

Letter from the Resident Scholar



Andrew Jehle, SigEp Alumni and current Resident Scholar.

I am the Resident Scholar of the Missouri Zeta Chapter of Sigma Phi Epsilon. I first want to congratulate all of the new members and their parents for the best decision of their college career so far! Many of you may not know what exactly a Resident Scholar is, so I will provide a limited insight into the position.

To begin, I am a graduate student, working towards my MBA. I am a full time student, working as a Graduate Assistant in addition to this position. In my duties within the chapter, I aim to assist new

members in their acclimation into the new experience of college life. This includes balancing school responsibilities as well as social activities. Some of the resources I can provide the new members of the chapter include presentations on time management, scheduling, developing healthy work and study habits, as well as educating them on all of the other resources the university has available.

My scope is not limited to new members, however, I also aim to help transition senior members into the working world. Some of the things I can assist the senior

members with are enhancing resumes and helping with job interviews.

It has been a great year, and the hard work of all our members has paid off. Accumulating in our Chapter receiving the Phi Beta Kappa Wheelhouse Award- which is awarded to Chapters for a GPA of 3.15 or higher- for our 3.16 Fall 2008 Chapter GPA! The "Wheelhouse" Award is a very prestigious award; I am very proud of our Chapter for earning it and look forward to improving upon this success.

Brotherhood Focus

Our new Vice President of Development, Justin Audrain, has plans to implement a few new programs to improve brotherhood within the chapter. In addition to improving brotherhood, these programs are intended to increase our chapter's presence on campus. Brother Audrain's main focus is to foster brotherhood through the spirit of competition.

There are several ideas under consideration. One of the ideas is to establish a chapter Lift-a-Thon. The chapter would compete for the highest bench press, squat, power clean and other similar lifts. The brother who lifts the most weight

will win the SigEp Strong Man Award.

For those brothers who do not want to compete in the Lift-a-Thon, Brother Audrain wants to establish a Biggest Loser competition and a Dailey Activity program. The Biggest Loser competition would follow the television show's format, in which everyone participating will get weighed at the beginning and end of competition. Whoever loses the most weight by the end of the allotted time wins. The Daily Activity program is designed to encourage brothers to perform a different exercise every day. Brother Audrain's list of possible events includes pick-up basketball games, Ultimate Frisbee and swimming pool days.

After implementing these competitions, a grand



finale, of sorts, might take place. This event would be 24-hour SigEp Marathon in which chapter members are divided into teams and a member from each team runs one mile every hour. The site for the marathon has not yet been determined, but the chapter is looking into using the indoor track at the North Rec. Center, Houck Stadium's track or even designing our own course. These new programs reflect our chapter's commitment to the Sound Body program which is an integral part of the Balance Man ideal.

Brothers Kevin Schuette, Geoff Wester and Brad Wester at Formal



The Healthy Heart Triathlon

The men of Sigma Phi Epsilon are proud to announce the success of the 2009 Healthy Heart Triathlon, which was held on April 18th. The triathlon consisted of a 150-yard swim, 6-mile bike ride and a 1.75-mile run. The swim portion was held in the Student Aquatic Center at the North Rec. Center. The bike and run courses went through the incredibly hilly Cape Girardeau community. Participants had the option to compete either individually, or in teams. This year we had 20 individuals compete, along with 5 teams.

The day of the triathlon brought optimal weather. The race started at 9:00 AM and all of this year's participants were finished by



10:00 AM. Afterward, the participants were invited over to SigEp's Greystone Residence for food, refreshments and an awards ceremony. The top finisher in the event was Josh Robusto with the great finishing time of 32:23.

The participants mostly gave positive feedback, often com-

menting on how well organized the event was. Some felt that the bike course, which featured a lot of hills, needed to be changed. Those in attendance, who compete in triathlons on a regular basis, felt the triathlon was on the verge of "blowing up," meaning that they expect that a lot more people will compete next year.

Our Chapter puts the triathlon on as a yearly fundraiser for the YouthAIDS organization. This year the triathlon raised \$400 dollars for our Philanthropic partner. This was made possible through generous donations made by local businesses which covered the start-up costs, allowing all the registration fees to be donated to this wonderful charity.



Sigma Phi Epsilon strives to achieve the Balanced Man ideal of Sound Mind, Sound Body. Through intramurals, our brothers can strive for a Sound Body in a variety of competitive and non-competitive sports ranging from ping-pong and darts, to Softball and Flag Football. We usually have three Sig Ep teams ranging from Ep 1 to Ep 3. Ep 1 is most comparable to a varsity team, Ep 2 a non-competitive, and Ep 3 a new member team. Ep 1 is competitive in every sport it participates in and strives hard to be the best on campus. While winning is always a prime focus, the most important things are to have fun and represent our fraternity with

Chapter IMS

honor. We have shown significant improvement over the past two semesters in our sportsmanship.

The fall and spring semesters brought new competition, which proved to be very tough. Our athletes still managed to take championships in basketball, wiffleball and volleyball. Runner-up finishes were earned in flag-football and Ultimate Frisbee. Co-Rec championships were taken in volleyball, paired with the sorority Alpha Chi Omega, football paired with Alpha Delta Pi, and Softball paired with Delta Delta Delta. Playoffs for spring softball and flag football have just begun, with Ep 1 earning the #1 seed in softball and Co-Rec softball. The playoffs look promising and we hope to bring

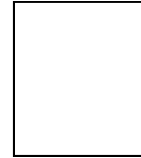


more championships to our fraternity.

As you can see, Sound Body is very important to the Sigma Phi Epsilon fraternity. We have teams for every type of player, from our competitive brother to those just looking to have a good time. No matter what team a brother is playing for we always aim to exemplify great sportsmanship and represent our fraternity with respect. A special congratulations goes out to our IM Player of the Year, Robert Briley. A special Thank you is also owed to our IM Fan of the Year, Carson Kelley.



SigEp



Sigma Phi Epsilon

To:

From:

Sigma Phi Epsilon
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**“Building Balanced Leaders for the
World’s Communities.”**

**This is the new and improved newsletter of the
Missouri Zeta chapter of Sigma Phi Epsilon.**

**This newsletter covers some of the events and
accomplishments of the 2008-2009 School
Year; it also, provides insight into Chapter im-
proves that will take place in the Fall of 2009.**

**We look forward to seeing all of our parents at
the Parent’s Weekend events in the fall.**

Sincerely,

The Men of Sigma Phi Epsilon



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