

# ALPHA SIGMA TAU



## THE CREST

The Alumnae Newsletter of Alpha Sigma Tau  
Spring 2010

### INSIDE THIS ISSUE:

AST ADOPTS STRATEGIC PLAN	3
NOMINATION CALL FOR NATIONAL COUNCIL 2010-2012	4
CONVENTION 2010	5
"AST"ONISHING TAUS	6-7
COLLEGIAN NEWS	8
NPC BADGE QUIZ	9
LOVE IS AN ACTIVE VERB	12
TRAVELING TAUS: BOSTON	13
I AM AN ALPHA SIGMA TAU	14

### THE PURPOSE OF ALPHA SIGMA TAU:

The Purpose of the Sorority is to promote the ethical, cultural, and social development of its members, specifically:

~to develop the character of each member through a study of ethics so that she will know how to select those relationships sincerity, honesty, love and understanding;

~to help each member enjoy the cultural advantages in life so that she will know how to select those things which are most worthwhile; and

~to develop in each member the social graces to the extent that she will be able to take her place in life with true dignity and poise.

### FROM THE DESK OF OUR NATIONAL PRESIDENT

Over the past 18 months, Alpha Sigma Tau has made progressive changes to advance our membership and the services the National Organization provides. There are many achievements, and the overwhelming feedback from our membership indicates we are heading in a direction our members want the Sorority to move toward. The Greek and higher education communities are also providing the Sorority with many public and private accolades for our advancements.

One of the first aims of the Sorority leadership was to involve a larger portion of members – both collegian and alumnae – in National service as we felt the membership should be the compass for our advancement. Collegians and alumnae have served on a variety of standing and special committees since July 2008. Their perspective has opened new and inclusive doors to what our members want and where they want the organization to go. And with a record number of volunteers, the new thoughts, suggestions and insight have invigorated our work!

Over the past five months, thousands of collegiate and alumnae members were provided an open opportunity to participate in our strategic planning process through interviews, focus groups, surveys, feedback groups, and committee/topic involvement.

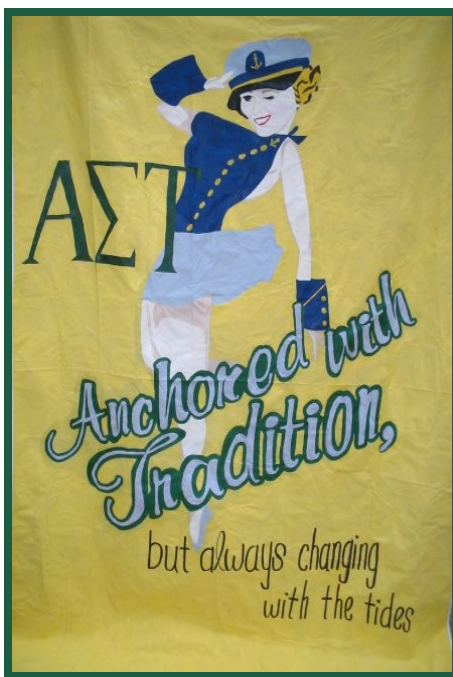
Several external partners were also involved. Together, the membership determined the direction Alpha Sigma Tau Sorority will take in relation to the Greek community and higher education. On January 15-18, 2010, the strategic plan was finalized and is included in this issue of THE CREST, on the Alpha Sigma Tau National Homepage and will be featured in the Spring issue of THE ANCHOR.

Alpha Sigma Tau now enters the ongoing implementation of our strategic plan as we move toward becoming a strategic organization. But the most important part of the plan implementation is YOU! Every sister has a role to play in implementing our plan. If you are interested in volunteering, take a moment to contact Shelly Redmond, Psi, National Vice President, ([sredmond@alphasigmatau.org](mailto:sredmond@alphasigmatau.org)) for advisory support and/or Sara Hinshaw, Delta Nu, National Nominations Coordinator – Non-Advisory ([nominations@alphasigmatau.org](mailto:nominations@alphasigmatau.org)) for non-advisory roles.

Finally, please accept a sincere thank you for your continued service, support and sisterhood! **You** have made this an exciting time to be a member of Alpha Sigma Tau Sorority!

Keep moving forward,

Christina Covington  
National President



Alpha Xi Recruitment Banner, 2007; Found at Alpha Sigma Tau's Worldwide Facebook Application— submitted by Katie Heil, Alpha Xi Alumna / Stars & Stripes Alumnae Club

## FROM THE DESK OF THE DIRECTOR OF ALUMNAE

Dear Alumna:

Do you know anyone who would make an outstanding member of Alpha Sigma Tau? The Alumnae Affiliate program is a growing area for the Sorority. In fact, Alpha Sigma Tau had a record number of alumnae affiliates last year! We invited ten outstanding women to join the ranks of our membership through the alumnae affiliation process.

To recommend a potential alumnae affiliate candidate for membership in Alpha Sigma Tau, please send the following information to Theresa Gallo, Alumnae Affiliation Coordinator, at [tgallo@alphasigmatau.org](mailto:tgallo@alphasigmatau.org):

\*Your name and contact information (phone number and email address):

\*The name and contact information of the person you are referring as a candidate for alumnae affiliation (please include the candidate's phone number, email address and mailing address)

\*Does the candidate know you are referring her as a candidate for alumnae affiliation? YES NO

\*How long have you known the candidate and in what capacity? Family Connection (Mother, Sister, Aunt, Cousin, etc.); University Faculty or Staff; Work Colleague; Friend; Neighbor; Other?

\*What makes this individual a good candidate for alumnae membership in Alpha Sigma Tau?

\*Please describe how she lives by the values of Alpha Sigma Tau and is Active, Self-Reliant and Trustworthy.

To learn more about the Alumnae Affiliate program, please visit <http://www.alphasigmatau.org/alumnae/alumnae-affiliation-program>.

In sisterhood,

Jamie Jones Miller, Psi, Director of Alumnae [jmiller@alphasigmatau.org](mailto:jmiller@alphasigmatau.org)



*The Detroit Alumnae Chapter enjoying Sisterhood together at an outing this past fall*

## FROM THE EDITOR, THE CREST



Dear sisters:

February is a the time many of us examine our loves in our life. A few months ago a fellow Zeta sister, Rebecca Smith, wrote on her Facebook Status: "Love is patient. Love is kind. It always protects, always trusts, always hopes, always perseveres. Love never fails."

A friend of hers responded, "A wise man once told me that it was our goal to be able to substitute our name in the place of "love" in that passage. So it would read "Rebecca is patient. Rebecca is love". What great insight.

This made me reflect on our own biblical passage, Philippians IV:8 which reads, "Whatsoever things are true, Whatsoever things are honest, Whatsoever things are just, Whatsoever things are pure, Whatsoever things are lovely, Whatsoever things are of good report; If there be any virtue, and if there be any praise, think on these things."

Can one, as a sister in Alpha Sigma Tau, able to substitute our name in for "Whatsoever?" Can one say that you are true, honest, pure, lovely, and of good report?" We all have shortcomings. Every day we need to reexamine ourselves, not just to better ourselves, but to better others as well.

This edition of THE CREST features two "AST" onshing sisters: Jeanne' Goldy-Sanitate, a Gamma Gamma alumna who went through college recruitment at the age of 29 and is an inspiration to know what it means to say 'I Can', and Shiloh Kiona Maples, an Alpha collegian whose eloquent words traveled farther than she expected. These sisters reflect what it means to be an Alpha Sigma Tau in today's world.

We hope you enjoy these articles, as well as the others that are compiled into this edition. Special thanks goes out to all our Staff Writers (especially Joanna Barrett, Epsilon Epsilon, and Kirsten Newman Heck, Gamma Pi) and article submitters. Our next issue will be published May 1st. We are always looking for great leads and articles—and of course writers to join our staff. Please feel free to contact me at: [vflorence@alphasigmatau.org](mailto:vflorence@alphasigmatau.org) to become involved with THE CREST Publication.

Taus forever, Vanessa Florence, Zeta, Editor, THE CREST

## ALPHA SIGMA TAU ADOPTS STRATEGIC PLAN

To succeed you have to start with a plan! Since June 2009, Alpha Sigma Tau members have worked with Tom Jelke, Strategic Planner, to develop a map for our future. Thousands of members participated in the plan development at all levels of the Sorority, from collegians and alumnae to National volunteers and external partners. The process utilized a series of focus groups, surveys, testing, re-testing, and editing to concentrate the Sorority on six major strategic areas of focus identified by the membership.

Below is the high-level view of the Alpha Sigma Tau Strategic Plan. In the coming months, we will share the plan details with the entire membership through several formats: Town Hall Webinars, phone conferences, website announcements, in person meetings around the country and at Convention, and space devoted to the plan in each of our print publications.

### OUR VISION:

Beauty of Spirit. Fulfillment of Self. Exceptional Sisterhood.

### OUR MISSION:

To foster intellectual, cultural, ethical and social development

To instill a commitment to lifelong leadership

To develop women who enrich the lives of others

To promote an environment of shared understanding and respect for values, expectations and goals

To sustain relationships that transcend the collegiate experience



Delta Psi—Johnson & Wales University, Denver, CO



### OUR CORE VALUES

**Intellect** – The pursuit and cultivation of knowledge, wisdom, truth, and culture.

**Excellence** – Always seeking to perform at the highest level; having a disdain for mediocrity; Creating and taking advantage of opportunities to excel.

**Graciousness** – Creating an environment of pleasantness and embodying kindness, generosity of spirit, charm, tact, courtesy, and authenticity in all we do.

**Respect** – The highest level of esteem for the worth of ourselves, our sisters, our peers, our community, our history, our future, and our values.

**Connections** – Building and maintaining meaningful, sincere, and lasting relationships with our members, our alma mater, and our community.

### OUR STRATEGIC AREAS OF FOCUS

Membership development (collegiate, alumnae and volunteer leadership)

Growth and retention

Communication and marketing

Alumnae member engagement

Infrastructure

Maximizing financial resources



Phi Chapter, Recruitment 2009

As you learn more about the plan please be thinking of what role you might be interested in playing to support and implement it. Implementation will bring increased opportunities for member involvement at all levels of Alpha Sigma Tau.

Thank you for your participation in developing a true member-driven compass for Alpha Sigma Tau!

## NEW HQ BUILDING IN INDIANAPOLIS PURCHASE COMPLETE

Alpha Sigma Tau announced the purchase of a building located at 3334 Founders Road, Indianapolis, Indiana that will serve as the Alpha Sigma Tau National Headquarters beginning in the spring of 2010.

The facility is nearly 11,000 square feet with an executive office suite, staff offices, a training facility, multiple meeting rooms, and space for future growth. The facility is located in the heart of the Greek community headquarters facilities in College Park.

The Headquarters Transition Committee lead the research of facility options to meet the current and future needs of the membership, the financial implications of those options, developed action plans to oversee the physical move, and communicated outcomes to the membership.

"The Founders Road facility allows the Sorority to meet the needs



of our growing membership for the foreseeable future. The Greek resources and staff, meeting and training space will have a tremendous impact on the services we can provide our members and in the exceptional sisterhood experience those members have as Alpha Sigma Taus," said Chris Covington, National President.

Alpha Sigma Tau has been in its current location in Birmingham, Alabama for nearly 15 years. The current facility served the Sorority well during that time, providing a platform for new growth opportunities.

Under the direction of a newly hired Executive Director, Alpha Sigma Tau Sorority will transition to a service-based headquarters providing more effective, consistent and cost-effective training, support and resources to the members of Alpha Sigma Tau.

- Alpha Sigma Tau Press Release December 2009

## NOTES FROM NATIONAL NOMINATIONS

Submitted by Sarah Hinshaw, Delta Nu, National Nominations Coordinator

As we move toward the Alpha Sigma Tau 2010 Convention in Birmingham, Alabama the Nominations Committee will be sending out monthly communication to keep all members informed about the process. Convention is an exciting time for Alpha Sigma Tau to come together as a group and make important decisions about our leadership. The national council is elected during convention and to continue our growth as a sisterhood we need our best and brightest at the helm.

### National Council Candidate Eligibility

To be eligible for election to a National Council position, a candidate must:

- Be eligible to serve in the same office again, not to exceed 8 years of consecutive full appointments in same position (4 complete terms)
- Have maintained good standing by appropriate performance in this or other position(s)
- Be current with dues, fees and assessments
- Have completed the application with all required attachments by the due date
- Have completed the interview and evaluation process.

For a fair and thoughtful leadership selection process, all candidates, including potential write-in candidates, must complete these eligibility requirements to be eligible for election or appointment to the National Council. **There are no nominations from the floor for National Council positions (Standing Rule 22).**

### Important Dates

February 23, 2010 (120 days prior to convention)

-Nominations Committee requests all current National Council Members seeking re-election submit application and schedule interview

April 9, 2010 (75 days prior to convention)

-All applications due for National Council positions

April 12, 2010 (72 days prior to convention)

-All candidates for National Council announced

May 9, 2010 (45 days prior to convention)

-All candidate vetting complete

May 24, 2010 (30 days prior to convention)

-Announcement of all candidates slated by the Nominations Committee and all other candidates for National Council

June 23, 2010

-Opening Ceremony Convention 2010

Applications can be found on the website <http://www.alphasigmatau.org/the-sisterhood/volunteer>. If know a sister who you feel would make a great national council member, you are interested, or you simply have more questions please contact: [nominations@alphasigmatau.org](mailto:nominations@alphasigmatau.org)

## CONVENTION 2010: SAIL INTO EXCELLENCE

Submitted by Shelly Marie Redmond, National Vice-President

Warm sun, skirts, and sunglasses! Yes, spring and summer are fast approaching and with this summer being our 2010 National Convention, Alpha Sigma Tau is ready to set sail to the Sheraton -Birmingham in Birmingham, Alabama!

Detailed convention registration information, including information for room reservation at the Sheraton-Birmingham, will be available at our national website in late February, early March.

Please estimate the cost of convention registration to be between \$400-\$500 per person. Room rates for convention are set at \$145 a night (approximately \$650 for the course of the convention). While several meals will be provided with the cost of registration, some lunches will be out-of-pocket expense.



The Sheraton can provide lunch for these days for \$7 (without tax) per individual.

With the focus of our convention building on our 2009 Officer Academy of 'Good to Great,' we are prepared to take 'it to the next level' and "Sail Into Excellence".

Convention will open on Wednesday, June 23 showcasing the beauty of our beloved ritual. Closing convention will be our beautiful Yellow Rose Banquet on Saturday, June 26.

## CONVENTION PHILANTHROPY: RONALD MCDONALD HOUSE CHARITIES OF ALABAMA

Submitted by Sara Brown, National Philanthropy Coordinator



**RONALD MCDONALD  
HOUSE CHARITIES**

Alpha Sigma Tau Sorority is proud to announce that this year's convention philanthropy will benefit the Ronald McDonald House Charities of Alabama.

The Ronald McDonald House Charities of Alabama offers a "home-away-from-home" for families who travel to the Birmingham Children's Hospital and have a child staying in the hospital for care. Over 75% of the children in Alabama and their families must travel to receive appropriate pediatric care. The average stay at the Ronald McDonald House is 13 days (almost 2 weeks away from home!) and approximately 16% of stays are over 3 weeks!

The Ronald McDonald House Charities of Alabama provides a place to stay for these families along with meals, resources, and supplies for the duration of their stay. Please visit <http://www.rmhca.org> for more information about the Ronald McDonald Charities of Alabama.

This convention Alpha Sigma Tau will provide the Ronald McDonald House welcome baskets to ease the stress of being away from home for so long. During convention, sisters will work interactively in small groups to create these baskets with the donations brought by the Sisterhood. The goal this year is to donate 75 completed baskets to Ronald McDonald House Charities of Alabama!

We realize that some members will be flying and have some luggage constraints and monetary limitations for checked baggage. This year, we have identified items to bring depending on your mode of transportation! Here is a list for those who are driving and flying:

**Flying:** travel toiletries, soaps, bath loofas, new teddy bears, puzzle books (to do in the waiting room at hospital), small picture frames, non-perishable food items like hard candy, ribbon, pre-made welcome and get-well cards from sisters, tissue paper in green and gold, construction paper, stickers, and other small items that can fit in luggage.

**Driving:** baskets (ask each member from your group to donate at least 1 basket), larger items like full size shampoo and soaps, candles, craft items made by members, candy and other food items, journals, pens, coloring books and crayons for child in the hospital, ribbon, markers, construction paper, cellophane paper, and other appropriate crafts and items for the families

Please keep all of these things in mind and talk to other members who are attending convention

...Continued on Page 9...

## “AST”ONISHING ALUMNAE: JEANNE’ GOLDY-SANITATE, GAMMA GAMMA

By Kirsten Heck, Gamma Pi, Staff Writer

Jeanne’ Goldy-Sanitate is a race-winning cross-country skier. She plays softball and golf, and recently competed in a charity cycling event. Jeanne’ is also a disabled veteran who spends much of her time in a wheelchair, and truly embodies our open motto, “Active, Self-reliant, Trustworthy.”

Jeanne’ joined the Air Force in 1976 as a medic, specifically in optometry. While stationed in the United Kingdom, she joined the base tennis team and was ranked third among the Air Force in the UK. An avid athlete, she played softball on several teams during her service until an accident during a routine training exercise in January 1984 left her with a broken back. Doctors predicted she’d never walk again; six months later, she not only walked but paced her running partner on her bicycle.

After her discharge in 1984, Jeanne’ returned to New Jersey, and took a job in corrections educating juvenile offenders, but found she missed her work in optometry. With the encouragement of a former Air Force colleague, Jeanne’ packed up her belongings and moved to Birmingham to attend the UAB School of Optometry. At 29 years young, Jeanne became an initiated member of the Gamma Gamma chapter of Alpha Sigma Tau. “It was something I wanted to do as I missed the camaraderie I had in the service,” Jeanne’ says.

To continue her studies, Jeanne’ returned to New Jersey, and worked part time at a

For Eyes store, where she met her future husband, Jim. “I sold him glasses,” Jeanne’ remembers. The couple dated for two years and married in 1993.

Jeanne’ stayed busy with the Philadelphia Alumnae Chapter, serving terms as Vice-President and then President. She was working in Connecticut during the week and returning to New Jersey to be with Jim on the weekends. In 1998, Jeanne’ noticed she was more clumsy, falling down and dropping things. As her symptoms worsened, her husband convinced her to return home, and seek medical help. In 1999, Jeanne’ was diagnosed with multiple sclerosis.

For a period of about seven years, “I was really bummed,” she says. Not only had she lost yet another career to medical issues, but she believed that need for a wheelchair meant she’d also lost her ability to compete athletically. Finally, Jeanne’ decided enough was enough, and through some research, she discovered the National Veteran Wheelchair Games. She entered the July 2006 Games held in Anchorage Alaska, where she got to play softball, albeit wheelchair style, for the first time in years.

“I was the only female on the team, had 3 RBI’s and got on base three times,” Jeanne’ boasts. She returned from the games as the proud winner of three gold medals and one bronze medal. Jeanne’ the athlete was back, and she was hooked.

Since those first games, Jeanne’ has tried downhill skiing, curling and even scuba diving. She’s able to golf again with husband Jim.

“My ‘new normal’ is as an adaptive athlete,” Jeanne’ says. “I hope to try wheelchair tennis, and see what I can do.”

In 2008, she came in first in a Nordic (cross-country) skiing biathlon with a time of 10 minutes and 41 seconds.

“A fellow Nordic skier suggested I use hand-cycling as a training in the summer months,” says Jeanne’. “I went to the VA to see about getting a hand cycle to help in my rehabilitation as my MS was progressing.” Her request was approved and Jeanne’ joined a cycling club in Philadelphia, often training along the Schuylkill River.

Jeanne’ took to cycling, and signed up for the Ride2Recovery event held December 12-17, 2009 in Florida. According to their website, Ride2Recovery’s goal is to help make a difference in the lives of vets by assisting in their mental and physical rehabilitation programs. They run several charity rides throughout the year, raising money to assist veterans across the country. Jeanne’ completed 250 of the 350 mile race, many with the help of her fellow wounded warriors who pushed her. She was also cheered on by Vanessa Florence, Zeta, who came to support her.

“I surely will be back for another R2R in May in Virginia, but in the meantime, I am headed to New Hampshire for a ski clinic in January, and then to Snowmass for a Winter Sports clinic in March,” Jeanne’ says. “Just goes to show you I don’t have a disability; I have a different ability!”

For more information on Ride2Recovery, visit their website at [www.ride2recovery.com](http://www.ride2recovery.com)



## “AST”ONISHING COLLEGIAN: SHILOH KIONA MAPLES, ALPHA

By Joanna Barrett,  
Epsilon Epsilon, Staff Writer

If there's one student who's making a difference on the Eastern Michigan University campus, it's Shiloh Kiona Maples, this issue's ASTonishing Collegian. As former president of the Alpha Chapter, Shiloh presented a speech on Alpha Sigma Tau's 110<sup>th</sup> Anni-



versary for the Greek community at EMU about how civic engagement is related to the core purpose of all Greek organizations.

Her speech then made it into the hands of Steve Veldkamp, the Assistant Dean of Students and Director of Student Activities at Indiana University. He quoted part of her speech at the Association of Fraternity Advisors (AFA) awards banquet as he accepted the Robert H. Shaffer Award for demonstrating a long-term commitment to fraternities and sororities.

For her speech, Shiloh has received national recognition from Greeks on various cam-

pus. Humbled and honored, Shiloh strives to fulfill the vision of our founding sisters and incorporate the core values in her daily life, and she is one outstanding student who has a strong involvement in civic service in the Ypsilanti community.

As a Social Work major and President of EMU's College Panhellenic Council, Shiloh is in the process of starting a suborganization called Greeks Serving the Community (GSC).

“GSC aims at providing direct-service to our local Ypsilanti community, raising issue awareness, and helping motivate and change the way our Greek peers think about service,” explains Shiloh.

On campus, Shiloh also serves as a justice on the Greek Judicial Board and as a peer facilitator for the New Member Institute in EMU's Greek Life to help acclimate new Greeks to the aims and purpose of the values-based community.

Outside the Greek community, Shiloh also volunteers at EMU's Youth College Day, which is a two day event that brings in Ypsilanti high school students together and encourages them to seek higher education.

“At EMU, I discovered social work and Alpha Sigma Tau, which I sincerely believe are the two biggest catalysts for who I am today,” says Shiloh. “I have tried to take every opportunity available to me, and that extra effort has come back ten-fold in the amount of growth I've experienced. My experience in both arenas has culminated to a discernible

purpose and has helped me understand that my personal and professional goals are indistinguishable.”

In addition, Shiloh has had internships at Alzheimer's Association in Chelsea, Michigan and another while studying abroad at Brighton Unemployed Centre Families Project in Brighton, England. Last spring, Shiloh was a co-site leader for EMU's Alternative Spring Break, where she led a group of Greeks to Bay St. Louis, Mississippi to build a house with Habitat for Humanity. Graduating in April with her bachelor's degree, Shiloh plans to continue her education in a masters program for social work, specializing in community development. Her long term goal is to open a community center that serves youth, families, and a community as a whole.

Being part of Alpha chapter



has greatly impacted Shiloh's growth as a leader.

“Seeing street signs like Pearl St. or just simply bearing the name Alpha chapter, are everyday reminders of the leadership and commitment that it took those women to create our organization,” says Shiloh. “The strength, support, and work that those eight women contributed is an inspiration to me, especially in a time when women had very little rights or power. It is my hope that if I stay faithful to my work and values as the founder's did, that I will touch half as many lives as they did.”



Shiloh and the rest of the Alpha sisters.

## PINE MOUNTAIN SETTLEMENT SCHOOL WELCOMES ALPHA SIGMA TAUS FROM 4 STATES



“In 2009, more than fifty women from Alpha Sigma Tau donated 840 hours of service to PMSS. Volunteers cleaned books, cleared brush, dug new garden beds, built a wheelchair ramp for a local resident, planted vegetable seeds in the School’s gardens, sanded floors, treated hemlocks against infestation of the hemlock woolly adelgid, turned compost, washed windows, helped with Fair Day, and weeded flower and vegetable gardens on campus. Pictured are volunteers from Alpha Lambda Chapter from Radford University in Radford, Virginia (upper left); Beta Chapter from Central Michigan University in Mt. Pleasant, Michigan (upper right); Omicron Chapter from Concord University in Athens, West Virginia (lower left); and Epsilon Zeta Chapter from the University of Virginia at Wise (lower right).”

~From Pine Mountain Settlement School Notes,  
N o v e m b e r 2 0 0 9 —  
[www.pinemountainsettlementschool.com](http://www.pinemountainsettlementschool.com)



### CHAPTER SPOTLIGHT: ALPHA LAMBDA, RADFORD UNIVERSITY, VA

Submitted by Sara Briers,  
Alpha Lambda

A dozen Alpha Lambda (Radford University, VA) sisters made a weekend trip to our National Philanthropy, Pine Mountain Settlement School, in late September. With the planning of the chapter’s philanthropy chair, Jasmine Steptoe, the sisters traveled down to the Kentucky school on a Friday morning and stayed until Sunday afternoon. During their trip they had the opportunity to not only help the school but also the community in the City of Harlan County.

Immediately upon arrival that Friday the sisters began to

work. They thoroughly cleaned books that were beginning to mold. On Saturday the sisters participated in an annual event that helps the community called “The Repair Affair.” They helped finish the building of a wheelchair ramp leading to a house of one of the families that live in Harlan County. By mid-afternoon, with help from other members of the community, they had finished most of the ramp. They spent the remainder of Saturday and Sunday morning finishing the cleaning of the books as well as cleaning jars of medicinal herbs and plants that had been donated to the school as research tools.

Not only were the sisters able

to help the school as well as the community, the weekend trip was also a great bonding experience. Sisters were able to turn off the cell phones and spend the nights playing board games and becoming closer as sisters.

Thanks especially goes out to Cassie Robinson, a representative from Pine Mountain, who worked close with the sisters during their visit, the sisters were able to learn more about Pine Mountain Settlement School and the partnership they have with the community. Cassie shared valuable information about Pine Mountain Settlement School that the sisters can now share with the rest of

their chapter and potential and new members.

Despite the rainy weather, the group of sisters had a wonderful weekend working one-on-one with the school. Following the trip the Alpha Lambda chapter had their bi-annual Swing-a-Thon. The event takes place once a semester where the sisters swing on a porch swing for 24 straight hours to collect donations for the school. This fall semester they raised \$267.48. The sisters look forward to continuing their help with the school, and anticipate more trips to visit Pine Mountain in the future.

Check out Pine Mountain Settlement School online at [www.pinemountainsettlementschool.org](http://www.pinemountainsettlementschool.org). Pine Mountain is also on Facebook—Become a Fan!

## NPC: DO YOU KNOW ABOUT PANHELLENIC BADGES?

Submitted by Carol Mooney, Alpha Lambda, Panhellenic Delegate

With the NPC Badge Day celebration coming in March, now is a good time to remember who we are and how we fit into the larger sisterhood – Panhellenic. Alpha Sigma Tau is a member of the National Panhellenic Conference which is the “premier advocacy and support organization for its members, member groups, college and alumnae panhellenics and a proponent of women’s fraternity membership”. During your New Member period you were taught the names of our NPC sororities. How much do you remember about our binding fraternal organization? Take the Quiz!

1. How many sororities belong to the National Panhellenic Conference? How many of them can you name?
2. How many NPC badges have the sorority’s Greek letters on a black onyx background and what are they?
3. Name the four NPC groups that have a triangle-shaped badge.
4. How many sororities have letters on their badge other than the sorority Greek letter name? Who are they?
5. What year did Alpha Sigma Tau join the National Panhellenic Conference?
6. Which seven sororities have only two Greek letters in their name?
7. Which two groups have a skull on their badge?
8. What is the Greek letter that appears most often in the names of the NPC sororities and how many sororities have that Greek letter in their names? Name these groups.
9. Which six sororities have badges designed with the stacked Greek letters of their name?
10. What year was the National Panhellenic Conference formed and what groups were the founding members? (Hint - there are seven groups).
11. There are five sororities that have a Greek letter that appears more than once in their name. Who are they?

So, how well did you do? Take the opportunity to wear your badge proudly on Badge Day. You will be amazed how many other Greek women you will meet. Won’t they be pleased when you mention something you know about their badge? Check your answers below!

1. 26
2. 10 - Alpha Chi Omega, Sigma Kappa, Sigma Sigma Sigma, Kappa Delta, Delta Phi Epsilon, Phi Mu, Alpha Sigma Tau, Alpha Sigma Alpha, Zeta Tau Alpha, Phi
3. Sigma Kappa, Delta Phi Epsilon, Sigma Sigma Sigma, Phi Sigma Sigma
4. 9 - Chi Omega, Kappa Kappa Gamma, Kappa Delta, Gamma Phi Beta, Delta Phi Epsilon, Kappa Alpha Theta, Zeta Tau Alpha, Alpha Phi, Delta Gamma
5. 1951
6. Delta Zeta, Chi Omega, Kappa Delta, Phi Mu, Alpha Phi, Delta Gamma, Sigma Kappa
7. Sigma Sigma Sigma, Chi Omega
8. Alpha - 12 groups - Alpha Chi Omega, Alpha Xi Delta, Alpha Epsilon Phi, Kappa Alpha Theta, Alpha Omicron Phi, Alpha Sigma Tau, Alpha Sigma Alpha, Theta Phi Alpha, Alpha Gamma Delta, Alpha Delta Phi, Alpha Phi, Zeta Tau Alpha
9. Chi Omega, Alpha Phi, Alpha Gamma Delta, Theta Phi Alpha, Alpha Omicron Phi, Gamma Phi Beta
10. 1902 - Alpha Phi, Pi Beta Phi, Kappa Alpha Theta, Kappa Kappa Gamma, Delta Gamma, Gamma Phi Beta, Delta Delta Delta
11. Kappa Kappa Gamma, Alpha Sigma Alpha, Sigma Sigma Sigma, Phi Sigma Sigma, Delta Delta Delta

Keep your  
fraternal  
experience  
close to your heart



International Badge Day  
March 1, 2010

## CONTINUED, FROM PAGE 5: CONVENTION PHILANTHROPY

and what items are of interest to donate. Also, talk to other sisters who are not attending convention but would like to donate items to this year’s convention philanthropy. We encourage you to get together as a group either with alumnae or collegiate chapter to make get well and welcome cards and small crafts as a group to donate to this year’s convention philanthropy. Also, if you are driving and would like to put together a complete basket from your alumnae association or collegiate chapter, please feel free to do so! If you have any questions please contact the National Philanthropy Coordinator, Sara Brown, at [sbrown@alphasigmatau.org](mailto:sbrown@alphasigmatau.org)!

## OUR STRENGTH, OUR FOUNDATION

### Did You Know? – Every AST Chapter has its own Scholarship! Is Your Scholarship Endowed?

The Alpha Sigma Tau National Foundation, Inc., encourages chapters with established scholarships to continue donations to these scholarships. Donations may be made in honor of a sister or in celebration of an event. Specifically, it encourages those chapters with non awarding scholarships to make a concerted effort to endow their chapter scholarship. Chapters with established scholarships that are not yet endowed are:

Beta Upsilon	Gamma Theta	Gamma Psi
Delta Tau	Delta Upsilon	Delta Phi
Delta Chi	Delta Psi	Delta Omega
Epsilon Alpha	Epsilon Beta	Epsilon Gamma
Epsilon Delta	Epsilon Epsilon	Epsilon Zeta
Epsilon Theta	Epsilon Iota	Epsilon Eta
	Epsilon Kappa	

The amount to endow a scholarship in full is **\$5000**. The scholarship must be endowed within 10 years. In order for the scholarship to be awarded there needs to be at least \$250 per year in interest above the endowed amount. The first scholarship would be awarded in the amount of \$250.

For further information regarding the established scholarships, please contact the Melinda Henry Oates at the National Foundation office.

**Tax Incentives Continue – Giving to the Alpha Sigma Tau National Foundation, Inc.** Everyone loves tax deductions, incentives, credits, and deferments. That's what the Alpha Sigma Tau National Foundation, Inc. is offering you. The only way to contribute tax free to Alpha Sigma Tau's programs and scholarships is to contribute through the Foundation. It's a win-win situation. The current members get the benefit of your contribution and you get the tax deduction. What could be better?

**Regular Giving** Become a regular donor. It is the most painless way to make a difference in the lives of the Alpha Sigma Tau

women of today. You choose the amount - you choose the fund (program) or scholarship – you choose the person or chapter to be honored or memorialized – you'll be amazed at how quickly your contributions add up. AND remember, it's all tax-deductible.

**It's So Easy** Call Melinda Oates at 205/978-4512; she will walk you through the process. She'll need to know your credit card number, what fund or scholarship you want the contribution to go into, and how often you want the contribution made. Or if you don't want to use your credit card and are an online banker, you can set up a monthly (or weekly) contribution to be paid just like a bill from your checking account. The bank does all the work. You know how to do it; you want to do it; you just need to remember to do it

At the Foundation breakfast at the 2006 Convention, Gail Fowler spoke about making a habit of giving to the Foundation. During the Convention, Mary Ellen Willmitch made a donation to establish the Mary Ellen Willmitch Scholarship. At the time she gave her check she said, "I do not expect to be able to fund a scholarship in my lifetime, but this is a start."

Gail's reminder stayed with Mary Ellen and she made a habit of regular monthly donations since that time. At the close of the 2009 fiscal year, her scholarship was endowed! The 1<sup>st</sup> Mary Ellen Willmitch scholarship will be awarded at the 2010 convention. It was done in Mary Ellen's lifetime!! Mary Ellen says "I started supporting the National Foundation as one of the National Council members who voted to establish it! We felt it was a way to increase donations to the Sorority with the enticement of a tax deduction. I was inspired by so many women serving as advisers, DPs, and more with whom I had worked for over thirty years on staff as collegians, I started this scholarship and felt that I had touched AST's future. I am so proud that through my monthly donations and donations from others, my scholarship is funded and will be awarded at convention, 2010. Special thanks to all who helped me achieve this honor."

## NEW TRADITIONS—OUR NEW MEMBER PROGRAM



Big and Little Sisters, Haylie Kujawa and Katie Van Gorder at Oakland University, Delta Tau chapter

At Convention 2008, the national organization rolled out a new national new member program for all of collegiate chapters to implement. For the past year and a half chapters have worked on putting the new member program into action. This is a six-week comprehensive program that allows the new members to proceed through membership training to be a well educated and effective member of Alpha Sigma Tau. Each week has a unique theme that supports the ideals and aims of the sorority and different chapter officers attend new member meetings to share their expertise. This program truly incorporates the new members into the chapter from the beginning of their program.

Alumnae members can effectively be a part of this new member program. Perhaps you could be a pen pal with a new member or you could attend the initiation ceremony at the invitation of the chapter. Both the new members and the chapter members do look to alumnae members as role models, so it is important to understand and support a positive new member experience.

If you have any questions about the new member program, please contact Jen Cohen, National New Member Coordinator at [jcohen@alphasigmatau.org](mailto:jcohen@alphasigmatau.org).

## FIDELITY TO PURPOSE: OUR BOARD OF TRUSTEES

Be informed! Asking “Whys” does help make one “wise”!

Alpha Sigma Tau Sorority has three distinct entities functioning to secure its future. Each of these entities functions independently of the other two yet is set up to fully cooperate for the betterment of the Sorority. Each has a distinct and necessary purpose and was formed as dedicated members sensed a need.

Do you know why?

Why is there an Alpha Sigma Tau National Council?

Why is there an Alpha Sigma Tau National Foundation?

Why is there an Alpha Sigma Tau Board of Trustees?

The Alpha Sigma Tau National Council is directly responsible for making policies and governing Sorority business. The National Council was established in our Constitution (adopted November 1925) and has been wisely modified over the years. The Council's responsibilities are seemingly endless yet succinctly directed by our Constitution. Its existence, direction, and purpose are only changed via Constitutional amendments/ revisions made at National Conventions. Simply stated, it is our governing body.

The Alpha Sigma Tau National Foundation, Inc. was established in 1982 to promote and expand the educational and charitable activities of the Sorority. A Board of Directors governs the National Foundation and is responsible for its operation and management. Among others, significant objectives of the National Foundation are to secure and maintain funds for future sorority growth, provide educational assistance to members, sponsor programs that promote the values and ideals of the Sorority, and contribute to the publication of educational materials for Alpha Sigma Tau. Being a 501(c)(3) corporation, contributions it receives are tax deductible to the extent allowed by the law.

The Alpha Sigma Tau Board of Trustees was established by resolution at the June 1990 Richmond Convention. The purpose of the Board is to oversee the proposed amendments/revisions to the Constitutions and to review the Minutes of the Council Meetings and of the Convention to ascertain if these activities are consistent with the Constitutions and best interest of the Sorority, namely, its purpose, traditions, and the preservation of its ritual and historical integrity. The Board is governed by its own set of Bylaws (established in the Constitution). Only members of the Board may amend these Bylaws. The Board welcomes the concerns of individual members, of chapters, etc., as well as those of the Council, Convention, and Foundation. Members, individually and collectively, are the best source as the Board sets its agenda.

Bobbie Nichols Tucker Mary Ellen Willmitch Patricia A. Nayle Mary Glor Bolton Martha Drouyor DeCamp  
The Board of Trustees can be reached at: [trustees@alphasigmatau.org](mailto:trustees@alphasigmatau.org)



## KEEPING IN TUNE: SUBMIT YOUR SONGS!

I love the anchor!

I love the yellow rose!

I love the crest!

And I love the green and gold!

I love my sisters all -

In Alpha Sigma Tau

Boomdiatta- Boomdiatta-  
Boomdiatta, Boomdiatta!

Does your chapter or alumnae association love to sing? Do you know sisters who just can't get enough sorority music? Do you want to win a National Award to proudly display in your house and/or at recruitment events? Then, listen up!

Each year, chapters, alumnae associations, and individual alumnae create and submit their own AST songs to compete for the National Song Award and to have their original creations performed at our National Convention! There are three categories from which to choose, so there's something for everybody! Submit your sorority-themed chants, songs with borrowed music and original lyrics, and songs with original music and lyrics to me at [kobrien@alphasigmatau.org](mailto:kobrien@alphasigmatau.org) by April 25 to be considered for this year's awards and performance of your song by this year's Convention Chorus! Please submit as many songs from as many categories as you'd like!

If you have any questions about submission or anything else related to our sorority music, don't hesitate to let me know! I'm looking forward to hearing from you and loving your music!

Tau love and mine,

Kelli Purcell O'Brien, Delta Eta, National Music Coordinator

[kobrien@alphasigmatau.org](mailto:kobrien@alphasigmatau.org)



## LOVE IS AN ACTIVE VERB

By Carole Bicking Keily, Alpha Xi,  
National Chaplain

It's February and hearts and flowers are everywhere celebrating romantic love. Maybe you're going to have a romantic dinner with your significant other for Valentine's Day. Or maybe you're single and are going to spend the evening eating ice cream and chocolate and watching old movies with your girlfriends.

Romantic love is very nice, of course. It probably does make the world go 'round, and this time of year, results in lots of jewelry, flowers, chocolate and lingerie sales. Yet I would say that there are all kinds of love that make the world go 'round.

Long ago, I received a book called "Love is an Active Verb" for Valentine's Day. Included were about seven or eight dictionary definitions of love - a nice gift for this English major (and probably the only budget appropriate gift my college boyfriend could find). Together we read about love for your significant other, for one's parents and the rest of your family, for your friends, for your country, for your God. I would think about the man who gave me the book, my family, and my friends at college and my



*Alpha Sigma Tau sisters, Sarah Marko Kavalauskas, Amanda Campbell, and Andrea Helfer in the photobooth at fellow sister's, Nicole Noyse France, wedding.*

friends from my hometown.

As the years passed, I noticed many kinds of love. A good example of the love between friends is my friend Besra, who runs a thrift store here in Northern Virginia. When she first got into the business, she met a man who ran a similar business about an hour away. Cliff served as a mentor to her and taught her the ins and outs of running a retail business and helped her with the processes unique to thrift stores. Besra and Cliff became very good friends and talked all the time about their businesses and their lives. Besra's husband also became good friends with Cliff. Sadly, Cliff died suddenly about a year ago but

he lives on because Besra still loves him as her best friend.

And then there's the love for your children, which is part and parcel of being a parent. All of us who have children would do anything for them. My daughter and my son are both musicians in rock bands. They play at some of the, well, oddest places and play pretty loudly. When we can, my husband and I go to hear their bands play. We make sure to wear ear-plugs!

And of course, there's the love of your sorority sisters. In college, when your sisters are part of your daily lives, you might take them for granted. Of course you care about them but when you're balancing school and work and a social life, it's easy to forget that you do care for these women. We've developed catch-phrases for that sisterly love like "always someone there" or "we're like blood sisters".

"Love is an Active Verb" is still in my library. Once you get past the cheesy 1970s-era photos, the message is timeless - love is fun, love is teamwork, love is selfless, love is a journey. I wish you love all the days of your life!

## WANTED: CASUAL CHAPTER PHOTOS—ALL YEARS!

Our National Historian, Jenn Marshall, has put out a call for Alpha Sigma Tau CASUAL CHAPTER PHOTOGRAPHS. There is a special need for those photos that are, well, when many of us were "young once".

Pictures should have been taken during whole chapter gatherings such as bid days, mixers, initiation, philanthropies, etc., and should contain the majority of the chapter.

Pictures can be scanned and e-mailed. If you don't have a scanner, Jenn suggests that you take a photo of your photo with a digital camera (just make sure you get the entire photo in it and not your kitchen tablecloth). Then send your photographs to [photos@alphasigmatau.org](mailto:photos@alphasigmatau.org).

Please also include the chapter name and the closest estimated date possible!



*Delta Epsilon  
2008 Greek Week Champions*

## TRAVELIN' TAUS: AN ΑΣΤ'S GUIDE TO BOSTON



Compiled by the Boston Alumnae Chapter

Traveling to Boston? Check out these sights recommended by our own Alpha Sigma Tau sisters.

#### Maggiano's Little Italy

<http://www.maggianos.com>

Located near the theatre district, Maggiano's Little Italy

is the perfect restaurant for a night out with friends, family members, or a significant other. The restaurant offers beautiful décor, large dining areas, private function rooms, friendly staff, and discounted parking. With a great assortment of classic Italian entrées and desserts, this restaurant is sure to please every palate. The Boston Alumnae Chapter enjoyed a festive night out at Maggiano's for their holiday extravaganza this past year.

~Suggested by Alice and Sailynn Doyle

#### New England Aquarium

<http://www.neaq.org>

With over 1.3 million visitors a year, this is a great place to visit, regardless of age. Highly educational, the New England Aquarium features a large variety of marine animals and exhibits, including a four-story tall ocean tank to view marine life and coral reefs from all angles. The New England Aquarium strives to make a lasting global impact through conservation and research and rescue programs. Programs and special events are offered for adults, teen, and children. ~Suggested by Trisha Morrill Brien

#### Museum of Science

<http://www.mos.org>

Currently featuring nearly 40 exhibits, the Museum of Science has something for everyone. Although their Planetarium is closed for renovations until early 2011, the museum also offers exciting exhibits, presentations, and shows in their state-of-the-art, five-story tall IMAX theatre and 3-D digital theatre. Explore the conservatory that overlooks the scenic Charles River, view historic dinosaur fossils, and explore how the human body functions. Visit live animal habitats, take a closer look at some of history's great scientists, and take a simulator journey through space and the deep sea. A complete list of current exhibits is available on the Museum of Science web site. ~Suggested by Trisha Morrill Brien

#### Newbury Street

<http://www.newbury-st.com>

Salons, boutiques, and restaurants line eight blocks of this enchanting street. Until the mid-1800s, this distinctive street was underwater in the Boston Harbor, but by the late 1800s, the water was filled into the Bay section of Boston and Newbury Street became Boston's most desirable place to live. Some consider this street to be the "Rodeo Drive of the East," and is a mecca for fashionistas. Broad sidewalks, storefronts, and street vendors encourage a variety of people to visit this unique urban environment. ~Suggested by Trisha Morrill Brien

#### Boston Common

<http://www.cityofboston.gov>

This 50-acre public park is a popular hangout for locals. Events such as concerts, sporting games, and ice skating take place here.

Monuments are located throughout, as well as the Boston Public Garden and the Frog Pond (a public swimming pond) and the park is accessible from several subway lines. Boston Common is the oldest park in the country and is the start of the Freedom Trail, a 2.5 mile pedestrian trail that links more than a dozen historic sites throughout the city. This park was historically used as a cow pasture in the 1600s, a British camp prior to the Revolutionary War, and a place for execution hangings until the early 1800s. Famous visitors include Martin Luther King Jr, Judy Garland, and Pope John Paul II.

#### Faneuil Hall Marketplace <http://www.faneuilhallmarketplace.com>

Known as the "Gateway to Boston," this marketplace offers some of America's greatest shopping and dining, and includes a unique mix of history, culture, and diversity. For over 250 years, this marketplace has been essential in Boston society. Located on Boston's waterfront, Faneuil Hall is easily accessible by public transportation and visitors can enjoy 300 performances and concerts annually. Nearly 100 shops and pushcarts, 20 full service restaurants, and 35 food stalls are included in this one area. Ethnic food and street performers are a central part of this cobblestone marketplace. The New England Aquarium, Children's Museum, Old State House, and Paul Revere's House are all within a five minute walk.

#### Copley Square

Located in the Back Bay area of Boston, Copley Square provides each resident and visitor with an architectural assortment of buildings. Notable buildings that surround the center landscape of the public square include the Boston Public Library, John Hancock buildings, and the Trinity Church. This area is also the former home of the Massachusetts Institute of Technology (MIT).

#### Concord, MA

[www.concordma.gov](http://www.concordma.gov)

If you have the time and access to a car, visiting Concord, MA is a definite must do! Four stops in Concord are necessary for history and literature buffs. First, a walk on the **Old North Bridge** with a Park Ranger will give you plenty of information about the "Shot Heard Around the World." Wikipedia confirms the fact that this phrase refers to the beginning of the American Revolutionary War and is also a line from the opening stanza of Ralph Waldo Emerson's "Concord Hymn" (1837). This is the site of the first victory for the colonists in the American Revolution. Another important stop is the Sleepy Hollow Cemetery on Bedford Street. In particular, **Author's Ridge** is where you'll find the grave of Ralph Waldo Emerson near an impressive site of a large granite boulder. Also along this path is the final resting place of the Alcott Family, including author Louisa Mae Alcott who wrote "Little Women." Other famous American authors are also buried nearby: Henry David Thoreau and Nathaniel Hawthorne. (Note: This is not the same Sleepy Hollow Cemetery depicted in Washington Irving's short story, "The Legend of Sleepy Hollow" located a few miles from the Tappan Zee Bridge in New York.) Shopping in **Concord Center**, especially at the toy store at Christmas time, is another important stop. This is a quaint typical New England town center that offers a sandwich shop, a bakery, an ice cream shop, a bookstore, and several clothing boutiques. One last recommendation for your sightseeing visit to Concord: a tour of the **Alcott Orchard House** on Lexington Road. This is the house where Louisa Mae Alcott grew up. Her room and her writing desk are on display. ~Submitted by Yolanda Bauer



## I AM AN ALPHA SIGMA TAU

Submitted by Jamie Jones Miller, Psi, Director of Alumnae

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### How to Update Your Name, Address and/or E-mail:

Please contact Candace Mathews at [cmathews@alphasigmatau.org](mailto:cmathews@alphasigmatau.org) or through the phone/address listed above.

### How to Submit Articles/Photos and Give Story Leads for THE CREST:

THE CREST encourages all Alpha Sigma Taus to submit articles/photos and leads. Please contact THE CREST Editor, Vanessa Florence, at [vflorence@alphasigmatau.org](mailto:vflorence@alphasigmatau.org) for details.

### How to Send a Letter to the Editor: Do you have a comment about an article in this or any other issue of THE CREST?

We want to hear from you! Letters to THE CREST can be sent to Vanessa Florence at [vflorence@alphasigmatau.org](mailto:vflorence@alphasigmatau.org); or via regular mail at the above address. Please include your name, chapter, school, and year of initiation. THE CREST reserves the right to publish any letter addressed to the editor and edit for space and clarity.

### How to Pay Alumnae Dues:

[www.alphasigmatau.org/alumnae/pay-your-alumnae-dues](http://www.alphasigmatau.org/alumnae/pay-your-alumnae-dues)

Membership in Alpha Sigma Tau is for life...but what does that really mean? Alpha Sigma Tau is a constant thread in your life and she is there for you as much as you need her. She is there for you when you are in college, when you are starting a family, when you are moving to a new area, and when you are starting, changing or retiring from a career. She is with you during the highs and lows in your life. She gives you an amazing return on your investment in your membership. She understands when you have the time, energy and resources to contribute and she knows that everyone needs a break now and then. She will be standing by when you are ready to engage and she gives you plenty of opportunities to get involved.



*AST's of Houston dine out with National Council and Executive Director*

Your lifetime membership will be enriched by:

- Upholding and exemplifying the ideals of Alpha Sigma Tau.
- Paying national alumnae dues (\$40 annually: <http://www.alphasigmatau.org/alumnae/pay-your-alumnae-dues>).
- Staying connected to Alpha Sigma Tau through publications like *THE CREST* and *THE ANCHOR* and by virtual means such as [www.alphasigmatau.org](http://www.alphasigmatau.org), Facebook fan pages and groups, Twitter, LinkedIn, and Flickr.
- Staying updated and informed of Constitutional changes, and Sorority and National Panhellenic Conference policy and procedural changes.
- Attending National events (Convention, RLW, Officer Academy, Alumnae Outreach Events, etc.) and volunteering on the National Staff or as a Chapter Advisory Board Member.
- Participating in an alumnae association if there is one in your area or start a new association. Join the local Alumnae Panhellenic.
- Supporting your collegiate chapter and its members and participate in activities dealing with the establishment of a new colony on a university campus in your area.
- Supporting Alpha Sigma Tau's partnerships with Pine Mountain Settlement School and Habitat for Humanity.
- Recommending potential undergraduate and alumnae affiliate candidates for membership in Alpha Sigma Tau.
- Supporting the Alpha Sigma Tau National Foundation.

Alumnae membership in Alpha Sigma Tau offers friendship, networking, professional development, and personal enrichment. No matter which phase of life you are in, Alpha Sigma Tau needs your involvement to ensure the sustainability and continuity of the organization

## STARS & STRIPES CLUB THANKS YOU!

The Stars and Stripes Alumnae Club would like to thank all who participated in the Adopt-a-Solider Family Project. With your help, Alpha Sigma Tau assisted two military families (totaling 4 adults and 11 children, some of whom are special needs) whose lives have been greatly impacted by their soldier being severely injured by IEDs in Iraq. Special thanks also goes out to Delta Psi for assisting in the wrapping of the presents and to Stars & Stripes member Lauren Welch, Delta Psi, who delivered the donations. If you'd like more information on the Stars and Stripes Alumnae Club and/or their activities, please e-mail [vflorence@alphasigmatau.org](mailto:vflorence@alphasigmatau.org).