

# THE SHIELD

O F P H I K A P P A P S I



SUMMER 2019

VOLUME 140 • ISSUE 1

# HEALTH

## INSIDE:

- The heart of the matter
- Adulting 101:  
Tips for facing the real  
world after graduation
- What I would tell my  
younger self





# THANK YOU, BROTHER PRICE

*Sharing life's journey with Brotherly love, respect and laughter*

**"There is no cure, there is no recovery."**

With those words, Brother S.W.G.P Shannon Price tendered his resignation as President of our Fraternity to the Executive Board. This decision was made in the horrible aftermath of his battle with colon cancer.

What do you say? What do you do? We sat on the call quiet, speechless. This isn't covered in the manual, or the Ritual. We told Brother Price we loved him, and we are praying for him. With all the chaos and uncertainty and seemingly endless news stream of terrible things in the world, "thoughts and prayers" seem so hollow.

I first met Shannon in early November 1989, as a rushee to the Alabama Alpha house. He invited me to a basketball game, and I remember half a dozen or so of us walking across campus to the game. I thought it was a REALLY BIG DEAL a fraternity president invited me to do anything. His invitation is something I will never forget. It is something he probably doesn't remember, or quite possibly regrets.

Shannon was always the leader. He was GP of our chapter. He was at the podium for virtually every Founders' Day I can remember. At the 2004 Grand Arch Council in San Diego, while solving all the world's problems at the bar at the U.S. Grant hotel, Mark Moore told me and Freddie Stakes, Shannon would one day be S.W.G.P. We all heartily agreed. Shannon stood at the juke box and expressed joy that it had Johnny Cash on it, oblivious to our conversation, but shortly thereafter started being appointed to various committees which would see him eventually elected S.W.G.P. There is not an Alabama Alpha Phi Psi who is more respected or revered than Shannon Price.

Now, I'm following Shannon. I will not fill his shoes. And one month later, I still don't know what to say but, I know what to do. Shannon told me "the best thing about his cancer, is I probably saved Casselman's life". Brad Casselman was my roommate at the Alabama Alpha house. Brad Casselman was a groomsman in my wedding, and I in his.

Brother Casselman was having issues 'down there'. Shannon firmly told Brad to get a colonoscopy. When Shannon talks, we listen. Brad got a colonoscopy. Brad had problems. Serious problems. A few weeks ago, he had 10 inches of colon removed. His doctor told him, had he waited three years, they'd be having a different conversation. Brad Casselman's life was saved because of Shannon Price.

Can you do anything for Shannon? Yes. You can. Get a colonoscopy. Are you over 45? Get a colonoscopy. Notice a change in your 'poo'? Get a colonoscopy. Is your stomach upset too often? Get a colonoscopy. Blood in your stool? Get a colonoscopy. Do it.



Secretary Marc Dumas (*DePaul '93*), Vice President Bob Marchesani (*IUP '79*), President Shannon Price (*Alabama '88*) and Treasurer David Moyer (*Alabama '91*) as the newly elected national officers at the 2018 GAC in Las Vegas.

I recently read an article about what cancer patients want most. Laughter was one of the top responses. I know Brother Price enjoys a good laugh as much as the next guy. If you want to help, snap a quick picture of you and your "GoLightly." Send it to Headquarters. We will make sure Shannon gets them. You will get the joke after one sip. Trust me.

Shannon Price loves Phi Kappa Psi. Shannon Price loves his brothers. Brotherly love truly animates his every thought. Do you want to do something for Shannon? Get a colonoscopy — take a picture.

Shannon Price, this Fraternity loves you, our brothers love you, and I love you.

In the Bond,

A handwritten signature in black ink, appearing to read "D. Moyer".

David S. Moyer (*Alabama '91*)  
National President of Phi Kappa Psi

## Get a colonoscopy. Do it!

Check out these resources to learn more.

- **Know the risks.** <https://standuptocancer.org/coloncancer>
- **Get screened.** <https://www.npr.org/2018/05/30/615166384/get-screened-earlier-for-colon-cancer-urges-american-cancer-society>
- **Get behind a cure.** <https://fightcolorectalcancer.org/>

# EXECUTIVE COUNCIL APPOINTS NEW S.W.G.P. AND A.G.



Moyer

The Executive Council (EC) has appointed David Moyer (*Alabama '91*) as the 67th S.W.G.P. (National President) of Phi Kappa Psi Fraternity, effective until the 2020 Grand Arch Council. His appointment followed the resignation of former President Shannon Price due to health issues. Moyer previously held the office of Treasurer. Following this restructure, Burns Davison III (*Iowa State '79*) has since been appointed to fill the role of Treasurer on the Executive Council.



Davison

Senior Director | Corporate Counsel at IT distributor SYNEX Co., Davison is a skilled business developer with extensive experience in crisis management, conflict resolution, negotiation, and all aspects of insurance. He is a proud parent of two Iowa State graduates and four aspiring collegians at College of Charleston, The Honors College at South Carolina, Davidson College and Florida State University.



Wheeler

Phi Kappa Psi is also pleased to announce that Christopher M. Wheeler (*LSU '01*) recently has been appointed as Attorney General, a position he will hold throughout the biennium. Wheeler is a shareholder attorney with Framework Law Group PC in Los Angeles with a practice focused on business, risk management, and intellectual property issues in the entertainment, creative services, and consumer products industries. He has provided counsel to social media personalities, an international sports megastar, and the largest electronic music festivals in the world.

## Shield Scavenger Hunt - Read to Win!

After reading this edition of *The Shield*, answer three scavenger hunt questions correctly using this form and be entered into our prize giveaway sweepstakes!

<https://phikappapsi.wufoo.com/forms/q1u6exii0oshbt5/>



# THE SHIELD



O F P H I K A P P A P S I

### Send pictures, story concepts to:

Email: [shield@phikappapsi.com](mailto:shield@phikappapsi.com)

Mail: The Shield  
5395 Emerson Way  
Indianapolis, IN 46226

Call: (317) 632-1852 | (800) 486-1852  
or ask for the Editor of *The Shield*

### Send address changes to:

Email: [membership@phikappapsi.com](mailto:membership@phikappapsi.com)

You also may contact *The Shield* using the above information. Your update may not occur immediately.

### Send notices of deaths to:

Mail: Phi Kappa Psi Fraternity  
ATTN: Chapter Eternal

Email: [membership@phikappapsi.com](mailto:membership@phikappapsi.com)

Call: (317) 632-1852 | (800) 486-1852

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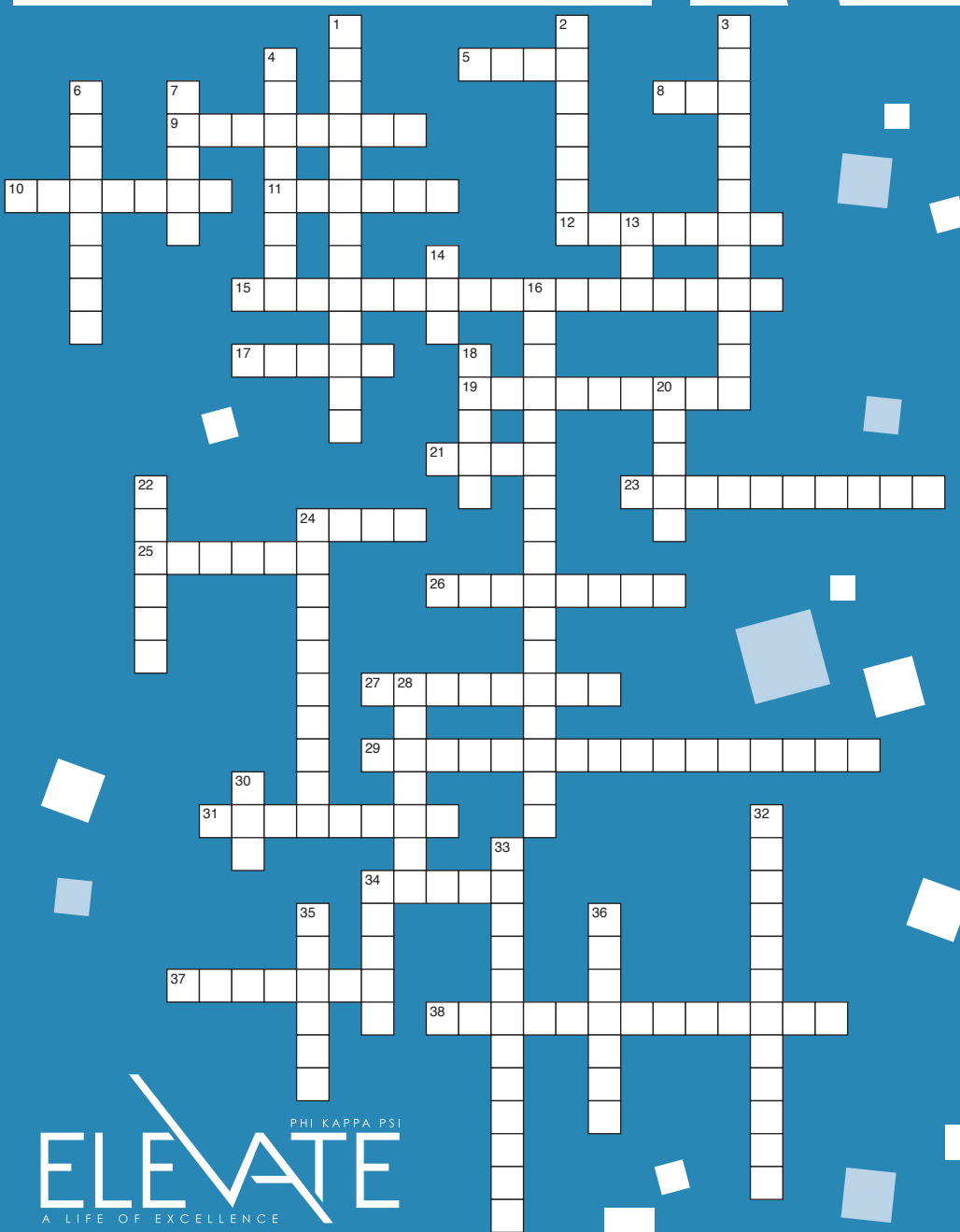
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# ELEVATE your brain health

Did you know crosswords can improve your mood, reduce your stress, enhance your problem-solving skills and keep your brain sharp? Try your hand at this puzzle focused on health terminology and Fraternity health and wellness programs.



## DOWN

- 1) A device that delivers an electric shock to the heart to restore normal rhythm
- 2) Any process that requires oxygen; also describes a form of exercise
- 3) December 1
- 4) A simple sugar found in corn syrup, honey and many sweets
- 6) American Heart Month
- 7) Shinbone
- 13) Type of cholesterol that contributes to fatty buildups in arteries
- 14) One of the three major nutrients, along with carbohydrates and proteins
- 16) Weekly Instagram feature on health
- 18) Testicular Cancer Awareness Month
- 20) A temporary pause in breathing during sleep
- 22) Harmless; often used to refer to a tumor that is not cancerous
- 24) A substance that kills or slows the growth of bacteria
- 28) Fraternity's health and wellness initiative
- 30) Mental Health Awareness Month
- 32) Known as the "silent killer"
- 33) Foundational education all new members should complete
- 34) During these many seconds a day, one American will have a heart attack (or stroke)
- 35) The removal of a small piece of tissue from the body for examination
- 36) An immune system reaction to something that is normally harmless

## ACROSS

- 5) The basic unit of material that passes traits from parent to child
- 8) Abbreviation for cardiopulmonary resuscitation
- 9) The body's ability to resist infection and disease
- 10) Any condition that lasts a long time or recurs over time
- 11) A hardened layer of plaque that builds up on teeth
- 12) The unit for measuring the amount of energy in food
- 15) Chapter chair who oversees local implementation of ELEVATE
- 17) Age men should talk to doctor about prostate cancer
- 19) Pertaining to the lungs
- 21) One in these many US adults have a mental health struggle each year
- 23) Most common cancer in young men
- 24) Program designed to critically examine drinking patterns
- 25) A nerve cell
- 26) Phi Psi Participates in this annual men's health campaign

- 27) State of optimal health
- 29) Mental health program chapters can receive
- 31) Relating to blood vessels and circulation
- 34) Thighbone
- 37) A state of physical, emotional and mental exhaustion
- 38) Holistic model used to look at wellness

Puzzle solution can be found on Page 23 and online at [phikappapsi.com/phi-psi-blog/](http://phikappapsi.com/phi-psi-blog/)

**ELEVATE**  
A LIFE OF EXCELLENCE  
PHI KAPPA PSI



# WE NEED YOU!

## HEY! What's the big idea?

That's what we'd like to know, too. Do you think *The Shield* is missing something? Have a story idea you'd like to bring to our attention? **We need feedback** from brothers so *The Shield* can continue to grow and improve. Head to the Phi Psi News webpage to **take the survey**, or give us a call!

## That's YOUR business!

In an upcoming issue of *The Shield*, Headquarters staff will publish a **Phi**

**Psis in Business** feature. We

want to showcase members who own or operate a business. If interested in being listed and

possibly featured, email

Marketing Communications Manager

Mary Welch at [maw@phikappapsi.com](mailto:maw@phikappapsi.com).

You may also visit the opportunities section of [phikappapsi.com](http://phikappapsi.com).

**OPEN**  
for **BUSINESS**

C'MON, BROTHERS!  
TALK TO US ... WE REALLY  
WANT TO HEAR FROM YOU!

## Need a creative outlet?

Maybe you need to add a few freelance pieces to your portfolio? Let us know! **We are looking for members who would like to volunteer their creative writing skills** to *The Shield*. Let us know by contacting Marketing Communications Manager Mary Welch at [maw@phikappapsi.com](mailto:maw@phikappapsi.com).



## Phi Psi News

Want more of *The Shield*? **Join our digital mailing list** to receive articles, member blog posts, featured videos, photos, and more! Subscribe by visiting the Phi Psi News Page on the website.

## Make an IMPACT

Educational and leadership programming is funded in part by your donations to the Phi Kappa Psi Foundation. Visit [pkpfoundation.org/make-an-impact](http://pkpfoundation.org/make-an-impact) to make your investment in the future of Phi Kappa Psi today.





## Staff Directory

Phi Kappa Psi Fraternity is governed by elected and appointed officers who serve as volunteers. The Fraternity's daily affairs are administered by its professional staff. The Phi Kappa Psi Foundation, The Permanent Fund of the Phi Kappa Psi Fraternity and The Canonsburg Corporation are each administered by a board of volunteer trustees.

### Fraternity Staff

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Richard Starr (*Ohio State '65*)  
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<b>Secretary/Treasurer</b> Bruce A. Jackson ( <i>Case Western '70</i> )	
	Email: trustee@pkpfoundation.org

# CHECKING IN WITH THE PHI PSI COLONIES

As Phi Kappa Psi works to expand its footprint across campuses nationwide, colonies have been working hard to gain their official charters. Read below to see what they have been doing.

## Arizona State University



Members of the ASU Colony celebrated Founders' Day by volunteering at their local recreation center.

This group also raised \$398.84 for the Movember Foundation during the Fraternity's annual campaign.



## Texas A&M University

Texas A&M University is home to the largest student-run service event in the nation. The Big Event, which was launched in 1982, aims to give back to members of the residential community. Each spring, members of the Texas A&M Colony come together with their fellow peers to complete service projects around town for one full day.

## University of Missouri Colony

During the 2018-19 academic year, the University of Missouri Colony has been focused on increasing their GPA to a 3.0. Scholarship Chair Luke Brooks even implemented an app that allows current and new members to keep track of their study hours and help the brothers hold each other accountable. The colony has also fostered great relationships with other Greek organizations on campus through philanthropy and service. During the fall semester, the colony hosted an event with Theta Chi that raised over \$10,000 for the United Service Organization. They are also consistent contributors to Zeta Tau Alpha's service events, which benefit breast cancer patients.

## Illinois State University

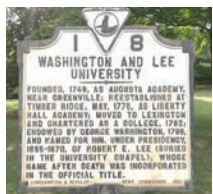
The brothers of Phi Kappa Psi's Illinois State University Colony are working hard to cement themselves as an outstanding group on campus. They are focusing on academics while they recruit members by requiring a higher GPA than their fellow Greek organizations on campus.

"We want to recruit members that not only meet the national organization's standards, but also our own personal standards we are seeking to achieve as a colony," Colony President Luke Weissman said. "So, we are accepting new members who have a 2.7 GPA or higher. This is very achievable, and we want to show the younger members that school comes first."

Each member of the colony completed 30 hours of community service during the spring semester, which they fulfilled at the Boys and Girls Club of Bloomington, Illinois.

## Washington & Lee University Colony

Founded in 1749, Washington & Lee University is the ninth-oldest higher education institution in the United States.



The Washington & Lee University Colony boasts a Chapter GPA of 3.44. This chapter has high academic standards, and members are among the best of their peers.

"Two of our members, Hashim Syed and Andrew Aggripina, are Fulbright Semifinalists," President Henry Trammel said. "Andrew hopes to go to Spain to teach elementary school kids English, and Hashim hopes to help conduct research on how certain strains of hepatitis C have developed or will develop a resistance to antiviral treatments available."

## Towson University Colony



The Towson University Colony recently had three members participate in the PIVOT Nelson Leadership Institute hosted by the Phi Kappa Psi Foundation in Orlando, Florida. From left to right: Rich Withers, Adam Berger, and Brendan Traub.

The brothers celebrated Founders' Day 2019 with alumni from across Maryland, the Charm City Alumni Association and fellow undergraduates from Maryland Alpha.

## James Madison University

Every semester brothers of the JMU Colony gather to participate in a street cleanup on Vine Street in downtown Harrisonburg, Virginia.

"This event allows us to not only alleviate increasing litter problems within the Harrisonburg community, but also allows the brotherhood to bond. We look forward to continuing this tradition in our colony, as well as to expand our service while we continue to grow," Chapter President Timothy Duke said.



# WHAT'S NEW?

KEEP PHI PSI IN THE LOOP WITH NEWS FROM YOU.  
EMAIL US AT [INFO@PHIKAPPAPSI.COM](mailto:INFO@PHIKAPPAPSI.COM)

## Indiana Beta Brothers Reunite



During the Indiana Beta re-chartering in February (pictured below), the class of 1969 held a 50th Pledge Class Reunion. Pictured above are those who were able to attend. **Front row (left to right):** Art Schlemmer, Sam Baldoni, Bruce Gibson, Kent Agness **Middle row:** Jim Gerard, Bill Whitaker, David Young, Rex Craig, Paul Coulis **Back row:** Stu Rhodes, John Ross, Bert Dovo, Mike Monahan, Jim Mohr

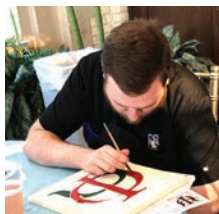


## National Week of Service

The Fraternity's maxim, *The Great Joy of Serving Others*, is fundamental to who we are. Though participation in meaningful service work year-round truly makes a difference, Phi Kappa Psi members dedicate in April to give back in a collective capacity during National Week of Service (NWOS). Chapters, colonies, and alumni associations alike were all encouraged to partner with local nonprofit organizations to volunteer at facilities that work to address and eradicate poverty. Food insecurity is result of systemic poverty that affects nearly every community. To support NWOS, Phi Kappa Psi Headquarters staff volunteered at Second Helpings, a local community kitchen dedicated to food rescue and distribution.



## Creative Philanthropy



In May, Phi Kappa Psi Fraternity Headquarters hosted a Sip-and Paint Party for staff and friends. A portion of the proceeds were added to the Staff Experience Committee's philanthropy fund,

which currently totals more than \$550 for the year. The committee's ongoing fundraiser, PhilanthroTees, generates collections from staffers who pay \$5 to wear jeans and T-shirts on designated Fridays.

Donations to this fund will not only benefit two local charities, but also will add to Headquarters' total collected for November.





# SERVICE IMMERSION TRIPS

Introduced in spring 2019, the Service Immersion Trips gave 26 undergraduate Phi Psis the opportunity to do something different with their spring or summer break by participating in Phi Psi's first ever week-long service experience. Two trips took place: March 24-30, 2019 in Denver, Colorado, and May 12-18, 2019 in Twin Cities, Minnesota. During each trip, student attendees worked with local nonprofits who focus on providing daily relief for the impoverished as well as creating long-term sustainable solutions to break the cycle of poverty. In addition to participating in these hands-on service projects, the students also heard from a variety of speakers, engaged with local alumni, and explored the city and its culture.



"Phi Psi not only allowed me to **learn more about service and poverty**, and how to take ideas back to my own community, but also allowed me to **connect with fellow brothers** across the nation. Spending a week with these other men really made me aware that we all have the same values and beliefs, to **do good in the world.**"

– Glenn Southerland (Akron '16)

Continued



In its inaugural year, the Service Immersion Trips program was honored as a recipient of the 2019 Laurel Wreath Award from the North American Interfraternity Conference (NIC). Laurel Wreath Awards are given to individuals or groups in recognition of their unique programs, community outreach, or influence within the fraternal world. Phi Kappa Psi is extremely proud of being recognized with this award for the third year in a row, with previous recognition for the ELEVATE Health & Wellness program in 2017, and the Professional Development Conference in 2018.





“The whole purpose of the trip was to truly understand poverty and learn what we can do to prevent it. I’ve learned that **poverty can be broken down into three main components: lack of food, lack of shelter, and lack of education.** Each of the nonprofits that we worked with emphasized a different component of poverty. So **by the end of the week we were able to experience all three** phases of what it takes to fight poverty at the community level.”

– Troy Barnes (Oregon State '17)

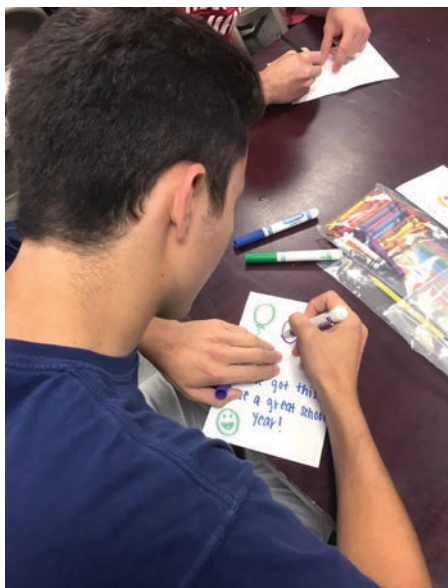






“I want to show the brothers in my chapter how enjoyable and rewarding it can be to **work together** and help others. I want to do more work in the community and do what I can to **decrease poverty** and make a **positive impact**. It is hard to describe how much I enjoyed every aspect of this trip, from meeting new people, to learning and discussing how nonprofits and poverty interact, and just having experiences that I would not be able to have without being a **Brother of Phi Psi.**”

– Alex Swankoski (Rutgers '17)



“Leaving this trip I gained a true understanding of poverty, an idea of the role I play in fighting to end it, and a want to continue the work in my own community.”

– David W Richards (UL Lafayette '18)

Continued





“Each non-profit gave us an idea about why they do what they do, who they support and how they feel that their impact is being felt. After our work for the day was done we did a reflection. These reflections were **powerful roundtable discussions about what we saw, how we contributed and why the non-profits work was important.** These were honestly my favorite part of the trip because instead of just joking around and doing labor, we had very educated and constructive discussions.”

– Gavin Kim (Oregon State '17)







# 80TH GRAND ARCH COUNCIL

AND THE 100TH ANNIVERSARY OF THE ORDER OF THE SC

**JULY 13-18, 2020**

MINNEAPOLIS HILTON

# MINNEAPOLIS

# Survey Says ...

## Alumni weigh in on top health concerns

by Andrea Kleekamp, Director of Health and Wellness

In 2017, Phi Kappa Psi alumni had the opportunity to share their thoughts on health and wellness through an email survey.

Members were asked to identify the top three health-based concerns for their age group (defined as +/- 5 years of their current age). Across all ages, the top five health concerns mentioned were:

1. Heart Health
2. Weight
3. Cancer
4. Fitness and Exercise
5. Diet and Nutrition



Concerns listed align with a Cleveland Clinic study where 44% of men were most concerned with preventing a heart attack, 42% were concerned with preventing cancer, 24% were concerned about weight gain, and 23% were concerned about having a stroke.

All of these top concerns are connected to physical health and all can be impacted by personal choices, for better or worse. Sometimes, it may seem as if there is nothing that can be done to help avoid negative health consequences like a heart attack or a stroke. But, the good news is there are many ways to help reduce these risks. Most of the time, it requires changing an unhealthy behavior into a healthier one, or breaking a bad habit. There are several different strategies and tips to help make behavioral changes more permanent. One popular model from the public health world is the Stages of Change or Transtheoretical Model (TTM). This cyclical model focuses on the ideas that behavioral change doesn't happen overnight, and it sometimes will take a couple of tries to make the change stick. It also requires a level of determination and maintenance to make it long-lasting. TTM has five stages: Precontemplation, Contemplation, Preparation, Action, and Maintenance. Use the example of trying to reduce or eliminate soda consumption to understand what each stage entails.

➤ **Precontemplation:** I drink soda regularly and have heard that there are some negative health concerns, but I don't consider them big enough to change my habits. I have no intention of stopping or

changing my habit. Without a raised concern for my health, I will not move to Contemplation.

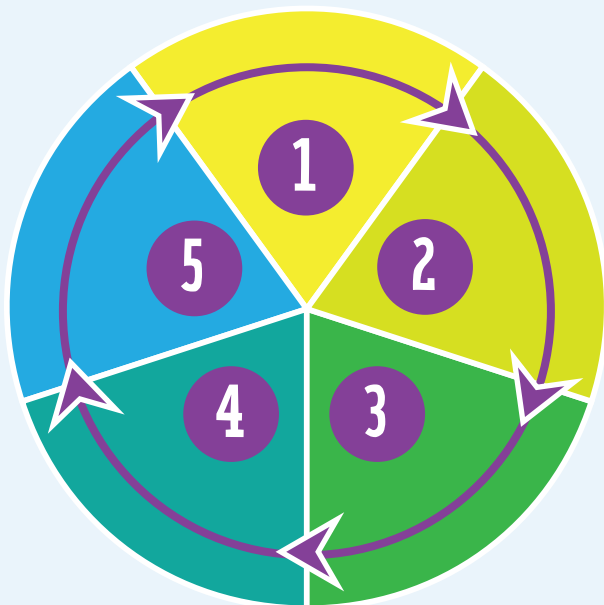
- **Contemplation:** I drink soda regularly and something has highlighted the negative health concerns to the point that I start to consider changing my habit. I may decide to change my habits given additional information or a higher concern for my personal health. I may stay in Contemplation stage for a long time before moving to the next stage.
- **Preparation:** I'm committed to changing my soda drinking habit in the near future. I am currently deciding what my actual goal is (reduce consumption vs complete elimination), exploring different steps I can take to help make myself successful (getting rid of soda in my fridge), and telling others about my intentions so they can support me and hold me accountable.
- **Action:** Time for the big leap! It's Monday and I've committed to reducing my soda consumption to only 1-2 servings per week. I've already removed the leftover soda from my fridge and have replaced it with sparkling water. I've also identified a few other beverage options I can lean on instead of soda when I am dining out, including iced tea (unsweetened) and club soda. For the first couple of weeks, I use an app to record my beverage consumption to help keep track and maintain accountability.



► **Maintenance:** Over a longer period of time, I may experience a few slip ups, but I work to get back on track to my original goal. Over time, the new habit will become the norm, and I can take time to reflect on whether I want to stay where I am and maintain, or if I want to make a new goal, in which case, I'll start the process over from the Contemplation and Preparation stages.

Phi Kappa Psi has one of the greatest resources to support health – Your brothers! The men you have come to know through your membership can both help and support you with wellness goals.

However, this is an incredibly untapped resource. All too often, we don't ask brothers or other people for help or to hold us accountable when it comes to health and wellness. The Movember Foundation reports that “70% of men say their friends can rely on them for support, but only 48% say that they rely on their friends.” In other words, we're here for each other, but don't ask each other for help.



- 1 Precontemplation**  
No recognition of need for or interest in change
- 2 Contemplation**  
Thinking about changing
- 3 Preparation**  
Planning for change
- 4 Action**  
Adopting new habits
- 5 Maintenance**  
Ongoing practice of new, healthier behavior

You may be hesitant to let a brother know about a change you want to make in your life or a struggle you are dealing with, but overcoming that barrier can unlock a huge reservoir of help. Consider how you could leverage this resource when implementing a gym routine:

- **Support:** Trying to go the gym more often? Maybe a brother can help encourage you and give you tips on working out that he has used. Maybe one of them knows a couple of trainers and can get you a good deal. You never know until you ask.
- **Accountability:** We can all benefit from someone to keep us on track and call us out when we're not making progress. Brothers can help with that, too. Ask them to check in with you to ensure you're meeting your weekly goals. If they notice you've gotten off track, they can remind you of the commitment you've made and goals you've set.
- **Solidarity:** Have a hard time going to the gym by yourself? Find a couple buddies who can go with you at different times during the week. Initiating this may even help give other brothers the extra push they've needed to start changing their habits.

As a brother noted in his response to the survey, being there for a brother can mean so much. “For the older guys, socialization becomes more important as friends die. Contact with younger people often brings joy. I know a 93-year-old brother whose wife has Alzheimer's disease, and I sense he's feeling alone. He has outlived most of his chapter brothers as well. But, he has given so much! Undergraduates sometimes ask alumni if they'll visit them, but the reverse is rare.”

Just like a lot of other things in life, our health is very personal. Many of us don't like discussing it, but that also makes it hard to recognize the similar health issues many others are dealing with. Instead of trying to get healthy and change health habits by ourselves, consider tapping into the awesome resource Phi Kappa Psi has provided in your brothers. Ask for help, support and accountability, and be there for your brothers when they ask for the same. Together, the members of Phi Kappa Psi can help each other live long and healthy lives.

## Resources

Want to build your knowledge about yourself? Check out these great resources!

- **Movember Foundation:** The leading charity for men's health, they raise awareness and provide education around the biggest issues faced by men, including prostate cancer, testicular cancer, and mental health and suicide prevention. Visit [us.movember.com](http://us.movember.com) for more details.
- **The Cleveland Clinic's MENTION It Campaign:** This educational campaign provides resources as men don't often MENTION health issues or take steps to prevent them. Learn more by visiting [health.clevelandclinic.org/mention-it/](http://health.clevelandclinic.org/mention-it/)



# MAKING HIS MARK

F·A·M·I·L·Y

*Phi Psi Family Volunteer Toby Carlin (West Virginia '86) shares his passion*

**In 1985 on the campus of West Virginia University, Toby Carlin, made his way to the house on the hill where Phi Kappa Psi Fraternity sits.**

Dividing time between being a student athlete for the University and attending classes, he went through the new member process, made lifelong friends and became an active brother and two-time social



Carlin

chairman. Through it all, Carlin was learning more about himself and what it means to wear the Fraternity's letters. Looking back nearly 33 years later, he remembers those who came before him and what it means to be a living role model and a true standout.

"When I was an undergraduate, I revered those ahead of me who contributed to my development as a young man," Carlin said. "Now as someone in a position to give back, I realize I want to be more

than just a composite face. When you reminisce, you realize you always have a purpose."

The men Carlin is referring to who made such a profound difference in his life include Brothers Kenneth Kincaid (*West Virginia '47*), David Woodrum (*West Virginia '61*), Col. Robert Lazzell (*West Virginia '42*), and David McMunn (*West Virginia '58*). In more recent years, he cited W.C. Bird (*West Virginia '65*), Andy Wilkins (*West Virginia '65*), Zach Mendelson, (*West Virginia '79*), and Terry Turner (*West Virginia '70*) as brothers who, through their untiring commitment to the Chapter, brought him into the fold of giving back to the Fraternity. Throughout his time as an undergraduate and alumnus, Carlin interfaced with these men who have served as chapter advisors and national officers. He credits them not only with shaping him into the brother, husband, father and advisor he is today, but also for how his membership has touched his children's lives. His daughter Kitty serves as West Virginia Alpha's house manager and his youngest son Riley who hopes to follow in his father's footsteps as a West Virginia Alpha brother and legacy in 2020.

"The lessons I learned from these fine men have allowed me to positively contribute to our younger brothers' development and make Phi Psi part of my own family," Carlin explained. "When I was an impressionable undergraduate, they were the ones who had the most influence in my life and the reasons I chose to volunteer my time. All of these men exemplify the word gentleman. It's not a word to them. It's a way of life. I never realized how lucky I truly was and continue to be by simply being around men of this quality."

Since 2016, Carlin has been serving as the West Virginia Alpha

financial advisor and as one of over 300 members who make up the Phi Psi Family that he joined to further contribute to the organization that has meant so much to him personally. As a member of the Phi Psi Family, he has served as a two-time Professional Development Conference (PDC) Coach where he has mentored and prepared undergraduate juniors and seniors for life after college. He's also been a facilitator for the Fraternity's Regional Officer Training program where he has helped set up incoming chapter leaders for success.

"It's incredible to watch how Brother Carlin connects with undergraduate members," said Senior Director of Member Development Kyle Hickman (*Lycoming '07*). "Whether he's coaching at PDC or working with the West Virginia chapter as an alumnus, he undoubtedly has an impact in the lives of our members."

Carlin definitely has a presence about him that is felt by many, and because he knows he's capable of encouraging young men to be kind, strong, honorable and courteous, he continues to share his time and talents with the Fraternity.

"I got involved as an alumnus because I wanted to lead our undergraduate men by example," he said. "It's very important to teach these young men what it means to be a gentleman and to show them how their actions contribute to their futures."

Carlin has stood out as a Fraternity volunteer and he's achieved monumental success working in the financial services industry for the last 20 years. However, today, he's finding what matters most is how one lives the ideals of Phi Kappa Psi and how some of his own memories have fueled his dedication toward the Fraternity's future.

"One of my proudest moments came in 2017 when West Virginia Alpha became an active chapter after years of not being on-campus he said. "Our collective hearts broke when that happened. However, true to the ideals of the Fraternity, we gathered together for the good of the chapter and the Fraternity, brushed ourselves off and rose again better than ever. To know my involvement had something to do with this is truly something special. Today as I watch the undergraduates look to me for guidance, I'm realizing that it's truly coming full circle."

## Toby Carlin

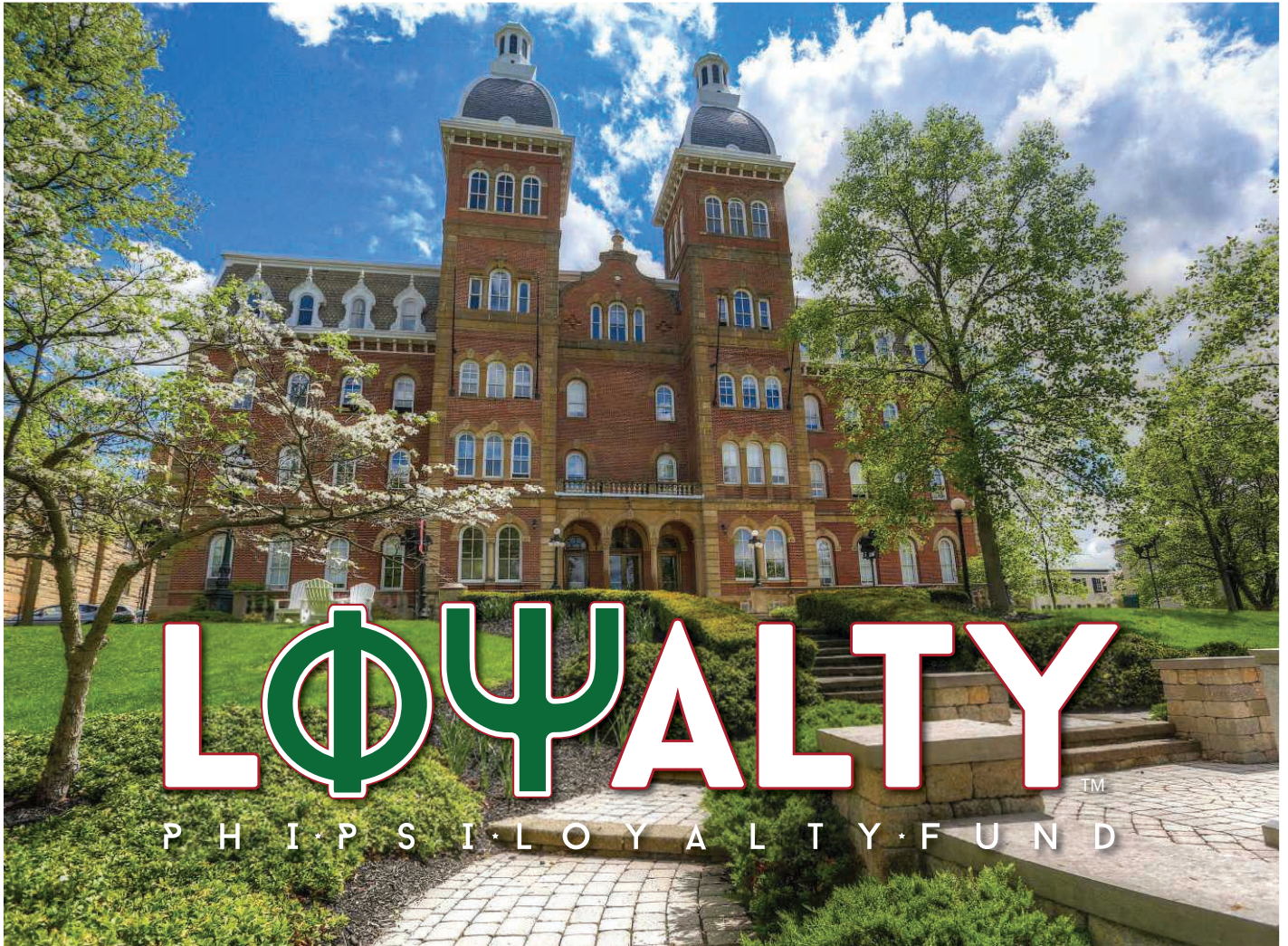
**Wife:** Miriam Carlin (Alpha Phi, West Virginia University)

**Children:** Kacey, 26; Kitty, 24; McKenna, 22; Brody, 20; Riley, 18

**Hobbies and interests:** Fitness and Health, helping others and proactively seeking ways to give back locally and nationally.

**Future Plans:** Attending more GACs and participating in Fraternity leadership opportunities.





## Partnership Project

In partnership with the Jefferson College Historical Society and Phi Gamma Delta, Phi Kappa Psi has begun raising funds to replace the historical markers found throughout Canonsburg, Pennsylvania. Some of these signs include those found in front of Phi Kappa Psi's birthplace (the Lettermann Home) and the original site of Jefferson College. New, durable metal signposts will be a welcomed replacement for the existing illegible and weather-beaten ones.

Your donation to the Loyalty Fund will help preserve these historic points of interest.

**Give today by visiting [phikappapsi.com/alumni/loyalty-fund/](http://phikappapsi.com/alumni/loyalty-fund/)**

Please note: Phi Kappa Psi is a 501(c)(7) organization. The gifts are not tax-deductible.





# HAVING A HEART TO HEART

*When it comes to heart health, everyone can benefit from preventive knowledge*

By Andrea Kleekamp, Director of Health and Wellness

**You likely have heard the statistics around heart health from the American Heart Association.**

Cardiovascular disease is the underlying cause for death for 1 in 3 Americans with heart disease being the overall top cause of death. There are currently 121.5 million Americans living with cardiovascular disease today. Every 40 seconds, an American will have a heart attack. In that same 40 seconds, an American will have a stroke.

While we can and should know the statistics around this health concern, the more important part of this conversation is prevention strategies and knowing what to discuss with your doctor.



O'Shaughnessy

"Make sure you review any recurring symptoms with your primary care doctor, that you know your numbers and that you ask for copies of your results to keep on file," says Dr. Mark O'Shaughnessy, MD, a cardiologist at Parkview Health in Fort Wayne, Indiana. "Prevention begins with awareness, so it is critically important that you know your numbers and are actively seeking ways to modify risk."

Indeed, heart health is in our hands with prevention beginning as early as childhood. By building strategies, leveraging resources, and educating ourselves to reduce our risk, we can change the course of this disease. The American Heart Association provides a wealth of information to make this happen.

## Know Your Numbers

As noted by the American Health Association, a central strategy for heart health is being aware of where you are with your health. There are four numbers that are especially important.

- **Cholesterol** – You have two cholesterol numbers – HDL (the good stuff) and LDL (the bad stuff). Too much of the bad stuff can clog arteries and reduce blood flow. You need the good stuff to help carry the bad stuff away.

The American Heart Association recommends all adults ages 20 and older have cholesterol checked every four to six years. You can work with your doctor to determine risk factors and needed changes.

- **Weight** – Being overweight/obese can strain your heart as it increases the work it has to do. It also can increase your risk for certain heart conditions and impact other health numbers. Work with your doctor to determine what a healthy range is for you. Changes to diet and physical activity can help you get to where you want to be.
- **Blood Pressure** – High blood pressure or hypertension can cause issues with your circulatory system over time. It can damage blood vessels and LDL will start to gather in these spaces. Adults ages 20 years and older with normal blood pressure should be checked during regular health care visits every two years for issues. This is often known as the "silent killer," so an awareness of these numbers is especially important.
- **Blood Glucose Levels (Blood Sugar)** – You might not think about blood sugar having much to do with heart health, but the truth is, it's all related. Therefore, maintaining healthy blood sugar ranges can play a vital role in not just reducing diabetes risk, but also in lowering your chances of having a cardiac event. If glucose levels fall too low, we can lose the ability to think and function normally. If they get too high and stay that way, it can cause damage to the heart and lead to other complications over time. Your health care provider can check this number with a blood draw at a visit. You also can easily track your numbers at any time with a home glucose monitor.

## You Are What You Eat

A heart-healthy diet is not about a short-term diet or giving up all the foods you love. Rather, it is about making smarter



choices about what you are eating. Take time to learn what nutrients your body needs, as well as items you need to eat less of or eliminate entirely.

“As adults, we need to model healthy lifestyle choices for our children, grandchildren, friends, neighbors and the community at large,” O’Shaughnessy notes. “This includes maintaining an ideal body weight, eating a moderate diet that is low in fat, sugar, cholesterol, sodium and calories, and not smoking.”

For more information on eating healthy, visit [heart.org/en/healthy-living/healthy-eating](http://heart.org/en/healthy-living/healthy-eating), and for information on smoking cessation, go to [smokefree.gov](http://smokefree.gov).

## Get Moving

In addition to embracing a heart-healthy diet and a tobacco-free lifestyle, experts say daily exercise should be included. Recommendations are that you should be getting at least 150 minutes of moderate-intensity aerobic activity each week. The newest guidelines from the Department of Health and Human Services stress that any movement is good and doing more is a step in the right direction. If you have exercise in your routine already, consider ways you can build and diversify what you do. If you are looking to start moving more, look for small, but impactful ways to make a change. Take the stairs instead of the elevator. Walk on your lunch break. Try out local gyms to figure out what works best for you. If you think you might benefit from having someone to hold you accountable, consider working out with a friend. Many gyms also offer personal trainers that can help design a plan for your specific goals to keep you on track.

## Engage the Experts

Finally, when it comes to heart health and prevention, to know you are in great hands, ensure that you have a comprehensive care team in place. First and foremost, this should include a primary care physician who can work with you to optimize your numbers and

determine actionable steps that lead to proper health.

“Heart health encompasses all possible heart maladies from birth defects such as congenital heart disease to coronary artery disease; electrical manifestations such as heart rhythm problems and structural heart disease like valve narrowing or in some cases, failing or congestive heart failure,” said Bill Walsh, a physician assistant with Naples (Florida) Heart Rhythm Specialists. “The majority of these ailments are discovered and treated by a patient’s primary care physician, and then referred to the proper heart specialist.”

Primary care physicians not only have relationships established with cardiologists, nurse practitioners, physician assistants, and dietitians in their communities, but they can work quickly to make a referral when necessary while communicating with others about what is best for a patient.

## Change of Heart

Heart disease is the leading cause of mortality in both men and women, but the good news is, the vast majority of it is preventable with lifestyle modification and paying attention to your numbers. Change also takes time and building heart-healthy habits is a process. But, by using available resources, finding your support network, and figuring out what will get you on the track, you can not only help yourself, but also prevent future complications and other debilitating conditions like diabetes, hypertension or stroke. When we start small and gradually introduce heart-healthy habits into everyday life, the benefits are endless – and that is truly some of the best medicine to keep us well.

### Want to Learn More?

- American Heart Association – [heart.org/](http://heart.org/)
- American Diabetes Association – [diabetes.org/](http://diabetes.org/)
- Healthy for Good – [heart.org/en/healthy-living](http://heart.org/en/healthy-living)
- American Academy of Family Physicians – [aafp.org](http://aafp.org)

# Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

## Continue the Conversation

Check out the Phi Psi News Blog at [phikappapsi.com/phi-psi-blog/](http://phikappapsi.com/phi-psi-blog/) for our new series, *The Heart of the Matter*, where we will continue discussing heart health.

If you are interested in contributing to this series or have a story to share, please contact Marketing Communications Manager Mary Welch at [maw@phikappapsi.com](mailto:maw@phikappapsi.com).



# ADULTING 101

A new continued series on life skills that aren't covered in class

## HEALTH INSURANCE

### adulting

NOUN

mass noun

informal

The practice of behaving in a way characteristic of a responsible adult, especially the accomplishment of mundane but necessary tasks.

'it feels really good to take a step back from adulting and have someone else cook dinner for me'

—Oxford Dictionaries

*No matter the age, health benefits are key*

Coined by millennials, **adulting** refers to fulfilling duties that are expected of every self-sufficient, contributing member of society.

Since the first utter of this phrase in the late 2000s, it has sent eyes rolling everywhere, regardless of age group.

Often used in self-declarations of maturity, the use of this term rose to Internet popularity in 2015, and is now recognized in reputable dictionaries everywhere. While the word's origins were intentionally an ironic and silly way to grasp "coming of age," its influence has brought the reality of generational differences to the center of pop culture.

Research suggests there are legitimate contributing factors why current young adults are typically slower to adjust than their older counterparts. With the increased demand for higher education, skyrocketing tuition, and overall cost of living, millennials are reaching significant milestones later in life. Likewise, they are more likely to stay somewhat financially dependent on their families into their early 20s. In 2018, CNN reported that 24% of fully-employed millennials still received monetary help from their parents to pay bills, primarily for car insurance or cell phone plans. Becoming fully independent and stable within a career is often what college graduates prioritize over buying a house, getting married and having children. Yet everyone is different, so no matter the personal goals one has, we can't tell you how to "adult," but we can offer general tips to facilitate the transition from college to independent adulthood and beyond. In this edition, we focus on navigating the complicated world of health insurance. Future issues will cover topics such as buying a house or vehicle, saving for retirement, interviewing tips, and more.

### Health Insurance 101

Research from the TransAmerica Center for Health Studies show that half of working millennials don't understand the health benefits offered through their employer. As



young adults leave college and embark on working for the next 40 years, understanding health insurance is necessary to protect physical and financial health. Luckily, there are options. Under federal law, individuals can remain on their parent or guardian's health insurance plan until age 26. This is a relatively new mandate that offers coverage to people who are job searching, working without benefits, or between positions. Depending on the plan, coverage could cease upon turning 26 or remain active through the end of the year. Therefore, it's important to know exactly when coverage ends.

There are two other options for health insurance: Take advantage of group insurance provided by an employer or buy an individualized healthcare plan from the government. Being included in a group insurance plan is typically less expensive and stressful to coordinate. This is important to consider when researching companies, interviewing, and making employment decisions. During this process, gathering details on the kind of benefits offered is imperative to make the most informed decision. Some companies, like nonprofits, may offer a lesser salary range, compared to larger corporations, but they will make up for it with excellent health coverage at a lower cost and flexible vacation time. Upon being hired, a Human Resources representative should provide all health insurance-related details, including when and how to apply. These onboarding packets can be lengthy and confusing for a first timer, so don't be afraid to ask questions. Developing a good working relationship with HR immediately will help make this process easier. Additionally, pay close attention to your benefits package that will be jam-packed with different information. It's not the most exciting reading, but it will be informative, so read it thoroughly and watch for key terms such as premiums, deductibles, in- and out-of-network costs, co-insurance, co-pays and plan summaries. To avoid making your head spin, start a list of questions to ask. Doing this at the onset of receiving a benefits package can prevent stress and potentially save money in the long run. Here are a few questions and answers to help you along.

### **What is a premium?**

A premium is the flat monthly cost of your health insurance. Similar to a subscription fee, this amount is paid each month by the insured individual. Typically, on group plans, the majority of premiums will be absorbed by the employer while the employee pays the balance within paycheck deductions.

### **What is a deductible, and how does it work?**

A deductible is the amount of money that an individual is required to pay toward a medical bill before insurance kicks in. This amount varies greatly across policies. For example, if you need surgery that costs \$4,000, and you have a \$2,000 deductible, you will be expected to pay \$2,000 before insurance kicks in.

### **What are the different types of insurance plans offered by employers?**

This answer will vary depending on the employer. However, many companies will offer a variety of plans, including High Deductible

Health Plans (HDHP), Preferred Provider Organizations (PPO), Exclusive Provider Organizations (EPO), Point of Service Plans (POS) and Health Maintenance Organizations (HMO). These plans will differ in coverages, but each will pay a set share of costs for the enrollee and/or their dependents. Generally, the plan with the lowest deductible will carry the highest deductible. Take time to research each option to determine which is the most fitting by reviewing information provided in the benefits summary. Also, be aware that some plans require co-insurance, meaning that even after paying a set deductible, the insured is still responsible for paying a remaining balance. For example, if a surgery costs \$4,000 and a plan pays 80% post-deductible, the insured will be required to pay \$400.

### **How do I know what is covered?**

Your health insurance packet will provide a full list of covered drugs, services, and tests. Your future health needs might differ from yours now, so be sure to read your insurance policy or visit your provider's website to know if you are covered for each of the following services:

- Outpatient Care
- Emergency Services
- Hospitalization or Surgery
- Mental Health Services or Substance Abuse Services such as counseling and therapy
- Prescriptions
- Rehabilitation Services for injuries, disabilities, and chronic conditions
- Laboratory Tests
- Preventative Screenings
- Pediatric Services or Maternity and Newborn Care

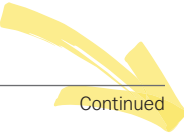
### **Are there ways to cover out-of-pocket expenses?**

Most health insurance providers offer Health Savings Accounts (HSAs) to assist in covering out-of-pocket expenses for those who are enrolled in a high deductible plan (HDHP). An HSA will allow you to contribute a portion of your paycheck tax-free into a personal account to pay for such expenses. HSAs can be utilized if your individual plan deductible is at least \$1350.

### **What is a co-pay?**

While deductibles and co-insurance come into play with major medical expenses like surgery and extended hospital stays, co-pays refer to the out-of-pocket money owed by the individual for routine medical care, like doctor visits and prescriptions. Depending on the type of plan you have, co-pay amounts will vary, based on factors such as covered items and whether a physician is in- or out-of-network.

If you already have a medical provider or are shopping for new ones, it's always a good idea to confirm that they are in-network to reduce co-pays and utilize discounted policy rates.



Continued



## What's the difference between urgent care and the emergency room?

Deciding whether to go to an urgent care center or the emergency room is unfortunately something that many people must consider in the midst of a pressing health issue. But, knowing the appropriate measures could save you money and your health in the long run. Both types of visits will be covered through some sort of co-pay, and while urgent care costs are generally cheaper, a typical visit to the ER usually costs between \$150 and \$300 to the insured individual. Though visiting an out-of-network ER could cost up to \$3,000, people experiencing problems breathing, chest pains, blood loss, multiple bone breaks, loss of vision, unbearable acute pain, or convulsions should visit the nearest emergency room no matter the case.

## What happens if I go the emergency room?

An Urgent Care or walk-in clinic focuses on the delivery of ambulatory care outside of a traditional emergency setting. If you're experiencing a cough, snuffle or perhaps a sprained joint, an Urgent Care Center can provide access to a licensed medical staff who can help in getting you healed safely and often in less time. Conversely, an emergency room is affiliated with a hospital and is responsible for the provision of medical and surgical care to patients arriving at the hospital needing immediate care.

While knowing when and where to go and for what types of treatments could save you money and additional stress in the long run. Both Emergency Room and Urgent Care visits will be covered through a co-pay, but Urgent Care Centers are generally cheaper as a typical visit to the ER usually costs between \$150 and \$300 in co-pays. If you're visiting an out-of-network Emergency Room, your co-pay could cost up to \$3,000.

## Other Considerations

Remember that businesses who employ less than 50 employees are not required to provide health insurance. For those with no parental or group insurance available, be prepared to research what healthcare plans are available for individual purchase by visiting [healthcare.gov/get-coverage/](https://www.healthcare.gov/get-coverage/). Upon submitting information about age, income and health history, this resource will generate a list of all available coverage plans for comparison. These plans are available for shoppers only during "Open Enrollment," which typically runs from November to December 15. However, exceptions can be made for "qualifying events" that include marriage, divorce or births.

While individual plan options usually result in a higher monthly premium, being protected will ultimately save money and overall health if a catastrophic event occurs. To put things in further perspective, a three-day hospital stay without insurance can cost upward of \$30,000.

As overwhelming as all this information is, it's just one facet of life that is necessary to determine when entering adulthood, and this can be daunting. Whether you're questioning a certain career path or simply trying to figure out how to set up health benefits, remember that life is a series of learning and growing, especially in a transitional period. The good news is, nobody has it all figured out, no matter one's age or the generation they fall into.

We would love to hear feedback from our members as we continue building the **Adulting 101** series. If you have a question or topic you'd like to see covered, or if you would like to contribute to an article, please reach out to Marketing Communications Manager Mary Welch at [maw@phikappapsi.com](mailto:maw@phikappapsi.com).

# MEMBER MILESTONES

## Indiana Delta - Purdue University

**Brian Schutt ('99)** was named to the *Indianapolis Business Journal's* Forty Under 40 in February. Schutt is the co-founder of Homesense Heating & Cooling and Refinery46 in Indianapolis, Indiana.

## Indiana Gamma - Wabash College

**Dr. Eric Stark ('85)** has been named a Fulbright Scholar for 2019-2020 as part of the prestigious U.S. Fulbright Scholar Program of the U.S. Department of State Bureau of Educational and Cultural Affairs. This esteemed award will support his invitation to teach, conduct, and study in residence during the first half of 2020 at the Federal University of Rio Grande do Sul (URGS) in Porto Alegre, Brazil. Dr. Stark serves as the Artistic Director for the Indianapolis Symphonic Choir.

## Indiana Eta - Indiana State University

Together with the women of Alpha Sigma Alpha, the **men of the Indiana Eta Chapter** won third place in the University's annual Tandem bike race. Both a male and female rider pedal at the same time, and each pair rides 10 laps before alternating riders.

## Illinois Iota - Northern Illinois University

**Ivan Rodriguez ('18)** won Dream Man in Delta Zeta's 24th annual Dream Man and Greek Goddess pageant competition, April 9. The annual event benefits the Starkey Hearing Foundation that provides hearing aids to the needy. Rodriguez also won Turtle Man, which is comparable to a sweetheart position in a fraternity.

## Kansas Alpha - University of Kansas

**Dave Koepsel, DDS ('01)** married Alysia Heideman on Dec. 8, 2018 in Wichita, Kansas.

**Timothy Reardon ('02)** and his wife, Kristen Pflipsen Reardon welcomed Blaine Edward Reardon on March 28.

**Jeff Morgan ('03)** and his wife Carey welcomed their second son, Michael Steven Morgan on Feb. 21.

Continued



Share your milestones with us to be included in the next issue of *The Shield*. Submit your news at [phikapppsi.com/alumni/member-milestones/](http://phikapppsi.com/alumni/member-milestones/).

**Byron Tyler Manco ('04)** married Angela Jhanji on March 24 at The Plaza Hotel in New York City.

**Austin Berke ('04)** and his wife, Devon Ann Berke welcomed Saylor Elizabeth Berke on April 23.

**Matthew Wimsett IV ('04)** married Brei Peddle on April 13.

**Robert P. (Bobby) Linquist ('05)** and his wife, Stacey Thein Lindquist welcomed Olivia Blythe Lindquist on March 10.

**J. Brook Nienstedt ('81)** recently retired after 34 years with The Sherwin-Williams Co., where he entered the management training program after leaving KU. Brother Nienstedt's wife, Kari, joins him in retirement from her career in education.

## Minnesota Delta – University of Minnesota Duluth

**Timothy Tangen ('03)** and his wife Natalie Corey Tangen welcomed their first child, Lucy Elizabeth Tangen on May 3. Tangen serves as the Archivist at Phi Kappa Psi Headquarters.

**Mississippi Alpha – University of Mississippi**

**Jason R. Savarese ('99)** was presented the Silver Beaver Award by the Pine Burr Area Council in March. The Award is presented to Scouters of exceptional character who have provided distinguished service and made an impact in the lives of youth through their volunteer efforts within a council of the Boy Scouts of America.

## Missouri Beta – Westminster College

Representing the Missouri Beta chapter, **Walt Schmidt ('65)** accepted the Greek Challenge "participation percent" trophy on April 13 from Dr. Fletcher Lampkin, president of Westminster College. With a 29.4% participation rate, this is the third consecutive year that the chapter has won this honor.

## New York Theta – Rochester Institute of Technology

During the school's Greek Awards ceremony March 25, **the undergraduate men at RIT** won both the Outstanding Chapter Programming

*and Outstanding Community Service awards for the 2018 year. The Outstanding Chapter Programming Award recognizes a chapter who engages the campus community through programming and events. The Outstanding Community Service Award recognizes a chapter that has impacted the campus and community through volunteering and philanthropy.*

**Jarod Farchione ('16)** was named a Google Bold intern for the company's Global Customer Solutions team where he focuses on accelerating growth through Google's AdWords and AdSense business with clients across the world. His first day was May 28.

## Ohio Beta – Wittenberg University

**The undergraduate brothers** at Wittenberg University won the Outstanding Community Service and Philanthropy Award in April. Presented by the Office of Student Involvement, the awards celebrate the value of learning outside the classroom through student organizations, leadership roles, and creating social change on-campus and in the community.

## Ohio Eta – University of Toledo

**Paul Gargas ('98)** received his Doctor of Physical Therapy degree on May 14 at Georgia State University.

## Pennsylvania Alpha – Washington & Jefferson College

**Woodrow “Woody” Wolleson ('62)** shared his latest treatise entitled “American Empowerment” with its comprehensive analyses of higher education failings and recommended remedial pathways to solve with College President John Knapp during a reception April 6 in Decatur, Georgia.

## Pennsylvania Kappa – Swarthmore College

**H. Clark Dean ('50)** received the Genealogy Grand Prize 2014 from the Connecticut Society of Genealogists for *"The Ancestry and Descendants of Walter Deane, 1612- 1693, of South Chard, England and Taunton, Plymouth Colony."*

**Pennsylvania Upsilon – Drexel University**

**Orcel Kounga ('13)** earned his Master's in Higher Education with a focus on Administration Management from the University of Pennsylvania Graduate School of Education in May. Before attending graduate school, Kounga served as an Expansion Consultant for Phi Kappa Psi Fraternity Headquarters.

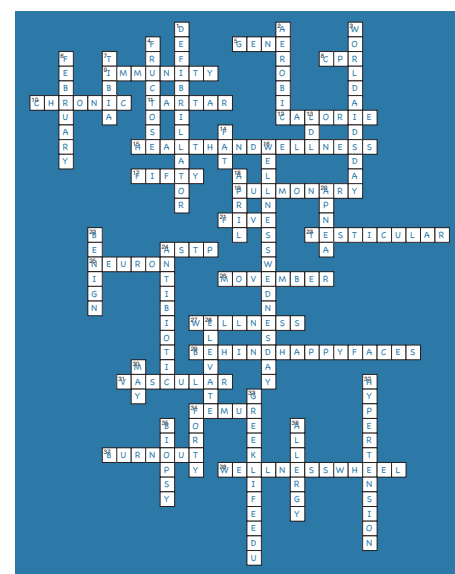
**Rhode Island Beta – University of Rhode Island**

**Col. James M. Manni ('81)** was named Superintendent of the Rhode Island State police by Gov. Gina M. Raimondo on Dec. 27, 2018. In addition to serving as the 14th Superintendent of the Rhode Island State Police, Manni also is the Director of the Rhode Island Department of Public Safety.

## Wisconsin Gamma – Beloit College

**Mark Day ('97)** married Tingbang Shen on April 13, 2018 in Boston, Massachusetts.

**BRAIN HEALTH** puzzle solution from **Page 4**



Puzzle solution also can be found online  
at [phikappapsi.com/phi-psi-blog/](http://phikappapsi.com/phi-psi-blog/)



# Letters to My Younger Self



Dear Younger Me,

As I look back at my life, I realize I was lucky to have been in the right place at the right time.

Back in 1971 at the height of the Vietnam War, I received an offer for a dream job in Dallas, Texas, with the nation's then largest industrial/warehouse real estate developer. I would have nationwide profit and loss responsibility for all commercial real estate development and operations. Most importantly, my contract would provide that, upon employment, I would also become a general partner with the company owner and other senior officers in six major projects, without any cash equity from myself. However, the contract would also provide that if I ever left the company, my ownership in these six projects would revert to the company for only \$100 total. Things were great back then – I was living in the fast lane and would be surrounded by smart and beautiful people.

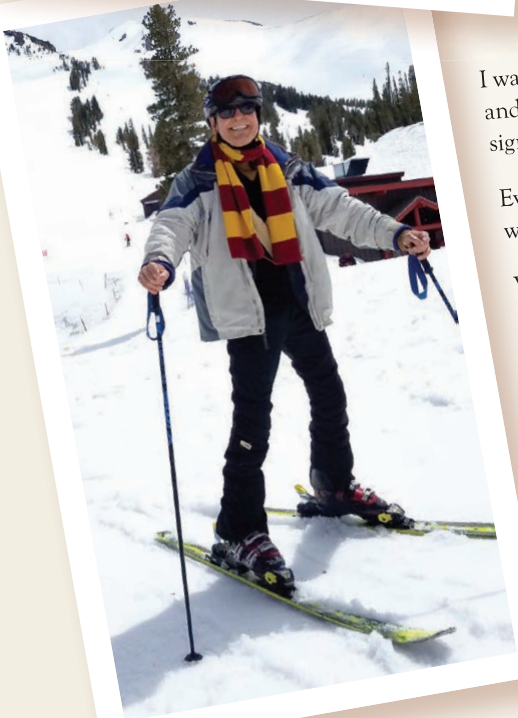
I was married at the time and living in Los Angeles, California. We had a young son, John, and I thought that Dallas would be a great place to raise him during that contentious era. So, I signed the contract and we were off.

Eventually, my wife and I divorced, but we agreed upon my very liberal visitation with John. I wanted nothing more than to raise my son with his father's time, involvement and values.

While participating in a two-week program at the University of Georgia, I couldn't wait to get back to see John and spend our weekend together. Upon returning to Dallas, I realized John had been kidnapped and my ex-wife was nowhere in sight. I took a leave of absence and spent hours and days looking for him, talking with neighbors who might have seen him or known something and sharing pertinent details with law enforcement. When no leads turned up, it dawned on me that my ex-wife was the beauty queen when attending the University of Utah and she hoped to someday return to that area. I assumed she had taken my son and moved to Salt Lake City, Utah.

I flew out there and found my son after a month of searching. At that moment, I knew my decision was clear. I would return to Dallas, terminate employment and relocate to Utah.

When I met with the company owner to resign, he reminded me that if I left, I'd only receive a \$100 check for my partnership interests in the six projects. Since delivery of their check, it has never been cashed. By that time, all six partnership projects had







completed construction, were financed and leased with substantial equity. That was immaterial.

Everyone in my circle told me I'd never make it in Utah because I had no other family, friends or contacts there, no development project or opportunity, no resources, no employment and, most important of all, I wasn't a Mormon. Those in my circle were correct about everything, but it did not deter my intentions.

I did not share anything with John until recently. When I did, I joked with him by saying, "If you ever find a check paid to me for \$100 from the 70s that was never cashed, you'll know what it is."

We barely survived in Utah. But, I had access to my son, and the very family-oriented Utah was the greatest area to raise a family. We had our love for each other, and shared what John now says have been the best years of our lives. Looking back today on those years, I wouldn't have done anything differently. The world's most grateful father and the world's best son shared their love with each other.



After living in Utah for ten years, we returned to Southern California where I grew up. I went to college and got mentored by the great Louie Zamperini. Upon returning, I started making money again and later, in 2005, I pledged Phi Kappa Psi's Cal Delta Chapter as probably the Fraternity's oldest pledge and got the nickname Blue, which to some of our younger brothers, is the only name they've ever known me by. Also, thanks to John, I began eating

healthier and exercising more, which I still do.

My life lessons are that everything I have been through was for a reason, and it's made me stronger. I also know that the important things in life include love, believing in something greater than oneself, and communication. Otherwise, one literally has nothing.

Today as I thankfully mentor our undergraduate brothers and remind them of the importance of communicating effectively, I also share that during your life, you should have no regrets, follow your dreams, and look at the glass as always half full and not half empty. After all, it's these things that bind us together, and it's what makes me always realize that no matter what mistakes I may have made in my younger life, when I consider how I have followed my dreams and strived to be the best version of myself, I truly know I am a lucky man.

LEDN,

*Blue*

Blue (Southern Cal '05)



Thomas "Blue" Kuenster (Southern Cal '05) is the Fraternity's oldest pledge to date. While going through the Fraternity's new member process in his 70s, he received the name Blue, mirroring the character in the movie "Old School." To learn more about Blue and his amazing life, visit [phikappapsi.com/phi-psi-blog/](http://phikappapsi.com/phi-psi-blog/)

# IN APPRECIATION

*In closing the 2018-19 school year, we recognize those who enhance the Phi Psi experience*

As volunteers, you are the lifeblood of Phi Kappa Psi Fraternity. Because of your tireless dedication, mentoring spirit and willingness to serve, our younger brothers are being shaped into strong leaders. For all you do to strengthen our bond, thank you, keep up the great work.

## 2018-19 volunteers:

### CHAPTER ADVISORS

**Zach Albers** - Indiana Epsilon

**Chuck Brandman** - Texas Epsilon

**Mark Brighton** - New York Eta

**Shawn Bynum** - Ohio Pi

**Matt Chabot** - New York Theta

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**Adam Dunworth** - Indiana Iota

**Brian Ebeling** - Pennsylvania Rho

**David Ellsworth** - Ohio Xi

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**Harrison Johnson** - Maryland Alpha

**Tom Johnson** - Minnesota Beta

**Mark Kadetsky** - New Jersey Delta

**Ben Kepple** - Ohio Theta

**Benjamin Kessler** - Indiana Gamma

**Abe Key** - Pennsylvania Alpha

**Matt Kifle** - Texas Alpha

**Micah Kleid** - Towson University Colony

**Richard Klink** - New York Beta

**Cory Knavel** - Ohio Nu

**Alex LaRoche** - Pennsylvania Theta

**Anthony Lascaro** - Louisiana Alpha

**Cole Leonard** - Alabama Beta

**Gary Lewis** - Pennsylvania Nu

**Thomas Lovell** - Virginia Beta

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**Lawrence Mahoney-Jones** - Pennsylvania Upsilon

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**Joseph Matt** - Ohio Kappa

**James Mattzela** - Pennsylvania Lambda

**Richie McCulloch** - Alabama Gamma

**David McCullough** - Mississippi Alpha

**Dave McDonald** - Wisconsin Gamma

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**Jeffrey Shull** - Kansas Alpha

**James Slatten** - Louisiana Beta

**Kevin Stebelton** - Ohio Mu

**Dan Steele** - Ohio Eta

**Douglas Steffens** - North Carolina Beta



# Thank You!

**Karl Steinkraus** - Maryland Gamma  
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**Lukasz Stykowski** - Arizona Beta  
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**John D Watt** - Virginia Eta  
**Wynn Wiegand** - Illinois Eta  
**Gene Wilk** - New Jersey Gamma  
**John Witkowski** - Ohio Epsilon  
**Brandon Wolff-Seitz** - Pennsylvania Beta  
**Jeff Wysong** - Georgia Beta  
**Kevin Yeager** - New York Iota  
**Blake Yeaman** - California Gamma

## ADVISORY TEAM MEMBERS

**Jonathan Aardsma** - Illinois Theta  
**Daryl Abadie** - Louisiana Beta  
**Jose Abara** - California Theta  
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**Erik Abramson** - New Jersey Gamma  
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**Michael Adamson** - Pennsylvania Theta  
**Patrick Adcock** - Alabama Alpha  
**Matthew Adelman** - Minnesota Delta  
**Bruce Adsero** - Washington Alpha  
**Scott Alexander** - Colorado Alpha  
**Tom Alexander** - New York Alpha  
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**Brandon Allred** - Virginia Beta  
**Alex Altaffer** - New Jersey Gamma

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**Megan Ambrose** - Pennsylvania Rho  
**Joseph Amsdill** - New York Eta  
**Jaishan Anandamohan** - Pennsylvania Upsilon  
**Craig Anderson** - Iowa Beta  
**Wilton Anderson** - Colorado Alpha  
**Will Andres** - Pennsylvania Beta  
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**Greg Anzaldua** - Texas Epsilon  
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**Charles Baddour** - Ohio Eta  
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**Jose Ballesteros** - California Iota  
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**Donald Barker** - Virginia Zeta  
**John Barrick** - Ohio Kappa  
**Brandon Barron** - Indiana Eta  
**Jake Barry** - California Eta  
**Michael Barry** - Virginia Beta  
**David Bauer** - Ohio Mu  
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**Buzz Berger** - California Iota  
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**Jay Bezerra** - Texas Zeta  
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**Sean Bolks** - New York Alpha  
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**Bill Brewer** - New York Theta  
**Robert Bridgman** - New Jersey Delta  
**Michael Broderick** - Pennsylvania Beta  
**DJ Brodsky** - Ohio Epsilon  
**Bruckstein Bruckstein** - New York Kappa  
**Matt Bruhn** - Indiana Alpha  
**Chris Bruner** - California Beta  
**David Bucci** - North Carolina Beta  
**Nicholas Bucci** - New York Theta  
**Gregory Buchanan** - Wisconsin Gamma  
**Miguel Burelli** - Michigan Alpha  
**Ali Bushra** - California Kappa  
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**Mari Ann Callais** - Louisiana Beta  
**Troy Campbell** - Arizona Beta  
**Toby Carlin** - West Virginia Alpha  
**Gordon Carter** - Alabama Beta  
**Bradley Casselman** - Alabama Alpha  
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**Shawn Caton** - Virginia Beta  
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**Michael Chapa** - Illinois Theta  
**Kenneth Chapnick** - New Jersey Beta  
**Marc Chaty** - New Jersey Epsilon  
**Gustavo Chavez** - California Iota  
**Bryce Cheng** - California Nu  
**John Ciccarelli** - California Theta  
**Chris Ciupke** - Indiana Epsilon  
**Johnny C. Cochran** - Towson University Colony  
**Ben Cohen** - Kansas Alpha  
**Nicholas Coleman** - Pennsylvania Upsilon  
**Jake Colonna** - New York Iota  
**Jeffrey Condren** - Illinois Zeta

# Thank You!

**Joey Conti** - Indiana Gamma

**Adam Copel** - Ohio Iota

**Kevin Copeland** - Oklahoma Alpha

**Zach Copeland** - California Eta

**Stephen Couchara** - New York Theta

**Donald Coyne** - Rhode Island Beta

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**Austin Creswell** - Arizona Beta

**Jeffrey Crockett** - Maryland Gamma

**Tim Curry** - New Jersey Delta

**Mike D'Arcangelo** - New York Theta

**Ethan Davidson** - Louisiana Beta

**Jason Davis** - Minnesota Delta

**Thomas Day** - California Gamma

**Abe De La Torre** - California Xi

**Tim Dearmond** - Ohio Mu

**Dan DeBruler** - Georgia Beta

**Patrick Delaney** - Kansas Alpha

**James DelSordo** - James Madison University Colony

**Nick DeNunzio** - New Jersey Gamma

**Bob DeRouen** - Louisiana Beta

**Andrew Deutsch** - Minnesota Delta

**Steven DeVane** - Pennsylvania Sigma

**Hal Dick** - Oregon Beta

**Dan Dimler** - Illinois Eta

**Adam Dolski** - Kansas Alpha

**Matthew Donegan-Ryan** - Washington Alpha

**Paul Douglas** - Minnesota Gamma

**Chris Dreybus** - Georgia Beta

**Blake Dubinski** - Mississippi Alpha

**John Dumonsau** - Minnesota Beta

**Leslie Dunn** - Pennsylvania Alpha

**William Dye** - Georgia Beta

**Chip Edmonds** - Pennsylvania Phi

**James Ehrmann** - Minnesota Beta

**Darren Eldridge** - Louisiana Beta

**Loren Elks** - Indiana Delta

**William Ellis** - Missouri Alpha

**Evan Englander** - New York Kappa

**Bruce Epps** - Ohio Xi

**John Evans** - Alabama Beta

**Joseph Falchek** - Pennsylvania Phi

**Harold Fatzinger** - Pennsylvania Lambda

**Jeff Fawcett** - Colorado Alpha

**Andy Ferguson** - Oklahoma Alpha

**Glenn Ferguson** - Ohio Mu

**John Ferguson** - California Mu

**Matt Fernandez** - New Jersey Beta

**Corey Fischer** - Pennsylvania Phi

**Timothy Fisher** - California Epsilon

**Erik Fisher** - Michigan Alpha

**Justin Flood** - Michigan Alpha

**Steve Flores** - California Xi

**Jerrold Foster** - Pennsylvania Nu

**Joseph Freund** - Missouri Alpha

**Zach Fried** - Pennsylvania Eta

**Jack Friend** - Ohio Iota

**Shawn Fuga** - Pennsylvania Xi

**Jase Fuller** - Nebraska Alpha

**Marcelo Garcia** - Maryland Gamma

**David Gardner** - Missouri Alpha

**Reid Garlock** - Indiana Alpha

**Keith Gay** - Virginia Zeta

**Scott Gilreath** - Indiana Beta

**Bonnie Goebbert** - Indiana Epsilon

**Frank Gogol** - New Jersey Beta

**Gary Golden** - Ohio Omicron

**Evan Gooberman** - Pennsylvania Theta

**John Goodwin** - Rhode Island Beta

**Stephen Gowdy** - Texas A&M University Colony

**Garret Graehling** - Ohio Omicron

**Alex Greenberg** - West Virginia Alpha

**John Greenwood** - Iowa Alpha

**Patrick Griffith** - Indiana Gamma

**Bill Griffith** - Texas A&M University Colony

**Jonathan Gutierrez** - California Lambda

**David Haim** - Illinois Theta

**Evan Haines** - Pennsylvania Beta

**Steve Hall** - Illinois Zeta

**Logan Halliday** - Minnesota Delta

**Pat Hampton** - Maryland Alpha

**Derek Hannaman** - Louisiana Alpha

**Dane Happeny** - Oregon Beta

**Jim Harger** - California Epsilon

**Garrett Hargrove** - Texas Epsilon

**Jason Harnack** - Ohio Epsilon

**Bill Harper** - Georgia Alpha

**Scott Hart** - Louisiana Beta

**Kurt Hartman** - California Lambda

**Robert Hartsock** - Pennsylvania Phi

**Robert Hartsough** - Texas A&M University Colony

**Michael Hauck** - Ohio Delta and Ohio Mu

**Edwin Hawes** - Indiana Beta

**John Haywood** - Indiana Gamma

**Reggio Hearn** - California Iota

**Bill Hebert** - Louisiana Beta

**Sammie Hedwall** - Minnesota Gamma

**Matthew Hendrick** - Pennsylvania Nu

**Scott Hendrickson** - Indiana Epsilon

**Davis Heric** - Georgia Alpha

**Carlos Hernandez** - California Beta

**Bradley Hill** - Kansas Alpha

**Bryce Hobbs** - Washington Alpha

**Cody Hobelmann** - Maryland Gamma

**Joe Hodge** - New Jersey Delta

**John Holden** - Virginia Eta

**Robert Holland** - West Virginia Alpha



# Thank You!

**Brian Hopkins** - Mississippi Alpha

**Jesse Hopper** - Oklahoma Alpha

**Drew Hopson** - Indiana Delta and Illinois Zeta

**Brian Horvath** - Pennsylvania Nu

**Tryon Hubbard** - Alabama Gamma

**Walter Huffman** - Texas Beta

**Blaine Hummel** - Pennsylvania Sigma

**Steven Hunsberger** - New York Beta

**Ed Hunt** - Ohio Theta

**Garrison Hunter** - Minnesota Delta

**Christopher Hurd** - Towson University Colony

**Terry Huval** - Texas Epsilon

**Idler Idler** - New Jersey Gamma

**Art Johnsen** - Tennessee Delta

**Ryan Johnson** - Pennsylvania Epsilon

**Eric Johnson** - Indiana Epsilon

**Harrison Johnson** - Maryland Alpha

**Neil Johnson** - Michigan Alpha

**Ryan Johnston** - Washington Alpha

**Brent Jones** - Georgia Beta

**Jonathan Jones** - Ohio Mu

**Cody Jones** - Texas Epsilon

**Keith Jones** - California Xi

**Devin Kagle** - Pennsylvania Xi

**Alex Kascoutas** - California Iota

**Jan Katz** - New York Alpha

**Richard Keane** - Illinois Delta

**Joseph Keip** - New Jersey Beta

**Eric Keller** - Texas Alpha

**Mike Kelly** - Minnesota Gamma

**Sean Kennedy** - New Jersey Epsilon

**Brian King** - Ohio Omicron

**Scott Kinney** - New Jersey Delta

**Cliff Kinney** - Mississippi Alpha

**Jay Kinnison** - Texas Beta

**Michael Kleber** - Pennsylvania Xi

**Thomas Klueber** - Pennsylvania Lambda

**Sam Kobari** - California Lambda

**Skyler Kolb** - Louisiana Beta

**Orcel Kounga** - Pennsylvania Lambda

**Aaron Kraft** - Ohio Xi

**Mark Labash** - California Theta

**Brad Lachemann** - California Eta

**Tave Lamperez** - Louisiana Beta

**Charles Lampp** - Ohio Nu

**James Lampros** - Virginia Alpha

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**Zach Landtroop** - Pennsylvania Theta

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**Chris Lemire** - Ohio Iota

**Todd Lemmon** - Tennessee Delta

**Mike Levee** - New York Theta

**Steven Levkoff** - California Nu

**Roy Lewicki** - Ohio Delta

**Linda Ley** - Pennsylvania Xi

**Matt Liang** - New Jersey Delta

**Steve Lichtenfels** - Ohio Nu

**Seth Lindberg** - James Madison University Colony

**Alex Lister** - Georgia Alpha

**Tim Long** - Indiana Beta

**Zack Longwell** - Ohio Pi and Ohio Theta

**Nefi Lopez** - Texas Zeta

**Brandon Lortz** - James Madison University Colony

**Brian Lowe** - New York Kappa

**Joseph Lowlicht** - New York Theta

**Christian Lozano** - California Xi

**Kevan Lynd** - California Epsilon

**Peter Maillet** - Virginia Alpha

**Danny Malcaus** - New York Theta

**Daniel Malone** - California Eta

**Casey Manion** - Pennsylvania Phi

**Gabe Manzanares** - Oregon Beta

**Andrew Marcoux** - Rhode Island Beta

**Brian Markowitz** - Maryland Gamma

**Karl Marschel** - Missouri Alpha

**Tommaso Marsella** - Pennsylvania Theta

**Alex Marsh** - Maryland Gamma

**Jason Martin** - Texas Alpha

**Robert Martin** - New Jersey Epsilon

**Joseph Martinez** - California Nu

**Daniel Marzin** - New Jersey Epsilon

**Jay Masingill** - Alabama Alpha

**Justin Massingill** - Texas Epsilon

**Chip Matala** - West Virginia Alpha

**Curtis Matherne** - Louisiana Beta

**Linda Maule** - Indiana Eta

**Ezekiel McBrayer** - Alabama Gamma

**Donald McCarthy** - Colorado Alpha

**Thomas McCullough** - California Gamma

**Michael McDermott** - New Jersey Delta

**Robert McGrew** - California Beta

**Daniel McGuire** - Texas Zeta

**Christina McInaw** - Pennsylvania Sigma

**Colin McKinney** - Indiana Gamma

**William McLaughlin** - New Jersey Beta

**James McLendon** - Illinois Eta

**Dustin Meeks** - Ohio Pi

**Chintan Mehta** - Illinois Alpha

**Thomas Meisner** - New Jersey Delta

**Tyler Metcalf** - Minnesota Beta

**John Metzger** - Ohio Eta

**Daniel Meyer** - New York Alpha

**Gary Micheau** - Oregon Beta

# Thank You!

**Austin Miller** - Indiana Alpha  
**James Miller** - Kansas Alpha  
**Ryan Miller** - California Eta  
**Adam Miller** - Ohio Xi  
**Steven Miller** - New York Alpha  
**Lon Moeller** - Iowa Alpha  
**Bill Mohr** - Indiana Beta  
**Eric Molnar** - Ohio Theta  
**Jareth Monroe** - Ohio Theta  
**Brent Monteleone** - Texas Alpha  
**Alex Montoya** - Colorado Alpha  
**Benjamin Moraga** - California Lambda  
**John Moran** - California Lambda  
**Jim Moriarty** - Ohio Eta  
**Daniel Morrison** - Georgia Beta  
**David Murray** - New York Eta  
**Bryce Myers** - Ohio Xi  
**Mark Myers** - Illinois Delta  
**John Myron** - New York Kappa  
**Edward Naretto** - California Eta  
**Robert Narvaez** - Virginia Zeta  
**Dustin Nash** - Illinois Theta  
**Brand Newland** - Iowa Alpha  
**James Newman** - Alabama Alpha  
**Dustin Nicholson** - Alabama Alpha and Texas Zeta  
**Steve Nieslawski** - Illinois Delta  
**Craig Nishizaki** - Washington Alpha  
**Scott Noble** - Texas Alpha  
**Scott Noble** - California Gamma  
**David North** - Pennsylvania Nu  
**Andrew Norton** - Alabama Gamma  
**Sam Nunez** - California Nu  
**Paul Oblon** - Illinois Iota  
**Jack O'Grady** - Illinois Delta  
**Sarah Olsen** - Pennsylvania Upsilon  
**David Ortiz-Alejandre** - California Iota  
**Freddy Padilla** - Pennsylvania Upsilon  
**Ryan Page** - Iowa Beta  
**John Adam Page** - Alabama Alpha

**Jim Paponetti** - Louisiana Beta  
**Bernard Parisi** - New Jersey Epsilon  
**Joe Park** - Missouri Alpha  
**Aaron Parker** - Iowa Alpha  
**Jeff Paterson** - California Iota  
**Jason Paull** - Iowa Beta  
**Colton Perez** - Tennessee Epsilon  
**Christopher Perkins** - Virginia Alpha  
**Kenneth Perscheid** - California Gamma  
**Marc Persson** - Delaware Alpha  
**Bobby Peters** - New Jersey Gamma  
**Fred Petersen** - New York Eta  
**Tom Phelan** - Illinois Delta  
**Bradley Philipps** - Indiana Eta  
**Mark Phillips** - Louisiana Alpha  
**Michael Pignotti** - Indiana Epsilon  
**Troy Pike** - Texas Beta  
**Kate Plass** - Pennsylvania Eta  
**Nick Poling** - Pennsylvania Beta  
**Dan Potjeau** - Illinois Iota  
**Chad Powell** - Colorado Alpha  
**Michael Proctor** - Colorado Alpha  
**Joe Pruss** - Washington Alpha  
**Jeromy Puglisi** - Illinois Zeta  
**Anthony Pun** - Florida Alpha  
**Sirtaj Puri** - California Theta  
**Lee Pyles** - West Virginia Alpha  
**John Pysarchuk** - Ohio Epsilon  
**JP Ranu** - New Jersey Gamma  
**Kyle Rasmussen** - Illinois Iota  
**Nick Reddell** - Kansas Alpha  
**Kevin Reid** - Alabama Alpha  
**Steven Resnick** - New Jersey Beta  
**Ronald Richard** - Georgia Beta  
**Robert Ried** - Colorado Alpha  
**Ricardo Rivers** - Pennsylvania Eta  
**Daniel Roda-Stuart** - California Beta

**Michael Rodriguez** - Louisiana Alpha  
**Edwin Roessler** - James Madison University Colony  
**Langston Rogers** - Louisiana Alpha  
**Ryan Rondinaro** - New York Eta  
**Mark Rooney** - Pennsylvania Eta  
**Jose Rosas** - California Nu  
**Hal Rosewall** - California Eta  
**Jefferey Roth** - Texas Epsilon  
**Rich Rozycki** - New Jersey Epsilon  
**Ryan Ruark** - Oregon Beta  
**Joseph Ruffolo** - Georgia Beta  
**Drew Russell** - Illinois Eta  
**Kelley Ryan** - Rhode Island Beta  
**Simon Rybansky** - Pennsylvania Theta  
**Brian Saltsman** - Pennsylvania Beta  
**Matthew Saltzman** - Maryland Alpha  
**Paulie Sanborn** - Pennsylvania Sigma  
**Bradley Sandefer** - Illinois Eta  
**Zac Sandefer** - Illinois Eta  
**Colin Sandwith** - Washington Alpha  
**Wes Schaub** - Ohio Epsilon  
**Samuel Schmader** - Pennsylvania Eta  
**Randy Schnack** - California Epsilon  
**William Schneider** - New York Alpha  
**Eric Schonberg** - Pennsylvania Beta  
**Jacob Schur** - Indiana Epsilon  
**Dan Schwitzgable** - Ohio Iota  
**Greg Scillitani** - New Jersey Epsilon  
**Jeff Scott** - Oklahoma Alpha  
**Jeff Sellers** - Illinois Iota  
**Neal Severn** - Illinois Eta  
**Jake Shaw** - Alabama Gamma  
**Connor Shaw** - Ohio Iota  
**Morgan Shiflett** - Indiana Iota  
**AliReza Shirvani-Aman** - Ohio Nu  
**Blake Stuart** - Kansas Alpha



# Thank You!

**Cody Shumaker** - Indiana Epsilon  
**John Siebert** - Indiana Beta  
**Luis Sierra** - Towson University Colony  
**Alex Silberman** - Massachusetts Beta  
**Chris Silliman** - Ohio Beta  
**Colin Sim** - Ohio Iota  
**Mike Simmons** - Indiana Gamma  
**Greg Sims** - Kansas Alpha  
**Lise Anne Slatten** - Louisiana Beta  
**Lucas Smith** - New York Beta  
**Clark Smith** - Tennessee Epsilon  
**Molly Smoot** - Indiana Eta  
**Charles Snoddy** - Alabama Beta  
**Gairot Snow** - Texas Zeta  
**Mark Solomon** - Missouri Alpha  
**Amer Somun** - Indiana Alpha  
**John Speraw** - California Epsilon  
**Austin Stagg** - Minnesota Delta  
**Logan Stall** - Minnesota Delta  
**John Stansfield** - Missouri Alpha  
**OE Starnes** - Colorado Alpha  
**Adam Starry** - New York Alpha  
**Steven Stechschulte** - California Iota  
**E. Stechschulte** - Ohio Eta  
**Mike Stefan** - Pennsylvania Phi  
**Andrew Stelzer** - Ohio Epsilon  
**Joey Stemmler** - Virginia Eta  
**Milford Stern** - Virginia Zeta  
**Joan Stevens** - New York Iota  
**Chris Stewart** - New York Theta  
**Mike Stewart** - Texas Beta  
**Marty Stradtman** - California Kappa  
**Mike Streich** - Texas Alpha  
**Gregory Strub** - New York Alpha  
**Todd Sturman** - Virginia Alpha  
**Joel Suen** - Pennsylvania Beta  
**Ryan Swan** - New York Kappa

**Matthew Swanson** - Illinois Theta  
**Perry Swanson** - Oregon Beta  
**Michael Swenson** - Minnesota Gamma  
**Ryan Sykes** - Oklahoma Alpha  
**Eric Szkodny** - New Jersey Beta  
**Ben Tate** - Ohio Pi  
**Andy Taylor** - Minnesota Beta  
**Louis Teague** - California Iota  
**Jordan Tessler** - Florida Alpha  
**Dan Theiss** - Illinois Zeta  
**Dave Thomas** - Ohio Theta  
**Richard Thompson** - Minnesota Gamma  
**Amy Thompson** - Texas A&M University Colony  
**Tony Thothongkum** - New York Eta  
**Jeremy Tillman** - California Epsilon  
**Chad Tremaine** - Ohio Eta  
**Matthew Trotta** - Virginia Alpha  
**Benjamin Truitt** - Colorado Alpha  
**Kevin Turner** - Indiana Delta  
**Mark Umandap** - California Nu  
**Cody Vance** - North Carolina Beta  
**Gordon VanWieren** - Michigan Beta  
**Anthony Varner** - Ohio Xi  
**Brian Velcheck** - New Jersey Gamma  
**Nicholas Velianoff** - Illinois Theta  
**Scott Venable** - Louisiana Beta  
**Christopher Verrips** - Colorado Alpha  
**David Veshosky** - Pennsylvania Theta  
**Andrew Vimini** - Maryland Gamma  
**Tony Viviano** - Indiana Delta  
**Michael Voll** - Ohio Nu  
**Marty Voves** - Minnesota Beta  
**Ted Vuchinich** - Pennsylvania Theta  
**Mike Wakefield** - Virginia Alpha  
**John Wasley** - California Epsilon  
**Casey Watkins** - Texas Epsilon

**Andrew Watson** - Alabama Alpha  
**Cody Watters** - New Jersey Beta  
**Kenneth Way** - New York Theta  
**Dean Webb** - Indiana Epsilon  
**Jack Webb** - California Eta  
**Brian Weems** - Ohio Beta  
**David Wenger** - Pennsylvania Theta  
**Anthony Werner** - Pennsylvania Beta  
**Brian West** - Louisiana Beta  
**Michael Whalen** - Ohio Mu  
**Matt Whipple** - Iowa Alpha  
**Tim White** - Louisiana Alpha  
**Darrin Widick** - Missouri Alpha  
**Harry Wiggins** - Pennsylvania Epsilon  
**Gary Williams** - Ohio Beta  
**Jon Williams** - Georgia Alpha  
**Brandon Williams** - Tennessee Delta  
**John Wilson** - Alabama Alpha  
**Brandan Winfrey** - Missouri Alpha  
**Monte Wise** - California Lambda  
**Tim Wiseman** - North Carolina Beta  
**Daniel Wohl** - New Jersey Gamma  
**Joseph Wolf** - Louisiana Beta  
**Mark Wong** - California Iota  
**Scott Wood** - California Iota  
**Andrew Wood** - California Beta  
**Jason Woodruff** - Iowa Alpha  
**Marcus Woolf** - Alabama Gamma  
**Jason Wools** - Indiana Delta  
**WT Wrege** - Indiana Iota  
**Michael Wright** - Mississippi Alpha  
**Andrew Wright** - Alabama Beta  
**Dillon Wyatt** - Indiana Iota  
**Serge Yazbeck** - New York Eta  
**Susan Yoon** - Indiana Beta  
**Larry Zaiser** - Ohio Eta  
**Jeremy Zehr** - Iowa Beta  
**John Ziegelmeyer, Jr.** - Kansas Alpha  
**Albert Zika** - Illinois Iota  
**Charles Zimmerman** - New Jersey Epsilon



Iowa Alpha brothers Brand Newland (left) and John Greenwood co-founded Goldfinch Health in 2018.

# DREAMING BIGGER

## *Alumnus and Entrepreneur Lauds National Leadership Opportunities*

*One thing most college freshmen share is that they've arrived on campus with a big dream.*

Back in 1999 at the University of Iowa, Brand Newland (Iowa '00) was one of them.

*"Nothing matches the quality of the leadership training I had through my opportunities in Phi Psi. Period. End of story."*

"I was going to go into pre-med," Brother Newland remembers. "Iowa had a renowned hospital on campus, and a highly ranked program."

Part of his dream included fraternity life, and during a formal recruitment period, he chose Phi Kappa Psi from among the university's 20 fraternities. Iowa Alpha, a storied chapter in continuous existence since 1867, had been through rough times in the years before Brother Newland's arrival. Their chapter house had burned down, morale suffered, and membership dropped.

"There were only 20 guys total in the chapter when I joined," Newland remembers. "My new member class had 10."

Brother Newland took early advantage of the leadership-building opportunities, including chapter roles of scholarship chairman and president. He also attended national-level conferences and programs that were formative experiences available to him, thanks to alumni funding through the Phi Kappa Psi Foundation.

"My Phi Psi experience totally defined my collegiate years and put me on the path to where I am today," Newland says. "If I hadn't joined, I'm not sure where I'd be professionally. I am forever grateful for the chapter brothers who were



there, alumni volunteers, and the programs and scholarships I took advantage of.”

Those opportunities included attending Woodrow Wilson Leadership School (WWLS), Presidents’ Leadership Academy, and the Undergraduate Interfraternity Institute, as well as being elected as an Archon and earning two national scholarships: The Solon E. Summerfield Scholar Award and the Ralph D. Daniel Leadership Award.

“All those things contributed to my success. In fact, of all the things I’ve done to advance my professional career, nothing matches the quality of the leadership training I had through my opportunities in Phi Psi. Period. End of story.”

Brother Newland’s dream of going to medical school eventually changed. He completed a Doctor of Pharmacy degree, followed later by an MBA. He rose in the ranks of a nationally renowned medication management firm. And last year, he co-founded Goldfinch Health, a startup that enables employers to offer employees customized assistance in navigating the healthcare system when faced with decisions regarding surgical care, recovery options, and medication management.

Looking back on the depth and breadth to which the brotherhood has influenced his life for the better, Brother Newland says, “I can’t emphasize enough how Phi Psi and the opportunities I was afforded sent me on a path to dream bigger.”

Newland’s gratitude to his chapter and the national organization has fueled his generosity to both.

“Attending so many Foundation-supported programs helped me figure out who I was, who I wanted to be as a leader, and how I could take that out into the world. It’s hard to put a price tag on that,” Newland shared. “I also feel compelled to support tomorrow’s leaders, not only my Iowa

brothers, but all Phi Psis seeking leadership programming.”

Navigating the business world and now his career as an entrepreneur, Newland sees firsthand the importance of leadership programming outside of a classroom setting.

“Universities do a great job at imparting knowledge. But frankly, they sorely lack what’s needed to create leaders. Phi Psi is perfectly positioned to provide the right type of programs to teach men leadership skills, responsibility, and ways they can serve their campus and community,” says Newland.

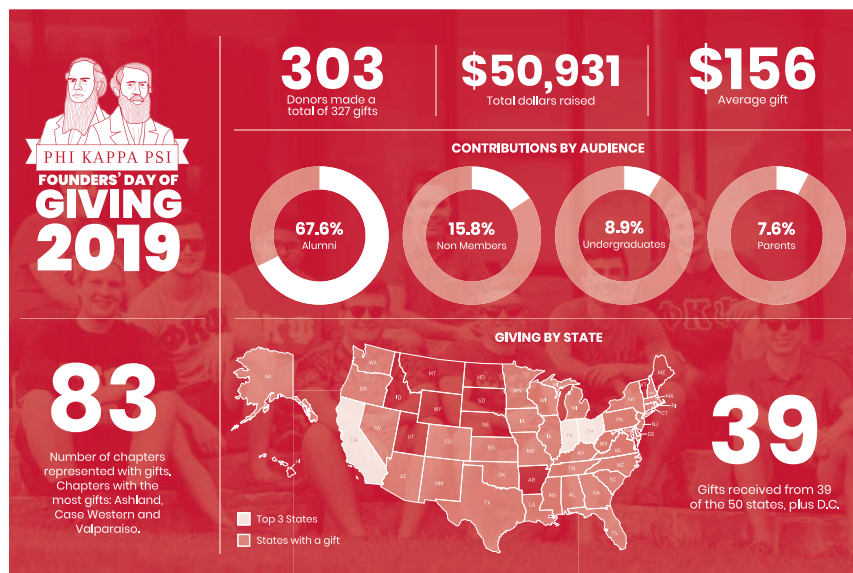
Earlier this year, Brother Newland increased his generous commitment, joining 10 other alumni donors to create \$19,852 in matching gift opportunities for Phi Psi’s inaugural Day of Giving. On February 18-19, 2019, 303 Phi Psis, family and friends answered the challenge, raising a total of \$50,931.50 for leadership and health and wellness programming critical to the undergraduate Phi Psi experience.

In his own chapter’s growth and progress over the past two decades, Newland sees the outcomes firsthand.

“When I joined, there were 30 of us. By the time I graduated, there were 80 high-caliber men. Today, there are 140, and our chapter has posted the highest GPA of all fraternities nearly every year since 1999.”

“I believe in my core that folks who experienced Greek life present themselves differently in the world. Yes, there are other ways to grow as a person and a leader outside the fraternal context. But few organizations are more well-suited than a fraternity to set you on a path to learn the things you need to know, and learn them early.”

Brand A. Newland, Pharm.D., MBA is a healthcare executive and entrepreneur who last year co-founded Goldfinch Health with chapter brother John Greenwood. Several Phi Psi members serve as business advisors.



Thank you to our Founders' Day of Giving challenge gift donors for inspiring others through your generosity.

**Anonymous**

**Frederick Hegele** (Ohio State '63)

**Bruce Jackson** (Case Western '70)

**David Murray** (Bucknell '91)

**Brand Newland** (Iowa '00)

**Marc Persson** (F & M '97)

**John Rasmussen** (Iowa '03)

**Bob Rettig** (Purdue '48)

**Joel Silver** (GW '03)

**Keith Troutman** (IUP '70)

**Matt Zaft** (Johns Hopkins '94)

# CHAPTER ETERNAL

The complete Chapter Eternal, including obituaries, can be found in the Alumni/Volunteers section of [PhiKappaPsi.com](http://PhiKappaPsi.com).

## **Alabama Alpha - University of Alabama**

James C. Hodgson '68

## **Arizona Alpha - University of Arizona**

John V. Hannon '51

## **California Delta - University of Southern California**

Matthew Gasparich '01

Dickinson C. Ross '44

## **California Eta - Cal Poly**

Mark Gilfry '80

## **California Gamma - UC Berkeley**

Clark T. Brown '54

Gerald Cullinane '46

## **Colorado Alpha - University of Colorado**

Robert G. Boggs '49

John R. Dicaro '59

## **Georgia Alpha - University of Georgia**

Terry Hobbs '89

## **Illinois Alpha - Northwestern University**

Dean O. Smith '56

## **Illinois Delta - University of Illinois, Urbana - Champaign**

Orin A. Steinhaus '54

Ralph G. Larson '56

## **Indiana Alpha - Depauw University**

Joseph Flummerfelt '55

## **Indiana Delta - Purdue University**

Franklin D. Haney '50

John T. Shively '40

Fred M. Fehsenfeld '46

Richard Greene '56

## **Indiana Gamma - Wabash College**

Donald Eugene Smith '51

## **Iowa Alpha - University of Iowa**

David F. Wilson '55

## **Iowa Beta - Iowa State University**

Arnold W. Galbraith '43

John E. Wagner '45

## **Kansas Alpha - University of Kansas**

Jeffrey E. Jackson '70

Peter A. Anderson '57

## **Kentucky Beta - University of Kentucky**

Ryan Rigano '15

## **Maryland Alpha - Johns Hopkins University**

Robert Meeker '56

Allen F. Gates '50

## **Mississippi Alpha - Ole Miss**

Harold Lynn "Hal" Greer Jr. '76

Rian Ringsrud '68

Tom Kessler '74

## **New York Eta - University of Buffalo**

A. Douglas Brim '54

Earle J. Hino '52

## **Ohio Alpha - Ohio Wesleyan**

Frederic J. Vici '43

Donald "Jack" Watkins '43

Robert C. Lafferty III '52

## **Ohio Alpha - Ohio Wesleyan University**

Frank E. Timmons '49

## **Ohio Delta - The Ohio State University**

David V. Cicatiello '92

Robert G. Lehman '48

Edward A. Johnson '51

Henry Zimmerman '42

## **Ohio Eta - University of Toledo**

James R. Hays '51

John W. Hinds '50

Curtis W. Smith '50

## **Ohio Zeta - Bowling Green State University**

James R. Mainous '56

## **Oregon Alpha - University of Oregon**

Gerald E. Kinersly '49

## **Pennsylvania Alpha - Washington and Jefferson College**

Charles D. Brown '46

## **Pennsylvania Epsilon - Gettysburg College**

Edgar B. Sterrett '49

## **Pennsylvania Eta - Franklin & Marshall College**

James Tyron '65

## **Pennsylvania Phi - Lycoming College**

Jacob Matthew Listorti '12

## **Rhode Island Alpha - Brown University**

George W. Ullrich '57

## **South Carolina Alpha - University of South Carolina**

Willis D. Bethea '72

## **Tennessee Delta - Vanderbilt University**

Mark J. Strickler '76

## **Virginia Alpha - University of Virginia**

Charles K. Mabon '60

## **Virginia Beta - Washington & Lee University**

John O. Marsh '48

George R. Charles Jr. '55

## **Washington Alpha - University of Washington**

Thomas Edward Joslin '58

## **West Virginia Alpha - West Virginia University**

George Daugherty '51

Ronald G. Beck '66

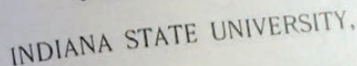
## MEMBER MILESTONES

Have you recently experienced a milestone event in your life? Maybe you got married. Perhaps you welcomed a new child to the family. Maybe you landed that promotion, earned an award or received a new degree in higher education. We'd love to hear about it! Share your milestones with us to be included in the next issue of *The Shield*. Submit your news at [phikappapsi.com/alumni/member-milestones/](http://phikappapsi.com/alumni/member-milestones/). You also can submit accomplishments or potential story ideas to [info@phikappapsi.com](mailto:info@phikappapsi.com).





# archives



BLOOMINGTON, INDIANA.

Founded May 15th, 1869, by H. C. Allen, R. N. Allen, S. D. Ayers, C. L. Henry, Bayard  
Pierce, W. J. Yates and A. B. Yohn. Initiates: living, 196; dead, 7. Total Mem-  
bership, 203. Rival Fraternities: Beta Theta Pi, 1845; Phi Delta Theta,  
1849; Sigma Chi 1870-75, re Alpha Gamma Delta, 1870; Delta Tau Delta,  
1871; Kappa Gamma, 1871.

FATHER AND FIVE SONS.

FATHER AND FIVE SONS.

GOTTFWALD, L. A., Pa. Epsilon, '50.  
 GOTTFWALD, G. D., Pa. Epsilon, '78.  
 GOTTFWALD, D. K., Pa. Iota, '79.

GOTTFWALD, R. C., Pa. Epsilon, '80.  
 GOTTFWALD, F. C., Ohio Beta, '80.  
 GOTTFWALD, W. W., Ohio Beta, '80.

FATHER AND THREE

SEAMANS, W. O., Ohio Alpha, '80.  
 SEAMANS, W.

FATHER AND THREE SONS

FATHER AND TWO SONS

FATHER AND TWO SONS

[illegible]

FATHER AND ONE SON.

FATHER AND ONE SON.

## H. HALLECK GILLETT.

Select Orator of Philo Lit. Society, '52; received honor. Died '74, at St. Louis, Mo.

\*WILLIAM HENRY LETTERMAN, A. B., '53.

WILLIAM HENRY LETTERMAN, A. B., '53.  
Cannonsburg, Pa., Aug. 12, '82. One of the two  
founders of the Phi Kappa Psi fraternity. Graduated  
at Pa. Medical College at Philadelphia, in  
March, '56. Was a member of Academy of Sciences,  
Baltimore, Md. Practiced medicine until his death,  
which occurred from heart disease at Duffan, Tex.,  
May 23, '81. His widow, Mrs. Laura Letterman,  
and their two children are residing at Columbia,  
Mo.

## \*PERRY McDANIEL.

PERRY McDANIEL,  
Cannonsburg, Pa., '52. Farming and stock raising. Died '76, Clinton, Iowa.

## JAMES T. METZGER.

See'y and Treas. J. E. Burns Spice Co., 2047 Park Ave., Philadelphia, Pa.

CHARLES PAGE THOMAS MOORE, A. B. '53.

CHARLES PAGE THOMAS MOORE, A. B., 35.  
 One of the founders of Phi Kappa Psi, founded at Virginia College, Charlottesville, Va. Graduated from Union College, Schenectady, N. Y., July, '53; and in law at Univ. of Va., in '56; received degrees of A. M. and LL. D. from several institutions; delegate to several G. A. C.'s, commonwealth of Va. and to the National Convention of the Sons of the American Revolution in '66 on the "conservative" ticket, but was beaten through frauds of the Board of Registration; was again nominated for Congress in '68 by the Constitutional Union Party, but resigned on account of ill-health; besides his political position, he was a member of the Supreme Court of Appeals of W. Va., first in '69, and served until the adoption of the new Constitution in '70; was then nominated by

the Democratic party for the same position, endorsed by the Republican and other parties, and of \$1,000 votes cast, received 73,700; had twelve years to serve, length of term having been determined by the four judges-elect drawing lots; served until June, '81, when he resigned; he was then Chief Justice, Member of Institute of Civics, Washington, D. C., a 32° Mason, and member of W. Va. Hist. Soc'y. Was married Feb. 9, '65, to Miss Urilla K. Kline, and has four daughters, all living. Our honored founder is now living at his beautiful home on his farm at Elwell, Mason Co., W. Va.

JOSEPH C. NEVIN, A. B., '54.

Washington Co., Pa., Jan. 6, '35. Valedictory.  
'54. United Presbyterian Sem., Allegheny, Pa.  
Missionary to China, '59-77. Teacher. Minister.  
Los Angeles, Cal.

## JOHN W. PARRAMORE

JOHN W. PARRAMORE  
Chincoteague, Va.

\*ISAAC VAN METER.

ISAAC VAN METER.  
Piketon, Ohio, Feb. 29, '32. Died May 2, '62, at  
Chillicothe, Ohio.

<sup>30</sup>JAMES VAN METER.

<sup>=</sup>JAMES VAN METER.  
Killed in Confederate Army in Virginia, '63.

## ALLAN C. WILBUR, JR.

ALLAN C. WILCO  
New Orleans, La.

## 1853.

\*THOMAS COCHRAN CAMPBELL, A. B., '56.

March 12, '36. Orator of Franklin Lit. Soc'y '56. Graduated Western Theo. Sem., Allegheny, Pa.; served Sandusky City, Ohio; Cleveland, Ohio; Marion, Ohio. Minister. Died June 8, '62, at Marion, Ohio.

Phi Kappa Psi is in the process of collecting information to publish the next issue of the Grand Catalogue. While the Oldest Grand Catalogue in the Fraternity's collection was published in 1860, this issue's *From the Archives* focuses on the 1894 Grand Catalogue.

What makes the “Catalogue of Phi Kappa Psi” published in 1894 unique is that it contains miniature biographies of nearly every initiated member, living or deceased. Thus, it becomes a true treasure trove of information on individual members initiated before 1894.

Furthermore, it has great details on the overall Fraternity, including interesting facts such as there were 34 brothers living outside of the United States when the book was published with a tie for the most (5) living in Canada and India. The most popular vocation was lawyer with 1,123 practicing respondents, and Philadelphia, Pennsylvania, with 177 Phi Psis, had the most members of any city.

With the size and growth that Phi Psi has seen, it would be impossible and impractical to include similar mini biographies today. However, ensuring your information is up-to-date and correct is as important then as it is today. You can't find a brother, nor can he find you without updated information. So, please be sure to participate in this important data verification project. To learn more, visit [phikappapsi.com/grand-catalogue-2020/](http://phikappapsi.com/grand-catalogue-2020/) or call 1-866-668-5237 to update today.





**ian\_kea\_walk**  
Denver, Colorado



**ian\_kea\_walk** This past week I took advantage of an amazing opportunity to travel to Colorado with @phikappapsi in order to combat poverty in the Denver Metro area. I learned so much about non profits in the area, as well as the preventative systems in place to stop poverty before it can happen.

I made great new friends last week, as well as awesome memories. I would 100% recommend going out and doing good in the world every time you can!

## YOUR SUPPORT MAKES MOMENTS LIKE THIS POSSIBLE

When you give to the Foundation, you open the door for undergraduate brothers like Ian Walker (Oregon State '17) to attend national programming such as Phi Kappa Psi's Service Immersion Trips. These programs provide the foundation for our brothers to grow as fraternity men and leaders in their communities.

[www.plpfoundation.org/make-an-impact/](http://www.plpfoundation.org/make-an-impact/)

PHI KAPPA PSI FOUNDATION  
Invest today. Change tomorrow.

