

Southwest

The Gold Standard

New ALTO Fall 2018

Meet the NEW ALTO STAFF



BRADY GILLERAN
VP FOR PROGRAMS

Lambda - KKY
Mello/Horn Player
Computer Science Major



MEEKA SMITH
VP FOR SPECIAL PROJECTS

Beta Nu - TBS
Flute Player
Music Education Major



LUKE SCHUMACHER
KKY COPY EDITOR

Delta - KKY
Trombone Player
Online Journalism Major



CATHERINE LILLIE
TBS COPY EDITOR

Beta Delta - TBS
Percussion Player
English/Political
Science Major



KAYLA MCCULLOUGH
DESIGN EDITOR

Delta - TBS
Clarinet Player
Public Relations Major



SEFERINA BACA
PUBLIC RELATIONS OFFICER

Gamma Iota - KKY
Saxophone Player
Music Theory &
Composition Major

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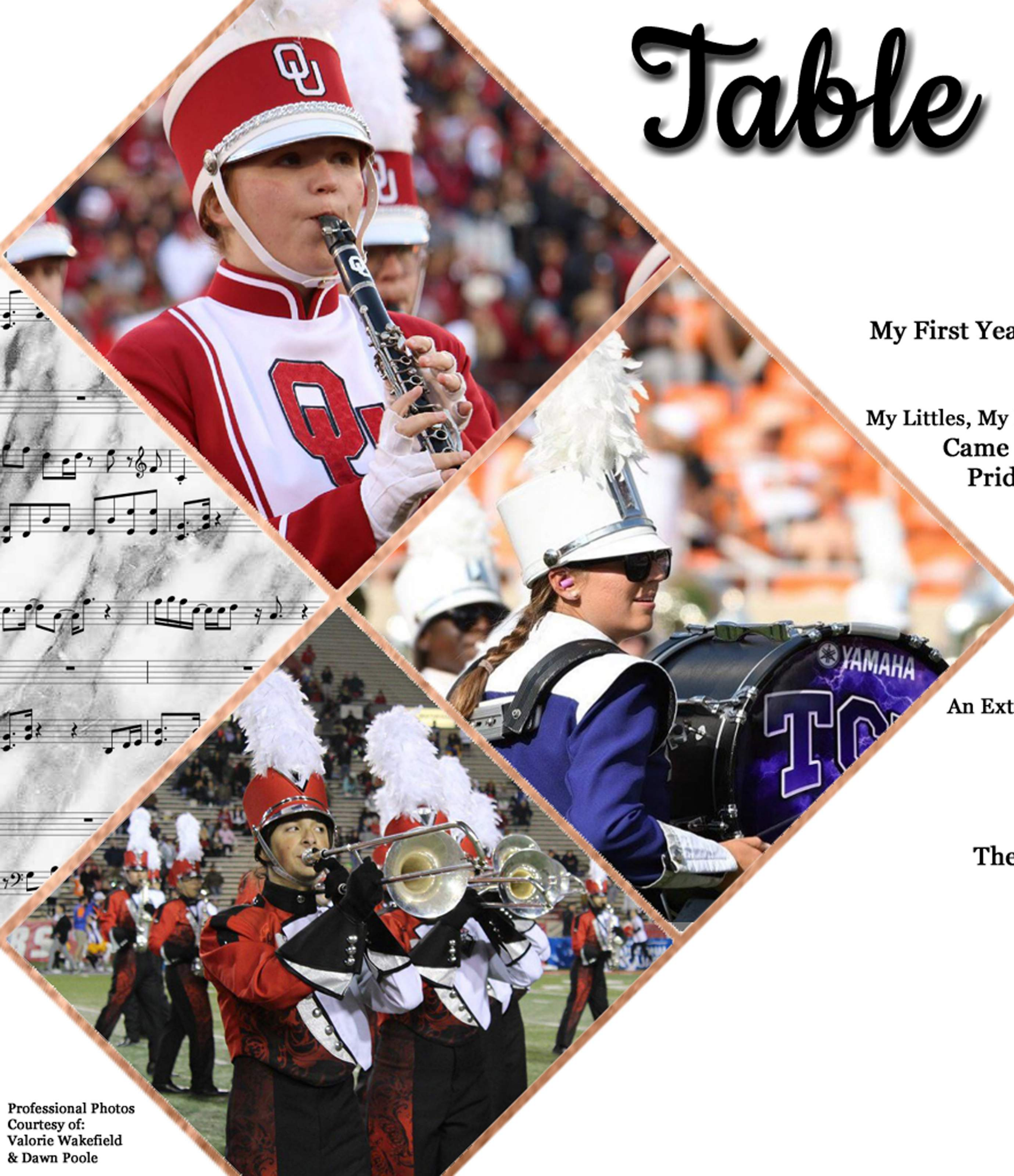
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Stories, Articles, & Poems

Upholding the Blue and “Gold Standard”

By: *Maddie Schram* - TBS Epsilon Beta

Welcome to the Texas A&M University-Commerce Music Department. As we enter, to your right you will see our “fish bowl,” or the conference room, where a group of student leaders almost entirely made up of Kappa Kappa Psi and Tau Beta Sigma members are hard at work meeting with our director of bands to plan our trip to perform at BOA super regionals in San Antonio next weekend. As we move down the hall, we pass our practice rooms, full to the brim with music majors striving for the highest level of musicianship. Follow me now to the PIE Lounge, where we encounter Thelma Hodges, our Tau Beta Sigma Vice President of Special Projects, hosting a canned food drive for our community. On the other side of the lounge, we have a group of freshman music majors struggling with Theory I, getting some help from fourth-year sistau Ryan Wall! 12:00 pm, that means it’s time for concert ensembles to start!

Let’s head towards the concert hall. On the way to the concert hall, we pass the uniform closet, where Uniform committee head and my big, Melissa Rodriguez, is steaming 200 navy blue bibbers so that the band can look their very best for our big Homecoming game tomorrow. With her is sistau Clayton Looper, hemming pants to make sure that no one trips as we run around the field at 170 beats per minute for 10 minutes straight. Next to the uniform closet is the band hall, where Kappa Kappa Psi

President Josh Berry and a group of brothers are setting up the band hall so that when ensemble times start to overlap, the concert band has somewhere to rehearse.

Finally, we reach the concert hall at 12:30 pm where it’s time for Tau Beta Sigma and Kappa Kappa Psi sponsor and director of bands, Phillip Clements, to give the downbeat. After all the ensembles have ended for the day, the sisters and brothers led by Kappa Kappa Psi Vice President of Service Projects, Jose Leanos, will tear down and clean up both the band hall and concert hall and start preparing for a joint interest event in the search for future membership candidates.

This concludes our tour and thank you for visiting our music department! Here at TAMUC, our chapters work daily to uphold the gold standard to better our bands and our music department for greater chapters and for greater bands.



Being Historian

By: Seferina Baca - KKY Gamma Iota

For three years I have had the honor of being elected Historian for the Gamma Iota chapter of Kappa Kappa Psi. Over the course of my time as Historian, I have learned what it means to be a good Historian constitutionally and for my own chapter. To me, being a good Historian has always been about my Brothers and their needs.

Being Historian you find yourself away from the action. You're taking pictures and watching your Brothers work. In many cases, you don't help as much when it comes to service events or you don't interact with others, you just take a step back from everything. As someone who is new to the position you find yourself distanced from your Brothers and Sisters in those moments and feel as if you aren't close to anyone. You share experiences but they're not the same.

When you're Historian you become someone who learns as much as they can about their own chapter, bands, and organization. You're this person who just has information and you often find that not everyone knows it because in most cases they need to know the bare minimum. The next step is to find ways for your Brothers to access the information with hopes that they too will learn just the same.

If you've been Historian for many years you come to a moment when you know you can no longer be Historian. Someone else has to learn your position and they need to start learning far before elections. Just like every other position, the next one should be someone who has the best intentions for the position and the chapter, but they must learn certain elements that can't be taught in a short time. I've learned that my position is one that doesn't change often but it can make great strides. Chapters cling to a good Historian for as long as they can. The next Historian is there in the chapter with more skills than they know they have, but they hold back more when they believe they couldn't step up to the position and make it their own.

Being a Historian is not easy. The chapter is full of different people who all found each other through band and music. You look at the quirks of your chapter and know that is just how they are. Like how Gamma Iota looks at an eleven-hour drive to District Convention and thinks nothing of it, we carry a giraffe named Crescendo to each and every event, and how the chapter has so much growth it has made and has yet to do. As Historian I can say that it has been nothing more than an honor documenting an up and coming chapter like Gamma Iota, watching each of them define for themselves what it means to be a good Brother, and seeing each on Strive For the Highest!



The Final Go Around

By: *Brady Gilleran - KKY Lambda*
KKY SWD Vice President for Programs

I thought as it approached my final season in the Razorback Marching Band and second to last semester as an active brother of Kappa Kappa Psi my heart would be heavier. The late-night dinners with brothers after loading the truck, driving our Penske trucks with.....much care, and my times of cheering on the Hogs from the field has finally ended. However, my spirit is not sad but empowered.

Talking to alumni really doesn't give you enough of the impact of how it feels when you're done, but now that I'm so close I'm starting to understand. None of your relationships with your brothers, or your school diminish, they strengthen and change for the better! You do the things you do for more of a purpose because you no longer have that guaranteed social experience of 400+ people 3 days a week for 3 hours to keep you company :). You begin to hold very close the people you admire and respect in a different way than before. A way that shows that you respect the person not just because they are like you or convenience, but because you truly admire their spirit.

I'm so glad that I have the opportunity to serve as Vice President of the Lambda chapter and Vice President for Programs of the Southwest District my last year as an Active member. It has let me get out all that last young dumb love of service I have for this Fraternity and even stronger I have for every brother in my chapter, the district and the nation. I can't wait to be involved as much as I can as an alumnus to support the fraternity, but even more support my brothers.

This goes out to all my brothers of Kappa Kappa Psi and friends I hold most dear. You can't get rid of me, I'll be serving, calling the Hogs, throwing K's, and loving my brothers till the day I die.

AEA and Go Hogs,
Brady James "What's Your Nickname"
"Balls of Fury" "Daisy Duke" Gilleran



My First Year

By: *Carlos Chavez - KKY Lambda*

I am approaching my first full year of being a member in the Lambda chapter of Kappa Kappa Psi and I can't imagine how different life would have been if I never would have become a member. The people have been amazing and the bonds of friendship that have formed are indescribable. From unloading our Penske trucks at 4:00 a.m. to our late debates in chapters, I wouldn't trade them for the world. They have allowed me to grow so much from just an incoming freshman and have shown me great life advice and assistance in classes or just life in general.

Our sister organization, the Psi chapter of Tau Beta Sigma, also continues to amaze me as our joint relations are stronger than many other organizations I have seen. The amount of work we accomplish together is astonishing and the friends I have gained from them have been tremendous as well. Both the Lambda chapter of Kappa Kappa Psi and the Psi chapter of Tau Beta Sigma have made my time here in college an amazing experience so far and I'm excited to see how that will change as I become an older member and continue to grow.



Spinning For My Sisters

By: *Lydia Varisco - TBS Eta Pi*

Being able to serve the Spirit of Northwestern marching band is an absolute dream come true. Being in the color guard has taught me so much about helping others. Being a teammate has taught me to work harder for not only myself but also for my team. Being a sister has encouraged me to serve the band in many ways I did not even think was possible.

Despite the hours of work that color guard requires, I am still always there for my sisters.



Working before and after every football game is tiring, especially since everyone wants to go home. I will always be there to serve my sisters in any way I can.

The long weekends of learning our marching and winter guard shows are exhausting but it's absolutely worth it, being able to spin with my sisters and brothers.

TBS has inspired me to become not only a better person but also a better teammate and friend. I have learned dedication, integrity, and strength in this sorority. I have learned love for the Spirit of Northwestern band, the Demon Heat color guard, and my amazing sisters of Eta Pi.

I am professing my true devotion to TBS. I am eternally grateful to Wava Banes Turner Henry for not giving up on her goal. She created a sisterhood that has changed my life forever. My journey has just begun, and I cannot wait for future years to come.

Quips and Quotes: Service Edition

By: *Jett McCullough - KKY Lambda*

Man, I really love quotes. Like, I may not be the best at remembering peoples' names and majors and stuff like that, but I'll almost always remember at least one thing they've said to me. Some quotes really, really stick with me, and I lean on them every day. They're a slick little way of containing a nugget of wisdom, or a great reminder in a time of need. The few that follow are just some quotes I find myself running through all the time, the ones that keep me grounded in an ethos of service.

"Are you right, or are you kind?"

I always thought it strange to phrase it like kindness and correctness are mutually exclusive, but the message carried. My momma wanted me to know that being right in no way justifies rudeness (*cough cough* tone matters in speech as well as music). This one really works to keep things civil and productive in all sorts of disagreements and arguments.

"Be that third type of person."

My Jr. High football coach taught me a lot, but his "third type of person" lesson comes up every single day for me, and it's mostly because his illustration is super, super applicable. basically, abridged: "The first type of person creates the litter we see everywhere, and the second type walks on by; it's the third type of person who cares enough to pick it up." I don't go a day without seeing litter on the sidewalks or in the band hall, and that whole "be that third type" thing flashes through my head every time. Be that third type of person, beyond just with trash. Be the one that cares more, whose actions speak for themselves. Such is the spirit of service.

"Service is love made visible."

I first heard this one from my sister (Lambda alumnus and the phreakin' best). I have a lot of other notions and feelings tied to the concept of loving the peeps around me, so this one hits me hard. It gets me asking questions like "Am I striving to love this person that I'm serving," and "Is my service from a heart of love and not just going through the motions?" Gotta make sure I'm in a good mindset when I serve. Keeps me on that upward strive, reminds me to be that model leader, keeps me growin'.

It's good to have some quotes under your belt.

They can help guide you and are a nice little bundle of knowledge and advice, ready to be deployed at your discretion. Whether you make

them or take them, intentional words applied in the right ways hold a great deal of power.



Sisterhood Haikus

By: *Paola Salcedo - TBS Tau*

Found me in the dark When I couldn't breathe
And led me into the light They replaced my lungs for me
Sisterhood saved me Oh so selflessly

Sometimes we may fight We've laughed and we've cried
But what family does not Memories to last a life
M.L.I.T.B. Tau Beta Sigma

I can firmly say
With my sisters, I am best
True until my rest



A TBS Haiku

By: *Erica Nadolski - TBS Delta*

Sisterhood bonding
Serving our communities
Treasuring music

A small note – in traditional haikus each line is meaningful on its own, but the poem means even more when you put each line together. That idea combined with the three lines in this haiku captures the meaning of TBS to me.



My Littles, My Littles

By: Ciara Gibbs - TBS Eta Pi

TBS SWD Sec./Treas

To my littles,

If anyone told me that I would end up with 6 littles when I started my active life, I would have told them that they were lying. But somehow, I ended up with 6 amazing littles that I have been able to see grow in their process and in life. While there may be a lot of y'all, that doesn't take away the fact that I love all of y'all equally. I am truly blessed to call each and every one of y'all my little. I will always ask you what do you need help with, are you okay, and who do I need to fight for you. I will always do it out of love. Even on the roughest days, I am still proud of everything you have accomplished. I am always a phone call, message, or sometimes even a yard line away. No matter what path you take, please remember that you are amazing and I will always be supporting you.



The Thing That Makes One Golden

By: James Crane - KKY Lambda

The thing that makes one golden is their passion to improve themselves and others. Every time we step out on the field we pour our passion out in improving ourselves and those around us. In other words, we "Strive for the highest" at every practice and rehearsal.

At every band event, I see members of KKPsi working on improving everyone around them and themselves to make the band better as a whole. No matter what the situation is I see the brothers putting in one hundred percent effort in all we do, and improving those around us through service, leadership, and passion.



Came for the Service, Stayed for the Brotherhood

By: Jacob Purifoy - KKY Lambda

Kappa Kappa Loading Crew. Ever heard that one before? I cannot, of course, leave out Tau Beta Coolers (as in, water coolers). If that leaves a bitter taste, trust me, on the other side of things now I completely understand! This is what I was spoon-fed as a freshman last year in the college marching band when I asked some section leaders about our band service organizations.

Now hear me out, I am not one for getting offended, but I don't tend to judge a book by its cover either; so even at the time and looking back on it now I still think it's pretty silly. Funny as it may be though, it left me with real questions. Like many of you, prior to college in high school I was what you would call a "bando," first one to get there and last one to leave serving up the band in full capacity. You all know how it is. In college, I had and still have full intentions of giving band my all, so an organization that gives just as much passion and heart was naturally my cup of tea! The Spring membership education process was a blast and helped me truly discover all the amazing by-products (if you will) like enhanced musicianship and leadership that it took to become a brother. It took me to where I am today knowing all the life that Kappa Kappa Psi and Tau Beta Sigma give us beyond the dirty work. And that's just the thing.

This fall I have spent time with potential new members and they (like I had before) really want to dig deeper and know our mission and creed. They want to be able to know that journeying through process gives them a whole new sense of brotherhood/sisterhood, musicianship, leadership, professional development, and so much more! But I think it all starts with ensuring such silly labels like the ones once portrayed to me do not hold a candle above everything else. I, and many others in my class, sought to pursue deeper this past year, but I do not ever want a potential member who could contribute to our organizations in their own incredible ways to be steered away by such rhetoric in the future. It has to start from us though, always being sure and confident in explaining our great foundations. It's on us.

As a good friend of mine who happens to be our very own KKP SWD Vice President for Programs says to PMNs, "I came for the service, I stayed for the brotherhood."



Pridewiches

By: *Hanna Huston - Delta TBS*



One of the most treasured parts of Tau Beta Sigma, for me personally, is handing out sandwiches during third quarter with my fellow sisters. Let me set the scene: it was record high temperatures, zero wind, and we were in full uniform. I was very excited to get to hand out the most prized pride perk, the Pridewich, but the sweat was dripping down my face and the sun was burning over the historic Owen Field, AKA the Palace on the Prairie. All I can remember was Emma, that's my president, pouring water on my face and yelling "Quit playing Boomer pass the boxes" to the flutes. This was my favorite memory of TBS so far and will always be an experience that I treasure.

Game Night with the Bros

By: *Maritza Mendoza - KKY Alpha Psi*

Mondays are stressful and tough to get through, especially after homecoming weekend. Yet, the Alpha Psi brotherhood united on a Monday night and had a blast! The brothers volunteered their tv's, game consoles, time and beautiful voices. We had multiple games occurring like Call of Duty, Mario Karts, and many other games. In the background, we had amazing brother singing karaoke. We had music from the musical Hamilton, Beyoncé, and Adele. Some songs include Bohemian Rhapsody, Tequila, Thnks fr th Mmrs, and I Wanna Dance with Somebody. Pizza was devoured and not one single crumb left. Game Night was an easy way for everyone to bond in a relaxed environment and a slight competitive. After the crazy Monday, it was a lot of fun with brothers and ending the night with a smile on our faces.

Lambda Love

By: *Caroline Phillips - KKY Lambda*

Being a brother of Kappa Kappa Psi has been an amazing experience. It's been so rewarding serving the band and work towards music with my family. I truly have found my place of belonging. It's the coolest thing to be able to have a group of brothers who strive for the highest with me.



Go Hogs
Caroline Phillips



Brother Ludington and Brother Gallaher singing karaoke.



Brothers intensely playing and focused.

Answer The Call

By: *Hannah Wilson - Gamma Tau*

TBS SWD Vice President of Membership

I attended my first district convention in the spring of 2016 in Mesquite, TX. To say that it was an overwhelming experience is an understatement. At the time, I was a very shy and timid person, and being surrounded by hundreds of people I did not know wasn't exactly my cup of tea. I remember sitting with my chapter during elections, listening carefully to each candidate. As the candidates for VPM began giving their platforms I suddenly felt like I had been hit by a brick. "You're gonna do that one day," is the exact phrase that crossed my mind, and it terrified me. Me? Run for a district office? Be a district officer? The thought of running for a district office, at the time, was absolutely ridiculous. I quickly tried to brush the feeling off, but it never truly left.

The next year at my second district convention, I served as the delegate for my chapter, and I was placed on the nominations committee. I got to experience what the interview process would look like, and I learned a lot about each office. Again, the feeling returned. All weekend I felt a tug at my heart. Why had I not run for office? There was only one explanation: I was afraid. Once I realized fear was the only thing holding me back, I made a silent promise to myself to work as hard as I could so that I would have a shot at running for office at the next convention.

A few weeks after convention, I ran for my chapter VPM position and was elected. My chapter had gotten pretty small, so it was going to be a critical year for recruitment. I was determined to make this a great year, and I started working on everything during the summer. I completely trashed our previous MEP and started over. Education is one thing I am very passionate about, so I was excited at the opportunity to improve our chapter's education process. This excitement was quickly burned out after a series of problems in our chapter hurt our recruitment. The first time my chapter extended bids, no one accepted. I was absolutely crushed. I felt like it was all my fault despite the fact that I couldn't have done anything about the situation. I called Kathy Webster to ask for advice for my chapter and also for myself. I asked her how I could possibly run for a district office if I can't even have an ed class. She quickly informed me that the circumstances had nothing to do with my ability to be a great district officer. After our conversation, I decided I wasn't ready to give up on my chapter having an ed class or wanting to run for a district office. My chapter planned a rush week in the spring, and after extending bids we had one person accept. I was so happy I almost cried! This excitement motivated me to plan and make my district office platform. Running for office was one of the most rewarding things I have ever done, and I am so happy I answered the call to serve.

I am telling you this story to emphasize one thing: Answer the call. Whatever you are called to do, whether it is running for a district office, or trying something new in your chapter, do it. If you feel called to serve it doesn't matter what chapter you are from, what struggles you have faced, the size of your chapter, etc. If anything, those aspects have built you and brought you to this point. Take a leap of faith and believe in yourself. Be passionate. Be courageous. Be bold. Be fierce. "If opportunity doesn't knock, build a door." (Milton Berle)



"Fortitude and courage to see an ideal, to seize upon it, and follow it wherever it may lead you in Tau Beta Sigma."

Music in a Mainstream Classroom

By: Ashley Nowikowski - KKY Gamma Iota

While I am not a researcher and I have no major evidence of the benefits, I think that music needs to have a stronger presence in the classroom, and not just a music classroom. Let me explain.

I am an elementary education major. My endorsements are in mathematics and language arts with a minor in TESOL (Teaching English to Speakers of Other Languages). The beginnings of my pedagogy are heavily influenced by music. Why? Well, we all know how amazing music is and we all know how much music has benefitted us and how it benefits the brain. Wouldn't it make sense to bring music into all subjects then? Wouldn't we want to use its benefits across all content areas?

After one semester of being Vice President of Membership for my chapter, I realized how important music is in a classroom. I had to really consider my lessons each week and how can I best teach a lesson to this class. I've started to look at ways to use music to teach, especially in relation to my minor. Teaching English to any student can be a challenge. And, after several courses and exams, I will be prepared to teach future students how to read, write, speak, and listen in English. My minor has prepared me with the skills to teach future students how to do this when they already know a language. My challenge for myself is to teach them through music as well.

Have you ever listened to a song and become super confident in singing it – only to find out that you were singing an entire line wrong because you were hearing a different word or phrase? While this is frustrating, this is what I plan to manipulate for a classroom with English Language Learners. Pronunciation, rhythm, articulation, listening. All skills that come from engaging with music.

While I don't have the research and I won't claim that my statement is the only truth, I look forward to bringing music into a classroom to benefit my students, to teach them to listen, to teach them equations. I will always remember being taught so many math equations through songs. I can teach math and language arts through music. And I've very grateful for my experience as VP-M for showing me that.

For other non-music education majors out there, I found some resources that are helpful for introducing music into a mainstream classroom.

<https://www.scholastic.com/teachers/articles/teaching-content/music-classroom/>

<https://www.edutopia.org/blog/using-music-strategies-language-arts-classroom-heather-wolpertgawron>

For music education majors, I didn't forget about you! Thank you for all that you do! You are a resource to all educators and soon, the whole education system will see that.



A Brother of Lambda

By: Nathan Davis - KKY Lambda

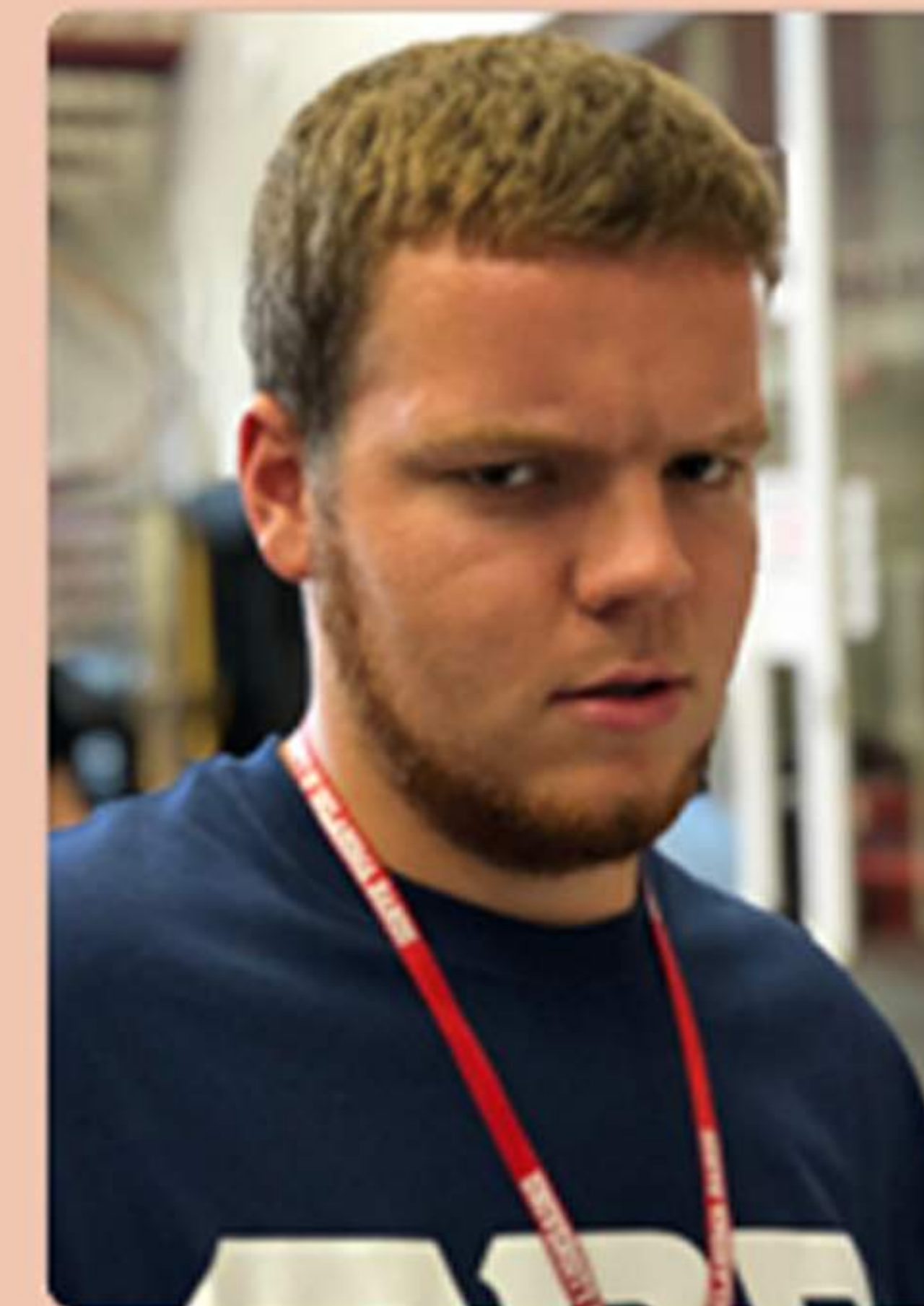
Being a member of the Lambda chapter of Kappa Kappa Psi has been one the most defining and positive opportunities in my college career. There have been countless bonding experiences with both my brothers and sister and plenty of chances to serve the bands that I hold so dearly. A constant characteristic of Lambda chapter is the continual high spirits and optimism that every brother radiates. Whether we might be playing dodgeball or pick-up basketball at a lock-in, or organizing and moving equipment on game days, every brother knows their duties and is more than happy to offer themselves to help in any way, all while keeping a smile on their face and the atmosphere light. The special brotherly connection I feel with each member is obvious when we sing the hymn together. The power and dedication that each one of us has is displayed through our singing, no matter what the occasion is. The pride that the Lambda chapter has for our chapter, and Kappa Kappa Psi as a whole, is such a great motivator and makes me proud to be a member of this wonderful organization.



The Beauty of Music

By: Zach Tiry - JBS Delta

Do upbeat vibes on a downbeat day ring any bells? Maybe, but for me, the answer is obvious. Music is everything. You know that one song with the inspiring lyrics that make you feel like a superhero? Maybe it's the same song that you play on your way to fail your next midterm. Whatever the occasion,



you know that music can affect your mood in one way or another. But the beauty of music is that each individual holds the key to their own unique musical experience. They are the only person that understands how an arbitrary mix of chords and/or lyrics affects them. I challenge you to listen to music in a way that will help you understand what it is that makes this auditory phenomenon so special. I simply feel like this is something that far too many people take for granted. I mean heck, it may just be enough to remind you why you started investing time in music in the first place.

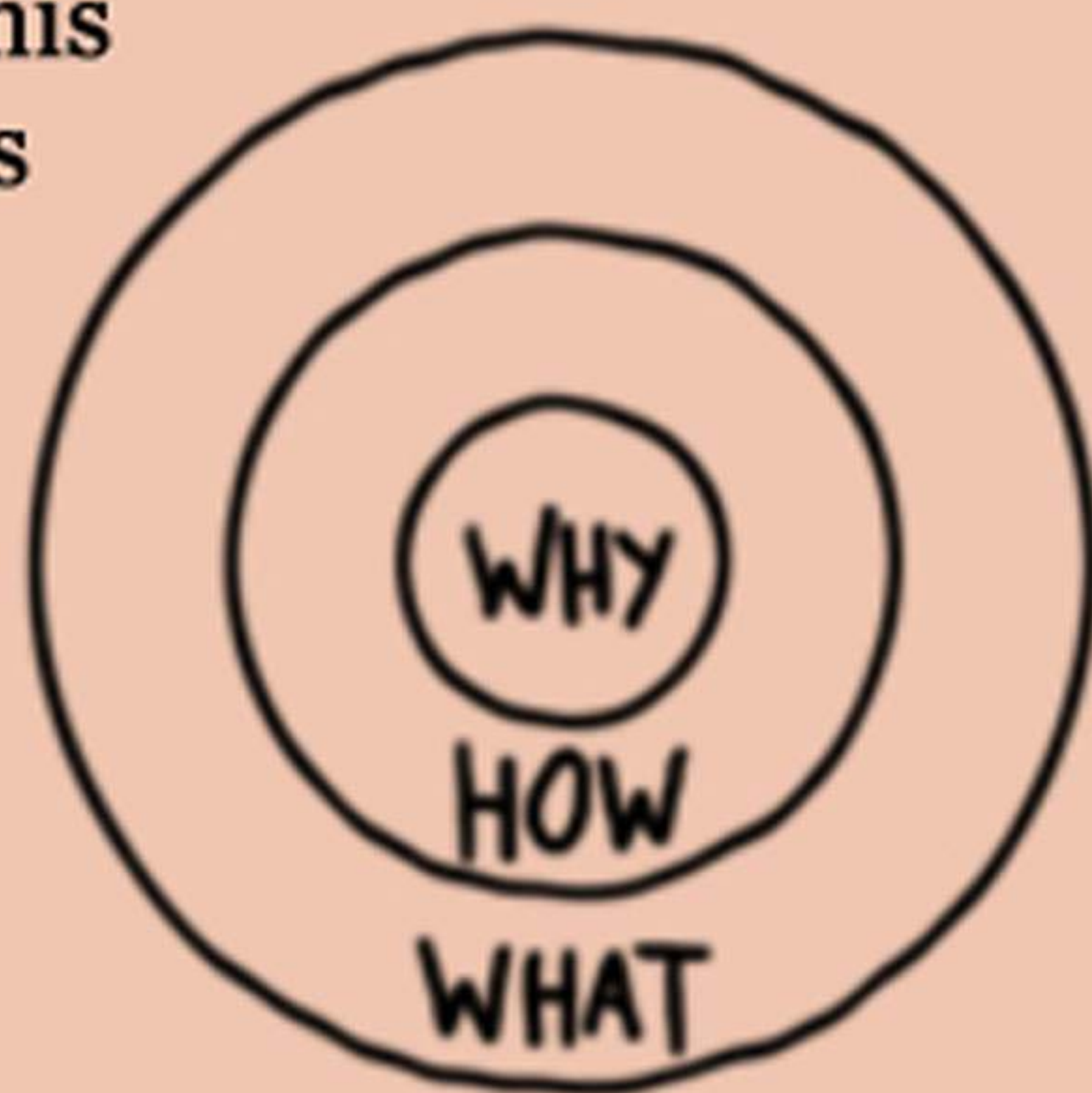
Caring a “Whole Awful Lot” about Leadership

By: Garret Gardenhire - KKY Lambda

Many young leaders fall victim to pursuing leadership for selfish reasons. They will run for president or audition for drum major because they desire the satisfaction derived from obtaining these coveted positions. However, how often do they self-reflect and analyze why they want to lead others? Considering one’s motivations is one of the most important aspects of being an effective leader because only a leader who “cares a whole awful lot” about their organization will be effective at creating and guiding others towards a shared vision.

Motivational speaker Simon Sinek discussed this concept in his TED talk titled “Start with Why”. He stated that we must first ask ourselves why we wish to pursue a goal, only then can we consider how we are going to achieve this goal, and we wait till the end to define what we are doing. This mindset can be pictured through the golden circle (shown here), which displays Sinek’s ideology of motivation through three rings. Following this diagram can help you truly understand your motivations and figure out how to act upon these motivations.

When giving advice to membership candidates of Kappa Kappa Psi and Tau Beta Sigma, I discuss the golden circle and how it has influenced my journey through college. I speak from experience about leading head first and heart last, and how the resulting failures of this method have shaped me as an individual and leader. Passing the message down is vital because only a generation of brothers and sisters who lead from their heart will be able to push our organizations further in service, musicianship, and love.



“Golden Circle” from <http://whyinstitute.com/golden-circle-png/>



Treat Yo Self!

By: Annie Jane Burns - KKY Gamma Iota
KKY SWD President

I am, by no means, an expert in self-care. The tips at the end of this article are also specific things that work for me when I begin to feel overwhelmed and need to spend a little more time on myself.

This is a little reminder for everyone as the semester winds down. It’s okay to put yourself first and leave stuff on the back burner. It’s nothing to feel bad about. Self-care should always come first, and it doesn’t make you selfish. Take the time to have your own back.

Stepping away for a little bit to catch your breath doesn’t make you a bad brother or sister. It is very important for you to be the best you can. Your brothers and sisters are here to support you in whatever way you need. Be it just someone to listen, someone to eat ice cream with, someone to work out with, someone to pick up an extra project for you; they want to see you succeed, whatever it takes.

Take a day for yourself. Sleep, eat, relax, binge watch a whole season of Schitt’s Creek in one day. Or, just schedule time for yourself into your day. A time which you get to sit, relax, and not stress about the world. If you ever start to feel particularly overwhelmed, slow it down. Create a checklist of easy tasks. Once I accomplish some of those things, usually builds confidence enough to begin to tackle more and bigger problems.

At the end of the day: Love yourself.



	1.						
2.							

1. Opposite of Hate
2. My is to “Myself” as Your is to “_____”

“UNLESS someone like you cares a whole awful lot, nothing is going to get better. It’s not”
-Dr. Seuss in The Lorax

Introducing...The HannahTalk!

By: Brenna O'Hara - TBS Delta

Chapter. It unites us, keeps us updated, and gives us an opportunity to catch up face-to-face in the midst of academic and marching mayhem. But sometimes, especially for those night-before-midterm meetings, chapter can feel like a chore. This year, our Exec has been super diligent about maximizing in-chapter efficiency by cutting down on time and doubling down on communication. The leftover temporal chunk presents an opportunity often used for a game or a head start on customary cheese fries at the Mont restaurant down the street. Though these pastimes are fun and a great way to grow closer as a chapter, at the start of the semester there was a sense of something missing: something I can only think to describe as zest.

Fortunately, four weeks in, the Zest was discovered! Hannah Harris had been sitting on a work of genius, and the Iowa State trip proved the perfect opportunity to show the world (see also: our president Emma Morris) what she'd been cooking by the book in her free time. Emma was awed by Hannah's literary artistry, and so, that next Thursday, our early ending and subsequent failure of the motion to close chapter resulted in our first ever HannahTalk in the form of a PowerPoint explaining in empirical terms why Hannah was, in fact, the best. The memey presentation was a smashing success, and the next week yielded an equally fun slideshow entitled: "How Many Holes in Crocs." Following this one was a retaliatory presentation called "How Many Crocs in (the movie) Holes." At this point, we've heard thoughts from a geology major on why rocks equal happiness and from a biology major on why soft sugar cookies (and their various multicolored sub-species) are conclusively the greatest. We've experienced the thrill of Nadia's interpretive Bee Movie reading and laughed ourselves silly over Jaycie's characterization of TBS things as Vines, all the while watching a one-time singularity evolve into a signature and lighthearted way to end our weekly time together.

Frankly, the HannahTalk has absolutely nothing in common with upcoming To-Dos and updates on inevitable schedule switcheroos. It's a five-minute meme presentation at the end of a meeting at the conclusion of a school night. We have homework, tests, a recent rehearsal, and often lack a good night's sleep: all reasons pointing towards what should be a general tendency to omit such frivolity. And yet, the HannahTalk has given us the chance to grow closer as a new person deliver a humorous dialogue on something surprising. In a growing group, these presentations function as platforms to interact or open a dialogue with someone you haven't spoken to in a while. They present a zesty weekly opportunity to put yourself out there and engage with the chapter. They function as reminders throughout the academic drudgery of the semester to lighten up and laugh a little. Ultimately, the HannahTalk is building us a

common culture of memes and memories, strengthening our sisterhood, and, above all, offering us the sought-after conclusion: there are none crocs in Holes.



An Extended Family

By: Catherine Albrecht - KKY Lambda

For the New Alto, I want to talk about how my brothers and sisters are some of the most caring people that I could ever ask for. Over the past two weeks alone, I pulled a muscle in my back due to poor lifting technique with a tuba and then I lost my voice four days later due to laryngitis.

After pulling the muscle, one of my sisters immediately went to grab me a heating pad from her car and made sure to put it on me properly. On the walk to my car after the car, one of my brothers offered to carry my duffle and uniform bag to my car and another brother also walked with us to be extra support.

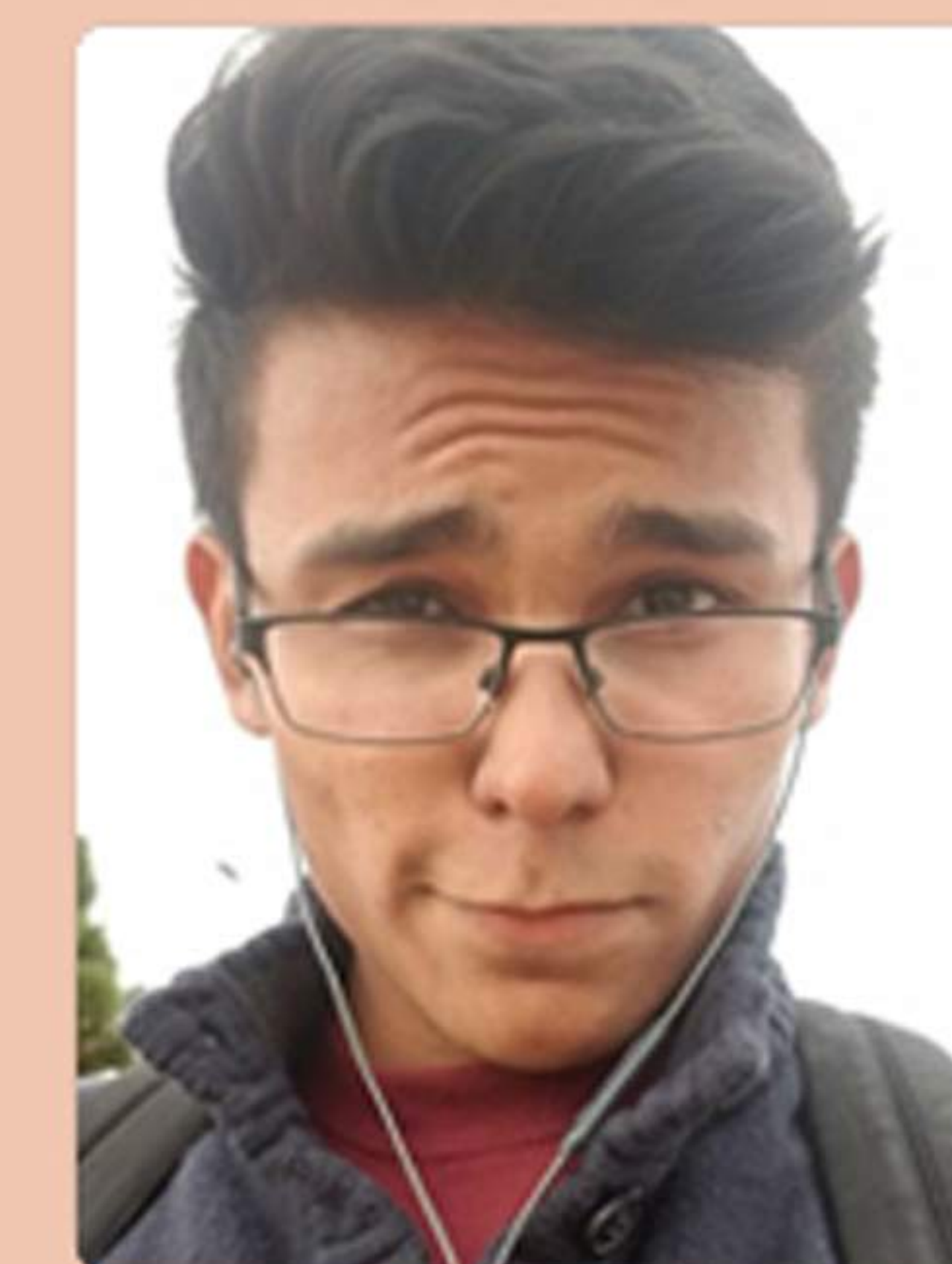
A few days later, I developed a sore throat that turned into laryngitis which has now caused me to have little to no voice for four days. On the second day, I decided to go to chapter to be there to support my brothers. After chapter, I wasn't feeling great that I had several brothers and sisters offer to take me to the doctor or to bring me medicine to help with my symptoms. I had several texts me the next day offering to bring me things and checking on me to make sure everything was alright. I had never felt more love and care from anyone outside of my parents than I had felt from this group of people. Whenever I feel down about myself, I always have someone to go to when I need someone to talk to or someone to help me. The brothers and sisters are the family that I can go to when I can't go to my family and I can always count on them.



Phelix the Phoenix

By: Jesus del Rio - KKY Gamma Eta

It is said that when a Phoenix dies it burst into flames and leaves its ashes behind, and from those ashes it is reborn. Just like the Phoenix, our chapter was "reborn" on November 15, 2015. Phelix the Phoenix is a metaphor for our chapter being re-chartered. He's a reminder that although our history is gone, there's always a chance to



start again. The brothers of the Gamma Eta chapter strive to do our best because we know that our founding fathers went through a lot to recreate this chapter from the ground up. Living up to the standard of the vision that our founding fathers had is something we take to heart. We do something and if we fail, we learn from our mistakes and we make it better the next time. Living up to the standard isn't about being perfect, but about evolving into a better person. Just like the



Phoenix, we are reborn into a new person every single day because we fail, we get up and start again.

2019 Convention Sneak Peek!

By: *Natalia Lambert* – TBS Alpha Omicron

TBS SWD President

Hello Spicy Southwest!

I'm writing to you today to give you a sneak peek of the 2019 Southwest District Convention. Annie Jane and I have been working hard to plan an amazing convention for all of us. The convention will be held at Southwestern Oklahoma State University in Weatherford, Oklahoma. The host chapters are the Gamma Phi chapter of Tau Beta Sigma and the Epsilon Epsilon chapter of Kappa Kappa Psi. We have loved working with the Convention Chairs, Blair and Jessica, and they are doing a wonderful job making sure that we have the best for the Southwest!

So, what's first? Let's start with talking about committees and what you can expect to learn in them in March. One big topic can be found within the Membership Committee. That's right, we will be talking about National Curriculum Pilot Program so that every chapter can be well informed when it comes time to discuss it this summer at National Convention. The SWD Vice President for Membership, Hannah Wilson, has been working hard with some of the pilot chapters this semester as they lead their Membership Candidates through the modules/lessons. In the Programs Committee, there will be discussion regarding the National Programs and how to improve upon the District Programs. If you have any ideas for new District programs or initiatives, you can send those ideas to Meeka Smith, SWD Vice President for Special Projects, at swdvpsp@tbsigma.org. Speaking of National Programs, we will have multiple opportunities at Convention to record audition submission for National Intercollegiate Band.

I know, I know, y'all are super curious about the workshop sessions that you can go to at Convention. I can't say much, but I can let you know that we will have presenters going over emotional health, membership education for both Tau Beta Sigma and Kappa Kappa Psi, and some ritual workshops for both organizations as well! Annie Jane and I will be sending updates on what workshops will be available as soon as we can!

So, what's our theme for Convention this year? This year's theme is sure to rocket to the top! This year's theme is Shoot for the Stars! I'm very excited to see this theme mix in with what Tau Beta Sigma and Kappa Kappa Psi are all about. Registration for Convention will be opening up before March, so start talking to the Student Activities office at your school to see if they can help with funding your trip to Weatherford! If you need help with budgeting or fundraising to help send your delegate, contact Ciara Gibbs, our SWD Secretary/Treasurer, at swdsectreas@tbsigma.org. As always, if you need anything or have questions about Convention, you can contact me at swdpres@tbsigma.org! I look forward to seeing you all at the 2019 Southwest District Convention! I hope you all have a blessed holiday season!



MLITB,

Natalia Lambert, Tau Beta Sigma Southwest District President

Bohumil Makovsky's Birthday

By: Jet Turner - KKY Alpha



On Sunday, September 23, 2018, the Alpha chapter celebrated Bohumil Makovsky's birthday in the only way Kappa Kappa Psi can: with singing and carnations.

After a formal chapter, the members of Alpha made the drive out to Fairlawn Cemetery in Stillwater to commemorate the guiding spirit of our beloved fraternity.

Arriving at Fairlawn, the members of Alpha filed out of their cars, grabbed a candle, a carnation and circled around Boh's grave. One by one, members of Alpha set a carnation on Boh's grave and lit their candle, circling back to their spots in silence.

Once all 45 members of the Alpha chapter had circled back to their spots the singing of the fraternal hymn began. The chilly night air filled with harmonious tones as brothers swayed back and forth, candle-lights flickered with the passing breeze.

For me, this was the first time I understood what

it meant to be a brother.

Kappa Kappa Psi is a service fraternity, yes... but it's more than that. Being with my brothers, all of us from different backgrounds, all of us driven to music and the fraternity in different ways, made me realize that this is more than just for service. This truly is about brotherhood. I know whenever I need anything I can turn to my brothers, and if my brothers ever needed anything I would be there for them.

Looking at Boh's grave, my eyes began to well up with tears. I finally understood the significance of everything I had been a part of for the past semester. How our fraternity, although made for service, was intended for much more than stacking chairs in the band hall. We are all apart of something bigger than ourselves. Each member not only commits themselves to service, but we all commit to each other.

As our centennial celebration quickly approaches, take a moment to think about what drew you to our fraternity. Why did you join? Why have you stayed? What have you enjoyed most? The answers might surprise you.

Never in my life did I think I would say this, but circled around a grave with carnations on it at 9 p.m. holding a candle, swaying and singing gave me the greatest sense of brotherhood I have ever felt.



Hard Times

By: Keegan Turney - KKY Epsilon Beta

KKY SWD Sec./Treas

This semester has been hard for what seems to be like everybody. Losing friends, stressing over college, family drama, etc. For me, it's been especially hard, as I've been battling with depression, something that I've never experienced before this semester. I've always been the happy-go-lucky guy who has always smiled and socialized well with my friends, which has become a challenge as of recently. Not having the energy to get up in bed, do homework, or chapter responsibilities have been some of the consequences of it. I started to realize that this looming shadow was too big, and only getting bigger, so I talked (and cried) to my chapter about it. It was hard, but I let them all know what was going on, and from there, my Brothers helped me through my situation. I signed up for my university counseling, eating at regular times, and making myself accountable for my responsibilities not only as a chapter president but as a student trying to succeed in life. This was all possible because I told my Brothers what was wrong with my life, and they helped me get to where I needed by showing me what I should do or focus on.

For those of you in the Southwest District who are having a hard time in life- I understand. Going through hell and back isn't fun, and sometimes life just sucks. But it gets better if you focus on getting better. If you are struggling with depression or sadness, going to a counselor or venting to one of your friends helps a lot more than



you think it would. If you are struggling academically in one or two classes, talk with your professor about your situation- nine times out of ten they will work with you. Most importantly, if you have *any* kind of trouble, whether it be drama, emotions, or stress, talk with someone. If you're the only one who knows about your problems, the huge support group you have that are your Brothers cannot possibly help you. Even if you have problems within your chapter, you can always reach out to other chapters or friends or even the district council and governors- there is no doubt that anyone within our fraternal bond would not want to help another Brother or Sister out through tough times.

Life is tough, but friends can make it a lot easier. Talk out whatever is going on in your life, and start to improve yourself at your own pace. Everything works out in the end.

“Play” It Forward

By: *Meeka Smith - JBS Beta Nu*

JBS SWD Vice President of Special Projects

I'm sure many of you are familiar with the phrase “pay it forward”; which, simply means that when someone does a good deed for you, you do a good deed for someone else. This phrase has been resonating with me as of late because when you really think about it, there are so many situations where we are called upon to “pay it forward” in music AND in service. Putting it into perspective, I believe that we should really ask ourselves:

When we inevitably graduate, how can we take the lessons we've learned in Kappa Kappa Psi and/or Tau Beta Sigma and “PLAY” it forward?

Lending an Ear: How many times has your director asked you to listen in? I know for me, personally, it's too many to count. That being said, practicing our listening can help us learn to lend our ears to those who might just need advice or even encouragement. When the people you care about look like they might need it, lend them your time and truly listen to what they have to say. Perhaps, even acquaintances in the workplace. We should know, that listening to one another can create bonds we didn't expect.

Performing without Expectation: We are constantly looking for ways to serve the community and our bands. The best part is that we often do so without expecting anything in return. What better way to exemplify the values of our organization than through “PLAY”ing it forward to others in our life? Always remember what it truly means to serve those around you without the assumption that you'll benefit. Donate clothes you don't wear anymore, books you love but want to share, or perhaps your time to teach someone an instrument. It doesn't take much to make a difference.

Banding Together: There is a theory that compassion is contagious, and I'd like to say that such a concept rings especially true for service. The most fulfilling projects are ones where the whole chapter contributes. The reason many people join our organization is because they see us displaying compassion for our bands and for others, so in a way, membership is just a huge case of contagious compassion. Get together with your friends and run a 5K for a good cause or perhaps volunteer with a group to do some clean up around town

I'd like to close out this article with one of my favorite quotes. One that I believe truly encompasses the value of service:

“We make a living by what we get. We make a life by what we give.”

-Winston S. Churchill

Ultimately, the kindness we give to others will come back to us in so many forms. Tau Beta Sigma is what truly taught me what it means to build my life around giving and serving, and I know that such a statement is true for thousands of members across the nation.

As my time as an active member in Tau Beta Sigma ticks by, I am filled with appreciation for what lessons these years have taught me and for the memories I have made through music as well. After I graduate, you can bet that I'll “PLAY” it forward.



The Value of a Slate

By: *Hannah Cheeseman & Addison Womack - KKY Delta*

KKY SWD Vice President of Membership

During the all too short hours of a convention, delegates decide on a plethora of various decisions that impact chapters on the district and/or national level. Fortunately for these delegates, some committees take off some of the burdens from the delegates in regards to issues such as officer elections and convention site hosting, two of the potentially most time-expensive issues for the delegation to consider.

These committees accomplish this by screening the candidates and potential hosting sites; and after many hours of careful deliberation, these committees forge a “slate” representing their tempered decision, which is ultimately presented to the delegation.

Despite this way to save time, the precedent is for a delegate to move to accept the slate by acclamation and when one or more delegates oppose, the potential candidates/hosts all present their platforms/proposals. Last year, the Delta chapter's delegate Addison Womack thought, “Why even have a slate if we are just going to hear their presentations anyway? The slate was made to be accepted!” and in one historic motion, moved to accept the slate... which automatically was by majority vote. This motion passed saving all of the convention attendees a tremendous amount of time.

This motion was not unheard of though in previous Southwest District Conventions. The 2017-2018 Kappa Kappa Psi Southwest District Council was made by a similar motion. No officers presented their platforms because someone failed to follow precedent and move to accept the slate by acclamation and instead moved to accept the slate.

So why does the slate exist? Is it to save convention attendees time? Is it fair that a group of people subjectively choose who should be on council or where the next convention should be hosted? Although the members of the nominations and nominations and convention site committees are not members of your particular chapter, they are still your brothers and sisters in this great big family of Kappa Kappa

Psi and Tau Beta Sigma, and for this reason alone their time and energy spent on these committees is worth your respect by accepting their recommendation.



Double Brother

By: *Nicholas Thomas - KKY Delta Sigma*

My name is Nicholas Thomas, I am a brother of the Delta Sigma chapter since Spring 2017, and this semester I became a brother of the Sigma Omega chapter of Phi Mu Alpha Sinfonia. While some chapters of Kappa Kappa Psi and Phi Mu Alpha, have been known to not get along, today the chapters here at the University of Texas at Arlington are on great terms and are growing closer every year. Two years ago, there were no double-brothers on our campus, and then last year 3 brothers of Phi Mu Alpha began the Road to Wisdom and became brothers of Kappa Kappa Psi. Suddenly, we were being faced with problems we have never had to deal with before as well as new solutions which were never available to us before.

For example, our three double-brothers had to choose which fraternity to represent in our annual "Phi-Psi Softball Game," but because of their knowledge of Phi Mu Alpha's schedule, we were able to plan events much easier without any conflicts between organizations. One of our first three double-brothers was my little, Diego Perez. Through the Road to Wisdom, I was able to get to know Diego very well on a personal level, and he shared with me his passion and excitement of being a part of Phi Mu Alpha and all that they stand for as an organization. As we watched our 3 original double-brothers thrive in both chapters of which they were a member, it was no surprise that 3 more brothers of KKY, including myself, became probationary members of Φ MA the very next semester.

UTA's chapter of Phi Mu Alpha is full of very musical individuals, and their reputation on campus is growing more and more positive every year. The UTA chapter of Phi Mu Alpha has gone through a period of change recently in terms of quality recruiting and culture shifting that has allowed them to become a very strong chapter in both numbers and ideals. Having such a good chapter of Phi Mu Alpha has been good for our chapter of Kappa Kappa Psi because they push us to strive to be a better chapter as well. Friendly competition between the two chapters, like our annual Phi-Psi Softball Game, helps both chapters grow and become more musical and passionate. I am proud to be a part of the Delta Sigma chapter of Kappa Kappa Psi and I am equally proud to be a part of the Sigma Omega chapter of Phi Mu Alpha. It is my hope that these two organizations, which are so close to my heart, will continue to grow in fellowship with each other through a mutual love of music!



Going For Gold!

By: *Scott Lirgg - KKY Lambda*

The gold standard is often looked at as a result on an action, but I would say that it is the process of "Striving For The Highest" that makes one golden! While we sweat out most of our effort on the field, we forget about our untapped potential of our athletic skills. I understand that band requires a lot of time, but we can all still be good at a variety of sports. Even though some think that they don't have an athletic bone in your body, there is a sport or competition out there for you! Never underestimate yourself, and always "Strive For The Highest!" In late October I traveled to London to compete for Team USA in the OCR (obstacle course racing) World Championships! Out of the 12 million that ran a competitive race 6,000 qualified to compete at worlds, and the top 500 qualified for the pro race, I placed 35th in the race! Without the constant support from my brothers I would not be as good as I am! Brothers will always help you be your best self and are there for you when you use them! Thank you KKPsi!



Word Search

By: *Koty Mattocks* - *TBS Beta Delta*

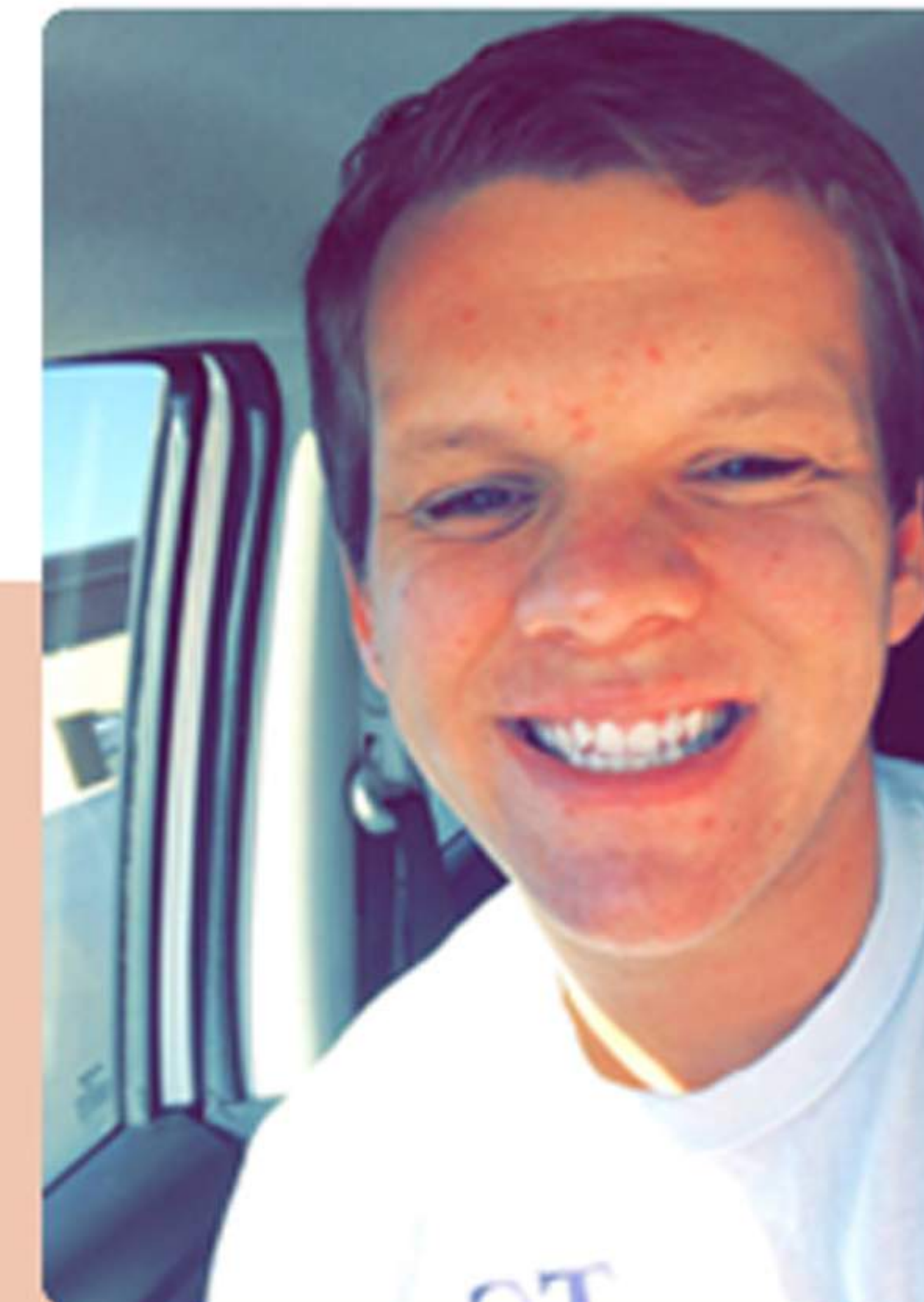
Fun &

Games

Tau Beta Search

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

BETA
FACTORS
HONORARY
MUSIC
REDROSE
SISTERHOOD
STILLWATER
WHITE



BIG
FAMILY
LITTLE
PASSION
SERVICE
SISTERS
TAU

BLUE
FOCUSONFIVE
LOVE
QUALITIES
SIGMA
SORORITY
WAVABANES

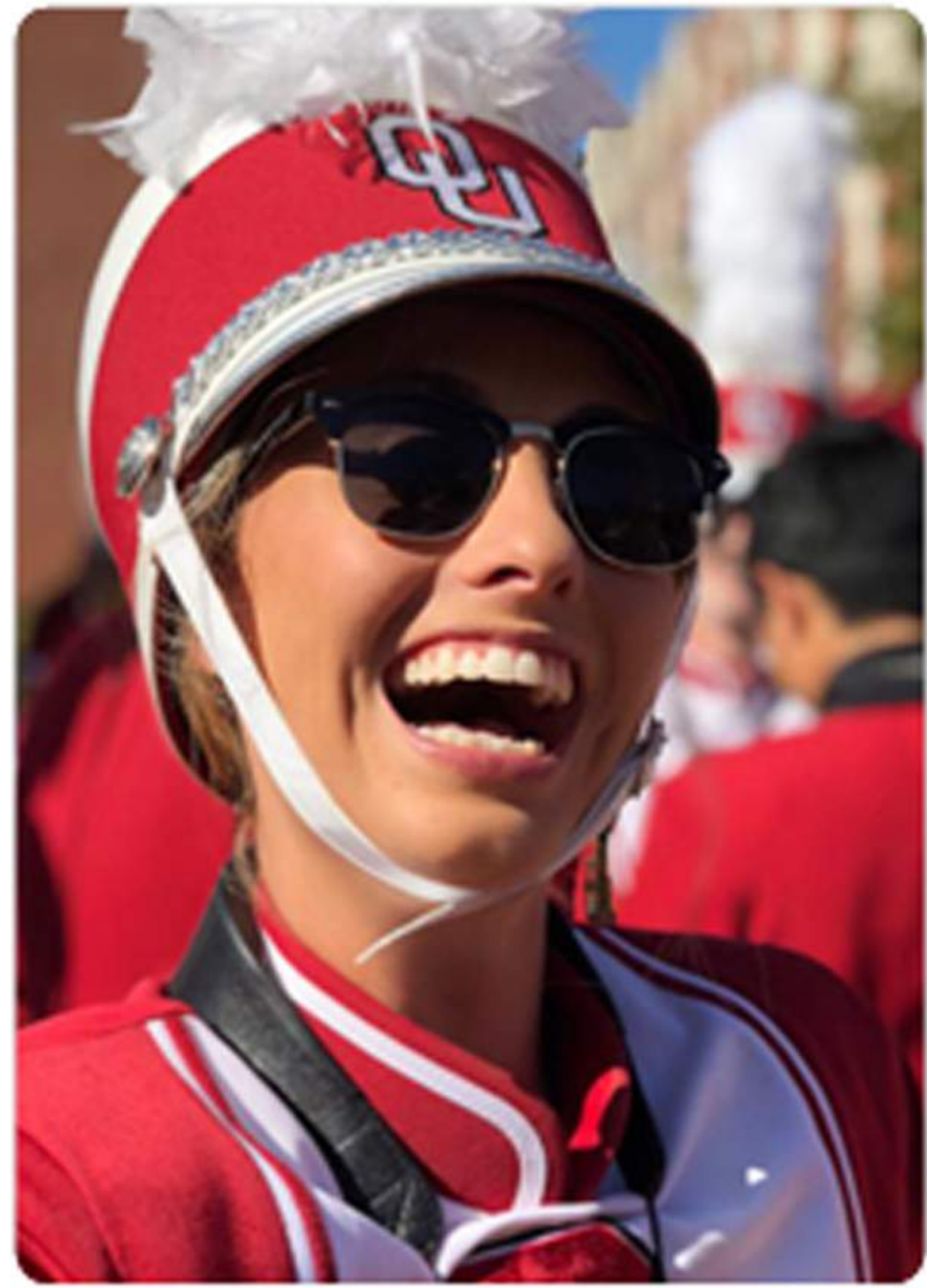
Word Find

By: Emily Reel - TBS Delta

Crossword Puzzle

By: Rachel Drake - TBS Delta

Tau Beta Word Find



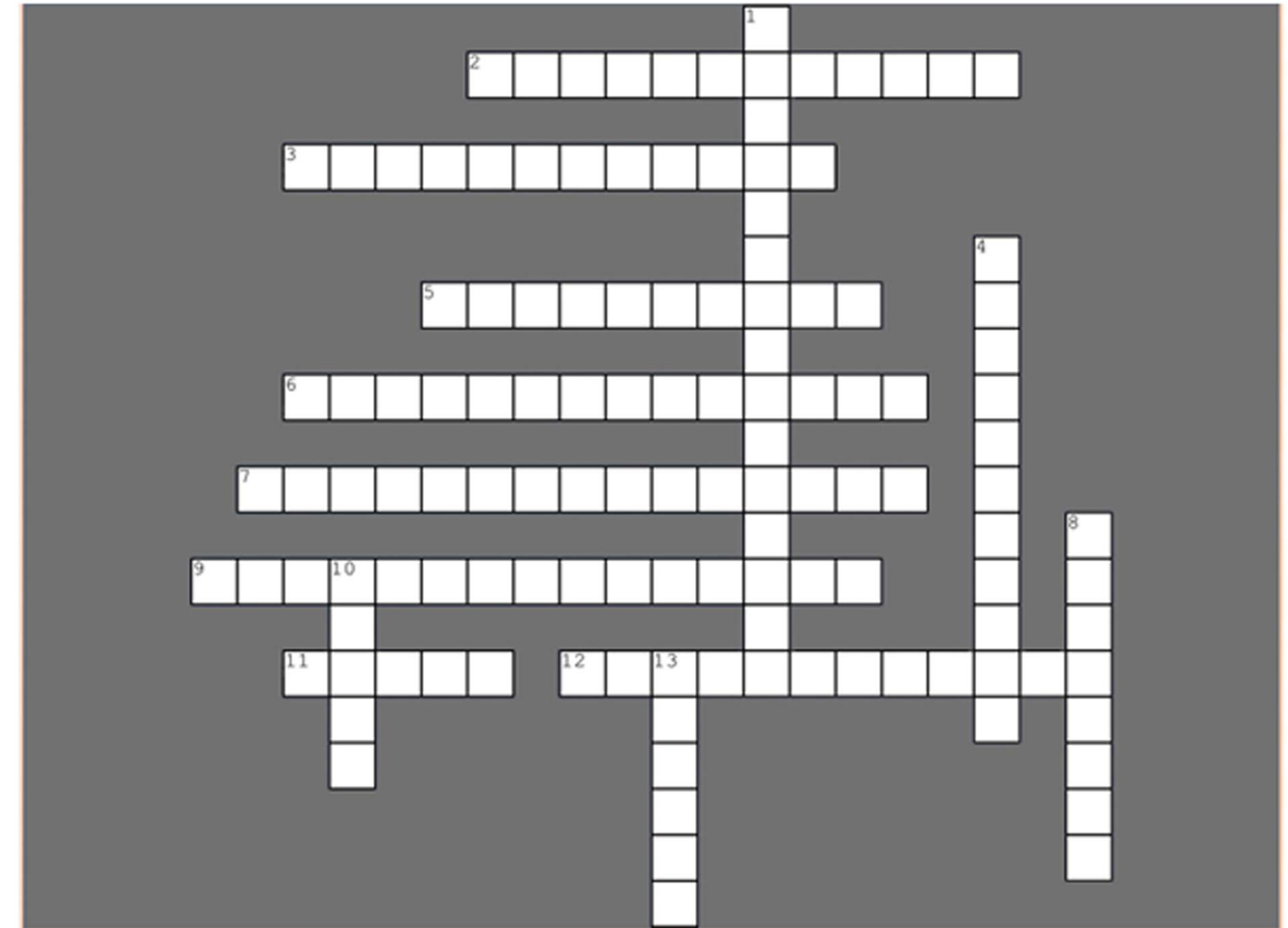
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 Y I A O B R L Q T X E S R H Y
 T M S U L O E I O W S W S L A
 J K I T D L L H A D O U A T B
 A B N H E M E L T I R M S A J
 L M K W S R T G N O O G N W G
 G Y U E A O H E E H R D A G B
 S C V S L M W O A Y H B K B E
 Q X B T I M G L O V G D R F T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

ARKANSAS
 BROTHERS
 LOUISIANA
 NEWALTO
 ROSES
 SISTERHOOD
 TAU

BAND
 COLLEGE
 MLITB
 NEWMEXICO
 SERVICE
 SISTERS
 TEXAS

BETA
 GREATER
 MUSIC
 OKLAHOMA
 SIGMA
 SOUTHWEST

TBS 8's and 5's Crossword!



Across

2. Recognition and development of your _____ potential.
3. A _____ at all times and under all circumstances, even in the face of great trial.
5. _____ of mind, heart, and hand.
6. Fortitude and courage to see an ideal, to seize upon it, and follow it wherever it may lead you in _____.
7. Appreciation for and the maintenance of the highest _____.
9. Cultivation and maintenance of your _____ under all conditions.
11. A mutual interest in the Art of _____, in its performance, and in the aesthetic qualities it can project to others
12. _____ loyalty and dependability to those persons and institutions deserving of it.

Down

1. Achievement of and the _____ within you of lofty spiritual ideals
4. Knowledge and development of your physical powers in the quest for _____ and bodily perfection.
8. Tolerance, tempered with _____ and a consideration for the needs of others
10. A truthfulness and honesty which instills a sense of _____ in others.
13. Physical and _____ qualities of an attractive nature.



Word Search

By: *Andrea Gordon - TBS Delta*

Tau Beta Word Search

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

SISTERHOOD
SERVICE
MUSIC
GENEROSITY
TAUBETASIGMA
LEADERSHIP
COMMUNITY
WAVABANES
ROBERTSRULES
SOUTHWEST
KINSHIP
LOYALTY
BIG
LITTLE



The

End