoms are her birth control method of choice). Instead, she takes a baby aspirin to ward off clots and a calcium channel blocker to relax her blood vessels—a daily post-stroke ritual she'll have to follow for the rest of her life.

Christine's advice? Know the risks. Know the symptoms of stroke in case it happens to you. Know when to seek medical care—and seek it willingly (without kicking and screaming). Says Christine, "The symptoms can be so subtle. If I hadn't been pushed to go to the hospital, I probably would have never treated it and would've continued taking the pill. And who knows what might have happened."

"I work in an office of all women," Christine says. "Throughout the day, I can hear my coworkers' phone alarms going off to remind them to take their birth control pill. It stops me in my tracks when I hear those alarms. So many people are on the pill, that you don't really think of the risks associated with it—especially if you have risk factors like I do."

While uncommon, the risk of stroke to users of hormone-based birth control is very real. Dr. Somani advises that certain women—including smokers over the age of 35—should not take the pill. "Age is the most important risk factor. A 20-year-old may double her risk, but a woman who is 35 or older will increase her risk tenfold and may want to reconsider her decision. If you have high blood pressure that is not treated you should not take the pill," she says. "Know your family history, quit smoking and lose weight if you're interested in contraception."

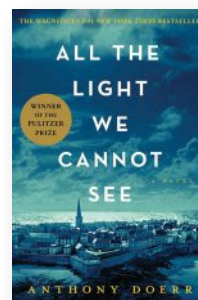
—By **Kristen Desmond LeFevre**, Indiana



A Manual for Cleaning Women

BY LUCIA BERLIN

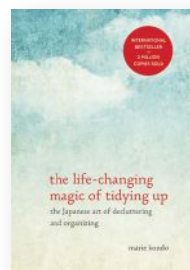
I'm told Berlin is the best short story writer I've never heard of. I love discovering overlooked talent.



All The Light We Cannot See

BY ANTHONY DOERR

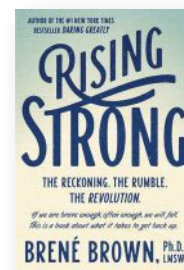
Two children on opposite sides of WWII find each other somewhere in the middle of this Pulitzer prize-winner.



The Life-Changing Magic of Tidying Up

BY MARIE KONDO

Kondo promises to take me to the next level in my ongoing quest to simplify my life and organize with style.



Rising Strong

BY BRENE BROWN

Life is hard, especially when it knocks us down. Not to worry, says Brown: It's how we rise that teaches us who we are. I feel stronger already.



YUM FACTOR

What's Cooking

in Nashville School Cafeterias

Rebecca Polson, *Florida State*, was making a great living in sales, but it wasn't feeding her soul, she decided. "Cooking has always been a passion of mine; it definitely started young as I worked summers at my grandfather's catering business and continued at home," she says. "I grew up in Europe and traveled the world. My parents encouraged me to try new foods and fully experience the cultures surrounding us. These experiences shaped who I am today as a chef." In 2014, Rebecca joined the Metro Nashville Public Schools as nutrition services chef, in charge of not only feeding children, but feeding them tasty, nutritious meals under the new stringent Healthy, Hunger-Free Kids Act, which strictly limits fat content and calories.

—By **Jodi Noding**, Florida

THE
mix

eleven

NUMBER OF MONTHS IT TOOK REBECCA TO GO FROM FABRIC SALES TO CHEF.

"I was in a program called "Garnish Your Degree" at Johnson & Wales that allowed people like me with a bachelor's degree to only take nine months from the workforce and submerge yourself into culinary school. After graduation in May 2011, I worked as a line cook at James Beard's award-winning restaurant, Bern's Steakhouse in Tampa, Florida. I took a leap of faith and moved to Nashville without a job in April 2014 and started as head chef for MNPS in May 2014."

2010

THE YEAR THE HEALTHY, HUNGER-FREE ACT WAS ENACTED, CHAMPIONED BY FIRST LADY MICHELLE OBAMA.

This allowed the USDA to reform school lunch and breakfast programs "by improving the critical nutrition and hunger safety net for millions of children for first time in over 30 years." (USDA website) Many school districts have had growing pains as they adjusted to healthier menus.

729

THE NUMBER OF SCHOOL STAFF NEEDED TO RUN THE MEALS.

That includes 350 cafeteria general staff, 45 cashier/leads, 231 cashier/workers and 103 managers. "Staff are in charge of preparing all food for the day. Usually the tasks are broken down into meats/entrees, vegetables, and cold bar (salads and fruits). We must tag every meal to a student, as well as make sure they have the requirements on their tray to meet a reimbursable meal. General workers are batch cooking and keeping the line full throughout lunch."

75%

THE "YUM RATE" REBECCA STRIVES FOR BEFORE SHE ADDS A NEW RECIPE TO THE ROTATION:

"When I'm testing a recipe, I have students fill out surveys: Circle a smiley face/yum or sad face/yuck. There's space for notes as well. I go through them and tweak recipes to their taste. I like at least a 75 percent yum rate before putting it on the menu."

JEN McDONALD



3^{out}
of 5

ACCORDING TO THE HEALTHY, HUNGER-FREE KIDS ACT, HOW MUCH FOOD CHILDREN MUST CHOOSE AT LUNCH.

“Students must take 3 of the 5 components and one must be a fruit or vegetable for it to be considered a reimbursable meal. The 5 components are whole grain, protein, vegetable, fruit, and milk. We have average daily calorie counts we meet based on the total week. Serving sizes and calorie counts increase as the students get older,” Rebecca says.

55,500

THE NUMBER OF APPLES PURCHASED A WEEK.

30 to 40

THE NUMBER OF NEW RECIPES REBECCA TESTS EVERY YEAR.

“I do a lot of research in the schools watching what the kids are eating. I check out menus from other school districts. I use social media (Twitter and Instagram: MNPSChefRebecca) to talk to the parents asking what they’d like to see on the menu, as well as other school nutrition chefs, and we share a lot of ideas with each other. I test each new recipe with the children and I do it with all grade levels. After the first month of school I’ll start testing new recipes and will have my menu for next year done by Thanksgiving.”

56,043

THE AVERAGE DAILY NUMBER OF STUDENTS WHO EAT LUNCH IN THE SYSTEM.

—
“These numbers are growing every day.”



DON'T MESS WITH THE QUEEN

The Accidental Beekeeper

What's all the buzz about urban beekeeping?

MAUREEN CHRISTIAN PETROSKY, *Villanova*, WEARS MANY hats: contributor to NBC's *TODAY Show*, food and spirits writer for magazines like *Bon Appétit*, lifestyle blogger, and book author. But her most unique hat (though perhaps not her most stylish) is a beekeeper's hood, complete with a nylon face veil and matching zip-up protective suit. Key editor Kristin Sangid caught up with Maureen to hear how she—along with husband Michael and twin boys Christopher and Elliot—gives bees a fighting chance in her suburban backyard in Bucks County, Pennsylvania.

KRISTIN SANGID: Tell me about how you got started beekeeping.

MAUREEN PETROSKY: When the boys were about 7 years old, my father gave us hives and two little bee suits. It was great, but the boys eventually lost interest. So, I took over. It was a happy mistake.

KS: What kind of honey do your bees produce?

MP: The tastes change based on the harvesting environment. It's like the bees are making their own blend. The color ranges dramatically (from clear to black), as do the flavors and aromas (floral or sweet). The darker honeys, like wildflower honey, can be used more sparingly than a lighter honey, like clover.

KS: Are you or your kids afraid of getting stung?

MP: I've only been stung five times. I can walk right up to a hive of bees and they'll land in my hair. But if I'm not messing with the queen, they don't mind me. The boys aren't afraid either. One of them has been stung, but he got over it. You grow in confidence.

KS: How do you educate your friends about bees?

MP: When friends come over, I always show them the hives and assure them that it's okay. I point out the differences between honeybees and other bees or wasps. People don't realize all honeybees are strictly worker bees that collect pollen and bring it back and protect their queen. As long as you don't interfere with either of those tasks, you're really fine. Also, it's most people's natural instinct to slap a bee away, but if you glide your hand toward them in a really gentle swat, they'll fly away.

KS: How do your neighbors feel about living with bees?

MP: One neighbor shares the property line with the bees. When we got them, I showed her the hives. She seemed to like them, but then I saw a pesticide truck in front of her house. She came over and said, "We have a bee problem." And I was like, "No, those are *my* bees." No reputable company would spray honeybees—the government imposes a \$1,500 fine for harming them—but I was still concerned. It affirmed to me the importance of educating people about the good bees do. I have always been a gardener and really into food. When you start to pay attention to where all that comes from, it all goes back to the bees.

Kappa Kandy

SWEET SELECTIONS FOR SISTERS EVERYWHERE



Reading's a Hoot

Play at being a bright-eyed owl for the day with this *If I Were an Owl* board book. // Book: \$12.50 // Matching Plush Owl (not pictured): \$22.50 // www.goblinkids.com



Baby, It's Cold Outside

Who can resist hooting about a legacy or future Kappa sweetheart in this hand-crocheted blue owl hat? // \$28-\$32 // Newborn to age 10. // littlebuttercupbaby.com



A "Beary" Good Cause

The sweaters on these plush bears are hand-knitted by Catherine Axline Williams, *Monmouth*. Proceeds support The Stewart House. // \$25 // Email: ksmith@kkg.org to order; call 866-KKG-1870.



All Keyed Up

This cherished symbol starts early! This colorful key rattle made from sustainable rubber wood, vegetable dyes and a non-toxic finish enhances fine motor skills. // \$10 // www.plantoy.com

Helping Houses

KEEP CALM AND CARRY ON? NOT FOR THESE CHAPTERS WHO AIM TO RAISE A RUCKUS
AND CHANGE THE WORLD—AND DO IT ALL IN THE SPIRIT OF PHILANTHROPY.

CHAPTER FACILITIES HOUSE MORE THAN STUDENTS, MEET-ings and late-night study sessions: They foster some incredibly successful and inspirational philanthropic efforts. Check out these six homes that house some key Kappa philanthropies and the women who make them a reality.



Leading the Dance

DELTA, INDIANA

KAPPA'S OLDEST CONTINUOUS chapter, Delta, boasts a long history of philanthropy. Members serve up pasta, salad and bread sticks at the annual Kappasta dinner at the chapter house, raising \$10,000 for Reading Is Fundamental and the American Cancer Society in 2015. Each fall, Delta supports Indiana University's Dance Marathon (IUDM),

benefiting Riley Hospital for Children. The chapter dances in memory of **Ashley Crouse, Indiana**, who served as vice president of communications for IUDM. In 2005, Ashley was killed by a drunk driver outside the chapter house on her way home from a IUDM board meeting. In 2015, the chapter raised \$35,000, doing it all #fortheKids and #forAsh.



Hosting the Holidays

BETA PSI, TORONTO

IN HONOR OF **ROSE MCGILL, Toronto**, the namesake of the Kappa Foundation's assistance program, members carry on the philanthropic spirit, supporting the children of the Toronto St. Felix Centre, a community center that helps underprivileged families. The chapter hosts both a Halloween party and a Christmas party at the

Centre, where members also volunteer as tutors and mentors in the after-school program. Chapter members also raised funds to help build a bridge in Chimore, Bolivia, this past summer. Their efforts have not gone unnoticed on campus: Beta Psi won their Panhellenic association's 2014 Most Improved Chapter award.

TOP LEFT: SARAH FISCHER; NEILAND BRISNDEN



Taking the Cake

IOTA, DEPAUW

IOTA CHAPTER FLIPS FLAP-jacks at its crowd-pleasing Kappa Cakes pancake breakfast, hosted on the front porch each spring during the Little 5 cycling race week. The event raises funds for the chapter's Reading Is Key event in the fall. The chapter also

organizes Kappa Karnival, which brings together Kappas and the Greek community for a fun day filled with carnival games for a cause. In 2014, the event raised more than \$2,000, which they donated to the Kappa Kappa Gamma Foundation.



Baking for Books

KAPPA, HILLSDALE

THE HEAT IS ON AT KAPPA Chapter's Kappa Kupcake Wars. Held each spring, this campus-wide baking competition helps fund Reading Is Key. At this event, chapter members buddy up to read with local elementary school students. Using the funds

raised at Kappa Kupcake Wars, the chapter gives each child a new book to take home at the end of the day. The chapter's signature philanthropy event is Swamp Stomp, a mud run open to the Hillsdale community.



Calling All Cowgirls

DELTA SIGMA, OKLAHOMA STATE

IT'S MEX MINUS THE TEX AT Delta Sigma Chapter's Kappa Con Queso—a philanthropy event centered on Mexican food and fun and hosted at the chapter house. In 2014, this popular event—which includes a competitive taco-eating contest—raised \$10,000 for the Juvenile Diabetes Research Foundation. To support Kappa's national

philanthropic partner Reading Is Fundamental, Delta Sigma Chapter members participate in Reading Is Key: visiting local elementary schools to read to children and donating books to help build each school's library. Delta Sigma also hosts Kappa Kickball, an inter-Greek flag football tournament that raises money for the Kappa Foundation.



Koloring Outside the Lines

EPSILON LAMBDA, TENNESSEE

EPSILON LAMBDA CHAPTER members showed their true colors when they launched a new philanthropy event in 2014. Kappa Kolor Wars features a paint-filled water balloon dodgeball tournament, mixing the sportsmanship of dodgeball with the fun of a color run. The chapter raised \$3,110 in 2014 and \$3,500 in 2015 to

benefit the Knoxville chapter of the March of Dimes, which the chapter supports throughout the year. In addition, last year the chapter raised \$6,000 for Relay For Life. And that's not all that's new for the Epsilon Lambdas. In February of 2013, the chapter settled into new digs in its first house, located in UT's Sorority Village.



Ask Clara

ADVICE FOR ANY OCCASION

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



Dear Clara: I love a good argument, but recently my passion got the best of me in the form of a response to a friend’s political post on Facebook. I can admit that I got carried away; I enjoy the discourse—but I need to lose the heat. What’s the best way to rant with class?

—Signed,
Remorseful Ranter

Dear Ranter: Strive to remain rational and coherent. If you write a rant in the heat of passion, don’t post it until you’ve calmed down and given it an edit (or six). Consider alternate sides of the issue. You don’t have to agree with every other position, but acknowledging them makes your own position stronger. You can disagree with people or their ideas, but avoid insults. Focus on moving the needle of opinion, not destroying the friend who holds it.

Dear Clara: I was sitting in my exit-row window seat on a recent flight when I heard the dreaded question: “Would you mind switching seats with me so I can sit near my friend?” I hate to be rude, so I gave up my

seat and spent the flight in a cramped middle seat instead. What’s the right thing to do in a situation like this?

—Signed,
Sad Seat Swapper

Dear Swapper: Absent an order from the cabin crew, you are never required to trade seats with another passenger. It is never rude to decline such a request. In special circumstances (young children, medical issues), you may want to do a good deed and swap. If you are unwilling to move, however, simply respond with a polite, “I’m sorry, I’d rather stay put.”

Dear Clara: My local Kappa alumnae association is largely made up of women from three state schools. At

events, they automatically strike up conversations with one another, and I am often left standing by myself. How can I break into these tightly knit groups?

—Signed, *On the Outside Looking In*

Dear Outside: Try to divide and conquer by getting to know one or two women on an individual basis first. They’ll be more likely to introduce you to the larger group at the next meeting. Once that happens, focus on your shared experiences (beyond Kappa). If you’re new in town, for example, you might find that many of them were once in your shoes. It’s going to be hard work, but don’t give up. It’s worth sticking in there to develop some new Kappa connections.

JONATHAN BARTLETT

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

FROM THE ARCHIVES

Special Delivery

Founder Anna Willits' mother suggested Kappa's badge be "a key to lock your secrets up." But the Founders ultimately chose the key to symbolize "unlocking the hidden mysteries in Science, Literature, and Art." The outward symbol of all that Kappa stands for, the badge even influenced Kappa's founding date of October 13, 1870. The Founders announced themselves during chapel on that day because they waited until their pins arrived from the jeweler.

—By **Kylie Towers Smith**, Simpson



Founder Anna Willits' badge is on display at The Heritage Museum in Columbus, Ohio.



CATHERINE ROEBUCK

A large, conical circus tent with alternating blue and purple vertical stripes. The tent has a scalloped edge and is set up on a grassy field under a clear blue sky. A young boy in a white t-shirt and blue jeans is running across the grass in front of the tent's entrance. The text is overlaid on the dark interior of the tent.

Cirque du *Soul*

The Midnight Circus
wants to do more than
just entertain Chicago—
it wants to transform
it altogether.

By Kristen Desmond
LeFevre, Indiana

It's late August in Chicago's Smith Park. A sold-out crowd is steadily filing into the blue and purple circus tent known as the Little Big Top.

They take their seats, shuffling up the three-tiered bleachers or spreading blankets on the ground next to the ring. The smell of popcorn lingers in the air. Clown noses dot the faces of audience members. The crowd settles in, grooving to the beat of the DJ's upbeat pop tracks, awaiting the arrival of the cast of 18 world-class performers that make up the Midnight Circus.

The troupe appears all of a sudden: bounding into view from behind a curtain and cutting through a wall of smoke. They wear an eclectic mash-up of red, white and black costumes that look like the haphazard result of a game of wardrobe roulette. The pulse of the music quickens. In the ring, the performers are dancing, skipping, and high-fiving audience members as they go. And you can't help but reach out your hand toward them as they come your way.

You can see that they are just ordinary people. Still, you're astonished by their extraordinary feats. A pair of funambulists dance on a wire strung 30 feet in the air. Clowns build treacherously balanced human pyramids and play a capricious game of double-dutch. Contortionists bend themselves into improbable shapes while juggling impossible objects. A scrappy-looking dog leaps through a series of sequentially (and seemingly inconceivably) smaller hoops. An aerialist wraps a pair of ribbon-like cords about her body, diving and rising like a spider spinning a complicated web. You feel the urge to duck as she soars, dips, and twists above your head.

Julie Greenberg Jenkins, Illinois—who describes herself as the Midnight Circus' co-founder, director, dreamer, comedian, sometimes-musician, singer and over-the-hill acrobat—stands at the center of the ring, dancing along to the music with a banjo under one arm. She sports a tartan tutu with red suspenders, a black leotard bearing a bedazzled Jolly Roger, a pair of polka dot bloomers, wide-striped leg warmers over a pair of black tights and two curly pony tails high

on her head. Her co-founder and husband, Jeff Jenkins, (rocking a clown nose, a bow tie, striped knee socks and Bermuda shorts, topped with a sleeveless tuxedo jacket and stovepipe hat) appears at her side, challenging the crowd to a series of shouting competitions, whooping and hollering until the energy inside the tent reaches a level of crescendo that suits his fancy.

If the crowd's entertainment is the immediate goal, it appears to be well met. But the circus that Julie and Jeff founded 18 years ago has a longer-term goal, too: They want their community of performers to leave a better city in their wake. It's a circus, they say, with a conscience.

She's a classically trained actress; he's a former Ringling Brothers clown. After meeting on the set of a film in the early 1990s, Julie and Jeff joined forces to create an act that pushed the boundaries of physical theatre. They ended up falling in love, founding a circus and raising (to date) more than \$800,000 to rehabilitate parks in the heart of some of Chicago's neediest neighborhoods. "You'd never think that a circus could be the catalyst for change and growth," Julie says. "We found a way to combine the art form that we love into a way to give back to the community."

It's an art form Julie and Jeff first saw in the piazzas, parks and squares of Italy and France as they traveled across Europe with a group of like-minded artists: a different kind of circus—featuring smaller and more intimate performances, and combining physical skills with a compelling narrative. In 1997 they brought an act with that same spirit to their hometown of Chicago, launching *The Midnight Circus: When Circus and Theater Collide* (named after that magical, fleeting moment in each day when *anything* is possible). But they didn't harbor any long-term plans for the act. "We figured we'd do a six-week run, and that would be it," says Jeff. "We thought we'd get the circus out of our systems."

Eight years later, thanks to critical acclaim, the momentum that goes along with it and a multi-season tour with The Big Apple Circus—the Jenkins’ circus (in various iterations and venues) was still going strong. It wasn’t until their first child was born in September 2005 (coinciding with Hurricane Katrina’s impact on the Gulf Coast) that they began to have second thoughts about their life in the circus. “I would watch these videos of people in New Orleans,” Julie recalls. “And I remember thinking, *There’s got to be something more that we can be contributing to society.*” So the Jenkins began to wind down the circus altogether. “We were going to do something else that we felt gave back to the world a little bit more,” she explains—though admittedly, they were unsure what that “something else” might be.

In 2007, at a birthday party for a neighbor’s child, Julie overheard talk that the play structure in her own local park—Lincoln Square’s

“You’d never think that a circus could be the catalyst for change and growth. We found a way to combine the art form that we love into a way to give back to the community.”

Welles Park—was set to be downsized. “I felt strongly that that couldn’t happen,” Julie explains. “The parks in Chicago are great equalizers—places where people can come together and it doesn’t cost money.”

To raise awareness and money for improvements to Welles Park, Julie and Jeff put on a series of circus performances right in the heart of their neighborhood park, taking in \$25,000 in one weekend. It was a new model: They had already established a circus in Chicago that was different. Now, they aimed to use their circus to make a difference for Chicago.

The Midnight Circus became Midnight Circus in the Parks (MCP) that next year, expanding beyond Welles Park in 2008 to partner with park advisory councils, community organizers and neighborhood block clubs to raise funds to support parks citywide.

But they haven’t abandoned their home park. MCP returns to Welles Park each year; in 2015, the park hosted the tour’s capstone performances. As Welles Park Supervisor Becky Kliber explains, those performances directly benefit each host park on MCP’s tour. “All of the profits from the shows go to each individual park,” she says. “They’re utilized by the park for various improvements and beautification projects.” Funds have been used to improve parks across Chicago—including Welles Park and Chase Park, which boast new state-of-the-art playgrounds thanks to MCP.

Today, MCP averages 30 shows for 15,000 audience members in 15 parks over a 10-week season running from August to October. While the performance schedule is relatively short, it’s a year-round workload for Julie and Jeff. “We’re casting, we’re writing the new show, we’re cutting through the incredible amount of bureaucracy and red tape that is the city of Chicago,” Julie explains. (They’ve garnered key support to help





Abby Suskin and
Patrick Tobin walk
the tightrope.



slice through some of that red tape, though: Mayor Rahm Emanuel and CEO of the Chicago Park District Mike Kelly began backing the project in 2013 through the city's Night Out in the Parks initiative.)

Their model has proved to be an effective fundraiser: "We'll be creeping toward a million dollars by the end of the 2015 season," Julie says proudly, noting that MCP's donations to support parks throughout Chicago have continued to climb with each new season. "We take it once circus at a time."

A million dollars is hardly circus peanuts. Getting to that figure requires the Jenkins to be financially innovative, finding revenue streams that keep donations up and barriers to attendance low—and their budget is stretched almost as tightly as their high-wire rigging.

As a nonprofit entity, MCP secures sponsorships and grants from companies like Peoples Gas to Whole Foods, and from government organizations like the Chicago Park District. Concessions (in two categories: food, including standard fare like hot dogs and popcorn; and

fun, offering novelties like clown noses and stick-on mustaches) are sold at reasonable prices. But the main moneymaker comes from ticket sales, which range from \$15 for kids to \$20 for adults.

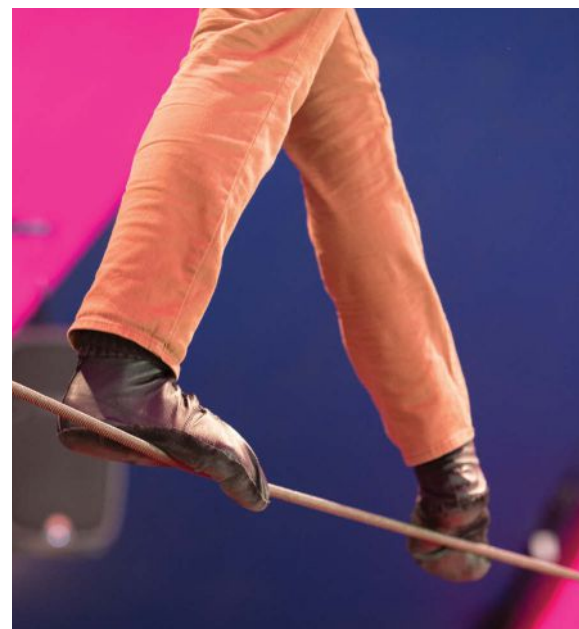
Ticket prices can vary according to community need, though. In some of the Chicago's most underserved communities, sponsorships provide a heavy discount to spur attendance. "We go to some neighborhoods where there's violence, and people are afraid to go into their parks," Julie explains.

One of those communities is Englewood, a neighborhood on Chicago's South Side that has been wracked by gun violence. MCP first came to Englewood's Ogden Park in 2013, and they've returned each year since. "They couldn't believe we were fighting to bring the circus to their community," Jeff says of MCP's early efforts to bring the circus to Englewood. "There's a lack of jobs; there's a lack of programs. The public schools are in rough shape. There's a lot of need."

"When they sent me back the email and told me they were bringing



“The acrobats we bring in have all worked at Cirque du Soleil or for Les 7 Doigts de la Main. They are graduates of the most prestigious circus schools in the world.”



Left to right: Julie Greenberg Jenkins, *Illinois*, daughter Samantha Rae, age 8, husband Jeff Jenkins, and son Maxwell, age 10, all perform in and help run the circus; Ezra Weill juggles many hats, literally; Samantha Rae helps an acrobat stretch; an acrobat demonstrates flexibility and balance.

the circus to our community, I just broke down and started crying,” says Debrah Thompson, former president of the Englewood Block Club Association. “It’s a big inspiration to know that somebody took a chance on us and we’re worthy of it.”

MCP hosted nearly 700 audience members at that first Englewood show. Jeff recalls the day they raised the Little Big Top in Odgen Park: “An older woman drove up on her motorized scooter and asked, ‘What is going on?’ And I said, ‘Well, we’re bringing the circus to Englewood.’ And she goes, ‘Hallelujah! We’ve never had a circus in Englewood!’”

“It’s always much bigger than just a performance,” says Jeff. “It’s about getting the community engaged and empowered.”

‘Building that sense of community is what Julie and Jeff are after—not just within their own family, their circus family or their audiences—but for neighborhoods across Chicago. “It starts in family,” Julie says, “but taking what you have in your family

and extending that out beyond to other people—that’s a powerful way to be a part of something bigger.”

Before they had a family of their own, Julie and Jeff worked as the artistic directors of Circus Smirkus, a circus arts camp for kids ages 10–18. Fast-forward a decade or two, and many of those kids have gone on to pursue circus careers. “And now many of them are working for us,” Julie says, proudly.

Abby Suskin—dancer, tightwire walker and moonwalking aficionado—first met Julie and Jeff as one of those summer campers; she now works as an MCP artist and choreographer. “[Jeff and Julie] are lovely people,” she gushes. “They make me want to keep working with them.”

Julie and Jeff are clear about the level of commitment they expect from their fellow performers. “When we cast a show, we tell the acrobats: ‘You’re not just joining a show, you’re joining our family,’” Julie says. And it’s a very accomplished family: Before the kickoff of the

“Doing Midnight Circus in the Parks, we don’t make a living. Doing Midnight Circus in the Parks, we make a difference.”



Clockwise from top: Regina Meirmanov hangs in balance from purple “silks;” Eric Allen flies while Julie operates the fog machine; Thula Moon Martin performs on an aerial hoop; Junebug, the Jenkins’ rescue dog, steals the show from Julie; parents and kids alike are mesmerized; Aerial Emery impresses with her hula hoop tricks.



2015 season, the troupe performed (to great critical and commercial success) at the world-famous Montreal Circus Festival. They are the only American company ever invited to perform there. “The acrobats we bring in have all worked at Cirque du Soleil or for Les 7 Doigts de la Main,” Julie explains. “They are graduates of the most prestigious circus schools in the world.”

There’s no need to run away and join the circus when your parents already own one. So naturally, the troupe includes the Jenkins’ own kids—6-year-old aerialist/trapeze-artist daughter, Samantha Rae, and 10-year-old clown/acrobat/musician son, Maxwell. Even the family pet is in on the act: a rescue dog who goes by the stage name Jumpin’ Junebug.

“When we put *Midnight Circus in the Parks* on its feet, our son was two, and our daughter was two weeks old,” Julie says. Julie and Samantha Rae didn’t perform in the ring that year, but Maxwell did, playing an audience member “picked” by Jeff to be pulled out into the ring. The following year, Samantha Rae took over the role of audience plant. They’ve been performing in the circus ever since.

Does the family that circuses together stick together? “It’s a bonding experience for our core family, but it’s beyond that too,” Julie explains, describing how her children are mentored by the twenty-somethings that she and Jeff once mentored at Circus Smirkus. “The generations keep giving to the next generation,” she says. “It’s a very powerful community.”

If only community power translated into purchasing power, Julie and Jeff would be rolling in it. But that’s not the case. “Doing *Midnight Circus in the Parks*, we don’t make a living,” Jeff says. “Doing *Midnight Circus in the Parks*, we make a difference.” They work other jobs to pay the bills—Julie does commercial voice-over work; Jeff works in animal welfare as a trainer and rehabilitator.

“Because of what we have chosen to do with our lives, we’re not always...” Julie pauses, her voice trailing off. “I hesitate to say this because we’re doing better than most people on the planet in the big scheme of things. However, it’s not a steady income all the time.”


But Julie and Jeff wouldn’t have it any other way. As Julie tells Maxwell and Samantha: “If at times we don’t have all the money in the world, know that we are so rich—because we are part of a community.”

As each performance comes to an end,

Jeff asks the audience, “So, who wants to join the circus?” Adults and kids alike nod their heads yes, raise their hands high and shout out “Me! Me! Me!” You find yourself raising your hand, too. Who hasn’t dreamed of joining a circus?

Julie invites all comers into the center of the ring to join in a dance party with the entire circus company. There is no hesitation; they flood the ring as brightly-colored crepe paper confetti rains down on them. In this moment, the meaning behind the *Midnight’s Circus* name is perfectly suited: Everything feels magical and anything seems possible.

“These kids grab your hand and they start dancing,” Jeff says, describing those final moments in the ring. “The moms and the dads come up and give you hugs and some of them even have tears in their eyes. And they say, ‘Thank you for bringing this to our community.’”

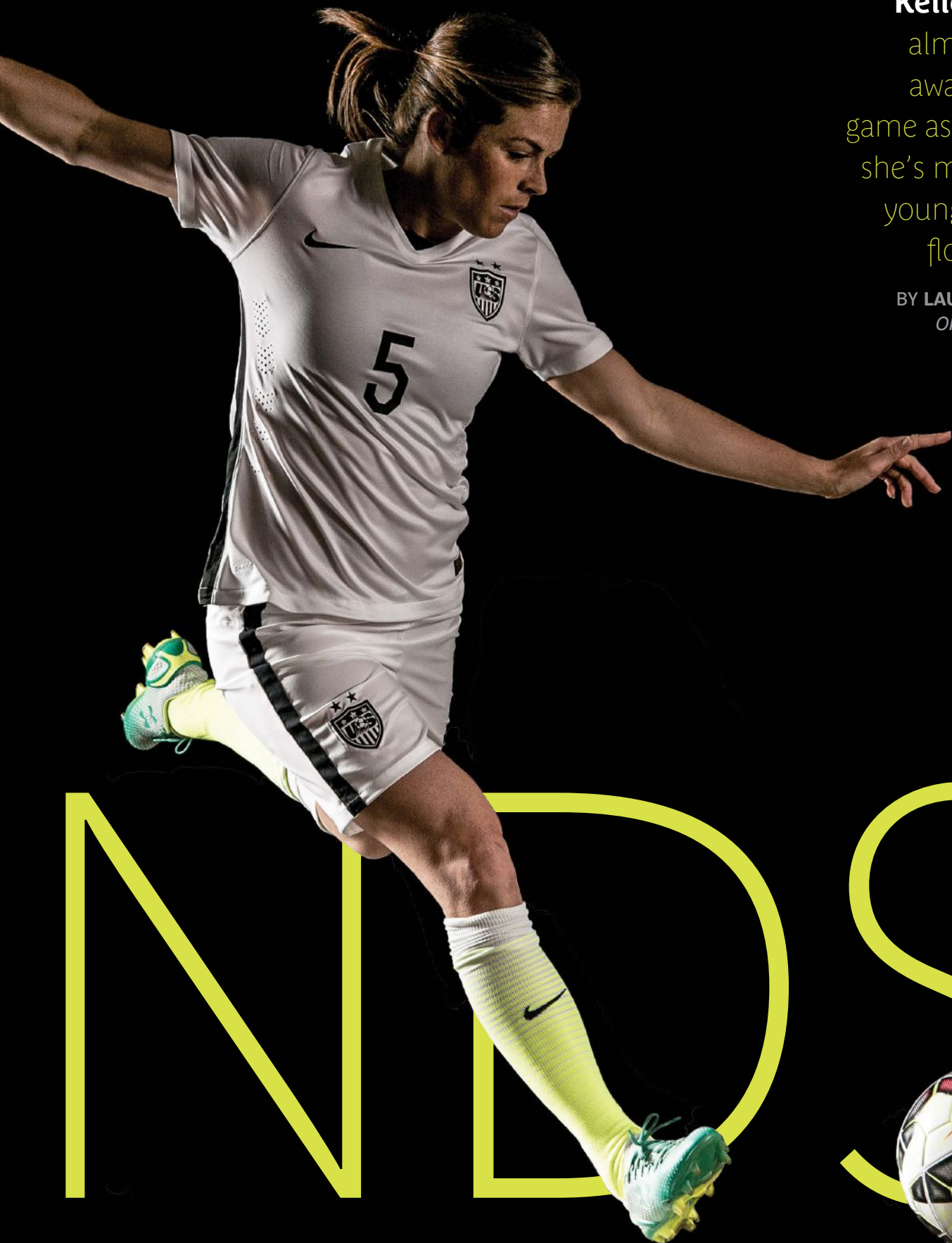
That may seem like an atypical reaction for a circus-goer, but this is not your typical circus. That’s fine with Julie and Jeff; it’s all by design. The show goes on, redefining an art form—and a city—one circus at a time. 





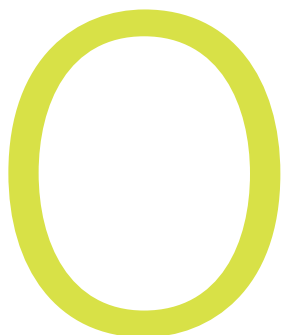
Out of

BOU



World Cup hero
Kelley O'Hara
almost walked
away from the
game as a kid. Now
she's making sure
young girls keep
flocking to it.

BY LAUREN BELLATTI,
OKLAHOMA STATE



ON JULY 10, THE U.S. WOMEN'S NATIONAL soccer team was fêted with a victory parade in New York City. Five days after a decisive victory against Japan in the Women's World Cup, the team made their way down Broadway, from Battery Park to the steps of City Hall—the “Canyon of Heroes,” where New Yorkers have celebrated kings, soldiers, astronauts and Olympic medalists for over a century.

Riding atop floats and showered with bits of confetti crafted from scraps of paper or torn bits of toilet paper thrown from the windows of New York's skyscrapers, they became first women's sports team to receive the honor of a Manhattan ticker-tape parade, with city officials citing popular demand.

The fervor is particularly instructive when you consider how the country reacted to the women's first World Cup victory in 1991 at the inaugural World Cup. “No one met us at the airport, there were no ticker-tape parades,” Mia Hamm told *The New York Times* during a 1999 interview. “One of our sponsors took an ad out in the papers to let people know we had won.” And now, 25 years later, there is **Kelley O'Hara**, *Stanford*, standing tall on Float 10, snapping selfies and basking in the energy of the crowd. Sporting USWNT T-shirts, young girls in the crowd wave sticker-adorned, hand-lettered posters that read, “She Believed She Could So She Did,” and, “Thank you for letting us DREAM.” Today is about more than just celebrating soccer. Perhaps no one knows that better than Kelley: a girl who was never sure she belonged, now showing the girls in the crowd that they do.

The rise of women's soccer in the U.S. can be traced back to the implementation of Title IX in 1972. The law, which banned gender discrimination and required equal access to sports programs at any educational institution receiving public funds, became mandatory in 1978. By the late 1970s, the number of female high school athletes playing soccer totaled around 2,000 according to the National Federation of State High School Associations (NFHS). By the time the USWNT won the inaugural World Cup in 1991, the number of high school women who played soccer had risen to 135,000. That number spiked to more than 270,000 at the time of the team's second World Cup victory in 1999. Now, there are more than 375,000, making it the third most-played team sport in the nation. Kelley remembers watching 1999 World Cup finals. She was 11, and she and some friends were watching at Partner's Pizza, a small hometown joint in Peachtree City, Georgia, about ten miles southwest of her native Fayetteville. She missed the dramatic penalty-kick U.S. victory, though: Her mother informed her it was time to go to church, so they caught the highlights afterward. Days later, she remembers the *Sports Illustrated* cover of Brandi Chastain, who had ripped off her jersey after clinching the victory.

But the truth is, she says, 11-year-old Kelley O'Hara didn't care all that much about soccer. She played at the highest level she could at her age, but it was one of many sports. “I was more a kid,” she says. “I just wanted to have fun, you know?” Early on, during a period when soccer wasn't fun, she even considered quitting.

It wasn't until her sophomore year of high school that Kelley chose to invest her time and energy solely to soccer—partly due to her passion for the sport, but also because most of her friends were on the team and she liked hanging out with them. Admittedly, this was typical of Kelley; she was the kid who was scared of sleepovers, preferring to stick to the familiar. “She would never make it the whole night,” Kelley's dad, Dan, recalls. She learned to say, “Why don't you plan on showing up around 9:00 p.m.?”

However reluctant or relaxed she was about soccer, her skills were obvious. In 2003, Kelley attended her first camp with the U.S. U-16 Women's National Team in California at the age of 15. As the youngest in attendance, Kelley admits that she walked into the new world of her first practice wondering, “What am I doing here? I need to go back to Georgia immediately.” The other girls were older and more experienced. It was uncomfortable. But rather than call her dad to come pick her up, she pressed on. “That's life. I mean, if you're always going to stay in your comfort zone, you're never going to grow,” says Kelley. “You grow when you get uncomfortable and you're faced with challenges you haven't been faced with before because you have to make decisions or you have to adapt to a different environment.”

Kelley left camp with a goal: She was going to bear down, really push. She was going to see just how far she could take this soccer thing.

After camp, Kelley's career had a phenom's trajectory. She led her high-school team to a state title in her senior year while also playing for U.S. Youth National Teams, leading the U-17 team with 10 goals in 2005. And though she once thought of college as the “worst idea in the world” because you were forced to share a room with a total stranger, she headed to Stanford, where she would eventually break school records for both points and goals scored and become the first Stanford Cardinal to win the MAC Hermann Trophy—the Heisman Trophy of soccer. It was enough to get the attention of the USWNT head coach Pia Sundhage, who invited her to train with the National Team in 2009.

But in a testament to how much women's soccer has grown, even the country's greatest collegiate scorer had trouble finding minutes on the National Team. During the 2011 World Cup, she joined the team to replace an injured player and made only one appearance. So at the beginning of 2012, the National Team coaches proposed a



PREVIOUS SPREAD: JOHN TODD; BRAD SMITH



Kelley became a fan favorite after scoring in the U.S.'s 2-0 victory over Germany in the semi-final.

"I think it's funny that people still are saying that soccer isn't prevalent in the U.S. because it so prevalent. It is alive and well; it is only getting bigger by the day. You see that by the number of fans we had at the World Cup."

with whom Kelley pledged and roomed with in Kappa, sat in the stands, ready to cheer her to a World Cup victory as she and the USWNT beat Japan, 5-2. Kelley says, "It was special that they were there and that I got to celebrate with them afterward. It just goes to show that I really did create some of my best friends through Kappa."

Kelley says her favorite part of the experience was the morning after their final victory when she and her teammates unveiled the third star—signifying the team's

way to get her on the field: change positions. Instead of playing as an offensive player, pushing ahead, setting up runs and scoring, she would be a defender.

She had been there before. Not on defense—she had never played a game in that position in the entirety of her career. But it was like camp at 15 years old—uncomfortable and incredibly challenging. But it was the only way to grow.

In her first match at the position—a 2012 Olympic qualifier against Costa Rica—she registered three assists. She went on to start every match of the 2012 Olympic games for the United States, winning a gold medal after beating Japan 2-1 in the finals. It was a childhood dream come true, says Kelley. She always believed as a kid that she'd win a gold medal someday. She just didn't know for what.

Kelley's first-ever international goal came three years later, during the 2015 World Cup. It was a tense semi-final with Germany, with the U.S. up 1-0 in the 83rd minute when teammate Carli Lloyd beat her defender down the left side and cut the ball back in front of the goal. Kelley flashed in front, leaped into the air, extending her right foot to flick the ball into the back of the net. "There are no words," Kelley says. "I was just so happy to be able to give the team a little bit of a push and kind of that ensuring goal." With that "little push," Kelley secured the U.S. a spot in the championship game against Japan.

Four days later, three of Kelley's best friends in Kappa, **Mia Hamamoto, Claire Hubbard** and **Amanda Schwab**, all *Stanford*,

World Cup victories—on their jerseys on national television for the world to see. The U.S. is the only country to have won three World Cups, and now their jerseys are permanently adorned with that honor.

Back home, the championship match of the women's World Cup garnered 25.4 million viewers on Fox—a record for any soccer game, men's or women's in the U.S., and besting even the 2015 NBA Finals and the 2014 World Series. "I think it's funny that people still are saying that soccer isn't prevalent in the U.S. because it so prevalent. It is alive and well; it is only getting bigger by the day. You see that by the number of fans we had at the World Cup," says Kelley. She saw it on every stop of the World Cup Victory Tour with the team. "We went to L.A. and had a rally with 10,000 people there. So I think it's an exciting time for soccer and it's only going to keep getting bigger."

After greeting the team at the parade's destination at City Hall Plaza, New York City Mayor Bill DeBlasio addressed the crowd, talking about the greater significance of the victory. "When they brought home that trophy they brought back a message about the power of women, about the strength of women and about the need to create a more equal society for all," he said.

Kelley echoes the sentiment. "It's not just about inspiring athletes, she says. "It's about inspiring everyone." Soccer, she says, is a means to that end. "As members of this team, we really do pride ourselves on trying to push the sport forward and trying to eliminate the inequality, whether it be in our contracts with U.S. Soccer, or in trying to just move the sport forward. And I think just being good role models contributes to getting rid of inequality." **Q—A**



*Nearly 150 years old and still bottled
on Avery Island, Louisiana, Tabasco is
infused with powerful traditions.*

The **SPICE** of Life

By Maggie Heyn Richardson, George Washington

PHOTOS BY NATHAN LINDSTROM



From left: Spider webs drape over white oak kegs of pepper mash, naturally and safely controlling unwanted pests; Inside the oak barrels, pepper mash is aged for three years, mellowing out.

IT HAD BEEN MANY YEARS SINCE I'D BEEN TO AVERY ISLAND, LOUISIANA,

birthplace and production site of Tabasco sauce. But today, I'm driving there, to the state's southern reaches, for a visit with **Cathy Reily Thomason**, *Tulane*, great-great granddaughter of Edmund McIlhenny and island resident.

Cathy picks me up at the island's entrance gate in her powder blue Thunderbird coupe, and we start talking about two common interests—our Kappa pasts and Louisiana food. The balmy island weather envelopes us as Cathy circles back and heads for the Tabasco factory, where thousands of bottles a minute are filled with the crimson liquid that McIlhenny first began making here in 1868.

Lush with native flora and fauna, 2,200-acre Avery Island isn't an island in the traditional sense, but a natural salt dome a few miles from Vermillion Bay, a body of water that flows directly into the Gulf of Mexico. Sugar cane was once grown on the island. Salt was, and still is, mined here. A small amount of oil and gas production takes place. But the island's biggest claim to fame, of course, is inspiring the production of a condiment that transformed the American table.

Tabasco is arguably the world's most iconic and beloved hot sauce. More than 700,000 bottles leave the plant here daily bound for about 170 countries. The brand earned a Royal Warrant from Her Majesty Queen Elizabeth II for its longstanding popularity in Great Britain, and it's a mainstay on Air Force One. Defying the usual pattern of family companies to dissipate or change hands, Tabasco remains solidly family-owned and operated. From the manner by which seeds are collected to taste-testing, the traditions surrounding this iconic brand are guarded by the descendants of the inventor himself.

Worldwide, most people know Tabasco through a simple culinary ritual. A few dashes add a reliable dose of fire to limitless foods, and die-hard fans don't hesitate to ask for a bottle in restaurants when it's not in plain sight. But a more complete picture of Tabasco is revealed here on the island, sacred ground for the generations of McIlhennys who have lived or leisured here. I'm eager for Cathy to share it.

As she drives, Cathy begins coloring in the family tree and the events that led to the creation of America's original hot sauce.

McIlhenny, a New Orleans banker, was married to Mary Eliza Avery, whose family owned the island, then an active sugar cane plantation. With the Southern economy in peril after the Civil War, McIlhenny moved his family to the island. In 1868, he planted a personal crop of *Capsicum frutescens* peppers. Using their strained mash, or pepper purée, McIlhenny added vinegar and a little native salt to create a liquid

flavor enhancer. The production formula isn't much different today. Moreover, seed stock from what the family believes were the original plants is still used to grow peppers. Family members tag the best plants of the season each year on Avery Island and extract their seeds for the following season's crop. No surprise, the seeds are kept in a vault.

We pass a plot of pepper plants, but Cathy points out that the majority of Tabasco's peppers are now cultivated in a dozen countries in South and Central America and Africa. In the 1960s, the growing capacity on the island ceased to meet demand, so the company began partnering with family farmers in tropical climates. Those farmers use only seeds provided by the McIlhenny family for their crops. The peppers are harvested when they reach a specific shade of red (there's even a painted stick for comparison), and then they're converted to mash. The mash is shipped to Avery Island for three-year barrel aging and final production.

Cathy wheels into a dusty gravel lot behind a large building. It's the barrel warehouse.

We meet up with John Simmons, Tabasco's manager of agriculture and a sixth-generation family member. His father, Tony Simmons, is the company's president and CEO. Inside, the cavernous building is dimly lit and cool, and as my eyes start to adjust, I see nothing but barrels. From floor to ceiling, 60,000 of them are stacked, and many are curtained with spider webs. John tells me it's a natural way to repel pests that is safe for the sauce inside, which doesn't interest the spiders.

John and Cathy joke that the building has the look of endless capacity, similar to the final warehouse scene in *Raiders of the Lost Ark*. Indeed, the barrels do seem infinite. The company uses reclaimed white oak whiskey kegs for aging. Once the mash is poured inside and the barrel is sealed, a thick layer of salt is placed on top. As the mash fer-

ments, lactic acid escapes through a one-way valve on top, and the salt crust keeps impurities from sneaking in. Each barrel is marked with the peppers' country of origin and which farmer grew them.

We open a barrel and John invites me to smell the contents. "It makes you salivate, right?" he asks. He's being literal. The tangy aroma hits me in the back of the jaw and my mouth waters. I've loved Tabasco since I was a teenager, and I can see in front of me a plate of crispy French fries begging for orange highlights. My paternal grandmother faithfully carried a bottle of Tabasco in her purse, ready for bland food emergencies.

John invites me to taste the mash to see if I can handle Tabasco in its raw form. I put a dab on my tongue. It's fiery, for sure, and I'm a little concerned how far I am from the nearest bottle of water. But as it turns out, I can take it. There's more going on here than just heat, including fruity nuances that give the pepper sauce its character.

John says that as the mash continues to age, the flavor mellows and deepens. After three years, it's taken to a production area in the main manufacturing facility.

We jump back in the car and head that way, meeting up with longtime Tabasco employee and island resident Dave Landry. Dave and Cathy



Edmund McIlhenny, 1857



From left: Cathy Reily Thomason, great-great granddaughter of Edmund McIlhenny and current resident of Avery Island; Lush landscapes cherished by Cathy's great-grandfather, Edward A. McIlhenny, an avid naturalist, are maintained by the current generation.



“From the bottom to the top of the company, at every level, there is a huge amount of pride.”

have known each other for years and exchange pleasantries, a common occurrence between family members and employees, since both sides enjoy a multi-generational association with the island and company.

We head for an area where dozens of tanks hold aged mash. The powerful aroma of Tabasco, at once sweet, salty, spicy and pungent, hangs in the air, and it's hard not to cough. Vinegar is added to the mash tanks and mixed over a three-week period. Then the liquid is strained. After that, it's bottled in another part of the plant, labeled, boxed and shipped worldwide.

“From the bottom to the top of the company, at every level, there is a huge amount of pride,” says Cathy.

Only about 30 percent of family businesses make it to the second generation—and even fewer to the third. Tabasco is now in its fifth generation of family leadership. A small number of family members occupy executive positions, but the board is comprised exclusively of family. The 130 stockholders in the private company are McIlhenny descendants, many of whom are sprinkled around the country. They return to the island regularly for board meetings and family events.

Those occasions on Avery Island are an opportunity to not only learn the latest about the company, but to also connect to an intense

sense of place, says Nathalie Simmons Jorge, *Virginia*.

“It's very unique and special,” says Nathalie, a New Orleans native who lives in Charlotte. “It generates strong feelings when you cross over onto the island. It's a real sense of belonging.”

And while that belonging stems from an association with one of America's most endearing culinary brands, it also is due to the island's wild beauty and the family's long history of conservation.

Cathy takes me to the bird sanctuary and botanical gardens on the island, which are known as Bird City and Jungle Gardens. On the way, it strikes me how green the scenery is despite the presence of a multi-million-dollar commercial operation. Every view is shaped by a dense collection of trees, shrubs and flowers. Cathy feels passionate about Bird City and Jungle Gardens. Both were founded by her great-grandfather, Edward Avery McIlhenny, son of Tabasco creator, Edmund. While he ran the Tabasco company and helped expand its brand, E.A. McIlhenny is best known as an avid naturalist.

“He was intrigued by nature and was an interesting, well-traveled and knowledgeable man,” says Cathy.

Inspired by the tradition of Victorian explorers and “plant hunters,” E.A. McIlhenny created abundant botanical gardens that featured both native and exotic plants, including an extensive collection of camellias, azaleas and several different varieties of bamboo. Jungle Gardens is comprised of several mini-gardens, including one featuring a breathtaking 12th-century Buddha statue enclosed in a small temple.

The Buddha was a gift from some of Edward McIlhenny's friends, who spotted it in New York City and brought it to him in 1936. Workers then at the Tabasco plant created a lotus-shaped pedestal



and built a pagoda-like structure to house it. The temple overlooks a sleepy bayou and is surrounded by camellias and Spanish moss-draped oaks. Cathy and I climb the steps to peer into the temple, noticing a baby alligator sunning below us on the stone embankment.

Next, Cathy takes me to one of her favorite spots, Bird City. We park the car and tread through dewy grass to reach an overlook with a wide view of Willow Pond. We climb a tall flight of stairs to see several nesting platforms in the water below. E. A. McIlhenny had them built to host thousands of south Louisiana waterfowl, including herons, egrets, cormorants and other species. Today, they're blanketed with birds, and nothing is audible in this pristine spot but their chatter.

McIlhenny created the sanctuary to help save the snowy egret, *Egretta thula*, a small bird once hunted mercilessly for millinery plumes. McIlhenny's platforms kept the nests of these fragile populations safe from raccoons and opossums, which couldn't make it across the bayou to the sanctuary without encountering the island's generous alligator population.

In fact, McIlhenny was famous for contributions to the study of alligators, documented in his *The Alligator's Life History* (1935). He also was responsible for donating significant acreage along the Louisiana coastline for conservation and for encouraging other

From left: Tabasco sauce spends three weeks in tanks until the liquid is strained and bottled; An egret is one of many species to make a home in the bird sanctuary on Avery Island; A 12th-century Buddha statue is enclosed in a small temple in Jungle Gardens on Avery Island.



wealthy landowners to donate contiguous parcels at the same time.

"He took the long view of things," says Cathy.

The family feels similarly. For years, they've actively planted marsh grass to help combat wetlands erosion along their coastline where saltwater intrusion has eaten away at fragile land.

From Bird City, Cathy takes me into the island's interior for a visit to some of the private spots. We stop at Marsh House, where family weddings take place and where guests and dignitaries are entertained. We also visit the serene private family cemetery, the shady "picnic oak" and a pond formed from a sunken salt mine where Cathy and her cousins grew up swimming during their summer stays.

"We would spend the whole summer outside," Cathy says, who grew up in New Orleans. She seems as comfortable tromping through the



island's lush foliage today as she must have as a child. Despite our presentable shoes, she leads me off-trail and into a stunning bamboo grove. It's one of her favorite spots. She seems every bit as enthusiastic as her former mosquito-bitten self. If you dropped her blindfolded somewhere in the wilds of the island, she would know exactly where she was.

Later, island resident and great-great granddaughter of Edmund McIlhenny, **Leigh Brent Simmons**, Auburn, shares similar thoughts with me about the place's mystique.

"To me Avery Island has always meant family," says Leigh. "Growing up, our summer began when we drove to Avery Island from New Orleans to spend as much time on the island as possible. There were Saturday night barbecues, fishing trips, horseback riding, swimming and plenty of cousins to join in the fun. Avery Island has always felt like home."

Cathy and I take a few minutes to absorb the bamboo grove's grandeur, its thick stalks reaching fairy-tale proportions. We wade back through the soft ground and climb into Cathy's car to head for the Tabasco Café. It's a quick-stop eatery for employees and island

"It's not just Tabasco, it's the island itself," says Joey. "You have generations of employees and family members here who treasure the place and what it stands for."



From top: Workers in the bottling plant package Tabasco sauce to ship worldwide; Cindy, an employee in the Tabasco Café

residents. In the queue to order, alongside plant workers, is Tony Simmons, grabbing a quick lunch, casually greeting everyone in the room and void of presidential pretense.

The tables in this country store are strewn with the full complement of current Tabasco sauces. I reach past green jalapeño- and habañero-flavored sauces for a new variety spiked with sriracha and sample it on my white bread BLT.

Cathy and I are joined for lunch by fellow Kappa sister and current New Orleans Alumnae Association President **Johannah Marcotte Brown**, Alabama, who is married to Edmund McIlhenny's great-great grandson, Alfred Whitney "Buzzy" Brown, III. The Browns also live on the island. Johannah, nicknamed Joey, grew up in the nearby city of Lafayette and says she's still struck by Avery Island's rich traditions. There is so much history, the company has its own full-time historian and archivist.

"It's not just Tabasco, it's the island itself," says Joey. "You have generations of employees and family members here who treasure the place and what it stands for."


Lunch ends and it's time to part ways. We get back in the Thunderbird and head for the guard station, exchanging notes along the way about our respective Kappa experiences. Cathy is one of 20 Avery Island family members of various generations and academic institutions who are Kappa alumnae.

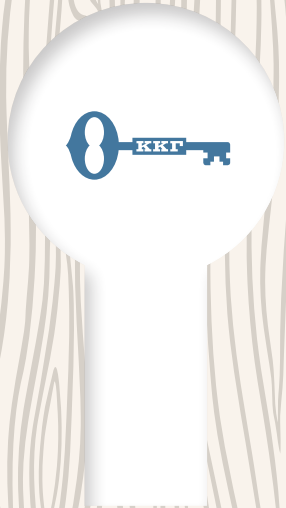
"My mother told me if I pledged Kappa, then no matter what happened in the future or where I ended up, I could connect with great people," she says.

I take in a final view of the Tabasco factory as we pass by, envisioning bottles spinning from the assembly line into trim boxes and onto the tables of Tabasco enthusiasts everywhere. Simmons, like the company presidents before him, is sometimes asked if the family would ever sell out, cashing in on the land and the company for what would be an impossible sum. The response has been a resounding "no." The brand, and its powerful history, isn't for sale.

Before we say goodbye, Cathy hands over a plastic grocery bag filled with fresh cucumbers picked that morning in the vegetable garden outside her home on the island's south side.

It's my second gift of the day: Earlier, she plied me with several travel-sized bottles of Tabasco sauce.

Like my grandmother, I'll keep one in my purse. 



Through the Keyhole



41
KEEPING CAMPUS SAFE

42
IN BRIEF
Building Matters

44
KEY ACHIEVEMENTS
Jessie Deye's Guild Collective
brings the craft party to you.

46
MAKE A NOTE
Colonizing at NC State

Convention 2016—San Diego

Nominate a future leader!

47
IN MEMORIAM

48
REMIX
Adventure with two
travel writers

What's Your Fight?

"My Fight Song" by
Rachel Platten, *Trinity*,
has become an anthem
for so many people
fighting cancer or other
challenges. Tell *The Key*
how this song inspires you:
thekey@kkg.org





A SMALL WORLD

How I Met My Sister

Two Kappas with a shared past uncover an unbelievable connection.

—By **Sarah Kropp**, Allegheny

PHOTO BY JESSICA CIESIELSKI

“DO YOU EVER THINK ABOUT your birth parents?” **McKENNA COTTERMAN** asked **LIAH CICHON**, both *Loyola*.

The two were baking brownies and watching Disney movies together, the kind of Friday night that had become a ritual for them. They became friends at Loyola during Recruitment in the spring of 2015, a friendship that began while standing in line to enter Kappa’s suite and became a semester of watching movies, eating junk food and exploring Chicago together. They were inseparable.

The two also had some striking similarities. Both were adopted as infants from China by American families. People often told them how much they look alike. While the two knew they were both adopted from China by separate birth parents, they had never really talked about it.

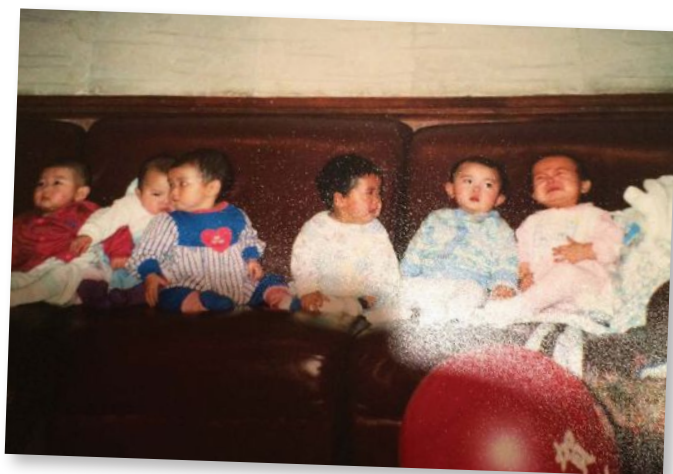
On June 3, 2015, as they made brownies and as McKenna awaited Liah’s response, Liah received a message that would make their friendship seem destined. It was from Liah’s mother, Marla, who was looking at Liah’s photos on Facebook,

when she saw a face that looked familiar: her daughter’s new best friend, McKenna. Marla’s wheels began to turn. Where did she recognize this girl from? Suddenly, it came to her.

Marla messaged her daughter when she discovered the connection: Liah and McKenna were adopted together as infants. Leah read the message to McKenna, who says, “We looked at one another in disbelief and then screamed. Once we took some time to take in the news, Liah wanted to share it with our friends on Facebook.” It received more than 500 “likes.”

Marla, along with six other American families, had adopted seven unrelated infant girls from the same orphanage where the girls had lived together in China. On Feb. 17, 1997, McKenna, Liah and the others were adopted to separate families on “gotcha day,” as McKenna calls it when she celebrates each year. All seven adopting families were from different U.S. states and since being adopted, the seven girls have come together only once at a small reunion when they were toddlers. Their

The Yueyang Sisters: McKenna is the second from the left; Liah is the third from the right.



families had lovingly referred to the group as the “Yueyang Sisters” because they were born in the city of Yueyang, located in the Hunan Province of China.

Though Liah and McKenna both knew they had been adopted from China in 1997 along with five other girls, they did not know the identities of their Yueyang sisters until Marla put the pieces together after seeing the photos of Liah and McKenna together at college.

After Liah posted their story, instead of hearing how much they look alike, they were now asked, “Are you the Yueyang sisters?” All smiles, the freshmen confirm, “Yes, that’s us.” But before their story went viral, they were just two girls, freaking out in a dorm room, reveling in the fantastic circumstances that led them back to one another.

After the screaming, the tears, the hugs, thoughts of “I can’t believe this is happening,” Liah and McKenna are thankful about being brought together again.

Growing up in different states, a twist of fate brought them to Loyola. During her senior year in high school in Lansing, Michigan, Liah visited Loyola with a cousin, loved it and enrolled in a summer program and then chose to stay. McKenna, from Columbus,

Ohio, wanted to move to a larger city and fell in love with Chicago, despite visiting in freezing temperatures.

Liah and McKenna recall meeting once on Loyola’s campus, but the real connection began during Recruitment. Without the decision to join Kappa, these two Yueyang sisters may not have discovered their connection. Before Recruitment, Liah had set her sights on another sorority and McKenna was uncertain about Greek life. But Liah recalls, “When I walked into Kappa my mind changed instantly.” McKenna describes a similar experience: “As weird as it sounds, I felt like the room was glowing,” she says.

Liah and McKenna plan to visit China together one day to see the city where their relationship began. They also would like to organize a reunion for all the Yueyang sisters.

When asked how their connection affects their friendship, they say their new bond only makes it stronger. “We are both only children, so it is nice to know we are cut from the same cloth,” says McKenna. “We now feel a need to spend *all* of our time together—we can’t go 24 hours without seeing each other,” says Liah.



Keeping Campus Safe

CAMPUS POLICE OFFICER **LINDSEY MORTON**, *GEORGIA SOUTHERN*, was on her usual 6 p.m.–2 a.m. patrol on campus when she saw a female student standing outside the library looking toward the parking lot. Lindsey asked if she was OK and if she would like an escort to her car. The student seemed relieved by the offer and said that she had been hesitant to approach an officer. Located in Statesboro, Georgia, Georgia Southern University has experienced an increase in on-campus robberies and assaults, including one last semester when an active member of Zeta Upsilon Chapter was threatened and robbed while walking to her car from the library.

Lindsey, a junior, works as a campus police officer on a “walking beat,” patrolling campus buildings, performing lock and dorm checks and escorting students—and she works game days as well. Lindsey says her job is to prevent bad situations from happening. She looks and listens for cues like swearing and general agitation and steps in to try to prevent students from drinking too much. Though the hours are long, Lindsey enjoys the campus police partnership with the Statesboro police and Georgia Bureau of Investigation and likes working with fellow students.

When Lindsey decided to join the campus police force, she knew it wouldn’t be easy because of the local climate between police and students in the small campus town. In August of 2014, 18-year-old freshman Michael Gatto died after being beaten by an off-duty bouncer at a Statesboro bar. The bouncer, a fraternity member who was 20 years old at the time, has been charged with felony murder and aggravated battery. After Gatto’s death, police began raiding bars and giving citations for underage drinking and some local establishments that serve alcohol have

closed. Police also began raiding fraternity parties and tailgates, causing what some perceive as a wedge between police and students. Gatto’s family sponsored “Michael’s Law,” which requires all bartenders and bouncers to be at least 21 years old.

Lindsey says the responsibility of being both a Kappa and a police officer means “always wearing your letters; always wearing your uniform.” She says officers must think before they speak and must be rational to protect their safety and the safety of those around them. To her, it is all about communication and how to read people. Lindsey chose law enforcement “to not only protect the citizens but to protect their rights and freedoms.”

Being an active member of Greek life and a police officer have overlapped for Lindsey. Campus police take calls about fraternity parties and sometimes pull over a car with Greek letters. Lindsay says some of her coworkers kept a distance when she first started working and voiced negative opinions of Greek life. And she stopped getting invitations to parties or places where students were drinking.

Part of Lindsey’s goal as a

campus policewoman is to mend the broken relationship between students and police. She wants to invite the officers to philanthropy events to “create a happy medium for both sides.” She believes that it would be beneficial to hold debates and meet halfway.

Prior to joining the campus police, Lindsey was offered a job with the Statesboro Police Department through one of her professors who is the public safety director for Statesboro. She decided, however, that, while she is still a student, working with the campus police

Being both a Kappa and a police officer means “always wearing your letters; always wearing your uniform.”

would give her more flexibility in her schedule. Lindsey’s long-term goal is to become a U.S. Marshal and eventually work in witness protection.

Lindsey was Zeta Upsilon’s Marshal this year and is also a 2015 Kappa Foundation scholarship recipient. Aside from her job with campus police, she also juggles working at Cracker Barrel, 9:00 a.m. classes and mandatory workouts.

—**Hannah Hurst**,
Georgia Southern

Officer Lindsey Morton patrols near the library at Georgia Southern University.

FRANK FORTUNE

IN brief



MESSAGE FROM THE PRESIDENT

Building Matters

After decades of growth and substantial change, the current office space at Fraternity Headquarters in Columbus, Ohio, has become inadequate for today's needs. Over the past two years, Fraternity Council and the Foundation Board of Trustees have explored renovating Fraternity Headquarters and have researched the options of leasing, buying or building a new headquarters. In November, a committee met at Fraternity Headquarters to discuss these and additional options. As a result of that meeting, the decision regarding the future of Fraternity Headquarters has been deferred until an adaptive reuse of our current facility is further explored. Council and the Board of Trustees will consider the data relative to that of building on a different site and determine the best option for Kappa Kappa Gamma.

—By **Beth Uphoff Black**, Illinois Wesleyan

GIVING BACK

Way to Kick It, Butler!

One in three women will be a victim of domestic violence in her lifetime. Kappas at **Mu, Butler**, are committed to helping survivors and raising awareness through a partnership with Coburn Place in Indianapolis, Indiana. Coburn Place provides rent-free transitional housing, support services and advocacy for up to 24 months; it is the only organization in the city to offer this type of housing in apartments with private kitchens, bedrooms and bathrooms to survivors of domestic violence. Mu Chapter collects supplies yearlong to donate to the residents of the shelter and in September, they hosted a kickball tournament and donated the more than \$9,500 in proceeds to Coburn Place.

FROM LEFT: EDIE MAE HAMILTON HERRELI; COURTESY WEST; COURTESY BRITTANY LOWE

Mu Chapter members Dana O'Grady, Grace Fulwider, Maggie Sullivan and Nora Thompson wear tie-dye for the Kappa Kickoff tournament.



FRATERNITY NEWS

Bylaws and Standing Rules Revisions

During the 71st Biennial Convention, we will present revisions to our Fraternity *Bylaws* and *Standing Rules* that address proposed changes to the organizational structure. The goals of the newly proposed Fraternity structure (see www.womenwhokappa.org) are to meet the evolving needs of Kappa's undergraduate and alumna members, to better utilize and develop the talents within the membership, and to perpetuate Kappa's ideals for future generations. Kappa Kappa Gamma believes the proposed changes will empower volunteers by making their roles

more manageable through the realignment of responsibilities, as well as concentrated support to meet the needs of our members in the 21st century.

The Fraternity Council welcomes recommendations for amendments to the *Bylaws* and *Standing Rules* from all members. Email recommendations to Kari Kittrell Poole, Executive Director, kkittrell@kkg.org or via mail to her at Kappa Kappa Gamma, P.O. Box 38, Columbus, OH, 43216-0038 by Jan. 15, 2016. Proposed amendments will be sent to chapters, associations, Advisory and House Boards in March 2016.

—Denise Rugani, UC Davis

UC MERCED

Colleges Against Cancer

Eta Xi, UC Merced, honored Breast Cancer Awareness Month with a pink lemonade stand. Chapter members set up a booth on campus to pass out lemonade to raise awareness. Each year the chapter hosts a booth at the Carnival of Pink, a community-wide event put on by the university's chapter of Colleges Against Cancer.

CLEMSON

Scholarship

Epsilon Mu has raised \$18,649 for a restricted scholarship, but needs to reach \$60,000 by 2017. To give, visit www.kappa.org/ donation and designate Epsilon Mu or send checks payable to the Kappa Foundation to KKG Foundation, P.O. Box 38, Columbus, Ohio 43216-0038 with Epsilon Mu in the memo line.



THE GREATEST OWL OF THEM ALL

Having a Hoot

Animal science majors **Lauren Oviedo** and **Brittany Lowe**, UC Davis, worked with Cano, a Great Horned Owl, during their internship at Sarvey Wildlife Care Center in Arlington, Washington, where they worked up to 15 hours per day last summer caring for animals in the clinic.



key

ACHIEVEMENTS

Rachel Platten

TRINITY. Rachel's breakout hit, "This Is My Fight Song" was not only the song of the summer for many, as it inspires people from those fighting cancer to anyone who has ever struggled, but it also set her music career in motion. The anthem reached number six on the *Billboard* Hot 100 and she's now singing in venues across North America. In September, she released "Stand By You" from her new album, *Wildfire*.

Anna Peterson Crosslin

WASHINGTON UNIV. (St. Louis). President and CEO of the International Institute of St. Louis for 37 years, Anna was honored by the White House in July as a "Champion for Change" for her efforts to make a difference in the lives of refugees. The International Institute of St. Louis offers English classes, job placement, counseling and other services to more than 7,500 immigrants each year. **Suzanne LeLaurin,**

also from Anna's pledge class at Washington Univ. (St. Louis), serves the institute as senior vice president.

Nicki Derryberry

MISSOURI. Nicki, a biotechnology teacher and advanced STEM coordinator, was awarded the Milken Educator Award in November. Recipients are selected in early- to mid-career for what they have achieved and for the promise of what they will accomplish. Nicki's creative approach to STEM education has led to tremendous results in the school community. Nicki plans to use part of the \$25,000 prize to fund a project for her class.

Virginia "Ginger" Miller Ambler

WILLIAM & MARY. Vice president of student affairs and assistant professor at William & Mary, Ginger received the 2015 Dr. Kent L. Gardner Award from the Association of Fraternity/Sorority Advisors. The Gardner Award is presented to a university administrator who has demonstrated a long-term commitment to the

advancement of fraternities and sororities. Ginger has made working with students at William & Mary her life's work since graduating from there in 1988 and receiving her Ph.D. in 2006.

Ellen Davis

GEORGIA. A 2011 graduate in fine arts, Ellen illustrated a children's book that was published this year, *Amos Likes to Jump*. *Amos* is a colorful board book about a Wheaton Terrier with super powers. Ellen's illustrations help bring to life Amos, who is Ellen's aunt's real dog. When Ellen isn't illustrating the *Amos* series, she is a scientific medical illustrator and owner and creative director of Precision Medical Media.

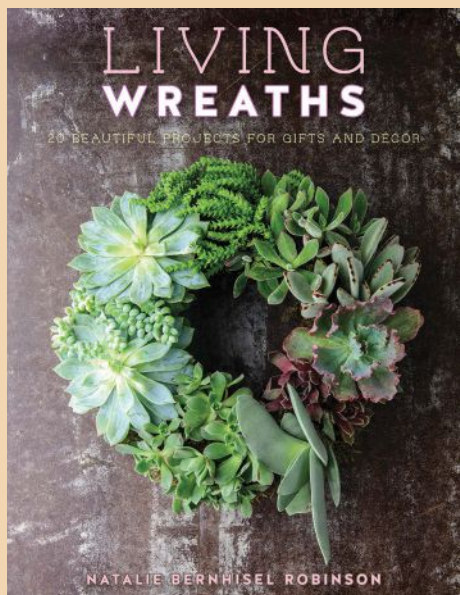


Angela Herbert Ducey

ARIZONA STATE. The First Lady of Arizona, Angela was the keynote speaker for Founders Day in Scottsdale, Arizona. More than 200 Kappas from the Phoenix, East Valley and Scottsdale Alumnae Associations and active members from **Epsilon Delta, Arizona State**, gathered at the McCormick Scottsdale hotel on Oct. 18 to celebrate Founders Day. Angela encouraged those present to "keep challenging ourselves throughout our lives."

Alexandra "Allie" Curtis

SYRACUSE. Allie was named Miss Rhode Island 2015 and competed in the Miss America scholarship pageant this past



HOME GROWN

Noted floral designer **Natalie Bernhisel-Robinson's, Utah,** knack for combining plants, flowers, and other foliage to create unique designs goes well beyond your basic green thumb. In her book, *Living Wreaths*, she offers detailed instructions to create modern wreath gardens made from succulents, moss, strawberry, tomato, herb, lavender and more—including one of our favorites—the Leafy Houseplant wreath.



summer. A 2014 graduate, Allie is finishing a Master of Public Administration from Brown University and plans to finish a master's degree in Homeland Security with a focus on cyber-security and intelligence. In September, Allie was named the Jean Bartel Quality of Life Finalist at Miss America. Jean was the first college student to win the title (1943) and was responsible for converting the competition into a scholarship.

Kacy Rauschenberger and Dominique Beaudry

DEPAUW AND DUKE. In May 2015, Kacy and Dominique were individually awarded Fulbright Teaching Assistantships to teach English in Malaysia and serve as cultural ambassadors for the U.S. while in Malaysia. Since 1946, the U.S. Department of State has sponsored the Fulbright Award to promote understanding among nations through cultural exchange programs.

Lilliana Vazquez

GEORGE WASHINGTON. TODAY Show contributor, fashionista and multi-media journalist, Lilliana joined the Meredith Viera Show in September for season two, as part of the "What's Hot Now" panel, along with Lance Bass, Yamaneika Saunders and Megan Colarossi.

Julie Dilemuth

YALE. Julie debuted *Lucy In*

the City, her first picture book, in August 2015. A children's writer and spatial cognition geographer, Julie used spatial thinking—how we think about and understand the world around us—as a theme in her book to promote spatial learning and problem-solving skills. She earned a doctorate in geography with an emphasis in cognitive science at UC Santa Barbara. Her stories have appeared in *Highlights for Children* and *Odyssey*, and she won the 2012 Highlights Fiction Contest.

Barbara Ferguson Harland

IOWA STATE. At the age of 90, Barbara received a Food Science and Human Nutrition Alumni Impact Award from Iowa State in October 2015. She was recognized for broadening the field of nutrition, for her research and for her role in educating students. A professor at Howard University since 1984, Barbara has researched zinc metabolism and phytate, phytase and mineral absorption. She holds a doctorate from the University of Maryland and has authored more than 100 peer-reviewed publications and 161 scientific presentations over her career.

Holly Fricks Yoakum

BUTLER. Holly was named one of *Missouri Lawyers Weekly's* Up and Coming Lawyers of 2015. In 2009, Holly began working with Legal Services of Eastern Missouri and is a staff attorney for their Lasting Solutions Family Law Program, which helps victims of domestic or sexual violence. Holly was named a Rising Star Super Lawyer in 2013 and 2014. She received her juris doctorate from Indiana University.

Alex Kinsella

VANDERBILT. In spring 2015, Alex presented at the United Nations Convention in New York on the rights of indigenous peoples. Along with other members of the University of



FEMALE FOUNDERS

JESSIE DEYE

CINCINNATI

The CEO of Guild Collective, **Jessie Deye** founded the company along with two female friends after leaving their corporate jobs and competing for VC funding. Guild Collective offers curated craft project supply kits that range from jewelry to home decor, making it easy to throw a craft party with your friends.

Guild Collective is the first all-female founding team to go through startup incubator The Brandery, which included \$50,000, agency branding services, legal work, office space and mentorship. Jessie and her team were selected in June 2015 out of more than 1,000 applicants to The Brandery's startup program.

Colorado American Indian Law Clinic, she showed the clinic's work with the Spokane Indian Tribe to incorporate the principles of free prior and informed

consent, as embodied in the United Nations' Declaration on the Rights of Indigenous Peoples, into the Spokane Constitution.

MAKE A note



Badge Day MARCH 7

On this date, the National Panhellenic Conference encourages members to wear their badges. Be proud of the Greek community and sport your Kappa key on Badge Day!

100 Years of Beta Kappa

Beta Kappa, *Idaho*, celebrates its centennial anniversary April 1–3, 2016, in Moscow, Idaho. Registration details will be sent in January. Events include: Friday evening reception, campus/chapter tours on Saturday with a buffet lunch at the chapter, model Initiation and Candlelight Banquet, and a farewell brunch buffet Sunday morning.

Owl Out on a Limb?

Don't hoot in the wind after moving to a new city! Instead, contact your local alumnae association to meet new friends and sisters. **Caroline Poole Cameron** can help you get in touch with Kappas in your new location. Email Caroline at kappaowls@kkg.org.

Watch This

Ariel Blanford, *USC (Calif.)*, is the producer of a short documentary, "As the River Goes," which tells the story of more than 900 families in East Porterville, California, who do not have water in their homes because their wells have gone dry after years of severe drought in the area. A recent graduate of USC's School of Cinematic Arts, Ariel produced the documentary for a class project. It has been screened at film festivals and the goal is to convert it to a feature film. Ariel is also a Leadership Consultant for Kappa Kappa Gamma.

Nominate a Leader

FEBRUARY 8, 2016

In June, Kappa will elect leaders for the 2016–2018 biennium. Nominations are online and the deadline is Feb. 8, 2016. Since there are recommended *Bylaws* changes that will alter the structure of the Fraternity, the Nominating Committee will create two slates, one for the proposed structure and one for the existing structure. To learn more about the proposed changes, visit www.women-whokappa.org. The recommendation form is found at www.kappa.org/nominations.

Kappa at NC State

In September 2016, Kappa Kappa Gamma will join the Greek community at North Carolina State University. Plans are underway for the colonization of a new chapter in Raleigh. Many local alumnae have indicated an interest in serving as advisers and House Board members, and a rental chapter facility is being renovated in anticipation of our arrival on campus. Stay tuned for more information in the next issue.

Work for Kappa

Apply by Jan. 15, 2016, to become a Field Representative for the 2016–2017 year. The applications for Leadership Consultant and Chapter Consultant are found on the Kappa website under About Us/Our Team. In addition, there are two internships available at Headquarters in Columbus, Ohio, next summer. The internship application is due Feb. 16, 2016. The paid internships begin June 1 and last 12 weeks; housing is provided. The application is on the website under About Us/Our Team.



See You in San Diego!

Get ready for Kappa's 71st Biennial Convention from June 22–26 at the Sheraton San Diego Hotel & Marina. Meet Alumnae Achievement Award and Loyalty Award recipients, celebrate chapters and associations, shop unique gifts with Blue Owl Boutique and licensed vendors, explore the latest museum exhibit and learn about leadership while connecting with friends. Visit Kappa's website for more information.



IN memoriam

Akron, University of

Chase, Joan Tunberg, '58, d. 7/15

Alabama, University of

Ellerbeck, Susan Matthews, '79, d. 6/15
Inge, Anne Mandeville, '52, d. 4/15
O'Neal, Dolly Ashton, '70, d. 5/15
Robertson, Anne Barrett, '52, d. 4/15

Allegheny College

Slonaker, Joan Risser, '43, d. 4/15

Arizona, University of

Joy, Margaret Houghton, '41, d. 5/15
Prince, Mary Martha, '63, d. 3/15

Arkansas, University of

Anderson, Helen Patterson, '43, d. 4/15
Fitzgerald, Josephine Killough, '36, d. 5/15
Larimore, Glenn Livingston, '45, d. 6/15
Mulliken, Jodene Sandon, '52, d. 6/15
Pope, Betty McGill, '52, d. 6/15
Rex, Berta Curtis, '52, d. 7/15

Baylor University

Reamer, Robin Barker, '82, d. 5/15

* Boston University

Medlin, Grayce Pullen, '41, d. 4/15

Butler University

Keach, Elaine Kilcline, '48, d. 4/15
Runion, Sally Butler, '70, d. 4/15
Upton, Elnora Gehrett, '41, d. 4/15

California, U. of, Los Angeles

McFall, Barbara Sheedy, '43, d. 5/15

Carnegie Mellon University

Stratiff, Berenice Barclay, '44, d. 7/15

Cincinnati, University of

Frickman, Jane Kahle, '47, d. 6/15
Schott, Virginia Erhardt, '41, d. 6/15

Clemson University

Hopkins, Jane, '74, d. 6/15

Colorado College

Wedberg, Mary Beth Stewart, '36, d. 7/15

Colorado State University

Stovall, Marsha, '64, d. 6/15

Colorado, University of

Clark, Dody Teets, '55, d. 5/15
Hudson, Bobbie Burns, '47, d. 7/15
Lee, Mary Ann Mitchell, '52, d. 4/15
Morris, Edith Ireland, '41, d. 7/15

Connecticut, University of

Daniel, Sally Storrs, '49, d. 7/15
Geer, Charlotte Warren, '43, d. 5/15
Johnson, Barbara, '47, d. 5/15
Zahner, Marilyn West, '58, d. 5/15

Cornell University

Claassen, Ruth Leonard, '41, d. 7/15
Kent, Roberta Johnson, '42, d. 5/15
Sylling, Jean Miller, '52, d. 6/15

Dartmouth College

Hammond, Summer, '14, d. 7/15

Denison University

Baker, Louise Olney, '52, d. 7/15

Drake University

Diehl, Maurine Tesdell, '31, d. 5/15

Duke University

Douglas, Gail Barksdale, '58, d. 5/15

George Washington University

Roberts, Nancy Anderson, '48, d. 5/15

Georgia, University of

Ewing, Carolyn Simpson, '49, d. 7/15
Haugen, Evelyn Sanders, '54, d. 5/15
McCook, Cammie Holmes, '86, d. 4/15

Goucher College

Jack, Beverley Hammond, '41, d. 5/15

Hillsdale College

Davis, Alice Gargano, '52, d. 5/15
Falls, Marilyn Hall, '43, d. 4/15
O'Rourke, Katherine Schneider, '63, d. 4/15
Snow, Jane Anderson, '81, d. 5/15

Idaho, University of

Sharp, Marilyn Pearson, '50, d. 4/15
Simpson, Joan Korter, '47, d. 6/15

Illinois Wesleyan University

Kibiger, Suzanne Gladfelter, '53, d. 4/15

Illinois, University of

Gurney, Virginia Halligan, '53, d. 7/15
Ross, Helen Holliday, '52, d. 5/15

Indiana University

Culbertson, Mary Johnston, '30, d. 7/15
Erickson, Marilyn McDonald, '49, d. 7/15
Morgan, Virginia Parrett, '37, d. 7/15
Wooldridge, Harriett Rhetts, '41, d. 6/15

Iowa State University

Bates, Nancy Turgasen, '53, d. 4/15
Birt, Ann Carlson, '53, d. 6/15
Hagedorn, Marlene Wakefield, '56, d. 5/15
Kingsley, Mary West, '48, d. 4/15
Posey, Jean Bonnell, '46, d. 6/15
Ryan, Myrcene Nicolet, '51, d. 6/15

Iowa, University of

Beeken, Kathie Horslund, '47, d. 5/15
Block, Elizabeth Vogler, '37, d. 7/15

Kansas State University

Davies, Caroline Schoettker, '35, d. 4/15
Fletcher, Bettye Weber, '45, d. 6/15
Van Artsdalen, Sally Denton, '49, d. 7/15

Kansas, University of

Bynum, Marjorie Crume, '37, d. 5/15
Olander, Eileen Maloney, '47, d. 6/15
Waldie, Jane Baker, '68, d. 6/15
Wheeler, Helen Hay, '53, d. 5/15
Wilson, Priscilla Adams, '40, d. 4/15
Yip, Juliann Jones, '75, d. 6/15

Kentucky, University of

Dunstall, Nancy O'Rear, '45, d. 5/15
Ewing, Pat Clements, '44, d. 5/15
Kinnaid, Betty Field, '45, d. 4/15
Mann, Beverly Leachman, '43, d. 5/15
Smith, Ethel Blanton, '43, d. 4/15

Louisiana State University

Durnin, Kathy Brown, '67, d. 4/15

* Maryland, University of

Wagner, Betsy Hill Mattie, '50, d. 7/15

Massachusetts, University of

Foley, Betty Negus, '57, d. 6/15

McGill University

Aguillon, Joanne Hatch, '80, d. 5/15

Miami University

Gilchrist, Shirley Black, '53, d. 4/15
Jay, Marj Hole, '48, d. 4/15

Miami, University of

French, Kay Burritt, '44, d. 6/15
Hart, Doris, '47, d. 5/15
Ramos, Helene Carpenter, '43, d. 7/15
Smith, Anna Feltyberger, '38, d. 5/15
Sullivan, Patricia Pirola, '56, d. 4/15

Michigan State University

Hennigar, Donnette Glaeser, '42, d. 4/15
Potter, Jean Barnes, '43, d. 4/15

Michigan, University of

Buckmaster, Joan, '44, d. 6/15
Foster, Meredith Spencer, '62, d. 3/15

* Middlebury College

Palen, Elizabeth Miller, '38, d. 3/15

Minnesota, University of

Berg, Mary Morrissey, '40, d. 5/15
Johnson, Cordelia Goodman, '43, d. 5/15
Lockwood, Mary Whitmore, '47, d. 5/15

Mississippi, University of

Kulzer, Jackie, '06, d. 5/15
Pryor, Carolyn Ferguson, '54, d. 4/15
Weathersby, Eugenia Woods, '49, d. 6/15
Weston, Mary Leigh, '48, d. 4/15

Missouri, University of

Dempsey, Kate Blanton, '66, d. 7/15
Humphrey, Patricia Rainey, '48, d. 5/15

Monmouth College

Duclos, Sally Horner, '55, d. 5/15
Ghormley, Mary Campbell, '38, d. 7/15
Mountfort, Martha Lafferty, '46, d. 5/15

Montana, University of

Brown, Mary Agnes Kelly, '45, d. 4/15
Foos, Marie Simpson, '74, d. 4/15

Nebraska, University of

Hamsa, Diane Young, '53, d. 7/15
Samuelson, Patricia Raun, '44, d. 5/15
Warwick, Marcia Beckley, '50, d. 4/15

New Mexico, University of

Alexander, Connie Sanders, '53, d. 4/15
Barker, Rene McClatchy, '41, d. 6/15
Daggett, Alice Welch, '51, d. 5/15
Dal Santo, Diane, '68, d. 7/15
Wernitz, Billie Springer, '37, d. 6/15

Ohio State University

Arps, Ruth Collicott, '25, d. 7/15
Graff, Margaret Huffman, '45, d. 4/15
Sanguily, Mary Jo Smith, '58, d. 6/15

Ohio Wesleyan University

Castle, Sara Benjamin, '45, d. 3/15
Trimbur, Mary Corbin, '58, d. 3/15
Votaw, Rhoda Rippey, '55, d. 4/15

Oklahoma State University

Kimbrough, Barbara Brown, '50, d. 6/15

Oklahoma, University of

Broach, Cathryn Williams, '55, d. 7/15
Deisenroth, Patricia Lloyd, '46, d. 7/15
Story, Dorothy Canfield, '44, d. 3/15
Wineland, Selma Hull, '37, d. 4/15

Oregon State University

Gibbs, Anita Miller, '49, d. 4/15
Hulbert, Elizabeth Delateur, '37, d. 7/15
Lynch, Constance Fout, '38, d. 4/15

Oregon, University of

Kush, Jen Lotz, '98, d. 4/15
Mallicoat, Marlene, '62, d. 5/15

Pennsylvania State University

Carlson, Janet, '61, d. 7/15
Leonard, Shirley Tetley, '41, d. 7/15
Rayner, Dorothy Huber, '46, d. 6/15
Spangler, Barbara Diehl, '35, d. 7/15

Pittsburgh, University of

Blair, Betty Crede, '41, d. 4/15
Miller, Marjorie, '45, d. 5/15

Purdue University

Barnett, Lauren Heath, '77, d. 7/15
Graham, Mary Ruth Craig, '39, d. 4/15
Greene, Marilyn Collie, '54, d. 3/15

* San Jose State University

Miller, Carole Christ, '52, d. 7/15
Upton, Maureen Caporaso, '67, d. 6/15

South Carolina, University of

Williams, Virginia, '73, d. 6/15

Southern California, U. of

Hines, Marilyn Miles, '50, d. 4/15

Southern Methodist University

Burnett, Mary Smith, '42, d. 7/15
Crain, Ann Lacy, '38, d. 5/15
Duthie, Mary Ridgeway, '46, d. 6/15

Eldridge, Margaret Mills, '59, d. 3/15
Herndon, Harriet McCall, '45, d. 5/15
Hinkle, Patsy Cox, '50, d. 6/15
Millet, Beatrice Moseley, '48, d. 6/15
Pemberton, Tish Low, '53, d. 3/15
Strong, Margaret Woolley, '44, d. 5/15
Wallace, Rebecca Bowen, '47, d. 7/15
Wilson, Betty Bailey, '35, d. 5/15

Syracuse University

Blackmore, Lucia Wicker, '38, d. 7/15
Edwards, Marjorie Little, '41, d. 3/15

Texas Christian University

Parker, Mary Lott, '64, d. 7/15
Peck, Ann Campbell, '70, d. 6/15

Texas Tech University

Johnston, Margaret Brown, '53, d. 6/15

Toronto, University of

Martin, Bruce McFarren, '41, d. 7/15
Smith, Joy Dunham, '40, d. 5/15

Tulane University

Allen, Mabel Hochenadel, '41, d. 4/15
Curtis, Frances Collens, '38, d. 3/15
Pratt, Anne, '59, d. 6/15

* U. of Arkansas at Little Rock

Lazenby, Carolyn Jennings, '69, d. 6/15

Utah, University of

Bruderer, Anna Lunt, '41, d. 5/15
Mecham, Marion Dixon, '32, d. 4/15
Stewart, Charlotte Margetts, '40, d. 6/15

Washington State University

Fitzgerald, Betty Stevens, '40, d. 4/15
Sheehan, Beatrice Bale, '44, d. 4/15

Washington University

Chapman, Beverly Sprague, '56, d. 5/15
Higgins, Annabel Janes, '42, d. 3/15
Leyhe, Louise Kraus, '35, d. 3/15
Orr, Eugenie Andrews, '39, d. 5/15

Washington, University of

Anderson, Michaela O'Neill, '75, d. 4/15
Black, Elizabeth Smith, '44, d. 5/15
Douglas, Martha Umphrey, '44, d. 7/15

West Virginia University

Jones, Emily Martin, '56, d. 5/15

Whitman College

Corfield, Marilyn Foster, '62, d. 6/15
Martin, Frances Fee, '35, d. 4/15

William & Mary, College of

Bamforth, Jeanne, '47, d. 3/15
Burkland, Betty Kah, '45, d. 7/15
Coleman, Beverly Bridge, '35, d. 5/15
Munger, Mary Lehr, '42, d. 3/15

Wisconsin, University of

Hesser, Joan Sebastian, '39, d. 5/15
Prescott, Nancy Crael, '51, d. 6/15
Winter, Barbara Ragsdale, '41, d. 6/15

Wyoming, University of

Barratt, Judith Jewett, '56, d. 4/15
Hart, Nancy Anderson, '58, d. 4/15
Nicholls, Rosemary Gillespie, '37, d. 4/15

Submitted April 1–July 31, 2015. *Inactive

remix

ON THE ROAD AGAIN

Amy Balfour

WASHINGTON & LEE



Kelly Matyas Magyarics

PITTSBURGH

The Kappas in this issue of Remix get to travel and write about it for a living! **Amy Balfour**, *Washington & Lee*, writes guidebooks for Lonely Planet. **Kelly Matyas Magyarics**, *Pittsburgh*, is a wine, spirits, food and travel writer. She is editor in chief of Craft Spirits Exchange. While Amy travels solo in her role, Kelly often participates in group travel. Despite seeing destinations around the world, both Kappas said that the Grand Canyon is one of the most awe-inspiring places they have visited.

The Grand Canyon. Red rocks aglow in the late afternoon is the best spiritual rejuvenator. I met amazing women, all looking out for each other, on the solo trip from the South Rim to the Colorado River.	Favorite experience?	The fast ferry from Crete to Santorini, coming into the caldera (what is left after a volcano erupts.) Black, pink and white sand beaches and the blue-roofed buildings are as beautiful as the postcards.
On a ferry from Nassau to the Exumas, we caught the tail end of a hurricane. As the boat pitched, the evening movie skipped. I heard six seconds of the opening song of <i>The Holiday</i> with Kate Winslet and Cameron Diaz over and over, loudly, for hours.	Tales of trouble?	During my first visit as a Kappa Leadership Consultant, I visited Iowa State and I opened my rollerboard to discover that I had grabbed someone else's black rollerboard. I have never grabbed luggage again without checking the tag.
Ireland —I've never been!	On your bucket list?	Japan —to experience omakase or the "chef's choice" menu in the restaurants.
Laptop, two magazines —one trashy, one literary—and the guidebook I'm updating. Also glasses, contacts case, sweater, toiletries, all chargers and cables.	In your carry-on?	If I can, I carry everything on with me and not check my luggage. For long trips when checking bags, I'm just optimistic and don't carry too many toiletries.
I try to sneak in an Elvis reference in every book.	Fun fact?	I feel fortunate to do what I do. I see cool places, meet great people and taste and eat amazing things. I'm very grateful.
Clear plastic baggies are your friend. They make it easier to find things quickly.	Travel tip?	I carry a small notebook to jot down things I will forget. I also snap pictures with my phone, especially wine labels so I can Instagram them.



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- C. Bangle Bracelet, #TBANGLE SP...\$36
- D. Frost Bracelet, #076BR SP...\$20
- E. Blue Frost Bracelet, #076BRDB SP...\$20
- F. Frost Ring, #036038 ST...\$49
- G. White Crystal Fleur-de-lis pin, #1009 SP...\$13
- H. Blue Crystal Fleur-de-lis pin, #1010 SP...\$13
- I. Imperial Onyx Ring with pearls, #7901P SS...\$150 10K...\$450 14K...\$630
- J. Coat-of-Arms Necklace, 18", #1024 SS...\$44 10K, with gold-filled chain...\$80
- K. Sincere Ring, #1022 SS...\$37 (Whole sizes 5-9)
- L. Fleur-de-lis Signet Ring, #0737 SS...\$91 10K...\$293
- M. Drop Pearl Earrings #622054 SS...\$65
- N. Pearl Ring, #612013 SS...\$75
- O. Pearl Toggle Bracelet with engraved tag, 7.5", #636008T SS...\$65



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