

OF GAMMA PHI BETA

# The Crescent

Volume 96 No. 3

Summer 1996



## The Noise Next Door... 4

*Putting a stop  
to domestic violence*

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## Creating Winning Impressions... 18



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According to the American Medical Association, domestic violence is the single major cause of injury to women. Every nine seconds in the United States a woman is abused by someone who claims he loves her. Our cover is devoted to raising awareness of this problem.

## Editors

### Editor:

Susan Hamilton Grant  
12737 E. Euclid Drive  
Englewood, CO 80111-6445

### Feature Editor:

Phyllis Donaldson Choat  
2116 S. 113th Ave.  
Omaha, NE 68144

### Alumnae/Collegiate News Editor:

Kristyn Wiggin Golberg  
2314 Stone Creek Lane West  
Chanhassen, MN 55317

### Graphic Artist: Jody Toth

### Business Manager:

Marjory Mills Shupert  
International Headquarters

Gamma Phi Beta (USPS 137-620). *The Crescent* is published quarterly in Fall, Winter, Spring and Summer by Gamma Phi Beta Sorority, Inc., 12737 E. Euclid Drive, Englewood, CO 80111-6445. Subscription price is \$6.00. Produced in the U.S.A. by Maury Boyd and Associates. Periodicals postage paid at Englewood, CO and additional mailing offices. Copyright 1996, Gamma Phi Beta Sorority. **Postmaster:** Send address changes to *The Crescent*, Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Englewood, CO 80111-6445. Printed in the U.S.A. **Subscribers:** Send changes of address, notices of marriages and deaths to Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Englewood, CO 80111-6445. Phone: 303-799-1874. Fax: 303-799-1876.



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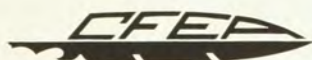
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Member of the College Fraternity Editors Association





# SisterLink

*Gamma Phi Beta's Global Resource Network*



## The NEW SisterLink Program

SisterLink, the career networking program of Gamma Phi Beta, has been expanded! The new SisterLink combines career network services with the hospitality services of TranSISter and a mentoring program. By having three programs under the SisterLink umbrella, Gamma Phi Beta strengthens the resources available to the sisterhood.

### SisterLink enhancements include:

- A mentoring program to enable sisters already established in a career to assist a collegian or alumna new to the profession.
- Updated enrollment process and forms to encourage sisters to participate in the program.
- Shortened turn-around time to receive information from International Headquarters.
- Improved data, using new software.
- Reduced cost of the program (now that's one you don't see often!).

Today, nearly 6,500 sisters are participating (including sisters formerly in TranSISter) in the SisterLink program. The SisterLink Global Resource Network represents many women willing to share their expertise, careers and time. Following is a sample of career interests and number of members enlisted in each:

■ Education .....	1000
■ Art, music, media, athletics. ....	350
■ Legal .....	75
■ Medical .....	400
■ Sales and marketing .....	700
■ Science, engineering, math or architecture .....	300

Whether you are looking for networking possibilities or you can support the SisterLink program with your talents, either complete the pull-out card in *The Crescent* or call International Headquarters at 303-799-1874 to receive an enrollment form.

**H**ave you wanted help with resume writing? Interview techniques? Career advancement or negotiation skills? Then a SisterLink career workshop is what you need!

The Southern California Inter-city Alumnae Council (Province 16) held a SisterLink Career Workshop March 9, 1996 with a beginner and advanced track. This seminar was designed specifically for juniors, seniors and alumnae less than five years out of school. Over seventy women attended and, thanks to the twenty-five Gamma Phi Beta alumnae who helped as presenters, it was an enormously successful event!

The day consisted of business etiquette, resume preparation, interview techniques, career advancement and networking skills. Professional roundtables in the afternoon allowed participants to talk to alumnae about different career fields. All participants were encouraged to bring a resume and during the workshops, Gamma Phi Beta human resource professionals reviewed them and made notes on evaluation forms—a great service since most people send out resumes and never know what someone thinks.



*The resume review table at the Southern California Career Workshop.*

### Upcoming Event

The New York City Alumnae Chapter will be hosting their Career Roundtable over the summer.

For more information contact Julee Bertsch, 322 W. 57th St., #32U, New York, NY 10019 or call 212-307-7633.

If you are interested in planning a SisterLink career workshop in your area, contact International Headquarters.





# The Noise Next Door

By: Tracy Kennedy, U. of Oklahoma  
Community Relations Manager  
Domestic Violence Intervention Services, Inc., Tulsa, OK

**S**he crouched in the corner, shielding herself from the verbal and physical blows. She knew he would eventually get tired of hurting her and leave. Then, she'd be safe—if only for a little while. Right now, she was more concerned about the children. They had just gone to bed and she knew they could hear her screams and his yelling. She willed herself to survive this beating and vowed it would never happen again.

This story may seem like something you would see in the movies or read about in the newspaper, but for too many families, this is a stark reality. Every nine seconds in the United States a woman is abused by someone who claims he loves her. Domestic violence is not a new problem in America, but it is one that has been kept behind closed family doors for generations. As awareness of domestic violence increases, demand for services across the country is skyrocketing.

According to the American Medical Association, domestic violence is the single major cause of injury to women, even more significant than the



numbers injured in auto accidents, rapes or muggings combined. The National Victim Center reports that every six hours in the United States, a woman is murdered by her partner and that it is more likely for a female to be killed by a spouse than it is for a police officer to be killed in the line of duty.

Even with amazing statistics like those listed above, many people believe that domestic violence does not occur in their neighborhood or on their campus. The truth is that women are victimized at home by their partners in every city in the United States. High profile cases, such as O. J. Simpson's and golfer John Daly's, have shown that domestic violence is widespread and crosses all racial and socioeconomic levels.

Domestic violence agencies and advocacy for battered women and their children began as grassroots efforts. These efforts have grown in recent decades and now professional services are available for victims nationwide. Services can include crisis intervention, shelter, courtroom advocacy and counseling for the children. Some programs also have transitional living and couples' counseling.

Although the real key to putting an end to domestic violence is to hold abusers accountable for their actions, counseling for abusers is an integral part of what needs to be done to stop this epidemic. It is known that abuse is a learned behavior and abusers are usually continuing a cycle they learned at home. Often, for both victims and abusers, a violent home is the only kind of home they have ever known. The National Coalition Against Domestic Violence reports that 85 percent of children who witness or experience abuse in the home will go on to repeat that cycle without some sort of intervention.

It is also important for all the protection providers in a city to be willing to work to keep victims safe. Law enforcement officers, judges, district attorneys and others need to be educated and committed to work together to protect victims and prosecute abusers. Recently, national legislation such as the Violence Against Women Act (VAWA) of 1994 provided federal funds to increase train-

ing and staff for law enforcement. The VAWA also provides grants to increase services for victims and their families.

It is easy to think that domestic violence or dating violence does not happen in your hometown or on your campus. The truth is that everyone is touched by this terrible tragedy. Be it through your work, school, sorority or circle of friends, statistics show that you will know someone involved in a domestic violence situation.

## Every nine seconds in the United States a woman is abused by someone who claims he loves her.

If you are concerned for a friend or a family member, how can you help her? It is often very frustrating for family and friends to stand by and watch someone they love stay in a violent relationship. Abusers often isolate their victims from friends and family. This distance puts more of a strain on the concerned family members. It is important to let the victim know that you are concerned about her and are available for her when she needs you. Victims will often be protective of their abuser and minimize or deny abuse because they may feel they have no other options. Friends and family members need to be ready to provide support and encouragement to the victim once she takes the steps to leave. (See sidebar for more information on what to say to a friend in a dangerous situation.)

### 5 things to say to a victim reluctant to leave a violent situation\*

- 1) I am afraid for your safety
- 2) I am afraid for the safety of your children
- 3) It will only get worse
- 4) I am here for you when you are ready to leave
- 5) You deserve better than this

*\*or is returning to a violent situation*

Often times, abuse rears its ugly head very early in a relationship. Dating violence situations are common in both high school and college relationships. It is estimated that only 50 percent of

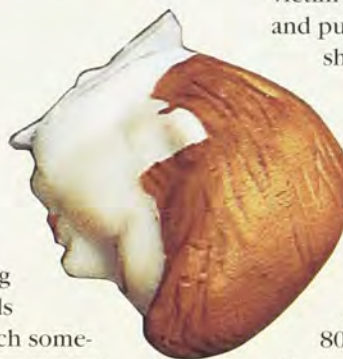
dating violence cases are reported. Patterns for behavior in future relationships are established at an early age for both abusers and victims.

However, there are some "red flags" to look for in a dating partner that may indicate an abusive personality. Abusers are very possessive and demanding, often forcing victims to account for their whereabouts every minute of the day. Abusers are extremely jealous and become upset over insignificant things. Low self esteem is also common in abusers. Abusers often control all the finances, which makes it difficult for the victim to have money to pay for housing and purchase other necessities when she escapes the abuse in her home.

There is help available for anyone in a violent situation. Check your local phone book for a listing of domestic violence programs in your area. One of the provisions of the Violence Against Women Act was the creation of a national 800 number for victims to contact for referrals and information. The number, 1-800-799-SAFE (7233), became operational in March of this year.

If you are not in need of services, consider volunteering or making a monetary or in-kind donation to a local shelter or program. Most agencies are non-profits and appreciate any support provided by the community.

For the sisterhood of all women, Gamma Phis, both collegiate and alumnae members, need to be aware of the problems of domestic violence and be willing to take a stand against this violence that destroys lives and tears families apart. ●





**Colorado State** members had a very busy spring. After a successful rush they participated in many philanthropic activities, including Balloon Buy and a hockey shoot-out where they won \$200 for the Travis Roy Foundation. They also won several awards during Greek Week—good job!

Sisters from **California Polytechnic State University** at San Luis Obispo won first place with their Homecoming float. The chapter proudly showed off their athletic ability as they took first place in soccer and second place in softball.

Dedication to serving the community has been the theme for the sisters at the **University of Oregon**. The chapter has been involved in helping in shelters for homeless families, volunteering for women's safety organizations on campus and working with less fortunate children. The chapter also held their first-ever Founders Day celebration with Oregon State sisters this past November.

**University of Washington** sisters recognize freshman Jenny Schuur for her participation in the 1996 Miss Greek Pageant. Jenny raised nearly \$8,000 of the \$60,000 raised by the 16 contestants to benefit the Fred Hutchinson Cancer Research Center.

Members from **Duquesne University** held their first annual Cut-A-Thon to raise money for the Leukemia Society. Beauticians from the Pittsburgh area offered haircuts for a \$5 donation to this cause. The chapter took part in the University's Greek Sing and placed in Best Costumes, Best Choreography and Overall Best Show.

**Eastern Washington University** sisters held a spaghetti dinner to raise money for their Adventures in Babysitting philanthropy. This event hosts 35 underprivileged children in a night of roller-



*Sisters from California Polytechnic State University at San Luis Obispo are all dressed up with a place to go — Homecoming celebrations!*



*Sisters from St. Louis University enjoying their Presents Dance this past fall.*

skating, movie watching and eating pizza. The chapter also volunteered their time for a non-profit television station phon-a-thon. The sisters answered phones and recorded pledges for the station.

The **University of Georgia** kicked off the new year with a very successful spaghetti dinner philanthropy. All proceeds benefitted the first annual Dance Marathon at the university which supports the Children's Miracle Network. Not only did the sisters help to make the Dance Marathon possible, they took first place as well. Congratulations!

Blood drives, tutoring inner city students, Adopt-A-Family and food drives have been just a few of the philanthropic projects supported by the sisters at **St. Louis University** this past year. The chapter sponsored a volleyball tournament

with guest speaker Robert F. Kennedy, Jr. during Earth Awareness Week and a blood drive with the men of Phi Kappa Theta. Adopt-A-Highway was a joint venture between the collegians and the alumnae. In March the sisters put on their walking shoes and participated in the March of Dimes Walk-A-Thon.

The **University of California at Santa Barbara** welcomed six new members this winter. Greek Week and other social engagements helped the sisters get to know one another as well as other members of the Greek community better. The chapter hosted a suitcase party to raise money for their local philanthropy. The grand prize raffle winner won a trip for two to Las Vegas!

The Colfax, Washington community welcomed the help



*Kansas State sisters helped to make the All-Greek Philanthropy Kids' Carnival a success for area youngsters in the Big Brother/Big Sister program.*

from sisters of **Washington State University** during recent floods. Sisters helped in the relief effort by sandbagging at risk areas in that community. The chapter also had a semester that was jam-packed full of events including Greek Week, a softball tournament, Moms' Weekend and initiating their new members.

Thirty **Oklahoma City University** sisters gave the local food bank a helping hand. After a day's work, over 50,000 pounds of food had been sorted and the food bank was back in order. The sisters took first place in the University's annual Spring Sing contest with a three song medley from the movie *Sister Act II*. Clever choreography, effective costumes and strong voices clenched first place for the chapter.

Congratulations to Erin Argo from **Auburn University** on placing as a top five candidate for Miss Auburn 1996-1997. The chapter also celebrated as Michelle Donovan was named Miss Homecoming this fall. Many talented sisters have joined the chapter at Auburn, installed this year.

Members from the **University of Arizona** held their 14th annual Greek Awards consisting of the forty-five sororities and fraternities





Oklahoma City University sisters lend a helping hand at a local food bank. Nearly 50,000 pounds of food was sorted by the end of the day!

on campus. The sisters received the Outstanding Chapter Award given to the top sorority and fraternity which excels in their involvement on and around campus. The chapter also received second place for the Public and Community Relations Award and third place for the Scholarship Programming Award!

Seventy-four sisters from Illinois State University made an impressive showing at the Chi Omega's March Madness dance event. The chapter took third place with beautiful costumes, a well-rehearsed and choreographed routine and sheer enthusiasm.

University of Rochester members found themselves ducking—and rather successfully—at the annual Throw-A-Pie-At-Gamma-Phi event this past April. All proceeds

from this event benefit the local children's charity in Rochester.

Clemson University sisters enjoyed a fun-filled Mothers' Weekend this spring. Some activities even included dads so they wouldn't be left out. The chapter proudly welcomes their spring new members and they are busily planning for their formal rush this fall.

Kansas State members helped to make the All-Greek Philanthropy Kids' Carnival a success. This carnival creates a day of fun for local Big Brothers/Big Sisters participants. The sisters sponsored a prize fishing booth with the Alpha Tau Omega Fraternity. Additionally, they helped younger children through the booths and games so that everyone had a positive and memorable experience.



Sisters from St. Louis University having a ball at their recent Crush Party.

Michigan State sisters were proud to be a part of initiating new members at the reorganized Beta Chapter at the University of Michigan. They wish their neighboring chapter the best of luck.

Members from the University of Puget Sound showed just how tough they are as the champions of the Sigma Chi Derby Days Powder Puff football game. The sisters took overall first place in the Derby Days activities.

Sisters from the University of Nebraska at Lincoln brightened some spirits at a local nursing

### Fundraising Events:

Fall: Chili Cookoff  
Winter: Spaghetti Dinner  
Spring: Twister Twist Off

### Traditional Chapter Events:

- **Crescent Ball:** The new members are presented individually and their date then meets them with a pink carnation.
- **Mystery Date Night:** A sister sets you up—some of the couples have eventually married!
- **Easter Egg Hunt:** with a fraternity—for underprivileged children. One of the men dresses up as the bunny—the kids love it!
- **Date Dash Night:** Once a year the members are told they have two hours to get ready and find a date. Keeps morale and attendance up!

### Special things about our chapter:

"We are very active within the Athens community. We adopted a mile stretch of highway and once a quarter all the sisters put on our 'beautiful' orange hazard jackets and clean. We have a sign at the beginning of the stretch saying, 'This mile adopted by Gamma Phi Beta.' We also volunteer at the Athens area homeless shelter. Once a month sisters go and play with the children and serve dinners. We also donate extra food that we have so that it doesn't go to waste. Many sisters tutor elementary through high school age students at the Athens Tutorial."

*Editors note: An overwhelming response on the Reader Survey was to have a feature on different chapters in each issue. If you would like your chapter featured, contact International Headquarters.*



Sisters from Illinois State University all decked out for the Chi Omega's March Madness song and dance contest. The chapter took third place in this smashing event.





*Twenty eight Michigan State University sisters spent spring break relaxing on a Carnival Cruise. The sisters traveled to Cozumel, Grand Cayman and Ocho Rios, Jamaica.*



*Amanda Art, sister at the University of Southern California, helps children make valentines for their families.*

home. The chapter visited and played bingo with the residents. They also made a showing at the city mission. Their mission—to decorate Easter eggs with the children. A French Toast Feed held in April was a success as well. Proceeds benefitted Camp Sechelt.

Five chapters in **Province VIII**, Gamma Phi, Delta Omicron, Delta Upsilon, Epsilon Theta and Epsilon Lambda, joined together at Auburn University for Area Leadership Conference '96 on January 26th and 27th. The conference, organized by PCD Marsha White and IRC Susan Douglas, brought

together chapter officers, members, advisors and international officers for an intensive two days of fun and workshops. Seminars focused on officer training, goal setting, public relations and rush skills.

**Rutgers University** sisters celebrated another successful rush that brought many new and wonderful women to their chapter. The sisters had an eventful semester including philanthropies, a Family Day and an exciting Spring Formal.

**University of North Dakota** members enjoyed many events this past semester. Following informal rush, the sisters held their annual Valentine's balloon sale. This proved again to be an excellent fundraiser for Convention. Parents' Formal and a Mega Spaghetti feed also kept the chapter hopping in March.

The **University of Southern California** hosted 35 second-graders at the chapter house. The sisters helped these underprivileged children to make valentines for their families. Cookies, punch and group songs made this a very special event.

Sisters from **Gettysburg College** were pleased to be presented with the following awards: Most Improved Chapter, Outstanding Educational Programming and the Dean of the College Award for Excellence in Leadership. Keep up the good work!

Sisters from the **University of Idaho** found themselves sandbagging with their neighbors as nearby creeks began to thaw and cause flash flooding in their area. Although it wasn't a planned activity, it was greatly appreciated by those they helped. The sisters also volunteered at a local jazz festival.

Sisters from **Alma College**, along with their 20 new members

initiated during winter term, raised \$1,300 through their "King of the Scots" philanthropy. The proceeds benefitted the local Big Brothers/Big Sisters organization. The chapter was also recognized for their efforts at the annual Greek Awards Ceremony as they received the Outstanding Chapter Philanthropy and Outstanding New Member Philanthropy Awards.

Several members from the **University of Nebraska at Kearney** found themselves stranded and in need of Red Cross shelters this past January when a blizzard swept through the state. In response to this, the chapter held a basketball game fundraiser and raised \$1,500 to give back to the Red Cross. In addition to the financial support, the sisters also participated in a Red Cross blood drive in March.

**Bridgewater State College** had their first retreat for the semester which was filled with fun, excitement and sisterhood activities. The chapter held their annual Rock-a-thon philanthropy. Proceeds benefit the Children's Physical Developmental Clinic on campus.

Sisters from **Chico State University** congratulate Jeanette Maggiore being selected as Homecoming Queen this fall. The chapter took first place in Sigma Chi's Derby Days and has been named, for the second time, as having the highest sorority grade point average on campus.



*Sisters from many chapters and many years joined together at the National MIFCA/MAPCA conference in Chicago, IL.*



The sisters at **Iowa State University** were recognized in writing by the Graduate Panhellenic Advisor of the university for sponsoring "The Great Pancake Breakfast." This fundraiser raised money for ACCESS, a local women's shelter that provides temporary housing for women in need. The chapter received first place in grades overall at the university and second place for their Varieties skit, "Trapped in Paradise," with the men of Phi Delta Theta.

Congratulations to Tracy Mitchell and Shannon Kearney at the **University of Washington** for their induction into the Greek Honorary Society, Pi Omicron Sigma.

Sisters at the **University of San Diego** kicked off their spring semester with an all-house retreat in Dana Point. The chapter looks forward to holding a first annual Gammie Grand Prix and are inviting all clubs and organizations to participate in this fundraiser. Proceeds will benefit Camp Sechelt.



*Sisters at Loyola University celebrate formal rush.*



*Sisters from Gettysburg College visit Greenacres Convalescence Center.*

Sisters from **Miami University** welcome 53 new women to their chapter. The sisters raised over

\$300 doing a campus-wide Valentine balloon sale. Proceeds benefit Camp Sechelt.



*University of Idaho sisters pose with their University's mascot.*

Members at **Northern Iowa** were very busy this spring volunteering at the Cancer-walk/run/skate fundraiser, The Special Olympics, where all members were partnered with a handicapped child, and Sigma Alpha Epsilon's Red Cross Blood Drive.

Sisters at **Southeast Missouri State University** were very busy this semester. In February the chapter hosted a Professors' Tea, along with three other Greek organizations. The chapter held a "Sibling Day" later that month and in March celebrated the initiation of their new members. The chapter will participate in Derby Days and Greek Week in April and the sisters look forward to introducing "Moonball," this year's philanthropy project in April.

**Colgate** members survived the cold winter in central New York and were ecstatic to catch up with their sisters who had studied abroad during the first of the year. Intramural sports took much of the chapter's energy, but it paid off. The sisters were flag football and soccer champions and overall had the highest point total.

**University of California at Berkeley** sisters celebrated the end of spring rush with the arrival of 16 new members. A retreat to San Francisco helped these new members to strengthen their ties to the sisterhood. A night of Salsa-dancing seemed to be the favorite activity of this semester.



*Sisters from the University of Oregon at Bid Day, 1996.*



The **La Jolla Alumnae Chapter** invited the San Diego Chapter to join them on a tour of the new Olympic Training Center overlooking Otay Lakes in San Diego. The alumnae enjoyed touring the center which is one of three in the United States. In March the San Diego alumnae invited JoAnn Dewey, a licensed psychotherapist, to speak to them. "Taking Time Out for You" was the title of her presentation.

"Shear Madness" brought the alumnae from **Northern Virginia** together in February. This murder mystery performance was a big hit. Following the play, the alumnae enjoyed dinner out. Dressing up visors was on the agenda in March. The alumnae decorated sun visors for the girls at Camp Sechelt. The group also filled Easter baskets with goodies for the children at Carpenter's Shelter.

The **Indianapolis Alumnae Chapter** has donated over \$6,000 to the Riley Children's Hospital Cancer Research Center for the past eight years. Since 1988 the alumnae have coordinated this successful "carnation fundraiser" where parents of local collegians send their daughters a dozen carnations on Founders Day. This fundraiser has been a real winner for the Indianapolis group.



*Shelly Rumler, Gamma Psi (left), and Donna Wessel, Beta Upsilon, display goods from their auction fundraiser "Make It, Bake It, Create It."*

"Make It, Bake It, Create It" is the motto for the **Quad-City Alumnae Chapter's** annual sale to raise money to send girls to Camp Abe Lincoln, a local camp. Alumnae from Illinois and Iowa cities on both sides of the Mississippi River helped raise money this year.

**Glen Ellyn Area** alumnae gathered at their "Ultimate Home Party" fundraiser. The group chose from various home shopping vendors and raised over \$700 in one great shopping spree.

When Pat DeWalt Cardinalli and June Holmes Garrity, both alumnae from the **University of Nevada**,



*Floreine Dietrich Allen was the first of eight to become a member of Gamma Phi Beta over 60 years ago! From left to right, front row: Robyn Rucker, Floreine Dietrich Allen, Rebecca Rucker; back row: Brook Gregory, Bonnie Allen Williams, Sherry Allen Rucker, Patrice Allen Hainzinger, Heidi Hainzinger Balla, Shane Hainzinger.*

decided to tour China through a university program, they never dreamed they would befriend another fellow University of Nevada Gamma Phi on the tour. Pauline Leveille Quillici had graduated in 1947, the same year that June had pledged. The threesome enjoyed a wonderful tour of China and renewed old sisterhood ties.

What have alumnae from the **University of Minnesota** (new member class of '72 and '73) done

each Sunday before Christmas for the last 20 years? Had a party. Everyone brings the same food and attends the same day! It's an event that the alumnae look forward to each year.

**Albuquerque** celebrated the chapter's 45th anniversary at a Founders Day brunch at the home of Patty Teal Zemke. A number of charter members were present and enjoyed looking back at the chapter's history. The chapter also



*La Jolla and San Diego alumnae enjoy touring the new Olympic Training Center in San Diego. Pictured here the group stands at the base of the Olympic Torch.*



*Pasadena and Glendale alumnae celebrate Founders Day.*



holds monthly social meetings and programs. The group gathers at a local restaurant on the second Friday of each month for a Gamma Phriday Dutch-treat lunch.

Exciting news from the deep south. . . a new alumnae group has formed in **Montgomery, Alabama**. Out to dinner with significant others, a rummage sale and a Christmas party for local collegians were just a few of the activities before 1995 came to a close. Initiation of two new members and another dinner outing highlighted the winter activities for this group.

Alumnae in **Greater Kansas City** gathered on Founders Day to hear Lisa Valenti, a local television personality, and to honor five women as 50-year members. A Christmas gala, a presentation by a pediatric psychologist and a trip to a member's Holiday House kept this group busy this past year.

Congratulations to Gale Gibson Kohlhaugen, (Coll. of Wm. & Mary, '69). Gale was elected to serve on the Board of Directors Society of the Alumni at the College of William and Mary. Gale is a free-lance writer and author of two books. She is a former English teacher and has written and taught a portion of the curriculum for drug prevention in Greenwich schools.

Alumnae from **Houston** continue to enjoy their monthly meetings with entertaining programs such as fashion consulting, a visit to the Decorative Center of Houston, a night out at the theatre and cruise and travel information from a travel agent. In February the alumnae treated their significant others and friends to a Valentine epicurean evening hosted by Neiman Marcus. The gala included live dinner music, culinary demonstrations and a wonderful dinner. All proceeds benefitted the Brookwood Community, the chapter's local philanthropy.

**St. Louis** alumnae held their first holiday luncheon in December. Wonderful food, conversation and an auction that netted \$700 for the chapter made the event a success. Congratulations to Christy Jensen on being awarded the Eleanor Hemminger Award at Founders Day.

Margie Oldehoeft is another alumna that deserves recognition. Margie is the Director of Volunteer Services at the Mary Greeley Medical Center in Iowa. Margie coordinates about 1,000 volunteers who provide more than 39,700 hours of assistance and bring in \$100,000 annually in cash and services. Margie has done an outstanding job and was recently honored by the Governor for her volunteer work.

Four **Jacksonville Area** alumnae helped celebrate the Syracuse Triad last November at a luncheon with members of Alpha Phi. Jacksonville Area alumnae were co-hostesses of the December Panhellenic meeting. In January the alumnae raised money for their annual contribution to the Sorority by working inventory at a local store.

The **South Bay** alumnae are pleased to report that fellow member Kaye Furlong is among 123 teachers in Southern California to



*Presentations were made at the Greater Kansas City Founders Day celebration. (L to R) Beverly Bailey Lang, Missouri-Columbia, Woman of the Year; Joy Hillerns Hesler, Minnesota, Merit Roll; Kathy Gamet Stepebnsen, Kansas, Merit Roll.*

be selected as nominee for the 14th annual Bravo Awards for excellence in arts education. Kaye teaches art at Vista Grande Elementary School.

The **Ottawa Crescent Circle** is now three years old and has over 50 members! The Circle's two annual events are a Founders Day celebration and a summer barbecue. Younger members enjoy frequent evenings out in Chinatown and in the international market area. Alumnae and collegians recently spent the day skating on the Ottawa Canal, the longest outdoor skating rink in the world.

**Dayton** alumnae designated January as their philanthropy month. The group assembled toiletry bags for a local women's domestic violence shelter, tutored at a local literacy council and appeared on the United Cerebral



*Glen Ellyn Area alumnae gather at their "Ultimate Home Party" fundraiser. The group chose from various home shopping vendors and raised over \$700 in one great shopping spree.*

Palsy telethon as telephone volunteers. Their annual fundraising efforts earned nearly \$1,000 to support local camperships for children afflicted with cerebral palsy.



*Dayton alumnae "working the lines" at a United Cerebral Palsy telethon.*



## THE WHYS AND HOWS OF GAMMA PHI BETA REFERENCE WRITING



### ATTENTION: All Gamma Phi Betas

How many times have you asked yourself how you can stay involved with Gamma Phi Beta? At last, here is your answer!

Do you know any qualified young women who would be good candidates for membership in Gamma Phi Beta? Then write a reference for them and send it to a Gamma Phi Beta collegiate chapter today!

### WHO?

Any initiated member of Gamma Phi Beta may write a reference, including alumnae and collegians.

### WHY?

Because writing references is one of the three obligations of alumna membership. It is a lifetime privilege and responsibility of all members to seek out and recommend young women who have the potential to make a positive contribution to Gamma Phi Beta.

Because collegiate chapters need complete information in order to rush successfully and to make sound membership selection decisions.

### HOW?

Complete a reference form for each young woman who will be rushing. These forms can be obtained from: this issue of *The Crescent*; an area reference chairwoman (ARC); or by contacting International Headquarters at (303) 799-1874.

Provide as much information about the young woman as possible and include a photo. You may get this information from the woman or her family if she is an acquaintance. One way to let a chapter know about the woman's personality is to list talents, hobbies, interests, grades and honors. Rush strategies are developed by knowing such information: above-average grades, offices held and involvement in organizations.

Type or print clearly on the reference form.

### WHERE?

Send the completed reference form to the area reference chairwoman (ARC) affiliated with the school the young woman will be attending. The ARCs are listed here by state and schools. If no ARC is listed, please send the reference form to the chapter c/o the membership vice president. For deferred rush chapters (chapters rushing in the second term), please follow the same procedure, but send the completed reference form during the fall term.

### WHEN?

By August 1st.

Questions regarding references should be referred to Nancy Groh, ΓΦΒ Reference Coordinator at (520) 299-7503. Her address is 4150 N. Camino Gacela, Tucson, AZ 85718.

### RECOMMENDING LEGACIES

Gamma Phi Beta's legacy policy states that a legacy is a granddaughter, daughter or sister of a Gamma Phi Beta. A step-daughter, step-sister or step-granddaughter may be considered a legacy at the discretion of the Gamma Phi Beta relative. A legacy is entitled to special consideration by the collegiate chapters, which is defined as an invitation to the first round of parties, where possible. If a bid is extended, special consideration also includes alphabetical placement on the first bid list.

Each collegiate chapter makes the final decision on any rush guest and judges legacies by the same standards and at the same time as all other rush guests. If a legacy does not join Gamma Phi Beta, notifying relatives and friends is left up to the legacy to protect her privacy.

It is most helpful to send the legacy introduction form (in this issue of *The Crescent*) to the collegiate chapter. The legacy will also need a completed reference form. The legacy introduction form does not take the place of a Gamma Phi Beta reference form.

Remember that not all legacies choose Gamma Phi Beta. Conversely, many of our chapters do not have spaces to take all legacies as new members. Just because a relative chose Gamma Phi Beta does not mean the rush guest will do the same. All legacies should enter rush with an open mind about all sororities on the campus where she is rushing. Each sorority chapter has unique qualities to offer rush guests and each rush guest should seek the chapter with whom she is most compatible.





# Rush Reference

## AREA REFERENCE CHAIRWOMEN (ARCs) (Information received as of 4/1/96)

**ALABAMA**  
Auburn University  
Gamma Phi Chapter  
Alice Berry Hagler, ARC  
2308 Woodcreek Drive  
Birmingham, AL 35226  
(205) 979-6167  
*Rush Begins: 9/8/96*

Univ. of Alabama  
Epsilon Lambda Chapter  
Marilyn Driskill Leathers,  
ARC  
2612 Shoal Place  
Northport, AL 35476  
(205) 339-1939  
*Rush Begins: 8/17/96*

**ARIZONA**  
Arizona State Univ.  
Beta Kappa Chapter  
c/o Membership VP  
340 E. University Dr. #3  
Tempe, AZ 85281  
*Rush Begins: 8/22/96*

Northern Arizona Univ.  
Beta Omega Chapter  
c/o Membership VP  
P.O. Box 6036  
Flagstaff, AZ 86011  
*Rush Begins: 8/1/96*

Univ. of Arizona  
Alpha Epsilon Chapter  
c/o Membership VP  
1535 E. 1st St.  
Tucson, AZ 85719  
*Rush Begins: 8/17/96*

**CALIFORNIA**  
Pepperdine University  
c/o International  
Headquarters  
12737 E. Euclid Dr.  
Englewood, CO 80111  
*Colonizing: 9/96*

Calif. Polytechnic State  
Univ.  
Delta Theta Chapter  
c/o Membership VP  
1326 Higuera St.  
San Luis Obispo, CA 93401  
*Rush Begins: 9/13/96*

Calif. State Univ.-Bakersfield  
Delta Phi Chapter  
Alice Viola Holcomb, ARC  
12620 Jasmine Ave  
Bakersfield, CA 93312  
(805) 589-2565  
*Rush Begins: 1/23/97*

Calif. State Univ.-Chico  
Epsilon Kappa Chapter  
c/o Membership VP  
342 Normal St.  
Chico, CA 95928  
*Rush Begins: 9/5/96*

Calif. State Univ.-Fullerton  
Delta Delta Chapter  
c/o Membership VP  
600 E. Chapman Ave.  
Fullerton, CA 92631  
*Rush Begins: 9/14/96*

Calif. State Univ.-Long Beach  
Gamma Eta Chapter  
Mary McDonald, ARC  
16681 Phelps Ln.  
Huntington Beach, CA  
92649  
(714) 840-1360  
*Rush Begins: 9/7/96*

Calif. State Univ.-  
Sacramento  
Delta Chi Chapter  
c/o Membership VP  
PO Box 192111  
Sacramento, CA 95819  
*Rush Begins: 9/7/96*

Chapman University  
Epsilon Nu Chapter  
c/o Membership VP  
333 N. Glassell  
Orange, CA 92666  
*Rush Begins: 9/20/96*

San Diego State Univ.  
Beta Lambda Chapter  
Barbara Lerma, ARC  
12877 Carriage Rd  
Poway, CA 92064  
(619) 566-5999  
*Rush Begins: 9/6/96*

Sonoma State University  
Zeta Gamma Chapter  
c/o Membership VP  
P.O. Box 7353  
Cotati, CA 94931  
*Rush Begins: 9/7/96*

Univ. of Calif.-Berkeley  
Eta Chapter  
Devonne Villafuerte, ARC  
1525 Oak St.  
San Mateo, CA 94402  
(415) 341-5010  
*Rush Begins: 8/24/96*

Univ. of Calif.-Irvine  
Delta Eta Chapter  
Leda Quiros-Weed, ARC  
10312 Cardinal Ave.  
Fountain Valley, CA 92708  
(714) 968-5357  
*Rush Begins: 9/28/96*

Univ. of Calif.-Riverside  
Delta Lambda Chapter  
Doris Nelson, ARC  
2923 Arlington Ave.  
Riverside, CA 92506  
(909) 684-8825  
*Rush Begins: 10/5/96*

Univ. of Calif.-Santa Barbara  
Delta Psi Chapter  
Jane Habermann, ARC  
995 Hot Springs Rd.  
Santa Barbara, CA 93108  
(805) 969-7898  
*Rush Begins: 9/24/96*

Univ. of Calif.-Santa Cruz  
Epsilon Omicron Chapter  
Roberta Martinez Bollin, ARC  
1816 Redondo Way  
Salinas, CA 93906  
(408) 449-5340  
*Rush Begins: 1/9/97*

University of San Diego  
Epsilon Gamma Chapter  
Suzi Saeger-Hollibaugh, ARC  
30303 Miller Road  
Valley Center, CA 92082  
(619) 749-4567  
*Rush Begins: 1/26/97*

Univ. of Southern California  
Beta Alpha Chapter  
Janice Vincent Moore, ARC  
2526 Allenjay Pl.  
Glendale, CA 91208  
(818) 242-1388  
*Rush Begins: 8/29/96*

**COLORADO**  
Colorado State Univ.  
Tau Chapter  
Barbara O'Neal Sutter, ARC  
2405 Rollingwood Dr.  
Ft. Collins, CO 80525  
(970) 221-5746  
*Rush Begins: 8/22/96*

Univ. of Denver  
Theta Chapter  
Jennifer Eason, ARC  
860 S. Oneida #C-208  
Denver, CO 80224  
(303) 388-8716  
*Rush Begins: 9/13/96*

**FLORIDA**  
Florida Institute of Tech.  
Delta Sigma Chapter  
c/o Membership VP  
Gamma Phi Beta Sorority  
150 W. University Blvd.  
Activities Office  
Melbourne, FL 32901  
*Rush Begins: 8/25/96*

Florida State Univ.  
Beta Mu Chapter  
c/o Membership VP  
633 W. Jefferson St.  
Tallahassee, FL 32304  
*Rush Begins: 8/19/96*

Jacksonville Univ.  
Epsilon Zeta Chapter  
Mary Molden Miller, ARC  
2644 Forest Pt. Ct.  
Jacksonville, FL 32257  
(904) 733-6482  
*Rush Begins: 9/2/96*

Univ. of Miami  
Epsilon Omega Chapter  
c/o Membership VP  
Gamma Phi Beta Sorority  
5600 Merrick Dr., Bldg. 21H  
Dean of Students Office  
Coral Gables, FL 33146  
*Rush Begins: 8/27/96*

**GEORGIA**  
Southern College  
of Technology  
Delta Omicron Chapter  
Scarlett Faye Shipp, ARC  
107 Pioneer Dr.  
Woodstock, GA 30188  
(770) 591-8499

Univ. of Georgia  
Delta Upsilon Chapter  
Julie Dunn, ARC  
3104 Cumberland Club Dr.  
Atlanta, GA 30339  
(770) 433-8583  
*Rush Begins: 9/8/96*

**IDAHO**  
University of Idaho  
Xi Chapter  
Nancy Smith McDaniel, ARC  
165 Old Saybrook Dr.  
Boise, ID 83706  
(208) 343-3598  
*Rush Begins: 8/16/96*

**ILLINOIS**  
Bradley University  
Beta Eta Chapter  
Carol Wiltz Reams, ARC  
2725 W. Creston Ln  
Peoria, IL 60604  
(309) 682-6079  
*Rush Begins: 8/17/96*

Illinois State Univ.  
Delta Pi Chapter  
c/o Membership VP  
106 E. Cherry St.  
Normal, IL 61761  
*Rush Begins: 8/23/96*

Northwestern Univ.  
Epsilon Chapter  
Ann Hipskind Campbell, ARC  
1615 Charles Ave.  
Algonquin, IL 60102  
(847) 854-1272  
*Rush Begins: 1/3/97*

Univ. of Illinois  
Omicron Chapter  
c/o Membership VP  
1110 W. Nevada St.  
Urbana, IL 61801  
*Rush Begins: 9/5/96*

**INDIANA**  
Indiana State Univ.  
Beta Pi Chapter  
Susan Marie Maginn, ARC  
8888 Keystone Crsg.  
Suite 500  
Indianapolis, IN 46240  
(317) 842-3363  
*Rush Begins: 9/8/96*

Indiana University  
Beta Phi Chapter  
Kathy Sater Arnold, ARC  
3425 E. Bethel Ln.  
Bloomington, IN 47408  
(812) 333-8481  
*Rush Begins: 1/7/97*

Purdue University  
Delta Iota Chapter  
Susan Marie Maginn, ARC  
8888 Keystone Crsg.  
Suite 500  
Indianapolis, IN 46240  
(317) 842-3363  
*Rush Begins: 1/3/97*

**IOWA**  
Iowa State Univ.  
Omega Chapter  
Cheryl Darcel Gunter, ARC  
118 Howard Ave.  
Ames, IA 50014  
(515) 292-6454  
*Rush Begins: 8/19*

University of Iowa  
Rho Chapter  
Donna Stewart Wessel, ARC  
750 E. LeClaire Road  
Eldridge, IA 52748  
(319) 285-4624  
*Rush Begins: 8/20/96*

Univ. of Northern Iowa  
Gamma Psi Chapter  
c/o Membership VP  
1209 W. 23rd St.  
Cedar Falls, IA 50613  
*Rush Begins: 8/22/96*

**KANSAS**  
Kansas State University  
Beta Upsilon Chapter  
Linda Achten Steinbrink,  
ARC  
16108 W. 124th Terrace  
Olathe, KS 66062  
(913) 829-6418  
*Rush Begins: 8/14/96*

University of Kansas  
Sigma Chapter  
Marcia Nelson Cassidy, ARC  
2815 SW Macvicar  
Topeka, KS 66611  
(913) 234-5098  
Lesley Hagood Kennedy,  
ARC  
8022 El Monte  
Shawnee Mission, KS 66208  
(913) 341-2752  
*Rush Begins: 8/18/96*

Wichita State Univ.  
Beta Chi Chapter  
c/o Membership VP  
3912 E. 21st  
Omega Ct. #20  
Wichita, KS 67208  
*Rush Begins: 8/12/96*

## Legacy Introduction and Policy

To assist our chapters in identifying Gamma Phi Beta legacies (sisters, daughters and granddaughters), please complete the form below and mail it to the chapter area reference chairwoman listed on the following pages.

This is to advise you that my (circle one) daughter, sister, granddaughter, step-daughter, step-sister, step-granddaughter will be attending \_\_\_\_\_ this year.

Alumna: \_\_\_\_\_  
first maiden married

Address: \_\_\_\_\_  
city state zip phone

Legacy: \_\_\_\_\_  
first middle last

Address: \_\_\_\_\_  
city state zip

High School: \_\_\_\_\_

Gamma Phi Beta recognizes that legacies are important to our Sorority because they bring a long tradition of pride and support to our collegiate chapters. We also understand the desire for legacies to pledge Gamma Phi Beta. But, because it may be impossible for collegiate chapters to pledge and initiate every legacy recommended to them, they are guided by Gamma Phi Beta's legacy policy, which states that legacies are to be given special consideration by the chapter. This means that they are invited to at least the first round of parties. If a legacy is invited to pledge, her name is placed alphabetically on our first bid list. In those unfortunate situations where a legacy is not invited back to the next set of parties, notification of friends and relatives is left to the legacy herself. This is to protect her privacy. The best way to avoid potential disappointment is to discuss the total Greek system with legacies. All National Panhellenic Conference sororities have similar goals and ideals. Emphasizing Gamma Phi Beta as a sole choice for your legacy may be unfair to her if we are unable to extend her a bid. Most importantly, we hope that rush is a positive experience.



KENTUCKY  
Morehead State Univ.  
Epsilon Sigma Chapter  
Yvette Lynn DePoy, ARC  
P.O. Box 145  
Allen, KY 41601  
(606) 874-9997  
*Rush Begins: 8/11/96*

LOUISIANA  
Loyola University  
Epsilon Mu Chapter  
c/o Membership VP  
UPO Box 2450  
100 University Blvd.  
Morehead, KY 40351  
*Rush Begins: 1/17/97*

MARYLAND  
Univ. of Maryland  
Beta Beta Chapter  
Ellen Fales Powell, ARC  
12213 Bonnet Brim Course  
Columbia, MD 21044  
(410) 997-7028

MASSACHUSETTS  
Bentley College  
Epsilon Phi Chapter  
Karen Pearce Sonier, ARC  
Bentley College Career Svcs.  
175 Forest Street  
Waltham, MA 02154  
(508) 897-6157  
*Rush Begins: 9/24/96*

Boston University  
Delta Chapter  
Ifen Sung, ARC  
140 Clarendon St. #1208  
Boston, MA 02116  
(617) 236-8390  
*Rush Begins: 1/19/97*

Bridgewater State College  
Epsilon Eta Chapter  
Kimberly Marie Molle, ARC  
145 Langley Rd.  
Newton Centre, MA 02159  
(617) 630-9824  
*Rush Begins: 9/15/96*

MICHIGAN  
Alma College  
Epsilon Beta Chapter  
Dorene Dunn Lewis, ARC  
5915 North Winans Rd.  
Alma, MI 48801  
(517) 463-2619  
*Rush Begins: 1/17/97*

Michigan State Univ.  
Beta Delta Chapter  
c/o Membership VP  
258 Michigan Ave.  
East Lansing, MI 48823  
*Rush Begins: 9/10/96*

Oakland Univ.  
Delta Omega Chapter  
c/o Membership VP  
Gamma Phi Beta Sorority  
49 Oakland Center  
Oakland University  
Rochester, MI 48309-4401  
*Rush Begins: 9/14/96*

Univ. of Michigan  
Beta Chapter  
Mary Catherine Dubois, ARC  
4667 Hunt Club Drive #1C  
Ypsilanti, MI 48197  
(313) 572-9310  
*Rush Begins: 9/27/96*

MINNESOTA  
Mankato State Univ.  
Gamma Pi Chapter  
Elda Grossi Nussmeier, ARC  
145 Fairway Dr.  
Mankato, MN 56001  
(507) 625-5348

Moorhead State Univ.  
Gamma Mu Chapter  
Martha Dillger, ARC  
66 32nd Avenue NE  
 Fargo, ND 58102  
(218) 236-1313  
*Rush Begins: 9/11/96*

Univ. of Minnesota-Mnpls.  
Kappa Chapter  
c/o Membership VP  
311 10th Ave. SE  
Minneapolis, MN 55414  
*Rush Begins: 9/21/96*

MISSOURI  
SE Missouri State Univ.  
Zeta Delta Chapter  
c/o Membership VP  
1050 Greek Circle Dr.  
J Building #210  
Cape Girardeau, MO 63701  
*Rush Begins: 9/4/96*

St. Louis University  
Gamma Tau Chapter  
Ann Capesius Hansen, ARC  
1740 Millstream  
Chesterfield, MO 63017  
(314) 532-3628  
*Rush Begins: 9/4/96*

Univ. of Missouri-Columbia  
Alpha Delta Chapter  
Margaret Bills Manning, ARC  
1022 Danforth Dr.  
Columbia, MO 65201  
(314) 442-0047  
*Rush Begins: 8/14/96*

NEBRASKA  
Creighton Univ.  
Epsilon Delta Chapter  
c/o Membership VP  
Gamma Phi Beta Sorority  
2500 California c/o SGB  
Omaha, NE 68178  
*Rush Begins: 1/15/97*

Univ. of Nebraska-Kearney  
Gamma Kappa Chapter  
Angela Bantam Regenos, ARC  
3919 19th Ave.  
Kearney, NE 68847  
(308) 234-9731  
*Rush Begins: 8/22/96*

Univ. of Nebraska-Lincoln  
Pi Chapter  
Shelly Hupp, ARC  
1111 S. Cotner Blvd.  
Lincoln, NE 68516  
(402) 489-7752  
*Rush Begins: 9/1/96*

NEVADA  
Univ. of Nevada-Reno  
Alpha Gamma Chapter  
c/o Membership VP  
P.O. Box 8104  
Reno, NV 89507  
*Rush Begins: 8/31/96*

NEW JERSEY  
Rutgers State Univ.  
Delta Mu Chapter  
c/o Membership VP  
49 Mine St.  
New Brunswick, NJ 08901  
*Rush Begins: 2/2/97*

NEW YORK  
Colgate University  
Delta Tau Chapter  
Gretchen Oostenink, ARC  
Box 52 Brookview Dr.  
Hamilton, NY 13346  
(315) 824-3632  
*Rush Begins: 8/1/96*

Syracuse University  
Alpha Chapter  
Judith Smith Kaspar, ARC  
101 Harwinton Court  
Camillus, NY 13031  
(315) 487-0594  
*Rush Begins: 1/24/97*

Union College  
Epsilon Epsilon Chapter  
Patricia Tuccillo, ARC  
2548 Gunderland Ave.  
Schenectady, NY 12306  
(518) 393-0917  
*Rush Begins: 1/16/97*

Univ. of Rochester  
Epsilon Tau Chapter  
Susan Bender Bloch, ARC  
10 New England Drive  
Rochester, NY 14618  
(716) 381-5926  
*Rush Begins: 9/19/96*

NORTH CAROLINA  
Univ. of N. Carolina-  
Asheville  
Epsilon Psi Chapter  
Jo Ann Hoffman Karr, ARC  
504 Greenwood Cir.  
Cary, NC 27511  
(919) 460-0521  
*Rush Begins: 9/3/96*

NORTH DAKOTA  
Moorhead State Univ.  
Gamma Mu Chapter  
Martha Alexander Dillger,  
ARC  
66 32nd Avenue NE  
 Fargo, ND 58102  
(218) 236-1313  
*Rush Begins: 9/11/96*

Univ. of North Dakota  
Alpha Beta Chapter  
c/o Membership VP  
3300 University Ave.  
Grand Forks, ND 58201  
*Rush Begins: 9/12/96*

OHIO  
Bowling Green State Univ.  
Beta Gamma Chapter  
Lisa Morris Spencer, ARC  
24150 Yosemite Drive  
Euclid, OH 44117  
(216) 692-1587  
*Rush Begins: 9/1/96*

Miami University  
Beta Epsilon Chapter  
Anne Marie Skuce, ARC  
3037 Benchwood Rd.  
Dayton, OH 45414  
(513) 890-0078  
*Rush Begins: 1/4/97*

Wittenberg Univ.  
Alpha Nu Chapter  
Sally Dickinson Andrews,  
ARC  
1044 Sundown Road  
Springfield, OH 45503  
(513) 390-2303  
*Rush Begins: 1/13/97*

OKLAHOMA  
Oklahoma City Univ.  
Beta Omicron Chapter  
Kathryn Yowell Baker, ARC  
3212 NW 35  
Oklahoma City, OK 73112  
(405) 947-5782  
*Rush Begins: 8/19/96*

Oklahoma State Univ.  
Beta Psi Chapter  
Paula Choplin Shryock, ARC  
623 Ute Drive  
Stillwater, OK 74075  
(405) 377-5450  
*Rush Begins: 8/10/96*

Univ. of Oklahoma  
Psi Chapter  
Stephanie Heefner, ARC  
630 Sinclair Drive  
Norman, OK 73071  
(405) 360-6802  
*Rush Begins: 8/17/96*

OREGON  
Oregon State Univ.  
Chi Chapter  
Becki Steers Metzger, ARC  
1715 NW Garryanna  
Corvallis, OR 97330  
(541) 758-0505  
*Rush Begins: 9/25/96*

Univ. of Oregon  
Nu Chapter  
c/o Membership VP  
1021 Hilyard St.  
Eugene, OR 97401  
*Rush Begins: 9/26/96*

PENNSYLVANIA  
Gettysburg College  
Gamma Beta Chapter  
Barbara Morris Spahr, ARC  
521 Wayne Ave.  
Springfield, PA 19064  
(610) 543-5268  
*Rush Begins: 1/18/97*

Duquesne University  
Zeta Epsilon Chapter  
c/o Membership VP  
Gamma Phi Beta Sorority  
Duquesne University  
Union Information Center  
Pittsburgh, PA 15219  
*Rush Begins: 1/25/97*

La Salle University  
Epsilon Alpha Chapter  
Maureen Arnold, ARC  
148 Sterling Dr.  
Perkasie, PA 18944  
(215) 453-8138  
*Rush Begins: 9/25/96*

Lehigh University  
Delta Kappa Chapter  
c/o Membership VP  
39 University Dr. Box B337  
Bethlehem, PA 18015  
*Rush Begins: 1/17/97*

Pennsylvania State Univ.  
Alpha Upsilon Chapter  
Carolyn Graham Aull, ARC  
104 Rockey Ln.  
Boalsburg, PA 16827  
(814) 466-7585  
*Rush Begins: 9/5/96*

SOUTH CAROLINA  
Clemson University  
Epsilon Theta Chapter  
Kellie Ryan Dietz, ARC  
110 Doelling Ct.  
Greenville, SC 29609  
(864) 235-0236  
*Rush Begins: 8/20/96*

Coastal Carolina Univ.  
Zeta Zeta Chapter  
Gretchen Ramey, ARC  
305 Carolina Boulevard  
Isle of Palms, SC 29451  
(803) 886-5623  
*Rush Begins: 9/9/96*

Lander University  
Zeta Eta Chapter  
Gretchen Ramey, ARC  
305 Carolina Boulevard  
Isle of Palms, SC 29451  
(803) 886-5623  
*Rush Begins: 9/8/96*

TENNESSEE  
Rhodes University  
Epsilon Xi Chapter  
c/o Membership VP  
2000 N. Parkway  
Memphis, TN 38112  
*Rush Begins: 8/27/96*

Vanderbilt University  
Alpha Theta Chapter  
Lisa Spears, ARC  
3005 Creekview Ln.  
Goodlettsville, TN 37072  
(615) 859-0317  
*Rush Begins: 1/9/97*

TEXAS  
East Texas State Univ.  
Gamma Zeta Chapter  
Lisa Edwards Farris, ARC  
PO Box 461  
Greenville, TX 75403  
(903) 496-7144  
*Rush Begins: 9/2/96*

Midwestern State Univ.  
Gamma Iota Chapter  
c/o Membership VP  
3410 Taft Blvd.  
E.T. Station  
Commerce, TX 75429  
*Rush Begins: 8/28/96*

Southern Methodist Univ.  
Alpha Xi Chapter  
Donna Yarborough-  
Parkhill, ARC  
4129 Polaris Dr. #2028  
Irving, TX 75038  
(817) 257-3104  
*Rush Begins: 1/7/97*

Texas Tech Univ.  
Beta Tau Chapter  
Kathryn Wiggins, ARC  
13754 Camara Ln.  
Houston, TX 77079  
(713) 984-9273  
*Rush Begins: 8/21/96*

Texas Wesleyan Univ.  
Delta Epsilon Chapter  
Laura Monkhouse Lacey, ARC  
3405 Somerset Dr.  
Arlington, TX 76013  
(817) 860-7879  
*Rush Begins: 9/6/96*

VIRGINIA  
Christopher Newport Univ.  
Epsilon Iota Chapter  
Twyla Hudson Day, ARC  
1036 E. Little Back River Rd.  
Hampton, VA 23669  
(804) 851-5902  
*Rush Begins: 8/30/96*

College of William & Mary  
Alpha Chi Chapter  
Dora Smith Stewart, ARC  
108 Mace Street  
Williamsburg, VA 23188  
(804) 253-7699  
*Rush Begins: 8/31/96*

George Mason Univ.  
Epsilon Pi Chapter  
Denise Brooks Anderson,  
ARC  
2118 Greenwich St.  
Falls Church, VA 22043  
(703) 533-0178  
*Rush Begins: 9/19/96*

Univ. of Virginia  
Zeta Beta Chapter  
c/o Membership VP  
508 16th St. NW  
Charlottesville, VA 22903  
*Rush Begins: 9/15/96*

WASHINGTON  
Eastern Washington Univ.  
Zeta Alpha Chapter  
c/o Membership VP  
Eastern Washington Univ.  
PUB Box 886  
Cheney, WA 99004-2428  
*Rush Begins: 9/17/96*

Univ. of Puget Sound  
Gamma Epsilon Chapter  
c/o Membership VP  
1310 N. Union  
Tacoma, WA 98406  
*Rush Begins: 1/19/97*

Univ. of Washington  
Lambda Chapter  
Victoria Hirst Dellinger, ARC  
4783 171st Ave SE  
Bellevue, WA 98006  
(206) 641-0305  
*Rush Begins: 9/17/96*

Washington State Univ.  
Beta Sigma Chapter  
c/o Membership VP  
NE 600 Campus St.  
Pullman, WA 99163  
*Rush Begins: 8/18/96*

WISCONSIN  
Univ. of Wisconsin-Madison  
Gamma Chapter  
c/o Membership VP  
270 Langdon St.  
Madison, WI 53703  
*Rush Begins: 9/4/96*

Univ. of Wisconsin-  
Milwaukee  
Gamma Gamma Chapter  
c/o Membership VP  
2200 E. Kenwood Blvd.  
Univ. of Wisconsin, Box 43  
Milwaukee, WI 53201  
*Rush Begins: 9/25/96*

Univ. of Wisconsin-Oshkosh  
Gamma Rho Chapter  
c/o Membership VP  
Gamma Phi Beta Sorority  
64 Dempsey Hall  
Oshkosh, WI 54901  
*Rush Begins: 9/15/96*

Univ. of Wisconsin-  
Platteville  
Gamma Omega Chapter  
c/o Membership VP  
160 Bradford St.  
Platteville, WI 53818  
*Rush Begins: 1/29/97*

CANADA  
McGill University  
Alpha Tau Chapter  
Nabanita Giri, ARC  
244 Charlotte St. #5  
Ottawa, Ontario K1N 8L4  
Canada  
(613) 241-0944  
*Rush Begins: 9/15/96*

Univ. of British Columbia  
Alpha Lambda Chapter  
c/o Membership VP  
#5104100 Salish Dr.  
Vancouver, BC V6N 3M2  
Canada  
*Rush Begins: 9/1/96*

Univ. of Toronto  
Alpha Alpha Chapter  
c/o Membership VP  
26 Madison Ave.  
Toronto, Ontario M5R 2S3  
Canada  
*Rush Begins: 9/20/96*

Univ. of Western Ontario  
Alpha Omega Chapter  
c/o Membership VP  
639 Talbot St.  
London, Ontario N6A 2T6  
Canada  
*Rush Begins: 9/23/96*



Name of Rushee \_\_\_\_\_ Date \_\_\_\_\_  
(Last) (First) (Middle) (Nickname)

## GAMMA PHI BETA SORORITY REFERENCE FORM

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

Attach  
picture  
if available

For \_\_\_\_\_ of Gamma Phi Beta at \_\_\_\_\_  
(Chapter) (College or University)

Entering as Freshman \_\_\_\_\_ Sophomore \_\_\_\_\_ Junior \_\_\_\_\_ Senior \_\_\_\_\_ Age \_\_\_\_\_

High school attended \_\_\_\_\_ City/State \_\_\_\_\_

Scholastic average \_\_\_\_\_ Rank in class \_\_\_\_\_ Number in class \_\_\_\_\_

Previous college attended \_\_\_\_\_ City/State \_\_\_\_\_

Scholastic average \_\_\_\_\_ Number of terms completed \_\_\_\_\_ Major \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

Home address \_\_\_\_\_

Gamma Phi Beta relatives: Sister \_\_\_\_\_ Mother \_\_\_\_\_ Grandmother \_\_\_\_\_ Other \_\_\_\_\_

Name \_\_\_\_\_  
(Last) (First) (Maiden) (Chapter)

Other NPC sorority affiliations of relatives \_\_\_\_\_

Hobbies, interests, talents:

Character traits, personality, leadership qualities:

Activities (school, church, community, honors) and offices held:

Work experience:

Other comments (attach additional sheet or use other side if necessary):

Does rushee meet Gamma Phi Beta's five standards (good character, scholastic ability, financial responsibility, contribution to prestige of the Sorority and attractive personality) of membership? ☐ Yes ☐ No

I endorse this woman for membership in Gamma Phi Beta Sorority. ☐ Yes ☐ No

☐ I know this rushee personally

☐ I know her family personally

I received this information from:

☐ Panhellenic members/master file

☐ H.S. faculty/staff member

☐ Mutual friend

☐ Other

☐ This information sent at the request of the collegiate chapter

SUBMITTED BY:

\_\_\_\_\_  
(First) (Maiden) (Last) (Husband's)  
\_\_\_\_\_  
(Street) (City) (State) (Zip)  
\_\_\_\_\_  
(Telephone) (Chapter of Initiation)

I am a/an (circle one) collegian alumna





**The**

# Gift

**By Lauren "Muff" Eising Jacox**

*U. of Puget Sound*

**I** imagine, if you will, having a disease for virtually all of your life that dictated when you would eat your meals, that necessitated sticking yourself with needles up to three times a day, and that caused such a slow, gradual decline that you really were not aware of how sick you were until you tried to walk half a block, all the while needing to stop, catch your breath and clear the nausea from your system.

Then imagine getting a phone call one afternoon and waking up the next day having the disease gone . . . for good. This happened to me, with a few hundred miles in between, when I received a simultaneous kidney and pancreas transplant.



*The bitter-sweet joy of being healthy  
and having a second chance at life  
as a result of the death of another human being  
creates feelings which words  
never seem adequate to express . . .*

I was diagnosed with Type I Insulin Dependent Diabetes at age two. With a wonderfully supportive family and medical staff, I learned that I could live my life fully and still manage my diabetes. Complications do tend to occur after 27 years with diabetes. I have had extensive laser treatment on my eyes. My kidneys started their slow, gradual failure when I was 16 years old. I was on an insulin pump when they first became available, which I firmly believe helped to keep me healthy enough to undergo my transplant with relative ease.

I live in Seattle, Washington, but I was transplanted in Madison, Wisconsin. Seattle did not have a simultaneous kidney/pancreas transplant program at the time I needed my transplant. We chose to go to Madison after learning how good the results of their program are.

I received my kidney/pancreas transplant October 1, 1989, just four months after my wedding day. Prior to my transplant, I was sleeping 8 to 10 hours a day and feeling as if I had not slept at all. I was about a month away from having to go on dialysis when I received the call that there was a donor for me. The donor kidney and pancreas began working on the operating table, and the doctors brought my insulin pump out to my waiting family, saying I would not be needing it anymore. They were right—joyfully, I have not needed it since!

After having diabetes for 27 years, some habits die hard. As I was recovering in the hospital, my meal trays came up to me with candy and dessert on them. I kept thinking, "They've brought me the wrong tray. This is meant for someone else." Or, I would be showering and I would think, "I've been off my insulin pump too long. I need to hook it back up again." I have happily become reconditioned to my new way of life and now only suffer mild guilt like everyone else when I eat a Snickers bar.

My nearly six years of being insulin-free have not been completely devoid of complications. Even before leaving the hospital, I had my first rejection episode (poorly named, as the organs aren't permanently

lost—it just means extensive IV therapy with large doses of super-charged immune system suppressing drugs which "fool" the body into thinking the organs are my own). I had another bout of rejection three months after my transplant, which meant another trip to the hospital. I have been in the hospital three more times for mechanical problems with the kidney or the pancreas. All three have required surgery to correct, but thankfully, they were correctable without damage to the donor organs.

The most recent time I was in the hospital for surgery was for an entirely different, but very joyful, reason. It was for the birth of my daughter, Madison, who was born the day before Valentine's Day in 1995. She is named for Madison, Wisconsin, where I received my transplant. Without the wonderful people in Madison, she would never be here. She is

ing people who are now living their dreams than I ever knew existed. The bitter-sweet joy of being healthy and having a second chance at life as a result of the death of another human being creates feelings which words never seem adequate to express. My appreciation for the smallest things has become heightened. While I cannot relieve the pain my donor family must have felt at losing their ten-year-old daughter, I can and do try to live my life to the fullest. I listen to and take care of my body as well as I can out of respect for the gift they have so unselfishly given. That is how I can best keep their daughter's memory alive and honor their gift of organ donation.

One day soon, we will be reading about diseases such as diabetes in medical history books—in the PAST TENSE. Until then, I feel incredibly fortunate to have been born in a time when medical miracles do occur.

*While I cannot relieve the pain  
my donor family must have felt at losing  
their ten-year-old daughter,  
I can and do try to live my life to the fullest . . .*

named for the town, but her name embodies the whole amazing process that is transplantation. I still look at her every day in amazement and can still not believe that she is in our lives. People with transplants are miracles, we often hear; babies of people with transplants are true wonders of the miracle of modern medicine and all it has to offer.

I find it important to help others who are seeking information about transplantation, whether they themselves are awaiting a transplant, or someone is interested in donor information. People often think they are being too personal in asking me questions about my transplant. On the contrary! I am never hesitant in responding since I feel this is how I can pay back some of what I have gained.

I look at transplantation as changing one set of medical circumstances for another. I have learned more and met more interest-

All I have to do is look at my daughter's face to reaffirm that transplants work!

For information about how to become an organ donor after your death, please call the Coalition on Organ Donation at 1-800-SHARE. Be sure to tell your family about your wishes, as they are the ones who make the ultimate decision, even if you have signed an organ donor card! ●

*That is how  
I can best keep  
their daughter's  
memory alive and  
honor  
their gift of  
organ donation.*



# Top Strategies

## for Creating Winning Impressions



*Submitted by Staci Aitchison  
U. of Northern Iowa*

- Polish your image. Create a positive image that will attract people through consistent, caring behavior.
- Stay other-focused. Continue to focus on the needs, wants and problems of others. Remember that this is still an exchange, and you will be looking for responsive action on the part of those you do business with. Is this person a good listener? Does he or she care about what you have to offer? Does he or she respect who you are?
- Ask, explore, listen and digest. First, listen for understanding. When you listen for understanding, you are listening for more than information. You are making sure that you see what is important in the information that has been given to you. One effective strategy is to paraphrase what was said to make sure that you have understood thoroughly and to show you've been listening.
- Learn to prioritize. Listen for another person to indicate needs and interests. Ultimately, you are looking for gaps in someone's existing network where you could provide a service that is not currently available or offer a service that is superior to something that is being provided. Here, a knowledge of your competitors is very important, as well as a knowledge of your uniqueness. Create a winning impression during your first encounter.
- Help your contacts picture in their minds the benefits that others could receive by using your product or service. Get them excited about these benefits so that they adopt your enthusiasm and, in turn, pass it on to prospects.
- Ask both open-ended and close-ended questions to build agreement that what you have to offer is indeed desirable. Your contacts can be very instrumental in providing you with feedback to the interest there might be in purchasing the services or products that you have to offer.
- Carefully observe body language. You need to build agreement in a way that is most appealing. For example, lean closer, nod, smile, etc.
- Become a specialist. Time and time again, experts in sales agree that generalists end up losing ground to specialists. Become a specialist and then get the word out about your specialty. When you specialize in a particular industry or develop a particular skill, you will have a better opportunity to penetrate a market more quickly, because there will be fewer people in your market who



# Networking Etiquette

There are certain rules of etiquette that will help you be a more effective networker. These include remembering to:

- Tell people you meet that you will follow up in the next day or two, and then make sure that you do follow up. Your actions will show that you are a professional.
- Maintain eye contact. There is nothing more annoying than people who don't look at you when they talk to you.
- Keep smiling. Smiling shows people that you are open and eager to listen to them. More than anything you say or do, a genuine smile is your most powerful networking tool.
- Locate people who are standing alone. You know how you feel when you are alone. Helping someone else feel welcome by acting as a host, even if you are a guest, will help you feel more at ease.
- Give first, before you ask for anything. Be the gracious host, looking first to make others comfortable, and only then addressing your own needs.
- If you choose to move to another contact at a networking event, kindly excuse yourself. Don't spend all your time with one contact while continuously gazing around the room for a "better" opportunity.

How are you going to:

- Identify target contacts?

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- Identify industry influencers?

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- Identify associations where you will network?

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- Identify other locations to network (e.g. church, social gatherings, volunteer organizations)?

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have the same skills and expertise.

■ Know your "Giveability Quotient." In networking, you need to promote yourself. But the focus is initially on the other party. Your success will be in direct proportion to your perceived ability to give. Many, many people fear that they don't have a high giveability quotient. Realize that this is not an uncommon fear. Remember that in all the relationships that you have had thus far—although they have not been necessarily for business—you have been exchanging and offering one thing in return for another. When you were a student, you offered your work for a grade. With your parents, you offered caring and participation in your family in exchange for a roof over your head and food to eat. Those of you who have been married offer numerous means of assistance in exchange for participating in a family environment. Everyone has been involved in a series of exchanges. When networking, be aware of what you are giving and what is expected of you. "The Five-Part Assist" is an excellent reminder of how much more you have to give than you usually realize.

■ Stay aware. Remember, "Attention With Action Realizes Excellence." It's not what you say you're going to do, it's what you do that matters. Watch what people do, not what they say. The only real marketing awareness we have is the activity, the behavior of our contacts. Relationships do take time,

but through all the processes of setting up a structure for maximum exchange potential of referrals, you will learn quickly who is really giving and who is not. You will create a record of this in your Referral Source Meeting Summary.

- Present yourself as the solution to others' problems. People are constantly looking for solutions and improvements to their situations. In business, you can offer so much more if you approach others as the solution to current and future problems.

- Build appreciation into your meetings with others. When you appreciate others, as mentioned before, challenge yourself to be specific. For example, if someone has taken the time to purchase new clothes or something that is unique or special about them, comment about it. It will make the other person feel better, and when people feel better about themselves, they are more open to sharing. A trick is to look for things that people say with an added emotional emphasis. For example, if someone says, "Gee, I started a new business!" you might respond, "I'm so excited for you. Congratulations!" From there, work off of your contact's enthusiasm. It will connect you to other conversational exchanges that will grow over time.

- Be a good listener and a good encourager. The greatest gift you can give to others is to lend them your ears. ●





*Submitted by Edie Denten, Sonoma St.  
Collegiate Leadership Consultant*

*Z* April 13, 1996—41 collegians and four alumnae were initiated into our 121-year-old tradition of sisterhood as the Zeta Eta Chapter at Lander University in Greenwood, South Carolina. The initiation ceremony was performed by the international Ritual Chairwoman Audrey Weldon Shafer with the assistance of the Epsilon Theta Chapter at Clemson University.

Following the ceremony was the installation banquet honoring the newest chapter of Gamma Phi Beta. In attendance were family members, friends, Greek presidents, international Gamma Phi Beta representatives: Financial Vice President Sandra Rettke Nauman, Director of Collegiate Extension J.J. Stoll Kaelin, Director of Alumnae Extension Brandy Hibbard, New Chapter Director Chris Amos Rinehart, Advisor Training and Development Coordinator Mary Beth Holzbach, and Collegiate Leadership Consultants Edie Denten and Stephanie Snethen. The Chapter was privi-



leged to have honored guests President William Moran and Vice President for Student Affairs Randy Bouknicht.

The Zeta Eta Chapter, formerly a local sorority known as Delta Epsilon, sought national affiliation and chose Gamma Phi Beta in the fall of 1995. These women are "go-getters." Active with campus activities, socials, Homecoming, Panhellenic and philanthropic events, they truly promote the highest type of womanhood. We wish them a warm welcome and much success in Gamma Phi Beta. ●





*Submitted by Jennifer Tunks, Indiana  
Collegiate Leadership Consultant*

*A*pril 12, 1996 marked the birth of the 150th Greek-letter chapter of Gamma Phi Beta. Coastal Carolina University in Conway, South Carolina, is one of our newest chapters. The initiation of 44 collegians and three alumna initiates comprised the charter class of the Zeta Zeta Chapter.

The initiation ceremony was performed by international Ritual Chairwoman Audrey Weldon Shafer with the assistance of the Epsilon Theta Chapter of Clemson University. The ceremony was followed by the gathering of 100 family and friends of the newly initiated members at the installation banquet. Also celebrating the occasion were Financial Vice President Sandra Rettke Nauman, Director of Collegiate Extension J.J. Stoll Kaelin, New Chapter Director Chris Amos Rinehart, Director of Alumnae Extension Brandy Hibbard, and Collegiate Leadership Consultants Stephanie Snethen and Jennifer Tunks.

The Zeta Zeta Chapter was formerly known as the local sorority Alpha Gamma Phi. In the fall of 1995, these women chose to make their international affiliation with Gamma Phi Beta. Since then, the members have been busy with philanthropic and fundraising activities, Greek Week, rush and a spring formal.

The women of Zeta Zeta have been working extremely hard to reach their goals. We are proud of their achievements and welcome them into the sisterhood of Gamma Phi Beta. ●

**ZZ**



# IN MEMORIAM

## BETA

Diggins Farrar John, '42

## GAMMA

Beatrice Nicoll Savage, '34  
Charlotte Kloo, '47

## DELTA

Anne Jenkins Adams, '20  
Florence Virginia Barrett  
Lehman, \* '32

## EPSILON

Josephine Macrae  
Linneman, '25  
Ruth Allen Allen, '30  
June M. Beare, '35

## ETA

Betty Jane Caldwell Magill, '36  
Marion Stowell Younger, '23

## THETA

Helen Thompson Heath, \*\*\*\* '15  
Virginia Harrington  
Brownlee, '40

## KAPPA

Virginia Tincher Lemon, '33

## LAMBDA

Margaret Broxon Earle, '24

## NU

Helen Idleman Legg, '21

## XI

Minerva Terteling Smith, '23  
Agnes Bowen Aschenbrenner,  
'25

## OMICRON

Mary Jean Sellers Swaim, '40  
Dorothy Styan Glos, '23

## PI

Marilyn Diestel Schirmer, '46

## RHO

Virginia Harover Cass, \* '44  
Alice Mason Berger, '32

## TAU

Betty Jo Haynes Hiatt, '48  
Laura Louise Barnard, '53  
Ruth Rosetta Bond Brown, '19

## CHI

Janet Lindley Paxson, '49

## OMEGA

Annabelle Cooley, '31  
Stella Mae Brinkman  
Butterworth, '35  
Carol Auringer Sellew, '56  
Barbara Bickel Derrick, '32

## ALPHA GAMMA

Mildred Bosta Welsh, '31

## ALPHA DELTA

Carolyn L. Bouyer Prettyman,  
'60  
Cynthia Ann Johnson  
Hoffmann, '41

## ALPHA EPSILON

Maxine Blackman Chilton, '32  
Ann MacPherson, '36

## ALPHA THETA

Joan Metz Warterfield, '52

## ALPHA IOTA

Ann Telfer Kuhl, '42  
Harriet D. Rowe Ahlswede, '31

## ALPHA KAPPA

Isabel McMillan Farr, '32

## ALPHA MU

Susan Robertson Ledin, '31

## ALPHA NU

Elizabeth Chesrown Ewing, '37  
Vivian Coblentz Gillman, '36

## ALPHA XI

Myra Allison, '94

## ALPHA OMICRON

Benetta Joye Ness Ness, '59

## ALPHA PHI

Harriet Kingsley Hahn, '32

## ALPHA OMEGA

Anna Helen Armstrong, '36

## BETA ALPHA

Mary Granger Penque, '43

## BETA EPSILON

Melanie Gehm, '94

## BETA THETA

Margaret Major, '48

## BETA IOTA

Dorris Bethel Tindell  
Mendieta, '51

## BETA NU

Gertrude Sherman Parkhill, '56

## BETA XI

Carole Fowler Herriott, '53

## BETA SIGMA

Marilyn Louise Olsen  
Lowell, '55

## BETA PSI

Dorothy G. Galloway Morton,\*  
'65

## GAMMA EPSILON

Jill Foley McLain, '67

## GAMMA KAPPA

Kathryn Murrish Rusmisell, '67

\* Merit Award

\*\*\*\* Carnation Award

## Helen Thompson Heath

1896 - 1996

After graduating from the University of Denver Preparatory School (Warren Academy) in 1914, she won a scholarship to the University of Denver. After a year, she moved to New York City, where she continued her studies as a coloratura soprano. After her marriage in 1923, she returned to Denver where she was active in music and education circles and then moved to Albuquerque in 1956, after her husband retired. This did not stop her from remaining active.

She was a member of PEO and Daughters of the American Revolution, an honorary life member and area chairman of the Denver Symphony Women's Guild, and active in Albuquerque Symphony Women's Association, Albuquerque Opera Guild and Santa Fe Opera Guild. She started the New Hampshire University Alumni Club in Albuquerque in 1959. She received an honorary doctor of humanities degree from the University of New Hampshire in 1991, and was an honorary life member of the Durham, NH Historical Association. She also received an honorary doctorate degree from the University of Denver in 1990, and the Denver Alumni Award for Public Service. Helen created a music scholarship for that University and was honored in Denver with a concert hall that bears her name. She is an honorary life member of the foundation board of Rocky Ridge Music Center in Estes Park, Colorado.

Helen was a province officer for the Sorority and has received the Merit and Carnation Awards from Gamma Phi Beta. Her energy, dedication and devotion to life will be sorely missed.



# MEMORIAL GIFTS

**Gabby** (Ruth Seeler's adopted granddaughter)  
*Foundation Trustees and Staff*

**Betty Ann Alexander**  
*Mac Locke Stringfellow*

**Robert L. Baker** (husband of Myra Garrett Baker)  
*Donna Arnold Smith*

**Alice Mason Berger**  
*Edna M. Gord*  
*Virginia Schutter Voss*

**Elaine Fishleigh Bramwell**  
*Parna LaZelle Joyce*

**Clarona Sweeney Carr**  
*Parna LaZelle Joyce*

**Virginia Harover Cass**  
*Bob and Ruth Lundquist*

**Julie Ann Legg Cushman**  
*Daniel Cushman*

**Virginia Gustafson Drew**  
*Betty Ragenovich Kurkjian*  
*Long Beach Alumnae Chapter*

**Karin Letitia Eckhoff**  
*Julia A. Vowell*

**Jeanne Allen Gaiser**  
*Mac Locke Stringfellow*

**Sam Giamello** (father of Nancy Giamello)  
*Cynthia Chapman Colvin*

**Dolores Roeckel Hallett**  
*Northern Virginia Alumnae Chapter*

**Josephine Hanlon**  
*Albuquerque Alumnae Chapter*

**Betsy Little Harris**  
*Margery Wiltamuth*

**Mary Jean Lauvetz Hart**  
*Mary Jane Hipp Mistbos*  
*Philadelphia Area Alumnae Panbellenic*

**Mildred McBeath Harvey**  
*Patricia Henderson Kingery*

**Helen Thompson Heath**  
*Albuquerque Alumnae Chapter*  
*Samuel and Joan Goddard Marks*

**Carole Fowler Herriot**  
*Elizabeth Quick*  
*Maureen Syring*

**Cynthia Ann Johnson**  
**Alexander Hoffmann**  
*Marybelle Lawing Sapp*  
*Audrey Weldon Shafer*

**Florence Barrett Lehman**  
*Carribelle Conway*  
*Marion Benson Hastings*  
*Louisa W. Riggs*  
*Ralphine Ronald Staring*  
*Helen Holbrook Tunstall*  
*Washington D.C. Alumnae*  
*Barbara Harding White*  
*Margery Wiltamuth*

**Marilyn Olsen Lowell**  
*Betsy Ankeny Lyle*

**Jill Foley McLain**  
*Jenny Goldstein*  
*Gretchen Sandquist Ross*  
*Nancy Fisher Simsons*  
*Susan Mathiasen Williams*

**Dorothy Inez Morton**  
*Stillwater Alumnae Chapter*

**Margaret Nichols**  
*Stillwater Alumnae Chapter*

**Bill Nicol** (father of Nicki Nicol Huber)  
*Foundation Trustees*

**Jean Ballantyne Ransom**  
*Shirley Somers Calboun*

**Charles Rozeland** (neighbor of Helen Chappell)  
*Helen and Gordon Chappell*

**Kathryn Murrish Rusmisell**  
*Betty Sitz King*

**Lucille Kraus Sandeberg**  
*Carol Kraus Frankel*

**Marilyn Diestel Schirmer**  
*Kathleen B. Murphy*  
*Adele Greene Streitwieser*

**Ellen Seeberg** (Theta House Mother)  
*Theta Chapter*

**Carol Lynn Auringer Sellew**  
*Gwen Rogers*

**Bert Shawver**  
*Lubbock Alumnae Chapter*

**Garnett T. Tunstall** (husband of Helen Holbrook Tunstall)  
*Carribelle Conway*

**Ruth Marshall Unckrich**  
*Eunice Johnson Tuttle*

**Elmer Wander** (father of Karen Wander Kline)  
*Foundation Trustees and Staff*  
*Sally E. Lewis*  
*Mary Jane Hipp Mistbos*  
*Gloria J. Nelson*  
*Marjory Shupert*

Key:  
**In Memory of**  
*Given by*

Donations in memory of friends, sisters and loved ones may be sent to the Gamma Phi Beta Foundation at International Headquarters. If you would like a card sent to a family member or friend, please include their address.



*The Sorority appreciates the return of a deceased member's badge, when possible, so that it might be preserved in our archives.*



## Get Involved

I would like to share my concern over alumnae involvement with you. When we joined Gamma Phi Beta we made a lifetime commitment to the Sorority. Yet, how many of us really participate once we graduate from college?

This is especially important for those of us whose collegiate chapters are inactive. We have no new members; our Greek-letter chapters must rely on our participation as alumnae.

I challenge each sister who was initiated by a collegiate chapter that is no longer active to get involved. Hold an office, serve on a committee, come to a meeting! Let each of us renew our commitment to Gamma Phi.

*Janice McCullough Jacobvitz  
San Jose St.*

## New Alumna Initiate

I found out about Gamma Phi Beta while waiting for my laundry to dry in the residence hall of my law school. The mail room workers would leave undeliverable magazines in the area, and while I was flipping through the stack looking for something to read while I waited, *The Crescent* caught my eye.

I went to a small college which I really liked. My one regret about choosing this college, however, was that I did not have the opportunity to join a sorority because the college had no Greek system. I was very excited when I saw the article in *The Crescent* about the alumnae initiate program and to find out it was still possible. After reading through *The Crescent*, I knew I wanted to find out about joining. I was very impressed with what I read in the magazine about Gamma Phi Beta and the women who are its members.

I contacted International Headquarters for more information and have since attended several meetings of the Cleveland East Suburban Alumnae Chapter, which I have enjoyed very much. I would like to become a member and continue to build friendships as part of this sisterhood. In addition, I would like to be part of Gamma Phi Beta because of its commitment to helping others, such as Cleveland East Suburban does its support of battered women's shelters and the summer camp for girls. Finally, I would like to be able to assist other young women who are interested in becoming lawyers, and programs such as SisterLink would enable me to do this.

*Cheryl Hipp  
Bowling Green*

## Service to Humanity Exemplified

The Delta Upsilon Chapter of Gamma Phi Beta recently participated in the University of Georgia's first Dance Marathon and raised \$2,419.20 for Children's Miracle Network. Gamma Phi Beta won the Spirit Award, the most prestigious award given at the Dance Marathon to the group who raised the most money and accumulated the most spirit points. Thank you for instilling the importance of philanthropy in your Sorority.

*Julie Mickle  
Tinsley Irvin  
UGA Dance Marathon*

## Gamma Phi Beta Foundation-Thank You

Thank you for your support of my graduate studies (Ellender Dickson/Eta Chapter Fellowship, 1994-1995 academic year). I am enjoying my studies immensely at the Yale University School of Architecture. I have

grown and matured so much this past year and a half in graduate school, and am endlessly amazed at the richness existing within my field.

Since my start at Yale, I have participated in the construction of low income housing and have journeyed for six weeks around America to analyze the physical and cultural landscape. Current ventures include an independent project creating an interactive exhibition based on my research trip, as well as the downloading of a visual and sonic image exhibition on the World Wide Web.

I wanted to express my gratitude to you for all you have done for me. These various avenues of exploration would have been unattainable had it not been for what I learned as a Gamma Phi Beta. Thank you again for your interest in my education and for your support of advanced studies.


*Stacie Wong  
Berkeley*

## Psi Chapter Alumnae

**Psi Chapter Alumnae are planning a 10-year reunion over the OU-Texas Weekend in Dallas. For further information, please contact Julie Skierkowski at 901-543-5329 or Paula Howell at 905-238-8080.**

## Foundation Financial Aid

Applications for financial aid from the Gamma Phi Beta Foundation for the 1997-98 year will be mailed to chapters in September 1996. If you are an alumna not affiliated with an alumnae chapter, you may request an application from the Foundation office at International Headquarters, 303-799-1874.



**Support Gamma Phi Beta**

Order music, magazines or renew subscriptions by calling: 1-800-368-1385.

Money raised will benefit you directly through leadership training.



# Celebrate!

Gifts have been given to the Gamma Phi Beta Foundation in celebration of:

## CONGRATULATIONS

The christening of Alexander Logan Story, son of Stephen and Karen Story from Suzan Culver.

Barbara McKewen for her many years of hard work, dedication and love for Gamma Phi Beta from Janet Crowe.

Elizabeth Stark-The Marathon Mom! "I'm so proud of you" from Heidi Stark Battelo.

Our new chapter, Zeta Zeta, at Coastal Carolina University. Congratulations and welcome from Julia Templeton.

A job well done by the Southern California Sisterlink Career Workshop Committee (Donna Bogdanovich, Betty Kurkjian, Colleen Nettekoven, Dawn Reese and Nancy Schellhase) from Linda Pelegrino.

Marn Rodine Heggen's marriage to Paul Kirmis on July 22, 1995, from Paula Kluth.

Arlette Gilmore for her graduation from The University of Texas-Galveston Medical School from Cathy Lorino.

Beta Alpha's Advisory Board—a splendid year! from Linda S. Babcock.

Kadri Reikman and Christopher Moore's May wedding from Debra Gregg.

The April 8, 1996, alumnae initiation of five International Headquarters staff members (Edna Hanlon, Barbara Ann Lafferty, Billie Molina, Sherry Ochoa, Linda Ryan) from Marjory Shupert and Stephanie Hearn.

Kristen Heine and Jennifer Tunks, CLCs, for their excellent work and dedication in making our recolonization at Auburn University a true Gamma Phi Beta success from Barbara Hurt-Simmons.

## BIRTHS AND BIRTHDAYS

The birth of John Egan Norton to Elizabeth Norton from Amy Peterson.

Elizabeth Thornton Troy's new baby, Arthur, from Stephanie Hearn.

The birth of Camille Cestone's twins from Cynthia Chapman Colvin and the Chicago Alumnae Chapter.

To Myra H. Bowen in honor of our legacy Peyton Hollingsworth Bowen from your sister Margo Wimer McMillan.

The birth of legacy Lauren Elizabeth to Joel and Ann Foreman Lason from Debby Maxey Samaras.

The birth of Nancy Donovan Montgomery's triplets from Melba Spurrier and Orlando-Winter Park Alumnae Chapter.

Jane Swift Fair's first great-granddaughter born Christmas Day, 1995. Welcome Elizabeth Dawn Fair from Cathy Lorino.

## SISTERHOOD

Barbara Ketchen for designing a lovely banner that brightened the podium at Founders Day from San Diego Alumnae Chapter.

Alpha Phi's 63 years of loyal sisterhood and the many contributions of the members from Mary Jane Hipp Mithos.

The service of Doris Bird Gorden, Anna P. Jagas and Christina L. Crane to the Alumnae Department from Sharon L. Dunham.

Rene Matz for all the day care help and good luck on your new job from Valerie Freeman.



To honor a sister or friend,  
fill out the "In Celebration" card  
in this issue and mail it  
with your gift to  
the Gamma Phi Beta Foundation,  
12737 E. Euclid Dr.,  
Englewood, CO 80111





*Mari Barnum, Kent State*

## Twentieth Century Fox's Coming Attraction

Besides the aroma of fresh popcorn, your senses may be bombarded with the sight of colorful posters, larger-than-life cutouts and fancy light displays when you enter a movie theater. Mari Barnum (Kent State), the new Vice President of Exhibitor Services and In-theater Marketing for Twentieth Century Fox Corporation, is responsible for all of these but the popcorn. She is in charge of the U.S. and Canadian distribution of these types of promotional materials, as well as the "Coming Attractions" trailers shown at the beginning of the films. She also serves as a liaison between the theaters and Fox's advertising and publicity departments.

Of her promotion, a Fox executive said, "Over the past several years, she has been instrumental in moving Fox into the number one position for the placement of in-theater materials, especially thousands of trailers. The volume of materials and incredible competition with other studios has made this department a critical area in the release of films."

Mari looks forward to continuing to expand her department and to meet the ever increasing demand from theaters. "It's been a very exciting time to be in this area," she said.

Mari joined Fox in 1981 as Southwest regional publicity manager out of Dallas and was promoted in 1988 to Director of National Promotions for Feature

Film in the Fox Licensing and Merchandising division. In 1994 she was named Executive Director, Exhibitor Services. Prior to joining Fox, she worked for the Governor of Ohio in establishing the Ohio Film Commission. She began her career as a public relations specialist for the Kentucky Educational Television network.

## Distinguished Service

Aona Adair (Oklahoma), former Vice President for Student Affairs at Oklahoma University, has dedicated her professional and personal life to serving young people and those in need. In recognition of her commitment to the university and her devotion to enduring values and unselfish service, Oklahoma University honored her with its Distinguished Service Award.

Aona started her career at the university as the assistant dean of women in 1966. She continued to advance through the ranks in the student affairs area until she was named Vice President for Student Affairs in 1986 where she had responsibility for 11 departments within the Division of Student Affairs. She also served as the university's liaison with the OU Student Association and the parents' association.

Since her retirement in 1991, Aona continues to be involved at the university by working with alumni activities, the Crimson Club, the Interfraternity Council and Panhellenic. She has received numerous awards for her services to students.

She is also active in the community, serving on the boards of Food and Shelter

for Friends, Health for Friends, the Cleveland County Red Cross and the Transition House. She is a CASA (Court Appointed Special Advocate) volunteer. Aona has also served as a Director of Life Ministries at McFarlin Memorial United Methodist Church and a member of the Psi Chapter House Corporation Board.

## Idaho's Woman of Achievement

Whether working for U.S. Senator Larry Craig or directing alumni relations for Idaho State University, Valorie Wilson Watkins (Idaho State) knows how to put Idaho and her citizens first.

As regional Director to U.S. Senator Larry Craig for four years, Valorie managed and supervised two offices that provided constituent services to 16 counties in southeast Idaho. She served as a liaison and representative for the senator, worked with citizens, organizations and a variety of agencies and officials of federal, state and local government. "Case work is so varied and interesting. It's as different as the people and agencies we work with. I've worked on some very interesting immigration cases, and it's tremendously gratifying to be of some assistance, even if it's only providing information," she said.

But after a total of 22 years in that position and a similar one she held for Senator James McClure, Valorie decided last year that "it would be good to look in a different direction." That direction took her back to Idaho State, where her heart lies.

## Not just an ordinary woman

"I'm just an ordinary woman," protests Eloise Simmons Duff (Iowa), who has dedicated nearly 25 years of volunteer service to the Athenaeum, La Jolla, California's music and art library. Always modest, Eloise said, "I was asked to be on the Board in 1972. I think it was because I was a commercial artist and the stationery and cards needed redesigning!"

Her contributions have far surpassed any artistic services that the Board may have had in mind for her. Because of Eloise's vision and leadership, the Athenaeum has grown and is today considered "a gem," attracting widespread acclaim. Her caring, hands-on style of leadership found her curating and hanging art exhibitions for eight years. She has served on the Board for 12 years in two periods and twice served as President. She currently chairs the museum's Investment Committee.

Eloise's approach to life outside the Museum is also anything but "ordinary." As a rough-water swimmer, she has twice won medals in the La Jolla Mile Swim. She and her husband, Russ, are equally adventuresome when it comes to vacations—no guided tours for them! Instead, these energetic grandparents have enjoyed biking in Holland and have crossed the Arctic on a Russian icebreaker. A vacation in Australia found them diving at the Great Barrier Reef, biking in the Queensland jungle and driving a rented a four-wheel-drive jeep.



Her knowledge of her state and its people are an asset in her new position as Director of Alumni Relations, where she focuses on developing and enlarging the network of ISU supporters throughout the state. She noted that one difference from her former political positions is the increased emphasis on fundraising.

Zonta International honored Valorie in 1995 as one of its "Women of Achievement."

## Passionate About Art

There's more to being educated than just mastering the Three Rs, says Linda L. Moore (Bradley), Dean of the College of Fine and Applied Arts at the University of Akron. You have to know something about the arts as well.

"When cuts have to be made in K-12 programs, the first place school districts always look is art and music because these subjects are viewed as frivolous," she said. To her the arts are anything but frivolous: "The arts provide balance in a person's life—a means of self-expression."

Her advocacy for arts education extends beyond the University of Akron to the International Council of Fine Arts, an organization composed of 275 arts administrators from colleges and universities in more than 20 countries. Since her election to the council in November 1995, she has been serving as secretary-treasurer.

In her efforts to secure funding for arts education, she leads arts educators in fighting the commonly held assumption that arts education is more worthy of budget cuts than other programs. She focuses on dispelling commonly held misconceptions about art and artists. "Many people have these romantic notions about the 'starving artist,' someone who can create great art despite being penniless," she explained.

She is quick to point out that computers have a profound impact on arts education by explaining many painters plot their work by computer before working on a canvas. Computers also play a major role in the work of graphic designers today.

Linda also points out the economic impact of arts education. She said that arts education would not be viewed as trivial if people would realize the role cultural institutions play on tourism and a person's decision to live in a certain community. The arts are good for any community. For

## Standing Room Only

"It's one of those jobs you can't believe they pay you to do," said Jamie Brubaker (Iowa). Jamie holds a B.S. degree in Exercise Science with a minor in Dance. Her plan was to finish school and get a "real job," but plans changed.

"As a junior, I rededicated my life to Christ, and the Lord really put it in my heart to dance for Him," Jamie said. After graduation, Brubaker heard that Carman, one of the top four Christian artists in the country, was auditioning for backup dancers. She moved to Tulsa, Oklahoma, to try out for his tour and was hired, confirming that she was following God's course for her life. Jamie said, "It's pretty amazing when you take that step of faith, and pray about it, and God gives it right back to you."

Carman, along with his crew of backup dancers, is currently on his "1996 R.I.O.T. Tour," following his recent recording of R.I.O.T. (Righteous Invasion of Truth). The tour will visit 90 cities and perform in such major stadiums as Anaheim Stadium in Anaheim, California, and the Astrodome in Houston, Texas. Over 71,000 people packed out the Texas Stadium in Dallas, October 1994, making Carman the record holder for the highest attended Christian concert in history.

Brubaker says the 39-year-old artist, while a "workaholic," is good to his employees. He and his backup dancers continue to draw standing-room-only crowds wherever they perform worldwide, including a crowd of 50,000 in Wanderers Stadium in Johannesburg, South Africa, in August 1993, the largest ticketed solo Christian concert in history. Before every performance and project, he gathers the entire staff and crew for prayer and reflection "so that the focus is always on God—why you're there, not for your own glory, but to bring the glory to God," Jamie explains.

Performances include a variety of music, from country to '40s Big Band, and the dances include everything from ballet to jazz to hip hop. Carman has sold 6 million recordings and videos worldwide, including six gold recordings. He has twice been named Contemporary Christian Artist of the Year by *Billboard Magazine*. His current R.I.O.T. tour is expected to reach 1.5 million concert goers.

In addition to dancing professionally, Jamie is a Certified Athletic Trainer. While attending the University of Iowa, she joined Gamma Phi Beta and was also a member of the University of Iowa Dance Company.

Carman is considering a world tour for 1997, and Jamie says she would love to be a part of it. "I would love to continue to do this as long as I believe that this is what God wants me to do," she said. "I pretty much take it a day at a time and just enjoy what I'm doing."



example, she noted that a recent production of the opera "Carmen" brought 28,000 to downtown Akron.

As a beginning pianist, Linda doesn't consider herself an artist. Of her piano lessons that have taken her through Book

Two, she says. "I love playing the piano. It's so empowering. There is a sense of creation." She also believes it is significant that she is leading an arts group. "You don't have to be an artist to be an arts advocate."



# Nutrition

Danice Rinderknecht, M.D.  
(U. of Denver)

**E**ating well and maintaining a healthy weight have become a challenge in our society. Women in particular are subjected to many cultural expectations that are not only unreasonable, but unhealthy. Following are some basic guidelines that take in an overall approach to nutrition.

If you have any serious medical conditions or an eating disorder, please discuss your personal situation and goals with your physician. Eating disorders will be covered in a future issue of *The Crescent*.

The idea is that at the bottom of the pyramid are the basics. As you move up, servings decrease quickly in number. Breads include cereal, rice and pasta. These are the staples and you should have 6-11 servings a day. Combining fruits and vegetables, you should have at least 3-5 servings a day. Milk, yogurt and cheese should total 2-3 servings per day and be skim or nonfat. The meat group includes chicken, fish, pork and other sources of

protein, including beans and peas. These, too, should be limited to 2-3 servings per day. Nuts and seeds, while high in protein, are also high in fat and should be eaten in moderation. At the top are the high calorie, low nutrient foods. These include fats (mayo, salad dressings, cooking oils, etc.) and sweets (cookies, cake, ice cream, etc.). Limit these as much as possible.

Very important are serving sizes. Even if you eat the right foods, eating too much of them detracts from your purpose. Serving sizes should be:

Bread group—1 slice of bread or 1 oz. of ready-to-eat cereal or 1/2 cup cooked cereal, rice or pasta.

Vegetable group—1 cup raw leafy vegetables or 1/2 cup cooked or chopped raw vegetables or 3/4 cup vegetable juice.

Fruit group—1 medium size piece of fruit or 1/2 cup chopped, cooked or canned fruit or 3/4 cup juice.

Milk group—1 cup of milk or 1/2 oz. of natural cheese or 2 oz. of processed cheese.

Meat group—2 to 3 oz. of cooked lean meat, poultry or fish or 1/2 cup cooked dry beans or 1 egg or 2 tablespoons peanut butter.

## How much should you weigh?

There are a lot of charts around, many of which underestimate how much women should weigh. A simple guide is: 105 pounds if you're 5 feet tall, add 7 pounds per inch for every inch above 5 feet plus or minus 10%. For example, if you're 5'5":  $105 + (5 \times 7) = 140$  lbs., plus or minus 14 lbs.

## How many calories per day should you eat?

This will vary depending on your height, medical problems, etc., but a good estimate for women is 1800 calories. It should consist of less than 30% fat, approximately 50% carbohydrate and around 20% protein. Other daily guidelines include less than 2400 mg. sodium, approximately 3500 mg. potassium and 1000-1500 mg. of calcium per day. Os-Cal 500 and TUMS are good calcium supplements for those who do not get enough through their diets.

## Other General Principles

- Eat when you are hungry. A commonly used scale is rating your hunger between 1 and 10, with 1 being starving and 10 being stuffed. Try to eat when you rate a 4 to 6. This helps avoid overeating because you're too hungry versus eating when you don't need to.
- Do not eat when you are tired, bored, sad, lonely or happy. Pay attention to these feelings, and find other things to do... going for a walk, calling a friend or writing in a journal. You will have dealt with the feelings directly and feel better about not having eaten your way through them.
- Eat breakfast; otherwise your metabolism is decreased by 5% throughout the day.
- Take a multivitamin with iron daily. However, this is usually not necessary if you eat a balanced diet. Definitely take

## The Basics

Gone are the days of the four food groups. In is the Food Pyramid:

### How Many Servings Per Day

Fats, Oils and Sweets .....	use sparingly
Milk Group .....	2-3 Servings
Meat Group .....	2-3 Servings
Vegetable Group .....	3-5 Servings
Fruit Group .....	2-4 Servings
Bread Group .....	6-11 Servings



one, though, if you are dieting. *Tips: It is best to take it on an empty stomach to have it most fully absorbed; if you have problems with constipation from the iron, you can take a kids vitamin with iron twice a day.*

- If you take calcium, iron and magnesium supplements, take them at different times to have them fully absorbed.
- Maintain a healthy body weight.
- Exercise a minimum of 30 minutes 3 to 4 days a week. The ideal is 45 minutes to an hour 5 to 7 days a week. If you are not used to exercising, start slow, even 10 to 15 minutes a day, and build up steadily as you tolerate it. Make sure you are getting your heart rate up once you get into a routine. A simple method to calculate target heart rate is  $(220 \text{ minus your age}) \times 0.85$ . Make sure to discuss this with your health care provider if you have any serious medical problems!
- Minimize alcohol. It is full of empty calories.
- Drink plenty of water. This means 8 to 10 (8 oz.) glasses a day. It not only helps to flush toxins from your body, but it keeps you from retaining water, helps you to feel full and actually aids in the breakdown of fat in your body. You should drink one extra glass of water per day for every caffeinated beverage you drink. *Tips: Any beverage with 5 calories or less per 8 oz. and no caffeine can be substituted for water; a squeeze of fresh lemon, lime or orange juice can be helpful for those who don't like plain water.*

## Source of Common Nutrients

**Calcium:** Milk, yogurt, cheese, leafy greens, tofu

**Potassium:** Fruits, vegetables, milk

**Iron:** Leafy greens (but to absorb the iron, you must eat these with a good source of vitamin C), chicken, fish, beef

**Vitamin C:** Citrus fruits

**Magnesium:** Nuts and seeds, whole grains, bananas, legumes, chocolate.

**Protein:** Milk products, chicken, fish, beef, tofu, legumes

● Give in to cravings. It is better to eat a small amount of chocolate every day than to fight it and eat a bag of cookies every night.

● Remember it takes six months for your baseline metabolism to adjust to a weight loss. This means that if you lose weight, you need to continue to work and keep it off for six months or you will gain it back more easily.

● Taking nutritional supplements like *Ensure* is not helpful unless you have a medical condition that requires them.

## Eating and Pregnancy

● Do not assume you can eat more now because it will come off easily when you are breastfeeding. This is a myth.

● Do not diet when you are pregnant!

● A lot of women drink more juice when they're pregnant. This does not have the fiber and pectin in the actual fruits, so you get less benefit and feel less full. So, drink less juice, but definitely eat the actual fruits.

## Reading Food Labels

### Serving Size

Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat one-half the serving size shown here, cut the nutrient and calorie values in half.

Are you overweight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. A 5'4", 138-lb. active woman needs about 2200 calories each day. A 5'10", 174-lb. active man needs about 2900. How about you?

## Total Carbohydrate

When you cut down on fat, you can eat more carbohydrates. Carbohydrates are in foods like bread, potatoes, fruits and vegetables. Choose these often! They give you more nutrients than sugars like soda pop and candy.

## Dietary Fiber

Grandmother called it "roughage," but her advice to eat more is still up-to-date! That goes for both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans

and peas are all good sources and can help reduce the risk of heart disease and cancer.

## Protein

Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish and poultry. Use skim or low-fat milk, yogurt and cheese. Try vegetable proteins like beans, grains and cereals.

## Vitamins and Minerals

Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

## Total Fat

Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

## Saturated Fat

A new kind of fat? No—saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of heart disease. Eat less!

## Cholesterol

Too much cholesterol—a second cousin to fat—can lead to heart disease. Challenge yourself to eat less than 300 mg. each day.

## Sodium

You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low—2400 to 3000 mg. or less each day.\*

*\*The AHA recommends no more than 3000 mg. sodium per day for healthy adults.*

## What's New About the Label?

It's simple. Healthy eating has never been easier, thanks to the new nutrition  
(continued on page 31)



# Crescent Classics



Daisy print lettered T's with embroidery (available med-XL)

Navy Tshirt CCTS73 ..... \$28.95

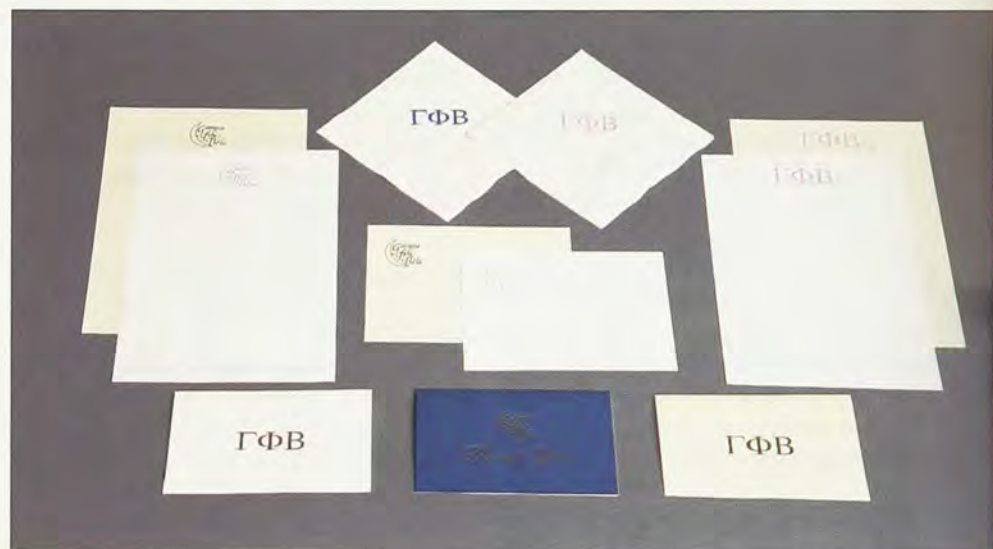
White Tshirt CCTS74 ..... \$28.95

Crescent Embroidered Tshirt (available med-XL) CCTS72 ..... \$21.95



## FORMAL STATIONERY

- A. Stationery, ivory with gold logo, 10 ct. box, CC61 ..... **\$5.00**
- B. Stationery, white with pink logo, 10 ct. box, CC62 ..... **\$5.00**
- C. Beverage napkin, blue letters, 12 ct. . . CC63 ..... **\$2.95**
- D. Beverage napkin, pink letters, 10 ct. . . CC64 ..... **\$2.95**
- E. Stationery, ivory with pink letters, . . . 10 ct. box, CC65 ..... **\$5.00**
- F. Stationery, white with pink letters, . . . 10 ct. box, CC66 ..... **\$5.00**
- G. Flat notes, ivory with gold logo, 5 ct., . . CC67 ..... **\$2.95**
- H. Flat notes, white with pink logo, 5 ct. . . CC68 ..... **\$2.95**
- I. Folded notes, white with gold letters, 10 ct. box, CC69 ..... **\$4.00**
- J. Blue folded thank you notes, 8 ct box, CC70 ..... **\$4.00**
- K. Folded notes, ivory with gold letters, . . 10 ct. box, CC71 ..... **\$4.00**



Item	Size	Qty.	Price	Total	Method of payment:
					<input type="checkbox"/> Check (payable to Crescent Classics)
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					<input type="checkbox"/> Money Order
					<input type="checkbox"/> Mastercard
Ship to:				Subtotal	Card No.:
Name: _____				California residents	Exp. Date: _____
Address: _____				add 7.75% sales tax	Signature: _____
_____				Shipping and Handling	
_____				Canada orders add \$10	
Phone: _____				Total	

**Shipping and Handling**

Under \$25	\$4.00
\$25-\$50	\$5.25
\$50-\$100	\$6.75
\$100-\$200	\$8.50

To order by phone, call 1-800-453-5344 or fax 24 hours a day 714-441-1029.  
 UPS next day and second day air available. Call 1-800-453-5344.



Rest assured, when you see key words and health claims on product labels, they mean what they say as defined by the government. For example:

Key Words	What They Mean
Fat Free . . . . .	Less than 0.5 grams of fat per serving
Low Fat . . . . .	3 grams of fat (or less) per serving
Lean . . . . .	Less than 10 grams of fat, 4 grams of saturated fat and 95 milligrams of cholesterol per serving
Light (Lite) . . . . .	1/4 less calories or no more than 1/2 the fat of the higher-calorie, higher-fat version; or no more than 1/2 the sodium of the higher-sodium version
"Cholesterol Free" . . . . .	Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat per serving

To Make Health Claims About	The Food Must Be . .
Heart Disease and Fats . . . . .	Low in fat, saturated fat and cholesterol
Blood Pressure and Sodium . . . . .	Low in sodium
Heart Disease and Fruits, . . . . .	A fruit, vegetable or grain product low in fat, saturated fat and cholesterol, that contains at least 0.6 grams soluble fiber, without fortification, per serving
Vegetables and Grain Products	

*Other claims may appear on some labels.*

label. Here's the good news:

- Most foods in the grocery store must now have a nutrition label and an ingredient list.
- You can buy with confidence. Claims like "low cholesterol" and "fat free" can be used only if a food meets new legal standards set by the government.

You are looking at a new label if it's titled "Nutrition Facts." Old labels may still be around for awhile, so don't be surprised if you see them.

## Why Read the Label?

Read the label to help choose foods that make up a healthful diet. Eating a healthful diet can help reduce your risk

factors for some diseases. For example, too much saturated fat and cholesterol can raise blood cholesterol (a risk factor for heart disease). Too much sodium may be linked to high blood pressure. High blood pressure is a risk factor for heart attack and stroke.

No one food can make you healthy. In addition to eating healthful foods, stay active, don't smoke and watch your weight!

For more information on nutrition, heart health and heart disease, contact your local American Heart Association or call 1-800-AHA-USA1 (1-800-242-8721).

Remember, good nutrition is key to feeling well and maintaining a healthy weight. Build habits and expectations that take into account your body, lifestyle and overall health (not the myths in the fashion magazines)! It is important to establish healthy habits that will last a lifetime. ●

*Thanks to Kim Morris-Ward, Registered Dietitian*

**Editors note:** Danice graduated from Dartmouth Medical School in 1992 and the Maine-Dartmouth Family Practice Residency in 1995. She is now in a group family practice in Lewistown, ME.

## Gamma Phi Beta Leaders -

### We're Looking For You!

Seniors: Are you a leader on campus? In the community? In your Gamma Phi Beta chapter?

Are you looking for a way to further develop your skills and make yourself marketable to top employers?

If the answer is yes, start thinking now about applying for a position on the 1997-98 Collegiate Leadership Consultant team! Experience the adventure of a lifetime while you start new Gamma Phi Beta chapters, plan and present workshops, train officers and make a difference in the lives of collegiate women throughout North America.



For more information call Lisa Hintze 303-799-1874 or ask your president for the application found in the fall officer's packet.

*Don't let this opportunity pass you by!*



# Help Put a Gamma Phi Beta In this House



## Gamma Phi Beta—Developing Tomorrow's Leaders

By giving to the Gamma Phi Beta Foundation you provide crucial life skills training for members that develops Gamma Phis as leaders in their profession, in their community and in their country.

Gamma Phi Beta offers leadership training opportunities through international Conventions, Regional Leadership Conferences, Leadership Training Schools, Personal And Chapter Enrichment (PACE) programs and PACEletters, chapter offices and committees and collegiate leadership consultant and chapter advisor training.

Be a part of developing tomorrow's leaders by giving to the  
Gamma Phi Beta Foundation today.



*Gamma Phi Beta Foundation, 12737 E. Euclid Drive, Englewood CO 80111*

*Help Gamma Phi Beta save money: Let us know about your move ahead of time. If this is addressed to a daughter who no longer maintains an address at your home, please use the postcard and inform us of the correct mailing address. Thank you.*