KKŲ BZ New ALTO Southwest District Spring 2021 Rising From The Depths

Table of Contents

Pg# Title Author Org Chapter/SWD Office 1. *How Strong is our Brotherhood?, Theron "TJ" Coleman, KKΨ - Southwest District President 2. *Pride..., Tyler Hern, TBΣ - Southwest District President 3. Pride...(Continued)..... 4. *The Life of an Animal Crossing Character, Ayleen E. Sanchez, KKΨ- Southwest District Vice President for Membership..... 5. *Fortitude, Courage, and Vulnerability, Destinee Leger, TBΣ - Southwest District Vice President for Special Projects..... 6. *The Southwest, Patrick A. Caraveo, KKΨ Southwest District Secretary-Treasurer..... 7. *Optimism in the Time of COVID-19, Lainé Rogers, TBΣ - Southwest District Secretary-Treasurer..... 8. Father Apart but Closer Together, KKΨ - The University of Texas at El Paso, Alpha Chi Chapter..... 9. Looking Back, Arial Taylor, TB Σ - Northwestern State University, Eta Pi Chapter... 10.Looking Back (Continued)..... 11.-A Joint Relations Podcast!, Edgar Canales, KKΨ - University of Arkansas, Lambda Chapter..... 12.-Lineage and Legacy, Noah Riley, KKΨ - University of Arkansas, Lambda Chapter. 13.Building Stands for our Music Department, Madison Riddle, KKΨ - Southwestern Oklahoma State University, Epsilon Epsilon Chapter..... 14.-Our First In-Person Event!, Katie Long, TBΣ - Oklahoma State University, Alpha Chapter..... 15.-Homecoming 2019, Kelly Gage, KKΨ - East Central University, Gamma Theta Chapter.... 16. TBS 2020-2021 Haiku, Alyssa Bobalik, TBΣ - University of Arkansas, Psi Chapter..... 17. Alpha Psi Sings the Hymn Virtually!, ΚΚΨ - West Texas A&M University, Alpha Psi Chapter..... 18.-Tau Beta Sigma Alpha Chapter, Much Love in the Bond, Madison Aquino, TBΣ -Oklahoma State University, Alpha Chapter..... 19.Relearning Everything, Kathryn Villarreal, ΚΚΨ - University of Central Arkansas, Epsilon Beta Chapter..... 20.-Gamma Zeta/Alpha Upsilon Royalty Line Family Tree, Ruben G. Anfonso, KKΨ -Lamar University, Gamma Zeta Chapter..... 21.-Sisters in the Unbreakable Bond, Karli Leonard, TBΣ - Texas Tech University, Beta Chapter..... 22. To a Nightingale, Mason Thomas, KKΨ - University of Arkansas, Psi Chapter...... 23.-My Little and I <3, Katie Long, TBΣ - Oklahoma State University, Alpha Chapter.... 24. Found Family and Inclusion within Kappa Kappa Psi, Andrew Lyle Ryan, KKV-West Texas A&M University, Alpha Psi Chapter..... 25.Southwest District Crossword, John Mabry, TBΣ - Texas A&M University-Commerce, Epsilon Beta Chapter. 26.*75th Anniversary Word Search, Madelynne West, TBΣ - Southwest District Vice President for Membership.....

How Strong is Our Brotherhood?



How strong is our brotherhood? I'm so glad you asked, The time spent together Is always a blast.

"Online or in-person," A problem so new! But our bonds never changed Except now we know ZOOM.

While a virus has blossomed And our world feels so broken, The brotherhood's still standing And our hearts are more open.

We were tested last year Now we turn to the sky, Our brotherhood's grown stronger Because we are Kappa Kappa Psi. Theron "TJ" Coleman Beta Lambda Chapter Southwest District President



Pride...

Tyler Hern Beta Nu Chapter Southwest District President

This past year has been incredibly hard for everyone. With the pandemic, college, work, and a countless amount of other things that have been on everyone's plate, this past year seems like one of the toughest. It seems almost impossible for this year to offer any sort of growth or progress, but it is usually the hardest paths that offer the most growth. The only problem is that you almost never see it until it is already over. Even though so many things have happened this past year, it can be really hard to take stock of everything that you have done and take pride in them.

The past couple of weeks, I started talking to some of my close friends. These are friends that have been having senior recitals, graduating, and just in general, doing amazing things. While talking to one of them, I told them that they must be so proud of all the work they have done and accomplished. My friend took a second and responded, "I don't think I was ever taught how to be proud of myself." This is something that has resonated with me since I heard it. As someone who suffers very heavily from imposter syndrome, this is something I struggle with every day. I think it is something that many people struggle with within their lifetime. How do we take stock and be proud of ourselves, when we have a society that constantly pushes against that?

For me, it is a daily struggle. I make sure to write down everything that I plan on doing and check things off as I go. For some reason, my brain can't argue with a written to-do list. This process helps me visualize everything that I am doing and how much it actually is. Especially during a pandemic, it can be incredibly hard to understand everything that you are actually accomplishing. It always seems like I could be doing more. Writing a to-do list is tangible proof that you have done so much and you should take stock in everything that you are accomplishing.



Another thing to do is take breaks. If you are constantly working yourself, then you have no time to understand how much work you have already done and you will wear yourself out. If you are climbing a mountain and constantly looking up, then it will seem like you have so much farther to go. You have to take the time to look back down and see how far you have actually come. Taking breaks allows you to take stock, refresh for the future, and reflect on everything that you have done. It is so important to remember how hard you have been working for everything that you do and accomplish.

Overall, I think that our society has made it really hard to feel proud of yourself. It is definitely uncommon in my life. The more that I grow, the more I have been able to recognize how hard this can

be and how much it is something to work on. My hope is that it will get easier to work on as time goes on, but it is something that I am proud to be working on in life and in Tau Beta Sigma. I don't think this is something that I would have noticed with Tau Beta Sigma in my life and I am so thankful for the support from all my sisters and brothers on this journey.



The Life of an Animal Crossing Character

Ayleen E. Sanchez Alpha Chi Chapter Southwest District Vice President for Membership

Everyone is asked what they would bring with them if they were on a deserted island, but little did we all know I got conned by a Tanuki named Tom Nook. I was able to name my own Island, "Twin Leaf" after Twinleaf Town in the Sinnoh region of the Pokémon world. I was flown into this island with nothing but the clothes on my back, no sleeping bag, tent, or even Bells, yet I was already in debt. What a fun way to start off your life on an island.



My first couple of days I learned how to make money, and how to build a daily routine. My first two villagers were Antonio the Anteater and Katt the Cat, they taught me a few things or two. Once the Island of Twin Leaf started to have some structure more villagers moved in, shops and museums being built. We were on our way to creating a 5 – Star Island, with my lovely Shih Tzu Partner – Crime – Isabelle guiding the way to help achieve this goal.

Months have passed since the beginning of my Island journey, my museum is almost complete with the art exhibit still missing paintings and sculptures, but it is hard to get everything with Redd coming maybe once or twice a month, if he shows up even. Business is booming with Nook's Cranny and the Able Sisters. I'm slowly building my DIY skills with each change in season and special events that happen on my island.

Outside of my daily routine of digging for fossils, planting bell trees, getting stung by wasps. My favorite part is visiting my friends' islands

and getting inspiration for my own island and giving them gifts from my islands. Even watching the meteor showers at night and enjoying the events together! There is always something to do whether it be on Twin Leaf or on other Islands. The adventures are endless! I hope you all will enjoy your island escapes and have safe travels on your island adventures!

Fortitude, Courage, and Vulnerability

Destinee Leger Eta Pi Chapter Southwest District Vice President of Special Projects

When I crossed into Tau Beta Sigma back in Spring 2018, I would have never thought that the sisterhood would offer me the opportunities that it has. From friendships to leadership, my time as an Active member has been one blessed by Fortune. As my time as an Active comes to a close and Tau Beta Sigma enters its 75th year, I have been pondering on the 8th Essential Factor and how it shapes our call to leadership.

Brené Brown, PhD, LMSW, has spent the past decade researching how individuals can become better leaders through skills rather than innate ability. I have seen how individuals who have a spark of leadership within can foster that spark into a flame that creates change. When you're learning yourself and actively stepping into your leadership style, it can be scary.

Brown says "You can't get to courage without rumbling with vulnerability ... Embrace the suck."

Rumbling, she says, is working through the difficult parts.

So, in order to get to courage, you must work through and express vulnerability. For me, I had to learn how to trust myself. That I could rise above my doubts or the doubts of others to best participate in the work that needed to be done.

Because I leaned into my vulnerability with "those persons and institutions deserving of it," I became not only a better leader, but also a better Sister.





Patrick A. Caraveo Alpha Chi Chapter Southwest District Secretary-Treasurer

Getting on Zoom within our rooms Screens close but miles apart We the district continue to bloom as all our chapters take part

With Brotherhood we stand hand in hand Continuing to help bands be grand Motivated and ready to lead the rest as The Southwest continues to be the best

Optimism in the Time of COVID-19

Lainé Rogers Delta Sigma Chapter Southwest District Secretary/Treasurer

For one year, we have dealt with COVID-19. It has been the most taxing, depressing, and challenging year for almost everyone. It has been extremely difficult to remain positive. Hard to keep the energy up. Over the past year, I felt as if I have had many experiences ripped from me. Many events that I have looked forward to for years have been cancelled or moved virtually. It has been an uphill battle all year being a college senior. It has been hard to be optimistic.

But one thing that has kept me optimistic is the Southwest District of Tau Beta Sigma and Kappa Kappa Psi. Just being a part of this has given me things to look forward to all year. Getting to serve and work hard have given me something to keep me going. Every Zoom call has revived the energy and spirit that I had before COVID-19. Events that pushed forward virtually instead of in-person became fun and enjoyable instead of dreading spending 7 hours on Zoom. The Brothers and Sisters of the Southwest have rekindled the happiness I had before quarantine.

Seeing the way everyone has persevered has given me a hope that I didn't know I needed. Watching everyone be creative and adapt to situations has kept things interesting. We are adapting. We are PIVOTing. This is one of the hardest times in our history, but this time has been such an age of development. We have found so many ways to carry our bond virtually! I got to share many conversations with people I wouldn't have normally! I am so grateful for the optimism that our organization has instilled in me and will carry this with me for the rest of my life.

Farther Apart but Closer Together

Alpha Chi Chapter The University of Texas at El Paso

Because of everything that has been happening in the world today, we started to brainstorm what we could do to not only stay sane during these crazy times but how we could be there for each other and create a safe space. We haven't been in person for a very long time. The Alpha Chi Chapter has been having more socials via Zoom, which has made our Brotherhood stronger. Since we all have missed in person interaction, it has been so great to meet and hang out through Zoom by just chatting or playing games, icebreakers, and even just spending time together as a chapter. Not only do we meet for our socials, but at times, we like to stay and hang out after our zoom meetings and enjoy each other's virtual company.

Many of our Brothers have faced challenges in their personal lives throughout this pandemic. Being part of this chapter, even the brotherhood as a whole, has helped us overcome these challenges and know that we are not alone. The Alpha Chi Chapter firmly believes that not only are we Brothers in the Fraternal sense but are actually family because of our community and how we value our family more than anything. This support system is something that even our Alumni look forward to coming back to when they stop by our Zoom calls or in person events, when we had them. They feel like they are back home. This support system is even shared through our alumni's professions – such as band programs they teach at. Although we are far away from each other physically, we are more connected than ever.

AEA,

Looking Back

Arial Taylor Eta Pi Chapter Northwestern State University

As my time in college comes to a close, I have been reflecting on my time in TBS. I've only been an active member since Spring 2019, but I went out back during my first semester in college, Fall 2016. I went out nearly every semester afterward, up until I finally got another bid in Spring 2019. All of the time spent waiting was worth it though. Even though I knew my time would be short as an active, I did my best as a sister, volunteering my time to serve my band and bond with my sisters and brothers. I'd like to think back on my top 4 favorite memories from my time so far.

4. During my process as a Membership Candidate, we had a bake sale as our fundraiser. It ran for about 3–4 days, so we had a lot of baking and selling to do. At some point, I started having nightmares where I was stuck at the table by myself and couldn't leave. Not a great memory, but very memorable.

3. I went to the National Convention in 2019, only 2 months

after I crossed, and was the delegate for my chapter. At one point, I really needed a nap, so I slept outside of Marketplace, which happened to be right near my committee room. I also had three cups of caffeine that morning prior to said nap. I have no shame.



Looking Back (continued)

2. At one point, I was going through a lot. My mental health at that point in my life wasn't the best. Thankfully, I had support from my sisters and brothers to help pull myself out of a very dark place. I didn't fully come out until school started last fall, but my friends were there every step of the way.

1. Finally, while at NatCon 2019, I was attending one of the concerts, and 2 of our brothers didn't have tickets. They were turned around the door initially but stuck around to hold the doors to let people in. Eventually, a host there saw them, and let them in, thinking they were working for the event. The story was relayed to those who made it in, and we died laughing about it.

That last memory has stuck with me the most, although I can't quite explain why. I was still very new at the time, so I guess it holds a lot of meaning because of that. Nonetheless, I'm looking forward to my last semester in the fall. I can't wait to see what will come of it.

> Tau Beta Sigma For Greater Bands, We Will Serve 75 years



Edgar Canales Lambda Chapter University of Arkansas



A JOINT RELATIONS PODCAST

Hey Southwest District! Go check out the newest joint project

between Kappa Kappa Psi & Tau Beta Sigma at the University of Arkansas by searching "Shell Talk" on:

Apple Podcasts

Spotify

Google Podcasts

Breaker

Pocket Casts

RadioPublic



Noah Riley Lambda Chapter University of Arkansas





12

Building Stands for our **Music Department**

Madison Riddle **Epsilon Epsilon Chapter** Southwestern Oklahoma State University

The Epsilon Epsilon chapter of Kappa Kappa Psi at Southwestern Oklahoma State University (SWOSU) decided to donate approximately \$1,300 in order to buy music stands for our music department. In years past, SWOSU's Music Department has been in short supply of this much needed item. Students and faculty would search for music stands before every rehearsal because the total number of stands did not match the number of students enrolled for various ensembles. Because of this major issue, the Epsilon Epsilon chapter decided to purchase and build a new set of music stands to uphold our purposes and further the development of musicianship. This service project brought leadership and brotherhood among our members which resulted in higher attendance for meetings and an eagerness to participate in service events.

Purchasing and building a new set of stands brought joy to many individuals in the SWOSU Music Department. Other organizations used our service project as inspiration to further their purposes and ideals. To this day, we have not heard a complaint from faculty or other students about not finding a music stand

before rehearsal. Although this project seems small, it was a major

accomplishment for our university and chapter. Now SWOSU can continue to make music for many years to come.





Our First In-Person Event!

Katie Long Alpha Chapter Oklahoma State University









Homecoming 2019

Kelly Gage Gamma Theta Chapter East Central University



G

TBS 2020-2021 Haiku

Alyssa Bobalik Psi Chapter University of Arkansas

Expectations : low. Actuality: ok! We survive doomsday.



Alpha Psi Sings the Hymn Virtually!

Alpha Psi Chapter West Texas A&M University

In the fall 2020 semester Alpha Psi was struck with pretty much no projects because of the COVID-19 Pandemic, as we all were.

The idea was brought up of a Virtual Choir where the brothers will sing together virtually via video submissions. With the help of one of Alpha Psi's Alumni Brothers and professor of Music theory, Dr. BJ Brooks aided us in putting together this project. It was very rejuvenating to make music together as a group once again and sing such a beautiful hymn that represents what Kappa Kappa Psi stands for.

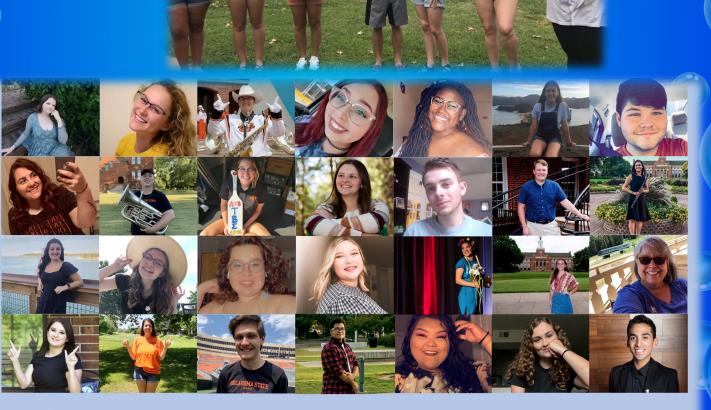
We may have been shut down for our safety, but our ambitions, loyalty, and undying dedication to service still remain in the Alpha Psi Chapter. The publication of this video will be out soon!



Tau Beta Sigma Alpha Chapter Much Love in the Bond

Madison Aquino Alpha Chapter Oklahoma State University





Tau Beta Sigma ~ Spring 2021

18

Relearning Everything

Kathryn Villarreal Epsilon Beta Chapter University of Central Arkansas

Every passing year brings about changes and new challenges that we, the members of the Epsilon Beta chapter, must face, and this year was probably the toughest yet. With the outbreak of the COVID-19 and the fallout from it(Being sent home early Spring 2020, Pivot and online classes, and more)it forced our chapter to relearn how we did everything. While everyone was learning how to operate Zoom or any other online communication platform we also had to figure out how to function as a chapter through our screens.

Starting with meetings, all of them were online in the fall semester and we instantly lost that face-to-face connection, while we saw each other's faces when we talked there was a loss of community. Almost everyone would be muted before we started verses when we would be in person talking up a storm before and after meeting. Next came our online recruitment events, while our VPM and the chapter did their best to have fun and interact it was hard to establish a good connection with the interested members, especially since it is basically limited to one person speaking at a time and some people just didn't feel comfortable speaking when they normally would. Our service projects also became very hard to perform while maintaining proper safety protocol so we couldn't do as much for the band and not being able to serve as much also took a moral hit to the chapter. After all, we do love to serve.

This semester seems to be turning a new page though. We can finally do things in person! We have a lovely Beta Zeta class made up of eight MCs who we see great potential in. There have been a lot of things to get used to while being back in person, such as interpersonal communication. We really are having to learn how to interact with each other face-to-face while maintaining social distancing, and in all honesty, we are also relearning how to just generally communicate with others again. So much was lost when we were online and now we have gained back the fullness of everyone's personality. It can be a bit overwhelming, but we are working through it. We can't just strive for the highest in band and serving, we strive for the highest in everything we do.

Gamma Zeta -Alpha Upsilon Royalty Line Family Tree

Ruben G. Anfoso Gamma Zeta Chapter Lamar University



Sisters in the Unbreakable Bond

Karli Leonard Beta Chapter Texas Tech University













To a Nightingale

Mason Thomas Lambda Chapter University of Arkansas

It feels as if I am Nelson's Sparrow When I run instead of flying. How often it is that I find myself Instead choosing to put my thoughts in writing.

You, however, are a Nightingale And I marvel at your beautiful song. Your music is deliberate and sincere, And to me, you are both magnificent and strong.

I see the best in you, Whether that be fantasy or reality. We could be together, But would it be my imagination or actuality?

Is it even possible? Perhaps I am merely confused. It is unclear whether I am confident Or if my ego is bruised.

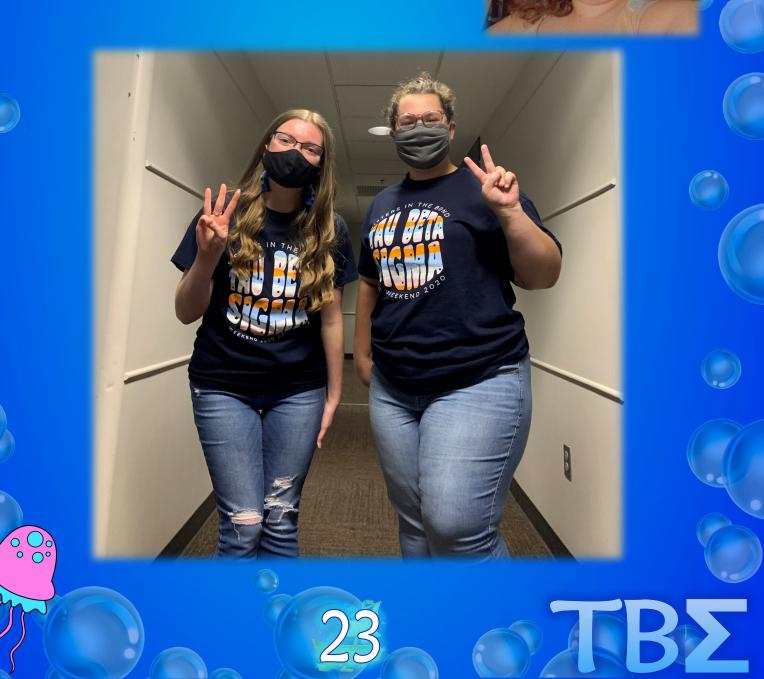
There is so much that I do not know And so much I wish I could say. I just cannot quite find the words To tell you on this snowy day.

But for now, you and I can just be birds As we traverse the sky. Perhaps if all goes well, We will not have to say goodbye.

Goodnight, sweet Nightingale, And I will sing with you again soon. I find bliss, as from my own nest I see, Your grace highlighted in rays from the moon.

My Little and I 💙

Katie Long Alpha Chapter Oklahoma State University



6

Found Family and Inclusion within Kappa Kappa Psi

Andrew Lyle Ryan Alpha Psi Chapter West Texas A&M University

Every LGBTQ+ person knows what it's like to be so far in the closet you're basically choking on moth balls. It's stressful, anxiety inducing, and so claustrophobic that you forget how to breathe. I know I don't just speak for myself when I say that the college band community was one of the first opportunities I had to completely be myself and out of the closet. The connections I made through the university band and ultimately through Kappa Kappa Psi gave me the unconditional found family I needed to learn to be comfortable in my identity.

For two years, I had the privilege of being both a brother in Kappa Kappa Psi and being the president of the Gay-Straight Alliance on our university's campus. During these two years, I got to oversee the everpresent intersection of the music community and the LGBTQ+ community, and the solidarity between the two. I have a lot of fond memories of our GSA group spending our meetings at band concerts, the GSA helping Kappa Kappa Psi with the annual drag show to fundraise for band scholarships, Kappa Kappa Psi brothers helping fundraise for our first all-inclusive annual lavender prom by serving with us at a Panhandle AIDS Support Organization event, and much more. The two communities exemplified the meaning of brotherhood and family.

Personally, the relationships I had built with other LGBTQ+ people in the brotherhood, and the acceptance I recieved day one of freshman year made me feel safer and more comfortable when I later came out as a transgender male. When I realized I needed to change my membership shingle with my old deadname still printed on it from years prior, I received help from my big brother, National President Marco Krcatovitch II (at the time), who had reached out about my experience, AND someone from Headquarters, who upon my first inquiry, had already changed my name to Andrew in the OMRS. Not only was I safe to come out, I was radically accepted. During the time where I was having to hide myself from my family of origin, my found family welcomed me with open arms.

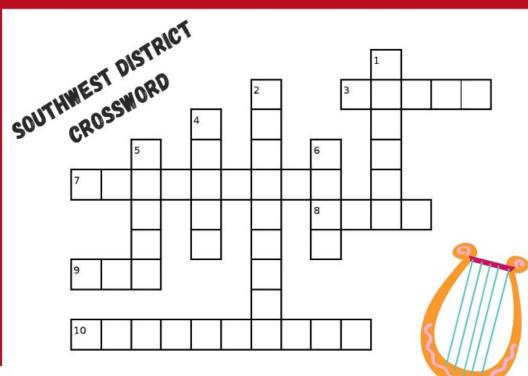
Found family to me means a home away from the brick and mortar, a home found in people built with choice and intention. The camaraderie, the solidarity, and the empathy that we extend to our brothers and communities beyond create a sense of security and safety that can be vital to communities like the LGBTQ+ community where relationships with families of origin can become rocky. It provides a refuge, a safe haven, and a place of growth for everyone when we are able to forge relationships in willful communion and service. I will always be proud to be part of such a family built in love where I was allowed to be myself.

Southwest District Crossword



John Mabry Epsilon Beta Chapter Texas A&M University-Commerce





Down:

- 1. Green plant you can find in the "New" of New Alto
- 2. Smallest state in the Southwest District
- 4. ____ Latifah TBS alumna
- 5. Location of the 2019 Southwest District Convention
- TBS Charter Date: 19_6

Across:

- 3. Wava
- 7. Westernmost state of the Southwest District
- Home of the lota Tau Chapter (the newest addition to the Southwest District)
- 9. Alpha Chapter
- 10. TBS Headquarters: _____ Station

75th Anniversary Word Search

Madelynne West Gamma Omicron Chapter Southwest District Vice President of Membership



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WORD BANK

AEA Armadillo KKPsi MLITB Oklahoma TBSigma A. Frank Martin Bohumil Louisiana MOTS Rose Texas Wava

Arkansas Carnation Lubbock New Mexico Stillwater Turtle

Find the words in the puzzle for TBSigma's 75th Anniversary! The words can go in any direction and can share letters as they cross over each other.





Celebrating TBΣ 75 Years of Service!

On Friday, March 26, 2021, Tau Beta Sigma celebrated our 75th Founders' Day, our Diamond Jubilee. Founders' Day celebrations continued with the installation of three chapters, including Delta Alpha at Langston University. Finally, the night ended with a special edition of the Founders' Day ceremony. The ceremony highlighted the growth of the Sorority and how there is so much more to come in the next 75 years. And at the end, National President Adrienne Rall cheerfully reminded us that the celebrations will continue through the National Convention in July.

To Tau Beta Sigma, may we continue to serve our bands and communities with fortitude, courage, and cheerfulness always.

The New ALTO Crew

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Special Thanks To...

Thank you both for a positive and bright coordination of the New ALTO Newsletter Crew for the year! Your efforts are a great service to both Kappa Kappa Psi and Tau Beta Sigma! -The New ALTO Crew

Destinee Leger SWD Vice President of Special Projects

Serin Park SWD Vice President for Programs

