



Essential Woman: Winter Weather-Proofing

By Alisa Vitti (ZO[^]-Johns Hopkins), Holistic Health Counselor, American Association of Drugless Practitioners

Have you noticed how you may at times feel physically, emotionally and mentally unbalanced in the winter months? Every year we tell ourselves we'll eat less, exercise more and take better care of our bodies. But some of us don't listen to the little voice within and end up with the "winter blues."

Winter is the season of hibernation. Our bodies want more rest, warmth and reflection on another year's passing. But the hectic holiday season can come with stresses that may linger into the winter.

Extreme eating emotional pitfalls

During the winter months, we tend to eat extreme foods – or foods that set off a ping-pong effect on our mood and energy – resulting in stress and fatigue and creating cravings for more extreme foods. When this happens, our bodies are actually bouncing between contractive and expansive foods.

Contractive foods make us feel tense, short-tempered and sluggish. Extremely contractive foods are salt, meat, cheese and dense baked foods.

At the other extreme are expansive foods that strip us of vital minerals and make us feel unfocused, hyperactive and overly emotional. Extremely expansive foods are sugar, alcohol and tobacco.

Eating at the ends of this spectrum creates cravings and a roller coaster of emotions.

Eat to the middle

You can maintain balance by eating more foods in the middle of the spectrum. Balanced foods with some contractive properties – whole grains, beans, fish and root vegetables – will make you feel grounded, warm and focused. Balanced foods with some expansive properties – leafy green vegetables, fruit and herbal teas – make you feel cool, open and relaxed. The key is to make simple changes. Serve yourself more vegetables and less meat. Or choose wild rice instead of breads.

Your food-mood connection

Try the following food experiment to practice listening to what your body is saying. Sample these quick and easy recipes (see sidebar). Then track how your body responds after each.

Test your metabolism by determining how your stomach feels right after you eat? Two hours later? Test your emotions by asking yourself how your mood is right after you eat? Two hours later?

What else is on your plate?

Often the holidays and winter months bring more than a large serving of turkey and apple pie. Many women take on more than they can chew. It also is critical to learn to serve yourself a healthy portion of primary food, or everything else that feeds us: love, laughter, relationships and intimacy.

Try one or both of the following and let Alisa know how you feel after:

- Have a heart-to-heart conversation with a loved one.
- Say no to a not-so-important commitment to do something nice for yourself instead.

Alisa Vitti is a holistic health counselor and nutrition and lifestyle coach certified by the American Association of Drugless Practitioners. She lectures at Beth Israel Medical Practices in Manhattan. With degrees from Johns Hopkins University and the Institute of Integrative Nutrition, she specializes in women's hormonal imbalances, fertility, irritable bowel syndrome, Crohn's disease, sugar addictions, hypoglycemia and heart disease prevention. She successfully healed herself of PCOS (polycystic ovarian syndrome) using the methods she teaches. To learn more, visit her Web site at www.alisavitti.com or contact Alisa at alisaholistic@yahoo.com or 917.862.8426.

Editor's Note: As always, consult your physician before beginning any new diet or exercise regimen.

RED BEAN CHILI (MAKES 6 SERVINGS)

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 teaspoon each: salt, ground cumin, oregano, chopped garlic
- 1/8 teaspoon each: cinnamon, cayenne (optional)
- 1 cup canned or frozen corn
- 1 cup organic tomato sauce
- 1 cup water
- 1 cup organic canned kidney beans, rinsed and drained
- 3 tablespoons grated cheese

Sauté onion, green pepper, spices and olive oil in a soup pot for 5-10 minutes. Add corn, tomato sauce, water and beans. Simmer 20 minutes. Serve topped with grated cheese.

BAKED APPLES (MAKES 2 SERVINGS)

- 2 large apples
- 1 teaspoon each chopped walnuts, raisins and maple syrup
- Pinch of cinnamon and salt

Hollow out the core of each apple without cutting through the bottom. Mix the other ingredients and pour into the apples. Bake at 375 degrees for 30 minutes until tender.



Foundation Honors Alpha Phis with Scholarships in their Name

Alpha Phi Foundation is proud to offer two newly endowed scholarships. These scholarships will be given in honor of two remarkable Alpha Phis who have contributed so much to the success of the Fraternity. This school year, the **Betty Mullins Jones** and **Sally McCall Grant** (both Γ -DePauw) scholarships will be awarded.

Betty Mullins Jones Scholarship

Betty's name is synonymous with the high ideals of Alpha Phi and excellence. Her stance was to always do the right thing — even when it wasn't the most popular idea. Betty joined the silent chapter two years ago, but her dedication to our common fraternal values lives on.

To honor Betty's commitment to the National Panhellenic Conference (NPC), the Alpha Phi Foundation and National Panhellenic Conference Foundation seek a collegiate woman who has worked to further the Greek community's reputation on her campus. She must embody the Greek values of sisterhood, philanthropy and scholarship. She also must serve on her college Panhellenic council.

The scholarship will be awarded annually through the NPC Foundation, with the first scholarship granted in 2004. For more

information and to receive an application, visit the National Panhellenic Conference's Web site at www.npcwomen.org.

Sally McCall Grant Scholarship

Sally most recently served as the 2001-03 National Panhellenic Conference chairman and also as Alpha Phi's delegate. Her position held special significance because her installation was exactly 100 years after Alpha Phi called the 1902 meeting that is credited for founding NPC. Recently, a donation was made to the Alpha Phi Foundation in recognition of Sally's years of service to Alpha Phi and the Panhellenic community.

The recipient must be an Alpha Phi woman who has enhanced the relationship between her Greek system and the community. She must embody the Greek values of sisterhood, philanthropy and scholarship. It is our goal to award this scholarship to an Alpha Phi who makes a difference in Greek life by serving on her college Panhellenic.

If you are a college Panhellenic officer and wish to apply for the Sally McCall Grant Scholarship, visit the Alpha Phi Foundation's Web site at www.alphaphi.org.

Scholarship Recipient Is Hot on the Political Trail



Courtney Cooper

Courtney Cooper (BE-Arizona) is not an average college senior. She's a world traveler and is well on her way to a career in international politics. While family and friends thought Courtney would follow in the footsteps of her doctor siblings, she knew her heart was with international affairs.

Courtney most recently spent a summer in Buenos Aires, to fulfill a position as an intern for the State Department in Argentina. She was invited to a Fourth of July celebration at the ambassador's home and was present at the Argentine presidential inauguration.

"I was standing among some of the most important Argentine political figures. What a rewarding experience," Courtney says.

Alpha Phi leadership roles (she served as new member educator and vice president program development) helped spur her political interests. Courtney says she is a stronger leader and better role model because she "became involved as soon as possible."

Courtney is a 2003-04 Alpha Phi Foundation scholarship recipient and plans to attend graduate school next year.

She says, "Winning this scholarship was Alpha Phi's big thank you to me for the time, energy and positive contributions I strive to make daily in Alpha Phi."

Foundation Awards More Than \$100,000 in Scholarship Aid

Alpha Phi Foundation is proud to continue the Fraternity's high regard for scholarship and foster the pioneering spirit our Founders held close to their hearts by awarding scholarship aid to 69 young women. These women received more than \$100,000 for the 2003-04 school year.

Winners were selected from highly competitive applicant pools from graduate and undergraduate universities across the U.S. and Canada. Scholarship recipients were selected by the Foundation's scholarship committee on the basis of the applicant's scholastic record, essays, service to Alpha Phi and the community, campus involvement and alumnae recommendations.

The 2004-05 scholarship applications are now available for undergraduate and graduate members of Alpha Phi. Download an application from our Web site at www.alphaphi.org. The deadline for application submission is March 15, 2004. Contact the Foundation at 847.475.4532 for more information.

UNDERGRADUATE WINNERS

Gretchen Adelson
(A-UC/Berkeley)
Foundation Scholarship

Kristine Bender
(HΣ-Lafayette)
Ruth Crellin Boutwell Scholarship

Emily Black
(HX-Bishops)
John and Sharon Spraker Barnes Scholarship

Angela Bong
(EB-Butler)
Ruth Woods Memorial Scholarship

Alisa Brandle
(Σ-Washington)
Sigma Scholarship

Gail Cayetano
(H^Λ-Boston)
Marion L. Frank Memorial Scholarship

Lauren Claytor
(BT-Indiana)
Toni Soreng Cobb Scholarship

Brigid Connolly
(BA-UCLA)
Beta Delta Scholarship

Courtney Cooper
(BE-Arizona)
Edwynne C. Rosenbaum Scholarship

Morgan Cox
(ΓK-CSU/Long Beach)
Madge H. Leshar Scholarship

Patricia Crowley
(Ψ-South Dakota)
Mabel Cowlishaw Siggins Scholarship

Katheron Duffett
(ΔA-East Carolina)
Betty Mullins Jones Scholarship

Katherine Frost
(ΔΞ-Nebraska/Kearney)
Delta Xi Scholarship

Christie Griffin
(BT-Indiana)
Joan Merritt Holmes/Margaret Beery Doe Scholarship

Laura Guthrie
(Ω-Texas)
Buster Homburg/Sally Mitchell Milam Scholarship

Aleene Hang
(BB-Michigan State)
Beta Beta Chapter Scholarship

Caroline Hoover
(Σ-Washington)
Ruth Allingham Soriano Scholarship

Kristen Hyland
(HE-Villanova)
Ruth Crellin Boutwell Scholarship

Ashley Keating
(Θ-Michigan)
Constance Purkiss Kelly Scholarship

Haley Kurtz
(E-Minnesota)
Marian K. Kidder Scholarship

Tammy Matthews
(O-Missouri)
Anne Williams Muhl Scholarship

Jennifer McCook
(Ω-Texas)
John R. and Cecile D. Richards Scholarship

Melissa McGinnis
(Θ-Michigan)
Toni Soreng Cobb Scholarship

Jennifer Monk
(Ω-Texas)
Darcel Atwill Weller Scholarship

Megan Moore
(EP-UC/Davis)
Carol Klink Claussen Scholarship

Therese Nawrocki
(BB-Michigan State)
Beta Beta Chapter Scholarship

Joan Neely
(Ω-Texas)
Buster Homburg/Sally Mitchell Milam Scholarship

Ashley Nelson
(Σ-Washington)
Sigma Scholarship

Kristin Newton
(ZA-Eastern Illinois)
Frances Cameron Wiig Scholarship

Emily Reinhart
(ZY-Washington University)
Mabel Cooper Lamb Scholarship

Teresa Rychlewski
(ΓO-Drake)
Foundation Scholarship

Laura Sands
(ΔΓ-Northern Colorado)
Rachael Fitt Scholarship

Ella Schmidt
(IZ-Colorado School of Mines)
Edwynne C. Rosenbaum Scholarship

Erica Simon
(BB-Michigan State)
Class of '63 40th Anniversary Scholarship

Elizabeth Smoose
(A-Syracuse)
Mabel Cooper Lamb Scholarship

Tiffany Stouck
(HO-Virginia Tech)
Anne Williams Muhl Scholarship

Sarah Tague-Ortiz
(ΓT-Arizona State)
Vicki Silverman Scholarship

Stephanie Thomas
(Θ-Michigan)
Susan Hausman Brunner Scholarship

Abbie Tingstad
(ZΦ-MIT)
Toni Soreng Cobb Scholarship

Jennifer Topolosky
(B-Northwestern)
Mabel Cooper Lamb Scholarship

Amy Utecht
(E-Minnesota)
Marian K. Kidder Scholarship

Kirsten Wallerstedt
(A-UC/Berkeley)
Lambda Anniversary Scholarship

Jennifer Winford
(A-UC/Berkeley)
Edie L. Schragger Memorial Scholarship

Barbara Yudell
(BA-Illinois)
Kristy Burgener Memorial Scholarship

GRADUATE WINNERS

Bethany Abele
(HΣ-Lafayette)
Doris Corbett Scholarship

Katherine Brady
(N-Nebraska)
Helen Bradford Graduate Scholarship

Charee Campbell
(Γ-DePauw)
Foundation Scholarship

Laura Farrell
(Γ-DePauw)
Octavia Born Brooks Memorial Scholarship

Sarah Gluckowski
(ΘK-Rochester)
Delta Scholarship

Kelly Hanna
(EI-Duquesne)
Diane Keenum Hite Scholarship

Nicole Henning
(BA-Illinois)
Foundation Scholarship

Sara Horvath
(EB-Butler)
Foundation Scholarship

Monica Jolly
(ZΓ-Santa Clara)
Foundation Scholarship

Dana Kuchem
(Δ-Cornell)
Mary Miller Lyons Scholarship

Alissa Lipton
(ZΩ^Λ-Johns Hopkins)
Clara Bradley Burdette Scholarship

Donelle Mayberry
(Θ-Michigan)
Marilyn Bracken Ruckman Scholarship

Melanie McKeen
(ΘΓ-Truman State)
Delta Scholarship

Jennifer Piel
(Z-Washington)
Jeanette Coulton Kilian Scholarship

Kamala Schuster
(ZM-Colorado State)
Foundation Scholarship

Molly Skjei
(B-Northwestern)
Foundation Scholarship

Christine Socha
(HΣ-Lafayette)
Foundation Scholarship

Danielle Stein
(ZY-Washington University)
Foundation Scholarship

Diane Steinkamp
(BA-Illinois)
Mary Yearsley Scholarship

Jennifer Stevens
(ΘZ-Florida Tech)
Nancy Pitchforth Patton Scholarship

Genevieve Evans Taylor
(Ψ-South Dakota)
Foundation Scholarship

Stephanie Timmerman
(EΘ-Northern Iowa)
Martha Jarvis Sutton Scholarship

Heather Wrzesinski
(Σ-Washington)
Eloise Howell Scholarship



New Arrivals

Akron (HF)

To Joseph G. and Heather Miller Johnson, a son, Aaron Thomas, Aug. 26, 2003.

To Rob and Chrisy Bubba Siewert, a daughter, Allyson Elizabeth, May 4, 2003.

Appalachian State (ON)

To Mark and Jennifer Rimmer Bateman, a daughter, Hannah Alice, June 23, 2003.

Arizona (BE)

To Jim and Lora Robinson Robinson, a daughter, Stephanie Anne, Feb. 27, 2003.

Arizona State (FTI)

To Christopher and Tiffany Duepner Fettig, a son, Conner Gabriel, Feb. 7, 2003.

To Tim and Amy Tillis Gray, a daughter, Emma Elizabeth, June 24, 2003.

Ashland (EA)

To Greg and Amanda Trager Billman, a son, Brenton Nicholas, Aug. 5, 2003.

To Casey and Heather Addair Brayshaw, a daughter, Kathryn Belle, June 30, 2003.

To Tim and Kelly Shanafelt Gilcrest, twin sons, Aidan Steven and Ian Timothy, April 3, 2003.

Baldwin-Wallace (ΔY)

To Todd and Lisa Yacobozi Boylan, a son, Joshua Dean, June 11, 2003.

Ball State (ΔP)

To Keith and Jill Siwek O'Connell, a son, Aidan Michael, Feb. 5, 2003.

To Steve and Katie Divelbiss Richards, a daughter, Mary Ella, Dec. 30, 2002.

To Jon and Stephanie Buzan Walton, a daughter, Maya Juliana, April 27, 2003.

To Brian Alan and Sarah English Warfield Souders, a son, Jace Alan, Nov. 8, 2003.

Barry (ΘΩ)

To Carlos Humberto and Karin Figueroa Lopez, a son, Carlos Eduardo, March 2, 2003.

Bentley (ZP)

To Ginny Williams and Rose Anderson, a daughter, Madalyn, Aug. 17, 2003.

Bowling Green State (BO)

To Randy and Melinda Fisher Blackmer, a daughter, Maizie Marjorie, March 14, 2003.

To Jonathan and Nicole Ullman Booher, twin daughters, Claire Rebecca and Rachel Catherine, Aug. 25, 2003.

To Nathan and Holly Engle-Heerd, a daughter, Grace Kathryn, June 16, 2003.

To Stephen and Melissa Tamburrino Karagiozis, twins, Carson Anthony and Kylie Jean, May 6, 2003.

To Randy and Mandy Gillam Mumma, a daughter, Katelyn Nicole, Aug. 8, 2003.

Butler (EB)

To Thomas and Jessica Lindley Amick, a son, Landon Thomas, April 3, 2003.

To Darrin and Julie Vilt Hutchings, a son, Joshua Daniel, Sept. 19, 2003.

To T.J. and Jennifer Allen Koron, a daughter, Ally Renee, June 20, 2003.

To Brian and Christy Jordan Minrath, a son, William Jordan, May 15, 2003.

To Jeff and Jennifer Merrell Reynolds, a son, Preston Cooper, July 30, 2003.

To Aaron and Kelly Golden Walbrandt, a daughter, Sophie Caroline, May 25, 2003.

Cal Poly (EX)

To Andrew and Lisa Morrison LaVelle, a daughter, Evelyn Claire, July 15, 2003.

To Kenneth and Donielle A. Severa-Lee, a daughter, Taylor Ann Severa, June 12, 2003.

To David and Lisa Grossman Murphy, a son, Jacob David, June 17, 2003.

To John and Carolyn Nielsen Thompson, a son, Carter McDowell, Aug. 22, 2003.

Cameron (ΘP)

To Joe Rodriguez and Callie Dipprey, a daughter, Madyson Claire, Aug. 10, 2003.

Case Western Reserve (ZΠ)

To Jim and Heather Konko Schult, a son, Payton Thomas, Sept. 6, 2003.

Chapman (HY)

To Steve and Erika Erdmann Foster, a son, Colton Edward, July 22, 2003.

Colorado (BΓ^)

To Rob and Kasey Chou McGregor, a daughter, Ashlyn Margaret, April 5, 2003.

Cornell (Δ)

To Gerald V. and Katherine Buehl McMahon, a son, Michael G., Sept. 12, 2003.

To Joseph and Mary Sue Page Youn, a daughter, Cassandra Page, May 7, 2003.

CSU/Hayward (HA)

To Brian and Brenda Cabral Balingit, a son, Evan Daniel, Sept. 27, 2003.

To Kurtis and Amy Moyers Keala, a daughter, Allyson Kapuanani, March 8, 2003.

To Stan and Annie Celada Kwong, a daughter, Kaili Grace, July 3, 2003.

To Kevin P. and Michelle Lacson Robinson, a daughter, Kaila Adrienne, June 9, 2003.

To Jim and Tiffany Drexhage Rand, a son, Spencer Robert, Sept. 11, 2003.

To Tom and Charleen Ivanov Silva, a son, Christian Joseph, Sept. 12, 2003.

CSU/Northridge (EY)

To Dominic and Josie DiGiacinto Dovidio, a son, Anthony Michael, Jan. 13, 2003.

CSU/Sacramento (EΓ)

To Rod and Cindy McClure Scacalosi, a son, Enzo Robert, June 15, 2003.

To Chris and Beth Gall Thrasher, a daughter, Amanda Gail, July 20, 2003.

CSU/San Bernardino (HB)

To Christopher and Nicole Luppino DeLaval, a son, Dominic James, May 13, 2003.

To Michael and Amy Eatherly Wetzel, a daughter, Kailee Ann, May 28, 2003.

Dayton (ZΨ)

To Jon and Kathleen Crowley Falk, a daughter, Lauren Marie, May 30, 2003.

To Todd and Stacia Hartwig Rumbarger, a daughter, Julia Grace "Gracie," Feb. 18, 2003.

East Carolina (ΔA)

To Bill and Heather Mann Burns, a son, Dillon Craig, July 22, 2003.

To John and Lori Oates Everhart, a daughter, Emma Katherine, June 20, 2003.

To Arthur and Kim Lewis Tipton, a son, Jacob Arthur, June 5, 2003.

Eastern Illinois (ZA)

To Brad and Patty Hendrickson Goetz, a son, Maxwell Seidel, June 22, 2003.

To Corey and Michelle Clifford Hendricks, a son, Jacob Matthew, June 4, 2003.

Elmhurst (ZE)

To Frank and Lisa McCarty Trentadue, a daughter, Sofia Francesca, June 2, 2003.

Florida Tech (ΘZ)

To Dave and Andrea Loncto Colby, a daughter, Madison Leigh, April 15, 2003.

To Curt and Danielle O'Driscoll Fischer, a son, Ryan Patrick, Aug. 25, 2003.

To Brad and Kara McHenry Sysol, a daughter, Lauren Anne, May 22, 2003.

Franklin & Marshall (ZE)

To John and Rebecca McElfresh Liethen, a son, William Edward, June 20, 2003.

George Mason (HA)

To Michael and Kate Mehl Bachman, a son, Grady William, May 8, 2003.

To Patrick and Michelle Naylor Faber, a son, Timothy James, Aug. 15, 2003.

To Sean and Cindy Wassenaar Parker, a son, Samuel Richard, Feb. 8, 2003.

Idaho (BZ)

To Greg and Melody Nall Woods, a daughter, Abigail Sierra, June 13, 2003.

Illinois (BA)

To Rick and Ann Brenner Cotner, a daughter, Margaret Ann, Aug. 25, 2003.

To John and Julie Koenigsberger Morley, a son, Brian Arthur, May 21, 2003.

To Tom and Wendy Salem Wagner, a son, Henry Thomas, July 7, 2003.

Indiana State (ΔΠ)

To Matthew and Jenny Galyean Stoops, a daughter, Molly Elizabeth, April 30, 2003.

Indiana U. Southeast (ZE)

To Josh and Carrie Jordan Bowman, a son, Byron Lucas, Feb. 19, 2003.

Iowa (ΔE)

To Alexander and Heather Saunders Fox, a son, Ethan Alexander, July 20, 2003.

To Ryan and Amy Rankin Murrin, a daughter, Emily Rose, Aug. 10, 2003.

To Steven and Kerstin Rajtora Smith, a son, Jacob Alexander, Aug. 11, 2003.

Iowa State (ZΔ)

To Jason and Jennie Clifford Greer, a daughter, Olivia Grace, Aug. 15, 2003.

James Madison (ΘI)

To John and Kris Willey Adair, a daughter, Lauren Elizabeth, May 3, 2003.

To Neil and Holly Bowdler Cybulski, a daughter, Elizabeth Mae, June 25, 2003.

To Fred and Sarah Barry Shane, a son, Aidan Jeffrey, April 27, 2003.

Johns Hopkins (ZO^)

To Jason and Mary Mortensen DeBiasco, a daughter, Amy Elizabeth, July 13, 2003.

To Eric Paul and Kathleen Duke Tracy, a son, Timothy Duke, May 15, 2003.

Linfield (ΘA)

To Robert and Dina Christophersen Musgrave, a daughter, Allison Adele, June 24, 2003.

To Rob and Becky Anderson-Owens, a son, Charles Rubin, Nov. 7, 2002.

To Andy and Melynda Schoenig-Stitt, a son, Ian Charles, June 29, 2003.

Loyola Marymount (ZB)

To Brian and Michelle Gunst Norman, a daughter, Natalie Michelle, Jan. 28, 2003.

To Glen and Marianne Hill-LaBarber, a daughter, Kathryn Marie, Aug. 12, 2003.

Marquette (HM)

To James H. and Michelle Christian, a daughter, Jada Christian, May 1, 2003.

Maryland (ZΔ)

To David and Gina DellaVecchia Leib, twin daughters, Chloe June and Maya Jacqueline, July 15, 2003.

To Doug and Hillary Cherry Mintz, a daughter, Jocelyn Marissa, Dec. 21, 2002.

Miami University (ΓN)

To Michael and Carolyn Shephard Kelley, a daughter, Katherine Elizabeth, Feb. 8, 2003.

To Kraig and Julie Cancasci McConaghy, a daughter, Riley Laine, Sept. 4, 2003.

Michigan (Θ)

To Paul and Kimberly McCall Chaffin, a daughter, Julia Ann, July 12, 2003.

To Matthew and Anne Wells Steinhauer, a daughter, Mia Katharine, July 25, 2003.

Minnesota (E)

To Jeff and Heather Radford Francis, a daughter, Summer Eleanor, May 14, 2003.

Missouri (O)

To Karl and Lynn Duffey Bridges, a son, Jackson Duffey, June 5, 2003.

To Adam and April Kastning Haynes, a daughter, Lauren Renee, May 30, 2003.

To David and Rose Shanes Lumm, a son, Ryan David, Oct. 14, 2002.

To Brian and Kristen Hippard Schraut, a daughter, Aubrey Michele, July 21, 2003.

To Jeff and Laura Lueck Worster, a daughter, Abigail Elizabeth, June 5, 2003.

NC State (EΦ^A)

To Greg and Tonya Maroschak Fink, a son, Eli Jacob, July 6, 2003.

To Paul Britton and Kimberly Ann Hale-Surles, a son, Jacob Alexander, Sept. 14, 2003.

North Dakota (Π)

To Cory and Nicole Mack Chupka, a son, Cole Mack, Jan. 22, 2003.

North Texas (ΓH)

To John and Caryn Shephard Francis, a daughter, Kristen Ellen Wesley, Jan. 28, 2002.

To James and Jessica Curran Looney, a daughter, Josephine Isabelle, July 14, 2003.

Northeast Missouri State / Truman State (OΓ)

To Terry and Andrea Prichard Herbert, a daughter, Allison Faith, Aug. 27, 2003.

To James and Jessica Curran Looney, a daughter, Josephine Isabelle, July 14, 2003.

To Jason and Joni Cook Patton, a daughter, Hailee Allison, June 18, 2003.

To Daniel and Amy Fischer Pavely, a daughter, Whitney Anne, Aug. 13, 2003.

Northern Colorado (ΔΓ)

To Andrew and Jennifer Irwin Brown, a daughter, Tabitha Kate, Nov. 13, 2002.

To Jim and Denise Dietz Desmond, a son, James Connor, July 13, 2003.

To Benjamin and Stephenie Kaminski Stopera, a son, Joshua William, Jan. 25, 2003.

Northern Illinois (EΔ)

To Jason and Amy Olsen Schwab, a son, Hunter Matthew, June 5, 2003.

To Frank and Denise Biel Sweeney, a son, Zachary Andrew, April 18, 2003.

Northern Iowa (EO)

To William and Jennifer Folsom May, a son, William Michael, July 13, 2003.

Northwestern (B)

To James Arndorfer and Paula Wheeler, a son, Andrew Holland, April 3, 2003.

Ohio State (P)

To Timothy and Cheryl Bouic Redfern, a daughter, Katy Ann, March 5, 2003.

To Chuck and Julianne Kauscher Swayne, a daughter, Leah Caroline, Feb. 8, 2003.

Oklahoma City (ΔΔ)

To Stephen and Holly Austin Schmedt, a son, Tanner, Dec. 23, 2002.

To Mike and Lauri Hukill Stucki, a daughter, Mikayla Grace, July 11, 2003.

Old Dominion (EH)

To Scott and Victoria Cordner Manoogian, a son, Alexander Scott, June 24, 2003.

Oregon State (BY)

To Shane and Mindi Hill Morris, a daughter, Barrett Jane, July 8, 2003.

Puget Sound (ΓZ)

To Kirk and Kelly Grady Abraham, a daughter, Ella Aisling, April 15, 2003.

Purdue (ΔM)

To Thomas and Karolyn Kinder Cummings, a daughter, Kathryn Kinder, March 30, 2003.

Richmond (HT)

To Mitchell and Aimee Franklin Byrd, a son, Alexander Mitchell, May 7, 2003.

San Jose State (BΨ)

To Jason and Kathryn Cable Scavone, a daughter, Kayla Irene, May 24, 2003.

Santa Clara (ZΓ)

To Frank and Michele Gilliam Friedrich, a son, Caleb Joseph, June 1, 2003.

Seton Hall (HH)

To Daniel and Kim Funaki Burke, a son, Griffin Benjamin, July 21, 2003.

To Ryan and Susan Sample-Duffy, a son, Ryan Kenneth Jr., July 21, 2003.

Shippensburg (OΞ)

To Jason and Kendra Fiorentino Wiley, a son, Parker Dean, Aug. 23, 2003.

To Seth and Kris Ritthaler Irwin, a son, Bergen Max Ritthaler, May 22, 2003.

SUNY/Binghamton (HZ)

To David and Janine Coppola Kniola, a daughter, Emerson Giovanna, April 27, 2003.

SUNY/Cortland (HT)

To Christopher and Marilou Flynn-Bick, a daughter, Morgan Rose, Sept. 28, 2002.

SUNY/Plattsburgh (OΨ)

To Michael and Jill Bates Reynolds, a son, Erik Michael, April 2, 2003.

To Adam Dornt and Sherri Smith, a son, Tyler Richard Cyril, July 10, 2003.

Syracuse (A)

To Eric and Jennifer Long Brady, a daughter, Alexandra Paige, Aug. 14, 2003.

Texas (Ω)

To Alan and Jessica Cridland Bryant, a daughter, Madeleine Lockett, July 21, 2003.

To Bryant and Anika Pickens Gattrell, a son, Grayson Thomas, April 22, 2003.

To Craig Rawlings and Susan Daniel Keeble, a son, Christopher Rawlings, July 14, 2003.

To Chris and Tricia Land Moose, a son, Ryan Scott, July 11, 2003.

To Eric and Melanie Kieke Pav, a son, Ethan Mitchell, May 15, 2003.

Texas A&M (EΩ^A)

To Britt and Andrea Cozad Brooks, a daughter, Erin Elizabeth, June 24, 2003.

To Patrick and Jennifer Collins Hohlt, a son, Kyle William, April 3, 2003.

To Josh and Stacy Burdick Morrissey, a daughter, Faith Ashley, July 15, 2003.

To Terry and Christine Palmer Steger, a daughter, Eleanor Paige, June 22, 2003.

Texas Christian (ZN)

To David and Nadine Troll Parsons, a daughter, Claire Elizabeth, Feb. 24, 2003.

Texas Tech (Π)

To Alan and Jessica Cridland Bryant, a daughter, Madeleine Lockett, July 21, 2003.

To Keith and Sheri Evans Dann, a daughter, Emerson Grace, Feb. 4, 2003.

To Christopher and Amanda Smith Paxton, a daughter, Paige Alyson, June 22, 2003.

To Mark and Amanda Roberson Stanley, a son, Samuel Tyler, June 21, 2003.

To Greg and Amy Evans Swearingen, a daughter, McKenna Ann, May 10, 2003.

To Tracy and Julie Reid Tally, a daughter, Ellen Catherine, Dec. 19, 2002.

Towson (HΩ)

To Jason and Rose Costa Heilemann, a daughter, Olivia Rose, Feb. 14, 2003.

UC/Berkeley (A)

To Dan and Melissa Arlen Brady, a daughter, Kaitlyn Grace, July 17, 2003.

To Tim Boyd and Dr. Laura Crowe, a daughter, Caroline Sara, July 2, 2003.

UC/Davis (EP)

To Steven and Vanessa Lee Lo, a son, Ethan James, May 29, 2003.

UCLA (BA)

To Michael and Patricia Juhn Pangan, a son, Nicholas Juhn, June 24, 2003.

To Brad and Linda Abraham Silver, a son, Brad Lee II, April 19, 2003.

UC/Santa Barbara (ΓB)

To Michael Larbig and Adrienne Sciacca, twins, Merrick and Doriene, May 19, 2003.

To Mike and Sara Newhan Wheaton, a daughter, Brooke Elizabeth, June 7, 2003.

UNC/Asheville (OΧ)

To Robert and Becca Pfau Yanacsek, a daughter, Elizabeth Jane "Ellie," June 16, 2003.

UNC/Wilmington (HE)

To Will and Tyler Perry McFadyen, a daughter, Madison Grace, May 29, 2003.

Villanova (HE)

To Robert and Jennifer Palasinski McGrady, a daughter, Jessica Muriel, June 20, 2003.

Virginia Tech (HO)

To Mitchell and Erin Craig-Fischi, a son, Darian Vincent, Aug. 25, 2003.

Washington (Σ)

To Ben and Jennifer Bigos Johnson, a son, Benjamin "Mackie" Jr., Aug. 29, 2003.

To Brian and Dana Van Nest Kelly, a son, Finnian Stewart, Aug. 2, 2003.

Washington State (BP^A)

To Aaron and Erin Tabor Hopper, a daughter, Grace Hailey, April 18, 2003.

To Stephen and Keri Leyda Manfred, a son, Owen Michael, June 5, 2003.

West Chester (EK)

To Sean and Alison Goldberg Palat, a son, Gavin Blake, Aug. 9, 2003.

Western Michigan (ΔO)

To Dr. Kyle and Meghan Neenan Gunnerson, a daughter, Brigid Neenan, Aug. 6, 2003.

Wichita State (ΓΞ)

To Jared and Melissa Wangemann Maag, a daughter, Emma Elisabeth, July 1, 2003.

To James and Amber Barta Reynolds, a daughter, Brianna Elizabeth Nicole, Aug. 16, 2003.

Wilfrid Laurier (IO)

To Matthew and Amanda Bonsi Coughlin, a son, Korbin Alexander, Jan. 29, 2003.

Wisconsin/LaCrosse (ΔK)

To Chad and Christie Hendrickson Scheuerell, a daughter, Alexys Ray, June 3, 2003.

Arizona State (ΠΠ)

Genoa Sibold-Cohn to Eric Blankenship, Oct. 25, 2003.

Elizabeth Holowiak to John Margewicz, June 28, 2003.

Christie Kozak to Dustin Parker, Aug. 3, 2002.

Stacey Birkby to Cory Vandivert, Oct. 11, 2003.

Baldwin-Wallace (ΔY)

Heather Schiefer to Erik Hudak, July 19, 2003.

Nicole Butera to John Licata, July 26, 2003.

Rachel Rainier to Aaron Schoonmaker, June 28, 2003.

Heather Taylor to Chris Zirke, Sept. 6, 2003.

Ball State (ΔP)

Kristen Barsh to Patrick Downing, July 12, 2003.

Bentley (ZP)

Jillian Lamoureux to Marc C. Nowlan, Sept. 26, 2003.

Boston (H^A)

Jennifer Bennett to Hajir Moghaddam, Aug. 2, 2003.

Bowling Green State (BO)

Mandy Slater to Brent Boggs, June 28, 2003.

Jacquelynn Takach to Marc Moretti, Aug. 9, 2003.

Stephanie Ball to David Strano, Oct. 11, 2003.

Nicole Messmann to Stephen Walter, July 12, 2003.

British Columbia (BΘ)

Alix Koehler to Cory-Paul Allen, Aug. 16, 2003.

Emily Lew to Keith Chan, July 19, 2003.

Rita Chue to Greg Dyck, May 11, 2002.

Vrania Chan to Jason Lim, Aug. 2, 2003.

Ji-Sung Chang to Shane MacKay, Aug. 31, 2003.

Butler (EB)

Stephanie Kinser to Timothy Hixson, July 5, 2003.

Jennifer Jaroszewski to Paul Muszik, July 6, 2002.

Central Missouri State (OΛ)

Stacey Belshe to Brian Toomay, Aug. 2, 2003.

Christopher Newport (OΦ)

Jennifer Amit to Vincent Macalino, July 5, 2003.

Jessica Harper to Lorenzo Mannino, April 18, 2003.

Patricia Connors to Jon Poulsen, July 26, 2003.

Colorado (B^A)

Jennifer Zaremba to Christopher Herrman, Sept. 6, 2003.

Lora Chamberlain to Michael Zanibbi, Aug. 2, 2003.

Marriages

Akron (HF)

Suzanne M. Squire to Randy W. Christman, June 14, 2003.

Nicole Geiser to John Russell, Sept. 20, 2003.

Arizona (BE)

Jill Robinson to Tom Connell, April 26, 2003.

**Cornell (Δ)**

Christine Nitzsche to Michael Go, May 25, 2003.

Elizabeth Martin to Alan Smith, Oct. 25, 2003.

Creighton (ΘΔ)

Kristin Morss to Benjamin Jones, July 10, 2003.

CSU/Hayward (HA)

Mary Simcox to Felix Miranda, June 14, 2003.

To Anand and Nisha Patel, a son, Savan, Aug. 27, 2003.

Monica Brumfield to Michael Taylor, July 12, 2003.

CSU/Northridge (EY)

Laura Swickard to Joe McGowan, Sept. 22, 2003.

Christina Ikola to Alex Rener, Aug. 16, 2003.

Jennifer Borwick to Tony Zammikiel, Aug. 9, 2003.

CSU/Sacramento (EF)

Natalie Dolce to Michael Alizadeh, Sept. 13, 2003.

Lisa Keelor to Keith Gall, May 3, 2003.

CSU/San Bernardino (HB)

Sarah DeHaan to Richard Ober, Sept. 14, 2003.

DePauw (Γ)

Anna Riefe to Brian Curran, June 28, 2003.

Gina James to Nathan Meierbachtol, May 31, 2003.

Drake (FO)

Adrienne Traxinger to Christopher Michele, Sept. 20, 2003.

Eastern Illinois (ZA)

Paula Heap to Brad Barton, June 21, 2003.

Laura Wolff to Chad Wampler, Oct. 12, 2002.

Eastern Washington (HW)

Melissa "Missy" Morton to Aaron Kjack, July 12, 2003.

Elmhurst (ZE)

Christine Peltzer to Brian Burzynski, Oct. 4, 2003.

Mary Tubbs to Michael Harling, April 6, 2003.

Franklin & Marshall (ZE)

Juline E. Morris to Rodway A. Sterner, Aug. 30, 2003.

Idaho (BZ)

Jennifer Gish to David Eshelman, April 26, 2003.

Sara Collyer to Tim Matthews, Aug. 9, 2003.

Tamra Lynn Thorne to Jason Tyler Roth, Oct. 12, 2003.

Illinois (BA)

Kimberly Miller to Richard Kedra, July 26, 2003.

Cher Decker to Kurt Wagner, Sept. 6, 2003.

Indiana (BT)

Malia Habicht to Kurt Casper, July 12, 2003.

Dr. Laura Emond to Kyle Kimble, June 7, 2003.

Indiana State (ΔΠ)

Melissa Griffin to Daniel Jones, July 12, 2003.

Iowa (ΔE)

Kristine McCulloh to Jason Dreckman, Aug. 2, 2003.

Alison Girsch to Jeff Girling, June 21, 2003.

Sara Abdo to Kyle Gott, July 5, 2003.

Brandy LaRue to Christopher Wilbus, July 12, 2003.

Iowa State (ZA)

Amanda Reese to Michael Ballard, Sept. 13, 2003.

Angela Eilering to Wayne Houghton, Oct. 12, 2003.

James Madison (ΘI)

Emily Goodman to Tim Scott, July 25, 2003.

Erica Fulginiti to Michael Thraikill, Aug. 23, 2003.

Kent State (BQ)

Susan Kilby to William Grogan, June 27, 2003.

Alexis Boettler to Brian Lux, Sept. 27, 2003.

Linfield (ΘA)

Abigail Rhodes to David Brown, July 12, 2003.

Jami Dryden to Adam Davids, Aug. 31, 2003.

Miami University (ΓN)

Kimberly Wells to Jonathan Eul, Sept. 6, 2003.

Allison Scheer to Dave Garrigus, June 14, 2003.

Megan Saulnier to Michael MacGillis, Aug. 16, 2003.

Leigh Ann Parkinson to Sean Sullivan, June 14, 2003.

Michigan (Θ)

Courtney Dwight to Craig Finlayson, May 10, 2003.

Kristin Kokones to Michael Hornberger, Oct. 18, 2002.

Amy Labriola to Kristopher Neff, July 26, 2003.

Michigan State (BB)

Mary Palazzolo to Thomas Kerr, Feb. 15, 2003.

Kristina "Tina" Roberts to Jasen Noff, Sept. 14, 2002.

Missouri (O)

Jennifer White to Ted Willard, May 17, 2003.

MIT (ZΦ)

Mariah Luff to Thurmond Senter, May 17, 2003.

NC State (EΦΛ)

Karen Joyner to Robert Jones, Oct. 4, 2003.

Stacy Poindexter to John Owen, July 5, 2003.

Nebraska (N)

Jenny Brabec to Erin Donner, March 22, 2003.

Brittany Bailey to Nicholas Jarecke, Aug. 9, 2003.

Shannon Robson to Matthew Phillips, July 5, 2003.

Nebraska/Kearney (ΔΞ)

Kyla Johnson to Todd M. Bade, May 9, 2003.

New Hampshire (HA)

Gabrielle Foote to Aaron Clark, May 17, 2003.

North Dakota (Π)

Lindsay DeBoer to Leif Carlson, Aug. 30, 2003.

Jessica Meyer to Tracy Lura, July 5, 2003.

North Texas (ΓH)

Jennifer Womack to Robert Anderson, July 12, 2003.

Sharon Rhodes to David Cowart, Aug. 16, 2003.

Crystal Webb to Kyle Shores, July 12, 2003.

Amyana Kaker to Thomas J. Trigg, Sept. 15, 2002.

Northeast Missouri State / Truman State (ΘΓ)

Jill Belter to Tim Bass, Aug. 16, 2003.

Jennifer Simpson to Toby Conway, May 17, 2003.

Christina Yeager to Jason Dworkin, July 6, 2003.

Northern Illinois (EΔ)

Maureen Flaherty to Domenic Hernandez, April 13, 2003.

Dana Bugay to Kenneth Franchi II, Oct. 3, 2003.

Michelle Arvanitakis to William Hannah, Oct. 5, 2002.

Jennifer Odom to Chris Masterson, Aug. 16, 2003.

Julie Hemersbach to A.J. Poyer, Aug. 2, 2003.

Georgeann Bosco to Robert Smith, Sept. 26, 2003.

Heather McHugh to Martin Stockhausen, May 31, 2003.

Northern Iowa (EΘ)

Leanna Peterson to Timothy Page, May 23, 2003.

Northwestern (B)

Brie Nelson to Mark Koenigs, July 5, 2003.

Old Dominion (EH)

Beth Buchanan to Lee Duff, Oct. 11, 2003.

Oregon (T)

Karen Clark to Zack Carboni, June 28, 2003.

Sally Mathews to John Farrell, June 21, 2003.

Saori Clark to Geoff Gillam, June 20, 2003.

Penn State (ΓP)

Jennifer Filosa to Eric Pipal, Aug. 17, 2003.

Pennsylvania (HI)

Laura Yens to John McDonald, July 26, 2003.

Rensselaer (ΘT)

Anna Wasienko to Kenneth Hoover, Aug. 31, 2003.

Rochester (ΘK)

Carrie Ives to Timothy Little, Oct. 13, 2002.

Anne Rex to Thomas Torzok, Aug. 16, 2003.

San Diego (HP)

Alison Clem to Robert Kieckhafer, June 21, 2003.

San Diego State (ΓA)

Shelby Wake to Aaron Hoyt, Sept. 6, 2003.

Laura Bauman to Dan Lajeunesse, Sept. 19, 2003.

San Jose State (BΨ)

Amanda Aichele to Patrick Anderson, Sept. 6, 2003.

Monica Kough to James De Anda, Aug. 16, 2003.

Southern Illinois (EΞ)

Stefanie Karl to Daniel Crawford, Dec. 21, 2002.

Southwest Texas State (ZK)

Paula Altgelt to Rodney Dale Neil, June 7, 2003.

St. Mary's (IB)

Jessica Leora Adan to David Alan Weier, June 7, 2003.

SUNY/Binghamton (HZ)

Michele Zacharias to Kelly Patterson, May 24, 2003.

SUNY/Cortland (HT)

Amy Williamson to Derek Bowman, July 5, 2003.

Yvette Nixon to Michael Maurer, Nov. 2, 2002.

SUNY/Plattsburgh (ΘΨ)

Kathleen Miller to David Scott, July 19, 2003.

Shevaun Mottl to Tony Trifaro, June 28, 2003.

Texas (Ω)

Laura Burton to Ben Bates, Oct. 18, 2003.

Texas A&M (EΩΛ)

Christine Cross to Thomas Hall III, Nov. 23, 2002.

Texas A&M/Commerce (ΔB)

Brandi Kerzee to Tom Ellis, May 3, 2003.

Texas Tech (ΓI)

Ashley Smith to Jake Jones, April 5, 2003.

Jennifer Jeffrey to Casey O'Brien, July 5, 2003.

Cara Schurwon to Sean O'Leary, June 21, 2003.

Carissa Waida to Michael "Mike" Pratt, Jan. 11, 2003.

Amanda Kelley to Michael Weber, Sept. 13, 2003.

Toronto (Ξ)

Jocelyn Tanchoco to Daniel Kim, June 22, 2003.

UC/Davis (EP)

Lauren Palmer to Brian Esslinger, Aug. 2, 2003.

Stephanie Hooker to Timothy Murphy, Sept. 27, 2003.

Karen Smalbach to Robert Worthen Jr., May 30, 2003.

UC/Irvine (HK)

Kimberly Wai to Kevin Robledo, May 25, 2003.

UCLA (BA)

Linda Martin to Steve Williams, March 8, 2003.

UC/Santa Barbara (ΓB)

Catherine Whitted to Steven Beeny, April 12, 2003.

UNC/Asheville (ΘX)

Lesia Y.C. Trey to Anthony Louis Wendeln II, Oct. 12, 2002.

UNC/Wilmington (HE)

Nesha Bartholomew to Thorne Daubenspeck, May 17, 2003.

Laurie Price to Jeff Dudash, July 26, 2003.

University of the Pacific (II)

Esmeralda Gomez to Jose Cruz, Sept. 13, 2003.

USC (BT)

Jennifer Wheeler to Jake Parker, July 19, 2003.

Cindi Smith to Brian Smith, Sept. 20, 2003.

Villanova (HE)

Fuchsia Yannuzzi to Anthony Poligruto, May 31, 2003.

Tamara C. Beresky to Michael W. Zemola, July 4, 2003.

Virginia (ZI)

Ann Rohde to Matthew Payes, Nov. 9, 2003.

Virginia Tech (HO)

Jeni Stiefelmeyer to Matthew Brooking, May 17, 2003.

Courtney Briggs to Brian Hampton, July 26, 2003.

Washburn (Y)

Jaelle Norden to Brett Durbin, June 28, 2003.

Heather Hayes to Todd Grove, Nov. 30, 2002.

Washington (Σ)

Shelly Ramsey to Scott Houston, Sept. 13, 2003.

Washington State (BP^)

Lori Lyman to Steve Losee, June 6, 2003.

Sara Shaffer to Brian Palmer, Sept. 6, 2003.

Sandra Mercer to Mark Schwarz, May 31, 2003.

Washington University (ZY)

Tracee Orlove to Kevin Fruman, Aug. 31, 2003.

West Virginia (BI)

Cari Mason to Rob Fowler, Aug. 31, 2003.

Wichita State (ΓΞ)

Julie King to Ernie Gomez, May 24, 2003.

Sara Taylor to Matthew VanDeCreek, May 20, 2003.

William Woods (ΔX)

Suzanna Schafer to David A. Dean, Nov. 9, 2002.

Cynthia Schradle Owens to Paul Stearns, Jan. 4, 2003.

Wisconsin/LaCrosse (ΔK)

Melissa Slattery to Garret Marshall, Aug. 31, 2003.

Carol Leslie Wilde to Chuck Wahl, Aug. 6, 2003.

Silent Chapter

Alabama (BM)

Catherine "Kay" Perovich Walker ('38), May 22, 2003.

Arizona (BE)

Maxine Donahue English ('98), July 30, 2003.

Ball State (ΔP)

Lucinda Lee Baker Martin ('65), May 16, 2003.

Colorado (BΓ)

Marcia W. Keleher ('54), Aug. 10, 2003.

Linda Lee Gross Lennartz ('38), Sept. 21, 2003.

Denison (BK)

Margaret Vaughan Hartsel ('36), Oct. 12, 2002.

Eastern Illinois (ZA)

Julie Catherine Profflet Frichtl ('82), Aug. 7, 2003.

Idaho (BZ)

Vivian Reed Riesbol ('30), March 1, 2003.

Illinois (BA)

Jean Pillsbury Pregaldin ('42), Oct. 11, 2003.

Indiana (BT)

Elizabeth Josephine Bird Ligon ('49), Oct. 6, 2003.

Michigan (Θ)

Evelyn Lehman ('33), May 30, 2003.

Charlotte Riggin Lorenzen ('44), June 1, 2003.

Missouri (O)

Constance Jeannette Schweiger Rode ('51), July 13, 2003.

Montana (X)

Pauline Swartz Cogswell ('27), June 11, 2003.

Northwestern (B)

Betty Jean "B.J." Wilson Tennant ('42), Sept. 12, 2003.

Oklahoma (Φ)

Della Keith Foree ('28), Aug. 16, 2003.

South Dakota (Ψ)

Gloria Rabe Handel ('48), July 17, 2003 (also Nu-Nebraska).

Texas (Ω)

Florence Dulaney Steer ('39), May 12, 2003.

TRIBUTE TO A SISTER

Betty Lovleand Heinze (A-Syracuse) entered the Silent Chapter on Aug. 14, 2003. She was 71.



Betty Heinze

As Alpha Phi International's historian for more than 25 years, Betty was committed to teaching Alpha Phi's history. She and her mother, **Edith Nottingham Loveland** (A-Syracuse), worked to preserve Alpha Phi's heritage in a combined effort of more than 40 years, Edith from 1950-70 and Betty from 1974-2000.

Donations may be made to the Octagon House in care of B.L. Hush & Sons Funeral Home, 10 Genesee Street, Camillus, NY 13031.

Utah (BΣ)

Connie Leonudakis Prekeges ('57), July 30, 2003.

Washington (Σ)

Marcie "Marissa" Dannemiller ('96), July 30, 2003.

West Virginia (BI)

Gaynell Straight Malesky ('31), Sept. 17, 2003.

Whitman (BΦ)

Joan Armstrong Moody ('59), Feb. 6, 2003.

Wisconsin/Stout (ΓΣ)

Mary Alexander Matter ('62), March 3, 2003.

If you would like a record of a birth, adoption, marriage or death included in the *Quarterly*, please clip out and submit this form to Alpha Phi *Quarterly*, 1930 Sherman Avenue, Evanston, IL 60201. Or you may e-mail the information to quarterly@alphaphi.org. Please be sure to include all the requested information.

PLEASE NOTE:

Announcements may only be printed if they have occurred within a year of publication. Announcements with missing information, such as specific date, will not be printed. If announcements are received after the copy deadline (see inside front cover for specific dates), they will be considered for the following issue.

New Arrival/Marriage/Silent Chapter Form

Birth/Adoption

FATHER'S NAME FIRST LAST

MOTHER'S NAME FIRST MAIDEN LAST

MOTHER'S COLLEGIATE CHAPTER SCHOOL

CHILD'S NAME FIRST MIDDLE BOY GIRL

CHILD'S DATE OF BIRTH YEAR

Marriage

HUSBAND'S NAME FIRST LAST

WIFE'S NAME FIRST MAIDEN LAST

WIFE'S COLLEGIATE CHAPTER SCHOOL

WEDDING DATE YEAR

Death

NAME OF DECEASED FIRST MAIDEN LAST

COLLEGIATE CHAPTER SCHOOL

DATE OF DEATH YEAR

Submitted by

NAME FIRST MAIDEN LAST

STREET ADDRESS INCLUDING APARTMENT NUMBER

CITY STATE ZIP CODE

IF THE QUARTERLY STAFF HAS QUESTIONS, I CAN BE REACHED AT:

HOME TELEPHONE BUSINESS TELEPHONE

E-MAIL



This form also is available on our Web site at www.alphaphi.org



Reunions

Beta Betas Establish Scholarship to Commemorate 40th



Michigan State (BB) alumnae from the class of 1963 have maintained a yearly newsletter since graduation and hold reunions every five years. During a June reunion at **Connie Snider Horn**'s home in Pelican Lake, Minn., they established an endowed Beta Beta scholarship to commemorate their 40th anniversary.

—Karen Abel Kolschowsky

Delta Sigmas Meet After 20 Years Wisconsin/Stevens Point (ΔΣ)

sisters hold a reunion on Oct. 11. After the chapter formally closed in 1983, it had been more than 20 years since many had seen each other. Another reunion is planned for Homecoming weekend, Oct. 8, 2005.

—Kristy Schwandt

OMICRONS HOLD SPECIAL REUNION



Missouri (O) sisters joined Jamie Behlman for a milestone celebration: she has been cancer-free for five years. Jamie is pictured in the front row, second from left.

EPSILON SISTERS KEEP IN TOUCH



Minnesota (E) alumnae from the new member class of 1987 gather every few months for brunch.

BETA KAPPA ALUMNAE CELEBRATE 60 YEARS OF SISTERHOOD



Six Denison (BK) sisters who pledged Alpha Phi as freshmen in 1943 reunited in June in Granville, Ohio, to celebrate 60 years of friendship.

Small World

Sisters Discover They Are Family

During her first chapter visit to **Colorado School of Mines (IZ)**, Educational Leadership Consultant **Molly Lungrin (ΔΞ-Nebraska/Kearney)** introduced herself to Program Development Adviser **Jen O'Hara (ΔΓ-Northern Colorado)**. When their colleges came up, Jen said she had a cousin who attended Nebraska/Kearney. Turns out Molly was related to the same person, and Jen and Molly discovered they are second cousins.

Their Alpha Phi connection extends beyond that: Jen's sister is a collegian at **Northern Colorado (ΔΓ)**, and Molly's mother and sister are both Alpha Phis.

"We had never met or even known about one another," says Molly. "What a strange coincidence that we met this way and have a family of Alpha Phis."

—Molly Lungrin

Co-Workers Have More In Common Than Job



Jan Algozine and Julie Mayrose

Dr. **Julie A. Mayrose (ΔI-Roanoke)** is director of graduate education at Silver Lake College in Manitowoc, Wis. Since she works primarily out of her home office three hours away from campus, she needed a place to stay the one or two days a week she came to the college. When **Jan Acheson Algozine (ΔM-Purdue)**, the college's vice president of student services, offered Julie to stay with her, the pair discovered their shared affiliation.

"Imagine my delight when I was getting ready for work after my first night in Jan's home and I saw her pledge paddle hanging on the wall," says Julie. "It is a small world when you travel halfway across the country and find a sister."

—Julie A. Mayrose

BULLETIN BOARD



Cool Careers

Are you or a sister in a career that is unique or different? Do you know an Alpha Phi who is making a difference in the world by the work she does?

Send details to quarterly@alphaphi.org or Alpha Phi *Quarterly*, 1930 Sherman Ave., Evanston, IL 60201. Please include your e-mail address and/or telephone number.

Planning a Reunion?

Tell the Alpha Phi *Quarterly* all about it. Send details including chapter or group name, year celebrating and date of celebration, to Alpha Phi *Quarterly*, 1930 Sherman Ave., Evanston, IL 60201. Or e-mail quarterly@alphaphi.org.

Attention *Quarterly* Reporters!

If you are responsible for gathering your collegiate or alumnae chapter's report for publication in the *Quarterly*, please note the following deadlines. Materials received after these deadlines will be considered for the following issue.

Issue	Copy Deadline
Summer 2004	April 15, 2004
Fall 2004	July 15, 2004
Winter 2005	Oct. 15, 2004
Spring 2005	Jan. 15, 2005

Attention Professional Photographers and Photo Students!

Let Alpha Phi help build your portfolio! The *Quarterly* seeks volunteer photographers from all regions for small photo assignments.

Contribute your talent! Contact the *Quarterly* staff at 847.316.8920 or quarterly@alphaphi.org for information.



Attention Alumnae

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Interested in Promoting Your Business in the Alpha Phi Classifieds?

The charge for the spring issue is \$50 for up to 35 words (text only). Circulation for this issue is 45,000. The *Quarterly* also continues to accept advertising in the form of display ads, which begin at \$200 for a 1/6-page ad. If you are interested in either advertising opportunity, please contact quarterly@alphaphi.org or call 847.316.8920 by Friday, Jan. 30, 2004, to reserve space.

Statement of Ownership, Management and Circulation

1. Publication Title: Alpha Phi *Quarterly*
2. Publication No.: Vol. 115, No. 4
3. Filing Date: 9/29/03
4. Issue Frequency: *Quarterly*
5. No. of Issues Published Annually: 4
6. Annual Subscription Price: \$3.00
7. Mailing Address of Publication: Alpha Phi Fraternity, 1930 Sherman Ave., Evanston, Cook County, IL 60201-3214
8. Mailing Address of Headquarters: Alpha Phi Fraternity, 1930 Sherman Ave., Evanston, IL 60201-3214
9. Publisher: Alpha Phi Fraternity, 1930 Sherman Ave., Evanston, IL 60201-3214
Editor: Christine Spiegel, Editor, 1930 Sherman Ave., Evanston, IL 60201-3214
Managing Editor: Christine Spiegel, Editor, 1930 Sherman Ave., Evanston, IL 60201-3214
10. Owner: Alpha Phi Fraternity, 1930 Sherman Ave., Evanston, IL 60201-3214
11. Known bondholders, mortgages, and other security holders owning or holding one percent or more of total amount of bonds, mortgages, or other securities: None
12. The purpose, function and nonprofit status of this organization and the exempt status for federal income tax purposes: Has Not Changed During Preceding 12 Months.
13. Publication Title: Alpha Phi *Quarterly*
14. Issue Date of Circulation Data Below: Fall 2003

15. Extent/Nature of Circulation	Avg. No. Copies Each Issue During Preceding 12 Mos.	No. Copies of Single Issue Published Nearest to Filing Date
a. Total No. Copies (Net press run)	57,525	101,800
b. Paid and/or Requested Circulation		
1) Paid/Requested Outside-County Mail Subscriptions Stated on Form 3541	55,748	99,960
2) Paid In-County Subscriptions Stated on Form 3541	847	1,708
3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution	0	0
4) Other Classes Mailed Through the USPS	0	0
c. Total Paid and/or Requested Circulation	56,595	101,668
d. Free Distribution by Mail		
1) Outside-County as Stated on Form 3541	0	0
2) In-County as Stated on Form 3541	0	0
3) Other Classes Mailed through the USPS	0	0
e. Free Distribution Outside the Mail	0	0
f. Total Free Distribution	0	0
g. Total Distribution	56,595	101,668
h. Copies Not Distributed	930	132
i. Total	57,525	101,800
j. Percent Paid and/or Requested Circulation	100%	100%

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