

the Key

KAPPA
KAPPA GAMMA

VOLUME 116, No. 4
WINTER 1999

Kappas Touch Lives



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- Combat Binge Drinking — 10
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Helping Hands

That's what we're all about

By LOIS CATHERMAN HEENEHAN, *Adelphi*

*H*elping hands, healing hands, lending a hand, reaching out, being constructive and proactive, providing service and support — that's what Kappas do; that's what they have done since the beginning.

It was to help each other that six young women came together 129 years ago ... and the beat goes on. New to college, among the first of their sex to be admitted, viewed doubtfully by men, our Founders wanted — probably needed — a friendly hand to help. So they joined their own hands into an ever-widening circle, a continually growing handclasp of friendship and help. How different is it today when a young woman sets foot on a college campus? Will she fit in ... find her place ... be received with doubt and a need to prove herself, or with warmth and welcome? She needs a helping hand.

A world of exploding knowledge carries the burden of exploding costs for acquiring that knowledge. College tuition and relevant fees are out of reach for many women. A helping hand — this one with money in it — can ease the burden. The first offer of financial help occurred in 1902 when the delegate from BETA ALPHA, *Pennsylvania*, came to Convention with a check for \$100. Not much in today's economy, but it was the beginning of what became the Founders' Memorial Fund for Students' Aid which distributed \$198,970 in 1998-99 through a variety of scholastic aid funds.

Caring for one ill sister with a 1922 Convention collection of \$600 has grown to distribution of \$163,340 last year through the Rose McGill Fund, Kappa's means of helping sisters in need. Extending helping hands across states, oceans and national borders, Kappas have made donations of funds, food and goods to members and nonmembers suffering from natural disasters, two World Wars and damaged economies. Survival packages sent to areas of floods, fires, war and hurricanes; layettes made for babies born in war-torn countries; building or

re-building homes; helping the disabled to walk, hear, see or in any way improve their quality of life — hands have been extended in more ways than we can count.


As a Fraternity, we do things great and small. Large donations to national organizations help many trained hands search for cures for cancer, heart or lung disease, mental illness and substance abuse. Publishing *Keep Safe, Insight on Domestic Violence*, *SEEK (Self-Esteem for Every Kappa)* provides starting points for individuals to help themselves and then reach out to grasp a helping hand. The smallest chapter or alumnae association can clean up a neighborhood or work at a soup kitchen.

Even better is the personal touch. No matter who we are or how little time we have,

there is something we can do. Send a quick and cheery e-mail to a house-bound friend (or even write a real note!); pack a box of goodies for that homesick college student; prepare a simple meal for a mom just home with a new baby; clip an article on a new discovery or treatment for an ill friend, or gather gently used household items for the Kappa garage sale.

A helping hand provides strength to make the next move, whatever it may be. Sometimes you'll give more than a hand. Perhaps your whole body strength is needed to aid someone partially paralyzed to move from bed to wheelchair. Maybe you'll use both arms to carry boxes of clothing to a storm-battered aid station. Two hands can mix up a batch of cookies for exam-stressed students or applaud the efforts of special olympians. One hand can punch in numbers to call and offer a ride to a meeting. And just one finger can be crooked to beckon, "Come over here and get a hug."

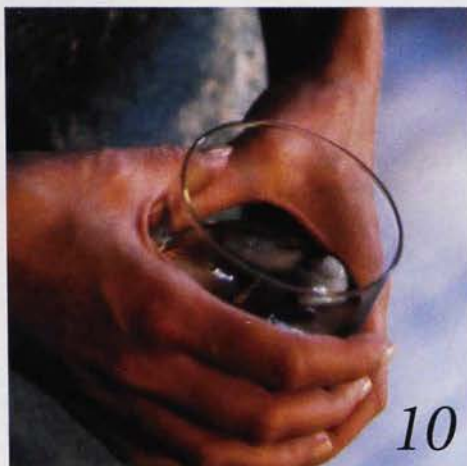
For 129 years, worldwide and next door, with millions of dollars or a few minutes of time, Kappas have held out a helpful hand. That's what we have done and will continue to do.

That's what we're all about. 



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About the Cover

This issue is dedicated to women around the world who touch and improve the lives of others.





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

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The Key (ISSN 1063-4665) is published quarterly for \$3.00 by Kappa Kappa Gamma Fraternity, 530 E. Town St., Columbus, OH 43215. Printed in the United States of America, copyright Kappa Kappa Gamma Fraternity 1999.

Preferred periodical postage paid at Columbus, Ohio

POSTMASTER:

Send address changes to:

The Key
P.O. Box 308
Columbus, OH 43216-0308

President's Message

Kappa's Helping Hands Are Always There



As Hurricane Floyd roared up the coast of North Carolina, Kappa officers were on alert to offer assistance to members affected by this devastating storm. A few years ago, a member of a chapter was informed that she had lost her financial assistance for tuition and her Kappa sisters raised the needed amount to allow her to remain in school. A member undergoing debilitating chemotherapy was given support and assistance when her Kappa friends took turns preparing daily meals for her family. A House Director of a large chapter organized members to baby-sit for a son of a nonKappa friend who was undergoing cancer treatment.

These are just a few examples of the expanded definition of Kappa friendship. Whenever there is a need for a helping hand, Kappas are there for each other. Friendship has many definitions and the special bonds formed by our members are constantly reflected in so many acts of kindness.

In a larger scope, the Fraternity demonstrates its concern for the welfare of the greater community as well as for our members through the development of educational programs. They include *Keep Safe* — a program on personal safety, which has provided valuable information to thousands of women of all ages. Kappa has been proud to share this awareness

program with not only our Panhellenic friends, but also university women throughout the continent. Other programs developed to enhance the lives of members include *SEEK* (Self Esteem for Every Kappa), which focuses on self-awareness and self-esteem; *Insight on Domestic Violence*, which is designed to educate women on the warning signs of domestic abuse and how to get help; and "Kappa Kinetics," a leadership seminar focusing on goal-setting to achieve one's dreams.

A resolution from the 1998 General Convention has resulted in the appointment of a new task force, which will review our current Fraternity philanthropy and investigate the possibility of a new focus. They have begun by asking for feedback from the membership by sending a questionnaire to all chapters and alumnae associations. They will continue to gather members' comments through focus groups at the upcoming 2000 Convention, and shortly afterward, will make recommendations to the Fraternity Council.

I invite you to attend Kappa's 63rd Biennial Convention, designed around the theme, "Values ... Pathway to Our Future." It will be held at the beautiful Marriott Desert Springs Resort in Palm Desert, Calif., June 21-25, 2000. You will have the opportunity to participate in Fraternity business meetings, educational sessions and other stimulating events you will remember for the rest of your life. Please come and be reminded of how the value of friendship and support embraced by all members of Kappa Kappa Gamma, past, present and future, will always provide the way to discover and achieve our potential.

Loyally,

CATHY THOMPSON CARSWELL,
Illinois Wesleyan
Fraternity President

Mark your calendar...

for Kappa Kappa Gamma's 63rd Biennial Convention,
June 21-25, 2000, at Marriott's Desert Springs Resort and Spa
in Palm Desert, Calif. Join 1,000 Kappas at this luxurious
resort in the land where the sun always shines!



Special resort features:

- a 30,000-square-foot luxurious ultra-spa
- 5 sparkling swimming pools
- 3 outdoor whirlpools
- 18 shops and boutiques
- 20 tennis courts (hard, clay & grass)
- 2 18-hole championship golf courses
- an 18-hole putting course
- 1,000 smiling Kappa sisters

How to Register

If you'd like to join the fun, please complete and return the form below. All alumnae associations, chapters, house boards and advisory boards will receive

registration packets in February 2000. Full-time and part-time packages will be offered. Information will also be available at www.kappakappagamma.org.

Cost and Travel

The registration fee is \$130. Hotel and meals are \$600 per person (Wed. dinner through Sun. breakfast). Airport shuttle to and from the resort is free if flight reservations are made through Century Travel, the Fraternity's official travel agency.

For more information, return the coupon below, call 614/228-6515 or e-mail kkghq@kappa.org for a registration packet, which will be mailed in February.

Mission Statement of The Key

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

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

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

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www.kappakappagamma.org

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Yes, I am interested in attending the 63rd Biennial Convention, June 21-25, 2000!

Full Name: _____ Chapter/School: _____

Address (February 2000): _____

Phone: _____ E-mail: _____

Return this form to: Convention Assistant, Kappa Kappa Gamma Fraternity Headquarters,
P.O. Box 38, Columbus, OH 43216-0038.

Who Will Lead the Fraternity into the New Millennium?

An invitation to every Kappa to participate in the nominating process

RESPONSIBILITIES

Council Members

The members of the Fraternity Council are responsible for the management of the Fraternity. They set policy, determine the direction of the Fraternity and deal with Greek issues. They must attend regular Council meetings, Province Meetings, General Conventions and assist in Foundation efforts. They are also called upon to attend other Fraternity functions and visit alumnae associations and chapters.

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

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

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


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

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

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

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

Regional Officers

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

At the 2000 General Convention, the voting delegates will elect the leaders of Kappa Kappa Gamma Fraternity for the 2000-2002 Biennium. Every Kappa is invited to become part of the process by submitting recommendations to the Nominating Committee.

Who is elected at the Biennial Convention?

The Fraternity Council, the Regional Directors of Alumnae and the Regional Directors of Chapters will be elected in Palm Desert, Calif., June 21 – 25, 2000.

Who can recommend a candidate?

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

Whom may I recommend?

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

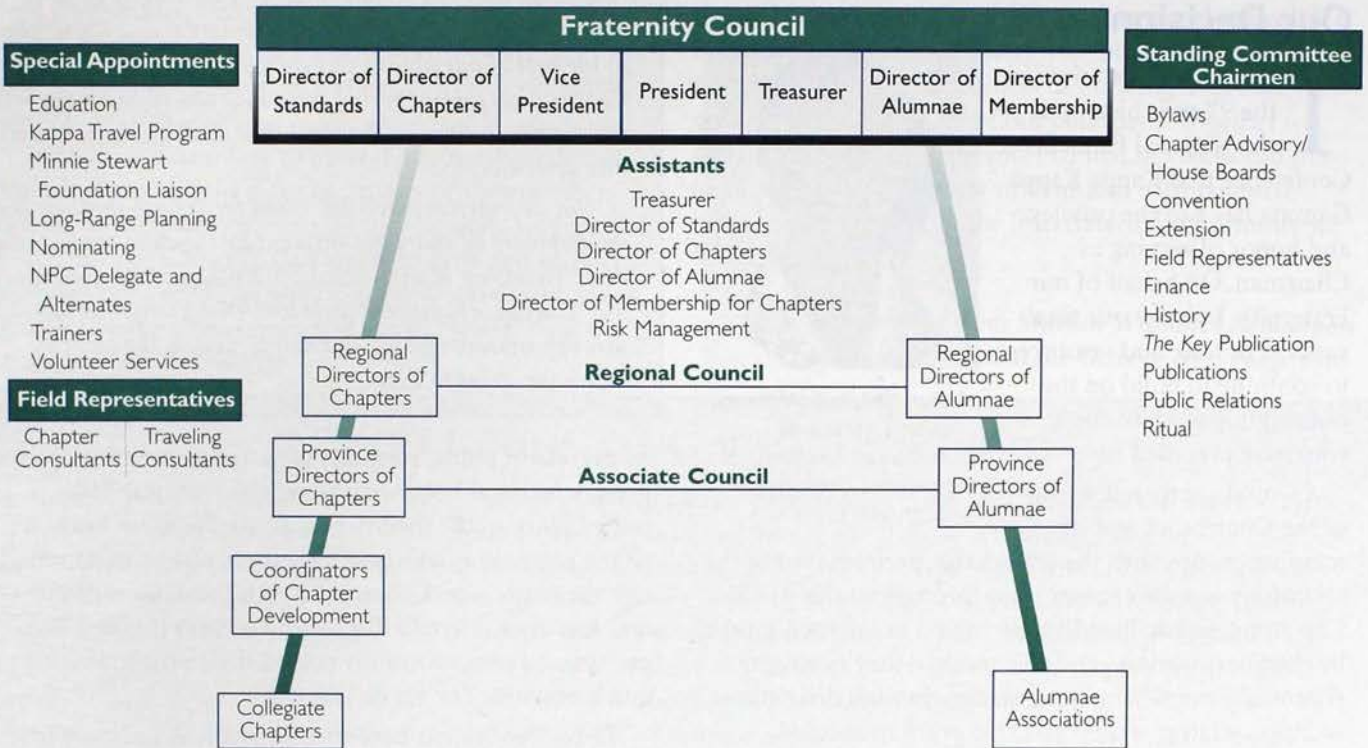
What other qualities are important?

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

What is the term of office?

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

Fraternity Organization Chart



Kappa Kappa Gamma Recommendation for Fraternity Position

Mail to: Adlon Dohme Rector, 265 Barefoot Beach Blvd., #403, Bonita Springs, FL 34134, Deadline: March 1, 2000

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

Street Address City State/Province Zip

Telephone: _____ E-mail: _____

Chapter: _____ College: _____

Alumnae Association: _____ Province: _____

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

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

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

Chapter: _____ Alumnae Association: _____

Recommended by: ☐ Chapter ☐ Association ☐ Individual ☐ Other

A Message from NPC's New Chairman

The Good of the Whole Guides Our Decisions

This is the fourth time in the 97-year history of the National Panhellenic Conference that Kappa Kappa Gamma has had the privilege and honor of serving as Chairman. On behalf of our Fraternity, I pledge our total support in time and resources to continue to build on the outstanding work of those who have preceded us.

I would compare the efforts of the Conference and its member groups with the remarkable performance of the victorious women's soccer team throughout the World Cup competition. Blending talent and experience, guided by the finest mentors and role models, they overcame potentially overwhelming obstacles through dedication, sacrifice, strategy, vision and teamwork to succeed.

What I have observed during my tenure with NPC has been that same united commitment to success. The delegations of the Conference, generously supported by their member groups, are committed to furthering the values of women's fraternity life as expressed in our *Panhellenic Creed*. Cooperation — not competition — is stressed. The good of the whole guides our every decision.

"Emphasis must be placed on values, academics and respect for human dignity with zero tolerance for hazing in any form."

There is an old saying "to whom more is given, more is expected." Guided by the tenets set forth in our purpose, sorority women are perfect examples of outstanding service, support and contributions to each other, their campuses and their communities. If we could accurately calculate the total volunteer hours and dollars contributed, the numbers would be staggering. We are so humble and soft spoken about the lifelong values our membership affords that we are more often than not the best kept secret around. It is time that our collegians return to wearing with pride their badges and Greek letters on campus and learn to tell and live our story more effectively.

The courageous and vital Research Initiative relates our accomplishments to our critical publics. But we need



Marian Klingbeil Williams, Missouri, serves as Chairman of the National Panhellenic Conference through 2001.

The Panhellenic Creed

We, the undergraduate members of women's fraternities, stand for good scholarship, for guarding of good health, for maintenance of fine standards, and for serving, to the best of our ability, our college community. Cooperation for furthering fraternity life, in harmony with its best possibilities, is the ideal that shall guide our fraternity activities.

We, as fraternity women, stand for service through the development of character inspired by the close contact and deep friendship of individual fraternity and Panhellenic life. The opportunity for wide and wise human service, through mutual respect and helpfulness, is the tenet by which we strive to live.

an aggressive public relations plan to counter the negative press, which has been writing articles that bear little resemblance to the quality of sorority life as we know it. At the same time, let us not give them just cause to criticize the entire Greek community for the actions of the few. Just once, I would like to read or hear it noted that our women's organizations resolve their problems with quick dispatch. For we do just that!

Today's collegians have special needs, as has been true of every generation. By providing the life skills necessary for them to be successful, happy, safe, healthy and productive, we, as alumnae, need to be mentors and role models now more than ever. The responsibility for the recruitment and training of our chapter advisers rightfully belongs in the hands of our member groups and the Conference. Educating alumnae on today's "big picture" issues is vital and we need to work in concert with those in higher education to achieve the desired results.

Throughout history, our collegiate women have been called upon to set high standards for the men. We have the power and influence to inspire that performance from our own members, and we want that same effort from our male counterparts. Emphasis must be placed on values, academics and respect for human dignity with zero tolerance for hazing in any form. As the mother of a young son who was hospitalized because of hazing, I know the devastating effect it has on the individual, the family and the chapter. It has no place in our fraternal experience. Let's give praise and recognition to the vast majority who do take responsibility for excellence and hold their peers accountable for those high standards. They are our future.

We will continue to be strong advocates of alcohol-free men's fraternity housing, giving the men's groups the support and encouragement they need to succeed. It is my sincere hope that all 26 of our member groups will have the courage to take a united stand by the fall of the year 2000 to cosponsor only alcohol-free events in men's

fraternity facilities. Respect for the law and the health and safety of members should be the beacons that guide us. With all of the strength we share through our time-honored *Unanimous Agreements*, let not the subject of how we will handle alcohol with our chapters be the one that divides us. Our Panhellenic women deserve a consistent message on this issue.

We will also continue to protect our rights as private organizations and the right to privacy of our members against unnecessary or intrusive assessments, surveys and relationship statements. Our rights to exist and to assemble must be upheld. We will be good stewards within our college community, and we will live in concert with the mission of the university.

NPC does not wish to operate as isolationists or insist that we alone have all the answers. We recognize the importance of collaboration with our various colleagues, Greek-letter organizations that are forming along cultural lines, and other organizations with ties to higher education. We are all in the business of building lives and enhancing the character of our collegians. Together we can make a positive difference! United in vision and mission, we welcome the new millennium with renewed hope for the future and the interfraternal community we faithfully serve.

— Excerpted from *Marian William's Installation message presented at the October NPC conference.*

Kappa Leads NPC into the Future

Former Fraternity President and Kappa's current National Panhellenic Conference delegate **MARIAN KLINGBEIL WILLIAMS**, *Missouri*, proudly assumed the chairmanship of the National Panhellenic Conference during NPC's 56th Biennial Session held October 15-17, 1999, at the Saddlebrook Resort in Tampa, Fla.

Marian and her husband, Chuck, have two sons, a Kappa daughter, **DEBRA WILLIAMS VOLK**, *New Mexico*, and a Kappa daughter-in-law, **LORI LARSON WILLIAMS**, *New Mexico*. Known as "Mimi" to her five grandchildren, Marian has taught health, physical education and safety at elementary through college levels and was a nationally rated U.S. official in field hockey and basketball.

A natural leader, Marian served **THETA CHAPTER**, *Missouri*, as Panhellenic Delegate and chapter President and has continued her service far beyond her college days. As a member of the **ALBUQUERQUE (N.M.) ALUMNAE ASSOCIATION** she held the positions of Secretary, Treasurer and President, and served the Fraternity as Province Director of Alumnae for Eta Province.

In 1972, Marian was first elected to the Kappa Kappa Gamma Fraternity Council, serving as Director of Personnel/Standards, followed by Director of Field Representatives, Director of Membership and Director of Chapters. In 1984, she was elected Fraternity President and served a second term in 1986.

In 1991, Marian became Kappa's NPC Delegate representing the Fraternity at the National Panhellenic level. She is known for her work on one of NPC's widely used programs called "Something of Value," a risk management seminar focusing on responsibility and values-based decision-making. A total of \$50,000, donated to NPC by Kappa Kappa Gamma in honor of Marian's service, has helped bring "Something of Value" to numerous college campuses across the continent.

In the NPC structure, the 26 member organizations rotate through the Executive Committee positions of leadership. Marian has served as Secretary and Treasurer and now serves as Chairman. More than 45 current and former Kappa officers from near and far were present to witness the historic moment of Marian's installation.

"It is significant that Kappa Kappa Gamma assumes the chairmanship in the new millennium since Kappa, in 1891, first invited representatives from all women's fraternities to a meeting to consider the establishment of a women's interfraternity organization," says Fraternity President **CATHY THOMPSON CARSWELL**, *Illinois Wesleyan*. "Marian has demonstrated great loyalty not only for her beloved Kappa, but also for the Greek system as a whole. Her dedication combined with her cutting-edge leadership style has earned her tremendous respect among the women's and men's groups. Kappa proudly supports and

applauds Marian as she leads NPC into the 21st century." Kappas who have previously served as NPC Chairman are **LUCY EVELYN WIGHT**, *St. Lawrence*, (1901); **FLORENCE BURTON ROTH**, *Michigan*, (1910); and **EDITH REESE CRABTREE**, *Wooster*, (1951).

During the 1999 General Session, NPC addressed issues affecting Greek-letter organizations including alcohol and drug abuse prevention, relationship-building with university administrators, membership recruitment, Greek housing and educational programming. For further information, contact the NPC Central Office at 317/872-3185 or www.greeklife.org/npc

The Kappa Kappa Gamma delegation members in attendance with Marian were First Alternate Delegate **JULIANA (J.J.) FRASER WALES**, *Ohio State*; Second Alternate **CAROL MORRISON SOBEK**, *Arizona State*; Third Alternate **KIM ROUNTREE LIEN**, *UCLA*. Attending concurrent meetings were Executive Director **J. DALE BRUBECK**, *William and Mary*; President **CATHY THOMPSON CARSWELL**, *Illinois Wesleyan*; Associate Executive Director **LILA ISBELL**, *Montana*; Editor **JENNY STRUTHERS HOOVER**, *Bowling Green*; and Meeting Planner **JULIE GRUBBS MICKLER**, *Tennessee*. The following Traveling Consultants assisted during the meeting: **CRISTIN BROWN**, *Colorado*; **HANNAH ESKRIDGE**, *George Washington*; **HILLARY HOLMES**, *Duke*; and **ROBYN TIERNEY**, *Villanova*.

NPC Foundation Supports Programs for Greek Excellence



The National Panhellenic Conference Foundation was established in March 1996 as the primary charitable vehicle for the leadership programs of the National Panhellenic Conference. The purpose of the NPC Foundation is to promote values and ethics in women's fraternities and to encourage members to be active leaders in their respective communities. Panhellenic programs supported with NPC Foundation funds include:

- **Academic Excellence** — a campaign designed to help Greek women raise the all-sorority GPA and encourage men's and women's groups to work together to improve academic performance.
- **"Something of Value"** — a values-based seminar led by NPC representatives and an attorney with NPC affiliation. The day-long program includes group discussions of values and a mock trial, as well as an instructional session on confrontation skills. Action plans are developed and collegians are empowered to follow through.
- **"FOCUS"** — a leadership and mentoring program designed by NPC and professionals from the Higher Education Center for Alcohol and Other Drug Prevention to build campus and community coalitions and other avenues for mentoring young girls in the community.
- **Research Initiative** — NPC and the National Interfraternity Conference (NIC) have commissioned a study on the long-term effects of Greek membership. Directed by the Center for Advanced Social Research at the University of Missouri-Columbia, the study looks

at many facets of Greek membership including the student retention rate of Greek members vs. non-Greeks, their compared level of charitable financial and volunteer support to their communities and alma maters and more. Phase four of the research initiative is in progress.

- **Alcohol-Free Housing** — National Panhellenic Conference member groups long have required alcohol-free housing for their members. Now NPC has



Kappa Kappa Gamma's NPC delegation (left to right): **Marian Klingbeil Williams**, Missouri; First Alternate **Juliana (J.J.) Fraser Wales**, Ohio State; Second Alternate **Carol Morrison Sobek**, Arizona State; Third Alternate **Kim Rountree Lien**, UCLA.

pledged its support to men's fraternities of the NIC that adopt the alcohol-free housing concept.

- **Speakers' Fund** — Financial gifts to this fund assist in providing presenters and speakers for educational programs during NPC annual sessions.



More than 45 current and former Kappa officers from near and far were present to witness the historic moment of Marian's installation.

Philanthropy Task Force Gathers Feedback

Created as a result of a 1998 Convention Resolution, the Fraternity-Wide Philanthropy Task Force will clarify and communicate the existing Fraternity philanthropy to the membership and evaluate options for a specific philanthropy to be supported by the entire Fraternity. Surveys to alumnae associations and chapters have been sent for initial input. Focus groups are planned for Convention. Data and recommendations collected from these sources will be submitted to the 2000-02 Fraternity Council. *For more information contact ROSALYN KEMPTON WOOD, Emory, at 978/475-1224 or roswood@worldnet.att.net.*

Wear Your Badge with Pride!

Monday, March 6, 2000, is the fourth annual National Panhellenic Badge Day, an effort that encourages sorority women to celebrate their Greek affiliations by wearing their membership badge or letters. Whether you're at the office, on campus, around town or anywhere — show your Kappa and Greek pride by wearing your key or KKT letters and tell others why you joined!

The public awareness campaign entitled, "Place it over your heart with pride," is geared toward promoting the positive aspects of Greek life. The National Panhellenic Conference reports that during the past year more than \$2 million was given in scholarships and donations to charitable organizations; alumna involvement is up; and membership numbers continue to climb.

For more information contact the NPC Central Office at 317/872-3185 or www.greeklife.org/npc.

Heritage Museum Intern Wanted

The Heritage Museum of Kappa Kappa Gamma in Columbus, Ohio, needs an intern for 12 weeks during the summer of 2000. Members with an interest in the field of museum studies who have a concentration of course work in history, art history, American decorative arts, women's studies, social history, curatorial services or other related field are encouraged to apply. A stipend plus living allowance is offered. Send résumé and qualifications by March 15, 2000, to Heritage Museum of Kappa Kappa Gamma, P.O. Box 38, Columbus, OH 4216-0038, and to MARY KENDALL MHOON MAGINNIS, LSU, 2222 Government St., Baton Rouge, LA 70806-5313. For more information contact Diane Mallstrom, Fraternity Archivist and Museum Curator, at 614/228-6515, ext. 129.



The Heritage Museum of Kappa Kappa Gamma educates members and visitors on the history of women in higher education.

Log On with Ease

Have you visited www.kappakappagamma.org? Updates are in progress and new sections will be ready soon! If you don't have Internet access at home or work, try your local library. If you have difficulty accessing "Kappas Only," try these tips.

1. Read all Web site instructions carefully.
2. To register for "Kappas Only," use your full name: first, maiden, last.
3. Locate your member number on the back of *The Key*, or contact Fraternity Headquarters.
4. Make sure your member number is entered as a seven-digit number. If your number has fewer than seven digits, you will need to add zeros in the appropriate places. (If your member number is 12-345, you will need to enter it as 0120345 so it has seven digits. See instructions on Web site.)

New Alumnae Association

The Fraternity welcomes the ROCKY MOUNTAIN (COLO.) ALUMNAE ASSOCIATION established in October 1999. To join, call association President CATHERINE ZADEN SCHMIDT, Alabama, at 970/479-9142. For information on contacting or starting an alumnae association near you, see Page 15 or visit www.kappakappagamma.org.

History Quiz Answers

Here are the answers to the Kappa history quiz published in the Fall Issue. How did you do?

1. Name the Founders of Kappa Kappa Gamma. (MINNIE STEWART, JENNIE BOYD, SUSAN WALKER, ANNA WILLITS, LOUISE BENNETT and LOU STEVENSON)
2. Which Founder's badge is the only Founder's badge known to be in existence and is on display at the Heritage Museum? (ANNA WILLITS)
3. The first official publication of Kappa Kappa Gamma was published in 1882. This was also the first to be published by a women's fraternity. What is the name of this publication? (*The Key*)
4. At the General Convention of 1922, each group represented contributed \$10 to cover the medical expenses of what now well-known Kappa? (ROSE MCGILL)
5. In 1951, this Italianate-style home was purchased by the Fraternity. It was once the residence of Ohio Governor David Tod. What is it known as now? (Kappa Kappa Gamma Fraternity Headquarters and Heritage Museum)

The winner of the copy of *History 2000 ... Kappa Kappa Gamma Through the Years* will be announced in the Spring Issue.

CORRECTION: On Page 37 of the Fall 1999 Issue in the "Kappa Authors" section, Hanukkah was referred to as a Jewish holiday spanning 10 days. Hanukkah is an eight-day holiday. The Key staff apologizes for the error.

Take a Shot Against BINGE DRINKING

What you don't know can be deadly

— By ALLISON SHELLIE GILLESPIE, Miami
Fraternity Education Committee

Why would a college student intentionally put herself at risk for failing academically, contracting a sexually transmitted disease, becoming a victim of harassment, unwanted pregnancy or even death? Recent studies and anecdotal information from college health centers, disciplinary proceedings, emergency centers and obituaries only begin to shed light on the answer.

Binge drinking is an unfortunate part of college life for many students. It has only been defined and specifically addressed in recent years. Binge drinking is defined as five or more drinks in a sitting for men or four or more drinks in a sitting for women. Causing

approximately 50 deaths each year and many more hospitalizations from poisoning or related accidents, alcohol consumption remains the top health risk to collegians.

Women should be especially concerned about not only the behavioral consequences of binge

drinking, but also the physiological risks. According to recent health research, women who consume four drinks at a sitting are at greater risk for problems. Women are more susceptible to alcohol's effects because we have fewer stomach enzymes to break down alcohol which means that the body absorbs alcohol in its most potent form, ethanol or pure alcohol.



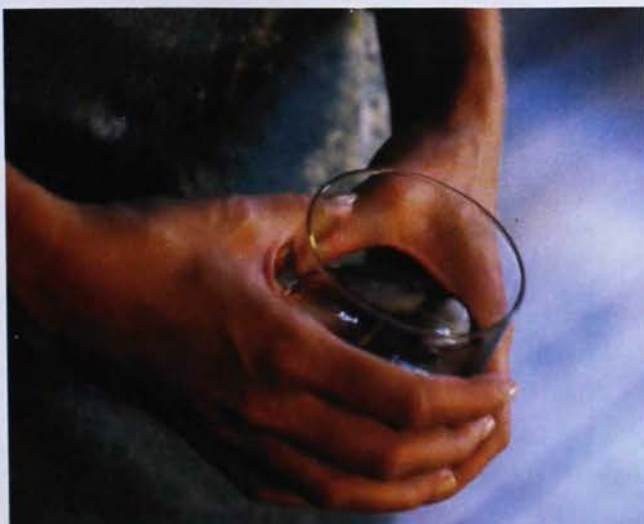
Dying to Party

One of the most dangerous results of binge drinking is alcohol poisoning. The recent and highly publicized alcohol-related deaths of college students were almost all caused by alcohol poisoning. Many students are unaware of the dangers. They think putting a trash can next to the bed of their passed-out friend is all that is necessary. But emergency medical attention may be needed. Alcohol poisoning causes the body to shut down and victims die from aspiration (choking on vomit) or the body quits due to a lack of oxygen to the brain. (See signs of alcohol poisoning in sidebar, P. 12.) Unfortunately, many students and even parents and advisers may not know the signs of alcohol poisoning and their "helpful" efforts may, in fact, result in the death of their friend or child.

"Many students are unaware of the dangers. They think putting a trash can next to the bed of their passed-out friend is all that is necessary."

The Harvard School of Public Health College Alcohol Study surveyed more than 14,000 students in 1993 and 1997. The results show a 22 percent increase in the number of students drinking to get drunk. Additionally, fraternity and sorority members were labeled as the heaviest drinkers, with four out of five qualifying as binge drinkers. That 80 percent figure is nearly double the 44 percent of all college students qualifying as binge drinkers. This study and many others clearly show there is much work to do in preventing the harmful consequences and senseless loss of life resulting from binge drinking, as well as in discovering the reasons behind this behavior.

It's often said that college is a time of experimentation and "living it up" before graduating into the "real world." But what many of the students I've dealt with



The Latest NPC Research Initiative Results:

Alcohol-free housing reduces alcohol abuse among undergraduates

Finding #1: Alcohol-free housing and education for undergraduate members of men's and women's fraternities on the risks of alcohol reduce amount and frequency of alcohol use.

Finding #2: In men's and women's fraternities that actively encourage responsible approaches to alcohol, members report fewer alcohol-related problems.

Finding #3: Elected leaders of "alcohol-sensitive" chapters drink less and less often than other fraternity members. Among all fraternity members, officers of "alcohol-sensitive" women's fraternities reported the lowest use of alcohol in the past year.

Finding #4: Twenty-eight percent of male fraternity members said their residences were alcohol-free versus 31 percent of the independent men. A larger portion of female fraternity members (60 percent) than of independents (42 percent) had alcohol-free residences. National Panhellenic Conference groups, with their long-standing policy of alcohol-free residences, provide housing for many fraternity women.

Finding #5: Members of "alcohol-sensitive" chapters are more satisfied with their academic experiences and more positive about the role their chapters play in encouraging studying, than are members of chapters that do not provide alcohol education or an alcohol-free environment.

Finding #6: Even in "alcohol-sensitive" chapters, the research found that drinking is heavier and more common than among independent students. Alcohol education is making a difference, but it has not yet reduced drinking and drinking-related problems to levels experienced by those who are not members of a men's or women's fraternity.

These findings are the result of more than a year of research by the Center for Advanced Social Research at the University of Missouri-Columbia with nearly 2,000 undergraduates at U.S. public and private colleges. Funding for the Research Initiative has been provided by member groups of the National Panhellenic Conference and the National Interfraternity Conference. Together, NPC and NIC represent 93 national and international men's and women's fraternities or sororities with 700,000 undergraduate members in chapters on 800 campuses in the United States and Canada.

Out with the Old ...

Alcohol is out and values are in with Greeks at the University of Oregon. On October 1, 1999, the 10 campus sororities adopted the Select 2000 Initiative, a proactive student-driven program combating problems facing fraternities and sororities across the continent.

From coast to coast, universities and leaders of Greek-letter organizations are mandating substance-free living for their fraternity and sorority chapters. Sororities have mandated substance-free housing for decades, but University of Oregon sororities are now hoping to help the men's groups to adopt the same living environment through the Select 2000 Initiative.

The Select 2000 Initiative values being championed include scholarship, responsibility to the campus and community, accountability, honesty, ethical leadership and substance-free living. Four University of Oregon sororities (Alpha Chi Omega, Delta Delta Delta, Kappa Kappa Gamma and Sigma Kappa) have voted to support Select 2000 immediately by only attending and cosponsoring social events at fraternity chapters that are alcohol and substance free. The other six sororities will phase in the dry social events during the next year.

With strong support from the campus sororities, many of the fraternities have hosted alcohol-free events such as a Halloween costume party and a swing dance party with a dance instructor. Fraternity and sorority members say the swing dance social event was one of the biggest and best events they had been to in college, according to Rich Scott, a graduate assistant in the university's Greek life office.

The university administration has shown its support of Select 2000 by creating an incentive program. Chapters that sign the initiative charter are awarded a grant for educational programming after one year of compliance. For more information on the Select 2000 Initiative contact the University of Oregon Interfraternity and Panhellenic Councils at 541/346-1146 or via e-mail at grklife@darkwing.uoregon.edu.



Beta Omega, Oregon, chapter President **Kara Keltner** signs the Select 2000 Initiative charter promoting scholastic achievement, service, ethical leadership and substance-free living for members of fraternities and sororities.

don't realize soon enough is that college is the real world — with real consequences. With the privilege of joining a Greek-letter organization comes the responsibility of knowing that our actions are not judged as individuals, but as a whole. When one Greek cheats, we all cheat; when one Greek dies, we are all affected.

So what's the answer? Many of my colleagues and I have found that simply telling students not to do something doesn't work. We often find that "regulating and mandating" are only cosmetic "band-aids" that may force the dangerous activity underground. I believe we must operate on the assumption that we cannot make moral judgments about people who choose to use alcohol and who then choose to consume it in a high-risk manner. If we focus on judging the behavior, not the person, then we can begin to work on the attitudes and beliefs that cause dangerous and deadly behaviors.

Keys to Success:

Effective strategies to combat binge drinking on campus should include the following elements:

1. **Recognizing** the "secondhand" effects of binge drinking and empowering those who are affected by it, such as:

- The roommate who was thrown-up on
- The individual who was date-raped because the "date" was too drunk to hear "no" or the victim was too drunk to say "no"
- The participants of a party who are subjected to the behavior of drunk guests
- Hosts who face increased liability and responsibility for serving intoxicated guests

Signs of Alcohol Poisoning

An individual may be suffering from alcohol poisoning, and need prompt medical attention if he or she ...

- is unconscious or semiconscious
- is unable to be awakened
- has cold, clammy, pale or bluish skin
- has slowed breathing — less than eight times per minute, or irregular with 10 seconds or more between breaths
- vomits while "sleeping" or passed out, and doesn't wake up after vomiting.

Visit These Web Sites for More Info

bacchusgamma.org

hsph.harvard.edu/cas/

drugfreeamerica.org/

centurycouncil.org/101help2.html

beerboozebbooks.com

campussafety.org

2. **Addressing** all high-risk behaviors and negative consequences, and highlighting the fact that the high-risk use of alcohol was the cause:

- Drunk driving
- Unwanted sexual encounters
- Financial problems – many students spend more on beer than they do on books!
- Blackouts
- Missed classes
- Fights

3. **Educating** students about the consequences of their choices, and holding them accountable for those choices. We are already seeing positive results with:

- Increased risk management guidelines
- Less tolerance of drunken behavior at social events or other group activities
- Increased awareness about the physical and psychological factors that affect alcohol consumption
- Mandatory education and counseling for alcohol violations
- An understanding that prevention efforts are not meant to “take away fun” but to keep students from injuring themselves or others.

The Higher Education Center for Alcohol and Other Drug Prevention recommends a number of other methods of reducing campus binge drinking. Some of these suggestions include:

- Form a “responsible beverage service” committee made up of college officials and community members to work to reduce the sale of alcohol to minors, and to eliminate irresponsible marketing practices by local bars.
- Ask faculty members to look for more opportunities to provide information in class about the risks of heavy drinking.
- Use student media and other opportunities to highlight the harms alcohol abuse can cause. Use students’ concern about secondary binge effects to mobilize students to support changes on campus.
- Build alliances with community leaders, law enforcement personnel and businesses to curtail illegal student access to alcohol.
- Reassess campus judicial policies and enforce a “zero tolerance” policy for alcohol-related misconduct. Too often students are not held accountable for their actions when they are intoxicated.
- Bar alcohol manufacturers and distributors from sponsoring student events and marketing their products on campus.

Alcohol/Drug-Related Deaths

In 1998, 119 college students died (five of natural causes), according to news accounts. These deaths break down as follows:

- alcohol poisoning — 13
- alcohol-related traffic accidents — 10
- combination of alcohol and drugs — 2
- drug overdoses — 3
- falls (most of which involved alcohol and/or drugs) — 9
- struck by trains (alcohol may have played a part) — 2
- murder (many involved alcohol and domestic violence) — 41
- overcome by toxic fumes (while under the influence of alcohol) — 1
- suicide — 17
- drowning — 4
- unknown causes — 8
- illness (mostly meningitis) — 4

— From *Campus Watch* newsletter, April 1999, published by Security On Campus founded by CONNIE BENJAMIN CLERY, Massachusetts.

For more information visit <http://campussafety.org> or call 888/251-7959.



In the fall of 1998, Kappa Kappa Gamma Fraternity passed a resolution in support of alcohol-free housing. Under this resolution, starting in fall 2000, all Kappa chapters will cosponsor functions in men's fraternity facilities only if those facilities are alcohol-free.

For more information, call Fraternity Headquarters at 614/228-6515.

- Work with student groups to create recreational activities that exclude alcohol.
- Use college recruiting and student orientation materials to make clear to prospective students and parents that the university promotes a healthy social and academic environment where learning and campus life are not denigrated by the misuse of alcohol.

Education and More Education

Through peer education and by giving all students useful information, sometimes *ad nauseam*, it eventually "takes" and we find students confronting one another, challenging high-risk activities and intervening in the name of being a friend. The challenge is that because the college population is transient, we must continue to educate each year, knowing that these young people will one day be our alumni, board of trustees members, parents and educators. In the Greek community we have a particular responsibility as we purport to be training grounds for tomorrow's leaders, and sources of lasting memories and lifetime membership. As I often tell students — memories aren't memories if you can't remember.

Binge drinking may be viewed as a college problem but the Harvard study found that, since 1993, small rises in percentages have been reported each year in the number of high school binge drinkers, with the level going to 31.3 percent in 1997. Colleges are inheriting the binge drinking problem from high schools.

"Memories aren't memories if you can't remember ..."

But education is not only for young students. Older adults can be binge drinkers as well, they just may not "funnel" five martinis or have a wine-chugging contest with their doubles partner. However, the high-risk behaviors bring with them the same horrendous consequences. Irresponsible drinking is everyone's problem. I encourage every member of any age to examine her behavior and the behavior of her Kappa sisters to determine if unsafe

The Definition of a Drink

One drink is defined as the amount an average person can metabolize in approximately one hour:

- = one 12-ounce can or bottle of beer, or
- = one four-ounce glass of wine, or
- = one shot of hard liquor, straight or in a mixed drink.

(Don't be deceived by the size of the container — each of these contains about 1/2 ounce of alcohol per drink, which takes one hour to metabolize.)

Party Like It's 1999

Virtual parties coming to a chapter near you!

Starting in early 2000, *Alcohol 101*, an interactive CD-ROM resource, will be arriving at all Kappa chapters. *Alcohol 101* invites the participant into a virtual party, where the computer simulates choices students make in actual life. Make a wrong decision, regret the outcome and click "start over" to make the right choice. Video, text and interactive games present a variety of useful information about drinking and not drinking alcohol. *Alcohol 101* gives students a set of practical behavioral tools to help them maintain personal safety and control in a wide range of situations.

Alcohol 101 is made available to Kappa Kappa Gamma Fraternity and other National Panhellenic Conference member groups by the Century Council, a nonprofit organization dedicated to fighting alcohol abuse. The program was developed by the University of Illinois.

Alcohol 101 can be adapted by chapters for use as:

- a chapter "Kore Group" activity,
- a part of the Keep Safe program,
- a part of the New Member Retreat,
- an educational tool by the Standards Committee,
- or a part of the Fraternity Risk Management Program.

More than half of the Kappa Kappa Gamma collegiate chapters have participated in the *Alcohol 101* 1998-99 pilot program. Here's what participants had to say.

Letting chapter members experiment with the program on their own time seemed to work really well. People were interested to see how much alcohol would affect them in a certain amount of time. Alcohol 101 is a great interactive tool which presents information in a fun way.

— BETA KAPPA, Idaho

We've talked about making this program a competition between classes and offering an award such as a free dinner guest. We've found a lot of success using Alcohol 101 for Standards as an educational tool. It wasn't that hard to implement and the whole chapter was supportive.


— EPSILON PHI, Florida

Alcohol 101 seems to benefit both the women who choose to drink and those who don't. The information is given in such a way that you don't feel lectured or talked down to. I would highly recommend that all chapters use this program in some way.

— GAMMA DELTA, Purdue



alcohol consumption is occurring. Let us each make it a goal to educate ourselves and others on the risks of binge drinking and continue to work to prevent it.

As far as fun and memories are concerned, remember this: "Don't let the time of your life ruin the rest of your life."¹ 

¹Beer, Booze and Books...a sober look at higher education by Jim Matthews.

A former Assistant Dean of Students and Assistant Director of Alcohol Education, Allison works in the Department of Computer Information Systems at the University of Miami. She is also serving her second year as a member of the Kappa Kappa Gamma Education Committee.

EDITOR'S NOTE: The Key would like to feature additional articles on alcohol abuse prevention. If you have experience in this area, please contact JENNY STRUTHERS HOOVER, Editor, at 614/228-6515 or jhoover@kappakappagamma.org. The Key also wants to hear about successful alcohol-free events.

Fraternity Position Statement on Alcohol Use

The use or possession of alcohol is not permitted in a chapter facility or within the area considered a part of that property.

Chapter funds cannot be used to purchase alcohol. If alcohol is to be served and/or consumed at a Kappa-sponsored or cosponsored event, the chapter must establish a system for identifying members and guests of legal drinking age.

The sale of alcoholic beverages by any member representing the chapter is prohibited.

Open parties are not permitted. Kappa-sponsored or cosponsored parties are limited to members and their guests.

Alcoholic beverages are not permitted to be used or served in conjunction with services of Fraternity ritual including Formal Pledging, Initiation, Founders Day, or activities associated with Bid Day, Inspiration Period, membership selection, or chapter meetings.

The misuse of alcoholic beverages by a new, active, associate or alumna member shall render her liable to dismissal in accordance with the provisions of the *Standing Rules* of Kappa Kappa Gamma.

Violation of local, state/provincial or federal laws regulating the use and/or possession of illegal drugs by a new, active, associate or alumna member shall render her liable to dismissal in accordance with the provisions of the *Standing Rules* of Kappa Kappa Gamma.



Are You an Owl Out on a Limb?

Come join the group!

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

YES! I want to know more about Kappa alumnae association opportunities near me!

Name: _____

Address: _____ (city) _____ (state) _____ (zip)

Telephone: ____/____ College/University: _____ Init. Date: ____/____

☐ New Address? ☐ New to Area? E-mail: _____

Last Address: _____

Former Fraternity Experience: _____

☐ I am interested in serving as a chapter adviser, even long distance by phone, fax or e-mail.

MAIL TO: Christine Astone, 4113 Zephyr Way, Sacramento, CA 95821 (astone@ns.net)

PHYSICAL THERAPY Advances Women's Health



Advice to help heal from head to toe

— By MARY TIEMANN DELANEY, PT, Washington Univ. (St. Louis)

“Reconstruction aides” was their title in 1919. It was their duty to assist in the rehabilitation of wounded soldiers. Working as a physical therapist for 23 years, I have a growing respect for the women who established the physical therapy profession long ago.

For 12 of my 23 years in physical therapy I have focused on women's health. Women's health therapists specialize in the treatment

of disorders that are unique to, or more prevalent in, women. This includes bowel and bladder dysfunction, problems during pregnancy and after delivery, post-mastectomy and post-hysterectomy rehabilitation. As our population ages, the number of women with osteoporosis is rapidly increasing, and these women often need physical therapists to guide them in exercise and lifestyle changes to prevent the deformities associated with the disease.

Women Have Special Needs

Women with osteoporosis fill many hours on my schedule. Patient education is crucial in these cases. I explain the disease process, how to manage it and modify activities of daily living. For example, any activity that involves forward bending is not recommended because it can increase the chance for a fracture of the vertebrae. Exercise that encourages spinal extension or straightening is vital to prevent the deformity and "dowager's hump" that is often seen in advanced cases of osteoporosis. I teach these women how to do housework, participate in fitness activities or continue in their professional lives without increasing risk of fracture. Staying strong is vital to prevent falls.

During a typical day I will also see several patients with urinary incontinence (leaking urine at a time or place that is inconvenient). Many of these women have stopped any fitness or social activities due to the embarrassment of incontinence. This leads to a downward spiral of social isolation and depression. Being less active often leads to muscular weakness and balance problems. In the worst-case scenario, a fall may result, and fracture and hospitalization soon follow. Most often, all this can be prevented with an exercise program specifically tailored to the woman's needs.

After evaluating the strength and function of the pelvic muscles, I instruct the woman (or man) in pelvic muscle strengthening exercise. This type of exercise is referred to as the "Kegel" exercise. (Named after a physician in the 1950s who first described the exercise in literature.) Many women have heard of this exercise, and may have tried it. Interestingly, the majority of women who say it does not work are not doing it correctly or in the proper position for their strength level. The patient is then given an exercise program based on the strength of her pelvic muscles to carry out at home for one to two weeks.

On the first return visit, I evaluate her progress and the effectiveness of the exercise program. Modifications are made at that time and questions are answered. Frequently, my patient is unsure if she is doing the exercise correctly, so I use computerized biofeedback which actually gives a visual picture of the muscle as it is being exercised. In this way not only can the patient be reassured of her performance, but I can monitor and document her progress.

Approximately 85 percent of my patients improve within four to six visits. Many are completely dry after the physical therapy sessions have been completed. Of course, the patient will need to continue her exercises every day. I say it is like brushing your teeth — just because the dentist says you have no cavities, you do not throw away your toothbrush. Similarly, when you have regained bladder control by doing the exercises, you should not quit exercising.

I may also see a pregnant woman or a woman who is recovering from the birth process. These women will need attention to muscular aches and pains, postural alignment and body mechanics. Specific strengthening and flexibility exercises will be carried out in the office as well as at home. Upper and lower back muscles, as well as abdominals always need work. It is challenging to help the new mother incorporate an exercise program into her busy life. I try to give her exercises that she can do with her new baby.

Reaching Out

Another aspect of the physical therapy field includes community outreach. Senior centers often request presentations on starting an exercise program, bladder control or joint protection techniques. I speak to several support groups for prostate cancer, interstitial cystitis and breast cancer. I also developed and taught "Toning For Two," a prenatal and postpartum exercise class.

Physical therapists are actively involved in the community. We like to consider ourselves dedicated to wellness, not just the treatment of dysfunction. Therapists often work with student athletes to keep them playing safely, or rehabilitate them so that injuries do not become chronic problems for life. Our presence at sporting events means athletes can be treated immediately upon being injured to prevent further damage.



Mary (left) teaches patients that proper posture is important during all activities, especially fitness.

Finally, mentoring and teaching new therapists is vital to assuring quality care in the field. Learning from books and in labs lays the foundation, but working with an experienced therapist in a hands-on situation is a necessity for a student. To be able to interact with a patient, listen to his or her unique problems and then devise a treatment strategy that is workable for that patient is the challenge for the student. Teaching those skills to the student is the challenge for the therapist.

Formerly a Woman's Domain

From physical therapy's early beginning in 1919, Mary McMillan founded the American Women's Physical Therapeutic Association with 274 members. By the end of the 1930s this small group had begun to admit men, changed its name to the American Physiotherapy Association and increased its membership to 1,000. World War II and the polio epidemic in the 1940s and 1950s greatly increased the membership again. By the 1960s there were 52 physical therapy schools and 15,000 members. Now there are 173 physical therapy programs and 90,000 physical therapists in the United States treating more than 1 million patients a day.

(continued on Page 20)



Upper extremity strengthening must be done properly for effective results.

Get Real: Straight Talk About Women's Health

Recognition, Prevention and Early Detection are Key

- *I didn't realize I could do anything about ...*
- *I thought I was too young to have a problem with ...*
- *They told me nothing was wrong.*
- *There were so many questions I never asked.*

Get real! Ask questions — of yourself, friends, doctors — anyone who can provide clues, sources, answers. Be in control. It's up to you to take care of yourself.

Newspapers, magazines, Internet sites — there is a flood of information available but it all takes time and research. An excellent source of information on a variety of problems women face is *Get Real: Straight Talk About Women's Health*, a video and program guide covering a broad range of topics, which can be ordered from Fraternity Headquarters. A few highlights from the program include:

Alcohol Abuse and Dependence

Risks can be everything from bad breath to liver disease and include reproductive problems, ulcers, memory loss, breast cancer, osteoporosis, heart disease, depression and accidents. Warning signs of alcohol dependence may be:

- Drinking to build up self-confidence
- Drinking to escape from worries or stressful situations
- Trying to stop drinking and failing
- Preferring to drink alone; hiding how much you drink
- School or work performance dropping

Alcoholism/alcohol dependence differs from social drinking in four ways:

- Loss of control — After one drink alcoholics are unable to limit the amount consumed.
- Increased tolerance — The more alcoholics drink, the more alcohol they need to produce the same effect.
- Withdrawal symptoms — Tremors, hallucinations or seizures can occur when alcoholics stop drinking.

- Social or medical complications — Problems at school or home, physical danger and legal issues can result from recurrent drinking.

How to get help:

Every state and thousands of schools have extensive programs aimed at preventing alcohol and drug abuse. There is also a Director of Alcohol and Drug Services in each state who can help.

Cancer: Prevention and Early Detection

Age, personal and family medical history, lifestyle and health habits are the three primary factors which determine your level of risk. Youth does not make you immune. According to the American Cancer Society, women ages 20 through 40 should have a cancer-related checkup every three years as part of an annual physical exam.

Women should be aware of the risks and signs of lung, breast, cervical and skin cancer. Lung cancer is the number one cancer killing young women today. If women did not smoke, 75 percent of these deaths would not occur. See a health care provider if you have a nagging or painful cough that persists, cough up blood or have constant chest pains.

Breast cancer strikes one in eight women and is the second leading cancer killer. Breast self-examination, clinical breast exam and mammography (after age 40) can help save nearly 90 percent of women with breast cancer but early detection is essential.

Skin cancer can be prevented by simply avoiding or limiting exposure to the sun. Melanoma is a major cancer in young women and can appear suddenly. Warning signs include changes in the surface of a mole or in sensation such as itchiness, tenderness or pain. If you notice changes like these, see a doctor.

Heart Disease

Heart disease is the primary killer of women. Smoking, inactivity, high cholesterol and excess weight are major risk factors for heart disease. What to do? It's never too early to start preventive measures.

- Limit daily cholesterol intake to 300 mg or less.
- Eat skinless poultry and fish; limit red meats to lean cuts.

- Replace butter and shortening with polyunsaturated vegetable oils.
- Use low-fat milk, cheeses, etc.
- Broil, bake or roast instead of frying.

Osteoporosis


Osteoporosis may be thought of as an older woman's disease but it is dealt with best before age 30. This disease is characterized by loss of bone mass, leading to loss of bone strength and an increased risk of fractures. Good eating habits in early life are the best defense against developing osteoporosis later. Building bone density can only be done before age 30. This means a healthy intake of calcium — 1,200 to 1,500 mg

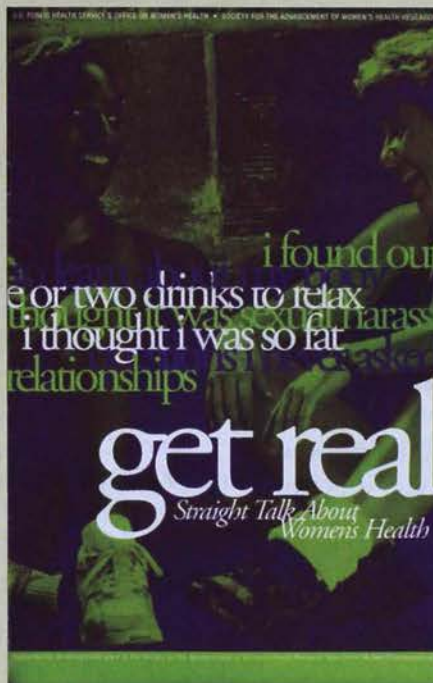
daily from ages 11 to 24 of milk, cheese, yogurt and calcium-fortified foods such as orange juice and cereal, as well as certain vegetables and seafood. Exercise that is strength-training or weight-bearing benefits bone strength. However, young women who exercise excessively or suffer from eating disorders may be putting themselves at greater risk for later development of osteoporosis.

Check it Out

Eating disorders, clinical depression, STDs, HIV/AIDS, panic disorder, smoking and sexual harassment and violence are among other problems about which women need to "get real." The video and informational booklet provide warning signs,

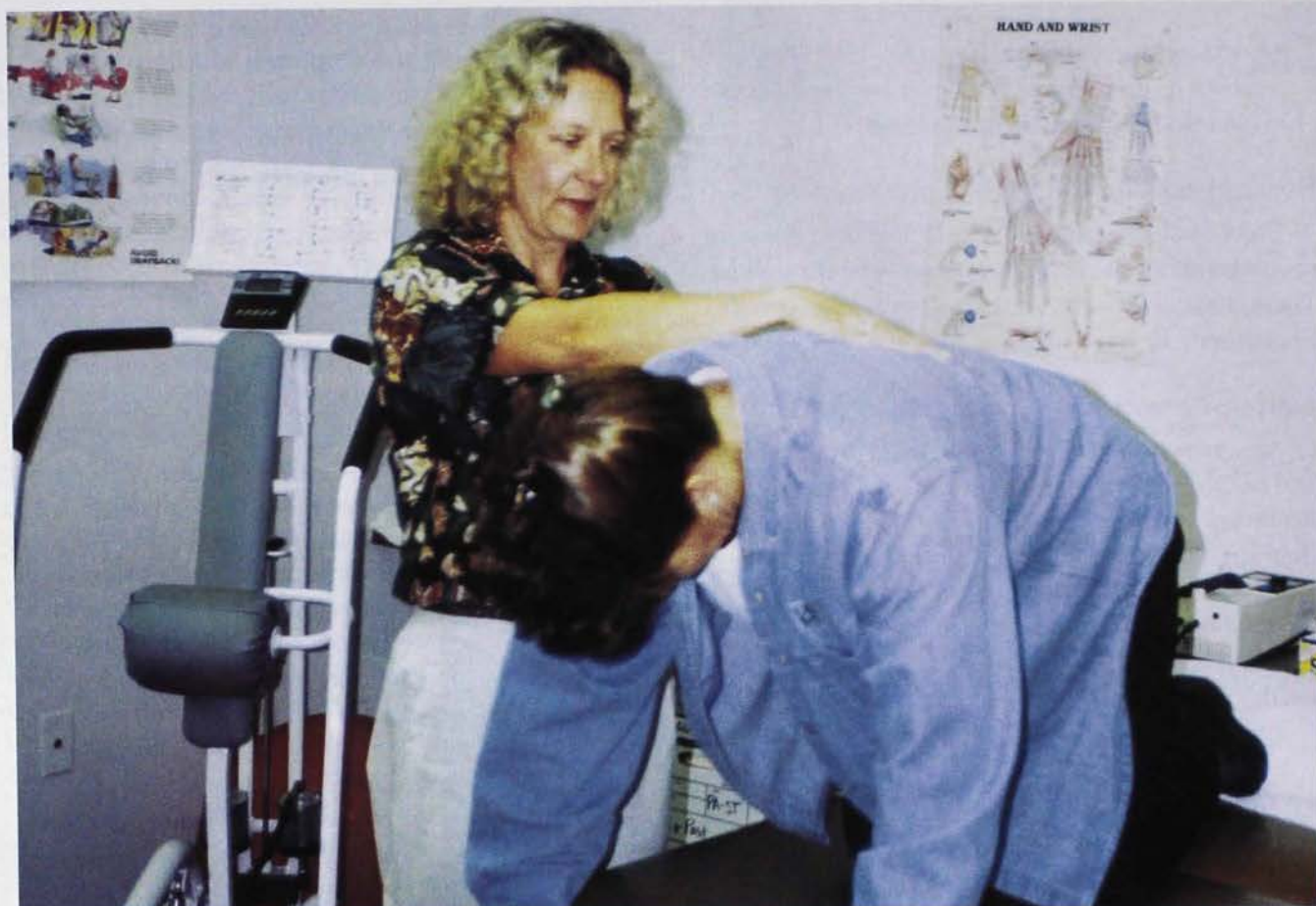
symptom information, dangers and sources for help.

Provided to all chapters of Kappa Kappa Gamma, *Get Real* can prevent illnesses, avoid worries and save lives. Use it. As a sophomore in college, learning first that your boyfriend has been diagnosed HIV positive and then receiving the same diagnosis yourself is traumatic. As one young woman, now 27 and with full-blown AIDS says of her situation, "It's not long enough to live." "There were so many questions I never asked myself ...," says another young woman. *Get real. It's your life.* 



To order *Get Real* see Page 20.

— By LOIS CATHERMAN HEENEHAN, *Adelphi*



Mary instructs a patient on trunk/lower back exercises.

Why has the need for physical therapy increased at such a rapid rate? As people live longer, they experience more health problems. The prevalence of obesity and sedentary lifestyle has increased with its related bone, joint and health problems. The segment of the population that exercises regularly may need therapy for overuse injury as people age.

Physical therapists are musculoskeletal experts who not only evaluate and treat people with problems resulting from injury or disease, but also work to prevent dysfunction. Many physical therapists specialize in a particular field such as geriatrics or pediatrics and often choose to treat a patient population with a specific problem, such as spinal cord injury or stroke. The largest number of therapists treat orthopedic or sports medicine clients.

Physical therapists work worldwide in many settings with a variety of patients. It is the joy of assisting a person in moving from dysfunction to function, from disuse to usefulness, from helplessness to hopefulness that keeps therapists in practice. To go home at the end of the day and know that what you did made a difference in someone's life makes even the most frustrating day well worth the effort.



Mary Tiemann DeLaney is an experienced physical therapist specializing in women's health. She serves as the book review editor for the women's health section of the

American Physical Therapy Association's peer-reviewed journal. For more information contact Mary via e-mail at 112452.2732@compuserve.com; phone: 703/620-6266, or visit the Physical Therapy Association's Web site at www.apta.org.

Get Real: Straight Talk About Women's Health, was produced by the Society for the Advancement of Women's Health Research, a nonprofit organization launched in 1990. It brought the problem of the exclusion of women from major clinical research trials to the public's attention. The organization distributed the complete *Get Real* program, free of charge, to all National Panhellenic Conference sororities.



For more information, contact the Society for the Advancement of Women's Health Research, 1920 L Street, Suite 510, Washington, DC 20036, Phone: 202/223-8224, Fax: 202/833-3472.

To order the program directly from Fraternity Headquarters, call 614/228-6515 or inquire via e-mail at kkghq@kappa.org.



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*F*rom junior high school into middle age, 14 women have

shared life's joys, sorrows, troubles and triumphs.

Realizing that what they have learned from their shared experiences could be helpful to others, they have written a book.

Fourteen Friends' Guide to Eldercaring combines research, mutual support and personal experiences to offer a user-friendly means to plan and effectively deal with being a caregiver for parents or other aging relatives and friends.



Sharing Friendship: Facing Life

Fourteen friends collaborate on book for caregivers

— By LOIS CATHERMAN HEENEHAN, *Adelphi*

JOAN HUNTER COOPER, *Wyoming*, is one of the 14 friends. Although there are no other Kappas in the group, there are members of other women's fraternities, and with lasting friendships they form their own little Panhellenic conference. And they do confer, on all of life's events, from school and marriage to careers and caring for elderly parents.

"Eldercaring is unpredictable. It's like having children all over again — and you may not have nine months to get ready!"

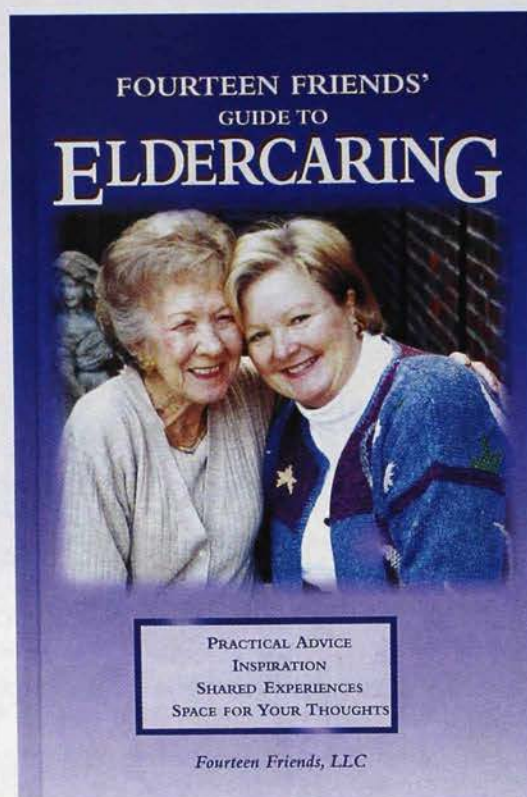
Women and mothers, this group of 14 friends is also made up of a neurologist, a psychiatric nurse practitioner, an accountant, a counselor, an artist, educators and businesswomen. Friends since junior high, they are now all 55 years old and have met annually for the past 10 years. Beginning with hiking, white water rafting and sharing family news, the friends also use the annual get-together to share information. A presentation by any one of the group members on topics ranging from Fabergé eggs to



Joan Hunter Cooper, *Wyoming*, helps her mother cope with the challenges of aging.



Joan and her 13 friends/coauthors enjoy their interview with Katie Couric on *The Today Show*.



breast exams allows these friends to pool their knowledge and research — rather like the days of our Founders when a member shared a paper or literary work with chapter members.

"I'm so glad I'm a woman," Joan says. "We allow ourselves to share experiences and grow." Reaching out to a wider circle resulted in their book, *Fourteen Friends' Guide to Eldercaring* (Capital Books, 160 pgs.; \$16.95).

"Sharing happy times with my father at Dad's Day weekends at the Kappa house, little did I realize that 30 years later I would be encouraging and caring for him in his battle with Parkinson's disease," Joan

recalls. Now her mother appreciates Joan's help in living with macular degeneration, a common eye disease associated with aging that gradually destroys sharp, central vision needed for seeing objects clearly and for common daily tasks. "Eldercaring is unpredictable," states the book. "It's like having children all over again — and you may not have nine months to get ready!"

"My mother always gave us a little 'sunshine' when we weren't feeling well. A 'sunshine' was a gift of food, flowers or something fun. Give a little 'sunshine' to anyone you know who is being cared for or is eldercaring."

— Fourteen Friends' Guide to Eldercaring

Covering encouragement, comfort, nutrition, guilt, frustration and dignity, among other issues, the book provides practical information, with examples and anecdotes from the friends' own lives. For instance, Joan speaks of "breaking the code." Her mother refused invitations to go out to dinner with the family, saying she was tired or not hungry. Joan realized the real reason was her mother's potential embarrassment, fearing that her poor eyesight would cause her to be a messy eater. Tuning in to subtle hints and opening lines of communication are tools for breaking the code.

Among the most practical aspects of the book are sections for recording vital information and planning schedules, government and private sources for help as

Fourteen Friends' Caregivers' Creed

I will do my best for my loved one.
I will be open to advice.
I will acknowledge tensions and find ways to work around them.
I will share responsibilities as well as credit.
I will remember the needs of my own family.
I will remind myself that I am not responsible for everyone's happiness.

Eldercare — A Growing Profession for Nonprofessionals

Almost 23 million nonprofessionals in the United States are caring for aging relatives with severely limiting illnesses such as Alzheimer's disease, stroke, Parkinson's disease, alcoholism, heart disease, cancer, macular degeneration, arthritis and dementia.

AGE OF CAREGIVERS:

39% between ages 35-49
26% between ages 50-64
Average age: 46


EMPLOYMENT STATUS:

64% work full time
12% work part time
16% retired
20% not employed

well as space in each chapter for notes as the reader thinks of questions or ideas. There are many photographs from the friends' family albums, with other photos and illustrations by Judy Sherwood McLeod.

"We hope that this will be the first of our 14 friends' guides," says the introduction and Joan explains that a calendar and recipe book are under consideration. She adds, "*The Key* issue focusing on friendship (Summer 1999) has us thinking about describing how we have maintained the closeness of our long-distance friendship and helping others enjoy similar interaction and support."

Building on their mutual past, working through their still-connected present and planning for their

continuing future, the 14 friends reflect a statement in the book: "Life can only be understood backwards, but it must be lived forwards." 

Eldercare Web Sites

<http://www.eldercareselect.com>

<http://www.senioroptions.com>

<http://natl-eldercare-service.com/>

<http://www.elderweb.com>

<http://www.eldercare.qpg.com/>

Movin' On ...

That's life. We move on from school to career, marriage, children, and from place to place in this very mobile society. But when we move on into senior citizen status, moving our whole life, in terms of furniture, possessions and memorabilia, becomes more difficult.

"As a result of moving 12 times in 35 years, I have become an expert in relocating," admits JUDITH PORTER BRANDHORST, *Iowa State*, "and although it's stressful, I still enjoy setting up a new space. Even if it's not my own house, I like to turn a house into a home."

In partnership with her daughter, Kelly O'Hara, Judy has founded a thriving relocation service in Chicago and surrounding suburbs. Movin' On relocates senior citizens from one home to another.

Noting there are more older people in America than ever before, Judy realized that these individuals often need help. The parents of Baby Boomers are entering their 70s and 80s and may have lived in the same home for 30-50 years. With families dispersed and communities less integrated,

parents of the "sandwich generation" (those raising children and caring for parents) struggle to cope with major life changes.

"Moving can be very complex and stressful because it represents a major transition in people's lives," says Judy,

people. For me, this was a perfect match."

Beginning with a complimentary consultation, Judy and Kelly discuss the upcoming changes with the family and then conduct a walk-through of the house in order to create a cus-

tomized moving plan. The sheer number of tasks can be daunting. From designing a layout for the new space and sorting keep vs. sell items to placing items in their new locations, Movin' On offers a variety of services. From earliest planning, through moving day and beyond, seemingly simple tasks such as reassembling and reconnecting computer equipment make the change less stressful.

"When people walk into their new residence everything is in its proper place," notes Judy. The bed is made, mementos are displayed, lamps plugged in and a bowl of flowers says 'welcome'."



Judith Porter Brandhorst, *Iowa State*, helps ease the transition of moving and makes a house feel like home.

and she addresses both practical and emotional issues surrounding relocation. After a 12-year career as a psychotherapist, "I wanted to operate my own business but continue to serve

For more information about *Movin' On*, contact Judy at 773/404-2936.

— By LOIS CATHERMAN HEENEHAN,
Adelphi

With a Helping Hand or a Healing Touch ... Kappas Are Reaching Out

Healing Man's Best Friends

"Taking care of God's creatures was my goal from an early age," says KRISTI MCCUNE BRADLEY, *Kansas State*, who owns and operates the Free State Veterinary Hospital in Lawrence, Kan. Kristi grew up on a wheat farm where she "doctored" farm animals with a child's doctor kit.

After earning a bachelor's degree in agriculture in 1991 and a doctor of veterinary medicine degree in 1993, Kristi interned in a large private practice in Phoenix, Ariz., which handled 60 to 80 cases a day. Kristi then did emergency work in Kansas City, Kan., and relief work for other veterinarians until she had gained enough experience to strike out on her own.

Kristi's goal has been to create a full-service hospital where people feel comfortable in a warm, caring environment when they bring in their pets. She converted a white-frame 1910 farm house into a cheerful waiting room and animal hospital on the first floor, and she lives comfortably on the second floor.

A member of the LAWRENCE ALUMNAE ASSOCIATION, Kristi says, "The Lawrence-area Kappas have been incredibly supportive. I began with 10 clients two years ago but Kappas routinely refer their friends and neighbors to me and now I have up to 950 clients."

The hospital provides preventive care, medicine, surgery, boarding, and 24-hour emergency care for small animals. "My place is not designed for big volume," Kristi explains. "It's a little more laid back and gives me more time to talk with clients."

An adviser to OMEGA CHAPTER, *Kansas*, Kristi also serves as president of the Douglas County Veterinary Medical Association. Driven by her love of people and animals and her zest for life, Kristi will undoubtedly continue sharing her gifts of helping and healing.

— By IDA JANE MEADOWS GALLAGHER, *West Virginia*
contributing writer



Kristi McCune Bradley, *Kansas State*, converted a 1910 farm house into a full-service veterinary hospital.



Kappa Kappa Gamma Foundation

*“Isn’t there a special joy
in knowing the wonderful
things your gift will
help others accomplish?”*

*‘In the joys of one –
we shall all rejoice!’”*

Patsy Bredwick Levang, *North Dakota,*

Kappa Kappa Gamma Foundation

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Helping Parents Find Special Caregivers

The growing trend of both parents working outside the home has created an increasing demand for capable, qualified caregivers for children. CAROL ANN PORTER KLAUS, *Nebraska*, is helping to fill that need as a recruiter of nannies for a company appropriately called Helping Hands Nanny Agency.

How can a woman living in Lincoln, Neb., recruit for a Greenwich, Conn., company? One way is through Southeastern Community College in Lincoln, which offers a professional nanny diploma as part of its Early Childhood Development program. Another way is through Kappa.

It was by calling DEB BUTLER CABELA, *Nebraska*, for a reference that Carol Ann made her first contact with Helping Hands Agency, which is owned by Christine Stiassni. Since then Carol Ann has recruited Kappas and finds that they submit "unbelievable" résumés. "Their experiences in leadership and volunteering are outstanding."

Most recently, KATIE DIXON, a business major, and MARI MARKER, psychology major, both seniors in



Mari Marker, *Nebraska*, (left) and **Katie Dixon**, *Nebraska*, (third from left) were recruited by Carol to work for Helping Hands Nanny Agency.

SIGMA CHAPTER, *Nebraska*, spent their summer as nannies. Katie says, "It was the best summer I've had in college so far," and she is considering doing it again.

Recruiting in Nebraska offers men and women a chance to experience life on the East Coast where the recruits (mostly college-age women) have all expenses paid for the summer and earn \$350 to \$800 a week, depending on their experience and the number of children in their care. Mari was nervous about flying east to care for three boys — twin 5-year-olds and a 2-year-old, but wanted to broaden her horizons. "I got matched with an incredible family," she says, and she traveled to Florida with them on vacation.

Carol Ann says that an agency screening families helps clarify job descriptions and gives the nannies a way out if the situation is unworkable. The company has picnics so area nannies can meet and a full-time counselor is on call. As a measure of success, Carol Ann recalls that "in the 10 years I've done this, only two matches haven't worked out."

A supervisor of student teachers for 14 years at the University of

Nebraska, Carol Ann has always enjoyed working with young women. However, she needed a change. She recognized that "women are looking for options in the work force and want to work part time while managing families, have flexible hours, and be able to use a fax machine at 6 a.m. or midnight."

"Let my career fit into my life, not the other way around," says Carol Ann as she provides the opportunity for other women to discover options for their futures.

— By LOIS CATHERMAN HEENEHAN,
Adelphi

A Buddy for Breast Cancer Survivors

Helping women deal with the changes in their bodies after a mastectomy is the business of STACIE QUINN NEELY, *Idaho*, and her husband, Daniel. Keeping the product name chosen by the founder, they head a company holding the trademark name "Bosom Buddies."

Finding that her breast prosthesis was uncomfortable and high-priced, founder Melva Smith created a breast form made of fabric



Carol Ann Porter Klaus, *Nebraska*, matches families with nannies.



Stacie Quinn Neely, Idaho, offers breast forms in 10 sizes, three skin tones and two shapes through her company, Bosom Buddies.

weighted with tiny glass beads. She is now 80 years old and 30 years cancer free, and the company has grown significantly.

Stacie and Daniel bought the company in 1991 and now make the product in 10 sizes, three skin tones and two shapes. As science progressed into less radical surgery, there was a need for a softer, rounder shape.

The company oversees the product manufacturing and distributes through direct mail sales, with clients in the United States, Canada and internationally. A Bosom Buddies breast form is \$60 to \$70, significantly less than the \$400 charged for most other forms.

Working with women who have had a mastectomy as well as with those who are undergoing reconstructive surgery, Stacie finds it gratifying to offer choices and help rebuild the spirits as well as the bodies of women who have faced the terrors of breast cancer.

For more information call 208/343-9696 or visit www.bosombuddies.com.

— By LOIS CATHERMAN HEENEHAN,
Adelphi

Healing Horses with Love

MARIANNE FELDMAN ANDRITSCH, Wisconsin, uses the power of touch to help heal the aches and pains of therapy horses. A certified equine massage therapist, Marianne volunteers her healing hands once a week at the Ranch Riding Arena, a therapeutic riding center in Wisconsin.

The ranch focuses on hippotherapy — therapy on horseback. Children and adults with disabilities learn to ride horses at the ranch. The movements of the horse work muscles in the rider that often do not get used. "It is wonderful to see them master riding these horses and doing something many others cannot do," says Marianne.

Marianne grew up riding and caring for her own horses but when she left for school, she had to sell them. As an adult, she realized she could not afford to own and care for horses so she volunteers at the ranch as a therapeutic riding instructor. During the first four years, she saw the strain the horses endured in the therapy sessions. With so many different riders, the horses must adjust to each one and, over time, this strains the horses' muscles.

Marianne's own massage therapist showed her an article about equine

massage therapy and she realized how much she could help the horses at the ranch through massage therapy. One benefit is aiding the recovery of injured horses and another is the benefit of touch. "Whether you are a human being, a horse, or a dog ... we can all benefit from touch," says Marianne.

To become a certified equine massage therapist, Marianne attended "Equitouch" in Boulder, Colo. The program begins with home study where the student is tested on horse anatomy. Once students pass the book part, they must travel to the school for an intensive course with hands-on classroom work. Marianne worked 12 hours a day for eight days during her on-site training and has now been a certified equine massage therapist for more than a year.

The intense connection she feels with the horses and knowing she is helping with their healing process are Marianne's favorite parts of being an equine massage therapist. "Therapy is a way I can give something back to the horses because they give so much to the people at the riding center," says Marianne. "There is not a day that goes by that a horse does not look at me and say, 'Yes, yes, you've got the right spot.'"

— By Rachel Swihart Norton,
Fraternity Headquarters Staff



Marianne Feldman Andritsch, Wisconsin, uses the power of touch to heal the aches and pains of therapy horses.

Hospital CEO Is Dedicated to Children

As the president and chief executive officer of Children's Hospital of Orange County, **KIMBERLY CHAVALAS CRIPE**, *Southern Cal.*, is one of few female hospital top executives in California. Under her leadership, the hospital excels in many areas, including the utilization of a new treatment in neurosurgery, clinical breakthroughs with complex pediatric heart surgeries, and breakthroughs in research related to autoimmune diseases.



Kimberly Chavalas Cripe, *Southern Cal.*, is the president/CEO of Children's Hospital of Orange County, Calif.

CHOC opened the first hospital-based pediatric rehabilitation center in Orange County and annually delivers physical, occupational and speech therapies to thousands of children. Additionally, community support for the hospital has increased significantly with total donations increasing more than 30 percent in the past year.

A busy wife and the mother of three sons, Kim is devoted to the improvement of the lives of children. Her compassion and leadership were recognized when she was selected to serve on the newly assembled "Proposition 10 Commission" in Orange County, which was appointed to manage and administer approximately \$50 million annually for children's health and education programs throughout the county.

— By KATHLEEN CROWLEY, *Southern Cal.*

Worldwide Illness Investigator

CAROLYN BUXTON BRIDGES, *Whitman*, a general internal medicine physician joined the Center for Disease Control in an on-the-job training program in epidemiology two years ago. Her specialty was influenza outbreaks and other studies dealing with the treatment or prevention of influenza.

While most requests for field officers like Carolyn come from the United States, other countries also ask for assistance, as did Hong Kong. Carolyn has flown halfway around the world to investigate the illness caused by the influenza H5N1 virus, the media-typed Hong Kong "bird flu."

Carolyn reports that while only 18 cases were discovered, six resulting in death, the implications of this out-

break were potentially huge. What makes the bird flu out of the ordinary is that it is the first influenza virus known to have infected humans directly from birds.

A vaccine is being developed and the virus continues to be studied by laboratories in different countries. "Only domestic birds show symptoms of H5N1 infection, but wild birds don't, so we don't have the assurance that we can find every bird and eliminate the virus," says Carolyn. "The virus will likely always be in some bird species, so we have to be vigilant in our efforts to detect any new outbreaks and control them."

After graduating from the University of Washington Medical School, Carolyn completed her residency at the University of Colorado and spent two years in private practice in Atlanta, Ga.

— By NANCY VOORHEES LAITNER, *Purdue*
Alumna News Editor

RN Teaches Prenatal Care

As the patient educator for women's and children's services at Mercy Hospital in Detroit, Mich., **SUSIE HERRINGTON SCHEIWE**, *Kentucky*, has worked to bring important prenatal education to mothers with low literacy skills from an area high in unemployment. Mercy Hospital serves an area where infant mortality is double the state's rate. Expectant mothers visit the various community Mercy clinics but ultimately deliver their babies at Mercy Hospital.



Susie Herrington Scheiwe, *Kentucky*, is the patient educator for women and children's services at Mercy Hospital in Detroit, Mich.

To find a way to improve prenatal education, Susie began by teaching infant care and CPR in one clinic. Then she became a certified lactation consultant and now encourages clinic staff to promote the benefits of breastfeeding and provide ongoing education and support. Because there were no childbirth classes offered at Mercy, Susie began classes to teach labor breathing techniques, childcare and other family-related topics. To deal with the challenges presented by the high literacy rate in the area, Susie requested permission from Workman Publishing to put portions of a prenatal care book on audiotape.

In support of Susie's work, the DETROIT EAST SUBURBAN ALUMNAE ASSOCIATION purchased the copyright to a low-literacy, multi-picture book of copy sheets explaining how to deal with common breastfeeding problems to distribute to expectant and new mothers. Susie is a former President of the Detroit East Suburban Association and has served two terms as Province Director of Alumnae in Delta Province.

— By JENNY STRUTHERS HOOVER, *Bowling Green*

Neurologist Meets Special Needs of Children

After a professor convinced her that no one would ever hire a female industrial chemist, MARY LOUISE LYONS SCHOLL, *West Virginia*, was undeterred and followed his advice: to enroll in a summer school medical class. Fascinated with the course, this chemistry major quickly applied for medical school at West Virginia University, and "with help from her guardian angel," as she says, was the final student—and only woman—accepted into the graduate program. After her first year, she transferred to the University of Maryland. While studying to become a doctor, Mary Louise discovered her two lifelong loves: a career in medicine and Dr. John Andrew Scholl, her late husband of 55 years.

Today, at age 82, Mary Louise continues to work full time as a pediatric neurologist in Escondido, Calif. She primarily works with children who have learning disabilities — or "learning differences" as she prefers. She also cares for young patients who are diagnosed with attention deficit disorder, epilepsy and cerebral palsy. Additionally, she oversees research on the "comorbidity of brain dysfunction" to prove that parts of the brain will begin to work improperly, if one part of the brain does not function correctly.

A teacher at Harvard Medical School for 21 years, Mary Louise realized early on that many epileptic patients experienced difficulty with learning skills such as listening, taking directions and solving math problems. However, she determined that these commonalities were separate from, and not related to, epileptic symptoms. This realization piqued her interest in learning differences, and thus began her quest to help children with these challenges.

Scholl knows firsthand the frustration of a learning difference. While a bright student, she regularly struggled with school work and finally diagnosed herself as dyslexic. Having a personal understanding of learning problems enhances her empathy for her patients. She and her team are rigorous in their work often spending 12 hours with each child before offering diagnoses and specialized treatment plans. She encourages parents and teachers to refer students with suspected troubles during their early elementary years because children who are diagnosed at a younger age are less likely to suffer long-term educational and emotional problems.

Many people suffer for years — and even decades — from "silent learning disabilities." Mary Louise believes that people with undiagnosed learning disabilities often become destructive or depressed. Instead of understanding their learning difference, these people come to believe

that they are not smart, so they prophetically begin behaving that way and often become troubled members of society.

To anyone who may have a child with learning differences, Mary Louise offers these words of encouragement: "Every person has a different brain ... We just need to understand and appreciate those differences." After treating thousands of children for 57 years, Mary Louise says, "I can't retire. There are still so many children to help, and there are so few people available to provide specialized help."

A 1988 KKT Alumna Achievement Award recipient, Mary Louise is an active member of the RANCHO BERNARDINO-POWAY ALUMNAE ASSOCIATION. This Steubenville, Ohio, native —

raised with three brothers — warmly reminisces that Kappa showed her "what it was like to have a sister."

— By KATHRYN (KATIE) KELLY POWERS, *Arizona State*, contributing writer



Mary Louise Lyons Scholl, *West Virginia*, is a pediatric neurologist specializing in children who have learning differences.



Lucy Davidson, MD, EdS, Emory, worked with Kosovar refugees during a resettlement operation at Fort Dix.

Help for Refugees

LUCY DAVIDSON, MD, EdS, Emory, served in "Provide Refuge," the Kosovar refugee resettlement operation at Fort Dix. At the invitation of the Office of Emergency Preparedness and the Centers for Disease Control and Prevention, Lucy worked with refugees needing medical psychiatric evaluation and services. She worked with patients through Albanian interpreters.

A member of the ATLANTA (GA.) ALUMNAE ASSOCIATION, Lucy serves as clinical associate professor of psychiatry at the Emory University School of Medicine. Her interest in forensic psychiatry, which she has practiced in Atlanta, evolved from her work at the Centers for Disease Control and Prevention in the area of suicide prevention. As a researcher studying risk factors for suicide, Lucy has had her work published internationally.

Lucy is also a fellow of the American Psychiatric Association and has served on the Georgia Psychiatric Physicians Task Force on AIDS. A 1988 KKT Alumnae Achievement Award recipient, Lucy has also taught social sciences and language arts at the elementary school level.



— By JENNY STRUTHERS HOOVER, Bowling Green

World-Renowned Epidemiologist and AIDS Researcher

Kappa lost a sister when Swissair Flight 111 from New York's JFK International Airport crashed off the coast of Nova Scotia in the fall of 1998. The world lost DR. MARY LOU CLEMENTS-MANN, *Texas Tech*, an internationally known expert on infectious diseases and a leading immunization researcher.

Most recently Mary Lou, an East Texas native, had been a professor in the Department of International Health at Johns Hopkins University where she was in charge of immunization research and worked on an AIDS vaccine. Many considered Mary Lou an expert on the assessment of vaccines. She was traveling with her husband, Dr. Jonathan Mann, a leading pioneer in the battle against AIDS. Both were 51, and they were en route to Geneva, Switzerland, for an international AIDS meeting sponsored by the World Health Organization (WHO) which they each had served in prestigious positions. Mary Lou had worked as a special epidemiologist on the small pox program, then served as the coordinator of the small pox eradication program in India early in her career.

Following her degree from Texas Tech, she earned a medical degree from the University of Texas, a doctorate in tropical medicine from the University of London, and then a master's in public health from Johns Hopkins in 1979. As Dr. Robert Haley, Chief of Epidemiology at the University of Texas Southwestern Medical Center at Dallas, told the *Dallas Morning News*, "She is a role model for every young woman from a small town in Texas who wants to go into medical science." He called her death "a big tragedy for Dallas ... and for the world."

— By JULIE KROON ALVARADO, *Arizona State*,
Profiles Editor

EDITOR'S NOTE: *Although The Key generally does not publish obituaries, the Editorial Board felt it was appropriate to mention DR. MARY LOU CLEMENTS-MANN in this issue. We are disappointed that we did not know of her latest contributions to the health field while she was still with us. The Key appreciates all of the health/medical-related stories that were submitted and apologizes that not all of them could be used. Stories and photographs not published will be filed for possible use in an upcoming issue.*

Empowered Spirit Defies Paralysis

How one woman moves mountains with determination

Her spirit soars but her body renders her motionless after having battled multiple sclerosis for 20 years. Instead of giving in to paralysis, JAMIE JACOBSON CAHILL, Alabama, holds two part-time jobs, has team taught several university classes, works on a computer, answers her phone, and finds the strength to laugh and face her disease head on.

Multiple sclerosis or "MS" is a chronic disabling disease of the central nervous system usually appearing between the ages of 20 and 40. With an upbeat and yet calm tone, Jamie explains her ability to forge ahead in spite of this crippling disease. "My belief that God is sovereign and the support from my family and friends has been a great source of strength for me."

She applauds her husband, Mike, and teenage daughters, Cameron and Shannon, as well as 20-25 women from her neighborhood and church for taking on tremendous responsibilities. Teams of doctors have monitored Jamie's medical progress, and her family has tended to her physical and emotional needs — but she believes that a higher power has healed her soul. "I know God has a plan for my life and it's not a mistake I have this disease. If he can hang stars in the sky and carve out mountains, then my MS is nothing for him. I want to be used by him in any way possible, and if it takes my being in a wheelchair then I'll do my best to be obedient and worthy of the calling," Jamie remarks.

Along her difficult journey, Jamie has reached out to the community and organizations to assist with the burdening costs of her disease. Jamie contacted the Kappa Kappa Gamma Foundation at a time when she was close to losing her hydraulic lift van, her only means of transportation. Jamie was ecstatic to receive Rose McGill Confidential Aid for members

who find themselves in financial need due to misfortune or illness. "Kappa generously helped me pay off the van and is now helping me survive with funds for visiting nurses," says Jamie.

Surrounding herself with sophisticated technology through the help of the Center for Rehabilitative Technologies at Georgia Tech., Jamie has slowly regained a bit of independence. With a voice-activated computer, a 300-pound electric wheelchair, a uniquely designed eating table and a hydraulic-lift van, Jamie can finally do more for herself than she has done in years. But that wasn't enough. She wanted to contribute to her family income to help offset the enormous costs of her special equipment and medical bills. Going back to work, though, would ultimately lead Jamie to lobby to change federal and state laws to eliminate the disincentives for people with severe disabilities returning to work.

After accepting a part-time job with an insurance company as a customer service representative two years ago, Jamie lost eligibility for the health insurance from her husband's plan, which had covered home healthcare seven days a week. Her current carrier doesn't consider her condition a "medical necessity." Without visiting nurses, Jamie's husband and two teenage daughters have rallied every day to deliver medication, change catheters, help with bathing, lift Jamie in and out of the wheelchair, and take care of many other needs. On top of that, she is suspicious that her employer won't hire her full time because of the myriad ADA regulations the company would have to adhere to. As a result of her part-time status, her insurance premiums are almost double that of other employees. And since she holds a job and is not considered home-bound, Jamie must take time off from work, find a driver and be docked



Jamie Jacobson Cahill, Alabama, works for an insurance company thanks to her determination and special equipment.



Jamie and husband Mike.



Their teenage daughters, Cameron and Shannon.

salary to receive the chemotherapy/steroid injections she used to receive at home.

Instead of viewing her employment as a punishment and quitting her job in order to regain home healthcare funding, she sees it as an opportunity to change the law and help Congress with proposed legislation designed to get the severely disabled back to work. She is working with Congressman Johnny Isakson to find the proper channels. "I'm determined to keep my job. It's the best thing that has happened in my life in a long time," Jamie says emphatically.

With a lilt in her voice, Jamie anticipates upcoming endeavors, "I'm excited about some fun projects ahead of me." She is trying to contact IBM, which manufactured her computer, to negotiate trips to China and Japan where she would demonstrate how the voice-activated computer could work in a bilingual setting, changing English to Chinese/Japanese and back again. PBS has also contacted her to take part in a documentary on how technology can incorporate people with severe disabilities back into the world. And, the Center for Rehabilitative Technologies at Georgia Tech. has asked her to take part in a national documentary designed to educate rehabilitation professionals about assistive technology and how it improves the lives of people with disabilities.

While looking ahead, Jamie tries not to dwell on the past but if she had the opportunity to live through her disease again she says, "I would do it gracefully this time. I would be gracious to people for what they could do for me and separate my needs from my wants." Jamie's grace and perseverance are truly an inspiration.

EDITOR'S NOTE: *Financial assistance received through the Rose McGill Confidential Aid Fund is confidential. Stories are published only with permission from the recipient. Jamie welcomes feedback at jlcfrudo@aol.com.*

An Investment in Future Healing Hands


Identical twins (and Kappa sisters) have experienced life's adventure hand in hand, but just when CYNTHIA and ELIZABETH LESTER, Georgia, could head in different directions, they individually chose the same path — a profession of healing. Their desire to enter the medical field stems from a love of learning and the desire to make a positive impact on patients and their families.

Cynthia and Elizabeth's passion for learning about the medical field started early, but their father's recent recovery from successful brain surgery to remove a pituitary tumor left an indelible impression on the twins. "Seeing the different ways each doctor communicated with patients made me more aware of how I want to be when I

become a doctor," Elizabeth writes in a letter to the Kappa Kappa Gamma Foundation.

Both Cynthia and Elizabeth received undergraduate scholarships through the Kappa Kappa Gamma Foundation, made possible from individually endowed scholarship funds. The LOUISE LOMIS Memorial Adelphe Scholarship, established by ROSALYN KEMPTON WOOD, Emory, made Elizabeth's scholarship possible. Cynthia received the JEAN HESS WELLS Memorial Adelphe Scholarship established by LONNIE HOKE CURTIS, Minnesota. Endowed funds such as these are often established in special tribute to a member or in gratitude for all that Kappa Kappa Gamma means to that member. (Undergraduate as well as graduate scholarships are the cornerstones of the Foundation's philanthropic program.)

In addition to maintaining a 4.0 in their major and a 4.0 cumulative average, Cynthia and Elizabeth manage to participate actively in chapter and campus activities. Their scholastic honors include Alpha Epsilon Delta (a premed honor society), Mortar Board, Phi Beta Kappa and others. There's a long list of volunteer activities too.

One of their college professors endorses their high aspirations. "Intellectually, morally, productively and emotionally they are outstanding human beings and I predict that they will become fine doctors when they finish medical school." 

— By LAURA SHOCK SCHERER, Bowling Green contributing writer



Identical twins Cynthia and Elizabeth Lester, Georgia, look forward to attending the Medical College of Georgia.

For more information on Foundation programs, please contact:

KKΓ Fraternity Headquarters and Foundation Office
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No Ordinary Doll

Medical manikins ease children's worries

"Is this what I look like inside?" a tiny patient asks. The nurse nods. "And will it hurt to get stuck with that needle?" The nurse fastens an "ouch" face to the manikin. Then she replaces that mask with a "happy" face and reassures the child.

Thanks to a creative Kappa and her sister, thousands of children throughout the world can see and understand what happens in their bodies when they undergo surgery, contract a severe illness or live with a congenital disease.

"It is wonderful to be learning so much, and to have such an exciting challenge in my life," says KATHERINE (KAY) HAMMERSTROM MILLER, *Michigan State*. Kay's eyes sparkle as she describes Legacy Medical Teaching Manikins, the product Kay and her sister Alice, a member of Pi Beta Phi from the University of Michigan, developed.

According to Armstrong Medical Industries, Inc., Lincolnshire, Ill., the manikins "equip medical educators to foster better understanding of medical conditions and procedures, address psycho-social issues, and promote effective patient self-management." The innovative teaching tool is a 30-inch doll made of soft, washable material. Nurses, doctors and other medical personnel use the manikin to explain such conditions as spina bifida, diabetes, heart defects and neuro-oncology. Accompanying adapters show injection sites, spinal taps, catheterization and even proper foot care. Mood masks fit over the manikin's face to help children identify and "see" feelings: fright, anger, relief or happiness.

When Kay moved to Indiana with her husband, John, she left behind a fellowship opportunity in social work and became the mother of six children. But she still wanted to do more. She and her sister "wanted to give women an opportunity to use their skills in a productive

way," Kay says. They envisioned dolls for children's hospital playrooms. The product would be manufactured in a home-based industry to utilize women's talents.

Employing 12 women to stitch the large, cuddly dolls, Kay and Alice designed the forms and oversaw development. Thus Legacy Products was born.

In 1989, the sisters attended the Association for the Care of Children Conference in Washington, D.C. "When we showed our dolls, we were absolutely inundated with questions," Kay states. Nurses hovered around the doll booth and asked if we could make a doll to show an I.V. site? a shunt? a spinal cord? and was there a way to show what happens during surgery? Kay and Alice knew they did

not have every answer, but they said, "Yes, we can do that," went back home and got to work.

"Creating a correct anatomical form takes patience and a lot of trial and error," says Kay. In the Miller's living room in Aspen, Colo., where she and John now live, Kay examines a female manikin. She notices that the insulin injection sites are not in exactly the right place so the manikin will be returned to the sewing room in Fillmore, Ill. More complex, custom-made manikins such as a neuro-oncology form, are made in Cambridge City, Ind., where research and development also take place.

Recalling the development years, Kay cites "serendipitous happenings." She says people seemed to appear just when she and Alice needed help or were struggling with a concept. She praises pharmaceutical companies such as Pfizer who donated thousands of tubes and devices used in the manikins.

Kay and Alice are now working with Duke University Medical School to develop premature baby manikins. They will vary in weight and will show caregivers medical




Sisters **Kay Hammerstrom Miller**, *Michigan*, and **Alice Hammerstrom Weber** create medical teaching manikins to help young patients.



Medical teaching manikins allow children to understand what will take place during a medical procedure.

procedures that may be used as a baby grows. Duke has also asked the sisters to design manikins for the obstetric-gynecology department. And as the need for informed consent in home-nursing grows, Legacy medical teaching manikins will be used in new ways to assist both patient and caregiver.

At Sparrow Hospital, Lansing, Mich., Wendy Kushion, R.N., diabetes nurse clinician and certified educator, explains the manikin's teaching value. "The children love this doll; even an 18-month-old can stick the doll's finger to see how blood is drawn," she says. Seeing and touching the manikin allows children some understanding of what to expect, and teaching manuals guide parents and caregivers. Often the doll, Andy or Andrea, depending on the patient's gender, is allowed to sleep with a small patient.

As their vision expands, Kay and Alice know their manikins continue to make a difference for young patients facing illness, disease or trauma. 

— By DIANE PRETTYMAN DEWALL, *Missouri*

Diane served as Active Chapters Editor from 1958-60 and as Alumna News Editor from 1963-71. She also served as Chairman of Chapter Publications during that time.

Send in Your Story!

The Key Editorial Board meets annually to choose themes and story ideas for the year. If you have experience related to a story idea below, send an article or contact Editor JENNY STRUTHERS HOOVER to discuss your idea.

Possible Story Ideas

- **COMMUNICATION:** sign language, active listening, conversation skills ...
- **ARTISTS/ARCHITECTS/FASHION DESIGNERS/INTERIOR DECORATORS:** share your talents and accomplishments with *The Key*.
- **FAMILY RELATIONSHIPS/ISSUES:** parenting, childcare, choices — stay home or return to work ...
- **GENEALOGY, FAMILY TREES:** *The Key* would like to hear from an expert in this area.
- **ADOPTION:** share your story/advice.
- **STRESS RELIEF:** do you have advice to share on this or other related women's issues?

- **FOUNDERS DAY:** share your tips on how to plan an effective event for alumnae and collegians.
- **SCHOLARSHIP RECIPIENTS:** how has Kappa financial aid helped you?
- **ENTREPRENEURS:** tell us how you started your own business.

How To Submit Your Story

- Stories may be submitted to *The Key*, Kappa Kappa Gamma Fraternity Headquarters, P.O. Box 38, Columbus, OH 43216-0038; fax: 614/228-7809; e-mail: jhoover@kappakappagamma.org.
- Please send as a Word file with a hard copy, if possible.
- Written pieces and artwork are accepted on a volunteer basis only.
- Stories should be accompanied by color photographs, not color copies. Do not submit digital photographs.
- Photographs become the property of *The Key* and will not be returned.
- Submissions may be used in other Fraternity publications or on the official Web site.

- *The Key* reserves ownership rights on all published material.
- The Editorial Board regrets that not all submissions can be used. Materials may be published up to one year after they are received. Acknowledgment cards will be sent upon receipt.

The Key Deadlines

SUMMER 2000: Copy due Feb. 15, 2000. In addition to featuring Alumnae Achievement Award recipients, this issue will focus on Kappa values. Excerpts from historic issues of *The Key* will also be featured.

FALL 2000: Copy due June 1, 2000. Features will include articles on family issues plus a General Convention report.

WINTER 2000: Copy due Sept. 1, 2000. Foundation donors, programs and select scholarship recipients will be featured.

SPRING 2001: Copy due Nov. 1, 2000. Theme to be determined.

Dream Career Takes Persistence

TV producer brings racial and women's issues to light

NANCY MILLER, *Oklahoma*, took a chance on a dream to become one of only a few female television executive producers. "Although I have often been the only woman in the board room, I've always been glad to be there, and I've met incredible people who taught me what to do and not to do in this profession," says Nancy who, along with executive producers Gary A. Randall and Sheldon Pinchuk, brings the series, *Any Day Now*, to Lifetime Television.

An hour-long drama, *Any Day Now*, follows the special relationship between two women (one African-American, one Caucasian) who have shared a friendship that dates back to their childhood in the 1960s South where, through flashbacks, the Civil Rights Movement is seen through their young eyes. Together, Annie Potts as Mary Elizabeth O'Brian, and Lorraine Toussaint as Rene Jackson confront a variety of issues revolving around family, friendship, career and social injustice. (The show also stars Mae Middleton as the childhood Mary Elizabeth, and Shari Dyon Perry as the childhood Rene.)

In addition to focusing on the lives of girls and women, Nancy is proud that more women work on *Any Day Now* than any other TV show, including an entire female audiovisual staff. Nancy is living out her "dream job" — a job that didn't come easily.

"I can't believe I moved out here to California from Oklahoma to become a TV writer, not knowing anyone," says Nancy, who admits that ignorance is bliss. "If I had known the odds of succeeding in the TV business, I would have gone home."

Nancy did face some "do or die" moments like the time she put a show on the line in order to secure the director she wanted, feeling he was crucial for the success of the project. Her firm stance paid off, but Nancy emphasizes that major decisions are always difficult at

first. "Then, it becomes easy because you know what's right," she insists.

A recreation major, Nancy believes television is recreation for the soul. "Humans need to play as much as

they work," Nancy reiterates. "If you don't take time for yourself, it's going to have a negative effect." She adds, "With our show, you can invite Annie and Lorraine to spend an hour with you, making you laugh, cry and think." Nancy is careful, however, not to let the show become a public service announcement. "We don't want to hit people over the head — our messages have to come out of good storytelling, humor and drama."

The series offers plenty of humor and wit but much of *Any Day Now* is no joke. "The title means that any day now these little girls will be women, and any day now our country will wake up to the issue of racism," says Nancy. Originally developed in 1990 by Nancy and colleague Deborah Joy Levine, the series was sold to CBS.

However, a "soft" market for half-hour dramas caused the cancellation of six summer episodes.

Nancy, however, never gave up on her goal to get the show on the air. Nine years later, a door opened when a Lifetime Television executive remembered the idea and, since Lifetime wanted to create its first original dramatic series, agreed to give the series another try as an hour-long show. Now cable TV viewers can catch *Any Day Now* on Sundays at 10 p.m. (ET/PT), on the Lifetime channel, which is promoted as "television for women."

Filmed in Valencia, Calif., and produced by Spelling Productions, *Any Day Now* is on its second season, which premiered in August of this year. During the first season, viewers discovered that "First and foremost this show is about the friendship between two women," explains Nancy. "Secondly it's about racial relations, as well as the power and strength of women."



Nancy Miller, *Oklahoma*, lives her dream as an executive producer of Lifetime Television's dramatic series, *Any Day Now*.

Nancy first learned about the power of female friendships as a member of BETA THETA CHAPTER. "Kappa played a huge part in my life, especially after my father's death during my freshman year," recalls Nancy. "My sisters surrounded and took care of me." It was then that Nancy started writing. "I didn't know what to do with my pain so I put it on paper."

With fond memories of sisterhood, Nancy believes that women working together can change the world, and she is inspired by the power of the messages revealed in her show. "It's such a joy to share stories about women's lives," says Nancy, who grew tired of "cop shows" full of female rape and murder victims. "I wanted to show the strength of women — how we solve problems differently than men. It's not about bad or good, but seeing another point of view that is not well-represented on TV."

The typical day of a TV producer never ends with wardrobe and makeup decisions, working with writers, communicating with the network, casting, or 12-hour shooting sessions. "This is my show so I oversee the creative aspects," explains Nancy, who loves the editing process leading to the final rewrite of an episode. Despite feeling she is constantly putting out fires, Nancy enjoys

people think. "I don't believe any one thing I do will change the world, but this show could be the start of a wonderful dialogue about race."

One of Nancy's favorite episodes guest-stars Jasmine Guy whose character is "passing" as a Caucasian. "I'm a white girl from Oklahoma who knew nothing about this subject, which can be sensitive in the black community," says Nancy, who enjoys working closely with her interracial and mixed gender writing staff. "We come from different experiences and really speak our minds," Nancy says.


Another favorite episode involves the main characters having lunch at a restaurant. Mary Elizabeth asks for more butter but realizes she has asked, not a waiter, but a black attorney in a white shirt and black pants. Renee accuses her of only seeing his skin color, but Mary Elizabeth says it was simply the clothes he was wearing. "A white person will never understand what a black person goes through every day," says Nancy. "Our show tackles sensitive subjects that can be handled well through women — we want to talk about everything."

Prior to *Any Day Now*, Nancy worked as a writer and producer on several television series. Most recently, she created and served as executive producer of ABC's,

Leaving L.A. A resident of Los Angeles, she has also worked as a co-executive producer on NBC's *Profiler*, and as a writer/producer on *Against the Grain* and *The Monroes*. When not consumed with the production of *Any Day Now*, Nancy develops proposals for new shows and writes pilots she has already sold.

While she has enjoyed success with other TV series, *Any Day Now* is by far the most special and personal of Nancy's endeavors. Her greatest fear is that people will not see it. "I just want to scream that you've got to see this show," she exclaims. "When viewers do find *Any Day Now*, they stick with it."

"Sticking with it" is just how Nancy has succeeded in her

dream career. "If there is something else you love to do, that's what you'll end up doing," she cautions. "In this business, it's all or nothing — you have to want it so bad that nothing gets in your way." 

For more information about Nancy's work, contact her at 661/295-4480.

— By JENNY STRUTHERS HOOVER, Bowling Green



Lorraine Toussaint (left) and Annie Potts, who star in *Any Day Now*, on the Lifetime cable network with Shari Dyon Perry and Mae Middleton, who play the childhood versions of the characters.

being the head of the huge production family, boasting that she has had only two staff changes out of 150 employees.

"I've been entrusted to spend more than \$1 million per show and not waste it," Nancy emphasizes. "My team comes to work every day trusting me to keep this show on the air." The friendships are one of the best parts of Nancy's job, in addition to the chance to change the way

Cooking Up a Successful Business

Friends and partners flourish in a competitive market

If there were ever to be a book entitled *How To Succeed in Business With a Lot of Hard Work and a Compatible Partner*, it might be written by MARGO BOUANCHAUD HAYES, LSU, and MARY ANN WAMPOLD MONSOUR, LSU. Instead, they have written a cookbook and created a unique world of culinary delights.

Their book, *Culinary Secrets: Treasures from Margo and Mary Ann's Louisiana Kitchen*, is the culmination of years of friendship and working together. Although they are both members of DELTA IOTA CHAPTER, Margo and Mary Ann attended LSU at different times. Their paths continued to cross in many ways — both are from Northeast Louisiana and they became good friends in the BATON ROUGE ALUMNAE ASSOCIATION and in the local Junior League. Now they are successful entrepreneurs in a field saturated with hopeful competitors.

The adventure began when Margo opened a catering service, also selling some gourmet foods. Mary Ann purchased some of the foods and was asked to help with the catering — part time at first, then full time. Their next venture was to consider opening a shop. Margo's husband cautioned them to get advice, saying, "Y'all can't think like you're running a lemonade stand. It's a business!"

Speaking from experience Mary Ann advises, "Gather all the information you can from others." Feeling that

those they may be competing with might be careful about giving advice to newcomers, Mary Ann and Margo went afield to Shreveport, New Orleans and Dallas to explore what they would need to do in terms of organization and marketing.

The Culinary Shoppe opened in 1994, offering cookware, condiments and collectibles. Along with the usual cooking tools and supplies, they offered special items such as antique platters and placed emphasis on entertaining as a concept, rather than just cooking.

Their next step was offering classes held at the shop featuring lessons in hospitality, with great food sharing the spotlight with lovely decor and successful management. For example, Margo suggests setting up for a party at different "stations" to keep the crowd moving and have easy access to food and drinks. The duo quickly became popular for their answers to questions on entertaining and are known for focusing on the company, not the cuisine.

"Be realistic about what you feel comfortable preparing and serving, and plan a menu you can get excited about," says Mary Ann. She recalls a woman who was in tears over her need to host a holiday party for her husband's office staff and spouses. Her lack of knowledge and experience became quite evident when



Look out Martha Stewart — here come **Margo Bouanchaud Hayes, LSU**, (left) and **Mary Ann Wampold Monsour, LSU**, owners of The Culinary Shoppe in Louisiana.

Mary Ann suggested a simple appetizer — “Buy a small wheel of brie, top it with a sweet and hot sauce or pepper jelly and serve it with crackers.” The response was, “How do you spell that (brie) and exactly what is it?”

Busy with the shop and appearances on television shows as guest chefs, Margo and Mary Ann somehow found time to become bored one summer and “started fooling with a food line.” The result was their own line of products with the name Culinary Secrets. Three pasta sauces, five antipastos

and two salsas are now sold in gourmet shops and shown in one of the top showrooms in the Dallas Market. One of their best sellers is Sun Fix, a secret blend of sun-dried tomatoes, olive oil, garlic, capers and seasonings.

Their recipe collection has been growing and last summer it was

deemed time to put them in a cookbook. Their own recipes and those of local chefs reflect the influence of French, English, African, Caribbean and native American cultural heritages. *Culinary Secrets* was a holiday best-seller.

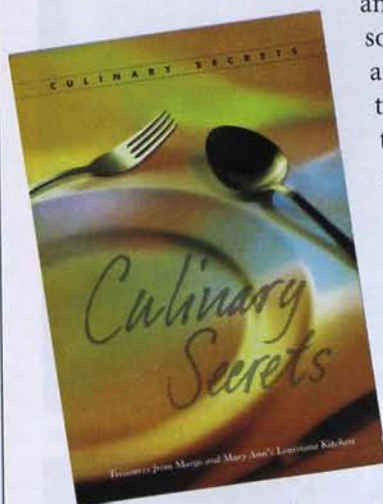
These busy Kappas also consult on decoration and design of kitchen/living areas, dealing with anything from rearranging the client's own items to planning a total makeover. They are currently negotiating with a major, upscale national retail chain to develop their home department and gourmet food line.

Sisterhood and friendship, a shared love of cooking and entertaining, cooperation, research and hard work have brought well-deserved success. Just six years into their business venture, Mary Ann and Margo definitely aren't “running a lemonade stand”!



— By LOIS CATHERMAN HEENEHAN, *Adelphi*

*Sun Fix may be ordered in an 8 oz. jar for \$9.95 plus \$3 handling, and *Culinary Secrets* cookbook at \$17.95 plus \$3 handling from Culinary Secrets, 7022 Richards Drive, Baton Rouge, LA 70809. For more information contact Mary Ann and Margo at 225/927-4288.



Try These Recipes from *Culinary Secrets*

CRABFINGERS, SICILIAN STYLE

- 1/2 c. green onions, chopped
- 1/3 c. celery leaves & stalks, chopped
- 1/2 c. parsley, chopped
- 1 c. olive oil
- 2 cloves garlic, minced
- 1 c. tarragon vinegar
- juice of 3 lemons
- 1 T. salt
- 1 1/2 t. black pepper
- 2 lbs. fresh crabfingers

Place green onions, celery and parsley in food processor and pulse until finely chopped. Mix with olive oil, garlic, vinegar, lemon juice, salt and pepper and blend well. Let stand at room temperature 48 hours to intensify flavors.

Pour mixture over crabfingers and marinate at least 1 hour before serving.

SUN FIX CHICKEN

- 4 boneless chicken breasts
- 1 14-oz. can quartered artichoke hearts
- 1/2 c. Sun Fix*
- 2 T. red wine vinegar
- 1/2 c. green onions, chopped

Season chicken breasts with salt and pepper. Grill over medium heat (or bake in oven preheated to 350 degrees). Allow chicken to cool. Cut into 1-inch cubes. Combine drained artichoke hearts, Sun Fix, vinegar and green onions together with chicken. Serve warm or at room temperature.

SWEET POTATO BISCUITS

- 1 15-oz. can yams
- 4 c. all-purpose baking mix
- 1/2 t. ground cinnamon
- 1/2 c. milk
- 1/2 c. reserved liquid from yams
- 4 T. butter, melted

Preheat oven to 450 degrees. Drain yams and reserve the liquid. Mash sweet potatoes and mix with baking mix and cinnamon. Combine milk and 1/2 cup yam liquid. Add to flour mixture and stir until blended.

Roll to 1-inch thickness. Cut with a 2 1/2-inch round cutter and place on a parchment-lined baking sheet. Bake for 10 minutes and brush with melted butter.

Return to oven an additional 3 to 5 minutes or until golden brown. Remove from oven and brush with remaining butter. (Yield: approximately 2 dozen.)

ALUMNAE EXTEND HELPING HANDS

100-Year Celebration

Celebrating its 100th anniversary, the DENVER (COLO.) ALUMNAE ASSOCIATION, composed of more than 400 members representing 85 chapters gave a reception for area Kappas, friends and families at the Colorado History Museum. Forty-eight local members were honored as "Kappas of Distinction."

Long known for their involvement in philanthropic projects, a donation was given to the National Sports Center for the Disabled. Other association fund-raising events include the Christmas Carousel, Merchandise Mart, plant sales, Decorama House Tours, gift wrap sales, and the successful Book and Author Dinner. Major philanthropic projects include the Colorado Psychiatric Hospital, Arthritis Craft Shop, the Craig Hospital programs for patients with spinal cord and traumatic brain injuries and the Iris Foundation, a Colorado-wide nonprofit corporation providing scholarship assistance to active undergraduate members of Colorado, Colorado State and Colorado College. The needlework guild provides nursing home residents, hospital patients and mothers and infants with hand-made garments.



Karen Keck Albin, Missouri; **Jane Woodard Wiltshire**, Oklahoma; and **Carol Landler Strickland**, Ohio Wesleyan, celebrate the 100th anniversary of the **Denver Alumnae Association**.

Supporting Safety Issues

Fifty members of the STUART (FLA.) ALUMNAE ASSOCIATION meet monthly supporting several local Kappa philanthropies including Safespace, which provides temporary housing for abused women and their families. Special recognition is given to Security on Campus, an organization founded by **CONNIE BENJAMIN CLERY**, Massachusetts, and husband Howard,

who were featured in the Summer 1999 Issue of *The Key*. Association President **SALLY CHILDE SCULLY**, Hillsdale, reports half of their membership moves "up North" during the summertime, but returns in the fall. "We are for the most part displaced from our home states and find our association a good place to make friends and enjoy our local philanthropies."



Betty Kraber Koph, Bucknell; **Sally Childe Scully**, Hillsdale; and **Martha Rainalter Race**, Maryland, plan monthly meetings for the **Stuart (Fla.) Alumnae Association**.

Champions for Children

THE SOUTH BAY (CALIF.) ALUMNAE ASSOCIATION sponsors a child from the Jonathan Jacques Children's Cancer Center, which is involved in research and treatment of childhood cancer and blood disorders. **LAURIE COX VAIL**, Arizona; **LOGAN KROGH**, UCLA; **MELISSA BOLLING**, UC San Diego; and **HARRIET LEYDEN ANDERSON**, Penn State, ran with their sponsored child Luis Hernandez at the Champions Run For Life in Long Beach.



South Bay Alumnae Association members run a marathon with their sponsored child.

Association Member Honored

Province Director of Chapters (Delta South) MARY VINES WEISIGER, *Illinois Wesleyan*, received the "Honor Key Award" from the INDIANAPOLIS (IND.) ALUMNAE ASSOCIATION. This award is given to a member who has made outstanding contributions to the Fraternity and her community. Joining in the celebration is Mary's mother, ELIZABETH BEST VINES, *Illinois Wesleyan*.



Mary Vines Weisiger, *Illinois Wesleyan*, and mother, Elizabeth Best Vines, *Illinois Wesleyan*.



Arizona State graduating seniors are honored each year by the three Phoenix-area Alumnae Associations during a dessert reception.



Twenty-six alumnae attend the Cleveland (Ohio) Alumnae Association annual "Over-40 Luncheon."

Kappas on the Go

Travel broadens the mind and also broadens friendships. MARY ANN WATT EDWARDS, *Syracuse*, and JUDY LENNON CASHMAN, *St. Lawrence*, along with their husbands and friends, enjoyed a Tauck Tour from Amsterdam through Belgium, Luxembourg, France, Alsace Lorraine, the Black Forest and Switzerland.

They were delighted to discover that their tour guide, KATHLEEN EASTLAND, *Washington & Lee*, is a Kappa sister. Formerly a teacher in Atlanta, Ga., Kathleen has undergone rigorous training for her role as tour guide in Europe. She plans to qualify soon as a guide for tours to Australia.

Judy, a former Graduate Counselor (Field Representative), has served as a Province Director of Alumnae and of Chapters, was deputy attorney with the Nassau County (N.Y.) Office of the County Attorney, Bureau of Tort & Civil Rights Litigation and has been honored by the Republican Committee for "all you have done ... hoped ... meant ... and helped us to become."

Mary Ann is an active volunteer in Garden City, N.Y. President of the Winthrop University Hospital Auxiliary, she has served on the board, been chairman of the Yuletide Ball — a major fund-raising event, and is currently chairman of the committee responsible for knitting caps and blankets for newborns, especially premature babies.



Mary Ann Watt Edwards, *Syracuse*; Kathleen Eastland, *Washington & Lee*; and Judy Lennon Cashman, *St. Lawrence*.

Reaching Out in Russia

Kappas serving overseas include BROOKE BALLENGER, *Missouri*, and KATHLEEN (ERIN) O'CONNOR WHITE, *Missouri*, reunited in St. Petersburg, Russia. Brooke works with Navigators, a Christian organization that reaches out to college students. Erin spent last year in Samara, Russia, with her husband and two sons working for Campus Crusade for Christ.



Brooke Ballenger, *Missouri*, and Kathleen (Erin) O'Connor White, *Missouri*.

From Marathon Cyclist to Mountain Climber

Celebrating a milestone birthday two years ago, KATHERINE "KITSIE" CONVERSE SCHELTER, *Pennsylvania*, began her seven-week bicycle trip pedaling 3,453 miles cross-country, Seattle, Wash., to Asbury Park, N.J., to raise \$10,000 for Southeastern Pennsylvania Planned Parenthood. Averaging 80-100 miles daily, she found the biking horrendous, crossing the steep and rugged Cascade and Rocky Mountains, but the 30 mph headwinds across Montana were the most difficult to ride, and often from a standing position. She bucked thunder and lightning storms, tumbleweed and rattlesnakes! Despite cold campground showers, she espe-



Kitsie's bike trip ending in Asbury Park, N.J.

cially enjoyed "chatting with the locals and eating more than you can possibly imagine, losing pounds and gaining friends."

As owner of an interior design and international travel business, she still found time to pedal across New York State and New England two weeks after her return to Philadelphia. More recently she climbed Mt. Kilimanjaro in Tanzania, Africa, with cancer survivors' friends and families, and raised \$15,800 for breast cancer research. Kitsie's fundraising letter asked for contributions. For \$100 a donor would receive a personalized flag which would be carried up the mountain to be flown around the hikers' campsite during their week's trek. One hundred and seventy-three flags were carried up the mountain to be displayed.

Training for the climb included conditioning in swimming, tennis, hiking, running and climbing apartment building and parking garage stairways, and practice in walking with hiking poles. Complementary gear gave her outfits she could wear climbing five ecological zones, from equatorial desert, rain forest, heather zone,



Flags flying around campsite on Mt. Kilimanjaro.

above tree line to glacier. "Both trips definitely had more highs than lows. It's wonderful to hear people's stories of their trials and tribulations, their hopes and fears. I'd like to try another, maybe something like walking the Appalachian Trail for Save The Children. Lucky, lucky me," says Kitsie.

University Honors Alumna

The Denison Citation Award, given in recognition of outstanding achievements and services that reflect honor upon the University, has been given to DOROTHY JEAN KERR, *Denison*. She is retired from her lifelong work on behalf of the American Youth Foundation, a national organization committed to Christian leadership of

young men and women. Over the years her interests touched the lives of hundreds of girls. Her assignments included Director of the Girls' Camp and Associate Director of Leadership Conference and Conference Faculty Members. She also received the Emeritus Award for outstanding leadership and dedication to the camping association, an award sponsored by the American Camping Association.

As a volunteer she has contributed her services to Downtown Activities for Women of St. Louis, The University City Historical Society, The Friends of University City Library, the St. Louis Central YWCA and many other groups.

First Woman President

The first woman president of the U.S. Tennis Association is JUDY ADE LEVERING, *Northwestern*. While carting two daughters from one junior tournament to another she became a USTA middle states volunteer. A tennis player as a youngster, she went on to compete in sectional, national, invitational senior events, as well as mother-daughter competitions.

In her new position, wishing to increase participation at the recreational level, she has begun a plan for growth, a five-year, 50 million-dollar program involving the USTA, pro tours, teaching pros and tennis manufacturers. "My goal," says Judy, "is to increase participation by 800,000 players by the year 2002."

Minding Manners

Actress JO ANN PFLUG YOUNG, *Miami*, teaches classes for children in Atlanta, Ga., emphasizing proper meal etiquette, learning the rules of a game, sportsmanship and how to properly handle social situations. Jo Ann designs these classes to be enjoyable for kids. She finds that children often pay better attention to outside instructors than they do their parents when it comes to teaching good manners.

A 1972 Kappa Kappa Gamma Alumnae Achievement Award recipient, Jo Ann is known for her role as Lieutenant Dish in the movie, *MASH*, and numerous other television and movie appearances. (Jo Ann was featured in the Summer 1997 Issue.)

Helping Children Succeed

VIRGINIA (GINNY) EICHER ANDERSON, *Allgheny*, volunteers two days per week working one-on-one with elementary students and tutors high school students in mathematics at Wesley Institute, Inc., Pittsburgh, Pa. Wesley Institute's mission is to create an environment in which children and youth are able to build lifelong skills essential to becoming independent, responsible, contributing and caring members of the community. Ginny says she's found her niche the past seven years accumu-

lating more than 2,500 volunteer hours and enjoys returning to witness the progress of her students from year to year.

P.E.O. Presidents

FAITH BAILEY BARCROFT, *Tulsa*; LESLIE BLORE DOUGHERTY, *Nebraska*; and REBECCA HEWSON LEWIS, *Kansas State*, serve as presidents of the P.E.O. Sisterhood. This philanthropic organization supports Cottey Junior College for Women in Nevada, Mo., as well as a number of scholarship and educational programs.

Possessed of Pizzazz

"Painting With Pizzazz" is not only the name of the business run by ANDREA (ANDEE) RUDLOFF, *Mississippi*, it is descriptive of her art. Fusing faces and shapes onto canvas with acrylics, she shows how simple, yet complex, everyday shapes are.

Giving 1,000 volunteer hours to her community, Andee has painted "Cows," a playful scene of cows sitting at a soda fountain, on an ice cream warehouse and, with others, a mural depicting the history of the telecommunications industry, as well as one depicting the works of Henry Matisse. Her artwork is part of the ongoing Capitol Arts Center's public art initiative program in Bowling Green, KY.

Andee has also done interior walls in homes and a local reviewer says she will work "seemingly on anything ... having the true heart of an artist!" She currently works in Nashville, Tenn., and can be reached at 502/563-4785.



Artist Andee Rudloff, *Mississippi*, painted "Cows," a playful scene of cows sitting at a soda fountain on an ice cream warehouse in Bowling Green, Ky.

Kappa Authors

Everbest Ever

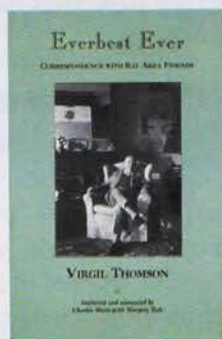
by Charles Shere and MARGERY CROCKETT TEDE, *Montana*
Fallen Leaf Press

105 pages; \$24 cloth, \$14 paper

A church organist in the Midwest in his teens, Virgil Thomson studied at Harvard and in Paris, lived in France for many years and collaborated with Gertrude Stein on "Four Saints in Three Acts" and "The Mother of Us All." Returning to the United States, he served for 14 years as chief music critic on the *New York Herald Tribune*. He was active as a composer, lecturer, conductor and writer.

His writings on music, travel, food and wine are compiled in his correspondence with friends, including composer and writer Charles Shere and mezzo-soprano Margery Tede. Thomson was known to be opinionated and audacious but also enjoyable and sweet — qualities reflected in the correspondence.

Margery has also recorded his songs — some to the poems of William Blake, Kenneth Koch and Thomas Campion and an unusual number called "Cat Duet" to a poem by Jack Larson. Produced by the American Concert Association, the tape is called *Margery Tede & Friends Perform Virgil Thomson*.

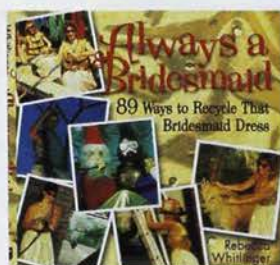


Always a Bridesmaid: 89 Ways to Recycle That Bridesmaid Dress

REBECCA WHITLINGER,
Pittsburgh
Andrews McMeel Publishing
64 pages, \$8.95


Like most bridesmaids, Rebecca Whitlinger, had a post-wedding problem: What to do with the expensive formal gown now languishing in her closet? Many women have an expensive bridesmaid dress that the bride promised "could be worn again" — but, in reality, the only future use it gets is as a moth magnet. On behalf of women everywhere, Rebecca struck back and found dozens of places to show off her seemingly unwearable gold-sequined and lamé dress.

"I just decided that if I couldn't wear it anywhere, I'd wear it everywhere and take the pictures to prove it!" says Rebecca. Since 1989, Rebecca has donned her gold-sequined bridesmaid dress at every possible opportunity. Her new book, *Always a Bridesmaid*, chronicles her dress-wearing adventures over the past 10 years, as well as tips for alternative uses for bridesmaid dresses.



Rebecca Whitlinger, *Pittsburgh*, poses with the Pittsburgh Pirates while wearing her infamous bridesmaid dress.

Locations at which she has modeled her dress include the Pittsburgh Steelers locker room, the White House, the Eiffel Tower and an array of amusement parks to name a few. She has also donned the dress in her passport and driver's license photographs, while white-water rafting, scuba diving, voting and more.

A six-time bridesmaid residing in Pittsburgh, Penn., Rebecca is a freelance writer for fashion magazines and serves as the executive director of the Burger King Cancer Caring Center, a facility that provides free services to people with cancer (Web site: <http://trfn.clpgh.org/cancercaring>). As a philanthropic event to benefit the center, Rebecca coordinated the "world's largest wedding party." The wedding guests (or "bridal party") all came dressed in recycled bridesmaid dresses and groomsmen tuxedos. 

Dreams Come True for Stricken Kids

"Give Kids the World" is the name of the organization but it might just as well be "Making Dreams Come True." As a communications representative for this nonprofit resort for terminally ill children, CHRISTINE (CHRIS) BRYAN MAGNESS, *Washington State*, is the design creator for all Give Kids the World printed materials.

Working with more than 300 wish-granting foundations, hospitals and hospices, Give Kids the World enables children and their families to visit a number of theme parks and dine at a variety of kid-focused eateries in the Kissimmee, Fla., area.

As staff photographer, Chris has photographed hundreds of children with life-threatening illnesses as they enjoy their holiday from doctors, hospitals and treatments. During college, Chris was a leader in Young Life, a Christian youth group, and was named "pledge of the year."

Collegiate Spotlight

College Newspaper Editor Fights for First Amendment

When the head football coach at Auburn University resigned the night before the first winnable home game of the season, LEE DAVIDSON, *Auburn*, editor of the school newspaper, asked why. She never suspected that her investigative journalism would become a statewide issue, resulting in her censure by a student organization and a standing ovation from the Alabama Press Association.

"I didn't know we were going after a sacred cow," says Lee, a native of Memphis, Tenn., and daughter of MARILEE AYCOCK DAVIDSON, *Colorado*.

Over the next week, Lee uncovered tangible links between the coach and a powerful trustee of the University. She probed into archives of board meetings, detecting clear voting patterns, and spoke with eight of the 12 trustees. "We had five sources for everything," says Lee, "no sensationalism." The story appeared in the next issue of *The Plainsman*, a 19,500 circulation weekly and the largest free newspaper in Alabama. It reverberated across the state and through the state house in Montgomery.

"The story Lee wrote pointing out interlocking business and political relationships among the controlling block of trustees woke up the state press and set in motion the most important ongoing story in the university's history," says the head of the journalism department. "She wrote with courage, maturity and persistence and has become a national model for campus newspaper editors."

Although Lee worked her way up the ranks at the newspaper, she became editor through a popular election that also included student government officers and Miss Auburn on the ballot. In the 106-year history of the

newspaper, 13 women have been elected. "I ran against another Greek woman, and we were seen as equally acceptable. Had a man run, he would have won," Lee says. "My campaign went well because there were 150 Kappa sisters cheering at every rally, putting up signs and running errands."

Having gained her position through popular vote, Lee was surprised then when the Student Board of

Communications censured her and called for her resignation. "That's what rankled," Lee says. "It was students going after students."

"Auburn is a polite campus," explains KAREN CLIFFORD MONTJOY, *Mississippi*, longtime EPSILON ETA adviser. "The student committee, a bunch of don't-stick-your-neck-out men, thought it was rude to ask controversial questions. And it was a control issue."

Lee stood by her story — "It was a matter of personal and journalistic integrity" — and other students, the faculty, her parents and the Alabama Press Association stood by her. Later she addressed the press association and received a standing ovation.

"Being editor of *The Plainsman* has been a wonderful experience, one that tested me personally and pro-

fessionally and further heightened my passion for journalism," Lee says. "It has opened doors professionally."

Lee has addressed journalists on other campuses and joined the Freedom Forum First Amendment Center panel in Nashville, Tenn. At graduation she received the first-ever First Amendment Award by the Auburn University Journalism Department.

— By JENNIE MILLER HELDERMAN, *Alabama*
contributing writer



Marilee Aycock Davidson, *Colorado*, with daughter Lee Davidson, *Auburn*.

Community Contributions

GAMMA KAPPA, *William and Mary*, organized a campus-wide organ donation drive to increase awareness. Chapter members set up a booth in the University Center where students could sign organ donor cards.

GAMMA BETA, *New Mexico*, and the ALBUQUERQUE ALUMNAE ASSOCIATION collaborated on a service project to benefit Cuidandos los Ninos, a daycare center for about 40 homeless children. Chapter members, association members and the children of association members spent a fun day decorating and stuffing stockings that were then delivered to the daycare center.

ETA GAMMA, *San Diego*, hosted a Valentine's Day party for the Boys and Girls Club of Clairemont. The children enjoyed

games — Twister, coloring contests, prizes, and of course, Valentines.

FUN Raisers

The Annual Kappa Kook-off of DELTA RHO, *Mississippi*, raised \$3,000 for the Diabetes Association of Mississippi. This fun cooking contest includes hamburger, chili and barbecue categories.

BETA UPSILON, *West Virginia*, sponsored its fourth annual 5K Race Against Violence. With over 200 participating runners, more than \$5,000 was raised for the Rape and Domestic Violence Center of Morgantown, W.Va., West Virginia University Hospital and the Rose McGill Fund of Kappa Kappa Gamma. T-shirt sales, a banner competition and coin collections helped make this event a success.

DELTA ETA, *Utah*, with the help of many Kappa



Moms and members of **Delta Eta**, *Utah*, enjoy cooking for a soup dinner to raise money for abused children.

moms, hosted a soup dinner that raised \$800 to help abused and emotionally challenged children. While the moms made soup, chapter members baked cookies and dinner rolls. One hundred percent of the chapter participated in this successful event!

The third annual "Kappa Klassic Golf Tournament" sponsored by DELTA PSI, *Texas Tech*, pro-

vided more than \$10,000 toward the purchase of pediatric equipment for the University Medical Center in Lubbock, Texas. Chili's Restaurant Bar and Grill also sponsored this event.

Good Ideas

DELTA UPSILON, *Georgia*, combined a social and philanthropy event by requiring chapter members to do at least two hours of community service to "earn" tickets to the social event, which featured Michael Stipes and the other members of the band R.E.M. and VH1's *Behind the Music*. Members volunteered at the Boys and Girls Club of Athens, the AIDS Coalition and local daycare centers.

ZETA EPSILON, *Lawrence*, members picked apples for a Saturday afternoon sisterhood event. That week they invited prospective new members to join them in dipping caramel apples which were then sold during Parents Weekend to raise money for a women's shelter.



Zeta Tau, *Washington and Lee*, graduates **Martha Kleckhefer**, **Armistead Lemon** and **Erin Ruane** (first three pictured) met several Kappa sisters from other chapters during a post-graduation tour through Europe.

Hoots 'N Salutes

• KAREN BOWSER, *Kansas State*, has been selected from among 6,000 applicants to participate in the international "Up With People" program. Community performances, visits to schools, hospitals, prisons and nursing homes are some of the experiences Karen will enjoy as she travels more than 30,000 miles and stays with more than 80 host families during this unique educational program.

• SARAH HEIMOVICS, *Kansas*, is the key to an all-Greek philanthropy project that will change the life of a single mother of two. Having worked on a Habitat for Humanity house during high school, Sarah brought the idea to her fellow sorority and fraternity members at Kansas University. Her idea was embraced by Omega Chapter and every other Greek-letter organization on campus. After nearly two years of coordinating the effort, a two-week building blitz by members of all campus Greek groups turned what has been named "The House the Greeks Built" into a home. In addition to the time and sweat students put into actually building the house, they held five fund-raising events to raise \$25,000 toward the \$40,000 needed to build a Habitat house. Habitat for Humanity picked up the remaining cost.

• The Project 2000 program is coming to a close. Congratulations to the 15 chapters and one Province that have met the goal to date to establish a named scholarship. (For more information on the Foundation, see Pages 32-33.)



Gamma Kappa, *William and Mary*, seniors gather for a traditional "seniors campus walk" before entering William and Mary Hall for commencement.



Theta, *Missouri*, members gather for Bid Day pose.

Scholarship Applications Due February 1

All initiated collegians with a "B" or better GPA in need of financial assistance are encouraged to submit an application for an undergraduate or graduate scholarship for the 2000-01 academic year. Alumnae are encouraged to apply for scholarships for full-time graduate study. The chapter Philanthropy Chairman has been sent applications, or contact Judy Parker in the Kappa Kappa Gamma Foundation office at 614/228-6515 or inquire via e-mail at jparker@kappakappagamma.org. **The deadline for all applications is February 1, 2000, so don't wait!**



Eta Epsilon new members prepare for Initiation.




Delta Sigma, *Oklahoma State*, strives "to get the whole chapter involved" in philanthropy projects, writes the Public Relations Chairman. The chapter painted flower pots, filled them with pansies and delivered them to a local nursing home.



Epsilon Nu, *Vanderbilt*, new members participate in "Bowling for Buddies" which benefits Buddies for Nashville, a nonprofit organization that sponsors mentors for underprivileged children.

Eta Epsilon Chapter Installed

Welcome to Kappa Kappa Gamma's 128th chapter — **ETA EPSILON** at John Hopkins University in Baltimore, Md. The New Member Program was implemented during the fall, and on October 23, 1999, Eta Epsilon Colony was officially installed by Fraternity President **CATHY THOMPSON CARSWELL**, *Illinois Wesleyan*; Director of Membership **KAY SCHOLBERG WEEKS**, *Bucknell*; Fraternity Ritualist **JULIE MARTIN MANGIS**, *George Washington*; and Chairman of Extension **CAROL GEORGE SANDERS**, *Cal. State Northridge*.

Other National Panhellenic Conference groups on campus are Alpha Phi, Kappa Alpha Theta, and Phi Mu. **MARVENE (MARNI) EWELL KNOWLES**, *George Washington*, is serving as Coordinator of Chapter Development, and **MELISSA GESELL**, *Princeton*, is the Chapter Consultant for the remainder of the academic year. **BALTIMORE ALUMNAE ASSOCIATION** members are serving as advisory board and house board members. 



Nancy Lee, Eta Epsilon Chapter President and **Cathy Thompson Carswell**, *Illinois Wesleyan*, Fraternity President.

Book with Kappa Travels!



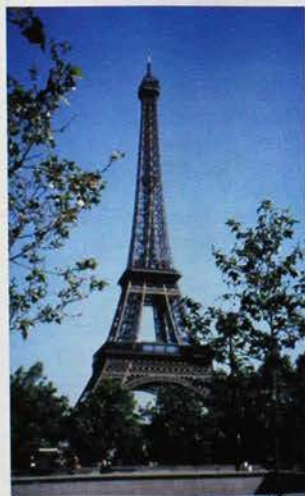
MEXICO'S FABULOUS COPPER CANYON April 24 - May 2, 2000

A fantastic trip — highlights include two days by rail through the incredible Copper Canyon, which is four times larger than the Grand Canyon. See colorful waterfalls and plentiful wildflowers. Visit the Tarahumara Indians and see the capitol city of Chihuahua, colonial El Fuerte, and spend two nights in beautiful San Carlos. Extend in Tucson pre- or post-tour. \$1,439 dbl, \$1,789 single. Land package. **Call Linda Singleton 1-800-522-8140.**

CROWN ODYSSEY GREEK ISLES & MEDITERRANEAN

May 7 - 20, 2000

Sail again aboard the much beloved *Crown Odyssey*! Istanbul, Kusdasi, Mykonos, Santorini, Sorrento, Rome, Florence, Cannes, Mallorca to Barcelona...a luxury cruise. Priced from \$1,995 pp dbl occ. Low air available. Call now to have best cabin selection. Also available, a 10-day Aegean cruise aboard the *Crown Odyssey*, May 24-June 4, at \$1,395. **Nancy Grow, 1-800-654-4934, will be happy to assist you.** Pre- and post-cruise packages optional.



SPRINGTIME IN PARIS!

June 1 - 8, 2000

Experience Paris from an insider's point of view. We've created this custom tour just for you! We're taking our own French Tour Guide with us so you don't need to speak French to make Paris your own. Includes roundtrip Air France from JFK, deluxe hotel in central Paris, an elegant and typical French dinner, all city taxes. Just \$1,596 dbl occ. **Call Linda Singleton 1-800-522-8140.**

PACIFIC NORTHWEST/ COLUMBIA RIVER CRUISE

October 7 - 14, 2000

Riverboat cruise on the Columbia, Snake and Willamette Rivers aboard Delta Queen Steamboat Company's glorious new *Columbia Queen*. Book by January 15 for 25% off, starting from \$2,106.50 pp. Includes shore excursions. Limited space. **Call Linda Singleton at 1-800-522-8140.**



BRITISH ISLES ROYAL PRINCESS CRUISE August 10 - 22, 2000

If you've longed to shop for crystal and tartans, to explore quaint thatched-roof villages, to ponder the mysteries of Loch Ness and the Ring of Brodgar, our British Isles cruise offers all this and more. Enjoy the Military Tattoo and the International Festival in Edinburgh. Sail from London to Plymouth, Waterford, Dublin, Holyhead, Wales, Glasgow, Kirkwall (Orkney Is.) Inverness, Edinburgh, Paris/Normandy to London. \$2,750 — all outside staterooms. Low air available. Optional Pre- and Post-cruise packages. **Call Nancy Grow 1-800-654-4934.**

For more information call Kappa Travels Coordinator VERA LEWIS MARINE, Colorado College, at 626/446-3870, or 800/554-7673, ext. 307, or verakappa@aol.com

800/554-7673

**KAPPA
KTRAVELS**



IN MEMORIAM

Names in this list are from information received by Fraternity Headquarters, July 1, 1999, through October 11, 1999.

*ADELPHI COLLEGE
Roeser, Ruth Applegit,'43,d.6/99

*ADRIAN COLLEGE
Abbott, Leona Spielman,
'23,d.8/99
Brehany, Mary Ann,'34,d.9/99

ALABAMA, UNIVERSITY OF
Winstead, Fredrika,'66,d.9/99

ARKANSAS, UNIVERSITY OF
Wittman, Theta Dickenson,
'29,d.9/99

BRITISH COLUMBIA, UNIV. OF
Chisholm, Virginia,'66,d.7/99
Gray, Norah Rendell,'42,d.4/99
Wainwright, Margaret Whitelaw,
'37,d.3/99

BUTLER UNIVERSITY
Adair, Marilyn Williams,
'59,d.6/99

CALIFORNIA STATE U., FRESNO
Johnsey, Elizabeth Wagner,
'54,d.6/99

CALIFORNIA, U. OF, LOS ANGELES
Janss, Elizabeth,'30,d.10/98
Lillig, Margaret,'28,d.6/99
Robbins, Ann Maudlin,'48,d.6/99

CINCINNATI, UNIVERSITY OF
Gaither, Maxine West,'30,d.8/99
Nichols, Janet Gebhardt,
'29,d.7/97

COLORADO COLLEGE
Klaiber, Dorothy Atwater,
'32,d.9/98
Selig, Joyce Archer,'59,d.7/99

COLORADO, UNIVERSITY OF
Bray, Nancy Knowlton,'42,d.1/98
Patterson, Myra Reinking,
'31,d.8/99
Sylvester, Anna DesBrisay,
'11,d.8/93
Walker, Mary Keely,'40,d.5/99

CONNECTICUT, UNIVERSITY OF
Clark, Velvys Heskiss,'55,d.3/99

DEPAUW UNIVERSITY
Stratton, Mary Franke,'30,d.8/99
Wood, Elizabeth Lupton,
'31,d.7/99

DENISON UNIVERSITY
Fackler, Phyllis Niswonger,
'39,d.8/99

DRAKE UNIVERSITY
Cassell, Lillian Landsberg,
'36,d.6/99

DUKE UNIVERSITY
Ertley, Charlotte Callaway,
'37,d.6/99

FLORIDA STATE UNIVERSITY
Hankins, June Goforth,'61,d.9/99

GEORGE WASHINGTON UNIVERSITY
Belote, Ruth Crouch,'39,d.8/99

Beyer, Nancy McDonald,
'44,d.9/99

HILLSDALE COLLEGE
Akers, Sharon Pocock,'69,d.6/99

IDAHO, UNIVERSITY OF
Oswald, Enid Almquist,'44,d.5/99

ILLINOIS WESLEYAN UNIVERSITY
Moser, Louise McCarty,'29,d.5/99

ILLINOIS, UNIVERSITY OF
Duncan, Esther Phares,'28,d.7/99
Petit, Helen Willis,'24,d.7/99

INDIANA UNIVERSITY
Fleehart, Patricia Failing,
'41,d.7/99
Neuman, Margaret Clark,
'28,d.7/99
Porter, Barbara Moore,
'31,d.10/98
Seward, Doris,'35,d.9/99

IOWA, UNIVERSITY OF
Altepetter, Janice Evans,'53,d.6/99
Prewitt, Marion Rambo,
'24,d.5/99

KANSAS STATE UNIVERSITY
Askew, Nancy Leavengood,
'51,d.7/99
Corbett, Barbara,'38,d.8/99
Hawkins, Mercedes Bryan,
'28,d.7/99

KANSAS, UNIVERSITY OF
Keller, Shirley Irwin,'40,d.8/99
Linderholm, Victoria Poorman,
'32,d.7/99
Richardson, Laurel Allen,
'31,d.7/99

LOUISIANA STATE UNIVERSITY
Brown, Cynthia Parker,
'53,d.10/99
Giles, Dayna Nuttall,'69,d.6/99
Staples, Charlotte Cappel,
'67,d.6/99
Wilson, Dorothy Stamper,
'45,d.8/99

*MARYLAND, UNIVERSITY OF
Fellows, Wilma Coleman,
'30,d.9/99
Maxwell, Edith Farrington,
'36,d.12/98
Newland, Geraldine Parry,
'29,d.8/99
Richards, Margaret Logan,
'39,d.2/99
Witts, Kathleen Conway,
'79,d.4/99

MIAMI UNIVERSITY
Hauspurg, Catherine MacKay,
'41,d.1/98

MIAMI, UNIVERSITY OF
Reark, Muriel Schafer,'49,d.5/99

MICHIGAN STATE UNIVERSITY
Irvin, Cornelia Zerbee,'41,d.6/99
Young, Cherral Nowlin,'43,d.9/99

*MIDDLEBURY COLLEGE
Johnson, Judith Stenger,
'58,d.7/99
Purdy, Dorothy Douglas,
'23,d.7/99

MISSOURI, UNIVERSITY OF
Beary, Dorothy Turner,'50,d.7/99
Brewster, Margaret,'33,d.8/99
Dalton, Mary Ann Duke,
'44,d.8/99
Duggan, Dorothy Castle,
'32,d.6/99
Steele, Mary Atwill,'29,d.8/99

MONTANA, UNIVERSITY OF
Stanton, Grace Parker,'34,d.6/99

NEBRASKA, UNIVERSITY OF
Dunlap, Betty Marr,'29,d.8/99
Jensen, Gretchen Edee,'20,d.8/99
Otto, Helen McPherson,
'38,d.2/99
Stickler, Ruth Newell,'36,d.6/99

NEW MEXICO, UNIVERSITY OF
Hickman, Dorothy Dunkerley,
'24,d.4/99

NORTHWESTERN UNIVERSITY
Pancoe, Beth,'98,d.7/99

OHIO STATE UNIVERSITY
Doyle, Frances Strouthers,
'28,d.8/99
Watson, Shirley Henderson,
'50,d.9/99

OHIO WESLEYAN UNIVERSITY
Buchanan, Barbara Brandenburg,
'48,d.8/99
Cunningham, Elizabeth Bardwell,
'40,d.6/99
Eggert, Carolyn Kyes,'54,d.9/99
Julius, Louise Wilford,'36,d.7/99
Kohout, Margaret Fuller,
'57,d.8/99
Pfarrer, Mary Pontius,'25,d.7/99

OKLAHOMA, UNIVERSITY OF
Boggs, Arta Calvert,'27,d.8/99
Collins, Velma Jones,'29,d.8/99
Harrison, Sue Smith,'45,d.7/99
Wilson, Karen Banks,'72,d.4/99

OREGON STATE UNIVERSITY
Barracough, Marilyn Mockbee,
'43,d.5/95

OREGON, UNIVERSITY OF
Bunzow, Beverly Jacob,'42,d.6/99
MacDonald, Jean Scott,'46,d.6/99
Mills, Rosemary Bertois,
'31,d.7/99

PENNSYLVANIA ST. UNIVERSITY
Jantz, Marcella Anderson,
'36,d.2/99

PITTSBURGH, UNIVERSITY OF
Highberger, Florence
Montgomery,'20,d.8/99

PURDUE UNIVERSITY
Aulson, Mary Spieth,'39,d.10/98
Wingfield, Helen Waters,
'23,d.8/99

*SAN JOSE STATE UNIVERSITY
Hillyard, Patricia Ball,'60,d.6/99

ST. LAWRENCE UNIVERSITY
Gray, Helen Farmer,'24,d.8/99

STANFORD UNIVERSITY
Bacon, Rosamond Clarke,'27,d.1/99

*SWARTHMORE COLLEGE
Worth, Frances Ramsey,
'27,d.7/99

SYRACUSE UNIVERSITY
Allen, Millicent Green,'24,d.5/99
Case, Mary Parker,'36,d.7/99

TEXAS, UNIVERSITY OF
Keady, Shirley Davenport,
'53,d.6/99
King, Eleanor Buckley,'34,d.8/99
Wolf, Jean Gantt,'42,d.7/99
Woodward, Eloise Carr,
'21,d.11/97

TORONTO, UNIVERSITY OF
Hanna, Victoria,'20,d.7/99
Rankin, Patricia Kerr,'48,d.7/99
Treadgold, Marjorie Fraser,
'34,d.8/99

TULANE UNIVERSITY
Gonzalez, Sally Howell,'69,d.3/99
Matthews, Mary Rhodes,
'29,d.5/99

WASHINGTON STATE UNIVERSITY
Fiskland, Carol Safford,'64,d.8/98
Pinkerton, Sandy Shinkoskey,
'42,d.9/99

WASHINGTON, UNIVERSITY OF
Baker, Elizabeth Harnan,
'27,d.6/99
Stanton, Margretta Hillman,
'48,d.6/99
Williams, Barbara Bonnell,
'37,d.7/99
Wilson, Alice Lamb,'32,d.6/99

WHITMAN COLLEGE
Littlehales, Catherine Waller,
'27,d.8/99
McCown, Winnifred Neace,
'35,d.9/99
Plaster, Grace Hastings,'52,d.5/98
Thompson, Louise Cocklin,
'29,d.8/99

WISCONSIN, UNIVERSITY OF
Johnson, Dorothy Haddow,
'39,d.1/98
Knopf, Sidney Trebilcock,
'46,d.6/99
Oakes, Joyce Quackenbush,
'49,d.8/99

WYOMING, UNIVERSITY OF
Johnson, Dorothy Schick,
'47,d.9/99

*indicates inactive chapters

In order for names to appear in "In Memoriam," verification and date of death must be sent to Fraternity Headquarters and Foundation Office, P.O. Box 308, Columbus, OH 43216-0308. Memorial gifts may be sent to the KKG Foundation, attention: Director of Development.

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

Proud Dad Says Thanks

I am a very proud father writing to tell you that I have forwarded the Fall 1999 Issue to my daughter, KRISTI STILLWELL, *New Mexico*, who is in the Peace Corps in Burkina Faso, West Africa. She is using the leadership skills she learned while a member, chapter President, Traveling Consultant and alumnae association President.

She is living in a remote village in Northeastern Burkina Faso, in a mud hut without running water, electricity or any modern conveniences. She is the only American among 6,000 Africans and works each day in a community health center to improve lives through better diet and educational programs.

Thank you for all you do to produce so many impressive women from your organization.

— Gary Stillwell

Written Reunions

I enjoyed the Summer 1999 Issue, especially the article about planning a reunion. I thought you might be interested in another kind of "reunion" — of the correspondence kind — which has helped me and my Kappa sisters stay in touch for 20 years.

The GAMMA IOTA CHAPTER, *Washington Univ. (St. Louis)*, had about 15 seniors in 1979 when I graduated. We were a particularly close-knit group and didn't want to drift apart. I started an informal newsletter that summer and we've kept it going for 20 years. Three times a year, we rotate the responsibility of being editor. One of us volunteers to handle the next issue and sends reminder cards two weeks before the deadline. We all write to the editor who photocopies our letters and mails a complete newsletter to all of us.

We are spread out from coast to coast and are busy with families, careers, struggles, sorrows and accomplishments. But thanks to our newsletter, we can "be there" for each other in good times and bad — cheering, laughing, grieving, consoling and keeping our friendships alive.

— AMY STEVENS STERNBERG,
Washington Univ. (St. Louis)

Food Additive Warning

After reading *Sweet Poison — How the World's Most Popular Artificial Sweetener Is Killing Us* by JANET HULL

SMITH, *Texas Tech.*, (New Horizon Press, featured in Spring 1999 Issue), I was thankful she had opened my eyes to this health threat. Since learning the dangers of aspartame, I have met two victims with serious health problems (both drank substantial amounts of diet soda, which contains the artificial sweetener), and I have learned of many other victims. Now I encourage my family and friends to check labels carefully and throw out all products containing aspartame.

This "food additive" is actually a drug that can destroy metabolism. This is why one of the symptoms of aspartame poisoning is overweight. I encourage everyone to become informed about this threat. It is an important health issue, especially considering so many Kappas and other young women live on diet soda and other diet products during college and after.

— MARINA ANDREWS, *Minnesota*

Keep Up the Good Work!

I want to say how very much I enjoy *The Key*. I admittedly don't have a basis for comparison with publications of other sororities, but I suspect that our magazine is far and away the most contemporary of all, yet widely awaited among our members of all ages. The style and format is easy to read and learn from.

Recent issues tempt me to send copies to my friends who are members of other sororities to share the information you provided about how Kappa and Panhellenic are confronting the changing times and demands of college societies — excellent stuff! And at our ages (all over 75) we reach a wide ranging group of women who need to know what is happening to combat the horror stories we hear about Greeks today. Keep up the good work and know that there are many of us "old-timers" who still appreciate and enjoy our connections with Kappa because of you.

— FLORENCE CROMWELL, *Miami (Ohio)*

Focus on Legacies

Thank you for moving Kappa Kappa Gamma into the 21st century. Clearly many of the ideas in recent issues of *The Key* are representative of Kappa women today. The idea of recruitment rather than rush and teaching women how to be an effective support system for one another is impressive.

I would also like to see more articles on Kappa legacies. Aside from recruitment, many of the real issues for legacies are found long after they pledge. More emphasis on the important roles and needs of legacies would provide these special members with much needed support.

— VIRGINIA GOSS HALE, *Washington*

Through the Keyhole ...

Outpouring of Support

I had no idea how the article about me and my husband in the Summer 1999 Issue (tornado story) would touch so many Kappa sisters, but the outpouring of love and support has been unbelievable. I have received such sweet cards and letters from so many that I have never even had the privilege of meeting. Some have even joined their local Kappa alumnae associations to volunteer for "Kappa Cares" groups or other outreach projects to help people in need. Others — previously strangers — have placed my husband's name on their church or personal prayer lists. He continues to improve inch by inch, for which we are grateful.

The other articles were so inspiring and moving. I feel honored to have been a part.

— SUZANNE ROWLEE GUYTON, Oregon State

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In the last filing year, (Winter 1998-Fall 1999), the average press run for *The Key* was 126,228.

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

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2. Call 614/228-6515, inquire via e-mail at kkghq@kappa.org or mail this form with appropriate payment to:

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P.O. Box 38
Columbus, OH 43216-0038

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"Reflections" Video	\$20.00
62nd Biennial Convention Video	\$20.00
Stewart House Slide Tour (rental)	\$10.00

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1. Publication Title: *THE KEY*

2. Issue Date: *Winter 1999*

3. Issue Frequency: *Quarterly*

4. Complete Mailing Address of Known Office of Publication (Not printer):
P.O. Box 38, Columbus, OH 43216-0038

5. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer):
P.O. Box 38, Columbus, OH 43216-0038

6. Owner: *Kappa Kappa Gamma Fraternity Headquarters, P.O. Box 38, Columbus, OH 43216-0038*

7. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box: ☒ None

8. Publication of Statement of Ownership: ☒ Yes, on page 10 of this issue

9. Signature and Title of Editor, Publisher, Business Manager, or Owner: *James J. Hoover, Editor*

10. Date: *11/26/99*

11. Publication of Statement of Ownership: ☒ Yes, on page 10 of this issue

12. Publication of Statement of Ownership: ☒ Yes, on page 10 of this issue

13. Publication of Statement of Ownership: ☒ Yes, on page 10 of this issue

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13. Oval Raised Letter Ring	152.50	108.00	--	40.50
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20. Crown Pearl Vertical Letter Lavalier	110.50	85.00	63.50	--
21. Vertical Letter Lavalier	38.00	28.00	8.00	12.50
22. Mini Vertical Letter Lavalier	25.50	16.50	8.00	12.50
23. Key Lavalier	38.00	28.00	8.00	12.50
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27. Heart Lavalier	39.00	29.00	12.50	12.50
28. Circle Lavalier	39.00	29.00	12.50	12.50
29. Mini Staggered Letter Lavalier	25.50	16.50	8.00	12.50
30. Horseshoe Keyring FOB	--	--	18.50	--
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34. Plain Double Letter Guard	--	35.00	14.00	--
Plain Single Letter Guard (not shown)	--	30.00	11.50	--
35. Crown Pearl Single Letter Guard	--	65.00	33.50	--
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Chased Single Letter Guard (not shown)	--	30.00	14.00	--

Please specify chapter letters when ordering guards.



	14K	10K	GK	SS
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39. Plain Bar Pin w/Greek Letters	--	57.00	20.00	--
40. Mono Recognition Pin	--	--	4.00	--

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For enameled letters add \$1.00 to the badge prices below.

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47. Alternating Sapphire/ Pearl Badge	--	75.00	--	--
48. Alternating Sapphire/ Diamond Badge	--	172.00	--	--
49. 65-Year Pin*	--	--	--	--
75-Year Pin* (not shown)	--	--	--	--
50. 50-Year Pin*	--	--	--	--
51. Fleur de Lis Pin	--	25.50	12.50	12.50
Fleur de Lis Pin w/ 3 Pearls (not shown)	--	31.50	18.50	18.50
52. Staggered Letter Stick Pin	--	--	9.00	--
53. New Member Pin	--	--	5.50	--
55. Glass & Mirror Box w/Crest	--	--	26.00	--
56. Oval Metal Trinket Box w/Crest	--	--	15.00	--

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