

THE LAMP

OF DELTA ZETA

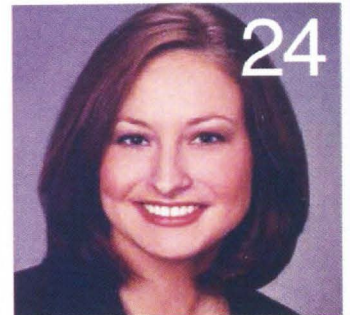
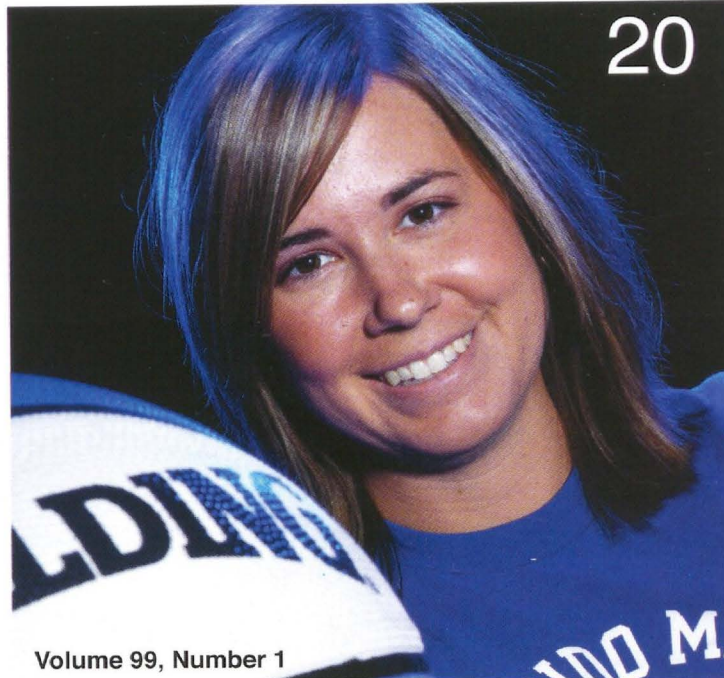
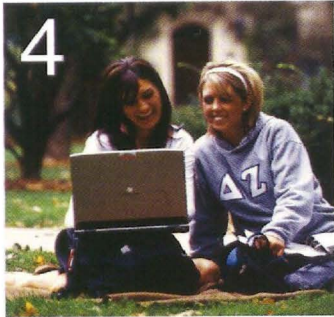
ISSUE 1 2011

www.deltazeta.org

A photograph of two young women in a library. The woman on the left, with long dark hair, is looking down at an open book held by the woman on the right. The woman on the right is also looking at the book. They are standing in front of tall bookshelves filled with books. The lighting is warm and the atmosphere is quiet and studious.

**“To My Mind, Growth”
Enriching the
Educational Experience**

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by Lindsay Miller Northam, M.D. BT '00
(Nebraska Wesleyan University)

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to fund the Foundation's educational programs.

FOUNDERS

Alfa Lloyd Hayes, 1880-1962
Mary Collins Galbraith, 1879-1963
Anna Keen Davis, 1884-1949
Julia Bishop Coleman, 1881-1959
Mabelle Minton Hagemann, 1880-1929
Anne Simmons Friedline, 1879-1932

THE ORDER OF THE LAUREL

Irene Caroline Boughton, 1904-1988
Grace Mason Lundy, 1893-1993
Elizabeth Coulter Stephenson, 1881-1939
Myrtle Graeter Hinkly, 1893-1987

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CONTRIBUTORS

Lindsay Miller Northam, M.D. BT '00
(Nebraska Wesleyan University)
Ally Zomchek, Communications Intern

POSTMASTER:

Send address changes to
Delta Zeta Sorority,
202 East Church St., Oxford, OH 45056.

Send all editorial material, including
Stars in Our Service Flag submissions,
to Delta Zeta National Headquarters
Attn: Nancy Brewer, Editor, 202 East Church
Street, Oxford, OH 45056
(513) 523-7597

General e-mail: dzs@dzshq.com
LAMP e-mail: LAMP@dzshq.com
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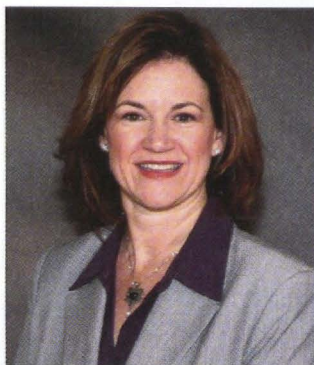
National Panhellenic Conference



Printed on Recycled Paper



from the president



As college-educated women, all of us understand the importance of education – for us, for our children, for those who may not have opportunities to otherwise improve their lives. Education enriches us; helps us to succeed and support ourselves; opens our mind to new ideas and prepares us for personal achievement and leadership.

Our Founders recognized this when they made the pursuit of education one of the most important tenets of Delta Zeta.

Through the years, Delta Zeta members have taken that education and used it to change the world community. Delta Zeta aligns with our host institutions to ensure that today's student becomes tomorrow's educated and connected citizen.

Some people believe, incorrectly, that fraternal life interferes with a college student's academic path. Nothing could be further from the truth! The National Panhellenic Conference states, on behalf of its member groups, that academics are foremost in its Panhellenic creed: "We, the undergraduate members of women's fraternities, stand for **good scholarship**, for guarding of good health, for maintenance of fine standards, and for serving, to the best of our ability, our college community."

Education brings enlightenment and change to students who take that change into the world community. Delta Zeta is proud of our academic achievers, no matter where they are in their journey of learning, and knows that they will continue to enrich the world.

In Delta Zeta,

Michelle A. Smith, National President

Please visit <http://lamp.deltazeta.org> to read the latest issue. If you would like to read The LAMP online to help the Sorority to go green, please e-mail us at GreenLAMP@dzshq.com. You will receive an e-mail alert when the next issue is online. If you want to continue to receive The LAMP in its hard copy format, mailed to you three times a year, you need not do anything. **Thank you!**



Photo courtesy of Miami University

Statue of William Holmes McGuffey, author of the McGuffey Readers
and professor at Miami University

To My Mind, Growth

feature

Delta Zeta Enriches the Educational Experience

Delta Zeta Sorority's foundation is built on education. Founded at Miami University in Oxford, Ohio (the tenth oldest public university in the United States), in 1902 by women who were education majors, the pursuit of higher learning has always been integral to the Sorority's purpose:

"The purpose of this Sorority shall be to unite its members in the bonds of sincere and lasting friendship, **to stimulate one another in the pursuit of knowledge**, to promote the moral and social culture of its members, and to develop plans for guidance and unity in action; objects worthy of the highest aim and purpose of associated effort."

Constitution of the Delta Zeta Sorority, Article II, Section 1.

Delta Zeta's Founders were pioneers in the field of education for women.

Alfa Lloyd obtained a teaching degree from Miami; Mary Collins became a primary school teacher; Anna Keen was a music teacher; Julia Bishop had a teaching degree; Mabelle Minton, in addition to graduating from Miami University, also attended the Teacher's College of Columbia University and taught school before becoming a businesswoman; and Anne Simmons was a teacher in Cincinnati, Ohio.

Later in the Sorority's history, one of Delta Zeta's mergers was with a sorority that had previously been only on teacher training college campuses. Delta Sigma Epsilon was the second oldest and second largest of the teachers' colleges sororities at the time of its merger with Delta Zeta in 1956.

Transforming the Educational Experience

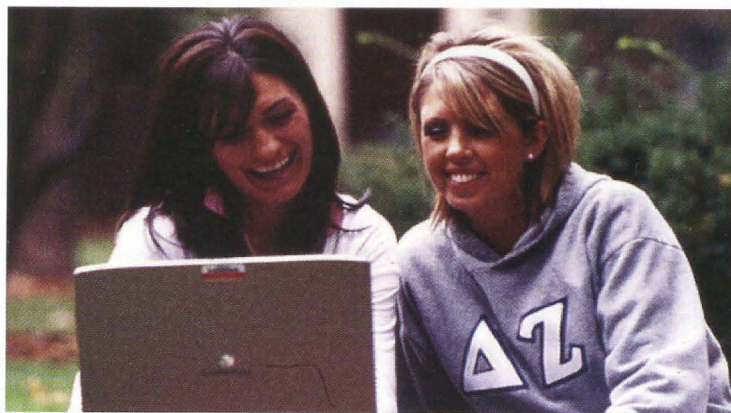
Today, Delta Zeta promotes academic integrity among its members by adhering to those tenets established in 1902. The Center for Academic Integrity's (CAI) consensus statement for schools around the country enumerates honesty, trust, fairness, respect and responsibility as essential for the effectiveness, accuracy and value of learning (The Panhellenic Scholar - <http://www.npcwomen.org/>). These same principles are set forth in Delta Zeta's *Constitution* and *Code of Regulations*. The Sorority knows that personal integrity influences every aspect of our members' lives, including scholarship.

Delta Zeta transforms the educational experience for our collegiate members. Beginning with recruitment, our chapters seek

members who excel academically and whose talent will not only strengthen the Sorority, but enrich the world. The Sorority shares a common purpose to invest in the lives of others and to help them achieve their hopes and dreams. Higher education provides this platform, and Delta Zeta extends it further with opportunities for members to fulfill their potential and, ultimately, make a positive impact on the world community.

The educated woman of any generation is the one who changes the world through her active citizenship. That engagement begins in her Delta Zeta chapter, expands to her campus, then to her community and ultimately, beyond. Delta Zeta understands how that education shapes women who effect change for the better.

As one of the largest sororities in the National Panhellenic Conference (NPC), Delta Zeta has a diversity of resources and members by virtue of the many campuses we share with our host institutions. This diversity inspires Delta Zeta to nurture the creative ingenuity within our membership, which learning cultivates. As a result of their education and Delta Zeta's influence, our members are enlightened and accomplished, and use their talents for a greater good.



Delta Zeta: Committed to Academic Success (Fall and Spring 2010 combined)

Delta Zeta national GPA: 3.09
National all-sorority average: 3.07
National all-women's average: 3.05

Top Chapters in Academics by Region (May 2011)

Region I	Pi Beta Chapter, University of Hartford 3.34	Region X	Xi Omicron Chapter, Loyola-Marymount University 3.44
Region II	Xi Iota Chapter, Muhlenberg College 3.47	Region XI	Delta Phi Chapter, Northeastern State University 3.28
Region III	Zeta Epsilon Chapter, California University of Pennsylvania 3.43	Region XII	Omicron Alpha Chapter, St. Mary's University 3.24
Region IV	Lambda Delta Chapter, University of Virginia 3.4	Region XIII	Beta Gamma Chapter, University of Louisville 3.29
Region V	Zeta Kappa Chapter, Ohio Northern University 3.32	Region XIV	Pi Delta Chapter, Wake Forest University 3.27
Region VI	Epsilon Sigma Chapter, Wayne State University 3.36	Region XV	Pi Alpha Chapter, University of Florida 3.42
Region VII	Epsilon Chapter, Indiana University 3.32	Region XVI	Theta Theta Chapter, DePaul University 3.34
Region VIII	Theta Eta Chapter, Creighton University 3.37	Region XVII	Beta Delta Chapter, University of South Carolina 3.51
Region IX	Rho Chapter, University of Denver 3.48		

Education is a lifelong process

Today's learning environment goes beyond the setting of the college campus filled with traditional students. The higher education landscape includes more commuter campuses, as well as distance learning done via online classes and the virtual classroom. Women are going back to school in larger numbers than men (American Association of University Women Educational Foundation – <http://www.auww.org>). Many of these women are returning to the classroom to enhance existing skills to remain viable in the job market, to make a career change, to complete a degree or to obtain a higher one.

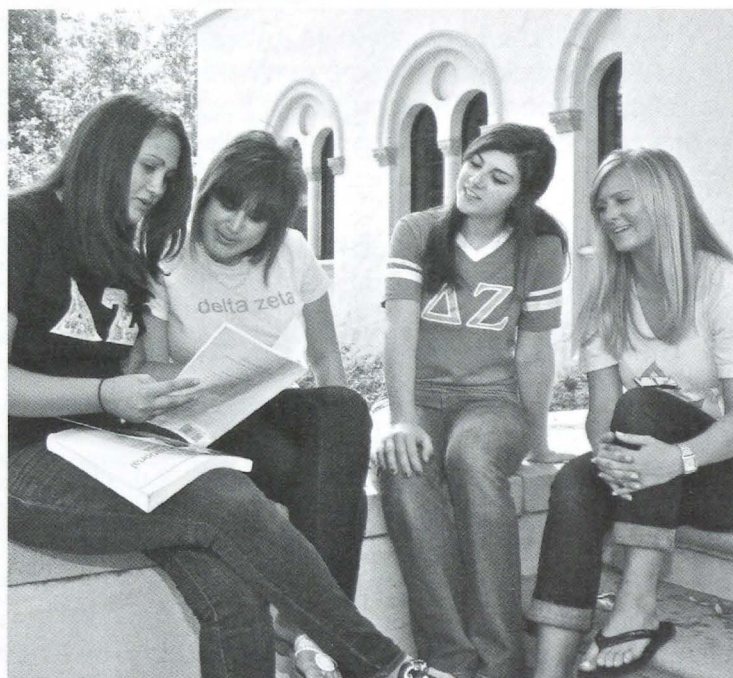
Read more online about Delta Zeta alumnae who have met the challenges faced by nontraditional students at <http://lamp.deltazeta.org/>.

Because of the Sorority's commitment to lifelong learning, we support our alumnae members who are defined as "nontraditional" students in their academic endeavors, too. Alumnae returning to school can often find encouragement from the local college chapter and/or alumnae in the area. Carolee Followill, National Academics Chairman, encourages these members to visit the Academics group in Metro. These women make valuable contributions to these campuses by virtue of their life experiences and their membership in Delta Zeta Sorority, and will go on to enrich the world upon completing their degrees.

Sharing the Mission

Today, the "engaged" university has redesigned its curriculum, teaching, research, extension and service functions to become more productively involved with its community (National Association of State Universities and Land-Grant Colleges [NASULGC]). This is in keeping with Delta Zeta's mission to enrich the world community through its members, active and educated citizens who embrace change, embody leadership and pass the love of learning on to the next generation.

Delta Zeta is an active partner with all of our host institutions and aligned with those institutions' values. This makes for a powerful collaboration that shapes well-educated, responsible leaders and global citizens. As a positive and powerful presence on the campuses where we have chapters, the Sorority will continue to embrace the spirit of learning, model the way for achievement and commit to academic success.



Snapshot in Time



Ernestine Cookson Milner A '15,
Dean of Women at Guilford
College, Greensboro, North
Carolina. Speaker at convention
Panhellenic banquet.

In the Fall 1936 issue of *The LAMP*, Ernestine Cookson Milner A '15 (Miami University), Dean of Women at Guilford College in Greensboro, North Carolina, wrote about "Trends in Modern Education." While her article is too long to reprint here, we are offering a summary of it by *The LAMP*'s editor, Gertrude Houk Fariss Ω '22 (University of Oregon). (Mrs. Fariss would later serve the Sorority as President from 1948 to 1952.) In addition, *The LAMP* added a new column, "Lamp Lights," demonstrating that Delta Zeta was well aware of the unrest in Eastern Europe, which forewarned the advent of World War II.

The Lamp Goes Exploring

IF SORORITIES continue to function, they must be a part of the developing movements in higher education," says Ernestine Cookson Milner in her article on "Modern Trends in Education," appearing elsewhere in this issue. We heartily agree with Mrs. Milner and would add only that we are absolutely certain that sororities will continue to function because they are becoming and will still more completely become a part of the developing movements in higher education. That is why *The LAMP* is going exploring in this issue.

Mrs. Milner suggests further in her article that certain new media of satisfaction must take the place, in sorority life, of a few of the outworn ones of the past. Two of the mediums which she suggests are a more active citizenship and more creation in the fine and minor arts. Who does not agree with her positive statement that "women students must be taught to live in a real world, not to dwell even temporarily in a pseudo-environment."

Today is thrilling with the drama of actual life—minor incidents leading to events and events leading to crises which involve nations—comparatively little known men seizing the reins offered by modern political and economic conditions and becoming dictators of nations—great wars being threatened and, thus far, averted—economic changes being effected which bid fair to shake the foundations of nations and of the world. History is being made, and we are a part of that history. It is unthinkable that Delta Zetas, as college women of today, should stand aside disinterested while "Time Marches On."

And so *The LAMP* has explored first in regions which have led to the introduction of a new department, "Lamp Lights on 1936," by Esther Christensen Walker, Omega. Through no keener or more penetrating eyes could we look at the world today than through those of "Cris" Walker. When she was at col-

lege at the University of Oregon, Cris was the only woman ever to be named there as undergraduate assistant in the economics department. Her penetrating grasp of the subject and her brilliant record made the choice inevitable. Now she is displaying the same penetration and brilliance in lecturing to college classes in economics and political science. She is sharing her reactions with all Delta Zetas in this new department of *The LAMP*. And this is a department, not an article. There will be Lamp Lights on 1937 and 1938 as well as on 1936.

What better impetus for discussion could there be for round tables both in Delta Zeta chapter houses and alumnae meetings? When such a meeting is over, write us your reactions, individually or as a group. Perhaps you'll agree with Cris Walker's views; perhaps you'll disagree. Abe Martin says that "the feller that *always* agrees with you is either a fool or is gettin' ready to skin you." But she is merely throwing out challenges. Catch them, discuss them, consider them, and toss back your reactions.

Here's a column which offers opportunity for an exchange of thought which should prove stimulating in the highest degree. Let's prove to ourselves and to every one else that Delta Zetas are intelligent, thoughtful, alert women, interested and aware of the trends of modern thought.

Delta Zeta National News

Pink Goes Green Wins Public Relations Award

PRSA

Public
Relations
Society of
America

Delta Zeta Sorority received the Public Relations Society of America (PRSA) 2010 Diamond Award for its environmental initiative, Pink Goes Green, and its interactive website at <http://www.dzpinkgoesgreen.org>. This is the second award that Pink Goes Green has received since its launch in 2008.

The PRSA Diamond Award is presented to public relations practitioners who have successfully addressed a communications challenge with exemplary professional skill, creativity and resourcefulness.

National Panhellenic Conference (NPC) News



Visit the News link at
<http://www.npcwomen.org/>
for more information on these
stories.

Video Storytelling: Today's Sorority Women

NPC took a first step into the video world this October by preserving interviews on tape with 15 Panhellenic women. Collegians and former national chairmen all volunteered to be the first on tape. The video footage will be used to build an archive of the sorority experience and to also build NPC's online video footprint. NPC's communications team captured two hours of one-on-one interviews at the meeting.

Onto Conquering Editorial Boards: A Trial in Ohio

NPC scheduled editorial board meetings as a trial experiment in Cincinnati in late summer to discuss "Something of Value," a longtime program funded by the NPC Foundation to help women address risky behavior on college campuses. NPC editorial board visitors included Julie Johnson, Chairman of the College Panhellenics Committee, Nicki Meneley, Executive Director of NPC, and Cindy Winslow Menges A (Miami University), Executive Director of Delta Zeta. For sample clips, visit the News link at <http://www.npcwomen.org/>.

National Women's Health Week

National Women's Health Week is a weeklong health observance in May coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. The theme for 2011 is "It's Your Time." National Women's Health Week empowers women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases.

Eve Woods Riley, Delta Delta Delta, NPC Chairman, says, "NPC's Creed carries a similar emphasis and stresses that we take care of ourselves physically and mentally by 'guarding good health.'"

"It's a good mantra for all of us, and we'd like to encourage our alumnae groups in particular to take part. The weeklong event provides us opportunities to reach out to all the women in our communities and our lives."

See the article on page 24 in this issue entitled, "Take care of yourself!" for more tips on how to stay healthy.

Call for Submissions

For the next issue of THE LAMP

How does your membership in Delta Zeta influence you as a citizen of your community and your world?

How can you inspire others to become socially responsible citizens?

Are you a collegian who serves in your school's government?
What have you learned from this experience?

Tell us at LAMP@dzshq.com or visit the Delta Zeta website at <http://www.deltazeta.org/> and go to About Delta Zeta > News > Submit News.

Recruitment Update

Delta Zeta's Legacy and Membership Recommendation Policies

by Jeanine Petersen Triplett BΓ, National Vice President of Membership

Delta Zeta Legacy Policy

Over the past several years, Delta Zeta's legacy policy has changed. With this change, it is now the responsibility of our Delta Zeta alumnae to complete a Recruitment Introduction Form for their family member(s) and friends who will be participating in formal recruitment. Delta Zeta's legacy policy defines a legacy as a sister/stepdaughter, daughter/stepdaughter, granddaughter/stepgranddaughter or great granddaughter/great stepgranddaughter. An alumna who wishes to refer a legacy must submit the Recruitment Introduction Form. The form should be sent to the chapter's College Chapter Director (CCD) and a copy to National Headquarters PRIOR to the beginning of the formal recruitment process. Addresses for CCDs may be found on DZ Metro at <http://metro.deltazeta.org> or by calling National Headquarters at (513) 523-7597 or via e-mail at dzs@dzshq.com. A legacy will not be extended the legacy courtesy without a written referral or Recruitment Introduction Form. A legacy with a Recruitment Introduction Form will be invited to one invitational event of a Delta Zeta chapter. Chapters are not required to consider legacies that do not have a completed Recruitment Introduction Form.

While our legacies should be given every consideration for membership during recruitment, it must be noted that Delta Zeta cannot promise an invitation of membership to all legacies. Our Delta Zeta chapters are ENCOURAGED to pledge any legacy that meets the national and chapters' established criteria. We must remember that membership in Delta Zeta is a mutual selection process.

If a chapter wishes to release a legacy (with a completed Recruitment Introduction Form) during the formal recruitment process, the chapter must have approval of the College Chapter Director and the Regional Collegiate Director before removing the legacy from the invitation list.

In the past, Delta Zeta chapters have contacted the alumna of the chapter when the chapter had approval to release a legacy. As more and more campuses across the country use computerized systems to management recruitment, most chapters and potential new members find out very late at night or very early in the morning who makes up their invitation lists due to the immediate turnaround of the computer system. Because of this timeframe, the alumna recommending the legacy will not be contacted when the legacy has been released.

Each legacy is required to have a minimum grade point average (GPA) of a 2.5 or higher before she may be considered for membership. Please note that exceptions are not made to our 2.5 grade point average pledging requirement. It is also important to remember that our Delta Zeta chapters may set a higher GPA requirement, and in these instances the legacy will need to meet that requirement.

Delta Zeta Membership Recommendation Policy

Delta Zeta encourages our alumnae to submit the Recruitment Introduction Form for all young women going through recruitment on campuses with Delta Zeta chapters. With Delta Zeta's values-based recruitment membership selection process, these forms can provide additional information to our chapters that is helpful in making sure our chapters pledge women with high academic standards and leadership potential.

A chapter is not required to extend an invitation to a potential new member who is not a legacy, but has a Recruitment Introduction Form.

As our Sorority has grown and changed, so has the structure of recruitment. We encourage our alumnae to send recruitment introduction forms to our chapters, as that will continue Delta Zeta on the path of quality membership. Even though not all of our legacies and alumnae recommendations will become Delta Zetas, we want every potential new member to have a positive experience and discover the benefits of fraternal life.

Recommendation Information (Include with form on next page.)

Information submitted by _____ ☐ I am an Alumna ☐ I am a Collegian ☐ Alumnae Chapter Submitted

Address _____

City _____ State _____ Zip _____

Initiating chapter _____ College or University _____

Year of initiation _____ Phone _____

I recommend this woman? ☐ Yes ☐ No Area Code _____ I have known her for _____ years.

Comments _____

Signature _____ Date _____

- Please attach additional information you may have and wish to share regarding this potential member.
- Please send one copy to Delta Zeta National Headquarters, 202 E. Church Street, Oxford, Ohio 45056 and one copy to the College Chapter Director.
- Addresses available in Metro >Quick Links >Chapter Directory (<http://metro.deltazeta.org>) or by contacting Delta Zeta National Headquarters at (513) 523-7597 or dzs@dzshq.com.
- Please attach photo if possible.
- This form may be copied for additional use.

Chapter use only - Rec'd _____ Ack _____

DELTA ZETA RECRUITMENT INTRODUCTION FORM

This form is designed to introduce women to Delta Zeta collegiate chapters before they go through recruitment. A Recruitment Introduction Form is not a guarantee of membership.

Legacy: ☐ Yes ☐ No (Delta Zeta Legacy status does not guarantee an invitation of membership.)

Name _____ College or University _____

Home address _____

City

State

Zip

Campus address _____

City

State

Zip

High school attended _____ GPA _____

Year in College: ☐ Freshman ☐ Sophomore ☐ Junior ☐ Senior ☐ College GPA

Is this woman a transfer student? ☐ Yes ☐ No

If yes, college previously attended _____

Please list any academic honors, community service and organizations, talents, hobbies and interests.

Please attach additional sheets if necessary.

Parents' names _____

Legacy Information (If applicable)

Delta Zeta relatives (check all that apply): ☐ Mother/Stepmother ☐ Grandmother/Stepgrandmother ☐ Sister/Stepsister

Have they discussed Delta Zeta with her? ☐ Yes ☐ No

Name of Delta Zeta _____ Initiation chapter _____

First

Maiden

Married

Phone _____ Address _____

Area Code

City

State

Zip

Other Greek affiliated relatives _____

Check all that applies to you:

- ☐ I know this potential member personally.
- ☐ I know the potential member's family.
- ☐ I have discussed Delta Zeta with the potential member.
- ☐ This reference was voluntarily sent because I believe this potential member would make an exceptional Delta Zeta.
- ☐ This reference was requested by an alumnae or collegiate chapter.
- ☐ I do not know this potential member personally. The information has been obtained from reliable sources.
- ☐ This reference was requested by the potential new member. I do not know this potential member personally; however, I am forwarding her submitted information to the chapter so that they have additional information regarding her interest.

Please complete and submit the form on page 10 with this form.
Form is also available online at www.deltazeta.org. Go to I am a Delta Zeta.

on campus with delta zeta

Alpha

Miami University

conducted its fall philanthropy event to benefit The Starkey Hearing Foundation. Through the generous donations of families and friends, the chapter raised more than \$6,000 and gave 60 Build-A-Bear teddy bears, with hearing aids attached to each one, to children with hearing challenges. The chapter also hosted its annual philanthropic event, Puttin' on the Hits, to benefit St. Rita's School for the Deaf in Cincinnati, Ohio.

Epsilon

Indiana University

hosted a blood drive to support the American Red Cross. The chapter also planned '90s-themed activities for their bid night. New members enjoyed a spa day and a formal dinner to help the women get acquainted.

"We want to make the new members feel welcome," said sophomore Lily Watson.

Source: <http://www.kulone.com> and <http://www.idsnews.com>

Iota

University of Iowa

Laura Reali, Vice President of Programs, was interviewed by The Daily Iowan about the increase in the number of university women who participated in this spring's informal recruitment, which doubled since last year.

Source: *The Daily Iowan* (IA)

Omicron

University of Pittsburgh

Kate O'Brien, Ritual Chairman, won a spelling bee hosted by Kappa Kappa Gamma Sorority for its national philanthropy, Reading is Fundamental, which promotes literacy.

Sigma

Louisiana State University

emerged victorious from the women's intramural futsal (a variant of soccer) championship. The chapter participated in LSU's NPHC Spring Step Show and came in third in the competition. Sigma members volunteered at the Baton Rouge Speech and Hearing Foundation annual Mardi Gras Parade.

Source: *LSU Reveille*.

Alpha Alpha

Northwestern University

is part of a student-run organization which collected old calculators and prep books for use in Chicago public schools. Supplies for Dreams collected SAT, ACT and AP test prep books and calculators to donate to high schools with low-income students in Chicago.

Source: <http://www.dailynorthwestern.com>

Alpha Rho

Ohio Wesleyan University

held a Turtle Tug to benefit the Delaware Speech and Hearing in Delaware, Ohio. More than \$3,800 was raised, including donations from Kohl's, team sign-ups and money raised from other events.

Alpha Sigma

Florida State University hosted the Annual Alumnae Panhellenic of Tallahassee Scholarship and

Awards Luncheon at the chapter house, where more than \$4,500 in scholarship awards were given, including four to members of Delta Zeta. The chapter also participated in the campus-wide Dance Marathon, which raised more than \$486,000 for the Children's Miracle Network.

Source: *Tallahassee Democrat-Florida*

Members of the Sigma Chapter (Louisiana State University)



The Alpha Chapter
(Miami University)



Beta Alpha

University of Rhode Island

sponsored a philanthropy event called Laps for Lymphoma in honor of the chapter's friend and fellow Greek life member Matt Vaccarino, who was recently diagnosed with lymphoma. Members walked laps, brought a DJ to campus and offered refreshments, bracelets, t-shirts and raffle tickets. The chapter raised \$1,163, which was donated to lymphoma research in Matt's name.



Members of the Beta Gamma Chapter (University of Louisville) perform at the annual Greek Sing competition. Photo courtesy of Tom Fougousse, University of Louisville.

Beta Gamma

University of Louisville

Five members were Homecoming Court candidates and made the Homecoming top ten. The chapter hosted its 2011 Miss U of L Pageant, which is a Miss Kentucky/ Miss America preliminary. The chapter also placed second in the Annual Fryberger Greek Sing Competition. Sarah Smith received the "Best Soloist" Award.

Source: <http://www.louisvillecardinal.com/2.4743/news/miss-u-of-l-pageant-preparations-underway-1.2446202>

Beta Kappa

Iowa State University

visited The Starkey Hearing Foundation in Eden Prairie, Minnesota over Thanksgiving break. The chapter also held its annual car wash. Proceeds from the event purchased 54 sets of clothes and 15 hearing aids for the Build-A-Bear project.

Beta Xi

Auburn University

achieved an outstanding overall GPA of 3.24, and the new member class had the

second overall highest GPA out of 17 pledge classes. Five members were named Pi Chi (recruitment team leaders). At Region XV Weekend, Beta Xi won the Pride of the Region Award for Excellence in All Areas of Programming, along with Excellence in Philanthropic Programming and Outstanding Achievement in Membership.

Beta Tau

Nebraska Wesleyan University

held its first annual Breakfast of Champions, a formal breakfast to recognize those members who improved their GPA and/or made the Dean's List for the Fall 2010 semester. The proceeds from the chapter's 18th annual Spaghetti Feed went to The Starkey Hearing Foundation and Angels for Holden. Holden Bruce is a little boy who has been diagnosed with a brain tumor. The proceeds will help the family with overwhelming medical expenses.

Gamma Delta

Pennsylvania State University

participated in Penn State Dance MarATHON, with all proceeds going to the Four

Diamonds Fund for Pediatric Cancer research.

Gamma Kappa

Kent State University

hosted a lip sync competition, which benefited the House Ear Institute, The Starkey Hearing Foundation and The Painted Turtle camp.

Source: <http://www.giveforward.com/tkedzlipsync>

Gamma Omicron

San Diego State University

hosted a spring recruitment event called "Ties for Tots." The chapter members made tie blankets with potential new members for Rady Children's Hospital, which is a full service pediatric hospital in San Diego, California. Twenty-four potential new members participated, and the event was a complete success.

Gamma Rho

Northern Illinois University

won the Women's Tug for the fourth year in a row. The event is hosted by the Pi Kappa Alpha Fraternity and all proceeds went to the fight against breast cancer.

Source: *Northern Star Online*

Gamma Sigma

Eastern Michigan University

participated in an ice skating social with the Sigma Nu Fraternity and hosted an auction, the proceeds from which benefited the chapter and Delta Zeta philanthropies. Sarah Drabik was named Homecoming Queen.

Source: <https://emu.collegiatelink.net>

Gamma Tau

Bowling Green State University

participated in Meet the Greeks, welcoming new students and community members to find out more about fraternal organizations on campus.

Source: *The BG News*

Gamma Chi

Ball State University

participated in the second annual Polar Plunge, which raises money for the Special Olympics, and took home the gold for the sororities that took part in the event.

Source: *The Ball State Daily*

Gamma Omega

Southern Illinois University

volunteered at the Taste of Chocolate event in Carbondale, Illinois which raised money for women and children who are victims of domestic violence.

Source: *The Southern, Carbondale, Illinois*

Delta Alpha

California State University/ Long Beach

held a concert, featuring local bands, to benefit the House Ear Institute in Los Angeles, California.

Delta Beta

University of Tampa

won the Most Spirited Award at the Greek Sing competition. The chapter cheered members on who walked in the three-day Breast Cancer Walk in St. Petersburg, Florida. Delta Beta donated 120 Build-A-Bears to The Starkey Hearing Foundation.

Delta Theta

University of Houston

members volunteered at the Susan G. Komen Walk for Cancer and at a pet adoption agency, Buster's Friends, along

with several other organizations. They also assisted and participated in Greek philanthropic competitions, placing either first or second this past year. Their main fundraiser is the annual Gong Show, a fun variety show and the biggest charity event on campus, benefiting The Center for Hearing and Speech.

Delta Omicron

Northwestern Oklahoma State University

helped put up holiday lights and displays on Alva, Oklahoma's downtown square. This is the second year that student organizations from Northwestern have helped with the Christmas decorations.

Delta Upsilon

Marshall University

distributed cans of root beer with alcohol awareness facts on them during National Collegiate Alcohol Awareness Week. On Founders Day, the chapter hosted a dinner and ceremony for all collegiate members.

Epsilon Theta

Clarion University

held its mock recruitment event with holiday and Disney themes. In early December, the chapter held its senior send off event for Lindsay Zello, Heidi Schein, and Brittany Ortyl.

Epsilon Kappa

University of Wisconsin/Whitewater

raised funds for the Treyton Kilar memorial ballpark, to be built in memory of a little boy who died when the car his father was driving was struck by a driver under the influence.

Source: <http://lakegeneva.news.net>

Epsilon Xi

University of Central Arkansas

attended a Build-A-Bear party at Park Plaza Mall in Little Rock, Arkansas. The members made 17 bears, equipped with hearing aids, for The Starkey Hearing Foundation.

Epsilon Omicron

Western Illinois University

was highlighted in an article in the student newspaper about their support for Chris Zimmerman, an alumnus of the university who ran for Macomb City Council, because of his dedication to the university and its students.

Source: *Western Courier* (*Western Illinois University*)

Epsilon Tau

Longwood University

participated in the university's Special Olympics supporting Alpha Sigma Alpha's philanthropy. The chapter raised money to support its local philanthropy, the American Cancer Society, in the Relay for Life. Epsilon Tau also participates in Meals on Wheels within the Farmville community.

Zeta Epsilon

California University of Pennsylvania

participated in the "Light the Night" walk for leukemia and lymphoma research in Pittsburgh.

Zeta Xi

Lenoir-Rhyne University

joined other area schools to observe Prematurity Awareness Day. Sponsored by the March of Dimes, the event included student organizations handing out stickers on campus to represent the number of premature babies born in 2009 in the county where their school is located.

Source: *The Charlotte Observer*

Zeta Pi

University of Georgia

established the Turtle Grant to aid the speech and hearing needs of the Athens, Georgia community and surrounding areas. The chapter holds two annual philanthropic events, the Wing Bash and the Paintball Tournament, to raise money, and also receives generous donations from alumnae and friends. The chapter has awarded over 60 grants totaling more than \$16,000 in the Turtle Grant's history.

Zeta Phi

Slippery Rock University

celebrated with alumnae at its Founders Day Brunch. The chapter had the highest GPA on campus for the fall semester. Three members serve on the campus Panhellenic Council and three others are members of Order of Omega. Zeta Phi won the Order of Omega snowman building contest with their snow turtle, and three members won Gamma Sigma Sigma's 3-on-3 basketball tournament.

Zeta Psi

Stephen F. Austin State University

received the Spark Plug award as the friendliest chapter in Region XII and the Carolyn Barnes Gullatt Recruitment Award at Region Weekend 2011. The chapter has the second highest GPA out of all the sororities at the university. Zeta Psi participated in the American Cancer Society's Relay for Life in Nacogdoches County.

The Epsilon Xi Chapter (University of Central Arkansas)



Theta Nu

Minnesota State University/ Moorhead

held a Super Bowl-themed recruitment night at which everyone gathered together to have a pot luck dinner, talk with friends and watch the Super Bowl. The Green Bay Packers fans in the group were very excited.

Theta Rho

California State University/ Los Angeles

participated in the 26th annual Aids Walk as checkpoint volunteers and passed out a variety of goodies to keep the runners motivated. The chapter also took part in the 5k/10k Breast Cancer Run, assisting with setting up tables, registering runners, distributing water and cleaning up. Theta Rho received breast cancer awareness shirts and wore them to their intramural sports night to show support for the cause.

Theta Psi

Ashland University

held its first "Minute to Win it" competition, based on the popular TV game show. Members of many campus organizations entered the event in hopes of winning prizes donated by local businesses. The chapter raised a total of \$1,437 for speech and hearing.

Theta Omega

Barton College

surpassed the all-women's total, and maintains the highest sorority, all-women's and Greek GPA on campus.

Iota Delta

Edinboro University

held its fourth annual Turtle Tug for The Painted Turtle camp, raising more than \$380. The chapter won first place in the event.

Iota Rho

West Chester University

participated in the Off Campus Commuter Association's (OCCA) pretzel project, at which students gave away free pretzels from the Pretzel Factory. The project aimed to give students pretzels to eat as a precaution against drinking alcohol on an empty stomach.

Kappa Beta

Northern Kentucky University

sent a homemade flag and a letter to U.S. troops stationed in Iraq and received a warm thank you from the soldiers.

Kappa Mu

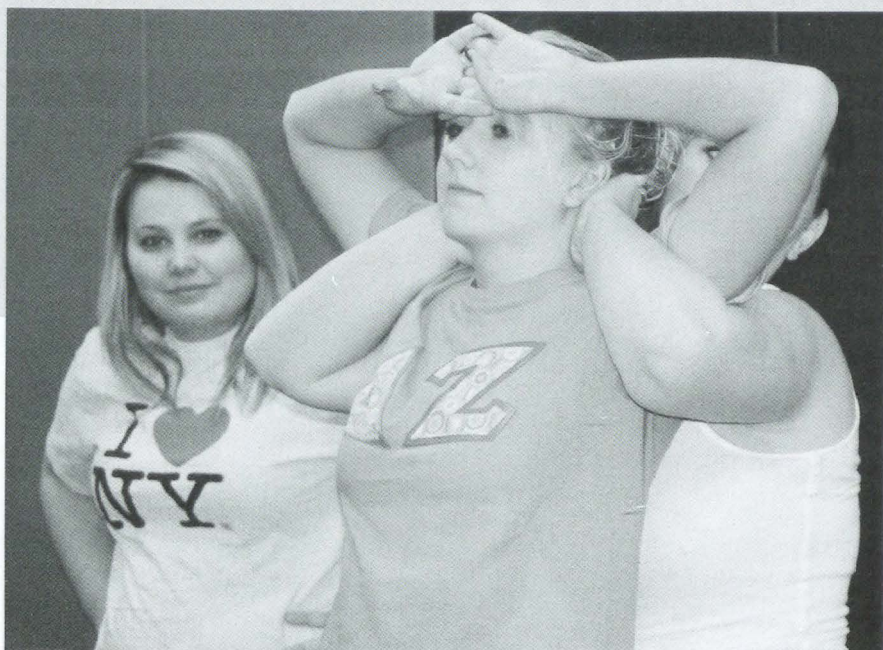
Shepherd University

member Ashley Hawkins was interviewed in an article in The Picket, the student newspaper, which described the pledging process for fraternal organizations.

Kappa Phi

University of North Carolina/ Charlotte

members and new members participated in the Breast Cancer Walk to show support for a member's mother who was diagnosed with the disease. The chapter received the Outstanding Chapter of the Year (2010) Award at Region XIV Weekend.



Kappa Chi Chapter (Youngstown State University) members learn self-defense techniques.
Photo by Caitlin Fitch/Courtesy of The Jambar.

Kappa Chi

Youngstown State University

members took part in a self-defense seminar presented by university police officers and were highlighted in the student newspaper, The Jambar. "I hope to get some basic skills to protect myself, so that if I was ever in a situation where I needed to escape or defend myself or others, I could," Cecelia Haren said.

Lambda Alpha

Arkansas Tech University

invited Miss Deaf Arkansas 2005-2007, Elizabeth Moore, to campus to discuss her challenges with hearing loss. The chapter hosted the Mr. Tech Pageant, with proceeds going to The Starkey Hearing Foundation and Gallaudet University.

Lambda Gamma

Jacksonville State University

raised almost five hundred dollars from selling breast cancer awareness ribbons at a home football game. The

proceeds went to the Susan G. Komen Foundation. During the semester, the chapter cleaned its adopted mile of highway and adopted a baby sea turtle from the South Carolina Aquarium.
Source: <http://www.jsunews.com>

Lambda Delta

University of Virginia

hosted Founders Day at the chapter house, where alumnae returned for the event. For Valentine's Day, the chapter made cards for children in the pediatrics wing at the University of Virginia hospital.

Lambda Theta

Michigan Technological University

received third place in the university's 2011 Winter Carnival snow statue competition. Danielle Linna was a runner-up for the Winter Carnival Queen. Candidates are selected based on how they have influenced their college, their community and the student body.
Source: <http://www.mtutrade>

com/news/2011/01/27/winter-carnival-queen-candidates-find-out-who-you-want-to-vote-for/

Lambda Kappa

University of Alabama/ Huntsville

hosted "Spill the Music," a concert to raise money for cleanup of the Gulf oil spill. The chapter also participated in a fundraising effort for Operation Green Team to build an \$80,000 handicap-accessible playground at Hays Nature Preserve. Approximately \$35,000 has been raised.

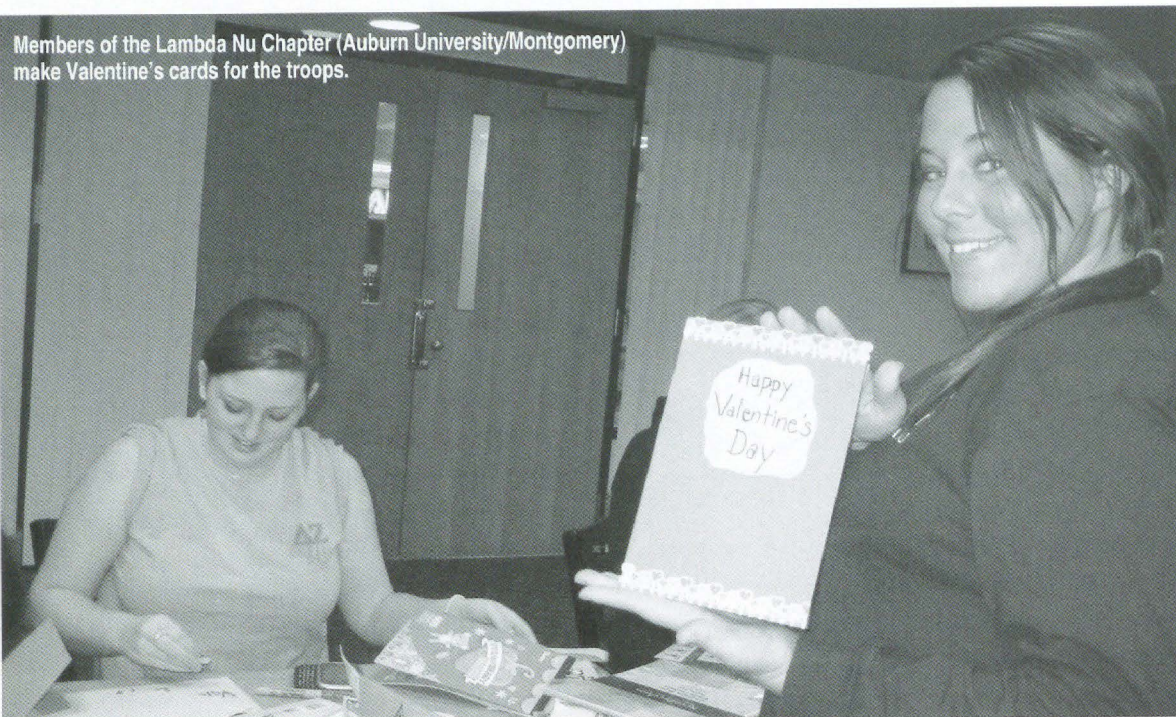
Source: <http://blog.al.com>

Lambda Lambda

The College of New Jersey

Eighteen members traveled to New Orleans, Louisiana to work with Habitat for Humanity, rebuilding two houses for Hurricane Katrina victims. The chapter recruited the largest number of new members of any Panhellenic organization on campus.

Members of the Lambda Nu Chapter (Auburn University/Montgomery) make Valentine's cards for the troops.



Lambda Nu

Auburn University/ Montgomery

placed recycling bins around the Auburn/Montgomery campus.

Mandy McKee was named the 2011 Homecoming Princess. The chapter joined Zeta Tau Alpha to make Valentine's cards for the veterans.

Lambda Pi

Georgia College and State University

received a thank you from a member of one of the U.S. troops the chapter supports overseas. HMCS(SW/AW) Bobby Pilgrim wrote, "I am a sailor deployed in the Middle East and just received a care package from your group at Georgia College and wanted to send a warm thank you. Knowing that we have the support from kids of college age is a heartwarming experience and a vast difference from the military of old experienced. I just wanted to say thank you and God bless!"

Lambda Sigma

Winthrop University

welcomed alumnae to breakfast prior to the Homecoming game on campus.

Lambda Phi

Appalachian State University

Lindsay Maddux, Vice President of Membership, was interviewed in an article for The Appalachian which discussed the increase in the number of Greek members that the university is experiencing.

Source: *The Appalachian*

Xi Delta

Radford University

recycled more than 100 plastic water bottles to support Delta Zeta's Pink Goes Green initiative and in honor of the university's centennial.

Xi Chi

Robert Morris University

Maria Satira, Vice President of Programs, a television production and journalism major, received the Alexander

M. Tanger Award, a scholarship worth \$5,000 from the Broadcast Education Association.

Source: *Pittsburgh Tribune Review*

Xi Omega

Purdue University

participated in Alpha Phi Alpha Fraternity's annual Diversity Step Challenge to benefit the Martin Luther King, Jr. Foundation. The chapter's routine included songs like "Whip My Hair" by Willow Smith, "Ride" by Ciara, and "Rude Boy" by Rihanna.

Source: <http://www.theodysseyonline.com>

Omicron Beta

Richard Stockton College of New Jersey

held its annual fundraiser, So You Think You Can Dance, to benefit speech and hearing.

Omicron Sigma

Gallaudet University

spearheaded a collection drive for Covenant House, which provides shelter and support services for homeless, runaway and at-risk youth. Items such as clothing, household items and nonperishable food were collected.

Pi Alpha

University of Florida

collected the highest number of articles of clothing among the Panhellenic sororities on campus for the Children's Home Society of Gainesville clothing drive.

Source: *University of Florida news*: <http://news.ufl.edu/2011/03/04/greek-clothing/>

Pi Beta

University of Hartford

held its annual Turtle Tug and bake sale, raising \$360 for The Painted Turtle camp. The chapter also hosted a car wash to raise money for the oil spill cleanup off the Gulf of Mexico.

Nicole Salvaggio is president of Relay for Life at the university and travels to other colleges to set up the program. Pi Beta raised the most money for their Relay for Life event, the third year that the chapter has received this recognition.

Pi Theta

Rollins College

collected the most money for the fourth annual Dance Marathon, Rollins' biggest student philanthropy event. This year, Dance Marathon raised a little more than \$12,300 for the Children's Miracle Network. Pi Theta was the winner of the event. The donations went to the Arnold Palmer Hospital for Children in Winter Park, the Winnie Palmer Hospital in Orlando and the Shands Hospital in Gainesville.

CORRECTION

In Issue 3 - 2010, it was incorrectly reported that the Pi Gamma Chapter (California State University/Northridge) co-hosted a Turtle Tug with Kappa Kappa Gamma to benefit The Painted Turtle camp. The event was sponsored by Pi Gamma Chapter alone and was not co-hosted by any other organization. We apologize for the error.

foundation

Giving the Gift of Education: The Charline Chilson Potts AX '25 Story



The charter members of the Alpha Chi Chapter (University of California/Los Angeles) included Charline Chilson '25.



Charline Chilson Potts was initiated into the Alpha Chi Chapter of Delta Zeta at the University of California/Los Angeles on May 28, 1925 and was elected Chapter Treasurer in 1927. She obtained

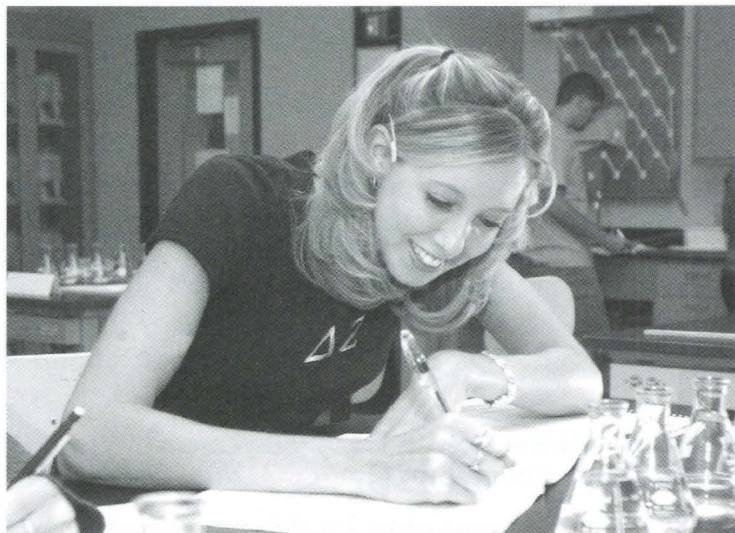
a degree in science from UCLA. Charline worked as a technical librarian who specialized in chemical research.

Charline valued education and science, as did her husband, Calvin Potts, who held three Ph.D.s and was a research scientist for the U.S. government. Calvin was one of the first group of scientists to work on the hydrogen bomb during World War II.

Charline was unable to pursue an advanced degree for some time, due to restrictions on women obtaining such degrees at her college. It was obstacles such as these that fueled Charline's commitment to provide scholarships for Delta Zetas.

Charline and her husband lived very modestly in a small home in northern California. They made a few modest gifts to the Delta Zeta Foundation over the years, but unbeknownst to the Foundation, they had named the Delta Zeta Foundation as the sole recipient of their estate. Charline preceded her husband in death by seven years, but Calvin made no changes to their arrangements.

At the time of his death in 2004, the Foundation was notified of the Potts' generosity and because the estate included the home, which was located along the cliffs with a view of the Pacific Ocean, the Foundation sold the home. The total estate settled for \$1.6 million. As the Potts wished, a scholarship fund was established in Charline's name for women in science and related fields.



Since the establishment of the Charline Chilson Scholarship, 48 women have received the gift of education, totaling \$106,000 in just four years. Through her generosity, Charline will be opening doors for women to advance their education in the field of science for years to come.

A touching postscript to this story is that their executor, a longtime family friend, gave us memorabilia that Charline had kept all of her life – her badge, her initiation certificate and a photo of Delta Zeta friends from her collegiate days.

Estate planning resources are available at
www.deltazeta.org/foundation.

delta zeta memories

As Delta Zeta recognizes her 25-, 50-, 65- and 75-year members, we asked our treasured alumnae to tell us more about themselves and how Delta Zeta enriched their lives.

Order of the Pearl (65 Years of Membership)

Janet McKinney McCain Ψ '44
(Franklin College)

Janet suffers from Alzheimer's and resides in a nursing home, but we have been informed that if she were able to respond, she would be thrilled to be awarded this honor.

Joan Clemons Lyne Williford BM '44
(Florida Southern College)

After Joan became a Delta Zeta, she married, had children, grew hybrid cucumbers, worked in real estate, enlarged her "Patty's French Dressing" business, and gained six grandchildren and six more great-grandchildren. She is enjoying the seasons and what each one brings, particularly the spring where "everything comes alive again!"

The Order of the Golden Rose (50 years of Delta Zeta membership)

Carol Schmitt Buege ΓΠ '58
(Western Michigan University)

Carol worked her way through high school and earned a scholarship for college. She graduated from college first in her class and went on to earn her doctorate. Carol married Mike, her high school sweetheart, and they have three daughters, Michelle, Karin and Sharon. The couple is now retired and spends their time traveling, enjoying life and their grandchildren. Over the years, Carol has been dedicated to helping immigrants learn English as a Second Language (ESL) and also tutors some of her students one-on-one. Carol joined the Delta Kappa Gamma Society, an honor society for women educators, and expanded her teaching career and circle of friends. She has traveled around the U.S., presenting her thesis, "Using Creative Drama as a Teaching Adjunct," and promoting her book, "Dramatizing Literature in Whole Language Classrooms." She is currently co-president of her local Delta Kappa Gamma chapter.

Jean Calvaresi DiNardo ZE '59
(California University of Pennsylvania)

Jean currently lives in Pennsylvania and is retired as a teacher at Laurel Highlands School District in Pennsylvania. She is enjoying every minute of her retirement.

Judith Gettle Kathman A '59
(Miami University)

Judith and her husband Donald have a son and daughter and four grandchildren. She retired from teaching after 20 years and now enjoys traveling.

Ann Mathis ZΓ '58
(McNeese State College)

Ann served as President of the Zeta Gamma Chapter, president of Panhellenic Council and treasurer of the student senate. She graduated in 1961 with a degree in accounting and worked for Unocal Corporation as an accountant for almost 38 years before retiring in 2000. Ann is also a 40-year member of the Desk and Derrick Club of Houston, a wedding coordinator for her church and currently volunteers at her local hospital. In the past, she volunteered at the Channel 8 Auction, the Pin Oak Charity Horse Show and the Houston Ballet Society. Ann also keeps busy playing bridge and watching the Houston Astros and the Houston Texans professional baseball and football teams. Ann served as College Chapter Director for Zeta Gamma and Delta Theta (University of Houston). She also served as Treasurer for the Houston Alumnae Chapter and received the 1973 Texas Outstanding Alumnae Award. In addition, she was general arrangements chairman for the annual fundraiser for the Houston Center of the Deaf.

Emma "Em" Jelleberg Reynolds* K 46
(University of Washington)

Em received a degree in physical education and a teaching certificate in secondary education from the University of Washington in 1950. She captained the women's field hockey team and was chairman of the women's W Club. She and her husband, Sewall, lived in their waterfront home in Suquamish for 55 years and have four children, 16 grandchildren and five great-grandchildren. Em also taught physical education and health at the high school level and worked as a teacher's aide at Suquamish Elementary School. Her hobbies included sewing, knitting and playing golf and tennis.

Maxine Potter Stewart ΓE '59
(Drake University)

Maxine was a stay-at-home mother for two sons for several years, but returned to teaching in 1964. She retired in 1985 after 20 years of teaching and joined the retired teacher's chorus. When she was three years old her parents had her take dancing lessons, and it has been her passion and hobby ever since. Maxine enjoys sewing, embroidering and attending Bible study. She has been to Australia and Europe several times. She has two sons and a new great-granddaughter.

*Flame Eternal

membership recognition & sisterhood

A lifetime of sisterhood enriches our members' lives as well as the Sorority.

MEMBERSHIP RECOGNITION

Zeta Psi Chapter (Stephen F. Austin State University) honored Dr. Louise Parker Bingham ΔO '35 (Northwestern Oklahoma State University), former College Chapter Director for the Zeta Psi Chapter, with the Order of the Diamond in recognition of her 75 years of membership in Delta Zeta.

REUNIONS AND GATHERINGS

Central Plains Area (Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota)

Alumnae from the **Upsilon Chapter (University of North Dakota)** held a "Safari" reunion July 9-11, 2010 in Plymouth, Minnesota.



Back: Jill Tischart '77, Paula Power Berg '72, Randi Toman Woolley '80, Sheryl Britsch '79, Sandy Zeller Bohn '74, Valerie Morrison '75, Marilyn Augustin Hall '71, Lesley Markusen Augustin '71, Deb Eider Meagher '73, Pamela Brown Johnson '71, Diane Thomte Clinton '71, Barbara Tischart '73, Donna Everson Schroeder '76, and Sherry Engebretson Angell '76.

Front: Donna Anderson '78, Bobbi Anderson Iversrud '78, Deborah Paulsen Campion '72, Rhonda Pfeifer Schmidt '74, Jean Haley Harper '74, Delta Zeta 1998 Woman of the Year, Loretta Lauinger '71, Teri Tischart Kaiser '72 and Becky Toman Sallander '74.



Diane Thomte Clinton '71, Irene Van Eeckhout '65 and Kathy Van Eeckhout '67.

Delta Omega Chapter (Fort Hays State University) hosted the "Once in a Lifetime" 85-year anniversary celebration on the FHSU campus. The celebration included a kickoff event at the Memorial Union. Alumnae, family and friends enjoyed viewing chapter memorabilia and catching up on memories. A "Tea with DZ" reception was held at the chapter house where collegiate members spoke about carrying the Delta Zeta tradition forward.

Alumnae also joined collegians on the Delta Zeta float for the annual Homecoming Parade and at the football game. During half-time, the crowd cheered on the DZ Turtle Races, which raised money for the Herndon Speech-Language-Hearing Clinic on the FHSU campus and The Painted Turtle camp.

Great Lakes Area (Canada, Michigan, Ohio, United Kingdom)

Kappa Chi Chapter (Youngstown State University) celebrated its 40th anniversary on campus in October, 2010. The Youngstown Alumnae Chapter joined in the celebration, commemorating its 25th anniversary. Collegians, area alumnae and friends and family joined to celebrate the milestones.

Southeast Area (Alabama, Florida, Georgia, Puerto Rico, Virgin Islands)

Alumnae from the 1960s-1970s from the **Delta Delta Chapter (Georgia State University)** recently reconnected through the help of Facebook. Most sisters have not seen each other in over 35 years. They enjoyed a luncheon together at the Neiman Marcus Cafe in Atlanta, Georgia and spent many hours reminiscing about their special days at Georgia State University. They are planning to reconnect at GSU football games and on events such as cruises and small trips.



Southwest Area (New Mexico, Texas)

Iota Alpha Chapter (Texas State University) alumnae met during the school's Alumni Weekend before the football game. They enjoyed sharing stories about their college days.

alumnae news

Delta Zeta alumnae share their talents to enrich the world.

Drama Dorning Breland ΑΓ '74 (University of Alabama) ran for Representative for the 8th District of the State House in Alabama. Although she did not win the bid, she and her husband continue to serve as tireless activists for children and juvenile justice reform. She is a small businesswoman and the owner of Sterling Travel Agency. Drama is active in her community in the Junior League, the Women's Chamber of Commerce, the American Association of University Women and volunteers for local schools. *Source: Speakin' Out News, Huntsville, Alabama*

Casey Johnson Bromberg ΑΥ '98 (University of Maine), College Chapter Director for the Alpha Upsilon Chapter, was profiled in

Mainebiz, Maine's online business source news. Casey discussed her work as Director of Development for Kennebec Valley Community Action Program and her role in raising \$600,000 for the program in the past year to launch or expand several new programs.

Source: Mainebiz, Maine's Business Source News
Photo: Tim Greenway, www.timgreenway.com

Sabrina Hays Colquitt ΖΑ '96 was a featured alumna of East Carolina University and was recognized as such on their website. She currently serves as purchasing manager for SunTrust BCD Meetings & Incentives, where she focuses on sourcing, site selection, contract negotiations, risk mitigation and cost avoidance.

She has been an active member of the Professional Conventional Management Association and of Meeting Planners International (MPI), and she has acted as a guest speaker at Johnson & Wales College. Sabrina is a past president of the Charlotte Alumnae Panhellenic Association as well as a past president of the Charlotte Alumnae Chapter. She is the College Chapter Director for the Kappa Phi Chapter (University of North Carolina/Charlotte).

Source: East Carolina University

Kelly Dempsey ΑΘ '04 (University of Kentucky) traveled with Cooperative for Education (CoEd) to Guatemala with a group of 25 volunteer participants from across

North America to bring educational opportunities to disadvantaged youth. The group delivered books and visited computer centers in poor, rural schools. In addition, Kelly experienced Guatemalan life and culture in the communities CoEd serves through personal interaction with students and families. "I am thrilled to be returning to Guatemala with CoEd. I was so moved by the experiences that I had on my first Snapshot Tour in August 2009," Kelly said. See more about Kelly on CoEd's site at <http://www.coeduc.org/tours/testimonials.html>.

Source: Cooperative for Education Photo by Ann Dempsey, courtesy of the Cooperative for Education.

Shelly Brown Dobek ΓΩ '02 (Southern Illinois University), President-Elect of the Association of Fraternity Advisors (AFA), received AFA's Distinguished Service Award at the organization's annual meeting. Shelly has joined the Delta Zeta delegation each spring in Washington, D.C. to advocate for student safety and the passage of the Collegiate Housing and Infrastructure Act (CHIA). She is the Associate Director of Greek Life at North Carolina State University.

Carol Arneson Elder ΕΝ '90 (Tarleton State University) was named the Mineral Wells Index Woman of the Year for 2010. Carol was recognized for her involvement in the community and commitment

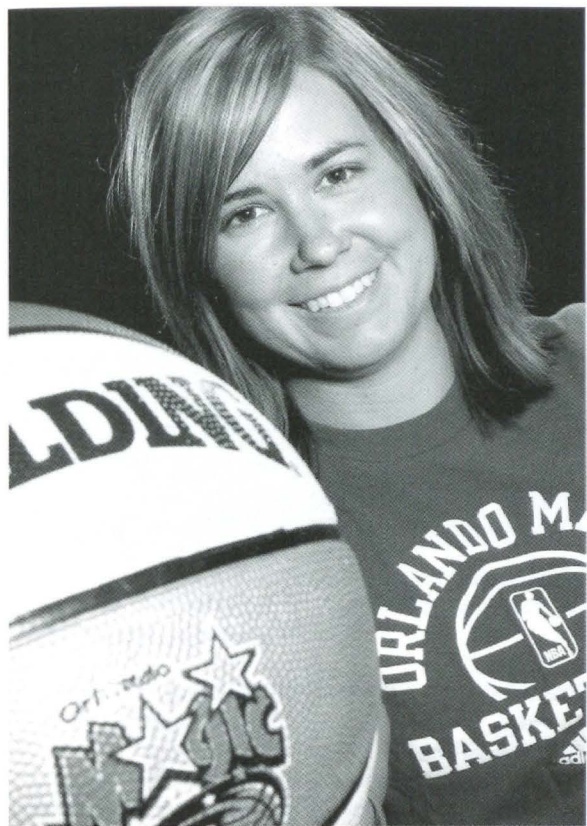
Kelly Dempsey ΑΙ '04 (University of Kentucky), right.



Shelly Brown Dobek ΓΩ '02 (Southern Illinois University), center, receives AFA's Distinguished Service Award.



Top: Melissa Miller AB '01 (University of Illinois)
Bottom: Casey Johnson Bromberg AΨ '98 (University of Maine), College Chapter Director for the Alpha Upsilon Chapter.



to promoting Mineral Wells. The city of Mineral Wells, Texas was founded on its unique water, a reason people still come to the city today. Carol and her husband are co-owners of the water company in the city. Carol shares the history of the water and promotes Mineral Wells, giving a boon to both business and tourism.

Julie Gargotta ΔT '04 (Temple University) is a part-time news reporter for WGAL-TV 8 in Lancaster, Pennsylvania. She is currently working on her Master of Journalism degree at Temple while working for News 8. She interned at CBS 3 and Sports Radio 610 WIP with Angelo Cataldi. Post undergrad, Julie produced and hosted shows for 360Media and Philly.com. She recently completed her first half marathon in Philadelphia.

Source: <http://www.wgal.com>

Victoria Jackson ΑΣ '08 (Florida State University) is the retreat director for the Sebastian Comedy Retreat, a gathering of stand-up comics, managers, club owners, agents and entertainment industry professionals that takes place in Vero Beach, Florida. The retreat gives beginning comics the experience of being on stage and meeting numerous other comics from all around the nation.

Source: <http://blog.rooftopcomedy.com/2010/12/21/sebastian-comedy-retreat-florida-2011/>

Nancy Knauf AΘ '80 (University of Kentucky) was profiled in Ft. Thomas Living newspaper in Kentucky. The article followed Nancy's journey as she studied music theory, piano, vocal pedagogy, history and more at Northern Kentucky University. She took additional curricula in Music Education by observing in public schools and in private settings and became interested in Kindermusik, an international music and movement program for preschool children. Now licensed to teach, Nancy said, "I'll teach high quality, developmentally appropriate music classes and prepare children and their families for a lifetime of musical experiences."

Courtney Shearer Leach EΞ '01 (University of Central Arkansas) is the executive director of Community Connections in Conway, Arkansas, a non-profit organization dedicated to providing extra-curricular activities for children with special needs and support for their families. Courtney is the mother of two sons, one of whom is a special-needs child. The organization has 420 children who participated in the extracurricular programs, all of which are at no cost to the parents. Learn more at <http://www.communityconnectionsar.org/>. *Source: Arkansas Democrat Gazette, Little Rock, Arkansas*

Melissa Miller AB '01 (University of Illinois) was featured as a female sports professional on the blog LadyBallers. Melissa is the Assistant Brand Manager for the Orlando Magic. She discussed how she always loved sports and broke into the sports business as an intern. "I would tell this to anyone wanting to get into the sports industry – get involved early. Whether it be a college athletic department, ticket office, specific sport to working at any professional level volunteering or as a game night staffer, do anything you can to help set yourself apart from other applicants."

Source: <http://ladyballers.net/female-sports-professional-melissa-miller>
Photograph courtesy of Fern Medina.

Elizabeth Harness Murphy I '94 (University of Iowa) was named as one of the Class of 2010 "Forty Under 40" sponsored by the Rochester Business Journal, which recognizes professionals younger than 40 years of age for service in their jobs and in the community. Elizabeth is a manager of corporate communications and public affairs of Bausch + Lomb, Inc. She is responsible for communications programs including serving as a primary company spokeswoman and the company's advising global senior executive team.

flame eternal

ALPHA

Virginia Taylor Brown '35
Lois Dean Gleason '35
Mary Ann Bosworth Hassig '45

BETA

Mildred Eagen Bicknell '27

GAMMA

Pat Clarke Bliedorn '51

DELTA

Norma Davidson Novak '49

EPSILON

Rosemary Talbot Majeski '51
Anna Davisson Kent '59

ETA

Naomi Muenzenmayer Darrig '30

THETA

Margaret Shelton Stewart '35
Beverly M. Warren '43
Virginia Cribblez Withington '54
Gail Goetz Holden '59

KAPPA

Barbara Nelson March '41
Carol Holmes Anderson '57

MU

Jean Boydston Downs '39
Dorothy Akard Rives '40
Evelyn J. Thomas '40
Gwendolyn Warren Jones '44
Elizabeth Bailey Miller '63

SIGMA

Gloria Carroll Holden '47
Louise Guthrie McDonough '52

TAU

Irene Sylvester Sorenson '39
Lucille Switzer Weaver '45
Ellen Quick Baillie '46
Mary Huggins Rusch '54
Joan LaRue Buetow '62
Betty Kelsey Lafond
Betty Forrest McEvoy

UPSILON

Lucille Radke Fostvedt, M.D. '35
Kathryn Hohn McFarlen '60

CHI

Alice Barrick Simmons '48
Joan Vandevent Orr

PSI

Nancy Fisher Adams '51

ALPHA ALPHA

Adeline E. Sigwalt '46
Beverly Brouer Hammel '48

ALPHA BETA

Janet Richardson Walker '39
Mary Alkire Minehart '51

ALPHA EPSILON

Donna Page Frank '48
Madelon Diane Johnson '51
Lavaughn Robinson Bulling '54

ALPHA ZETA

Virginia Carroll Conly '22
Hilda Pearsons Horton '22
Mabel Haines Merritt '22
Mary Moloney Rimlinger '25
Frances Beardsley King '28
Miriam Kullman Pforr '28
Eleanor Guile Lawson '29
Ruth Knappmann Wingate '32
Rosemary Keenan Miller '36
Alice Harmon Michael '37
Elizabeth Von Heill Thorman '40
Ruth Earl '41
Ruth Dauerheim Galvin '41
Dorothy Dexter Krause '43
Jeanne Novitsky Martin '45
June Becht Myer '47
Susan Healey Carmiencke '50

ALPHA THETA

Alice Kelley Cannon '50

ALPHA IOTA

Marjorie Harris Deise '49

ALPHA KAPPA

Audrey Meagher Engel '43

ALPHA SIGMA

Jamie Conner Garcia '56

ALPHA TAU

Ann McManus King '46
Julie Ann Ross '68

ALPHA CHI

Irene Hensberger Frost '46

BETA ALPHA

Barbara Joy Hackett '52

BETA BETA

Archie Newsom Forbes '43

BETA GAMMA

Helen Baker Pierce '53

BETA DELTA

Edythe Carlisle Madden '31
Norma Tozier Streeter '46

BETA THETA

Elizabeth Cargill France '44
Shirley Stokes Hochenadel '45
Anne Bergstedt Farkas '62

BETA KAPPA

Patricia Kennedy Harper '55
Kathleen Coyle Straudemaier '56

BETA NU

Barbara Paige Ellis '59

BETA PI

Ila Culbertson Garner '47
Martha Brock Smith '56

BETA RHO

Jean Madden Dygert '43

BETA CHI

Maude E. Cairns '46

GAMMA ALPHA

Josephine Kindler Kuehne '42
Mary Clougherty Hein '67

GAMMA BETA

Jayne Ryan Armstrong '51
Carolyn Shattuck '53

GAMMA GAMMA

Rebecca Knowlton Holloway '45

GAMMA EPSILON

Mary Scanlan McManus '47

GAMMA IOTA

Rosanna Robilio Baldi '51

GAMMA KAPPA

Shirley Machura Ingalls '55

GAMMA LAMBDA

Joyce Newman Echt '54

GAMMA MU

Shara Kern Mattern '49

GAMMA XI

Loretta Farmer Porter '52

GAMMA SIGMA

Sarah Karling Hietikko '57

GAMMA CHI

Nancy Fenn Hoffman '56
Emma Stump Warnock '56
Sharon Williamson '63

DELTA BETA

Melissa Watson Bugbee '01

DELTA

Virginia Molleson Mayhall '55
Jeri Joyner Lunsford '56

DELTA THETA

Ann Anderson Randour '61
Diana Kruemcke Pierce '65

DELTA LAMBDA

Ida Shirleen Collins '56
Jean Himmell Lindsey '56

DELTA XI

June Dunsforth Asbury '57

DELTA TAU

Janet Newswanger Magee '57

DELTA UPSILON

Barbara Meadows Walker '56

EPSILON DELTA

Lois Curry Alexander

EPSILON EPSILON

Judith Marchese Eggleston '56

EPSILON IOTA

Darlene Dent Marsh '62

EPSILON KAPPA

Annette Smullen Atwater '61

EPSILON OMICRON

Nancy Ann Brown '78

EPSILON RHO

Vernie Ford '58

EPSILON SIGMA

Irmgard Kretzing Sagante '57

EPSILON UPSILON

Suzanne Ross Moore '66

ZETA BETA

Anne Fetzer Connors '61

ZETA THETA

Terry McGoon Hausman '74

ZETA TAU

Carolyn Bullington Harman '62
Nora Sleeth Murray '66

THETA ALPHA

Catherine McCoy Brown '62
Alta Showalter Coulter '62
Barbara Sawyer Demory '62
Helen Beadle Friday '62
Viola Campbell Greenleaf '62
Genevieve Chishol Hall '62
Ruth Kennedy Haney '62
Mary Lou Kirk '62
Ruth Coffin Ringleb '62
Marilyn Miller Thomas '62
Bernice Bender Hanna '63
Fern Nuzum Hornaday '63

Clara Palmer Kreis '63
Ester Reyerson Kurtz '63
Frances Chapman McClymond '63
Caroline Edler Perrin '63
Nedra Swanson Schaefer '63
Kathryn Coffin Speed '63
Janet Bailey Tschopp '63

THETA DELTA

Amelia Borak Oles

THETA ZETA

Norma Scrote Desmond '62
Lee Swoger Amey '68

THETA ETA

Donna Bednarz David '72
Maureen Dolan Jurek '75

THETA IOTA

Myriel Sparger Brooks '70

THETA NU

Ann Sundstad Cichy '66

THETA PI

Carla Mikkelsen Carlson '74

THETA RHO

Marlene Monge Byrne '76

THETA OMEGA

Barbara Brown Smith '65

IOTA ALPHA

Joan Elizabeth Galle '79

IOTA THETA

Barbara Manikowski Frigillano '66
Karen Starnier Jacobson '67
Rachel Jean Rossen '95

IOTA IOTA

Sandra Jackson Venable '71

KAPPA ZETA

Janeda Wood Peplow '69

KAPPA MU

Mary Hill Twigg '73
Melissa Dudrow Smith '76

KAPPA TAU

Helen Tierce Wentz '70

LAMBDA LAMBDA

Stephanie Marie Mejias '09

XI OMEGA

Stephanie James '96

OMICRON GAMMA

Monica Lynnette Berger '01

PHI BETA

Alice Maurin Deluca '57

stars in our service flag

The LAMP is proud to recognize the “stars” in our Service Flag, who serve selflessly and embody the values of the Sorority through their sacrifice and courage.



Lt. Heather Hornick (USN) BA '99 (University of South Carolina) and Lt. Jill Moore (USN) BA '00 serving together at Naval Postgraduate School 2009-2010.

Lt. Jill Moore (USN) BA '00 (University of South Carolina) is currently serving in Virginia Beach, Virginia at the Afloat Training Group as a part of the Engineering Assessment Atlantic team. After graduating from the University of South Carolina with a Bachelor's of Science in geography, Jill served onboard the USS GONZALEZ, USS LABOON, and USS FARRAGUT, where she did two overseas deployments in support of Operations Enduring Freedom and Iraqi Freedom. She is a recent graduate of the Naval Postgraduate School (NPS) where she earned her Master of Arts in Homeland Defense.

Lt. Heather Hornick (USN) BA '99 (University of South Carolina) is currently a Ph.D. student in the Department of Meteorology, Naval Postgraduate School. After graduating from the USC Honors College in 2002 with a Bachelor of Science in marine science, she served on board the USS PORT ROYAL and deployed to the Arabian Gulf in support of Operations Enduring Freedom and Iraqi Freedom. After transferring to the Naval Meteorology and Oceanography Community, she served as the Operations Officer for Naval Oceanography ASW Center, Stennis. Before reporting to NPS, Heather was selected for the Massachusetts Institute of Technology/Woods Hole Oceanographic Institution Joint Program in Oceanography, where she earned a Master of Science degree in Oceanographic Engineering in 2009.

Sisters and fellow Midshipmen at the University of South Carolina, Heather and Jill received their commissions from the Naval ROTC program and proudly serve their country as lieutenants in the United States Navy. Separated by cross-country moves and overseas deployments, it took eight years for Lt. Moore and Lt. Hornick to reunite in California at the Naval Postgraduate School.

Elizabeth Anne Remik '07 PIB (University of Hartford)



Elizabeth applied her leadership skills that she learned in Delta Zeta to a career in the United States Navy to become a sailor. Elizabeth arrived in Great Lakes, Illinois while the Navy was forming a new 900 division. "These divisions are known as the 'honor' divisions, as we perform (in band, choir and drill teams) for three graduation performances. I was in the Navy choir and used the singing lessons a Pi Beta sister had given me as part of her Music Education requirements a year ago," says Elizabeth.

Elizabeth helped her later division, 911, to achieve great heights as one of three female section leaders. She designed and painted their division flag. After graduating, along with two other shipmates, she painted the wall mural in their ship, one of many Recruit Training Command (RTC) traditions. Today she serves as Shore Command at Personnel Support Detachment West.

As she expands her Navy career, she would like to thank all of her Delta Zeta sisters for their love and support in her endeavors. She says, "I always participate in philanthropic events to help support my command and, of course, keep my eyes open for turtles at the San Diego Zoo!"

Cathy O'Bryant Lovelace AK '77 (University of Alabama/Huntsville)



Cathy tells us, "I have served in the United States Navy, CDR (Commander), Nurse Corp since April 1, 1989, with more than 21 years of Reserve and Active Duty. When not activated with the Navy, I teach nursing full time at the University of Oklahoma in Tulsa, Oklahoma and work part time for St. John's PICU (pediatric unit).

(continued on page 25)

take care of yourself!

by Lindsay Miller Northam, M.D. BT '00 (Nebraska Wesleyan University)



Lindsay Miller Northam BT '00 (center) with Tiffany Tanner BT '01 (left) and Sara May BT '01. The women were profiled in Issue 1 - 2009 of The LAMP, which detailed their friendship as they shared the challenges of becoming doctors together.

Amid all of the excitement, stress and commitments involved in each day of our lives, it is easy to forget to take time for us and focus on our personal health and wellness. Often times it's not until you've become ill that you realize that you have been neglecting yourself while you've been focusing on the world around you. The concept of "wellness" often doesn't become part of your daily routine until you have experienced that realization of personal neglect. But what is "wellness?" Why does it matter? And how can each of us, no matter our age, incorporate this mindset into our daily routine?

Google the term and you will be amazed at how many different definitions you find! Simply put, "wellness" is the "healthy balance of the mind, body and spirit that results in an overall feeling of well-being" (Wikipedia). The importance of wellness lies in "balance." By achieving a balance between these three core components, you will find stress reduction, focus and inner peace.

Although it is important to begin incorporating this healthy balance of mind, body and spirit into your life at a young age, it is a concept that can become part of your life at any stage. Here are a few simple tips that you can use to begin your journey to find your personal state of wellness:

MIND

Read. Simple as that. No matter what type of books or magazines you are interested in, take the time to read something every day not related to school or work. It's important to give your mind a break from your daily stressors. Throw in some good friends and you have yourself an instant book club!

Never stop learning. Whether you are still in college or have just attended your 20th class reunion, it's never too late to learn something new. Look into classes offered by

local colleges that peak your interest. Pick up a basic math class, literature lecture or pottery lab and have at it. Remain a student forever and your mind will thank you.

Don't forget about the fun and games. Whether you like to do jumbles or crosswords or love to sit down for a weeklong match of Risk, keep playing! Research has suggested that routine problem solving will delay the onset of memory loss and dementia. Brainteasers and board games will keep your mind sharp and satisfied.

Keep informed about the world around you. Whether you prefer to watch CNN, read the newspaper or follow the MSNBC Twitter feed, don't lose touch of breaking news. The world you live in is bigger than you realize and you must keep your mind open to all that it has to offer.

Never retire! Alright, so maybe it's okay to retire. But never stop working. Whether you prefer to keep a part-time job or volunteer at your local parish, keep using your skills. Being a part of your community, either as an employee or volunteer, will keep your mind active and skills sharp.

BODY

Breakfast really is the most important meal of the day.

A breakfast high in protein is one of the best ways to ensure a balanced energy level throughout the day. As a bonus, people who start the day with a breakfast high in protein are less likely to overeat at lunch!

If you're going to drink, drink in moderation. Hangovers and bad judgment aside, there are many other reasons to limit your alcohol intake. Mixed drinks, beer and wine carry more calories than you might think. An average glass of wine or bottle of light beer can easily contain up to 100 calories. (You can imagine the amount in a mixed drink!) Several drinks can have the calorie content of a large meal. Research has shown over and over again that women and men respond to alcohol differently. As women, we are more likely to become impaired with less alcohol and are at a significantly higher risk of suffering liver damage from much smaller amounts of alcohol consumption.

Your mother was right: eat your fruits and veggies.

Not only are fruits and veggies delicious, they carry very low calorie contents and are high in vitamins and antioxidants. The next time you are tempted to fight your stressors with food, stay away from junk food and grab a bag of baby carrots or apple slices to fill the void.

Stay hydrated. It's easy to become dehydrated without even realizing it. Dehydration can lead to lack of concentration, decreased energy and can even lead to significant health problems like renal failure. Also, often times thirst is mistaken for hunger which leads to overeating when all you need is a large glass of water. It's easy to prevent dehydration and overeating -- just bring a bottle of water with you on your way to class or work.

Get physical! If a regular exercise routine isn't already a part of your week, it may be difficult at first to incorporate this new addition to your life. However, stay with it! Eventually it can become the favorite part of your day. Remember to stretch first, keep hydrated and have fun. If a trip to the gym isn't the right fit for you, consider joining an intramural sport or start a walking club with your friends. Any bit helps and is great not only for your cardiovascular system, but is also a great stress reliever.

SPIRIT

Pray. No matter what your religion, the simple act of praying brings you closer to your god and your inner spirit. Pray in times of stress, times of thanks and anytime you feel that your spirit is in need.

Learn to say "No." As a student, an employee, a daughter, a mother or a spouse, you are often asked to carry the burdens of the entire world. Although you will have the inner urge to solve world peace, realize that it's okay just to solve the peace in your living room. Don't let yourself and your schedule get stretched so thin that you are unable to find time for yourself. Everyone will understand if you can't save the world -- neither can they!

Recognize the symptoms of depression. According to the Mayo Clinic, about 1 in 8 women will develop depression sometime in their life (twice the rate of men). Although it can occur at any age, the most common ages are between 25 and 44. Be aware of the common symptoms: loss of interest, change in eating habits, loss of sleep, and feelings of guilt, hopelessness and worthlessness. Sometimes it's hard to recognize these symptoms in ourselves; it is okay to ask those around you if they have noticed a change in you. Also, never be afraid to approach a friend that you think may be experiencing these symptoms. Although you might find it awkward at first, she needs to know that you care.

Take time for yourself every day. Find a quiet room, watch television, read your Kindle or go shopping. Time alone with yourself and your thoughts is an amazing opportunity to find inner peace. If the world around you is full of chaos and seems overwhelming, separate yourself from the world.

Keep your friends close and your sisters closer! No matter what the world brings, never forget that your friends, family and Delta Zeta sisters are there to help you. Don't lose touch of the important women in your life. Your sisters are there to share this journey with you, so take them along for the ride!

About the Author

Lindsay Miller Northam, M.D., is currently doing her medical residency in Internal Medicine at Creighton University Medical Center, Omaha, Nebraska. After graduating from Nebraska Wesleyan University with a B.S. in Biochemistry and Molecular Biology, Lindsay attended medical school at the University of Nebraska Medical Center, Omaha, Nebraska, where she received her M.D.

"I was stationed in Kandahar, Afghanistan from July 2010 until March 2011 in a Role 3 Trauma MMU Hospital on the front line of the War in Afghanistan. I am attached to OHSU Dallas Det P in Tulsa, Oklahoma.

"I am married to William E. Lovelace also from Huntsville, Alabama who graduated from UAH in Engineering and is a former Marine. We currently live in Broken Arrow, Oklahoma and have two children, David and Jonathan Richard who are Auburn University graduates and reside in Auburn, Alabama.

"I still remain connected to all the UAH alumnae graduates from 1980 and 1981. When my identical twin sister, Cristy O'Bryant Thomas '77 Lambda Kappa, died of breast cancer in 1998, all of my Delta Zeta sisters stepped in to take up that void and help me get through that loss. They are currently mailing care packages just as my natural sister would have done while I am here in Afghanistan. I am blessed to have so many sisters."

Samantha Neurby, Lambda Theta Chapter, (Michigan Technological University)



Photo courtesy of Michigan Technological University.

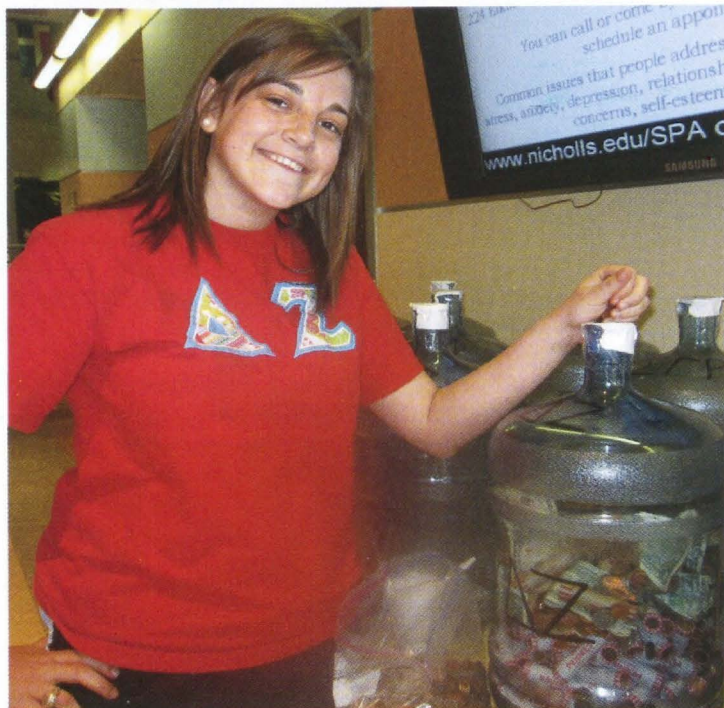
Samantha Neurby, a collegian in the Lambda Theta Chapter at Michigan Technological University, is only the third woman naval officer ever recruited from a college or university to serve on a sub. Samantha is finishing up her chemical engineering degree this spring. She passed the final hurdle — an interview with Admiral Kirkland H. Donald, Director of Naval Nuclear Propulsion and Deputy Administrator of the National Nuclear Security Administration — in Washington, D.C. Now that she has received the Navy's stamp of approval, after she graduates from Michigan Tech in April, she will go to the Navy's Officer Candidate School in Newport, Rhode Island, where she will be commissioned upon graduation. She will enter a one-year nuclear power training program in Goose Creek, South Carolina.

"I just can't tell you how excited I am," Samantha exclaimed. "Working in nuclear power has been my dream since about my second year in high school. It's fascinating, so much energy coming from something so small. I believe nuclear energy is the future of our country, and I want to be part of that."

Source: Michigan Tech website: <http://www.mtu.edu/news/stories/2011/february/story36796.html>

collegiate profile

Dreams of a Higher Education By Ally Zomchek



Natalie gives pennies during Greek Week for a multiple sclerosis fundraiser.

Natalie Gros of the Kappa Alpha Chapter (Nicholls State University) wanted to become a teacher since she was very young. Both her grandmother and aunt were elementary school teachers and inspired her. Natalie also assisted with an elementary class during her senior year in high school, and by experiencing the moment when the students understood new concepts that they were being taught, her career decision was confirmed. Now her dream is coming true. Natalie is studying to be an elementary education teacher for grades one through five. Ideally, she would love to teach third-graders in all subjects or fifth-graders in math.

Delta Zeta has been a huge part of her life, and Natalie says the Sorority helped her to become a better student. "It taught me how to multitask and how to set goals," she says. It has given Natalie a place to belong, new friends, high goals, exposure to different types of people and new experiences. "The list could go on forever," she says. Delta Zeta has shown her how to be a sister, a friend, a community member, and overall, has given Natalie a larger outlook on life. With the support of many sisters, she found that she always has someone to turn to if she needs help with any of her studies. "I would like to do the same for others," Natalie says.

"I was involved in many different activities in high school that kept me busy, and I took that into consideration when choosing to be in a sorority. I thought Greek life would keep me involved in the community and create new opportunities and experiences." Natalie still has her great friends from home, but she knows that college is all about meeting new people and making new friends. By joining a sorority, she made those new friends and now enjoys new experiences.

"A sorority opens you up to a world of many different people, all with different personalities, and you work closely with these people," she says. Natalie enjoys being involved in community service projects and other activities that help her to learn more about herself as well as being an active member of her community and school.

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alumna profile

What a Shoe Can Do By Ally Zomchek



Sara Costello ΔΠ '07 (Georgia College & State University) dreams big and wears her heart on her sleeve. By endeavoring to bring awareness to autism in foreign countries, she has filled large shoes and exceeded expectations. Her story begins when she traveled to a special needs school in impoverished Cusco to complete an internship towards her community health degree. She worked in a class with mostly autistic children, one of whom was the inspiration for Soles for Soles. She found that she was able to combine her interest for travel with her work of helping people with special needs. She had always had an affinity for children and adults with special needs, but she had no idea how her desire to study abroad would change her future forever.

Soles for Soles started as a small project. The name is a play on the Peruvian currency (Nuevo Soles) and Soles, as in shoes. Sara originally wanted to provide shoes for the children in Peru whom she knew personally and who had a profound need for some necessities, paying for them out of her own pocket. Then Sara volunteered in a special needs school in impoverished Cuzco, Peru. As more people heard about her project and donated to it, more children were able to receive shoes.

When she returned to Peru in 2010, Sara brought 300 pairs of socks, enough for each child in the school to receive one pair, and several children to receive several pairs. In July and August of that same year, Katherine Nelson, a member of the Lambda Pi Chapter at Georgia College & State University, and Kate Boring, another close friend from college, joined Sara in Peru to volunteer for a month.

"I am hoping to create a sustainable foundation for autism therapies in Cuzco through collaboration with nonprofit organizations that may have the resources to further my efforts," says Sara, "and thereby raise autism awareness for third world countries. The economic status of a country has little to do with the incidence of autism within it." The first girl Sara worked with, Vivian, an eight-year-old in Cuzco with classic autism, was the most memorable example. She was the first child Sara purchased shoes for, and the reason Soles for Soles started. Vivian had self-injurious behavior along with impulsive and often violent behaviors toward others. When Sara realized that her shoes were three sizes too small, it gave her some insight into her behavior.

"Most of these aberrant behaviors in children with autism occur because they are trying to communicate a need," says Sara. Vivian was trying to communicate that her shoes were too small. In discovering triggers such as hunger and not having clothes or shoes that fit, Sara was able to bring Vivian peace and reduce her violent behaviors. It is the single reason why Sara Costello has kept this project going—for Vivian.

As a Delta Zeta, Sara explains that the Sorority gave her some incredible resources, from scholarships to a network of loyal sisters who can support the efforts of Soles for Soles. Her chapter was the "backbone" of her college experience, and her sisters remain some of her most loyal friends. "As a person, I can say that I gained self-awareness; being in a sorority can expose your truest self, both your glories and flaws. I am immensely grateful for this self-awareness and the ensuing drive to foster my strengths." Without her Delta Zeta sisters' support, Soles for Soles might not have continued once she had returned to the states.

Sara wants to bring a team of behavioral therapists or professionals trained in autism education to work with the students and teachers in Cuzco. Visit Sara's blog at <http://www.CuscoCostello.com> or the Peru Projects First Giving page at <http://www.firstgiving.com/fundraiser/cuscostello/peruproject> to donate. You can also contact Sara at skello@gmail.com.

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It only takes a spark . . .



Sara (center) with her mentors, Jaylene Phelps Braxton $\Xi\Theta$ '88 (University of North Carolina/Wilmington), Financial Advisor for the Beta Delta Chapter (University of South Carolina), and Diana Porter Joyner $B\Delta$ '97, National Academics Standing Committee member.

You are the spark . . .

Your gift to the Delta Zeta Foundation is the spark. It is the funding for life education programs that turn potential into strength. And it is the meaningful gesture of sisterly support that provides motivation and encouragement.

When Sara Unrue joined Delta Zeta at the University of South Carolina, she didn't expect the Sorority to change her life, but it did. And she is thankful to alumnae who made it possible.

"I didn't know about myself, what I wanted to be, or what my strengths were," Sara said. "But thanks to alumnae who funded our leadership training and to my alumnae mentors, I discovered I could be a leader. I learned more about myself in Delta Zeta than I ever learned from any professor. Now I am using what I learned every day in my dream job, as a program coordinator for the State of South Carolina."

Sara is not alone. There are thousands of Saras in our college chapters right now — young women with enormous potential who only need a spark of encouragement to grow — young women who are ready to be effective, service-minded leaders, with just a little help from you.

Your gifts to the Delta Zeta Foundation build programs for current and emerging chapter leaders and provide practical life education experiences for all of our members.

Pass it On!

www.deltazeta.org/foundation