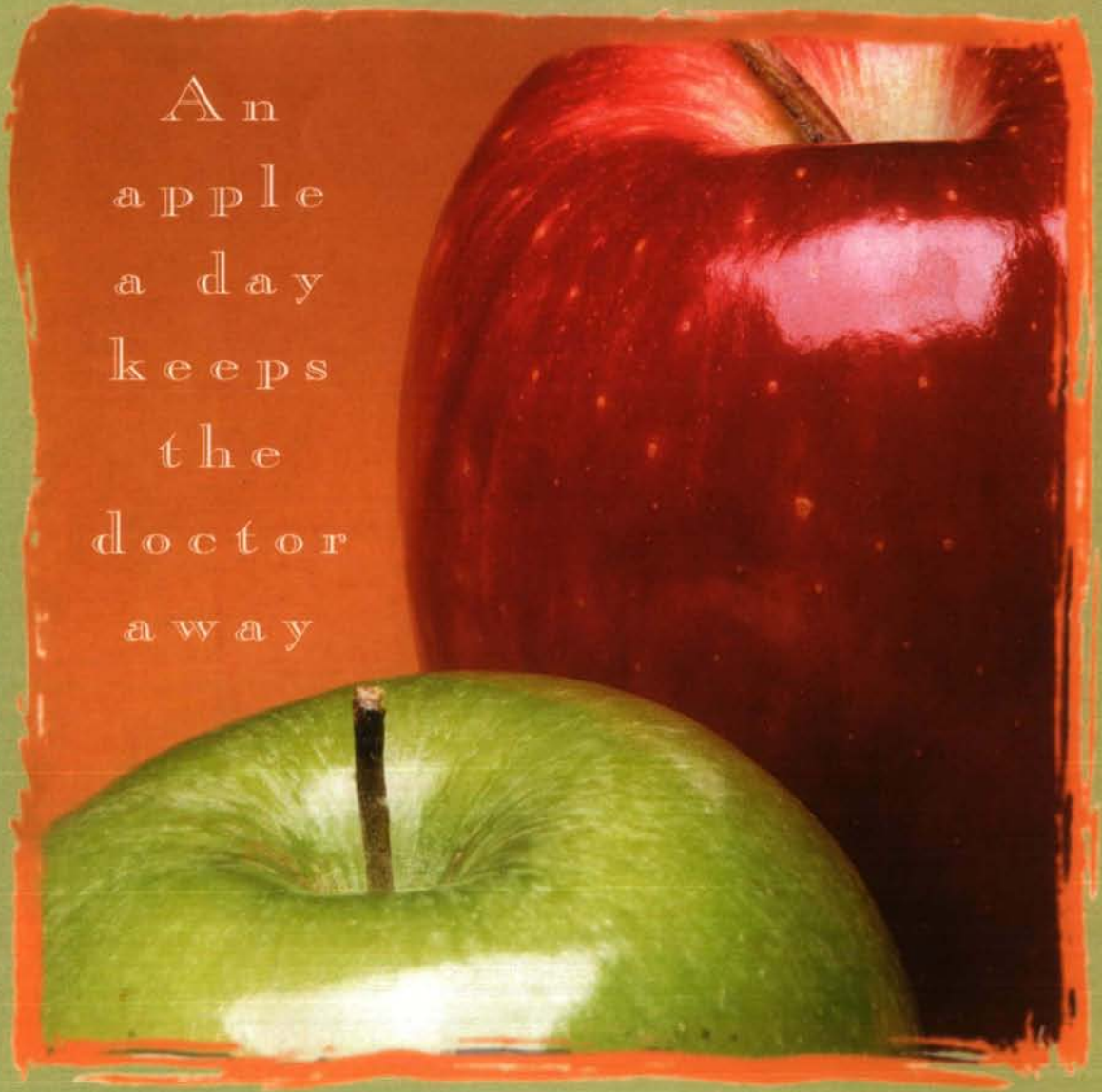


The Arrow

of Pi Beta Phi Spring • 1996

An
apple
a day
keeps
the
doctor
away



WOMEN'S HEALTH AND PI PHIS IN MEDICINE

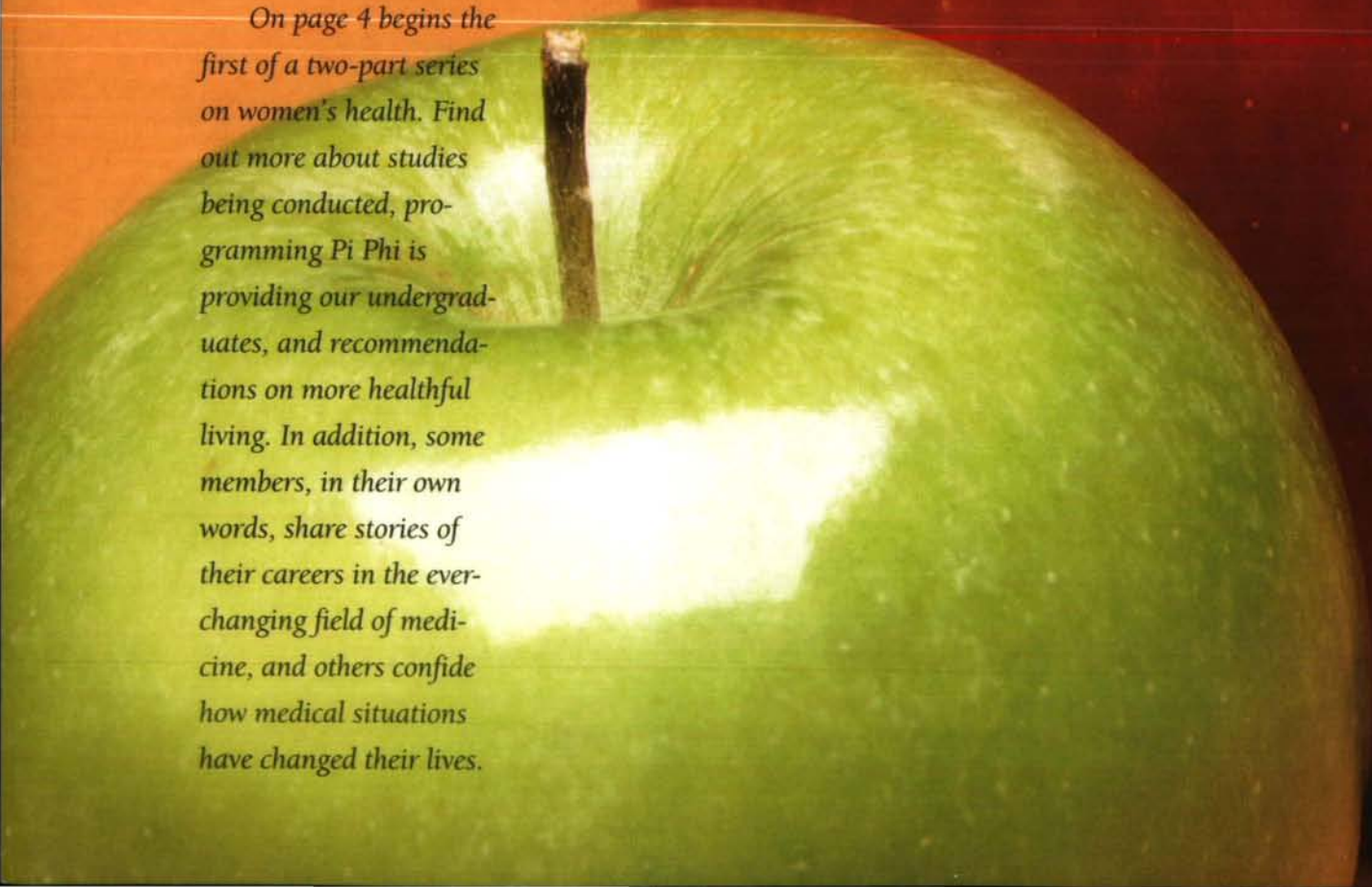
Women's

Health

Women's health is of interest to all members, of all ages. Covering such a broad-based issue has its challenges. We know we cannot begin to hit all the bases ... we cannot pretend to be the end-all for women's health, nor is that our goal.

We decided to approach the subject from a Pi Phi angle and asked our members for their input and expertise.

On page 4 begins the first of a two-part series on women's health. Find out more about studies being conducted, programming Pi Phi is providing our undergraduates, and recommendations on more healthful living. In addition, some members, in their own words, share stories of their careers in the ever-changing field of medicine, and others confide how medical situations have changed their lives.



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Chicken soup is good for the soul

New Study Focuses on Women's Health

When your mother told you to eat chicken soup when you were sick, to eat "an apple a day to keep the doctor away" and to eat your vegetables, she demonstrated a lot of practical knowledge about good health and nutrition habits that medical science has since confirmed.

But your mother probably didn't tell you much about how to reduce your risks for heart disease, breast cancer, colorectal cancer or osteoporosis—the leading causes of death for women over age 50—because she didn't know what to tell you. Chances are your doctors haven't told you much about those things either, and for the same reason.

A new \$625-million study funded by the National Institutes of Health should change that. The Women's Health Initiative (WHI) is a 15-year commitment to research on risk factors and prevention for the leading causes of death and disability in women past the age of menopause.

Some 163,000 women will be involved at 40 clinical centers across the United States. One group of about 63,000 women will participate in clinical

cal trials of hormone replacement therapy, dietary modification and vitamin supplements over an average period of nine years. Another 100,000 women will be part of an observational study to learn more about the relationships of lifestyle and family history on risk factors for the targeted diseases.

Recruitment for the study, begun in September 1993 in some centers, will continue through January 1997. Women who are between the ages of 50 and 79, past menopause and planning to live in an area near one of the research centers for at least three years may be eligible to participate in WHI.

Why WHI? Why Now?

For years, medical research has been almost "for men only" for many reasons. Since almost all researchers until recently were men, they were attracted to the conditions that affected them most. There is also legitimate concern about conducting research on women of child-bearing age.

And, there is the issue of hormones. Since medical studies must have all possible variables carefully balanced to maximize the accuracy of results, allowing women whose hormones fluctuate from week-to-week to participate requires using large numbers of subjects, driving up costs in a business where budgets are constantly shrinking.

As a result, women are being treated for heart disease and colorectal cancer, among other diseases, with therapies tested only in men. Likewise, strategies for reducing risk factors and preventing diseases in women have developed from men-only research.

However, beginning in the 1980s, winds of change began to blow in Washington, D.C., where funding for the National Institutes of Health (NIH), the leading source of federally-financed medical research, originates. Women were entering the halls of Congress in increasing numbers and President George Bush, recognizing the increasing number of women in medical research, appointed Dr. Bernadine Healey as director of the NIH.

The Women's Congressional Caucus, led at the time by U.S. Rep. Patricia Schroeder (D-Colorado), also began demanding equal attention—and more funding—for women's health issues and research involving women. Their efforts resulted in the creation of the Office of Women's Research within NIH, an entity which reviews every research grant application considered for funding to see if women should be—and are—included in the study population. Their demands also gave birth to WHI.

Coincidentally, sorority women were among the first to learn about the new initiatives in women's health studies. Those attending the 1991 National Panhellenic Conference meeting in Washington, D.C., received a briefing from Dr. Healey's office that included information about the then proposed Women's Health Initiative study.

What Will WHI Do?

Crafted by some of the country's best research study designers, WHI targets the four leading causes of death and disability among women age 50-plus: heart disease, breast cancer, colorectal cancer and osteoporosis, the weakening of bones after menopause that is a major cause of fractures and lifestyle restrictions.

Take two aspirin and
call me in the morning

aspirin



WHI's clinical trial involves hormone replacement therapy (HRT); a healthy eating routine stressing increased consumption of fruits, vegetables and grains and reduced consumption of fats; and Vitamin D and calcium supplements.

Researchers want to know if HRT will reduce risks for heart disease and osteoporosis and what effect it may have on breast cancer risks. They want to know if healthy eating will reduce incidences of breast and colorectal cancer and heart disease. They want to measure the effects of taking calcium and Vitamin D supplements on osteoporosis and colorectal cancer.

At the same time, the WHI observational study will provide a wealth of information on risk factors for these diseases. Researchers will follow these 100,000 women—one of the largest study samples ever—for up to nine years, recording their health histories and lifestyle information. The analysis of this information should allow doctors to answer many questions about women's health that your mother and you can't answer for your daughters and granddaughters.

After making up to four visits to a clinical center for screenings, women enrolled in the clinical trial portion of WHI will make annual or semi-annual visits to their clinical center. Roughly half of them will be receiving active therapy—hormones, dietary intervention, calcium and Vitamin D supplements. The other half will receive inactive therapy, or "placebos."

Women enrolled in the observational part of the study will make one to four visits to a clinical center for the initial screening and baseline medical history and laboratory tests (at no

charge to them). Some will return at three-year intervals for follow-up visits. All will be contacted by phone and/or mail for medical history updates until the study's data collection ends in 2005.

Women in the observational study will also provide an extra benefit to medical research. As part of the study, blood samples collected from participants at enrollment will be kept frozen for five to 10 years. As other research studies reveal more about human genes, these samples can be analyzed in the future to confirm those research findings and to provide even more information about women's health.

Why WHI Excitement?

Although public awareness about WHI is just beginning, researchers and health professionals and the initial study volunteers are excited. While the knowledge that can be gained and the potential health benefit to millions of women are both enticing, it is the opportunity to make an impact on the health of future generations of women that is leading many women to respond to volunteer recruitment appeals.

Comments from women calling recruitment phone lines tell the story:

"It's about time they did something for women," one senior citizen said.

"My grandmother and mother died from breast cancer and I want to do something to make sure my daughter doesn't."

"Every woman in my family has osteoporosis. I don't want to suffer like that."

"It may be too late for me to benefit, but I have a daughter and grand-

daughters who may be helped. What do I have to do to volunteer?"

Researchers agree that it will be that kind of enthusiasm that keeps the Women's Health Initiative going long-term to produce the significant results they anticipate from the intervention therapies being studied: a 25- to 30-percent reduction in incidences of heart disease, a 12- to 14-percent reduction in breast cancer, a 20- to 30-percent reduction in colorectal cancer, and a 25- to 35-percent reduction in osteoporosis-caused fractures.

You can join the effort by calling 800-54-WOMEN and telling a recruitment coordinator that you'd like to "Ask WHI—and be part of the answer."

by Julie B. Fix
Kappa Delta Sorority Contributing Writer

5



... and a kiss will make it better

KISS

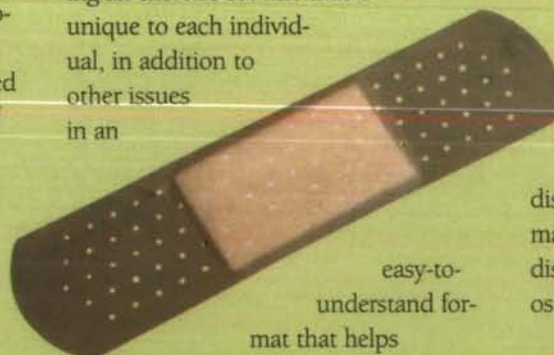
Women's Health Program Provided for All Chapters

No lecturing, no scare tactics, just the facts. That was the concept in designing a unique yet entertaining health program specifically for college women entitled, "Get Real: Straight Talk About Women's Health." This spring, Pi Beta Phi distributed the program to each of its 128 collegiate chapters.

Included in this program, designed by the Society for the Advancement of Women's Health Research and the Office on Women's Health of the U.S. Public Health Service (PHS), is a 27-minute empowering and motivating video and a written guide to provide additional information on how to stay healthy and to answer any questions on important issues such as sexuality, osteoporosis and breast cancer. The guide will also be a useful resource for a chapter president, a local health professional or a program coordinator in leading a discussion on issues raised during the program. All sorority members will receive a reprint of *Shape* magazine's September issue which is dedicating six pages to this program.

The Society and the PHS Office on Women's Health recognize that college women lead hectic lifestyles and are aware of the inconveniences involved in

trying to juggle school work with jobs, extracurricular activities and social schedules. Achieving a balance between eating properly, staying active and still having time to concentrate on oneself can be quite difficult, but it is not impossible. For example, if running or aerobics don't interest a woman, she can try taking long walks with a friend, or dancing or doing yoga—she will reap excellent health benefits! Young women do not have to hate being active—each woman simply decides for herself what works for her. The options are endless! The video provides substantive information on the importance of developing a healthy self-image, receiving proper nutrition and sustaining an exercise routine that is unique to each individual, in addition to other issues in an



easy-to-understand format that helps

women take charge of their mental and physical well-being.

Despite the internal and external pressures that young women experience, they are the ones in control who have the power to make proper decisions regarding their health.

The impact that college women's day-to-day behaviors have on their health is staggering. Consider the following statistics:

- One out of every four women under the age of 25 smokes, and teenage women now smoke at higher rates than their male counterparts. Ninety percent of people who smoke

began as adolescents. Smoking is the leading preventable cause of death in the United States. Smoking contributes to heart disease, osteoporosis and several cancers including those of the lung and perhaps breast.

- Peak prevalence for alcohol abuse occurs for young women aged 18–25. Moreover, because women metabolize alcohol differently than men, women become intoxicated after drinking smaller quantities of alcohol. Alcohol abuse is linked to several diseases including osteoporosis, liver disease, several cancers and reproductive problems.

- About 2 percent of young women have an eating disorder including anorexia nervosa or bulimia. As many as 5 percent of all high school seniors have an eating disorder, and as many as 20 percent of all girls and women display some signs of an eating disorder. Eating disorders are linked to many forms of premature death and disability including heart disease and osteoporosis.

- One out of every two women over the age of 45 will develop osteoporosis, a debilitating and deadly disease. Osteoporosis is preventable if women take measures to attain peak bone density before age 35 through proper diet and exercise, in addition to taking preventive measures throughout their lifespans.

- Breast cancer affects one in eight American women over their lifespans. 50–60 percent of those who develop breast cancer have no known risk factor for the disease. Breast tissue may be most susceptible to carcinogens during the adolescent and early adult years. Recent scientific studies indicate that

fever

Starve a cold, feed a fever

diet and exercise during this life stage may help prevent breast cancer.

As evident from these facts, it is imperative that college women receive reliable, up-to-date information regarding disease prevention and health promotion so they can make informed decisions regarding their health.

Women have the capability today of designing their lives for tomorrow. Even by modifying relatively few behaviors and making slight changes in lifestyle, young women can reap great benefits that will stay with them for the rest of their lives.

Ortho-McNeil Pharmaceutical has generously provided an educational grant for the development of the video, "Get Real: Straight Talk About Women's Health."

To learn more about the program, please contact the Society for the Advancement of Women's Health Research at (202) 223-8224 or write the Society at 1920 L Street, NW, Suite 510, Washington, D.C. 20036. For more information you may also want to contact the PHS Office on Women's Health, 200 Independence Avenue, SW, Room 730B, Washington, D.C. 20201, (202) 690-7650.

A Pi Phi Physician's Prescription

In this time of changing health care and insurance programs, it is more important than ever that patients start taking charge of their own health destiny. Many medical practices have

changed their organization, and visiting the family doctor may not be the same as it used to be. Despite changes in the way health care may be provided, patients remain the same. Most have the same health care concerns they have always had—they want to be healthy and stay healthy. In order to achieve the goal of having good health, it is more important than ever that patients take charge of their health care. The first step is understanding what attaining and maintaining good health entails. Following are standard recommendations for screening exams/tests presented in a timeline (by age) that can be used as a checklist. These recommendations should be considered general guidelines which can be used by women to aid in scheduling routine doctor visits. They should not supersede any recommendations made by a woman's own physicians.

Age 18

- **Annual pap/pelvic/breast exam.**
This test should start annually after becoming sexually active, but not later than age 18.
- **Monthly breast self-exam.**
- **Cholesterol screening.**
Re-check every 5 years if normal (<200).
- **Complete physical exam.**
Repeat every 5 years if without chronic medical problem (e.g. hypertension, diabetes, lung disease).
- **Blood pressure checks.**
Every 2 years if normal.

Age 35-40

- **Baseline mammogram.**
Especially if positive family history (mother or sisters with breast cancer).

Age 40

- **Mammogram every 2 years.**
- **Annual physician breast exam.**

Age 50

- **Mammogram every year.**
- **Stool for occult blood.**
- **Flexible sigmoidoscopy every 3-5 years.**
- **Annual rectal exam.**

Age 65

- **Mammogram every year.**
- **Pneumovax one time only.**
- **Annual influenza immunization, a.k.a. "flu shot"**

Other

- **Diphtheria and tetanus booster every 10 years.**

It is important to understand that there are variations, even caveats to these recommendations. These guidelines may be most helpful to use as a basis for questions during annual visits with a physician such as, "What was my last cholesterol level?" or "Do you think I should get the flu shot this year?" Questions such as these are valid coming from any age category.

The primary purpose of this article is to make its women aware of what both they and their physicians should be monitoring on a regular basis. It will hopefully enlighten many as to how taking a bigger role in their own health care can empower them; allowing them to take an active part in the decision-making process.

—Tamara Fogarty, M.D.
California Eta
Long Beach, California



Pi Phi Professionals in the Field of Medicine & Health

Kristin Englund, M.D.
Ohio Beta
Chicago, Illinois

While I was a Pi Phi at Ohio State, I had the opportunity to be the student representative to the University's Task Force on HTLV III, now known as the HIV virus. In 1985, this virus was fascinating, and a bit scary to me. I wrote articles for the Greek newspaper on AIDS, and arranged for lectures for the Greek system. A decade ago most of the people infected with the virus were homosexual men.

Well, times have changed for me, and for the virus. Now I am an Infectious Diseases specialist at Northwestern Hospital in Chicago, Illinois, and I work in the Women's HIV Clinic. As the epidemic progresses, more women and children are affected. Many women are unaware that they are at risk for contracting HIV. At times women are diagnosed only when they come in for prenatal care. Many women lose their spouses or significant others to the disease and are left alone, ill and with children.

Families cannot always be counted on to be supportive. Access to care is limited, especially for women with no child care. On the positive side, if a woman is diagnosed with HIV early in her pregnancy, the risk of transmitting the virus to her baby can be decreased from 30 percent to approximately 8.5 percent if the mother takes the drug AZT (zidovudine) during pregnancy. As more women become involved in clini-

cal studies, we are better able to evaluate the effects of AZT and other drugs on their health. Institutions are also becoming more sensitive to women's needs. At our HIV clinic, women can come for a visit with me, and also see the gynecologist, social worker, psychologist and nutritionist. Our clinic also offers child care. It is certainly important for women to seek medical care once they are diagnosed with HIV, because there is a great deal that we can offer to our patients. One thing we cannot offer yet is a cure. Thus, it is even more important for women today to realize that HIV is a real threat and to understand it can be prevented.

Nancy Keesee Walter, M.D.
Oklahoma Alpha
Tulsa, Oklahoma

I have wanted to practice medicine since age six. My dad is a veterinarian specializing in bovine infertility and instilled in me a curiosity in female reproduction. However, when I began

college at the University of Oklahoma in 1963, women were encouraged to support their husbands instead of seeking demanding careers of their own. Therefore, I received a degree in medical technology and worked in that field for several years. I was disappointed that I had so little patient care responsibility and vowed to become a physician when possible.

In the meantime, we were very busy birthing and nurturing our three young sons and daughter. With the support of a very understanding husband and a goal of beginning medical school when our youngest began first grade, I was admitted to medical school at age 37 (much to my surprise). We moved our brood across the state from our lives as ranchers to urbania. My daughter started school the same day.

My greatest feat was balancing family life and a rigorous schedule. During the four years of medical school I played mommy from 5:00 to 9:00 and then studied from 9:00 to midnight.





WOMEN'S HEALTH AND PIPHIS IN MEDICINE

The following five years were much more difficult because an ob-gyn residency requires every third night call (36 hours per stint), 100 hours per week and rotations away from home. I had pangs of guilt being away from my family but was grateful I had the opportunity to be home with them as preschoolers.

I completed residency at age 47, and this year at age 50, I successfully passed my oral board exams which was my second greatest feat.

My practice is very busy ... I love every second of it. My most rewarding moments are delivering innocent new lives into a complicated world. My most agonizing job is to go out and shatter lives by informing family members that their loved one has terminal ovarian cancer and my surgical skills are inadequate to affect a cure.

I was privileged to go on my first medical mission for the United Methodist Church January 19-29, 1996 in Nicaragua. While there, I performed surgery on underprivileged women in the country.

Dorothy "Scottie" Merrick Owles Iowa Gamma Wheaton, Illinois

After several years of serving as Director of Social Services at nursing homes, hospitals and Senior Centers, I started my own business, which I called The Sunshine Service.

I take clients to and through day surgeries returning them safely home and staying as needed until they are on their feet again. I specialize in knee and hip replacement cases and those having cataract surgery.

In addition, I take clients through testing programs which can be both tir-

ing and frightening to seniors. There is a special need for my services for those whose relatives do not live near and/or whose children all work.

I also speak to hospitals, churches and senior groups not only about what my service offers, but mainly about the many "joys of being a senior" including the opportunity to do volunteer work and to attend Elderhostel programs.

Kristy Weber, M.D. Missouri Alpha Iowa City, Iowa



Unlike many others, I did not grow up dreaming of becoming a medical doctor. I loved animals of all shapes and sizes and set my sights on a future as a veterinarian. Many summers and Christmas vacations were spent volunteering at local veterinary clinics in St. Louis. However, after completing my B.S. in Animal Science, I changed my career goal to becoming a "people" doctor. I have never regretted the decision.

After attending college at the University of Missouri (Columbia) for four years, I traveled east to Baltimore for an additional four years of medical school at The Johns Hopkins School of Medicine. I decided to pursue a career in orthopedic surgery and am currently a fifth year resident at the University of Iowa in Iowa City. In July 1996, I will pursue two additional years of fellowship training in musculoskeletal oncology (bone and soft tissue tumors) at the Mayo Clinic in Rochester, Minnesota.

Both my most rewarding as well as my most difficult times in medicine have centered around specific patients. Getting to know someone and having the privilege of caring for them medically is extremely rewarding. Watching them die is something you are never told about or prepared for. I was lucky in that no one close to me had died by the time I entered medical school. During the start of my third year at Johns Hopkins I was a student on the general surgery service. One late night when I was on call with the resident, he was paged "stat" to see a patient who was in trouble. We ran to the area to find the patient, an older man, vomiting bright red blood at a seemingly alarming rate. I was not ready for that. His family was still in the room, probably much more scared than I.

That night seemed as though it would never end. While I spent time with the family, the medical team was able to stop the bleeding. Over the next month I spent a great deal of time with the patient and his family. I grew to love that man, and although he did eventually leave the hospital to go home, he died shortly thereafter. I will never forget that experience as it made the world of medicine so much more real to me than what I read in the textbooks. Since that time, I have seen many more people die. Whether a victim of a motorcycle accident or a chronically sick child, it is never something one gets used to.

In contrast, orthopedic surgery is a field providing many more rewards than sadness. The majority of patients I see are either healthy people who have a broken bone or who are debilitated by arthritis. Most of the time we can put the bones back together, they heal,

and the person goes on about his or her business. Or we replace an arthritic hip or knee, and usually the patient is pain free for the first time in years. That is satisfying. It is rare to have cancer that either starts in or moves to the bones or soft tissues, but I have found this to be a particularly stimulating subspecialty of orthopedics. Many patients eventually die of the disease but can often be helped or have their life prolonged by surgery or the latest medical therapy. I find that patients with cancer, especially children, are incredibly brave, and are constant role models for me in terms of courage, patience and faith.

After leaving the Missouri Alpha Chapter in college, I worked with the Baltimore Alumnae Club for four years. When I moved to Iowa City five years ago, I began working with the Iowa Zeta Chapter of Pi Phi on the Alumnae Advisory Committee.

Pi Phi is one of my most cherished college experiences. I can't put into words how much the organization has given me. The friendships, the leadership skills and all the crazy times in college will stay with me for a lifetime. I believe in the ideals and standards of the Fraternity, and this makes it easy to try and give back something to Pi Phi after graduation. Working now with a collegiate chapter is a wonderful diversion from the medical world. As a rule, they are a group of outstanding individual women that I feel privileged to know. After particularly long stressful days at the hospital, I find that stopping by the chapter gives me a new perspective ... and they always make me laugh.

Jill Stephens, M.D.
Indiana Epsilon
Muskego, Wisconsin

As a radiologist, one of the most important health issues facing women in which I am involved is mammography. I cannot stress the importance of screening mammograms and breast exams by the patient and her physician.



Elizabeth Jordan Holman
Arizona Alpha
Paradise Valley, Arizona

My Pi Phi experiences have greatly aided me in my current role as administrator of a unique outpatient clinic in Scottsdale, Arizona. Those experiences include the ability to meet new people of all ages with self-confidence, travel without hesitation to other states and cities, and to speak in public with ease. Being given the opportunity to serve the Fraternity over a span of 40 years, from serving as an officer at Arizona Alpha to being elected a national Director, is a gift which I use on a daily basis in my profession of nursing.

The clinic (Community Health Services) which I direct in Scottsdale is unique because only nurse practitioners and other nurses provide health care services to the community. While there is no "doctor in the house," the clinic employs a physician to serve as consultant to the nursing staff. This is an example of how health care in the United States is changing. Today, Advanced Practice Nurses can diagnose, write prescriptions and receive third party reimbursement in many states. No longer do nurses just take blood pressures and temperatures.

My role as administrator is to be responsible for the management of the clinic, which is associated with Arizona State University. This includes the services offered as well as staff account-

ability. It also includes marketing the services, seeking contracts for services and overseeing the budget. I also precept senior nursing management students during the fall and spring semesters. Outside of the clinic I serve as a consultant to three other nursing centers in Georgia and Texas and speak at various professional conferences.

Community Health Services is a trail-blazer as far as nursing centers are concerned; therefore, there has been some excellent publicity at local and national levels. An article on the front page of *The New York Times* attracted national television coverage on two networks. The clinic was featured on ABC's "The Home Show" two years ago and CNN's "Across America" this spring.

As a futurist, I predict that nursing clinics will serve as entries into the health care system and will become integral parts of the managed care system. Working cooperatively with other health care professionals to provide affordable and quality health care is clearly on the horizon. I am proud to be one of the pioneers in this arena and will continue to use my Pi Phi gifts.

Jennifer Lipo
Washington Beta
Seattle, Washington

I am a registered dietitian working for the Northwest Kidney Centers in Seattle, Washington. My fascination with nutrition started while I participated in high school sports. I became interested in how nourishing the body with different foods and nutrients affects health, fitness level, mental well-being, etc.

I am currently a dietitian specializing in kidney dialysis patients. I carried a caseload of 300+ kidney dialysis patients and work with them and their families to educate them about dietary concerns with kidney disease. Other responsibilities include developing visual and written material for nutrition education, writing nutrition articles for facility and community newsletters and presentations to professional and community groups about nutrition and kidney disease.

"I think it's important for women to be smart about the one and only body they have. Learning the basics of

eating and exercising well and planning a realistic amount of time to be devoted to exercise each day is a good start. Some of this can be done simply by adding a fruit and/or vegetable at each meal, cutting down on the amount of fast food meals each week, parking the car farther away from the store to walk more each day, and always taking the stairs.

Cathy Hosier Palmer, M.D.
Indiana Zeta
Muncie, Indiana

My most rewarding experiences in the field of clinical psychology were those in which I was able to consult with physicians to identify conditions labeled previously as "just nerves." Many of these instances concerned women; a neuromuscular condition originally diagnosed as panic attacks; an obsessive compulsive disorder originally diagnosed as school phobia; a sleep disorder originally diagnosed as laziness and a reflex esophagus originally diagnosed as an eating disorder. The most exciting facet of clinical psycholo-



gy is continual discoveries in the area of the mind/body connection.

The most difficult experiences I have had are working with abused women and children who remain in abuse situations. It is also very unfortunate for the men who abuse and feel powerless to cope except through physical dominance.

Panhellenic Effort Brings Women's Health Honorary to Campus

In the late fall of 1994, four chapter presidents and the Panhellenic president of Washington University in St. Louis (Jamie Gray, Robyn Hunter, Ali McDermott, Pi Phi Katie Pieper and Karen Strunk) recognized they shared a common passion. This passion was based on a desire for change and their dissatisfaction with the lack of proper attention devoted to women's health issues. A particular target of their discussions concerning women's health was breast cancer. These women chose not to ignore their passion. Rather, they acted on it by forming a Greek

women's honorary that would focus on comprehensive concerns of women's health, helping to prolong the gift of human life for all women.

On March 20, 1995, Phi Lambda Psi, the honorary of women for women, came into being. With one founding member absent, taking care of her own health and well-being, the other four drafted a constitution, adopted symbols and rituals and began working on the first year-long thrust, breast cancer.

"Recognizing that we as women can no longer wait for the power to remedy these atrocities to be handed to us, we as four former chapter presidents and a former Panhellenic president claim that power ourselves. This assertiveness about our own bodies and the bodies of all women and ultimately all of humankind presents itself in the form of our proposed honorary, Phi Lambda Psi.

"It is impossible to deny the importance of the issue of women's health care, as the very survival of women ourselves depends on our action. As we are watching our mothers and grandmothers and sisters fall to early, unnecessary deaths, we are conscious that our actions and organization are the only things that can even begin to save us. Who can deny that the very survival of humankind depends on the very survival of women?"

"What better to honor than women's bodies? With a ritual that is both woman and life affirming, as well as a plan that is sound to produce results, we cannot afford not to implement Phi Lambda Psi. We are in desperate need of women's networking and bonding to save our own lives. It's obvious that no one else is going to."

Testimonials: Strength, Courage and Perseverance

Elizabeth Roberson
Ohio Beta
Pataskala, Ohio

In 1989 I was diagnosed with cancer (Hodgkin's disease in stage 2) which was treated with radiation daily for six months. I was working as a college recruiter for an agricultural company at the time and worked every day through my treatments. I became so tired after a day at work that I was unable to complete the drive home. I would stop in the parking lot of a local grocery store and sleep for an hour before I could continue my drive home. When I finally arrived, I had my "farm chores" to do, as I live on a busy hunter/jumper farm with 30 horses. My doctor was amazed that I was able to keep going. In fact, I was honored during this time with the Meritorious Service Award to Students by The Ohio State University College of Agriculture for the work I had been doing.

In 1991, my mother was diagnosed with Amyloidosis, a very rare disease. I worked full-time, operated the farm, and helped my father care for her until her death in March of 1992. Shortly after my mother's death, my father was stricken with cancer (Lymphoma). I cared for my father until his death in May of 1994 while continuing to work full-time and operate the farm as well.

During a routine cancer check-up while my father was hospitalized, my cancer was rediscovered. Two weeks after my father's funeral, I began

chemotherapy treatments which continued for eight months. I am employed as the Senior Compensation Analyst at The Ohio State University Medical Center and, again, worked through my chemotherapy and, collaboratively with my fiancé (Joe), continued to help operate our even busier and more successful farm operation. Of course, he was an integral part of my ability to surmount chemotherapy and battle cancer.

Today, I am feeling better than ever and am looking forward to the future eagerly. Recently I received the Intensive Caring Award from The Ohio State University Medical Center. Joe and I are cheerfully anticipating a successful year showing our horses as well.

Because there are many special people, support groups and books available to help cancer patients get through "it" as easily as possible, one can look at cancer as a "blessing in disguise" and discover new and wonderful things in the world. I can honestly tell you I never said, "Why me?" or felt sorry for myself. I was (and am) always grateful for my blessings and all the people who cared for and helped me.

I think one may have the opportunity to learn incredible, intangible things about loving ... both when caring for someone sick or being cared for when sick. I wouldn't want to miss that opportunity.

Dina DalDegan Gryna
Illinois Theta
Tampa, Florida

I graduated in 1990 with a business degree from Bradley University but after a few years in the business world, I realized it was not for me. I decided to go back to school and become a nurse.

I am currently a nurse at a cancer hospital in Tampa, Florida. I work three twelve-hour shifts a week. I enjoy my job because I am helping others—I put smiles on people's faces, and I wipe away tears. My work on the Bone Marrow Transplant unit is very rewarding; I see my share of triumphs and sadness. I am always reminding myself to be thankful for what I have.

As I write the rest of my story, tears come to my eyes. This past year a tragedy occurred in my life. My story ends as my best friend's (Pi Phi Kate Semancik Rosepinnacle) begins. I had to deal with one of the most difficult things a woman ever has to deal with—the death of my baby. My son Joshua was stillborn at 38 weeks gestation on September 2, 1995. My pregnancy was picture perfect, and I never had problems that would indicate that something might go wrong. The conclusion from the autopsy was that Joshua's death is classified as "idiopathic," meaning no known cause of death. I have struggled these past four months with coming to the realization that I will never know why Joshua died.

It is amazing to me that I have survived these past four months. At times I feel so alone. There have been times that I can't believe I have made it. When people ask how am I doing, I respond "I am surviving."

My husband and I have found tremendous comfort and strength from our families, especially from my mother and sister. I have also found this strength in my best friend Kate. We have been friends since 1986 when we met at Pi Phi. We have shared everything together, and we were planning to share the birthdays of our sons. Kate has been extremely understanding of

my needs. This past Christmas I visited with her and her son Aaron (who was six months at the time) for the first time since Joshua died. I held him, and I kissed him a lot. Kate and I shared some tears, but I was proud of myself for being able to be with Aaron.

As I end this story, I can only hope that no one ever has to go through a loss of a baby. Unfortunately, I have found that many women have experienced this type of tragedy. I wish there were more research in the area of stillbirths (20 weeks gestation or greater) because it is so painful for everyone involved.

Although it was a difficult thing for me to write my story, in many ways it has felt good to tell about Joshua. I like talking about him; I miss him.

Kim Mahoney
California Kappa
Solana Beach, California

Multiple sclerosis has taught me a powerful lesson. I have learned that everyone has problems or issues they are dealing with, even if everything seems perfect on the outside. These problems may not be physical, but they may hurt as much, and I have learned to be more sensitive. I have also learned that my closest friends from my chapter are able to handle the crisis of a sister with grace and humor, which made acceptance of this condition much easier. I am at the point where I try to limit my anxiety and concern over MS. I have a slowly blossoming career and a recent engagement to tend to. I would like to talk or write to any Pi Phis who are also struggling with this, I find that having just one person who understands exactly what you're going through can be of enormous help.

Two Share Stories of Breast Cancer

Sharon Powell Seaman
Washington Alpha
Olympia, Washington

In October 1995, I had a radical mastectomy. I had discovered a suspicious lump just two weeks before my annual physical. A biopsy was done confirming that it was indeed cancerous. How ironic, I thought, because October is Breast Cancer Awareness Month. Every magazine, every newspaper, and even the cardboard in the Hanes pantyhose, all shared the same message—get a mammogram, do self-exams, and see a health care professional regularly. How ironic, I thought, because I did all those things. I was only 49, nonsmoker, had no family history of the disease and now I was a statistic—the one in every eight women! Fortunately, my cancer was caught very early, was non-invasive and didn't require any chemotherapy or radiation therapy.

How ironic that my best friend, also a Pi Phi, had had breast cancer about five years ago. She endured the chemotherapy, the agony and the pain, and opted for saline implants and the arduous process that evolved. I knew that I wanted a different option. Fortunately, a procedure called a TRAM reconstruction was available. I liked the idea of "recycling" my body parts and having it all done in one major surgery. I knew there would be several shorter and less complicated procedures in the months ahead to finally reach the desired result.

Now it is one year later and I have difficulty recalling all the details that were so vivid twelve months ago. At the time, just getting out of bed, dressing myself, washing my hair, taking a shower, driving the car and not depending on someone else were my immediate goals. I was indeed blessed with a supportive husband, children, parents and friends. Cancer is not confined to the patient alone. Its presence is felt by

those who are close to the patient. The patient has an identifiable pain and source; the loved one does not, yet feels frightened, frustrated and helpless. In some ways, I think it is harder on the family than the patient. Allowing them to help is the greatest gift you can give yourself as a patient. It is part of the crucial healing process for all.

In closing, I would like to challenge all Pi Phis to do several things: know your body, be aware of subtle changes and trust your instincts; do breast self exam monthly; get a mammogram; see a health care professional yearly; and encourage a friend or loved one to do the same! Until research uncovers just what causes this awful disease, and we can define the common risk factor, we are all at risk.

Remember, breast cancer afflicts men as well as women. We need to support research with our dollars. If we can help find a cure, then future generations of Pi Phis and their loved ones will not suffer needlessly.

Joyce Wherritt Bowers
Utah Alpha
Orinda, California

During a yearly medical exam in May of 1990, everything seemed normal. However, in a routine mammogram ten days later, the radiologist found a suspicious area in my left breast. The following week, a surgical biopsy confirmed his suspicion of breast carcinoma. With a personal family history of breast cancer, including my maternal grandmother and my own Pi Phi mother, I was well-aware that I belonged to a high risk group. Nothing, however, prepared me for the shock and fear that I experienced with my diagnosis. My youngest son was only ten, my family needed me, and I wanted to live. After additional tests, scans and consultations, I chose a surgeon who performed a modified radical mastectomy, due to the deep location of the tumor. My husband, sons, relatives and friends were a tremendous support during my ordeal. A month after the surgery, I started a series of four

chemotherapy treatments which I decided to have, even through the cancer had not spread into my lymph nodes. The drug cytoxan caused heavy nausea, but on the plus side, I retained my hair and spirits.

In the fall I took two graduate seminars and wrote papers on aspects of Etruscan and Roman art. My family, professor and friends continued to support me during this critical period. During the next two years my family and I traveled overseas several times. These trips enriched my art historical studies and writing.

In late December of 1992, I had a seemingly normal check up with my doctor. However, a mammogram right after this appointment revealed a small tumor in my remaining breast. The subsequent biopsy confirmed my second malignancy. Since my original surgeon had retired, I located an outstanding woman surgeon who performed another modified radical mastectomy of the right breast. Again, my lymph nodes were clear, but I chose to undergo six months of chemotherapy treatments. These sessions were much more bearable due to anti-nausea drugs administered during each treatment.

Today, looking back on the last five and one-half years, I am proud to realize that I have fought twice with the dragon and won, at least temporarily. Realistically, I do not preclude the possibility of another battle. Meanwhile, I enjoy my family, communicate with those dear to me, and try to accomplish those things which are most important to me in this very precious life.

My message to all of you who read these words is as follows: seventy percent of women who contract breast cancer have no previous family history of the disease. Even if you are part of this seventy percent, you must have a yearly mammogram at the best accredited facility that you can find. If you locate a lump during self-examination, go to your doctor immediately. I strongly emphasize that in my personal case, and in thousands of others, only a mammogram is able to detect a tiny

cancerous growth in the breast. Finally, the most important thing for you to remember is that the life you save will be your own.



Carol Miller Mueller
Kansas Beta
Topeka, Kansas

In the fall of 1992 our 27-year-old daughter, Lisa, was diagnosed with Acute Myelogenous Leukemia (AML). It was during the follow-up doctor's visit the next week that we were informed that the only hope for a cure would be a bone marrow transplant. The news was devastating to all of us! In this short time our family's daily activities were thrust in a new direction, that of saving our daughter's life and (little did we know) other patients' lives who might need bone marrow transplants.

We were told the best possible donors for Lisa's transplant would be her siblings. Lisa's older brother and sister were typed as possible donors, and it was determined that they were not a match for her. Their tissue types matched each other. This was another piece of devastating news! We were then informed about the National Marrow Donor Program located in Minneapolis, Minnesota which maintains the registry of volunteer marrow donors. It also serves as a network for all the transplant centers, collection centers and donor centers in the country. The registry was our only hope for finding an unrelated donor.

We learned the donor search process could take six months to a year or longer if a possible match was not available through the registry. We were also told that only 40 percent of patients seeking an unrelated donor find a match in the registry. This appeared to be a lottery for one's life. Timing was crucial to our need.

We were grateful that a donor was found for Lisa through the registry. The

transplant was scheduled at the University of Minnesota Hospital seven months after Lisa's diagnosis. The transplant was successful, and the leukemia was eradicated. However, four months following the transplant, a severe viral infection developed that Lisa's new immune system could not fight. The infection led to her untimely death.

Although our family faced many painful days through our daughter's illness, we had many blessings along the way. One of them was finding a marrow donor through the National Marrow Donor Program. Currently, there are 1,800,000 volunteer marrow donors. These persons literally are willing to give a portion of themselves to save a stranger's life. There are several thousand Americans and many thousands more throughout the world who will face certain death this year unless they find suitable donors for a potentially life-saving bone marrow transplant. However, there are many patients, especially minority patients, who don't find a donor through the registry. There is a tremendous need for marrow donors for all ethnic groups. The goal of the registry is to provide a donor for every patient who needs one.

I felt that because a donor was provided for us through the NMDP, I wanted to do something in return to help others. It has become my personal mission for the last three years to help educate as many persons across our state of Kansas about the National Marrow Donor Program, what it provides for patients, and the need for marrow donors. I have made presentations to several thousand Kansans in civic and professional groups and to students on college campuses. Additionally, I continue to participate in many donor drives for patients seeking unrelated donors and fund-raising activities for donor tissue typing.

I was awarded the "Ann Fitzgerald Novak Award" from the Heart of America Donor Center in Kansas City, Missouri for my efforts in public education and donor recruitment in 1993.

Last year I was named to serve on a new Patient Services Committee for the National Marrow Donor Program. I was recently elected committee chairman and will report directly to the NMDP Board of Directors. The committee is made up of patients and patients' family members who recently have been involved in the search for matched unrelated marrow donors. The primary mission of this committee is: to assist in the design and evaluation of services to patients who are candidates for unrelated marrow transplantation; to identify and evaluate areas of patient concern; and to promote education of the public and physicians of NMDP services offered to patients and families.

It is my hope that the "gift of life" which was given to our daughter will be passed on to someone else through my educational efforts and recruitment of donors. I will continue to serve as a resource person for other patients facing the bone marrow transplant experience.

Alumnae Club Collaborates with Baylor University Medical Center

When all other options of continued life are exhausted, transplantation is the only hope for its victims. Baylor University's Medical Center/Baylor Health Care System (BUMC/BHCS) transplantation services performs 5 percent of the U.S. and 2 percent of the world's transplantation. Patients come from everywhere. Some candidates and all recipients of transplantation who are not hospitalized must, for a time, live within a geographic- and time-limited circumference of Baylor.

Thus, for \$15.00/day, Baylor provides Twice Blessed House, a unique haven for them and their families, to enhance their camaraderie, comfort, convenience and well-being.

While transplantation at Baylor is certified by Medicaid, Medicare and

private insurance, the vast majority of these patients, however, have inadequate incomes for this noninsured portion of their life-extending procedure.

The experience of charity adds to their existing untold stress and tends to cause injured pride and decreased self-esteem. Making available "The Pi Beta Phi Twice Blessed Housing Assistance Fund" for scholarships to cover costs of residency lessens or eliminates these stresses.

Funds for this gift were generated by the Dallas, Texas Alumnae Club's Annual Luncheon and Fashion Show. Two members of the Dallas club, Dr. Clare Buie Chaney and Mary Elinor Sachs are transplantation recipients.

Two bronze plaques displayed both at Twice Blessed House and in the Baylor University Medical Center recognize the gift of the Dallas, Texas Alumnae Club of Pi Beta Phi. In addition, a stained glass window, to be installed at Twice Blessed House, will be designed to incorporate Pi Beta Phi's Greek letters, golden arrow, wine carnation and wine and silver blue colors.

Pi Beta Phi, in partnership with the clinical setting of transplantation, has extended a hand to those with vital organ failure who, without transplantation, would die.

Front: Texas Beta Dr. Mary Moore Hubbard Free, BUMC Cardiothoracic Transplantation; Boone Powell, Jr., President/CEO, BUMC/BHCS; Gordon Caswell, President BHCS Foundation; Texas Beta Mary Hooton Mers, Co-Chair, Pi Phi Luncheon/Fashion Show. **Center:** Texas Alpha Mary Lancaster Sachs, Heart Transplantation Recipient; Texas Beta Mary (Dee) Kadane Hughes, Co-Chair, Pi Phi Luncheon/Fashion Show; Leslie Stoneham, BUMC Social Worker, Twice Blessed House; Texas Gamma Betty Waller Martin, President Dallas Alumnae Club of Pi Beta Phi; Texas Alpha Dr. Clare Buie Chaney, Licensed Professional Counselor, Oncology and Transplantation; Dr. Robert Goldstein, BUMC Assistant Director Abdominal Transplantation; Dr. Peter Alivizatos, BUMC Director Cardiothoracic Transplantation. **Back:** Dr. John Capehart, BUMC Assistant Director; Dr. Göran Klintmalm, BUMC Director Transplantation Services; Joel Allison, BUMC/BHCS, COO/Deputy President/CEO. **Not pictured:** Dr. Joe Fay, BUMC Director Bone Marrow Transplantation; Dr. Robert Collins, BUMC Assistant Director Bone Marrow Transplantation.



From the Editor

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Member College Fraternity Editors Association

The Band-Aid™. As a child, it was a badge of honor and courage; a sign that you had played hard enough to earn it—a skinned knee, bump on the head, cut or other injury. Perhaps as significant as the injury was the fact that you received attention and care. The Band-Aid™ was an outward symbol of love and concern. Someone loved you enough to help heal your wounds, console and nurse you back to health.

As adults, the medical problems we encounter are far more complicated. Surgery, radiation and chemotherapy are employed to fight disease, disorders and ailments. We long for the days when a Band-Aid™ dried the tears and a kiss made it all better.

The statistics on women's health in regard to such issues as alcohol and other substance abuse and dependence, eating disorders, sexually transmitted diseases and cancers are staggering. What all of us must remember is these statistics are not just numbers, they represent people. Take a moment and play the "numbers game" with a circle of women.

In any of our 128 collegiate chapters, who will be part of the one to five percent of women affected by eating disorders, and then the one in 10 cases of anorexia which leads to death from starvation, cardiac arrest or suicide?

In your alumnae group, who will be the one in eight who has breast cancer, or the one in two with osteoporosis? Who will succumb to the number one killer of women in the United States—heart disease?

Of the women in your own pledge class, who will be the one in seven suffering from clinical depression? Who will be the one in five affected by skin cancer?

This issue is dedicated to all women involved in women's health—the women who have fought battles personally and those who dedicate their lives to reducing the statistics—it is they who today wear badges of honor.

This is your page made available to anyone wishing to comment on articles, the magazine or any topic of interest to our readers. Letters must be signed with full name, address and chapter. We reserve the right to edit as needed to space requirements and content.

From the Reader

I am writing *The ARROW* to share a very special story. At the beginning of 1995, I accepted the challenge to become president of the Valley of the Moon Alumnae Club. Throughout the year, I have made many new friends. These new Pi Phi bonds have once again brought fulfillment to my life. This story is what Pi Phi sisterhood is all about.

One very special club member, Elizabeth Dickinson Warner (Missouri Alpha), has touched my heart in a way I have never known. Elizabeth is the daughter of Shirley Storm Dickinson, a founding member of the Valley of the Moon Alumnae Club of 1953. Shirley was initiated into Pi Beta Phi at Iowa State College, now a university, in 1908. Later, Shirley moved to Northern California to be near her children. It was here, in Sonoma/Napa County, where she found ten charter members to begin our club.

Recently, Elizabeth presented me with a gold Pi Beta Phi ring. We both were in tears when I read the inscription, "Shirley-June 1908." This ring was given to Elizabeth's mother on her initiation day. I was overwhelmed by this heartfelt gift. Though I am only 28 years old, I hope someday I will have a daughter to give this ring to, on her initiation day.

CAREY CARMICHAEL-SMITH
ARIZONA BETA
WINDSOR, CALIFORNIA

A couple of issues ago there was an article about members of Pi Beta Phi who were serving in government which I read with interest.

I know it is impossible to know about everyone; however, I had

informed my chapter that I had been elected. I am a member of the Mississippi House of Representatives, having been elected in 1991 and serving the term of 1992-96. I have just been reelected to serve the term of 1996-2000. I represent House District 83.

NORMA SANDERS BOURDEAUX
ALABAMA BETA
MERIDIAN, MISSISSIPPI

Recently I received my Fall 1995 *ARROW* containing the news that Iowa Beta, Simpson College, was awarded the coveted Balfour Cup at Convention 1995!

As I looked through the pages of *The ARROW*, tears filled my eyes as I read and reread the wonderful news. Being a small chapter in a liberal arts college, Iowa Beta's tradition goes back to October 13, 1874, when Lambda Chapter of I.C. Sorosis, now Iowa Beta of Pi Beta Phi was chartered. It remains one of the oldest continuous chapters in the nation.

Memories of my four wonderful years as a Pi Phi at Simpson and the life-long friendships made there are a part of my life I will always cherish.

Thank you to the Fraternity for recognizing the excellence exemplified by small chapters. Congratulations Iowa Beta!

CYNTHIA SUE HOUGHAN
IOWA BETA
COLORADO SPRINGS, COLORADO

We're writing you now from St. Louis, where we have been enjoying the beautiful weather and wonderful company of the Links to Literacy Committee. We spent this weekend

brainstorming and planning the future of Links. With the combination of both collegiate and alumnae representatives, we worked to increase the awareness and enthusiasm of Links to Literacy throughout our many provinces.

The future of Links promises to be an exciting one! We are looking forward to seeing the implementation and growth of new literacy programs in alumnae clubs and collegiate chapters. Thanks to the Grand Council for a wonderful weekend. Happy Reading!

**COLLEGIATE REPRESENTATIVES,
LINKS TO LITERACY COMMITTEE—
ELIZABETH (BETSY) LUCAS, KANSAS
ALPHA; JULIE CORDELL, TEXAS GAMMA;
SARAH RITCHIE, VIRGINIA EPSILON**

Thank you for the wonderful article on Hat Press and "Snow Job," which appeared in the Winter edition of *The ARROW*. It has brought old and new friends my way.

Incidentally, Hang on To Your Hat! Press has a new web site, whose uniform resource locator, I hope you will share with *ARROW* readers: <http://www.hatpress.com>. Again, my thanks.

BARBARA FINK GRAHAM
MISSOURI ALPHA
WESTON, MASSACHUSETTS

I will forever cherish the Summer issue of *The ARROW*—Pi Phis in Politics. I read it from cover to cover! This issue was by far my personal favorite, perhaps because of my special interest in the area. Thank you.

AMY SUE MERSINGER
ILLINOIS IOTA
HIGHLAND, ILLINOIS

National Panhellenic Conference

P i B e t a P h i L e a d s t h e W a y

Members of the National Panhellenic Conference kept "An Eye to the Future" during the 54th biennial meeting held in St. Louis, Missouri October 5-8, 1995.

The Conference marked the conclusion of the third rotation of Conference officers. The 26-member groups initiated the fourth rotation, which will take 52 years to complete, ending well into the next century. Pi Beta Phi, as the oldest national fraternity for women, begins the officer rotation and delegate Jean Wirths Scott, Pennsylvania Beta, will serve as Conference Chairman.

Pi Beta Phi's delegation included Jean Wirths Scott, Jo Ann Minor Roderick, Ann Warmack Brookshire and Beth van Maanen Beatty. Also attending the meeting was Central Office employee Barbara Ehni Van Luven who assisted in meeting planning and coordination and Traveling Graduate Consultants Christine Dobbyn, Amelia Picker and Laura Waters who served as pages.

Concurrent meetings were held by the Central Office Executives Association and the National Panhellenic Editors Conference. Executive Director Virginia Bland Fry and ARROW Editor Jennifer Moeller Barcus attended those respective meetings.

Because of the interest among Conference members in membership recruitment, a seminar, "Dynamic Directions," was presented by the Rush 2000 Committee for International Membership/Rush Officers of the individual fraternities beginning on Friday morning. Grand Vice President of Membership Carol Inge Warren attended on Pi Phi's behalf.

During business sessions, accomplishments of the Conference during the past biennium were highlighted including the establishment of focus groups with other fraternity-oriented organizations, efforts in alcohol management and the introduction of new programming.

Committee reports throughout the meeting updated NPC-member groups on specific activities of the Conference. Of note was the Long-Range Planning Committee report by Jean Wells of Kappa Kappa Gamma. She noted that the first year of the biennium was spent studying the Conference structure and the second year the external environment. Results have been noteworthy, including cooperation with other organizations on subjects such as a pilot risk management program at Penn State University, cooperation with NIC on substance free housing, initiation of focus groups with college members this year and with alumnae members next year.

Funding for NPC's long-range planning has been provided by Pi Beta Phi, Kappa Kappa Gamma and Kappa Alpha Theta. The initial Pi Phi gift was made in 1991 to honor the Fraternity's and Jean Scott's new position on the NPC Executive Committee. An additional gift was made at Pi Beta Phi's 1993 Convention. To honor Executive Director Virginia Fry for her years of service and upcoming retirement in the fall of 1996, Pi Beta Phi gave a \$1,000 gift to the Conference during the biennial meeting. Funds, once again, will be used for long-range planning.

A panel discussion, "In the Company of Women: A University Perspective" with panelists Dr. Kent Gardner, University of Texas-Arlington;

Dr. William Bracewell, University of Georgia and Dr. Dudley Long, Birmingham-Southern College was moderated by Jean Wells. The presentations emphasized the need for women's fraternities to recognize the climate on today's campus and deal with the problems in a timely and responsible manner.

An Alumnae Luncheon on Saturday featured an NPC Links presentation by the Educational Development Committee. The Links presentation covers women's issues and programs from a Greek woman's perspective. Topics include empowerment, self esteem, confrontation training, recruitment and membership selection. Pi Phi members of the St. Louis Alumnae Club, including former Central Office Director Sally Perry Schulenberg, joined the Pi Phi delegation for the luncheon. The President of the outstanding Cleveland, Ohio Alumnae Panhellenic was present to accept the Alumnae Panhellenic Award. It was announced that Alumnae Panhellenics raised a total of more than \$329,000 during the biennium to provide community enrichment services and to furnish financial aid to women students.

The Awards Banquet highlighted campus Panhellenic achievements. Awards were presented to Southeastern Louisiana University, Bucknell University, Northwestern University, Pennsylvania State University, University of Florida, University of Illinois, New Mexico State University, Villanova and the University of Kentucky.

Officer installation took place at the Awards Banquet on Saturday and Pi Phi's own Jean Scott stepped in as NPC



ABOVE LEFT: Pi Beta Phi's delegation to the 54th biennial conference included Executive Director Virginia Fry, Grand President and third alternate Beth Beatty, NPC Chairman Jean Scott, second alternate Ann Brookshire, first alternate Jo Ann Roderick and ARROW Editor Jennifer Barcus.

Chairman. Grand Council, Directors, collegians representing Missouri chapters, current and former graduate consultants, special friends (approximately 55) were there to represent the thousands of Pi Phis everywhere as Pi Beta Phi was installed as Chairman of the Conference.

Jean Scott is only the third Pi Phi to serve as National Panhellenic Conference Chairman. She follows in

the steps of Anna Lytle Tannahill (Brannon) and Amy Burnham Onken. Few of the numerous Pi Phis present for the installation of officers may even be living when Pi Phi once again rotates into the Chairmanship of the Conference, but the historic evening was one they won't soon forget. Pi Beta Phi, the pioneer of women's fraternities, now leads the Conference into the 21st century.

Panhellenic Woman of the Year Named

Several years ago, Pi Beta Phi designated a Panhellenic Woman of the Year Award to be awarded during conventions—not on a regular basis, but reserved for a time when someone exhibited true leadership in the Panhellenic community. The only recipient to date is Barbara Oliver Tootle, Ohio Beta,—recognized by many as having an on-going and incredible influence on the fraternity world.

Pi Beta Phi chose to award its Panhellenic Woman of the Year Award for the second time in the panhellenic setting of the 54th biennial meeting.

The recipient is not a Pi Phi. She has been recognized over and over again by her own fraternity. She has served in numerous capacities, among those as National President and as a member of the NPC delegation. She has been recognized for her leadership in arenas beyond her own fraternity.

Jean Hess Wells, Kappa Kappa Gamma, was named Panhellenic Woman of the Year. Jean served as Chairman of the NPC Long-Range Planning Committee. In the words of Pi Phi's Jean Scott, NPC Chairman, "Tonight we honor her for being the guiding hand, the guiding light, the creative designer, the behind-the-scenes architect of all that has taken place in the past two years to set direction for the future of this Conference. The benefits of her leadership, too, will have an incredible influence on the fraternity world."

RIGHT: NPC Chairman Jean Scott congratulates Jean Wells of Kappa Kappa Gamma, recipient of the Panhellenic Woman of the Year Award.



Directions

Where friendships grow

Pi Beta Phi's Mentoring & Networking Program

Name: _____ Maiden Name: _____

Home Address: _____

City/State/Zip: _____

Home Phone: _____

Chapter: _____ Year of Initiation: _____

Check One:

_____ I would like to help other Pi Phis. Please add my name and mentoring information to the program. I understand that this information may be released to any Pi Phi who requests the information.

_____ Help! I am entering or re-entering the job market, moving and/or would like some mentoring information from Pi Phi alumnae. Enclosed is my \$5.00 check payable to Pi Beta Phi for which I may request up to three locations.

CIRCLE APPROPRIATE MENTORING CATEGORIES

- | | |
|--------------------------------------|--|
| 1. Career search and contacts | 5. Residential |
| 2. Career consultations/information | 6. Social and personal needs |
| 3. Career search training and skills | 7. Clubs and organizations |
| 4. City and community information | 8. Family and home interaction/referrals |

City: _____ Closest metropolitan area: _____

Occupation Cluster(s): _____ (See listing below)

Occupation Title/Description: _____

OCCUPATION CLUSTERS

- | | |
|---|---|
| A. Agriculture & Environment
Conservation, Forestry, Horticulture, Landscaping, Recycling, Wildlife | J. Health & Medicine
Dentistry, Nursing, Pharmacy, Physician, Psychology, Therapists, Veterinary, Dietitian, Optometry, Pathology, Dermatology, Sales, Consultant |
| B. Architecture, Engineering & Design
Drafting, Graphic and Interior Design, Surveyor, All Engineers, Architect | K. Home Economics & Family Consumer Science
Child and Daycare Service, Family Counseling, Food Marketing and Development, Homemaker |
| C. Communications
Advertising, Broadcasting, Journalism, Media, Public Relations, Publishing, Reporting, Writing | L. Hospitality
Catering, Chef, Convention, Food Services, Hotel, Restaurant |
| D. Computer & Science
All Computer/Technical Support, Data Processing, All Scientists | M. Legal & Law Enforcement
Attorney, Court Reporting, Judicial, Paralegal, Police |
| E. Construction & Trades
Automotive, Electrical, Mechanical, Painting, Plumbing, Textile | N. Management & Administration
Administrative Support, Clerical, Human Resources, Personnel, Public Relations, Company President |
| F. Cultural & Arts
Crafts, Entertainment, Film, Museums, Music, Performing, Photography, Theater, Actress | O. Manufacturing
Equipment Maintenance, Factory Operation, Plant Management |
| G. Education & Counseling
All Levels of Education, Employment Services, Librarian, Social Work, Administration, Counselor | P. Recreation, Leisure & Travel
Airlines, Fitness Sports, Tourism, Public Relations |
| H. Finance
Accounting, Banking, Consulting, Economist, Investments, Math, Statistics, Auditor | Q. Retail
Consumer, Design, Fashion, Merchandising, Manager |
| I. Government, Non-profit & Religion
Military, Ministry, Public & Social Services, Volunteer, FBI, Legislative Aide, Fund-Raising, Translator | R. Sales & Marketing
Buyer, Import/Export, Insurance, Real Estate, Representative, Research, Wholesale, Telemarketing, Marketing, Manager, Sales |
| | S. Transportation & Moving
Shipping & Freight, Trucking |

Return to: Directions Program

Pi Beta Phi Central Office, 7730 Carondelet, Suite 333, St. Louis, MO 63105

News from Arrowmont

People Help You Get Where You Want to Go

Artist Faith Ringgold, whose work is in the collection of New York's Solomon R. Guggenheim Museum, was on the Arrowmont campus October 27, 1995 as a guest of the East Tennessee Art Education Association.

Born in Harlem in 1930, and a professor at the University of California in San Diego, Ringgold began painting more than 25 years ago. She is famous for her painted story quilts, and is one of America's best known women artists.

As keynote speaker for the annual East Tennessee Art Education Association Conference, Ringgold gave an inspirational talk to a capacity crowd of art teachers and visitors. If an underlying theme ran through her talk it was one of determination—of her undying belief that she has valuable things to share with others, of her willingness to ignore convention, and of her refusal to be discouraged by setbacks.

In 1977, after two visits to Africa, Ringgold decided that she should write about her life. "I wanted to share my struggle and my experience with people." She had documented everything that had happened to her and felt like she was in the process of trying to create an audience.

"I know that it's very important to have exhibitions. If you're an artist you have to get your work out there and get enough people to see it. And it's people who are going to help you get



where you're going to go! You don't do anything by yourself," she said. "You only do as much as the people around you help you to do."

Today Ringgold's quilts, which are largely autobiographical, have a wide audience of admirers, collectors and museums. She is the only living artist profiled in Leslie Sills' children's book, "Inspirations: Stories About Women Artists," and is the author of numerous books for children. "We Flew Over the Bridge," her latest book, is a collection of her memoirs. In honor of her visit, many of Ringgold's books were on display in the Arrowmont bookstore, and she spent two hours signing autographs. Her book "Tar Beach" is a Caldecott Honor Book and winner of the Coretta Scott King Award for Illustration.



Faith Ringgold, one of America's best known women artists, drew a standing-room-only crowd when she delivered the keynote address at the East Tennessee Art Education Conference last October at Arrowmont.

Last October the book and supply store at Arrowmont did a brisk business during the East Tennessee Art Education Conference.

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by Cynthia Garrison

Spring • 1996

Studio Art Quilt Conference Brings Forth Inspiration

Eighty-five enthusiastic artists came from as far away as France to attend the Studio Art Quilt Associates Conference (S.A.Q.A.) held last October at Arrowmont. Organized in 1989, the S.A.Q.A. is a non-profit organization dedicated to serving artists working in the quilt medium. Many of its members have either taught or taken workshops at Arrowmont.

In a surprise move, S.A.Q.A. invited Arrowmont's artists-in-residence to participate in the conference October 12-14 1995, and in post-conference workshops October 15-20. Fiber artist Vickie Jensen accepted the offer and gave both events high marks.

"It was such a nice, small intimate group that everyone seemed to share a lot of what was going on in the sessions they attended," she observed. An accomplished weaver, Vickie said the quilt conference had a great deal to offer for non-quilters like herself. "Due to the fact that the conference theme focused on creativity, anyone could go in there, take any of the workshops ... and be able to relate that (information) back to their own medium."

The opportunity came at a perfect time for Vickie, whose development had reached a critical juncture. "I was at a point in my own work where there was an element missing, some sort of spark of interest that I wanted to put into my work."

Inspiration came from "Telling the Story: Narrative and Fantasy as Tools in Textile Creation," one of seven workshops on topics ranging from photo

transfer to drawing. Led by Sacramento artist, D.R. Wagner, the course explored the artist's role as storyteller. Through exercises with collage and needlepoint, Vickie and her classmates spent five days developing narrative fantasies, or what D.R. calls personal adventures.

"For me," she explained, "working in a more narrative way is a whole new direction. It led me down a path to creativity that I didn't even know existed inside of me." D.R., who will teach at Arrowmont in 1997, made the journey easy, while encouraging Vickie to brighten her palette. "He's a great facilitator," she said with a smile, adding, "The energy and the motivation that was there among all the Studio Art Quilt Association members was just so high! I had a great time!"



LEFT: Vickie Jensen, right, surveys her work while instructor D.R. Wagner, left, and Regina Beno concentrate on their own needlepoint narratives. Using embroidery floss on 24-point canvas, the class created personal adventures from their own collages.

News from Arrowmont



TOP LEFT: After skillfully rehabing the photo studio, maintenance personnel Ernie Watson, left, Homer Lewis, center, and Jeff Webb, right, begin making shelves for the Arrowmont bookstore. Behind them in the photo studio is 41 feet of new wall space.

Photo Studio Sees Improvements

For the first time since the main building was opened in 1970, Arrowmont's photo studio received a face lift. Built-in shelving in that room was removed last November to create additional wall space. Student lockers were also removed by maintenance personnel, who salvaged the wood and redesigned the lockers before skillfully rebuilding them on the opposite side of the room.

The minimal changes have greatly enlarged the room and uncovered more than 40 feet of wall space, a hot commodity during photography, quilting, and other two-dimensional classes. Quiltmaking students in particular need large amounts of wall space, as quilts are generally designed on the walls, while tables are used for organizing, cutting and sewing fabric.

With the creation of additional wall space in Arrowmont's multi-purpose photo studio, the school continues its commitment to update its painting, drawing, and two-dimensional facilities for both students and faculty. That the photo studio has served Arrowmont so well for 25 years is a testament to the talent of the building's architect, Hubert Bebb.



TOP CENTER: Three weeks after a ceremonial groundbreaking, the floor of Arrowmont's new woodshop is poured.

CENTER: A small army of workers begins finishing the floor of Arrowmont's new woodshop while cement still pours from a giant feeder tube.



ABOVE: Arrowmont Board of Governors met in October 1995. Front: Vice Chairman Dawn Sheeler Ford, Arrowmont Director Sandra Blain, Chairman Charlotte Ann Eckel Edwards, Grand President Beth van Maanen Beatty, Grand Vice President of Philanthropies Betty Blades Lofton.

Rush

Someone provided a recommendation
for you. Now is the time for you to
return that favor to Pi Beta Phi.

How You Can Help

What to send

➤ Fill out a Rush Information Form (RIF) on any prospective rushee you wish to sponsor for membership in Pi Beta Phi. See form on page 25 in this magazine. The form may be copied or additional forms are available from Central Office, 7730 Carondelet, Suite 333, St. Louis, MO 63105.

➤ Return the completed form to the Chapter Membership Chairman of the appropriate chapter. Collegiate chapters are listed in this issue of *The ARROW* beginning on page 26.

➤ Please send the RIF early. Complete information about the rushee's qualifications is essential. Send a picture of rushee, if possible.

➤ Although only one RIF is needed for each rushee, letters are welcome from all alumnae who may wish to write.

➤ If you know of a legacy going through rush, please fill out a Legacy Introduction Form found on the bottom of this page. The Legacy Introduction Form **does not** take the place of a RIF.

➤ Save the Spring issue of *The ARROW* with all 1996-97 rush information. This information will not be repeated in the Summer issue of the magazine.

Remember Panhellenic Rules

➤ Do not call the family or the young woman (rushee) for information.

➤ Do use the information gathered by the alumnae panhellenic group in your city, if available. If the rushee has not filled out a panhellenic information form, please encourage her to do so.

➤ Alumnae are prohibited from sending food or gifts of any kind to a chapter on behalf of a rushee. Breaking Panhellenic rules may cause the collegiate chapter to be penalized.

➤ Do not contact the collegiate members during rush.

Legacy Introduction Form

This form is provided as a convenience for Pi Phi alumnae to introduce legacies to collegiate chapters. Please complete the following to ensure that the chapter is aware of your legacy. Return this form to the Chapter Membership Chairman of the appropriate chapter. Please remember this introduction **does not** take the place of a Rush Information Form.

Date: _____

Chapter: _____

College or University: _____

This is to inform you that my: granddaughter daughter sister

Name: _____

From: _____

Will be/is a student on your campus as a: Freshman Sophomore Junior Senior

Her school address (if known) will be/is: _____

Signed: _____

Name (First, Maiden, Last)

Year & Chapter of Initiation

Rush Information Form (RIF)

(To be used by alumnae members only)

Name of Rushee _____ Attending _____ College _____

Home Address _____
Street City State Zip

Year in College: Freshman Sophomore Junior Senior

If transfer student: College attended _____ College GPA _____

High School attended _____
Name City State Zip

Class Size _____ Rank _____ GPA _____ SAT/ACT (if known) _____

Parent or Guardian _____

Pi Beta Phi Relatives _____
(sister, mother, grandmother)

Other Greek Affiliated Relatives _____

Please check ONE of the following:

Wish to highly recommend Wish to recommend

Please check ONE of the following:

Known personally by an alumna (if so, how long?) _____

Only factual information included. Source of information _____

Other _____

Signed _____
Individual Pi Beta Phi Alumna

Address _____
Street City State Zip

Telephone _____ Date _____
Area Code Number

LIST SCHOOL AND COMMUNITY ACTIVITIES AND HONORS: (Attach another sheet if needed.)
Comment on special interests, talents, leadership qualities, personality.

Chapter Addresses and Rush Dates

1996-97 Rushing Season

Alabama

ALABAMA ALPHA
BIRMINGHAM-SOUTHERN COLLEGE
BSC Box A-59
900 Arkadelphia Road
Birmingham, AL 35254
Late August-Early September

ALABAMA BETA
UNIVERSITY OF ALABAMA
PO Box BP
Tuscaloosa, AL 35486
Mid-August

ALABAMA GAMMA
AUBURN UNIVERSITY
Dorm J- Boyd Hall
Auburn, AL 36830-5835
Mid-September

Arizona

ARIZONA ALPHA
UNIVERSITY OF ARIZONA
1035 N Mountain Avenue
Tucson, AZ 85719
Mid-August

ARIZONA BETA
ARIZONA STATE UNIVERSITY
340 E University #171
Tempe, AZ 85281
Late August

ARIZONA GAMMA
NORTHERN ARIZONA UNIVERSITY
PO Box 203590
Flagstaff, AZ 86002
Mid-August

Arkansas

ARKANSAS ALPHA
UNIVERSITY OF ARKANSAS
502 W Maple
Fayetteville, AR 72701
Mid-August

ARKANSAS BETA
UNIVERSITY OF ARKANSAS
AT LITTLE ROCK
3117 S Taylor
Little Rock, AR 72204
Early September

California

CALIFORNIA ALPHA
STANFORD UNIVERSITY
PO Box 4342
Stanford, CA 94309
April 1997

CALIFORNIA BETA
UNIVERSITY OF CALIFORNIA
(BERKELEY)
2325 Piedmont Avenue
Berkeley, CA 94704
Mid-August & Late January 1997

CALIFORNIA GAMMA
UNIVERSITY OF SOUTHERN
CALIFORNIA
667 W 28th Street
Los Angeles, CA 90007
Late August-Early September

CALIFORNIA DELTA
UNIVERSITY OF CALIFORNIA
(LOS ANGELES)
700 Hilgard Avenue
Los Angeles, CA 90024
Mid-September

CALIFORNIA EPSILON
SAN DIEGO STATE UNIVERSITY
5080 College Place
San Diego, CA 92115
Early September

CALIFORNIA ZETA
UNIVERSITY OF CALIFORNIA
(SANTA BARBARA)
763 Camino Pescadero
Isla Vista, CA 93117
Late September

CALIFORNIA ETA
UNIVERSITY OF CALIFORNIA
(IRVINE)
46 Arroyo Drive
Irvine, CA 92715
Late September

CALIFORNIA THETA
UNIVERSITY OF CALIFORNIA
(DAVIS)
445 Russell Blvd.
Davis, CA 95616
Mid-September

CALIFORNIA IOTA
CALIFORNIA STATE UNIVERSITY,
CHICO
413 W 4th Street
Chico, CA 95928
Late August

CALIFORNIA KAPPA
UNIVERSITY OF CALIFORNIA
(SAN DIEGO)
4936 Dorena Court
San Diego, CA 92122
Late September-Early October

CALIFORNIA LAMBDA
UNIVERSITY OF CALIFORNIA
(RIVERSIDE)
3429 Canyon Crest Dr. #1-D
Riverside, CA 92507
Early October

Colorado

COLORADO ALPHA
UNIVERSITY OF COLORADO
890 11th Street
Boulder, CO 80302
Late August-Early September

COLORADO GAMMA
COLORADO STATE UNIVERSITY
625 W Lake Street
Fort Collins, CO 80521
Mid-August

COLORADO DELTA
COLORADO SCHOOL OF MINES
910 13th Street
Golden, CO 80401
Mid-August

Connecticut

CONNECTICUT ALPHA
UNIVERSITY OF CONNECTICUT
11 Gilbert Road
Storrs, CT 06268
January 1997

CONNECTICUT BETA
YALE UNIVERSITY
Box 2319 Yale Station
New Haven, CT 06520
January 1997

Florida

FLORIDA ALPHA
STETSON UNIVERSITY
Campus Box 8237
Stetson University
DeLand, FL 32720
Early October

FLORIDA BETA
FLORIDA STATE UNIVERSITY
519 W Jefferson Street
Tallahassee, FL 32301
Mid-August

FLORIDA DELTA
UNIVERSITY OF FLORIDA
37 W Fraternity Row
Gainesville, FL 32603
Mid-August

FLORIDA EPSILON
UNIVERSITY OF CENTRAL FLORIDA
4304 Greek Park Drive
Orlando, FL 32816
Mid-August

Georgia

GEORGIA ALPHA
UNIVERSITY OF GEORGIA
886 S Milledge Avenue
Athens, GA 30605
Early September

Idaho

IDAHO ALPHA
UNIVERSITY OF IDAHO
57 Idaho Avenue
Moscow, ID 83843
Mid-August

Illinois

**ILLINOIS ALPHA
MONMOUTH COLLEGE**
700 East Broadway
Monmouth, IL 61462
Late August

**ILLINOIS BETA-DELTA
KNOX COLLEGE**
Knox College Box 1637
Galesburg, IL 61401
January 1997

**ILLINOIS EPSILON
NORTHWESTERN UNIVERSITY**
636 Emerson Street
Evanston, IL 60201
Early January 1997

**ILLINOIS ZETA
UNIVERSITY OF ILLINOIS**
1005 S Wright Street
Champaign, IL 61820
September

**ILLINOIS ETA
MILLIKIN UNIVERSITY**
235 N Fairview
Decatur, IL 62522
Mid-August

**ILLINOIS THETA
BRADLEY UNIVERSITY**
1004 N Institute Place
Peoria, IL 61606
Mid-August

**ILLINOIS IOTA
ILLINOIS STATE UNIVERSITY**
709 W College Ave.
Normal, IL 61761
Early September

Indiana

**INDIANA ALPHA
FRANKLIN COLLEGE**
501 Monroe Street
Elsey Hall
Franklin, IN 46131
Late August

**INDIANA BETA
INDIANA UNIVERSITY**
928 E Third Street
Bloomington, IN 47401
Early January 1997

**INDIANA GAMMA
BUTLER UNIVERSITY**
831 W Hampton Drive
Indianapolis, IN 46208
Early January 1997

**INDIANA DELTA
PURDUE UNIVERSITY**
1012 State Street
West Lafayette, IN 47906
Early January 1997

**INDIANA EPSILON
DEPAUW UNIVERSITY**
303 S Locust Street
Greencastle, IN 46135
Late September

**INDIANA ZETA
BALL STATE UNIVERSITY**
Rogers Hall, Suite 316
Muncie, IN 47306
Early September

**INDIANA ETA
INDIANA-PURDUE UNIVERSITY
AT FT. WAYNE**
2101 Coliseum Blvd.
Ft. Wayne, IN 46805
Mid-September

Iowa

**IOWA ALPHA
IOWA WESLEYAN UNIVERSITY**
S.T. Hall
Mt. Pleasant, IA 52641
Early September

**IOWA BETA
SIMPSON COLLEGE**
406 N Buxton
Indianola, IA 50125
Late August

**IOWA GAMMA
IOWA STATE UNIVERSITY**
208 Ash Avenue
Ames, IA 50014
Early August

**IOWA ZETA
UNIVERSITY OF IOWA**
815 E Washington
Iowa City, IA 52240
Mid-August

**IOWA ETA
DRAKE UNIVERSITY**
1219 34th Street
Des Moines, IA 50311
Early September

Kansas

**KANSAS ALPHA
UNIVERSITY OF KANSAS**
1612 W 15th Street
Lawrence, KS 66044
Mid-August

**KANSAS BETA
KANSAS STATE UNIVERSITY**
1819 Todd Road
Manhattan, KS 66502
Early August

Kentucky

**KENTUCKY ALPHA
UNIVERSITY OF LOUISVILLE**
2030 Confederate Place
Louisville, KY 40208
Mid-August

**KENTUCKY BETA
UNIVERSITY OF KENTUCKY**
409 Columbia Avenue
Lexington, KY 40508
Early August

**KENTUCKY GAMMA
EASTERN KENTUCKY UNIVERSITY**
128 Powell EKU
Richmond, KY 40475
Mid-August

Louisiana

**LOUISIANA ALPHA
TULANE UNIVERSITY -
NEWCOMB COLLEGE**
7014 Zimple Street
New Orleans, LA 70118
Late January 1997

**LOUISIANA BETA
LOUISIANA STATE UNIVERSITY**
4040 W Lakeshore Drive
Baton Rouge, LA 70820
Mid-August

Maine

**MAINE ALPHA
UNIVERSITY OF MAINE**
152 Park Street, Apt. 4
Orono, ME 04473
Early September

Michigan

**MICHIGAN ALPHA
HILLSDALE COLLEGE**
304 Hillsdale Street
Hillsdale, MI 49242
January 1997

**MICHIGAN BETA
UNIVERSITY OF MICHIGAN**
836 Tappan Street
Ann Arbor, MI 48104
Early September

**MICHIGAN GAMMA
MICHIGAN STATE UNIVERSITY**
343 Harrison Road
East Lansing, MI 48823
Early September

**MICHIGAN EPSILON
WESTERN MICHIGAN UNIVERSITY**
Box 112, 2420 Faunce
Student Services Building
Kalamazoo, MI 49008
Mid-September

Minnesota

**MINNESOTA ALPHA
UNIVERSITY OF MINNESOTA**
1109 5th Street
Minneapolis, MN 55414
Late September

Mississippi

**MISSISSIPPI ALPHA
UNIVERSITY OF SOUTHERN
MISSISSIPPI**
Southern Station Box 8376
Hattiesburg, MS 39406
Mid-August

**MISSISSIPPI BETA
UNIVERSITY OF MISSISSIPPI**
PO Box 8347
University, MS 38677
Mid-August

Missouri

MISSOURI ALPHA
UNIVERSITY OF MISSOURI
511 E Rollins
Columbia, MO 65201
Mid-August

MISSOURI BETA
WASHINGTON UNIVERSITY
Box #1182 Wash. Univ.
St. Louis, MO 63130
Early January 1997

MISSOURI GAMMA
DRURY COLLEGE
900 N Benton Avenue
Springfield, MO 65802
Late August

Montana

MONTANA ALPHA
MONTANA STATE UNIVERSITY
1304 S 5th
Bozeman, MT 59715
Early September

Nebraska

NEBRASKA BETA
UNIVERSITY OF NEBRASKA
426 N 16th Street
Lincoln, NE 68508
Late August-Early September

NEBRASKA GAMMA
CREIGHTON UNIVERSITY
Student Center 110
2500 California Place
Creighton University
Omaha, NE 68178
January 1997

Nevada

NEVADA ALPHA
UNIVERSITY OF NEVADA
869 N Sierra Street
Reno, NV 89503
Late September

New Jersey

NEW JERSEY ALPHA
PRINCETON UNIVERSITY
20 Nassau St., Suite 408
Princeton, NJ 08540
Early November

New Mexico

NEW MEXICO ALPHA
UNIVERSITY OF NEW MEXICO
1701 Mesa Vista NE
Albuquerque, NM 87106
Mid-August

NEW MEXICO BETA
NEW MEXICO STATE UNIVERSITY
300 Greek Complex
Las Cruces, NM 88003
Early September

New York

NEW YORK ALPHA
SYRACUSE UNIVERSITY
210 Walnut Place
Syracuse, NY 13210
Late January 1997

NEW YORK DELTA
CORNELL UNIVERSITY
330 Triphammer Road
Ithaca, NY 14850
Late January 1997

NEW YORK EPSILON
RENSELAER POLYTECHNIC
INSTITUTE
1985 15th Street
Troy, NY 12180
September

North Carolina

NORTH CAROLINA ALPHA
UNIVERSITY OF NORTH CAROLINA
109 Hillsborough Street
Chapel Hill, NC 27514
Late August

NORTH CAROLINA BETA
DUKE UNIVERSITY
PO Box 99315
Durham, NC 27708
Mid-January 1997

NORTH CAROLINA GAMMA
WAKE FOREST UNIVERSITY
PO Box 8933
Winston-Salem, NC 27109
Mid-January 1997

North Dakota

NORTH DAKOTA ALPHA
UNIVERSITY OF NORTH DAKOTA
409 Cambridge Street
Grand Forks, ND 58203
Early September

Ohio

OHIO ALPHA
OHIO UNIVERSITY
6 S College Street
Athens, OH 45701
Mid-September

OHIO BETA
OHIO STATE UNIVERSITY
1845 Indianola Avenue
Columbus, OH 43201
Mid-September

OHIO EPSILON
UNIVERSITY OF TOLEDO
2999 W Bancroft, C-1
Toledo, OH 43606
Mid-September

OHIO ZETA
MIAMI UNIVERSITY
126 Minnich Hall
Oxford, OH 45056
Early January 1997

OHIO ETA
DENISON UNIVERSITY
425 W College Street
Granville, OH 43023
Early January 1997

OHIO THETA
BOWLING GREEN STATE UNIVERSITY
Pi Beta Phi House
Bowling Green, OH 43403
Mid-August

OHIO IOTA
UNIVERSITY OF DAYTON
1221 Alberta Street
Dayton, OH 45409
Early January 1997

Oklahoma

OKLAHOMA ALPHA
UNIVERSITY OF OKLAHOMA
1701 Elm Avenue
Norman, OK 73072
Mid-August

OKLAHOMA BETA
OKLAHOMA STATE UNIVERSITY
324 S Cleveland
Stillwater, OK 74074
Mid-August

Oregon

OREGON ALPHA
UNIVERSITY OF OREGON
1518 Kincaid Street
Eugene, OR 97401
Mid-September

OREGON BETA
OREGON STATE UNIVERSITY
2685 NW Taylor
Corvallis, OR 97330
Mid-September

OREGON GAMMA
WILLAMETTE UNIVERSITY
900 State Street, H-230
Salem, OR 97301
January 1997

Pennsylvania

PENNSYLVANIA BETA
BUCKNELL UNIVERSITY
Box C-3948
Bucknell University
Lewisburg, PA 17837
Mid-September

PENNSYLVANIA GAMMA
DICKINSON COLLEGE
Dickinson College
Pi Beta Phi LDC
PO Box 1773
Carlisle, PA 17013
Mid-September

PENNSYLVANIA EPSILON
PENNSYLVANIA STATE UNIVERSITY
5 Heister Hall
University Park, PA 16802
Early September

PENNSYLVANIA ZETA
WASHINGTON & JEFFERSON
COLLEGE
50 S Lincoln Street,
Campus Box 140
Washington, PA 15301
Late January 1997

PENNSYLVANIA ETA
LAFAYETTE COLLEGE
Box 9485
Farinon Center
Easton, PA 18042-1783
Mid-January 1997

PENNSYLVANIA THETA
VILLANOVA UNIVERSITY
Dougherty Hall Box 204
Villanova, PA 19085
Mid-January 1997

PENNSYLVANIA IOTA
UNIVERSITY OF PENNSYLVANIA
3916 Spruce Street
Philadelphia, PA 19104
Mid-January 1997

South Dakota

SOUTH DAKOTA ALPHA
UNIVERSITY OF SOUTH DAKOTA
118 N Plum
Vermillion, SD 57069
Early September

Tennessee

TENNESSEE BETA
VANDERBILT UNIVERSITY
118 24th Avenue South
Nashville, TN 37212
Early January 1997

TENNESSEE GAMMA
UNIVERSITY OF TENNESSEE
1531 Cumberland Avenue
Knoxville, TN 37916
Mid-August

TENNESSEE DELTA
UNIVERSITY OF MEMPHIS
PO Box 528035
Memphis, TN 38152
Mid-August

Texas

TEXAS ALPHA
UNIVERSITY OF TEXAS
2300 San Antonio
Austin, TX 78705
Late August

TEXAS BETA
SOUTHERN METHODIST UNIVERSITY
3101 Daniel
Dallas, TX 75205
Early January 1997

TEXAS GAMMA
TEXAS TECH UNIVERSITY
#7 Greek Circle
Lubbock, TX 79406
Mid-August

TEXAS DELTA
TEXAS CHRISTIAN UNIVERSITY
TCU, PO Box 29704
Fort Worth, TX 76129
Mid-August

TEXAS EPSILON
UNIVERSITY OF NORTH TEXAS
PO Box 13187
NT Station
Denton, TX 76203
Mid-August

TEXAS ZETA
BAYLOR UNIVERSITY
PO Box 85618
Waco, TX 76798-5618
Early January 1997

TEXAS ETA
TEXAS A&M UNIVERSITY
1601 Munson Avenue
College Station, TX 77840
Late August

Utah

UTAH ALPHA
UNIVERSITY OF UTAH
1443 E 100 South
Salt Lake City, UT 84102
Mid-September

Vermont

VERMONT BETA
UNIVERSITY OF VERMONT
369 S Prospect Street
Burlington, VT 05401
Early September

Virginia

VIRGINIA GAMMA
COLLEGE OF WILLIAM & MARY
Pi Beta Phi - Sorority Court
Richmond Road
Williamsburg, VA 23186
Early September

VIRGINIA DELTA
OLD DOMINION UNIVERSITY
6112 Hampton Boulevard
Norfolk, VA 23508
Mid-January 1997

VIRGINIA EPSILON
UNIVERSITY OF VIRGINIA
1509 Grady Avenue
Charlottesville, VA 22903
Mid-September

VIRGINIA ZETA
VIRGINIA POLYTECHNIC INSTITUTE
& STATE UNIVERSITY
301 SPH-E, VA Tech
Blacksburg, VA 24060
Mid-January 1997

VIRGINIA ETA
UNIVERSITY OF RICHMOND
PO Box 55
University of Richmond
Richmond, VA 23173
Mid-January 1997

VIRGINIA THETA
WASHINGTON & LEE UNIVERSITY
PO Box 1559
Lexington, VA 24450
Early January 1997

Washington

WASHINGTON ALPHA
UNIVERSITY OF WASHINGTON
4548 17th NE
Seattle, WA 98105
Mid-September

WASHINGTON BETA
WASHINGTON STATE UNIVERSITY
NE 825 Linden Avenue
Pullman, WA 99163
Mid-August

WASHINGTON GAMMA
UNIVERSITY OF PUGET SOUND
U.P.S. Smith Hall
Tacoma, WA 98416
January 1997

West Virginia

WEST VIRGINIA ALPHA
WEST VIRGINIA UNIVERSITY
1493 University Avenue
Morgantown, WV 26505
Early September

Wisconsin

WISCONSIN ALPHA
UNIVERSITY OF WISCONSIN
130 Langdon Street
Madison, WI 53703
Early September

WISCONSIN DELTA
MARQUETTE UNIVERSITY
915 N 15th Street #304
Milwaukee, WI 53233
January 1997

Wyoming

WYOMING ALPHA
UNIVERSITY OF WYOMING
Pi Beta Phi
1512 E Sorority Row
Laramie, WY 82070
Mid-August

Canada

ALBERTA ALPHA
UNIVERSITY OF ALBERTA
11050- 86th Avenue
Edmonton, AB T6G 0W9 CANADA
Mid-September

ONTARIO ALPHA
UNIVERSITY OF TORONTO
220 Beverly Street
Toronto, ON M5T 1Z3 CANADA
Mid-September

ONTARIO BETA
UNIVERSITY OF WESTERN ONTARIO
293 Central Avenue
London, ON N6B 2C9 CANADA
Mid-September



Foundation

The Emma Harper Turner Fund: Fifty Years of Loving Support



On December 13, 1985, Washington Gamma Joanne Tuthill was involved in an accident which literally set her life spinning. On that day, which she admits she has tried to forget, the nursing student was struck by a car as she walked to a morning class.

The most serious and lingering of her injuries was the inner ear damage sustained when her head hit the pavement. This damage created a balance disorder which caused her to suffer constant motion sickness.

With three corrective surgeries during the next two years, this college senior just one semester shy of graduation became depressed. She watched as her friends graduated and took their first jobs while she lay immobilized in a hospital bed.

Joanne had become ineligible for coverage by her parents' insurance during her senior year, and the motorist involved in the accident was uninsured. Because her parents were unable to meet her escalating medical bills, she had no alternative but to begin public assistance.

"I don't remember the date which I received the letter. I just remember sitting (a rare treat) at the kitchen table and sobbing as I opened and read a beautiful letter stating that I would be receiving a modest monthly check from

Pi Phi. Even thinking about it now makes me cry.

"I can't tell you exactly how I felt ... it was like somebody out there really cared about me when I thought I was all alone."

It has been ten years since the accident, and Joanne is fully recovered. Today she is the Nurse Manager of the Oncology and I.V. Therapy Department at Providence-St. Vincent Medical Center in Portland, Oregon.

She has not forgotten the assistance she received from the Emma Harper Turner Fund. Joanne says, "It gave me some personal independence when I had none. The gift was more than money, it was support from my sisters that said 'we care.'"

Anniversary Celebrated

This year marks the 50th anniversary of the establishment of the Emma Harper Turner (EHT) Fund. The fund has brought the message "we care" to Pi Phis like Joanne in the midst of personal or family crises.

The EHT Fund was established at the 1946 Convention as a memorial to Former Grand President Emma Harper Turner. Her devotion to alumnae life inspired this special program. One of Pi Phi's pioneers, Miss Turner was instrumental in founding the National Panhellenic Conference as well as starting alumnae clubs for Pi Beta Phi, the first women's college fraternity group to have an alumnae organization. She was the guiding spirit behind the founding of Pi Beta Phi Settlement School.

Since its establishment, interest on the EHT endowment plus gifts from alumnae clubs, chapters and individu-

als has provided modest monthly checks for 150 Pi Phis in special need. Individuals are sponsored by Pi Phi sisters, and each request is reviewed by the EHT Committee. The committee maintains strict confidentiality throughout the process. The gifts are never given as charity ... they are given as an act of love.

Anne Busch Hills, Arizona Alpha, chairman of the EHT Committee says, "There is such a wonderful feeling when you can be of help to someone who is having difficult times—especially since the help is so unexpected and unsolicited ... The stories I hear really pull at the heartstrings, and it is so good that Pi Phi saw the need for this fund."

St. Louis Alumnae Club Honors Missouri Beta

The St. Louis Alumnae Club and Sign of the Arrow Gift Shop are continuing their leadership support of Pi Beta Phi with a generous gift to the EHT Fund. The gift, in memory of Missouri Beta Melissa Gail Aptman, was presented to the Foundation at the club's Annual Philanthropy Luncheon.

In a random act of violence, this young Pi Phi's life was tragically cut short just two weeks before her graduation from Washington University. Because of Melissa's commitment to social service during her life, the gift to this fund is a fitting tribute.

If you would like to make a donation to the Emma Harper Turner Fund or if you would like more information about the program, please contact the Foundation Office at (314) 727-7338. (The EHT profile was printed with permission from the recipient.)

ABOVE LEFT: Emma Harper Turner.

Collegiate **News**

VIRGINIA EPSILON Gretchen Marshall, a member of the Student Assistant Mentors Council (SAM), helped organize a panel discussion between drinkers and non-drinkers for National Collegiate Alcohol Awareness Week. Audrey Pettifor and Dana Freda are Peer Health Educators at the University of Virginia where they give talks on eating disorders, alcohol and drug abuse, sexual assault and other issues to various groups and organizations. Elizabeth Yusi was elected president of SAFE (Sexual Assault Facts and Education), a peer education group. This year, she is a co-assistant in organizing the 5th Annual National Student Conference on Campus Sexual Violence.

NORTH CAROLINA ALPHAS at the University of North Carolina, Chapel Hill sponsor an annual Pi Phi Race for Women, with proceeds benefiting the Chapel Hill Women's Center.

FLORIDA BETAS at Florida State University sponsored a special guest speaker and a week long awareness program during National Eating Disorders Awareness Week.

WASHINGTON GAMMAS at the University of Puget Sound had John Cleere speak about bulimia, anorexia and binge eating. John is the clinical director for the Rader Institute and helps women and men combat eating disorders.

Panhellenic Vice President and **ILLINOIS BETA-DELTA** Lora Kutkat developed the idea for a drug and alcohol awareness workshop at Knox College. The workshop provided attendees with an overview of alcoholism, the warning signs and where to go for help.

Dr. Karen Kubena, Assistant Dean of Agriculture, specializing in nutrition at Texas A & M University, spoke to the **TEXAS ETA** Chapter about eating disorders.

CALIFORNIA DELTA Stacy Belleville Garcia spent a quarter training to be the Student Health Advocate (SHA) for Pi Phi. Panhellenic President and California Delta Debbie Kim organized two speakers, T.J. Sullivan and Joel Goldman, to address the Greek system at the University of California, Los Angeles about the risk of contracting HIV, various kinds of contraception and the proper way to use protection. Joel is HIV positive. The chapter also participated in activities during Breast Cancer Awareness Week listening to speakers, walking in the Bruin Walk and passing out pink ribbons and informational packets.

During National Collegiate Alcohol Awareness Week, **OREGON BETAS** invited Oregon State Police to demonstrate the effect of alcohol on individuals. The officers presented a program called "Walk the Line."

Wisconsin Alpha Erin Erickson wrote a book about eating disorders titled, "Taking Back our Bodies."

The book focuses on resources and organizations where individuals can get help for eating disorders.

Erin conducted independent research about eating disorders through an internship at the University of Minnesota last summer.



ALABAMA ALPHAS at Birmingham-Southern College hosted a guest speaker, Melanie Somers, to talk to the chapter about the dangers of bulimia and her personal battle with the disease. Chapter members also participated in a fund-raiser for breast cancer.

The **TEXAS BETA** Chapter at Southern Methodist University invited Lieutenant Mike Snellgrove from the SMU department of Public Safety and Patricia S. Terrell, Dean of Student Life, to discuss safety issues for women.

Pi Beta Phi collegians share the programs and speakers sponsored by their chapter to educate and inform members of women's health issues such as eating disorders, breast cancer prevention, safety and general wellness.



Collegiate N e w s

CONNECTICUT ALPHAS sponsored a speaker from the University of Connecticut Women's Center who spoke about date and acquaintance rape. Chapter members participated in Rape Awareness Week and "Take Back the Night."

Michael Harmon, a University of Mississippi police officer, spoke to the **MISSISSIPPI BETA** Chapter about campus safety. Shelly Norris also spoke about campus safety, providing the chapter with information on obtaining chemical weapons, police signs and other helpful aides. Melissa Lundy, a dietitian at Baptist Memorial Hospital who suffered from anorexia, addressed the chapter about the effects and warning signs of anorexia and bulimia.

OHIO EPSILONS invited the women of Kappa Delta to hear Gudal Cobba speak about the dangers of eating disorders. The chapter sponsored an Alcohol Awareness Week in February at the University of Toledo. Educational activities included a volleyball tournament, a candlelight vigil in remembrance of alcohol-related deaths and an all-Greek community dinner with a speaker (co-sponsored by Theta Chi Fraternity).

The **TENNESSEE DELTA** Chapter at the University of Memphis sponsored a program on eating disorders at the Contemporary College Issues Workshop held last fall. Tennessee Delta alumna Dr. Jane Clement gave a presentation about eating disorders, and informational booklets were available to all who attended.

INDIANA ETAS at Indiana Purdue University at Fort Wayne participated in a fund-raiser for the Fort Wayne Rape Treatment Center.

TEXAS ALPHAS at the University of Texas had two representatives from St. David's Hospital in Austin, Texas speak to the chapter about signs and symptoms of anorexia nervosa and bulimia. Pamphlets and "check charts" were given to chapter members. The evening ended with two chapter members revealing their personal hardships of dealing with an eating disorder, and how St. David's changed their lives.

FLORIDA DELTAS at the University of Florida focused on eating disorders last semester. Vice President of Mental Advancement Heidi Olson presented a program and 30-minute video which included medical personnel interviewing individuals with various eating disorders.

The **COLORADO GAMMA** Chapter attended a mock date rape trial sponsored by Colorado State University. The mock trial depicted common factors which may lead to date rape situations.

In the fall, **GEORGIA ALPHAS** had a representative from the University of Georgia Health Center speak to chapter members about eating disorders. Personal safety is also stressed by the chapter. Members of the University of Georgia police force spoke to chapter members demonstrating safety techniques and distributing whistles and safety packets.

The **OHIO ETA** Chapter at Denison University recently had Dr. Carina Sudarsky speak about eating disorders and how to deal with a friend who has a problem. Members of the chapter also attended a program where Steve Sawyer, a 20-year-old with AIDS, addressed coping with a life-threatening illness and how it has affected him.

MISSOURI ALPHAS have several speakers give presentations on women's health issues each year. Chapter members participated in a self-defense course which included tips on how to protect yourself during an attack and what to do in certain physical confrontations. The speaker also offered advice on safeguards to use for protection.

Last semester, **UTAH ALPHAS** invited two guest speakers from the University of Utah Food and Nutrition Clinic to speak about eating disorders. The speakers gave general information and advice as well as resources on campus that can help women with eating disorders.

PENNSYLVANIA IOTA places great emphasis on public safety. Several chapter members volunteer with Penn Watch, a student-run organization that patrols the University of Pennsylvania campus. The chapter also held a self-defense workshop.

NEW MEXICO BETAS at New Mexico State University held a program with Lambda Chi Alpha Fraternity in which both groups discussed a variety of topics ranging from stereotypes to rape and alcoholism. Both groups were able to get a different perspective on the various subjects.

This year **OKLAHOMA BETA** sponsored Dr. Bowman to speak about women's health issues during an Oklahoma State University Panhellenic meeting in October. She addressed topics such as exercise and ways to stay in shape, as well as prevention of cancer. The chapter joined the women of Kappa Alpha Theta for a speaker on eating disorders.



VIRGINIA ZETAS attended a seminar on eating disorders at Virginia Polytechnic and State University.

Counselor Amy Biuck spoke to the **ILLINOIS ALPHA** Chapter about the effects of alcoholism on families. Amy shared her experiences in counseling and separated everyone into three groups to role-play on the stages of alcoholism. Illinois Alphas attended a presentation on eating disorders at Monmouth College. A counselor spoke to the chapter about eating disorders, warning signs and the appropriate ways to get help for a disorder.

NORTH CAROLINA GAMMAS attended an open forum presented by Wake Forest University President Thomas K. Hearn, Jr. which focused on the new alcohol policy recently implemented by the administration to eliminate underage and binge drinking on campus. In November, the chapter invited Kappa Sigma Fraternity members to join them in a Panhellenic-sponsored program on eating disorders, called ESTEEM. The participants watched a film on societal expectations for female body images and listened to a presentation by students about the signs and causes of eating disorders.

WEST VIRGINIA ALPHA sponsored Carruth Center counselor Jackie Henson who spoke about detection, treatment and support for people with eating disorders. Kathy Loretta, Director of Harrison County Board of Education Food Service, spoke to the chapter about healthful eating.

TEXAS DELTAS had a member of Texas Christian University's Campus Life Organization speak to the chapter about the signs of eating disorders.



PENNSYLVANIA EPSILONS at Penn State University attended a Rape Prevention Program entitled "Sex at 7." The program addressed the scary reality and dangers of rape and sexual abuse on college campuses. The chapter established an Angel Awareness Interest Group to raise consciousness among chapter members regarding women's general health issues, safety prevention and self-defense.

ALABAMA GAMMAS at Auburn University presented an Alcohol Awareness Program that included a video on drunk driving.

OHIO THETA Janice Bogdan, a nursing student at Bowling Green State University, gave a presentation on self-breast examinations to the Ohio Theta Chapter. The program consisted of a video, informational talk, practice on a dummy model and the distribution of pamphlets. Another nursing student, Jennifer Laurie, gave a seminar on stress management. She explained the causes of stress, prevention and relief.

PENNSYLVANIA ZETAS at Washington and Jefferson College participated in National Collegiate Alcohol and Drug Awareness Week. Cathy Dambach planned an activity-filled week for students which included a non-alcoholic punch contest on Monday, a discussion of personal experiences with addiction to drugs and alcohol on Wednesday and Jeopardy, including questions involving drugs and alcohol, on Thursday.

The **CONNECTICUT BETA** Chapter at Yale University sponsored a discussion led by a student AIDS educator on issues concerning AIDS and other sexually transmitted diseases.



ABOVE LEFT: Doris Tomer (second from left) of the Capital Region Association for Eating Disorders, Inc. discusses body image with New York Epsilons at an eating disorders seminar at Rensselaer Polytechnic Institute.

ABOVE CENTER: In November, twins Sarah and Katrina Kuehn were elected president of the California Alpha and California Beta Chapters of Pi Beta Phi. Sarah is majoring in biology at Stanford, while Katrina is pursuing psychology at the University of California, Berkeley. Sarah educates elementary students on the problems of sexual abuse and interns at a local hospital. Katrina interns in the outpatient playroom for children with cancer while tutoring third-graders in reading.

ABOVE: Texas Gammas Alyssa Margrave, Amie Menzie, Maggie Fuller and Kelly McWilliams talk with Texas Governor George Bush, Jr. during a Susan G. Komen Breast Cancer Foundation Race for the Cure.

NEBRASKA GAMMAS at Creighton University focused on women's health throughout the month of November. Chapter members led demonstrations and discussions on relaxing exercise routines, self image and dressing for success, eating disorders and nutrition.

TENNESSEE BETAS at Vanderbilt University attended a program on the changing and unrealistic images of women from the 1920s to present day. Chapter members attended a speech given by a sorority woman who is a recovering alcoholic.

Collegiate News

In November, **NORTH CAROLINA BETAS** hosted a guest speaker who is a survivor of an eating disorder and also a graduate student at Duke University studying eating disorders. Following her presentation, the chapter held an informal discussion of eating disorders. Chapter members participated in Take Back the Night, an annual event at Duke University which brings attention to safety for women.

ARIZONA BETAS at Arizona State University presented a program about eating disorders. The program began with a short video introducing the problem and continued with the distribution of an informational pamphlet which included ways to confront and help a friend who may have a problem.

The **CALIFORNIA THETA** Chapter at the University of California, Davis recently attended a program sponsored by the Panhellenic Council titled, "What is too thin?" Speakers included a recovered anorexic and a psychologist.

WASHINGTON BETAS participated in a program encouraging health awareness and fitness. Students who work for the Washington State University Health and Wellness Center gave all members of Pi Beta Phi the Fit-Stop Test. The test measured the kinesthetic ability of each woman based on flexibility and aerobic exercises.

CALIFORNIA BETA Kara McKeown is currently the health worker liaison between the University of California, Berkeley Health Services and the chapter. Kara attended a health education class which teaches current health issues, preventative measures and peer counseling.

In recognition of Eating Disorders Awareness Week, a student from Stanford University's Body Image, Food and Self-Esteem Support Group spoke to the **CALIFORNIA ALPHA** Chapter. The chapter participated in the Inter-Sorority Council's Women's Health Fair. The fair was held in the center of campus and required every sorority to design and sponsor a booth focusing on health-related issues.

OHIO ZETAS at Miami University sponsored speakers who discussed topics such as eating disorders, drug and alcohol awareness. The chapter holds "firesides" in which anyone in the chapter is able to discuss how these issues are pertinent to her own life.

IDAHO ALPHAS and Delta Chi Fraternity held a workshop to increase rape awareness. The guest speakers from the University of Idaho Women's Clinic held an open forum to discuss prevention techniques and what to do in a rape situation. The combination of men and women allowed both to gain a different perspective.

ALABAMA BETA recognized Eating Disorders Awareness Week by hosting Dr. Barbara Doorman, a staff therapist at the University of Alabama's Russell Student Health Center and Psychological Clinic. She conducted an informational discussion and forum on eating disorders.

NEBRASKA BETAS attended a presentation hosted by the University of Nebraska's Panhellenic Office. The speaker was a victim of eating disorders and she shared her many experiences with her audience. The chapter also hosted speakers on AIDS and safety on campus.

FLORIDA ALPHAS at Stetson University hosted a speaker from the American Cancer Association to speak about breast cancer and its prevention. Each member of Florida Alpha participates in Dial and Drive, a sober chauffeur program.

KANSAS BETAS at Kansas State University hosted a self-defense class.

In October, **NEW YORK DELTA** sponsored a self-defense workshop with two women from Ithaca Karate's In Harmony with Nature School. The chapter welcomed Cornell University alumna Jana Pompadur as she lead a workshop on drinking and driving. Jana spoke about the death of her brother and his best friends in an alcohol-related car accident.

Last fall, **PENNSYLVANIA THETAS** asked a representative from the Rape Aggression Defense System to talk to the chapter during their fall chapter retreat. Dr. Helene Walker, who works in the counseling center at Villanova University, spoke to the chapter about women's obsession with weight and the overwhelming increase of eating disorders among young women.

During Eating Disorders Awareness Week, Franklin College counselors discussed the symptoms of eating disorders and what **INDIANA ALPHAS** could do to help a sister or fellow student in trouble. Chapter members heard a speaker who discussed what to do if you or someone you know is in an abusive relationship.

OHIO IOTAS at the University of Dayton hosted a speaker on eating disorders. The talk was titled "Fat: Friend or Foe." The speaker cleared up myths about the danger of fat in a diet.



ONTARIO BETAS attended several seminars sponsored by the Interfraternity and Panhellenic Councils during Sexual Assault Awareness Week at the University of Western Ontario. Chapter members participated in the Honda Run with all proceeds going to breast cancer research.

The **MONTANA ALPHA** Chapter had Jane Perkins, a nutritionist at Montana State University, address the delicate subject of eating disorders among young women. She brought a guest who suffered from an eating disorder to share her tragic experience and answer any questions the chapter might have.

Members of **SOUTH DAKOTA ALPHA** participated in an event sponsored by the American Cancer Association called Cancer Crusade. Chapter members went door to door in the community raising funds for cancer research. Andrea Viken was the driving force behind a women's health fair for University of South Dakota students.

AIDS Awareness Week included several speakers on the University of Kansas campus. **KANSAS ALPHAS** participated in events to learn more about how AIDS and HIV are contracted and preventative measures that can be taken. During NCAAW, a mortician came to the university to tell students what actually happens in alcohol-related deaths such as car accidents.

The **WYOMING ALPHA** Chapter at the University of Wyoming attended a risk management seminar sponsored by Pi Kappa Alpha. During the seminar, a campus police officer talked about alcohol policies on campus and alcohol-related incidents which have occurred on campus.



Dr. Julie Dupel from the University of Oklahoma Testing and Counseling Services informed the **OKLAHOMA ALPHA** Chapter about bulimia and anorexia and what to do if you suspect someone may be suffering from these disorders. Chapter members also attended a university-sponsored alcohol awareness seminar for students.

A representative from Ball State University's Counseling and Psychological Services spoke to the **INDIANA ZETA** Chapter during Eating Disorders Awareness Week. She gave tips on healthy eating and lifestyles.

For Domestic Violence Awareness Month, **IOWA BETAS** cut and tied purple ribbons and delivered them to the Family Violence Center in Des Moines. This year, a new wellness program was introduced to the chapter. In this volunteer program, there are weekly and daily points issued for good health practices in several categories.

McKinley Health Center at the University of Illinois led a program titled "Eating Awareness" to educate the **ILLINOIS ZETA** Chapter about healthful eating habits, balanced diets and the food guide pyramid. Anorexia and bulimia were also topics, and a list of warning signs was distributed to all members.

In November, **KENTUCKY ALPHA** sponsored a program on eating disorders and invited the Sigma Phi Epsilon Fraternity to join the chapter. Together, Sig Ep and Pi Phi listened to a clinical psychologist, who is an expert in treating bulimia and anorexia. In October, the entire Greek community of the University of Louisville attended a session on alcohol awareness.



ABOVE LEFT: AIDS Project of the Ozarks (APO) educator Meg Stratton Eversol explains to Missouri Gamma Jennifer Jordan how the Pi Phi chapter at Drury College can help APO.

ABOVE CENTER: Members of Illinois Epsilon gather around Maureen Pestine, Northwestern University Nutritionist, to listen to her nutrition tips.

ABOVE: Representatives from Boynton Health Services gave a stress reduction seminar to Minnesota Alphas at the University of Minnesota.

ARKANSAS BETAS at the University of Arkansas, Little Rock welcomed Dr. Portilla to speak to the chapter on behalf of the Arkansas Children's Hospital Team Wellness Program about the warning signs and prevention of eating disorders.

During the first week of November, the **IOWA ZETA** Chapter, in conjunction with Kappa Alpha Theta, sponsored an Eating Disorders Awareness Week at the University of Iowa. On November 6, Dr. Audrey Barrick, of the University of Iowa, spoke to the Pi Phis and Thetas about eating disorders. On November 7-8, the two sororities had an informational table at the student union.

The **VIRGINIA ETA** Chapter at the University of Richmond participated in an eating disorders program. Chapter members also participated in an extensive alcohol awareness workshop conducted by the University of Richmond BACCHUS organization.

In Memoriam

Arizona Alpha

EDITH TRUMBULL WERTZ, 1935;
January 1995

Arkansas Alpha

PAULINE MCGILL CHERICO, 1944;
August 1995
MARTHA HILL THOMAS, 1930;
November 1995

California Alpha

MARY BELL FLOYD, 1978; July 1995

California Beta

MARGARET HALL BOCK, 1937;
October 1995

Colorado Alpha

WILLA WOLCOTT CONDON, 1927;
March 1995
MARY WORCESTER LEWIS, 1944;
December 1994
MARGARET GRAHAM ROYAL, 1925;
November 1995

Colorado Beta

DOROTHY WILSON LEE, 1922;
August 1995

Connecticut Alpha

JANET FREITAG ROGAN, 1944;
October 1995

Florida Alpha

ELSA BAALACK MARTZ, 1924;
August 1995

Florida Gamma

PATRICIA MAPES ANDERSEN, 1959, affili-
ated Minnesota Alpha; June 1995

Idaho Alpha

ANN S. HAMILTON, 1956;
September 1995

Illinois Alpha

JANET MUNDT ECTOR, 1954;
August 1995

Illinois Beta

NELLIE CRUMBAUGH IMHOFF, 1921;
January 1995
ELIZABETH OBERG ANTON, 1929;
November 1995

Illinois Beta-Delta

CAROL ROBERTSON JOHNSON, 1940;
June 1995

Illinois Epsilon

MARGARET CLOVER SYMONDS, 1923;
October 1995

Illinois Zeta

VESTA DUVALL HARMAN, 1922;
September 1995
PATRICIA LONG JENKINS, 1956;
August 1995
MARY OLDHAM KLINGEL, 1932;
August 1995
MARTHA DAWSON MATTHEWS, 1928;
November 1995
BEATRICE BARRY McELDOWNEY, 1924;
October 1995
JANICE PIERCE VELDE, 1933; June 1995

Illinois Eta

NELLORA HOUGHTON ROEBUCK, 1924;
October 1995
HELEN MOFFETT RUSSELL, 1926;
November 1995

Indiana Alpha

JANE DOLEN FELL, 1938;
November 1995

Indiana Beta

MARGARET IKERD SCHWIEN, 1924;
August 1995

Indiana Gamma

PAULINE PEIRCE, 1925; October 1995
FRANCES KIRKPATRICK RHOADES, 1927;
June 1995
JEANNE BOUSLOG STAHR, 1924;
September 1995
MARLENE MACDONALD SUTTON, 1966;
October 1995

Indiana Delta

LENA LOHRMANN JORDAN, 1929;
June 1995
PHYLLIS SANDER NITZ, 1943;
October 1995

Indiana Epsilon

JUDITH LEERKAMP PIERCE, 1953;
October 1995

Iowa Beta

MARTHA RIGGS LACOURSE, 1933;
September 1995
DOROTHY SHENTON NEWLON, 1931;
August 1995

Iowa Zeta

VIRGINIA BALL HENDERSHOT, 1924;
November 1995
MARJORIE MAIER PEEBLES, 1933;
October 1995

Kentucky Alpha

MARGARET DEWBERRY BAXTER, 1932;
September 1995
JANE NELSON BROWN, 1934;
September 1995

Louisiana Alpha

FLORENCE FERGUSON DAVIS, 1929;
August 1995

Louisiana Beta

MARY HUCKINS SEEGER, 1949;
October 1995

Maine Alpha

JANET ST. PIERRE FINE, 1936;
April 1995

Manitoba Alpha

MARGARET JOHNSON MCGILLIVRAY,
1943; September 1995

Maryland Alpha

EVELYN ROBINSON FUNK, 1937;
September 1995

Initiation year and month and year of death follow each member's name.

When submitting death notices to Central Office, please give month and year of death. Names cannot be listed without this information.

In Memoriam

Michigan Alpha

PATRICIA JOHNS ULLENBRUCH, 1950;
August 1995

Michigan Beta

EDITH ZERBE DOERR, 1934;
October 1995
SANDRA LEE TENCZA LUNSETH, 1968;
January 1995
ADA NUTTEN WEBSTER, 1920;
October 1995

Missouri Alpha

MARY GORDON CARROLL, 1927;
October 1995

Montana Alpha

ELINOR HERON GRAY, 1935;
November 1995
VIRGINIA KELLY HOMAN, 1941;
November 1995
ESTHER BOWMAN ROTH, 1928;
May 1995

Nebraska Beta

JULIA HALL MCFARLAND, 1933;
October 1995
BEVERLY LYTLE NIELSEN, 1947;
October 1995
ARLIS SWANSON PATTERSON, 1945;
November 1995
KATHRYN GARRETT SKINNER, 1933;
October 1995

Nevada Alpha

DOROTHY DEVORE GRAVELLE, 1936;
November 1995

New York Delta

ANNA M. URBAN, 1927; April 1995

North Carolina Alpha

HELEN SEARS LUDDEN, 1940;
January 1995

Ohio Alpha

NATALIE BRYAN BATEMAN, 1919;
September 1995
JOSEPHINE FRASIER, 1930;
October 1995

FRANCES LOHR KLEINSCHMIDT, 1924;
October 1995
DOROTHY FARNELL RIETZ, 1927;
May 1995

Ohio Beta

GERTRUDE MECKEL CONNELLY, 1923;
April 1995
MARY H. DUVALL, 1958; October 1995

Ohio Delta

VIRGINIA BOYD SHAFER, 1939;
August 1995

Oklahoma Alpha

SARAH WHEELER FOSTER, 1929;
August 1995
HELEN ROBINSON McDONALD, 1939;
July 1995

Oklahoma Beta

DOROTHY PATTEN MILLER, 1943;
April 1995
GLADYS HOLT RANKIN, 1923;
October 1995
CHARLENE YEATON STEWART, 1931;
September 1995

Ontario Alpha

PATRICIA COLE, 1938; July 1995
GRACE CRUIKSHANK LOUGHEED, 1943;
November 1995

Oregon Alpha

JANISE HASSON RUDOLPH, 1975;
October 1995

Oregon Gamma

BARBARA CAUSEY BUTTE, 1944;
September 1995

Pennsylvania Beta

GERTRUDE DOWNS SMITH, 1925;
May 1995

South Carolina Alpha

ALICE RINGHAM CUNNINGHAM, 1938;
April 1995

Tennessee Alpha

ELIZABETH LANDRESS DALTON, 1927;
November 1995

Tennessee Gamma

CAROLE SPOONER REEMS, 1959;
September 1995

Texas Alpha

JANE ANDERSON CARTER, 1972;
September 1995

Texas Beta

ISABEL CRANFILL CAMPBELL, 1928;
September 1995
JULIETTE ADAMS FUQUA, 1932;
November 1995
KATHARINE BENNERS REGESTER, 1918;
November 1995

Vermont Beta

JOANNA J. METCALF, 1939; July 1995
BETTY BORIGHT THACKREY, 1932;
September 1995

Virginia Alpha

BARBARA KING FELLAND, 1921;
October 1995
KATHARINE STONE WALTMAN, 1933;
September 1995

Washington Alpha

MARJORIE SANDSTROM CRUTCHER,
1938; October 1995

Washington Gamma

JUDITH CORDSEN ROWE, 1959;
September 1995

Wisconsin Alpha

ANNE MATHEWS BUSSIS, 1952;
September 1995

Wisconsin Beta

MARGARET FREEMAN, 1927; April 1995

Wyoming Alpha

RUTH SLADE WILLIAMS, 1933;
October 1995

Fraternity Directory

Former Grand Presidents

- SARAHJANE PAULSON VANASSE** - Washington Beta, 3401 25th West #520, Seattle, WA 98199
- ELIZABETH TURNER ORR** - Oregon Alpha, 9450 SW Brentwood Place, Tigard, OR 97224
- JEAN WIRTHS SCOTT** - Pennsylvania Beta, 1186 Cedarwood Drive, Moraga, CA 94556
- CAROLYN HELMAN LICHTENBERG** - Ohio Alpha, 1064 Westbrooke Way, Atlanta, GA 30319
- JO ANN MINOR RODERICK** - Oklahoma Beta, 701 Greystone, Stillwater, OK 74074

Officers Emeriti

- GRAND PRESIDENT EMERITUS** - Alice Weber Johnson, Missouri Beta, Box 337, Carmel Valley, CA 93924
- GRAND TREASURER EMERITUS** - Orpha O'Rourke Coenen, Indiana Delta, PO Box 8, Little Chute, WI 54140

Grand Council

- GRAND PRESIDENT** - Beth van Maanen Beatty, Texas Gamma, 1506 San Sebastian Lane, Nassau Bay, TX 77058
- GRAND VICE PRESIDENT OF COLLEGIANS** - Sarah Ruth Mullis, South Carolina Alpha, 10 Kings Tavern Place, Atlanta, GA 30318
- GRAND VICE PRESIDENT OF ALUMNAE** - Carolyn Pavletich Lesh, Texas Delta, #1 Forest Park, Richardson, TX 75080
- GRAND VICE PRESIDENT OF FINANCE** - Lou Ann Montgomery Carter, Oklahoma Alpha, Box 3925, 8 Barberry Lane, Wilmington, DE 19807
- GRAND VICE PRESIDENT OF MEMBERSHIP** - Carol Inge Warren, North Carolina Beta, 5439 Cascade Drive, Lisle, IL 60532
- GRAND VICE PRESIDENT OF PHILANTHROPIES** - Betty Blades Lofton, Indiana Gamma, 9060 Pickwick Drive, Indianapolis, IN 46260
- GRAND VICE PRESIDENT OF PROGRAM DEVELOPMENT** - Maurine Hager Jones, Montana Alpha, 14 Dogwood Court, Walnut Creek, CA 94598

Directors

- DIRECTOR OF ACADEMICS** - Kathleen Anderson Witte, Nebraska Beta, 2011 Old Mill Road, Findlay, OH 45840
- DIRECTOR OF ALUMNAE ADVISORY COMMITTEES** - Carolyn Cromb Brada, Kansas Alpha, 52 Mission Road, Wichita, KS 67207

- DIRECTOR OF ALUMNAE COMMUNICATIONS** - Emily Russell Tarr, Texas Beta, 1439 Sugar Creek Boulevard, Sugar Land, TX 77478
- DIRECTOR OF ALUMNAE EXTENSION** - Mary Lu Pendergrast Meixell, Tennessee Delta, 4926 Wheatstone Drive, Fairfax, VA 22032
- DIRECTOR OF ALUMNAE PROGRAMMING** - Lois Huston Ross, Indiana Delta, 4531 Royal Ridge Way, Dayton, OH 45429
- DIRECTOR OF CHAPTER HOUSE CORPORATIONS** - Julie Geiger Shannon, Kentucky Beta, 29 Lenape Trail, Chatham, NJ 07928
- DIRECTOR OF CHAPTER SUPPORT, REGION I** - Joanne MaGill Arnold, Texas Beta, 32640 Spinnaker Drive, Avon Lake, OH 44012
- DIRECTOR OF CHAPTER SUPPORT, REGION II** - Linda Burrows Priest, Oklahoma Beta, 203 East 11th Street, Pawhuska, OK 74056
- DIRECTOR OF CHAPTER SUPPORT, REGION III** - Joan Scholes Hill, Kansas Alpha, 3772 Wonderland Hill, Boulder, CO 80304
- DIRECTOR OF COLLEGIATE EXTENSION** - Jane Landreth Russell, Arizona Alpha, 5711 N 73rd Place, Scottsdale, AZ 85250
- DIRECTOR OF COLLEGIATE PROGRAMMING** - Fran DeSimone Becque, New York Alpha, 2608 Kent Drive, Carbondale, IL 62901
- DIRECTOR OF FINANCE** - Karen Consalus Price, Missouri Alpha, 12167 Eddyspark Drive, Herndon, VA 22070
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- DIRECTOR OF MEMBERSHIP** - Kay Knittle Brock, Colorado Alpha, 5459 West 85th Terrace, Shawnee Mission, KS 66207
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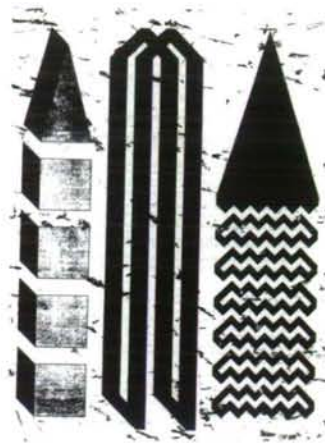
Collegiate Chapters Make the Grade

The 1995 spring international grade point average for Pi Beta Phi's 128 collegiate chapters was 3.053. More than 2,300 collegians made the Dean's List and more than 250 Pi Phi were initiated into Order of Omega Honorary in the 1994-95 academic year.

Chapters at 3.0 and above:

Connecticut Beta*	Illinois Epsilon*	Texas Zeta
New Jersey Alpha*	Illinois Zeta*	Texas Eta
New York Alpha	Indiana Alpha	Arizona Gamma
New York Delta*	Indiana Beta	New Mexico Beta
Pennsylvania Beta*	Indiana Epsilon	Texas Gamma
Pennsylvania Epsilon	Indiana Zeta	Idaho Alpha*
Pennsylvania Eta*	Illinois Beta-Delta*	Washington Alpha*
Pennsylvania Theta*	Illinois Theta	Washington Gamma
Pennsylvania Iota*	Louisiana Alpha	Oregon Alpha
Pennsylvania Zeta	Louisiana Beta	Oregon Gamma*
Virginia Epsilon*	Tennessee Delta	Utah Alpha
Virginia Zeta	Nebraska Beta	California Alpha*
Virginia Theta*	Nebraska Gamma*	California Beta*
West Virginia Alpha	North Dakota Alpha	California Theta
North Carolina Beta*	South Dakota Alpha*	California Gamma
North Carolina Gamma	Wisconsin Alpha	California Delta*
Virginia Gamma	Iowa Alpha	California Zeta
Virginia Eta*	Iowa Beta*	California Eta
Alabama Alpha*	Iowa Gamma	California Kappa*
Georgia Alpha	Iowa Zeta	
Florida Alpha	Iowa Eta	
Florida Delta*	Kansas Alpha*	
Michigan Alpha*	Kansas Beta	
Michigan Beta*	Missouri Alpha*	
Michigan Gamma	Missouri Beta*	
Ohio Alpha	Missouri Gamma*	
Ohio Zeta*	Oklahoma Alpha*	
Ohio Eta	Oklahoma Beta*	
Ohio Iota	Texas Alpha	
Tennessee Beta	Texas Beta	
Tennessee Gamma	Texas Delta	

Note: * indicates 3.14 and above



Arrows to Success

New York artist James DeWoody graciously agreed to allow the use of his work from a past exhibition entitled "Paintings and Towers" for the theme of the alumnae department—Arrows to Success.

James graduated from Tulane University with a BA degree and received his Master of Fine Arts degree from Pratt Institute in New York in 1975. He served in the Air Force in California and abroad. He has taught at the Philadelphia College of Art, at New York University, and is currently teaching at New York College of Technology.

After leaving Pratt in 1975, James painted abstract geometric forms in the door series and then the ogee mirror series. Architecture isn't the only subject matter which DeWoody uses. He has painted war paintings and has also used athletes as subjects in large paintings that are in a "bas relief" mode. In addition to painting he has created sculptures. DeWoody's art is held at a variety of public and corporate collections such as The Metropolitan Museum of Art, Cleveland Center for Contemporary Art, Goldman Sachs, Inc. and Equitable Life Insurance Co. to name a few.

James grew up hearing about Pi Phi. His mother, Cornelia Fleeman DeWoody, is an Arkansas Alpha, and his sister Kathy DeWoody Cullen, Texas Beta, is currently serving as Chi Alumnae Province President. He also had an aunt who was a charter member of Arkansas Alpha.

Central Office Employee Celebrates 20 Years

Last December, Janet Miller celebrated her 20th anniversary at Pi Beta Phi Central Office. Pi Phi's Operations Manager was first hired as printer and stock clerk on December 12, 1975. Over the years, Janet's impact on the Fraternity has literally affected thousands of members—she may have answered the phone, mailed a letter or printed the information for any Pi Phi.

Fresh from high school, Janet was apprised of an opening at Pi Beta Phi Central Office from an employment agency. As a child who was always fascinated by printed materials including those she used in school, Janet was thrilled to hear of a job opportunity in which she could learn how to run a printing press.

Janet has seen many changes in the Fraternity during her tenure at Central Office. Pi Phi has expanded from 112 to 128 chapters. Our total membership has grown from approximately 114,000 to more than 180,000 with *ARROW* magazine circulation increasing from 80,000 to nearly 120,000. Janet has worked under the direction of two Directors of Central Office and five Grand Presidents. She has printed and prepared materials for 10 Pi Phi conventions.

A survivor of at least three renovations of Central Office, Janet has witnessed the office's entry into the computer age. In addition, she has "outlived" the likes of four copy machines, two printing presses, three collating and folding machines and two fax machines. The staff size has grown from 10 to 23.

"I like not doing the same thing all day long," commented Janet. The variety in her job may have her printing manuals or chapter mailings, filling



orders for supplies answering questions for Pi Phis.

Janet has also seen changes in the services Pi Phi provides its members. She is excited and proud of the Fraternity's special programs such as Links to Literacy, alcohol and drug awareness and eating disorders.

Janet feels indebted to the Fraternity for much of her personal development and maturity, just as many members of Pi Phis do. Sally Perry Schulenberg, the Director of Central Office who hired her, took her in like a mother and stood by her in trying times. After 20 years, she still finds it a pleasure to come to work each day. The members of Pi Phi, within Central Office and those in wider circles, are like a family.

Expressing her gratitude for the years spent at Central Office, Janet shared, "I feel very lucky and proud to have grown up in Pi Beta Phi Central Office. I have seen a lot of people come and go, and each has touched me in a very special way. I have also learned a lot about what a sorority stands for. I see true love and sisterhood, hard work and commitment from officers on down the line to each Pi Phi individual."

Chapter Anniversaries

NEW MEXICO ALPHA will celebrate its 50th anniversary the weekend of September 27–29, 1996. Weekend events are planned to include the University of New Mexico's Homecoming. Organizers from the Albuquerque, New Mexico Alumnae Club are seeking memorabilia for a historical presentation, as well as assistance in locating charter members. If you have any information or would like more information for the weekend's activities, please contact Alex Doyle Beach at 2015 Dietz Place NW, Albuquerque, NM 87107 (505) 345-6802.

The 100th anniversary of **NEW YORK ALPHA** Chapter at Syracuse University will be celebrated the weekend of April 20, 1996. A commemorative scholarship has been established to honor a fourth year student of New York Alpha. If you would like to assist, please contact the chapter.

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Remember

At Monmouth College, a week-long celebration marked Commencement in June, 1868, when the twenty-eight young men and women of the graduating class were honored. Founded in 1853, just eight years before the outbreak of the Civil War, and chartered as a college in 1857, Monmouth's survival seemed a major miracle. At one time, enrollment had dropped to forty-eight students, almost all women. Even for female students, this figure was perilously low; many women had left the College to take positions as teachers, filling vacancies in country schools left by men who had donned the uniform of the Union Army.

Among the young people who were graduated from Monmouth that June was Rachel Jane Nicol. For Monmouth College, her uniqueness lies in the fact that she was determined to do graduate work in medicine—an almost unheard of profession for a woman in the late 1860s—and did. While Elizabeth Blackwell was the first woman in the United States to receive the M.D. degree, Rachel Nicol was among the earliest. In 1868, the same year that Rachel was graduated from Monmouth, Dr. Blackwell helped found, in New York City, the first medical school for women. Some eleven years later, Rachel would receive her M.D. degree.

Jennie Nicol, as her classmates knew her, is remembered at Monmouth for more than becoming the first alumna to earn the M.D. degree. In her junior year, she and eleven close friends, most belonging to the literary society Aletheorian, organized a small, secret social fraternity, naming it I.C. Sorosis. Years later, the first Greek-letter social fraternity for women was renamed Pi Beta Phi. When Jennie Nicol, bound for medical school, boarded the train at the Monmouth depot for Chicago and then Philadelphia by way of Niagara Falls, she wore her I.C. arrow.

The short biographies of the twelve founders of I.C. Sorosis in a "Century of Friendship in Pi Beta Phi" show that, after graduating from the College, the lives of most were typical of later Victorian women. A few remained "maiden ladies," but most married, bore children, and made home and church the centers of their rather conventional lives. As young women at Monmouth, the founders of I.C. Sorosis were familiar with the ideas of the activists leading the women's suffrage movement. They extended honorary membership to Elizabeth Cady Stanton—the first honorary member of I.C. Sorosis—when she appeared on campus to present a lecture, "Our Young Girls," in January, 1868. Soon thereafter, the great Susan B. Anthony

accepted an invitation to membership. But among the founders of I.C. Sorosis, only Jennie Nicol seems to have been lastingly influenced by such figures, aspiring as she did, not just to a career, which would have been unusual enough, but to a profession which remained all but exclusively male.

In Jennie Nicol's undergraduate days, students chose either the "scientific" course, which led to the Bachelor of Science degree in three years, or the "classical" course, four years of study leading to the Bachelor of Arts degree. In the first decade of Monmouth's life as a college, some sixty-five women, including Jennie Nicol, chose the scientific course. Only five pursued the longer, more expensive, and, presumably, more arduous path that led to the B.A. degree.

Like the classical course, the scientific course required extensive work in Bible and religion (ten courses in three years). Also required were a few mathematics courses and three terms of Vergil, or, in lieu of Vergil, a study of French or German. Chemistry, botany, astronomy, and mensuration constituted the offerings in science per se.

Rachel Nicol came from a farm family living north of Little York, Illinois. Her father had died when she was quite young, and she was the oldest child. Of her three brothers, Drenan drowned in the Mississippi River, and

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W o m e n i n M e d i c i n e





"You ask how I like my profession (medicine). My reply is, the more I know of the principles upon which its practice is founded, the deeper becomes my interest in, and the greater my admiration for it."

David, only sixteen, was killed during the Civil War near Fort Donelson. William, the remaining brother, stayed on the family farm with his widowed mother and unmarried sister.

After her graduation from Monmouth, Rachel returned home and kept house for her mother and bachelor brother until 1867, when, after her mother's death and with William soon to marry, she felt free, at the age of thirty-one, to leave for Philadelphia and medical school.

While at home on the farm, she often went into nearby Little York, to visit her I.C. sister Emma Brownlee Kilgore and talked to both Emma and her husband, Dr. Jahial Kilgore, of her desire for a career in medicine. Dr. Kilgore lent her medical texts, and both husband and wife encouraged Rachel to apply to medical school. In writing many years later of her friend Rachel, Emma Kilgore said, "No woman ever entered the profession with a nobler purpose. In that day you know it was not popular for a woman to enter professional life. She was determined to be the equal of her brothers in the profession. She used to say, 'I think we should have women physicians and I have an ambition to show the men what a woman can do.'"

Rachel Nicol enrolled in the Women's Medical College of Pennsylvania in Philadelphia, a member of the class of 1879. Her class in the medical school had twenty-one members. "The group which graduated were not young women, in fact, the average age was thirty-six. In spite of the advanced years of the graduates, at least one half eventually married," according to Ruth Abrams, who is writing a history of the Women's Medical College of Pennsylvania.

Three weeks after Rachel Nicol arrived in Philadelphia, she began a correspondence with her closest friend

back home, Emma Kilgore. The letter-writing continued for five years and ended only with Rachel's death in 1881. The letters reveal a woman of intelligence and wit. They also show a subtle intellectual growth and a change in outlook as she delved into the world of science as it was in her day. The strict religious fundamentalism of her Monmouth and Little York days was, no doubt, initially assaulted by what she saw in Philadelphia and Boston and by her reading and studies—certainly by her introduction to Charles Darwin's "Origin of Species." She was eager to learn, and she accepted ideas which, in light of her strict Calvinist upbringing, she would previously have rejected as unorthodox, even heretical. At times her new outlook must have bewildered and pained Emma, by then living in Monmouth. But for all that, it was to her Bible Rachel turned when her brief life neared its end in faraway Zurich, Switzerland, for she knew that no book of medicine then held the cure for the killer pneumonia.

The first letter to Emma was written on October 26, 1876, from Philadelphia:

Dear Emma:

I am highly pleased with the medical school so far as matters that have come within the range of my comprehension. Some of the professors make themselves quite intelligible and others have given five or six lectures without using a single word by means of which we could gain the slightest clue to enable us to guess what they were talking about and all this after being told the subjects of the lectures ... The most absurd of all things is coming here to attend the women's medical college and then attending clinics with five or six tallow-brained, dough-faced specimens of the genus homo, from Jefferson College.

November, 1876
Dear Emma,

... I have not been very busy yet. I have concluded to spend the winter in Chemistry, Anatomy and Physiology; I have not begun dissecting, as the material on hand did not present a very attractive appearance; I am waiting for cool weather and until some unfortunate victim sees his way clear to devote his mortal remains to the advancement of science.

March 14, 1877
Dear Emma,

... You ask—would I advise you to commence the study of medicine? I should say, from my present knowledge of its demands upon the time, that it would be incompatible with the monopoly of time consequent upon your present profession—church going. But of course where there are no serious obstacles in the way I would advise every man, woman and child, of every kindred nation and tongue, to study medicine. Our Commencement is tomorrow, March 15. I believe there are 20 candidates from here for the degree of M.D. The other medical colleges of the city have turned out over 300 valuable accessories to the stockholders of cemetery (sic) lots. All of this in Philadelphia. Then think of the numberless places all over the land, from which issue these epidemics, to prey upon your health and purse, and well you may tremble and grow pale.

This letter must have elicited a prompt and protesting response from Emma Kilgore, irked, no doubt, by her friend's allusion to her proclivity for churchgoing. Rachel's return letter was slightly apologetic but ended on a somewhat condescending note.

Philadelphia, April 20, 1877
Dear Emma,

I am very much astonished to hear you speak of my remarks as frivolous, and you can assure that I entertain no such ideas of your church going as you impute to



me. But the idea of Monmouth people making a business of that which they formerly indulged in as a luxury, contrasts so strongly with my recollections of them, that perhaps my thoughts were reflected a trifle more vividly than intended. Many thanks for your interest manifested in my loyalty to the U.P. Church. I do not believe that my morals and bringing up stand very much in the way of one's acceptance of the theories presented by some who claim to be investigators in the different departments of science. Our notions of the beginnings of things is (sic) hard to reconcile with the "Spontaneous generation and survival of the fittest theory." You say you would be an M.D. looking at it from your standpoint, but you see we are not obligated to look at it from your standpoint and that makes the greatest difference imaginable.

Later that year, in September, Rachel wrote that she had been "studying German a little," suggesting that she was then considering graduate study in Europe, long considered the capstone of a medical education for an American.

1441 North 20th St., Phila.

June 17, 1878

Dear Emma,

... In my examinations in the subjects for which I was eligible as a candidate for final examinations my mark was perfect—ten in each.

Philadelphia

March 18, 1879

... I would be delighted to drop down in the centre of Warren County, Illinois for awhile, but must forgo that for another year. I remain here 'til May 1st when I go to Boston, Mass. to spend one year at the New England Hospital.

New England Hospital, Boston

May 16, 1879

Dear Emma,

As you see, I have been swinging the circle and now find myself in the Hub

where I expect to tarry for a year ... Tell me Monmouth news—who is married, what are you doing or going to do? How is the health of the community? Not too good for your prosperity is it?

33 Warrenton St.
December 30, 1879
Boston, Mass.

Dear Emma,
You ask how I like my profession. My reply is, the more I know the principles upon which the practice is founded, the deeper becomes my interest in it, and the greater my admiration for it. My great lamentation is that I did not begin the study ten years sooner than I did.

The following June Dr. Nicol was in Wiesbaden, Germany, on her way to Zurich. She sailed from New York on the Maas and was seasick much of the time. Her first letter to Emma from Germany was long and ecstatic, the descriptions those of an exalted tourist on her first trip abroad. She spent two months in Wiesbaden perfecting her German.

Villa Urania, Zurich

September 13, 1880

Dear Emma,

As I have probably stated, the scenery about Wiesbaden is magnificent ... Zurich is not in itself a noted place except for its university and a few old buildings of historic interest. But its surrounding are magnificent, yes, glorious.

Zurich, December 11, 1880

Dear Emma,

As to your questions—am I studying at the university? Yes, I am attending two lectures daily and the remainder of my time I am devoting to clinics and the hospital; I am also having practical work in the pathological, three hours every Friday. With earnest desire for your welfare, I am, sincerely your, R. J. Nicol.



It was the often expressed plan of Rachel Nicol to return to Illinois to enter private practice, but it was not to be. Friends read in the Monmouth Review of April 1, 1881: Rachel J. Nicol of Little York, a former resident of Sumner in this county, and sister of W. Nicol of Little York, died of pneumonia at Zurich,

Switzerland last week Friday. A telegram was received by Dr. Kilgore and that same day the doctor conveyed that sad message to him who now is the only living member of the family ... she was a noble Christian lady, of fine education and rare personal accomplishments ... Death loves a shining mark, was in her particularly verified.

By studying medicine, Rachel Nicol dared defy the conventional expectations for gentlewomen of her day. But she died while still studying, and one would expect her death to be the end of her story. She was, however, one of the twelve founders of I.C. Sorosis, known today as Pi Beta Phi. Early in this century, Pi Beta Phi established, as its national philanthropy, a small settlement school and health center near Gatlinburg, Tennessee.

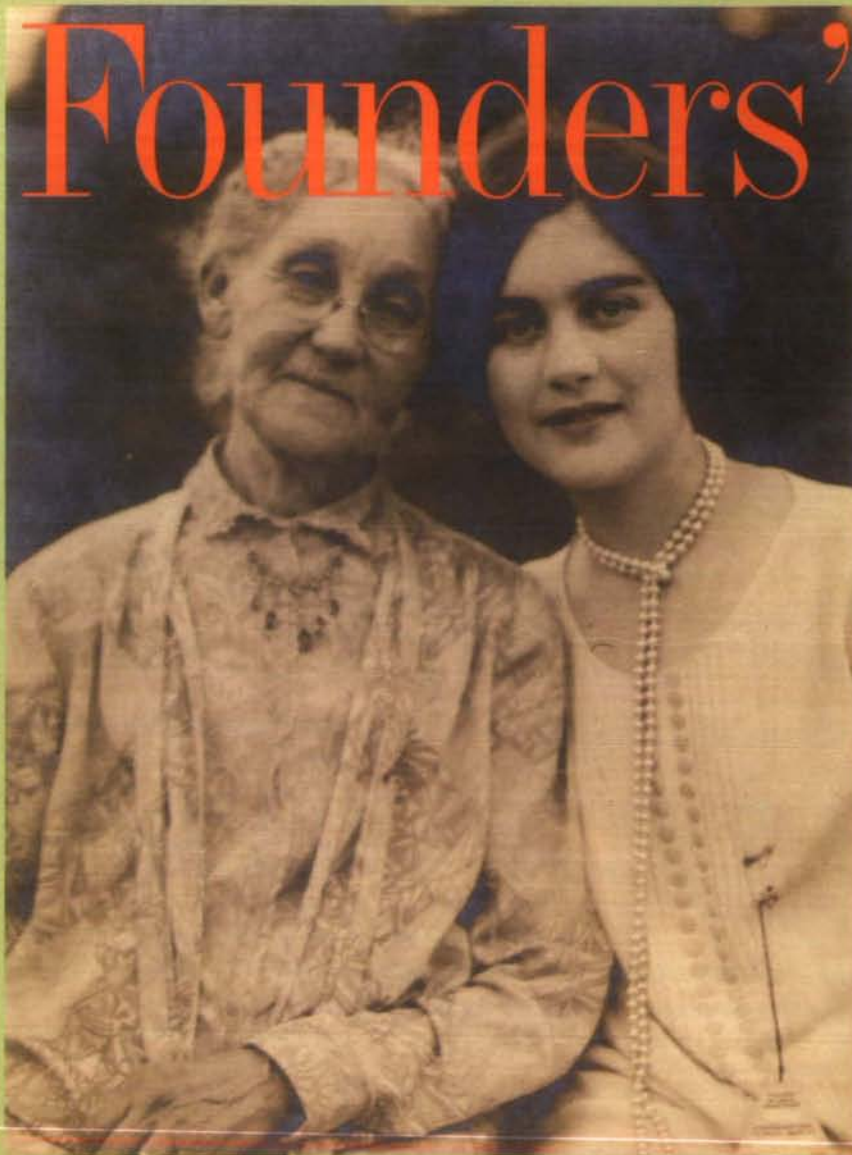
The small health center was dedicated to the memory of Dr. Jennie Nicol. She died too young to make a personal imprint on history, but her name lives on in the vast, wooded, and mountainous area around Gatlinburg, where nurses and midwives from the Nicol Center acted for years as her surrogates in the healing arts for the forgotten poor.

by Mary Bartling Crow

Former Professor of History

Reprinted from Monmouth Moves

Founders' Day



To the twelve young women who, on April 28, 1867, had the vision to form the first national secret society for women. From these young ladies, we have our legacy in—

The Joy of Pi Phi, which is friendship

The Glory of Pi Phi, which is understanding,

The Heart of Pi Phi, which is love.

"Tomorrow is the flower of its yesterdays,

For all our treasured memories shall bloom again,

As long as life shall last,

The wine carnations' fragrance

Sweetens all our days,

And every garden where its memory flowers,

Was—and is—and ever shall be ours."

Evelyn Peters Kyle
June 1987

Founder Inez Smith Soule at age 80 with Elizabeth Carpenter (Buxton), 18, the oldest and youngest members of Pi Beta Phi in 1926.

HAVE YOU MOVED OR CHANGED YOUR NAME?

Initiated Name

New Name (/last/first/middle)

New Address

City/State/Zip

Phone Number

Chapter and Year of Initiation

If you are an officer in the Fraternity, please give title so that we may update officer lists.

Clip this form, place in a stamped envelope and send to:
Pi Beta Phi Central Office
7730 Carondelet, Suite 333
St. Louis, MO 63105

Postmaster: Send notice of undeliverable copies to:
Pi Beta Phi Central Office,
7730 Carondelet, Suite 333,
St. Louis, MO 63105