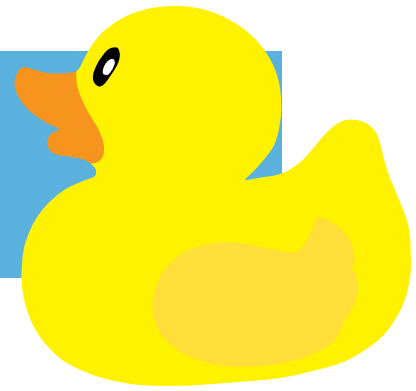


Quick Quacks



hello!

Spring 2013

I would like to start off by welcoming you to our newsletter! I hope that each of you enjoy reading about the amazing events your daughter has participated in through the Spring 2013 semester with Alpha Sigma Gamma. Our purpose is reflected in our motto: "Service Today Shapes a Better Tomorrow." We are firm believers that we can better the community and ourselves by lending a hand to those in need. Through a wide variety of service events, your daughter has made a positive impact on the Kirksville community. We are very proud to have served and continue to serve such a wide variety of organizations and communities. Because of our continued dedication and commitment we were awarded 'The Best Service Organization on Campus' for the 2012-2013 school year! Some of the service opportunities that Alpha Sigma Gamma is a part of include: tutoring at local schools, volunteering at the humane society, street cleaning, assisting at nursing homes, and helping local food pantries. Each of our 160 members are required to do a minimum of 25 hours of service each semester, but many individuals go far beyond the requirement. Currently, we have accumulated almost 5,000 service hours this semester. Thank you for all of your support and we hope to continue to make you proud!

Sincerely,
Allison Beining
President of Alpha Sigma Gamma



Welcome parents and alumni! I have been honored to serve as the Public Relations chair for the 2013 school year. I am always excited to be spreading the word about all of these fabulous ladies and the events we host and sponsor. These articles describe only a few of the many events that Alpha Sigma Gamma has participated in throughout the semester. For a more detailed look at ASG, check out our website at asg.truman.edu

-Erika Holliday
Public Relations Chair 2013

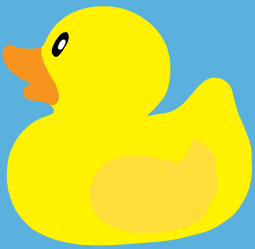
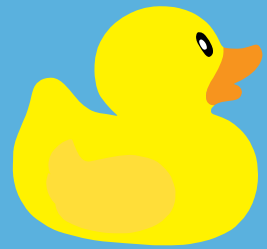
Serving those in need

CJ Hoffman

Alpha Sigma Gamma's year-long philanthropy is the Adair County Family YMCA. The Adair County Family YMCA was elected by the active body last semester, when philanthropies were being changed, as our main philanthropy.

This year Alpha Sigma Gamma hosted a few events to help raise money of the Adair County Family YMCA. On April 6th, an auction night was held in order to raise money for the YMCA's Strong Kids Campaign. The YMCA and ASG believe that every child deserves the opportunity to experience YMCA programs, regardless of financial difficulties their family might be facing. Donations to the Strong Kids Campaign allow the YMCA to provide membership and program assistance to kids and families who might not otherwise be able to afford to pay for. ASG raised over \$250 at the auction night in order to help these families and kids. ASG also hosted a BBQ on the quad of Truman's campus. Hotdogs were sold in order to help raise money and awareness of the YMCA and its mission.

Alpha Sigma Gamma is proud to of had such a successful semester with the Adair County YMCA.

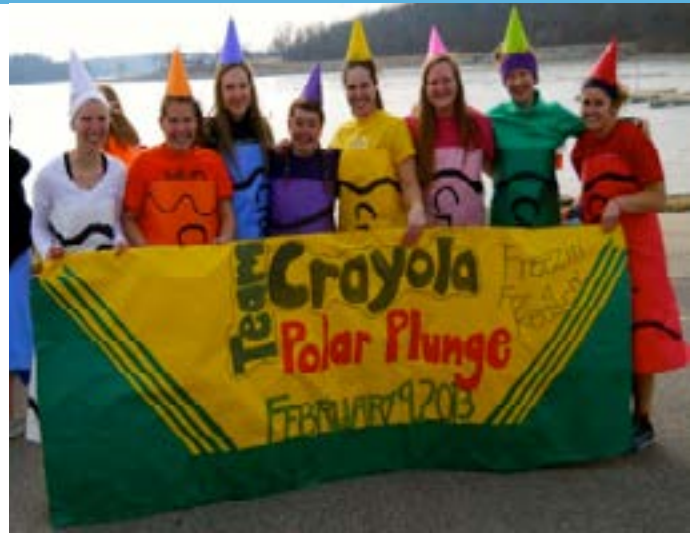


“Live from the ‘Ville, It’s Alpha Sigma Gamma!”

Kristin Struckhoff

This year’s ASG spring rush was yet another successful event in which 30 new, beautiful, and unique sisters were welcomed into the sorority. The event was destined for greatness from the start with its ‘Saturday Night Live’ theme, “LIVE FROM THE VILLE ITS ALPHA SIGMA GAMMA,” which incorporated not only SNL but also comedy as a whole. The turnout was great with over 40 new prospective duckies in attendance.

Rush took place January 29th through the 31st. During the first night, all of the possible pledges along with current actives were assigned small groups with team names based off of famous comedians such as Will Ferrel and Bill Cosby. The groups got to know each other through some fun icebreaker games and the night ended with a brief presentation on what it means to be a part of Alpha Sigma Gamma. Night two of rush was dedicated to service—explaining the large role it plays in the sorority as well as doing a small service project. Every group was given art supplies to craft a beautiful valentine for our elderly friends at Twin Pines nursing home. Finally came day three of rush along with the inevitably intense game of ships and sailors and musical chairs in which everyone bonded over a little friendly competition. The final night also included a trivia game that tested everyone’s knowledge over comedy. Finally, after much anticipation, 30 names were randomly selected and notified about their acceptance into Alpha Sigma Gamma. Overall, PR chair Erika Holliday planned a great Spring 2013 rush, which culminated in the active body excitedly cheering and welcoming their new sisters into the ASG family!



Polar Bear Plunge

Michelle Howard

On February 9th, with an air temperature of 42*, six members of ASG took part in the Polar Bear Plunge. Elizabeth Sutton, Hannah Runez, Katie Mohan, Kaytlin Tippin, Morgan Siebert and I all plunged into the lake at Thousand Hills State Park to raise money for the Special Olympics.

Jumping into 32* water was quite shocking (literally), but was one of the greatest moments of my college career so far. Seeing so many people freeze for such a great cause was heart warming and I could not have asked for better people to be by my side, sharing this chilling experience.

Our team, Color Me Plunge, alone raised a total of \$1,065 thanks to the generosity of friends, family and our fellow sisters. As a team, Color Me Plunge finished third place in donation totals. In total 160 members of the Kirksville community took the plunge and raised a grand total of \$22,550 for the Special Olympics!

Eating Disorders Awareness Week

Becky Radar

February is National Eating Disorders Awareness Month, and Alpha Sigma Gamma took part by once again organizing an EDA Week, with all proceeds going towards out spring philanthropy, Project HEAL (Help to: Eat, Accept, Live). Project HEAL is an organization that recognizes many health insurance companies’ non-compliance to cover rehabilitation and provides scholarships to individuals who need to receive treatment for their eating disorders.

Ashley Albertson and Cait Bladt coordinated the week’s events. On Monday, the documentary Miss Representation was shown, as well as a discussion on the media portrayals of women. The film was an official selection of the 2011 Sundance Film Festival and premiered on the Oprah Winfrey Network. The film deals with the ways in which media effects women’s self-worth and confidence. On Wednesday there was ‘Coffee and Consciousness’, which included an open discussion with Dr. Jane Maxwell of University Counseling Services as well as the second annual ‘Day Without Makeup’, where women across campus were encouraged to get a few extra minutes of well-needed sleep and go ‘au natural’. Thursday night after the weekly active meeting Dr. Maxwell and women from the Kirksville community came to speak to us about body images, as well as how to help those with eating disorders. The main fundraisers for this week included t-shirt sales, an event hosted by Wrong Daddy’s and donations. Thank you to all who participated and to our chairs for planning such a successful week!



Special Olympics

Alex Fowler

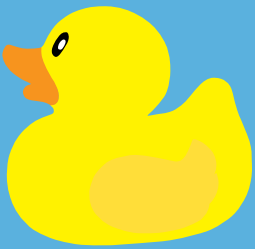
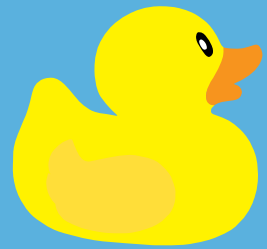
On Saturday, April 20 many ASG girls helped out with the Special Olympics of Northeast Missouri. ASG volunteers helped by being buddies for athletes, working concessions, and booths where the athletes could participate in games and arts and crafts. It was an unforgettable experience for those who participated.

The day started out with the opening ceremony in Pershing Arena. Performances at the ceremony included Sweet Nothings and High Street Dancers, two groups with ASG girls! Awards were given and the athlete of the year helped to carry in the torch. The games began!

The event took place at Stokes Stadium. Many of the volunteers were buddies for the athletes. The buddies and athletes went around to the various events, which included the softball toss, shot put, long jump, and runs and walks for various distances. The athletes did an amazing job at their events! Buddies and athletes could also go around to the different booths in between events. These booths provided arts and crafts and games. There was also a fire truck, police car, and ambulance that athletes and buddies were able to explore. By far the favorite booth; however, was the pie station. Athletes were able to pie whoever they wanted, most of the time their buddy. I saw many ASG girls that day with pie in their hair.

Overall, the Special Olympics turned out to be an amazing experience for both the volunteers and the athletes.





The Big Event

Tracy Cheung

Truman State's annual Big Event took place on Saturday March 23rd, 2013. Big Event is a day where hundreds of Truman students sign up to provide services to the residents in the Kirksville community. Services may include raking leaves, cleaning houses, painting, shelving books, and much more. This is one of the biggest service opportunities that Alpha Sigma Gamma participates in each year. Some of us helped with yard work, cleaned people's houses, assisted the Humane Society, filled eggs at the Aquatics Center, and cleaned people's houses.

My group helped set up an adoption event for the Humane Society outside the Tractor Supply Store. Our job basically was to keep the puppies entertained and warm the entire time. There was a litter of 4-week-old puppies; a litter of 8-week-old beagle and heeler mix puppies, and two young pit bull mixes that were up for adoption. The 4-week-old puppies were shivering, so we kept them in our coats and they slept most of the time. The 8-week-old pups were full of energy and wanted to be constantly played with and held. They whined every time they were placed back in the kennel area; they were precious. Luckily an 8-week-old puppy did get adopted and taken home that day. A 4-week-old pup got adopted also, but has to wait several weeks before he/she can be taken to the new home. This was definitely one of my favorite services that I've done; who wouldn't love playing with puppies for 4 hours? Not to mention it was great bonding with sisters while holding an adorable puppy.

Spring Formal

Mary Kate Benedict

On Saturday, April 6, the women of Alpha Sigma Gamma left Kirksville for an exciting journey to Iowa City for Spring Formal. They stayed at the Sheraton Iowa City Hotel and from 8:00-midnight, danced the night away at the ballroom nearby. Most girls arrived early enough before the dance to eat at restaurants like Buffalo Wild Wings, pubs, and enjoyed other delicacies they don't normally get in Kirksville. Social chairs Jeanette Harris and Anna Sumner were very pleased with the decision to venture to Iowa. "We decided to go there because it was a cheap, fun college town. It ended up being so much fun and I loved getting to hang out with my sisters, dressing up, taking pictures, and doing the Cupid Shuffle, of course," Jeanette said.

After the dance, many girls went to the food carts and continued to enjoy the night after formal was over. The social chairs did a wonderful job planning the event, and the girls who attended had a blast. It was definitely an unforgettable night in Iowa City for the ladies of ASG!



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Service Retreat

Lauren Dendrinelis

When spring came and April showers began to fall, St. Louis was struck by a storm of 86 Alpha Sigma Gamma ducks. Multiple cars piled up with actives and new pledges and after a long day of driving, everyone managed to make it safe and sound at our host family's houses. Although we had to get down to business on Saturday serving the St. Louis community, Friday night was a fun bonding time for all the girls: which always includes food, games, and movies.

As the sun rose on Saturday morning all the ASG ladies left for their three different service activities. About half of our girls went to a homeless shelter in the city to collect donations and to build a vegetable garden. The garden was built to ensure that the residents have access to fresh and healthy food throughout the year. Earlier in the morning a group of our girls volunteered at the Abiding Savior Bubble Run where they cheered and guided cold runners through the race with thousands of bubbles to lighten up the day. And finally the other half of the ASG girls were stationed at different Wal-Mart's around the St. Louis area assisting girl scouts with their April Showers project. Throughout the day thousands of toiletries were donated and dropped off at the April Showers tables to be sent to the local food pantries. We received many generous donations from the community and customers of Wal-Mart. Altogether it was a fun and rewarding weekend where ASG could give back to the St. Louis community.



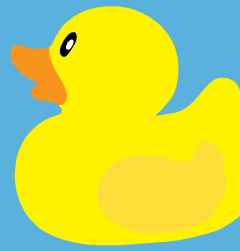
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Activation

Amanda Schwent

On April 26th, Alpha Sigma Gamma gained 30 new active sisters from the Spring 2013 pledge class. This past semester they've spent a lot of their time getting to know each member of the sorority, attending active meetings, learning about all the ins and outs of ASG at pledge meetings once a week, and completing over 350 hours of service. The sorority held a ceremony to fully initiate the pledges by presenting each of them with certificates and their official active name pins (which are a really big deal!). The girls then joined with their ASG families and eat a buffet-style meal chosen by the pledge class. Many of the actives were really impressed by the food choices, especially the taco bar. Laughter filled the air as the new active members opened the gifts from their bigs - let's just say there were plenty of rubber ducks to go around! The new actives showed off their new letters, wearing them proudly in pictures with their pledge sisters and family members. Wearing the Greek letters of Alpha Sigma Gamma is a privilege that only fully-initiated active members receive, so you can bet the girls were super excited to finally get to wear them! Celebration continued with a Disney-themed get-together later that evening. Characters such as Snow White and the Seven Dwarfs, Cinderella and her evil step sisters, animals from the Lion King, and of course the infamous Mickey Mouse gang made an appearance that night. Overall, it was a night to remember, especially for this mighty pledge class that survived the semester, as well as their proud Pledge Educators, Claire LaMarche and Karen Kendrick. Congrats, Spring 2013! The ladies of Alpha Sigma Gamma can't wait to see what all you bring to the sorority these next few years.





we say hello to some

Spring 2013 Pledge Class

Savannah Bean
 Anna Becker
 Alora Bauer
 Alli Berry
 Alicia Campbell
 Haley Casper
 Erin David
 Nicol Davis

Jessica Detert
 Rachael Diericks
 Ronnia Estes
 Tori Gambino
 Amber Gaumer
 Jessie Gilmore
 Lauren Grote

Kaitlin Hallahan
 Mayra Garcia Hernandez
 Becca Hill
 Amy Lamb
 Carolyn Malkmus
 Lindsey McDaniels
 Chelsea Means

Erin Nyquist
 Jen Preusser
 Katie Richards
 Czerina Rivera
 Neesa Ross
 Hannah Runez
 Kelsey Spenser
 Olivia Warner



and goodbye to others

Spring 2013 Alumnae

Stephanie Agre
 Cait Bladt
 Susan Burk
 Tracy Cheung
 Emily Claytt
 Clara Dahmer
 Emily Daniels
 Ashley Delany
 Jessica Flieg
 Alex Fowler
 Megan Funke
 Rebecca Gingrich
 Tu Ho
 CJ Hoffman



Kathryn Hogan
 Stephanie Huynh
 Meghan Martin
 Sam Munzer

Meghan Newton
 Becky Rader
 Sara Rasmussen
 Maegan Rathmann

Lyndsey Redel
 Amanda Schwent
 Jessica Sheets
 Rosie Strawhun
 Gretchen Sun
 Meagan Thomas
 Julie Varriano
 Millie Vazquez
 Rachelle Wales
 Kali Weidenbenner
 Megan Zelhart
 Marika Zhuchenko