# The Crescent

Summer 1986



Gamma Shi Beta

## 1985-86 Legacy Pledges

Alma

Nancy Bremer

Arizona

Susan Andrews

Jane Cloemaker

Julie Brucker

Patti Elsner

Kristen Engleman

Jill Fields

Shelly Harris

Julia Hensler

Martha Kennedy

Gia Lindell

Bridget McBryde

Jolie Stedelin

Lisa Willett

Arizona State

Heidi Bloemsma

Denise Inale

Nichole Kasapis

Katy Noel

Kelly Sherman

Amy Towler

Bowling Green

Lisa Morris

Bradley

Linda Augsburg

Kelly Goddin

Margaret Maclean

Susan Roberts

Kristin Sedej

California-Berkeley

Keli Henson

Marissa Yaki

California-Irvine

Jennifer Mason

California-Riverside

Christine Lambrose

California Poly-San Luis

Obispo

Katherine Geranios

Christine Lee

Pamela Oleson

Denise Stadelbacker

Traci Telles

California State-Long Beach

Karen Mitchell

Colorado

Lisa Bradbury

Jill Brase

Elena Steinbrink

Leslie Thomas

Wendy Wilson

Colorado College

Karen Dickinson

Stacy Stanford

Colorado State

Kimberly Barnes

Lisa Cundy

Kathryn Simpson

Susan Todd

Creighton

Jodee Drake

Susan Orth

Angela Sitzmann

Cassie Wieseler

Denner

Rebecca Brasch

Lisa Klepinger

East Texas State

Kelly Chumley

Florida State

Natalie Zoll

Georgia

Kathleen Harries

Lynn Whiteside

Gettysburg

Jill Jakober

Illinois

Kathleen Feldkamp

Indiana State

Bernadette Cline

Elizabeth Harry

Suzanne Rourke

Trena Wilson

Iowa

Anne Coleman

Amy Marx

Deborah Seerv

Lisa Anne Steele

Saira Terry

Melissa Whittemore

Elizabeth Wright

Iowa State

Ellen Cooper

Marianne Floberg

Cynthia Holck

Sandra Stockdale

Rachel Thelton

Kansas State

Melinda Ford

Denise Johnson



Bid day at Oklahoma means new pledges for Psi Chapter.

Kathleen Gibbons

Nancy Knight Christie Mahan

Caryn Pierce

Navara Prendergast

Ceri Robinson

Kristen Weingartner

Patricia Willson

Illinois State

Laura Giovannetti

Indiana

Amy Asp

Cheryl Engebrecht

Britt Heathcotte

Jamie Ring

Karen James

Amanda Stout

Kearney State

Kristin Olson Susan Rademacher

Rebecca Theis

Lehigh

Sheri Bevan

Julie McClain

Mankato State

Tonya Yancey

Miami

Caroline Gumpert

Rebecca Martinson

Susan Rogers

Michigan

Deborah Irwin Laura Stuek

Michigan State

Beth Grassman

Polly Lydens

Mary Martin

Pamela Woohans

Minnesota

Lisa Ekstrum

Missouri

Elizabeth Abeln

Tracey Canda

Kally Faust

Kim Nentwig

Anne Pallozola

Katherine Ruehl Mary Wilkinson

Karen Zuroweste

Moorhead State

Mary Mathiason Gigi Newman

Nebraska

Krista Falk

Laura Hansen

Debra Holthaus

Patricia McCormick Shawna Nims

Julie Ziegenbein

Nevada Laura Manke

North Dakota

Allison Steinwand

Northern Arizona

Jeneé Bandler Holly Bronsing

Ellen Daily

Susan Walker

Northwestern

Paurvi Bhatt

Caroline Boyle Susan Elderkin

Liz Mleko

Ameeta Patel

Oklahoma

Cynthia Jenkins

Mary Johansen

Kristi Landers Kim Lindsey

Debra Ruff

Melissa Woods

Oklahoma State

Kelly Buffington

Laura Roach Alison Roberts

Oregon Marianne Baker

Continued on page 21



### **Opinion**

Gamma Phi Beta depends on volunteers. Without them the organization would have no future. Each year thousands of women give their time and effort to Gamma Phi Beta. They promote and enhance the sorority so that Gamma Phi Beta will continue to grow and be the best it can be.

These volunteers are collegiate and alumnae chapter members and officers, international officers, TranSISter and SisterLink contacts, State Membership chairmen and Area Recommendations Chairmen, advisors and house corporation board members, and every Gamma Phi Beta who submits a Sponsor Form for a potential pledge.

Thank you volunteers for all you do!

Editor

#### **Deadlines**

Winter									September	1
Spring									. December	1
									March	
Fall									June	1

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Marjory Mills Shupert Central Office

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Ann Burckhardt is an editor for the Minneapolis Star and Tribune.

#### ΓΦΒ's BEST

Congratulations to collegiate chapters that met or exceeded minimum objectives.

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All Gamma Phi Betas are encouraged to participate in rush by submitting Sponsor Forms for potential pledges.

#### Convention

Gamma Phi Betas will meet in July for big doings in big D.

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## ON THE COVER

Lifetime membership begins on bid day at Wichita State.

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## Taste Editor: Ann Burckhardt

here are people who like to cook, and then there's Ann Lindemeyer Burckhardt (lowa St.). This lady knows food.

"I can tell by smelling something if it's not right," she says, adding, "I save myself a lot of calories that way."

But calories are an occupational hazard this Gamma Phi Beta is long accustomed to. She's been writing about food for the *Minneapolis Star*, subsequently the *Minneapolis Star and Tribune*, since 1971. In 1980 she became editor of the paper's Taste section. "It's really basically a people section," Ann explains. "That's what I like about it."

#### "I realized that work was where the action was. At home it was just the same stuff over and over."

Ann's goal in her weekly features/recipes section is "to help people who are coping with a lot of things besides cooking." She wants to help her busy readers plan their time in the kitchen efficiently.

But Ann's dedication is to nutrition education. Not only does she write about the topic regularly, she seeks out recipes to publish and books to review that will promote a low cholesterol, high fiber, low fat diet. "I try not to preach," she says, "but it really is the coming thing. In fact, the younger readers are probably ahead of me on this."

Keeping up with trends is an important part of a food editor's job. But the real challenge, Ann says, is to balance the demands of editors who want clever writing, readers who want usable information quickly, and the many companies who want favorable coverage of their products. It requires creativity and fastidious attention to detail. "There aren't many cooks on the copy desk," she explains, "so I have to catch every error myself or our credibility is shot." Once a recipe calling for a staggering half cup of tabasco sauce was accidentally published and, "let me tell you, those phones started ringing pretty quickly."

Ann says her interest in food and writing has been lifelong. Growing up in Strawberry Point, Ia., she was turning out brownies and cookies while getting a taste of her father's business: newspapering. He was publisher, editor and advertising manager of the Clayton County Press-Journal. When she was 14, Ann started working for him in the weekly paper's offices in the basement of the town's hotel. By the time she headed to lowa State University there was no question she would study home economics/journalism.

Nor was there any question about which sorority she wanted to pledge. Her mother, Lucile Bennison Lindemeyer, had been initiated at Rho Chapter. In fact, she was one of the members who traveled to Ames for the installation of Omega Chapter where her daughter would later pledge. "I don't have any natural sisters—just one brother," Ann says, "so it meant a great deal to me to have all those sisters." Thirty years later she still keeps in touch with several of her collegiate Gamma Phi Beta friends.

Within a year of her graduation she was working at General Mills in Minneapolis, serving first as assistant editor, then editor of the Betty Crocker

cookbooks. She remembers it as a time of hard work and long hours, when women were paid less than men and received very little recognition. "But you just accepted it," Ann says. "It was the general attitude of the times."

Even in the late 1950s when women were supposed to be home using Betty Crocker cookbooks instead of at work writing them, Ann thought of herself as a woman with a career. "I realized that work was where the action was. At home it was just the same stuff over and over."

Still, after six and one-half years at General Mills, Ann resigned to start her family. "I lasted four months at home," she laughs, "and then I went crazy."

## "It wasn't called job sharing in those days, but that's what it was."

The baby was a long time coming, and while she waited she held a string of part-time jobs. She wrote speeches and publicity releases, taught freshman English at the University of Minnesota where she did graduate work in journalism and mass communications, and developed recipes for advertising agencies.

Ann was 35 when daughter Barbara was born. She was thrilled, but after eight months at home full-time she had to return to work to help pay the bills. Her writing skills got her a part-time public relations job that she could do mostly at home, spending one day each week at the Minnesota Historical Society.

In 1971, a former General Mills colleague working for the Minneapolis newspaper told her about an opening for a food writer, for which Ann applied and was promptly hired. She was ecstatic. "I went from making \$4.25 per hour to more than \$10. I thought I was rich."

#### "I don't buy this superwoman stuff. Those women are headed for burnout. You have to decide what's important: make a value judgment and stick to it."

She was also able to continue working mostly at home, using her own extensive cookbook library and well-stocked shelves for reference. She and a



Ann Lindemeyer Burckhardt (Iowa St.)

friend split one full-time position, juggling children and assignments and woks and pressure cookers. "It wasn't called job sharing in those days," Ann says, "but that's what it was,"—an ideal situation for a parent with a toddler.

Several years later she divorced and as a single parent went to work full time. She empathizes with women facing pressure to do it all and have it all. "I don't buy this superwoman stuff," she says. "Those women are headed for burnout. You have to decide what's important: make a value judgment and stick to it. I decided that my job and my daughter were most important, and that's what I've concentrated on."

As her daughter grew older, Ann found time for outside assignments. In 1984 her first book, Writing About Food and Families, Fashion and Furnishings, was published by the lowa State University Press. She was also approached to contribute a chapter to a cookbook put out by Time-Life: Great Meals in Minutes, Family Menus. A cookbook of her own some day? "No way," she says, "the market is already too saturated."

At 52, Ann Lindemeyer Burckhardt is one of the women of her generation who has worked virtually her entire adult life. But she never thought of herself as being different. "You do what you have to do," she says, "what you enjoy doing. I've just tried to be very realistic, and I've been very fortunate."—

Susan Steger Welsh (Minnesota)



Heather Phillips and Luci Pool are members at the University of Georgia, one of Gamma Phi Beta's BEST.

## ГФB's BEST

## The Grand Council and Province Collegiate Directors congratulate chapters that met or exceeded minimum objectives during 1985

Alma College Boise State University **Boston University Bowling Green State University Bradley University** California Polytechnic State University California State College-Bakersfield California State University-Fullerton Colgate University Colorado College Creighton University Florida State University Florida Institute of Technology Gettysburg College Illinois State University Indiana State University Indiana University Iowa State University Kansas State University Kearney State College LaSalle University Lehigh University Mankato State University McGill University Miami University Michigan State University Midwestern State University Moorhead State University Northwestern University Oklahoma City University Oklahoma State University Oregon State University **Purdue University Rutgers University** St. Louis University Southern Technical Institute Southwest Texas State University Southwestern Oklahoma State University Texas Wesleyan College University of Arizona University of British Columbia University of California-Berkeley University of California-Irvine University of California-Los Angeles University of California-Riverside

University of Idaho University of Illinois University of Iowa University of Kansas University of Minnesota University of Nebraska University of Oklahoma University of Oregon University of Puget Sound University of San Diego University of Southern California **University of Toronto** University of Washington University of Western Ontario University of Wisconsin University of Wisconsin-Milwaukee University of Wisconsin-Oshkosh Washington State University Washington University-St. Louis Wichita State University Wittenberg University

### Gamma Phi Beta Minimum Objectives

- Reach a GPA equal to the all-sorority average on campus.
- 2. Pledge at least 75% of Panhellenic quota each rush.
- 3. Initiate 75% of each group of pledges.
- 4. File reports with Central Office on due date.
- Be represented at Sorority Conventions and Area Leadership Conferences.
- 6. Keep all chapter financial obligations current.
- 7. Observe and follow all Gamma Phi Beta policies, university regulations and state and local laws.
- 8. Maintain ongoing and adequate programs in the areas of PACE, ritual, pledge development, philanthropy, public relations and campus involvement.
- Maintain good relations with local alumnae, college Panhellenic and international Gamma Phi Beta.

University of Denver

University of Georgia

University of California-Santa Barbara

## RUSH



Right: New sisters at Wichita State are Ronni Dillman, Kelly Castor, Sabina Barnhardt and Julie Ewald.

Below left: Illinois State pledges wear their first Gamma Phi Beta T-shirts.

Below right: Tracy Patterson and Kim Whitford are sisters at California Polytechnic-San Luis Obispo.





Gamma Phi Beta

The Best You Can Be



Left: California Polytechnic-San Luis Obispo members excitedly await their new pledges.

Below: Wichita State pledges show their spirit on bid day.



## Memories . . .



Share them with a potential pledge

Sponsor a sister!

NAME OF RUSHEE			
Last	First	Middle	Nickname

#### Gamma Phi Beta Sorority

Attach picture (optional)



#### SPONSOR FORM

(To be used by members of Gamma Phi Beta only.)

INSTRUCTIONS: Please type or print. Complete only those items for which you have reliable information. Send this form to your local Alumnae Recommendations Committee Chairman. If no such chairman exists, send to the collegiate chapter's Alumnae Recommendations Committee Chairman. These addresses can be found in THE CRESCENT (summer issue).

FOROF GA	MMA PHI BETA AT	College or Universi	tv		
ENTERING AS FR. SOPH JR.	SR	conige of chiretor	AGE		
HIGH SCHOOL ATTENDED:		CITY	Y and STATE		
PREVIOUS COLLEGE ATTENDED:					
Reason for Transfer:					-
NAME OF PARENTS/GUARDIAN					
HOME ADDRESS	City		S	State	Zip
GAMMA PHI BETA RELATIVES: Give name	and chapter				
Mother	Siste	r			
Grandmother	Othe	er			
OTHER SORORITY/FRATERNITY INFLUEN	CES				
PLEASE CHECK AND/OR COMPLETE ALL This information is submitted on persona Number of years I have known this r This information is submitted on persona Number of years I have known the fa Although I do not know this rushee persona parents, friends, or other reliable	l acquaintance with rushee l acquaintance with rumily lly, this information	ushee ushee's family			
VOLUNTARY SPONSOR FORM	SUBMITTEL	DBY:			
REQUESTED SPONSOR FORM					
	First	Maiden	Last		Husband's
FACTUAL INFORMATION ONLY	Street		City	State	Zip
CANNOT SPONSOR					
	Telephone		Chapter of initiation		
	Alumna		Collegian _		

Form #38 6/80 GAMMA PHI BETA'S FIVE (5) STANDARDS OF MEMBERSHIP: Please check and comment 1. GOOD CHARACTER: \_\_\_ Honesty \_ \_ Politeness \_ \_\_\_ High Ideals \_\_\_\_\_ Respected by her peers/others \_\_\_\_ 2. SCHOLASTIC ABILITY: Honors High School College Size of graduating class Rank in class (Upper 1/4, 1/2) GPA(A=)SAT/ACT Score (if known) Is she seriously pursuing a degree? \_ 3. ABILITY TO ASSUME FINANCIAL RESPONSIBILITY: Will Gamma Phi Beta finances be a hardship? Is she on a scholarship, loan, working part-time? \_ Is she putting herself through school? \_\_\_\_ 4. CONTRIBUTION TO PRESTIGE OF GAMMA PHI BETA: \_\_\_\_Dependable/responsible \_\_\_\_\_ \_\_\_ Has leadership qualities \_\_\_\_\_Respects other's opinions/ideas \_\_ Activities, Interests, Special Talents and Work Experience 5. ATTRACTIVE PERSONALITY: \_\_\_ Congenial \_\_\_\_ Sense of humor \_ Outgoing, enthusiastic Reserved, shy \_\_\_ Poised \_\_ \_Interested in people \_ \_\_ Group oriented \_\_ \_\_\_\_ Pride in appearance \_\_ PLEASE WRITE YOUR PERSONAL EVALUATION OF THE RUSHEE: To the best of my knowledge, the preceding information is correct and complete. Date OPTIONAL: I hereby sponsor this rushee for lifetime membership in GAMMA PHI BETA. Signature FOR CHAPTER USE ONLY Signature of Alumnae Recommendations Committee Chairman Signature of Alumna Rush Adviser If rushee is pledged to Gamma Phi Beta, the Alumna Rush Advisor shall within ten (10) days, send this SPONSOR FORM

to Gamma Phi Beta Central Office to be kept on file.

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Mrs. John Bireline

#### Thank You!

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Margaret Newton (S. Methodist) Oklahoma SMC 25 years

> Verla Oare (Arizona) Arizona SMC 25 years

Cay Yoder Ziemer (Wyoming) Wyoming SMC 18 years

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### Verla Oare-SMC

After 25 years of service as Arizona State Membership Chairman, Verla Oare (Arizona) is retiring. When asked why she served so many years, she replies that it has been a kind of repayment for the many cherished friendships. She has attended six Gamma Phi Beta Conventions and was named to the Merit Roll.

She graduated with honors from the University of Arizona and earned an M.A. from Stanford University. Returning to her hometown, Winslow, Ariz., she taught high school history and government for 44 years. Verla was selected Teacher of the Year and has served on the board of the Arizona Education Association and the Governor's Advisory Council to Secondary Education. Delta Kappa Gamma, the University of Arizona



Alumni Association and the Arizona Department of Education have honored her with appreciation awards. And, "Verla Oare" is the title of the first chapter in former U.S. Attorney General Richard Kleindienst's autobiography. He is a former student of hers.

Active in P.E.O., she has attended two international conventions. Other travels have taken her to the Orient, South Pacific and Egypt.

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## CONVENTION





## **ETCETERA**

Pennsylvania State University honored Lenore Krumrine Whitmore (Penn St.) as one of four human development graduates to receive an Alumni Recognition Award. The annual awards, sponsored by the college and the Alumni Society, honor graduates for their professional excellence and/or voluntary community involvement in human service fields. She is vice president of Citizens First National Bank of New Jersey, and a profes-



Charlotte Doughty Patch (left) was keynote speaker for San Fernando Valley Panhellenic. Delta Zeta Mary Anne Mart is president of the group.

sional artist. She is also president of the Ramsey, N.J. Chamber of Commerce and is active in numerous civic and charitable organizations. Listed in Who's Who in both business and art, Lenore has had 34 art exhibitions and won 17 prizes and awards, including three best of shows.

Linda Kerr Agreen (Maryland) received a coveted teaching award. She is the recipient of the Washington Post's Agnes Meyer Outstanding Teacher Award for Prince Georges County, Md. The Post recognizes 12 teachers each year, one from each of the districts within a 50 mile radius of Washington, D.C. The award was the result of letters from students. One, who had received a "D" from her wrote, "She is deeply com-



David Graham, Washington Post publisher, presents the Agnes Meyer Award to Linda Kerr Agreen.

mitted to her profession, and has said to me in earnest that nothing makes her happier than seeing someone learn. She gives 100 percent plus of herself in all she does and is one of the few instructors who truly cares about her students and their endeavors. In my 13 years of public education in Prince Georges County I have never encountered a teacher of any subject finer than Linda Agreen. She is well organized, effective and fair as an instructor, and uncompromising in her sense of morality." Linda received a Steuben glass apple and \$2,000 from the Post.

Emma Wilton Margrave (Boston) celebrated her 100th birthday October 17, 1984. "Spry and alert, the one-time schoolmarm in the mining boom camps of Rawhide, Goldfield and Fairview beamed her joy, brought laughter and happy tears with her recollections and her humor, and she applauded when messages from Ronald and Nancy Reagan were read," according to an account in the Reno Gazette Journal of her big day. The daughter of a New England preacher, Emma was selected for Phi Beta Kappa and was Boston University's valedictorian in 1908. A few months later she went to Nevada with her mother to inspect mining claims her father had purchased sight unseen. The claims



Mary Lu Kissell Noonan (Wittenberg) received the Wittenberg Medal of Honor for her outstanding dedication to the university. With her is William A. Kinnison, Wittenberg president.



Heidi Cornish (Colgate) accepts the Fairfield County Panhellenic scholarship from Elizabeth Schaps and Lois Buchhagen Crawford (Kent St.).



Bette Berndt Caraway (Wash.-St. Louis)



Peg Allderige Smithers (Michigan)



Lenore Krumrine Whitmore (Penn St.)



Calvina Morse Vaupel (Denver)

turned out to be useless, but Emma stayed on to teach in the mining camps. She met and married Frank Margrave and they built a fortune together, mining, buying land and raising turkeys. She now lives with a housekeeper and likes to nap and read history, Dickens and newspapers.

Lynn Summer Conklin (Maryland) was amazed to find a photo of her "double" in the summer 1985 issue of THE CRESCENT. After looking at a photo of Charlotte Atwell Chaney (Wisconsin), her immediate thoughts were, "How could I have had my picture taken and not remember? I've never been in Kansas City!" Lynn subsequently showed the photo to many friends, all of whom agreed that she had found her "double."

Rita Harkins Dickinson (N. Arizona) has co-authored and published three children's books: Creatures and Features of the Desert, Creatures and Features of the Seashore and Creatures and Features of the Zoo. She is president of Phoenix Alumnae Panhellenic.

Bette Berndt Caraway (Wash.-St. Louis) was honored for more than 20 years of community service. She was named Los Angeles Alumnae Panhellenic Woman of the Year and was a finalist for the second time for the prestigious Hourglass Award given by the Hilltoppers of the Assistance League of Southern California.

Her volunteer work for the Mental Health Association (MHA) began with the San Fernando Valley District Council, which she served as chairman and continued with the Los Angeles County Chapter of the MHA as president of the board of directors. She is a member of the board of trustees of the Mental Health Association of California. Bette developed a speakers bureau and workshops on mental health topics, and recruited and trained volunteer workers for residential care facilities. She developed a workbook and teachers manual currently in use in many Los Angeles County schools to help students learn to handle their emotions and understand mental problems.

Not limiting herself solely to mental health activities, Bette was awarded a PTA life membership in recognition of 20 years of volunteer work. She developed an after school enrichment program which became a prototype for Los Angeles Unified School District. She also developed a high school computer lab and started an essay contest.

Erin Robbins (Oklahoma City) has been a member of the Wichita Music Theater Dance Ensemble for two summers. A dance major, she also has appeared at Disneyworld.

**Debbie Benton** (Wittenberg) recently completed a year long tour with Up With People. As a cast member, she traveled more than 32,000 miles around the world visit-



Gamma Phi Betas living in Santiago, Chile are (front) Patty Greenwood Oehninger (Washington), Molly Moore Schmidlin (Cal.-Berkeley), (back) Barbara Pattison Hodges (Arizona) and Nancy Harris Matus (USC).

ing more than 90 cities.

Calvina Morse Vaupel (Denver) was named Denver Area Panhellenic Woman of the Year. Over the years she has served in every Denver Alumnae Chapter and Panhellenic office and as chairman of many committees. She also was a member of the Gamma Phi Beta Denver Camp Board. Her community activities include her church, P.E.O., Bonfils Theater Board and Daughters of the American Revolution. She was named to the Merit Roll in 1970.

In Moline, Ill., Peg Allderige Smithers (Michigan) was named Panhellenic Woman of the Year.

## **ETCETERA**

She served the organization as secretary and president and has been active in Girl Scouts, King's Daughters, her church and P.E.O. A former junior high school teacher, she has held every office in the Quad Cities Alumnae Chapter.

Meg Beachy, a 1985 graduate of Miami University, was featured in Dallas Life Magazine. The article and cover photo centered around her experiences in job interviews, her move to Texas and her first week in her first job. She is employed by Arthur Andersen and Co. in Dallas.

Roberta Barnett (Missouri) was named professor emeritus at Ithaca College. She was chairman of the speech department and a charter member of the New York State Speech Association. The Roberta Barnett Award was established at the college in 1961 and is presented annually to the outstanding student in speech communication.

Linda Johnson (Oklahoma) has been elected to the Electrical Women's Round Table national board of directors, and is national conference committee chairman for 1986. She is a district manager for the Whirlpool Corporation in Louisville, Ky.

Toni Ashmore Seabolt (Florida St.) is president of the Houston Art Education Association, a non-profit, 200 member organization dedicated to the promotion of the value of art education in the schools and community. An art education graduate, Toni also has a masters degree in curriculum and instruction from the University of Houston. She is a member of many professional organizations and has exhibited her work in numerous shows. "The joy in my work comes from being able to see visible evidence of the progress of my students through their art work," she says. "It is also rewarding to see that as students gain skills in the use of art materials, they also are growing socially and emotionally through group interaction with others."

Charlotte Doughty Patch (lowa



Gamma Phi Betas attending the 1985 session of National Panhellenic Conference are (front) NPC Delegate Janet Heft Wright (Wichita St.), CRESCENT Editor Kris Brandt Riske (Wyoming), Maury Boyd and Assoc. Vice President Julie Wheeler Funke (Indiana), Executive Secretary-Treasurer Marjory Mills Shupert (Colorado St.), (back) NPC Alternate Delegate Gloria Swanson Nelson (Oklahoma), Grand President Ann Mullen Bronsing (Indiana St.), Collegiate Vice President Randall Stevens Guerra (Cal. St.-Long Beach) and NPC Alternate Delegate Betty Ahlemeyer Quick (Indiana).

St.) of Newport Beach, Cal. was the keynote speaker at the 38th anniversary celebration of the San Fernando Valley Panhellenic Association. Sixteen past presidents of the association were honored, including Dorothy Nicholson Smith (USC) and Virginia Hazen Ris (Iowa). The room filled with laughter when Charlotte said, "Things have changed a bit since the years when we wore hats and gloves to rush parties. In 1974, one of the rules of the Panhellenic rush committee I was on was that rushees had to wear shoes to rush parties." Charlotte went on to say, "I've had 50 wonderful years as a Gamma Phi Beta and I feel a sister link to every sorority woman. Being a sorority woman opens the door to making loving friendships. We're all very fortunate ladies!"

Kelley McCollum (S. Methodist) was one of 50 students selected to attend the Herzten Pedagogical Institute in the Soviet Union last summer. She is majoring in Russian and German.

Helen Swab Sneath (Wittenberg) was named Ft. Lauderdale Panhellenic Woman of the Year.

Joanie Abramson Mueller (Missouri) was named to Kentucky's



Accepting the NPC Fraternity Month Award (most outstanding panhellenic public relations program) for the University of Oklahoma are Gamma Phi Beta Paula Roff, Delta Delta Delta Sally Imel and Pi Beta Phi Monica Shaw.

five-member parole board. She was a psychologist and special projects coordinator at Frazier Rehabilitation Center and served in the state's largest prosecutorial office as a psychologist/counselor.

Wichita alumnae are proud of Deborah Allen, Dedee Wall and Kimberly Cochran (all Wichita St.) who were selected as Outstanding Young Women of America, a listing of women between 21 and 36 who have distinguished themselves in their homes, professions and communities.

## 1985-86 Legacy Pledges

Continued from page 2

Ronney Erenfeld

Christine Jensen

Lee Sheeley

Kathleen Sullivan

Oregon State

Sally Kane

**Puget Sound** 

Carolyn Burr Tamara Dykeman

Julie Law

Purdue

Kelly Brown

Susan Brown

Stephanie Coleman

Wendy Lewis

Rutgers

Jill Almeas

Nilda Bonnet

San Diego

Marnie Bruning

Betsy Johns Sara Russell

San Diego State

Valarie Bayard-de-Volo

Jennifer Lenihan

Cheryl Poper

Margaret Stilson

Southwest Missouri State

Jacqueline Gilvard

Stephanie Whitacre

Southwest Texas State

Lisa Joy

Deborah Phillips

Texas

Sharon Keeley

Janet Omcken

Holly Saegert

Liesl Scott

Shawn Street

Kelly Wolowiec

Toronto

Sarah Morgenstern

Alexandra Schleicher

CICLA

Kolleen Baker

Cynthia Capps

Marybeth Loyd

USC

Cristina Frongipani

Diana Kolebuck

Michelle Kirk Malia White

Washington

Jennifer Ballard

Brenda Bedell

Jennifer Brockmann

Kari Lockname

Tara McCaffrey

Susan McCaffrey

Sidney Owsley

Washington State

Katherine Johnson

Wichita State

Ellen Ackley

Joanne Blanchat Barbara Dillman

Kelli Caster

Jill Lary

Stacy Livingston

Wisconsin

Kara Appelgren

Patricia Bay

Laura Doering

Elizabeth Fulton

#### Panhellenic **Fellowships**

New York City Panhellenic will award two \$700 fellowships to sorority women doing graduate work at a college or university in the New York City metropolitan area during the 1986-87 school year. Those interested should request an application from Janet Andre, 5 Tudor City Pl., 332, New York, NY 10017 and should return the completed form by August 15, 1986.

Anne Garlock Courtney Renk Virginia Sperling

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## **ALUMNAE**



Kansas State alumnae involved in renovating and redecorating the Kansas State chapter house are Millie Maybee Combs, Jody Jaeger Wood, Lila Orme Levin and Fran Witten Beaty.



Oklahoma State alumnae honored retiring housemother Isabel Geis. Terri Pulliam Baker, Diane Long Voth, Teresa Long and Martha Menzell traveled from Tulsa for the event.

A "scrumptious brunch at an historic site in Connecticut" was what lured 20 members to renew old friendships and develop new ones at the Silvermine Tavern in Norwalk. Half a dozen recent graduates as well as one 50 year member were included in this group of Fairfield alumnae. Their president this year is Ann Vurgason Smith (Pacific).

Albuquerque celebrated Founders Day with a luncheon at the Hilton Inn. Several members from Santa Fe joined them. Mabel Hurst Hastings (William and Mary) and Dora Baird Vincent (Idaho) received 50 year pins.

Hartford County, Conn., a new chapter, celebrated Founders Day at the home of Nancy Fox Judd (lowa St.).

In Minneapolis, 136 collegians and alumnae gathered at the Radisson University Hotel. Thirty-two pledges, the largest class on campus, were introduced and performed a skit. Fifty year members who received Golden Crescents were Mildred Bown Bolstad (Minnesota), Virginia Lee Brierley (Northwestern), Ruth Hovde (Minnesota), Jean Clark Kretsch (Colorado St.), Mary Wenson McGarrough (Minnesota), Margaret Mary Rice (N. Dakota) and Maybeth Skogma Wickersham (Minnesota).

Founders Day in **Evanston, III.** was celebrated by more than 120 alumnae and Northwestern collegians. Special guests were Province



Fairfield, Conn. alumnae get together outside the historic Silvermine Tavern,

V Collegiate Director Frances Rea Griffin (Texas), Province V Alumnae Director Gail Gleisner Pludeman (Wis.-Oshkosh) and six local alumnae group presidents or chairmen.

Nostalgia was the theme when members and guests of the Treasure Coast, Fla. Crescent Circle met for the group's first Founders Day. Frances Huson Young (Illinois) reminisced about Founder Frances E. Haven Moss. Fifty year members honored were: Ruth Lavery Groebe (Lake Forest), Anne Wollman Al-

mond (Goucher), Mary Jo Merrills Bate (Wash.-St. Louis), Helena Campbell Bergelin (Wisconsin), Marie Skog Hansen (Northwestern), Martha Lloyd Marshall (Missouri), Muriel Wollman Reed (Goucher) and Frances Young.

Lincoln alumnae honored pledges at the annual pledge party. After dinner they scanned memorabilia from alumnae pledge years. Reminiscing produced stories of war era sorority life on through a time when the housemother flickered the



Philadelphia West Suburban alumnae celebrate Founders Day.

porch lights signaling "time to come in" to Gamma Phis and their dates who prolonged good nights.

The chapter's traditional Founders Day celebration was held at the Pi Chapter house. Fifty year pins were awarded to Teresa Stava Leuthauser (Nebraska) and Mary Margaret Bates Martin (Kansas).

Denver alumnae are proud of receiving a matching grant from the Gamma Phi Beta Foundation which enabled them to award \$1,000 in camperships to Denver Girls, American Diabetes Association, Camp Fire Girls and Girl Scouts. One member, Sarah Hoper Hite (Colorado), will be president of Denver Girls next year, and Sharon Weiss Rittgers (Colorado St.) will be president of the American Diabetes Association Auxiliary.

Since 1984, **Dallas** Gamma Phis have had Camp Esperanza, a summer camp for children under treatment for cancer, as their philanthropy project. To support that goal they have raised funds through Sorority Sampler sales of baked goods and craft items, an annual salad luncheon and individual donations. With Foundation matching funds, they were able to present a check for \$1,300 to the camp.

Palo Alto, Cal. Gamma Phis sponsor Benefit Marketplace and invite local non-profit groups to have booths. They make all the arrangements at a local park, provide all the publicity and insurance, and



Audrey Lawler, Tampa Bay, Fla. Alumna Chapter vice president, presents a 50 year pin to Mary Lou Jordan Smith (Arizona).

charge each group \$20. They even put a banner over the street near the park two weeks in advance. This year two nearby alumnae chapters joined in—Peninsula alumnae sold nuts and Marin County alumnae participated by selling handmade items. With proceeds from the nut sale, Peninsula sent \$125 to Camp Sechelt and \$25 to the San Mateo Arts Council.

California Provinces are growing by leaps and bounds! Santa Clara Alumnae Chapter was installed December 4, 1985. Castro Valley Alumnae Chapter accepted its charter January 15, 1986 and San Luis Obispo received its charter December 11, 1985 at a special holiday



Nebraska alumnae Alice Clute Weaver and Bernice Lyons Wilson share memorabilia with Nebraska pledges.



Esther Noreen Koch (Iowa) receives her 50 year pin and certificate from Cynthia Bottorff (Cal. Poly-San Luis Obispo), Fresno, Cal. Alumnae Chapter president.

dessert. **San Luis Obispo** hosted a Panhellenic brunch in November.

Meetings of State College, Penn. alumnae centered around Alpha Upsilon Chapter at Penn State. The collegians responded by asking alumnae to invite parents of collegians to a scholarship brunch so they could meet their favorite alumnae. And they requested photos of alumnae so they could recognize them by name at the suite or around town. A good idea to copy! How

about an alumnae composite?

Nashville alumnae celebrated Founders Day at the Hermitage Hotel. Golden Crescents were presented to Ruth Horn Crownover, Bonnie Hager Daume, Malinda Jones, Virginia Griffith Lowe, Mary McKennie Sharp Riley, Martha Lane Tippens and Lorraine Regen Thornton (all Vanderbilt).

The chapter co-sponsored an art auction with the Williamson County Friends of Children's Hospital. The Gamma Phi Beta Foundation matched the funds raised at the event and \$4,000 was donated to Camp Horizon, a summer camp for children with cancer. In honor of its support, the American Cancer Society Tennessee Division presented the Russell Burns, Jr. Camp Award to the Nashville Alumnae Chapter.

Fresno, Cal. alumnae invited husbands and friends to a Christmas party. Each member brought a fa-

vorite appetizer.

Stillwater, Okla. alumnae began the year with a backyard brunch at the home of Melba Quick Spurrier (Oklahoma St.). They assisted Beta Psi Chapter during rush and later entertained pledges at a garden party. A 20-year tradition continued when graduating seniors were given pink carnation plaques, each one of which has been made by Wilma Kindt Henderson (Oklahoma St.). Jennie K. Curtis (N. Arizona), Gamma Phi Beta Foundation President, was the guest speaker at the Stillwater Alumnae Panhellenic luncheon.

Philadelphia West Suburban alumnae celebrated Founders Day at the historic Lamb Tavern. Those receiving Golden Crescents were Jean Keller Beeman (Penn St.), Kay Dippel Trostle (Penn St.) and Miriam Richardson Forman (Iowa St.). Other chapter activities during the year were potluck dinners, silent auction, Christmas party and ornament exchange, Super Bowl party, New Year's open house, progressive dinner and picnic.

Midland, Tex. alumnae donated \$500 to the Clinic of Children's Ministry, a clinic where all workers are



50 year members honored on Founders Day in Kansas City are (standing) Mary Wickes Bellas (Oregon St.), Doris Sealock Cox (Wittenberg), (seated) Rose McVey McDonnell (Kansas) and Kay Cassidy Hancock (Kansas).



Quad Cities alumnae recognized 50 year members (standing) Ada Rost Seales (Illinois), Peg Allderige Smithers (Michigan), Virginia Schutter Voss (Iowa St.), Gladys Lovrien Lasser (Iowa St.), Mary Rost Oehler (Iowa), (seated) Phyllis Armstrong Johnson (Illinois), Margaret Decker (Iowa) and Nellie Weston (Illrick (Northwestern).

volunteers. The donation was the result of the chapter's participation in Sorority Sampler. Wrapping paper and labels printed with a Midland or Odessa logo were sold. Having become acquainted with Delta Gam-

ma alumnae when the two groups sponsored an iced tea booth during Midland's 100th birthday celebration, the chapter hosted a Christmas tea for Gamma Phi Betas and Delta Gammas.

### **LETTERS**

#### About Gamma Phi Beta:

"I am on your lost list. After graduation I moved every two years and gave up sending forwarding addresses. I've lived here four years and met the Gamma Phi alumnae eight months ago. They are a great bunch! This is the first CRESCENT I've seen in 10 years. Put me on the found list and send a CRESCENT!"

"Moving to a new town can be scary, especially when you're by yourself. That is where Gamma Phi Beta came in. After getting together with two alumnae I asked how I could get involved with the alumnae group. Coincidentally, the vice president position was open. What a great way to get involved and meet people."

### About PACE—Personal and Chapter Enrichment—Packets:

"I'm very impressed with your efforts to keep Gamma Phi Beta chapters informed on eating disorders. The booklet is filled with valuable information and I commend you for addressing this difficult issue."

"Thanks so much for sending the booklet on anorexia nervosa-bulimia. We just recently had a panhellenic program on that topic. The contents of your booklet will certainly be an excellent supplement to that program."

#### About THE CRESCENT:

"I am impressed with what I consider to be a well-rounded focus on the activities of Gamma Phi Beta women. Your editorial staff chooses to highlight the many accomplishments of members, not only in the important traditional areas, but in less traditional leadership roles as well. I feel THE CRESCENT is right on target with this approach."

#### About SisterLink:

"I saw your article in THE CRES-CENT about SisterLink and I would like to get more information and also volunteer. I belong to several local women's networks that I think have helped me professionally. Your idea is terrific!"

"After reading the article in THE

### Oops!



Louise Robinson Wyatt (Denver)



Kathryn Allen Woodward (Denver)

Friends of Kathryn Woodward and Louise Wyatt may not have recognized them in the photos which appeared in the spring, 1986 issue of THE CRESCENT. The photos of the two lovely ladies were switched and appear here as they should have been in the spring issue.

CRESCENT, I would like to offer my services to SisterLink. I think the program sounds like a wonderful opportunity for all who become involved."

"This service is just what I'm looking for to help me in a career change. I would like to thank you so very much for beginning this wonderful program. With more and more women entering the work force, I know SisterLink will provide a valuable service for our Sorority."

"Your SisterLink program has a potential of providing positive and constructive networking at the professional level. It could be of great value in the near future."

#### About the Gamma Phi Beta Foundation:

"Enclosed is a check to celebrate my 50th year as a Gamma Phi Beta."

"Enclosed is my meek donation. Though it seems like forever, I am still training for my medical career. I plan to be a firm supporter of Gamma Phi Beta, especially the scholarship fund, when my funds allow."

"I would like to make a modest contribution. I recently discovered that my daughter is a 'special' girl and hope someday she will be able to participate in a 'summer fun' program. Thank you for the work you do on behalf of 'special' girls like mine."

## From 75-year members who received handkerchiefs, notes and cards from the Sorority:

"A wonderful Founders Day surprise. I am so glad my chapter, Delta at Boston University, is being reinstated. Many thanks."

"Thank you very much. Gamma Phi has always been a great pleasure to me. It meant a great deal to me while I was in college and I still keep in touch with several of the close friends I made."

"My sincere gratitude in remembering my 75 years as a sister in Gamma Phi Beta."

"It seems almost incredible that I can look back so many years and remember very clearly my initiation. I am especially pleased to have the card and good wishes. Gamma Phi Beta has always been very dear to me and I treasure all the friendships extended to me."

## COLLEGIANS

Delta Kappa Chapter at Lehigh Sponsors a Girl Scout troop for 25 underprivileged children. They helped troop members raise funds by selling cookies on campus and in the community.



Christie Brooks and Karen Chodack stand on the front porch of the historic Colgate chapter house.

The **Colgate** chapter house, constructed in 1868, was declared an historic site by the Hamilton, N.Y. Historical Society. The Victorian house was built by English businessman and real estate developer John Pyne. Until its purchase in 1980 by Gamma Phi Beta, it was owned by a series of Colgate professors.

Alpha Zeta (Texas) pledges hosted a slumber party for the chapter. Activities included decorating T-shirts and watching movies.

It was initiated members vs. pledges at **Oregon** when a game tested their knowledge of Gamma Phi Beta. Founders Day was celebrated with an exchange dinner with the Oregon State chapter. Each chapter sent 10 members to the other chapter for the event.

Delta Xi Chapter at Bucknell raised funds by holding a plant sale

and a dance marathon. Social events included a Halloween hayride and Classic Couples party.

New initiates at Alma exchanged hand-painted glasses and mugs at a brunch held in their honor. Pledge moms and daughters gave gifts and songs were sung to complete the welcome celebration.

California-Santa Barbara members invited alumnae for the traditional ceremony and a reception on Founders Day. Philanthropy events have included caroling at a retirement home and training Special Olympics athletes.



Alpha Tau pledges attend the Pink Carnation Ball at McGill.

Alumnae presented scholarship awards to Omicron Chapter (Illinois) members on Founders Day. They were invited to join the chapter for dinner and the traditional ceremony.

Bowling Green Gamma Phi Betas and Phi Gamma Deltas sponsored a philanthropy fundraiser, Road Rally. Thirty-three teams entered the contest and proceeds were donated to Camp Sechelt.

How many people can fit in a Fotomat booth? **USC** Gamma Phi Betas and Alpha Tau Omegas found out when they competed against a team from UCLA for the pilot of a new television game show. After an hour of pushing, squeezing and rearranging, the USC team piled the winning 50 people into the booth. The winnings were donated to Camp Sechelt. If the pilot is purchased, the chapter may be seen on

television next fall.

Founders Day at Southwest Missouri State began with an open house for alumnae. The evening's program included a presentation by



Christine Wells and Debbie Brumbaugh are ready for a rush party at Oregon.

senior Karen Wiseman about the Founders and common goals.

Miami Gamma Phi Betas were at the game watching Pete Rose when he broke Ty Cobb's hitting record. A few of the Gamma Phi fans even had their picture on the front page of the Cincinnati Enquirer's sports section.

The Eta Chapter (Cal.-Berkeley) house was decorated for Halloween and invited children collected treats at each room, carved pumpkins and



California-Berkeley members wear T-shirts they were given for participating in the campus run for alcohol awareness.

played games. Later in the evening the children were taken to a fraternity house disguised as a haunted house.

#### **Edited by CINDY WELCH**



California Irvine Gamma Phi Betas await pledges on bid day.



Looking forward to Carnival Day during California-Santa Barbara rush are Kim Merlino, Daphne Blumin and Jill Nash.



Delta Pi Chapter members cheer for Gamma Phi Beta at Illinois State.



While in Texas, two Grand Council members visited alumnae and collegians at Southwest Texas State. They are Glynnis Ratliff, Nancy Rathmaner, Director of Finance Leona Drouet, Christi Boyett Thompson, Sylvia Cutler and Alumnae Vice President Phyllis Choat.



British Columbia officers ride the ferry home from Camp Sechelt, site of their retreat.



Colorado Gamma Phi Betas serenade the Phi Kappa Taus during Homecoming. The two groups won the float competition.

## Good health is good business

To Barbara Crompton Kraumanis, cum laude graduate of the University of British Columbia, "the most important thing in life is being healthy." She has translated that philosophy into a business serving 6,000 fitness clients in Vancouver, B.C.

Called The Fitness Group, Barbara's company promotes an individualized approach to exercise, health, nutrition, stress management, smoking cessation, and even a course in parenting. Offshoot activities for Barbara are newsletter and newspaper article writing, services to companies that strive to develop employee health and mental development, and organization of a Sea Festival Fitness Bash. It attracts thousands of persons during a nine day period to 30 events ranging from free exercise-to-music classes to testing nutrition and fitness using a mini-computer and bicycle cardiovascular testing machine.

"Exercise has evolved from a 'health freak' phenomenon to a common activity," Barbara says. Today's fitness boom began with a thud in 1976 when people slowly began responding to the message to "walk an extra block or two." Today 77 percent of persons surveyed nationally report they engage in some form of regular exercise. The growth of Barbara's company mirrors that rise in interest.

She started her first fitness class of 20 (bolstered by a healthy number of relatives) in an elementary school gym in 1978. The number of weekly classes quadrupled within six months, then grew more until now she has a staff of 40 teaching in four locations.

"For a fitness program to work," says the award winning expert, "it has to fit into your daily routine and it has to be fun. If it's a drag and you don't enjoy it, you won't do it."



Barbara Crompton Kraumanis (British Columbia)

She took courses in nutrition and kinesiology to help people relieve stress and cope with weight problems. She tries to be aware of her students so she pushes nothing before they are ready. And the awareness paid off recently when she was awarded the Distinguished Service Award from the British Columbia Recreation Association, presented to a person who has given outstanding service to the fitness profession over a minimum of five years.

Barbara stresses there is no such thing as spot reduction. "By exercising, muscles become stronger, not smaller. If people want to lose weight, they have to cut down on their calories or increase activity to burn up calories."

Exercises to be wary of: toe touches and leg lifts for putting too much pressure on the back. Other ways now exist, because of the increased research on kinesiology and

physiology, to accomplish abdominal tightening. She issues warning, too, against stiff legged sit-ups, deep knee bends or squats, and knee stretches. Other tips: the body does not respond better to fast exercise than to slow; an exercise doesn't have to hurt to be effective. Only go to your tolerance level. Work the muscle just above what it is used to. Think about what muscle you are working and why you are doing the exercise.

How does this busy woman handle a burgeoning business operation as well as a personal life? She credits husband Sven Kraumanis as being 50 percent of the business. "He's really the man behind the woman, giving me his total business and emotional support," Barbara says, noting he has twice as much energy as she does. He practices law, runs a construction company, and handles the business end of The Fitness Group.

But careful planning also makes Barbara's life hum. She has every hour of her day booked for teaching classes, long and short term planning, when she keeps track of trends, and an all afternoon once each week management meeting with personnel. She also has a weekly management meeting with her husband. She has set aside two hours each week just for herself. That may mean having a facial, going for a run, or seeing a friend. Evenings and weekends are set aside for family time with her husband and two small children.

What does Barbara see for the future of fitness programs? "Fitness is not going to die out." She envisions a change of expression, "But once people have felt the joy of movement, I don't think they are going to give it up. People are getting fit and sticking with it." —Talie Mc-Kenzie, Feature Editor

## In Memoriam

ALPHA

Laura Cavette Poler

BETA

Margaret Crittenden Peeling

**EPSILON** 

Patti Dorsey Kalmes Reine Lovell Lamantia Martha Mason

ETA

Virginia Chase McClendon

THETA

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LAMBDA

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MI

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NU

Helen Houghton Peterson

XI

Barbara Campbell Roberts

**OMICRON** 

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RHO

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\*\* Elsie Frisbie Norman
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\* Martha Roberts Reid

BETA DELTA Ruth Phillips Quigley

BETA XI Susan Mason Girbert

BETA OMICRON Coree Thomas Lynch

\* Merit Roll \*\* Service Roll

Gamma Phi Beta Sorority is urging its members to make memorial gifts to the Gamma Phi Beta Foundation in memory of a lost "sister" or other loved one. Contributions, which are U.S.A. tax deductible, will be used to support the Sorority's philanthropies—camping for special children and financial aid to women students. The latter takes the form of scholarships, fellowships and grants-in-aid.

Members of the remembered one's family will be notified of your gift with a special card mailed from Central Office. Contributions should be made payable to the Gamma Phi Beta Foundation, 7395 E. Orchard Road, Suite 200, Englewood, CO 80111, and designated as a memorial to (Jane Doe) on the face of the check.

Help deserving young women while remembering someone you loved.

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