



# BETA OMICRON

"We dedicate ourselves to the Sun Devil Pride"



Hello Brothers, It is with much pleasure I present to you the January Edition of the Beta Omicron Monthly Alumni Newsletter.

In the first month back to school and the Chapter is moving forward. Our Prospective Class, Delta Sigma, planned and executed multiple projects as part of their process. Beta Omicron attended District Leadership Conference in UCLA with a high percentage of both Propsectives and Actives

Beta Omicron is excited for where 2017 will take us and we look forward to spending it with you.

For this BOMAN, Brothers and Prospectives were asked to write about their New Year's Resolution goals within the Chapter.

Thank you

- Nolan 'Pod' Coody



## Stories from Brothers

### My Brother, My Personal Trainer

A New Year begins and the classic “New Year, New Me” resolution settles in. This year, my resolution is to lose weight. Admittedly, it’s been an issue I’ve been struggling with for years, but thankfully I have my very good friend, Alex, helping me out with the process. She is a Brother from the Delta Pi class and is an Exercise and Wellness major at ASU.

We do so many things together, we consider each other to be each other’s best friends. I am grateful I have someone who is helping me realize this goal I’ve always had but have always struggled with. She’s setting up meal plans, motivating me to exercise, and keeping me accountable for everything I do and I am so thankful. I know she will become a great trainer someday. As for the weight loss, I’ve lost four pounds since January 1<sup>st</sup>. Here’s to 20 more, 2017!

- *Conor ‘Rory’ Smith*





## Resolving to Change Our New Year's Resolution-Making Mindset

At approximately 11:00 pm on New Year's Eve 2016, I was sitting on my couch watching Food Network when I realized something very strange to me: I had completely forgotten to think up a New Year's Resolution for 2017. As I sat there sipping on my white chocolate peppermint tea, I pondered further and went back as far as I could remember thinking of my past resolutions (lose weight, sleep more, apply for scholarships, stop eating desserts, etc.) and realized that I have only kept up one single New Year's Resolution in my ENTIRE LIFE.

In case you're curious as to what that is, I resolved to give up unsustainable meat sources and became a pescatarian in 2010. I kept that up in 2011 . . . and 2012 . . . and have still maintained that diet to this day. But since this habit is approaching its seventh year of involvement in life, I've decided that I need to stop lying to myself by claiming it as my one successful New Year's Resolution each year.

But making a resolution and sticking to it is hard. I know what you're thinking: "Duh Rachel we all know that by January 2<sup>nd</sup> our NYRs are already done for". However, I do not believe that our failure to uphold our resolutions is due to our inability to change. If anything, the fact that each year most of us even entertain the thought of changing some part of our lives shows that we have at least a shred of willpower and motivation to improve ourselves each and every year.

But why do we fail with attaining our New Year's Resolutions? Why can't we seem to lose the weight? Why can't we lower our junk food intake? Why can't we see the world in a more positive light? Why can't we get better grades? Why can't we change what seems to be such a small habit or ours?

What's holding us back? In my opinion: unrealistic expectations. Our failed New Year's Resolutions tend to be the ones that are ideals instead of achievable goals.

These ideals come in two types:

1. The overly vague standard.
2. The unrealistic, unattainable standard.
  - We set clear, attainable goals. We



The first kind of NYRs that we tend to have are the overly vague kind: “I’ll lose weight”, “I’ll sleep more”, “I’ll eat less junk food”, etc. We form these resolutions because they seem to protect us from failure. This is because we have no way to track any progress made towards vague goals. The second classic type of failed NYRs are the unrealistic, high-in-the-sky ones: “I’ll lose 100 pounds”, “I’ll sleep 10 hours every night”, “I will go without soda/dessert for an entire year”, etc. These resolutions set us up for failure because they are unrealistic. Such large life changes are daunting and intimidating; without a plan, these resolutions just make us feel worse and worse about ourselves each and every year that we fail to meet them. We don’t lose the 100 pounds, pull regular all-nighters, and eat entire boxes of cookies in a single sitting. So how do we actually succeed in completing our New Year’s Resolutions?

start small and gradually over time expand and intensify the amount of change we are making in our lives. If our ultimate goal is to be satisfied with our body image through increased exercise, we resolve to go for a 30-minute walk three days a week for the month of January and expand to other forms of physical exercise from there. We schedule our workout times into our daily lives.

We find friends, workout buddies, and apps to hold ourselves accountable. The secret to setting goals is to make them S.M.A.R.T. – that’s Specific, Measurable, Attainable, Relevant, and Time-sensitive. Basically, we want to know what we want to do, how to track our progress, the realistic standard of what we can achieve given our baseline, how well it relates to the overarching goal, and how much time we have to attain it. Here’s a personal example:



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One of my resolutions for 2017 is to improve my physical fitness, specifically in the area of running. In order to help me stay on track with this overarching idea of self-improvement, I set one goal to bring me through March: I will complete the 8-Week Couch to 5K Running Program by March 11<sup>th</sup>, 2017 (the date of a local 5K I will be running). This goal is specific because I have a specific program to follow. It is attainable because C25K is a program designed for first-time runners like myself. It is attainable because I’ve given myself plenty of time to gradually work up to the specific goal of running a 5K. It is relevant to my resolution because improving my endurance will improve my overall physical fitness.

And it is time-sensitive because I gave myself a deadline in the form of signing up for a 5K race. This method of goal setting can be applied to ANY New Year’s Resolution. By making realistic resolutions, we can actually see results, improve ourselves, and be satisfied when we come into January 1, 2018 having changed some small part of ourselves. And, of course, our Brothers in Kappa Kappa Psi will always be there to support as we go on our way and strive for the highest.

- Rachel ‘Gordon’ Quirbach



## Happy New Years!

Whenever the year starts to come to an end and I think of the New Year, there are a lot of things that annoy me. For one, I absolutely can not stand when people say "Happy New Years!" because... it's only one new year, right? I'm also not a huge fan of the "New Year, New Me" thing, just because I feel like if you want to change something about yourself, why not just do it now?

While a lot of these things still annoy me and probably will continue to annoy me until I can no longer comprehend English, my perspective on a lot of things has changed coming into this new year. Last year at the end of August, I had an extremely mind-boggling experience that I'm still working on recovering from. To keep a long story short, I began to reconsider a lot of things about my life and I really went through a tough time for a couple months.

I was really excited during winter break because I got to spend a lot of time with my family during that time. It was really hard having to go through all of that without them physically in Arizona with me, but getting to see all of them and hear their encouragement really helped me. Since then, I've been trying to have a more positive outlook on everything just because I've realized that life is too short to think of it any other way. I'm trying to be more proactive in every sense of the word and have a more well rounded outlook on life.

So far, so good.

AEA & MLITB

Aliyah 'AYE' Qualls



### Thank you

This year I am working towards thanking people more. I have a lot to be thankful for, I have friends who support me, I love my area of study, I have been fortunate enough to be able to complete a college education, I am healthy, all my needs are met and most importantly I have people in my that I love and people who love me (that includes many of you!). Yet, with all these things to be thankful for I rarely take the time to thank the people that are directly responsible for all the wonderful things in my life. As many of us have been taught by bro LINK (Ah HUH!) thanking people is one of the easiest ways to feel happier, more fulfilled and is a great way to make another person feel great as well.

So to start the year off right thank you my brothers. Thank you for helping me become a better person, for ensuring that I consistently strive for the highest, for compassionately accepting and encouraging me to improve my countless flaws. Thank you for inspiring me to new heights, for reminding me what true passion and dedication looks like, and for never ceasing to show me kindness. You have taught me how to be more gracious, more humble, more focused and overall a better leader and a better brother.

- Chloe "Clarabelle" Warpinski



## New Year's Resolutions

I think New Year's Resolutions are contrived from the idea that time is tangible, and when midnight strikes, some \*magical\* change of heart, mind, and priority is triggered and we, collectively, develop stronger self-control, stronger power of will, stronger self-image... "New Year New Me" is nothing more than an overused caption on a selfie posted 2 minutes after midnight. New Year's Resolutions are comparable to trying to reassure yourself that you're a better person. The only way to truly \*change\* who you are, is to continually adapt, adjust, and open your mindset, which is not limited by time.

However, in an effort to avoid too much cynicism and instead adopt more perspective, I'm choosing to believe that we're capable of such change, just not as drastic as many resolutions end up being. By placing realistic goals and planning on adjusting your lifestyle to conform to those goals is an alternative to promising that this one night will be the signifying moment of change in your life. But really, it's just an acknowledgement to one more rotation around the giant fireball we orbit.

Amazing.

I didn't resolve for anything, but I'm striving toward consistency. It's lacking in my motivation, attitude and emotion, and bed time. Consistency is the lifeblood that fuels these resolutions. If buying a gym membership is your resolution, more power to you. But failing to go any time before Valentine's Day is giving in to the LACK of self-motivation, which is what we should be striving for in the first place.

Apologies for my satire. I think the reality is that the new year should help people become more in tune to themselves and their surroundings, and by admitting to this "evaluation", we'll be doing ourselves a world of favor, and maybe even doing the world a favor, too.

- Gabrielle "Giselle" King



### Meet Your Prospectives!

Prospectives were given questions created by Megan 'GEMelody' Bromley and asked to answer them to their heart's content, so here are some of their answers!

#### Questions

- 1.) What is your name?
- 2.) Share one of your KKPsi related goals for this month?
- 3.) Share on of your non KKPsi related goals for this month.
- 4.) What is a long term goal you have?
- 5.) How do you think you can achieve on of these goals?
- 6.) How can the Chapter help you achieve your KKPsi goals?
- 7.) How can the Chapter help you achieve your non KKPsi goal?
- 8.) What is the weirdest thing you have seen this week?
- 9.)On a scale of 1-10 (1 being worst, 10 being best) how would you rate your handwriting?
- 10.)Favorite Holiday Treat?
- 11.) What is one thing you are doing next Tuesday?

- 1.)Connor Carmody
- 2.)Actually succeed in becoming active
- 3.)Formulate a personal budget
- 4.)Grab internships and the like to ready myself for a career
- 5.)Take baby steps when it comes to networking, remain open minded.
- 6.)Keep being so helpful/awesome!
- 7.)Tell me to stop buying Nintendo stuff (please)
- 8.)The Cow Milking Mini Game on Nintendo Switch
- 9.)4
- 10.)Monkey Bread (does that count?)
- 11.) Playing the clarinet

- 1.)Joseph Vera



- 1.)Emily Edmonds
- 2.)to complete all of my interviews so I can complete the prospective process
- 3.)to complete all of my homework for my classes
- 4.)to get good grades this semester
- 5.)I can do my Monday homework on Monday, Tuesday homework on Tuesday, and study very hard!!
- 6.)everyone has been making time for me to interview them :)
- 7.)maybe make study groups or writing workshops
- 8.)sushi burrito in LA!
- 9.)6 or 7, not that neat but still legible
- 10.)peanut butter cookies with Hershey's kisses on them!
- 11.)All of my classes are on Tuesday lol
- 2.)As an officer, successful promote my class to being proactive as we go through third degree and become actives.
- 3.)Stress less, do more.
- 4.)Be in a state where I can have great grades, a social life and no stress.
- 5.)Work hard and manage my time better.
- 6.)By instilling in me the practices they have and having the support and advice to achieve my goals.
- 7.)By instilling in me the practices they have and having the support and advice to achieve my goals.
- 8.)Crop top and nipple cutout shirt
- 9.)4
- 10.)Candy Canes
- 11.)Nothing other than going to class

1.)Alexander Smith

11.)I am going to class, which is "PUP 200 - Cities in Cinema" -- watching movies in class, and then writing a comprehensive or otherwise detailed



2.)I want to complete my process, and that includes getting all of my interviews, as well as credits and projects complete!

3.)I want to get a better handle on organization for my classes, as the majority of them are online.

4.)I want to graduate from ASU with a bachelor's in English Education, and later on, I would like to go to graduate school to get my doctorate so I can teach college level English at a University!

5.)Keeping myself in check, as well as organized, and keeping my eyes and mind open to new ideas as well as asking for help from peers when needed.

6.)They already have helped a lot! My big brother Nicky has been a huge help to me, and I really appreciate all he's done for me this year.

7.)As a pro, I have the hope of going active as a Brother of KKPsi, and if this happens, I'll be a part of this organization for the next few years. This will help me since I will be surrounded by passionate and driven people.

8.)At a basketball game, the student section gave the band pool noodles to use to distract the other team from free throws. The trumpet section put the noodles in the back of their jackets to make them look like robots with an antennae, and the Saxophone section had them in their bells, so they shot up and looked really awesome and weird at the same time!

9.)10

10.)Christmas cookies, baked by my Nana Smith

1.)Kyle Horn

2.)To finish my interviews

essay about the movie, more in depth than just the plot.

1.)Connor Sullivan

2.)Make it to 3rd degree

3.)Don't miss any classes

4.)Completing my PhD

5.)A revitalized regiment to build the skills required

6.)Keep being an amazing support base and resource

7.)Keep being an amazing support base and resource

8.)I'm not sure, life in general is kinda weird

9.)5

10.)Garlic Mash Potatoes (don't judge)

11.)Going to Class

7.)Because the academic interests of the chapter are so widely varied, I have both emotional and academic support when I need it. Some brothers have taken similar classes as me, and I can build



- 3.)To stay hydrated
- 4.)To finish the semester with a 4.0
- 5.)By studying
- 6.)By interviewing with me
- 7.)#StudySesh
- 8.)Joseph Vera
- 9.)8
- 10.)Peppermint ice cream
- 11.)Reading Bob Marley: Raggae and Resistance

- 1.)Maryl Harris
- 2.)Host a social project that is enjoyable for the prospectives!
- 3.)I am in the process of applying for some summer research internships, and I would like to finish up those applications.
- 4.)To eventually enter medical school after my undergrad.
- 5.)I plan to keep up my current activities (especially musical), but ultimately to prioritize my classes and medical preparation throughout these four years.
- 6.)The Chapter is a diverse group of people working towards a common goal, which means I have a widely varied and well-intentioned source of advice, particularly from more experienced brothers. Also, the enthusiasm of fellow prospectives is helping to guide our process and how our projects are executed.

- 1.)Sean Hazle
- 2.)To become an active brother.
- 3.)To finish the development of a webpage for an

- friendships while also focusing on schoolwork.
- 8.)The viral video of the alligator eating another alligator at a park. That's near to my hometime!
- 9.)9
- 10.)Ginger Snaps
- 11.)Waking up way too early so I can go to my 7:30a.m. calculus class.

- 1.)Liz Delgado
- 2.)Meet/Interview as many actives, alum, and TBS sisters as possible!
- 3.)Find a healthy balance between practicing,



online music store.

4.)To move to Paris after graduating from ASU.

5.)I believe I can achieve these goals by allocating the proper time to plan and prepare for events that may slow down achieving my goals.

6.)The brothers in KKPsi can help me by making recommendations or telling me the best way to approach certain requirements to become an active member.

7.)The Chapter can help me by providing helpful feedback on ideas or plans I make.

8.)I saw a roadrunner with a piece of bread in its mouth by the Polytechnic Campus.

9.)A very solid 5.

10.)Cranberry Sauce, during Thanksgiving.

11.)I am reading Oscar Wilde.

school, and work while striving towards progress always!

4.)Become a more effective person especially in regards to my practice time and studying.

5.)Stop multitasking unnecessarily when I am practicing or studying so that the time spent is more fruitful.

6.)The willingness of the Chapter to help me achieve my goal will and has been helping me as the brothers have proved very flexible as well as approachable which makes my goal not only possible but very exciting.

7.)The Chapter has been continually helping me push towards my goals by encouraging and assuring me that what I am doing is worth it. Often, that positive motivation helps me keep pushing forwards in my practice time.

8.)The weirdest thing I've seen this week would probably be West World (the HBO series). It's so strange but also amazing! Highly recommend!!!

9.)Solid 6

10.)Pumpkin Pie!

11.)Participating in a study regarding the neural activities that take place during your decision making process! Wooh research!

1.)Chad Hauck

2.)To activate

3.)To eat healthier

1.)Emily Brzezinski

2.)Be more involved in chapter activities

3.)Balance work, school, winterguard, and sleep.

4.)To be truly and undeniably happy



4.)To graduate college

5.)By eating more veggies, and by scheduling my time better

6.)Well, I know that some brothers are way busier than I, but they still are on top of everything, so they could give me good advice on scheduling.

Brothers can also hold me accountable to my goals. Also, I know that some brothers are exercise majors so they could give me healthy advice. Also I know

7.)I answered both this and the last question in my previous answer

8.)I saw a man with a really large, weird, and awesome Mohawk

9.)4

10.)Eggnog

11.)Going to my Population evolution genetics class

5.)I think if I start focusing on what I want, I can

6.)Updates on events will definitely help~

7.)I love band so I'm already partially there!

8.)Someone order a green tea with matcha (nasty! :P)

9.)10

10.)My mother's apple pie

11.)Classes!

1.)Elisabeth Partin

2.)It's pretty basic, but my KKPsi goal for this

7.)I know this was my answer for the last question, but in general the Chapter can help me by keeping me motivated to follow my schedule and by being



month is to transition as smoothly as possible from a prospective member to an active member.

3.) My non-KKPsi goal for the month is to form consistent routines and stick to them.

4.) One of my long term goals is to consistently grow as a musician, so I'm never stagnant in my ability.

5.) For my non-KKPsi goal, I can set a schedule for my week that I stick to as close as possible. I can also write out my specific routine that I'd like to follow, so if I have trouble remembering what I need to do, I have a reference.

6.) I think in general the Chapter can help me by being supportive and checking in on me every once in awhile.

supportive. I guess I just need lots of support.

8.) This happened last week, but I saw a guy walking around in a full suit with a waistcoat. He looked like the white rabbit from Alice in Wonderland, and honestly it made my day.

9.) I'd say it's at about an 8. It's readable, but it can get fairly sloppy when I'm writing fast.

10.) This is pretty specific to my family, but on Christmas morning, we make a breakfast casserole, and I always look forward to it.

11.) I'm going to a concert and supporting my friends.

### **Stories from Prospectives!**

#### **New Year, new me**

While sometimes a pessimistic outlook can benefit me by making me more realistic, at this point I just think it's dragging me down



Everyone's motto for about two days after January 1<sup>st</sup>, until the normal hustle and bustle distract them with the monotony of everyday life. Time is just a human construct, and from one year to the next there is not much of a difference, but somehow the beginning of a new year takes on a specific meaning and purpose for some individuals. For me, new year's resolutions are a way to reflect on the last year, to look forward to the next year, and to determine how to improve my own life, even if it is just to drink more water or take the stairs more. My biggest personal goal this year is to surround myself with positivity, and to find people who will bring this positivity into my life. I looked back on my life, on some past friends, and realized that they were influencing me to view the world in a negative light. And that negativity was affecting my mood, my relationships with other people, and my attitude about my own future.

### Playing Cello

Hi. My name is Elisabeth, and I'm gonna tell you

and keeping me from growing as a person, from maturing, and from looking forward to the future, which is vital as a college student. The transition from high school to college is difficult in different ways for every college student, but now that I feel like I've completed this transition, I want to grow as an adult and to continue learning more about the world. I want to look at the world through rose-colored glasses, I want to relish in the life and the opportunities I've been given, and I want to believe the best about others. I truly believe that KKPsi offers me a chance to interact with some of the most positive, optimistic people I've ever had the pleasure of meeting. The members have filled me with so much hope and excitement that I can't even imagine going back and interacting with past friends who refuse to change their mindsets, even as the world around them changes. Through this next year, I hope to strive for excellence and find the joy in every challenge I meet head-on.

- Emily Edmonds

had broken her cello right before camp, and that he had to give her the cello he had brought for me. He told me that I was still welcome to participate in the ensemble, but that I needed to



about the time that I wanted to play the cello. I go to a music camp every summer for a week. I've been going since the summer before my seventh grade year, and I continued going until I graduated from high school this past year. The music camp has several ensembles that you can participate in over the week, and at the end of the week, we put on a concert for parents and staff. The summer between my sophomore and junior year, I decided that instead of being in band (I know, I'm the worst, please don't throw things at me), I wanted to join strings. I wanted to do this for a couple reasons. I had been in band every year since I started going to camp, and I had reached a point where I had played the same pieces two or three times. Also, and this is genuinely the majority of my motivation, I really, really wanted to learn to play cello. I had even emailed the director of the strings ensemble asking if he could bring an extra cello for me to play during the camp. I was willing to do whatever I needed to do to play the cello. He agreed, and told me that he would work with me during free time to make sure I felt confident enough to perform at the end of the week. So, the first day of ensemble practice rolls around, and before rehearsal even started, the director pulled me aside and told me that one of his students

a baritone ukulele for a graduation gift (Beatrice). Since then, I've continued to practice

find another instrument to play. The only problem was that I had no instrument to play. I'm not a strings person. Luckily, my friend Chris told me that he had been planning on playing his ukulele for strings, but that he could let me borrow that, and he would play guitar instead. So, I learned how to play the ukulele. I can probably save you the time and tell you that I completely fell in love with playing the ukulele. It was so different from what I was used to. It gave me an opportunity to express myself without an ensemble. As much as I love the bass clarinet, it really isn't a solo instrument. For my birthday that year, my parents got me my first ever uke. I named her Drew, if you're curious. (I'm a big believer in naming instruments.) For the first few months I wasn't very good. Which is understandable, but I just found it frustrating. I slowly improved, but I never really dedicated myself to making consistent improvements. I played off and on until my senior year. Right before I graduated, I found that I had way too much free time. I decided that I was ready to make an effort to become better at playing the ukulele. I practiced every day for two months straight. I got to the point where I was confident with my abilities. I even bought myself



and improve. I'm still in love with playing. Even though I'm involved in band, the times that I feel the proudest of my music ability is when I'm playing the ukulele. It's something that I chose for myself. I taught myself how to play. I dedicated myself to practicing regularly. My ability to play the ukulele is something that only I can claim responsibility for, and I will always be proud of that.

I'm glad that I never got the chance to learn the cello.

- Elisabeth Partin

### **New Hair's Resolution**

A lot of people see the New Year as the



opportunity to turn over a new leaf and make changes in both their own lives and the world around them. I usually sit on the sidelines every year, but I've decided that it's time to throw caution to the wind and change my life for the better. This thought led me to crafting a New Year's Resolution that would be able to make a huge difference in my day to day life: wearing hats less often. I can't be so afraid anymore, I have many hairs that need to be presented to the world! I've found that hiding behind a hat makes it infinitely harder to peacock myself about in society. It's truly a product of insecurity and laziness, and these are two things that I need to leave behind in whatever last year was. I must become confident in the head of hair I'm presenting to the world, widow's peak and all, as well as develop the work ethic to maintain a strict hair grooming regimen to make sure it dances across the stage that is my scalp. Also, all the older males in my family seem to be going bald, so I need to milk this hair thing for all it's worth while it lasts.



### Committee Updates

### Membership Education



As you read this, the Brothers of Beta Omicron are preparing for 3rd Degree this weekend! On February 5th at 7:30pm, the Prospective Class of Delta Sigma will be initiated into the Brotherhood as Active Members! We are so excited and we'd like to share with you some of the things the Membership Education Committee has been up to in the month leading up to Ritual.

Time flies when you're having fun! The Delta Sigma class of the Beta Omicron chapter just finished all of their class projects and individual requirements as of Monday, January 30th. Delta Sigma's projects included a car wash, a social event based off of a comical rendition of *Whose Line is it Anyway?*, and several service projects to help the ASU Bands. Delta Sigma served the band by helping to improve the facilities and materials we use on a daily basis. The A-frames we use for signs on Band Day and at WGAZ were fixed and adjusted to be safer and easier to transport. Our storage facilities (the blockhouse, the band field shed, and the cage in Wells Fargo Arena) were all organized and cleaned for ease of access and cleanliness. Brothers and band members are all very appreciative of their efforts and recognize that they took the initiative to plan and execute these projects as a class. The Membership Education Committee is proud of the class for demonstrating a sense of duty and leadership and for consistently embodying the ideals of the fraternity through their dedication to music and service. They have completed their process and the Ritual of the 3rd Degree is the last step on their journeys to becoming Active Brothers! As always, Alumni are welcomed and encouraged to come and meet the new class. Help us welcome the class of Delta Sigma into the Brotherhood by showing up in support of Beta Omicron and Kappa Kappa Psi. Way to go Delta Sigma!

Besides working on the last steps of the Prospective Member Process, the Membership Committee has decided to branch out into fundraising as well! The Clash of the Classes is a new, annual Penny Wars fundraiser meant to start a friendly competition amongst past and present classes of Beta Omicron. start an annual fundraiser: This Clash of the Classes not only decides which class has the most sass, but also determines which class gets to decorate our new bulletin board and be crowned Class of the Year. Money collection will conclude at Delta Sigma's 3rd Degree ceremony. If you are an Alumni and think that your class is still the best, you too can participate. Bring cash/coins to Degree or contact your Alumni Relations Officer, Nolan Coody, at [boalumnisecretary@gmail.com](mailto:boalumnisecretary@gmail.com) and see how you can prove that your class is the classiest!



Signing off for now but not for long,  
Your Membership Education Committee

## Music

Happy New Year, everyone! The Music Committee has been doing substantial work all year and we are excited to continue our hard work into the Spring Semester! Our biggest project thus far has been Call for Scores, which is Beta Omicron's annual call for beginning and intermediate level band compositions. We have also been planning other fun events for this semester, such as Instrument Petting Zoos for local elementary school students, School of Music breakfasts and receptions, and other music service projects for community outreach.

If you would like to see us come to your school or a school near you, reach out to us at [bomusicchair@gmail.com](mailto:bomusicchair@gmail.com)!

Musically yours,

- Aliyah 'AYE' Qualls



# CALL FOR SCORES

## BEGINNING AND INTERMEDIATE BAND COMPOSITIONS WANTED

Sponsored by the Beta Omicron chapter of Kappa Kappa Psi, National Honorary Band Fraternity.

Receive feedback and a free recording of your original band composition. Give back to the community by donating your submission to a local school band.

**DEADLINE: APRIL 3, 2017**  
**FOR MORE DETAILS VISIT:**  
**[BOCALLFORScores.WEEBLY.COM](http://BOCALLFORScores.WEEBLY.COM)**



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Come visit us at meetings on Monday nights!

