



Wellness for Women

Some Dos and Don'ts to saving for College Education



By Indianapolis alumnae chapter president Jenna Spurrier, Gamma Omicron-Indiana State

Congratulations! It's a girl, (a future DG, of course!) and you received all the items on your Baby Superstore wish list, plus 30 or more frilly, size 3-6-months pink outfits than you know what to do with! After reading many a baby book and parent magazine, you realize that even the best garage sale or first-timer's effort at e-Bay isn't going to turn all of your baby shower loot into the money needed to help send your little one to college.

Therefore, being the excellent parent you are, you begin to research college savings options in between nursing, changing, napping, cleaning, laundry, sleeping, crying, bathing, bouncing, cooking, etc. And sadly, as many a mother knows, in the first few years, just about any activity besides one focused around junior is next to impossible to complete. So goes the typical parent's college savings research turning into college savings sales-and-advertisement research ("sales-and-advertisement research" referring to those who come to a conclusion based on billboards, ads in the Sunday paper, flyers passed out by bank tellers – and one of my least favorites – the insurance sales agent.

As a financial advisor, I sat for my life and health insurance exam so that I would have the ability to give advice on all types of financial accounts and products. During my preparation for this exam, one unforgettable rule was repeated *many* times: "Life insurance is *not* an investment and *cannot* be sold as an investment." The rule sounded pretty clear to me, but I'm continually surprised by the number of people excited to tell me about the investment they just made in an account called a "V.U.L." for their child's college education. I ask, "By V.U.L., do you happen to mean Variable Life Insurance?" (Even more surprising are the number of people who are not sure if that is what "V.U.L." means.) I bite my tongue and ask the following questions:

1. Do you or your husband have a retirement plan offered through work?
2. Are you eligible to contribute to a ROTH or traditional IRA?
3. Are you eligible to contribute to an Educational Savings Account?
4. Have you looked into 529 College Savings plans?

Many begin to wonder, "So, a 'V.U.L.' is bad???" The good news is: no. It is important to remember that all types of accounts were created for good reasons and are still around today for the same good reasons! But,

just because an account exists, does not mean that it is the best account to achieve your goals. A V.U.L. can be an excellent policy for those looking to offset the estate taxes to which their beneficiaries will be subject after their death. A V.U.L. can also be a source of funds for those who have reached the date where college bills are due, but sufficient funds have not been saved.

What is most important for all parents is to have a quick reference guide to the order in which college funds should be saved after first calculating a close estimate of the cost of college for each of your children and deciding what percentage you plan to contribute to that cost. The order of saving for college is as follows:

1. Your company-sponsored retirement plans. For 2004, an employee can contribute up to \$13,000 to a company-sponsored retirement plan and \$14,000 in 2005. (\$14,000 and \$16,000 respectively for those 50 and older.) The contributions are pre-tax and many times, are matched in some form by the company.
2. Those filing taxes as "married filing jointly" can contribute \$3,000 a piece (\$6,000 per couple) to ROTH IRAs for Modified Adjusted Gross Incomes of \$150,000 or less and can contribute \$4,000 a piece in 2005. (\$3,500 and \$4,500 respectively for those 50 and over.)
 - a. The benefit of saving in a retirement plan or IRA for college is the ability to take advantage of the rule that allows withdrawals for the purpose of "qualified secondary education" free of the normal 10 percent early withdrawal penalty assessed for withdrawals before the age of 59.5.
3. With the same income restrictions as the ROTH IRA, a couple filing "married filing jointly" can also contribute \$2,000 per child in 2004 into an education savings account (a.k.a. Coverdale Savings Account). These funds are saved after-tax, but grow tax-free and can be withdrawn tax-free for qualified education expenses.

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WELL AWARE

Brought to you by the Delta Gamma Foundation

How Diversity Can Enrich our Lives

By PRO and author of *Leadership Skills*, Emily Kittle Morrison, Beta Chi-Denver

Diversity is a fact of the 21st century. While many fraternal organizations came into being in the mid-19th century (when there was little diversity), the face of modern America is very different. America is now the most diverse nation in the world! We are soon expected to be a "minority majority" country. At the University of Arizona, enrollment of minority students is already at 30 percent. I suspect this is now the norm at many U.S. colleges.

This reality can and should affect each of us involved with Delta Gamma. This diversity has the potential to enrich our lives in ways we cannot yet even imagine.

Individuals from diverse backgrounds bring a cultural heritage and set of experiences that can teach us many things, even about ourselves. This may not be immediately apparent to students

comfortable with those they see as like themselves. Homogeneous groups share much in common, and, as a result, are not challenged to consider new views and perspectives. The future will expect us to be understanding – if not inclusive – of differences.

Extending our reach to those from differing backgrounds gives us a chance, not only to prepare for the world that is evolving, but to learn about and consider the values and traditions of others. Indeed, as I recently read, "when one segment of our population is excluded or oppressed, we are all denied."

For Delta Gamma to survive (many organizations have not) and thrive, we need to get more involved with all population groups and reach out to all members of our campus communities. Our very survival depends on it.

Simply opening the doors during recruitment week will not be enough. Members need to make a personal effort to meet and get to know representatives of diverse groups. We can strive for change; we can become proactive; we can set recruitment goals. That said, we must also establish a reputation on each campus as an organization that stands for common values, including that of an appreciation of diversity.

In doing so, we open our own lives to wonderful new friendships and we strengthen our fraternity. Creating a more diverse organization provides a unique opportunity to gain new perspectives, respect and appreciation for this new world that is already upon us.

None of this implies a compromise of fraternity values. We will still offer women of all ages an even richer heritage based on the prin-

ciples of integrity, personal responsibility and intellectual honesty. These are not values held by a limited group. These are values we seek in all new members. They are a part of the bond we share. Diversity can enrich our lives. By welcoming the reality of our diverse world, recognizing "difference" as positive (not less than) and engaging an attitude of acceptance (not just tolerance), we grow and become better people ourselves.

Emily Kittle Morrison, Beta Chi-Denver, has served as a National Leadership Development Trainer for more than three decades, and as Education Director for programs at the University of Arizona and at the Pima Air & Space Museum, where issues of diversity were at the forefront of her work.

Dos and Don'ts - continued from page 1

4. For those who have exhausted the previous three methods of savings and still need to save more for college, the next option is the 529 College Savings Plan. In these plans, there are no income restrictions for the parents, and up to a total of close to \$300,000 can be contributed for the benefit of each child. Funds are contributed in after-tax dollars, grow tax-free and can be withdrawn tax-free for qualified secondary education expenses.

All of those who feel that they cannot save enough for college utilizing these four options, should, in my opinion, take a serious look at scholarship applications next, since utilizing the four options above would allow a dual-income family, with two children, to save \$75,000 or more per child in 2004 alone.

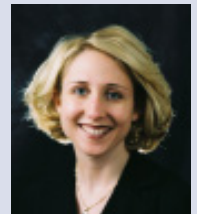
Remember: life insurance should primarily be purchased for one of the following two reasons only:

1. to supplement the income and/or remaining assets of a household breadwinner after his/her untimely passing
2. or, to offset the cost of estate taxes to one's heirs after his/her passing

For additional information and complimentary, non-biased advice, Jenna Spurrier can be reached at (866) 307-5001 or jspurrier@wundernet.com. Jenna is a chartered retirement plan specialist in addition to holding a Series 7 and Series 66 license and life and health insurance license.

Wellness e-mails are now online at www.deltagamma.org/wellness_emails.shtml

Career Corner



Name: Jenna L. Spurrier

Chapter of Initiation: Gamma Omicron-Indiana State

Favorite chapter memory: anchormate walkout and spring break

Occupation: Investment Advisor

Place of employment: Wunderlich Securities, Inc.

Required education: bachelor's degree, Series 7 license, Series 66 license, and Life and Health Insurance License. You must also be a Chartered Retirement Plan Specialist.

Hours worked per week: At least 40. (The more I work, the more I make. No salary here!)

Favorite attribute of job: Helping others make more money, reduce their expenses, save time, learn more, enjoy finance and investing, and be happier!

Least favorite attribute of job: People who do not follow through on a financial plan or financial advice into which I have put many hours. Also people who are jaded or negative about investments based on what they have heard from friends, coworkers or the media.

Words of advice for women interested in pursuing this career:

Do *not* attempt to become an investment consultant right out of college. Either join a team as a junior broker or work in another field first that will allow a better transition into this career, such as an accountant or private banking representative; a field that would help you build up a large book of contacts from whom you can draw on when building an investment book of business. Cold calls do not work for a 22-year-old, brand-new broker trying to get the trust of a prospect!

PROs are a special group of alumnae who volunteer as resources for the Fraternity. They make up Delta Gamma's speakers bureau and are available to alumnae and collegiate chapters for presentations and workshops. We will feature PROs in this and upcoming Well Aware issues. For more information or to schedule a PRO visit, contact Coordinator of Resource Development Leslie Loop at leslie@deltagamma.org.

Ann H. Wilson, Alpha Lambda-Drake
 Director of Commuter and Off-Campus Student Programs
 and Services at Drexel University Philadelphia, PA

Workshop and Presentation Topics:

- Team Building
- Conflict Resolution
- Goal Setting
- College Student Development
- Diversity
- Etiquette
- Values and Ethics
- Job Interviewing

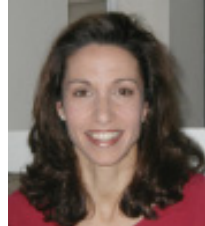


from the
PROfiles

Laura Lodato LoPresti, Gamma Theta-Florida
 Facilitator, Coach, Trainer, Consultant, Training and De-
 velopment Field
 Tampa, FL

Workshops and Presentation Topics:

- Communication
- Team Building
- Goal Setting
- Time Management



Energizing & Inspiring: Get Your Chapter Excited about Wellness

By director: Well Aware, Rebecca Gibbons, Gamma Zeta-Louisiana State

Need a way to liven up your semester? Planning a full week of wellness activities is a great way to promote a healthy lifestyle and have some fun! This week can include a variety of activities coming from all areas of wellness: social, spiritual, physical, emotional, vocational, intellectual, financial and leadership. Get creative with your events, and the result will be a week that leaves you and your sisters energized and inspired.

Planning:

The most important part of making this week successful is the planning! A few weeks are needed to book speakers, rent equipment and plan events with fraternities and sororities.

Guest speakers:

Work with your director: alum-

nae relations to find local alumnae who can come to your chapter meeting. The campus health center may also have useful suggestions. We were fortunate to have an alumna who is an attorney speak to us about alcohol liability. She explained the risks and liability that come with having alcohol at Delta Gamma events, tailgating parties before football games and other college social activities.

Use chapter resources:

You'll be surprised at the talents within your chapter! One of our officers taught a Pilates class at our house. Afterward, we cooled off with some smoothies.

Make it fun:

Work with your director: social events to plan an event with another

fraternity or sorority. We had a fraternity over for a healthy dinner and then walked over to the LSU Rec Center to have a sand volleyball exchange.

Use your university recreation center:

The staff was so helpful and the prices were great. We rented canoes and went canoeing on the University Lakes with another fraternity. It was a great way to end a long day of class and the guys loved this activity!

Publicize:

Make sure to give the chapter the dates and times at least a week in advance so members can plan ahead. Make cute flyers and post them around the house (in doorways, on the mirrors, on bulletin boards,

etc.) so everyone knows the upcoming events.

Keep the excitement up:

We have a Well Aware bulletin board with information from Well Aware Updates and wellness e-mails. Our meeting agenda also includes fun wellness tips for members to read weekly. These resources keep the chapter involved and informed with Well Aware all year long!

The key to having a successful Wellness Week is to fine-tune it to the needs, interests and resources of your specific chapter. Get input from your members and try to plan the week according their interests. Wellness Week will undoubtedly be an interesting and exciting addition to your chapter's calendar from which everyone will benefit!

**Make the
 Cable Connection**
www.deltagamma.org/cable_connection.com

Just graduated, relocated or changed career paths? Cable Connection can help! Funded by the Delta Gamma Foundation, Cable Connection is a networking program that matches DGs looking for career advice with mentors who offer their guidance and expertise. Go to www.deltagamma.org/cable_connection.shtml and fill out the "Requesting Advice" form today!

Monthly Observances and Contacts



Each organization has materials available unless otherwise noted.

January

16-22

Healthy Weight Week

Healthy Weight Network
402 S. 14th St.
Hettinger, ND 58639
(701) 567-2646
www.healthyweight.net
Contact: Francee Byrd

1-31

Cervical Health Awareness Month

National Cervical Cancer Coalition
2725 Alcatraz Ave., Suite 282
Berkley, CA 94705
(510) 832-2317
hforster@nccc-online.org
www.nccc-online.org
Contact: Hollis Forster

1-31

National Birth Defects Prevention Month

March of Dimes Birth Defects Foundation
1275 Mamaroneck Ave.
White Plains, NY 10605
(888) M-O-DIMES
askus@marchofdimes.com
www.marchofdimes.com
Contact: Pregnancy and Newborn Health Education Center

1-31

National Volunteer Blood Donor Month

American Association of Blood Banks
8101 Glenbrook Rd.
Bethesda, MD 20814
(301) 215-6526
publicrelations@aabb.org
www.aabb.org
Contact: Jennifer Garfinkel

1-31

Cataract Awareness Month

American Academy of Ophthalmology
P.O. Box 7424
San Francisco, CA 94120-7424
(415) 447-0123

eyemd@aao.org

www.aao.org

Contact: Communications Department

1-31

Thyroid Awareness Month

American Association of Clinical Endocrinologist
1000 Riverside Ave., Suite 205
Jacksonville, FL 32204
(904) 353-7878
info@aace.com
www.aace.com
Contact: Beth Bates

February

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National Wear Red Day 2005

National Heart, Lung, and Blood Institute Health Information Center
Attention: The Heart Truth
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
(240) 629-3255 TTY
nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov/health/hearttruth
Contact: Information Center

13-19

National Child Passenger Safety Awareness Week

Office of Occupant Protection
National Highway Traffic Safety Administration
U.S. Department of Transportation
400 7th St., S.W.
Washington, D.C. 20590
(888) DASH-2-DOT
(202) 366-9550
www.nhtsa.dot.gov
Contact: none available

13-19

Cardiac Rehabilitation Week

American Association of Cardiovascular and Pulmonary Rehabilitation

401 N. Michigan Ave., Suite 2200

Chicago, IL 60611

(312) 321-5146

aacvpr@sba.com

www.aacvpr.org

Contact: Dana Fennewalb

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National Donor Day

Division of Transplantation, OSP,
HRSA
U.S. Department of Health and Human Services
Parklawn Building, Room 16C-17
5600 Fishers Lane
Rockville, MD 20857
(301) 443-7577
ask@hrsa.gov
www.organdonor.gov
Contact: none available

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National Women's Heart Day

Sister to Sister: Everyone Has a Heart Foundation, Inc.
4701 Williard Ave., Suite 223
Chevy Chase, MD 20815
(301) 718-8033
efitz@sistertosister.org
www.womansheartday.org
Contact: Rita Menitoff

27-5

National Eating Disorders Awareness Week

National Eating Disorders Association
603 Stewart St., Suite 803
Seattle, WA 98101
(206) 382-3587 ext. 19
info@nationaleatingdisorders.org
www.nationaleatingdisorders.org
Contact: Kari Augustyn

1-28

AMD/Low Vision Awareness Month

Prevent Blindness America
500 E. Remington Rd.
Schaumburg, IL 60173-5611
(800) 331-2020
info@preventblindness.org

www.preventblindness.org

Contact: PBA Consumer and Patient Hotline

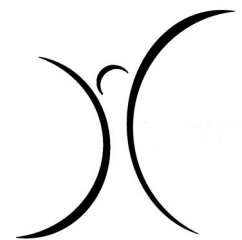
1-28

Wise Health Consumer Month

American Institute for Preventive Medicine
30445 Northwestern Hwy., Suite 350
Farmington Hills, MI 48334
(800) 345-2476
(248) 539-1800 ext. 247
aipm@healthylife.com
www.healthylife.com
Contact: Customer Care Department

Source: 2005 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, D.C.

**NEDAW Packets
coming soon to
all collegiate
chapters!**



Leadership for Life
Discover the leader in you.

The information in this Well Aware Update should not be considered complete or used in place of a call or visit to a professional.