



SHOOT FOR THE STARS

THE NEW ALTO - SPRING 2019

MEET THE NEW ALTO STAFF



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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
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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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**STORIES,
ARTICLES,
& POEMS**

VOLUNTEERING AT SECOND CHANCE!

BY: RACHEL DRAKE, DELTA - TBS

During February 2018, the Delta Chapter had an awesome opportunity to volunteer at an animal shelter called Second Chance in Norman. I went with my best friend, roommate, and fellow member of TBS, Erica Nadolski, and three other members of our chapter. It was a pretty cold day, so we quickly rushed into the building upon arrival. We were instructed to walk some of the puppies, so we took them outside one at a time and ran around with them so that they would get enough exercise for the day. Later our group split up and Erica and I went into the room with lots of cats to help clean up. It was then that Erica saw a tiny grey kitten and that would soon become a staple of our apartment. I did my best to remain neutral, but I couldn't hide my excitement. She spent most of the day agonizing over whether to adopt him or not, but in the end, his fluffy cuteness and our mutual love of cats swayed her. So, what began as a service event to help the community ended with the addition of a new member to our apartment, Atlas the cat. He has undoubtedly become an irreplaceable member of our home and a funny, fond memory I have with my TBS sisters.



SELF-CARE IS SERVICE

BY: DESTINEE LEGER, ETA PI - TBS

This fall semester taught me a valuable lesson in self-care. In the past, I thought it was about spoiling yourself with bath bombs and face masks. However, when reality knocked me off my feet, I had to come to terms with what self-care actually looks like. For me, it involved becoming more organized, actively spending more time focusing on academics, and nurturing healthy relationships. I also started going to the gym and investing time in myself. It involved a lot of self-reflection and coming to terms with my negative traits. Self-care forced me to put myself before others in order to better care for them. I let my sisters know that I was going through a rough time. Away from my family at home, I was able to lean on my TBS and KKPsi family. There were so many car rides and late-night talks that left my soul lighter than when I sat down. My Big Sister and Big Brother were able to help me sort out my thoughts when I couldn't put them into words.

My most precious Little Brother continues to be a guiding spirit that always reminds me to be strong. Without the love and support of my sisters and brothers in the bond, I don't know where I would be. And I will forever hold them in my heart. I



recently saw a Facebook post that made me think. It was a picture of an empty cup on a platter. The quote with it was a cliché I've heard many times over. "You can't pour from an empty cup. Take care of yourself first." For a moment, I imagined myself as the empty cup, trying in vain to water a plant without having any water to give it. It seems silly, doesn't it? So, find time to take a moment to breathe and water yourself.

THERE'S A YOUTUBE VIDEO FOR THAT

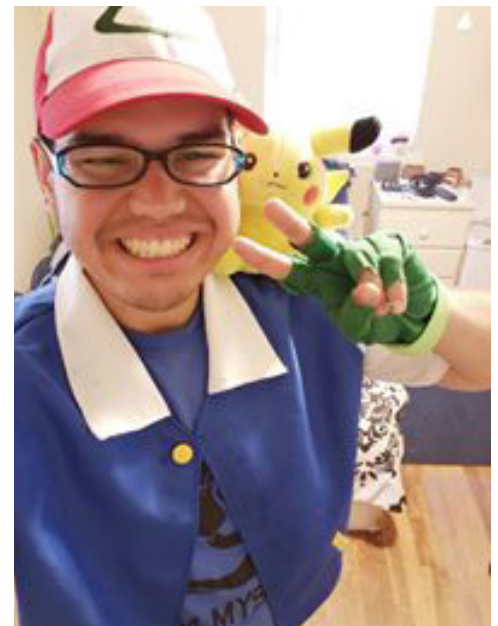
BY: BRANDON LUGO, EPSILON BETA - KKY

With the advent and ease of access to content creator-focused platforms such as YouTube, it is now easier, more than ever, to turn any activity, pastime, or passion into a potentially full-time, profitable hobby. Through YouTube, you can turn virtually any topic into a theme for a channel, create content fitting for your channel, and thus attract and engage with like-minded individuals. Do you absolutely love coffee, lattes, smoothies, and other homemade beverages? You could create recipe videos and share your passion with others. Are you all about self-help, self-care, and organizing your life so you can truly "Strive for the Highest"? There are others out there who could really benefit from your insight. Do you just love gaming?-- kicking butt at Smash Ultimate, Overwatch, Fortnite, or even less popular games? You guessed it- you could share your gaming experiences, wins, losses, and anything in-between, with others.

I often live by the phrase "There's a YouTube video for that" in my daily life. I find myself digesting content for just about everything- from news-like channels like PhillyD, giving unbiased discussions on the latest events, to channels like Kurzgesagt, who spend hundreds of hours on videos that give accurate simplifications of complex topics accompanied by vivid, well-produced animations. Heck, even if I need to do something simple at home such as setting up a new TV, performing maintenance on my moped, or keeping my chores more routine, I'll often find myself watching a video on it. There are millions of interested users looking for a countless number of topics, and some of those views could be of your content. The only issue is that you haven't started yet, and the best way to learn is to just jump into it (or, watch some videos on "How to Create a Youtube Channel!")

For myself, I found myself thinking "Hmm... I could make a YouTube channel on this" after I started playing the mobile game PokemonGO in July of 2016. That thought had just been sitting in the back of my head for a majority of the time I've been playing the game, and sure enough, countless creators are now covering all sorts of topics pertaining to PokemonGO. One of my favorite creators, FLW Videos, creates short, topic-focused videos that provide more insight, such as "Top 5 Fire Type Pokemon", "How to Obtain Sinnoh Stones", "Best Non-Legendary Pokemon", etc. Time and time again I would find myself coming across his content until I subscribed and then found myself sharing his content with my brother, my PokemonGO partner-in-crime, and other friends who also play the game.

The real drive to create a channel didn't come until the fall 2018 semester when I was waiting for everyone to show up to a raid in the game and heard someone say "Yeah, we're just waiting on FLW videos". "FLW Videos?!", I thought to myself. "Was my favorite PokemonGO YouTuber seriously about to show up to the same raid as me?" A few minutes later and sure enough, he shows up! The hardest part about meeting him was not fangirling, and I was just struck by how down-to-earth and unbelievably ordinary everything was about meeting him. Apparently, I was the first person to recognize him in-person from his channel, despite him having nearly 70,000 subscribers, and he was incredibly



appreciative of my support. Since then, we've kept in contact regularly and now co-host community tournaments for other competitive PokemonGO players in the Central-Arkansas area.

I was at a raid sometime during the second week of December, right before I was about to fly home for winter break, when I came across him once more. This time we talked for several hours about the game, his channel, and YouTube as a whole. Somewhere in the conversation, ole' extroverted me decided to bring up the fact that I had been thinking about starting a channel for quite some time but didn't know where to start, and his words of wisdom were simple- Just do it. Granted, he shared some other great tips and gave fantastic insight into the inner-workings of creating YouTube content, but something about hearing my favorite PoGO YouTuber tell me to literally just do it struck me the right way. Often times the greatest enemy in gettings ourselves to accomplish any task, pursue any goal, or striving for the highest can be ourselves, and that was certainly the case with me.

During the break, I used the extra leisure time as an opportunity to learn more about creating a channel and laid the foundation for my channel "Blugo", a PokemonGO channel. I created as much content as I could during the break, but have since slowed down quite a bit since the Spring semester has started. I haven't reached the requirements for monetization on YouTube yet, but through YouTube, I have now turned what would otherwise be just me liking a game into a way to share my thoughts and experiences with a broader audience. I now have a hobby that I can turn to and build upon on my own schedule, and at my own leisure. Since creating the channel, it has since grown to have a 1,500 subscriber base, with 400 hours of time spent watching my content, and my top video having nearly 5,000 views. In the age of big YouTubers regularly pulling in millions of views on their content it may not sound like much, but it means the world to me knowing there are others out there who watch and enjoy what I've created.

I share this story with you today with one major takeaway- Just do it. It doesn't matter how little experience you may have, there's countless content out there that can help you get started. The biggest hurdle to get past is simply starting; no step is as difficult as the first step. No matter your interest, hobby, passion, or pastime, there's an audience out there eager to see what you have to share with them. Be bold, put yourself out there, and bring your ideas to fruition. There's no better time to start than now.

ECHO

BY: ERICA WILSON, PSI - TBS



Music
Echoes Poetry
Immaculately timed heartbeats
Carefully crafted harmonies
Like shimmering glass
Blueberry clouds settling between
Crescendos and decrescendos
Of vibrations heavenly
Phrases layered in hidden treasures
Buried beneath hanging ornaments
Tears evoked through touching
Melodies

Touching through evoked tears
Ornaments hanging beneath buried
Treasures hidden in layered
phrases
Heavenly vibrations of
Decrescendos and crescendos
Between settling clouds blueberry
Glass shimmering like
Harmonies crafted carefully
Heartbeats timed immaculately
Poetry echoes
Music

LIFE OF BEING IN TWO (TBS & PMA)

BY: TYLER HERN, BETA NU - TBS

With my sisters I am best
My brothers take care of the rest
Through 8 and 5 I serve the Band
A manly musician and musicianly man



ALPHA PSI AND XI WELCOMES BACK THE SOUTHWEST DISTRICT!

BY: DIONICIO "DINO" GARDENAS, ALPHA PSI - KKY



The Alpha Psi and Xi Chapters at West Texas A&M University are happy to welcome the Southwest District back for a workshop. It has been since March 2014 that our chapters have hosted this workshop on our campus. This year we are happy to host guest speakers Dr. Sanchez, Luis Varona, Mackenzie Darby, Siobhan Wilkes, Andy Melvin, Justin Chesak, and our District Councils. I would also like to do a shout out to the chapters who attended: Delta (KKPsi), Epsilon Kappa (KKPsi), Gamma Iota (KKPsi), Beta (TBS), Psi (TBS), and Delta Eta (TBS). On this cold day in Canyon, Texas, we started with a joint workshop by Past Tau Beta Sigma National President, Dr. Nicole Sanchez. We learned about communication with other Music Organizations and how to create a better recruitment plan between other organizations. We also

learned a little bit about her husband and his muscles. After that, we had a choice of attending two meetings, Completing the Puzzle: Why every piece counts with Luis Varona or Road to Wisdom with Mackenzie Darby. Personally, I decided to attend the Road to Wisdom workshop. At this workshop, we learned about the key elements of the new membership education program. Mackenzie had a cool timeline activity on what to submit to your Curriculum Advisors. (Shameless plug: Do you know who your Curriculum Advisor is?). Lunchtime was extra fun. We carefully walked to Chicken Express while the Panhandle weather went crazy. I remember Vice President for Membership Hannah Cheeseman say, "I left Oklahoma for a reason." After lunch was over we came back to two workshops. Either Secrets of an Effective Committee with Andy Melvin or District Resources with past CFR, Justin Chesak. To end the day we had Song Workshop and Separate/Joint Sessions. At this time we sang through our Southwest District Joint Song and our

individual songs. Lastly, we had a great photoshoot and headed our own ways. As a Life Member of the Alpha Psi chapter and a past District Officer, I would like to say that this was such a fun event. I encourage all members of the Southwest District to attend at least one workshop each semester. These events are planned to further your knowledge as brothers and sisters. I would like to thank Hannah Wilson and Hannah Cheeseman for planning this event. Go Buffs! #MLITB

BE PROUD OF THE ORGANIZATION THAT INSPIRES YOU TO STRIVE HIGH IN OTHER WALKS OF LIFE

BY: JACOB PURIFOY, LAMBDA - KKY

This semester I was very blessed and fortunate to be accepted into an honors seminar all about “Brain and Music.” It is a class about breaking down every little aspect of musicality and asking yourself, what is music and how does our brain perceive it that way? Why this is important or relevant at all for many of you to scroll to just now? Well, I’ll tell you...

I had really wanted to get in this class for a while now, but for a much narrower range of reasons and ambitions than I realize now. I am a biology major, focusing really on the whole pre-dental track with hopes of becoming an orthodontist. This course was just what I needed to satisfy an honors colloquia credit in the social sciences, and it was kinda-sorta about music, so why not? Plus, it was with (in my opinion) the most esteemed music professor at this university (who is probably about to leave) and our chancellor, whoop whoop! So, in short, I thought “hmm, I am a science guy who needs an extra credit, and look, this one involves music and some esteemed folks, cool!”

But here’s the real meat of this topic. I never would have thought that my organization, my brotherhood, my family, being also many of you would have set me apart from the other students and have a large impact in a type of course like this to date. Not long after attending a couple of discussion lectures, other students around me started to notice my sweatshirt that read “Kappa Kappa Psi est. 1919.” They started asking me about it; some had heard of it, some had seen us promoting college bands before, some knew what we really stood for. It did not take long for the seminar music professor as well as the chancellor to join in the talk too. They would often ask me how our organizations (Tau Beta Sigma too!) contributed to expanding musicality in young students at many local band programs in our community and develop existing musicians by holding high accountable standards for them. It was a great series of talking points in our discussions.

Being so involved in the band program and in an organization that cares about it so much has produced opportunities and put me in situations far greater than myself. Although I joined this seminar to further my major (and it still does!), I have been very fortunate to use it also to share my experiences in a great musical fraternity and relate these experiences towards music cognition and development.

Remember, we do not major in Tau Beta Sigma/Kappa Kappa Psi, but we can always use their core values towards our major!



STRIVING FOR GREATER PROFESSIONALS: A NEW PROGRAMMING INITIATIVE FOR SOUTHWEST ALUMNI

BY: KATIE LANGLEY, PSI - TBS

Entering and navigating the job market as a young alumna can be tough—but the Southwest District Alumni Association (SWDAA) is here to help with our new programming initiative, Striving for Greater Professionals (SFGP)!

Striving for Greater Professionals is a joint programming initiative designed to promote and encourage professional development for our alumni at all stages in their career paths.

Whether you're just starting out on the job hunt or navigating your current career trajectory, you should never feel alone. Our members are our greatest resource for growth, and we want to make it as easy as possible for you to create meaningful personal and professional networks within our organization.

By offering specially crafted workshops, webinars, networking events, and resources, the Striving for Greater Professionals Program enables our members to continue to grow and thrive in their professional lives.

To get involved with this program, please visit our website and fill out our sign-up sheet to get involved and let us know more about your career background and goals—and to possibly connect with other alumni in your field!

And don't forget to stay tuned to our SWDAA social media channels for links to our upcoming webinars, such as: "So you've landed the interview...Now what?" to be presented in March or "Millennial Networking" coming in May!

Katie Langley
SFGP Program Chair



THE ONE THAT INSPIRED ME

BY: TYLER HERN, BETA NU - TBS

Tau Beta Sigma has always been one of the best parts of my life. I cannot express how amazing it was to become a member of this wonderful organization and be surrounded by the hardest working people that I know. Being in the organization or even around such wonderful people is truly inspiring, but there is one person who has constantly inspired me to push myself to the fullest of my potential. She constantly supports me and makes sure I am growing positively every day. She was one of the reasons that I decided to take the chance of trying to be in Tau Beta Sigma and she was my biggest inspiration for giving my all to everything that I do in the organization. She is one of the best leaders that I know, and her name is Meeka Smith.

When I first met Meeka, I knew her as the Beta Nu Vice-President of Special Projects and a piccolo player in the Arkansas Tech Band of Distinction. She had and still has one of the highest energy levels in the entire band. She worked incredibly hard to boost the morale of everyone around her. She is one of the main reasons that I even began to be interested in Tau Beta Sigma.

Seeing her constant innovation and her willingness to give feedback or help was more than enough to push me to run for an office in the Beta Nu chapter.

The next year, I was the Properties Manager for our chapter while Meeka tackled the task of being our President and the District VPSP: something that, even though it's common, is no small achievement in my book. Her constant willingness to help and hard-working spirit made me work even harder to do the best that I possibly could in my office. I did and still do look up to the amazing work that she does with our chapter. On top of everything else that she has to do, seeing her excel at her multiple offices was a beam of hope that allowed me to not only believe that I could do more but also push me to actually accomplish the goals that I set for myself.



After knowing Meeka for almost 3 years, I can honestly say that she has been and will be one of my biggest role models. The work that she has done with the Southwest District and with the Beta Nu chapter has left a legacy and shaped the way I have grown in Tau Beta Sigma. Her spirit is so infectious that she inspires me to work harder in not only TBS but also in all of the other aspects of my life. She has given so much of herself to others that I believe she has made a lasting impact on many people in Beta Nu and in the Southwest District.

With all of this being said, I challenge everyone who reads this article to look toward the people who inspire you and thank them for the amazing impact that they have had on your life. Let them know how thankful you are to have them. Make sure they know how amazing their actions have affected your life.

For always being there for me, for pushing me to the fullest of my potential, and embodying the true spirit of Tau Beta Sigma! For all of these things, thank you Meeka!

MLITB – Tyler Hern

THE POWER OF BROTHERHOOD- A MEMBERSHIP CANDIDATE'S PERSPECTIVE

BY: MEGAN CROSS, LAMBDA - KKY

I was honored to accept my bid for Kappa Kappa Psi last fall. When the time for our first membership candidate meeting came, I was admittedly a little nervous. The Lambda chapter is full of genuine, giving, encouraging, and selfless people. I was worried that I wouldn't fit in with them, but I could not have been more wrong.

The extent of Kappa Kappa Psi's brotherhood became clear to me at the Oklahoma area workshop. Oklahoma University is about a three-hour drive from Fayetteville and there were several of us that wanted to go to the workshop. Hannah Cheeseman and Luke Schumacher were kind enough to let us stay at their places so we wouldn't have to make an early drive that Saturday morning. Hannah and Luke had never met me, but they'd met some of the brothers from our chapter and trusted them, so they were more than willing to host us. It meant a lot to me that people I'd never met were so welcoming and trusting. In the weeks since then, it's been on my mind that they're not complete strangers after all. As the end of process approaches, it's becoming clear to me that any member of either Kappa Kappa Psi or Tau Beta Sigma isn't a stranger; they're family.



Earlier this semester I became very sick and worried that I might not be able to finish the process, not to mention keep up with my classes. The other membership candidates and the

actives uplifted me. They sent me encouraging messages and offered to do anything I might need. My big brother, our Corresponding Secretary Jacob Purifoy, reached out to me and reminded me that I'm not alone and my MCs and future brothers will always care for me: a message I will cherish and never forget. Kappa Kappa Psi made me feel so cared about and loved when I needed it most. That's what brotherhood is truly about.

It is not often you make the type of friends that you would do anything for. From the outside, most sororities or fraternities seem superficial, and I never imagined that the bond between them could span more than just their chapters. Since I began the process this January, I've become closer to my fellow membership candidates and the active brothers of Lambda, as well as the sisters of our Psi chapter of Tau Beta Sigma. I do not have the words to express how much these people mean to me and the ways they have already changed my life. I thank God for the opportunity to be a part of this family, and I cannot wait for what my future as a brother holds.

FOLLOW YOUR HEART & STRIVE FOR THE HIGHEST

BY: MCKENZIE KELLEY, EPSILON BETA - KKY



I came to UCA as a freshman music major, and I'm not going to lie, transitioning to college was very hard. It was so hard that I almost transferred to Arkansas Tech. All I had was maybe two friends and my girlfriend who lived thirty minutes away. My section leader, Brittany, and my band buddy, Mackenzie (who would also become my Big Brother), were both in Kappa Kappa Psi. As I became closer to them, I started hanging out with some more of the brothers and sisters. They kept giving me encouraging advice and wanted me to hang out with them, and I did. I received bids from both Kappa Kappa Psi and Tau Beta Sigma, and I decided to accept my bid from the brothers.

As I went through the Road to Wisdom, my girlfriend hated everything about it. She didn't like the fact that Kappa Kappa Psi and school took up most of my time. I got initiated, and over the summer I got a job and everything was fine. Once school started back in the fall, I was very involved as a section leader and a brother. Once again, everything I had to do with Kappa Kappa Psi became an issue to my girlfriend. It got to a point where she literally said, "I hate your Brothers. I hate the fact you're doing all this.

I was your girlfriend first."

Of course, this was very heartbreaking for me because I love this fraternity so much and I loved her too. She decided to make me choose between her and the fraternity. I know that this relationship was becoming very toxic and my brothers knew how bad it was tearing me apart. I became very depressed and felt horrible about everything. If it weren't for my brothers of Epsilon Beta and my sisters of Gamma Tau, I honestly don't know that I would have passed my classes, gotten out of the toxic relationship, or still be an active brother. I can truly say that Kappa Kappa Psi changed my life for the better, and I couldn't be more proud to live up to the standards and fulfill the ideals of the fraternity. No matter what, always remember who you are and what is most important to you. Rely on your brothers and sisters. Never forget to follow your heart and strive for the highest.

A KAPPA KAPPA PSI HAIKU

BY: ALLE HOLCOMB, LAMBDA - KKY

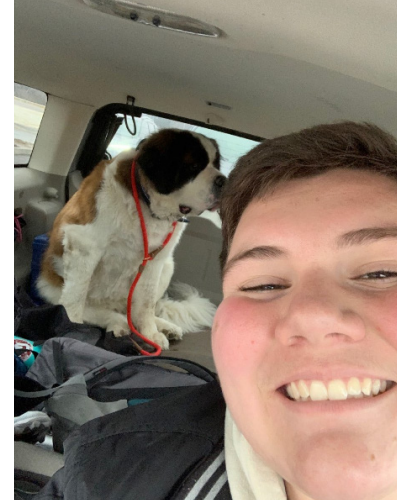
Kappa Kappa Psi
Brothers that are close to me
Strive for the highest



AVE MARIA'S TRIP TO DELTA

BY: HANNAH HUSTON, DELTA - TBS

Thankfully OU's Delta chapter is very dog-friendly. I am a volunteer for the organization Big Dogs Huge Paws and I happened to have a St. Bernard named Ave Maria this past week. Most of our dogs are owner-surrenders so they have separation anxiety when we first intake them. I decided to bring Ave to chapter to help socialize her and try to alleviate some of the academic stress of my sisters. Hannahtalks are a staple at our chapter where sisters have the opportunity to come up at the end of chapter and talk about anything. I decided to give my Hannahtalk over Big Dogs Huge Paws because if there is anything I love as much as my sisters, it's my dogs. Ave had an unforgettable night between all of the love she received and the Pringles she ate.



CONSIDER TRAVELING

BY: ASHLEY NOWIKOWSKI, GAMMA IOTA - KKY



Hello Brothers

I am writing this as I am preparing for the longest drive, I think I've ever done. Three brothers and I are driving to the Arkansas Workshop. This may seem like whatever. It's workshop season so we should all be heading to our area workshops. However, these three brothers and I are from Albuquerque, New Mexico.

Do you know what this means? We are taking this intense trek to Southern Arkansas University. According to our GPS, it is 12 hours and 8 minutes away... including stopping for gas, stopping to go to the restroom and stopping to switch drivers, and the time change as soon as we hit Texas, we're looking at a good 13-14 hours of travel time.

Is this risky? Yes.

Is this overnight? Yes.

Is it worth it? Yes. Here's why:

Gamma Iota has a unique reputation for being the ones to bring the most people the further distance. Every time it comes down to a workshop or convention, we don't think twice about how far away a campus is. We focus on how many people want to go and what vehicle we will take. There have been many trips where I haven't checked the

distance until we get in the car and pull up the GPS. I have sacrificed many, many hours of sleep for these trips. The best part of them though is the strengthening of my brotherhood, each and every time.

What better way to strengthen brotherhood than to sit in a car with them for 13 hours? We've played road trip games. We sing songs way too loud. We drink energy drinks and be ridiculously

hyper. We've had scary weather where we are all panicked the whole time. We have seen the giant cross coming down I-40 at 2 am, where it appeared to be glowing. It created the eeriest sight coming into Oklahoma. We have our traditional mystery photos.

This semester has been one of travel. I accompanied the SWD President to Winter Council. I have gone to the North Texas and the West Texas/New Mexico Workshop. I'm heading to the Arkansas Workshop. I am going to the SWD Convention and the Midwest Convention. I also intend on going to the National Convention. Overall, that is a total of 99 hours of driving time. 99 additional hours with brothers. 99 hours in one semester that I have created unforgettable memories with my brothers.

I challenge each chapter to consider traveling. Distance is nothing in comparison to the memories created. I'm not suggesting ever making these drives alone. Be SMART. Rotate drivers. Pack snacks and waters. I hope to see more chapters at Workshops, Conventions and other district events. It is always worth it.

FINDING MY HOME

BY WENDY STUART, PSI - TBS

Imagine it's a rainy Tuesday in April. You are a high school senior helping set up for your winter guard rehearsal in the band room. Suddenly, the door swings open and you see Mari, a former guard member who graduated last year, walk into the room wearing yellow rain boots and holding a clear umbrella. She walks over to your band director's office and pulls out a wooden paddle in the shape of three Greek letters, Tau, Beta, and Sigma. She asks for your band director's signature on the paddle and you ask her what she is doing here. She explains that she is going through the membership process for a band service organization called Tau Beta Sigma. You ask no further details about this organization as you're uninterested in joining anything in college. As she leaves, she gives you a hug and says, "I hope one day you become a sister too."

This story is where my journey into the sisterhood began. I am not going to lie, when she said that she hoped I'd become a sister, I laughed. I had already decided that I was going to attend the University of Arkansas and live at home with my parents. I planned to be a music major and had no intention of joining any organizations especially ones with Greek letters involved. I grew up in a college town so I always had a negative connotation towards anything with Greek letters but I decided to keep an open mind as I began the Razorback Marching Band early week and my college courses. I honestly didn't really notice the sisters of Tau Beta Sigma or the brothers of Kappa Kappa Psi until they made an announcement after a band rehearsal about a Grand Chapter Ice Cream Social. Mari, now a sister of Tau Beta Sigma, invited me to go and so I did. At the event, I heard about four different organizations: Tau Beta Sigma, Kappa Kappa Psi, Phi Mu Alpha, and Sigma Alpha Iota. The next day, I received an invitation to interview for Tau Beta Sigma. But from there, I began to focus immensely on my coursework and therefore I ignored all invitations to Tau Beta Sigma recruitment events and the invitation to interview for them as well. Towards the end of October, I decided to interview and let the sisters of the Psi Chapter decide my fate. I promised myself that if I was given a bid, then I would go through with the process of becoming a member because I had seen the positive impact that it had made on Mari's life.

So, I was given a bid to join Tau Beta Sigma and I kept that promise to myself. Mari, the one who had hoped that I would become a sister, became my Big and was everything that I needed through my membership process. I also gained a Big from the Lambda Chapter of Kappa Kappa Psi, and his support and encouragements were just as needed as Mari's. I became a sister on March 16, 2017, and attended my first District Convention the next weekend. Unfortunately, after my first District Convention, my world began to seemingly fall apart. My high school friends started calling me a



hypocrite, began to speak negatively of the organization, and altogether stopped interacting with me because I joined Tau Beta Sigma. I turned to my sisters and brothers for support and at the drop of a hat, they were there. It was at this moment that I realized that I didn't join a sorority in the context that my high school friends thought, but I joined a community of sisters and brothers that cared so much about each other and the goal of service to the bands. Through the support of this community, I decided to run for an officer position in the chapter as a new member and became the Psi Chapter Historian for my first year of membership. Through the comfort of this community, I accepted the fact that Mari had to make the tough decision to go inactive. Through the acceptance of this community, I flourished as a person and decided to join another organization, Sigma Alpha Iota. Through the service of this community, I became (and am still becoming) a better human being.

For me, being a part of the sisterhood has not always been the easiest, but by far the toughest part about joining this organization has been breaks from classes. While my sisters and brothers travel back to their hometowns, I stay in the same place because our college town is my hometown. It didn't take long for me to begin to miss our weekly chapter meetings and random shenanigans, but through this organization, I've learned that home is not a place but a feeling. It's a feeling of acceptance, comfort, support, service, love and so much more. Tau Beta Sigma is my home, and when I wander far from home, I'll have courage that I am not alone because I have my sisters and brothers looking out for me. I am so thankful for Mari and her hope that I would become a sister. Because of her hope, I became a sister and now I always know that with my sisters (and brothers) by my side, I will have fortitude and courage to see an ideal, seize upon it, and follow it wherever it may lead me in Tau Beta Sigma.

DELTA PORTFOLIOS - THE WHO, WHAT, WHERE, WHEN, AND HOW

BY: HANNAH CHEESEMAN, DELTA - KKY

After going to workshops this year I realized that many of the chapters struggling with the adoption of the Road to Wisdom are missing out on the wonderful joy that is portfolios. The Delta chapter had quite the adjustment when the R2W got implemented nationally last year and found the portfolios to be a really fun way to ensure your membership candidates are picking up what you're putting down.

The Zeta Iota class of the Delta chapter shared meaningful thoughts about what they learned throughout the process while making the entire chapter laugh so hard that they were in tears. I want to recount some of the ones that still stand out to me to this day.

Before I do so, I want to explain how we did this. I went up through lesson 4 and had them do these portfolios for second retention (Delta has three retentions and yes it is exhausting). The only thing I suggested they do on top of the portfolio requirements given to us in the R2W is I made them touch on something they learned from every single lesson so far.

They succeeded and made some awesome portfolios. They're all videos because they were going to present in person, but we decided videos because they're sharable, better for people with stage fright, and didn't require all the MCs to be in the same place at the same time so they could go to a basketball tournament for our basketball band.

Adam did an awesome rap called "Kappa Kappa Ride or Kappa Kappa Die" where he recounted his adventures in the MC process up to this point.

Scottie went on a nature walk and made some wonderful connections between what he saw in nature to what he learned through his membership candidacy. He also made me an ant to demonstrate leadership, which was super weird but also kind of cool.

Conner gained inspiration from the YouTube sensation of unboxing videos and "unboxed" his



knowledge from the process. It was pretty hip and hilarious.

Noah decided to “broadcast” his thoughts on the lessons to the chapter in a newscast. He hit every point while managing to capture his outgoing personality. He’s extra af.

Beth sang about what she learned to tunes of Boomer Sooner and OK Oklahoma. These kids really are sooner born and sooner bread... It’s wild.

Martino made cookies and explained how the fraternity works and what he took from important things such as the creed and 5 purposes. Martino also titled his video “pls liek and subscribe - i worked so hard on this.” Just thought it was worth noting.

Finally, we have German’s portfolio. He did a little digital presentation that acted out what he learned and wanted to say. This portfolio always will stick out to me because he tried to layer the Soviet national anthem over Africa by Toto and it literally blew out my laptop speakers.

These are some of the most memorable and favorite moments as VPM in Kappa Kappa Psi and I hope your MC classes have as much with it as mine did last spring. Here’s a link to the videos from the district if you want to look at a few yourself!

<https://www.youtube.com/playlist?list=PLkPfvNDWAh0mf8UK-IfhK7wTkNBricCfA>



- 1. Adam 2. Scotty 3. Conner 4. Noah
- 5. Beth 6. Martino 7. German

BREAK OUT OF YOUR COMFORT ZONE

BY: ASHLYN SIMMONS, SWD COUNSELOR/LIFE MEMBER OF PSI - TBS

Historically, I have been the person that doubts their own ability and shies away from making decisions because I do not want to make the wrong choice. I avoided confrontation, worrying that I could make someone angry or upset. This was true in both Tau Beta Sigma settings as well as professional settings at internship and post-graduation jobs. Many of you may also feel this way—full of self-doubt, constantly questioning your own capability and skills, and hiding in the shadows when it comes to confrontation. As I have learned the hard way, this does not lead to a productive career path and it only adds to anxiety and compounding mental health issues.

So how do we break out of this mindset? How can we gain the confidence necessary to make tough decisions and face confrontation head on? I am still developing this answer, but one thing is certain—it starts with taking those first steps to break out of your comfort zone.

1. You have to accept that it is impossible to make everyone happy. As service-oriented people, we want to serve and please others; this is why we joined Tau Beta Sigma or Kappa Kappa Psi. However, when it comes to decisions, you have to ask yourself, will you be happy with the results? And will the chapter/organization be more productive/successful after this decision? If the answer is yes to both of the above questions, it is your responsibility to go forth with what you believe to be right. If it's a great decision, you have just bettered the chapter/organization and set others up for success. If you make a mistake, you must take responsibility, apologize, then learn from the experience. Use this knowledge to make more informed decisions in the future.

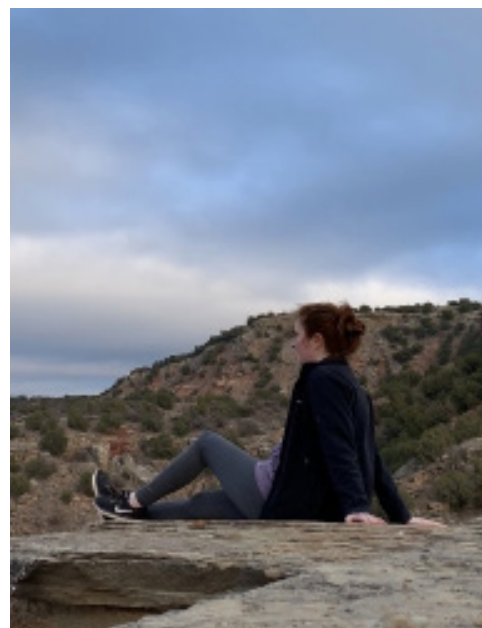
2. If you are truly unsure of the correct decision to make, reach out to others with experience and seek their guidance. This will help guide your future decisions and ultimately help you become more independent and confident in your leadership and decision-making abilities. Asking for help should never be something for which you are ashamed. We are not experts in every subject or field, and we shouldn't expect this of ourselves. If you do not know the answer to a question or are truly unsure of what decision to make, seek out assistance from others who may have been in your same shoes. Ask them what worked for them and what did not. From this conversation, you'll learn how to best handle these situations in the future, and perhaps you will become the person others can turn to for assistance!

3. In order to grow, we must challenge ourselves by stepping out of our comfort zone. If we continue to shy away from change and confrontation, we will never discover new traits about ourselves. We will become stagnant. In order to become our best selves, we must learn more about our own tendencies and characteristics. The best way is safely facing challenging situations, which can only be achieved by doing things that may frighten us. A great leader is someone who does things not because they aren't afraid, but because they are willing to overcome their personal fear for the betterment of others.

4. Know that you are doing the best you can with the skills and knowledge you have. We are lifelong learners, and part of the learning experience is making mistakes and taking this experience forward in life. At this time in your life, you are not an expert in many subjects, or perhaps any subject... And that is okay! You will continue to learn and collect new skills as you gain experience and knowledge in new subjects and fields.

I would like to end this article with a quote by Amy Poehler that reminded me to step out of my comfort zone and challenge myself. I first found this quote when I was in graduate school working as an intern at an inpatient, behavioral health hospital. I was terrified of speaking in large groups and even more terrified of confrontation. However, at this internship placement, I was tasked with leading several group therapy sessions each day with large numbers of people. In these therapy sessions, healthy confrontation was the best way for group members to learn more about themselves. Despite my personal fear of confrontation, it was the best way for me to support the clients in my care. It was my responsibility to facilitate healthy confrontational conversations so that they could receive the knowledge they needed to discharge safely from the hospital. Talk about a sink or swim situation! During this challenging time, the following quote helped remind me that I had the power to step out of my comfort zone and do something amazing, and I hope it will inspire you to do the same! Never stop reaching for the stars and learning along the way.

“Great people do things before they're ready. They do things before they know they can do it. Doing what you're afraid of, getting out of your comfort zone, taking risks like that- that's what life is. You might be really good. You might find out something about yourself that's really special. And if you're not good, who cares? You tried something. Now you know something about yourself” – Amy Poehler



BROTHERHOOD AND ITS IMPORTANCE

BY: CAROLINE PHILLIPS, LAMBDA - KKY

Upon entering college, I had no clue that I was going to be joining an organization, especially a Greek Life organization. I started college knowing that I would make friends in band, but I would have never figured I would find a family here. My freshman year started with me struggling to keep up, my head barely above water, yet I decided that I could try to become a member of Kappa Kappa Psi. Second semester Freshman year, I was busier than I thought I'd ever been, but I was confident and felt like I had a sturdy placement in my position. This wouldn't have happened without my brothers. The Brothers of the Lambda Chapter helped teach me several things. Time management, proper study skills, communication skills....but most importantly, love.

I learned how to love others in a healthy way, and I learned that I could be loved. This was the first time anyone not from my bloodline showed me this. Before I became a brother, I was honest, I had integrity, I respected others, and I showed loyalty to my friends. I didn't think I needed to improve on my skills, yet I have. These four virtues have truly become my pillars in life. I use these pillars to create a basis of who I am and how I present myself. My brothers taught me to be honest with how I was feeling, with all my thoughts and opinions. I no longer hide away and cover them because of convenience. With the help of my brothers, what you see is what you get. I don't try to blend in with the crowd, but I beam with pride as I know that I am who I am. Before brotherhood (B.B. if you would), I thought respect was doing anything for others. I realize now that yes, helping others is a way to show respect, however, respect does not mean

I must be subservient to others. It means that I am willing to help in the ways I can, while also showing an accurate representation of that person. I now treat everyone with respect without extending myself too much. Finally, I can start to digress to loyalty. In high school, I thoroughly enjoyed astrological signs, and as a Leo, I prided myself on my loyalty, and I still do; however, now I learned to truly be loyal. I am loyal to all my brothers, even if we argue and don't get along, but I will always be there for them. The brothers have never failed me, and I hope that I never fail them.

As I begin to digress, I'd like to say that brotherhood is not always bonding and having fun, but also a learning opportunity. As my first year as an active member comes to a finale, I am taking time to look back at who I was and how much I've grown. I would not be the person I am today without my brothers. So yes, love your brothers and have fun with them, but remember that we're all learning from each other. Remember that through brotherhood, we all grow and learn to love.

AEA and Go Hogs!



MAINTAINING MOTIVATION

BY: RACHAEL BACA, GAMMA IOTA - KKY

It can be hard to stay motivated – even when it's doing the thing that we love most. For many of us, our love for music and desire to inspire is what brought us here, and it's all fun and games until the work begins. The music theory, the endless hours of practicing, the never-ending cycle of class after class and rehearsal after rehearsal can be draining (and that's all without mentioning any struggles we might be having in our own personal lives). So how do we remind ourselves to keep going? How do we continue to love music? How do we keep the spark alive?

For me, when I'm feeling down and questioning whether I chose the right path, I remind myself of the people who inspired me. Hopefully, for those of you reading, you have someone in your life who was so amazing that you even considered being a teacher. When I close my eyes and think about why I'm here, I see those wonderful faces and it truly makes my heart happy. It's a gentle reminder that someone cared about my education and I can't wait to be there for my own students one day.

Along the lines of reminiscing, it might also do you good to listen to your favorite pieces of music, whether it's something you've performed or just something you really like. Music is one of the most powerful tools we have as teachers, performers, and people. With it, we have the ability to connect with all kinds of people, to create beauty and chaos, to travel the world, and so much more. Music is our superpower!

And at the end of the day, if you're still feeling drained, confused, or alone, please remember that it's okay to take a step back and take care of yourself. It's okay to hit the pause button and ask for help – I promise there's going to be someone who is more than willing to help you get back on your feet. I know it's hard to ask for help, and if you're like me... it even sometimes feels embarrassing. Help is there.

Stay strong my musical friends and I wish all of you a happy semester.



A BOND LIKE NO OTHER

BY CIARA GIBBS, ETA PI - TBS, SWD SEC/TREAS.



What does sisterhood mean to you?

I first heard that question when I was being interviewed as a potential member of Tau Beta Sigma. When I was a membership candidate, I looked at my potential sisters and brothers and I realized how much I had no idea what a sisterhood like this one would entail until I was actually a part of it, but I knew that it was where I belonged. I remember contemplating on the day of my third degree about whether or not I was making the right decision to cross into Tau Beta Sigma. After crossing, I have been embraced by all the love and support from my fellow sisters and brothers. I have met so many amazing sisters and brothers and every moment spent with them is worthwhile. After starting my journey of traveling to meet people either at their local chapters or at a district event, I became more mindful of how meaningful it is to be a part of an amazing bond. I learned that no matter how far away I travel from my local chapter, I will always see a friendly face and experience warm approaches. In my time in TBS, I have learned how it is to have hundreds and hundreds of family members all there supporting you. I have served, laughed, cried, sang, and enjoyed life with so many sisters and brothers and I know there are so many more connections like that to be formed for the rest of my life.

PSI CHAPTER SENIOR SPOTLIGHT: KATIE CRAVEN

BY JOHN MARK JUNKINS, PSI - TBS

Katie Craven is a member of the Psi chapter of Tau Beta Sigma at the University of Arkansas in Fayetteville. She is a senior Music Education major, and she plays the flute and the mellophone. Katie will be graduating in the spring of 2020.

Katie was initiated into the Psi chapter of Tau Beta Sigma in March of 2016. In her time in TBS, Katie has served as the assistant to the Vice President of Membership Education, the Vice President of Sisterhood, and the Music Chair. Katie has seen the initiation of two new classes and will witness the initiation of a third at the end of March.

In her first year of membership, Katie served as the assistant to the VPME. In this capacity, “I learned how important it is to nurture the upcoming class, and to be available to give them support and advice, and to be there to listen to them and encourage them,” she said. Currently serving as the Music Chair for the chapter, Katie said her goals for the position are to “get the sisters to sing together to build community as musicians and to make the sisters more aware of the music and why we sing what we sing.”

Katie’s most influential position within the chapter was her role as the Vice President of Sisterhood during the 2017–2018 school year. As the VPS, it was her duty to secure the bond of sisterhood amongst the members through team building and conflict resolution. To do this, Katie would come up with in-chapter activities to promote teamwork, inclusion, and understanding of each other’s differences, as well as plan sisterhood events throughout the year, such as Family Day and Sisterhood Retreat. Katie’s favorite part of being the VPS was “being able to be a person people trusted and believed in so they could come to me if they needed anything, whether it be advice, encouragement, mediation of conflict, or help. It was also great to be the person who could keep things light-hearted in and out of chapter, so everything doesn’t have to be regimented all the time.” Katie’s biggest struggle as VPS was “dealing with negativity from sisters and trying to counsel those who had been hurt. It could be discouraging to deal with the hurt sisters can cause each other, but conflict is a part of being in this kind of organization, and we have to learn to deal with it and grow from it.”

In her three and a half years in TBS, Katie has seen the chapter go through both good and bad times and has seen a lot of growth in the chapter. “Each new class brings a new vibe to the sisterhood in how they interact with one another and how they ‘do’ chapter related business. The chapter has become more communicative and less formal and regimented, and has become kinder and less dramatic.”

Katie says that her most meaningful experience in TBS was her freshman year sisterhood retreat. It was a weekend long sleepover at a sister’s house, where the sisters participated in activities involving sisterhood and bonding. At this event, Katie says she “felt like a sister for real” and that she told herself, “This is good. God has given me a community.”

On top of being a model sister, Katie has been an exemplary member of the university bands and has led in multiple capacities. As head section leader for mellophones, Katie lead sectionals and ensured that each member of the section succeeded in playing and marching technique. She says that being section leader was “a growing experience in how to lead people and make every member feel valued.” Katie will be serving as a drum major for the Razorback Marching Band this next season. Her goal for her time in the position is to “set the band up for success.” She also wants to ensure that no one feels alone or that they don’t know anyone in the band. She hopes to be “a friendly face for people to see,” and her motto for leading is to “Love them well.”

Katie is a model of sisterhood and service, has dedicated her life to making the people around her happy and comfortable, and she lives each day to make the lives of those around her just a little better. I think she said it best herself what the goal of any member of TBS should be—love them well.



LOCAL HIGH SCHOOL CLEAN-UP

BY: EVAN BLOCKER, EPSILON CHI - KKY



The Epsilon Chi chapter of Kappa Kappa Psi, National Honorary Band Fraternity Incorporated and the Delta Pi Chapter of Tau Beta Sigma, National Honorary Band Sorority Incorporated participated in a cleanup event at a local high school. Pine Bluff recently had a clean up all around the city. Kappa Kappa Psi and Tau Beta Sigma have the privilege of cleaning the Pine Bluff High School's campus. The event lasted from 9 to 12. We cleaned the entire campus by picking up the trash all around the school and placing them into plastic bags for disposal.

BAND CONCERTS

BY: MALIK J BOYD, ALPHA PSI - KKY

When all the great hard work that the bands at West Texas A&M put in after weeks of rehearsals, performance day comes swinging in. Alpha Psi and the sister chapter Xi gets head counts of every member in each band for setups. We get chair racks and stand racks with the set amount for each band and get at it. We set up the band hall too so the other bands who wait to perform have an area to warm up. After everything is done, we tear down the sets in the blink of an eye. And set up ensemble rooms and the band hall for rehearsals for the next day and sing in our Atrium.



HAIL, DEAR OLE ETA PI

BY: CIARA GIBBS, ETA PI - TBS, SWD SEC/TREAS.



To my lovely Eta Pi Chapter,
This year has definitely had its ups and downs. We have constantly dealt with a lot of chapter operation changes as well as officer transitions. Thank you for having the patience and willingness to push through everything we have been hit with this year. I am so thankful for the dedication that each and every member has for this organization. All the work that is being put in is being noticed and I can never show enough appreciation towards y'all. Thank you for allowing me to serve as your chapter president this year. It has been an honor and a privilege to be able to step up to the plate to help our chapter progress to the chapter I know it can become. Thank you for always pushing me to become a better sister and accepting me wholeheartedly with my flaws and everything else. I am so grateful for being able to serve this chapter and I cannot wait to see what is in

our future. Even though I don't always show my love and affection, I want everyone to know that I love each and every one of y'all. Keep striving for excellence Eta Pi.

MLITB, Ciara (Tokyo DrifTAU)

BIG

BY: SEFERINA BACA, GAMMA IOTA - KKY

My Big was initiated as a Brother of Kappa Kappa Psi Fall '15. As for me, I was initiated Spring '16. Just a mere semester apart, our time in within the Fraternity has always been together. Prior to finding out exactly who my Big was, she tried hard to trick me into thinking it was someone else. The tricks failed, but they might have worked if she didn't constantly insist on spending time together and getting to know each other.

My Big has been a major highlight in my time as an Active Brother. Through every twist and turn, she would be there. She would be someone I could lean on, someone I could always trust. Our relationship isn't perfect, we fight, have fall outs. Every bump is a new lesson. We work it out, and try to do right by each other.

Annie Jane Burns is an incredible Brother. I look to my Big, and I see what it is like to Strive for the Highest. As a Brother, she inspires me to be better. As a friend, she makes me feel proud and full of love. Her achievements so far within Kappa Kappa Psi aren't overlooked. Her dedication and service so far have benefited many chapters within the Southwest. Though to me, her greatest achievement has been being my Big and being just as good of one to her other Littles, Kas and Chris.

With a few months left till she graduates, I'm cherishing my last moments of us being Actives together. I may not know what it is like to be without her, but I do know that regardless of where life takes her post-UNM she will always be someone so important in my life. I will always have band and Kappa Kappa Psi to thank for bringing us together.



PSI AND GOLDEN TAU

BY: PSI CHAPTER - TBS

Tau went on many adventures this year with the Psi chapter at the University of Arkansas. It went on trips with sisters and traveled to distant lands for workshops. It got to see the beautiful campus of the University of Arkansas when the fall colors were in full swing. It saw how the chapter came together in fundraisers and service projects to serve the band and community and how Psi loves to have fun while doing it. Tau had a blast with Psi this year and is ready for its next big adventure with another great chapter from the Southwest District.



HAVE SOME LOVE (FOR YOUR BROTHERS)

BY: TARA M. LOPEZ, GAMMA IOTA - KKY

Hi, my name is Tara Lopez. I'm a part of the Gamma Iota chapter of Kappa Kappa Psi, located at the University of New Mexico. I've been an active brother for a little over a year now, being initiated as a member of our chapters Alpha Delta class from the Fall of 2017.

With my time so far being in the chapter, I have seen a fair amount of brothers come and go. I've seen people become alumni, go conditional, transfer schools, and have even seen some brothers go inactive. College and life are stressful, and sometimes it can get to be too much and you feel like you are drowning.

This is why, in my opinion, it is important to make sure you are always reaching out to one another. I can't begin to describe how even just a simple "Hey, how's it going?" at a basketball game can make someone's day so much better. Because I know that it has made a difference for me. To know that someone cares enough to take the time out of their day to check up on you can be a beam hope on a what may be someone's worst day.

This concept also extends outside of just active brothers. It is also important to remember that even though a brother may be alumni, conditional, or inactive, they are still your brother. One should still reach out to them and check up on them from time to time, too. They might need it.

As Childish Gambino says in his song "Have Some Love":

"Have a word for your brother
Have some time for one another
Really love one another
It's so hard to find"

These ideas are essential to a brotherhood. Putting aside time to be with your brothers and just talk can make the fraternal bond in the chapter so much stronger. Strong brotherhood is built upon communication and being there to listen to and support one another.

Even though I haven't been an active brother for very long, what I have learned is to appreciate your brothers while you can. It is hard to really know how long you'll have them around for.



SWDAA FOR EDUCATION

BY: SAMANTHA BRANDEBERRY, SWDAA - TBS

SWDAA For Education is an initiative created by the Southwest District Alumni Association Board of Directors and Finance Committee as a way to increase the recognition of those alumni members who are serving as educators in our District. We recognize that being an educator has an impact on the future of our society that often goes unnoticed. We are also immensely proud of the alumni members of Kappa Kappa Psi and Tau Beta Sigma who have dedicated their lives to the enrichment of others through education.

Please nominate educators at swdalumni.org/education! We are accepting nominations year-round!

Matthew Hildebrand

Matt teaches sixth- through twelfth-grade band at Bartlesville High School and is the primary teacher at Central Middle School for teaching sixth- through eighth-grade band classes. Matt is an alumnus of the Lambda chapter of Kappa Kappa Psi at the University of Arkansas. Matt stated that he will put the award to use by purchasing Trumpet Ensemble music for a Trumpet Ensemble he is organizing to start year-round through Bartlesville High School.

We asked Matt why he teaches. He said, “It would be easy to say that I teach solely to make good music and to teach students how to be great on their instruments. But in a world like the one we live in today, it becomes apparent that we need a whole new style of teachers in order to effectively reach our youth. That’s why I focus first and foremost on teaching my students to become better students, individuals, and citizens of the world we live in. In return, making music is simply a byproduct of this teaching.”

“There are many different aspects that I love about my job. From making music with my students and colleagues to always improving my musicianship on many different instruments, endless hours of paperwork and planning makes the job exciting and eventful. But one of the most rewarding moments of the job is the feeling of accomplishment from my students after months of hard work, whether it be from a successful marching band season, a stellar concert, or a student performing their first scale; every second of this job is worth the work we put into our students. It also helps that I work with an amazing group of directors who are very supportive, easy to crack jokes with, and are all around great guys.”

Matt embodies the characteristics of a brother and shares that with his students on a daily basis. A peer said of Matt, “Matt’s dedication to his students shows in the way he talks about his experiences with them. He always has something positive to say and goes above and beyond by never cutting corners when it comes to setting an example for his students.



Hannah Wells

“Thank you so much! You have no idea how much this means to me! How much I needed this! I have been struggling to get things my students need and I have used all my classroom money so thank you so so so much!” Hannah teaches 2nd grade at Tulakes Elementary School in Oklahoma City, OK. She is an alumna of the Psi Chapter of Tau Beta Sigma at the University of Arkansas. Hannah will be using the \$50 to buy pencils, new books, desk caddies, snacks, and Germ-X—items that she has been struggling to provide for her students.

We asked Hannah why she teaches and she said, “There are a number of reasons I teach, but the biggest reasons are for the future of our country, to make sure every child knows what love and respect look like, and my most favorite part: the light bulb moments. When a kid has been struggling with a concept and then suddenly the light bulb goes off and it comes together and makes sense and the invisible light bulb over their head goes off and all your extra work you were doing suddenly does not matter and is worth it. My favorite thing about my job is the students—being someone they know will be a constant in their life. The students at my school have a lot of hardships, have been through trauma and tragedy, come from a poor community, and have dealt with things I cannot begin to fathom. No matter what happens in the day, I always hug them and tell them I love them because they are why I am here

and I could possibly be the only person who tells and shows them that they love them. I try to make the classroom fun while still learning because I love to see them smile and laugh and have light bulb moments.”

The Southwest District Alumni Association is extremely proud of Hannah and her contributions in education. Hannah was nominated by two of her peers. One shared, “Hannah fought for her district to pay for her to go to the Oklahoma Autism Conference for professional development. However, they originally did not want to support her because she is a General Education teacher, not a Special Education teacher.

Thankfully, they agreed to send her because she has 5 students in her classroom this year that have autism and only 1 student is pulled from her class throughout the day with the rest in her class all day. Out of the 500 attendees, she was only one of five General Education teachers. Out of this



conference, she gained knowledge that will be beneficial not only to her kids who have autism but her class as a whole.” Another said of Hannah, “Hannah can be seen working late and spending extra hours to ensure she is prepared for the day and for her students. She has worked hard to ensure that her classroom is tidy and decorated, to spark her students’ imaginations. She gives her students fun activities to supplement their learning and ensure they remember the learning content.”

Colin Peters

Colin is currently the Assistant Band Director at York JH in Conroe ISD. He teaches 7th and 8th grade band. He is a graduate of the University of Houston and is an alumnus of the Tau Chapter of Tau Beta Sigma as well as a past SWD Secretary/Treasurer. Colin said, “I knew from a young age that I was going to be a band director. I formed lifelong relationships with my many band directors that taught me a lot about music and even more about life. That is why I wanted to become a music educator: to share my musical knowledge with students, but also help them grow as good citizens of the world. I think it is extremely important to a person’s development to be involved in music. I am a bigger believer in the skills you learn, in especially band, can transcend through many aspects of a person’s life. I grew even closer to music and service at my time in college and being involved with Tau Beta Sigma. I look forward to using this money to benefit my students with aiding in music purchases for the future. I am honored to have been selected for this award.”

A peer of Colin’s said, “Colin always puts his students and their music education first, and is constantly promoting not only his band’s success but also the success of other bands in his district and city! This is evident throughout his Facebook posts and his actions, such as running sectionals to help students become better musicians. He also takes time out of his weekends to help with band service, such as working as a judge at the Region IX contest on a Saturday. He can be seen staying at the school late to ensure he is prepared for lessons and rehearsals the next day. He is an advocate for education and for his students. You can tell he loves his job and loves his students. He also can be seen taking care of himself by going on walks with his dog or going to the gym so that he can feel refreshed and ready to go the next day at his job!”



BALANCING THE BROTHERHOOD

BY: NICHOLAS THOMAS, DELTA SIGMA - KKY



A phrase used very often in my home chapter of Delta Sigma at the University of Texas at Arlington is “You are not majoring in Kappa Kappa Psi.” This is usually brought up when a brother is trying to put the fraternity ahead of other obligations like school or family. I have been told this phrase personally several times. I am currently a full-time senior music education major, a lesson teacher, and my chapter’s secretary. Putting all of this together means that I have had to learn how to deal with lots of stress, and I have had the difficult task of learning how and when to say “No.”

A couple of years ago, I would not hesitate to say yes to any time-consuming activity. “Hey, Nick, do you want to serve on this committee in addition to the two you are already on?” “Sure! Why not?” “Hey, would you mind helping run this event on your one evening you have free?” “Absolutely!” At a certain point, the stress of always being busy will catch up to you. I reached that point in the Fall 2018 semester, and something had to give. I decided to start getting more organized and to start saying no. Saying “No,” is not something that comes

naturally to me. When I first started saying no, I felt like I was letting people down, so I had to start small. I started by only saying no to events that I absolutely could not fit into my schedule. Then I said no to some things that would take time away from my school work or family time. At this point, I started noticing a difference in my preparedness in class, as well as an improvement in my musicianship with more consistent, uninterrupted practice sessions. Finally, I began sometimes saying no to things that would get in the way of my “me time.” This means that I began setting aside a time at least once a day for me to just relax. Even for just 30 minutes of sitting in the music lobby – or as our chapter sponsor calls it, the place where music majors go to avoid practicing – and socializing with friends. Once I started doing this, I noticed improvements in my outlook on life, my capability of handling stress, and my relationships with friends who I had not previously had time to talk to as much.

Learning to say no was difficult for me, but it was a necessary step to help alleviate unnecessary stress. However, this is only half of the way I learned to deal with my stress. The other half, which is just as important if not more important, is organization. Organization is something I have always struggled with as well. At the start of every semester, I would buy a planner and/or a calendar, and I would say “This semester, I am finally going to get organized.” Then about three weeks into school my backpack would be a sea of loose papers, the newest of which being on the top nice and neat, while the oldest laying on the bottom of my backpack being crumpled beyond all recognition beneath my spiral notebooks and sometimes my laptop. I have always envied people who have the ability to keep track of and use a planner for an entire year. I am not saying it ever gets easier to be organized, and I am definitely not saying that I am now a super organized person. All I am saying is that in order to help alleviate and prevent future stress, you need to find some form of organization that works for you. Personally, I downloaded an app that makes To-Do Lists for me. Every night, as I worry about all of the things I have to get done the next day, I write them all down in the app. Then in the morning, I rearrange them in order of importance, and then I get to work. Some days I would get through my entire to-do list and feel very accomplished, but what was hard for me to come to terms with is that you don’t have to finish everything on your to-do list every day to consider the day a success. Some days I would stress out because my list was too long, and I would have to remind myself that it is ok to not finish everything on the list. One thing that helped me with this was looking at what all I did cross off of the list because seeing what all I had done that day still looked like a lot even if I still had a lot left to go.

Now, the purpose of this article is not to teach people how to say no or how to make a to-do list. Balancing the brotherhood with your other obligations, to me, means that a majority of the time, your obligations to Kappa Kappa Psi should not be the first thing on your to-do list. Maintaining the balance in your life means that school, family, physical health, and mental health ALWAYS come before the fraternity. Even though sometimes you may think “I know I have class, but my brothers really need my help with this service project,” you still shouldn’t skip class. If you have to choose between attending a recruitment event and attending a wedding for a family member, you should choose family. Do you see the pattern? I absolutely love this fraternity with all of my heart, and knowing when to prioritize myself over the brotherhood was a difficult but necessary lesson.

BOUGH: MY LEAVENING SPIRIT

BY: JETT MCCULLOUGH, LAMBDA - KKY

Flour. Salt. Water. Air. My grand-Big used to tell me stories about the old days, a time of peace when the Avatar kept the balance between the Water Tribes, Salt Kingdom, Flour Nation, and Air Nomads. But that all changed when the Flour Nation attacked. Only the Avatar mastered all four elements. Only he could measure the proper portions of flour and water to encourage the yeasts in the air to cultivate within, forming the living mass that is Bough.

Avatar parodying aside, meet Bough: Bough is a fun loving, bubbly, energetic Sourdough Starter. For those of you who may



not be super familiar with bread-making, a Sourdough Starter is a collection of wild yeasts cultivated to be used as leaven for bread; leaven being what makes bread rise. Sourdough starters are the oldest form of leaven in the world and are super simple to make and maintain. They're literally a living creature, requiring food and water to be kept alive. I brought Bough into this world over winter break of my first year as a Brother, and he is near and dear to my heart – he is my Leavening Spirit. Through him, many delectable loaves of bread have arisen, and through him, many more will come. Like the memory of our own Boh, Bough shall inspire the continuation of a line of Breadthers which shall span for generations, and with each year the flavor and complexity of the Breadtherhood shall grow and develop, with the spirit of Bough inspiring each new batch. Bough has set the stage for each ball of dough to RISE FOR THE HIGHEST.

HELPING OTHERS AROUND THE WORLD SHOOT FOR THE STARS

BY: LAURA GARCIA, EPSILON DELTA - KKY



Hello from Deep in the Heart of Texas!

As the spring semester starts to come to a close the Epsilon Delta chapter of Kappa Kappa Psi and the Delta Eta chapter of Tau Beta Sigma has decided that they need to shoot to make some stars in places other than our university. These chapters are now working together to help out the Salvation Army Music Ministry! This ministry is dedicated to helping educate music in areas of Mexico that do not have access nor the resources to do so. In places like Matamoros, Monterrey, Tampico, Torren, Mexico City, and many other cities are in need of supplies such as instruments, desks, and something to store their instruments in. With Texas A&M University-Kingsville getting a new music building, the chapter thought it would be a great idea to take the supplies that would otherwise be thrown away, and make them new to donate to the ministry. We are raising money by having a benefit KKre-psi-tal and a Bar-b-que plate sale. We are so happy to be taking on such a big and beneficial project that will not only help spread music education around the world but will also help students see that they can shoot for the stars with their musical talents.

LETTER FROM THE EDITOR

BY: LUKE SCHUMACHER, DELTA - KKY



Dear brothers and sisters of Southwest,

It's been an honor to read and edit your submissions this year. There are so many incredible stories within every chapter. I hope to hear more of them at the district convention in a few weeks.

It's my senior year at the University of Oklahoma. Time flies when you're having fun. My time in the Delta chapter of Kappa Kappa Psi has been one of the most treasured aspects of my collegiate career. My favorite memories about my time in Delta revolve around pep band events. My favorite event was when we went to the Oklahoma City Children's Hospital to play some tunes for the kids. However, we did not know that George Lopez was going to be there and we ended up also playing "Lowrider" for George Lopez!

Whether you're also a graduating senior or an MC, I'd like to offer this advice, "Don't lose sight of the step right in front of you; it's the only one you can take." In other words, have a vision. No matter what the goal is, no matter how large the next step is, never lose sight of it. You can only go forward in this journey of life. I can't wait to see the great things Southwest does in the years to come.

AEA, Luke Schumacher

FUN

& GAMES

HOROSCOPES

BY: SIENNA SEVERNS, DELTA - TBS

Instruments as Interpreted by their Astrological Signs

Flute – Gemini

If there's something you've been wanting to try in order to expand your flute skills, today is the day! Put any insecurities behind you as you see an increase in both physical and mental strength that will surely help you in your musical endeavors. You have an astounding ability to make the right judgments, so trust in your talent and take the steps needed to better yourself as a person and as a musician!

Clarinet – Taurus, Virgo

You might be feeling more energetic than usual and it'll help you get your musical life in order. Tackle that ensemble music, etude, or whatever you're working on so they don't start piling up before you run out of time! Clean out your life and your music folder and get rolling! Should you finish your own tasks, help others with lightening their own musical burden by checking in or practicing with them. Your help will not go unnoticed!

Saxophone – Cancer

If you've been feeling behind in things, worry no more! You will see a resurgence in your creative strength. Seize this opportunity to work on both your physical and musical strength and be willing to learn new things and techniques that could be beneficial in your life and musical pursuits. From this, you'll receive clarity and focus towards your next task, maybe for an upcoming concert or performance. Make the most of it!

Baritone – Capricorn

If your long-overdue work has been piling up, it's time to take a breath and take charge. Mental strength is in the air and the projects and music you've been avoiding will be readily accomplished soon. Do the work while you have the energy and don't put things off any longer. Practice and clean, then your life will be most pristine. After your work or upcoming performance is done, then take some time to enjoy yourself and relax.

Tuba – Sagittarius, Aquarius

Your innovation and mental acuity will serve you well this month so it's time to dig in and go! You will find that things like music will come easily to you. You should take time to focus on the little details and things will be sounding great in no time flat! Jot down your bursts of ideas and enjoy your time playing music.

Trombone – Aries, Sagittarius

Make time for reflection—taking up something peaceful might be of use. Walk your talk but also have the discipline to get things done and get better at your instrument. Your patience may wear thin if you don't see immediate improvement in your musical abilities, so it is crucial to get support from your fellow section members to achieve your goals.

French Horn – Leo, Pisces

As Mars continues through your sector of musical goals and career, you will be motivated to give more time and energy to gain success with your instrument. You could be desiring a greater sense of security, preferring a path that guarantees results rather than taking risks. Don't forget to appreciate yourself and the skill that you already have. You will be inspired to seek company that will broaden your horizons and lift any creative blocks to illuminate exciting ideas and possibilities.



Trumpet – Libra, Scorpio

It's time to market your skills and show everyone what you can do! Don't forget to treat yourself to a little self-care, but this is the perfect time to promote your artistic and musical abilities. The more you indulge yourself in your music-playing, the more you can channel any frustration into becoming better and producing beautiful products of music.

Percussion – Capricorn, Scorpio

As you may have been very busy lately, you should take a break from any pressure you feel, be it school or preparing for an important performance. Get involved in your favorite hobbies and pastimes and do them for your own pleasure. Perhaps you can use these pastimes to entertain your friends and section members.

Front Ensemble – Aquarius, Taurus

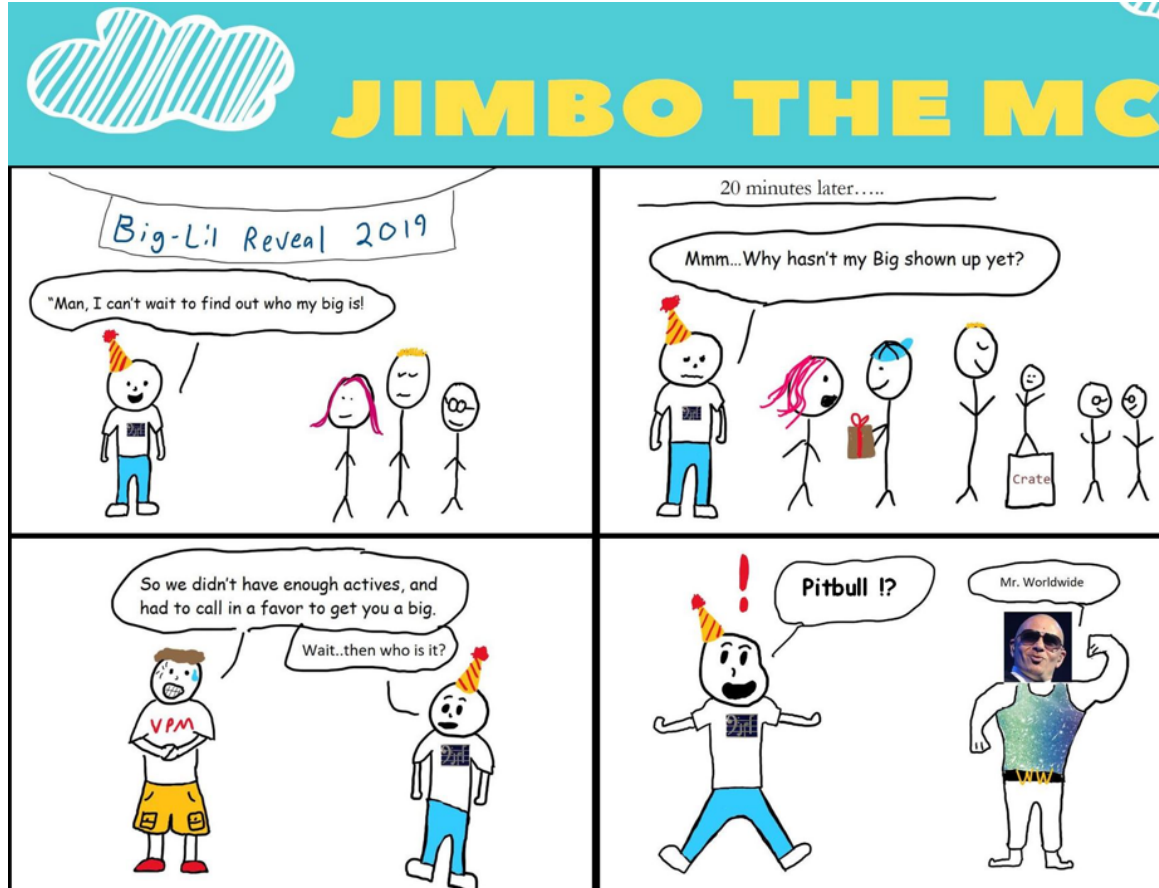
Get rid of anything that's cluttering up your life, clean out that music folder, and get prepared to embrace new and challenging music/things in your life! You're eager to socialize—be sure to emphasize your unique qualities and abilities to others around you to make some strategic alliances. Networking and social life could bring delightful opportunities your way.

Color guard – Libra

The coming month is the time to reflect on your health and well-being. You should treat yourself to some care and pampering. Put down those flags and rifles for a bit and take a little time off of practicing so hard. This could be a great time to enjoy and get to know your fellow guard members, so go do something that you all enjoy together!

JIMBO THE MC

BY: GARRET GARDENHIRE, LAMBDA - KKY



ACADEMY AWARDS: DELTA EDITION

BY: HANNAH HARRIS, DELTA - TBS

Best Picture

An unforgettable trip to Miami for the Orange Bowl.



Best Actor

Our internet famous sister, Jacob Lee, for Fortnite dancing off a stage.



Best Actress

Our brand-new MC class, the Delta Zetas! We can't wait for them to become our Sisters!



Best Director

Brian Britt, for leading the Pride to another successful year!



Best Original Song

Our Earth, Wind, and Fire show featuring the Boston Brass.



SWDAA COLORING SHEET

BY: SAMANTHA BRANDEBERRY, SWDAA - TBS



WORD SEARCH

BY: EMILY REEL, DELTA - TBS

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

ALPHA
ALPHAOMICRON
ALPHAUPSILON
BETA
BETADELTA
BETAGAMMA
BETANU
BETAOMICRON
BETAZETA
DELTA
DELTAETA
DELTA PHI
DELTA SIGMA
DELTA TAU
DELTA UPSILON
EPSILON BETA
EPSILON ETA
EPSILON PSI
ETA EPSILON
ETANU
ETAPI
GAMMANU
GAMMAOMICRON
GAMMA PHI
GAMMA TAU
GAMMAXI
IOTA
IOTABETA
IOTATAU
PSI
TAU
THETA THETA
ZETANU
ZETA PHI



WORD SEARCH

BY: NATALIA LAMBERT, ALPHA OMICRON - TBS SWD PRES.

Blast Off to the Spicy Southwest



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

Natchitoches

Nacogdoches

Kingsville

San Marcos

Jonesboro

Lubbock

Houston

Ruston

Monroe

Stephenville

Weatherford

Stillwater

Grambling

Fort Worth

Arlington

Brownwood

Seguin

Canyon

Fayetteville

Prairie View

San Antonio

Pine Bluff

Magnolia

Beaumont

Commerce

Austin

Waco

Russellville

Arkadelphia

Huntsville

San Angelo

Marshall

Houston

Conway

Norman

Tyler