

Summer 2017
KAPPA KAPPA GAMMA

the Key

PAGE 20

Now You See Me, Now You Don't

*Why tween girls want to blend in—
and why it's so dangerous*





1981

LOOKING BACK

One car pileup. Members of Beta Mu Chapter, *Colorado*, stuffed themselves in this Mercury Lynx. Pictured are Lilli Stammler Almon, Anne Keleher Carter and Barry Johnson. We hope the other four will let us know who they are!



When you are a parent of a child with a serious illness, the weight of things usually hits you on the ride home from the doctor's office.

—Melissa Mann DeAngelis

Summer

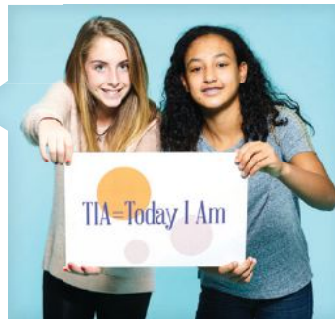
2017, Volume 134, No. 2

FEATURES

Today I Am

BY VANESSA SCHENCK

20 Tween girls just wanna blend in, but psychologist JoAnn Deak says we should encourage them to stand out. Now, a new organization is giving tweens a platform to thrive.



Get Art Smart

BY JODI NODING

26 The stars of Ovation's *Art Breakers* want you to build an art collection you love whether your budget is out of this world or down to earth.



Until Tessa Can

BY MELISSA DEANGELIS

30 Rett syndrome is trapping 5-year-old Tessa inside a body she can't control. She can't walk or talk. But it's not stopping her mother from taking up the fight against the genetic disorder.



IN EVERY ISSUE

2 **Feedback**
3 **Letter from the Editor**

4 **The Mix**
Summer means sun and splashing, but it's also the height of childhood drowning. Keep your crew safe this summer with these five tips.

Curious about caviar? Get ready to please your palate as the Bergstein sisters decode this classic delicacy.

What is made of embossed silver or gold, worn at the waist by Victorians and holds the keys to the valuables? Find out on Page 19.

38 **Through the Keyhole**
Susie Matheson's Scout Guide makes local shopping stylishly simple.

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

COURTESY TIA GIRLS; COURTESY ART BREAKERS; COURTESY MELISSA DEANGELIS

COVER: SAVERIO TRUGLIA

FEEDBACK



In Real Life

I want to thank you for your coverage of real-life issues affecting active members and alumnae.

OVER THE PAST COUPLE OF years, I have enjoyed learning about Kappa's efforts to stop bullying among adolescent girls, and been pleased to see financial advice offered to young women. The feature on picking up the pieces after divorce speaks to another issue that many women will face in their post-collegiate years. I look forward to seeing *The Key* in my mailbox, so I can relive some blue-and-blue nostalgia while also reading journalism pertinent to women's whole lives.

—ALLISON ELLIOTT-SHANNON,
Centre

Pyramid Scheme

I WAS A NORTHWESTERN University Kappa from 1972 to 1976. We have an email group of over 30 Kappas from the era and none of them recognize any of the faces in the photo. Are you sure you didn't misidentify

the chapter? We may be getting older, but 30-plus collective memories can't all be wrong!

— ELIZABETH GREDE
BOWLING, Northwestern

Editor's Note: You're right to trust your memories. Epsilon Omicron, UC Davis, is the correct chapter. Thank you for letting us know.

Uplifted

DIVORCE IS STILL A TABOO topic but, sadly, a common occurrence. I am thankful that not only did you normalize relationships ending, but you showed the proverbial light at the end of the tunnel. I've had a long-term engagement end, and it was some of my sisters (long after college days) who helped me live and thrive again. Though never the preferred route, divorce and separation happen, and it is refreshing to

see us lift one another up when that path comes to an end.

— JESSICA WHITAKER,
Georgia Southern

Bravo!

I FIND MYSELF IN A POSITION with nothing more than my phone and today's mail which held *The Key*. It is one of the most interesting issues that I can recall. Congrats to the team who assembled the content and design!

—ALISON FOX, *USC (Calif.)*

Correction

IN THE SPRING 2017 ISSUE, Heather Brock was listed as Heather Chandish Brock, *Alabama*. It should have read Heather Brock, *Washington and Lee*. *The Key* apologizes for the error.

theKey

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Summer 2017

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

Editor

Kristin Johnson Sangid,
Georgia Southern

Associate Editor

Kristen Desmond LeFevre, *Indiana*

Contributing Editors

Melisse Campbell, *Mississippi*
Katie Mills Giorgio, *Drake*
Rachel Weber Haugo, *Joia State*
Jodi Noding, *Florida*
Kait Smith Lanthier, *Marist*
Laura Vinci, *Kansas*

Editorial Board Chairman

Judy Stewart Ducate, *Texas Tech*

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Executive Director

Kari Kittrell

Director of Marketing and Communications

Ashley Gilbert Moyer, *Purdue*

Marketing Assistant

Lauren Every, *Ohio State*

Copy Editor

Cailin Cooney, *Central Florida*

Design

Em Dash

Printed by

Lane Press

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KAPPA KAPPA GAMMA HEADQUARTERS

PO. Box 38, Columbus, OH 43216-0038

Phone: 866-554-1870 (866-KKG-1870)

Email Kappa: kkgkq@kkg.org

Email *The Key*: thekey@kkg.org

To change your address or stop receiving *The Key*, email kkgkq@kkg.org or call the number above. Please include full name.



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All the Feels

MAKING THE ORDINARY EXTRAORDINARY

BORROWING A QUOTE TO MAKE A POINT IS TAKING THE easy road, but then again, poets are the great observers. Maya Angelou got it right when she said, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

I shared Maya’s quote with the collegiate women I advise, hoping it will inspire them to share open hearts and minds with potential new members. Given the chance, I’d like to share it with a few politicians too. Barring that, I aim to remember Maya’s words and leave the people around me feeling a little better.

In *The Key*, we often feature high achievers, but we also strive to tell the stories of everyday women like **Janna Wertz**, *Wisconsin*. Janna saves lives by teaching self-rescue-based swimming lessons to children. Read about Janna on Page 6.

In this issue we feature a story about collecting art. Two art advisers—**Carol Lee Brosseau** and **Miller Gaffney**, both *Baylor*—offer advice for building a collection you’ll love whether your budget is out of this world or down to earth. Get Carol Lee’s and Miller’s tips on Page 26.

We also meet **Melissa DeAngelis**, *Massachusetts*, a

mom who is dealing with her daughter Tessa’s Rett syndrome diagnosis. A rare genetic disorder that almost exclusively affects girls, Rett leaves patients trapped inside bodies that deteriorate over time. Nothing could be so ordinary—yet extraordinary—as a mom doing her best to seek medical care for her daughter while creating a home that feels as ordinary as it can for her daughter and family. Read Melissa’s story on Page 30.

In our cover story, we delve into (or maybe tiptoe around) how tween girls view themselves. While the tween years may conjure visions of bubble gum, Lisa Frank notebooks and desultory emotions, it turns out, today’s tweens are the most likely to conform their behavior to blend in and avoid drawing attention to themselves. And sometimes they don’t stop blending in until their 40s or 50s when their self-esteem has suffered serious damage. **Vanessa Schenck**, *Oregon*, spearheads a grassroots

organization that helps tweens express themselves as the unique individuals they are, no camouflage needed. Read about Vanessa’s work on Page 20.

And, in case you missed it, Miss America 2017, **Savvy Shields**, *Arkansas*, is a Kappa. While I can’t argue that she’s anything but exceptional, she is also approachable and focused on philanthropy while delivering her “Eat Better, Live Better” message. Read more about Savvy on Page 48.

Finally, to quote an ordinary citizen of the interwebs, I leave you with these simple words I read online: “Fill your comments with blessings.” I’d like to think that you’ll be rewarded with good feelings—for yourself and others—in return.

Kristin

—**Kristin Sangid**, EDITOR



KEEP SMILING

Angie McNeight, *Emory*, donated free dental screenings for the Brevard County, Florida, Dental Society’s Give a Smile event. The project is part of the American Dental Association Foundation’s mission to provide free dental care and education to underserved children. Angie practices orthodontics with Caudill Orthodontics in Suntree and Merritt Island, Florida, and is a former Field Representative for Kappa Gamma Gamma.

“Unless kids have learned how to hold their breath and can get themselves into a horizontal floating position on their back so they can get air on their own, they’re not safe.”

— **Janna Gribble Wertz**

INFANT SWIMMING
RESOURCE INSTRUCTOR



THE
mix



Swimming lessons are a key part of keeping kids safe around water. But beyond traditional instruction, Infant Swimming Resource is teaching critical self-rescue skills to children as young as six months old. ISR's mission? Not one more child drowns.

THINKSTOCK





Sink or Swim

KEEPING KIDS SAFE DURING DROWNING'S HIGH SEASON

A

BOUT 1,000 CHILDREN DROWN EACH YEAR IN THE U.S.—enough to fill almost 20 school buses—making drowning the leading cause of injury-related deaths among children ages 1 to 4, and the second-leading cause in children ages 1 to 15, according to the Centers

for Disease Control and Prevention.

ISR instructor Janna Gribble Wertz teaches a 1-year-old student how to float.

LINDSAY B. PHOTOGRAPHY

Data compiled by the USA Swimming Foundation reveals that one-third of child drownings in the U.S. take place in the weeks between Memorial Day and Labor Day. So what's the best way to keep kids safe around the water? Certified Infant Swimming Resource instructor **Janna Gribble Wertz**, *Wisconsin*, shares five drowning prevention tips adults can use to keep children safe this summer and beyond.

1 KNOW WHAT DROWNING LOOKS LIKE

Drowning is silent, and, contrary to popular belief, there's no alarming splashing or struggling. "Drowning can look like a game where the child is rhythmically bobbing up and down in the water until they don't come up again," Janna says. "Often, it takes place with lots of people around and they have no idea what's happening." Janna advises adults to be on watch for these signs of imminent drowning:

UPRIGHT POSITION IN THE WATER: A person who is drowning will bob vertically in the water without kicking their legs. Their head may be tilted back with their mouth open, or their head may fall forward.

INABILITY TO CALL FOR HELP: The mouth of a person who is drowning will sink below and reappear above the surface of the water. There isn't time to exhale, inhale, yell or cry out for help.

INABILITY TO WAVE THEIR ARMS: A person who is drowning will reflexively extend their arms out to the side, pressing down to try to lift their mouth out of the water. This reflex renders them physically unable to use their arms to attract

attention, move toward a rescuer or reach for rescue equipment.

2 TIME IS TICKING A child in danger of drowning can struggle for only 20 to 60 seconds before sinking underwater. The longer a child stays underwater and the longer it takes to start CPR, the worse the outcome. According to the American Red Cross, a submerged child will lose consciousness within 2 minutes. Within 4 to 6 minutes, irreversible brain damage starts to occur. Janna urges parents to learn CPR and make sure their child's caregivers know it too. "The most important factor in saving your child's life is to pull them out of the water quickly and start CPR immediately, even before paramedics arrive," she says.

3 DITCH THE WATER WINGS AND FLOATIE RINGS

Janna explains that flotation devices give children a false sense of security. "There is a time and a place for flotation devices, like boating," she says, advising parents to skip foam noodles and inflatable toys for a U.S. Coast Guard-approved option. But for general swimming and water play, Janna says flotation devices of any kind are a no-no. "They teach kids that the best way to get air is to be vertical in the water," she says. "Unless kids have learned how to hold their breath and can get themselves into a horizontal floating position on their back so they can get air on their own, they're not safe."

4 LESSONS SAVE LIVES Research shows that taking formal swimming lessons reduces the risk of drowning among children ages 1 to 4 years old by 88 percent. The ISR lessons Janna teaches

are focused on teaching children how to self-rescue in the water. In ISR lessons, children ages 6 months to 12 months old enter the water face first and then roll onto their backs where they float and breathe. Older children rotate from floating on their backs to getting air and swimming until they reach the safety of pool steps or a shoreline. Janna says the advantage of ISR lessons is that they "dramatically improve a student's skills and confidence in the water." ISR offers nationwide lessons, but Janna says if you can't find a certified instructor in your area, traditional swim lessons are the next best bet—as long as they reinforce a horizontal position in the water and don't rely on flotation devices as a teaching tool.

5 SAFETY COMES IN STEPS

The best line of defense against drowning? Experts agree that a multistep approach is key. "Constant 'eyes-on' surveillance is absolutely essential near water," Janna says. But, she notes, vigilance is not enough. A recent study by the Consumer Product Safety Commission found that most children who drown were supervised by one or both parents at the time of their accident. Physical barriers, like pool fences with self-locking gates, can help keep children away from danger. An alarm or chimes on doors or windows can alert adults if a child leaves the house without supervision. Swimming lessons, especially with a drowning-prevention focus, can help a child survive in the water until an adult comes to the rescue. "It's all about the layers of protection," Janna says. "You can't put your trust in any one method."

—By **Kristen Desmond LeFevre**, Indiana

FROM THE EXPERT

Janna Gribble Wertz

A mom of three boys, Janna discovered ISR in 2009 when her oldest son was 2 years old and her second son was 9 months old. Although she loved taking her children swimming, she worried about supervising more than one child at a time.

"What if I was helping one and the other went under? ISR was my answer. The first time my then 2-year-old lost his footing in a kiddie pool, rolled back to a float and calmly asked if I could pick him up—that was priceless."

YEARS IN THE WATER
5 and counting

NUMBER OF POOL HOURS EACH YEAR
800

WHAT KEEPS HER FEET IN THE WATER

"My students learn how to love the water. I love that aspect of my job just as much as knowing that the instruction I provide could help save their lives because I know they're going to have fun in the water and be safe around it. It's such a critical life skill."

BEST ADVICE

"As a parent, you make choices for your child's safety, like putting them in a car seat. The same can be said for water safety, no matter your child's level of aquatic skill."



'Screen Time

As a board-certified dermatologist, **Heather Ramey Haley**, Alabama, gives her clients “the talk” about wearing sunscreen. She’s sure they’ve heard it before, but she knows it bears repeating. Why? Everyone associates SPF—sun protection factor—with the pool or beach but forgets its day-to-day importance. “You get sun driving in your car, watching your kids play ball,” Heather says. “It’s best to start your day with sun protection.” The best SPF products vary depending on use, but according to Heather, they all have one thing in common: zinc oxide, a natural mineral compound that reflects and scatters both UVA and UVB rays. Here are some of Heather’s favorite products you can use to protect your skin all summer long. —Compiled by Kait Smith Lanthier, Marist



SENSITIVE SKIN

Neutrogena Sunscreen Lotion for Sensitive Skin, SPF 60+

BEST FOR: Anyone with sensitive skin

WHY IT'S GREAT: Broad-based protection that's fragrance-free, oil-free and hypoallergenic, aka heaven for sensitive skin.

DR. HALEY'S TAKE: “Great for outdoor activities!”

WHERE TO GET IT: \$12.99 for 3 ounces at www.walgreens.com

KIDS

Blue Lizard Australian Sunscreen for Sensitive Skin, SPF 30+

BEST FOR: Kids (and parents!)

WHY IT'S GREAT: Since it's formulated for sensitive skin, it won't irritate skin, which makes it perfect for your little ones.

DR. HALEY'S TAKE:

“The bottle turns blue in the sun, so kids love it.”
WHERE TO GET IT: \$18.99 for 5 ounces on www.target.com



Art and Soul

“Art is long, and time is fleeting,” Henry Wadsworth Longfellow wrote. Here are four art books sure to inspire you to slow down and tap into your inner artist this summer.

— By **Melisse Campbell**, Mississippi

WATER/SWEAT-RESISTANT

EltaMD Sport, SPF 50

BEST FOR: Beach bums and summer athletes

WHY IT'S GREAT: Can be applied even when skin is wet. Bonus: It's water-resistant for up to 80 minutes.

DR. HALEY'S TAKE:

“The captain of our boat uses this every day and has never had a sunburn.”

WHERE TO GET IT: \$17.69 for 7 ounces at www.walmart.com



EVERYDAY

Revision Intellishade Matte, SPF 45

BEST FOR: Day-to-day wear

WHY IT'S GREAT: It's more than sunscreen, it's a tinted moisturizer with anti-aging benefits.

DR. HALEY'S TAKE: “The matte finish makes it great for oily skin.”

WHERE TO GET IT: \$41.99 for 1.7 ounces at www.amazon.com



SPRAY

EltaMD Aero Spray Sunscreen, SPF 45

BEST FOR: Quick application—just make sure you cover everything and reapply often.

WHY IT'S GREAT: Sprays on white so you can see coverage. Dries clear when rubbed in.

DR. HALEY'S TAKE:

“This is the only spray sunscreen I recommend.”

WHERE TO GET IT: \$31.50 for 6 ounces at www.dermstore.com



The Metropolitan Museum of Art Guide

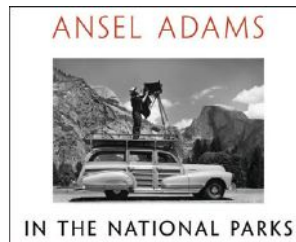
This guide takes you on a five-millennia, time-traveling tour starting with ancient cultures up to current times.



John Singer Sargent

BY CARTER RATCLIFF

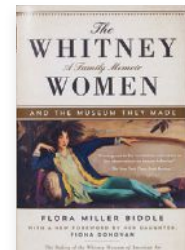
Art critic Carter Ratliff presents portraits that show Sargent's range and deft skill.



Ansel Adams in the National Parks: Photographs from America's Wild Places

BY ANSEL ADAMS

The master of black-and-white photography, Adams' photos in the parks define the American landscape.



The Whitney Women and the Museum They Made: A Family Memoir

BY FLORA MILLER BIDDLE

Learn how the Whitney Museum of American Art became an exhibition in Gertrude Vanderbilt Whitney's Greenwich Village studio.

Destination: Kappa

ADD ONE OF THESE CHAPTER HOUSES TO YOUR SUMMER MUST-SEE LIST.

ONE OF THE BEST PARTS OF SUMMER IS THE opportunity to travel. Whether you're sightseeing with family, meeting up for a girls weekend, or road tripping with sisters, there's a Kappa connection nearby. Pull out your map and make a visit to one of our beautiful chapter houses.



Happy Hosts

DELTA PI, TULSA

MEMBERS OF DELTA PI Chapter are happy to be known as the hosts with the most. This fall, the chapter hosted Homecoming and Parents Weekend events, followed by a 70th anniversary celebration. Sisters welcomed more than 150 alumnae to tour the house, which has received new hardwood flooring in the entryway and new

furniture. The house also features a unique back staircase. Looking down from the top of the stairs you see a golden key on a sky blue background. But looking up from the bottom, a favorite Kappa quote is revealed on the risers. It reads: "And in the years after, with tears or with laughter, we'll always remember our dear Kappa days."



Loving the Lodge

LAMBDA, AKRON

ACQUIRED IN 1975 AFTER buying land from the university, Akron's lodge doesn't include space for members to live in. But there's plenty of room in the common rooms, like the formal room, the meeting room and the basement, for sisterhood to thrive. Recent renovations by its House Board have included a new

kitchen and an updated cubby room, making hosting events like Lambda Chapter's famous Kapparoni and Cheese philanthropy event (dishing up homemade macaroni and cheese to benefit Kappa Kidney Kamp for children on dialysis or who have had a kidney transplant) more efficient and successful than ever.

TOP LEFT: JESSICA DEWEY; AMANDA BAUMAN



Kappa Corner

GAMMA XI, UCLA

BUILT IN 1929, GAMMA XI Chapter's house is located on the corner of sorority row. In the years since it was built, the house has undergone a number of updates, including tiling in the kitchen and hardwood flooring upstairs. The house is home to 55 members and boasts a beautiful

courtyard lit by lights strung overhead. The women hold chapter meetings in the dining room and spend time in their study pit and "key room." They love their stunning home, but they are quick to point out that they love the sisterhood they share inside its historic walls even more.



Chestnut Charm

ZETA LAMBDA, WASHINGTON & JEFFERSON

FOLLOWING THE STRUCTURAL collapse of their former chapter house in 1994, the women of Zeta Lambda Chapter were relocated to living and gathering in a campus dorm until they moved to this lovely home on Chestnut Street in 2005. The facility houses 24 members

and features a president's suite where the outgoing president can spend her final collegiate year in style. The second and third floors offer common areas like a chapter room, a study room and a "party room" where members hold meetings, study or watch movies together.



Sisterhood in the City

DELTA DELTA, MCGILL

LOCATED IN THE HEART OF downtown Montreal, Canada, Delta Delta Chapter's house is a lovely home away from home for members and is just a quick walk from campus. Only five members live in the house, but many members of Delta Delta can be found studying or relaxing at the house. The chapter room features high ceilings, wood

paneling, framed composite photos and awards to accent the chapter's history. The women of Delta Delta like to relax in the comfy chairs of their newly updated living room and snack on homemade guacamole and salsa—a chapter favorite. They also enjoy spending time in the kitchen and hanging out on the backyard patio.



Better With Age

GAMMA OMICRON, WYOMING

GAMMA OMICRON CHAPTER'S recent addition is a front lawn sign celebrating the chapter's 90th birthday. This sign "holds a deep significance of relating the past to the present while also looking forward to many more years to come," **Savanah Richter** says. The house has recently undergone renovations, including new lighting,

mirrors and a table in the craft room. The house's spiral staircase, which is a favorite for group photos, was also updated with new carpet, paint and fleur-de-lis accents. The women enjoy spending time in their PJ room where they gathered together to watch **Savvy Shields, Arkansas**, win the title of Miss America 2017 (Page 48).

TOP LEFT: KATRINA FROELICH; JULIA ROBE; KASSY BISHOP; SAVANAH RICHTER



“I think it was inevitable that I’d write a book about time travel because I love history so much and I like to draw parallels from the past to today.”

The Mind Behind “The Darkest Minds” Series

YA AUTHOR ALEXANDRA BRACKEN DAZZLES READERS
WITH HER CAPTIVATING STORIES.

DURING HER YEARS IN COLLEGE, ALEXANDRA Bracken, *William & Mary*, tended to keep secrets from her Kappa sisters. “From a really young age, I’ve been inclined to write and I was always an avid reader,” Alex says. She began writing young adult fantasy novels while in college—studying English and history—and sought to get them published. But she didn’t tell her sorority sisters about it. “It wasn’t that I was embarrassed of the fact, it was that I had this weird instinct of not wanting to let them down,” she recalls.

But it wasn’t likely that Alex would be letting them down. She got an offer of representation from an agent on her 21st birthday. Soon afterward, she got a call that she’d sold her first book. “I told a couple of my closest friends and then the news went

through the sorority. Everyone was so excited and surprised,” she says. “Now, I regret not being more honest with them about it because still to this day they are such an amazing support system. I get texts and posts across social media when

they find my books in stores. I shouldn’t have been so shy about it in college.”

After graduating from college, Alex worked for 10 years in the publishing industry. She now writes full time from her home in Arizona. Today, Alex is a No. 1

Alexandra Bracken meets a reader during an author event for her book, *Wayfarer*.

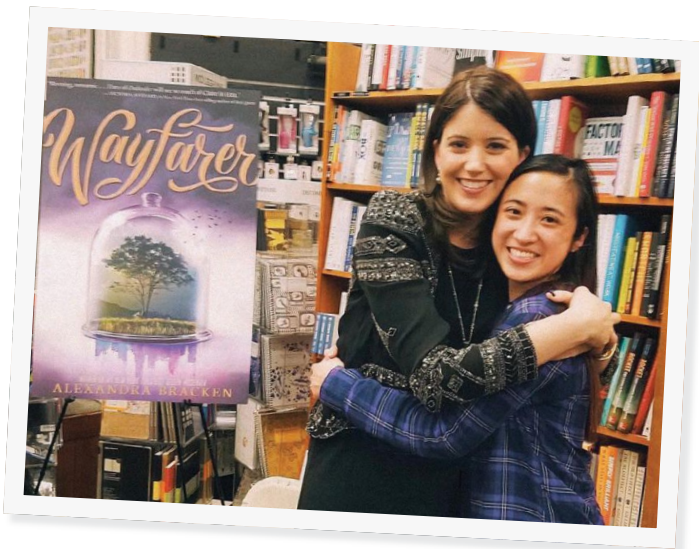
New York Times and *USA Today* best-selling author of several series for young adult readers.

An instant hit with fans, *The Darkest Minds* series is in development for a major motion picture with 20th Century Fox. Furthermore, she was asked to write a Star Wars tie-in novel—*Star Wars: A New Hope: The Princess, the Scoundrel, and the Farm Boy*—which was particularly exciting for Alex because her dad is a Star Wars collector. Now, her latest books, *Passenger*, and its follow-up, *Wayfarer*, (which hit shelves in January 2017) explore the world of time travel, family secrets, and star-crossed lovers and

childhood and adulthood or a literal fantasy world. And I like that in the books the characters themselves are shoving up against limitations.”

Alex keeps a balanced 9-to-5 workday made up of writing and keeping up with her fans on social media. “It’s interesting to have such direct access to readers and have them have direct access to you. You want to be authentic and invite readers to see your world, but you need boundaries, too.”

“And I am kind of always working on three books at one time,” she adds, noting that right now she is revising a manuscript and working on developing a new one.



dazzle readers all the while.

“I think it was inevitable that I’d write a book about time travel because I love history so much and I like to draw parallels from the past to today,” Alex said, noting that she has a particular interest in the Revolutionary War, part of the setting for the series.

She said she, like so many readers, is drawn to the young adult (YA) genre because of the high stakes involved. “It’s an interesting, juicy genre. There’s something compelling about the struggle to navigate the space between worlds, whether figurative space between

Her next book, *The Dreadful Tale of Prosper Redding: A Fiendish Arrangement* is about one lucky family who realizes an old curse may soon bring their luck to an end. It will be out in fall 2017 and is the first title of a new middle-grade series.

“I am so grateful that I get to do this job,” Alex says. “It’s really the only job I’ve truly ever wanted to have and I feel very lucky that it happened for me.”

For more information about Alexandra Bracken, her novels and book-signing events, visit www.alexandrabracken.com.

—By **Katie Mills Giorgio**, Drake



Packed Party’s “Birthday Beb” package. \$52 at packedparty.com

Signed, Sealed, Delivered

Subscription boxes deliver fashion and fun to your doorstep.

By **Laura Vinci**, Kansas

A SUBSCRIPTION TO ONE (OR ALL!) OF THESE CURATED BOX COMPANIES will keep you unwrapping something wonderful in parcel after parcel, no matter the size.

PACKED PARTY

Jordan Jones, *Oklahoma State*, didn’t know that her personal pity party would be the start of a new career. After moving cross-country, Jordan wondered why there was no graceful way to mail a care package to her new home—or to anyone else for that matter. That’s why she started Packed Party, offering your favorite celebratory essentials from birthday greetings to get-well wishes to congratulations cheer and everything in between.

TRUNK CLUB

Trunk Club offers a personalized shopping experience to build your wardrobe your way. **Ann Moenius**, *Nebraska*, enjoys being a Trunk Club stylist because she’s more than just a “personal shopper.” To her clients, she’s a timesaver and a confidence booster as well. Outside the box, Trunk Club has clubhouses in major cities to provide an opportunity for stylists like Ann to meet clients face-to-face.

MAC & MIA

The kids clothing you’ll receive from Mac & Mia is fun and fun-sized, according to stylist **Lindsay Foster**, *Iowa State*. An apparel and accessories service for children 6 and under, Mac & Mia sends unique, hand-picked delights fit for a tea party at the country club or a lazy Saturday on the couch.

BOXFOX

Chelsea Moore and **Jennifer Olivero**, both *UCLA*, founded BOXFOX in 2013 to offer thoughtful treasures for any occasion. Curating products from brands like Sprinkles, Kate Spade and Honest Company, BOXFOX delivers hand-picked luxury gifts to suit the most particular of gifters.



CAVIAR CREATIONS

You Say Potato...

Petra and Saskia recommend this simple recipe: Toss fingerling potatoes in olive oil and salt and roast them at 400 degrees for about 20 minutes. Let cool. Cut each potato in half, shaving a flat spot on the rounded end so it can sit upright. Make a central divot on the cut side and fill it with creme fraiche and caviar. Top with chives.

SUSTAINABLE SOURCING

Here Fishy, Fishy

Due to the global overfishing of wild sturgeon, most of the caviar that is now available in the U.S. is farm-raised, making the delicacy more eco-friendly (and more affordable) than ever. The Caviar Company is committed to sustainable aquaculture. "Sturgeon have been on this earth for 250 million years," Petra says. "It's our responsibility to help protect them."

PRO TASTING TIP

The Fist Bump

Petra and Saskia recommend sampling caviar by taking a "bump" from the back of your fist. "The warmth from your hand brings out the full flavor of the caviar," Saskia says. "You tip the eggs into your mouth and use your tongue to press them against the back of your teeth. You'll feel them pop and the oils will seep to the rest of your palate."



FRESH AND FLAVORFUL

Tasting Notes

Petra and Saskia say that good caviar should be mild and taste like the sea. "But with a buttery quality that is unexpected the first time you try it," Saskia says, adding that different varieties feature different flavor notes. And then there's the texture, which Petra says should be firm with distinct beads of flavor. "If it's very fishy, very salty, or mushy at all then it's not great quality caviar," she warns.

Caviar 101

A crash course from two sisters living the caviar dream

CAVIAR REFERS TO UNFERTILIZED, SALT-CURED FISH EGGS FROM sturgeon. Five years ago, **Petra Bergstein**, *Texas Tech*, and **Saskia Bergstein**, *TCU*, had never tried the stuff. Petra's work on a sturgeon farm in Sacramento, California, first hooked her on caviar in 2012, not only as a food but as a business idea. She enlisted her sister, Saskia—a consultant and CPA—to help build a new caviar brand from the ground up.

Today, the sisters own and operate The Caviar Company, a leading caviar and roe distributor with a San Francisco storefront and a loyal foodie following, including some of the region's swankiest chefs.

Petra and Saskia know their products have an acquired taste and a reputation for being a budget-buster. That's why they sell several varieties in affordable 1-ounce tins—a sampler size that many distributors don't offer.

"There was a time when caviar was only consumed by the truly wealthy and that intimidates people," Petra says. But the Bergstein sisters hope to change all that. "Our products are an experience, not just a luxury good," Saskia says. "Our goal is not only to curate the best caviar collection there is, but also to bring that collection to everyone. We want to give people a chance to try something new." —By **Kristen Desmond LeFevre**, Indiana



KALUGA HYBRID CAVIAR
Imported from Asia

"This product has a nice sized egg and texture. You can really feel the individual eggs here," Saskia says. The perfect pair for this caviar? Scallops in a butter-based sauce.



SMOKED TROUT ROE
Imported from Spain

Cold-smoked with apple and cherry wood, Petra loves this product for its "crisp textured pop." She recommends serving it on deviled eggs, potato chips or bagels.



HACKLEBACK CAVIAR
From the Tennessee River

One of the last wild caviars available, hackleback has a nutty finish and is prized for its mineral and earthy notes. Saskia and Petra suggest serving this caviar atop blini, Russian mini pancakes.

COURTESY THE CAVIAR COMPANY

“The owl decal is from Target and the key pillow is from Pottery Barn. The stuffed owl in the corner I presumptuously bought for Erin before she left for college in the hopes that someday she would be a KKG!”—Susan

This adorable room is a collaboration by **Erin Overman** and **Parker Schmidly**, both *Arkansas*, and their Kappa mothers, **Susan Hase Overman**, *Texas Tech*, and **Heidi Graves Schmidly**, *Arkansas*, (plus Parker’s dad, who built the matching headboards).



“That room was so fun! The lights, tassel and throw came from Urban Outfitters. The pillows are from Hobby Lobby.” The best part? “They were all on sale!” —Heidi

DESIGN

Making Room

JUST BECAUSE YOU LIVE ON CAMPUS DOESN'T MEAN YOU HAVE TO LEAVE COMFORT AND STYLE behind. Instead, give your temporary dwelling a look and feel of a real home away from home. Follow these five tips to make your dorm room Instagram-worthy.

Money Matters

Shop smart and stick to a budget. Peruse magazines and Pinterest for inspiration. Then, visit big box stores, such as Target, T.J. Maxx, At Home and Pottery Barn, which can yield finds that don't break the bank.

Form Follows Function

Incorporate pieces with a purpose that pack a visual punch like pillows, clocks and mirrors. Soften hard edges in the room and you'll raise the comfort with additions like an upholstered headboard, ready-made draperies and a soft rug underfoot.

Stash Your Stuff

Control the clutter. Say hello to stylish storage in the form of decorative containers for all the items that tend to accumulate in tight spaces. Trays corral important papers and keep chargers for your electronics in one easy-to-find place.

Lighting the Way

Brighten your outlook. Whether you'd like to add some ambiance with string lights or task lighting for late-night studying, keep an eye out for unique styles. For instance, you might find a clip-on adjustable lamp that can

go anywhere, a floor model with multiple bulbs, or a desk lamp with storage compartments for school supplies.

All Together Now

Keep it cohesive. In a small space, it's important for the details to stay consistent whether you pull it off with a particular color palette like varied hues of blue or a repeat motif in the shape of owls, keys or fleure-de-lis. Removable wall decals from wallsneedlove.com lend visual interest and can continue a theme that weaves through the room. —By *Jeanine Matlow*

Kappa Kandy

SWEET SELECTIONS FOR SISTERS EVERYWHERE



Key Correspondence

Unlock your inner pen pal with these Vera Wang engraved Key & Lock bordered cards and envelopes. // \$32 for 10 // www.crane.com



All Set

You just may fall in love with work all over again with this Buro desk set in varying hues of happy blues. // \$72 // store.luminaire.com



Cool for School

Score 5 percent back in credit for your school when you purchase stylish supplies, such as these TUL pens and Divoga notebooks from Office Depot. // \$1-\$14.99 // www.officedepot.com



Wax On, Send Off

Add fleur-de-lis flair to any correspondence with this sealing wax stamper from Gartner Studios. // \$5.99 // www.michaels.com

CRANE & CO; DESIGNWRIGHT; OFFICE DEPOT; GARTNER STUDIOS



Ask Clara

ADVICE FOR ANY OCCASION

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

Dear Clara: My sister-in-law constantly forwards me political emails. We’re not like-minded politically and I’ve told her several times that I don’t care to discuss politics with her. I delete these emails without reading them, but I’m starting to resent seeing her name pop up in my inbox. Should I keep hitting delete or put my foot down and demand that she respect my wishes?

—Signed, *Politicking Time Bomb*

Dear Time Bomb:

To keep from exploding, let your sister-in-law know that you love to hear from her by email but that it’s your policy to delete political emails without opening them, and you’d appreciate it if she’d leave you out of any future messages of that nature.

Furthermore, to keep your

personal connection intact, conduct a thought experiment to try to understand where your sister-in-law is coming from. Ask yourself: What is going on in her life that is influencing her political fervor? What areas of common ground do you share? The more you can attempt to understand what motivates her, the less your political differences can divide you.

Dear Clara: I’m terrible with names and I’ve tried all of the tips—repeating someone’s name aloud, mentally spelling the name out and using memory joggers. Any advice?

—Signed, *The Name Game*

Dear Name:

Experts say we often forget names because we lack real interest in learning them. There’s too much going on and it’s all vying for our attention. To combat this problem, make a conscious decision to remember a name because you care about the person you’ve met. Still, you’re bound to forget sometimes. If you do, politely say, “I’m terribly sorry, but I’ve

forgotten your name. What is it again?” Pro tip: Do this as soon as you realize the slip. The more time that passes, the more the other person will be offended when they realize their name has escaped you.

Dear Clara: My dad has a one-word rule about friending work associates on social media: Don’t. I just got my first full-time job and I’ve received Facebook friend requests from several co-workers. Should I follow my dad’s advice?

—Signed, *Does Father Know Best?*

Dear Best:

Even the most judicious social media poster can’t always control what others choose to tag, post, react to, or link to on their feeds. Go to Facebook and look at your last 10 posts. Now do the same thing on your other social media accounts and ask yourself: Would you want your boss perusing those posts and your friends’ comments? If the answer is no, I’d advise you to think twice before adding co-workers to your online circles.

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



FROM THE ARCHIVES

Tools in a Pin(ch)

As early as ancient Roman times, women carried tools on decorative brooches worn at the waist. Later called chatelaines, they were status symbols since they often included keys to the desks, drawers and closets that held valuables in the home. This sterling silver fleur-de-lis chatelaine was made in England around 1840. It features a stamp box to hold postage, a perfume vial with glass stopper, a perfume funnel and a mechanical pencil. (The missing item on the far left may have been a notepad or a coin purse.)

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

Joan Wilson Jennewein, Syracuse, and her brother donated this chatelaine to the Fraternity archives in memory of their mother, **Irene Lloyd Wilson**, Syracuse.



CATHERINE MACE



Strong
grateful
Loyal
BFF
AMAZING!
FEELING positive

TODAY

I AM

How empowering girls to fill in their own blank helps them stand out.

adventurous

MYSELF

BEAUTIFUL

UNDEFEATABLE!

BY VANESSA FIORITO SCHENCK, Oregon

photo by Saverio Truglia

INDIVIDUAL

the brave

GOING 2 CHANGE THE WORLD

CONFIDENT

Twelve-year-old Madelyn loves lacrosse but lately when she has a chance to score, she passes to a teammate.

She has always been an exceptional player and she used to be the top scorer in every game. When asked about her strategy on the field, she says, “I don’t want to upset my friends on the team by always being the one to excel.”

Stephanie is in the choir at her middle school, but hates singing. The only reason she’s there is because some girls she thinks are cool joined. During class, she doesn’t sing a word. Instead, she lip-syncs and pretends she is having fun.

For these girls and many like them, the fear of showing their true selves is more the rule than the exception. As soon as girls enter their tween years—ages 8 to 12—they begin to modify their behavior in ways they believe will allow them to fit in with their peers. To tween girls, friendships mean everything and they will hide their authentic selves to make and keep friends.

At first, it doesn’t seem like a big deal to not speak your truth, do what you love, be your authentic self. And the more a girl suppresses her sense of self, the easier it becomes. But doing so comes with a hefty emotional price tag.

JoAnn Deak, psychologist and author of *How Girls Thrive* and *Girls Will Be Girls: Raising Confident and Courageous Daughters*, says a girl who buries her authentic self will “hide herself not only from others, but ultimately from herself.” She is not aware of what she is giving up because, well, she is hiding it.

Deak calls this time in a girl’s life “camouflaging.” It’s exactly what it sounds like. A girl will hide in plain sight by blending in with those around her. And, like with any good camouflage, she renders her true self invisible. Deak explains that camouflaging is not all bad because it can provide “an opportunity for self-discovery and growth.”

But eventually, Deak says, by continuing to camouflage, girls can lose any sense of their authentic voice.

Worse still, it can take up to three decades for women to get their authentic voices back. Deak calls it the “three-decade-power-outage.”



We can pretend to be someone we’re not for 30 years—and some don’t even realize it. Playing a part for so long may make it seem normal. Yet, it’s not. A fear that started young—all because we wanted to fit in—controls us and robs us of living the lives we were meant to live.

And when this happens, we lose power and confidence, which leads to feeling unworthy. In turn, feeling unworthy can lead to self-destructive behaviors, such as cutting, alcohol abuse, eating disorders, lack of self-respect and dating the wrong people.

What causes girls to begin camouflaging and lose confidence? It starts as small changes. Some girls may begin to wear makeup before they really want to or join social media without permission from their parents. A girl may flirt with boys even though she still thinks (knows!) he has cooties. Whatever changes she makes to be “cool” will likely reflect her peers. As young as 8 or 9 years old, girls may start to dress alike, talk alike, wear their hair the same way and snap a thousand selfies in a quest to post the perfect one.

As girls make these changes, their individuality dulls, stamping out much of what makes them shine. In a 1993 study, Carol Gilligan, a feminist scholar and author, called the tween years a “transformational period” that is often overlooked in part “because the object of concern—girls themselves—seem to almost intentionally fall out of focus, disappear by choice into the crowd.” It is during the tween years, Gilligan says, that girls “lose their voice,” literally and figuratively.

PREVIOUS PAGE: OFFICE SUPPLIES BY OFFICE DEPOT. THIS PAGE: COURTESY OF TIA GIRL CLUB (2)



THE FACTS

>>In a 2006 Girls, Inc. study, 74 percent of girls said they were told “not to brag” and that the “smartest girls aren’t popular.” Strategy One of the Dove Self-Esteem Fund concluded that 70 percent of girls do not believe that they are good enough or do not measure up in some way.

>>Seventy-five percent of girls with low self-esteem report engaging in negative activities (e.g., cutting, eating disorders, bullying, smoking, drinking, etc.).

>>From 2006 to 2009, not one female character was depicted in G-rated family films in the field of medical science, as a business leader, in law or politics.

>>Of the U.S.'s 50 governors, only four are female. This is despite the fact that women make up 52 percent of the population.



That “falling out of focus” has a profound effect on girls as they enter adulthood. A woman may lack the confidence to speak up in the boardroom, continue to date an abusive partner, not ask for a raise at work, not run for public office, etc. The list is long. All because her source of power—herself—has been cut off in favor of fitting in.

Years ago, camouflaging manifested itself in me in more ways than one, but the outcome was marrying a man who was attractive and well-liked. But, he was emotionally abusive, even kicking me out of the room on our honeymoon. Later I divorced and remarried to a wonderful man. When I became a mother to my beautiful daughter, Julia, my passion became raising a confident girl who knew she could do anything she dreamed. And not just Julia. I decided to teach girls around the world the skills they need to keep their authentic voices alive and to have the confidence they need to be who they were born to be.

That’s why I founded the Tia Girl Club, a new empowerment brand for girls that can be found online and in social media.

At the Tia Girl Club (Tia is an acronym for Today I Am), we teach empowerment language so that when girls feel the need to hide themselves, they can choose words and thoughts to stay true to who they are. Every day, we receive Tia statements from Tia Girls all over the world who are saying things like, “Today I am fearless!” It’s a moving moment every time we receive a new Tia because we know a girl is choosing to believe in herself.

BETWIXT'D AND BE'TWEEN

Part of my job in running the Tia Girl Club is managing conversations with the more than 11,000 followers of the Instagram at @tiagirlclub (many of whom are tweenage). Here are five things girls between the ages of 10 and 13 want you to know (but don’t want to have to tell you):

1. Friends are everything

It’s not enough to say a tween girl likes her friends, and “love” doesn’t cover it either. When tweens are friends, it’s all heart, like being in love for the first time. And her group of friends? They are her “squad.” My point? When there’s a crisis involving your tween girl and her best friend or her squad, please take it seriously, because in their world, it’s a big deal.

2. Parents aren’t all bad

Tween girls love telling the world how awesome their parents are. I’ve been witness to thousands of tween girls posting messages like, “You’re the Best Mom Ever,” and “Dad, I don’t know what I’d do without you!” Despite the eye-rolling and sarcastic remarks, if you’re a parent of a tween girl, you need to know that deep down they love you and want to spend time with you. Invite them to be with you for family movie nights, dinner out, or watching a favorite TV show together. They may say they don’t want to join you, but know they do. Keep asking.

3. Brands are social currency

Often, the brand choices girls make connect the squad—and tween girls post picture after picture of Adidas shoes and Starbucks drinks. It’s not about conspicuous

consumption. Rather, it’s all about being a part of a community. Tween girls love to belong. They want to know they are a part of something. They crave it. And right now, the brands of choice are Starbucks and Adidas. (I’ll let you know if that changes.)

4. It can get rough out there

Sometimes tween girls call each other nasty names, or tween boys will leave mean comments on tween girls’ pictures (and vice versa). When this happens, tween girls feel alone and scared. As a parent, try to empathize. Say, “Honey, that stinks. Stay with your true friends.” If you’re not already on Instagram, get an account and follow your kids! The more you know, the better for you and your tween girl.

5. Let them be their authentic selves

I often see tween girls posting what I call an “I’m Fine” post. There are variations of this post, but they all convey the same message: “I need help.” Tween girls often feel social pressure to say they’re “fine,” even when what they’re really feeling is sad, overwhelmed, depressed or stressed. Giving your tween girl an outlet to be able to express her true, individual spirit is essential. Let her know you care, and listen to what she has to say. Be there.



We also connect them to positive role models who inspire them. Our Tia Trailblazers are successful women whose dreams and ambitions are fulfilled despite the forces that would hold them back. **Gretchen Carlson**, *Stanford*, is one of our amazing Trailblazers who encourages Tia Girls to be their beautiful, authentic selves.


“I am thrilled to be a Tia Girl Club Trailblazer, founder of the Gretchen Carlson Gift of Courage Fund to empower women and girls, and a Kappa Kappa Gamma at Stanford University,” Gretchen says. “I encourage girls to never give up and pursue their goals with passion every day and have chosen these three words to live by: tenacious, intelligent and caring.”

Since launching a successful Kickstarter campaign in October 2015, we have grown to nearly 15,000 Tia Girls around the world on social media (@tiagirlclub.) Girls are actively engaged in a community where they feel—no matter how different they are—they belong. Through our Instagram, Tia Girls are introduced monthly to new Tia Trailblazers who share their stories, host Q&A’s, post videos and offer encouragement and advice! My daughter, Julia, hosts the Tia Girl Club YouTube Channel where she interviews Trailblazers, posts fun DIY videos and even introduces TIA Girl animals like Rocky Pepper (a Yorkie puppy), the newest member of the Tia Girl Club.

In December 2016, we partnered with Derek Hough, six-time champion of ABC’s “Dancing With the Stars” and co-judge of Jennifer Lopez’s new TV show “World of Dance,” to be a Tia Trailblazer himself. Why a boy? Because having boys involved in the discussion regarding female empowerment is vital. We need everyone involved. Letting girls know boys have their struggles too teaches compassion.

As parents, we want the best for our kids. The last thing we want is for our girls to feel lost in an unfamiliar and hostile world. Getting to know one’s real self starts with teaching the value of positive affirmation—“Today I am going to rock my math test!”—and extends to showing examples of successful women (and men). We say, “You can be it if you can see it.” I see the confidence Tia is giving girls. Just recently, a Tia Girl from Canada wrote to us to say, “Because of you, my self-esteem is now off the charts!” Camouflaging doesn’t stand a chance when you teach girls to stand strong.

As I was watching a TV show with my daughter recently, Matt Damon appeared in a commercial talking about clean water for women in developing countries. At the end he looks into the camera and asks the question, “What do you want to be remembered for?”

Julia, my daughter, turned to me and said, “That’s easy. Tia Girl Club. We help empower girls, Mom!” I couldn’t have said it better. 



Get Art Smart

How collecting art can line
your walls and your pockets on
any budget. *By Jodi Noding, Florida*

ILLUSTRATION BY JOHN RITTER

PINK BOW, Jeff Koons
MEDIUM: Pigment print on Japanese paper
CAROL LEE: "Prints are an entry point to collecting work by great artists."

GIBBON LAKE, Matthew Brandt
MEDIUM: Color photo soaked in lake water
CAROL LEE: "Brandt pushes and challenges the limits of photography with untraditional materials and processes."

EVENING, Pat Steir
MEDIUM: Etching and aquatint on white paper
MILLER: "Steir is known for her 'Waterfall' series of splashed dripping pigment on canvas."



SAC REVOLVER, Yves Hayat
MEDIUM: Digital print on plexiglass
MILLER: "This sculptural work deals with the paradox of violent luxury."



BUTTERFLY SPIN PAINTING, Damien Hirst
MEDIUM: Acrylic on paper
CAROL LEE: "Famous for his 'spin paintings,' this Hirst work on paper is a great way to invest in a blue-chip artist without spending six or more figures."

The idea of being an "art collector" might seem intimidating or even far-fetched—that's only for people with trust funds, right?

But Ovation's *Art Breakers* stars **Miller Gaffney** and **Carol Lee Pryor Brosseau**, both *Baylor*, say that acquiring art on a budget is achievable. You just have to know where to look. "Just like someone who has a tip on a stock that may be rising, you too can research emerging artists who are gaining reputation, gallery showings, or have been in the local news. You may be able to buy before their value hits the sky," Miller says.

Indeed, art today is often considered an investment. On Ovation's TV series *Art Breakers*, Carol Lee and Miller are often dealing with millionaire clients and TV stars who are searching for the right piece of art for their homes or businesses. "People today want to have these assets on the walls instead of the stock market. So you do your research. Do your homework. Do your due diligence," Miller says.

But the advice they offer on the show can transfer to any art collector, they say.

"One of the great adventures to *Art Breakers* is trying to make art accessible. Anybody can purchase art. The key is buying what you love, to have a focus to your collection and a theme. You see that

variety on our show," Miller says.

When meeting with new clients, Carol Lee says, "We like to show them a wide variety of art and images to see what they are drawn to." One of their most important tips is to buy what you like—but do your homework first. "Purchasing on impulse is the No. 1 mistake," Miller says.

To avoid costly missteps, Carol Lee advises clients to look and learn before they leap. "It starts with looking, like anything else," she says. "It's a process of looking and talking to people." Carol Lee says meeting gallery owners and emerging artists can help you make connections, tip you off to emerging artists and let you develop your personal art style. "It's a very social world," she explains. "It's a great community."

And the cost doesn't stop with buying the art. Lighting is critical as well as framing. "We keep that in mind with estimates. Framing is just as expensive as the art sometimes," Carol Lee says.

In their own home collections, respectively, Carol Lee focuses on



CANDY STICKS IN A PAN,

Wayne Thiebaud

MEDIUM: Lithograph

CAROL LEE: "Best known for his Pop Art work depicting subjects like pies, cakes, candy and lipsticks. Always fun to look at!"

BIRD VI, Kiki Smith

MEDIUM: Sculpture, bronze with gold, silver and Japanese leaf
MILLER: "Kiki works in a variety of media and her work often explores humans' relationships to nature."



INTERIOR: ZEBRA WITH TWO CHAIRS AND FUNKY FUR,

Mickalene Thomas

MEDIUM: Mixed media on paper

MILLER: "Known for elaborately decorated and textured pieces."


the photography of Los Angeles, where she resides. Miller, who is based on the East Coast, has a love for emerging contemporary art and favors colorful works.

Their teaming has been natural from the beginning. Miller and Carol Lee met in English class in the fall semester of their freshman year at Baylor, then found themselves in the same sorority. "We were rushing for sororities at the time and had no idea that we would both end up Kappas but became good friends from the start," Miller says.

And what would they suggest for a space like a Kappa house? Miller says she would focus on female artists and add some sculptural aspects to the room. "You could do great photography." And think about those painters, sculptors and photographers right on campus. Carol Lee says, "I think it would be a cool way to support artists in the fine arts master's program or professors in the art department on campus."

And alumnae could donate artwork to their chapters. "What a nice way to have your legacy live on...art has a powerful message. It's unforgettable," Miller says.

Ultimately, building a collection is a process.

"If someone is going to continue to add art to their collection, they should always be looking, reading, researching and talking to art world professionals. Attend gallery shows, art fairs, museum exhibitions, panel discussions and artist talks," Miller says. "Additionally, talking to other collectors about what they've learned and how they collect can be very insightful. Part of the challenge of our jobs is to find work that resonates with the client and suits their taste, but it is also the most fun and rewarding aspect of our jobs." 



Collect Like a Pro

There's a real process to collecting art, and it's not just for millionaires. Few people have confidence in their own vision to be an art collector. As art advisers, we demystify art so you're not afraid of it. In response to the questions and conundrums we have received and witnessed over the years, there is a process to buying art.

You should buy what you love, but do your homework and research artists, their careers, their exhibition history and their auction market presence. Seek professional advice before you buy because you can make a costly mistake.

Art collecting is personal, so form your own taste for what you love. Collecting is a passion and can be a lot of fun, but you should take precautions and remember:

- 1. Have a focus and theme.** Are you interested in contemporary art? Maybe you have a particular interest in photography. Pinpoint your tastes and identify your preferences.
- 2. Educate yourself and form your taste.** Go to museums and train your eye to see the difference between good and indifferent quality.
- 3. Buy the best pieces from the artists you like.** The

best pieces available will likely increase in value, making your collection worth more over time. Choose quality over quantity.

- 4. Work with reputable and knowledgeable advisers** who can help you make decisions about pieces. Their insight and experience can prove invaluable when navigating what to buy and what price to pay.
 —Miller Gaffney and Carol Lee Brosseau



ILLUSTRATION BY ANITA KUNZ

RETT SYNDROME

is trapping 5-year-old
Tessa inside
a body she can't control.

SHE CAN'T WALK.

SHE CAN'T TALK.

But that's not stopping
her mother, who is
taking up the fight against
the genetic disorder

UNTIL TESSA CAN.

When you are a **PARENT OF A CHILD** with a serious illness, the weight of things usually hits you on the ride home from the doctor's office.

The first time it happened to me, it was late August 2013. My husband, Anthony, and I were returning from an appointment. The neurologist had asked us if we'd ever heard of Rett syndrome. We had been searching for answers for our 2-year-old daughter Tessa's condition for long enough that, yes, we had come across Rett—a rare neurological disorder that only affects girls, severely disrupting everything from cognition to motor skills. We knew what a Rett diagnosis would mean. "Oh my God," I said. "She's not going to talk. She's not going to walk—ever."

Up to that point, some part of me thought that Tessa was going to continue to progress. She was cruising, moving herself along the furniture. "Of course she's going to walk," I thought. Hearing the word "Rett" from a doctor was like a death—because that life you thought your child was going to have isn't going to happen. On the ride home, I pulled up Wikipedia on my iPhone and read about the life span of kids with Rett syndrome: 30 to 40 years. "Kids aren't supposed to die before their parents," I told Anthony.

But somehow, I held out hope. It didn't feel final yet. Besides, there wasn't time to dwell on it: I was occupied with other things. Our other daughter, Stella, was turning 5 in two days and 50 people were coming to a party at our house. We had to lock down appointments for Tessa with new specialists. I had to get in touch with my friend from high school whose daughter has Rett. Anthony and I needed to get a plan together. As much as we wanted to feel sorry for ourselves, there just wasn't time to crawl into a hole.

Then, the second awful ride came a month later after we received an actual clinical diagnosis. It was official: Tessa had Rett syndrome. Again, we rode home mourning what felt like a death.

TESSA WAS BORN Sept. 1, 2011, the day after her older sister, Stella, turned 3. Tessa was an easy baby. She nursed and napped. She hit most of the early milestones on time: smiling, cooing, rolling over, sitting up.

By her first birthday, she could scoot across the floor, but she didn't

crawl. We brought it up at her one-year appointment, but the pediatrician wasn't concerned. "She's moving around," he said. "All kids develop differently." And, a week later, Tessa was crawling all over the place. Soon, she started to climb and to pull herself up on furniture. She'd be halfway up the stairs before you could even make it around the corner to catch her.

At Tessa's 15-month appointment, the pediatrician was encouraged by her new gross motor skills, but he wanted her to walk and say three words by the time she was 18 months old. But from 15 to 18

months, she made no progress. By 20 months, she had started repetitively clapping and wringing her hands. I Googled "hand-wringing toddler," and Rett syndrome topped the search results.

Thinking about my child having a life locked inside her own body, unable to do even the simplest tasks because her hands would become completely useless over time, was too much to contemplate. Thinking about my child never being able to speak, never being able to tell me she loves me, tell me what hurts, tell me what makes her happy or sad: It was too much. Thinking about my child not being able to walk and the challenges that would bring—not only for her, but for me, her dad, her big sister: It was all too much.

I tried to convince myself it couldn't be Rett even though all the pieces just fit. But it was so horrible—how could it be?

And yet, it was.

After her diagnosis, we started Tessa in a complement of therapies. There are augmentative communication sessions where she learns to use eye gaze and image selection to express herself. There's physical therapy, adaptive gymnastics, equine therapy, and aqua therapy. There's an orthotist for her leg braces and an orthopedist to deal with her scoliosis. She gets regular Botox injections in her legs to help keep her leg muscles loose. She sees a nutritionist once a month. She visits the Rett clinic in Boston every six months.

At the same time, we started a search for treatments. Unfortunately, Tessa didn't qualify for two drug trials taking place near our home. As the trials progressed, I'd read stories on Facebook from Rett moms



whose girls had been selected as participants. I'd read how they were suddenly picking up cans or throwing a ball and all I could think about was, "What if Tessa was getting those drugs? What if they could help her?"

Tessa has three major challenges: She can't use her hands, she can't speak, and she can't walk. If a drug could help her do just one of those things, it would dramatically improve the quality of her life. So, as I sat in front of my computer reading about the advances some trial participants were making, I couldn't help but think: "What if I had answered those trial questionnaires differently? What if she'd been accepted?" But I don't want to be the one whose kid screws up the clinical trial process and skews the results.

So we wait. And we prepare.

The therapies Tessa does keep her muscles stretched, her mind engaged, and her body moving. Because if one day there's a treatment or a cure and her muscles have become too tight, if her legs can't bear weight, if she isn't able to communicate, then it could be too late to turn things around for her.

I know it's optimistic. I know the realities. I've counted dozens of deaths of girls in my Rett community on Facebook since Tessa was diagnosed three years ago.

Still, Anthony and I stay up to date on the progress of promising drugs. We know that a cure isn't coming tomorrow. But if we could get a treatment or a cure even 10 years from now, Tessa would be 15 years old. She could do intensive rehabilitation, maybe. She might have a shot at a halfway normal life. Maybe she could go to college. Maybe she could learn to drive.

These are the things you think of when you try to find a way forward.

But we can't only focus on the future, because there is so much to do today. Anthony and I both work and Tessa's daily care and supervision can be taxing. Every morning, I get her out of bed, change her, carry her downstairs, and feed her. Tessa is worth every second of it. But when you have kids, you assume that some of these things—the dressing, the carrying, the diaper changes, the feeding—are going to end at some point. For Tessa, they won't.

Still, the hardest thing can be when you can't do anything. Sometimes Tessa is so upset that I can't calm her. As a mother, you are supposed to be able to comfort your child. Not being able to do that brings feelings of sadness and guilt and failure that are hard to express.

Knowing that science may have the potential to improve or reverse her condition but that a lack of funding and research keeps a cure out of reach brings another level of sadness, guilt, and failure too. You find yourself asking: "How can I make a difference? How can I not at least try?"

In an attempt to answer those questions, I started running three years ago. I hadn't run since high school, but a local family held a 5K fundraiser for Rett syndrome research and I wanted to do my part. I spent a month training for that race. Even so, I was one of the final runners to cross the finish line.

But I kept at it. Last year, I committed to run the Disney Princess Half Marathon in Orlando, Florida, as a member of Girl Power 2 Cure, a Rett-focused nonprofit. The jump from 3 miles to 13.1 miles is huge, but I would think of Tessa while training. When I wanted to stop, I would think, "We don't let her rest. Running 13.1 miles is hard for me,



Tessa uses a gait trainer to keep her limbs agile and to develop weight-bearing strength; Tessa's health-care needs include frequent hospital visits; the DeAngelis family poses for a selfie during a fundraiser for the Rett Syndrome Research Trust.



Still, the hardest thing can be when you can't do anything. Sometimes Tessa is so upset that I can't calm her. As a mother, you are supposed to be able to comfort your child.

but not as hard as Tessa trying to stand in her therapy stander for half an hour."

My perseverance paid off: I ended up raising \$27,000 for the Rett Syndrome Research Trust. More than 96 percent of that money goes directly to research. I figure that money is funding someone's lab. It means I'm doing something. It means I'm never going to have to say, "I should have done more. I could have done more."

SOMEONE ONCE TOLD ME that Tessa's diagnosis was going to make our 8-year-old daughter, Stella, a better person. "It's going to blow you away," they said. That stuck with me. And it has come true so quickly.

When Tessa goes for equine therapy on Thursdays, sometimes Stella comes along. It's after school and there's a pond where she likes to throw rocks. Sometimes she'll make wishes. (I hear her, because an 8-year-old's whisper is a full-on voice.) "I wish Tessa didn't have Rett syndrome," she says. It takes her until her third wish



8-year-old Stella pushes Tessa's stroller during a visit to a local zoo.

to actually think of herself, saying something like, "I wish I could get a Pokémon," followed by: "Mama, you didn't hear me, right?"

When Stella's class completed a unit on letter writing, they were given a template with a "dear" line, then a few blank lines, and finally a "from" line. Stella wrote this letter to Tessa: "Dear Tessa, I hope the doctors find medicine for Rett syndrome. You are perfect just the way

you are. I love you either way. Love, Stella."

How many other kids tell their parents that they don't need presents for their birthday, that they can just give the money to the doctors? Stella never asks for anything for herself. The compassion she shows her little sister is amazing. But my selfish truth is this: I'd rather she be a spoiled brat and have a sister she could play with.

To Stella, Tessa isn't different. She's just her little sister. But the rest of the world doesn't always see Tessa with that kind of grace.

Too often we cross paths with someone who asks, "Why does your 5-year-old have a pacifier?" Or someone who says, "That kid looks old enough to walk. How come she's in a stroller?" For situations like these, we have a stack of little cards that Girl Power 2 Cure gave us. They're purple and they say "Hi! My name is Tessa. I have Rett syndrome." They explain what Rett is and its effects. We don't use them often, but sometimes I'll whip them out if we run into someone who's like, "Ma'am, do you really need to use that handicapped spot?"

You don't really want to get into those kinds of confrontations. You just hand over one of the cards.

These kinds of encounters are part of the reason why I am telling Tessa's story. I want people to understand the challenges that a family coping with a disability faces. But I also hope our story finds that one person whose little girl may be showing troubling signs, that person who has spent a few awful nights reading Wikipedia and WebMD. I hope this gives them the courage to seek a diagnosis or helps them locate the right kind of doctor. Or maybe this finds another family who is still reeling from a recent diagnosis or death.

I hope it gives them some comfort. I hope it helps them feel a little less alone. **0—**

Reversing Rett

What is Rett syndrome?

Rett syndrome is a neurological disorder that features the symptoms of autism, cerebral palsy, Parkinson's disease, epilepsy and an anxiety disorder—and it's diagnosed almost exclusively in girls. According to the Rett Syndrome Research Trust (RSRT), there are 15,000 cases of Rett syndrome in the U.S. and 350,000 cases worldwide, making it the second most common cause of severe intellectual disability in girls.

What causes it?

Rett syndrome is caused by a genetic mutation—a permanent

alteration in a gene's DNA sequence. The mutation that causes Rett takes place on a gene called MECP2, located on the X chromosome.

Rettsyndrome.org offers an analogy: Picture MECP2 as a chapter book. Mutated versions may have missing pages, extra pages, reordered pages, or missing chapters, causing a shortage of a key protein that controls the development of critical brain processes.

Rett syndrome is a genetic disorder, but in most cases, the mutated copy of MECP2 can be traced to a random mutation in sperm. Data from the National Institutes of Health reveals no family history of

the disorder in 99 percent of people with Rett syndrome.

What research is being done?

New research into treatment options for Rett include drugs to alleviate symptoms, as well as protein replacement therapies to deliver MECP2 protein to the brain.

One promising pathway to a cure may be MECP2 reactivation. Because MECP2 is on the X chromosome (and because girls have two X chromosomes), girls with Rett syndrome have a healthy copy of MECP2 alongside every mutated copy. This healthy gene is silent in about half the cells, but is active in the

other half, producing enough protein to keep them alive. (Since males have an X and a Y chromosome, boys with Rett syndrome only have mutated versions of MECP2. That's why most boys diagnosed with Rett don't survive beyond the age of 2, and many more are stillborn.)

Other cure-based research focuses on using a clinically modified virus to deliver that healthy MECP2 copy into affected cells. Studies funded by rettsyndrome.org and RSRT have demonstrated that this one-time fix is possible in mice, and many researchers are hopeful that future studies will include human trials.



Good Life Guide

The founders of *The Scout Guide*, a lifestyle guide to the hidden gems and local finds in 60 U.S. cities, have their sights set on the horizon.

By *Mary Miley Theobald*, William & Mary

NEW IN TOWN? CHECK OUT *THE Scout Guide*. Longtime resident? Check out *The Scout Guide*. Just passing through? Check out *The Scout Guide* and find the best local businesses in your city.

Anyone bored with cookie-cutter malls, chain restaurants and the same old retail stores will appreciate this guide to “the best of local”—a curated collection of unique, locally owned businesses that too often are elbowed aside by national chain giants. “It’s an insider’s perspective of the town you love,” says **Susie Gordon Matheson**, *Denison*. In 2010, Susie founded a lifestyle media company, The Scout Guide (TSG), with her friend Christy Ford, starting with the publication of a consumer’s guide to Charlottesville, Virginia. Today, there are TSG city guides published for more than 60 cities across the United States. And they’ve only begun.

“I’ve always had an entrepreneurial spirit,” says Susie, who once started an online business designing and selling men’s pocket squares. She and her husband moved to Charlottesville, where she found wonderful local establishments—artists, wineries, cafés, musicians, boutiques and gift shops—that weren’t

getting much notice. Her own business had given her some insight into the challenges facing small entrepreneurs trying to publicize their services and merchandise. “Paid advertising doesn’t work well for them,” she says. Susie has a passion for all things local. “Local art, local wine, local food, local music—our houses should be filled with local.” So, she started a blog to advocate for the Charlottesville businesses she found most inspiring, telling their unique stories and promoting their local events and products to a growing audience of followers. “I thought of myself as a scout, scouting out the best of Charlottesville. I started to tell my blog followers, ‘Tell them Scout sent you.’”

In no time, some of these entrepreneurs asked to advertise on her blog, but Susie had a better idea: a print version of the blog in the form of a coffee-table book that would be a reference guide to the best of upscale, locally owned businesses for the discerning customer.

She partnered with a friend, Christy Ford, a graduate of North Carolina State University. “My father made me get a business degree, but my love was photography,” Christy says. After working as a photographer for



COURTESY THE SCOUT GUIDE



Through the Keyhole



42

IN BRIEF

Looking Ahead to 2020

Eta Eta Chapter heats up philanthropy with its chicken-wing eating contest to benefit cystic fibrosis.

44

KEY ACHIEVEMENTS

#WomenWhoKappa never shy away from a challenge. Kappas take on motherhood, educate girls in Zambia and support survivors of sexual assault.

46

IN MEMORIAM

48

REMIX

Earning the title of Miss America is a sparkling achievement. Learn about two Kappas who have worn the crown.

Best Internship

Did you have an amazing summer internship? Please tell *The Key* about it and email us a picture, too.

thekey@kksig.org

Scout Guide founders Christy Ford and Susie Matheson make local look good in 60 cities across the U.S.



several years in New York, “I was spinning my wheels knowing I was going to leave it in a few years to start a family. I had yet to meet a photographer who did both well.” Within a few weeks of arriving in Charlottesville in 2000, she opened an interior design studio and shop with her mother, Jan Roden, where she met Susie, a customer.

Christy runs the creative side of the business; Susie handles the sales. “I sell the books. Christy makes them beautiful,” Susie says. Each has a sharp business sense and a strong

work ethic. Each has a husband and three children—preteens and teenagers. The duo agrees that TSG has given them the ability to have a family life and a satisfying profession without shortchanging either one.

No sooner had the first *Scout Guide* appeared than people in other cities started calling. “They saw our Charlottesville book and asked if we could help them do that in their city.” Of course, success depends on an insider’s knowledge of the city, “understanding the soul of a place,” as Susie puts it. She and

“Women have powerful voices in their communities. Most of the purchasing in America is done by the females of the family. They have the relationships with architects, designers, pet care providers, jewelry stores, etc. They can advocate for their own locals and promote them through blogs and social media.”

Christy couldn’t vet businesses in cities they didn’t know firsthand. But, they could find the right person and give her the tools to build her own business. “Women have powerful voices in their communities. Most of the purchasing in America is

done by the females of the family. They have the relationships with architects, designers, pet care providers, jewelry stores, etc. They can advocate for their own locals and promote them through blogs and social media.”

So, the two partners hired

lawyers, intending to license the brand. They ended up creating a franchise. A woman in Charleston, South Carolina, became their first franchisee in 2012, followed by eight others over the next few months. In no time, there were 60 cities with *The Scout Guide*.

These handsome marketing pieces consist of photographs depicting upscale, locally owned businesses, focusing on their friendly owners in a way that makes readers want to meet them. The free books—distributed through boutiques, doctors' offices, antique shops, art galleries and realtors—are updated every year. Each city's guide is different, of course, but a typical example would include specialty restaurants, clothing boutiques, kitchen renovators, interior designers, realtors, artists, salons,

home builders, wealth managers, doctors, garden designers, photographers, caterers, and maybe a private school or preschool. So many small businesses are owned by women—the latest figures show that women own 30 percent of all enterprises, a number that is increasing at a rate 1½ times the national average. It is no surprise that women own many of the businesses featured in the guides.

But, *The Scout Guide* is just the printed side of the business model. Equally important is the social media aspect. The blog promotes each enterprise, and messages and photos are posted via Twitter and Instagram so readers can keep up with their favorite shops, restaurants and designers.

Sarah Love, owner of an exercise/dance studio in Richmond, Virginia, doesn't spend money

"It's better than regular advertising, which tends to get lost in the text portion of magazines. And I can't control who I'm surrounded by in other magazines. Here, I'm among businesses I'd like to surround myself with."

on advertising other than with *The Scout Guide*. "It's better than regular advertising, which tends to get lost in the text portion of magazines. And I can't control who I'm surrounded by in other magazines. Here, I'm among businesses I'd like to surround myself with." She's noticed that people usually look all the way through *The Scout Guide*, checking every page. She believes they keep it longer than a monthly magazine because it is so attractive and useful. Her Richmond editor "does web stuff, too. She promotes

our events for the entire year. Like for Valentine's Day, she put together a shopping guide for heart merchandise, including our heart socks. She's doing the social media work for us."

Franchisees are called editors, but they might also be termed tastemakers or influencers. Their jobs involve scouting the independent businesses in their city for the "hidden gems," working with them and with local photographers to design, produce and distribute the annual guidebook. Then, they promote those businesses online throughout the year.

Coincidentally, 10 of the franchisees are Kappas. **Allison Gormley Pezzuti**, *Denison*, editor of the TSG-Naples, Florida, edition, was one of TSG's first franchisees. "I'd been home for four years and was ready to do something," she says. "I love the job. It's very creative. It celebrates the local. It's a lifestyle job—I get to meet everybody in town and have formed lovely relationships with the business owners. I enjoy seeing what's new and going to their events. And my schedule is flexible, which is great with kids."

Susie and Christy have ambitions to continue TSG's growth through franchising. "We've pretty well covered the cities in the South," Susie says, "and we're looking to expand in the Northeast and West. Eventually, we'd like to go international."

Who knows? Soon there may be a *Scout Guide* to help us find the hidden gems of Paris. I'd like that one!



COURTESY THE SCOUT GUIDE (2)



OP-ED

Why I Did Rush

Lindsay Futch, *Georgia Southern*, penned this response to a 2016 article that appeared in *The Odyssey* by Lorena Roberts, titled “Why I Didn’t Rush.”

By **Lindsay Futch**, *Georgia Southern*

I KNEW GOING INTO COLLEGE that I wanted to join a sorority. I was a legacy and felt the need to carry on that legacy. However, what ended up happening was not what I had in mind. Instead, I created my own legacy by joining a different sorority than those of my family members. But, what I came to find was that the chapter that I chose was full of girls who cared about their friends and sisters. I stayed because I too cared about the other members who are a part of the same sisterhood.

We are all different in our own ways and care so much about diversity. We strive every day to uphold the values that our founding sisters created. I look forward to the fact that I get to join thousands of other women in becoming an alumna of Kappa Kappa Gamma. These women will help me make connections in my career field and provide help when I need it. And I for sure will do the same for them.

This organization has taught me leadership skills that I may not have found elsewhere. I’ve learned to work alongside others who may not have the same beliefs that I do but can put forward the best interest of the chapter.

It’s fine if you think that being in a sorority isn’t for you. It’s for the people who dedicate so much time and effort into making the organization the best that it can be. It’s for the people who appreciate the differences within one another. It’s for the people who want to better their lives with philanthropic values.

Without this place, I wouldn’t have found my best friends, made connections with Kappas from other chapters, become a leader or created my very own legacy.

So hey, don’t knock it till you try it. And if you did try it, maybe you just didn’t give it all that you could.

Adapted for style and length





Clockwise from top left: Annie Mohr and Caroline Rendeiro go glitter for sisterhood; All sisters are ready to greet potential new members on the first day of Recruitment; Lindsay Futch and Aubrey Garrido turn out for Kappa Con Queso benefiting GIRLS Academy; friendship is en pointe for Marissa (tutu) and Lindsay; a red-nose trio of Virginia Ingram, Megan Caudell and Marissa celebrate sisterhood at Kappa Karnival.

IN brief



CENTRAL FLORIDA

Wingin' It

Ever since cystic fibrosis claimed the life of 19-year-old **Alison Callum**, Central Florida, in 2003, members of Eta Eta Chapter have turned out for an annual fundraising walk sponsored by the Florida chapter of the Cystic Fibrosis Foundation (CFF).

But this year, Eta Eta's 170 members turned up the heat by adding a wing-eating competition. About 30 teams from the University of Central Florida's Greek-letter community participated. They consumed 3,500 wings, which is about 23 wings per person. "Kappa's Key to Wingin' It" raised \$2,500 and participants learned about cystic fibrosis, a life-threatening genetic disease that causes persistent lung infections.

Competitors did jumping jacks and then tried to breathe through a straw while holding their noses to experience what it is like for someone with cystic fibrosis to breathe. They also donned special compression vests that cystic fibrosis patients wear to help loosen the mucus in their lungs during breathing treatments.

"It was an eye-opening experience for everyone," says **Tara Elardo**, Eta Eta's Philanthropy Chairman. In preparation for the event, chapter members learned more about cystic fibrosis. "We held a taco dinner called 'Taco 'Bout Philanthropy'



MESSAGE FROM THE PRESIDENT

Looking Forward While Thinking Back

Do you ever wonder what our Founders would think of us today? Would those six, bold young women recognize the organization they created almost 150 years ago?

As Fraternity Council works to develop a strategic plan to take us to 2020 and beyond, we are looking back to our roots to help inform our future. We are exploring bold solutions to reinvent the sorority experience and recapture our values to ensure relevancy, value, a voice, empowerment and meaning for women. We're focusing on helping women make meaningful connections that provide support not only during their academic pursuits but for a lifetime.

—**Beth Uphoff Black**, Illinois Wesleyan

“If a baby was diagnosed with cystic fibrosis in the 1950s, parents were told to take them home and enjoy them because they would not make it to kindergarten.”

at the house where we heard personal stories about cystic fibrosis,” says chapter President **Andrea DiMayo**.

While Andrea still loves the annual walk and “seeing the kids running to the finish line,” learning more about cystic fibrosis made the event meaningful, especially when members learned that a cure might be found within their lifetime.

“We are rapidly working on gene editing,” explains Lora L. Miller, development director for CFF’s Florida chapter. “In just 15 to 20 years, a person could go to a hospital or care center with CF and walk out a few hours later without the disease.”

It’s something that was unthinkable just 70 years ago.

“If a baby was diagnosed with cystic fibrosis in the 1950s, parents were told to take them home and enjoy them because they would not make it to kindergarten,” Lora says. Today, babies diagnosed with the illness are growing into

adults who live well into their 40s and beyond.

“It’s amazing to think that we could actually see a cure soon and have been a small part of that,” Andrea says. “It’s an honor and special to remember a member in that way.”

—**Annemarie Brissenden, McGill**

**KAPPA KAPPA GAMMA
FOUNDATION**

Learning to Lead

Five collegians received Kappa Foundation scholarships to the North America Inter-Fraternity Conference’s Undergraduate Interfraternity Institute. **Melissa Anneschini, Marist**; **Ellie McMillan, Arizona State**; **Bryttany Dove, Lawrence**; **Casey Main, Valparaiso**; and **Kristina Conte, McGill**, spent five days developing leadership skills they can take back to their chapters, councils and communities.



DONUT WORRY, BE HAPPY

Love. Life. Donuts.

During the week before finals, members of Beta Chi, *Kentucky*, handed out donuts and “Kappacinos.” “We found that not only does a free donut or coffee brighten someone’s day, passing them out brightens your own day,” says **Emilee Lampert**, Public Relations Chairman. Annie Arnold peeks through the donut hole.

GETTING Schooled

Duck, Duck, Guppy

Biology major **Elizabeth Young, Georgia Southern**, made some new friends while searching for zooplankton in Lake Ruby on campus. The tiny organisms are used to study the feeding behavior of wild guppies and how different phenotypes in the guppies affect their overall evolution and ecology.



COURTESY BETA CHI CHAPTER; COURTESY ELIZABETH YOUNG

Key

ACHIEVEMENTS

Darcia Dettore Kunkel

ILLINOIS WESLEYAN. When Darcia Kunkel woke up one morning feeling *40-Something and Fried*, she knew she had the perfect title for her first book, a humorous and lighthearted take on everything from motherhood to the perils of perfectionism. A proponent of what she calls therapy by co-misery, Darcia says the best way to deal with the daily demands of juggling

family, work and midlife is to share and commiserate with those going through the same thing. Darcia advises young women approaching 40 to avoid the trap of trying to keep up with everyone else. Instead, prioritize and learn how to say no. She plans to publish a series of *40-Something* books and is already looking forward to writing *50-Something and Fabulous* one day.

Elena Crouch

NORTHEASTERN. Girls have to overcome many hurdles to get an education in Zambia. In fact, girls often have to work in the home while their brothers go to school. A three-year-old nonprofit organization named modzi is making a difference. Elena Crouch hopes her co-op experience with a mentorship program with modzi will make a difference. Modzi provides the full cost of educating a child from seventh grade onward and partners with organizations in Zambia to ensure that each student receives the personalized support she needs to complete her education. Taking its name from the word for “one” in Chinyanja, a Zambian language, modzi’s philosophy is that a single person can ignite change. Elena hopes to start a modzi ambassador program for college students soon.

Robin Maddox Dean

ARKANSAS. One of Arkansas’ largest volunteer organizations bestowed its highest honor on Robin Dean in April. The

Winthrop P. Rockefeller Cancer Institute Auxiliary named Robin this year’s Distinguished Honoree in recognition of her over two decades of service to the UAMS Winthrop P. Rockefeller Cancer Institute. A former volunteer and staff member who served as president from 1999 to 2000, she is one of only two staff members to win the award in 23 years. The Distinguished Honoree is presented annually to a person who has made an outstanding contribution to the mission of the institute, which supports all those whose lives are touched by cancer.

Mimi Walters

UCLA. Since 2014, Mimi Walters has served as a U.S. Representative for California’s 45th Congressional District. Mimi introduced a bill that gives sexual assault survivors more control over the collection and preservation of forensic evidence. The Survivors’ Bill of Rights Act applies to federal criminal cases and gives survivors the right to an evidence



HIGH WATER MARKS

FIONA MCCRACKEN ALLEN

TEXAS A&M

As regional manager of the Trinity River Authority, Fiona McCracken Allen oversees water and wastewater services for the 1.4 million people of the Dallas–Fort Worth area of Texas. “When you flush, think of me,” jokes the highly decorated civil engineer who has a passion for water and wastewater. In April, Fiona became the first female civil engineer and one of five women to receive the Texas A&M University College of Engineering’s Outstanding Alumni Honor Award.

COURTESY FIONA ALLEN

collection kit as well as the right to be informed of any important results from a forensic examination. Survivors must also receive written notification before the kit is destroyed and can request that the kit be preserved. The bill was signed into law in October 2016.

Daniela Franco

NYU. Daniela Franco is the features editor for *The Desert Sun* based out of Palm Springs, California. In 2017, Daniela developed and launched a Spanish-language newsletter for subscribers who prefer Spanish or for those looking to learn the language. Called “El Sol del Desierto,” the newsletter is curated from content that appears in the print edition of *The Desert Sun* and includes original content as well. Daniela was a 2013 participant in Kappa’s Leadership Academy.

Allison Ikeda

WHITMAN. Allison is serving as the student division president of the American Medical Women’s Association for 2017–2018. She is also a 2018 M.D. candidate at the Emory School of Medicine and is applying for a residency in otolaryngology this fall. In her role at AMWA, Allison advocates for the advancement of women in medicine, promotes leadership and mentorship for medical students and works on public health issues.

Jordan Bruns Richards

TULANE. On March 1, 2017, the Tuberous Sclerosis Alliance presented Jordan and her husband, John Thorpe Richards, Jr., with its Courage in Leadership Award. Tuberous Sclerosis is a genetic disease that causes benign tumors to form in vital organs, including the brain, eyes, heart, lungs, kidneys and liver. The TS Alliance noted that “because of their leadership and dedication, Congress has appropriated \$65 million to the Department

of Defense’s TSC Research program over the years.”

Theta Chapter

MISSOURI. At the 16th annual Columbia Daily Tribune Hero Awards, Theta Chapter of Kappa Kappa Gamma was awarded “Group Volunteer of the Year.” Throughout the year, active members from the chapter volunteer at Cedar Creek Therapeutic Riding Center in Columbia. **Conner Logsdon**, chapter President, accepted the award on behalf of the chapter. “We are so lucky to get to know the riders and watch them progress through their therapy every week,” the chapter wrote on Instagram.

Joy Hoedel Elder

ARIZONA STATE. At ages 54, 56 and 57, Joy earned three U.S. Figure Skating gold medals. Joy was a competitive figure skater until the age of 15 when her family could no longer afford the cost of training and competitions so she had to quit. But, she began coaching at age 17 and has continued for 40 years. Three years ago she “got up the courage” to pursue her competitive dream again. She says that skating at this level in her 50s means aches and pains but it’s been worth the perspiration, determination and discipline.

Delta Omicron Chapter

IOWA STATE. The members of Kappa Kappa Gamma’s **Delta Omicron Chapter**, *Iowa State*, received an award for the 2017 Best Academic Programming of the Collegiate Panhellenic Council. The Vice President-Academic Excellence implemented “Sit at the Table” and “Keep Our Hand Up” programs to empower members to be successful. Members are encouraged to be brave in class, not be afraid to ask questions and answer confidently. High-achieving upperclassmen are paired with new members in the same major for mentoring.



DRAWING A BEAD ON CANCER

Generous Gems

BACK IN 2005, **CINDY SALE**, *DRAKE*, LEARNED FIRSTHAND WHAT IT was like to watch loved ones suffer through cancer treatments.

While serving as the primary caregiver for her brother during his treatments for multiple myeloma, her two close friends were diagnosed with breast cancer within a month of each other.

When one of her friends brainstormed the idea of offering hope to cancer patients in the form of gifts of jewelry mounted on inspirational notes, Cindy—an artist herself—jumped at the opportunity to help. They created a nonprofit organization called Gems of Hope.

“Healing is spiritual,” Cindy says. “You have to have hope and positivity to get through it and that’s what we at Gems of Hope hope to offer.”

At Gems of Hope workshops, volunteers—including those once served by the organization—create jewelry and notecards for individuals undergoing cancer treatments locally. “We have so many people that want to give back when they are feeling better. Gems of Hope combines a fun activity and art therapy and gives people a way to make an impact.”

The organization has grown and flourished for more than a decade. In fact, **Pamela Eilert Price**, *Drake*, has started a chapter in the Milwaukee, Wisconsin, area.

“Eleven years later and I am totally amazed at what we have done and continue to do,” Cindy says.

To learn more, visit gemsofhope.com.

—Katie Mills Giorgio, *Drake*

IN memoriam

* Adelphi College

Bannon, Joan Musselman, '49, d. 2/17

* Adrian College

Wilson, Esther Clouse, '39, d. 12/16

Akron, University of

Apse, Astrida Strazdins, '64, d. 8/16
Morgan, Patricia Billow, '44, d. 2/17
Sparhawk, Susanne Hurlburt, '49, d. 10/16

Alabama, University of

Rowan, Barbara Walker, '48, d. 11/15
Tucker, Anne Bidgood, '43, d. 11/16
Withers, Marjorie Gerber, '52, d. 5/15

Allegheny College

McCullough, Martie Hamilton, '52, d. 2/17

Arizona, University of

Laumeister, Virginia Marsh, '53, d. 10/16

Arkansas, University of

Bennett, Betty Melton, '52, d. 2/14
Pritchett, Mary Hallenbeck, '43, d. 9/09
Slabaugh, Eda Lake, '54, d. 2/17

Baylor University

Borders, Peggy Wilson, '77, d. 10/15
Jones, Jo Barnett, '77, d. 1/17
Patterson, Peggy Swanner, '78, d. 7/16
Richards, Rebekah Webb, '77, d. 11/16
Williams, Barby Parrish, '77, d. 11/15

* Boston University

Harris, Anne Dunn, '58, d. 11/16
Williams, Patricia Packer, '63, d. 11/16

Butler University

Hendricks, Joan Parr, '43, d. 1/14
Tearnan, Evelyn Hammer, '40, d. 1/17
Yoakum, Holly Fricks, '95, d. 2/17

California, U. of, Berkeley

Carp, Ann Prentiss, '48, d. 12/16

California, U. of, Los Angeles

Dodson, Patricia Whittemore, '46, d. 2/17
Miller, Joan Sherry, '45, d. 8/16

Carnegie Mellon University

Price, Janet Armstrong, '44, d. 3/16

Cincinnati, University of

Carmichael, Judith Heckerman, '63, d. 1/17
Gilchrist, Helen Calvert, '50, d. 6/14
Schmidt, Susan Seale, '60, d. 12/16
Wilson, Ruth Wilzbach, '38, d. 7/15

Clemson University

Adams, Christina Theos, '86, d. 12/16

Colorado College

Boyd, Cynthia Cheek, '80, d. 4/16
Brugger, Barbara Lett, '48, d. 12/16
McColl, Suzanne Ecke, '56, d. 2/17

Colorado, University of

Dennerline, Barbara Joyce, '48, d. 1/17
Lake, Nancy Ash, '52, d. 12/16
Moore, Jeanne Thomas, '53, d. 1/16

* Connecticut, University of

Flewwellin, Nancy Brandes, '50, d. 2/17

Franklin, Jane Hahn, '45, d. 1/17
Hine, Claire Knowlton, '49, d. 11/16

Denison University

Bishop, Janice Carr, '46, d. 2/17
Kimball, Rosemary Gerwig, '41, d. 10/16
Shutt, Joyce Tecklenberg, '56, d. 11/16

DePauw University

Ecker, Sandra Allan, '54, d. 8/16

Drake University

Erwood, JoAnn Clements, '48, d. 2/17

Duke University

Dykstra, Carol Crowgey, '70, d. 8/16

Emory University

Wood, Rosalyn Kempton, '59, d. 12/16

George Washington University

McGinnis, Betty Richardson, '47, d. 12/16

Georgia, University of

Bremer, Beverly Hart, '52, d. 1/17
Sullivan, Suzanne Gardner, '50, d. 2/17
Wolf, Marilyn McGehee, '50, d. 1/17

* Goucher College

Eason, Nippy Knipp, '34, d. 1/17

Hillsdale College

Katz, Helen Kies, '46, d. 12/16
Miler, Joan Swift, '38, d. 12/16

Illinois Wesleyan University

Johnson, Peggy Minch, '47, d. 11/16
Mitchell, Harriett Hartenbower, '43, d. 12/16
Nyweide, Frances Mitchell, '42, d. 4/16

Illinois, University of

Logan, Joan Lamb, '42, d. 1/16
Ryan, Carol Walker, '56, d. 1/17

Indiana University

Bidwell, Jane Gibson, '31, d. 3/03
Franklin, Maryann Wilson, '56, d. 11/16
Regan, Delene Smith, '54, d. 6/16
Rose, Maribeth Harrison, '40, d. 11/16
Sheline, Anne Eisermann, '53, d. 12/16
Thomas, Judy Roberts, '53, d. 11/16

Iowa, University of

Gannon, Clare Donahoe, '44, d. 2/17
Schmidt, Emily Phillips, '47, d. 11/16
Snyder, Ruth Curtis, '42, d. 8/16

Kansas State University

Benson-Montague, Barbara David, '58, d. 8/15
Miner, Gwendolyn Lee, '37, d. 3/16
Petersen, Beth Ewert, '58, d. 3/12
Quinn, Barbara West, '45, d. 1/17

Kansas, University of

Anderson, Margaret Meeks, '47, d. 10/16
Connell, Elaine Elvig, '48, d. 12/16
Ennis, Cordelia Murphy, '42, d. 1/17
Hunt, Judith Henry, '56, d. 11/16
Lowe, Polly Roberts, '43, d. 2/17
Perkins, Jeanne Sunderland, '39, d. 1/17

Kentucky, University of

Herrington, Eugenia, '65, d. 1/17
Hinkle, Sallie Spears, '44, d. 10/16

Woodford, Betsy, '41, d. 11/16

Louisiana State University

Auxter, Ruth Staman, '41, d. 11/16
Goetz, Gail, '56, d. 11/16
Taylor, Dixie Daniels, '53, d. 2/17

* Manitoba, University of

Maier, Elizabeth Colyer, '41, d. 2/17
Wyse, Ainslie Esling, '31, d. 11/12

* Maryland, University of

Spencer, Helen Smyers, '41, d. 1/17
Wosilait, Marilyn Stilwell, '44, d. 1/17
Lacey, Mary Donley, '74, d. 2/17
McCausland, Barbara Mullinix, '58, d. 12/16
Schucker, Beth Holmes, '56, d. 2/17

Miami University

Spencer, Helen Smyers, '41, d. 1/17
Wosilait, Marilyn Stilwell, '44, d. 1/17
Miami, University of
Countiss, Frances Brimberry, '42, d. 1/17
Martin, Carol Davison, '55, d. 1/17

Michigan State University

Benfer, Marion Amos, '46, d. 11/16
Foster, Mary Rayner, '32, d. 1/02
Vaughn, Patricia Colby, '45, d. 2/17

Michigan, University of

Fors, Mary Burkman, '58, d. 12/16
Griffith, Elizabeth Maire, '52, d. 11/16

* Middlebury College

McNamara, Ann Cadmus, '45, d. 7/16

Minnesota, University of

Ochsner, Mary MacLean, '57, d. 1/17
Savage, Lavinia Alder, '35, d. 1/17

Mississippi, University of

Reschenberg, Sandra Southern, '60, d. 5/16

Missouri, University of

Brand, Eleanor Arnold, '50, d. 1/17
Curry, Kay Landis, '65, d. 10/15
Kleven, Nancy Anderson, '62, d. 12/16
Madden, Elsie Fellows, '55, d. 6/16

Monmouth College

Hackbrush, Jerrilyn Kunze, '63, d. 4/16

Montana, University of

Armstrong, Nancy Robertson, '54, d. 11/16

Beardsley, Virginia Jeffers, '41, d. 8/07

Beebe, Mary Bennett, '47, d. 8/15
Berglund, Marie Niemi, '45, d. 11/15
Bremner, Elizabeth Bradham, '52, d. 6/31

Bruce, Annette Phillips, '36, d. 2/99
Chapple, Sally Hoskins, '39, d. 2/04

Chassan, Colleen McCarthy, '44, d. 8/12
Clapp, Mary Petersen, '44, d. 3/15
Crookes, Elizabeth Parker, '33, d. 12/09
Derge, Denise Deschamps, '40, d. 6/07
Ellsworth, Jacqueline Lundahl, '60, d. 7/15

Fitzhugh, Bernice Luedke, '34, d. 11/95
Fry, Sydney Stewart, '47, d. 12/06
Gerhardstein, Mary, '55, d. 6/06
Gilpin, Helen Davis, '47, d. 9/93

Grafton, Katherine Thurston, '34, d. 4/11

Hagens, Lucie Clapp, '38, d. 3/16
Halseth, Barbara Hall, '44, d. 7/05
Hamre, Jean Peterson, '44, d. 11/15

Hansen, Mary Crutcher, '37, d. 3/98
Hawkins, Ann Albright, '46, d. 9/14
Hodson, Barbara Long, '51, d. 1/17

Hoffman, Karen Hyde, '65, d. 11/10
Johns, Edith Schuyler, '42, d. 4/07

Lahr, Shirley Leibinger, '54, d. 6/13
Larsen, Dolores Haas, '43, d. 12/14
Larson, Joan Daveau, '48, d. 6/99

Lerossignol, Jean, '47, d. 1/03
Mason, Agnes Robinson, '38, d. 12/07
Matteucci, Marybelle Jackson, '44, d. 3/00

McCusker, Grace Bailey, '37, d. 12/87
McHugh, Helga McArthur, '29, d. 6/08

Merhar, Mary Browne, '35, d. 12/08
Nichols, Marjory Dickinson, '28, d. 12/00

O'Connor, Nancy Fields, '48, d. 11/14
Ori, Patricia McFadden, '50, d. 4/13

Oshier, Rosalba Gore, '34, d. 5/02
Perry, Gail Daggett, '49, d. 9/12

Price, Sidney, '44, d. 12/07
Rachac, Constance, '45, d. 4/13

Rice, Olive Barnett, '31, d. 12/04
Robbin, Nita, '54, d. 8/06

Robinson, Carley Bramlette, '50, d. 1/14
Setterquist, Georgia Brodrick, '27, d. 12/99

Sexton, Helen Bateman, '32, d. 4/97
Shipley, Edith Pehl, '31, d. 12/94

Slater, Blakely, '86, d. 1/17
Smith, Sara Frey, '37, d. 1/13

Sparrow, Harriet Miner, '44, d. 8/05
Staffanson, Frankie Smith, '43, d. 12/16

Strong, Myrtle Wanderer, '15, d. 6/80
Sullivan, J Eckford, '38, d. 12/83

Sweeney, Mary Carroll, '43, d. 2/08
Thompson, Unarose Flannery, '27, d. 1/05

Tidball, Marcia Oechsli, '51, d. 6/99
Trosper, Dorothy Murphey, '39, d. 2/13

Vietor, Eleanor Potter, '33, d. 12/08
Walker, Joyce Crutchfield, '39, d. 3/91

Walsh, Phyllis Jordet, '47, d. 7/99
Weston, Beverlee York, '46, d. 8/13

Woodlief, Jean-Mary Hample, '41, d. 7/08

New Mexico, University of

Fisher, Jocelyn Koch, '29, d. 11/16

North Carolina, University of

Jones, Hannah Hart, '60, d. 2/17
Tewell, Ashley Ivester, '89, d. 1/17

Northwestern University

Browne, Nancy Liginger, '46, d. 6/16
Figgie, Nancy Furst, '46, d. 12/16

McSweeney, Josephine Esch, '45, d. 6/14
West, Anne Murphy, '60, d. 11/16

Ohio Wesleyan University

Gage, Malinda Horn, '37, d. 1/17
Nye, Elizabeth Westland, '48, d. 12/16

Oklahoma State University

LeGrand, Cora Le Grand, '73, d. 10/16
Snell, Virginia Mock, '47, d. 11/16

MAKE A note



Recruit With Ease Select-A-Sis

Beginning fall semester, chapters will use an app for voting during Recruitment. The customized Select-A-Sis program simplifies the process as members can take notes securely and vote with a smartphone or tablet. Chapters are receiving ongoing training and webinars on the benefits of Select-A-Sis and can reach out to the Membership Specialists with any questions.

Let's Talk About Six, Baby

MAY 5, 2017

The Key was honored with six magazine awards at the Fraternity Communications Association annual meeting. Prizes included first place in the cover design, story packaging, persuasive/opinion writing and human interest writing categories; a second place prize for feature writing; and a third place prize for photography.

Oklahoma, University of

Billington, Mary Salter, '47, d. 11/15
Brown, Barbara Camp, '41, d. 8/16
Estes, Mary Green, '44, d. 1/15
George, Sue Seeger, '54, d. 8/16
Hoppe, Patricia Shoemaker, '74, d. 11/82
Jones, Diana Brett, '47, d. 6/80
Kilpatrick, Joie Johnson, '40, d. 7/93

Lunn, Pat Hannan, '42, d. 5/16
Potts, Mary McIntyre, '43, d. 10/84
Quam, Amanda Fleetwood, '46, d. 1/16
Rhees, Sally Bish, '55, d. 8/00
Richards, Mary Jordan, '63, d. 1/17
Sutton, Mary Monsour, '57, d. 4/99
Sutton, Mary Kuhns, '42, d. 11/95

Oregon, University of

Fletcher, Ancy Vincent, '51, d. 9/13
Vial, Carol Walker, '52, d. 2/17

Pennsylvania State University

Kowatch, Alice Miller, '46, d. 2/17

* Pennsylvania, University of

Howland, Jeannette Keene, '40, d. 9/16
Lauer, Elizabeth, '39, d. 2/17
McDonald, Lorraine Chevalier, '39, d. 12/16

Pittsburgh, University of

Haseltine, Anne Whitlinger, '43, d. 2/17
Speicher, Carol Hinds, '49, d. 12/16

Purdue University

Brandt, Judith Woolverton, '57, d. 12/16
Bushnell, Phyllis Adams, '46, d. 12/16
Chestnutt, Dorothy Egner, '45, d. 9/14
Eibel, Sally Cochran, '54, d. 1/17
Grotnes, Nancy Hammond, '48, d. 1/17

* Rollins College

Bell, Peggy Kirk, '42, d. 11/16
Ricks, Susan Carter, '62, d. 11/16
Vild, Marilyn Shaw, '54, d. 1/17
Webster, Mary Haley, '47, d. 7/14

* San Jose State University

Shaughnessy, Carol Skapik, '60, d. 11/16

Southern California, U. of

Tobian, Marley Shriver, '57, d. 2/16
Van Cleave, Margaret Sullivan, '58, d. 11/16

Southern Methodist University

Holland, Laura Dupree, '44, d. 1/17
Mabery-Foster, Lucy Wood, '56, d. 5/02

St. Lawrence University

Bashore, Jody Eastman, '40, d. 3/16
Rhodes, Joan Duryea, '45, d. 9/16

Stanford University

Jessup, Adaline Brown, '43, d. 8/15

Syracuse University

Naumann, Kathryn Dawson, '53, d. 12/16

Texas Christian University

Bowers, Rosalyn Dugger, '93, d. 1/17

Pender, Demetra Ikard, '70, d. 11/14
Rollins, Quincy Sherley, '61, d. 5/15

Texas Tech University

Carson, Joanne Barney, '55, d. 2/15
Cesario, Diana Deadwyler, '87, d. 7/16

Texas, University of

Bowman, Mary Ann Lewis, '45, d. 12/16
Bradley, Claire Snyder, '48, d. 1/17
Casey, Hallie Slaughter, '66, d. 12/16
Chase, Ellender Stribling, '38, d. 7/16
Coutret, Therese Graves, '55, d. 11/16
Gramann, Marie, '33, d. 10/16
Holmes, Liz Gossett, '68, d. 6/15
Littleton, Jean Richards, '49, d. 12/16
Reid, Josephine Lockhart, '43, d. 11/16
Wiggins, Mary Lou Myers, '45, d. 12/16

Toronto, University of

Parkinson, Jane Hamilton, '48, d. 2/17

Tulane University

Grant, Joan Arbour, '68, d. 4/13
Palmer, Katherine Laidlaw, '39, d. 1/16

Tulsa, University of

Burt, Carthel Jacobs, '49, d. 11/16

Utah, University of

Thorpe, Bonnie Lee, '48, d. 1/17
Young, Elaine Hayward, '49, d. 1/17

Washington, University of

Albritton, Grace Stribling, '44, d. 1/17
Carlton, Marilyn Stevenson, '48, d. 12/16
Pittenger, Nancy Walters, '59, d. 2/17
Robinson, Judith Delsman, '60, d. 12/16

West Virginia University

Allard, Barbara Smith, '37, d. 3/16
Cooney, Ellen White, '37, d. 11/16
Keesler, Ann Douglas, '78, d. 11/17
Spencer, Marilyn Sondles, '53, d. 1/17
Spenger, Martha, '59, d. 8/16

Whitman College

Buschmann, Claire, '63, d. 8/16
Fuhrmeister, Mary Brown, '42, d. 10/15
Mitchell, Nancy Williams, '41, d. 1/17

William & Mary, College of

Ackerman, Elizabeth Gilbert, '54, d. 11/16
Bickel, Josephine Napolino, '53, d. 9/16
Hart, Nancy Bozarth, '46, d. 9/16
Ray, Nancy Messick, '53, d. 11/16

Wisconsin, University of

Brant, Marian Freed, '57, d. 2/17
Cobb, Dawn Herbuevaux, '41, d. 1/17

Wyoming, University of

Ellbogen, Ruth Lesley, '51, d. 11/16

Submitted Nov. 1, 2016, to Feb. 21, 2017.
Send notices of member deaths to Kappa Kappa Gamma, P.O. Box 38, Columbus, OH 43216-0038 or email kkghq@kkg.org or call 866-554-1870.

* Indicates inactive chapters.

NOTE: Jean's information was obtained from the Miss America organization. Jean died in 2011.

remix

“THERE SHE IS, MISS AMERICA”

Jean Bartel
UCLA, MISS AMERICA 1943



Savvy Shields
ARKANSAS, MISS AMERICA 2017

Although many things have changed since the Miss America competition began in 1921, one aspect holds true: Those awarded the title of Miss America strive to make a difference through service and education. Here's a now and then with **Jean Bartel**, *UCLA*, Miss America 1943, and **Savvy Shields**, *Arkansas*, Miss America 2017. Find out how Jean's contribution to the pageant has impacted today's Miss America.

<p>When Jean entered the Miss America pageant, talent counted for 50 percent of contestants' scores. Jean thought it might jump-start her Broadway career.</p>	<p>What made you want to compete in Miss America?</p>	<p>When I was 12, I watched a local preliminary. Seeing young women speaking on stage, getting to perform and being part of something bigger than themselves inspired me.</p>
<p>A vocal performance of “Night and Day” by Cole Porter from a 1932 musical.</p>	<p>What was your talent in the Miss America competition?</p>	<p>A jazz dance to “They Just Keep Moving the Line” from <i>Smash</i>.</p>
<p>Jean focused on supporting the WWII effort. She sold more Series E war bonds than anyone in the U.S. In today's dollars, the total amount of bonds she sold would be around \$34 million.</p>	<p>What is your platform and why did you choose this platform?</p>	<p>“Eat Better, Live Better.” I grew up in a healthy home, but, in college, I recognized the connection between what I ate and how I felt. My goal is to live by example and teach people tangible ways to eat healthily.</p>
<p>When Jean won, she did not receive a scholarship. According to the Miss America organization, Jean and her Kappa sisters suggested a scholarship program. The first scholarship was awarded in 1945 in the amount of \$5,000.</p>	<p>What scholarships have you received from Miss America?</p>	<p>I have received over \$90,000 in scholarships from the Miss America organization, which will allow me to graduate from college debt-free and work toward a master's degree in the future.</p>
<p>Jean went on to fulfill her dream of becoming a singer and actor. Her first Broadway performance was opposite Jack Carson in <i>Of Thee I Sing</i> before working on many TV shows and movies.</p>	<p>What do you plan to do after your reign as Miss America?</p>	<p>Catch up on sleep. But really and truly, I have been a part of many charities and organizations and I am excited to continue my love and passion for these groups after my reign ends.</p>



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