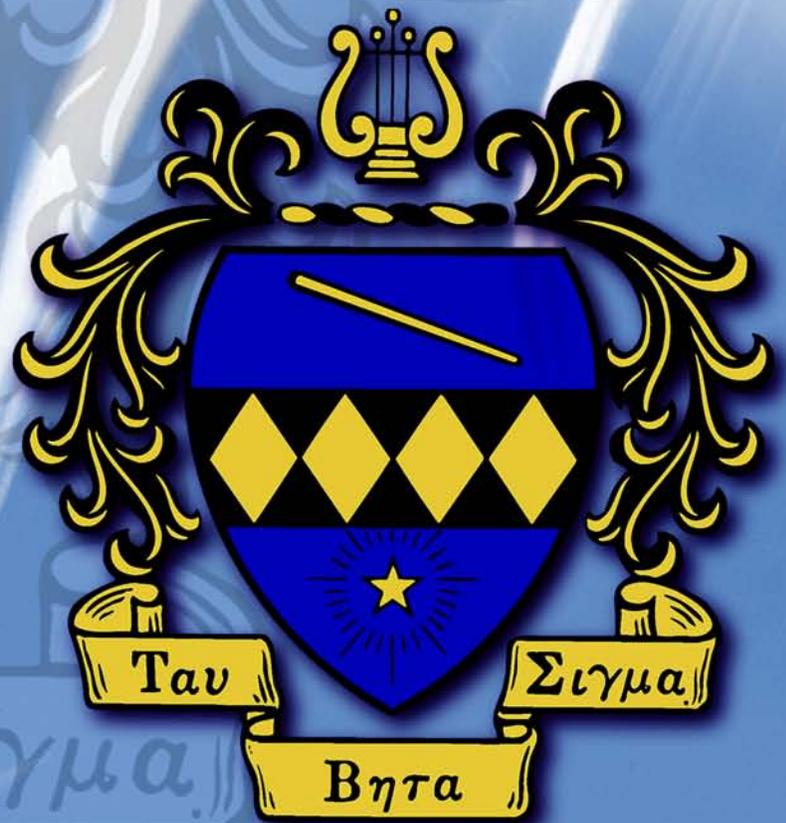


MIDWEST DISTRICT NOTES

KAPPA KAPPA PSI - TAU BETA SIGMA

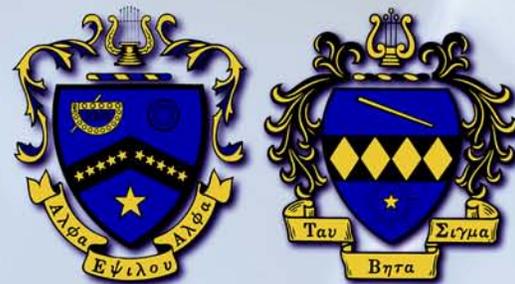
POST-CONVENTION EDITION
PUBLISHED JUNE 1ST, 2010



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Letter from the Editor

Greetings!

This post-convention edition of Midwest Notes includes two articles, one about Kim Davidson, an outstanding new member of the Eta Zeta chapter, and another about staying positive from the district President. Enjoy them both and enjoy your summer!

Chad Nelson

Kappa Kappa Psi

Iota Omega - Iowa State University

Kim Davidson:

Outstanding New Member

Since becoming an active member of Kappa Kappa Psi, Kim Davidson has been very **active**. Within the band setting, Kim led the mellophones as section leader. She was always prepared and enthusiastic. With her music education background, she greatly improved their sound, making them one of the more prominent sections in the band. On game days, Kim went above and beyond by playing in one of the pep bands before games. Also, during half time, she was always seen helping clean up the band's halftime meal trash. After reluctantly throwing away so many plastic bottles, Kim undertook a recycling project. She took personal responsibility to see that hundreds of water bottles made it to the recycling center after every game. In a concert band setting, Kim has played in the top ensembles consistently as well as in Horn ensemble. She excels in every area.

Although it seems impossible to add to her list of activities, Kim is also extremely involved in the community. She has been a Music Mentor to a boy in elementary school for two semesters now. With this program, she gives him free lessons weekly. Her patient and always optimistic attitude makes her a perfect lesson teacher. Kim is also our Relay for Life team captain and led our team with \$400 in donations so far. Currently, we are the top team at KU, which is a result of Kim's diligent efforts and

encouragement. Another weekly community program Kim invests time in is Natural Ties. This program matches members of the community with disabilities to different campus organizations. We have two ties—Chrissy and Ross. Kim has strong relationships with both of them.

Lastly, Kim has had a huge impact on the chapter. She is in good-standing with nationals and exhibits all the qualities a brother should. When a job needs to be filled, she steps up for the task. An example of this is her participation in SOMGA (a group comprised of members of the Greek organizations in the KU School of Music). Not only did Kim volunteer to be the representative for our fraternity, but she is also taking the lead in planning a formal ball social event for all of the chapters. Kim is also committee chair of the Awards Committee, and works constantly to recognize the talents and service of others. She is such an asset to our chapter, and although she would never ask for recognition of everything she does, recognition is due.

Ann Gorsuch

Kappa Kappa Psi

Eta Zeta President

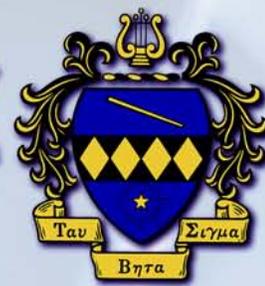
“Self, we’re going to be POSITIVE!”

Dr. Belva Prather is the director of the Missouri State University Wind Ensemble, and one of her favorite phrases is, “Positive is powerful, but so is negative. That means you have to be twice as positive as negative.” Now think about this for a moment, and you’ll see the truth of it. In our personal, professional, and fraternal lives, it is so easy to get run down. We get stressed in one area, and it takes down both of the others, but, unfortunately, it takes more than just a B on a paper to give most of us a good day. So how do we learn to have faith in ourselves and keep a positive attitude when it seems like no one will come to the

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fundraiser or that the service project won't turn out like we thought it would?

It starts with pure determination. Tell yourself, "Self, it's going to be OK. We can do this!" I dare anyone to say that 50 times and still be negative. Repetition is the key to learning, and if someone is told positive things repeatedly, even if it's you telling it to yourself, that person will start to believe it. It works even better when brothers and sisters say good things to each other. Try saying something funny or positive at the beginning of every encounter you have with another person. Remember, negative spreads easier than positive, so make a point of saying twice as many positive things (whether it's to yourself or someone else) in a day as negative things. I'm not saying to completely bottle up the negative, because venting is a good thing, but work on consciously saying and thinking positive things.

Step two is a little harder. Don't sweat the small stuff. For perfectionists like me, it is often difficult to see what the small things are, because everything is important and has to be just so. This is where the support of brothers, sisters, and colleagues comes in. Other people can help put life in perspective. They do not have the emotional ties that can weigh you down, so listen to the advice of others. A good friend will tell you when to let something go. Choosing which projects deserve to be fretted over and which ones aren't worth it will help cut the negative out and allow for more positive to come in.

Starting a 100% positive attitude is not easy. It will take determination and support. When you feel disappointed, say to yourself, "It was a good try, damnit," and then pick yourself up and try something else. Remember, as brothers and sisters we are stronger than as individuals, so have faith that as a chapter you will succeed.

Maggie Greenwood
Kappa Kappa Psi
Midwest District President