

THE ANCHOR

OF ALPHA SIGMA TAU

Vol. 87 No. 1 Spring 2014



Social Media Bullying The Impact of Our Actions

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THE ANCHOR is the official magazine of Alpha Sigma Tau Sorority, and is published semiannually by the Alpha Sigma Tau National Sorority, 3334 Founders Road; Indianapolis, Indiana 46268

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A Note to Parents of Collegians

Your daughter's magazine is being mailed to her home address while she is in college. We hope you enjoy reading it, too. If your daughter is no longer in college or living at home, please send us her updated address, as indicated above.

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FROM THE PRESIDENT



Dear Alpha Sigma Tau Sisters,

After a long and exciting winter, spring is finally here. There is so much about Alpha Sigma Tau that we want to share with you, and our team for THE ANCHOR has done another fabulous job of sharing the latest activities in our Sisterhood.

This issue of THE ANCHOR will cover our upcoming 40th National Convention in Atlanta, Georgia. We will be celebrating all the best and brightest of Alpha Sigma Tau, and I invite you to join hundreds of collegians and alumnae as we share in the exceptional experiences of Convention.

Chapter Advisory Board members hold a very special place in my heart because I know how critical they are to the success of Alpha Sigma Tau. When a chapter has educated, capable, and participating advisors, that chapter has the greatest resources and assets to support the membership and our values. This issue will be highlighting some who serve in this volunteer role with excellence.

THE ANCHOR will also be sharing the life experiences of members, from travel to career to philanthropic initiatives. And with the daily (or hourly) use of social media so prevalent in society and business

today, Dr. Kelly McBride, Zeta, Assistant Professor of Public Relations at Virginia Tech, will help us to navigate the bullying that occurs through these connective tools.

The Sorority is also thrilled to share the colonization and Installation of new chapters for the Sorority, highlighting Alpha Sigma Tau's return to Arkansas Tech (Beta Rho) as a thriving member of the Greek Community.

We'll also learn more about the work of the Alpha Sigma Tau National Foundation and the advances of the National Panhellenic Conference.

On behalf of the 2012-2014 National Officers and our Headquarters Team, we thank you for your continued support of our strategic plan and your personal contributions to grow our exceptional Sisterhood!

See you in Atlanta!

Do more than others think possible,

Christina Covington

Chris Covington
 National President
 Alpha Sigma Tau Sorority



On the Cover
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of The ANCHOR online at
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40th Convention to Be Held in Atlanta

The Alpha Sigma Tau 40th National Convention will be held June 26-29, 2014, in Atlanta, Georgia, at the Grand Hyatt Atlanta in Buckhead. During Convention, members have the opportunity to take part in shaping the future of Alpha Sigma Tau during the business sessions, connect – or reconnect – with sisters from around the nation, participate in relevant and valuable educational training, and congratulate chapters and individuals for outstanding achievements.

By attending the business sessions at Convention, members will see history made and the future of Alpha Sigma Tau sculpted. The six Alpha Sigma Tau members who serve on the National Council, responsible for leading the Sorority in developing and meeting strategic objectives, are elected at each Convention by the body of delegates. Alpha Sigma Tau's National Council structure includes one alumna who serves as National President and four alumnae and one collegian who serve as National Vice Presidents.

While Sorority business occurs at Convention, it's also a time for fun! Convention will kick off with an exciting welcome event featuring food, entertainment, and a pool party on the terrace.

Attendees will also take part in some of Alpha Sigma Tau's oldest traditions. Members who have attended at least three Conventions are recognized as Convention Belles. This has been one of Alpha Sigma Tau's Convention traditions since the 10th National Convention in 1952. Another exciting tradition includes the Yellow Rose Banquet, where all attendees gather to recognize exceptional individual and chapter achievements and extraordinary dedication to Alpha Sigma Tau.

The members of the Emerald Chapter are invited to an exclusive luncheon during

Convention. The Emerald Chapter is an honorary alumnae chapter composed either of alumnae members who have served a minimum of four years in one or more national positions on the National Council, National Staff (Volunteer Personnel) or a Chapter Advisory Board, or alumnae members who have attended a minimum of five Conventions. All alumnae who meet this prerequisite are invited to attend the Emerald Chapter Luncheon during Convention.

Presented by a variety of qualified individuals, educational opportunities at Convention cover an assortment of topics ranging from chapter management to leadership development. Presenters include alumnae members who are experts in their field, accomplished fraternity/sorority life professionals, Headquarters Staff members, and more.

Convention is a time for new ideas, announcements, launches, and surprises. New this year, collegiate and alumnae members, licensed vendors, and businesses have the opportunity to sponsor portions of Convention or advertise in the program booklet. Additionally, this year will be the first time chapters are able to submit digital scrapbooks for the Scrapbook Award, another longstanding Alpha Sigma Tau Convention tradition.

Follow Convention excitement and announcements – before, during, and after Convention – on social media with #ASTATL.

To register or learn more about Convention, the sponsorship and advertisement opportunities, the schedule, and more, please visit www.alphasigmatau.org/convention or call Headquarters at 317-613-7575.

We can't wait to see you in Atlanta this June!





Sisters enjoy the 39th National Convention

**We look forward to welcoming sisters and guests
from across the country
at the 40th National Convention in Atlanta, GA
June 26-29, 2014**

You will again be able to honor your sisters at Convention with Yellow Rose name tag stickers!

Watch for information for pre-ordering Yellow Rose stickers on Facebook and Twitter!

NOWTRENDING

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Alpha Sigma Tau National Foundation



@ASTFoundation
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Victoria McLin
@ViictorriaaM

So excited I to get to go to convention this summer with some amazing sisters to represent the Phi Chapter! [#alphasigmatau](#) TLAM 🍷💛

8:41 PM - Feb 17, 2014

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Athena M.G. Mota, Gamma Delta

Why do you serve as a Chapter Advisor?

By Erika McManus Bukva, Delta Rho
ANCHOR Editor

Athena M.G. Mota, Gamma Delta, is the Director of Advocacy and Communications at YWCA Southeastern Massachusetts, holds a Master of Public Administration, is President of the University of Massachusetts Dartmouth Alumni Association, a mother of two, wife to Gregory, and Chapter Advisor of the Gamma Delta Chapter at the University of Massachusetts at Dartmouth.

With so much on her plate, why does she make time to be an advisor? “I really enjoy working with the collegiate women. There is always an adventure. The caliber of women that we are bringing in is just superb. I really admire the chapter that Gamma Delta has become. It’s heartwarming to see something that you worked to initially build continue to thrive. This year marks the 15th anniversary of our Installation, and I remind the women that we are still very young—we always have to be conscious of sustaining the chapter ahead of us. And that takes a team of people to make it happen.”

Gamma Delta currently has three positions filled on its Chapter Advisory Board. Athena says, “We had a lot of work to do when I came into the chapter as advisor. We did not have a solid advisory team for quite some time, and it certainly effected the operations of the chapter. We still don’t have a full team, but we have full commitment from those we do have.” Assistant Chapter Advisor Whitney-Ann Silva and Recruitment Advisor Michelle Macey support the chapter at Tau Honor Council hearings, while Athena attends weekly business meetings. “It’s very important that there is at least one advisor at the weekly business meetings because something always comes up that needs an advisor’s perspective. As an advisory board, we are each other’s support system. We meet monthly via video-chat through ooVoo, which works well for us, as we each live in different parts of the state. The calls are an opportunity for us to catch up, and share anything that we should be aware of, but it is also an opportunity to learn from each other, and affirm that we are operating with a united voice for the chapter’s benefit. We are fortunate that we work well together and our ‘voices of reason’ are very similar.”

Michelle and Athena attended the Alpha Sigma Tau Advisor Academy held in Schaumburg, Illinois, last summer and had an opportunity to explore various topics in being a more productive advisory team. “We looked at areas such as our management and coaching

styles, understanding the generation we are working with, and supporting change within our chapter.” Athena also credits the support advisors get from Headquarters Staff. “It’s always encouraging to know that you don’t have to always know the answers—you just have to know where to find the answers.” She also relies on a network of sisters that “always answer the phone.” “I am very thankful for Jessica Nolan, Sailynn Doyle, Kelly Dolan, and Yvette Tavares. Jess is a fellow advisor with Gamma Psi Chapter, and Sailynn is a former National Vice President, so I always find sound guidance from both of them. Kelly is a professional event planner that has been volunteering with our chapter, consulting for our 15th Yellow Rose formal. Yvette is my best friend and kindred spirit; we were initiated together.”

As a former District President, Athena was concerned that she had been away from the volunteer role for too long when she considered volunteering as Chapter Advisor. She was reassured when she found that online resources such as Officer Portal brought the tools to her fingertips. “I would argue that resource is basically my greatest role in the chapter. I’m not here to micro-manage the operations of the chapter; I’m here to encourage them to seek solutions for themselves. Therefore, most of my time as an advisor is not spent in meetings or at events, it’s actually behind the computer and on the phone, answering emails, and having conversations with the women. Being a readily available resource is probably my greatest responsibility, which is why I set boundaries for the women. They know that I will be available for their requests during business hours Monday-Friday, otherwise if they are contacting me during my family time, they know their requests will have to wait.”

Athena intentionally does not attend the women’s chapter programming and events. She prefers to allow them to have that time to themselves. “I do make sure that I attend their ceremonies and Rituals, Founders Day celebrations, Yellow Rose formals, and any other alumnae events because I believe it’s important for alumnae to be involved in this regard. Not just because our presence is important for the women, but because it also keeps us rooted in Alpha Sigma Tau. And that’s what I appreciate so much about volunteering for the organization—Alpha Sigma Tau is an extension of who I am, and giving back to my beloved sorority is just one way that I continue to live my Creed.”

“I’m not here to micro-manage the operations of the chapter; I’m here to encourage them to seek solutions for themselves.”



The following collegiate chapters have available positions on their Chapter Advisory Boards.

If you are interested in serving as a member of a Chapter Advisory Board, visit www.alphasigmatau.org/volunteer or contact Kellee Neary, Chapter Services Specialist, at kneary@alphasigmatau.org or 317-613-7575 ext. 7564.

Alabama

Livingston - Gamma Gamma Chapter at University of West Alabama

Arkansas

Conway - Upsilon Chapter at University of Central Arkansas

Arizona

Prescott - Epsilon Alpha Chapter at Embry-Riddle Aeronautical University

Colorado

Denver - Delta Psi Chapter at Johnson & Wales University Denver

Georgia

Atlanta - Delta Pi Chapter at Oglethorpe University

Illinois

Macomb - Alpha Epsilon Chapter at Western Illinois University
Edwardsville - Beta Eta Chapter at Southern Illinois University Edwardsville

Indiana

South Bend - Epsilon Lambda Chapter at Indiana University South Bend
Evansville - Epsilon Omicron Chapter at University of Southern Indiana

Kansas

Emporia - Iota Chapter at Emporia State University

Massachusetts

Lowell - Beta Tau Chapter at University of Massachusetts Lowell
North Dartmouth - Gamma Delta at University of Massachusetts Dartmouth

Maryland

Frostburg - Gamma Zeta Chapter at Frostburg State University

Michigan

Mt. Pleasant - Beta Chapter at Central Michigan University
Big Rapids - Beta Chi Chapter at Ferris State University
Allendale - Gamma Xi Chapter at Grand Valley State University

Minnesota

St. Peter - Epsilon Xi Chapter at Gustavus Adolphus College

New Jersey

Newark - Beta Upsilon Chapter at New Jersey Institute of Technology

New York

Poughkeepsie - Delta Epsilon Chapter at Marist College
Geneseo - Epsilon Rho Chapter at SUNY Geneseo
Potsdam - Gamma Epsilon Chapter at SUNY Potsdam

Oklahoma

Claremore - Epsilon Delta Chapter at Rogers State University
Durant - Rho Chapter at Southeastern Oklahoma State University

Pennsylvania

California - Beta Phi Chapter at California University of Pennsylvania
Clarion - Alpha Omicron Chapter at Clarion University of Pennsylvania
Slippery Rock - Alpha Pi Chapter at Slippery Rock University of Pennsylvania
Edinboro - Alpha Tau Chapter at Edinboro University of Pennsylvania
Mansfield - Alpha Xi Chapter at Mansfield University of Pennsylvania
Shippensburg - Beta Epsilon Chapter at Shippensburg University of Pennsylvania
Millersville - Beta Iota Chapter at Millersville University of Pennsylvania
Bloomsburg - Beta Nu Chapter at Bloomsburg University of Pennsylvania
Indiana - Delta Chapter at Indiana University of Pennsylvania
Altoona - Delta Omega Chapter at Penn State Altoona
Bethlehem - Delta Theta Chapter at Moravian College
East Stroudsburg - Delta Zeta Chapter at East Stroudsburg University of Pennsylvania
York - Gamma Iota Chapter at York College of Pennsylvania
Kutztown - Gamma Lambda Chapter at Kutztown University of Pennsylvania
Philadelphia - Gamma Omega Chapter at LaSalle University
Williamsport - Gamma Pi Chapter at Lycoming College
Erie - Gamma Theta Chapter at Penn State Erie, The Behrend College

Rhode Island

Providence - Delta Iota Chapter at Johnson & Wales University Providence
Providence - Epsilon Pi Chapter at Rhode Island College

Texas

San Antonio - Beta Theta Chapter at St. Mary's University
San Antonio - Epsilon Eta Chapter at University of the Incarnate Word

Virginia

Wise - Epsilon Zeta Chapter at University of Virginia College at Wise

West Virginia

Shepherdstown - Chi Chapter at Shepherd University
Montgomery - Gamma Mu Chapter at West Virginia University Institute of Technology



Sharp in Antarctica, her final continent.

AΣT World Traveler Visits All Seven Continents

By Erika McManus Bukva, Delta Rho
ANCHOR Editor

Kathy Orrison Sharp, Alpha Alpha, demonstrates her commitment to cultural development as an Alpha Sigma Tau. Through a lifetime love of travel, she has visited all seven continents.

Accomplishing this remarkable feat was not a goal of Kathy's. As a farm girl in Illinois, her first travel experience was visiting a girlfriend who had moved to the Kansas City area. One plane ride and Kathy was hooked. In college in the 1960s, she attended an Alpha Sigma Tau Convention in New Orleans with sisters and began to see more of the world. After graduation, she began her successful career in education as an elementary school teacher, took two years to serve as President of her local affiliate of the National Education Association and then returned to the district, eventually transitioning into administration. She married her husband, Roger, who was raised as an extensive traveler, and the couple enjoyed their shared interest.

Her first extra-continental trip was to Africa and the Middle East, when she visited Egypt and Israel with girlfriends. This was followed by a rewarding trip to England and Ireland. Kathy and Roger visited cities in Russia with friends in 2003, and had an immersive experience when they were able to stay with a friend of their host

who spoke very little English. They were in St. Petersburg, Russia's "window of Europe," during the summer and Kathy was struck by how stylish everyone was. While in Russia, they visited Lake Baikal in Siberia, a UNESCO World Heritage Site, near Yekaterinburg, where they were able to stand with one foot in Europe and one foot in Asia.

Kathy and Roger also visited Korea, Thailand, and Japan for Roger's work. They stayed at military bases in Japan (where Kathy had the opportunity to visit Mt. Fuji) and Osan, Korea. Kathy was especially moved by the dedication of the service members there. Kathy remembers that "seeing those young people and their professionalism was a real 'aha!' moment for me and enhanced the way I viewed our military."

Next for the Sharps was South America, then Australia and New Zealand. Over the years, they returned to see more of South America, Europe, and Africa. They visited the breathtaking Machu Picchu in Peru. Kathy and her husband took her nephew to Ireland after tracing family heritage. In Zambia, they stayed in a resort in a national park where baboons roamed the grounds, including sneaking through an open door to snack on room service leftovers. During a trip to South Africa, they toured Nelson Mandela's jail cell on Robben Island,



where the tour was given by a former fellow prisoner. After seeing Victoria Falls in Zambia they were anxious to visit another of the major falls in the world, Iquazu Falls on the border of Argentina and Brazil.

Kathy equates her impressive travel resume with the diverse opportunities she seized in her career, as she moved from a classroom teacher to principal to central office administrator. She emphasizes that many of her travel opportunities came along at the right time when she was able to take advantage of the experience. So once she realized that she had six continents under her belt, and a friend started to talk seriously about visiting Antarctica, Kathy knew she had to go.

Kathy, Roger, and two friends left Indianapolis for Ushuaia, Argentina (by way of Buenos Aires) on New Years' Eve, 2011. Ushuaia is the southernmost city in the world. From there they boarded the MS Fram, a small cruise ship based in Norway which is adaptable to polar waters. The ship carried 199 passengers and 100 crew members for a nine day round trip across the Southern Ocean to "The Ice". Tours are only offered during the hemisphere's summer so that temperatures are not dangerously cold. When Kathy visited, it was about 32° to 42°, sunny or partly cloudy, and sometimes windy. They were provided rain/windproof parkas and arctic boots. All passengers and crew were disinfected upon leaving and re-entering the boat. When walking around on the mainland, they were instructed that any time a penguin began to move, you were to stop moving yourself, because you had to be at least fifteen feet from the wildlife!

With all the international travels, Kathy also notes a particularly meaningful trip with sisters to attend the wedding of a daughter of an AΣT in Savannah, Georgia. At their home in Indianapolis, Kathy is a member of the Indianapolis Alumnae Association and serves as an alternate delegate to the Indianapolis Alumnae Panhellenic Association.

Kathy has shared her experiences with community groups in which she is involved. She is an AΣT who continues to learn about the world, the culture that brings us together, and things that are "of good report" to reach fulfillment of self.

(top) Kathy sets foot in South America
(middle) Kathy at the Europe Asia border
(bottom) Kathy at Cape of Good Hope in Africa



Bobbie Nichols Retires from Successful Career in Investment Banking

By Joanna Barrett, Epsilon Epsilon
Staff Writer

"I loved that my job made a difference in the quality of people's lives," said Bobbie Nichols, Alpha Gamma, a 1968 initiate of Alpha Sigma Tau and former Senior Vice President at Stephens Inc., who recently retired from a long and successful career in investment banking.

Bobbie's career at Stephens Inc., a privately-held, independent financial services firm focused on building value for companies, governments, institutions and investors, spanned nearly four decades. She joined Stephens Inc. in 1977 and had 36 years of experience with the firm's Municipal Trading and Public Finance departments. She was part of the Stephens Municipal Trading Desk for 15 years where she performed a variety of jobs, including Trading Assistant, Dealer Sales, Syndicate, and Unit Investment Trust manager. She joined Public Finance in 1992, and during her tenure in Public Finance, she completed transactions in eight states. In the last 15 years, her focus has primarily been the Arkansas market.

Public Finance bankers assist cities, counties, states, K-12 schools, institutions of higher education and nonprofits ("Issuers") in financing buildings, equipment or programs with tax exempt and taxable municipal bonds. "My role was to work with the 'Issuers' and other professionals, such as attorneys, to devise a finance strategy utilizing municipal bonds to provide the funding for those projects," said Bobbie. In addition, she worked closely with the Sales and Trading personnel who marketed the bonds to investors.

"ΑΣΤ taught me to work collaboratively with others to achieve a common goal and to respect the opinions of others while staying true to myself and my ethics," said Bobbie. Alpha Sigma Tau helped Bobbie develop skills she needed to succeed at her job: good time management, attention to detail, ability to listen to clients' needs, and problem solving.

Bobbie has many favorite projects from her time at Stephens Inc. "One of my first transactions was for an Arkansas water district," recalls Bobbie. "The district needed funds to extend water lines to people whose wells had run dry or suffered ground water contamination. Another favorite transaction was for Arkansas Children's Hospital's new patient tower to provide more beds and clinic space to treat Arkansas children. I was honored to finance a number of projects for my alma mater, Henderson State University, in Arkadelphia, Arkansas. Because I love to read, working with Central Arkansas Library System to build new branch libraries was a special treat. Additionally, I was able to serve Arkansas Development Finance Authority as senior banker to its single family program which provides low cost financing for first time home buyers."

In addition to her professional accomplishments, Bobbie's proudest accomplishment is her daughter, Elizabeth, a graduate of University of Mississippi and a member of the Kappa Delta Sorority.

While Bobbie found the balance between her professional life and her role as a wife and mother challenging, she found time to volunteer with Alpha Sigma Tau.

Bobbie has a long history of involvement with Alpha Sigma Tau. Initiated at Convention in 1968, she was the Alpha Gamma Chapter President and Convention Delegate in 1970. She has served in a variety of volunteer positions for Alpha Sigma Tau, including National Council, the National Foundation Board of Directors, and the Board of Trustees. She was honored with the Ada A. Norton Award in 1978 and as a Sustainer at the 2000 Convention. Bobbie also designed the Sorority flag.

"I was honored to have served on the National Council with many extraordinary

women who contributed so greatly to the history of ΑΣΤ," said Bobbie. Additionally, her fondest memory is the Installation of the Beta Theta Chapter at St. Mary's University in Texas, the first chapter installed during her tenure as Director of Expansion.

Bobbie has been able to apply her knowledge from her career to assist Alpha Sigma Tau. "While Director of Expansion in the early 1980s, I helped explain various investment alternatives to the Council," said Bobbie. "At the time, most of our resources were in checking accounts and earning very little interest. We initially diversified into certificates of deposit and the Sorority and Foundation now work with investment professionals to maximize resources while minimizing risk to capital."

With the breadth of experience Bobbie brings to the table, she also has career advice for all women: to not be timid in pursuing career goals and yet to be open-minded. "The career you initially think you want may be very different from the one that ultimately provides you with the most satisfaction." And Bobbie should know; she initially wanted to become a teacher and dabbled in teaching for a short time at Mount St. Mary Academy, a Catholic Christian secondary school for young women in Little Rock.

For Bobbie, a new chapter is on the horizon. She and her husband, Jack, plan to build a home on her family's farm about 50 miles from Little Rock. Additionally, she looks forward to spending time with her sorority little sister. Bobbie has travel goals to drive the Alaska-Canadian highway and hopefully visit Europe.

Alpha Sigma Tau wishes Bobbie Nichols congratulations on her retirement and all the best for the future.

Alpha Pi Chapter Rallies Around Sister with Cystic Fibrosis

By Darcy Coulter, Epsilon Xi
Staff Writer



(above) Morgan Yoney, Alpha Pi
(left) To support their sister, the Alpha Pi chapter has adopted the Cystic Fibrosis Foundation as their local philanthropy.

Morgan Yoney has cystic fibrosis, a life-threatening disorder which affects the lungs and digestive system. After being initiated into the Alpha Pi Chapter at Slippery Rock University of Pennsylvania in the spring of 2013, Morgan had to leave school in fall 2013 due to her medical needs, and yet her story continues to serve as an inspiration to her sisters.

Morgan joined Alpha Sigma Tau as a freshman, but has had to play a role from afar while on medical leave. "Morgan has had difficulties with being able to finish college due to her illness," said Amber Simmons, one of Morgan's sisters and best friends. "Morgan has supported us more than anyone could understand. Morgan lives far away and does not get to see us very often, but is one of the best sisters I could ever ask for."

Ashley Broskey, Chapter Advisor says, "She has really shown the chapter what it means to be a sister. She gave 100 percent as a new member and even returned to school to be initiated when she was home sick. Even

when she couldn't be there in person, she was there in spirit, showing support during recruitment, Greek Week, Homecoming, and business meetings."

After Morgan contributed so much to the chapter, her sisters decided to do something to give back to her. They adopted cystic fibrosis awareness as their local philanthropy and held an event called "Are You Smarter Than a Fraternity Guy," donating the proceeds directly to Morgan for her medical fund.

As an advisor, Broskey sees the great things the chapter is doing for their sister. "Recently they had a fundraiser where they sold purple and gold t-shirts to the campus community and chapter with the words 'Morgan's Army' to show their support for Morgan and to bring awareness to cystic fibrosis." This semester they will hold a talent show and donate the proceeds to the Cystic Fibrosis Foundation.

It isn't just the big events that show the strength of their sisterhood, however. "The Alpha Pi Chapter has been a great support

to Morgan as they visited her in the hospital, donated money to her family to help with medical bills, and showed their support and love daily on Facebook. The women are always thinking of Morgan and wish she could be there with them, but they know she is at home getting treatment and will always be an ΑΣΤ," said Broskey.

The sisterhood that Morgan shares with the Alpha Pi Chapter is a two-way street, though, and they value how much Morgan has taught them. "She contributes her whole heart and all of the friendship in the world. She has taught us all not to take what you have for granted," Simmons said.

Anyone interested in ordering a "Morgan's Army" shirt can email Amber Simmons at axs1085@sru.edu. Prices are \$18 per shirt or \$20 for a 2x size, and the proceeds will benefit the Cystic Fibrosis Foundation.

Panhellenic: 2013 Annual Meeting Recap

by Jennifer Wetzel, Pi Beta Phi, and Sydney Willmann, Zeta Tau Alpha
National Panhellenic Conference marketing and communications interns



National Panhellenic Conference delegations, executive directors, inter/national presidents, editors and staff gathered Oct. 10-13 at the Los Angeles Airport Marriott for the 2013 annual meeting. Meeting participants reflected on the accomplishments within the Conference during the past year and looked forward to the ongoing commitment of sorority advancement in the next biennium.

Registration opened for the meeting Oct. 10, and NPC hosted a “family reunion” throughout the day to allow attendees to meet one another or catch up before working sessions began. GreekYearbook captured photos and helped with videography throughout the meeting for upcoming NPC projects. The NPC Foundation sold sunflowers next to the registration area, which allowed a continuous stream of donors to contribute to the Foundation throughout the annual meeting.

Social media was introduced as a positive vehicle for NPC ambassadorship during a short workshop lead by NPC Marketing and Events Manager Julia Schenk, Kappa Kappa Gamma, during dinner Oct. 10. Throughout the three-day meeting, attendees used Twitter, Instagram and Facebook to share exciting moments and memorable photo opportunities from the meeting using the hashtag “#NPCAM13.” It was an efficient and fun way to communicate meeting activities to NPC audiences near and far.

Friday, Oct. 11, began with breakfast meetings for committees. Then 2011-13 NPC Chairman Jane H. Sutton, Alpha Xi Delta, opened the 2013 annual meeting general session. She began by welcoming attendees from local College and Alumnae Panhellenics present at the business meeting. She also recognized several women who are retiring from their delegations for their service to NPC. The Conference then reviewed several legislative items.

Friday events included the vendor exhibits, which this year featured 35 companies. Executive directors and inter/national presidents dedicated two hours of their schedules to visit the vendors, who also joined meeting attendees for lunch. Nine sponsors supported the meeting, including three diamond-level sponsors: Billhighway, Herff Jones ~ Greek Division and MJ Insurance Inc.

The second general session Friday night incorporated the first “family meeting,” which provided updates from the Measurable Outcomes Committee and Panhellenics Committee on accomplishments, upcoming work and trends. This session concluded with the memorial service led by Carol Coordt, Kappa Delta, honoring the sorority women who passed away during the biennium. For the first time, the service featured a memorial

video, followed by the traditional flower bouquet tribute to the theme “For Good” from the popular musical “Wicked.”

Guest speakers took top billing Saturday, Oct. 12. The communicators enjoyed a fun photography activity through the hotel led by a visiting photographer, while the NPC delegations, inter/national presidents and executive directors attended a town hall meeting with Tim Burke and John Pryor, who shared information on trends in higher education.

Audrey Jaeger, Ph.D., associate professor of education at North Carolina State University, presented the keynote address at the Alumnae Achievement Luncheon. She emphasized the need for women in the fields of science, technology, engineering and mathematics. Jaeger received the Women in Higher Education Achievement Award from the NPC Foundation. In addition, NPC presented the Coachella Valley Alumnae Panhellenic with the Outstanding Alumnae Panhellenic award. NPC also recognized the group as the first honoree into the Carol Coordt Circle of Excellence for being named Outstanding Alumnae Panhellenic during two consecutive bienniums.

During the closing general session, the Conference finalized legislation discussion and voting, led by Legislative Committee Chairman Dana Katz, Alpha Epsilon Phi. NPC Foundation President Janet Dodson, Alpha Sigma Tau, recapped the Foundation’s fundraising, grants and notable donations over the past year. Representatives from 10 different member organizations — including NPC “first man” Bob Sutton — came to the stage to present gifts to the Conference. Gifts included significant contributions to the “Something of Value” program, NPC staff professional development and a contribution to the NPC internship program.

Sutton concluded her tenure as chairman with the state of the Conference address and installation of the 2013-15 Executive Committee, led by Jean M. Mrasek, Chi Omega. Her speech and the installation were broadcast via a live Web stream for the first time. In her final address as NPC chairman, Sutton said, “There is a reason we have existed as a conference for 111 years, and I know your belief in the power of sorority will lead you to ensure the Conference survives and thrives for future generations of women. Thank you for allowing me to have made this journey with you.”

After a reception celebrating Phi Sigma Sigma’s centennial, the 2013 annual meeting concluded with a closing banquet and reception Saturday

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Sister Follows Her Heart as a Philadelphia Eagles Cheerleader

By Joanna Barrett, Epsilon Epsilon
Staff Writer

Amanda “Mandi” Moffa, a 2009 initiate of the Alpha Phi Chapter at West Chester University of Pennsylvania, is one of 38 Philadelphia Eagles Cheerleaders. According to Mandi, she comes from a long line of die-hard Eagles Fans.

“I’ve been cheering and ‘bleeding green’ ever since I could stand on my own two feet,” said Mandi. “My weekends growing up consisted of waking up on Saturday mornings to cheer on the sidelines next to my older sister at my brother’s football games. On Sundays, I’d head down to the Eagles games with friends and family.” Additionally, Mandi would take dance classes during the week where one of her dance teachers was a Philadelphia Eagles Cheerleader.

“I always looked up to her throughout the years, and I remember watching her on the sidelines at the games,” recalls Mandi. “I knew that being an Eagles Cheerleader would be the combination of all the things I loved – performing for our fans, rooting on the best team in the NFL, and inspiring young women to go after their biggest dreams.”

Auditioning for the squad was a long process for Mandi, who originally auditioned in 2012 but didn’t advance to the final audition round. However, this experience didn’t discourage Mandi from auditioning again in spring 2013.

“I am extremely grateful for everything I learned throughout that first year of auditions,” said Mandi. “With hard work and determination, I returned the next year for the 2013 auditions.”

Annual auditions for the squad take

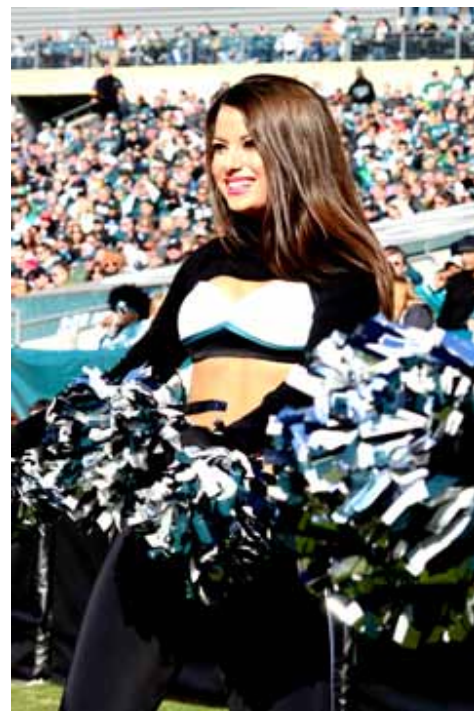
place in early spring each year and entail multiple rounds in the process. Approximately 400-600 women audition for the open call, which then narrows down to 60 finalists. The finalists compete at the Final Audition Show in front of a live audience and celebrity judges. The auditions include executing dance routines, participating in business and on-stage interviews, and competing in beauty and physical fitness competitions. Only 38 women are selected for the squad.

“The Eagles organization truly promotes success for all the women auditioning and wants the best for each woman going through the process,” said Mandi. “The cheerleaders are very helpful throughout the process, with tips, advice, and doing what they do best in encouraging everyone to give it their all. This process is inspiring, challenging, and rewarding.”

Mandi was ecstatic when she found out she had made the squad. She is still awe struck and humbled when thinking back to the audition process, how hard she worked, and how grateful she is to be a part of the squad.

A kindergartener teacher during the week, Mandi’s schedule is quite full. She wakes early in the morning to get ready for work. After work, she prepares for either an Eagles appearance or rehearsal to learn new routines and practice with the squad.

“During the hours of intense workouts and practices, we work hard together as a squad to make our routines the best they can be for all



our fans,” said Mandi.

This teamwork, professionalism, and leadership are skills she learned from her collegiate chapter of Alpha Sigma Tau.

“Being a sister of Alpha Sigma Tau has taught me a lot about working together, and supporting each sister in achieving her dreams,” said Mandi. “My sisters have showed me what it means to go after your own dreams and believe in yourself, no matter what.”

Though they never met in person, another alumna of her chapter was a Philadelphia Eagles cheerleader. She was a resource for Mandi, providing advice, supporting her along the way, and inspiring her to bring her A-game.

“I know that no matter what goal I’m achieving, I always want to be inspiring others towards reaching their own goals,” said Mandi. She is grateful to be “working alongside some of the most talented and professional women in the NFL.”

Panhellenic continued

evening. Pete Smithhisler, president and CEO of the North-American Interfraternity Conference, gave the invocation. NPC presented awards to the following people:

- Dan Shaver of Affinity Consultants received the Interfraternal Partner Award.
- Dave Conner received the Outstanding Panhellenic Advisor award sponsored by Alpha Chi Omega.
- Jean Scott, Pi Beta Phi, former NPC chairman, received the Distinguished Service Award.

Finally, Sutton passed the gavel to Mrasek, the 2013-15 NPC chairman. Mrasek thanked her family, Chi Omega and Panhellenic sisters for their love and support. In her first speech as NPC chairman, Mrasek explained that “Collaboration is essential to accomplish our goals and implement the strategic plan.” She added that collaboration is a major focus in the 2013-15 biennium. Following dinner, the 2013-15 Executive Committee welcomed attendees to a dessert reception.

The 2013 annual meeting allowed for reflection, celebration and discussion. It also provided attendees with a renewed vision of the NPC mission and goals, which can be attained by advancing sorority together.

It's All Greek: Alumnae that Advise Fraternities

By Carole Bicking Keily, Alpha Xi
ANCHOR Associate Editor

Alpha Sigma Tau has had several male chapter advisors for many years. Now some men's fraternities are looking to sorority women to fill leadership roles with their collegiate chapters. We heard from two AΣT's who advise Theta Chi chapters.

Patti Klausing Simmons, Delta, will be working with the Theta Chi Fraternity, Epsilon Eta Chapter, as they recolonize at Indiana University of Pennsylvania (IUP). The chapter has been inactive for a few years and Patti looks forward to helping to bring them back to their strong status that she remembers from her college days at IUP.

Patti got involved while talking with many of the Theta Chi members at some of the IUP pre-game Crimson Huddles during football season this past fall. Patti's father was a football coach at IUP for many years. "Many of the Theta Chis were my dad's players, so I remember them well and we would gather to talk about different things," she said. "When they started talking about having the chapter return to campus, it excited me. I talked about the importance of having a strong advisor. At first they were teasing me about being the housemother! These men needed to learn how to recruit, how to keep their house in order, finances, fundraising, philanthropy, etc. I promised the alumni that this chapter would be award winners at their convention. Their national representatives said that a couple of their award winners had women advisors!"

"So this is a process in the works. They are looking for a house, have strong alumni support, and me! And I won't let them down. I want to be their Theta Chi sweetheart and prove that even a 63 year old woman can be 'sweet!'" Patti said. She plans to travel Indianapolis in March to visit with IUP alumni and the Theta Chi headquarters, who happen to be our AΣT Headquarters' neighbors.



(above) Jessica Fayard St. Cyr, Phi served as co-recruitment advisor at Southeastern Louisiana University

(left) Patti Klausing Simmons is helping the chapter at Indiana University of Pennsylvania

Jessica Fayard St. Cyr, Phi, served as the co-recruitment advisor for the Iota Delta Chapter of Theta Chi Fraternity at Southeastern Louisiana University for two years.

"While I was in college, I was very good friends with the men of Theta Chi. In fact, in 2005, I married one!" said Jessica. "One of my best friends traveled for Theta Chi and was the chapter advisor, and he asked me to facilitate



some recruitment workshops. They called me that night and asked me if I could be an advisor." Jessica was serving as Phi Chapter's Recruitment Advisor, and traveling as an Area Recruitment Coordinator for Alpha Sigma Tau at the time, and she figured, how different could this be? "I soon found out that there are many similarities, but SO many differences! However, I feel that this experience helped me grow as a person and an advisor."

Jessica had to get permission from the university's Fraternity/Sorority Advisor to be a part of their recruitment because the rules state that women cannot be a part of the recruiting process. She did get a few confused looks from the potential new members, as if they were thinking, "who is the chick in the kitchen with the timer and the clipboard giving hand signals?" Jessica was keeping time, noticing if there were potential new members that were alone in the room and pointing at them for members to go talk to them, telling them it was time for the speeches, and timing the speeches.

Jessica said it was very rewarding to see the chapter double in size when she worked with them. "The chapter did not have an established alumni group while I was an advisor. However, now there are so many wonderful and qualified Theta Chi alumni volunteering, and I am no longer an advisor. I would absolutely work with those guys again!"



Maria Victoria Coto
@lady_spitfire7

Community service then lunch with my sisters.
It's going to be a great day! #AΣT
[#Anchoredforlife](#)

11:53 AM - Feb 22, 2014

NOWTRENDING

Social Media Bullying

By Dr. Kelly McBride, Zeta
Assistant Professor of Public
Relations – Virginia Tech



photo credit: oliveromg/shutterstock.com

“You’re a bully!” Have you ever said that to someone? Better yet, has someone ever said it to you? Chances are even though you think you are not a bully, you may have bullied someone primarily through social media.

According to the American Psychological Association, bullying can be physical, verbal, or subtle, like facial expressions, and it’s not limited to kids on a playground. It occurs everyday on Facebook, Twitter, and Instagram.

The photo you posted on Instagram from last night’s party – the one where the girl from your 9:15 class was twerking– that’s bullying. The tweet about the girl in front of you, the one that you describe as having too large of a derriere (sometimes in more colorful language) – that’s bullying as well. Those tweets, Facebook posts, Snapchats, Instagrams, emails, etc. are not private. If you share something on the Web, even using a private account, it’s likely to come back and haunt you.

Take for instance the April 2013 revelation about a Delta Gamma (DG) sister at the University of Maryland who sent an email tirade to her fellow sisters full of profane language and bullying denunciations. A “tipster” alerted the media to the graphic email. The young woman ultimately resigned from DG. The president of the chapter sent multiple messages to various media outlets asking that the email be removed from various websites, or to have the sorority name and chapter be redacted. However, the damage had already been done. If you share something with someone on the Internet, the likelihood exists that they will share it as well. That young woman will be haunted by her email for the rest of her life, especially because it became so public.

But this article is not about how to hide potentially intimidating Internet postings; it’s about doing the right thing in all aspects of your life.

Most fraternities and sororities were founded upon the exemplary principles of scholarship and achievement, service, philanthropy, and leadership. While many Greeks and non-Greeks view our sisterhood in a positive light, there are those who will examine everything we do with a critical eye. As sisters of Alpha Sigma Tau we must set an example and uphold the ideals that we pledged to follow. Our purpose states: “to develop the character of each member through a study of ethics so that she will show in all her relationships sincerity, honesty, love and understanding.” Think about that - are we sincere and loving when we post on Facebook about the horrible dinner that our sister-in-law cooked? Or tweet about the lousy gift that we got for Christmas? When

you bully, you not only denigrate your own reputation, but that of the sisterhood as well. So why do we do it in the first place?

According to Dr. Jill P. Weber (2013), a clinical psychologist and author of *Having Sex, Wanting Intimacy—Why Women Settle for One-Sided Relationships*, by judging, fearing and turning on members of own gender, women sabotage their opportunity for strong female relationships and greater empowerment. In other words, a woman may begin to believe that most other women are untrustworthy. These women tend to catalogue this phenomena as more evidence to the nature of women and fail to consider the impact of their own actions.

Why do we want to break down other women? We are not practicing sincerity, love, and understanding by talking about someone on social media. Our sorority is based on five core values, including respect, which calls for us to respect our sisters, our peers, our community, and ourselves. Not only are we belittling others when we bully using social media, we also bring ourselves down to a level associated with immaturity, insolence, and malice. This is not what Tau love is about.

We need to celebrate each other, not bring each other down. Life has enough difficulties without us triggering issues for others. Our Creed states, in part, “I believe in cultivating beauty of spirit and graciousness of living in all my contacts with others.” We are not beautiful and gracious when we use social media applications to put others down. Chapter leaders, make it known that social media bullying in any form will not be tolerated or accepted. Alumnae, we too need to remember that posting or forwarding gossip, no matter how harmless it may seem, is bullying. More importantly, if you know of someone who is experiencing bullying of any kind, take to heart another line from our creed and strive to contribute to the progress of mankind by reaching out a helping hand. There are many resources available to someone being bullied. Don’t hesitate to avail yourself of the student resources on campus, or visit www.stopbullying.gov for further information about cyber bullying.

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Crowning ACHIEVEMENTS



Janice Cmar

Janice Butko Cmar, Alpha Xi, has been elected Mayor of the Borough of Jefferson Hills, a suburb of Pittsburgh. She has served as a Jefferson Hills Councilperson for the past 15 years, winning four consecutive terms. Jan and her twin sister Joan are Alpha Sigma Taus.



Judy Davis

Judy Armstrong Davis, Beta Xi, was named the Fort Carson (Colorado) 2013 Military Spouse of the Year! Judy is a motivational speaker, author, and blogger who supports the military community. You can learn more about Judy at www.thedirectiondiva.com!



Tiffany Lewis

Tiffany Lewis, Alpha Lambda, graduated from Radford University with a degree in Criminal Justice in May 2013 and subsequently completed her three month basic training in Texas for the United States Air Force. In November, she completed her training to become part of the Air Force Security Forces and will be stationed in California.



Leah Bianchi

Leah Bianchi, Gamma Psi, is pursuing her dream of a career in television after completing four months as a Writer's Production Intern with the Late Show with David Letterman. Her degree is in Communications Media with a concentration in Professional Communication.



Katie Alberter

Katie Alberter, Psi, accompanied her father, a videographer for CNN, to a White House holiday party hosted by the President and First Lady.



Diane Henderiks

Diane Cannito Henderiks, Beta Omega, has been featured on ABC's The Chew! A Registered Dietician, Diane has a nutrition consulting firm, published a cookbook, and owns a personal chef and catering business. She lives at the Jersey Shore with her family. Learn more about Diane at www.dianehenderiks.com!



Misty Armour

Recording artist Misty Armour, Delta Eta, has three songs on iTunes, all of which she co-wrote. Her husband was a Marine in Iraq and is now a firefighter. The song "How a Hero Lives" is for his fellow Marines and all those who deal with Post-Traumatic Stress Disorder.



Marla Darby

Marla Darby, Iota Chapter Faculty Advisor, was the recipient of the 2013 Emporia State University Presidential Award for Distinguished Service to Diversity.



Stephanie Reissner

Stephanie Reissner, Gamma Tau, is Founder and President of Meaningful Music Foundation, a non-profit organization which provides music connections for individuals with special needs. Stephanie is a licensed Special Educator and concert violinist. You can learn more about the organization at www.meaningfulmusicfoundation.com.

Send information about your (or a sister's!) notable accomplishments to anchor@alphasigmatau.org with the subject "Crowning Achievements"!

ALUMNAE

Chapter officer email addresses are listed as they are on file with Headquarters. Chapter Editors are generally responsible for providing the following updates

BALTIMORE

baltimorealumnae@gmail.com

In January, we met at the home of Joell Sperry and collected canned goods for the Maryland Food Bank. We all had a great time over dessert and coffee. On January 26, three sisters attended the Greater Baltimore Alumnae Panhellenic Association annual scholarship event. Twenty sororities were represented and two scholarships are awarded to local collegiate NPC women. We celebrated our chapter's third anniversary in Little Italy at Ciao Bella on February. In May, our members are participating in the Fiesta 5K to support the Robert Packard Center for ALS Research. We are quite a diverse group coming from many collegiate chapters in and out of Maryland, and we always have a great time when we get together. Please email us at baltimorealumnae@gmail.com or visit www.astbaltimore.org.

BUFFALO

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Mary Glor Bolton's Canadian summer home was the setting for our September meeting. Members brought brunch items to pass which we enjoyed on Mary's deck overlooking Lake Erie. In October, we had a sundae dessert meeting at Friendly's Restaurant. Later that month, several alumnae members and Sigma chapter collegians attended the annual Greater Buffalo Alumnae Panhellenic Tea at the elegant Butler Mansion. We had a wonderful Founders Day luncheon and program at the Fox Valley Club on November 2. In addition to the Candlelighting Service, almost 70 sisters were treated to a Reflexology lecture and demonstration. We were pleased that so many collegiate members from Sigma, Epsilon Mu, and Epsilon Rho were able to join us. Several alumnae attended a game night hosted by the Sigma chapter where Jean Ryckman McNamara shared some of her AΣT memorabilia with new members. In December, we held our traditional Pirate Gift Exchange, as well as our holiday punch party and annual Buffalo Philharmonic Orchestra Christmas Pops concert and dinner. This fall, the chapter supported the National Foundation, Pine Mountain, and the Buffalo News Neediest Fund. We collected personal hygiene items and a 'Warm & Fuzzy' collection for a women/children's shelter and canned goods for Good Shepherd Lutheran Church Food Pantry. Additionally, sisters prepared dinners for guests two times at Ronald McDonald House. A fundraiser at Friendly's and sales of 'Dine Around Buffalo' coupon books helped to make these programs possible.

DETROIT/NORTHEAST SUBURBS

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In August we held a movie night at a sister's home in Royal Oak. It was nice to catch up with everyone since the summer seems so busy. In



September we had our monthly meeting at a sister's home in Belleville. Alumnae sisters and the Delta Tau chapter planned an October outing to the Detroit Institute of Arts in addition to our monthly meeting. We hosted the National Founders Day luncheon at Club Venetian in Madison Heights in November. Over 115 sisters from various chapters were in attendance. We collected items for a philanthropy project for the Karmanos Cancer Institute, and later found our efforts highlighted on their website. Through our fundraising efforts, a total of \$452 was split between Habitat for Humanity, Pine Mountain Settlement School, and the National Foundation, specifically the Rose Marie Schmidt Scholarship and Annual Fund. In December we "Adopted a Family," and wrapped their presents together at our annual Christmas party and ornament exchange. Our January meeting was a large potluck! In February we had our annual night out with husbands and significant others at Joey's Comedy Club in Livonia. We'd love to meet you! For more information on our chapter, please contact Lauren Bendes Warren at labendes@mtu.edu.

ERIE

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Our chapter has continued our commitment to service by volunteering at Second Harvest Food Bank, filling Christmas stockings for the children at Pine Mountain, and working on our new Adopt-A-Highway project to clean up a two-mile stretch of interstate. In September, we celebrated our third anniversary with another delicious brunch at Pufferbelly Restaurant. Founders Day was marked in a classic style at the Stonehouse Inn Tea Room, with many collegiate sisters attending. Our January meeting was held at Peek'n'Peak Ski Resort, where we enjoyed skiing and board games. We meet on the third Tuesday of each month at 6 p.m., at Panera Bread, 4014 Peach Street, Erie. Hope to see you there!

HOUSTON

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Our chapter has been busy! We had a lovely Founders Day Luncheon at the Junior League of Houston Tea Room. Sisters also enjoyed a Christmas Party complete with a White Elephant style ornament exchange. Our Panhellenic representative attended the HAPA February meeting. We also met for Lunch & Letters in February, where members wore their favorite letter shirts. Upcoming spring events include visiting the Rover Oaks Garden Club's annual Azalea Trail, attending the HAPA scholarship luncheon, and alumnae outreach efforts to Texas collegiate chapters.

LEHIGH VALLEY

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Eleven sisters gathered in August at Panera Bread to plan for our 30th year of alumnae sisterhood. We have seen several long-lost sisters return to our group while continuing to bring in newer members. Among our recent activities, we count a calorie-burning walk along the Plainfield Township recreation trail, a Founders Day celebration at a member's home, and our traditional Christmas cookie and ornament exchange. We put our cooking and crafting hats on to make anchor key chains and cookie bags for the sisters at the Gamma Lambda and Delta Theta chapters. Of course, what year would be complete without our annual Easter Candy making? Although attendance at our meetings is at a high, we are making plans for a recruitment event to bring in even more new members. In addition to our scheduled chapter activities, sisters are also gathering throughout the month to socialize and support each other in our personal goals. This spring we will gather to watch Becki Zanette, Alpha Tau, direct Phillipsburg High School's adaptation of Pippin.

LOWELL

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We recently held one of our most successful fundraising events, bringing many alumnae back into the picture. Along with Sigma Tau Gamma alumni, our members and their families were invited to attend a Riverhawks vs. Merrimack College hockey game at the Tsongas Arena on January 31. Through ticket sales, alumnae made donations to the chapter to help pay for a function room furnished with several servers. During the event, sisters socialized with college friends they had not seen in years, and met the collegiate women of the Beta Tau Chapter, who were holding a Muscular Dystrophy fundraiser during the game as well. The University was kind enough to donate a raffle basket to raise additional funds during the event. Many alumnae who have not recently been in contact with the alumnae chapter sought out the President to purchase tickets and have since been included both in our Facebook group and email list. Attendees raved about the event and how wonderful it was to see everyone, letting us know that they cannot wait for the next event! We are also thrilled to have the Beta Tau Chapter reaching out to start an alumnae pen-pals program again. Their chapter has now doubled in size, and many alumnae are paired up with collegians that share the same major to help with studying guidelines and future networking, or with a collegian that currently holds a position in which an alumna once held, with the goal of building leadership skills. We hope to have the entire Beta Tau Chapter participate and make this program successful.

NORTHERN VIRGINIA

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We kicked off Alpha Sigma Tau's 114th year and the second half of our 65th anniversary year with a Founders Day dinner at Charlotte Floyd's on November 3. More than 30 members and guests were in attendance,



including sisters and their husbands, some of whom we hadn't seen in many years. Sisters gathered in November for Bunco, where we had a great time and met some new members. We enjoyed it so much that we played Bunco again in January and met even more new members. We're going to include regular Bunco nights as a chapter event. It's a lot of fun! Once a month, we convene for lunch at a restaurant. Sisters who are available during the day – whether they're retired, stay-at-home moms, business owners, work nearby, or have a flexible schedule – meet for an hour or so. We invite all AΣTs in Northern Virginia to Bunco, Lunch Bunch, or our regular evening meetings! We rely heavily on social media, so follow us on Facebook (Alpha Sigma Tau Northern Virginia Alumnae Chapter) and Twitter (@ASTNOVA).

SOUTHEASTERN LOUISIANA

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We have been quite busy with a number of philanthropic and social events. Members of the chapter were excited to participate in the American Cancer Society's Relay for Life fundraising event on November 9 in Hammond, Louisiana, where we raised \$671. Members attended Southeastern Louisiana University's Alumni Awards Banquet during Homecoming Week in October. We enjoyed great food, fellowship, and fun as we honored some of Southeastern's most distinguished alumni. The chapter celebrated Founders Day in November as guests of the Phi Chapter. Our observance included a luncheon, reading, Candlelighting Service, and song. We ended 2013 at Mike Anderson's Restaurant in Gonzales, Louisiana, for a fantastic holiday party, including a green and gold gift exchange. Our chapter has been quite active in the Greater New Orleans Alumnae Panhellenic (GNOAP) group for a few years now, and Rita Bertolino has recently volunteered to be the GNOAP Scholarship Chairman. The GNOAP awards a \$1000 scholarship every year to a Panhellenic woman in the greater New Orleans area. For information on how to join our chapter, please email Chapter President Esther Fontenot Barrios, at esther.fontenot@yahoo.com.

ST. LOUIS

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We had an exciting start to the autumn season. The Missouri History Museum, formerly named Jefferson Memorial, proved to be both culturally and educationally beneficial. Afterward, we relaxed and enjoyed sisterhood time over lunch upstairs at Bixby's Restaurant. A fun fall outing to a sleepy Mississippi riverboat town included lunch at the Dough Depot and shopping. We also enjoyed a tour of the Mabel Anheuser Estate where our local philanthropy, an equestrian

therapy ranch for mentally and physically handicapped youngsters called Ride on St. Louis, is housed. A favorite eating spot for our members is Assumption Greek Orthodox Church, where luncheons fund educational expenses for summer camps. This was also the location for the St. Louis Panhellenic's version of Antique Roadshow, with appraisers specializing in jewelry, furniture, china, etc. We have financially supported, Pine Mountain and Habitat for Humanity in Franklin County this year. The St. Louis Scholarship Fund and National Foundation (specifically the Elizabeth Wilson/Dorothy Bennett Robinson Scholarship Fund) also benefited from our donations. We combined our Founders Day and Christmas celebrations, with husbands and guests joining us. Favors included yellow rose trays and Alpha Sigma Tau Christmas ornaments.

TIDEWATER

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We began the year with a business meeting where we set our schedule for the coming year. Our hopes for another successful yard sale in October were dashed by a frightful storm that blew into our area with a fury. We met again in October and welcomed a guest speaker who provided an informative slideshow on the history and etiquette of the American flag. We continued our support of local charities by collecting toiletry items for Portsmouth's Victory Home men's shelter. Continuing our efforts to reach out to local alumnae in our area, we were thrilled that new members joined us for an outstanding Founders Day dinner celebration. Thirteen sisters shared a delicious meal and received adorable favors made by Sherry Carmony. December was a time to gather for our annual Christmas social. Each sister brought a dish to share, paired with a bottle of wine. The traditional Chinese gift exchange provided lively entertainment.

January was a busy month. Our delegate to the Tidewater Area Panhellenic Association (TAPA) helped plan the annual Little Theater outing, including a reception with members of other sororities. This event also raised money for local scholarships. Later in the month, we gathered for our monthly meeting.

We're always looking for new members, so if you are in the Tidewater Virginia area, please visit our website at alphasigmatautidewateralumnae.weebly.com.



NORTHERN VIRGINIA

YPSILANTI-ANN ARBOR

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Our chapter has been very busy this fall and winter. Each autumn, our alumnae chapter hosts a vendor showcase bringing together a variety of home goods, jewelry, and other wares for our family, friends, and community to access in one place. In exchange for coordinating the event, our chapter receives a portion of the sales. This year we were excited to host 10 vendors in our showcase, giving many an opportunity to get a head start on their holiday shopping, and allowing our chapter to do some fundraising for the new year. These funds will go towards our philanthropic projects planned for 2014. At our December meeting, some of our collegiate sisters from the Alpha Chapter joined us as we wrapped gifts for our adopted family and shared a delicious potluck meal. This is always such a special time for our sisterhood, for not only do we get to share precious time and laughter with our dear sisters, but we also are helping a family in need have a happier and richer holiday.

A Sweet Tradition

By Carole Bicking Keily, Alpha Xi
ANCHOR Associate Editor

"Who needs dark?" "Where are the cashews?" "I need waxed paper!" "Are the graham crackers gone?" "Should I make all the bunnies white?"

These are the comments you hear when the Lehigh Valley Alumnae Chapter gathers for its annual candy-making event, which they've done for more than 30 years.

On a Friday night one or two weeks before Easter each year, the Lehigh Valley Alumnae meet and start melting chocolate promptly at 6 p.m. Barbara Day, Alpha Omicron, a founder of the alumnae chapter, previously lived in Lititz, PA, which is the home of the Wilbur Chocolate Factory. She makes the pilgrimage each year to buy more than 20 pounds of milk, dark, and white chocolate.

"We have a collection of Easter molds which we fill first. Then the pouring, dipping and coating begin using items sisters bring,

including peanut butter eggs, butter cream eggs, coconut eggs, trifles (all made previously at home), pretzels, various nuts, Rice Krispies, caramels, graham crackers, mini Oreos...you name it!" said Barbara Day. "Over the years, expert melters, dippers, and mold pourers have emerged to the point that Henry Ford would be jealous of our production line."

This chapter is prepared! I went to a recent candy-making session and did not know I'd need to bring a pan to take my candy home. The hostess had a few aluminum pans on hand, and I had a nice supply of Easter candy to take with me.

"People who hear about our efforts for the first time ask if we make the candy to sell and our simple answer is that we divide it to take home," said Barbara. "Of course, many families and coworkers benefit from this fun and chocolate-filled night."



COLLEGIANS

Chapter President email addresses are listed as they are on file with Headquarters. Chapter Vice Presidents of Community Relations are generally responsible for providing the following updates.

ALPHA

Eastern Michigan University
bhaywool@emich.edu

Our chapter held our third annual Grilled Cheese Fundraiser for our local philanthropy, Habitat for Humanity, and raised nearly \$300. A new "Sailboat Sister" concept was created to strengthen ties between sisters who were in different phases of their college career. In November, four of our members attended the Greek Leadership Academy weekend retreat.

BETA

Central Michigan University
britniebell@gmail.com

We were once again named the sorority with the highest GPA on campus. We are also the most involved Greek organization in our Leadership Safari program for incoming freshman. Over the summer we hosted a House Improvement Day which involved alumnae and active members.

DELTA

Indiana University of Pennsylvania
MVZR@iup.edu

We teamed up with Alpha Xi Delta, Phi Mu Delta, and Delta Sigma Phi for the Homecoming float competition and won first place. Our chapter hosted our annual Miss IUP Pageant this fall and raised \$400 for Pine Mountain Settlement School. During Homecoming 2013, three of our sisters represented their colleges in Crimson Court.

OMICRON

Concord University
jlauderman@ymail.com

In the fall, we got hands-on experience in helping paint and hang drywall with Habitat for Humanity in White Sulphur Springs, WV. At the beginning of the Spring 2014 semester, one of our sisters lost her home and belongings to a house fire. With the help of sisters from other chapters, CU organizations, and our Panhellenic sisters on campus, we raised more than \$1,800 in only two weeks to help this family rebuild their lives. During Homecoming 2013, the Omicron Chapter placed first in the lip-sync competition with our Rumpelstiltskin theme!

PHI

Southeastern Louisiana University
phipresident2014@gmail.com

In November, we spent a day working in New Orleans with Habitat for

Humanity. We hosted the first Mr. Green and Gold Men's Pageant for our fall fundraiser, and won the Intramural Flag Football Championship for the university, traveling to the state tournament. After fall recruitment, we welcomed thirty-three new members, making our chapter the largest sorority on Southeastern Louisiana University's campus with 102 members.

PSI

James Madison University
mignonrl@dukes.jmu.edu

Our Mr. Fraternity Pageant, where fraternity men compete for the title of Mr. Fraternity, raises money for the Juvenile Diabetes Research Foundation. We continue to celebrate Tau Tuesdays, when our sisters can be seen across campus wearing their letters, tweeting pictures with other sisters using the hashtag #TauTuesdayAST, and reading up on blog posts on astatjmu.blogspot.com – check us out! We welcomed 66 new members this past recruitment season, bringing us to a total of 202 sisters.

ALPHA GAMMA

Henderson State University
ja178541@reddies.hsu.edu

After winning Greek Goddess in the spring, we donated \$250 this fall to our local Humane Society, where many of our members volunteer frequently. Our chapter enjoyed face painting at Henderson State's Family Day. All of our members and new members participated in teams at Reddie to Serve Day, Henderson State's biannual service day to give back to our community.

ALPHA EPSILON

Western Illinois University
CM-Edwards@wiu.edu

We held the Tau Challenge event the week of October 14th, raising about \$600 for the American Cancer Society. We also paired up with Big Brothers/Big Sisters, helping decorate for their annual Christmas Party. We held an event on Founders Day, where we each painted an anchor and unified the anchors at the end.

ALPHA LAMBDA

Radford University
klindsay1@radford.edu

We raised \$1,150 for Pine Mountain from Alpha Male, our new event, and we could not have done it without the help of other Greeks on our campus. Eighteen sisters took a trip to Pine Mountain and helped out substantially by raking leaves, organizing archives, and helping to maintain the facilities. In the fall we welcomed 17 new members, and in January we welcomed another 20! For the first time in eight years, Alpha Lambda reached both quota and total in Radford University's Spring Sorority Recruitment process.



PHI

ALPHA TAU

Edinboro University of Pennsylvania

js101209@scots.edinboro.edu

In October, we held our annual softball tournament for Pine Mountain Settlement School. We have been preparing for our Run for a Change 5K in April. The proceeds will go to Pine Mountain. It will be open to the public, and advertised in the Erie and Edinboro areas.

ALPHA PHI

West Chester University of Pennsylvania

Amanda.Robinson0310@gmail.com

We are extremely happy to welcome the 40 women of our Fall 2013 new member class. Sisters volunteered at the YMCA children's Halloween parade, Brandywine Nursing Home, and the West Chester Old Time Christmas Parade. Money raised through bake sales and hot chocolate sales went to our national and local philanthropies as well as organizations close to our hearts, such as Restore the Shore.

BETA ETA

Southern Illinois University Edwardsville

Omorris@siue.edu

We had a successful fall semester and now have 70 new members! In October, we held the Sixth Annual Pink Hair for Hope event, a campus wide event that promotes awareness for breast cancer that raised \$4,344 for the American Cancer Society and held the second annual "Bumps for Humps" fundraiser, which is a volleyball tournament that goes along with Pink Hair for Hope during Pink Week. We also had our annual Pancake Breakfast to support Habitat for Humanity, which raised \$2,000 and had a great turnout.

BETA THETA

St. Mary's University

stephanie_clark39@yahoo.com

We contributed many hours of community service to Habitat for Humanity from porch building to painting. During the 2013 Breast Cancer Awareness Week, our chapter raised money for the Alamo Breast Cancer Foundation and hosted a Pink Mass in honor of all the women who have fought against breast cancer, and those who are still fighting.

BETA IOTA

Millersville University of Pennsylvania

bslanzal@millersville.edu

We hosted a pageant titled "Mister MU" and raised over \$2,000! Before the holidays, we made Christmas letters and wore these, along with Santa hats, to carol at Willow Valley Community, a nearby retirement center.

BETA MU

Salisbury University

tduryea1@gulls.salisbury.edu

We took part in the Habitat Door parade and raised money for Habitat for Humanity. We collected our spare change for the Philippines relief. We participated in The Big Event which aims to help clean up Salisbury. We won first place in Delta Gamma's Anchor Splash. We also helped the new students move in during the winter. Our formal recruitment was a great success, netting us 41 new members.



ALPHA LAMBDA

BETA NU

Bloomsburg University of Pennsylvania

aer65938@huskies.bloomu.edu

We worked this summer at the Little League World Series in Williamsport, PA, and we raised over \$6,000 for our chapter. We were so thankful for this opportunity that was offered to us by an alumna of our chapter. Last semester our chapter started a new tradition for the holiday season. We had our own Thanksgiving dinner at our chapter house where we also exchanged Secret Sister presents and gave out Sister Superlatives. This fall we welcomed our 69th New Member class!

BETA PI

Eastern Illinois University

brmunos@eiu.edu

We participated in more than 1,000 community service hours during the fall semester and are currently working on more projects. As a chapter, we participated in Girls on the Run, our local philanthropy. Every fall we hold our annual World Series philanthropy event (a softball tournament), and the proceeds are donated to Pine Mountain Settlement School. We hosted an Alpha Sigma Tau: Through the Decades event with our alumnae this fall.

BETA TAU

University of Massachusetts at Lowell

michellewelch34@yahoo.com

We decorated eight 2x4s to donate to the Lowell Habitat for Humanity. Upon delivery they were used as decorations on stairs leading to the basement in many homes in our local community. Our chapter had the best semester for recruitment in our history, doubling the size of our chapter by welcoming 24 new members! Our chapter had great alumnae events, such as "speed dating" which allowed each collegian and alumna to get to know each other.

BETA PHI

California University of Pennsylvania

whi1426@calu.edu

We paired up with the Theta Xi Fraternity to host a dodgeball tournament to raise money for the MS Society. Together, we raised \$266 to donate to the National Multiple Sclerosis Society. In 2013, our chapter celebrated 30 years at California University of Pennsylvania. We held a formal dinner, and had the honor of meeting one of our founding sisters, Kelli Steiner.

BETA CHI

Ferris State University

beaudette0726@gmail.com

We received the first ever Kara's Cup Sorority Champion Award for the best participation, teamwork, and sportsmanship for intramural sports. We held our Second Annual Anchor Slam to benefit Habitat for Humanity. We had one of our largest new member classes with 13 new members. We placed first for the fifth year in a row in a Bid Day Spirit Competition.

GAMMA DELTA

UMASS Dartmouth

estarvaski@umassd.edu

We volunteered at the Breast Cancer walk, and volunteered several times at the Schwartz Center for Children along with volunteering at Barrett's Haunted House, where we raised over \$800! We have raised more than \$5,000 for our chapter working Gillette Stadium; it's even more exciting because the Fitchburg chapter works there too.

GAMMA GAMMA

University of West Alabama

mooreh5357@uwa.edu

We are proud to announce we had five sisters make the President's List and nine sisters make the Dean's List. We volunteered at the Habitat for Humanity in Meridian, MS, where we helped paint a home for an elderly

woman. We also donated more than 30 presents to a local family to support their Christmas, and had an Iron Bowl themed coin drive where we raised more than \$100 for Pine Mountain Settlement School.

GAMMA ZETA

Frostburg State University
ccradziewicz0@frostburg.edu

As a chapter, we participated in the Walk for Diabetes in Frederick, Maryland. In November, we raised more than \$400 for The Wounded Warrior Project by getting students to take pictures with "Thank the Troops" posters. For every picture, Bank of America donated one dollar. For Parents Weekend, we had a multicultural dinner for sisters and their families.

GAMMA THETA

Penn State Erie, The Behrend College
sml5452@psu.edu

Our chapter volunteered with the local Habitat for Humanity along with Adopt A Highway. We are also involved with THON, a Penn State dance marathon held annually to raise money for pediatric cancer. We attended the Founders Day celebration hosted by the Erie Alumnae Chapter.

GAMMA IOTA

York College
tdantzle@ycp.edu

Our chapter had the highest sorority GPA for the fall 2013 semester, and we now have the second highest cumulative sorority GPA at York College!

GAMMA LAMBDA

Kutztown University of Pennsylvania
gdigi486@live.kutztown.edu

We walked in the Kutztown ALS walk to support one of our alumnae, as her mother has recently passed away due to ALS. We welcomed 17 new members this semester.

GAMMA MU

West Virginia University Institute of Technology
brittany_doran@yahoo.com

Fall semester is one of the busiest with recruitment, Homecoming (we came in third with the campus cup and the video contest!), and philanthropies (we sponsored "Toy for Tots" and raised money for Pine Mountain Settlement School). Our chapter helped alumna Lori Shaffer with the Conquer Chiari Walk Across America in Charleston, WV.

GAMMA RHO

Seton Hall University
victoria.kelly@student.shu.edu

We were extremely busy in November volunteering in many philanthropic events, including Greeks-giving by collecting cans for a can drive, making PB&J sandwiches for the homeless, and helping to clean up Sea Bright Beach on the Jersey Shore, one of many places affected by Superstorm Sandy in 2012. Our sisters also volunteered with the organization Love Hope Strength to get people to sign up to be bone marrow donors. This past fall semester, we welcomed 16 new members! We are excited to have 65 members.



GAMMA PSI

Fitchburg State University
jlyon3@student.fitchburgstate.edu

In October we held our annual 12-hour Board Game-a-Thon to raise money for Pine Mountain Settlement School. We are preparing for our annual Swing-A-Thon to benefit RAINN (Rape, Abuse, and Incest National Network).

DELTA ALPHA

Gannon University
keane003@knights.gannon.edu

We volunteered at the Thanksgiving dinner, hosted by the campus's Social Work club, for impoverished individuals and families within the Erie community. We also took part in our highway clean-up where once a semester we clean a stretch of Interstate 79 in Erie. We put on a "game show" funded by Gannon University's Activity Programming Board.

DELTA BETA

Fairmont State University
hcunningham2@students.fairmontstate.edu

Early in September, our chapter participated in Paws and Claws Annual Benefit Ride; we sold raffle tickets that benefited the Marion County Humane Society. Our chapter volunteered with the Disability Action Center during their fall formal dance. We did hair, makeup, and nails for the ladies, and we served food and drinks during their dance. During welcome weekend our chapter helped move new students into their dorms on campus. We celebrated our 20th anniversary as a chapter on December 4, 2013.

DELTA DELTA

University of Illinois at Chicago
tmajet2@uic.edu

Every year, we volunteer at the Bank of America Chicago Marathon. Along with the Chicago Marathon, Delta Delta volunteered at other races like the Pretty Muddy Run, The Northside v. Southside Marathon in Grant Park, and the Ditka Dash after Thanksgiving. We celebrated Founders Day with many alumnae from the greater Chicagoland area.

DELTA ETA

Belmont University
cassidy.brady@pop.belmont.edu

This past semester, we spent 114 hours raising money and awareness for

our local philanthropy Susan G. Komen. This included walking in the Race for the Cure and putting on Karaoke for the Cure, where sisters sang and danced to raise breast cancer awareness. We added 58 new members this semester!

DELTA THETA

Moravian College

steak01@moravian.edu

In September, we volunteered at VegFest, a local festival held in Bethlehem that promotes Vegan lifestyles and sustainable living. In October, we volunteered at Kirkland Village, an assisted living home, and gave out candy to the residents. In November and December, we bought, wrapped, and donated gifts to Turning Point of the Lehigh Valley, a domestic violence shelter for women and children in Bethlehem, along with the three other sororities on our campus.

DELTA NU

Beloit College

rubinc@beloit.edu

Our chapter held our most outstanding bake sale in recent years during a study-abroad fair at Beloit College. The proceeds were split between Pine Mountain Settlement School and the local Caritas food pantry. We participated in the Beloit College Homecoming parade, and organized a tailgating barbecue with other fraternities and sororities on campus to host Greek alumni before the football game. Delta Nu alumnae were invited back for an Open House after the game to get to know the current collegiate sisters.

DELTA PI

Oglethorpe University

amcclellan@oglethorpe.edu

This fall, nine of our sisters made Oglethorpe's Dean's List, achieving a 3.5 or higher GPA for the semester. Every fall, we host a philanthropy event called "Taus and Tacos" to raise money for Pine Mountain Settlement School. We also held a Pink Week bake sale where we sold pink baked goods and pins to raise awareness for breast cancer and donated more than \$250 to the Susan G. Komen Foundation.

DELTA RHO

Chowan University

klcaldwell0103@chowen.edu

We had nine sisters on either the President's list or the Dean's list. The chapter had a wonderful professional development presented by one of the faculty members of the university during which we learned how to build effective professional resumes.

DELTA SIGMA

University of the Sciences

acajka@mail.usciences.edu

Sisters participated in Light the Night, which benefits the Leukemia and Lymphoma Society. Other philanthropy events included the American Diabetes Association Step Out to Stop Diabetes Walk, Philadelphia Zoo's 'Boo at the Zoo', Philly Remembers 9/11 5K, Philabundance, making dinner for veterans at the local Comfort House, Phillies Red Goes Green recycling program, Pink-a-Thon, and putting together seven Thanksgiving dinners for local families. Alumnae joined other sisters and their mothers during our chapter's bi-annual mother daughter potluck brunch.

DELTA TAU

Oakland University

mmstarr2@oakland.edu

Over the summer, we held two recruitment workshops to prepare for our Fall Formal Recruitment. In October, we volunteered for The Greening of Detroit and planted trees at a park in Detroit and met alumnae at the Detroit Institute of Arts followed by dinner in downtown Detroit. Additionally, a group of sisters volunteered over the holiday season to build and deliver food baskets for families in need. Throughout the winter semester we had Leadership Development courses before and after meetings.

DELTA UPSILON

St. Leo University

jessa.albert@email.saintleo.edu

Throughout the morning during our Adopt A Highway clean up, we happened upon a stray dog. We rescued the dog from oncoming traffic and were finally able to get in touch with a local humane society to take him in. We named the dog Curley in honor of the street where we found him. This day inspired our philanthropy chair to get our chapter involved with the humane society as a new service project. This spring, we welcomed our biggest class of new members since our chapter was installed at Saint Leo University!

EPSILON ALPHA

Embry - Riddle Aeronautical University

ROONEYH@my.erau.edu

To support Breast Cancer Awareness week, we hosted our first annual Bra Pong Tuesday Tournament. Throughout the week we sold goodies like BCA teddy bears, pink ribbons, pink necklaces, pens, etc. Our chapter raised over \$300 for the National Breast Cancer Foundation. We received the Promotion of Health and Wellness on Campus Award from the university Wellness Center Staff for our work that week. Our Alumnae joined us for our annual Candlelighting Service for Founders Day and the Gentlemen of Sigma Alpha Epsilon brought us yellow roses and sang us their "My Violet" sweetheart song.

EPSILON GAMMA

Armstrong Atlantic State University

td4368@stu.armstrong.edu

We held Cupcakes in Heels, which raised money for Pine Mountain Settlement School, and participated in local service events such as Treasure Savannah and Light the Night. Our chapter hosted an alcohol awareness event called "Fun without the Hangover!" Students were involved in this awareness event, and the campus police also joined in on the fun!

EPSILON DELTA

Rogers State University

alickwarren@yahoo.com

We are so excited to have doubled in chapter size during formal recruitment! We added ten new members to our chapter. Our chapter participates in the JDRCF walk every year. This year, one of our members got her fellow recruits at the local Naval recruiting station to participate in the walk with us! It was great to participate and to get another local organization involved in such a great cause.

EPSILON EPSILON

Johnson & Wales University-Florida

SJones01@wildcats.jwu.edu

Using new recruitment techniques this past fall term, we doubled our chapter size. We are excited to see our chapter grow and look forward to our continued success!

EPSILON ZETA

University of Virginia's College at Wise

cqj9z@uvawise.edu

We made cupcakes for the cancer center in Norton, Virginia, fixed decorative Mason jars for the Pine Mountain Settlement School, and designed a banner for the MS Society. The MS society is close to our hearts because one of our alumnae members suffers from Multiple Sclerosis.

EPSILON LAMBDA

Indiana University South Bend

amacolli@iusb.edu

In October, we held our first ever Flapjack Attack pancake breakfast to raise money for breast cancer awareness. We are also proud to announce that our campus started its first Panhellenic Council and Greek Council this fall. Welcome to our new chapter advisor, Lizzie Mikes. She has brought us a lot of ideas and wisdom from her days as a member of the Epsilon Epsilon Chapter.

EPSILON MU

SUNY University at Buffalo

Cassiewi@buffalo.edu

We showed off our muscles and support at our national service project, Habitat for Humanity. We also supported our local philanthropy, Dancers Give Back, to raise money for Roswell Park Cancer Institute and the Jacquie Hirsch for A.L.L. Foundation. Amidst all our service, we recently finished Formal Recruitment and are anxiously waiting to welcome our new members.

EPSILON NU

McDaniel College

pem004@mcDaniel.edu

We received the Brandt Memorial Cup, which is awarded to the best Greek organization on our campus. This award recognizes the chapter's excellence in academic, athletics, and many other achievements. We volunteered at a holiday party for our local Boys and Girls Club. At Homecoming we painted our letters on the hill and participated in the Homecoming parade. We welcomed back many alumnae and cheered on Green Terror! We had two members take part in Recruitment Boot Camp. They brought back a wealth of knowledge on how to improve our recruitment process.

EPSILON OMICRON

University of Southern Indiana

mlappell@eagles.usi.edu

Our name is out there on our campus now more than ever. We participated in several fraternities' philanthropy events, including Lambda Chi Alpha's Pumpkin Bust. We participated in formal recruitment on our campus for the first time and had so much fun. On Bid Day, we almost doubled our chapter size!



EPSILON MU

EPSILON PI

Rhode Island College

bhelgerson_3170@email.ric.edu

This past fall, we welcomed our first new member class. All of these women have shown great dedication to and love for the sorority. We are very proud of our new members and glad to have them as a part of our blossoming organization.

EPSILON RHO

SUNY Geneseo

ekf6@geneseo.edu

We participated in many different service activities including the Greek community's dodgeball tournament, ushering for a local concert to benefit the county's literacy group, and donating our time at an Alzheimer's Walk. One of our sisters donates her time in a Costa Rican orphanage during school breaks, so for one of our recruitment events, the potential new members and the sisters made tie blankets for these children. In November, the Buffalo alumnae chapter invited our chapter and other collegiate chapters to celebrate Founders Day with them at the Fox Valley Country Club in Lancaster, NY. It was our chapter's first time celebrating Founders Day.

Chapter Installations

Beta Rho Chapter Installed at Arkansas Tech University

By Justina Solties, Gamma Theta
Member Engagement Coordinator



Russellville, Arkansas

The Beta Rho Chapter at Arkansas Tech University was first established at the mid-sized public institution in Russellville, Arkansas, on April 23, 1983. In the spring of 2013, the Arkansas Tech College Panhellenic Association invited Alpha Sigma Tau to recolonize the Beta Rho Chapter. The Sorority began recruiting in the Fall 2013 semester, and on November 23, 2013, 72 women were initiated into Alpha Sigma Tau!

During their colonization period, the new members participated in a variety of Alpha Sigma Tau, Panhellenic, and campus events including Arkansas Tech's Homecoming celebration; Habitat for Humanity events; Green and Gold Give Back Day; a sisterhood day with Zeta Tau Alpha; an elementary school Halloween event; and other activities. Throughout the colonization, Morgan Shiflett, Alpha Lambda, Extension Educational Consultant, and Chapter Advisory Board members Elizabeth Langston-Tullos, Alpha Gamma; Kelli O'Brien, Delta Eta; and Miranda Ludolph, Epsilon Lambda provided support, guidance, advice, and mentorship to ensure an exceptional experience for Alpha Sigma Tau's newest members.

National Vice Presidents Jamie Jones Miller, Psi, and Tiffany Street, Delta Mu, conducted the Formal Initiation Ceremony with assistance from Elizabeth Langston-Tullos; Kelli O'Brien; Miranda Ludolph; Bobbie Nichols, Alpha Gamma, Board of Trustees member and former Director of Expansion; Teena Johnson, Alpha Gamma, Alpha Gamma Assistant Chapter Advisor; Morgan Shiflett; Gretchen Stahl, Director of Membership Growth; and Justina Solties, Member Engagement Coordinator.

Many collegiate chapters and alumnae members supported the new colony through donations of Ritual supplies, while members from the nearby Upsilon Chapter at University of Central Arkansas – Brittney Skelton, Marleigh Mills, Sara Bruns, Kaity Cardin, Jordan Frederking, Brittany Renfro, and Daley Johnston – volunteered their time to assist with the Formal Initiation Ceremony.

During the Installation Banquet, when the colony officially became a chapter, Beta Rho received many gifts and warm wishes from National Council members and distinguished guests. Congratulations to the Beta Rho Chapter, and thank you to all who participated in the Installation weekend!

By Chantel Moseby,
Beta Rho Collegiate Member

At Arkansas Tech, we are taught to believe and stand for academic success, and that the act of getting involved on campus will lead us to a brighter, more fulfilling future. While at times the recolonizing process was challenging, it was one that has forever changed the lives of more than 80 young women, as well as our campus. It is comforting that we don't have to wait to graduate alumnae to take advantage of their wisdom and guidance to us – there are many right here in our area, already from Beta Rho. As a chapter, we are very thankful for the amazing Headquarters staff for all their assistance. One of the greatest aspects has been being able to look back on Alpha Sigma Tau and everything that we accomplished on campus, and also to learn our very own Tech history and legacy as it continues to grow. We are so proud to have had the original founders of the Beta Rho chapter help us make this organization terrific. Arkansas Tech once again is producing women that are Active, Self-Reliant, and Trustworthy.

NOW TRENDING

#badgeday14



Shauna Jackson
@shaunie203

I wear my badge because I am proud to be “Anchored for Life” to some of the most amazing women I have ever known [@alphasigmatau](#) [#BadgeDay14](#)

8:05 PM - Mar 3, 2014



Sarah Elizabeth
@Sarah_Lew_

Happy National Badge Day to my [@ASTGannon](#) [@AST_Clarion](#) and [@alphasigmatau](#) sisters and to all [@NPCWomen](#) ! [#anchoredforlife](#) [#GoGreek](#)

1:18 PM - Mar 3, 2014



Emilee
@EmileeBeckman_

Happy National Badge Day! Proud to be an Alpha Sigma Tau. [#alphasigmatau](#) [#anchoredforlife](#)

11:20 PM - Oct 12, 2013



International Badge Day

March 3



Sally A Belknap
@SallannB1

I wear my badge because it connects me to the women who believe in Beauty of Spirit and Graciousness of Living. [@alphasigmatau](#) [#BadgeDay14](#)

9:49 AM - Mar 3, 2014



Megan Janina
@MeganJanina

Happy National [#BadgeDay14](#) to all my sorority women and the ladies of [#alphasigmatau](#). [@astbetapi](#)

8:25 AM - Mar 3, 2014



Emily Boockoff
@eboockoff

Happy International Badge Day! Show that Greek life pride! [#alphasigmatau](#) [#bsulife](#) 🇬🇷

8:25 AM - Mar 3, 2014

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West Virginia Taus Help Conquer Chiari

By Lindsay McDowall, Gamma Mu



(above) The Shaffer Family

(left) Gamma Mu sisters at the Conquer Chiari Walk Across America event

Keegan and Ethan are two normal kids with loving families. They enjoy playing outside and being with their friends, and are lively and full of wonder. Keegan is well known to the sisters of Gamma Mu. Some of us have babysat for her and her brother; some of us have played games with her at various planning meetings. Ethan, while new to our ever-growing sisterhood family, is no less treasured. He has a bright smile and never fails to share that smile with the sisters! Keegan and Ethan are from two different walks of life, but have so much in common. Looking at them, you would never guess that they both have a serious neurological disorder.

Chiari Malformation (Arnold-Chiari) is a serious neurological disorder where the bottom part of the brain, the cerebellum, descends out of the skull and crowds the spinal cord, putting pressure on both the brain and spine causing many symptoms.

Chiari is more common than many people think. Conquer Chiari Foundation estimates that 1 in 1,000 people have Chiari, which translates to 300,000 people in the US alone. According to the American Association of Neurological Surgeons, there are more than 10,000 Chiari surgeries each year.

It is generally believed that Chiari affects people of all races. There are some indications that it affects more women than men. Symptoms can develop at any age, but people are usually diagnosed as children or as adults in their late 20s or early 30s.

There is no cure for Chiari, but there is surgery performed by a neurosurgeon to make more room around the cerebellum by removing part of the skull and spine. The surgery can elevate symptoms for some people, but not all. There is roughly a 50% success rate. Some times symptoms can return years after surgery. We need to find a cure!

The Gamma Mu chapter has happily adopted the Conquer Chiari Walk Across America as a philanthropic project. We were asked to participate in 2012 by alumna and former Chapter Advisor Lori Martin Shaffer, Keegan's mom. Lori was the walk organizer that year and asked that the sisters of Gamma Mu help out by volunteering, and Gamma Mu agreed without hesitation. We showed up hours before the walk to help set up and start making lunches for the walkers. As people arrived, we helped them register. The walk was a success!

A year later, Gamma Mu happily volunteered again. This time, we were blessed not only to walk in honor of Keegan, but for Ethan as well. Ethan is the cousin of collegiate sister Nikki McCarthy. Our sisters from the Omicron Chapter (Concord University) came and walked with us. The walk was held in Charleston, WV. Approximately 11,000 people across the US (and Iraq) joined together at more than 50 locations to spread awareness and raise more than \$560,000 for research; at least 80% of those funds raised will go directly to research efforts for a cure.

Keegan and Ethan are only two of the thousands of people that have this terrible disease. By walking in the Conquer Chiari Walk Across America on September 20, 2014, you can help fight for a cure for people like Keegan and Ethan. Sign up today at www.conquerchiari.org!

Officer, Volunteer, and Staff Directory

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kwalker@alphasigmatau.org

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Show Off Your Advisor!



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April is Advisor Appreciation Month! This year, members are encouraged to use the mobile app Instagram to show and say why they appreciate their Chapter Advisory Board (CAB) or a particular member of the CAB, past or present. Alumnae members can submit posts highlighting CAB members who have touched their lives.

Follow Alpha Sigma Tau on Instagram (@alphasigmatau) and recognize an advisor or Chapter Advisory Board by using #ASTadvisor and @alphasigmatau in the caption of the image or short Instagram video. The most liked photos or videos will determine the winning Chapter Advisory Board or CAB member. Winner(s) will be announced on April 30, 2014, via social media.

Follow along with other Alpha Sigma Tau social media outlets to see the outpour of appreciation throughout the month of April.