



The Key

Summer 2019
KAPPA KAPPA GAMMA

PAGE 18

Crowd
Pleaser

*Music festivals
keep the beat alive*



1968

LOOKING BACK

Wearing sensible heels and carrying straw bags, members arrive in Columbus, Ohio, for the 47th Biennial Convention. Next summer, Conventioneers will travel to Boca Raton, Florida, to celebrate the Sesquicentennial and to dream boldly about the next 150 years of Kappa.

Everyone wages this internal battle to some degree: child or adult? Safety or freedom? But no matter where people fall on those continuums, every decision they make is based on two things: fear and love. Therapy strives to teach you how to tell the two apart.

— Lori Gottlieb

THERAPIST AND AUTHOR OF *MAYBE YOU SHOULD TALK TO SOMEONE*

Summer

2019, Volume 136, No. 2

FEATURES

Don't Stop the Music

BY LAURA VINCI AND KRISTEN DESMOND LEFEVRE

18 From the 50th anniversary of Woodstock to Coachella, make the best of your festival with this guide.

Deep Dive

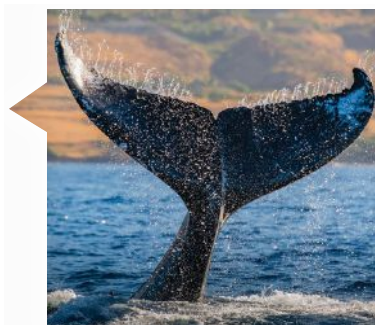
BY RACHEL LEVIN

26 Dr. Meagan Jones' research on how humpback whales create families and nurture their young could help save the population of these marine mammals.

The Therapist Is In

BY LORI GOTTLIEB

32 A therapist learns that the issues her patients face aren't so different from her own.



IN EVERY ISSUE

- 2 **Feedback**
- 3 **Letter From the Editor**
- 4 **The Mix**
Go behind the pages of Sarah Copeland's new cookbook with our exclusive visit to her home kitchen and garden.
- Do we really need bugs? One expert weighs in.
- Why Prague is Europe's best-kept travel secret.
- A photographer follows her camera on a 15-year journey through the parks of Paris.
- 37 **Through the Keyhole**
How the longest-running coffee bean shop on the West Coast has stayed all in the family since 1924.
- 42 **In Brief**
- 44 **Key Achievements**
- 46 **In Memoriam**
- 48 **Remix**



COURTESY LAURA VINCI; FLIP NICKLIN, MINDEN PICTURES; NAPS PERMIT # 10225; COURTESY LORI GOTTLIEB

COVER: MARIO ZUCCA



The Gift of Life

This story [on organ donation] really hit home for me. Due to a rare genetic condition, I was almost a living donor

for my mom at Mayo Clinic Rochester. She moved up the transplant list more quickly than anticipated so she was able to get a liver donation from a deceased donor. Her brother had a heart and liver transplant a few months later. They are both doing well now, almost five years later.

—Carrie Wilkie,
Ohio Wesleyan

Organ donation is very important! My younger sister had a life-saving double-lung transplant and we keep her donor close to our hearts. Seeing more stories about the different kinds of organ donation is so inspiring.

—Susan Dolan,
Kansas State

Fringe Benefits

MY WIFE, DANA SANDIFER

Darrough, was a Kappa at Texas Tech. After she reads each issue of *The Key*, she passes it on to me as there are some very interesting articles about Kappas who have started their own businesses.

—Bill Darrough

Feeling Left Out

I ENJOY RECEIVING MY EDITION of *The Key*. However, it often leaves me feeling like the magazine doesn't showcase women I can relate to. I am not a movie star, published author, or successful business owner. I would love to hear more stories about the things us "regular" gals are contributing to the world.

—Angie Keller Wilkerson,
New Mexico

Blue Ribbon

AT THE 2019 HERMES

Creative Awards, *The Key* was honored for writing and overall excellence with Platinum and Gold Awards. During the 2019 Fraternity Communications Association Awards, *The Key* received awards for writing, cover design, and story packaging—plus the coveted Fred F. Yoder Cup for Overall Magazine Excellence. The judges wrote: "Beautiful, sophisticated, and elevated. *The Key* is a standout leader in fraternity publications. You've combined creative, compelling content with beautiful photography and high-level design to present a publication that is at the very height of its game. The love the team has for this publication is apparent. *The Key* is a keeper for the coffee table, not just a standard throw-away. It is a publication nearly beyond reproach."

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
Stacy Warren Flannery, Drake
Katie Mills Giorgio, Drake
Jodi Noding, Florida
Kait Smith Lanthier, Marist
Laura Vinci, Kansas

Editorial Board Chairman

Judy Stewart Ducate, Texas Tech

Executive Director

Kari Kittrell Poole

Director of Marketing and Communications

Ashley Gilbert Moyer, Purdue

Copy Editor

Cailin Cooney, Central Florida

Design

Em Dash

Printed by

Lane Press

The Key (ISSN 1063-4665) is published by the Kappa Kappa Gamma Fraternity and Foundation, 6640 Riverside Drive, Suite 200, Dublin, Ohio 43017. Printed in the United States of America, copyright Kappa Kappa Gamma Fraternity 2016. Subscription price is \$3.

POSTMASTER: Send address changes to *The Key*, 6640 Riverside Drive, Suite 200, Dublin, Ohio, 43017

KAPPA KAPPA GAMMA HEADQUARTERS

6640 Riverside Drive, Suite 200
Dublin, Ohio 43017

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

Email Kappa: kkgq@kappa.org
Email *The Key*: thekey@kappa.org

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



facebook.com/kappakappagamma
facebook.com/thekeymagazine
twitter.com/kappakappagamma
linkedin.com
Keyword: Kappa Kappa Gamma
www.kappa.org



What's Your Story?

IF YOU'RE TALKING, WE'RE LISTENING

GOODNESS, TRUTH, AND BEAUTY (THE KIND THAT comes from the inside out) inform *The Key's* editorial choices—and they're probably similar qualities that informed your decision to give your name and interest to Kappa Kappa Gamma. As sisters, we are in the company of luminaries: CEOs and celebrities, a duchess and a presidential contender. But we are also among everyday women who strive to do our little, perfectly—or sometimes imperfectly—in our everyday lives.

On the pages of our summer issue, you'll find a mix of Kappas who span decades, chapters and life situations: a foodie navigating life with kids in tow, a professor who finds beauty in bugs, a photographer who walked the parks of Paris to capture everything and nothing all at once, and a centenarian who decided her 100th birthday was the perfect time to take that helicopter ride she'd always dreamed of.

Whether their stories are large or small, these women remind us that moments of sisterhood are everywhere. *The Key* hopes to help you find and celebrate them—here and in your own lives.

It's not uncommon for those of us who produce *The Key* to get to know our subjects. We've heard contributing writer **Laura Vinci**, *Kansas*, talk for years at our Editorial Board meetings about her love for music festivals. Little did we know that what

she found beyond the music was sibling solidarity with her brothers (Wristband Warriors, Page 18). **Lori Gottlieb**, *Stanford*, is a psychotherapist and *New York Times* best-selling author who—post-breakup—finds herself in therapy. After receiving a copy of Lori's book, *Maybe You Should Talk to Someone*, I read it and sent it to my daughter who was dealing with a breakup of her own (Both Sides Now, Page 32). Other stories don't come by acquaintance or by mail. Whale researcher **Dr. Meagan Jones**, *SMU*, spends her life on the ocean where the whales are—which is usually not where the Wi-Fi is. But sisters can overcome distances (and differences) to share their stories—as Meagan shared with us after months of missed connections (Deep Dive, Page 26).

That's the miracle of *The Key*. More often than not, our stories

develop organically. A member lets us know about a sister with a story worth covering. As writers and editors, we wonder: *Will this person want to speak to us? Will they answer our call?* Issue after issue, Kappas answer the call. Once we connect (even across oceans), the bond of sisterhood is palpable. Shared Kappa values ease the flow of conversation.

So keep sending us your stories. The small ones and the big ones, the stories you're hoping to read and the stories you think we missed. Duchess or do-gooder, CEO or commoner, we hope you'll drop us a line at thekey@kappa.org. Because sisterhood—and a shared story—can make the world feel like a much smaller, friendlier place.

Kristin

—**Kristin Sangid**, EDITOR



HELICOPTER
HARRIETT

Harriett Yapp Sams, *Hillsdale*, brings new meaning to *#goals*. In 2018, when she was about to turn 100, she had already done many things—owned a horse, learned to play the piano and won tennis tournaments. But she'd never taken a helicopter ride. For her 100th birthday, this resident of John Knox Village in Pompano Beach, Florida, buzzed over the beach by helicopter with friends, celebrating a century in style.

COURTESY JOHN KNOX VILLAGE

This book is about the big, joyous, loud, flavorful moments and the simple moments.

— Sarah Copeland



THE
mix



GENTIL + HYERS





Saturday Supper

A DAY IN THE KITCHEN WITH A FUSS-FREE FOODIE

A KITCHEN CAN HAVE MANY PURPOSES. FOR **Sarah Copeland**, *Missouri*, it's her office where she tests recipes for cookbooks and online columns. It's her creative studio where she styles food and décor for photo shoots. And it's the center of her home where her family gathers for joyful, unfussy meals.

From attending culinary school, to working as a personal chef, to directing the

food content for media outlets like *Real Simple* and The Food Network, Sarah has

spent years working with food. Today, she's a freelance writer, recipe creator, food stylist, and

Sarah and her children, Greta and Máytás, in their family garden

photographer who has authored three cookbooks: *The Newlywed Cookbook* (2011), *Feast* (2013), and *Every Day Is Saturday* (2019). Informed by her current season of life—which finds Sarah running her business and mothering two small children at the same time—her newest book encourages cooks to find small pockets of time to prepare dishes they are excited about whether they live in a college dorm, a big-city apartment, or a family home.

When I visited Sarah's home in a Hudson Valley hamlet two hours north of New York City, we sat in the kitchen she remodeled with her husband, furniture designer Andrés Gipp. Windows and skylights welcomed the spring sunshine. Bright red radishes soaked in the farmhouse sink.

The kitchen's setup exemplifies Sarah's straightforward approach to cooking, which she describes as "creating the simplest, tidiest version" of any recipe. Her knife strip contains just four blades. A Le Creuset Dutch oven lives on the stovetop for quick access. Beautiful, simple crockery lines the open shelves and copper pots hang within easy reach. From the kitchen window, you can see Andrés' furniture workshop and the outdoor space the couple uses to entertain in the summer—eating al fresco with a bonfire, twinkly lights, and a long table big enough for a crowd. Sarah says her family loves the fresh produce that comes from their small garden of herbs and salad greens, kale, cucumbers, tomatoes, and berries. Fruit trees dot the property.

Since one of the chapters in *Every Day Is Saturday* is dedicated to grazing platters, Sarah and I decide to assemble one together. French café music

plays in the background as we set local cheeses alongside peppery salami, watermelon radishes, and sweet, dark grapes. Sarah adds a scoop of fresh honeycomb, a sprinkle of caper berries, and a jar of lemon spread. Sliced fresh plums and pears fan out across the walnut wood board and roasted almonds fill in any sparse spots. Sarah snaps a few iPhone pictures for her Instagram account, where she shares photos and stories from her everyday life. Then, we sit down together at the Carrara marble-topped dining table Andrés created.

We eat and talk. Sarah describes the arduous process of writing a cookbook. In a time when many cooks expect to get high-quality recipes online—instantly and for free—Sarah says she and other recipe developers work hard to create accessible ideas worth paying for. She tests each recipe multiple times, including once with a professional tester. Sometimes she'll place callouts on Facebook for feedback from fans—including several fellow Kappas who have stepped up as testers. She says she loves seeing how cooks across the country interpret her recipes.

Reassured by Sarah's promise that I don't need fancy knife skills or formal chef training to make great meals, I embraced the *Every Day Is Saturday* approach back in my Manhattan apartment, cooking my way through several dishes from the book. Following the recipes brought me small moments of satisfaction—massaging fresh kale for a radish salad with almonds and Parmesan or watching a one-pot summer macaroni come together in just a few minutes.

Ultimately, Sarah says *Every Day Is Saturday* embodies

the lifestyle philosophy she's leaning into right now. She lacks the time to track down hard-to-find ingredients, cook exacting recipes, or clean piles of dirty dishes, she says. So why not focus on serving delicious, quick meals for whomever she's feeding that day and take a moment to savor their time together?

"This book is about the big, joyous, loud, flavorful moments and the simple moments," she says. "It's about nurturing my family, but it's also about taking care of myself."

—By **Nina Bahadur**,
Princeton

In a time when many cooks expect to get high-quality recipes online—instantly and for free—Sarah says she and other recipe developers work hard to create accessible ideas worth paying for.

Bitter Greens and
Beet Salad



Bugging Out

WHO SAYS BUGS ARE ALL BAD?

JULIE A. PETERSON, OHIO WESLEYAN, WANTS YOU TO know that insects aren't just for stomping, swatting or spraying: They're critical to global ecology. But, she's not suggesting people welcome all sorts of bugs into their homes, either. "My nickname as a kid was Julie Bug," says Julie, who is an assistant professor of entomology and an extension specialist at the University of Nebraska. "I've always loved insects. I loved being outdoors and running around, catching things in jars.

"Some days, I come into work and someone brings me an insect in a plastic bag and asks what it is. They want to know if it is harmful to their crops and if they need to do something about it. There are these little mysteries that you solve and I really enjoy that."

"I was so fascinated by the diversity of insects, how important they are in everyday life, how interesting they are and all the different lifestyles and ways that insects can make a living," she says.

Spending half her time in the university's Agroecosystems Entomology Lab and the other half doing community outreach, Julie conducts ecological and biological research on pest insects and beneficial insects in agricultural systems.

"We are trying to harness the natural power of the beneficial insects to help us fight against the pests," Julie says. "It's about managing agricultural pests as well as conserving the beneficial insects and using them in our favor."

On any given day, it might mean studying how to increase the number of lady beetles by planting wildflowers next to soybean crops so that the lady beetles can eat the aphids that threaten the crops. It might

mean looking at farming options like planting cover crops, tilling less often, or using insecticides less harmful to beneficial insects and the environment. Or it could mean working with a team of scientists to determine the next pest threats to corn crops.

"I didn't grow up on a farm, but I've really enjoyed this, and I'm realizing how important—critical really—agriculture is to everyone," she says. "I am very interested in the overall goal of coming up with management strategies for farmers, things that can help farmers to not just control their pests, but also do it in a way that is less harmful to the environment and to the beneficial insects like pollinators and insects that provide biological control (the good insects attacking the bad insects)."

As an extension specialist, Julie transfers the latest research from the lab to farmers, crop consultants, and seed salespeople.

"I like feeling that the research



we are doing has an impact,” Julie says. “The farmers are a great group of people and I get so many good ideas from them. I love to see the new things they are trying on their farms, and I love the problem-solving nature of it. Some days, I come into work and someone brings me an insect in a plastic bag and asks what it is. They want to know if it is harmful to their crops and if they need to do something about it. There are these little mysteries that you solve and I really enjoy that.”

That extension role also provides opportunities to educate people about the roles of insects everywhere—not just agriculture.

“People don’t usually think about how important insects and insect relatives are in everyday life,” Julie says. “Entomology is important in

the agricultural industry, where I have focused, but you think about public health aspects—like mosquito-borne diseases—and urban and structural issues, like dealing with termites and cockroaches and bedbugs.”

She says she understands why people might be creeped out by the very subject she studies.

“I don’t want a bunch of insects climbing around my house either,” she says. “But I tend not to remove spiders because for every one spider you see, I think of the hundreds of insects that spider is eating.”

The message Julie spreads: “There are so many insects out there that are not hurting us. They are doing their own thing and playing their role in their ecosystem.”

—By **Katie Mills Giorgio**,
Drake



Shoo, Fly

Bothered by bugs? Seven facts that make insects seem more cool than creepy.

ALL BUGS ARE INSECTS BUT NOT ALL INSECTS ARE BUGS. Bugs are an order of insects called *Hemiptera*. These

“true bugs” have mouths that look like needles—perfect for piercing tissue and slurping up fluids.

THEY ARE OLDER THAN DINOSAURS. The oldest insect fossil is 400 million

years old—appearing on Earth about 170 million years before dinosaurs.

THEY OUTNUMBER ALL OTHER SPECIES. More than 1.5 million types of insects have been identified. That’s over three times the number of all the other animals combined.

THEY PREFER THE SHORE TO THE SEA. Seventy percent of the Earth’s surface is covered by the ocean, and insects have largely failed to set up shop there (and no one really knows why).

THEY’RE ON EVERY CONTINENT ... BUT JUST BARELY. A wingless midge is the only insect that calls Antarctica home.

THEY’RE ON THE MENU. In over 130 countries, insects are popular snacks, especially since they are full of nutrients like zinc, calcium, iron, and potassium.

WE’D BE IN A MESS WITHOUT THEM. Insects do critical work to keep our natural world functioning. Without their waste disposal services, dead animals and plants would endlessly accumulate in our environment.

SOURCES: Live Science and National Geographic

Julie talks with local farmers about insect identification and ecology during a community outreach event in the Platte River Prairies.





Perfectly Prague

EXPLORING EUROPE'S HIDDEN GEM ON FOOT

WALKING ACROSS PRAGUE'S CHARLES BRIDGE as a newly arrived English teacher nearly 20 years ago, I had two thoughts. One: *I never want to leave.* Two: *I need comfortable shoes.* "Bring good walking shoes" is still the advice I give

visitors to this city that I call home. Here are my top five must-do's to make your trip perfectly Prague.

Fuel up at a First Republic Café

Start your day at the literary café where personalities such as Albert Einstein, Franz Kafka, and Karel Capek dined. Established in 1902, **Café Louvre** is one of Prague's best-preserved grand cafés. Use the pencil and pad on the table to jot down your daydreams.

Walk Back in Time

Walk down **Národní Trída** (National Avenue) along the

same route as protestors in the Velvet Revolution of 1989. See the memorial to President Vaclav Havel and the gold-domed National Theatre.

Souvenir Shop in Style

Bypass big-name brands on **Parížská Street** (off Old Town Square) and visit **SmetanaQ**. This design shop is housed in a historical waterfront building and features handcrafted items by Czech and Slovak artists.

Get a Bird's-Eye View

Many tourists climb to the top of the Old Town Hall—with its famed 600-year-old **astronomical clock**—to view Prague's

red roofs and spires from above. For a cheaper and more local option, buy a ticket at Charles Bridge to climb to the top of the Old Town Bridge Tower for breathtaking views of **Zlatá Praha** (Golden Prague).

Relax at the Riverfront

Head to **Náplavka**, a riverfront boardwalk in New Town. En route, admire the "Dancing House" designed by architect Frank Gehry. Browse the Saturday farmer's market, grab an espresso at a boat café, or listen to Czech musicians perform.

—By **Emily Gates Prucha**,
Duke

SATVAREL, ISTOCK BY GETTY IMAGES

Kappa Kandy

SWEET SELECTIONS FOR SISTERS EVERYWHERE



Lace Up

Blue and blue meet tried and true. These award-winning sneakers combine high-quality design and performance for your best race yet. // brooksrunning.com // \$120



Fast Track

This zip-up is made for the girl on the go. Sport it in the gym, out on the field or wherever you want to turn heads. // greekgear.com // \$72



Music on the Move

Don't miss a beat with this armband and case that keep your phone secure through your toughest workouts. // incase.com // \$50



H2Go

Stay hydrated with a glass water bottle. Each purchase provides a donation to safe drinking water projects. // drinksoma.com // \$30

BROOKS SPORTS, GREEKGear.COM, INCASE DESIGN, DRINKSOMA.COM



In Focus

WHERE SOME SEE EMPTINESS IN UNPOPULATED IMAGES,
AN ANALOG PHOTOGRAPHER SEES LANDSCAPES FULL OF LIFE

“OPEN SPACES. THERE’S SOMETHING ABOUT THEM,”
photographer **Christine Riedell**, *USC (Calif)*, says.
Her portfolio reveals her urge to capture landscapes:
the bigger and barer, the better. In this Instagram
age where posed people and styled suppers are *de
rigueur*, Christine knows some might view her work as ... well, empty. To
Christine, it’s something more existential. Call her outlook glass half full
(even when she’s purposely pointing her camera away from fullness).



SAINT-GERMAIN

“I walked and I walked and at the end of the walkway was that gorgeous group of trees and I was astounded. I just thought that circle of trees was the most beautiful thing in the world.”

“It’s about the sense of time—what has gone, what has left; what has changed and what is still the same,” she says. “Things change but we’re still here. I find that amazing.”

Christine admits she becomes “obsessed” with each subject she shoots. “I want to pursue it. I want to know more. I study the history. I take it from all different viewpoints until I really understand it,” she says.

Her most recent subject is the parks of Paris, published in her new book: *For Going Out, I Was Really Going In*. The project began as an interest Christine took in Eugène Atget—an itinerant French photographer who used a wide-angle lens to shoot landscapes in the kind of artistic faux pas that later looks like unrecognized genius. “When he photographed, it looked like you were falling into the image,” Christine says. “I loved that. I wanted to replicate it but put my

own spin on it.”

With a super-wide-angle Widelux lens attached to her camera, Christine traveled to Paris to retrace Atget’s footsteps—starting at Saint-Cloud, a park designed by French landscape architect André Le Nôtre. Christine was intrigued by Le Nôtre’s geometric genius. “The lines, the angles. Everything is perfectly placed in terms of the paths, the trees, the statues,” she says. Before long, Atget wasn’t the only Frenchman Christine was obsessing over. “I followed Atget and Le Nôtre,” she says. “I followed my heart.”

Le Nôtre designed eight parks in and around Paris. Over several trips, Christine photographed them all. “Each time, I would discover something new. It was all a matter of adventure. What I thought I wanted to get wasn’t what I got at all. I got something even better.”

What she “got” was

something the French call *terroir vague*—the parts of a landscape that have an appeal because they’ve been forgotten. “It’s not what’s *en vogue*. It’s not where everybody takes their walk,” Christine says. “And yet it’s filled with history and filled with information.”

To highlight that feeling of the forgotten, Christine walked extensively through Le Nôtre’s parks. “From front to back, I walked each day,” she says. “You get away from the tourist area and it’s empty.”

Even in heavily populated spaces—as Parisian parks often are—Christine would turn her camera away from the crowds or simply wait until people moved out of her frame. “That’s the thing about landscape photography,” she says. “You have to be incredibly patient.”

Christine’s Paris parks project took her almost 15 years to complete. You’d think that after

so many years, Christine would be faced with a daunting task of culling through tens of thousands of images. And perhaps she would be if she used digital equipment. Instead, she says, she's an analog holdover—preferring old-school film instead of digital files. As a result, she says she shoots no more than one roll of 36-frame film on any given day.

“When you shoot with film, you're very methodical about where you set the camera, what

kind of day it is, and waiting for the shot to be correct before you push the shutter button,” she says.

Despite her love for the traditional tools of photography, she's not a Luddite. “There's beauty in digital that you can't get with film,” she admits. Still, she wonders how digital photography (and the post-production digital alterations that come along with it) are altering our concept of what the truth is. “In film, you've got what

you've got,” she says. “This is the moment: gritty, moving, ugly, beautiful, surprising.”

When Christine was satisfied with the look and feel of her Paris images, she hired Sybren Kuiper, a Dutch graphic designer famous for creating photo books that are so much more than coffee table décor. Christine teamed up with Kuiper to give her readers “an experience.” Kuiper created a unique accordion book design that connects each page to the

JARDIN DES TUILERIES



“If you go to a Parisian park in the evening, all the chairs are filled with people. Then you go back the next morning and the chairs are all abandoned, but they're in the same place they were when people were sitting in them. You can almost hear the conversations that were going on.”

next, a structure that Christine says “lets you really get involved in the imagery—like you’re taking a walk through the parks with me and my camera.” Christine admits that the design means her book is “literally not a page turner. It’s not a quick process, looking at that book,” she says.

But slow and deliberate is just the way Christine likes things. “It’s like the difference between analog and digital,” she says. “That’s the way I

operate. I’ve always been willing to wait for what I want. I will pursue a subject until I get what I want in terms of expression. I’m not always really sure what that is, but I know it when I find it.

“I just work on it until it happens,” she says. “It has to click, you know? It has to go: yes.”

—By **Kristen Desmond**
LeFevre, Indiana

Visit christineriedell.com to view more of Christine’s portfolio.

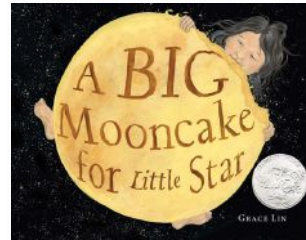


BOOKS

Culture Club

These multicultural books help children either see themselves in picture books or learn about friends and neighbors who may look different from them.

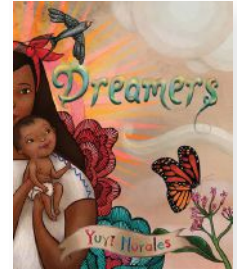
—By **Katie Mills Giorgio, Drake**



A Big Mooncake for Little Star

BY GRACE LIN

Learn about the phases of the moon and Chinese culture in this Caldecott Honor winner.



Dreamers

BY YUYI MORALES

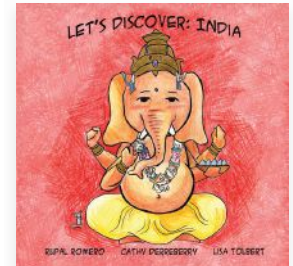
Follow the story of the author’s migration to the United States from Xalapa, Mexico.



Little Dreamers: Visionary Women from Around the World

BY VASHTI HARRISON

From writers and inventors to artists and scientists, the stories of 35 trailblazing women who made a lasting impact are sure to inspire.



Let's Discover: India

BY RUPAL NAIK ROMERO, NORTH CAROLINA,
CATHY BRADEN DERREBERRY, TENNESSEE

Two Kappas team up to introduce the beauty and history of India.



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 boyfriend and I have been talking about getting engaged. I recently met his family for the first time, and—to be blunt—I don’t like them. I worry that his parents could make our life miserable if we were to marry. What should I do? — *Signed, Family Feud*

Dear Feud:

When you commit to a partner, you also commit to what—and who—they bring with them. In other areas of life, it’s easy to minimize contact with people you don’t like, but that’s harder in a marriage. Before pulling the plug on what sounds like a promising relationship, work to discover the good aspects about your partner’s parents. While this may be challenging, if you’re in this relationship for the long haul, it will be worthwhile to make your interactions with your partner’s parents as pleasant as possible.

Dear Clara: I am asked to attend frequent business dinners at pricey restaurants with my supervisors. It’s a great perk, but I stress about what to order and how to behave. What are the rules of business dinners?

—*Signed, Tripped Up at the Table*

Dear Table:

Always follow your host’s lead. If your host orders alcohol and you don’t want to drink, simply order your preferred beverage—no explanation needed. If your host orders alcohol and you follow his or her lead, keep it to one or two glasses (and sip slowly). Consider asking your dining partners for suggestions

on menu items. Select one of the dishes they recommend or something that’s similarly priced. If all else fails, follow the 50 percent rule: Don’t order the least expensive item on the menu, but also don’t go for the most expensive. When the meal comes to a close, stay with the program. If the host doesn’t order dessert, don’t order dessert. If the host doesn’t order coffee after the meal, don’t order coffee.

Dear Clara:

I have been reading a lot of parenting advice sites lately, and it’s making me feel guilty about the way I raised my kids (they’re 11 and 13). I’m realizing I didn’t show them enough love when they were little. (Not to make excuses, but I just didn’t know how. I was raised in an unemotional family.) Now I’m trying to make up for my inadequacies and to help them understand that I only acted the way I did because I didn’t know any better. It’s an uphill struggle. How can I move forward and be a good parent to them as teens?

—*Signed, Mom Guilt*

Dear Guilt,

You may need to give yourself a break. I’d wager that there’s not a parent out there who doesn’t wish they’d done some things differently. The reality is that most parents have done the very best they could. Remember: No one is perfect—no matter how those other moms make things look on social media. If you’ve done your best, what keeps you from forgiving yourself? It sounds like you’re owning those old missteps and you’re trying to do things differently now. That just shows just how far you have come.



JONATHAN BARTLETT

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

FROM THE ARCHIVES

Neat as a Pin

Set in sterling silver, the pin is overlaid in azure and robin's egg blue cloisonné—an artistic technique dating back to ancient times. Cloisonné is made by melting brightly colored glass powder or enamel onto metal, yielding colors that are both deep and durable. The term cloisonné is derived from the French word for partition, an apt description of the way these hues of blue are separated by metal like tiny stained-glass windows.

Although the name of the Boston-based jeweler who handcrafted this pin is unknown, **Beatrice Stanton Woodman**, *Boston*, oversaw its commission in 1964. It was given to the Fraternity by the alumna groups of Theta Province and former Province Director of Alumnae **Portia Pittenger Rissler**, *Butler*, to be used as an award for alumnae associations with over 200 members. —By Archivist/Museum Director **Kylie Towers Smith**, Simpson

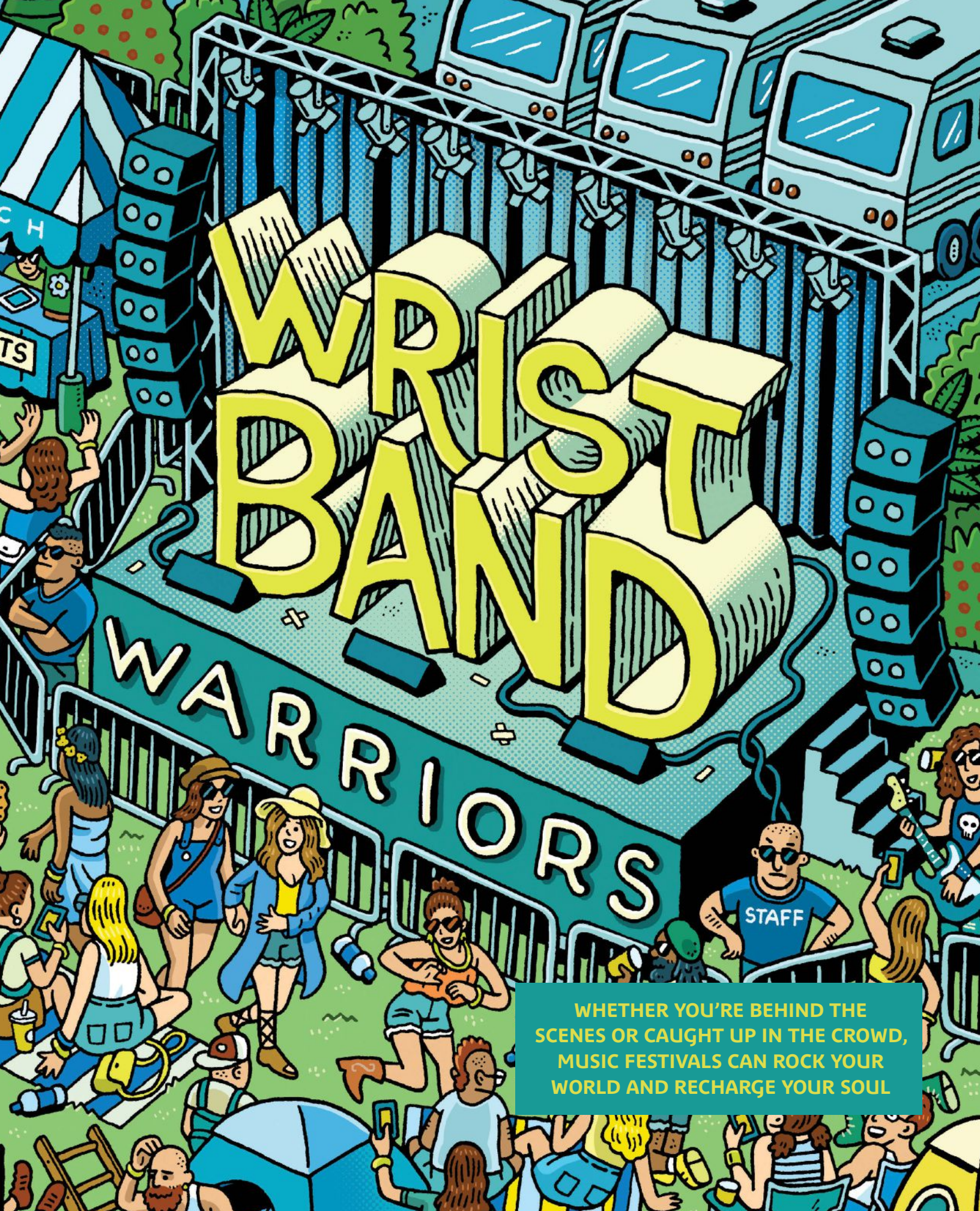
This alumna award pin was retired to the Fraternity archives in 1998.



HISTORVIT

Illustration by Mario Zucca





WARRIORS

WHETHER YOU'RE BEHIND THE SCENES OR CAUGHT UP IN THE CROWD, MUSIC FESTIVALS CAN ROCK YOUR WORLD AND RECHARGE YOUR SOUL

It was just after 9 o'clock on a Sunday in mid-June 2015.

The sun had set over the Bonnaroo Music and Arts Festival—a four-day music festival in Manchester, Tennessee. A dark purple colored the evening sky. I stood with my two older brothers, Mike and Doug, as the air buzzed around us. Exhausted from four days of heat, tunes, and camping, we waited in the warm dusk for the festival's last headliner.

The lights blazed and Billy Joel took the stage, singing: “*I don't need you to worry for me 'cause I'm alright.*” And all right we were.

BONDING OVER BONNAROO

It was my first time at a large-scale music festival. Same for Doug. But Mike had been to Bonnaroo before. In years past, he'd tell us about his time “on the farm”—as attendees call the 650-acre Great Stage Park. Doug and I saw the glimmer in our brother's eyes as he told us stories about the artists he had seen, the people he had met, and the memories he'd made.

We were intrigued, but it seemed like a lot of trouble to go to for a concert. But then, sometime late in 2014, we heard that Billy Joel would be headlining Bonnaroo the next summer. Although my brothers and I don't share parallel tastes in music, we all love the Piano Man.

Our sibling group text began to have a common theme: Bonnaroo 2015. Could the three of us commit to a weeklong vacation? *Yes.* Did we have supplies to camp on-site? *Yes.* Could we meet up and make the journey to the middle of Tennessee together? *Yes.* In the end, there was only one question left: Why *shouldn't* we go?

My brothers gathered items and shopped, checking necessities off our list. Tents, tarps, and toilet paper: *check.* I booked a flight to Roanoke, Virginia, where we would meet to kick off our 400-mile road trip, and



MUSICAL MILESTONES

Through the years, these festivals—some famous, some notorious—have made history, marked time, and brought music to the masses.



1967 *The Monterey International Pop Festival*

Hailed as the first-ever major rock festival, this California event was organized by icons like Mick Jagger and Paul McCartney.



It featured three days of music, including performances by Simon & Garfunkel, the Mamas and the Papas, and Jimi Hendrix—who famously set his guitar on fire while playing “Wild Thing.”

Left, Laura Vinci and her brothers and friends attended their third Bonnaroo in June 2019.

“No one is a stranger; you are welcomed by everyone. It’s a huge group coming together because of the same passion: music.”

Doug *needed* to see Dawes, while Mike was *not* going to miss Childish Gambino. Billy Joel was a must-see for all three of us.

With our plans finalized, Mike made us each a list of our individual show schedules. Then we packed up our gear—including my middle school-era American Girl sleeping bag—and headed toward Tennessee. On I-24, we spotted cars with Bonnaroo campsite parking permits, and we honked and waved in solidarity. We jammed out to the bands we planned to see. We charged up our phones and caught up on life.

In the world of siblings, there’s good and there’s bad. But this was better than Christmas morning.

MUSIC FOR THE MASSES

According to *Billboard*, more than 32 million people go to at least one music festival every year. These multiday experiences offer performance genres from alternative rock, to hip-hop, to electronica and everything in between.

Ashley Juliano, *Northeastern*, says festivals are about more than music—they’re about community. She describes her fellow “wrist-band warriors”—people who can be spotted wearing a stack of bands on their wrists to let you know they’ve been-there-done-that—as “family.” “You’re a part of something special—kind of like a sorority, but just for the weekend,” she explains. **Gina Bruni**, *Chapman*, keeps an eye out for the totem flags of Kappas and members of other Greek-letter organizations in the crowd. “It’s a great way to make new friends,” she says. “You may even find a group to go to future festivals with.”

From hippies to headbangers, music festivals foster a unique experience for people to gather and transcend differences. “It’s a glimpse into what the world would look like if everyone was loving, accepting and nonjudgmental,” says **Annika Klein**, *College of Idaho*. “No one is

planned my wardrobe—outfits I’d describe as festival-chic-meets-100-degree-heat.

On the Tuesday before Bonnaroo 2015, my brothers and I reviewed our must-see shows. With more than 10 stages, performances overlap; you can’t see them all. I was dying to see a handful of artists; my brothers were less keen on them.



<< HMONG HILL CROSSBODY BAG
discovered.us//\$38

SCALA FELT HAT
kohls.com//\$35



SAM EDELMAN WINONA BOOTIES
zappos.com//\$159.95



MULTICOLOR DANGLE EARRINGS
by Family Jewels //amazon.com//\$24.99



BLANKNYC BOYFRIEND DENIM SHORTS
nordstrom.com//\$68

DRESS THE PART

Coachella Chic

This eclectic, bohemian-chic festival takes place at the Empire Polo Club in Indio, California. When attendees aren’t jamming out to bands on one of five different stages, they’re living their best lives out in the sun (and posting it all on Instagram).

1969 Woodstock Festival

This three-day “Aquarian Exposition” was held on a dairy farm in New York. Close to 500,000 fans experienced music from 32 acts like the Grateful Dead, Canned Heat,



The Who, and Janis Joplin. This year marks its 50th anniversary.

1970 Glastonbury Festival

Set on a 900-acre farm in southwest England, “Glasto” is the world’s largest outdoor music and performing arts festival. This five-day annual event draws 150,000 fans to watch acts like Coldplay, the Rolling



Stones, Adele, David Bowie, and Ed Sheeran rock out on its famed Pyramid Stage.

a stranger; you are welcomed by everyone. It's a huge group coming together because of the same passion: music."

"Concerts are fun," **Sarah Ghaussy**, *Drake*, says. "But you are stuck in a stadium listening to the same routine the artist performs time after time." Multiday, multi-artist festivals don't compare to traditional music concerts, she says. "Festivals allow people to enjoy music, relax and step into something else. Almost nothing can compare to that one week when my focus is just on the music around me," she says.

That kind of in-the-moment focus is the best way to get the most out of any music festival, according to **Claire Schultz**, *Cal State Northridge*. "Soak up the sights and sounds," she advises, "and relax."

MAKING THE MUSIC HAPPEN

Of course, the producers and behind-the-scenes professionals who make sure the show goes on can't relax. So what does it take to make the music happen?

Casey Amborn Creasey, *Mississippi*, is the executive director of the Greater Belhaven Foundation, which produces Bright Lights Belhaven Nights (BLBN), a daylong three-stage music festival in Jackson, Mississippi. She says her team plans for months ahead of showtime,

"Festivals allow people to enjoy music, relax and step into something else. Almost nothing can compare to that one week when my focus."

doing logistical test runs that include multiple contingency plans—lining up backup options for everything from vendors to bands. "Problems arise when you're least expecting it," Casey says. "We plan for every outcome."

Casey says taking BLBN from fantasy to festival each year almost never ends. "As soon as one year is over, it's brainstorm sessions to think of the next one," she says.

And after months of planning, there's showtime to contend with. "There's never a dull moment over the walkie-talkies during setup on festival day," Casey admits.

In 2017, BLBN followed the trend of mega-festivals like Coachella and went cashless. But difficulties with Wi-Fi strength caused headaches—for organizers, vendors and festivalgoers alike. The following year, Casey's team brought ATMs on-site. "We thought, 'What could go wrong with that?'" she laughs.

The answer? Everything. After the ATM supplier (a friend of a

MAKE THE BEST OF YOUR FEST

Rock any festival with these tips from veteran festivalgoers.

Prep Pre-Show
READ UP ON THE RULES
stated on the music festival's website.

—**Erica Periandri**, *SIUE*

KNOW WHO'S PLAYING EACH DAY—when and where.

—**Gina Bruni**, *Chapman*

DON'T WASTE YOUR BATTERY checking to see who's up next. Screenshot your show lineup and set it as your phone background.

—**Claire Schultz**, *Cal State Northridge*

Try for Tickets

SCORE CHEAP TICKETS during the presale. To get into the queue quickly, be prepared with several computers when the tickets drop.

—**Kelly Knisel**, *Washington & Jefferson*

AT CAMPING FESTIVALS, you pay to see *and* stay/survive. I like basic camping. It's cheap and it's where I find authentic experiences and interactions.

—**Ashley Juliano**, *Northeastern*



Annika Klein



1991 Lollapalooza

Lollapalooza began as a touring show featuring alternative rock bands like Jane's Addiction, Nine Inch Nails, and Rage Against the Machine.



But by 2005, it was transformed to an annual summer fest held at Chicago's Grant Park. "Lolla" offers four days of performances spanning every genre—from Bruno Mars to Blink 182, from Radiohead to the Red Hot Chili Peppers.



Don't Leave Home Without...

A WARM ARTICLE of clothing. No matter how hot it is during the day, it gets cold at night. Also, bring a fanny pack and earplugs. No one wants to carry stuff around all day, and earplugs will help you sleep.

— Annika Klein,
College of Idaho

SUNSCREEN, SUNGLASSES AND A HAT.

— Kate Russell, Alabama

A BANDANA. The grounds can get extremely dusty.

—Claire

SNACKS. You don't want to search for food after a day of rocking out. Bring a poncho for an instant dry spot to sit on.

—Sarah Ghaussy, Drake

A PORTABLE PHONE CHARGER.

Taking videos and pictures drains your battery. You don't want a dead phone when trying to find your crew! Also, bring a hydration pack or water bottle. Tip a vendor \$5 and ask them to fill it with ice since the free water is usually not cold.

—Kelly

Look the Part

DRESS FOR THE FESTIVAL

you're at, and always be yourself—not who you saw on Instagram. Updos like braids or space buns are your friend,



Sarah Ghaussy and her mom enjoy Lollapalooza.

and colored hair spray is a cool and creative way to cover up oily hair. What not to wear? Anything that appropriates another culture.

—Ashley

ALWAYS WEAR COMFORTABLE, CLOSED-TOE SHOES.

You never know what you could be stepping in—literally. This also saves your feet when they get stepped on, which will definitely happen.

—Claire

Show up for Showtime

MOST SHOWS FILL UP EARLY.

If a band is worth wait-

ing all day for, camp out right when you get there.

—Sarah

IF YOU NEED TO SQUEEZE THROUGH

a crowd, be polite—a few “excuse me’s” and an outfit compliment or two go a long way!

—Gina

Put Safety First

CELLPHONE SERVICE is unreliable at most festivals, so a meet-up location and time is crucial if your crew will be splitting up.

—Kelly

DON'T ACCEPT ITEMS from people you don't know, includ-

ing water, food, alcohol, or anything consumable that could be laced or infected.

—Gina

KEEP YOUR ID AND \$20 CASH ON YOU,

and leave your wallet at home. Festival wristbands with RFID chips make going cashless easy. Register your wristband, upload your credit card information, and set a PIN to pay at kiosks. A registered wristband lets the festival know your location and helps you navigate smarter and safer.

—Ashley



1997 Electric Daisy Carnival

What began in the early 1990s as a series of Los Angeles warehouse parties has grown into an annual music festival that attracts nearly 1 million fans across four locations:

Japan, Mexico, Florida, and Las Vegas. EDC is the world's largest event dedicated to live electronic dance music, with performances by artists and DJs like Marshmello, Diplo, the Chainsmokers, and David Guetta. Stage shows dazzle with fireworks and lasers.

1999 Coachella Valley Music and Arts Festival

Held in the desert of California's Coachella Valley, this celeb-favorite draws more than 250,000 fans each year. It all started when Pearl Jam held a



ROMY MINI DRESS BY ENDLESS SUMMER X >>
FREE PEOPLE
nordstrom.com//[\\$88](#)

DRESS THE PART

Bonnaroo Boho

Things are laid back and chill on the 650-acre farm in Manchester, Tennessee, where Bonnaroo sets up shop each summer. Camping is key at this festival that rocks to the beat of good times, great tunes, and green vibes.



VIVIVALUE BOHO FLOWER CROWN
amazon.com//[\\$14.99](#)

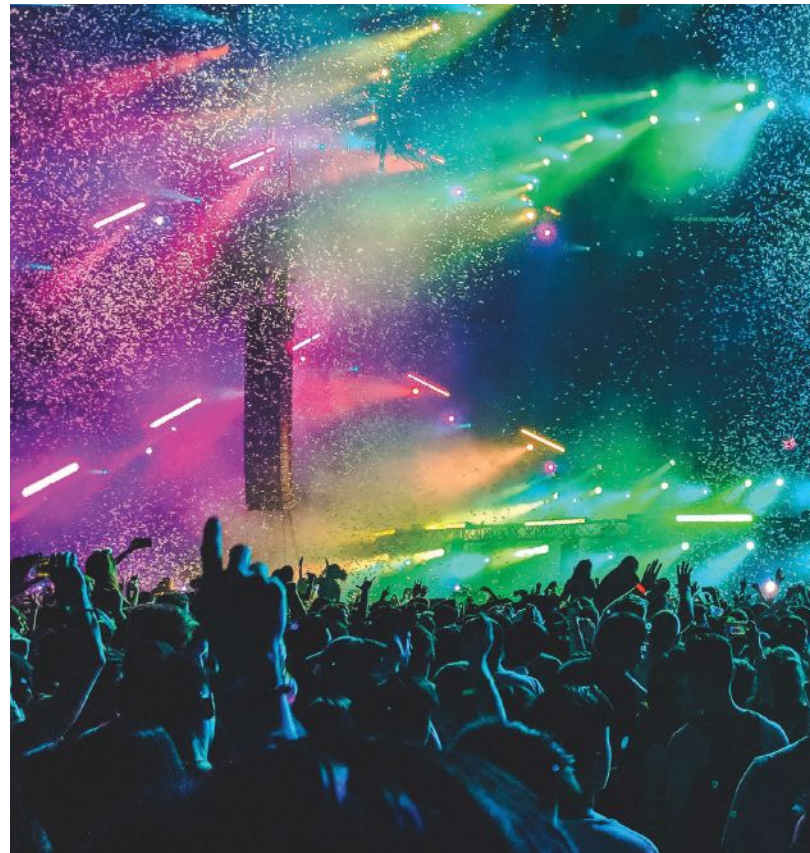
FRENCH CONNECTION CHARLOTTE BELT BAG
usa.frenchconnection.com//[\\$44.99](#)



LINNVER BOHEMIAN CHANDELIER EARRINGS
amazon.com//[\\$7.99](#)



CRAVE BOOTS BY TAOS FOOTWEAR
zappos.com//[\\$159.99](#)



friend) delivered his machines, Casey says he staged a robbery to collect insurance. “It was a disaster,” she recalls. Still, the hard lessons and hard work have their benefits. “It’s all worth it,” Casey says. “You know you’ve done it when you see all the attendees at the final performance having a great time.”

AND THE BEAT GOES ON

That first Bonnaroo wasn’t the last time I saw Billy Joel in concert. Last year, I saw him perform at New York’s Madison Square Garden. It’s a spot Joel once called “the center of the universe.” But if you ask me, it doesn’t hold a candle to his performance under the open Tennessee air in 2015—the night Mike, Doug, and I made a pact to create a Vinci-sibling Bonnaroo tradition.

Summer 2019 marks our third year as dedicated Bonnarooivians. As each summer approaches, our group texts transform into a space to share the music we’re listening to. We build our schedules for the

concert at the Empire Polo Club to cut Ticketmaster out of their ticket sales. The location stuck and more bands were added to the lineup each year. By 2012, “Chella” got so big that organizers turned it into two separate weekends. Today, the festival features performances by artists like Beyoncé, Wiz Khalifa, Ariana

Grande, Eminem, Lady Gaga, Drake, and Guns N’ Roses.



2002 Bonnaroo Music and Arts Festival

Each June, the population of the tiny town of Manchester, Tennessee, swells to more than 80,000 people during this four-day festival set on a 650-acre farm. All genres of music are showcased at





festival's lineup. We post #ThrowbackThursday "Roo" photos. Our phones ping when festival organizers push out updates.

Thanks to Bonnaroo, we're intentional about carving out time for one another—a time when we meet to escape our everyday 9-to-5's (public relations, coding and finance) and enjoy the music together. We don't share the exact same music taste. (I watched Taylor Swift's Reputation tour in the pouring rain, Mike's Spotify playlist has everything from the All-American Rejects to Mallrat, and Doug favors live music above all else.) We're different ages (29, 30 and 40), live in different parts of the country (New York City, southwest Virginia, and Washington, D.C.), and are in different stages of our lives (two of us are jump-starting our careers and one of us is raising a 10-year-old).

Differences can divide the best of us. But music festivals can be a kind of connective tissue. It's something special I share each summer with my brothers and 80,000 of our Bonnaroo'ian friends. 📱➡️

— By Laura Vinci, Kansas



GLOFX KALEIDOSCOPE GLASSES

glofx.com//\$39.99
(use code KKG_Key for 10% off!)

MINI IRIDESCENT BACKPACK

forever21.com//\$24.90



IRISIE SEQUIN BASEBALL JACKET

amazon.com//\$27.99



DISCO NIGHTS DUSTER EARRINGS

thesongbirdcollection.com//\$9.95



CONVERSE X CHIARA FERRAGNI CHUCK TAYLORS

bloomingdales.com//\$130

DRESS THE PART

Eclectic EDC

Held in Las Vegas, this colorful festival dedicated to electronic dance music of every kind features DJs throwing down their beats and festivalgoers dancing in the streets.



Bonnaroo, including performances by acts like Phish, Kanye West, Pearl Jam, Bruce Springsteen, James Brown, and U2. For those who want a break from the music—which plays from noon until 4:30 a.m. each day, "Roo" offers an entertainment village with an arcade, movies, a theater, a comedy club, and a silent disco.



**2017
Fyre Festival**

Perhaps the world's most infamous festival, Fyre was touted as a luxurious island getaway. Promising live music by Tyga, Major Lazer, and Blink 182 and promoted by Instagram influencers, tickets sold out. But Fyre was

postponed indefinitely when the organizers' greed and dereliction created problems with security, food, housing, and artist relations. Fyre's CEO was convicted of fraud, sentenced to six years in federal prison, and ordered to forfeit \$26 million.

—By Kristen Desmond LeFevre, Indiana



Deep Dive

*How a marine biologist unlocks
the mysteries of humpback
whales in Maui and nurtures the
next generation of scientists*

BY RACHEL B. LEVIN

A calf comes to the surface
for air while its mom watches
protectively from below.

All photos used in this article
were taken under NMFS/NOAA
Permit #19225



It's February— the height of humpback whale season in Hawaii—

which means that it's next to impossible to get hold of whale scientist **Meagan Jones Gray**, Ph.D., *SMU*.

For just a few months every winter, the marine mammals that Meagan has dedicated her life to studying migrate from their feeding grounds in Alaska to the warm, calm waters around Maui, offering her the opportunity to study these so-called “gentle giants” in one of the world’s most ideal natural laboratories.

This short window of opportunity means that whenever Meagan isn't teaching her classes in sustainable science at the University of Hawaii Maui College or performing her administrative duties as the executive director of the research/educational nonprofit she co-founded, Whale Trust, she's out on her boat observing whales and gathering data for her many research projects.

Weeks pass before I can reach her. And when I do finally get her on the phone at her home in Kula, Maui, on a late-February Thursday afternoon, it's only because she's thrown out her back and scrapped her scheduled day on the water in favor of getting checked out by her doctor.

At first, Meagan just wants to chat for a few minutes. Her back is killing her, so she suggests we delay the rest of our conversation for another time. “I would love to talk to you when I feel like I can be present,” she explains.

Of course, that sounds agreeable to me. But as Meagan begins to tell me about her passion for the enigmatic sea creatures she studies, she's fully present despite her pain. Brushing aside her earlier request for a short conversation, she dives deep to tell me about the circuitous path that brought her to Maui and the whale mysteries she spends her days unraveling.

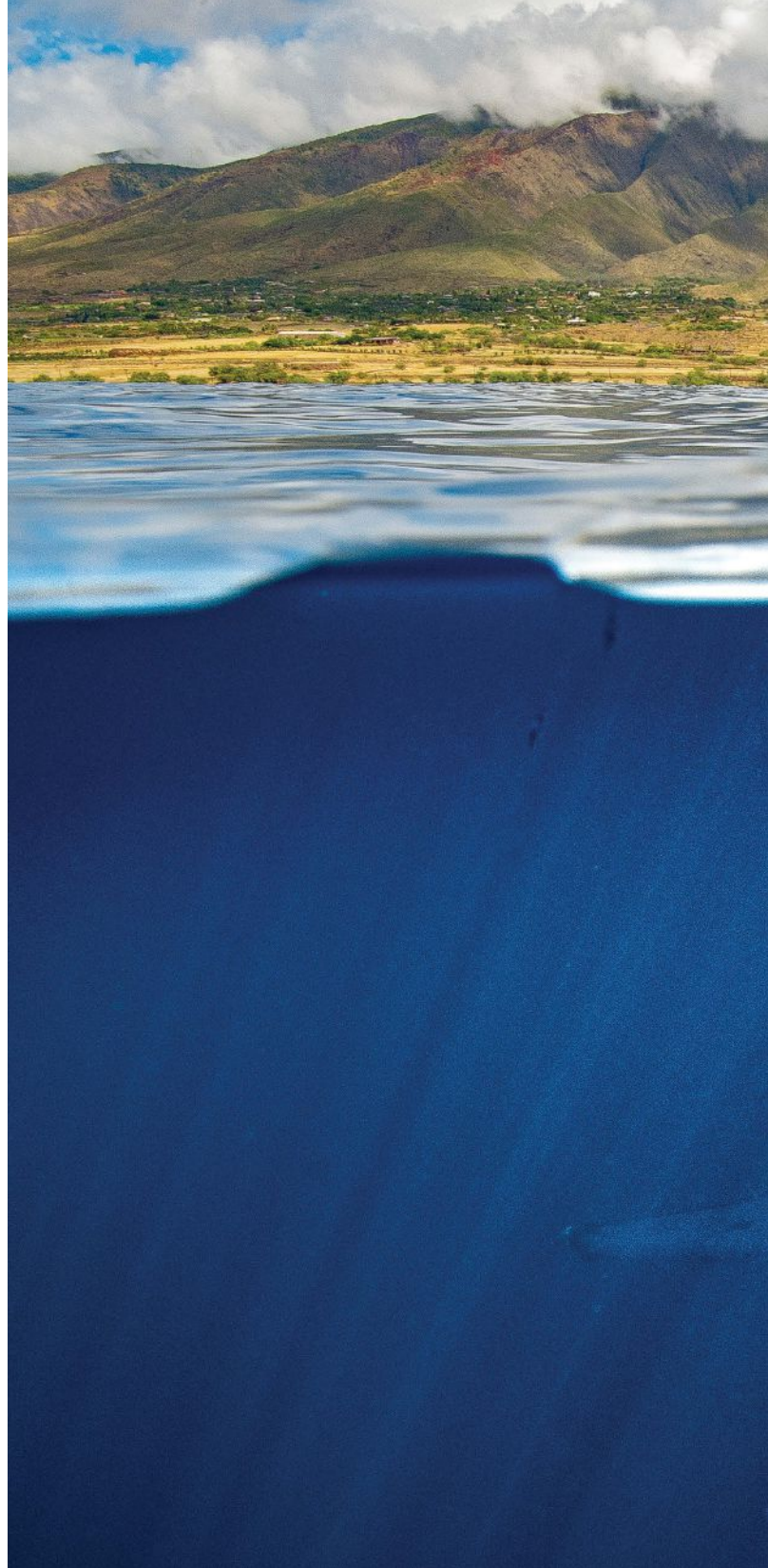
Setting Sail

In the late 1980s, Meagan was a graduate student in psychology at Southern Methodist University in Dallas, Texas, researching child development when the head of the department came to her with an unusual request.

As Meagan describes it, “He said he needed a graduate student to go and learn everything there was to know about dolphins. He wanted to compare how dolphins process information with how children do.” Knowing about Meagan's love of animals and the ocean, he thought she was the right person for the job.

Though she'd been “landlocked,” as she calls it, most of her life—moving around the country as a child with her family from Louisiana to Arkansas, Florida, New Jersey, and Texas—she always had the sense that the ocean was home.

On childhood visits to see her grandmother, who lived in California,



she fell in love with the Pacific Ocean in particular. “There are pictures of me with dolphins and with seaweed all over me when I was 3 years old,” she says. “So, there was always something about animals and the ocean and the outdoors for me—the natural environment—that I always wanted to combine.”

But she didn't know quite how until she accepted her professor's

PREVIOUS SPREAD: NMF'S/NOASS
PERMIT 10225 © FILIP NICKLIN/
MINDEN PICTURES/WHALE TRUST



A mother rests for an extended period of time with her tail above the surface in a behavior called sailing. Meagan says the purpose of sailing is unknown, but it may help regulate body temperature.

© RALPH PACE, WHALE TRUST / NMMFS/NOAA PERMIT #19225
assignment and arrived in Maui, a decision that she says completely changed the course of her studies and her life. She spent the next two years conducting research on marine mammals and ended up writing her master's thesis not on child development but rather on dolphin cognition and communication. Her destiny became as clear as the crystalline Hawaiian waters: She wanted to spend her life

studying cetaceans, which is the infraorder that includes whales, dolphins and porpoises.

"I'm very blessed in that way," she says. "I don't know that many people get that kind of lightning bolt moment."

When Meagan moved to the island permanently in 1992, humpback whales captured her fascination and became her primary



Dr. Meagan Jones, far right, leads University of Hawaii Maui College students aboard a Whale Trust boat. The students are learning research techniques used to study whales in their natural environment.

interest. As she explains, “Humpbacks migrate here in large numbers, and so it just turned into one of those things that they were right off our shores. How could you not be curious and want to learn more about them?”

A Window Into the Oceans

Meagan was born the same year (1966) that the International Whaling Commission ended commercial whaling of humpbacks. Decades of hunting in the 1800s and early 1900s had decimated the North Pacific Ocean humpback whale population to near extinction. Humpbacks were also shielded by the Endangered Species Act when it passed in 1973. And largely, according to Meagan, their protection has been a success story.

Meagan says, in her lifetime, humpback whale populations have gone from threatened—with fewer than 1,000 in existence—to thriving. Today’s population estimates suggest that there are around 20,000 humpback whales living in the North Pacific. In fact, the humpback population has bounced back to such a degree, she says, that “our Hawaii population was delisted and is no longer considered an endangered species.”

Still, she explains, the dangers that humpbacks face are far from over. Humpbacks are under threat not only from human hazards such as ship strikes and entanglement in fishing nets, but also from environmental changes such as shifts in water temperature and the increasing acidity of ocean waters, both of which impact the prey humpbacks feed on to sustain themselves.

The health of humpbacks is an “indicator of the health of our oceans,” Meagan says. “We’re dependent upon that ocean for our own survival. That’s where we get the majority of our oxygen. If that system

is breaking down, then we need to know it, and whales are kind of our first clue as to when that’s shifting and when that’s changing.”

Meagan’s investment in the well-being of humpbacks—and, by extension, in the well-being of the planet—drives her research. But studying these creatures is fraught with challenges.

For starters, humpbacks “spend 90% of their time underneath the surface of the water, so there’s a lot of waiting to be able to get the data that you’re wanting,” says Meagan.

And even when humpbacks do surface, it’s rare to catch them involved in the social behaviors that most interest scientists like Meagan. For example, even though “researchers have been studying them since the ‘70s,” she says, “we’ve never seen a birth and we’ve never seen mating.”

What’s more, Meagan explains, humpbacks don’t always behave in accordance with their nickname, “gentle giants.” Males compete with one another for “what we think is the right to mate with a female. We have seen males hold other males down and strike them with their flukes.” Still, despite the risks and frustrations, there’s no place Meagan would rather be than on the water communing with the humpbacks. “It’s my favorite office,” she says.

The unpredictability of the whales is part of their allure for her. “I think one of the coolest things about this work is that you just never know what you’re going to see out there,” Meagan says. “Every day is different.”

A Passion for Research

The roots of Meagan’s current research start in 1998 when she began working with Jim Darling, an early pioneer in whale research, and Flip Nicklin, a National Geographic photographer.

RALPH PACE, WHALE TRUST. PHOTO OBTAINED UNDER NMFS/NOAA PERMIT #19225

In 2001, the trio partnered to create Whale Trust, whose aim is to support studies on whales and the marine environment in Maui and around the world.

Meagan joined Darling and Nicklin in studying humpback whale songs, which are some of the most complex sounds known in the animal kingdom. Darling and Nicklin discovered in the '70s that only male humpbacks are singers. They assumed that the songs must play a role in attracting females, presumably for mating. Further studies would contradict what they thought they knew about the whale songs.

"I think the most surprising thing we've found in the last 25 years," says Meagan, "is that male singers are attracting other males." That finding led to another set of questions that spurred Meagan to pursue her doctorate and became the basis of her research for the next two decades.

"One of the things that came out of it was: *'Well, if this isn't the way females are able to choose their mates, what is?'*" she explains. *"And what do we know about females? Which, it turned out we knew very little. My dissertation research focused on that aspect of the females and what their role is here because, obviously, they're kind of the linchpin of reproduction."*

Meagan says female humpbacks come to Hawaii for one of two reasons: "They're coming here either for breeding purposes to mate or they're coming here to give birth and raise their young," she explains. Either way, females endure a lot of trials. Meagan found that "some, often younger, males harass (chase or strike) younger or smaller females, perhaps for mating." Females coming to breed have to dodge a fair amount of unwanted attention. On the other hand, females who give birth have their work cut out for them since they shoulder the entire responsibility for making sure the calf survives.

Meagan notes the similarities between what female humpbacks go through and how women "act, how we respond to our young, and how we nurture them and care for them. It's not that different, honestly. Except it seems like they have a lot more challenges than we do."

A Woman at Sea

To some extent, Meagan's gender influences the research questions she asks about whale behavior and her status as a woman in the field is somewhat rare. Even though she's observed the number of women in marine science increase in recent years, barriers to women's participation remain.

"If you're on long-term field excursions or you're out to sea for weeks at a time, it's a different kind of lifestyle than is expected" for some women, she says. Her career has taken her on trips to Africa, Australia, the South Pacific, Alaska and Canada to observe whales, making it tough to settle in and start a family. "I didn't get married until I was 47. I never had kids."

But Meagan doesn't voice any regrets. "Whales have shown me the world," she says. "They've shown me a different side of life that I would never have seen otherwise."

"Whale Trust is my baby," she adds. "That was the baby I never had."

She also considers the whales themselves to be part of her extended family. "Most people think humpbacks live somewhere between 80 to 100 years," Meagan says. That means that over the course of her career, she's seen many of the same whales—who can be identified by unique markings on the underside of their tails—multiple times. "You do have the ones that we've seen over 20- or 30-year time spans that become part of your ohana," she says, using the Hawaiian word for family.

She still sometimes spots a whale that Darling and Nicklin named Frank. Back in 1979, "he was the first singer that they were able to

find underwater. Every time we see Frank, it's cause for celebration."

Meagan has spent a large share of her career educating young people about the wonders of the ocean. In 1997, she won a National Marine Educators Association award for her work bringing marine education to school children in Hawaii as the education director for the Pacific Whale Foundation. She's now moved on to the collegiate level at the University of Hawaii Maui College, where she teaches everything from marine mammal biology to ocean sustainability to undergraduates in the sustainable science management program and advises graduate students as well.

Education is also an integral part of Whale Trust's mission. A portion of the funds Whale Trust raises through donations and grants is put toward educational outreach programs in Maui schools as well as educational resources for undergraduate and graduate students. Since 2006, Whale Trust has hosted an annual event called Whale Tales that is "intended to bring what we're learning about whales in the oceans to the public," Meagan says. Researchers present their findings, whale photographers and videographers display their work, and kids enjoy activities, like a life-sized inflatable whale that they can walk into and explore.

For Meagan, education is the end goal of all of her research work. "Why are we doing science," she asks, "if we're not sharing it with other people and we're not mentoring that next generation to become advocates for oceans?"

Still, research is always a component of what she brings into the classroom. "It's not teaching facts because those change all the time," she says. "It's teaching [students] how to think about things and to evaluate and to make sense of the world around us through research. All of my classes are very hands-on. Whatever subject it is always involves some aspect of research because that's just who I am."

Leaving Her Legacy

In keeping with her enthusiasm for scientific inquiry, Meagan is working to realize her goal of establishing a marine research center on Maui to serve as a field station for graduate students from around the world. She envisions a place that young researchers could use as a platform to build their careers and help fill in some of the gaps about whales.

"I think it would be a huge contribution and legacy to be able to leave behind," she says.

Meanwhile, Meagan continues her research on humpback whale songs and female reproductive behavior, and she is also working to analyze whale blubber, a storage area for reproductive hormones. She's trying to find a way to determine what stage a female is at in her reproductive cycle, whether that be estrus (fertility), pregnancy, or post-partum. "This whole understanding of the reproductive cycle is really key in terms of how you protect the species and how you develop effective and meaningful management programs," she says.

And that endless hunger for conducting research, though, can only be quenched during about three 10-day periods in humpback whale season. When reached at her home on a late-February Thursday afternoon, something's threatening that small window of time on her boat, collecting data: She threw out her back. "This is coming into one of my 10-day windows, so I don't have time for a back injury," she laments. She's planned to be on the water with her students the very next day and explains that no one else can take them.

Perhaps her back has buckled under the proverbial weight of so many responsibilities on her shoulders? She chuckles in recognition. "It's not surprising," she acknowledges.

But she has no intention of slowing down. "These times are too precious," she says. "I don't want to miss them." ❦



Lori Gottlieb, *Stanford*, is a successful Los Angeles-based psychotherapist, a *New York Times*' best-selling author of self-help books, and a popular advice columnist for *The Atlantic*—and she's one of the nearly 30 million Americans who seek therapy services on a regular basis.

BOTH SIDES

NOW

Illustration by Melinda Beck

SHE MIGHT BE THE LAST PERSON YOU'D SUSPECT TO FIND ON A THERAPIST'S COUCH.

But after a devastating breakup, Lori's world spins out of control. She can't sleep. She can't concentrate. She leaves her credit card at Target. She drives away from a gas station with her gas cap hanging open.

A concerned friend tells her, "Maybe you should talk to someone. You need to find a place where you're not being a therapist."

Soon, Lori finds herself on the therapy couch of a clinician named Wendell, where she discovers that the issues her patients routinely struggle with aren't so different from her own.

The following is excerpted from Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed (2019) by Lori Gottlieb.

THERAPY CHART NOTE, CHARLOTTE: *Patient, age 25, reports feeling "anxious" for the past few months, though nothing of note has recently occurred. States that she is "bored" at her job. Describes difficulty with parents and a busy social life but no history of significant romantic relationships. Reports that to relax, she drinks "a couple glasses of wine" nightly.*

CHARLOTTE IS LATE FOR TODAY'S APPOINTMENT BECAUSE SOMEBODY hit her car as she was pulling out of the parking lot at work. She's fine, she says, it was a minor fender bender, but it caused the steaming coffee in her cup holder to spill onto her laptop on which she'd composed her presentation for tomorrow and which she hadn't backed up.

"Do you think I should tell them what happened or just pull an all-nighter?" she asks. "I want it to be good, but I don't want to seem flaky."

The prior week, at the gym, she'd accidentally dropped a weight on her toe. The bruise had gotten worse, and she was still in pain. "Do you think I should get it x-rayed?" she asked.

Before that, her favorite college professor had died in a camping accident ("Do you think I should fly to the funeral, even though my boss will be mad?"), and before that, her wallet had been stolen and she'd spent days combating identity theft ("Should I keep my driver's license locked in the glove compartment of the car from now on?").

Charlotte believes she's been hit with a wave of "bad karma." It seems as if, every other week, there's another crisis—a traffic violation, an incident with her subplot—and while at first I felt bad for her and tried to help her cope, gradually I noticed that we'd stopped doing any therapy at all. And how could we? By focusing on one external calamity after another, Charlotte has been distracting herself from the real crises in her life—the internal ones. Sometimes "drama," no matter how unpleasant, can be a form of self-medication, a way to calm ourselves down by avoiding the crises brewing inside.

She's waiting for me to advise her on what to do about her presentation, but she knows by now that I don't tend to give prescriptive advice. One of the things that surprised me as a therapist was how often people wanted to be told what to do, as if I had the right answer or as if right and wrong answers existed for the bulk of choices people make in their daily lives. Taped up next to my files is the word *ultracrepidarianism*, which means "the habit of giving opinions and advice on matters outside of one's knowledge or competence." It's

a reminder to myself that as a therapist, I can come to understand people and help them sort out what *they* want to do, but I can't make their life choices *for* them.

When I first started out, though, occasionally I'd feel pressure to give advice of the benign (or so I believed) sort. But then I realized that people resent being told what to do. Yes, they may have *asked* to be told—repeatedly, relentlessly—but after you comply, their initial relief is replaced by resentment. This happens even if things go swimmingly, because ultimately humans want to have agency over their lives, which is why children spend their childhoods begging to make their own decisions. (Then they grow up and plead with me to take that freedom away.)

Sometimes patients assume that therapists have the answers and we simply aren't telling them—that we're being withholding. But we aren't out to torture people. We hesitate to give answers not only because patients don't really want to hear them, but also because they often misconstrue what they hear (leaving us thinking, for instance, *I never suggested you say that to your mother!*). Most important, we want to support their independence.

But when I'm in my own therapy sessions in Wendell's office, I forget all this, along with everything else I've learned about advice-giving over the years: that the information the patient presents to you is distorted through a particular lens; that the presentation of the information will change over time as it becomes less distorted; that the dilemma may even be about something entirely different that has yet to be uncovered; that the patient is sometimes gunning for you to support a particular choice and this will become more clear as your relationship develops; and that the patient wants others to make decisions so that she doesn't have to take responsibility if things don't work out.

Here are some questions I've asked Wendell: "Is it normal for a fridge to break after 10 years? Should I keep this one longer or pay to repair it?" (Wendell: "Are you really here to ask me something you can ask Siri?") "Should I choose this school for my son or the other one?" (Wendell: "I think you'll benefit more from understanding why this decision is so hard for you.") Once he said, "I only know what *I* would do. I don't know what *you* should do," and instead of absorbing his meaning, I replied, "OK, then, just tell me—what would *you* do?"

Behind my questions lies the assumption that Wendell is a more competent human being than I am. Sometimes I wonder, *Who am I to make the important decisions in my own life? Am I really qualified for this?*

Everyone wages this internal battle to some degree: Child or adult? Safety or freedom? But no matter where people fall on those continuums, every decision they make is based on two things: fear and love. Therapy strives to teach you how to tell the two apart.

CHARLOTTE ONCE TOLD ME ABOUT A COMMERCIAL SHE SAW ON TELEVISION that made her cry.

"It was for a car," she said, then added dryly, "I can't remember *which* car, so clearly the commercial wasn't very effective."

The ad, she said, is set at night, and there's a dog at the wheel. We see the dog driving through a suburban neighborhood, and then the



“Sometimes patients assume that therapists have the answers and we simply aren’t telling them—that we’re being withholding. But we aren’t out to torture people.”

camera pans to the interior, in the back, where there’s a puppy in a car seat, barking away. Mommy Dog keeps driving, glancing in the rear-view mirror, until the smooth ride lulls the puppy to sleep. Mommy Dog finally pulls into her driveway, lovingly gazing at her sleeping pup, but the second she kills the motor, the puppy wakes up and once again starts barking away. With a resigned look on her face, Mommy Dog turns the car back on and starts driving again. We get the sense she’ll be driving around the neighborhood for quite a while.

By the time Charlotte got to the end of this story, she was sobbing, which was unusual for her. Charlotte generally betrays little, if any, real emotion—her face is a mask, her words, diversions. It’s not that she’s hiding her feelings; it’s that she can’t access them. There’s a word for this kind of emotional blindness: *alexithymia*. She doesn’t know what she’s feeling or doesn’t have the words to express it. Praise from her boss will be reported in a monotone, and I have to probe ... and probe ... and probe, until I finally get to a hint of pride. A sexual assault in college—she was drinking, found herself at a party in a strange dorm room, naked, in a bed—will be reported in that same monotone. A retelling of a chaotic conversation with her mom will sound like she’s reciting the Pledge of Allegiance.

Sometimes people can’t identify their feelings because they were talked out of them as children. The child says, “I’m angry,” and the parent says, “Really? Over such a tiny thing? You’re so sensitive!” Or the kid says, “I’m sad,” and the parent says, “Don’t be sad. Hey, look, a balloon!” Or the child says, “I’m scared,” and the parent says, “There’s nothing to be worried about. Don’t be such a baby.” But nobody can

keep profound feelings sealed up forever. Inevitably, when we least expect it—seeing a commercial, for instance—they escape.

“I don’t know why this makes me so sad,” Charlotte said about the car commercial.

Watching her cry, I understood not just her pain but the reason she constantly pushed for me to make her decisions. For Charlotte, there had been no Mommy Dog in the driver’s seat. With Mom immersed in her depression, taking to her bed between bouts of inebriated late-night partying; with Dad frequently out of town for “business;” with two chaotic parents who argued with abandon and liberal strings of expletives, sometimes so loudly that the neighbors complained—Charlotte had been forced to act as a grown-up prematurely, like an underage driver navigating her life without a license. She rarely got to see her parents acting like adults, like her friends’ parents.

I imagined her as a child—*What time should I leave for school? How do I deal with a friend who said something mean today? What should I do when I find drugs in my dad’s desk drawer? What does it mean when it’s midnight and my mom isn’t home? How do I apply to college?* She’d had to parent herself, and her younger brother too.

Children, however, don’t like having to be hyper-competent. So it’s not surprising that Charlotte wants me to be the mother for her now. I can be the “normal” parent who safely and lovingly drives the car, and she can have the experience of being taken care of in a way she never has before. But in order to cast me in the competent role, Charlotte believes she has to cast herself as the helpless one, letting me see only her problems—or, as Wendell once put it in

“Sometimes I wonder, *Who am I to make the important decisions in my own life? Am I really qualified for this?*”

relation to what I do with him: “seduce me with her misery.” Patients often do this as a way to ensure that the therapist won’t forget about their pain if they mention something positive. Good things happen in Charlotte’s life too, but I rarely hear about them; if I do, it’s either in passing or months after they occurred.

I think of this misery-seduction dynamic between Charlotte and me, and between a younger Charlotte and her parents. No matter what Charlotte did—getting drunk, staying out late, being promiscuous—it didn’t have the desired effect. *This went wrong. That went wrong. Pay attention to me. Can you even hear me?*

Now, after the questions about the laptop and the spilled coffee, Charlotte is asking what she should do with the Dude. That’s the name she calls the object of her flirtation (neither of us knows his actual name). The Dude is my colleague Mike’s patient, and he and Charlotte have their sessions at the same time. According to Charlotte, the first time the Dude showed up in the waiting room Mike and I share, they noticed each other immediately, stealing glances over their respective phones. This went on for weeks, and after their sessions, which also ended at the same time, they’d exit through the interior door only to steal more glances at each other in the elevator before going their separate ways.

Charlotte hadn’t seen him for a few weeks, then he came with the girlfriend, and today he came alone again. A few minutes ago, in the waiting room, he asked her on a date. Or at least she thinks it’s a date. He asked her to “hang out” tonight. She said yes.

I look at Charlotte. *Why on earth would you think that’s a good idea?*

OK, I don’t say this out loud. But sometimes, and not just with Charlotte, I’ll hear something a patient is saying—some self-destructive course of action she’s taken or is about to take (for instance, telling her employer how she really feels in the service of “being authentic”)—and I’ll have to suppress the urge to blurt out, *No! Don’t do it!*

But I can’t just bear witness to a train wreck either.

Charlotte and I have talked about anticipating the outcome of her decisions, but I know this is more than an intellectual process. Repetition compulsion is a formidable beast. For Charlotte, stability and its attendant joy isn’t to be trusted; it makes her feel queasy, anxious. When you’re a child and your father is loving and playful, then disappears for a while, and later comes back and acts as if nothing happened—and does this repeatedly—you learn that joy is fickle. When your mother emerges from her depression and suddenly seems interested in your days and acts the way you see other kids’ moms acting, you don’t dare feel joy because you know from experience that it will all go away. And it does. Every single time. Better to expect nothing too stable. Better to “hang out” with the guy in the waiting room who either still has a girlfriend or no longer does but

flirted with you when he did.

“I don’t know what his deal with the girlfriend is,” Charlotte continues. “You think this is a bad idea?”

“How do you feel about it?”

“I don’t know.” Charlotte shrugs. “Excited? Scared?”

“Scared of what?”

“I don’t know. That he won’t like me outside of the waiting room or that I’m his rebound after his girlfriend. Or that he’s messed up because he was having problems with his girlfriend in the first place. I mean, why else would they be coming to therapy?”

Charlotte starts fidgeting, playing with her sunglasses on the arm of the chair.

“Or,” she goes on, “what if he’s still with his girlfriend and this isn’t a date but just a friend thing, and I didn’t realize that, and then I have to see him again in the waiting room each week?”

I tell Charlotte that the way she speaks about the Dude reminds me of how she’s described her state of mind before interactions with her parents, not just as a child, but now, as an adult. *Will it go well? Will they behave themselves? Will we get into an argument? Will my dad show up or cancel at the last minute? Will my mom act inappropriately in public? Will we have fun? Will I be humiliated?*

“Yeah,” Charlotte says. “I won’t go.” But I know she will.

When our time is up, Charlotte goes through her ritual (expressing disbelief that the hour is over, slowly packing up her belongings, stretching languidly). She ambles toward the door but stops at the threshold, as she often does to ask me a question or say something she should have said during the session. She’s prone to what therapists call “doorknob disclosures.”

“By the way,” she begins casually, although I have a feeling that whatever comes next will be anything but an offhand aside. It’s not uncommon for patients to go through an entire session talking about this or that, only to spill something important in the last 10 seconds (“I think I’m bisexual,” “My biological mother found me on Facebook”). People do this for a variety of reasons—they’re embarrassed, they don’t want you to have a chance to comment, they want to leave you feeling as unsettled as they do. (*Special delivery! Here’s all my turmoil; sit in it all week, will you?*) Or it’s a wish: *Keep me in mind.*

This time, though, nothing comes out. Charlotte just stands there. I wonder if she’s thinking about something particularly hard for her to address—her drinking, or her hope that her father will pick up the phone when she calls on his birthday next week. Instead, she blurts out: “Where did you get that top?”

It seems like such a simple question. I’ve had an Uber driver, a barista at Starbucks, and a stranger on the street all ask me the same question about this new top—one of my favorites—and each time, I answered without a hint of hesitation. “Anthropologie, on sale!” I’d reply, proud of my good taste and good fortune. But with Charlotte, something stops me. It’s not that I’m worried she’ll start to dress exactly like me (as one of my patients did). It’s that my gut tells me why she’s asking; she wants to get it and wear it on her date with the Dude—the date that she’s supposedly not going on.

“Anthropologie,” I say anyway.

“It’s cute,” she says, smiling. “See you next week.”

And off she goes, but not before I meet her eyes for a split second and she looks away.

We both know what’s about to happen. ◀



FRESHLY BREWED

Uncommon Grounds

As the longest-running purveyor of coffee on the West Coast, Peerless Coffee & Tea keeps it all in the family.

By Mary Ladd

IN THE YEARS FOLLOWING THE California gold rush in the San Francisco Bay Area in 1849, gold was not the only precious commodity. In the towering ships carrying goods to and from the bustling region came bag upon bag of green coffee beans from Hawaii, Central America and Africa.

Seventy-five years later, in 1924, coffee became the cornerstone of Peerless Coffee, an Oakland, California, family business that today not only holds its own in a market saturated with corporate giants, it thrives.

Having arrived in the United States from Yugoslavia in 1920, the company's founder, John Vukasin, soon followed friends from Nevada to California, met and married his wife, Natalie, and opened up shop. A perfectionist, Vukasin roasted coffee every morning and delivered his wares—coffee, tea and spices—to his eager customers every afternoon.

Today, near Jack London Square in downtown Oakland, California, the third generation of the Vukasin family and more than 100 employees roast, blend and ship artisan coffee from over 40 countries and Hawaii using John Vukasin's original methods. Roasting begins at 5 a.m., and the museum, espresso bar and retail store draw regular customers and tourists.

A visit to Peerless Coffee & Tea, as it's now known, is a feast for the senses. Up to 1,000 compounds can be released during the roasting of green coffee beans. The "first crack" is a chemical reaction that happens when the bean goes from green to light brown; a "second crack" occurs as soon as the bean becomes dark brown. These cracks provide flavor and appealing smells.

Near the entrance, impeccable Peerless coffee urns from the 1940s remind visitors of the company's history, meticulously



At Peerless Coffee & Tea in Oakland, California, Sonja Vukasin gives tours of the company's museum. Sonja has preserved and curated the historical company's wares and memorabilia that span from 1924 to the present day.

NOSONO VISIT



Through the Keyhole



41
ALUMNA INITIATION
Got questions about Kappa's newest initiation option? We've got answers.

44
KEY ACHIEVEMENTS
Pixar's in-house counsel keeps characters in compliance, a conservationist focuses on fertility to save jungle cats, and an Episcopalian answers the call to serve as the first woman bishop in Kansas.

46
IN MEMORIAM

47
MAKE A NOTE
Seeing our badge through rose (gold) colored glasses.

48
REMIX
From Canada to California, chapters and alumnae associations find fun in philanthropy.

Summer Selfie

On vacay or staycay, send your selfies with our summer issue to thekey@kappa.org

stewarded by former president **Sonja Halvorsen Vukasin, San Jose State**, the widow of longtime Peerless CEO George Vukasin, the founder's son. At Peerless, Sonja started as a bookkeeper, just as her mother-in-law did, and became president in 2000. Under her leadership observing market trends and customer preferences, Peerless doubled its organic and fair trade offerings.

When the company moved from its original location in 1975, Sonja, as the company's unofficial historian, saw to it that the shop's original counter and the Peerless Coffee sign came with it, along with lumber dating to 1924 for the cupping room's paneling.

Since 2001, Sonja has run the coffee and tea museum, which features photos, a 1922 Ford Model T Depot Hack and the

100-pound roaster used by John Vukasin. Tours have been a draw for budding chefs, she says. "For many years, Culinary Institute of America students wanted to come and take the tour and get trained here. We would spend extra time with them so they could learn all about coffee."

Sonja still leads tours and represents the company at trade shows, often in her preferred jewel-colored coffee- or tea-themed outfits.

Having studied education at San Jose State University and worked as a flight attendant for Pan American Airways, Sonja is featured in a museum display in her Pan Am uniform, and the Pan Am coffee blend is a

perennial customer favorite.

Sonja says Peerless is likely the longest-running coffee retail store on the West Coast.

Together, Sonja and George traveled the world for work.

"Everywhere I go," she says, "I pick up coffee and tea treasures."

She smiles as she points out one artifact after another, such as the original 1924 register and a coffee grinder that went missing from the company's original location for two weeks until the thief returned it to his priest, who returned it to Peerless.

Typically, a couple of questions come up at the end of each tour. "Where did you get the name Peerless?" may be the most popular. She tells groups

Her best tour surprise is a sign from 1924 or 1925 offering 20,000 pounds of coffee for 12 cents, 15 cents and 18 cents per pound.

that John Vukasin chose the name "because it means 'above all peers.' The Webster definition is simply 'It excels,' and that is true."

Her best tour surprise is a sign from 1924 or 1925 offering 20,000 pounds of coffee for 12 cents, 15 cents and 18 cents per pound. The sign was found rolled up in the basement at the original location. In every tour group, someone invariably asks, "Can we get our coffee for that price?"

"No way," she laughs.

Son George Vukasin Jr. and daughter Kristina Brouhard now run the company. Kristina worked as the deputy district attorney for Alameda County and now handles administrative affairs as the company's vice president and general counsel.

George Vukasin Jr. followed in his father's footsteps and studied at the University of California, Berkeley. In the cupping room, he samples coffee in the same way his father did as he oversees the roasting of 3.9 million pounds of coffee each year. While earning a *Grand Diplome de Cuisine* at Le Cordon Bleu in Paris, he met Julia Child. He's started a line of craft coffees and introduced new cocktails and mocktails made with popular cold brew.

Daughter Michelle Vukasin Thomas pledged Kappa at SMU and lives in Texas.

In 2018, Peerless received *Roast* magazine's Roaster of the Year award. Its coffee is served at the Michelin and James Beard-awarded Gary Danko restaurant. Pebble Beach Resort serves Peerless' all-organic line and the Buena Vista Café in San Francisco has served its famous Irish coffee with none other than Peerless since the early 1950s.

It's a family business worth celebrating.



These antique coffee grinders are some of the items on display at the Peerless Coffee & Tea Museum.

ALUMNA INITIATION

Initiating Change

A New Path to Sisterhood

By Kristen Desmond LeFevre, *Indiana*

THANKS TO A BYLAW REVISION enacted at the 72nd Biennial Convention in June 2018, Alumna Initiation aims to bring the “sweet significance of pinning on the key” to women who missed out on college Greek life.

Sally Seigfreid Harner, *Missouri*, Content Director for Alumna Relations, says the program saw immediate interest. “Just a few minutes after we voted, people approached me with names of outstanding women to add to the list,” she recalls.

Sally says the current list of applicants is diverse, including relatives of Kappas, current and former staff members of Kappa Kappa Gamma Headquarters, and unaffiliated women seeking a sisterhood experience to enrich their lives.

Kappa is the last of the 26 National Panhellenic Conference groups to offer alumna initiation. Learning from the best practices of those groups, Sally says Kappa has developed a strong and thorough alumna initiation. “We listened to what our NPC friends learned from their programs,” she says. “Most of those groups have been doing this successfully for decades.”

STEP-BY-STEP: *Kappa’s Alumna Initiation Process* Sally outlines these key steps for women who are interested in

pursuing initiation as alumnae:

STEP 1: Qualification

Candidates must have attended a four-year college or university and must have been out of school for at least five years. Members of other NPC organizations are ineligible.

STEP 2: Application

The process starts online by visiting kappa.org/join and navigating to Alumna Initiation. An applicant must submit a résumé and provide the names of two Kappa references—one of whom will serve as a sponsor.

STEP 3: Interviews and Invitations

An applicant will meet (either in person or virtually) with Content Specialists to discuss her interest and to ask any questions about Kappa or Alumna Initiation. “We want to get to know them a little bit better,” Sally says. Based on this conversation, a recommendation will be made to Fraternity Council. Kappa Headquarters will notify the applicant of Fraternity Council’s decision.

STEP 4: Education

If an applicant for Alumna Initiation is invited to become a member, her educational period begins immediately. She will have access to online materials that she will complete before being initiated, including information on Kappa’s history,



Jennifer Ibara, *Chapman*, was initiated on March 10, 2019. Pictured with her mother, **Anita Pankey Schwartz**, *Arizona State*, Jennifer attended Chapman University at a time when the school lacked a Greek system.

an introduction to the governing documents, and guidelines on membership expectations. The member’s sponsor will act as a guide, mentoring her through the process and preparing her for Initiation.

STEP 5: Financial Obligations

New alumna members must fulfill financial obligations, including an initiation fee of \$175 and a per capita fee of \$25.

STEP 6: Initiation

Upon completion of Steps 1–5, new alumna members will be approved for Initiation. Ceremonies may take place with the new member class of a collegiate chapter nearby or at a chapter where the new alumna member has a personal connection. Initiation also may take place at Convention or other mutually appropriate location or space depending upon each situation.

STEP 7: Sisterhood

Alumna initiates will enjoy all

of the privileges and opportunities that Kappa membership offers. They are encouraged to join an alumnae association, advise a chapter, volunteer time and leadership skills, participate in educational programs, give to the Kappa Foundation, and—above all else—create bonds of sisterhood that last a lifetime.

It’s important to note that applying for Alumna Initiation does not guarantee an invitation to membership. “Just as in collegiate Recruitment,” Sally explains, “we strive to determine if a candidate is a good fit with our mission and members.”

Alumna Initiation is about broadening the avenues to membership. “It allows us to recruit from a new, diverse pool of women,” Sally says. “We’re tapping into a group of interested, active potential members that we might have missed otherwise.”

IN brief



Early members of Alpha Chapter attended Alpha's re-installation in October 1934. (Back row) Georgie Pillsbury, Elizabeth Wallace Taggart and Mabel Pillsbury. (Front row) Martha Louisa Stevenson Miller and Mary Louise Bennett Boyd.

MESSAGE FROM THE PRESIDENT

True and Loyal Women

As we look forward to Kappa's 150th birthday celebration in 2020, let us not forget the trailblazing women on whose shoulders we stand today, still daring us to dream boldly and live fully. In 1926, Founders Lou Bennett Boyd and Jennie Boyd wrote, "We are assured that, as the coming years shall widen the fields of usefulness for those who follow us, so will the influence of Kappa be found on the side of those forward movements which enlist

the hearty support of every true and loyal woman."

One such forward movement came to fruition in the summer of 2018. A long-discussed bylaw change was passed, allowing for Alumna Initiation and widening our field of membership to include women for whom Kappa Kappa Gamma was not an option during their undergraduate years.

In spring 2019, the Orange County Alumnae Association was the first to initiate an alumna candidate—**Jennifer Ibara, Chapman**. At our Sesquicentennial Convention in June 2020, we will again widen our field of membership with an initiation ceremony for alumna candidates who have completed the membership requirements.

Extending the gift of membership strengthens Kappa beyond measure and fulfills the dreams of our Founders. Our future grows ever brighter through the addition of these women who share Kappa's vision and values, and who and aspire to make a difference in their communities, in the world, and in our Fraternity.

—**Gail Simpson Owen**,
Monmouth

LOVING LITERACY

Reading: It's Fundamental

FOR ITS THIRD ANNUAL GOLDEN Key Gala hosted in March 2019, **Epsilon Chapter, Illinois Wesleyan**, hosted two special guest speakers. Alicia Levi, the president and CEO of Reading Is Fundamental, shared insight into the work that RIF does and why it is so important to help improve the literacy rates across the United States, where more than 25 million children cannot read proficiently. Another speaker, **Alyssa Main, Knox College**, was

a beneficiary of RIF while growing up and she explained its impact on her life. This year's gala included a silent auction as well as sponsorships and donations from alumnae, friends and family totaling over \$5,000.

—*Anna Eager,*
Illinois Wesleyan

PLAYING FOR KEEPS

Summer Reading Is Key

DELTA Upsilon CHAPTER, *Georgia*, is making big waves in the small town of Athens, Georgia. Since beginning an annual partnership with Books for Keeps in 2014, the chapter has raised over \$230,000 for the literacy-focused nonprofit that aims to prevent the “summer slide” in reading by providing books to students.

Books for Keeps began when Melaney Smith learned about a little girl who didn't want to go on summer break from school because she had no books in her home. Smith began gathering books among friends and donated them for everyone in the student's grade at Alps Road Elementary School. That was in 2009. After seeing the impact on these children and learning that many children lack access to summer reading materials, Smith decided to do more.

In 2011, Books for Keeps became an official 501(c)(3) and expanded to serve five elementary schools in Athens-Clarke County, where the district-wide free and reduced-price lunch rate is 92%. In 2014, Delta Upsilon Chapter approached Books for Keeps' Executive Director, Leslie Hale, with a proposal to work together. “Our partnership with Kappa began



Students get ready to read over the summer with books from Books for Keeps, a nonprofit based in Athens, Georgia.

at a time when we had no major sponsors and just a handful of grants,” says Leslie Hale. “The collective effort of this group of young women has allowed Books for Keeps to reach more schools, to add employees, and to keep Kappa Kappa Gamma's philanthropic impact right here in a community that so desperately needs it.”

This year, Books for Keeps' flagship Stop Summer Slide program will serve 8,000 students at 18 Georgia elementary schools and surpass half a million books given away. Program data demonstrates that Stop Summer Slide is helping students advance their reading skills during the summer by the equivalent of one to two months. Meanwhile, Books for Keeps continues to provide opportunities for Kappa partners to intern, complete service-learning projects, and to



see the fruits of their fundraising labors by volunteering with the organization in its warehouse and in schools.

Each spring, when they join the Books for Keeps team in handing out thousands of books to excited students, the women

of Kappa Kappa Gamma see the impact they are able to have in their community and remember why they chose to join such a prestigious organization in their mission to shape the future.

—*Leslie Hale, Executive Director of Books for Keeps*

Key

ACHIEVEMENTS

Nicole Cocklin

FURMAN. Answer: She's the one-day champion of a fall 2018 *Jeopardy!* episode, raking in an impressive \$21,001 in take-home winnings. Question: Who is Nicole Cocklin? Nicole competed for the top spot on the iconic game show while her family cheered her on from the show's live studio audience.

Caitlin Cucchiara Picou

LSU. Caitlin launched Kismet Cosmetics in 2012 with her Opulent body bronzer, a safe alternative to sunbathing, tanning booths and self-tanning products. Kismet Cosmetics now offers makeup products for eyes, lips, and face as well as a full bath and body skin care line. Caitlin touts the line as "fashion forward yet affordable." Her company donates 10 percent of its profits from the bronzer to a local skin care foundation.

Hayes Slade

CORNELL. As the incoming president of the New York chapter of the American Institute of Architects, Hayes has chosen "building community" as her focus, citing the importance of growth opportunities and professional encouragement as the cornerstones of strong communities. She lives in New York City with

her husband, with whom she founded the award-winning Slade Architecture in 2002.

Nikki Egna

USC (CALIF.). As a research associate at the Institute for Conservation Research at the San Diego Zoo, Nikki studies the "silent extinction" of the reticulated giraffe of northern Kenya. Nikki's research team travels to Kenya to work with the community-led conservation effort, focusing on collecting and analyzing data. Through coding software that produces algorithms, Nikki and her team analyze statistics in the hopes of saving the endangered giraffe from extinction.

Texas Christian Alumnae

TCU. Megan Haverkorn Metcalf, Shelley Cunningham, Emily Rich, Ashley Fancher, Lindsay Piel and Tracy Galimore are part of a tight-knit group of friends who came together to establish the Dear John Michael Foundation. The organization provides support, research funding, and awareness surrounding Duchenne muscular dystrophy, a genetic disorder characterized by progressive muscle degeneration. Begun in support of Emily Henderson Shatzer, TCU, whose son—John Michael—was



THE CALL OF THE WILD

LINDSEY VANSANDT CAVIN, DVM, PH.D.

MISSOURI

As a theriogenologist—a veterinarian who specializes in reproduction—at the Cincinnati Zoo and Botanical Garden's Center for Conservation and Research of Endangered Wildlife, Lindsey works with more than "birds and bees." Lindsey currently specializes in studying the jaguar—the largest cat native to North and South America. "Habitat loss and poaching have threatened most of these species with extinction in all or part of their natural ranges," Lindsey explains. Her recent travels to Brazil uncovered how applying assisted reproductive technologies may be a key factor in saving this threatened species.

diagnosed with DMD at age 2, the foundation hosts a variety of events and fundraisers.

Taylor Mills

UC SAN DIEGO. Taylor's new clothing line—Taylor Catarina New York—is an online mix-and-match, special occasion studio designing bespoke onstage garments for classical singers and musicians. Providing a custom fit using Lab141 technology, Taylor's garments are constructed to support singers and performers in every facet of their craft.

Laura-Ashley Allen Overdyke

WASHINGTON AND LEE. Laura-Ashley was recently named the executive director of the Caddo Lake Institute, a scientific and educational organization designed to protect Caddo Lake. The lake, considered a wetland of international importance, is threatened by the giant salvinia, the world's most invasive weed. Laura-Ashley and her team are working to eradicate salvinia from Caddo Lake, including the release of weevils that feed on the devastating plant.

Carmen Symes Dusek

TEXAS TECH. Carmen's investiture as the 51st District Court Judge saw more than 200 of her friends and family gather in a tightly packed courtroom in the Tom Green County Courthouse in December 2018. Carmen's jurisdiction includes Tom Green, Coke, Irion, Sterling, and Schleicher counties in Texas.

Anne Johnson Randolph

COLORADO. Anne celebrates the release of her poetry chapbook, *Growing in Light*, published in 2018 by Presa Press. The collection of poems brims with inspiration about Anne's two passions: nature and land preservation.

Ava Brozovich

UC BERKELEY. Ava, a graduate student at Texas A&M working toward her M.D./Ph.D., received a \$200,000 grant

to study osteosarcoma, a rare form of cancer that begins in bone-forming cells and affects children and young adults. Her study will focus on bone regeneration in children.

Lisa Grabowski Meckley

FLORIDA. Lisa was honored as the "2018 Employee of the Year" at the University of North Carolina at Charlotte. As the current director of enrollment communications, she was selected for her initiatives to improve university communication with prospective and current students, including a redesign of the student web portal.

Eleanor Glifort Small

JOHNS HOPKINS. The Engineers' Club of Philadelphia recently recognized Eleanor, a principal scientist at Johnson & Johnson Consumer Inc., as the 2019 Delaware Valley Young Engineer of the Year.

The award is given to an outstanding engineer, age 35 or under, who demonstrates leadership and contributions to the field of engineering. Eleanor serves as the lead support of consumer wound care product development for the Band-Aid® and Neosporin® brands.

Cathleen Chittenden Bascom

KANSAS. Rev. Cathleen was elected in fall 2018 as the 10th bishop to lead the Episcopal Diocese of Kansas. She is the first woman to be elected bishop since the diocese was formed in 1859. Cathleen's election also marks the first time in the history of the Episcopal Church that a bishop heading a diocese was elected from a slate of all-women candidates.

Heather Pinder Rodriguez

FLORIDA STATE. Heather,

a circuit court judge in the 9th Judicial Circuit Court of Florida, was honored during Florida State University's 2019 FSU Women of Distinction awards. Before becoming a judge, Heather served as senior counsel with Holland & Knight's Construction Industry Practice Group as well as president of the Legal Aid Society of the Orange County Bar Association Board of Trustees.

Hope Solomon Young

WILLIAM & MARY. Hope recently published *The Foreigners Are in 709*, a humorous look at an American couple and their two adopted Chinese daughters who embed themselves in Beijing. As they take odd jobs, enroll their children in local schools, and travel throughout Asia on a tourist visa, they use humor and empathy to overcome their cultural and language differences.



ELLIOT SIMONS AND RACHEL THARP

TO INFINITY AND BEYOND!

JODY WEINBERG

MICHIGAN

From 1995's *Toy Story* to 2019's *Toy Story 4*, only one attorney can claim to have worked on all of Pixar Animation Studios' 21 feature films. Jody began her career with Buzz and Woody, and now serves as Pixar's associate chief legal counsel and business affairs executive. She also sits on the board of directors for the Los Angeles Juvenile Diabetes Research Foundation, co-chairs the leadership committee for the Disney Women's Legal Group, and is an executive member of Women In Film. Her two young adult children round out her full life and look to her for inspiration. So whom does Jody look up to? "Mrs. Incredible embodies what most working moms do every day," she says, citing the Pixar hero. "She raises a family, juggles work, and is the mom who does it all."

IN memoriam

* Adrian College

Cullen, Mary Schneider, '39, d. 4/19

Akron, University of

Haldeman, Cherry Hoover, '45, d. 1/19
Large, Melanie, '95, d. 10/18
Miller, Kathleen, '64, d. 4/19

Alabama, University of

Bailey, Shelby Weston, '47, d. 1/19
Hurd, Bettie Gray, '44, d. 2/19
Irvine, Anne Carter, '52, d. 1/19
Jones, Virginia Hadaway, '47, d. 2/19
Segrest, Amanda Thrasher, '70, d. 2/19

Allegheny College

Fryling, Jane Walker, '49, d. 11/18

Arizona State University

Ballard, Patricia McCarthy, '71, d. 1/19

Arizona, University of

Howell, Linda Way, '55, d. 1/19
Knigge, Darlys Barry, '55, d. 11/18
Spingler, Molly Roller, '55, d. 9/18
Woolley, Gini Ballou, '50, d. 3/19

Arkansas, University of

Harrison, Mary Brenner, '40, d. 2/19
Kaufman, Gretta Dameron, '48, d. 3/19
Sowers, Georgia Dortch, '60, d. 2/19
Stonecipher, Mary Pakis, '47, d. 2/19

Baylor University

Elliott, Dorothy Johnson, '77, d. 4/19
Gage, Ellen Andrews, '77, d. 2/19
Hardin, Amy Marshall, '81, d. 1/19
Smith, Bobbie Wallace, '77, d. 1/19

Butler University

Ebbinghaus, Mary Bertrand, '49, d. 1/19
Klippel, Susie Dietz, '64, d. 1/19

California State University, Fresno

Lingerfelt, Patricia Walker, '81, d. 2/19
Naman, Elaine Carlson, '54, d. 11/18

California, U. of, Los Angeles

Bates, Margaret Ireland, '44, d. 4/19
Cummings, Joanne Muller, '45, d. 1/19
Grier, Marilyn Steward, '47, d. 4/18
Marmesh, Ann, '76, d. 8/18
Moreton, Barbara Cannon, '49, d. 4/19
Swanson, Helen Farnsworth, '47, d. 1/19
Van, Martha Hoffman, '34, d. 1/19

Carnegie Mellon University

Gicquelais, Eleanor Gustafson, '45, d. 3/19
Heinsberg, Judith, '58, d. 2/19
Schofield, Clementine McKenna, '44, d. 6/18
Spangler, Jane Freeland, '46, d. 1/19

Cincinnati, University of

Evans, Mary Meyer, '46, d. 12/18
Litterer, Barbara Rosselott, '56, d. 10/18
Steele, Barbara Olds, '47, d. 6/18
Wineland, Patricia West, '52, d. 1/19

Clemson University

Horton, Deborah, '81, d. 1/19

Colorado College

Colley, Annette Gadd, '50, d. 1/19
Hulett, Debora Greiner, '50, d. 3/19

Colorado State University

Cole, Sally Meltzer, '58, d. 3/19
Lungren, Janet Elsey, '60, d. 2/19

Colorado, University of

Christiansen, Marjorie Sherwood, '48, d. 1/19
Peterson, Suzanne Hardman, '54, d. 3/19
Sanford, Catherine Reynolds, '50, d. 1/19
Woods, Twila Coe, '64, d. 10/18

* Connecticut, University of

Kluck, Barbara Lowell, '48, d. 2/19

Cornell University

Rick, Nancy, '60, d. 3/19
Roth, Silence Turnbull, '44, d. 4/19

Dartmouth College

Huang, Winifred, '89, d. 4/18

Denison University

McLucas, Marjorie Nevin, '46, d. 10/18
Shepherd, Barbara Mohler, '65, d. 2/19
Trainer, Suzanne Campbell, '45, d. 3/19
Wermuth, Marilyn McCuskey, '47, d. 3/19

DePauw University

Allen, Helen Reis, '43, d. 3/19
Norwood, Kimberly McClure, '84, d. 12/18
Palios, Artemis Demos, '56, d. 4/19

Drake University

Denoma, Laura, '91, d. 1/19
Fuller, Kathryn Rosman, '39, d. 10/18
Laughlin, Mary Canady, '65, d. 3/19
Masengarb, Judy McClanahan, '67, d. 5/18
Sanregarb, Barbara Berens, '55, d. 2/19
Scott, Joanne Pease, '44, d. 2/19

Duke University

Chapman, Cordylia Crook, '47, d. 4/19
Fitpatrick, Patricia Wyngaarden, '67, d. 4/19
Forrest, Marion Kern, '47, d. 12/18

Florida, University of

Dreelin, Elizabeth DesPortes, '79, d. 6/18

Furman University

Leary, Karrah, '06, d. 2/19

Georgia, University of

Stormont, Louellen Walters, '58, d. 4/19

Illinois Wesleyan University

Cate, Donna Dorland, '50, d. 11/18
Lawson, Jane Livingston, '53, d. 2/19
Shepard, Myra Rodgers, '39, d. 2/19
Wieting, Ruth Tobie, '39, d. 1/19

Illinois, University of

Rett, Marilyn Braband, '45, d. 12/18

Indiana University

Kegley, Georgia Dreisbach, '50, d. 3/19
Morgan, Susan, '48, d. 3/19
Pohlmann, Patricia Moll, '55, d. 3/19
Thompson, Claire Hepner, '45, d. 3/18

Iowa State University

Berry, Audrey Decou, '47, d. 12/18
Bowen, Phyllis Preusch, '60, d. 3/18
Poletti, Liz Munn, '54, d. 11/18
Schalk, Fredde Eslick, '51, d. 3/19

Iowa, University of

Gridley, Dorothy Brown, '47, d. 2/19
Lainson, Margaret Tangney, '57, d. 1/19
Wood, Sandra Schroeder, '60, d. 1/19

Kansas State University

Logan, LuAnn Moore, '49, d. 3/19

Kansas, University of

Yankey, Jeanne Wedell, '39, d. 4/19

Kentucky, University of

Jordan, Joya Johnson, '53, d. 9/18
Lancaster, Kay Hart, '60, d. 4/19
Mitchell, Pam Goetz, '66, d. 1/19

Lafayette College

Schreiber, Heather Campbell, '84, d. 11/18

Louisiana State University

Burden, Julia Peterman, '44, d. 12/18
Harwood, Betty Aertker, '48, d. 2/19
Henrich, Ray Montgomery, '65, d. 7/18

Loyola University Chicago

Allio, Laura Ritter, '07, d. 1/19

* Manitoba, University of

McCay, Sydney Roberts, '41, d. 7/18

* Maryland, University of

Colignon, Virginia Molden, '42, d. 12/18
Drachnik, Cay Weston, '43, d. 12/18
Follansbee, Mary Bergquist, '50, d. 11/18
Kilby, Lenore Throckmorton, '45, d. 12/18
Pfeiffer, Jane Cahill, '51, d. 3/19
Schrecongost, Patricia Dibble, '45, d. 1/19
Wallace, Althea Eccles, '56, d. 10/18

Massachusetts, University of

Boutilier, Janet Kallgren, '52, d. 1/19
O'Leary, Avis Ryan, '42, d. 10/18

Miami University

Brightman, Nancy Gerhart, '49, d. 4/19
Gilbert, Jo Smith, '50, d. 6/18
Hill, Marilyn Fox, '52, d. 1/19

Miami, University of

Davies, Joan Ellis, '39, d. 1/19

Michigan State University

Ash, Audrey Schlee, '44, d. 3/19
Canham, Jean Holznagle, '42, d. 3/19
Pingel, Jacqueline Potter, '44, d. 12/18

Michigan, University of

Ingraham, Ileana Lindh, '48, d. 2/19
Medwedeff, Joan Kampmeier, '46, d. 1/19
Nelson, Jo Wellman, '50, d. 12/18

Minnesota, University of

Roberts, Jean Endress, '50, d. 11/18

Mississippi, University of

Neff, Ann Reed, '53, d. 1/19
Sinkula, Elizabeth Fincher, '58, d. 5/18
Weir, Stacia Hawkins, '92, d. 1/19

Missouri, University of

Arnold, Mary Ritter, '46, d. 12/18
Beaham, Nancy Davidson, '52, d. 2/19
Coots, Carole Clevenger, '56, d. 12/18
Nisi, Barbara Goedecke, '56, d. 12/18
Reyes, Nancy McMillan, '51, d. 2/19
Seward, Frances Robnett, '37, d. 4/19

Monmouth College

Apitz, Joyce Totten, '51, d. 12/18
Campbell, Jean Turnbull, '37, d. 1/19
Harris, Barbara Fleming, '42, d. 9/18

Montana, University of

Andrews, Elizabeth Fahrner, '55, d. 1/19
Berg, Joan Blair, '44, d. 1/19
White, Helen Hunt, '44, d. 3/19

Nebraska, University of

Christensen, Harriet Cummer, '36, d. 8/18
Lindwall, Sandra Speicher, '54, d. 12/18
Mapes-Jenkins, Jane Rosch, '62, d. 12/18

New Mexico, University of

Duplentis, Claudette, '54, d. 12/18
Jackson, Lois Hagland, '41, d. 1/19
Olshausen, Marion Burton, '46, d. 12/18
Riggs, Alice Kasten, '37, d. 2/19

* North Dakota State University

Froelich, Patricia Thompson, '54, d. 6/18
Kendall, Joan Klinsmann, '42, d. 4/19
Ketcham, Jean Davis, '50, d. 8/18

Northwestern University

Chidsey, Mary Randell, '43, d. 11/18
Eginton, Lael Read, '49, d. 10/18
Roberts, Gray Graham, '40, d. 3/19

Ohio State University

Andrews, Joan Shumaker, '46, d. 3/19
Corey, Nancy Yerges, '46, d. 2/19
Valentine, Mary Alice Gilchrist, '40, d. 2/19

Ohio Wesleyan University

Hum, Jane Murphy, '39, d. 4/19
Kelley, Mary Leshy, '61, d. 1/19
Rohrer, Alice Hendricks, '40, d. 1/19

Oklahoma, University of

Brega, Betty Witherspoon, '57, d. 3/19
Eagleton, Mary, '15, d. 10/18
Hamilton, Patricia Patterson, '60, d. 3/19
Huffman, Janice, '74, d. 1/19
Ritchey, Jane Rippel, '45, d. 6/18
Rowley, Jean Barnett, '44, d. 3/19
Ruggiers, Ernestine Eddleman, '46, d. 10/18
Standifer, Pauline Eagleton, '48, d. 2/18

Oregon State University

Beakey, Beverly, '50, d. 3/19
Hevel, Laura Hampton, '45, d. 12/18
Moyer, Carol Schramm, '42, d. 1/18
Stewart, Heloise Lee, '40, d. 4/18

Oregon, University of

Bordinhao, Janie, '10, d. 1/19
Reeves, Barbara Geyer, '53, d. 10/18
Stafford, Donna Miller, '54, d. 3/19
Yates, Virginia Fletcher, '47, d. 10/18

Pennsylvania State University

Foresman, Susan, '50, d. 11/18
Shull, Margaret Rouse, '50, d. 3/19
Verburg, Denise Fife, '58, d. 4/19

* Pennsylvania, University of

Howard, Susan McInnes, '59, d. 11/18
Kaltenthaler, Frederica Marindin, '50, d. 1/19

Pittsburgh, University of

Dockey, Judith Anderson, '65, d. 6/18
Jorgensen, Betsy Briant, '45, d. 1/19
King, Geraldine Little, '54, d. 2/19
Minihan, Marilyn Brey, '49, d. 12/18

Purdue University

Davidsmeyer, Jean Yost, '42, d. 3/19
Lambert, Teri, '83, d. 1/19

* Rollins College

Dye, Alice O'Neal, '45, d. 2/19

* San Jose State University

Armstrong, Carol Curtice, '55, d. 4/19

South Carolina, University of

Guffey, Sandra Evatt, '75, d. 11/18

Southern Methodist University

Finkler, Jean Dudley, '51, d. 1/19
Hyde, Betsy, '60, d. 3/19
Miller, Martha Epperson, '57, d. 1/19
Parish, Moya Goodrich, '38, d. 2/19
Peterson, Susanne Wilson, '48, d. 2/19
Warrick, Joan Adams, '46, d. 1/19

St. Lawrence University

Green, Constance Williams, '39, d. 3/19
Herber, Carrol Andrews, '60, d. 4/19
Northrup, Ruth Hawkins, '42, d. 3/19

Syracuse University

Hadcock, Joan Kellogg, '51, d. 11/18
Horowitz, Julia, '73, d. 2/19

Texas Christian University

Jones, Ann McArron, '55, d. 1/19

Texas, University of

Bonnet, Janet Bell, '57, d. 12/18
Brooks, Jane Moody, '50, d. 3/19
Davis, Randa Kerr, '52, d. 4/19
Denman, Mary Macquiston, '37, d. 3/19
Floyd, Suzanne Summers, '56, d. 4/19
Hadlock, Lana Lowry, '64, d. 4/19
Jackson, Frances Lockhart, '44, d. 5/18
Price, Jo Hunt, '57, d. 12/18
Stratton, Nancy West, '39, d. 2/19

Tulane University

Hardie, Peggy Martin, '34, d. 2/19
Jennings, Emily Grissom, '47, d. 2/19
Manley, Frances Watson, '38, d. 1/19

Tulsa, University of

Long, Patricia Harris, '50, d. 12/18
Taylor, Carolyn Herbert, '49, d. 4/18

Utah, University of

Barker, Eleanor Hulbert, '43, d. 1/19
Horsley, June Straw, '45, d. 2/19
Reynolds, Mara, '78, d. 5/18

Washington State University

Belmondo, Janet Ellingwood, '49, d. 1/19
Moeser, Joey Hatch, '49, d. 3/19
O'Bryan, Denise Bergevin, '46, d. 3/19

Washington, University of

Calvert, Diane Link, '54, d. 12/18
Hamilton, Patricia Bendshadler, '46, d. 3/19
Lee, Georgia Mason, '42, d. 12/18
Rumsey, Janet Nelson, '40, d. 4/19

West Virginia University

Lively, Katherine Neudoerfer, '43, d. 3/19
Moore, Mary Bullard, '39, d. 1/19
Reynolds, Ann Beatty, '40, d. 1/19
Shade, Eve Reese, '49, d. 12/18
Thomas, Sally Sue Flinn, '56, d. 4/19
Wright, Elizabeth White, '46, d. 4/19

Westminster College

Hanna, Caroline Chesnutt, '90, d. 12/18

Whitman College

Deutsch, Allane Waters, '46, d. 1/19
Jarvis, Constance Canfield, '49, d. 1/19
Scherzo, Elizabeth, '85, d. 1/19

William & Mary, College of

Bell, Grace Duvoisin, '43, d. 12/18
Dick, Merrill Barber, '65, d. 1/19
Wilson, Caroline Brown, '53, d. 4/19

Wisconsin, University of

Frankwicz, Martha Nesbit, '48, d. 11/18
Hobbins, Marianne Havey, '49, d. 2/19
Priegel, Suzanne Rosenheimer, '53, d. 2/19

Wyoming, University of

McCue, Miriam Crowley, '36, d. 2/19
Spencer, Nancy Sims, '60, d. 12/18

* Inactive chapters

These names were submitted from July 1, 2018 to Oct. 30, 2018.

To celebrate a sister who has passed away with a memorial gift to the Kappa Foundation, visit donate.kappa.org and fill in the tribute information.



Tickled Pink

What is pink and gold and worn over the heart?

The rose gold badge created to commemorate Kappa's Sesquicentennial anniversary! The exquisite badge is just one of the creations by Herff Jones for Kappa's 150th. Check out all of the designs at www.hjgreek.com (search Kappa Kappa Gamma) or call Herff Jones at 800-451-3304.

Bylaws and Standing Rules Amendments

DEC. 1, 2019

Fraternity Council welcomes recommendations for amendments to the Kappa Kappa Gamma Fraternity *Bylaws and Standing Rules* from all members. Send recommendations to Kari Kittrell Poole, Executive Director, at kpoole@kappa.org or to her attention at Kappa Kappa Gamma, 6640 Riverside Drive, Suite 200, Dublin, Ohio 43017 by Dec. 1, 2019. Proposed amendments will be provided to chapters, associations, Advisory Boards and House Boards in March 2020.

True Blue for Seton Hall

Kappa Kappa Gamma has been invited to establish a chapter at Seton Hall University in South Orange, New Jersey, in spring 2020. The new chapter will be the seventh National Panhellenic group on campus.

MAKE A

note



A Summer Scoop

Deborah Gorman, *Washington Univ. (St. Louis)*, co-founder of SorBabes' frozen desserts has created dairy-free, plant-based frozen desserts with bold flavors and clean ingredients. A former pastry chef, Deborah and her business partner began making sorbets with ingredients like whole fruits and nut butters in 2012. SorBabes is available in over 5,000 major grocery stores in the U.S. #womenowned

Happy Birthday

Gamma Delta Chapter, *Purdue*, is hosting its 100th Anniversary Gala on Oct. 18–19, 2019. Join us for a weekend of festivities and traditions. Register by Oct. 7 www.conf.purdue.edu/GammaDelta100.



remix

THINKING CHARITABLY, ACTING LOCALLY

Unlike the brief time we spend as collegiate members, joining other Kappa sisters in philanthropy is a lifelong opportunity that brings generations of women together. Kappa's unique philanthropic philosophy offers members the freedom to work with local charitable organizations. From Toronto to Palo Alto, California, Kappas are making a difference in their communities—and having fun doing it.

Erin Gilmer
BETA PSI, TORONTO
PHILANTHROPY CHAIRMAN

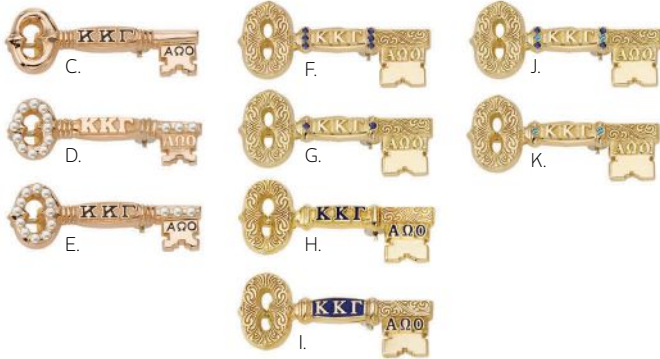
{ FACING OFF }

Antonia Zavala
UC RIVERSIDE
PHILANTHROPY CHAIRMAN FOR THE
PALO ALTO ALUMNAE ASSOCIATION

<p>Each fall, Beta Psi Chapter, Toronto, hosts a philanthropic event to support the people in the local community. In 2018, Beta Psi selected vulnerable youth who have been or are at risk of being involved with child welfare.</p>	<p>The Need</p>	<p>Palo Alto Alumnae Association chose to provide books and cubbies to local families because the high cost of living means many families move frequently. The books and cubbies can easily travel with the families.</p>
<p>The Stand Up for Kids campaign by Children's Aid Foundation of Canada aims to prevent children from entering the child welfare system and helps children already in the system gain access to opportunities such as art lessons, teams and camps.</p>	<p>The Partner</p>	<p>We partnered with Bring Me a Book Foundation by Judy Hootman Koch, <i>Iowa State</i>. The BMB Foundation provided book cubbies for the families to decorate and take home to store their books.</p>
<p>A Coachella-themed festival hosted by Beta Psi Chapter, <i>Toronto</i>. Over 200 people attended the event, which featured a giant Jenga game, cotton candy, "tattoo" and photo booths, prizes and, of course, music!</p>	<p>The Event</p>	<p>Antonia Zavala and Sue Vendley Mumby, Purdue, attended Project Read in Redwood City, California, during Family Story Hour on April 23, 2019.</p>
<p>We raised over \$2,200 for the Children's Aid Foundation of Canada.</p>	<p>The Impact</p>	<p>We donated 226 new books on behalf of the Palo Alto Alumnae Association in addition to the book cubbies.</p>
<p>Calling Kappas "allies in action," the Children's Aid Foundation of Canada wrote: "Thank you, Kappa Kappa Gamma, for standing up for kids!"</p>	<p>The Takeaway</p>	<p>Antonia says, "This event is near and dear to my heart because I used to be a participant of Project Read and being a Kappa and being able to give back in this way feels like things have come full circle."</p>

SESQUICENTENNIAL BADGE COLLECTION

HJGreek.com || 1.800.451.3304



- A. Sesquicentennial Antique Plain Badge, #0119
- B. Sesquicentennial Plain Rose Gold Badge, #0010
- C. Sesquicentennial Rose Gold Badge with enamel letters, #0100
- D. Sesquicentennial Rose Gold Pearl Badge, #0102
- E. Sesquicentennial Rose Gold Pearl Badge with enamel letters, #0107
- F. Sesquicentennial Sapphire Badge, #0123
- G. Sesquicentennial Double Sapphire Badge, #0120
- H. Sesquicentennial Plain Badge with enamel letters, #0125
- I. Sesquicentennial Plain Badge with enamel center, #0124
- J. Sesquicentennial Sapphire and Aqua Badge, #0122
- K. Sesquicentennial Double Aqua Badge, #0121

HERFF  JONES.

Party Like It's 1870!

Save the date for Kappa's 150th at the iconic Boca Raton Resort & Club



73rd Biennial Convention **June 25-28, 2020**. Be sure to stay in the loop at kappaturns150.org



SEND ALL ADDRESS CHANGES

AND MEMBER DEATHS TO:

Kappa Kappa Gamma Fraternity
6640 Riverside Drive, Suite 200
Dublin, Ohio 43017

PHONE: 866-554-1870

EMAIL: KKGHQ@KAPPA.ORG

Non-Profit Org

U.S. Postage

PAID

Permit No. 2614

Columbus, OH



History is: *lyrical*

Experience 150 years of Kappa history at your fingertips.

VISIT KAPPA.HISTORYIT.COM

You don't even have to leave your couch to see it!