



The Mu Review



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Kappa Alpha Theta Fraternity at Allegheny College

MEADVILLE, PENNSYLVANIA

FALL 2004

MU COMMENDED FOR SERVICE

Each year, National gives a Community Service Award at Grand Convention. This summer, in Palm Springs, CA, Mu Chapter received the runnerup honor.

The Community Service Award was based on our excellence in service for the past two years at Allegheny. During those years, four girls held the service chair position: Andy Nenstiel '04, Alissa Strawcutter '04, Carrie Lonsinger '05 and Arwen Lavengood '06.

In addition to general excellence in service, the award is given to a chapter that has fulfilled certain requirements. These include service on campus with the college or university where the chapter resides, relations in service with the Greek community and also with the surrounding town or city.

Mu Chapter has hosted and participated in various events to encourage all these requirements. During the fall, the Meadville community holds an event called Make A Difference Day. Groups from all over Meadville and the surrounding area, as well as Allegheny College work for a day to serve others. Families, businesses, churches and others who are in need get assistance on many levels. Each year, Mu Chapter organizes a team to participate. Each year in the spring Mu Chapter holds a Date Auction, during which willing gentlemen are auctioned off to the highest bidder for a free meal at a local restaurant. This is organized with the assistance of the sisters of Kappa Kappa Gamma and all proceeds benefit the March of Dimes.

Thetas Work to Strengthen Alumnae Relationships

With the reorganization of our public relations position, Theta has not only been able to become a stronger presence both in the Greek and the general Allegheny communities but also to put a lot of effort into reconnecting with our alumnae and building stronger relationships with the women who share our bonds of sisterhood.

VP External Relations Michelle Manni and Alumnae Relations Chair Leah Naar spent last spring working to reconnect with alumnae who live within two hours of the Allegheny campus. They have sent out cards and surveys to get alumnae more involved in our chapter and worked to keep alumnae information as updated as possible. While this

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Our newest service event benefits Locks of Love. Last semester during finals week members of the Allegheny and Meadville communities came to the Campus Center to get their hair cut for children with cancer and other diseases that cause them to lose their hair. In all, 13 girls each cut more than 10 inches (the required amount for a natural-hair wig) off their hair and more than 20 people had their hair cut to help raise money. Donations raised over \$100. It is the hope of the current Executive Board and service chair that this event will be held each semester during finals week.

A hoofed animal rescue farm near Meadville has been at the center of Mu Chapter service as well. Hog Heaven houses a wide variety of animals, from pot-bellied pigs to thoroughbred horses, and each week Mu sisters head out to the farm to aid with mucking stalls, feeding and offering a little loving for the rescued abused and neglected animals.

Mu Chapter is always busy with service and has done much to encourage sisters to help others in need. As a fortune cookie message reads – *"If a true sense of self is to be yours, it must come through service."*

Arwen Lavengood



President Kate Wilson with Mu Chapter alumnae Barbara Uhr ??? and Lynn Lawton ??? at the 2004 Grand Convention in Palm Springs.

KΑΘs Adjust to New Recruitment Rules

As we got back into the swing of things this semester, one of the first concerns for Theta was fall recruitment. Of course, recruitment is always vital to Thetas, but this fall was especially crucial as we had close to 30 seniors graduate last spring, greatly reducing the size of our chapter. With this in mind, the Thetas of Mu Chapter embarked on the experience of looking for potential new sisters who had a lot to offer to our chapter to keep it strong as we try to rebuild our membership.

Last spring, Allegheny College's Panhellenic Council worked with all the chapters on campus to revise the rules regarding fall recruitment in order to make it less formal and stressful for those women participating. This year, recruitment events were no longer based on invitations and any

potential new member could choose to attend any event she wished, and events were stretched over two weeks, rather than the traditional one. In previous years, bids were given out by all chapters on the last day of the recruitment week. According to the new rules, bids may be given out at any time during the recruitment period, pending a corresponding chapter vote. This forced our chapter to reexamine our methods and recruitment traditions in order to conform to the new standards.

Theta hosted five events for potential new members, including the Theta picnic at the Robertson Field picnic shelter, a trip to Hanks Frozen Custard, a coffee break in the suite, a Philanthropy Day during which potential new members joined us in making "Boo Bunnies" to donate to CASA,

and finally, a formal dessert reception in the suite. The events were well attended by potential new members and went very well. The sisters of Kappa Alpha Theta are proud to announce another successful round of recruitment after which we were glad to welcome six new women to Mu chapter.

Amanda Kopnitsky

Introducing Our New Members

Jennifer Holtzman '07..McKeesport, PA
Sarah Kuhn '06 Hudson, OH
Gilliane McShane '06 . Coraopolis, PA
Megan Roby, '07 ... New Brighton, PA
Catina Stamoilis '07 Pittsburgh, PA
Samantha Walsh '07 .. Charlestown, RI

Theta Changes Spark Interest in What Lies Ahead

The fall semester here at Allegheny has brought many new and exciting changes and opportunities to Mu Chapter of Kappa Alpha Theta. Along with the changes to fall recruitment came other changes to the internal structure of the chapter as well as some much needed changes to our chapter facility.

Renovations to our suite have given a fresh new look to chapter headquarters. The renovations began in the summer of 2003 and included some new furniture and the much-anticipated arrival of an air conditioner. Over the course of this past summer and the beginning of the fall semester the college provided some help by fixing areas of the walls and ceilings with water damage, repainting the room, and installing a new floor in our back room.

The structural changes that occurred in our chapter occurred throughout the entire body of Theta chapters across the nation. Last spring marked a change in the make-up of the executive board and added a new cabinet position as well. The position of

Vice President of Public Relations was changed to Vice President of External Relations and Nationals added the cabinet post of Public Relations Chair. This change allows the vice president

of external relations to focus more on improving our relationship with the rest of the Allegheny community, our Panhellenic and Interfraternal coun-

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Sisters look through old Theta scrapbooks in the suite.

Support When You Least Expect It

The saying goes, "It's always darkest just before dawn." An inspirational quote, it's meant to encourage those who are dealing with dark times. It's meant to remind those in life's shadow that the darkness will not last forever; the sun will rise precisely when it seems no light could possibly penetrate. Sometimes though, the dawn is far off and the night seems so long. Lighting a candle can make all the difference in the world, and this is what Up 'Til Dawn strives to do.

Up 'Til Dawn is a student-run, philanthropic organization dedicated to raising awareness of the benefits of service learning and providing funds to St. Jude Children's Research Hospital in Memphis, TN. St. Jude Children's Research Hospital, founded by the late entertainer Danny Thomas, was the first institution established for the sole purpose of conducting basic and clinical research in catastrophic childhood diseases, particularly cancer. Since St. Jude opened in 1962, it has treated over 20,000 patients from all 50 states and 60 foreign countries, regardless of race, religion, creed, or ability to pay. Up 'Til Dawn fund-raises so that St. Jude will never have to turn away a

patient because they are unable to pay for care.

A national organization, St. Jude sponsors an annual collegiate conference in June. As executive director of Allegheny's chapter, I was fortunate enough to have the opportunity to go to this year's conference. Since Allegheny is such a small school, we could only send one representative. As if going to a national conference completely on my own, flying for the first time, alone, and going the furthest I had ever been from home, alone, weren't terrifying enough, this year's conference was combined with the national Delta Delta Delta Conference, as St. Jude is one of their philanthropies. Walking into the conference room for the first time felt like walking into another sorority's District Leadership Conference on another continent—alone.

Had I thought, the only sweatshirt I brought with would probably not have been a set of Theta letters. However, it all worked out in the end. At first, I got the usual stares of people trying to decipher the alphabet on your chest, but then a funny thing happened. A woman came across the room to me and said, "You're so brave for wear-

ing your letters at a Tri Delt conference! I left all of mine at home!" Laughing and hoping that my new friend would admire my so-called bravery enough to let me sit at her table for breakfast, I asked what chapter she belonged to. "I'm president of Theta at Oklahoma State!" she said, "Have you met the other Thetas who are here? There are at least 10 of us!"

At a time when I felt more alone than I had since lunchtime during my sophomore year of high school, finding sisters gave me grounding and the ability to get through those intense days of the conference. I could talk to them about their chapters, about their issues and how they dealt with things, and just talk the way only sisters with that common bond can. It was unexpected, and very nice.

Sisters of Mu Chapter have always been supportive of the St. Jude cause. Four Thetas are on the executive board of Up 'Til Dawn and we are a chapter that can be counted on every year to contribute time and effort to the fundraiser. Seeing sisters' names on sign-up sheets, seeing Up 'Til Dawn fliers on their doors or UTD buttons on their bags, or having them ask me questions about the cause makes me smile, not only because I support them in working toward a noble cause—helping to fight childhood cancer—but because they support me. I could ask nothing more of my sisters here and everywhere else; sometimes we just need someone to hold the candle while we light it.

Jennifer Knapp



Thetas show their school spirit at an Allegheny football game.

The Mu Review is published by the women of Kappa Alpha Theta Fraternity at Allegheny College for members and friends.

Take a minute now to update your former classmates on your life. Alumnae news, photos and change of address notices should be sent to Mu Chapter of Kappa Alpha Theta, c/o Newsletter Program Headquarters, P.O. Box 602, Needham, MA 02492-0007.

Mu Alumnae News

Ruth Leibrock Wellman '60 sent us this news in July, "I just returned from a two-week experience of 'nannying' wolf pups in Ely, MN. The International Wolf Center plans to introduce



Ruthe with a young wolf

the three pups to the existing pack in August. I will be there to record reactions and acceptance signs! The Wolf Center is dedicated to educating people about wolves and erasing the bad reputation they have received through literature (ie *The Big Bad Wolf*)."

Ruthe teaches fifth grade in the Wayzata School District. She and her husband, Guy (Bowling Green ΘX), who is retired, have three grown daughters, Katie, Suzy and Julie. Touch base with Ruthe at 16210 Fourth Ave. N., Plymouth, MN 55447 or via e-mail at rw143@aol.com.

Sally Wissel '74 wrote to us in May, "I have been fortunate enough to quite the corporate rat race and concentrate on the things I most live: my pets, cooking and traveling to Europe. I don't miss working at all. I try to go to Europe about four times a year and, this summer, will walk from Urnac to Venia (through Slovenia)."

Write to Sally at 2373 Strathmore Dr. N.E., Atlanta, GA 30324 or via e-mail at swissel@comcast.net.

WHAT LIES AHEAD

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terparts, and especially our Allegheny alumnae. The new public relations chair is now free to focus specifically on promoting Kappa Alpha Theta to the rest of campus. This has already manifested itself in fresh and innovative programs and activities for our sisters to participate in.

Our current public relations chair, Julie Wagner, has started a program called "Theta Gatoraides" which allows us to show off our school spirit while promoting our sorority to the freshmen and non-affiliated women on campus. The Theta Gatoraides program encourages sisters to attend as many Allegheny sporting events as they can, in as large of a group as possible, to show that not only do Thetas love spending time together but we also love our school! This program combines some flashy new attire with our unique Theta excitement to showcase the strength of our sisterhood.

Our new vice president of external relations has some exciting ideas to

bring our chapter together with the rest of the campus, which includes a Theta sponsored Twister tournament later in the semester. Perhaps the most exciting of our new programs is our Theta Alumnae Brunch, which will bring together Thetas from many different generations. This brunch will give current sisters the great opportunity to reconnect with our most recent alumnae as well as a chance to form relationships with sisters they have never met! Not only will this event be exciting for current sisters, but hopefully it will allow our alumnae a chance to make some new friendships as well.

We sisters of Mu Chapter looked forward to seeing all the ways these new changes would benefit our chapter. We knew that our beautiful new suite and our improved PR skills would be great advantages to us as we prepared to recruit women in the spring from the largest freshman class in Allegheny history!

Kristen Marcheck

ALUMNAE RELATIONSHIPS

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is only a small step toward creating a relationship with Mu's large alumnae population, it is an important step in creating a strong base to start from. The greatest benefit of their effort is that this fall, our sisters are thrilled have the opportunity to host an Alumnae Brunch with Thetas from various years past. Michelle and Leah hope that this will become a tradition that will soon extend to alumnae who live further from campus in the years to come.

Also last spring, Editor and Technology Chair Amanda Knowles undertook the renovation of Mu Chapter's website to create a place for use by current sisters as well as a means of promoting our chapter to parents, prospective students and non-affiliated students on campus. Still, one of the most important features of the website is the alumnae section which has a guestbook designed for use by alumnae to allow them a place to reconnect with current sisters as well as women they knew in Theta during their years at Allegheny. This has proven to be quite worthwhile, as sisters from many different generations of Thetas have already made use of the guestbook and reconnected with our chapter. Along with the website, Theta's e-mail address is once again up and running, allowing for easier contact between current and graduated sisters.

Our relationships with our alumnae have always been an important part of Theta. We are very hopeful that with the effort our sisters are putting into alumnae relations this year we can build constantly thriving relationships with any and all of our sisters from years past. We hope that all of our alumnae will visit our Website, send us an e-mail or a card and let us know where they are in life. As we all know, Theta is more than our four years at Allegheny, Theta is for a lifetime.

Amanda Knowles

Mu Chapter Contact Info

We want to hear from you!
(814) 332-2250
e-mail: theta@allegheny.edu
[http://webpub.allegheny.edu/
group/theta](http://webpub.allegheny.edu/group/theta)