

the Key

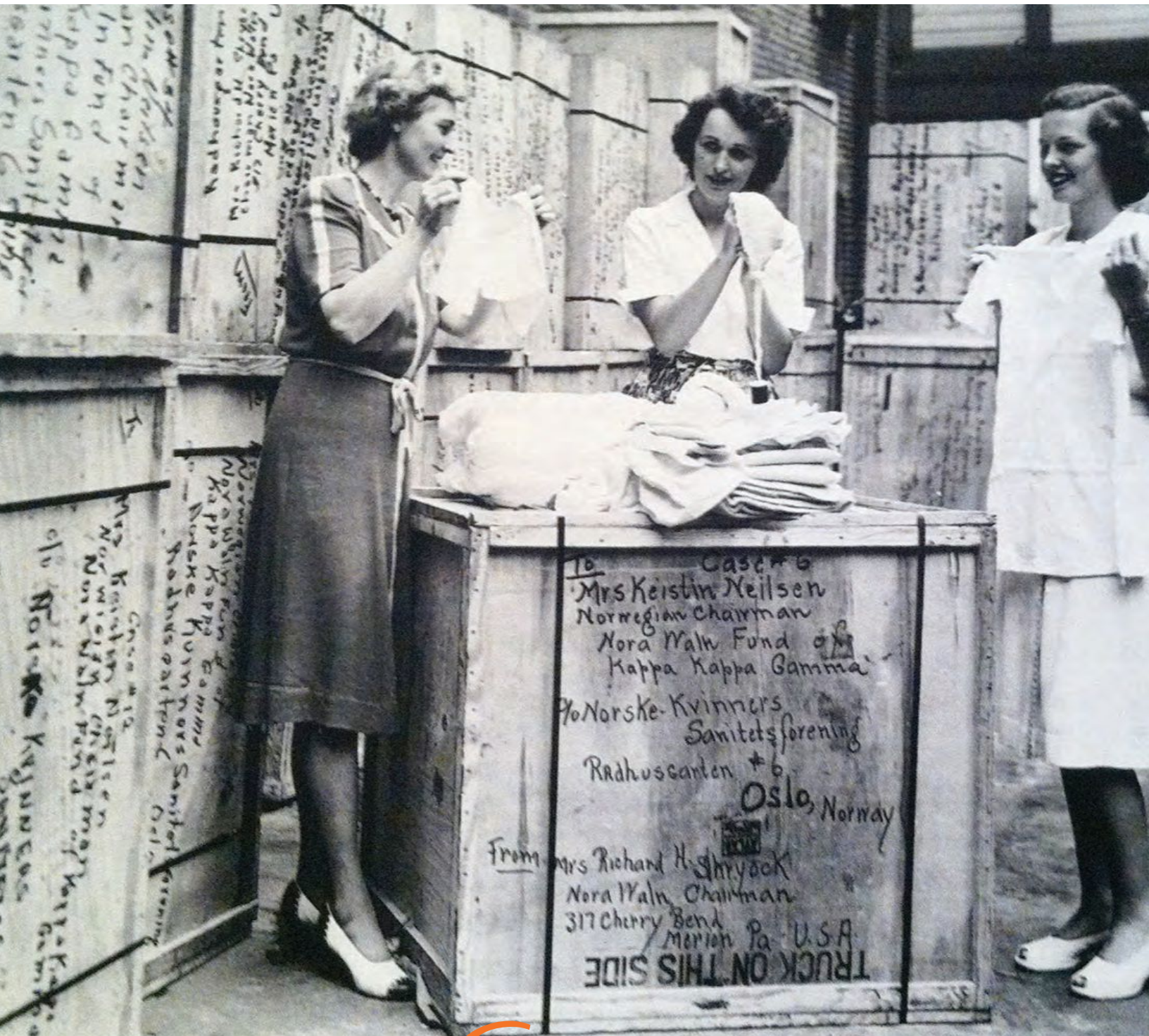
Spring 2016
KAPPA KAPPA GAMMA

PAGE 32

NO EXCUSES

*A unique gym promises
the body you had before
life got interesting.*





1946

LOOKING BACK

Fabric shortages during Germany's WWII occupation of Norway meant many babies had to be swaddled in newspaper. Philadelphia alumnae made and sent 2,000 infant layettes to Norway. Another 3,000 were sent by alumnae across the U.S. and Canada.

“I started back to my seat fully expecting another demonstration of *tramp*, *tramp*, but complete silence reigned.”

—Nora Stanton Blatch Barney

FIRST U.S. WOMAN CIVIL ENGINEERING GRADUATE (1905)

Spring

2016, Volume 133, No. 1

FEATURES

Engineered Justice

BY KRISTEN LEFEVRE

24 Ninety-nine years later, Nora Stanton Blatch Barney (engineer, activist, and granddaughter of suffragist Elizabeth Cady Stanton) finally gets her due from the organization that barred her based on her gender.

The Bottom Line

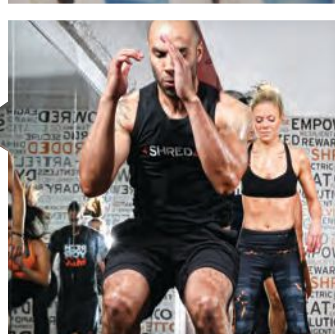
BY DENISE HORTON

28 Anjee Davis and Dana Rye use humor to get behind a cure for colon cancer.

No Excuses

BY MAUREEN HARMON

32 Take high-intensity interval training, add hot playlists and even hotter instructors, and you’ve got fitness craze Shred415. Mo Harmon gives it a try to see what the hype is all about.



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If chocolate cures all ills, Chef Holly Peterson’s Robin’s Eggs are surely the best medicine.

Find your perfect night’s sleep on Boll & Branch’s ethically-sourced sheets.

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FROM TOP: © EVERETT COLLECTION
HISTORICALLY PHOTO PROVIDED BY ANJEE DAVIS; PHOTO COURTESY OF SHRED 415



Enlighten and Educate

I wanted to thank you for running the article in the Winter 2015 edition called “Bitter Pill.” I am so appreciative that you tackled this somewhat controversial, yet important, subject.

ALTHOUGH I HAVE NOT SUFFERED from some of the side effects of the birth control pill, I know people that have and I find that there is a tremendous amount of misinformation, silence and hysteria regarding this issue. Truth and information matter above all else and I am thankful that my Kappa sisters are facing the problems associated with the pill head on and using the format and platform provided in *The Key* to enlighten, educate and advocate for women’s health. This is a proud day for me to wear my true blue colors.

—DEANA SUTHERLAND
ABIASSI, *Texas*

More Information Next Time

THE ARTICLE “BITTER PILL” raises important points that underscore the need for women to carefully consider their options for contraception with their medical providers.

However, I worry that the negative tone the article takes toward oral contraception may unnecessarily scare readers away from this birth control option.

I would have liked to see more information about what kinds of questions to ask your medical provider about contraception. The author describes a physician who does not sound very compassionate. Still, consulting with doctors, nurses and health educators who are available to answer questions is essential when considering birth control options. Women should be encouraged to regularly talk about contraception with their medical provider and make sure that the current form they are using still makes the most sense for their lifestyle, risk factors, health and comfort.

As a nurse that helps to provide education to women interested in contraception

and works closely with health providers at a family medicine clinic, I feel strongly that women should consult with their medical providers and make the right, informed choice for them.

—AMBERLY KILLMER TICOTSKY,
BSN, MPH, *Valparaiso*

Keep It Up

I JUST HAD TO WRITE AFTER reading every word of the Winter 2015 *Key* magazine. I became a Kappa in 1953 and have received this magazine for a long time. I couldn’t put this one down and I found myself reading many articles to my husband. Until this past year, I’d just glance through *The Key* and toss it. Keep up the good work. I found the articles about Antiques Week in Texas as well as Avery Island so interesting that we plan to visit both locations.

—JOAN ODELL LEAVITT
MCCLURE, *San Jose State*

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A Poignant Request

DON'T PUT IT OFF

TIME HAS THAT UNCANNY KNACK FOR DOING THINGS ITS own way—it creeps when you want it to zoom, like when you are waiting in line, and it zooms when you want it to slow down so you can savor the moment. Sometimes time is the enemy itself.

Since we published the last issue, time has gone quickly for me. I relished fleeting time with my dad, who died of colorectal cancer in March after two months of end-stage disease, which went too slowly and too quickly at the same time. This end stage was actually the conclusion of a two-year period of ups and downs while he lived with the disease. I told myself there was no need to panic—he had time. We had time.

But alas, time runs out and it's never enough, nor is it fair. In fact, my letter started a few weeks ago with "My dad is losing his battle with Stage IV colorectal cancer." I knew that I might have to edit it, but I needed to get a start because my mother was in the hospital after having a heart attack, half way across the country. My parents have been divorced for many years and suddenly time and space collided in a way that I could not physically be with both parents. Yet with a kind and caring employer and

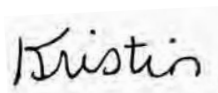
co-workers in Kappa Kappa Gamma, I was supported and held up by those around me. Kappa's Vice President, **Elizabeth Bailey, Mississippi**, extended her home to me so I could visit my mother for an extended stay. Associate Editor **Kristen LeFevre, Indiana**, reached out to her network of friends to find a top-notch surgeon for my mother. The surgeon was quite humble and appreciative, as was I, for the referral from sorority sisters.

The feature in this issue about colorectal cancer was planned long ago, before I felt personally affected. Often when we cover a topic, several or many members have suggested it. One of the most poignant requests came as a letter to the editor from a Kappa husband. Bill Waldie, husband of the late **Mary Jane Baker Waldie, Kansas**, wrote:

I have noticed how many women are reluctant to get a colonoscopy. I can understand the fear of violation, or not wanting to know the results. When

Jane finally took her exam (after a lot of prodding by me over many years), it was too late. The cancer had already migrated into other organs and surgery (that could have saved her life) could not be done. On the other hand, I have at age 64 already had four colonoscopy exams. The first showed some polyps that were taken care of and I have been clean since. Sincerely, Bill.

It would have been easier for me to say I'm too close to this story and the colon is not exactly a good conversation, even among friends. But if our story convinces someone to get screened, it was well worth our time.



—**Kristin Sangid**, EDITOR



MADE WITH LOVE

When she was a senior in college, **Susan Lawrence Tinker, Kansas**, painted this note card for then freshman **Connie McWilliams Friesen, Kansas**.

Inside it reads: "It's hard at this moment to know how much Kappa will mean to you, but believe me, it will have a lasting place in your heart forever." Connie saved the card for 50 years. Connie lost touch with Susan over the years, but *The Key* was able to reconnect them. Susan still works as a fine artist today.

“Most people don’t know where their sheets come from. So we thought, this is interesting; what if we can build a brand people would love?”

— **Missy Tullis Tannen**

PRESIDENT OF
BOLL & BRANCH



THE
mix



Springtime bedroom
featuring Boll & Branch's
Shore collection in
Trimmed and Pleated styles

COURTESY OF BOLL & BRANCH





Material Girl

BOLL & BRANCH IS WEAVING BUSINESS SAVVY
WITH SOCIAL RESPONSIBILITY.

ANYONE WHO HAS REMODELED A HOME HAS STORIES about the process. Typically, horror stories. But **Missy Tullis Tannen**, *Vanderbilt*, and her husband, Scott, turned finding sheets for a bedroom makeover into the innovative company Boll & Branch, featuring high-quality linens that are also ethically sourced. Launched in January 2014, Boll & Branch is already one of the fastest-growing textile companies in the U.S. and is making a difference in the marketplace by paying fair prices for labor and production in India.

A former third-grade school-teacher, Missy now specializes in product design and development, while Scott, who had recently sold a video game business, focuses on the technical side. She is president and he is CEO of the company, based in New Jersey, which sells sheets, towels, throws, hats and scarves.

“I never knew what I wanted to do when I grew up. I was at a crossroads,” Missy says, after spending 10 years at home with her three daughters. Scott was also looking for a new business to develop. “We weren’t sure we would work together. But once we had the idea for sheets, what stuck with us is, ‘This is

so confusing. I don’t know what I’m getting. ... Most people don’t know where their sheets come from. So we thought, this is interesting; what if we can build a brand people would love?”

But it wasn’t going to be as straightforward as they thought. “Cotton is quite confusing, and sourcing even further confusing,” Missy discovered, as they started researching an industry that often gets its cotton from small family farms overseas that is processed in factories with little oversight.

“What we found was unsettling,” Missy says. “The average life expectancy is 35 years old

for a cotton worker in India. They are some of the most marginalized workers in the world.” One of the problems? To increase production, farmers often use unsafe pesticides on their crops, corrupting the land and driving up mortality rates.

The Tannens carefully thought about the kind of business model they wanted, deciding to partner with Fair Trade USA, and buy organic cotton directly from farmers

“The average life expectancy is 35 years old for a cotton worker in India. They are some of the most marginalized workers in the world.”



Clockwise from left: A farmer carries organic cotton to be cleaned at the gin; Cable knit throw blankets made from organic cotton; Workers at a Boll & Branch factory, including Chinu on right, trim threads by hand.



COURTESY OF BOLL & BRANCH (4)



“We pay over 30 percent above commodity prices set by Fair Trade and the Indian government. This allows them to be compensated for their work and bring more opportunity to their villages.”

through a nonprofit and to cut out the middleman to keep their prices low. While luxury sheet sets can sell for more than \$2,000, Boll & Branch king-size sets are \$260. Boll & Branch offers transparency for the consumer, showing production costs on their website as well.

“We pay over 30 percent above commodity prices set by Fair Trade and the Indian government. This allows them to be compensated for their work and bring more opportunity to their villages.” The hope, Missy says, is to elevate their quality of life and make a difference in the world of farmers—and to encourage other companies to do the same.

The company’s story, the quality of sheets and the price have resonated with consumers. Boll & Branch has been featured in publications from

Above: Missy visits families of Boll & Branch’s factory workers outside Kolkata, India; Right: A bedroom appointed in Boll & Branch’s Navy Banded Duvet and Navy Cable Knit Blanket



The Wall Street Journal to Inc. to Forbes, and buyers consistently mention both the quality of the sheets—which are buttery soft—and the ethical sourcing.

In the company’s first year, they bought all the cotton from about 110 farms. “Now we are at over 600,” Missy says. And while the farms are in remote places and the Tannens haven’t been able to visit the villages yet, they do conduct site visits to the factories they use.

For their first order, “We found a factory that’s a small boutique factory, and two years ago we placed one order. Now

we are at 100 percent capacity. Our philosophy was, as people we wanted to know how our product was made. When we looked for our factory, we wanted to know our beliefs were aligned with theirs: no child labor, no discrimination. They are paid two to three times more” than other factories. “They get lunch, transportation. Their lives are elevated.”

And in spite of the distance, the Tannens have developed relationships with the people who help them create their products in the factories they use. “I love connecting with

COURTESY OF BOLL & BRANCH



them,” Missy says. And that’s easier to do, because good working conditions have also meant low turnover.

Preparing to launch their new product line meant factory changes for which Missy was not onsite. But technology makes for easy collaboration with workers like Puja Jalan, who are also enthusiastic about the products. “Puja woke me up at 2:30 a.m. to give me a video tour of the factory,” Missy says. “It was like we were having a baby together.”

Another important part of the Boll & Branch story is its efforts

to help end human trafficking that plagues the textiles industry. For every purchase, money is donated to Not For Sale, an organization working in four countries to end slavery.

Missy and Scott are also teaching the next generation. Their sixth-grader is starting to make trips overseas when they visit factories. When Sophie was in fourth grade, she had a school essay assignment of “I have a dream ...” Her hope? “She dreamed that there wouldn’t be any children working in fields and factories,” Missy says.

—By **Jodi Noding**, Florida

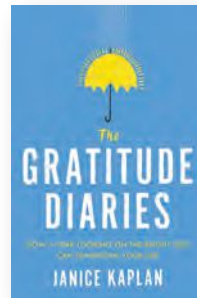
BOOKS

Helping Hardcovers

(and paperbacks, too)

Looking for a spring makeover? Forget that juice cleanse or makeup counter. These books offer inspiration for true transformation.

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



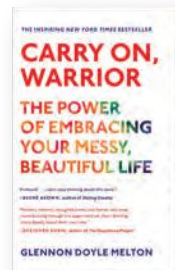
The Gratitude Diaries
BY JANICE KAPLAN

Kaplan draws on research and experience to describe the transformational power of gratitude.



Furiously Happy
BY JENNY LAWSON

Diagnosed with mental illness, Lawson turns life’s lemons into riotously funny stories.



Carry On, Warrior
BY GLENN DOYLE MELTON

Are you a perfectionist? Let it go and remember we’re all in this life—hard though it may be—together.



Polish Your Poise
BY JENNIFER L. SCOTT

Poise goes beyond posture, attire and manners. Brush up on your own quiet power of behaving with dignity, kindness and grace.



My Fight Against Parasites

MOST OF US PEACEFULLY COEXIST WITH MICROSCOPIC ACANTHAMOEBA ORGANISMS LIVING AROUND US IN NATURE. WHITNEY LANG FLEMING EXPLAINS HOW ACANTHAMOEBA AND CONTACT LENSES DON'T MIX.

ON A SUNNY MORNING IN MARCH 2015, I AWOKE TO burning eyes. We'd just returned from vacation the night before, so I attributed it to exhaustion. I chose glasses instead of contacts and began my day. I did not have time for an eye infection. I had a to-do list a mile long, starting with carpooling five kids to elementary school.

The pain intensified with each passing hour. I saw two ophthalmologists, but neither could determine what was happening in my eye.

As I backed out of the driveway, the bright sun hit my eyes like an electric shock. My head jerked back and pain radiated across my head. I grabbed my sunglasses as tears streamed down my left cheek.

By the time I returned home from the two-mile round trip to school, my left eye had swollen shut, and I could not tolerate any light. Covering my eye with my hand, I stumbled into the house.

A friend drove me to the optometrist that day, but the doctor was not sure what was wrong with my eye. She said it looked "angry" and prescribed

a combination antibacterial and steroid medication. She said it might be an allergic reaction to something related to my contacts, but I had not changed my eye routine for several years.

The pain intensified with each passing hour. Over the next two weeks, I saw two ophthalmologists, but neither was sure what was happening in my eye. I heard words like bacterial keratitis (inflammation of the cornea), shingles and fungal infection, but the treatments did not work and the extreme pain level did not match the diagnoses.

The pain became unbearable,

coursing through my face and down through my neck into my shoulders and arm. I even felt it in my teeth. I lost the vision in my left eye, which was covered by a thick, white haze. I had MRIs to rule out stroke or an infection in my brain.

Sleep was my only solace as I became completely debilitated. My mother moved in to care for my three children while my husband took off work to shuttle me to doctors' appointments and hospital visits. I relied on friends to transport my daughters to their activities.

The house I once loved

because of its natural light became unbearable. I barricaded myself in my bedroom and my husband hung blackout shades.

I was feeling hopeless until a friend recommended we meet with another cornea specialist. After a five-minute assessment, her diagnosis changed my life.

“You have Acanthamoeba keratitis,” she said. “This is serious.”

ACANTHAMOEBA KERATITIS (AK) is rare. Only between one to 33 incidents are reported for every million contact lens wearers, according to the Centers for Disease Control and Prevention. But for those unlucky few, the infection has the potential to cause visual impairment or blindness.

Acanthamoebae, though, are everywhere. These microscopic, free-living amoeba are ubiquitous in nature—soil, air, lakes, oceans—but are also found in tap water. The path to the human eye usually comes via contact lenses, with an estimated 85 to 90 percent of cases in the U.S. occurring in contact lens wearers.

I couldn’t believe my diagnosis. I disinfected my lenses every night in a hydrogen peroxide solution, changed contacts every two weeks and never slept in them. I knew not to use tap water to clean them.

How did I get it? In my case, the source was likely from showering in my contacts, but any contact with water, such as storing contacts in homemade solutions including tap water, swimming in lakes or oceans, or even using saliva to moisten lenses can increase exposure.

It only takes one second for an amoeba to access the cornea, slide under the lens and start feeding off bacteria on the contact lens and eye. The parasite

embeds itself into the cornea tissue as the lens traps it.

AK often presents as a typical infection: redness, tearing and a gritty sensation. It causes light sensitivity, and as it progresses, a haze-like ring affects vision.

The doctor informed me that fatigue, extreme pain, nerve damage and other eye issues such as cataracts and glaucoma can occur during the course of the disease.

The treatment often rivals the disease itself, and there currently is no FDA-approved medication specifically for AK. Most doctors, like mine, prescribe a combination of chemicals that can damage the cornea, yet these are the only proven techniques to kill the amoebas. Similar to swimming pool cleaners, the goal is twofold: kill the live parasites and then eliminate bacteria in the eye so the environment becomes inhospitable.

Fortunately, one of the top doctors in the world for treating AK is a short drive from my home in the suburbs of Chicago, but for many, obtaining the pharmaceuticals to treat the disease is difficult. The drugs require a compounding pharmacy and because the treatments are off-script, it is difficult to deal with insurance companies, if you can get coverage at all.

For weeks I required hourly eye drops, with supplemental antibiotic drops and painkillers in between. At one point, I used 24 drops a day. My family kept detailed logs to track the medication since I was unable to administer it to myself due to lost vision and pain.

Most disheartening, however, is that AK infections are on the rise. Some scientists theorize that environmental regulations aimed at reducing carcinogenic products in water supplies may

have boosted microbial risks like Acanthamoeba. Other researchers point toward “no-rub” lens care systems that may result in less effective cleaning and disinfection.

A patient is not considered “cured” until free of parasites for three months after the last dosage. In December of 2015, more than nine months after my first symptom, I received a clean bill of health.

The vision in my left eye is impaired because of scarring, and my cornea is warped from swelling. In January I began wearing a weighted, gas permeable lens that improves my vision almost to normal. Doctors are unsure if this is a long-term solution since my cornea is permanently damaged. If I am unable to wear the lens, laser treatments or a cornea transplant are the next options. It is estimated that fifty percent of AK patients require a cornea transplant.

It is hard to imagine, but I am one of the lucky ones. Some patients are misdiagnosed for several weeks or even months. The parasites can burrow so deep into the eye that the only remedy is an emergency cornea transplant. Some people never regain their vision or suffer from light sensitivity for the remainder of their lives. Others experience ongoing eye issues, and in extreme cases, complete removal of the eye.

There is still uncertainty about my outcome, but maybe that’s okay. Although suffering through AK changed me, I am determined to make sure it is for the better. I will tell my story to all who will listen, to ensure that not one more person than necessary suffers from this awful, preventable disease.

—By **Whitney Lang Fleming**,
Florida



Contact Lens Care 101

FOLLOW THESE TIPS TO AVOID INFECTIONS:

Remove lenses before showering or any contact with water. If you must wear lenses, use daily disposables.

Never re-use cleaning solution. Use fresh solution to clean or store lenses.

Never moisten lenses with saliva or tap water.

Store reusable lenses in a case, clean them with sterile contact lens solution (never tap water) and leave it open to dry. Change case monthly.

Do not sleep in lenses nor **wear** longer than prescribed.

See your eye care provider if you have eye pain or redness, blurred vision, light sensitivity, sensation of something in the eye or a gritty feeling, or excessive tearing.

Packing It In

HAVING SPENT 30 WEEKS ON THE ROAD AS A FIRST-YEAR Leadership Consultant, **S.E. Spencer**, *North Carolina*, is a full-fledged road warrior. Now in her second year traversing North America, S.E. shares her best tips and tricks for packing like a pro.

—Compiled by **Kait Smith**, Marist



“A must in Kappaland!”
A classic black dress
Black sheath dress in Italian stretch wool. In sizes 000-16. \$188 jcrew.com.



“Scarves are light-weight, but add color and personality to the solid-colored wardrobe staples.”
Scarves
Juliet Heart And Key Scarf by Louche. \$30. www.joythestore.com.

“Always pack your chargers in your carry-on luggage.”
TYLT Smart Charger
\$69.99 at tylt.com.



“I always have a Spotify playlist downloaded to my phone so I can listen even in airplane mode.”
Tunes & Headphones

J. CREW; LOUCHE; THINKSTOCK; TYLT; SPENCER; E.E. KIND; THINKSTOCK; AERIS; CATHERINE ROEBUCK



“Leadership Consultants swear by these! They are like drawers for your suitcase.”

Packing Cubes

Eagle Creek PackIt™ Packing Cube Trio. \$27.95. shop.eaglecreek.com.

“I always travel with granola bars in my luggage so there’s something to eat at all times.”

Snacks

Kind Bars in assorted flavors. Available nationwide.



“Paper books are heavy and take up space, so many of us travel with e-readers.”

E-reader

Kindle. \$79.99 and up. Amazon.

“Just remember to inflate it after takeoff, or the air will expand around your neck!”

Inflatable Pillow

Aeris Travel Pillow. \$25. Amazon.



Straighten Up and Fly Right

Movies on the Move

“One Leadership Consultant loads a hard drive with movies to watch on longer plane rides.” Since smartphones and tablets usually start with just 16GB in storage, it’s easy to max out the data capacity (one high-definition movie takes up 5GB). An external hard drive can store thousands of movies, tons of music, and more to keep you occupied while on the road.”

GateGuru

“The GateGuru app is great for finding food and shopping options during layovers. It keeps you posted with real-time security wait times, flight delays, gate changes or layover time adjustments.” Stuck in an unfamiliar airport? GateGuru gives you quick access to amenity information, maps, local weather forecasts, airport tips and much more—all customized to your itinerary. Download (free) at the App Store or Google Play Store.

“I also use the TripCase app to keep track of and manage my different flights.”

Check It Out

“If you fly frequently, consider signing up for TSA PreCheck; most of the LC team has it, and this allows us to skip long security lines. We also do not have to take off our shoes or remove items from our luggage during the security check.” TSA Pre-Check requires an \$85 application fee. Visit <https://universalenroll.dhs.gov/>

Prep School

“If you don’t have PreCheck, there are little things you can do to prep before arriving at the airport. I always make sure my computer and bags of liquid are on top of my luggage, and I try to wear shoes that I can easily slip on and off. That little bit goes a long way.”

—Compiled by **Kait Smith**, Marist

Good Egg

CHOCOLATE THAT HEALS, AND IT'S ALL FOR A GOOD CAUSE? COUNT US IN.

A CHOCOLATE ROBIN'S EGG FROM FLOURISH
Chocolate is not so much a dessert as it is an experience. Open the box—in its eponymous shade of blue—and you find an assortment of small eggs in an explosion of bespeckled iridescence and color. At first glance, you are certain that these eggs are not edible—let alone made of chocolate. They



COURTESY FLOURISH CHOCOLATE

look like small jewels, or works of art fit for display. When you turn one over in your hand, the egg shimmers and changes colors. You take a hesitant bite: The first notes are rich flavors of dark chocolate that soon give way to white chocolate, saffron and turmeric, a combination of orange and ginger undertones. It's unlike any chocolate you've tasted before.

Beyond the unique flavor and beautiful appearance of Flourish's Robin's Egg chocolates is an even more unique and beautiful benefit: Each egg—in flavors like pomegranate, salted walnut, ginger, watermelon, and saffron—is packed with cancer-fighting ingredients.

"Cancer fighting foods aren't a big mystery, but I wanted to make them as a treat," says **Holly Peterson**, *UC Davis*, founder of Flourish Chocolate. "I don't think of food as just medicine. I think of it as beauty and love on a plate to make you feel better even if you do have a life-threatening illness."

At UC Davis, Holly created her own major, studying wine development, communications, food science and marketing. After graduation, she moved to France and took a position as an interpreter at the famed La Varenne culinary school in Paris. In exchange, Holly was allowed to attend the school's night and weekend classes. Among other skills, she learned how to craft pastries, how to prepare classic French dishes, and how to temper chocolates by hand.

Several years later, while planning the menu for a V Foundation for Cancer Research event honoring *Good Morning America's* Robin Roberts, Holly drew on the chocolate-tempering skills she had honed in Paris. "I kept thinking about Robin Roberts, and I thought I could do a Robin's egg," she says. "And then my brain



turned to the cancer-fighting ingredients I could use. That was the first time I served them."

The eggs were a hit, and production of Robin's Egg chocolates, which grew from one flavor into nine, moved to its own kitchen. Although a machine now tempers the chocolate, each one undergoes a seven-step process, including hand painting. "I don't think there's a more complicated chocolate," Holly says.

Holly donates a portion of the profits from Robin's Egg chocolates to the V Foundation, and to culinary cancer research at the American Institute of Cancer Research.

Holly hopes the chocolates provide "a sweet spot" for those facing challenges like cancer. At

"I don't think of food as just medicine. I think of it as beauty and love on a plate to make you feel better even if you do have a life-threatening illness."

the same time, she hopes the money she donates helps the research into the food-cancer connection.

"Granted, one little chocolate isn't going to make you not have cancer, but more and more a lot of these chocolates go to cancer patients," Holly says. "The love notes we get from people are so great. Not only do I want people to like them and be comforted and happy while having them, but it would be great to have a little chocolate make an impact in culinary research."

—By **Lucy First**, DePauw

Left: Flourish's iridescent chocolate eggs are handmade in Napa Valley; Top: Robin's Egg chocolates were designed with TV broadcaster Robin Roberts in mind.

THE CITY OF LOVE

I Love Paris in the Springtime

The expert's guide to Paris

HOW FAR CAN A DEGREE IN FRENCH GET YOU? FOR **Suzan Becker, Wisconsin**, it has taken her to France and back more times than she can count. Suzan's firm, Shop France, plans and leads custom trips to France, giving travelers a unique glimpse into la vie Parisienne that lies beyond the regular tourist fare. Here are Suzan's top five must-dos for the next time you find yourself in the City of Love.

—Compiled by **SommerAnn McCullough**, Denison



Best Way To See The Musée Du Louvre

A hired private guide can bypass lines by showing a badge and escorting you right through security. They know exactly where to take you based on your interests, giving you the customized tour you want. Louvre guides run about 110€ an hour for a minimum of two hours, but you can split the cost among friends.

METRO STOP: Palais Royal-Musée du Louvre, Line 1

Best Picnic Spot

Start your journey on **Île de la Cité**, facing Notre Dame. Then turn around and walk until you run out of land, where you should spot a beautiful willow tree at the tip of the island. Enjoy a picnic along the wall, where you can sit, dangle your feet and wave to the boats on the Seine.

METRO STOP: Cité, Line 4
Île de la Cité

Best Step Back Into History

Look carefully for the tiny entrance to the **Arènes de Lutèce**, tucked in a stone wall, and you'll cross the threshold back into Gallo-Roman days. The arena is a 15,000-seat, first century Roman amphitheater that once featured gladiator battles. It was rediscovered and excavated in the 1860s, but today you can sit in the stands and watch men play *boules* down below.

METRO STOP: Place Monge, Line 7
5 Place Monge 75005

Best Must-See Museum

You may know that Claude Monet was the first Impressionist painter. Perhaps you saw his *Water Lilies* at the Musée de l'Orangerie. But his first impressionist painting, called *Impression, Sunrise*, is housed at **Musée Marmottan**, which boasts the largest collection of Monet paintings in the world, including all Monet's work *before* Impressionism.

METRO STOP: La Muette, Line 9
2, Rue Louis Boilly 75016

Best Way To Feel Parisian

Use the **Vélib' bicycle-sharing program** and start exploring. It's the easiest and safest way to travel on a Sunday, when traffic is quietest. It's thrilling to ride through charming streets and have the freedom to stop where you want. The bicycles come with a basket and locks. Be sure to watch out for the buses, since you share a lane with them too.

Kappa Kandy

SWEET SELECTIONS FOR SISTERS EVERYWHERE



Giving Is Key

The Giving Keys hires people transitioning out of homelessness to create these key necklaces engraved with meaningful words. // Prices range from \$40 to \$120 // www.thegivingkeys.com



It's All in the Wrist

Toss this adorable bag in your purse or wear the wristlet as a clutch. Whether you're heading to the store or a night out, it's the perfect accessory. // \$9 // 2redhens.com/products/make-up-bag



Hat Trick

Cover a bad hair day or keep your head dry from spring showers with this classic baseball cap. // \$18.95 // www.greekgear.com/kappa-kappa-gamma-patch-seal-hat.html



Fleur Fashionista

Hillflint's exclusive KKG Heritage Sweater is made from merino wool, but feels like cashmere. // \$95 // www.hillflint.com/kkg-sweater

CLOCKWISE FROM TOP LEFT: COURTESY GIVING KEYS; 2 RED HENS; GREEK GEAR; HILLFLINT



Developing a Diva

IN A BRO-DOMINATED INDUSTRY, ONE COUNTRY MUSIC DIVA
IS GIVING OTHER UP-AND-COMING FEMALE ARTISTS
A NEW STAGE TO SHOWCASE THEIR JAMS.

IT'S A DIVA MOMENT, AND ON STAGE, **OLIVIA LANE**, *USC (Calif.)*, is feeling it. She shakes her fringed jean jacket as she moves, flipping her long curls and stomping one boot to the beat. A guitar is slung across her shoulder, secured by a rhinestone-studded strap. Her bangle bracelets jingle and bounce along to the rhythm of her strums.

Olivia is recording her first full-length studio album at Dark Horse Studios in Nashville.

Her sound is upbeat—bordering on pop, but laced with mandolin and banjo, not to mention a helping of Texas twang. Her voice is big, with a deepness that draws comparisons to Sara Evans and Jennifer Nettles. At the moment, it's bright and plucky, climbing above the staccato guitar notes of her self-penned single, "Love Thing." "Normal is overrated," Olivia sings, "I want fun and complicated."

It's been anything but a normal path up Nashville's ladder for the girl from Houston, whose mother was a Texas honkytonk singer in the 1970s. Olivia's 2014 debut EP "Love Thing" premiered as New & Noteworthy on iTunes and was featured on SiriusXM's Fresh Female Voices of Country Music. In 2015, her single "You Part 2" was included in Billboard's Tomorrow's Hits list, reaching #31 on the Music Row chart and #37 on the Billboard Country Airplay indicator.

Olivia's success is a result of talent, hard work, and (let's face it) a bit of luck. Her "star potential" has been noticed by Country Music Television, and she's been labeled "the next big thing" by Renegade Radio. She works with some of Nashville's biggest names—collaborating with songwriters for Jason Aldean and Tim McGraw; and touring with hit-makers like Wynonna, Kip Moore, The Marshall Tucker Band and Easton Corbin.

But still, it hasn't come easily in a field that's not only fiercely competitive, but also, like so many other fields, heavily male dominated.

Olivia first came to Nashville for a summer internship with independent publishing house Ash Street Music, known for its work with country music

heavyweights like George Strait, Lonestar and Randy Travis.

Ash Street's June McHugh nurtured Olivia and set up songwriting sessions for her, helping her meet Nashville insiders including current manager Dennis Kurtz at AristoMedia Group and award winning singer-songwriter Ilya Toshinsky, who serves as Olivia's producer and songwriting partner (and who has worked with everyone from Luke Bryan to Sheryl Crow to Dolly Parton).

Olivia places herself squarely in the singer-songwriter wing of country music, valuing writing as much as performing. "The best singers are storytellers," says Olivia. "That's what I want to be." In their songwriting sessions, Olivia and Ilya draw on past experiences and match lyrics with Olivia's unique style. They experiment with different melodies, letting the music lead them until they get it right. "It's one of my favorite things as a musician," Olivia says. "The song message is truly bigger than just one artist."

Joining the recent trend of artists eschewing record labels, Olivia remains independent, founding her own label, Big Spark Music Group, along with her producer and manager. But she's not content with just her own success. She's also on a mission to bring other talented female artists along with her.

"Being in the music business is difficult in general," Olivia says. "Being a female, there are some double standards you face." To help break down the double standards, Olivia founded Diva Jam, an all-female country music festival that celebrates on-the-rise female musicians and promotes their successes in the "bro-dominated" country music industry. What began as a picnic in 2012

has caught fire: In 2015, Diva Jam was included in the official CMA Fest lineup.

"I have such great hopes for Diva Jam because it is needed right now," Olivia says. "You see more female artists popping up because of support from other women in this industry. As women, we need to be supportive of each other."

At home in Nashville, Olivia's focus is on co-writing songs,



touring and recording her first full-length studio album at Nashville's famous Dark Horse Studios, where Taylor Swift recorded her own debut album. "Being there, you really feel the magic in the walls," says Olivia. "You can feel the energy of the art that has been created there."

It's a lot to manage at once, but Olivia is undaunted, and she tells us so in her single "Lightning," singing the lyrics with all she's got: "Here's a simple truth: Do what you dare to do." Olivia's music—and her mission—are messages of encouragement and empowerment for women, whether you're a country diva or not.

—By **Laura Vinci**, Kansas

"Being in the music business is difficult in general, being a female, there are some double standards you face."

At Home with Kappa

THESE CHAPTER HOUSES CAPTURE ESSENTIAL KAPPA CHARM IN DETAILS AND AMENITIES THAT WILL MAKE YOU ASK, “WHEN CAN I MOVE IN?”

HAVE YOU EVER WONDERED WHAT REALLY MAKES A house a “home”? For the residents of these six charming chapter houses, it’s the special touches that create a welcoming, comforting place they can’t wait to return to—whether it’s after a long day of classes, or a trip back to campus (and down memory lane) after graduation.



A Parisian Lift

BETA RHO DEUTERON, CINCINNATI

FOUNDED IN 1885, BETA RHO Chapter endured several moves before finding their forever home on Clifton Avenue. First residing in two different apartments, the chapter moved to a house on Woodside Avenue. By 1949, Beta Rho moved into its current three-story red brick home. After three remodels (1957, 1962 and 1967) and

much dedication by the House Board, the home has the dignified Williamsburg-Colonial façade you see today. Behind black wrought-iron gates—created from a Parisian elevator, now a memorial to **Pamela Woods, Cincinnati**—30 members are able to live in and enjoy their home away from home.



Rumor Has It

DELTA UPSILON, GEORGIA

DELTA UPSILON’S CHAPTER house is the only one built at the University of Georgia that was originally intended to be a sorority house. After selling their previous house, the Kappas built their stately brick manor in 1963. There is an (unfounded) rumor that the white columns were moved from the Prince Avenue house, but one piece

of the old house did come to the new one: A cement block with the letters KKT from the mantel in the old card room was placed in the ground near the walkway to the driveway of the new house. Alumnae **Lisa Ellis, Suzanne Swertfeger Yeager** and **Sydney Buzzell Jackson** collaborated on the home’s recent interior remodel.

TOP LEFT: FRED UNGRUND, DISTINCTIVE IMAGES; ZOOMWORKS PHOTOGRAPHY



House on the Hill

BETA KAPPA, IDAHO

KNOWN AS “THE HOUSE ON THE HILL,” Beta Kappa’s house is a colonial-style built in the 1800s. Though a university professor previously owned the house, Omega Pi purchased it in 1911 and was granted a Kappa Kappa Gamma charter in 1916. Many

features of the house evoke the history of the property. The dining room tables, first used in the early 1900s, are covered in the signatures of seniors, who sign their names during senior week. The home’s artwork is made and donated by Kappa alumnae.



Fit and Fabulous

DELTA GAMMA, MICHIGAN STATE

WITHIN WALKING DISTANCE to Michigan State’s downtown Lansing campus, 605 M.A.C. Avenue is a welcome respite for the 45 members who live in each year. The home’s two TV rooms offer comfy couches for sisterly bonding, as do

the two daily meals cooked by the chef. The basement has workout rooms for these active Kappas, who are able to use treadmills, free weights and more without stepping a foot outside. One thing that always draws them outside—the sun deck.



Downtown Dynasty

UPSILON, NORTHWESTERN

AS ONE OF THE OLDEST sorority houses on campus—the chapter has been in the same facility for more than 122 years—the stately Upsilon facility is lived in with much pride. Located in the middle of the Northwestern University sorority quads, the house is situated just a short walk to campus and downtown Evanston. The first

floor includes a sunroom, piano room, living room with comfortable couches for TV watching, as well as an adjacent lounge. The second, third and fourth floors house the main sleeping quarters, which hold about 60 members, allowing the entire sophomore class as well as many juniors to live in each year.



1970s Stunner

EPSILON NU, VANDERBILT

SIX YEARS AFTER THEIR installation in 1973, Epsilon Nu built its first chapter house. Weekly chapter meetings are held in the living area, while four officers are able to live in. In 2015, the House Board embarked on a renovation for the late 1970s-designed house. The kitchen was opened up to improve the flow during

sisterhood dinners and fresh gray paint was added to the walls for a more modern look. Though the house is university owned, its charm lies in its Kappa flair—a large column in the foyer was adorned with large KKG letters in reclaimed wood during the recent remodel, and blue love seat couches bring a cozy feel to the chapter room.

TOP LEFT: PHOTO: JOE FALLEN; HAILEY KLUGE; RACHAEL KAYE PENNINGTON; TRISH SMITH, AUBURN



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: Call me anti-social, but the worst part of my day is riding the elevator at work. Others seem to want to chitchat during the ride, but I just want to be in my own “alone zone.” Am I wrong for wanting to refrain from idle elevator conversations?

—Signed, *Loathing the Lift*

Dear Loathing:

It’s not wrong to want to hide in plain sight on an elevator—so long as you’re not rude to those around you. Smile politely at your elevator-mates, shuffle your way in, press your floor number, and pick a spot on the wall to stare at until the crowd thins out or you arrive at your floor. Consider wearing earbuds for an extra layer of appearing unavailable to chat. If that doesn’t work, and a fellow elevator rider insists on engaging you in a conversation, just nod and smile. The ride may feel like an eternity, but it’ll only be a few minutes.

Dear Clara: My new manager at work keeps addressing me as “Kathy.” (My name is Katherine—never Kathy, Kat or Kate.) He even introduces me

to coworkers and clients this way, which makes me cringe. How do I go about politely correcting him?

—Signed, *Name Caller*

Dear Name Caller: Obviously, the solution here is to change your name to Kathy. (Just kidding.) After being introduced by the wrong name to a new person, simply say something like, “Actually, it’s Katherine.” When it’s a longstanding error (as it is with your manager), consider casually saying, “I go by Katherine.” This makes it seem less like he’s in the wrong and more like you are simply expressing a preference that he may not have been aware of.

Dear Clara: I run a small department and my supervisor says I need to delegate more

and give others a chance to take ownership. I’m Type A and often find that if you want something done, it’s best to do it yourself. Who’s right?

—Signed, *Control Freak*

Dear Control Freak:

To your mind, an ultra-hands-on approach yields results because you make sure everything gets done just so. But if you take responsibilities away from your team members, they’ll become dissatisfied and will feel you lack confidence in them. Adjust your lens to see yourself in charge of the team’s overall direction; be the one who looks ahead and makes corrections to stay on track. If you allow yourself to be buried in every small detail, you’re likely to lose the big picture—and the respect of your co-workers, too.

JONATHAN BARTLETT

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

A Guide to the Coat-of-Arms

Officially selected in 1912, Kappa's Coat-of-Arms bears the symbols of Minerva and her owl with three fleur-de-lis, the badge and a sigma within a delta. Designed by **Margaret Brown Moore, Wooster**, the general outline of the mantling and ribbon is supposed to suggest the conventional fleur-de-lis; the key is in the honor point; the chevron is protection, accomplished by some work of faithful service; the fleur-de-lis is purity and light; the owl is vigilant and of acute wit; the key is guardianship and dominion; blue is truth and loyalty; silver is peace and sincerity; gold is generosity and elevation of mind.

—Excerpted from *Historically Speaking* by **Kay Smith Larson**, Washington

A small bronze cast of the Coat-of-Arms from Fraternity Headquarters



CATHERINE ROEBUCK

~Engineered~ JUSTICE

After nearly a century, a pioneering civil engineer, activist for women's rights and all-around barrier breaker gets her due.

By **Kristen Desmond LeFevre**, *Indiana*



Nora Stanton Blatch Barney, *Cornell*, (1883–1971), was the first American woman to earn a degree in civil engineering, and the first female member of the American Society of Civil Engineers. But in 1916, she was denied advancement beyond junior membership status in the prestigious body that represents members of the civil engineering profession. She was ultimately barred from membership—solely because of her gender. Some mistakes are never made right. This one took 99 years.

As the granddaughter of American suffragist Elizabeth Cady Stanton, Nora was raised with low regard for gender barriers—and high expectations for abolishing those barriers. She lovingly referred to her grandmother as her “Queenmother” and embraced her as the “guide and philosopher” who taught her “the facts of life, including the history of woman’s long subjection.” In her memoirs, Nora recounts how in 1902 an ailing Elizabeth Cady Stanton called Nora to her bedside. She’d often told her granddaughter that “life is a march and a battle.” Now at the end of her own battle, she asked Nora to promise to carry on the fight for women’s equality. Nora promised. Her grandmother died soon afterward.

Nora was just 19 then, a freshman planning to study civil engineering at Cornell University. She’d excelled in mathematics as a child and she sought to immerse herself in a course of study that no other women dared to pursue—and civil engineering “was the most male-dominated field” Nora could find.

The dean of Cornell’s engineering department refused to consider Nora’s application. Nora countered that it was the command of university founder Ezra Cornell that women be afforded the same privileges as men. The dean yielded but ordered professors to make Nora’s entrance exams harder than usual. “The plan failed utterly,” *The Pittsburgh Press* reported. “Miss Blatch entered with as good a





record as any of the men in her class. ... She is the equal, at least, of any of her engineer classmates.”

At Cornell, Nora was an active and popular student. She pledged Kappa Kappa Gamma in 1901, founded the Cornell Political Equality Club and established herself as a formidable athlete in both fencing and swimming. She was famous on campus for having swum the 3-mile length of Cayuga Lake in just an hour and a half. Cornell’s campus newspaper, *The Daily Sun*, recounted that when Nora reached the lake’s far shore, she decided to turn around and swim back—an unheard-of feat that was “only thwarted by her mother having forbade it.”

The *Pittsburgh Press* described Nora as “possessed of all the gentler womanly qualities, a complexion that any woman might envy, luxuriant hair, pretty eyes, a perfect form and a stride that becomes her in the ballroom as well as upon the campus,” adding that “Miss Blatch nevertheless has muscles of iron and is surpassed by very few men in physical strength.” Still, it wasn’t easy, particularly safe or acceptable, to be the only woman in the company of a group of men. To ensure her safety and success in the classroom, Nora’s Kappa sisters chaperoned her attendance at her daily engineering courses. Nora wrote in her memoirs that the mere presence of her intervening sisters created a kind of “civility in the classroom” that made it possible for her to prosper as the sole woman in a field of men.

Her Kappa sisters couldn’t accompany her everywhere, however. In her junior year, Nora was required to participate in a summer surveying camp. For propriety’s sake, Nora’s mother insisted on coming along. Professor Ernest William Schoder recalled Nora’s grit and talent at the camp, writing: “I think that her powers of adaptation were not overtaxed at all. She can use her hands and head, separately and together, better than many male seniors.”

On her graduation day in 1905, Nora made her way toward the stage to the sound of her all-male classmates stomping their feet in unison. Nora chalked the ruckus up to more of the boys’ incessant teasing. But when Cornell’s president honored Nora by bowing to her as she crossed the stage to collect her groundbreaking diploma (*cum laude*, no less), the crowd went silent. “I started back to my seat fully expecting another demonstration of *tramp, tramp*,” Nora wrote later in her unpublished memoirs, “but complete silence reigned.”

After graduation, the American Society of Civil Engineers (ASCE) inducted Nora as a junior member—and the first woman among its ranks. In 1906, the ASCE published Nora’s senior thesis in its journal—a study of the movement of sand inside water pipes, which solved a longstanding problem of hydrodynamics that had previously baffled many engineers of the day.

Nora took her first post-grad job with the American Bridge Company, designing steel bridges in New York and New Jersey. She soon moved on to engineering subway tunnels and designing key upgrades to the Catskill Aqueduct for the New York City Board of Water Supply.

She was 23 and living with her mother in a New York City apartment when she met inventor Lee de Forest—the self-styled “father of radio” who lived in the same building. Their apartments shared an adjacent wall, and Lee admired the sounds of Nora playing piano each evening after supper. They were engaged to be married in 1907.

Nora was determined to become proficient in Lee’s field of electrical engineering. She’d been restless in her job at the New York City Board of Water Supply, observing in her memoirs that “the whole interest seems to focus on higher pay and doing as little work as possible.” She resigned from her job, enrolled in graduate-level classes in electrical engineering at Columbia University and worked in Lee’s laboratory to contribute to his groundbreaking efforts.

In 1908, Nora and Lee married and honeymooned in Paris. Instead



of sending postcards home to family and friends, they lugged Lee’s radio broadcasting gear to the top of the Eiffel Tower—then the tallest structure in the world—and sent out greetings over the airwaves (simultaneously demonstrating the equipment’s technological prowess to potential European customers).

Back in the U.S., Nora went to work for her husband’s capacitor factory. But Nora’s active role in his company began to trouble Lee, who increasingly found that he wanted a wife who was unassuming and who did not work outside the home. Nora, on the other hand, wanted to supervise operations on Lee’s factory floor. It was the source of frequent marital arguments that found no resolution.

In August of 1908, Nora wrote to Lee, “I know I’d never tire of living with you ... not for a thousand years.” But—although she was pregnant at the time—Nora moved out of their home in 1909 and set up an independent household for herself and her daughter Harriot, who was born later that year.

When Nora sued Lee for divorce in 1910, Lee told *The New York Times* that their marriage had failed because Nora was “all mentality and calculating ambition,” and that she tried to “fill man’s place, to surpass him in his own sphere.” The story’s headline read: “Warns Wives of Careers.” Their divorce was final in 1912.

Newly single (and a single mother, to boot), Nora pressed on. Having left her job at Lee’s factory, she went to work as an engineer and drafter for the Radley Steel Construction Company, designing high-rise buildings, factories, schools and even a brewery, all over New York City. A 1916 issue of *The Key* noted that she had as many as “twenty-six men under her direction” depending on the season. Later, she worked as an architect, engineering inspector and structural steel designer for the Public Works Administrations in Connecticut and Rhode Island.

Her devotion to civil engineering was matched only by her passion for the women’s suffrage movement. She campaigned tirelessly for the cause, succeeding her mother, Harriot Stanton Blatch, in 1915 as president of the Women’s Political Union, which aggressively advocated for women’s voting rights worldwide.

Thanks in part to women’s equality activists like Nora and her foremothers, times were indeed changing for many women in the United States. But there was backlash, too. The ASCE—the same organization that had honored Nora a decade earlier by inducting her as its first

PREVIOUS SPREAD: © EVERETT COLLECTION HISTORICAL / ALAMY STOCK PHOTO; FROM LEFT: SHINS PHOTO COURTESY OF COLLENE JENKINS; © EVERETT COLLECTION HISTORICAL; SHINS PHOTO COURTESY OF COLLENE JENKINS



From left: Nora with her grandmother, Elizabeth Cady Stanton, and her mother, Harriot Stanton Blatch; Nora and her engineer daughter Rhoda; Nora, on horseback, at a suffragist event in New York; a “Votes for Women” ribbon worn by Nora.



women. Once Nora turned 32 years old—the ASCE’s upper age limit for junior members—her membership was terminated. Nora petitioned the ASCE to reconsider, hoping to become the first woman to enjoy full associate member status, but her request was denied. Nora challenged her dismissal in court, claiming that the ASCE had barred her from membership not because she was professionally incapable, but because she was a woman. However, the ASCE prevailed, and the decision was upheld on subsequent appeal to New York’s Supreme Court. Nora was out, and that was that.

Stripped of her professional credentials, Nora continued to work as a prominent civil engineer. But she grew disheartened with the industry and noted in her memoirs that she “welcomed the idea of change.”

Nora remarried in 1919 to Morgan Barney, a naval architect. She left her job with the Public Works Department to go into business as an independent contractor in the couple’s new home of Greenwich, Connecticut—this time as an architect and real estate developer, designing and building prominent homes along Fairfield County’s Gold Coast. The couple had two children: a son John and a daughter Rhoda—born just months before the 19th Amendment passed, giving American women the right to vote at last.

In a 1998 *New York Times* article, Rhoda (who died in 2007) remembered her mother as an imposing figure, noting that her own career in architecture might have been unlikely without Nora’s firm hand behind her. “Mother believed in pushing,” Rhoda said. “You don’t question a hurricane.”

Nora died in 1971 at her home in Greenwich. Her study was crowded with memorabilia from her achievements and projects—diplomas, certificates and photographs. If not for her gender, there would likely have been two more mementoes: an ASCE certificate of associate membership and a group photo commemorating her attendance at summer surveying

female member—began a campaign to strictly limit its membership, including membership to

camp. Cornell legend has it that Nora’s fellow campers had arranged a date for her that August afternoon. They waited until she was gone and then snapped the picture without her.

Almost a century after Nora’s dismissal from the ASCE, Cornell alumnus Dr. David Darwin noticed a one-paragraph news item in the September 2015 issue of the School of Civil and Environmental Engineering’s newsletter. The piece described Nora’s professional achievement and the injustice done to her at the hands of the ASCE. Dr. Darwin forwarded the story to his friend Dr. Robert Stevens, then-president of ASCE, with the email subject line: “Look what you guys did.” Dr. Stevens was equally troubled by Nora’s treatment and decided to do something about it.

In October 2015, the ASCE Executive Committee voted to posthumously advance Nora to the rank of ASCE Fellow—a prestigious honor held by fewer than three percent of the society’s members and reserved for those who have “developed creative solutions that change lives around the world.”

“It’s extremely important for the Society to celebrate Nora Stanton Blatch Barney,” said ASCE General Counsel Tara Hoke, who researched Nora’s case. “She and others like her are the ones who paved the way for everything that women have achieved in the professional world today.”

Today, the freshmen class of Cornell’s School of Civil and Environmental Engineering is 48 percent female. Women represent 17 percent of all U.S. civil engineers, and the ASCE boasts more than 20,000 female members.

Nora’s granddaughter, Coline Jenkins, accepted Nora’s membership certificate at the 2015 ASCE national convention. She has mixed feelings about the society’s change of heart. “Should we be happy or sad?” she asks. “Do you laugh or cry?”


It’s too late for Nora to do either. Either way, she has kept her promise. And for the women who follow in her footsteps, the march and the battle endure. 

Illustration by GARY TAXALI

The bottom line is...

BY DENISE HAIR HORTON
Arkansas

POOP IS PRIVATE.

Unless you're **Anjee Davis**, *Missouri*, president of Fight Colorectal Cancer, a nonprofit organization with the pithy tagline, "get behind a cure."

"We have to hit it head on," Anjee says of her organization's battle against the second leading cause of cancer death among men and women combined.

Much of that effort has included using humor to remove the embarrassment that comes with discussing bodily functions. For a Fight CRC event, Cake Boss Buddy Valastro painted butts on cupcakes.

"The event's legal adviser said, 'We're not sure about this,' but we went forward anyway and no one was offended," Anjee says. "We have to get over the idea that it's inappropriate to talk about colorectal cancer."

Another part of Fight CRC's effort has been changing the face of the disease. Its award-winning One Million Strong campaign features the #strongarmselfie of colorectal cancer survivors and supporters flexing their biceps.

"More than 1 million people with colorectal cancer are surviving and thriving," says Anjee, who launched the campaign in 2013 as a way to celebrate survivors as well as raising awareness and encouraging screening. As part of the effort, Anjee reached out to celebrities to support the campaign. Among those who have joined the One Million Strong effort are singers Sheryl Crow and Charles Kelley, actor Luke Perry, adventurer Bear Grylls, and University of Michigan coach Jim Harbaugh. "All of them had connections to colorectal cancer and were





Taxali

happy to have an opportunity to speak out in support of fighting it,” Anjee says.

While the vast majority of colorectal cancer could be prevented through screenings of adults over the age of 50, the disease isn’t limited to those who have reached the half-century mark—a reality that Dana Rye learned before she had even reached 25 years old.

A BIT OF BLOOD

For healthy young adults rectal bleeding is something to be ignored or attributed to a readily remedied cause—a bumpy bicycle ride or a lack of dietary fiber, for example.

That was the case for Dana when she was 24. Two years out of college and working as a bond trader on Wall Street, Dana had ignored the bit of blood she would see in the toilet after a bowel movement.

Diagnosed with anemia and 10 pounds lighter since graduating from Middlebury College, Dana explained away her health issues, attributing them to a combination of the stress of a new career, no longer playing field hockey, and a lack of balanced nutrition.

After experiencing severe nausea and stomach pain that didn’t go away, Dana went to her personal care physician, believing she had contracted food poisoning from a recent restaurant meal. When antibiotics didn’t allay the symptoms, Dana was referred to a gastro-intestinal doctor, who ordered a colonoscopy.

Ultimately, Dana was diagnosed with stage 2 colon cancer.

“There was a solid week between the diagnosis and the surgery and your mind does tend to wander,” Dana recalls. “I had a positive long-term view, but I was fearful about the way I’d be perceived when I was going through chemotherapy. I had started a new job as I finished treatment and I had the false impression that I’d get back to my pre-cancer life and could pretend it had never happened.”

Not only did the physical weakness brought on by chemotherapy prevent Dana from forgetting that she was a cancer survivor, she soon realized that she wanted to share her experience with others.

THE NEW FACE OF CRC

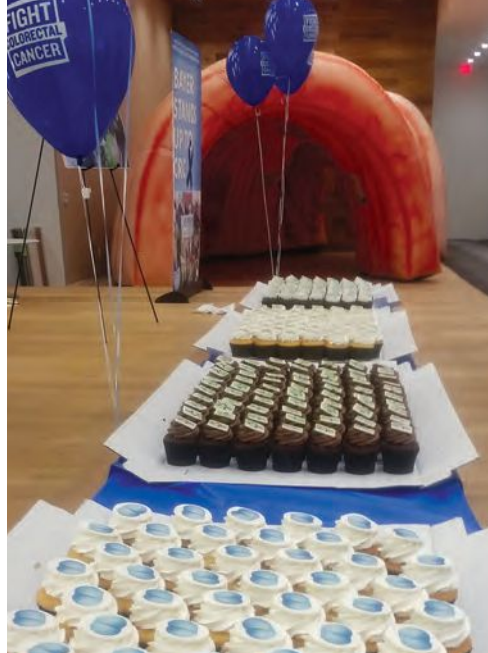
Throughout her diagnosis and treatment, Dana had the support of her family.

“There are the phone calls you always remember,” Dana’s mother, **Carolyn Testa Rye**, *William & Mary*, says. “We were at the beach when Dana got the diagnosis. She said, ‘I want to get this out of me as soon as possible.’”

Dana’s surgery was at Sloan-Kettering in New York and Carolyn stayed with her for several months while she underwent chemotherapy.

“Dana was back in the office within a month, but the chemo definitely impacted her energy level,” she says.

In early winter of 2010 Dana told her mother she was participating in a run to benefit Fight Colorectal Cancer in Central Park. Carolyn and Dana’s dad, Ken, both signed up for the race and learned afterward that Dana had raised \$30,000 in pledges. A year later, Dana again



Cake Boss Buddy Valastro “got behind” a cure for colorectal cancer by painting butts on cupcakes for a Fight CRC event.

participated, raising another \$20,000 for the organization.

The third year, Dana and Carolyn joined Fight CRC’s Call on Congress effort in March.

“I thought of it as a gift to storm the halls of Congress,” says Carolyn. “It’s an empowering experience.”

DINNER DISCUSSIONS

In the six years since her surgery, Dana has become comfortable discussing colorectal cancer, its symptoms and treatments.

“Nobody enjoys talking about rectal bleeding, but now I talk about it over dinner,” she says with a chuckle. “Especially for younger people, there are the twin

issues of invincibility and embarrassment about going to a doctor.”

While 10 percent of colon cancer cases are diagnosed in people under the age of 50, even medical professionals can be dismissive of the symptoms, Dana says.

“My best friend from college went to the doctor for digestive issues and was told, ‘No one your age needs a colonoscopy,’” she says. “Because of my experience, my friend went to another doctor, had a colonoscopy and they found polyps.” (While not all polyps become cancerous, some do. A Sloan-Kettering study published in the *New England Journal of Medicine* in 2012 showed that finding and removing non-cancerous polyps during colonoscopies resulted in 53 percent fewer deaths than would be expected from a group similar in race, age, and gender in the general population.)

Dana makes it clear that not every young adult with rectal bleeding should have invasive testing.

“Colonoscopies are not without risk,” she says. “But the point is to really investigate what the root cause of the bleeding is. If there is a misdiagnosis or a lack of diagnosis and it is colon or rectal cancer then it’s likely to be more advanced when it is found.”

Today, Dana is working on a combined MBA and master’s degree in public policy at Harvard with a goal of working in a health-care related field. She remains active with Fight CRC, including serving as treasurer on the board of directors.

FIGHTING WORDS

For Anjee, Dana’s story exemplifies the benefits that occur when discussions about colorectal cancer are no longer taboo. “Colorectal cancer is truly a silent killer,” she says. “You can be the picture of health on the outside, but have cancerous polyps that, if not treated, can lead to death.”

Fight CRC was founded in 2005 by Nancy Roach with the goal of including patient and caregiver voices in research and policy meetings so that decision makers could hear and see those impacted by their vote, Anjee says. Today, Fight CRC is the leading patient advocacy group in colorectal cancer and an active participant in cancer research and advocacy on Capitol Hill. In addition to being known for its awareness campaigns and advocacy, the group also emphasizes research programs and patient education.

PHOTO PROVIDED BY ANJEE DAVIS

Anjee's involvement in fighting cancer dates back to 2002 when she accepted a position with a private oncology clinic recruiting participants and overseeing clinical trials. Three years later, she moved to Columbia, South Carolina, and accepted a position with the University of South Carolina's Center for Colon Cancer Research managing community-based colorectal cancer programs supporting screening, education and awareness. Her work in South Carolina led to the first statewide colorectal cancer screening program and awareness coalition.

In December 2011, Anjee joined Fight CRC as vice president of programs where she began the One Million Strong campaign and

Fight CRC's congressional advisory board, as well as rebranding Fight CRC's annual three-day event, Call-on Congress. In March 2014, Anjee was named president of Fight CRC. As she completes her first year as president, Anjee reflects on the organization's growth in its first decade and its goals for the future.

"Many survivors and family members are fairly new to advocacy so we want to get our message out into the community that there is hope after a diagnosis of colorectal cancer," she says. "I think that's part of the reason why we tend to say things like, 'We host marches around the country, rather than runs or walks.' 'We're storming social media,' and 'we have the One Million Strong campaign that includes #strongarmselfie.' We want to emphasize the empowerment that patients and their caregivers can have and a sense of community."

Thirty percent drops in both deaths from colon cancer and incidents of the disease over the course of the past 10–15 years demonstrates the success of public awareness campaigns and treatment improvements. However, Anjee urges that there is still much to be done. In March, more than 100 Fight CRC advocates encouraged their congressional representatives to support an amendment to Medicare reducing financial barriers for seniors receiving colonoscopies, increasing research funding for colorectal cancer, and increasing funding focused on public health efforts regarding the importance of screening. Fight CRC is also a leader in supporting the goal of "80% by 2018," an effort to get 80 percent of Americans ages 50 and over screened for colorectal cancer by 2018.

Anjee hopes the time will come when people don't whisper "colorectal cancer" as though it's something to be embarrassed or ashamed of. But until that time arrives, she plans to continue combining humor and strength into a message that encourages everyone to get behind a cure. **0—**



David Wicks, U.S. Rep. Charles Dent and colon cancer survivors Dana Rye and Andrea Kramer call on Congress at the Fight CRC's annual three-day event to advocate for colorectal cancer awareness. Wicks, Dana and Kramer are all Fight CRC board members.

Just Do It!

I always have been faithful about annual physical exams, dental appointments, eye exams and such, including colonoscopies, which are mandatory every 10 years for people over 50. Scheduled for my procedure, I came to the doctor's office armed with an article I had read telling me that some exams, like the colonoscopy, are not necessary after age 75. I was hoping I could skip this one. However, the doctor explained how the incidence of cancer rises exponentially with age, and since I had a history of polyps, there was no way he would let me slide. So the

exam was scheduled.

I definitely wasn't looking forward to the procedure or the prep day. I began a liquid diet consisting of two cups of coffee and two glasses of clear juice. Lunch consisted of chicken broth, lime Jell-O, two more glasses of juice, and a Popsicle. I hadn't had a Popsicle in years!

Then at 5 p.m. the serious job of cleansing began with two Dulcolax tablets, then several hours of downing a drink of Nulytely solution. I did experience some slight cramping and bloating—and many dashes for the restroom. The next morning I was up at 4 a.m. to finish the solution, and this time the drinks seemed to go down easier.

After a little chicken broth and coffee for breakfast, my husband drove me to the hospital an hour before my procedure. I tried to relax by talking with the nurses. Once in the operating room, I was under anesthesia. The procedure took about an hour and then I was on my way home, spending the rest of the day resting.

The news that came back was a surprise. Instead of waiting another 10 years, I had to repeat the procedure in three months because of a flat, pre-cancerous polyp that the doctor could not remove without leaving a hole in my colon. Yikes!

After scheduling the next appointment, I stocked up on broth and Popsicles again.

For those months all I could think about was: 'What if I had cancer in the lower colon, then what do I do?' But after I woke up, the doctor was beaming. He told me that because of the cauterization the pre-cancerous polyp had completely disappeared. There was no sign of cancer. Now I don't have to return for five years, and by then, who knows? But I know I'll be there.

If colon cancer is caught early, there is a 90 percent survival rate. A colonoscopy is not so bad, and it is definitely worth it. Just be sure to stock up on broth, apple juice and Popsicles. Just do it!

—Ann Graham Schnaedter,
Missouri



NO EXCUSES

Three years of “life in general” took me from fit to flub.
Bonnie Beracha Micheli shows me how to love a gym again.

BY MAUREEN HARMON

THERE'S A DRESS HANGING IN MY CLOSET.

It's violet. Short. Sleeveless. I was supposed to wear it in one of my best friends' weddings, and I was a tad concerned that my lifestyle (think wine and cheese and general laziness) would wreak havoc on my look from the time I tried it on to the day of the wedding. So I vowed to rock that dress—my husband and I had two children, and I wanted him to look at me the way he did at a college party years and years (and years) ago. So I worked out daily in the months leading up to the wedding—my Friday happy hour was spent at the gym. I rode my bike 10 miles over my lunch hour. And, if I do say so myself, I *did* rock that dress. And even ran off the wedding night on a treadmill the next morning.

I'm pretty sure I was in the best shape of my life.

That was a while ago. Three years, to be exact. And let's just say a few things have happened since then. In addition to continuing a diet rich in cheese and wine, I had my third child (not at the same time as the wine, I should point out), started a business (in addition to my day job), and moved (pizza anyone?). I am sitting at the heaviest weight of my life—barring pregnancies—and I refuse to buy new clothes because, well, this just isn't me. I know I'm in here somewhere, but I'm hidden by a thick coating of chub.

Today, I can't even look at that dress. I'm pretty sure I could step into it, and drag it to my knees, but I'd have to stop there for fear of a rip or an intense reality check. So there it hangs, covered in plastic.

I need a workout. In a bad way.

The weekend before Bonnie Beracha Micheli, Indiana, and her business partner Tracy Roemer were set to open the doors of Shred415, their brand

new fitness studio in the Lincoln Park area of Chicago, they offered free classes to get the buzz going. The place was packed, and the two women couldn't believe how well they were doing. But when they opened the doors the following Monday for paying customers, nobody showed. Bonnie didn't get it. "This was the best workout out there," she says. And she would know. Always a fitness guru, she had done it all: worked with a personal trainer, taught high-intensity interval training sessions and barre classes. She and Tracy, neighbors and friends, had traveled to New York and L.A. to take classes

similar to the workout they developed for Shred415, the name originally conceived from an hour-long workout broken up in four, 15-minute intervals. There weren't any gyms in the Midwest that offered the high-paced treadmill/floor combo popular among the East- and West-coasters, and they were bringing it to Chicago. So where *was* everyone?

A few folks started to show, and their bodies started to change. They were dropping fat like crazy and gaining lean muscle. One woman, recalls Bonnie, lost 12 pounds in five weeks. "She looked amazing," she says. And that's all it took. The word spread, and in six months, Shred415 had a wait list of eager exercisers. By January, they knew they would need to open a second studio. Over the next five years, they opened six more in Chicago and St. Louis—with more locations on the way.

The idea for Shred415 started in the alley behind their homes where the children played together. "We don't have yards in Chicago," says Bonnie, "we have alleys." They knew they had this fitness bug in common, but they didn't know how well they would work together.



PREVIOUS SPREAD: COURTESY SHRED 415; THIS SPREAD: COURTESY SHRED 415 (2)



They pooled their money and took a chance. That chance move has allowed them to watch their revenue grow by 2,323 percent since opening day, which includes a 382 percent growth from their first full year in operation to today. Maybe that opening day was little disappointing to Bonnie, but today more than 1,200 shredders pass through their doors every day. And that means Bonnie and Tracy are covering all the bases these days, from management to teaching to marketing. Bonnie's office next door to the Lincoln Park studio is bright and modern. Clear plastic chairs for guests. A couch with cushions. Her desk. A wall decorated with images of Bonnie and Tracy's families. Photos of the pair in workout gear, rock abs exposed. Images of the two women hanging on the arms of two buff male directors at the company—their arm muscles rivaling those of the

THEY POOLED THEIR MONEY AND TOOK A CHANCE. THAT CHANCE MOVE HAS ALLOWED THEM TO WATCH THEIR REVENUE GROW BY 2,323 PERCENT SINCE OPENING DAY, WHICH INCLUDES A 382 PERCENT GROWTH FROM THEIR FIRST FULL YEAR IN OPERATION TO TODAY.

men. She only teaches four classes a week now, and takes them herself three times a week. Aside from that, her day is made up of meetings looking at revenue, organizational charts, marketing plans, and locations for expansion. There's another studio coming, but Bonnie can't reveal its location just yet. I'm hoping it's a little closer to my home.

The day I entered the Lincoln Park studio for my first workout, my husband was sending me emoticons of muscles and weights, but also rightfully urging me to take it slow. Aside from running a mile or two at the start of 2016 (and feeling right proud of myself), I haven't seen the inside of a gym since my fourth month of pregnancy with my third son. He's now 18 months.

Bonnie meets me at the front desk, petite, pretty, slender, and buff. I have her by a good 50 pounds or so, but judging by her sculpted arms, I know my only defense in a battle would be to sit on her. Even then, I don't think odds would be in my favor. I tell her I'm scared. But she just smiles, waves my comment away with her hand, and says, "You're so funny."

Bonnie earned her degree in computer technology and worked as a computer consultant for a time. Later, she went on to a master's in education. The plan was to teach history to middle-schoolers. She taught a few classes as a student teacher, but she was pregnant with her son and took some time after his birth to care for him. When she was ready, she became certified by the American Council on Exercise and got a gig teaching a barre class. "When I got behind that microphone," she says, "I thought, *this* is what I want to do."

She guides me to a treadmill assuring me that I can handle this and briefly explains the way this will work. I'll spend 10 minutes on the treadmill, increasing my speed or backing it down depending on what Bonnie yells to the crowd. Then I'll trade places with a group that has been working on the floor with bands and weights, again doing everything Bonnie tells me. We'll spend 10 minutes here and then switch again until we sweat through 45 minutes. I'm guessing then we'll collapse on the floor to be dragged out by paramedics.

I look around the room. My classmates truly are shredded. They're not just fit, they're strong and lean and focused. Bonnie keeps the room dark, so people can feel like they're in their own space, and so they don't have to be intimidated by the more fit folks among them, like, say, the woman next to me who's "slow" speed on the treadmill is an 8. Just for comparison sake, I'm feeling like my 5 is a little rough.

Bonnie cranks the music and we get started.

In the beginning I'm confident. I can run! I can lift weights! But after the first few intervals, I'm watching the clock. It was particularly defeating when I realized that I was only one minute into a 10-minute interval, and I was shocked. Haven't we been running for five minutes—at least?

It was right around that moment that I decide it's possible I could die right there on the floor of Shred415, but I'm confident that these women could carry all 150 pounds of me to the hospital if need be. My treadmill neighbor could probably do it alone—with one arm. I've had two intervals on the treadmill so far, and am launching into my second round of floor work. Bonnie is marching through the studio clapping her hands and convincing us we're generally awesome. And really, these women are pretty awesome, (that woman next to me just upped her treadmill speed ... again), but now I'm trying to do crunches to little avail, and I'd love to curl up in a ball beside my step and take a little snooze.

When you begin to consider the fact that a heart attack is entirely possible, you know you're not the most fit woman in the room. But there's no level of embarrassment here. Bonnie treats everyone in

YOU'VE GOT THIS

Too often we know we need to get more exercise, but let's face it, gyms can be intimidating, especially when we haven't strapped on a sports bra in years. So we asked Bonnie Micheli, co-founder of Shred415, to offer a few tips on putting the chocolate down and picking up the hand weights.

GO WITH A FRIEND. It's always less intimidating to face a new adventure with a buddy. You can encourage each other, keep one another on track, and laugh when you're too tired to go on.

GO SOMEWHERE that makes you comfortable. Shred415, with its darkened studio, welcomes everyone no matter their fitness level and encourages folks to go at their own pace.

GO SHOPPING. Buy yourself new workout clothes that are flattering and make you feel good about your body.

CHANGE IT UP. Shred415 depends on treadmill exercises along with weight and floor exercises to keep the body guessing and to work different muscle groups. If you're a runner, don't be afraid to take a weight training class. If you love yoga, consider Pilates a few days a week.

STICK WITH IT. You won't see results in a day. You'll be exhausted when you start a new routine, but hang in there. That exhaustion will become energy you never knew you had in a matter of a few weeks.

the room the same way. We're lumped together as "the floor" and "the treads." And with the lights dimmed you're not as conscious of the sweat rolling down your back or embarrassed by the heavy breathing coming from your mouth. You feel like Bonnie is looking out for you—and though this business is growing, she and Tracy have made this place feel like a small community of shredders, with social media shout-outs to brides and grooms who participated in their "Shred to Wed" program or by wishing happy birthday to instructors all over the city or by congratulating a shredder mid-workout. They're generally excited to see people in the gym—and highlight their success stories by touting "Shredders of the Month" on their website.

With Bonnie shouting encouragements to the group, I start to realize that that feeling of weakness I'm experiencing is simply the feeling of getting off the couch, putting down the cheese pizza, and actually *moving*. And just like that, my near-death experience passes, and I realize I just might make it. I may not look like some of these women in the room, but a few, at least, were probably a lot like me when they started. (Bonnie holds classes called "Shred the Baby Bump" for new moms in addition to her "Shred to Wed" program.)

I'm convinced I need this in my life—daily—in order to find a healthier self inside this smooshy outer shell.

I'm also convinced that if I keep this up, I'll totally rock that violet dress again. **0—**



Through the Keyhole



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Do you have the best
Kappa chapter facility
around? Tell *The Key*
about your house, lodge or
meeting space and send
your photos to:
thekey@kkg.org





THE GISH FILES

In the Balance

How Annabeth Gish maintains harmony between family and fame.

—By **Rachel B. Levin**

PHOTO BY KYLE MONK

THE SAME YEAR THAT ACTRESS Annabeth Gish arrived at Duke University as a freshman, the film *Mystic Pizza*—which she had a breakout role in alongside Julia Roberts—was released. It was 1989, and in a surreal twist of events, Annabeth encountered the film playing at the Student Union—the college audience largely unaware that one of the film’s stars was in their midst.

Having one foot in the glamorous world of acting and another firmly planted in universal experiences of “real” life has defined Annabeth’s career since she appeared in her first film, *Desert Bloom* at age 13. She grew up in Cedar Falls, Iowa, and could have chosen to go straight to Hollywood as a young adult, but she wanted the traditional college experience and the opportunity to immerse herself in the world of ideas—perhaps a natural inclination as the daughter of an English professor father and an elementary school teacher mother.

“I remember making a very deliberate choice not to come out to California and take that time,” she says. “It’s something that I’ve never regretted.”

Now 44, with a body of work in film and television that has

spanned 30 years, she’s still making choices that keep her grounded amid the challenges of working in such a high-profile industry. Arguably, it’s her real-deal demeanor that has made her so appealing in girl-next-door roles like those in 1980s cult chick flicks *Mystic Pizza* and *Shag*, and what makes even the edgier, more complex characters she’s played more recently, such as the troubled Eileen Caffee in the TV show *Brotherhood*, so relatable.

When we meet for coffee near her home in Beverly Hills, it’s just a week before *The X-Files* miniseries—with Annabeth reprising her role as special agent Monica Reyes—is set to premiere. But instead of arriving from a press junket, Annabeth has just come from a meeting of the auction committee at her son’s public school, where she volunteers. Family and education take precedence.

Annabeth met her husband Wade Allen, a stunt coordinator, on the set of the original *X-Files*, and, as she describes it, it was “love at first sight.” The two married in 2003 and, while they were working together on *Brotherhood*, their sons Cash and

From top: In Season 8 of the X-Files, Agent Monica Reyes (Annabeth Gish) investigates Special Agent Fox Mulder's disappearance; In the 2016 X-Files finale, Annabeth Gish reprises her role as Agent Reyes. She appears alongside Special Agent Scully (Gillian Anderson).



Enzo, now 9 and 7 respectively, were born. Ever since then, says Annabeth, "raising my sons has been the priority." While Gish admires women whose dominant motivation is their career, she says, that's not who she is. "I don't have the chromosome that is, 'I will be famous no matter what.' I need the grounding of my family and my heart."

That perspective aligns with why she got into acting in the first place. "It was never about needing to be a star or in the spotlight," she says. Instead, Annabeth was drawn to acting because of her empathetic instincts and the opportunity to "be able, as an artist, to cull out

performances that affect people."

"Every character, every person has wounds," Annabeth says. She explains that she likes exploring those wounds in her work in order to express something universal about humanity that helps people feel not so alone. In her television roles, from *The X-Files* and *Brotherhood* to *The Bridge* and *Sons of Anarchy*, she reflects, "I've had this amazing run of playing very complicated, dark, flawed, tough women, which is thrilling." She laughs at the contrast between her sunny family life and what she calls the "scandalous" characters she has created but acknowledges that



“I’ve had this amazing run of playing very complicated, dark, flawed, tough women, which is thrilling.”

there’s a piece of herself in every role.

If there’s any character that she feels the most similar to, it’s X-Files’ Monica Reyes, a plucky FBI agent who investigates spine-chilling paranormal cases but who is softened by a spiritual mindset that allows her to believe in things outside her direct experience. “She was an open-minded seeker,” Annabeth says of Reyes. “I think those are good adjectives for me.”

Annabeth’s own proclivity for mindful investigation guided her decision to major in English at Duke; she waxes poetic about studying Milton’s *Paradise Lost* with the pre-eminent scholar Reynolds Price. Even while she has a new TV role in the works and is appearing in two soon-to-be-released independent films, her fondness for “marinating in ideas and questions” influences how she’s currently thinking about next steps for her career. Reflecting on her “mid-life agenda,” Annabeth believes that returning to school might actually be part of the plan.

“Because of the academic world that I grew up in with my parents, I’ve always felt safe and good there,” she says. “In some version of my future, I would like to teach. I would love to go back to some sort of university environment.” Attending the renowned Writers’ Workshop at the University of Iowa is on her bucket list. “I think what I really want to do is more of my own expression. I’ve done a lot of

expressing other people’s words and characters. Now I really feel like I want to take ownership of my voice.”

Annabeth is aware that the artist’s voice is a fragile one that can be compromised not only by the demands of the commercial marketplace but also by life’s traumas. Of entertainment, she says: “It’s kind of a depleting industry. If you are a true artist, it’s hard to maintain art.” Nevertheless, she persists because she believes in art’s healing power. She serves on the board of The Unusual Suspects, a nonprofit that helps underserved and at-risk youth by teaching them to write and perform their own stories. She’s inspired by the transformation she sees in the children’s lives and humbly identifies with their journeys. “If you’re a writer and an artist,” she says, “you have certain sensitivities that make you vulnerable. You have to have a shield of some sort.”

In the face of such vulnerabilities, Annabeth fortifies herself with her family, her yoga and meditation practice, and deep relationships with her female friends—many of whom are connected to Kappa Kappa Gamma. For Annabeth, joining Kappa as a Duke undergraduate was “about making friends and having a community of women within the campus,” she says. “I still have a core group of college friends who I met through Kappa.” In addition to that, she says: “Two of my best girlfriends happen to be Kappas from different schools. They’re two of the most intelligent, professionally successful women I know.”

It’s ironic that someone so connected to sisterhood ended up starring in *Brotherhood* (and other male-driven shows) and living in a house full of men. But women’s issues remain at the forefront of this former

women’s studies minor’s mind. Amid the false presentations of beauty rampant in Hollywood, Annabeth is conscious of aiming for a deeper beauty in her work. “Wreckage can be beautiful,” she says, and seeks characters that “show imperfections as a reflection of real womanhood. It is healing when other women know that they’re not alone in their failure, flaw or addiction.”

But after all the talk of serious roles and high-minded art, Annabeth wraps the conversation with the kind of close that reminds you that she’s a girl from Iowa who foregoes the Hollywood party circuit for her couch and volunteers at her kids’ school.

“I’m sorry to have to talk about myself so much,” she says.



BOOKS AND BISON

Beta Theta Brings the Thunder

Gillian Vanderslice, Paige Tiffie, Kari Blanks and Morgan Hagan, all Oklahoma, meet Rumble, the Oklahoma City Thunder’s American Bison mascot. Rumble is part of the Rolling Thunder Reading Bus, a bus that travels to local elementary schools and community centers to promote literacy by passing out free books to students. Beta Theta’s House Board fundraises for the program, which has given away more than 115,537 books to students across Oklahoma.

IN brief

EDUCATION DEPARTMENT

Saying “Not Anymore” to Sexual Assault

Beginning this fall, Kappa will provide a sexual assault prevention program for new members. Called *Not Anymore*, this program represents an important step in Kappa’s history of supporting sexual assault education since developing *Keep Safe* in 1989.

Not Anymore educates learners on relationships, domestic violence and stalking issues. Based on scenarios, actors demonstrate and analyze complex, real-life situations such as consent and bystander behavior. *Not Anymore* also teaches mutual support so that survivors of sexual assault and violence can get the help they need.

Marla Williams, Director of Education and Training, explains: “Sexual assault isn’t something you can tackle once and leave alone. This problem is prevalent on college campuses and we should use the best educational tools at our disposal to combat it. We’ve done the research and *Not Anymore* excels at providing accessible and comprehensive sexual assault prevention education.”

The partnership with *Not Anymore* complements previous initiatives. In 2014, Kappa established a Sexual Assault Work Group. Comprised of higher education and health professionals, the group developed a resource guide and made recommendations for sexual violence education and Standards Committee training to prepare as first responders to reports of sexual violence. In April 2015, Kappa partnered with the “It’s On Us” national campaign against sexual assault on college campuses.

Not Anymore provides members with campus and local sexual assault resources



MESSAGE FROM THE PRESIDENT

Making History

Any time Kappas gather for General Convention, it’s a memorable event. When we meet in San Diego in June this year, however, we could make history!

During the 71st Biennial Convention of Kappa Kappa Gamma, delegates will be asked to consider numerous amendments to the Fraternity *Bylaws* and *Standing Rules* that would change our organizational structure. In order to remain relevant and competitive with other Greek organizations, Kappa must make our volunteer positions more manageable and provide a higher level of focused support to both our alumnae associations and chapters.

This spring we’ll be holding several town hall meetings to explain the proposed structure, address concerns and answer questions. We hope you can join us!

—Beth Uphoff Black, Illinois Wesleyan



PROJECT LINUS

Getting Cozy

Zeta Sigma Chapter, North Texas, made 10 fleece tie blankets for children in the Dallas and Denton, Texas, area through Project Linus. The chapter opened its house to the Panhellenic community to help spread holiday cheer and enjoy a break from studying for finals.

and shelter information. At 35 minutes long, *Not Anymore* packs vital information and training into a digestible format geared toward the busy college student. Required for new members, all collegiate members and alumnae will be encouraged to use the program as well.

—**Ryan Gannon**,

Online Learning Coordinator

KAPPA STRONG

Great Strides

The interstate I use for my daily commute has been under construction for two years. The old road suits my needs—albeit with narrow lanes, crusty shoulders and potholes that threaten to swallow smart cars—but I have learned when to swerve to avoid rough spots.

During my drive, I've thought about Kappa—where we've come from, where we are now and where we are going. I admire the leaders past and present whom we entrust with leading us toward a sustainable future from a position of strength. We considered the work and time commitment of our volunteers when I served on Fraternity Council 20 years ago. Then, we needed to find a way to make the province officer jobs more manageable for women who were juggling full-time jobs, families and other volunteer commitments. From that Council was born the Regional Directors of Alumnae and Chapters.

Today, the organization's challenges are different, just as the world is different from 20, 50 or 145 years ago. Kappa's

ability to reflect, solve problems, brainstorm and meet challenges head on will ensure our viability and sustainability far into the future. Kappa is strong, and by continuing to support chapters and alumnae associations with volunteers who are supported by Headquarters staff, we will build the future with strength and determination. The proposed structure creates exciting possibilities to engage more Kappas with the organization than ever before. Volunteer opportunities can be long-term, but others are project-based and accommodate women at different stages in their lives. I'm excited for the support the new structure will provide to our chapters, alumnae associations and individual members who seek to give back

through service to Kappa. With this structure, we can grow our volunteer base to help sustain Kappa Kappa Gamma far beyond our current horizon.

I don't begrudge the drive to and from work if I can have a few moments to think and dream about what could be. The overhaul of the interstate is near completion and, with fewer construction barrels, I am discovering sights on my path that I have never noticed before. The route is the same but the view has changed. I'm not spending as much time looking in the rearview mirror. So it goes with Kappa. Those who came before us paved the road. It's our journey now and it beckons each of us to look up and out to what can be.

—**Gail Simpson Owen**,
Monmouth



READING IS KEY

Andrew Chooses Blue

At a Reading Is Key Event, Andrew reads *The Day the Crayons Quit* to his reading buddy, **Elise Watt**, Clemson. Elise said she was surprised when she asked Andrew his favorite color and he said, "blue." Then she asked what his other favorite color is and he said, "blue."

Key

ACHIEVEMENTS

The Highest Honor

The **Alumnae Achievement Award** is the highest honor for personal and professional achievement that the Fraternity presents to its members. First established at the 1946 General Convention, the award recognizes Kappa alumnae for outstanding contributions to their chosen fields. Seven extraordinary women will be honored in June at the 71st Biennial Convention in San Diego.

Virginia "Ginni" Nicosia Rometty

NORTHWESTERN. Ginni is the Chairman, President and CEO of IBM. As CEO, Ginni has spearheaded IBM's growth strategy by breaking into the cloud computing and analytics businesses and has directed the development of Watson, IBM's thinking, learning and talking computer for use in commercial applications.

Ginni has been recognized as one of *Forbes'* "World's 100 Most Powerful People" and has been named in *Fortune's* "50 Most Powerful Women in Business" for 10 consecutive years (frequently ranking #1).

She serves on the Council on Foreign Relations, the Board of Trustees of Northwestern University, and the Board of Overseers and Board of Managers of Memorial Sloan-Kettering Cancer Center.



Donna Tartt

MISSISSIPPI. Donna is an American fiction writer and author of the novels *The Secret History* (1992), *The Little Friend* (2002) and *The Goldfinch* (2013). She won the WH Smith Literary Award in 2003 for *The Little Friend* and the Pulitzer Prize (Fiction) for *The Goldfinch* in 2014. *The Goldfinch* launched Donna to international literary stardom: The novel has been an international bestseller and spent more than 30 weeks on *The New York Times* bestseller list.

Known for spending a decade or longer on each novel, Donna was also named one of "The 100 Most Influential People in 2014" by *Time* magazine.



Jane Scott Offut Hodges

TULANE. As the owner and founder of Leontine Linens, Jane Scott is a driving force behind the modern revival of couture linens for home. Known for its beautiful embroidered and appliquéd monograms, all of Leontine Linens' bespoke products are designed, cut and sewn in the U.S. Leontine's products have been featured in magazines worldwide, including *House Beautiful*, *Elle Decor*, *Traditional Home* and *Town & Country*.

Jane Scott is the author of *Linens: For Every Room and Occasion*, a guide to living and entertaining with fine linens. She frequently collaborates with leading interior designers and architects on projects of varying scales. In a new Kappa Foundation program, Jane Scott is providing KKF monogrammed bed pillows to sisters in poor health.





Beverly Eaves Perdue

KENTUCKY. Bev was elected governor of North Carolina in 2008—the first woman to serve as chief executive of the state. She has spent more than 25 years in public service, including two terms at Lieutenant Governor and seven terms in the North Carolina Senate and House. Bev has served as a Resident Fellow at the Harvard Institute of Politics and as a Distinguished Visiting

Fellow at Duke University’s Sanford School of Public Policy. She is the founder of the nonprofit organization, DigiLEARN: Digital Learning Institute, and currently serves as a senior advisor at Whiteboard Advisors.

Shelley Moore Capito

DUKE. Shelley was elected by the people of West Virginia to the United States Senate in 2014. She is the first female U.S. Senator in West Virginia’s history and was elected with the largest margin of victory for a Republican in the history of the state—winning more than 62 percent of the vote and all 55 counties.

Prior to being elected Senator, Shelley served West Virginia’s Second Congressional District in the U.S. House of Representatives for 14 years and prior to that was a member of the West Virginia House of Delegates for four years.



Gretchen Carlson

STANFORD. A journalist and commentator, Gretchen is the anchor of “The Real Story with Gretchen Carlson” on FoxNews. Her more than 20 years in the television news industry have included co-hosting gigs on CBS’ “Saturday Early Show” and FoxNews’ “Fox & Friends,” as well as anchoring and reporting duties at local news affiliates in Ohio, Texas and Virginia.

Before beginning her TV news career, Gretchen was crowned the 1989 Miss America while representing her native state of Minnesota. She serves on the board of the Miss America Organization and as a spokesperson and national trustee for the March of Dimes. Gretchen published her memoir, *Getting Real*, in 2015.

Punch Hutton

NORTHWESTERN. As deputy editor at *Vanity Fair*, Punch curated the culture and lifestyle sections called “FanFair” and “Fairground.” The magazine’s annual holiday gift guide (which Punch launched 12 years ago) has garnered a cult following. In addition, Punch worked on the team that produces and hosts the annual star-studded *Vanity Fair* parties at the Oscars and the Cannes International Film Festival.



IN memoriam

* Adelphi College

Kopacz, Wanda Rajkowski, '49, d. 12/14

Akron, University of

Hilkert, Mary Louise Ahern, '40, d. 8/15
Scott, Gwendolyn Lutz, '43, d. 7/15

Alabama, University of

Brooks, Edward Archibald, '42, d. 5/15
Bruchac, Sallie Holman, '45, d. 5/14
Conaway, Patricia Graham, '46, d. 7/15
Kyle, Anne Eatman, '49, d. 9/14
Ross, Zoanne Green, '45, d. 1/14
VanAntwerp, Mary Pillans, '37, d. 11/15
Woodham, Patricia Dillon, '48, d. 5/14

Allegheny College

Carroll, Joanne Bockel, '45, d. 7/15
Gunter, Charlene Menchey, '67, d. 7/15
Sherrick, Mona Fullerton, '52, d. 6/15
Staley, Genevieve Cook, '38, d. 8/15
Wilson, Carolyn Flint, '49, d. 10/15

Arizona, University of

Borcherding, Mary Huxtable, '38, d. 11/14
Devan, Linda Liberty, '61, d. 1/11
Dunn, Marianne, '44, d. 2/15
Elner, Doris Mc Naghten, '42, d. 6/15
Harrison, Eleanor Cross, '53, d. 7/15
McKenzie, Sylvia Taylor, '55, d. 5/15
Papp, Sally Trainor, '58, d. 10/15

Arkansas, University of

Cross, Sue Ross, '48, d. 3/15
Givens, Frances Martin, '45, d. 8/15

Auburn University

Schramm, Linda, '74, d. 7/12

* Boston University

Haines, Janet Place, '53, d. 8/14

Bucknell University

Ringwald, Jane Reinhart, '48, d. 4/14

Butler University

Campbell, Jean Farson, '45, d. 10/15
Crim, Susan Riggs, '66, d. 7/15
Vonnegut, Barbara Martin, '40, d. 10/15
Wild, Mary Stair, '39, d. 9/15

California State University, Fresno

Munday, Margaret Devaux, '54, d. 10/15

California, U. of, Berkeley

Clifford, Dorothy Hyde, '49, d. 8/15
Crawford, Francesca Jensen, '48, d. 7/15
Gaines, Winifred Breuner, '47, d. 9/15
Shurtleff, Elizabeth Hamilton, '37, d. 11/15
Wolff, Joy Petersmeyer, '45, d. 9/15

California, U. of, Los Angeles

Richardson, Patricia Walker, '37, d. 7/15
Young, Mary Pabst, '41, d. 9/15

Carnegie Mellon University

Allen, Joanne Emery, '49, d. 6/15
Patterson, Nancy Chapin, '46, d. 9/13
Schove, Martha, '44, d. 4/13

Cincinnati, University of

Altieri, Natalie, '13, d. 11/15
Fessler, Ellen Stickle, '38, d. 3/15
Foley, Alice Erhardt, '46, d. 11/15
Roth, Mary Bess Williams, '46, d. 1/15
Schollmaier, Rama Skinner, '53, d. 10/15

Schubert, Carol Meyers, '52, d. 11/15
Shafer, Anne Thompson, '45, d. 11/15
Wuenker, Lorraine Lakeman, '53, d. 8/15

Clemson University

McDonald, Bunny Burkart, '71, d. 7/15

Colorado College

Clement, Lee Clarke, '44, d. 6/15
McGeehan, Geraldine Ratliff, '51, d. 5/15
Milbank, Caroline, '46, d. 9/15
Stark, Evelyn Van Lopik, '47, d. 9/15

Colorado, University of

Cassidy, Barbara Finnoff, '34, d. 3/15

Connecticut, University of

Carocari, Vilma, '51, d. 9/09
Czarnecki, Helen Connery, '46, d. 9/15
Eisert, Leanne Glass, '65, d. 11/14
Grimm, Marcia Fischbeck, '42, d. 8/15
Stimson, Emily O'Connor, '44, d. 8/15

Cornell University

Van Vleet, Doris Ticknor, '43, d. 8/14

Dartmouth College

Seibert, Liz Boutis, '79, d. 3/14

Denison University

Fast, Josephine Staats, '46, d. 8/15
Hall, Betty Craig, '39, d. 1/11

DePauw University

Demaree, Katharyn Fell, '56, d. 10/15
Loupee, Deborah Trees, '48, d. 6/15

Drake University

Francisco, Patricia Meier, '46, d. 2/15
Hurst, Jeanne Barlow, '38, d. 9/10
Moritz, Jean Wendlandt, '42, d. 8/15

Duke University

Jackson, Suzanne Sommers, '37, d. 2/07
Saturday, Ann Harrell, '44, d. 9/08

George Washington University

Boyle, Olive Reed, '36, d. 12/10

Georgia, University of

Guest, Sarah Devaughn, '57, d. 9/15
Healey, Sydney Mc Campbell, '69, d. 8/15
Ramsey, Caroline Daniel, '00, d. 9/15

Hillsdale College

Baker, Elizabeth Avey, '45, d. 7/14
Cronquist, Alice Eicher, '54, d. 8/15
Martin, Virginia Mitchell, '44, d. 10/15
Moffat, Marjorie Seeley, '46, d. 1/13
Nelson, Ann Houchins, '56, d. 11/15
Sehi, Martha Beck, '46, d. 3/14
Straight, Ruth Garlough, '32, d. 11/15

Idaho, University of

Alcouffe, Joan Davenport, '59, d. 8/15
Dobaran, Carmen Gandiago, '48, d. 7/15
McMurray, Zola Fairley, '58, d. 9/15
Wasson, Irene Brewster, '47, d. 8/15

Illinois Wesleyan University

Diggle, Laurel Bower, '50, d. 10/15
Kirk, Carolyn Eakle, '47, d. 9/15
Stephan, Eloise Funk, '44, d. 9/15

Illinois, University of

Crossland, Dolores Whitaker, '51, d. 9/15
Henderson, Elizabeth Mace, '51, d. 11/15

Sturgeon, Jane Funkhouser, '37, d. 12/09
Weddell, Betty Smith, '50, d. 9/15

Indiana University

Gaunt, Elizabeth, '78, d. 8/15
Gettel, Mary Davis, '49, d. 8/15
Horswell, Nancy Kimberling, '47, d. 12/13
Lennon, Polly Prather, '46, d. 8/15
Scofield, Jeanne Reese, '42, d. 9/15
Wadleigh, Mary Elizabeth Pell, '34, d. 2/11

Iowa, University of

Slemmons, Julia Rice, '35, d. 5/10
Smith, Constance Middleton, '43, d. 1/15
St. Clair, Jean Clapp, '41, d. 11/13
Voss, Ann Miller, '48, d. 10/15

Kansas State University

Brain, Alouise Roberts, '40, d. 9/15
Chase, Marilyn Anderson, '63, d. 9/15
Cockerill, Jeanine Besch, '74, d. 9/15
Gunter, Mary Gerlach, '46, d. 7/15
Pohl, Nina Heberer, '44, d. 8/15
Schneider, Brock Taylor, '61, d. 9/15

Kansas, University of

Boyd, Cora Child, '45, d. 9/15
Gilman, Mary Wilkins, '48, d. 7/15
Humphreys, Carrie Arnold, '45, d. 4/13

Kentucky, University of

Gocke, Beth Bartlett, '50, d. 8/15
Hoskins, Laurie Cannon, '37, d. 8/15
Michler, Karen Temple, '75, d. 7/15
Reynolds, Jane Clark, '51, d. 7/15
Rozell, Julie Landrum, '43, d. 10/15

Louisiana State University

Foster, Marilee Arne, '43, d. 8/15
Hand, Beverly Laskey, '50, d. 8/15
Herring, Kristi Huertter, '92, d. 4/15
Wallace, Catherine Agaisse, '41, d. 7/15

* Manitoba, University of

Hurst, Eleanor Quinton, '42, d. 9/15

* Maryland, University of

Cochran, Patty Wright, '44, d. 11/15
Shipe, Bess Paterson, '37, d. 11/15

Massachusetts, University of

Dent, Janice Taubner, '51, d. 8/15
DeWitt, Gloria Wood, '44, d. 12/14
Donnelly, Betty Ann Wellman, '56, d. 8/15
Sharrow, Lucile Howe, '48, d. 7/15

Miami University

Karman, Carolyn Hoehn, '56, d. 9/15

Miami, University of

Bennett, Ruth Harris, '46, d. 10/15
Caracaus, Mary McElwee, '57, d. 10/15
Fitzgibbon, Sophie Breckenridge, '40, d. 3/13

Lanier, Patricia Padgett, '51, d. 8/11

Michigan State University

Chambers, Jean Byrnes, '41, d. 8/15
Foster, Marie Angove, '43, d. 8/15
Gray, Gertrude Rapp, '38, d. 9/09
McRoberts, Judith Welsh, '58, d. 1/14
Miller, Kay Hammerstrom, '50, d. 11/15
Moses, Dorothy Davio, '53, d. 5/11
Quigley, Betty-Jo Achard, '39, d. 3/12

Swisher, Elizabeth Garrington, '58, d. 9/12

Michigan, University of

Parsons, Betty Frank, '32, d. 7/09
Stewart, Graeche Becker, '53, d. 7/15
Van Boven, Carolyn Snyder, '52, d. 11/14

* Middlebury College

Frankenbach, Marilyn Mackie, '51, d. 12/14

Minnesota, University of

Whitney, Janet Riedel, '40, d. 10/09

Mississippi, University of

Broxson, Bonnie Markle, '56, d. 8/15
Holsberry, Elizabeth Harper, '63, d. 10/15
McClendon, Jeanne Knost, '50, d. 9/12
Moak, Patricia Goetz, '80, d. 10/15
Newton, Raye Rigby, '54, d. 8/15

Missouri, University of

Bass, Anne Simrall, '38, d. 7/15
Biebel, Linda Shepard, '68, d. 8/15
Clothier, Patricia Wilson, '51, d. 8/15
Hansen, Marjorie Mc Donald, '71, d. 7/13
Hazzell, Jane Faurot, '52, d. 8/15
Humphreys, Teresa Swinney, '75, d. 8/15
Toler, Marty Stephens, '47, d. 11/15
Wolf, Peggy Delbridge, '50, d. 9/15

Monmouth College

Christian, Susan Scheuring, '85, d. 9/15
Mead, Toni Dierstein, '64, d. 8/15
Phoenix, Karen Meyer, '57, d. 9/15

Montana, University of

Donoian, Shirley Harris, '50, d. 5/08
Hasse, Patricia Robinson, '56, d. 7/14
McBride, Mimi Robbins, '72, d. 11/15

Nebraska, University of

Diercks, Madeline Raymond, '33, d. 1/06
Koester, Jane Spencer, '54, d. 6/15
Peters, Irene Dunnell, '44, d. 10/15

New Mexico, University of

Lenzi, Sally Blatnica, '56, d. 11/15
Mitchell, Kathleen Argall, '42, d. 9/15
Roberts, Virginia Wills, '35, d. 3/11

* North Dakota State University

Helland, Alice Crahan, '36, d. 5/11
Jones, Evangeline Schwartz, '40, d. 10/15
Stewart, Marie Anderson, '38, d. 11/10

Northwestern University

Donnelly, Charlene Greiling, '52, d. 8/15
Hagenah, Marjorie Clark, '43, d. 12/14
Hare, Elaine Pendexter, '53, d. 10/15
Pence, Margaret Dunbar, '40, d. 11/13
Williamson, Suzanne Priebe, '62, d. 8/15

Ohio State University

Ketcham, JoAnne Green, '50, d. 8/15
Livingston, Lana Sanor, '40, d. 9/15
Pennell, Nancy Sanor, '49, d. 8/15
Harrison, Julia Forsythe, '51, d. 3/14
Teskey, Anne Counter, '64, d. 9/15

Ohio Wesleyan University

Jones, Barbara, '46, d. 9/15
Patton, Phyllis Eustice, '48, d. 8/15
Thomas, Louise Damon, '48, d. 8/15
Westfall, Alice Backman, '48, d. 11/15
Wistar, Betty Westcott, '36, d. 8/15

* INDICATES INACTIVE CHAPTERS.
Submitted August 1–November 30, 2015.

Zemba, Mary Hoover, '48, d. 8/15

Oklahoma State University

Campbell, Lillian Askew, '49, d. 1/15
Day, Patty Mc Coy, '55, d. 9/15
Kohnen, Libby Hawkins, '48, d. 9/15
Osborn, Betty Ryan, '48, d. 4/15

Oklahoma, University of

Bayless, Rebecca Lampton, '79, d. 8/15
Cook, Irene Bond, '47, d. 10/15
Pool, Shirley Harrell, '47, d. 8/15
Smith, Betty Shelton, '43, d. 6/10

Oregon State University

Flomer, Joan Schuler, '47, d. 9/15
McCauley, Ann Hulbert, '48, d. 10/15
Myers, Marion Wuner, '51, d. 9/15
Whiteley, Barbara Day, '51, d. 8/15

Oregon, University of

Gordinier, Linda Hill, '60, d. 11/15

Pennsylvania State University

Body, Judy Mc Farland, '56, d. 1/15
Clinger, Mary, '38, d. 8/11
Gendreizig, Winifred Bischoff, '39,
d. 10/15

* **Pennsylvania, University of**

Clover, Elise Morris, '50, d. 9/15
Matthews, Virginia Schumaker, '38,
d. 8/15
Rhodes, Augustine Janeway, '49, d. 8/15

Pittsburgh, University of

Nimmo, Abby Clark, '46, d. 10/15
Roberts-Leahy, Carol Roberts, '62,
d. 9/15
Wilson, Ruth Alford, '45, d. 5/15

Purdue University

Ford, Marilyn Meyer, '46, d. 1/15
Krauser, June Fogle, '46, d. 8/14

* **Rollins College**

Orthwein, Nancy Morrison, '46, d. 8/15
Rickett, Eva Thompson, '42, d. 7/12

Southern California, U. of

Ackerman, Joan Kesner, '49, d. 7/15
Chambers, Mary Preston, '48, d. 10/13
Kenworth, Suzanne Davids, '54, d. 5/15

Southern Methodist University

Hill, Sarah Steel, '56, d. 8/15
Lacy, Shirley Martin, '52, d. 8/15
Peak, Martha Raley, '48, d. 11/15

St. Lawrence University

Goolsby, Ethel Murphy, '42, d. 11/11
Southworth, Ellie Smith, '85, d. 8/15

Syracuse University

Buehler, Patricia Carroll, '51, d. 6/15
Covell, Lee Hampton, '66, d. 8/15
Cowper, Ada Kreinheder, '44, d. 7/15

Texas Tech University

Howard, Jacqueline, '59, d. 10/15
Zentner, Suzanne, '79, d. 8/15

Texas, University of

Allday, Patricia Pryor, '51, d. 8/15
Carver, Barbara Bristol, '32, d. 11/15
Driver, Bettie Willerson, '65, d. 11/15
Dulaney, Lyn Smith, '72, d. 8/15
McPherson, Mary Crutcher, '59, d. 5/10

Mewhinney, Sandra Settegast, '53,
d. 9/15

Pardue, Diana Corzelius, '48, d. 10/15
Powell, Kitty Corbett, '37, d. 11/15
Spence, Mary-John Grelling, '41, d. 10/15

Toronto, University of

Nease, Barbara Scott, '48, d. 12/12
White, Peggy Smith, '43, d. 10/15

Tulane University

Murrell, Carolyn Abaunza, '50, d. 8/12
Saussy, Nell Winston, '47, d. 7/11
Stewart, Margebelle Bramlette, '35, d. 7/15
Straub, Eleanor Francisco, '49, d. 5/15
Whitney, Joan Sanders, '57, d. 8/15

Tulsa, University of

Ivey, Elizabeth Davis, '50, d. 11/15

Utah, University of

Collier, Margery Jones, '40, d. 4/15
Cottingham, Eleanor Dawson, '32,
d. 9/12

Virginia, University of

Heebe, Marie Blessey, '81, d. 8/15

Washington and Lee University

Heaton, Liza Haynie, '08, d. 10/15

Washington State University

Petty, Marjorie Anderson, '32, d. 3/13
Stage, Marjorie Edwards, '45, d. 7/15
Upp, Carol Mc Coy, '55, d. 6/15

Washington University

Vaughan, Marcia Grocock, '36, d. 6/12

Washington, University of

Callahan, Virginia Burwell, '36, d. 9/15
Laws-Roos, Carolyn Laws, '57, d. 2/15
Rhodes, Ann Loken, '58, d. 8/15
Short, Nancy Scudder, '31, d. 11/15
Veblen, Marthanna Elvidge, '41, d. 9/15
Wood, Betty Palmer, '41, d. 2/14

West Virginia University

Dod, Eleanor Bell, '54, d. 8/15
Groves, Caroline Jones, '39, d. 11/13
Johnson, Mary Rogers, '46, d. 9/15

Whitman College

Hood, Ruth Mersereau, '39, d. 11/10
Johnson, Ann Sektan, '55, d. 10/15
Winzeler, Eleanor Brock, '52, d. 8/14

William & Mary, College of

Adams, Jacqueline, '43, d. 2/12
Geddes, Mary Lokey, '41, d. 8/15
Wayne, Joan Earnshaw, '54, d. 10/15
Woerfel, Paula Bach, '36, d. 8/08
Wolle, Laila, '75, d. 6/15

Wisconsin, University of

Bodnar, Merylyn Heald, '71, d. 2/15
Friedlander, Pennie Pickering, '65, d. 10/15
Lukens, Alice Kimberley, '22, d. 9/87
McBride, Catherine Thompson, '36, d. 6/95
Nelson, Barbara Scott, '36, d. 5/12

Wyoming, University of

Anderson, Ardis Faulkner, '41, d. 11/15
Asay, Katherine Patrick, '50, d. 6/15
Luckemeyer, Bettye Zuck, '51, d. 11/14
McFadden, Jean Schultz, '43, d. 9/15
Smith, Jacqueline Krueger, '50, d. 9/14

MAKE A note



Graduating Seniors

Make sure you stay connected with Kappa after graduation. Don't forget to update your address so that we can stay in touch. Simply visit www.kappa.org/members and update your profile after logging in. You also can email your new contact information to kkghq@kkg.org.

A Little Comfort

Do you know a Kappa who is bedridden due to a long-term illness, an accident or advancing age? Leontine Linens founder **Jane Scott Hodges**, *Tulane*, is comforting Kappas who are in poor health and not able to venture far from their beds with a gift of a pillow monogrammed with KKG, which will be a constant reminder of sisterhood. To nominate a Kappa, please email foundation@kkg.org with the name of the nominee, her mailing address, email and phone number, plus a one-paragraph statement of why this member should receive a pillow.

Melissa's Race

MAY 14

A 5K race in support of brain cancer research will be held in Sanford, Florida, in memory of **Melissa Vosburg**, *Monmouth*. Registration is \$35, \$45 for same-day registration. <http://melissarace.org>

remix

OUR SHARED HISTORIES

Kylie Towers Smith

SIMPSON, KAPPA KAPPA GAMMA ARCHIVIST



Fran Becque

PI BETA PHI ARCHIVIST

Monmouth, Illinois, is a very special place for Pi Beta Phi and Kappa. Often referred to as the Monmouth Duo, both groups were founded there in 1867 and 1870, respectively. A shared history has fostered a kinship between the organizations that has spanned the test of time. Archivists **Kylie Towers Smith** and **Fran Becque** don the white gloves to handle historical objects and dish on the day-to-day of preserving fraternity history. **Melisse Campbell**, *Mississippi*, shares some fun facts from these two keepers of fraternity history.

<p>The Heritage Museum, located at Fraternity Headquarters in Columbus, Ohio, and The Stewart House in Monmouth, Illinois, home of Founder Minnie Stewart.</p>	<p>Where are historical items displayed?</p>	<p>At Sorority Headquarters in Town and Country, Missouri, and the Holt House, the home where Pi Beta Phi was founded in Monmouth, Illinois.</p>
<p>Tour guests have divulged they are paranormal experts and said they felt psychic stirrings. I also had a group of Russian senior citizens who didn't speak English. At the end one guy winked, handed me \$20 and said, "Is for you."</p>	<p>Most interesting tour guests?</p>	<p>Some different guests for me were past Grand Council members—a few had never seen many of the buildings or exhibits, as Headquarters is only about 10 years old.</p>
<p>From 1938–1962, Kappa operated a home in Winterpark, Florida, called Boyd-Hearthstone. It was sort of a retirement vacation home for Kappas. Someday I'll start another and appoint myself housemother!</p>	<p>Unique historical fact?</p>	<p>Pi Phi was founded by 12 women in a small town, on a small college campus, during a time when less than one percent of college-aged women were enrolled in higher education.</p>
<p>A 15th-century emerald poison ring that belonged to Beatrice Stanton Woodman, <i>Boston</i>.</p>	<p>Crowd-pleasing artifact?</p>	<p>A bracelet that a Grand President's daughters gave to the archives. Every campus she visited is represented by a little pennant charm.</p>
<p>The Founders didn't announce Kappa on October 13, 1870, <i>in</i> the chapel, as there wasn't actually a chapel on campus. They announced it <i>during</i> chapel, a semi-weekly event with required attendance, held in campus building "Old Main."</p>	<p>Myth bust?</p>	<p>That the fraternity was founded by "the upper echelon of society." That is such malarkey; most society women sought to "marry well." Getting an education was not a priority for them.</p>
<p>Anna Willits Pattee's badge—the only Kappa Founders' badge known to still exist. It's the first thing I grab when headed to the basement during tornado season.</p>	<p>Most treasured item?</p>	<p>The Edison wax cylinder [audio recording]. It contains a recorded greeting to the 1915 convention attendees from Founder Inez Smith Soule in "the spirit of '67 (1867)."</p>

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- E. Blue Frost Bracelet, #076BRDB SP...\$20
- F. Frost Ring, #036038 ST...\$49
- G. White Crystal Fleur-de-lis Pin, #1009 SP...\$13
- H. Blue Crystal Fleur-de-lis Pin, #1010 SP...\$13
- I. Pearl Ring, #612013 SS...\$75
- J. Modern Fleur-de-lis Charm, #2393 GP...\$15 SS...\$26 10K, 10KW...\$206 14K, 14KW...\$278
- K. Modern Silhouette Fleur-de-lis Charm, #2394 GP...\$15 SS...\$24 10K, 10KW...\$97 14K, 14KW...\$125
- L. Snake Chain, #SNAKE SS...\$18 GF...\$30 14K...\$504
- M. Pearl Toggle Bracelet with engraved tag, 7.5", #636008T SS...\$53
- N. Fleur-de-lis Signet Ring, #737C SS...\$90 10K...\$292 14K...\$410
- O. Imperial Onyx Ring with pearls, #790P SS...\$150 10K...\$450 14K...\$630
- P. Coat-of-Arms Necklace, 18", #1024 SS...\$44 10K, with gold-filled chain...\$82
- Q. Sincere Ring, #1022 SS...\$36 (Whole sizes only 5 - 9.)
- R. Jeweled Blush Watch, #SUMMERTI...\$50



K-karat yellow gold, KW-karat white gold, GF-gold-filled, SS-sterling silver, GP-gold-plated.

SEND ALL ADDRESS CHANGES

AND MEMBER DEATHS TO:

Kappa Kappa Gamma Fraternity
P.O. Box 38
Columbus, OH 43216-0038

PHONE: (866) 554-1870

EMAIL: KKGHQ@KKG.ORG

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