

The
New  ALTO
KKΨ • TBΣ Southwest District

FALL 2016



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Eastern's New Stadium Bridges the Gap Between Brothers

By Emily Peterson, Beta Lambda (KKΨ)

Eastern New Mexico University hasn't had a stadium in its town of Portales or near the actual university. In previous years, we always went to the Blackwater Draw Stadium, which is situated 15 minutes outside of our home town of Portales, but that all changed this year. The school raised enough money to install a new football stadium on campus, making it easier for more people to attend the games and allowing more space to seat people. The construction of the New Greyhound stadium started in December 2015 during winter break. This all-purpose field, which will also host soccer games and track meets, allows people to enter the actual town of Portales to attend football games. Some of the teams that have come to town include West Texas A&M and the Buffalo Marching Band.

Along with the creation of this new stadium, Eastern's band, the Greyhound Sound, also decided to start new traditions. These new traditions include a pre-pre-game show in which we stand in an arch at the entrance to the stadium and play stand tunes for guests as they enter. We also march from the music building to the stadium.

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NEW STADIUM

Continued from page 1

One of the new traditions that our director of bands and sponsor is doing is an event called "Hound for a Day" where high school band members are invited to come to our last football game and play with us in the stands so they can experience a college band and watch us perform at halftime.

As previously mentioned, one of the bands that traveled to Portales is the West Texas A&M band. The Buffalo Marching Band came to Portales with their football team for the Wagon Wheel football game this year. At halftime, both bands were given eight minutes to perform their halftime show, and we supported each other's performances. At the end of the game, both Kappa Kappa Psi chapters (Beta Lambda from Eastern and Alpha Psi from West Texas) met in the middle of the field to take pictures around the letters, sing the fraternity song, and exchange gifts with each other. Beta Lambda gave Alpha Psi goody bags, and Alpha Psi gave Beta Lambda a movie night basket. It was a fun time and both bands enjoyed being able to be there and support each other's schools.

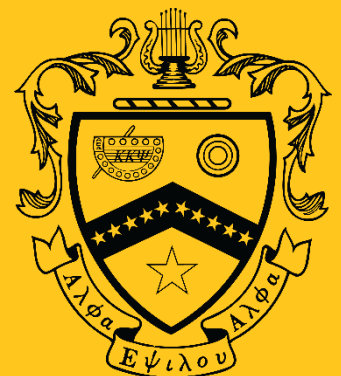


Alpha Psi and Beta Lambda Chapters of Kappa Kappa Psi after the Wagon Wheel football game at the new Greyhound stadium. Photo by Dionicio Cardenas, Alpha Psi (KKΨ).



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Battling the Mid-Semester Slump

By Natalia Lambert, Alpha Omicron (TBΣ)

Southwest District Secretary-Treasurer

This time of year means many things for those of us in college. Fall means marching band, comfy sweaters, cooler weather, and pumpkin spice everything. The middle of this semester has challenges as well. We have midterms, presentations, back-to-back football games, and less sleep than ever. The stress level during this time is high and we have to know how to combat it. This stress slowly but surely leaks into the chapter and can wreak havoc, but only if you let it. Don't fret though, this happens to everyone but here are some tips to try and cure the fall slump that is among us:

1. Constructive Communication. One of the key things that keeps a chapter running smoothly is communication with the proper people. The ability to display your feelings and what is going on in your mind is not an easy task. Rather than tear down each other, sisters need to be open to both giving and receiving constructive criticism.

2. Bonding. When I say bonding, I do not mean saying hi in the hallway or chatting at the weekly meeting or monthly sisterhood event. What I mean is actually taking the time out of your day to have quality time with your sisters. Go explore campus together or get a cup of coffee together and have a real conversation. We are not sisters who just sit in a meeting to get a job done. We have a bond that is much stronger than a normal friendship, we are sisters. Sometimes we need to take a step back from the business and remember why we started this journey to begin with.

3. S.O.S. (Save Our Sisterhood) Meetings. An S.O.S. meeting is a chapter meeting where we have minimal business and do a bonding activity. We start out the chapter meeting as we normally would; however, we skip officer and committee reports and skip down to new business and discuss any new business before we move into the activity. Some of the activities are more serious than others, but my chapter's favorite involves telling each other what makes each and every one of us special.

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BATTLING THE SLUMP

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We have played one game with a ball of string where we sit in a circle and the first person tosses the ball of string to someone in the circle and explains to the chapter why this person means so much to them. These activities serve as an excellent way to relax and take a step back to realize what we mean to each other.

4. Remember That You Are Not Alone. In our Affirmation, we sing that no matter how far you wander, you are never alone. This does not just entail when you transfer schools or go on a trip. Sometimes our minds wander to dark places that are frightening and can make you lose a part of yourself. As college students, we struggle with so many different stressors and emotions we do not often know how to handle or deal with. However, we do have each other and we know how to stand together, even in the darkest of times. When your sisters need someone to talk to, listen to them actively. Reach out when you see that someone is not acting like themselves. Maybe they are waiting for someone to notice that there is something wrong. Do not be afraid to be that person for someone.

"With my sisters, I am best." These are words to live by, not just words to sing off of a page. We all joined for different reasons but we all stay for the same bond that is shared between us. When



the middle of the fall semester hits, don't be afraid to fight back and remember that this too shall pass. You can make it through the stress. Take time to physically and mentally take care of yourself. Know your limits and don't try to push back. Your success is not measured by how stressed you are or how much you have on your plate at one time. The mid fall slump cannot hold up against the bond we share as sisters!

Did you know... there have been over 70 chapters chartered from Kappa Kappa Psi and over 60 chapters chartered from Tau Beta Sigma in the Southwest District since 1919? Over 90 chapters total from both organizations are still active!

Sisterhood Strong

By Hannah McQuerrey, Beta Nu (TBΣ)

In high school, I tended to be reserved even with my closest friends. I built walls up out of fear that my thoughts were not worth the time and efforts of others. As a result, I developed a craving for the friendship that strives to better the people within it. Not only did I want to feel actively included in a companionship, I wanted to be there for friends to support them as they pursue their dreams in improving themselves and their community. Little did I know it then, but I wasn't just yearning for any friendship – I needed the sisterhood.

Upon entering my freshman year of college last fall, I heard various Tau Beta Sigma members talk about their sisters with nothing but reverence and pure joy. These sisters truly saw each other as family! I noticed how they would emotionally pick each other up after a hard day of band rehearsal. I observed sisters reminisce over sisterhood events from the past. Most of all, I admired how sisters saw each other in the best light possible.

As a potential member, I attended Tau Beta Sigma's Bonfire Rush. We snuggled around a campfire overlooking the gorgeous view from Mount Nebo. Members of the Beta Nu chapter described what sisterhood meant to them and how Tau Beta Sigma has influenced their life. I witnessed members cry out in awestruck wonder of how the sisterhood impacted their life. At that moment I realized, THIS is what had been absent from my life.

In the following spring, I began my journey as a Membership Candidate. I gratefully accepted



my bid along with eight other MCs – only one of which I knew. I found myself repeating my social tendencies from high school. I stayed low, spoke only when spoken to, and watched as the other MCs tried to contain their excitement. I'm ashamed to say I was disappointed. I accepted my bid so why did I not feel like I was in the sisterhood? Did the chapter make a mistake in offering me a bid?

I slowly warmed up to my MC class. It was a tedious, gradual, and dragging process. For the longest time, I felt like an outsider. Then, our class began to take on projects together. As we did so, my MC class saw potential in me and I in them. We poked and prodded at what we could be and how we could be the best Beta Nu members possible. After just a few weeks, I began to develop a bond with each of the MCs individually and with the class as a whole.

On the night before initiation, my MC class had a sleepover.

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SISTERHOOD

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That was the night when I let myself be honest with my future sisters. I revealed to them about difficulties and trials that I have endured and I did so without fear of judgment. It was a relieving and terrifying all at the same time. Tau Beta Sigma pushed me to become strong enough to let my sisters help me when I am weak. Astonishingly, once I let my guard down, I found myself able to help my sisters when they are facing their own struggles.

During my Membership Candidacy, I learned that sisterhood is not just any friendship. Sister-

hood is the kind of bond that captivates the very things Tau Beta Sigma strives for in the "Five Qualities" and "Eight Essential Factors." I could not experience the fullness of sisterhood until I learned how to be loyal and dependable. In order to be a true sister, I first had to consider the needs of others.

I realize now that before Tau Beta Sigma entered my life, I simply was not ready to pursue a sisterhood bond. I needed to let myself be vulnerable to others while still being strong enough to carry the burdens of my sisters. Tau Beta Sigma single handedly took me in and pushed me towards what I could be. I am happy to say I am still a work in progress, and I'm learning to be more for my sisters every day.

Brothers and Sisters 1,231 Miles Away

By Rachel Garza, Beta Delta (TBΣ)

This summer, I had the pleasure to work at Interlochen Arts Camp in Interlochen, Michigan. I had an amazing experience working as a High School Girl's counselor! The camp itself was an amazing place, constantly booming with art of all kinds. Besides the amazing campers and facilities, Interlochen had an amazing depth of high school counselors.

Many of my co-workers at camp were Kappa Kappa Psi brothers! It was a great feeling to have brothers so far away from home, and to see the reach of our organization across the nation. Although our accents, home lives, and states of origin were very different, our love for music and

service was all the same! Meeting these brothers made all the difference to my summer, and furthered my love for this amazing organization!



Two Poems

By Robert Morris, Lambda (KKΨ)

Southwest District Vice President for Membership

Just to preface this "article," I think it's important that we all find a small hobby, or niche where we can be creative without it being assigned. As a future music educator my career is going to be entirely about music, and therefore, music cannot always be my creative outlet. So to this end, I've begun writing poetry. I hope you enjoy, and I hope you take the time to find your creative outlet if you haven't already.

"Tomorrow"

If tomorrow, I awoke to you asleep
Your thoughts yet filled with dreams
And soft, gently light upon your brow
A glimpse of perfection as yet unseen

If tomorrow, we danced in the rain
Reckless abandon igniting our hearts
As all the world bows at our display
Our souls gratified in the purest of art

If tomorrow, I made some grand promise
To take you away to that distant shore
Unknowing the certainty for myself
Yet promises I'd speak evermore

If tomorrow, I awoke alone again
To what extent does my longing mend?
A broken heart, an empty room
Ensnared in time, denied an end

"Her Name"

I know not her name

Neither do I know the color of her eyes
Or the form of her hair
I know not her passions
Neither know I her dreams

I know not her name

But what is a name?
Merely reverberations produced with
The intent to identify
A stringing together of syllables
Desperate to convey meaning

Oh brothers but the music
Resounding within her
It is that sound, that glorious noise
That beckons me to search and to seek

That overwhelming symphony
She writes not with her tongue
But with the beating of her heart
And the radiance of her soul

I know not her name

Did you know... brothers and sisters of Kappa Kappa Psi and Tau Beta Sigma include Bill Clinton, Count Basie, John Philip Sousa, John Denver, Ray Charles, Lionel Richie, Karen Carpenter, Queen Latifah and Maynard Ferguson?

Myers-Briggs Survey Analysis

By Dominique Reilly, Beta Sigma (KKΨ); assisted by Chris Yarneau, Beta Sigma (KKΨ)

This summer we conducted a small study among brothers of Kappa Kappa Psi out of an interest in the 16 Myers-Briggs personality type categorizations and how they relate to the fraternity. The Myers-Briggs Type Indicator most typically consists of four letters, each letter representing one of two sides of a dichotomy in personalities: One's energy is Introverted (I) vs. Extroverted (E); information is taken in by relying on Sensing (S) vs. Intuition (N); decisions are made by Thinking (T) vs. Feeling (F); and the structure of your lifestyle is Judging (J) vs. Perceiving (P).

This method of categorization is by no means meant to put a personality in a box or dictate your life decisions, but it is rather a way to observe and take note of the different facets of how one lives their life, offering insight into one's brain and way of thinking. One of the creators of the type indicator, Isabel Briggs Myers, said that "the understanding of type can make your perceptions clearer, your judgements sounder, and your life closer to your heart's desire"; taking a look at where some groups of brothers tend to fall on these spectrums will allow us to have similar insights.

The survey was on a voluntary basis, posted on a private Facebook page for brothers of Kappa Kappa Psi around the country.

To conduct this survey, we asked that each participant fill out a free online Myers-Briggs Type identifier quiz and submit a form consisting of their four letter results and their chapter. Otherwise, all answers were completely anonymous. We've looked at the data organized by region as well as by percentages of each letter and combinations thereof. Our control group is the general population and statistics found from the Myers-Briggs Foundation website, www.myersbriggs.org.

The figure on the next page is a representation of the general makeup of Myers Briggs Types in the US population. The most notable differences between the two sets of types is the INFJ type. This was the least common type out of the US population at approximately 1.5 percent, while this was the most common type of those we surveyed, at approximately 17.5 percent (29 of the 166 total). This was closely followed by INFP (16.2 percent) and INTJ (13.6 percent), which were at 4.4 percent and 2.1 percent of the general population respectively; this was another notable gap in proportion. The "Introverted/Extroverted" letter, in fact, did not adhere to the near 50/50 split that the general population observes, but rather a 60/40 split favoring the Introverted tendencies.

The "Intuition" letter is the opposite proportion in its dichotomy compared to the general population; rather than 75/25 (Sensing/Intuition), it is 25/15 (Intuition/Sensing).

So we must ask, why is this so? Why are these traits that are so uncommon among the general population so pronounced in this pool of brothers? I think that it is fair to say that we, as a national fraternity, from chapter to chapter, seek out the uncommon.

It is rather unusual at first glance to see that out of a group of over 100 members of a Greek organization, more than half of them are categorized by this test as "Introverted." Fraternity is a brotherhood, rooted in interpersonal relationships, and in a way, it requires frequent socialization. But if we think of the Introverted vs. Extroverted dichotomy as one of the ways in which energy is focused rather than sociability, then introspection is highly applicable to an organization that so highly values service, honor, integrity, loyalty, and so on. These are not surface-level, extroverted philosophies, but rather ones that require careful thought and consideration, and a conversation with oneself about the value of others. This is not to say that when it comes to the logistical side of things as a service organization, that those who are more

	Total					
E	45-53%	49.3%	ISTJ	ISFJ	INFJ	INTJ
I	47-55%	50.7%	11-14%	9-14%	1-3%	2-4%
			11.6%	13.8%	1.5%	2.1%
S	66-74%	73.3%	ISTP	ISFP	INFP	INTP
N	26-34%	26.7%	4-6%	5-9%	4-5%	3-5%
			5.4%	8.8%	4.4%	3.3%
T	40-50%	40.2%	ESTP	ESFP	ENFP	ENTP
F	50-60%	59.8%	4-5%	4-9%	6-8%	2-5%
			4.3%	8.5%	8.1%	3.2%
J	54-60%	54.1%	ESTJ	ESFJ	ENFJ	ENTJ
P	40-46%	45.9%	8-12%	9-13%	2-5%	2-5%
			8.7%	12.3%	2.5%	1.8%

General makeup of Myers-Briggs types in the U.S. population.

introverted cannot communicate efficiently with others. This notion goes hand-in-hand with the aspect of Intuition over Sensing as the approach to information intake. To fall under the category of Sensing, one would be much more of an in-the-moment personality, looking at pieces of the whole picture, as compared to the category of Intuition, which entails looking at the big picture, reading between the lines, and taking the time to understand and think through an issue. The Intuition side of this dichotomy could arguably be more present in this pool of brothers than in the general population because we value the type of personality that will uphold our purposes, take the time to consider others, and be able to sort through the detailed logistics of service every single week, whether that is for marching band, an event, or a weekly meeting.

Purpose & the Journey that Follows

By Meeka Smith, Beta Nu (TBΣ)

In high school, I was one of the most unorganized and disheveled people you'd have ever met. My priorities were always so split between the different parts of my life that when my senior year came, I was unsure of which path to take. Though I had found a love for music, I had also found security and a refreshing sense of competitiveness in Speech & Debate that was different from music entirely. With college applications and scholarships sitting at my feet, I tore myself up trying to find a median between a possible degree in political science or music education. Ultimately, I began the summer before college plagued by the what ifs of my decision and whether or not I had simply settled for the easy way out; but, it wasn't until the end of my freshmen year and my initiation into Tau Beta Sigma that all of my feelings had come to a realization. This realization being about my purpose in life and all that I had to offer this world.

Mark Twain once said, "The two most important days in your life are the day you are born and the day you find out why." Which, is very eloquently stated, but what Mark Twain forgot to include is that purpose is relative. What he and all the BuzzFeed articles online will never tell you is that there won't simply be one day where it all becomes clear to you, but instead, there will be moments that span throughout almost your entire life. Whether it be while you're sitting alongside your fellow sisters and brothers, finishing a musical performance, or simply waking up and being excited for what the day has in store for you. Having a purpose means that there will be



a plethora of realizations and sometimes, your purpose won't be what you expect to be or it will even change entirely.

For me, I realized that neither speaking nor playing was what I wanted to base my entire life off of, but instead, it was people... and communicating emotions such as whimsy, sadness, and etc. to others. Both music and speaking were simply ways of achieving this purpose. All those nights flip-flopping between what I wanted to do with my life cultivated into my realization, and you know what— I wouldn't trade the life I have now for any other. Tau Beta Sigma is an

PURPOSE

organization that, if you let it, will influence every part of life. This includes shaping your purpose whether it be music, or simply people. The best part, however, is that even when you have your days of doubt, there will always be at least one sister or brother in your chapter or even in your district that will be there for you. As the affirmation song states, "When I wander far from home, I'll have courage I'm not alone."

A purpose, however, isn't simply a destination that you will blindly stumble into from time to time; instead, it is a constant journey that drives you forward in life and along the way, you find others who share the same interest and morals. That is one reason why we may flock to Tau Beta Sigma or Kappa Kappa Psi. We see others who find purpose through service much like ourselves, whether or not it begins that way or develops as we grow closer in the bond. This constant journey alongside each other to serve our bands, to grow together, and to create memories is what defines the journey before and after purpose. It is a constant leap into life that will sometimes lift you, carry you, or push you to the edge. Like many others, I have had occasions where I still question where I'm going with my life, but what keeps me going are my fellow sisters, who provide light when it is dark and who have turned the mirrors in my life into windows.

For those who are curious, I ultimately decided upon music education, but still attend debate competitions when my schedule lines up just right; but, my story serves a purpose beyond being an anecdote. If anything, I feel like it's a

testimonial to the impact that Tau Beta Sigma can have on an individual. If TBS hadn't have created the opportunities that it did for me, I don't even know where I would be right now. Perhaps happy, perhaps not. In the end, what truly matters is that, FOR NOW, I have found a purpose that brings me joy and that I am willing to follow through with.

Update

By the Alpha Chapter (TBΣ)

The Alpha chapter of Tau Beta Sigma at Oklahoma State University has had a great year of service and sisterhood so far this semester! We have had the opportunity to meet some of our sisters from the Iota chapter at Baylor University and the Beta Gamma chapter at University of Texas at Austin! We love getting to meet our sisters, sing with them and discussing ideas on new ways to serve!

We also work closely with our brothers of the Alpha chapter of Kappa Kappa Psi to serve our bands. Building relationships with our brothers is important to us because we are able to serve our bands to the fullest and create bonds that will last a lifetime. We host recruitment events jointly to get as many people interested in our organizations as possible, as well as doing game-day water together. We have many other joint projects in the works for this semester, both recruitment and service oriented.

We are always excited to serve bands and get to know our brothers and sisters! Here is to a great year of service and sisterhood!

Sisterhood Strong

By Cat Voss, Psi (TBΣ)

In Tau Beta Sigma, I've met some of my best friends, learned more about myself and my abilities, and had the opportunity to be a great sister for so many of my sisters. All of these are great things, but times haven't always been easy in this sorority. As an injury prone person, and due to old and new injuries, I've now spent more semesters not in band, than in band with my sisters. This has been a huge challenge for me because band is such a bonding part of our sisterhood. When I got my little, we met because she was talking about a class I had taken the year before, but we've never really bonded over band, which is a strange situation.

For me, the fact that I don't have the ability to bond with all of our new members, or even know who they are sometimes is very hard. I really love people, and I love my chapter; therefore, I've had to make extra efforts to talk to all of my sisters and make time to spend with them.



Though it has been very hard to make this time, it makes my time with all my sisters even more precious to me. Doing this has brought me closer to my sisters than I was before and helped me learn so much. I wouldn't have asked for my journey through Tau Beta Sigma to have gone any differently.

Finding What You Have Lost

By Noel Wheeler, Psi (TBΣ)

Are you suffering from lack of care? Do you sometimes feel like you should quit? Well look no further, folks, because this is not an infomercial, and I can't offer any magic pills for only three easy payments of \$19.95. Jokes aside, there are times when it is very hard to find motivation to start something new in Tau Beta Sigma or Kappa Kappa Psi, or even remember why you even started. All that can be offered are some words on a page that I hope have some meaning to you.

WHAT YOU'VE LOST

I have seen many sisters join my chapter and I have also seen them leave, for better or for worse. I don't think one parting was easier than the next, but time left me thinking. Why am I here? Is there some divine ordinance that has led me along a path to put me in this place at this time? Has the culmination of choices, and chances ended in a service organization? This isn't a question to be answered in a magazine, but it leads to a more important question; Why am I still here?

I've seen sisters leave because their schedules were simply too full, they had to graduate, or they say goodbye because they felt a lack of appreciation or sisterhood. Upon reflection on my time in the organization, I did not feel like I fell in any of these categories, but I did feel tired. Things I once enjoyed felt tedious and menial. Why was I still here? The answer came quite simply. I was here because I loved the people. I had bound myself to the lives of my Kappa Kappa Psi brothers and my Tau Beta Sigma sisters. I was connected to many wonderful, caring, service-minded people, and I could not bear to sever those ties.

The conclusion of this thought showed me that I was tired of serving. Gasp! A TBS sister tired of serving? Inconceivable! The thought didn't shock me as much as it probably should have, but I wanted to take steps towards fixing the problem. I wanted to find that old joy that made me love what we do. I didn't realize how big of a task I had taken upon myself.

After much more reflection, I found that my original joy had rested upon the idea that my service had meant something. Not necessarily that I was getting thanked all the time, but that my actions impacted people. I served to serve others, not myself. That had been my unconscious mindset, but along the way I had become jaded. Now I was serving because my mindset told me "someone has to do it or it won't get done."

This next bit is the hard part. It's quite easy to sit, and write about that happened, but there is something tremendous in overcoming the past events that led up to the loss of joy. You have to undo every little negative thought that ever plagued you, and replace it with a positive one. It's one thing to discover a new joy; it's another to rekindle the old. I had to work at reframing my mindset. "Seat covers are important. Without them the band has to pay extra money to clean the white pants." "They really need help setting up this band hall. Rehearsal is going to start late if nothing is ready." Honestly, this was the hardest part of the whole experience. Changing a negative thought into a positive thought took more energy than I had ever imagined. Fortunately, I wasn't alone.

Remember those people I loved? They played a big part. Their willingness and cheerfulness to serve unconditionally helped bring me back. None of them actively knew I had misplaced something, but without even knowing, they helped me find what I had lost. I think if I had reached out to someone, the process would have been significantly easier. However, here we are. It's not truly the same old joy for service I

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WHAT YOU'VE LOST

Continued from page 15

had as a freshman, because that joy had been beaten and bruised long ago. My current joy is framed in the old joy, but has been strengthened with a new love for serving alongside people who love to serve.

I wish I could snap my fingers, and make life easy for a lot of people, but life isn't made to be easy. Life is hard. Through those rough times when

you forget what really matters, you have to push back, and work to get back to that place where you once were. The thing about all that effort is that it pushes you past that high place you stood to a better place, a higher mountain. All that hard work, all of that blood, sweat, tears, and pain endured brings about the realization of the value of what you had and what you have. Those bitter hard times are what sweeten the good. While this article isn't "The Way to Finding Joy in Five Simple Steps," I hope it serves as a reminder to reflect upon what you truly care about in life. Through any and every situation, always, always remember that you are never truly alone.

So from Today, Until My Rest...

By Kimberly Lopez, Tau (TBΣ)

As life progresses, a chapter meeting is finished, and we move on to the next one, but before we know it, we're seniors, super seniors, or even 6th years. We're on the verge of being done with university life. As a senior myself, I need to realize as well that being done with a chapter life shouldn't be taken so literally, and I mean that in the sense of moving on with life, but not forgetting about Tau.

Tau Beta Sigma has not only provided me with opportunities to nurture who I am as an individual, student, and future professional, but it also gave me friends. During recruitment, we all know there's that one person who is on the border about joining or not. Simply because they don't like the idea of "buying friends" through a sorority/fraternity, or just "Greek life" in general.

Honestly, I was that person. Now, these people happen to be some of my best friends, and it amazes me that at some point in my life I was 'iffy' about being associated with them.

When we leave our alma mater, keep your Tau Beta Sigma chapter in mind. Everyone will be in different situations, whether it's them staying nearby or like myself, out of the state and out of the country. Despite our situations, there's a simple way of keeping Tau Beta Sigma alive in our hearts; by keeping in touch with our sisters. These ladies and gentlemen who don't have the same blood that is running through my veins, have become family to me and just like family, they have been there for me through good times and bad. They helped mold me into who I am after these past three years after transferring, and I feel blessed. With their support, and words of encouragement, it's been enough to give me that push to become a stronger and better person. "So from today, until my rest, with my sisters, I am best."

Dear Southwest District of KKY and TBS,

My name is Brad Pritchett and I am the band director at William Monnig Middle School in Fort Worth, Texas. We recently received a wonderful donation of percussion equipment from the Southwest District. Words cannot express my gratitude for your kindness and support for the students and band program here.

The majority of students here at Monnig qualify for free and reduced lunch and many students here simply cannot afford to purchase quality equipment on their own. As a band director I strive to provide the best quality equipment for my students. I do not want to let the lack of money, resources, and equipment get in the way of being successful in music.

The supplies you provided made all the difference in the world for my students. Our previous equipment was mismatched, misused and worn out. For UIL contest last year we had to borrow sticks, mallets, and equipment from another school just to get through the performance. The excitement on our students' faces when they started using the new equipment you provided was priceless.

As an alumni of the Gamma Sigma chapter of KKY, I am proud to see the commitment of the Southwest District to support school band programs in need.

On behalf of all of the Monnig Band Program, thank you so much, and AEA!

Brad Pritchett

Head Band Director | Monnig Middle School
Fort Worth Independent School District

One Step Forward, Two Steps Back

By Ger Vang, Beta Nu (TBΣ)

As the Ways and Means Chair, I am in charge of the fundraisers. Recently, our chapter was struggling financially, and many of us were very scared at the uncertainty of where our chapter was going. I had just been appointed the chair in April 2016. During the summer, our President suggested to me that we sell buttons. I was expecting to start fundraising for the Fall of 2016. When I received that phone call from our President, I knew that this was our chance. She had suggested that selling buttons during summer band camp would be a great opportunity for us. I was embarrassed of myself for not thinking of this; nevertheless, I immediately agreed. I knew that these kids were going to love the buttons. I was so excited to get this show on the road. There was only one problem. I was over 2 and half hours away from the University and had to work all week. With that in mind, I had to ask many people to help cover me. My very supportive sisters were more than willing to help, and I was very grateful for such hardworking sisters. Our VPSP designed the buttons, while our president and one of our members, Sierra Klutts, helped make over 300 buttons. The sisters sold the buttons over a 2 -week period and made over \$1,300. We were out of the hole, but the pressure was on, and I had put pressure on myself to do even better on the next fundraiser.

For the next fundraiser, we had planned to sell buttons for our "Member for a Day" event. Unfortunately, the odds were not in our favor. As it turned out, the front gates were locked, and no one could go through the front gate. We had mistakenly put our table in the front gates. At

this point, all of the band kids were leaving from the side gates. All of our customers were going the wrong way, so they all missed our table. Because of this, we had to chase them down. We ended up selling some buttons, but not anywhere near what I had expected. I was devastated, and wanted to give up and quit my chair. More importantly, I just wanted a good cry. All of the sisters reassured me that it would be okay. They helped me to understand that not all things would be a success. Without the support of my sisters, I would've given up.

So, what did I learn from these fundraisers? On the surface level, I learned that I should try to have many Plan B's and C's. I should pay closer attention to what is going on around me and adapt myself to those changes quickly. Finally, on a deeper level, I learned that my sisters would be there for me. They won't be disappointed in me, even when I saw myself as a failure. Because, even when you fail, it doesn't mean that you are a failure. If you take a negative situation in life and make into a good one, you will be able to grow both as an individual and as sister.



Love to Strive Together & Strive to Love Together

By Brittany Eppes, Epsilon Beta (KKΨ)

Everyone knows that it is important to have good relationships between our lovely organizations. But what is your chapter doing to ensure those bonds are there? This is something our chapter has been focusing on this semester. We want to build relationships and form bonds with all of our sisters in order to serve our bands to the best of our abilities. It is our belief that if we do not have good relationships with our sisters, we are failing our band program. Our chapters at UCA work way better since we began involving each other more.

One thing our chapters organize at the beginning of the year is our annual band carnival. To kick off our band camp before classes start, our chapters put together a carnival for the entire marching band. This is something we love to do! We gather a lot of games, including twister, bowling, ball toss, and we even have a photo booth. We also provide a lot of snacks and drinks. Members from each chapter collaborate and gather items for this event, decorate together, host together, and give out prizes together. This is such a fun way for us to get quality time with our sisters.

Something else we do is get together and travel to high schools around the area and play with their bands and watch them perform at their football games. We call it "Adopt-a-Band." We love doing this for multiple reasons. One reason is that we get the opportunity to give back to high school bands. We all remember being in high school band, and how incredibly awesome

it was to meet people from a college band. Another reason we love it is we get a lot of quality time, from driving an hour to a high school we have never been to in an area we are not familiar with, to eating at IHOP at midnight when we arrive back in our town. We make so many memories together in the car, playing with high school band members, and just being around each other.

For the past two years, all four chapters of the music organizations on our campus, Phi Mu Alpha, Sigma Alpha Iota, Tau Beta Sigma, and Kappa Kappa Psi, battle it out in what we call "Battle of the Greeks." This is a week-long event. Each night of the week, one organization is in charge of the game for the evening. This year, the games were volleyball, whiffle ball, music Jeopardy, and dodgeball. At the end of the week, we have an awards ceremony and announce the winner of the event. We absolutely love this. We hope to keep this tradition for a very long time. During this event, we get to socialize and form bonds with not only our TBS sisters, but members of PMA and SAI as well. It is a nice relaxer and de-stressor from classes to have fun with our Brothers and Sisters.

These are only a few things our chapter has done to improve relationships with our Sisters. It cannot be stressed enough that doing simple things within the bond can and WILL increase the quality of service to your band programs. We truly hope after reading this, you are inspired to do more activities together in your chapters as Brothers and Sisters. We need to love to strive and strive to love. AEA

Visit the joint KKΨ/TBΣ Southwest District website at swd.kkytbsonline.com!

• TAU BETA SIGMA •





• FOR GREATER BANDS •

Discovering Leningrad through Music

By Andrew Crawford, Rho (KKΨ)

They say music has the ability to transcend languages and communicate directly with the soul. Few other arts can as readily rally emotion like the universal force of music.

I spent a semester in Russia, where I had the opportunity to sample Russia's great musical tradition. I listened to a modern interpretation of Tchaikovsky's classic opera, Eugene Onegin; I watched ballerinas perform Swan Lake and the Nutcracker in the theater where tsars would sit in centuries past. I had the honor of visiting the Leningrad Cemetery, where over 500,000 victims are buried from the four-year siege during World War II. Every year, Dmitri Shostakovich's Leningrad (Symphony No. 7) plays there, commemorating the lives lost, and invoking memories of the struggles of over 800 days of starvation and bombardment.

Once, a little Russian lady told me her story—one of survival. In a city where there were no animals to be found, just as there was no food, her hair fell out in clumps, and her body protested rising from bed each morning. She watched Nazi prisoners smoke cigarette butts they picked off the ground in the park across from her house as she watched her family slowly starve to death. And yet, before me stood a strong woman. She had survived more pain than most even see in their nightmares.

I do not know what crumbling masonry smells like, or what endless air raid sirens and exploding bombs sound like. But I have heard the terror and fear in Shostakovich's 7th Symphony, and I have heard the optimism and bravery that shone through even in the grayest winter during the siege. This is the true nature of music: to speak in emotions. His symphony is not a song of loss, but of new beginnings; a song of courage in the fight against oppression. It serves as a reminder to keep striving for a better tomorrow, and you do not need to understand Russian to hear it.

Appreciation for and the Maintenance of the Highest Moral Standards

By Bryson Jones, Beta Nu (TBΣ)

For our chapter at Arkansas Tech University, we started a project called The F.O.R.T.E Project to help advance our sisterhood bond and grow as individual based on the Eight Essential Factors and The Five Qualities of Tau Beta Sigma. This month, our chapter will be working on the third quality: "Appreciation for and the maintenance of the highest moral standards." But what is a moral? What defines what a high moral standard is? And furthermore, how do we maintain it and appreciate it?

MORAL STANDARDS

By definition, a moral is concerned with the principles of right and wrong behavior, and the good or bad of human character. So, a high moral standard would be a quality a person believes to be the most important good quality of human character. However, a moral becomes different from person to person. To one person, a bad moral may be swearing, but to another, a bad moral might be if someone walks on the wrong side of the road. Morals can change from person to person, so an individual must decide what is right or wrong in his or her eyes.

Even though the quality ends with “highest moral standards,” the most important part is to appreciate and maintain them. A person can appreciate a moral by applying them to their life. However, maintaining that moral is the hardest part. What a person could do is write a reminder in their notebook or phone to send them reminders however many times they need. Another good way is to use a rubber band and snap it every time you feel the urge to do something you deem as “bad.”

To me, having a high moral is to encourage others to be themselves and to uplift them. As an openly gay man, I know what it’s like to hate oneself and not want to be who I really was. What I learned through my coming out process was that loving yourself is the best quality a person could achieve. So for this month during my chapter’s F.O.R.T.E project I want to encourage



others to love themselves just a little more and to uplift them to be more than they were yesterday. For maintaining it, I’ve decided to create a list of all the people who matter the most to me, and a list of the people in the band. Every day before I go to bed, I look at the list and see if I made the time out of my day to say something nice to someone. In my opinion, that’s what gives me the most appreciation for. The more that I talk to people and try to make them feel better, it gives me hope that the world can somehow be different. And to me, that’s what a true moral is.

Did you know... there are over 350 chapters of Kappa Kappa Psi and Tau Beta Sigma?

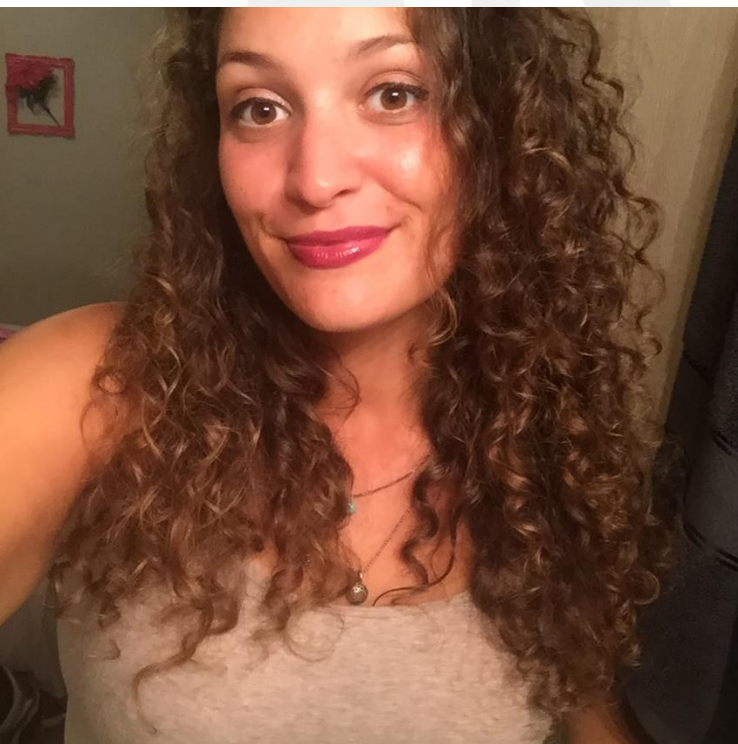
Sisterhood by Drum Corps

By Lindsay Barnhill, Psi (TBΣ)

"Alright full drum corps, set it up for the first full run of the show."

My body was shaking. I'd like to think it was from excitement, but in reality it was just my nerves coming untrained. I was all "alone" in a "northern state" which I had never been in my life. A June night shouldn't be below seventy degrees. That's weird. Arkansas and Texas don't do that. Why is Illinois so cold? I had chills from the beads of sweat blowing across my skin in the wind.

People began getting set in their places. Even after three weeks of showering with half of them, these people seemed unfamiliar. As I set my instrument down on the ground, everything ached. My shoulders, abs, back, and calves screaming. This protest triggered me to think of



my people. My people from home and from college. My brothers and sisters were living completely different lives than me at that moment, and a mix of emotions came over me. Their bodies probably didn't hurt from overuse and exhaustion. They probably got to sleep in at some point in the last three weeks, and ate anywhere other than a food truck. I selfishly began to fall into a well of self-doubt and jealousy because some of my best friends were at home with unlimited access to a coffee machine.

Then something unexpected happened. A familiar tune popped into my mind. I hummed along with it for a couple of minutes unsure of what I was singing. Then the words came to me...

"When I wander far from home, I'll have courage I'm not alone."

These are the words that held me together on that summer evening in Rockford, Illinois. After three weeks of intense training up to twelve hours a day, pounding my body for the sake of "performing," I took a moment to think about the reality of my dream coming true. I stood in the opening set of our show titled "Voice of Promise" and began to realize my reality. It took everything in my mind, body and soul to get myself to that point. However, I did not do it by myself. I had the incredible support of my sisters in Tau Beta Sigma and my brothers in Kappa Kappa Psi. I thought about the endless encouragement as I went through the audition process, and the letters some of them wrote for me when things got difficult.

The full run began as well as my choreography. The music was building and I kept my loved ones in my mind. At the first big moment in the

DRUM CORPS

show, I remember hearing, "Performing their 2016 show 'Voice of Promise,' Phaaaaantom Regiment!" and the horn line erupted with sound. The energy in the air was palpable and it sent a rush of adrenaline throughout my body. In that moment I realized that what I was doing was much bigger than myself and my own struggles. It was about representing those I love and giving people the opportunity to feel something through the music and the story of our show. In that moment, my brothers and sisters became my voice of promise and I was the mouth that had the opportunity to share each of their stories. None of them could ever completely understand how much they mean to me, but good people can get you through anything. The selfless act of loving one another changes lives, and as I changed this summer, I learned how much sisterhood truly means. This love that makes you stronger also provides you with the best mindset to serve others. No matter where we are mentally, physically or geographically, nothing changes the fact that serving others is what organizations like Tau Beta Sigma and Kappa Kappa Psi do best.



Re-Education IS All Fun and Games!

By Shannon Lotti, Gamma Nu (TBΣ)

When I decided to run for Vice President of Membership for my chapter, I wanted to take an already pretty great education process and see how I could make it more interactive. At the start of the semester, I was having a hard time finding ways to expand from what I knew had worked in the past. I was afraid to take a risk and fail (or have my chapter fail). The week before I had planned to start re-education, I still hadn't decided to take the plunge into fun learning. I started looking through our Week 1 Education Packet figuring out how long it would take to just read through the packet to the Actives. I was running through the information and finally decided I wanted to do something different.

I wasn't sure my chapter would be excited to play "childish" games to re-learn this information. But then I really thought about the personalities in my Chapter. We're always joking around and being childish with each other anyways! Then one of my sisters started talking about the game, "Kahoot!", and I knew it was the first thing we needed to do. I took all of the information from my Chapter's final, and made the review game. When we started it, the Actives immediately started screaming! They were having so much fun competing against each other, and at the end they talked about how much fun they had. This experience made me know I had made the right decision.

The next week we had a brief review of District

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RE-EDUCATION

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and National Officers and the 8's and 5's before doing a crossword puzzle. Everybody worked by themselves for a few minutes, and then there was a mad dash to the finish where they paired up to try to finish the puzzle.

As I'm writing this, we are about to enter week three of our six-week re-education process, and I can say that I have never been more excited to teach my best friends and sisters about our Sorority. I've been working with my committee to plan the activities we do, and I know my sisters are learning and having fun.

Badges of Brotherhood

By George Ishii, Delta Sigma (KKΨ)
Southwest District President

I hope that by now nearly all of you have at least heard about a new program in our Southwest District for chapters of Kappa Kappa Psi: Badges of Brotherhood. I wanted to take a minute here in *The New Alto* and explain a little bit more about what the program is, and what I hope it will help us achieve this year.

Badges of Brotherhood is a merit-based recognition program designed to serve as a benchmark for the work our chapters are doing as well as reward those who are going above and beyond to set the example and truly striving for the highest. The program looks at five endeavors that our work in the Fraternity centers around:

leadership, service, musicianship, brotherhood, and the District. For each of these endeavors there is a 'badge' (a small button to represent the endeavor) that will be awarded to all chapters that have fulfilled the criteria for it and given out at Convention. These badges are to be worn by that chapter's delegate during convention so all our Brothers will know that chapter has achieved excellence in that area. In addition, those chapters that have earned all five of the badges will be awarded a sixth badge, the "AEA" badge, in recognition of their commitment to excellence in all areas of the Fraternity.

It is my hope that you all can use this program not only to track your own achievements during the year, but also as a guide and a starting point, if need be, to expand your chapter activities. The criteria have been designed so that no matter your chapter's size, location or financial situation, all five badges are attainable. Chapters can submit their proof via the Google form, which will be hosted on the SWD website (swd.kkypsi.org). It should also be noted that you do not need to have earned all five badges to submit for individual badges, nor are any a prerequisite for earning the others. If you have any questions about the program, don't hesitate to contact me! You can reach me by E-mail at swdpres@kkpsi.org, or by Facebook. Full details about the new program can be found online at swd.kkypsi.org/resources/kappa-kappa-psi-resources.

With that, I wish the best of luck to all of you in the coming semester. It's been an honor and a privilege serving as your District President so far, and I can't wait to continue working with you all! Now get out there, #striveforthe five, and get yourself some bragging rights!

50 Years in Print: A Brief History of *The New ALTO*

By Clinton Wieden, Southwest District Governor (KKΨ)

Hello Southwest District! It's a privilege to address you in this issue of *The New ALTO*.

This issue marks a milestone for the SWD: the 50th anniversary of our district publications. From the first issue until today, the various district publications have helped document our activities and achievements and connect us outside of district events. What follows is a brief history of how our publications have developed.

Publications were first approved at the 1966 District VI convention, and printing began in the fall of that year. At the beginning, there were separate publications for the two organizations: the *Mouthpiece* for Kappa Kappa Psi, and the *Cadence* for Tau Beta Sigma. KKY placed their publication under the District Secretary-Treasurer, and TBS placed theirs under the District Vice President. As such, those individuals' chapters became the first publishers. For Kappa Kappa Psi, this was the Alpha Chi chapter at the University of Texas at El Paso. For Tau Beta Sigma, this was the Beta Delta chapter at Texas Christian University.

The separate publications were printed using common duplication machines of the time, either a mimeograph or a spirit duplicator, with a small number of copies sent to each chapter for its members. Each chapter was invited to submit information for their respective organization's publication, and the expectation was for four or five issues of each newsletter to be printed during the academic year.

The first biennium of publication saw notable difficulties for the fledgling effort. The first issue of the *Cadence* was delayed an entire semester in part due to low chapter response, and the *Mouthpiece* saw low response except from the publisher, Alpha Chi. That contributed to a sentiment that the *Mouthpiece* existed only to promote its host chapter, an idea that grew strong enough that district governor and UTEP band director Harold Hillyer felt the need to rebuke it in a letter to District VI chapters. Hillyer warned that the *Mouthpiece* would be ended if participation did not improve. When it did not, the newsletter ceased publication after its December 1967 issue.

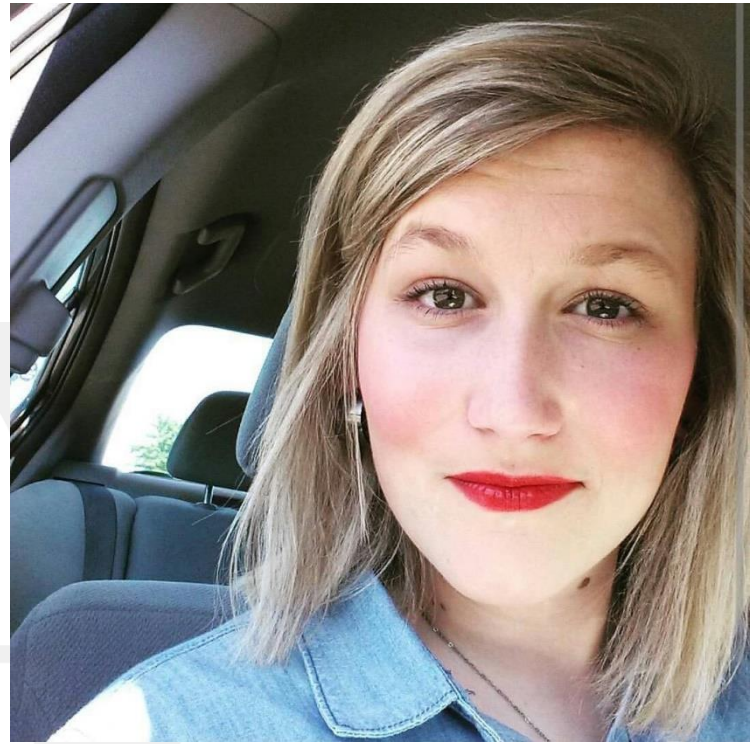
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When the Coffee Goes Cold

By Taylor Hollowell, Beta Nu (TBS)

College is tough, right? Right. As we all know, TBS and KKY take up a lot of time, but it's so worth it because we're all doing what we love and supporting it. For my chapter, Beta Nu, we can have up to four or five projects to do each month, so you could definitely say we're active in the band and community. We have different focuses each month that revolve around our 5 qualities and 8 essential factors. This month we're focusing on quality no. 3: "Appreciation for and the maintenance of the highest moral standards." Personally, I've been trying to reach my inner self and what it really means to be a helping hand to others. You'd think that'd be easy, since I'm helping the band and/or community at least once a week, right? Wrong. When the month started, I thought this was going to be an easy quality to think about. However, about a week ago, I was put in a situation that completely changed my perspective.

I was headed to class and I was having a long and tiresome day. I decided I needed a little coffee to keep me going, so I splurged a little, okay a lot. My cup of coffee ended up being \$10 For one cup of coffee. I get to class a little early and set my superfluously expensive cup of coffee down and start talking to my classmate. As much as I thought I'd been having a rough semester, she was having the worst time of her life. She broke down, so I took action and decided to go find the teacher to work things out. It took a while to find the teacher and to figure out what would be best for my classmate. At that point, I'd completely forgotten about anything



that wasn't involved in helping my classmate. By the time I got back to class, my coffee had gone cold. Now I know what you're thinking, "Why is she telling me this? This is a completely pointless story!" Well, I'll tell you why. How many times have you, or me, or anyone given up the opportunity to help someone because of something materialistic? I know all I gave up to help a classmate was a simple (okay, maybe a little expensive) cup of coffee. But how many times has it been something oh-so-much bigger than that? How many times have you given up the opportunity to help someone because of prior plans, or because you're really hungry, or because you just don't feel like it? I think we'd all be lying if we said we'd never done that. TBS and KKY are service organizations, but so many times I think we forget it's okay to serve others outside of the band. Service is in our hearts! It's what we love.

COFFEE GOES COLD

The third quality is something everyone can benefit from. I definitely recommend brushing up on the 8's and 5's, because we all need reminders, every once in a while, of why we are who we are. Don't let service leave your heart, whether it be for the band, the community, or individuals around you. And remember, let the coffee go cold.

How Tau Beta Sigma Changed My Perspective on Female Friendships

By Malia Zinn, Delta (TBΣ)

College, for most students can be a period defined by change in one's perspectives, settings, friendships, and definition of self. Every class, club, and organization impacts your future self. For me, becoming a member of Tau Beta Sigma significantly altered how I would interact and form friendships with both the women of Tau Beta Sigma and of the world.

As I made my way through high school, and began to prepare to attend college, I had decided that I was just the kind of girl that got along better with guys. I had played a brass instrument for seven years and been a member of a mostly male competitive academic team. Many of my friends were guys, and I would find myself saying things along the lines of "I just don't get along well with other girls," or, "guys aren't as

dramatic." I had female friends, but I valued myself as being a "cool girl," or practically "one of the guys."

When I moved to Norman, and joined the Pride of Oklahoma - I immediately knew that I wanted to rush either Tau Beta Sigma or Kappa Kappa Psi. Like many other members that would go on to become my brothers and sisters, service to the bands was important to me, and an integral part of my character as a member of the band. Initially, I planned on only rushing Kappa Kappa Psi, as our chapters were mostly one gender or the other when I rushed in Spring 2014 (this has since changed and both of our chapters are very much co-ed!). However, I attended rush events for both Tau Beta Sigma and Kappa Kappa Psi and ended up accepting a bid from the Delta chapter of Tau Beta Sigma! Though the decision was tough, I realized that more of my friends were rushing Tau Beta Sigma, and more importantly, I felt like my personality just meshed better with the members of Tau Beta Sigma.

Through the rush process and my first year as an active member, I learned so much from my sisters in Delta. From my big, I learned that a bit of light-heartedness and affection wasn't a bad thing! Our Vice President of Membership taught me the importance of a kind heart and an open mind. While my rush class, the Delta Alphas, helped me realize that I had a lot more in common with my sisters than I ever would have thought. Most of all, I realized that my relationships with the women I had met at the University of Oklahoma were just as important as the friendships I had developed with the guys. Neither was more important than the other, and I became a more well-rounded individual as I

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FEMALE RELATIONSHIPS

Continued from page 29

realized that the women I had met were not my competition, but rather sisters deserving of my respect. In the coming years, I would need their love and support to get through the toughest patches, and I would continue to learn every day from my brothers and sisters in both Tau Beta Sigma and Kappa Kappa Psi. I'm so thankful for the important lessons I have received from the members of both of the Delta chapters during my years at the University of Oklahoma, and I am grateful to have changed for the better as a result.

Join the conversation on the KKΨ/TBΣ Southwest District's joint Facebook group at [facebook.com/groups/southwestkkytbs!](https://facebook.com/groups/southwestkkytbs)



More Than a Game

By Catherine Lillie, Beta Delta (TBΣ)

I was a member of my high school's marching band for four years, and attended every single football game that our team played in, but I never found myself too interested in the sport. I understood the concept of a touchdown, and had a vague understanding of the significance of a first down, but beyond that, I was typically just more concerned with the performance we were going to put on at halftime. I rooted for my school, but ultimately never cared too much whether we won or lost.

Fast forward to my first year of college as a member of the TCU Horned Frog Marching Band, and just about all of that had changed.

While I still cared about how I performed on the field, I was now deeply enthralled in the success of our football team. I had finally managed to learn more about how the game worked (or at least enough to recognize when the refs made a bad call, so I could commiserate with my fellow band members). I followed the weekly AP rankings religiously, always checking to see how our Horned Frogs had fared compared to other teams in the nation.

But I quickly realized that these games were more than just a chance for me to explore my newfound interest in football. Each time we played against a school that also had a marching band, I found myself just as interested (if not more interested) in catching glimpses of their

MORE THAN A GAME

halftime performance and listening briefly to what they were playing in the stands. They always seemed so foreign, being from an entirely different school, but also seemed familiar at the same time. They may have worn different colors and rooted for a different team, but they had the same passion for marching band that I did.

On October 1st of this year, TCU played a game here in Fort Worth against the University of Oklahoma. It was a hard fought game, but in the end the Oklahoma Sooners came out on top. As the final seconds ticked off of the clock, an air of disappointment settled over the home crowd. Our season wasn't shaping up to be a very promising one. But in the back of my mind, there was the tiniest spark of excitement. Our chapter, Beta Delta, and also the Gamma Sigma chapter of Kappa Kappa Psi at TCU had communicated with the Delta chapter of Tau Beta Sigma and the Delta chapter of Kappa Kappa Psi at Oklahoma before the game. We had made plans to sing together on the concourse of the stadium when the game was over.

I walked quietly with my fellow brothers and sisters to our arranged meeting place. We all stood in a large semicircle, waiting for the Oklahoma band members to be dismissed. One by one, they trickled down the steps and joined in our circle. We introduced ourselves to one another, exchanging warm smiles and comments about the game we had just witnessed. When we were confident everyone had arrived, we linked hands and pinkies, arm over arm, and began to sing. The four part harmonies rang out softly through

the concourse, attracting glances and vague interest from passing fans exiting the stadium. Suddenly, our team's loss didn't feel quite so significant.

Though I had only just met the Oklahoma brothers and sisters standing around me, I had never felt so connected to another group of people. Tau Beta Sigma and Kappa Kappa Psi are so important in the service that

they provide for bands, but they are also important in the chance they provide to share these special moments with people from all across the country. I am so excited for the opportunities that Tau Beta Sigma has provided me at TCU, but after spending a few brief moments with my brothers and sisters from Oklahoma, I am just as excited for the opportunities it will provide me to meet and interact with others who have the same passion for music that I do. I'm so excited to meet and sing with other chapters in the future, and I can't wait to meet with the Delta chapters of Tau Beta Sigma and Kappa Kappa Psi from the University of Oklahoma next year.



Visit the joint KKΨ/TBΣ National Headquarters website at kkytbs.org!

Wava Banes Turner Henry (1920-2012)

By Kym Jennings, Beta Delta (TBΣ)



“Drop Your Research, If You Have To”

**By David Cox, Lambda (KKΨ)
Southwest District Secretary-Treasurer**

Those were the words my brother told me after I told him I was thinking about dropping marching band. I was in my first semester of college, and I was taking seven classes to get 15 hours of credit. Those classes included marching band, a freshman research experience, and general engineering courses. Everything was new to me, and all I had to feel at home was my older brother. All of my high school friends went elsewhere, and I was four hours away from home. To wrap this mess up, I was terrified. I was so terrified, I convinced myself I needed to drop something before everything imploded. I immediately thought of my dad’s advice, which was to drop band if I needed to. Thankfully, I wasn’t too quick to jump on his recommendation because my brother offered a different perspective.

My brother claimed there would be no experience I would have in my college career more

beneficial to my life than marching band. I thought this was kind of silly because I was studying engineering, not music. Plus, he quit band in 9th grade, so what would he know about the Razorback Marching Band? In the end, he got me with the classic line, “Just keep going to see how it pans out.” He had a point. Classes were going well, and the season was in full swing. After deciding to commit myself to being a member of the RMB, I was selected to be a drum major my sophomore year, which started the most challenging, rewarding, and growing experience I’ve ever had. I just finished my last home game as member of the RMB, and I cannot thank my brother enough.

Being in my university’s marching band offered me priceless stories, lessons, and friendships that I will hold onto for a very, very long time. Being in a college marching band is a service, but it’s more than a service to the fans, the players, or the university. It’s a service to yourself. Don’t doubt the time you have put into your band. Take pride in it, and share with others what band has done for you. Also, never forget to tell them what it was like being a brother of Kappa Kappa Psi.

The Power of Words

**By Jayden Goeringer-Evans, Epsilon Epsilon (KKΨ)
Southwest District Vice President for Programs**

Words have power. Too many times we speak carelessly and fail to realize how it affects those around us. As brothers and sisters, we must think about how our words can affect our fellow band members, brothers and sisters, and all those with whom we interact.

Continued on page 34

POWER OF WORDS

Continued from page 33

Author Yehuda Berg once said:

"Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble."

When we are in positions of leadership, we have two choices on how to interact with those in our group. We can criticize, critique and focus on the negative. Conversely, we can focus on the positive and how to improve together. This is not to say you can't ever address problems. Constructive criticism is one of the greatest tools in a leader's arsenal. Focusing on what was done right as well as wrong can lead to a healthier environment. Praise in public, criticize in private.

Never underestimate the power of a few words. I'm sure you can remember that one time when you were younger and another kid at school insulted you. Despite the fact that it was years ago, you most likely can still remember exactly what they said. Now think of the last time you were given a compliment. It probably encouraged you to work harder and made your day. A kind word can fix someone's mood, but a careless insult can stay with someone for a while.

I leave you with a challenge: each day, give out three compliments. This can be as simple as telling a friend they did a good job or a fellow brother or sister you are glad they joined. Let's strive to make the world a happier place.

That Night, My Worth

By anonymous, Beta Nu (TBΣ)

Throughout the entirety of my collegiate life here at Arkansas Tech University, I have been struggling – trapped within a webbed gray area of having no emotions, and constantly being barraged with emotions. Depression and anxiety, in a sense, seem to be a never ending battle within the confines of the skin which barricade and cover my body. It's humbling, teaching me to forever keep an open mind about those around me, for I haven't a clue what they are experiencing. I haven't the slightest idea what they are fighting through within their current circumstances, and because of that, I am truly without judgement of others. Depression has taught me to value every wonderful, caring person I lay my eyes upon; however, I would not wish this upon anyone. To condemn a person to a state so low that they wish they could remain still forever, that they wish they could simply feign through life without it being an exhausting feat, that they wish they wouldn't wake up the next morning – is something I would never do.

I've struggled with all of the aforementioned sensations. I've harbored this dark, disgusting secret for such a long time. Months, years... God knows how long. After finally building up enough courage one particular Thursday night (meeting night), I voiced my concerns. I released all these thoughts, and informed my loving, sincere chapter of my mental illnesses (I despise classifying it as such). It felt like the hands on the clock had momentarily stopped moving, frozen

MY WORTH

in an absolute state in time, never to move again. Time seemed to drag on, and I had to force my tear-filled words out. Surprisingly, my chapter was able to comprehend what I was saying through the annoyances of my lip quivers and shaky voice. It was silent, and in that moment I was flooded with fear. Fear of being rejected, fear of being ostracized, fear of being left alone, yet most importantly – fear of being disregarded. I had yet to look any of the wonderful men and women surrounding me in the eye. I had been so overcome with all my irrational and insurmountable fear that I could have burned a hole into the carpet in front of me with my glazed stare.

Relief then washed over me. I was not alone. I finally managed to look up. Each of my sisters sat in silence, tears brimming in some eyes, and streaming down others. Time resumed in that exact moment. The amount of pure, earnest, and heartfelt love that every single one of my sisters demonstrated yanked me from what seemed a bottomless pit. In comparison to what seemed an eternity but moments before, the entirety of the room began to spin around me

as each of them stood from their chairs, and embraced me. Bawling as a whole, we cradled one another.

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That night I experienced a devastatingly forceful enlightenment of my own self-worth. Though I still struggle with both depression and anxiety to this day, the memory of that night brings me back to a sane state of mind. It brings me back a shred of happiness, and it brings me back a flood of appreciative memories. It reminds me that I am loved not only as a Sister of Tau Beta Sigma, but as an individual on this Earth. It reminds me to keep my head up. Finally, it reminds me that I am worth it.

SWD stillwater, ok
Convention 2017

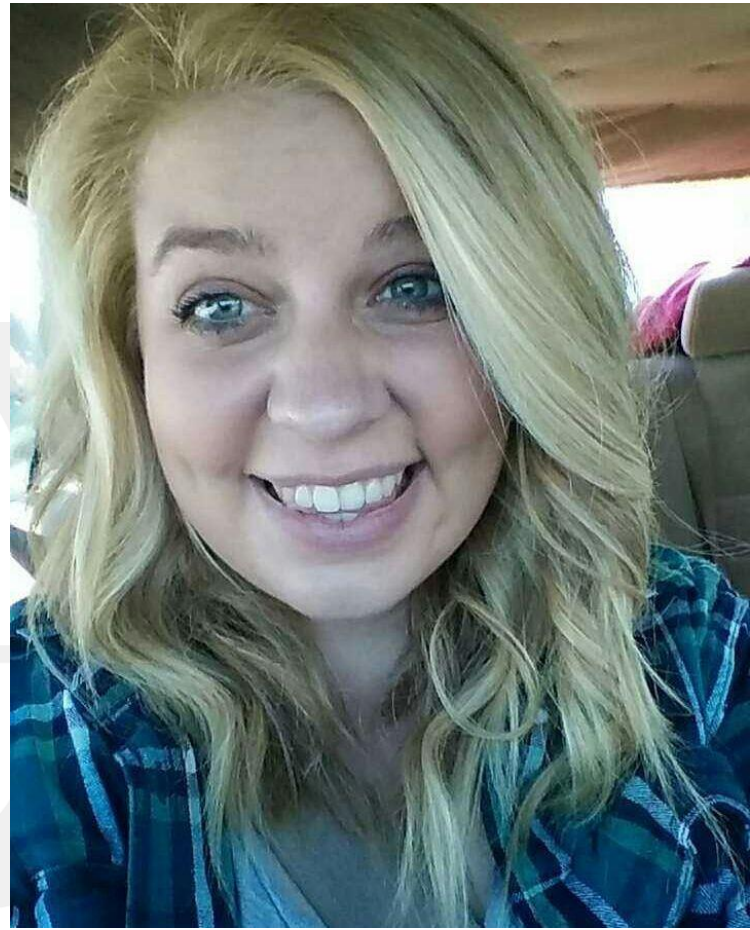
Be Kind to One Another

By Hannah Wells, Psi (TBΣ)

Southwest District Vice President
for Special Projects

I have been told time and again to make my decisions wisely. Every day when my parents would drop my brothers and I off at school, they would holler at us to "make good choices." Every day I heard that growing up. I constantly thought to myself that it meant my parents thought we were bad or made poor choices. I was constantly second-guessing anything I did and every decision I made. "Is this a good choice?" As I got older I realized, it was not that they thought we were bad children. We were wonderful children. It was just a daily reminder from them to be the best people we can be. As a senior in college, I now say it to my friends, younger and older. Not to condemn them or make them feel like I think they make poor decisions; merely just a reminder that what you choose to do each day and how you choose to be each day is important. Now, don't get me wrong, I make a lot of wrong decisions. But, that is how I have learned that those are not good decisions and what I should do different next time. But what would decision making have to do with being part of Tau Beta Sigma or Kappa Kappa Psi?

You are always wearing your letters. Whether you realize it or not, whether that is physically or not. You are always wearing your letters and representing an organization you are part of. Whether that be Tau Beta Sigma, Kappa Kappa Psi, another group or organization, your band program, your university or college, or your family, you are constantly being seen by what you choose to represent yourself by. Your



decisions, good and bad, reflect constantly on anything you choose to identify with in your life.

We all know decisions are a big part of life. You decide where to go to college. You decide what to major in and what job you want to get. You decide who, and if, you get married. You decide how your life will exist. But sometimes, people decide things for you and you have no control of it. Sometimes people decide how they will treat you because of choices you had no control in making. Sometimes people decide something about you based on what you chose to wear or what organization or group you chose to represent yourself with. And a lot of the time... people will decide how they are going to treat you (or

BE KIND

think of you) based on how you treated them or how they saw you treat others.

Maya Angelo once said “people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” This is never more true than during our college years. We go through our time in college feeling lost. We have so many decisions to make. Sometimes we make a poor choice. Sometimes we make a good choice. But whatever the situation, we must remember to always

treat people with respect and kindness. Even if they do not agree with us. Even if they will not change their stance. We must be forces of kindness and respect. Why? Because it will come back to reflect on you. It will come back to reflect on your organization. It will come back to reflect on your family. Every decision you make, especially those concerning your treatment of others, will reflect on you and those organizations and people you identify with. So, as we go out into the world, as college students, as young adults, as sisters and brothers, as the next generation workforce, we must be reminded to make good choices... every day. Because it's not what you say or do, it's how you make others feel. Remember to, daily, as Ellen DeGeneres says, “be kind to one another.”

History of the Southwest

District... Home to the founding chapters of Kappa Kappa Psi and Tau Beta Sigma as well as National Headquarters, the Southwest District is the physical and spiritual home of the world's largest honorary organizations for college band members.

The roots of the SWD begin at the 1941 National Convention, when KKY revamped its district structure. In this reorganization, the states of Arkansas, Louisiana, Oklahoma, and Texas were grouped together as District VI. However, World War II put a halt to almost all fraternal activity soon after this structure was adopted, and district activity did not begin again until the 1949 National Convention. There, district officers were appointed by the National Councils of

Kappa Kappa Psi and Tau Beta Sigma, which had adopted the same district structure. District conventions soon returned to the organizational calendar as well, and the election of district officers by active members returned with them.

As district work became an important part of organizational operations, the regional identities of each district grew stronger. In District VI, this identity was expressed through things like the district publication *The ALTO* (originally begun as two separate publications in 1966, but combined in 1972), Kappa Kappa Psi's Spirit Drum (begun by the Alpha Omicron chapter in 1973), and the biennial district convention schedule, which District VI did not abandon until 1986, the last district to do so.

Continue reading this story online at
swd.kkkytbsonline.com/southwest-district-history

50 YEARS IN PRINT

Continued from page 27

The *Mouthpiece* was reinstated at the 1968 District VI convention, this time under the jurisdiction of the District Vice President, and regular publication resumed in a similar format as was produced in the previous biennium. At the 1970 convention, it was again made a responsibility of the District Secretary-Treasurer. However, difficulties soon arose again, and before the 1970-72 biennium concluded, the *Mouthpiece* had ceased publication for a second time.

The *Cadence*, meanwhile, did not face the same difficulties that affected the *Mouthpiece*. Aside from its initial delay, the District Vice Presidents

and their home chapters were able to consistently publish the *Cadence* throughout the three biennia of its existence.

In response to the *Mouthpiece's* struggles and other issues, the Publications Committee at the 1972 District VI convention overhauled the process entirely. Instead of two separate publications, there would be only one for the entire district. Instead of placing publishing responsibility with district officers, the publication would be awarded to a host school. Instead of four or five issues a year, there would be only two. This proposal was approved, and the University of Oklahoma won the bid to be the first publishing school.

As per the terms of the 1972 overhaul, the new publication was to be named through a contest announced in the first issue, with the host chapter having discretion in selecting the name. The joint Delta chapters published this unnamed issue shortly after the 1972 District VI convention as a recap issue, which allowed the first issue of the 1972-73 academic year to bear the winning name: *The ALTO*, an acronym for the states with chapters then in District VI: Arkansas, Louisiana, Texas, Oklahoma.

As the host-school, joint-publication model took hold, improvements became noticeable. Printing quality improved as did the format, which became a magazine rather than one-sided pages stapled together. With both organizations contributing to the same publication, submitted articles from chapters increased in number. *The ALTO's* guidelines remained largely unchanged until the 1986 District VI convention, when the length of the host chapter's term shifted from two years to one year in conjunction with the change to annual district conventions.



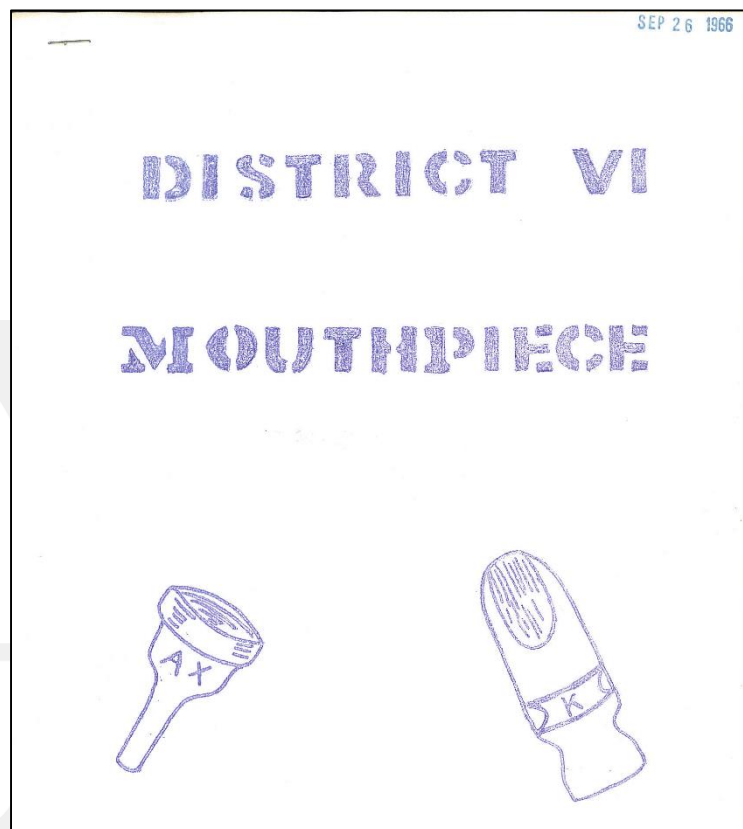
50 YEARS IN PRINT

The 1987 National Convention led to another major change with the approval of district realignment and the addition of New Mexico to the former District VI. The Publications Committee had anticipated this at the 1987 District VI convention and recommended a name change to *The New ALTO* upon the approval of realignment. The new name first appeared on the masthead in the Fall 1987 issue.

Advances in technology over the years allowed the publishing schools to turn *The New ALTO* into a first-class publication for the Southwest District, adding touches like more complex graphics, photographs, and color printing. Its format held mainly to the magazine style, though a newspaper format was also occasionally used.

Electronic publication of *The New ALTO* began in earnest in 1997-98, when then-host Texas Tech University published articles online. Over the next few years, both print and electronic models were used. The last widely-distributed print copies were published by Northwestern State University (LA) in 2004-05, and since then, publication has shifted entirely to various electronic formats.

The move to electronic formatting eliminated many of the costs host schools had previously faced. But despite the greater ease in publishing, interest in hosting *The New ALTO* began to decline sharply. In response, the delegations at the 2014 Southwest District convention made the first major change to *The New ALTO's*



publishing structure in over 40 years. The process of schools bidding and hosting was replaced by returning responsibility for publication to the District Councils. The councils chose to fulfill this by appointing a New ALTO Committee, to be selected each year from applications received from members of both organizations from around the district. This brings us to the present day, and the issue you are now reading.

The formats and styles may have changed over the last half-century, but *The New ALTO* and its predecessors have always highlighted our shared experiences. Today, these issues serve as a record of where we have been, a reflection of where we are now, and a map to where we are going. As we begin the 51st year of district publications, I have no doubt this will continue to be the case.

Here's to the next 50 years!

Past Publishers in District VI and the Southwest District

The Mouthpiece

(Kappa Kappa Psi, 1966-72)

University of Texas at El Paso, 1966-68
 Texas Christian University, 1968-70
 West Texas A&M University, 1970-72

The Cadence

(Tau Beta Sigma, 1966-72)

Texas Christian University, 1966-68
 University of Arkansas, 1968-70
 Texas Christian University, 1970-72

The ALTO (1972-87)

University of Oklahoma, 1972-74
 University of Arkansas, 1976-78
 University of Texas, 1980-82
 University of Houston, 1984-86

University of Arkansas, 1974-76
 Baylor University, 1978-80
 Baylor University, 1982-84
 University of Houston, 1986-87

The New ALTO (1987-2014)

University of Houston, 1987-88
 University of Houston, 1989-90
 University of Texas, 1991-92
 University of Arkansas, 1993-94
 University of Houston, 1995-96
 Texas Tech University, 1997-98
 Texas A&M Univ. – Commerce, 1999-2000
 East Central University (OK), 2001-02
 University of Oklahoma, 2003-04
 Univ. of Texas at Arlington, 2005-06
 University of New Mexico, 2007-08
 University of Arkansas, 2009-10
 Texas State University, 2011-12
 Texas A&M Univ. – Commerce, 2013-14

University of Houston, 1988-89
 University of Texas, 1990-91
 University of Arkansas, 1992-93
 University of Houston, 1994-95
 Louisiana State University, 1996-97
 West Texas A&M University, 1998-99
 Arkansas Tech University, 2000-01
 University of Arkansas, 2002-03
 Northwestern State Univ. (LA), 2004-05
 West Texas A&M University, 2006-07
 University of Arkansas, 2008-09
 University of Texas, 2010-11
 Texas A&M Univ. – Commerce, 2012-13

New ALTO Committees (2014-present)

- Eric Barnett, Lambda – KKΨ, District Co-MAL
- Austin Bordelon, Beta Gamma – KKΨ, District Co-MAL
- Sami Belford, Psi – TBΣ, District VPSP, Lead Writer
- Aaron Sanchez, Mu Tau – KKΨ, Copy Editor
- Brielle Johnson, Psi – TBΣ, Design Editor
- Stephen Miller, Zeta Kappa – KKΨ, Webmaster

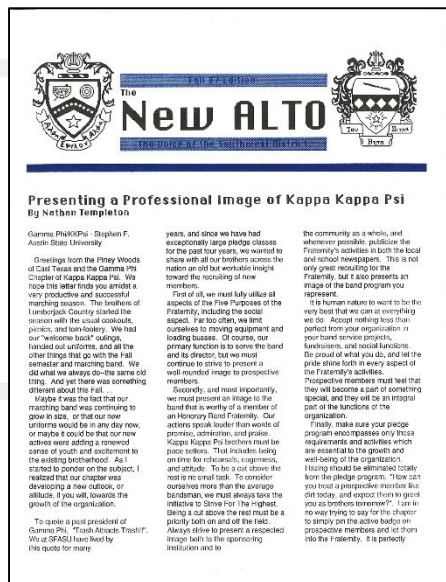
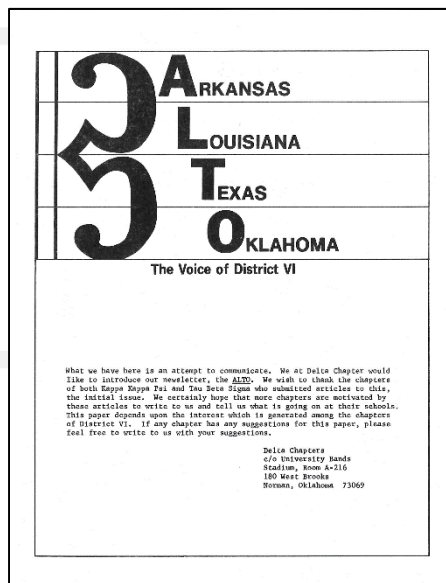
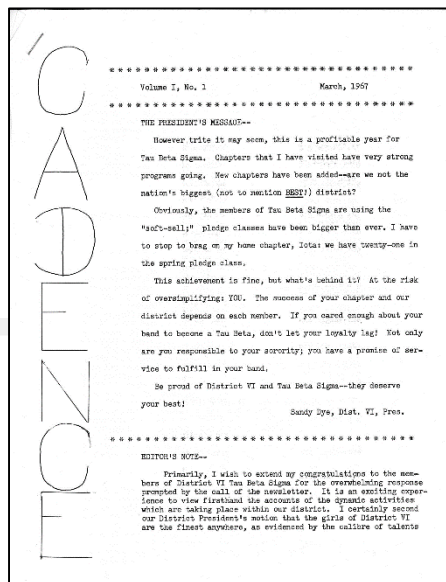
2014-15

- Robert Morris, Lambda – KKΨ, District Co-MAL
- Emily Morris, Epsilon Beta – TBΣ, District VPSP (fall)
- Meri Terpstra, Beta Delta – TBΣ, District VPSP (spring)
- Justin Packard, Alpha – KKΨ, Copy Editor
- Ali Oldright, Gamma Phi – TBΣ, Copy Editor
- Brielle Johnson, Psi – TBΣ, Design Editor
- Caroline Lee, Alpha – TBΣ, Webmaster

2015-16

- Jayden Goeringer-Evans, Epsilon Epsilon – KKΨ, District VPP
- Hannah Wells, Psi – TBΣ, District VPSP
- Katelyn Kenney, Beta Sigma – KKΨ, Copy Editor
- Meghan Baetz, Alpha Omicron – TBΣ, Copy Editor
- Zacary Wilson, Gamma Iota – KKΨ, Design Editor

2016-17



The New ALTO Crossword

By Meri Terpstra, Beta Delta (TBΣ)

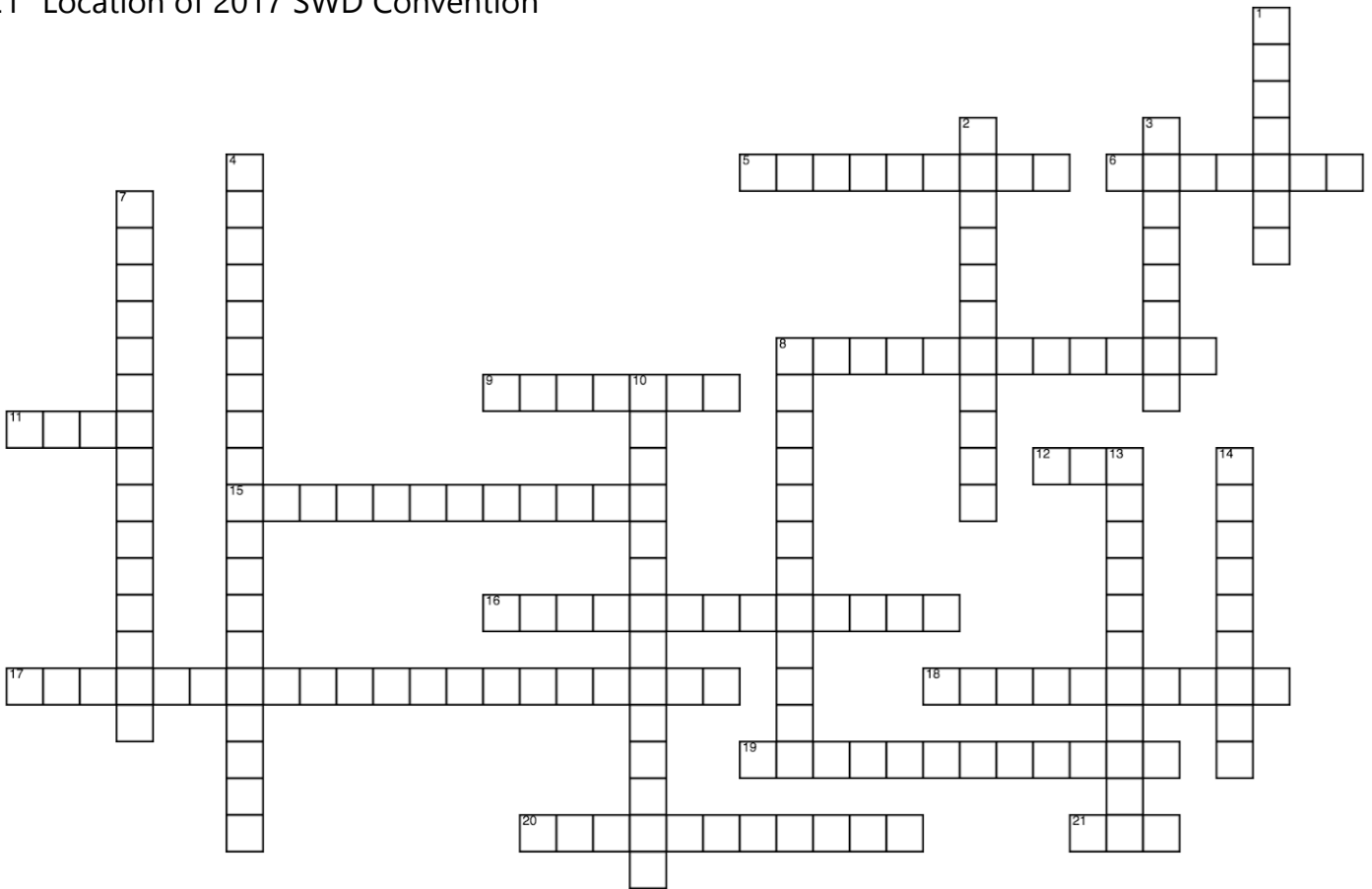
Southwest District President

ACROSS

- 5 KKΨ District VP for Membership
- 6 KKΨ National President
- 8 TBΣ District VP for Membership
- 9 Location of the 2017 Nat'l. Convention
- 11 Founder of Tau Beta Sigma
- 12 Founder of Kappa Kappa Psi
- 15 The Sorority
- 16 The Fraternity
- 17 KKΨ District VP for Programs
- 18 Location of National Headquarters
- 19 TBΣ National President
- 20 KKΨ District President
- 21 Location of 2017 SWD Convention

DOWN

- 1 This Publication's name
- 2 KKΨ Member at Large
- 3 KKΨ District Secretary-Treasurer
- 4 KKΨ Motto
- 7 TBΣ Motto
- 8 TBΣ District President
- 10 TBΣ District Secretary-Treasurer
- 13 TBΣ District VP for Special Projects
- 14 Our District



Gamma Nu Re-education Crossword!

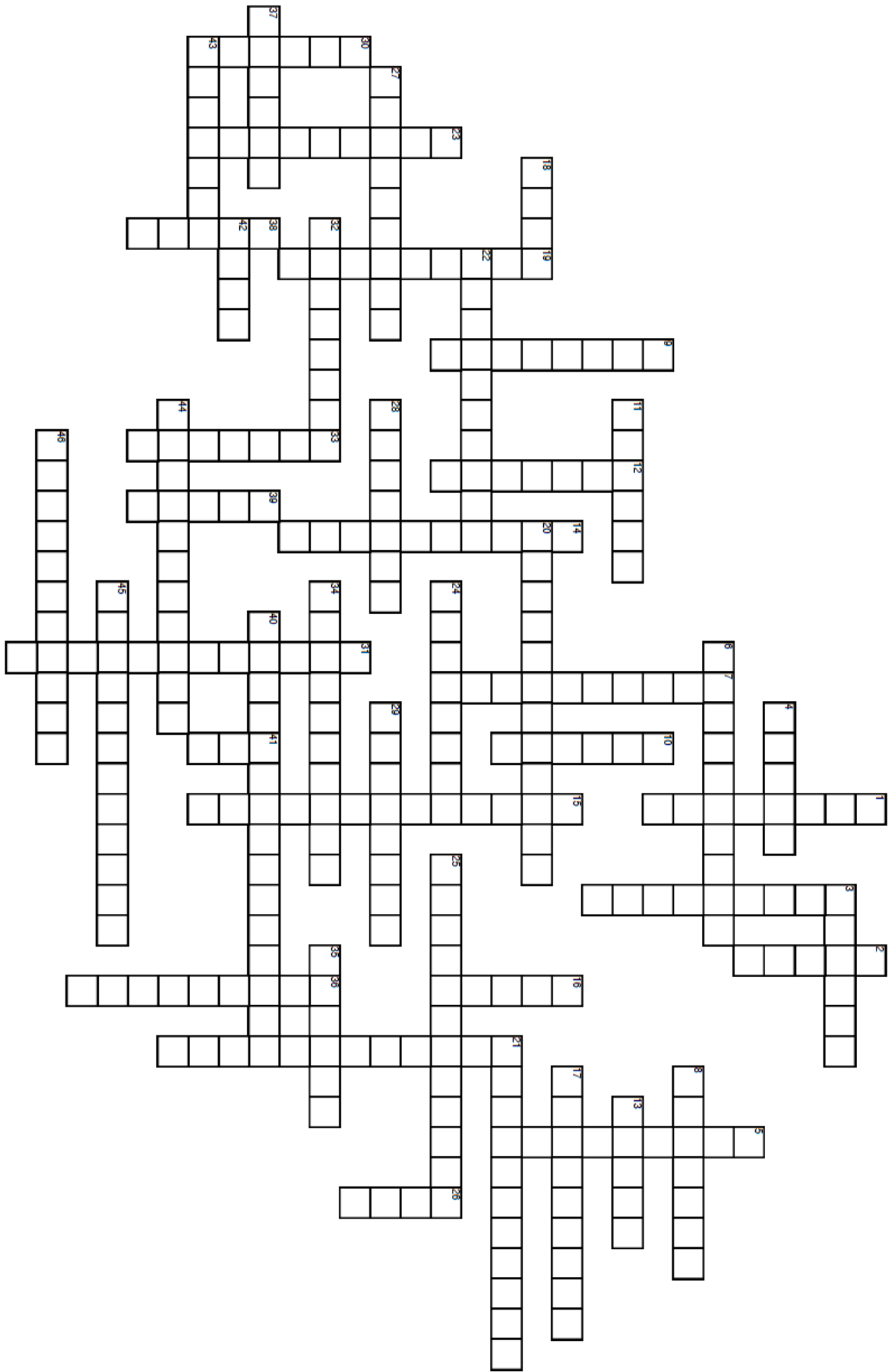
By the Gamma Nu Chapter (TBΣ)

ACROSS

- 3 Kappa Kappa Psi Grand Executive Secretary (1939-1964): A. Frank _____.
- 4 Greek letter "Δ".
- 6 Bernie's instrument.
- 8 Fortitude and _____ to see an ideal, to seize upon it, and follow it wherever it may lead you in Tau Beta Sigma.
- 11 Southwest District VP for Special Projects (first name).
- 13 The official colors are blue and _____.
- 17 National program we earn our green stripe for.
- 18 Founder.
- 20 A _____ and honesty which instills a sense of trust in others.
- 21 _____ and maintenance of your emotional poise under all circumstances.
- 22 Location of National Headquarters.
- 24 Kappa Kappa Psi founding year: Nineteen _____.
- 25 A Southwest District counselor (full name).
- 27 University where the Beta Chapter is located.
- 28 The official motto: "For _____ bands."
- 29 Southwest District Secretary-Treasurer (first name).
- 32 Tolerance tempered with _____ and a consideration for the needs of others.
- 34 _____ of mind, heart, and hand.
- 35 The official flower: "The long-stemmed American _____ red rose."
- 37 Southwest District VP for Membership.
- 40 Achievement of and the _____ within you of lofty spiritual ideals.
- 42 Southwest District President.
- 43 A Southwest District counselor (first name only).
- 44 Knowledge and _____ of your physical powers in the quest for health and bodily perfection.
- 45 National president.
- 46 Appreciation for and the _____ of the highest moral standards.

DOWN

- 1 The founding date of Tau Beta Sigma: Nineteen _____.
- 2 National VP for Professional Relations: Beth _____.
- 3 National VP for Colonization and Membership (last name).
- 5 The district we are located in.
- 7 Gamma Nu's chapter number.
- 9 First National President (last name).
- 10 Chair of the Board of Trustees: Dollie McDonald _____.
- 12 Acronym for all of the states in our district.
- 14 Physical and mental qualities of an _____ nature.
- 15 Demonstrated loyalty and _____ to those persons and institutions deserving of it.
- 16 Director of Bands at Texas Tech University: D. O. _____.
- 19 A mutual interest in the Art of Music, in its performance and in the _____ qualities it can project to others.
- 21 A _____ at all times and under all circumstances; even in the face of great trial.
- 23 Founding year of Gamma Nu: Nineteen _____.
- 26 National VP for Special Projects: Adrienne _____.
- 30 Music department chair.
- 31 Recognition and development of your _____ potential.
- 33 Gamma Nu sponsor.
- 36 National VP for Communication and Recognition (full name).
- 38 Greek letter "Ω".
- 39 Number of districts of Tau Beta Sigma.
- 41 University where the Alpha Chapter is located.



Rush Class Crossword

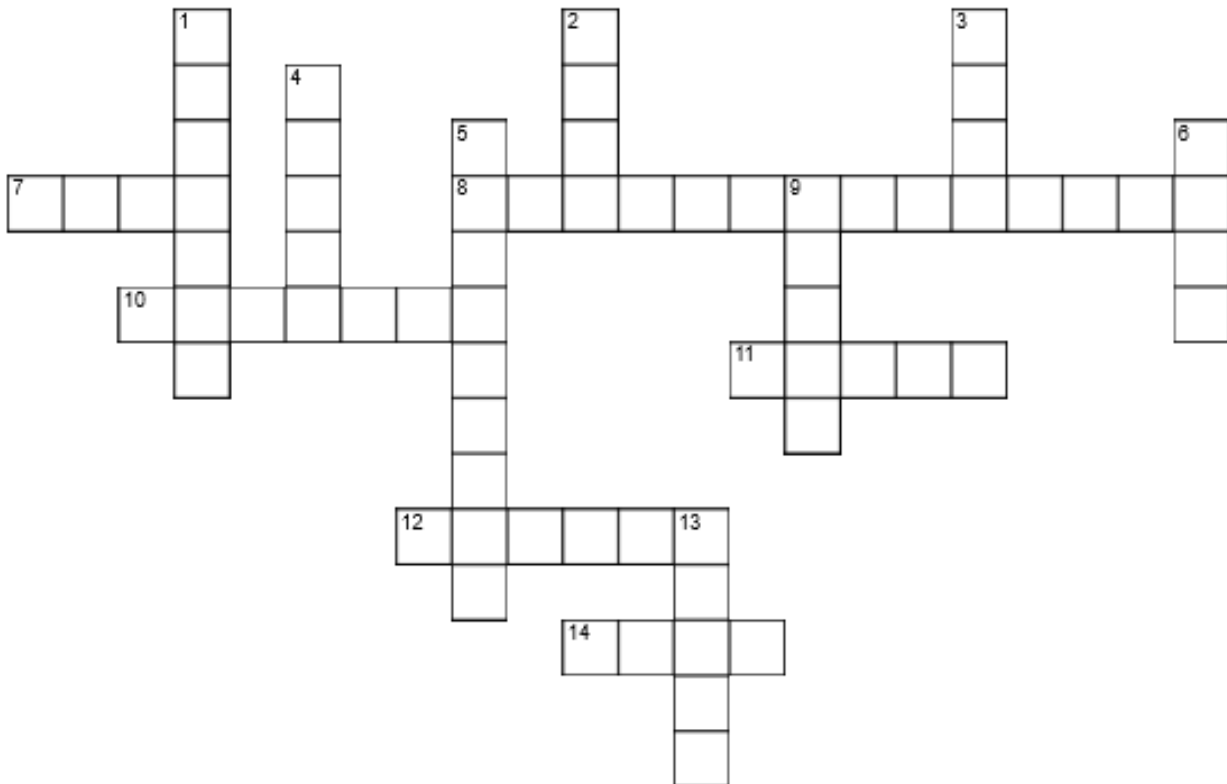
By the Gamma Phi Chapter (TBΣ)

DOWN

- 1 District publication
- 2 The _____ Qualities
- 3 _____ on white; KKΨ colors
- 4 _____ Essential Factors
- 5 Kappa Kappa Psi, red flower
- 6 Gold item on the TBΣ flag
- 9 The chapter at Oklahoma A&M
- 13 "Tau Beta Sigma for Greater Bands"

ACROSS

- 7 Founder of Tau Beta Sigma
- 8 Red Rose, long-stemmed
- 10 Headquarters: Stillwater, _____
- 11 _____ on blue; TBΣ colors
- 12 National publication
- 14 The chapter at Texas Tech



Kappa Kappa Psi/Tau Beta Sigma Word Search

By Maggie Denton, Alpha Upsilon (TBΣ)
Southwest District Vice President for Membership

P Z B R H I D M D G C O C C V B C Z R F P Q G Z D P Y Q G H
C T O V F H H U M S I S E P M F X P Z L I I X M A X N U W K
D V L Z X J N A E S T T Z T U T W Z X E O D W F Q L O U N N
W A V A B A N E S T U R N E R H E N R Y P B N C W I P G E M
F G A S N R X S O I M W I E S S M P S B M O F I U A D G Q N
O J J R J K D T H L I L B V B L E R U Q Z R L C F S A J P M
N Z R L E I W L N L L H J T E J Y Z D S R L S D B B R A S G
Z U P I R G Z D N W C Q Z X E F U P B B I N E I F X G O M M
L S D N A B R E T A E R G R O F O L R A O Q R Y I K S W H T
M L D S J Z H E K T V A Q O W X L R M N F K V L J K E N A C
N U Y K E R B U U E L Z Q U C N Y A T M O P I M R Q R N M D
A N E P O I Q V A R U I C Q T D S U M H Y L C D P C W S G R
Y N L T A L N N H S I B J D M C O H T B E X E I N J J Z I V
U E J D O Z W E B T Z X M E R P A E E P G H Z M Y S K Z S I
I J L J V B E B R A B T X O P J X M Z T D R I T S U F Z A X
W S P I N T H N E T K O G C L X L R K H Y T U G G O G I T Y
Z V P E T R H T Z I X G V O S Y V X C F D X K N H R G A E D
S S C A X T T E S O S T T D C O F H H G J Y X S C E U U B C
E F N F P H N B P N N L Q B C T E Z Z I A Z L S C M S E U D
Z S D O B P O N X O A Y H J M C O L P S X E S X C U M T A Y
E B G D L Y A T N W D V O C C I O Z F Z O F A Y Q E Y Y T V
I G S O H I A K E B P I K B O U Y E H N E L R V A B U W A B
A T V K B V Q N A G A V U D J A T M B X Q T A Z P I T L N Z
Y S J S I F E G E P Q F P M J Y E J F B C Y V M G T W D D Q
Y Z R C O H G R A G P H O L S R H Y P I O R F F E J P V Z Z
Z O P W T D R T I L Z A P B U L N D B N E D N Z L N V U D J
Z S N B S I J P B J C A K F E I V N K M B W E T M H J I S S
V X E C P G U T L G D S O U T H W E S T Y P D X P V V N O P
V B U T Y G A A P A M K K D C A O Y T Z F S V W G U F B A N
C Q Z W N G Q S X N R F V N M M E N X I I Y D Q Z S V M S V

TAU BETA SIGMA KAPPA KAPPA PSI FOR GREATER BANDS STILLWATER STATION

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THE NEW ALTO

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Meet Your Team for *The New ALTO*!

The New ALTO is the official publication of the Southwest District. This magazine-like publication is published once in the Fall and once in the Spring, under the supervision of the Kappa Kappa Psi Vice President for Programs and the Tau Beta Sigma Vice President for Special Projects, and through the efforts of *The New ALTO* team. *The New ALTO* provides an opportunity for members of Kappa Kappa Psi and Tau Beta Sigma to have their stories published throughout the Southwest District.

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Katelyn was initiated into the Beta Sigma Chapter of Kappa Kappa Psi at the University of Houston in Spring 2015. She is a communications major with a focus in print-media journalism. She is a third-year member of Houston's marching band, and is one of three flute section leaders. Katelyn is Secretary of her chapter, and enjoys watching movie musicals.

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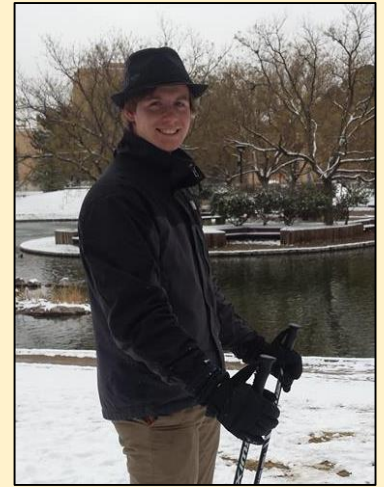


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