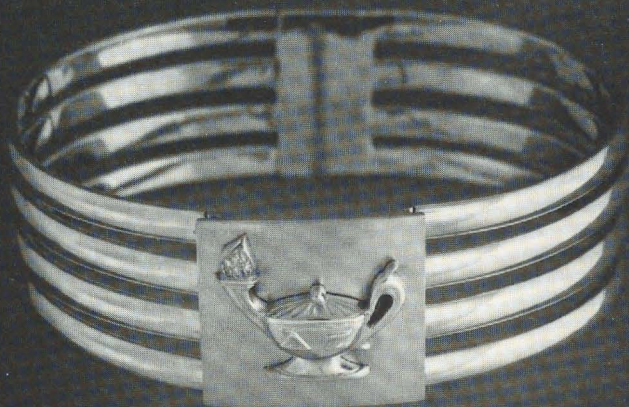
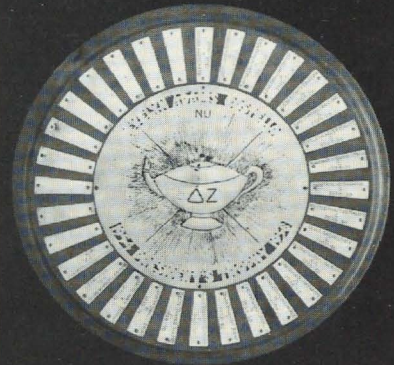
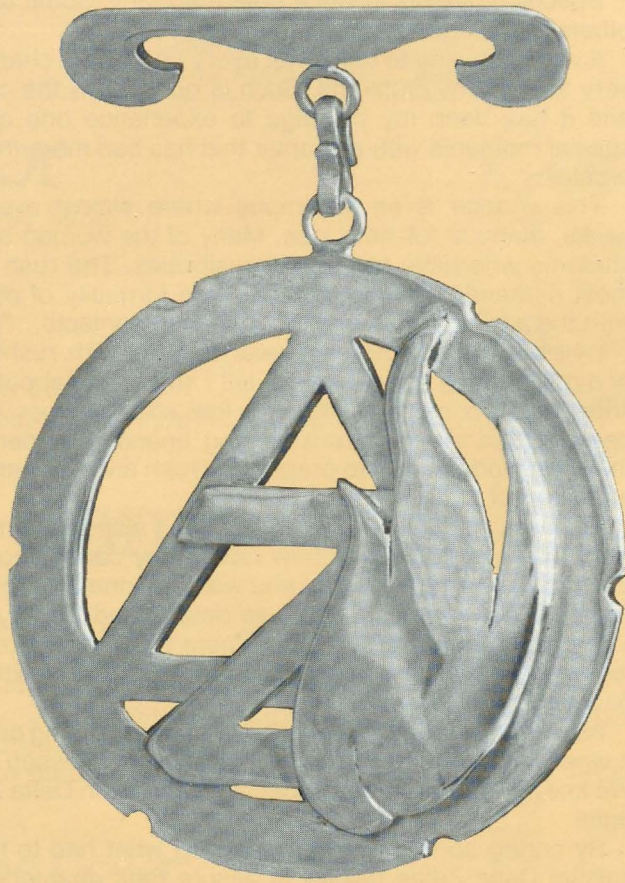


the lamp of
**DELTA
ZETA**
winter 1979





The President Writes

Special moments in Delta Zeta are many. Some are anticipated; others come unexpectedly.

It would be nice to think that every Delta Zeta chapter exists with very few, if any, problems. Such is not always the case, however, and it has been my privilege to experience one of Delta Zeta's special moments with a chapter that has had more than its share of problems.

This chapter is on a campus where almost every Delta Zeta works, many at full-time jobs. Many of the women are commuting students who have home responsibilities. The rush schedule is a most demanding one, combining the formality of planned parties with the addition of extensive open rush contacts.

I visited the chapter this year to help with rush. I was aware of a multitude of concerns and felt I knew a lot about the chapter. I knew that the membership was low and that they were trying to deal with an almost overwhelming financial burden. I knew that they had worked hard to prepare for rush and were anxious for help and support.

I found all of these things to be true. I also found much more, for what I did not know was how much they cared about Delta Zeta. Each and every girl felt that she was personally responsible for the future of her chapter. Each was determined that it would not fail. Each girl gave of herself, doing more than her share. No one was too tired or too busy. Each Delta Zeta made the extra effort. Each one made the difference.

As we stood together after the last party, sharing our happy tears, it was apparent that we had all witnessed a lesson in sisterhood. We knew that one of those special moments in Delta Zeta had been ours.

By caring so much, by recognizing what had to happen, these special Delta Zetas helped to assure their chapter's future. In so doing we all learned what Delta Zeta is all about.

Incidentally, the chapter doubled its size with twenty new pledges.

Norma Andrisek

National President

FOUNDERS OF THE SORORITY



Miami University, Oxford, Ohio, 1902

Alfa Lloyd Hayes, 1880-1962
Mary Collins Galbraith, 1879-1963
Anna Keen Davis, 1884-1949

Julia Bishop Coleman, 1881-1959
Mabelle Minton Hageman, 1880-1929
Anne Simmons Friedline, 1879-1932

Editor

Florence Hood Miner

Staff

Grace Mason Lundy
Norma Swepston McIntyre

The Lamp

(USPS 585-640)

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About the Cover

Eleanor Hansen Nichols-T, designer of the Delta Zeta Woman of the Year medallion, is this year's winner of that award. Also shown are other Nichols designs: The original GML Award bracelet, the Delta Zeta President's Trophy and a silver necklace. Story on page 2.

Send change of address and all correspondence of an editorial or business nature to Delta Zeta National Headquarters, 21 East State Street, Columbus, Ohio 43215.

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Eleanor Hansen Nichols, 1979 Woman of Year

The Artist Gives Permanence to the Present

by Mary Margaret Calhoun ForeAY
Vice President, Alumnae Affairs

The National Council of Delta Zeta Sorority proudly announces Eleanor Hansen Nichols, U. of Wisconsin '25-T, of Wilmington, Del., as the recipient of the 1979 Delta Zeta Woman of the Year Award.

"The artist gives permanence to the present. The work of art is the crystallization of a moment." Truly, Eleanor Nichols has crystallized many moments—creating links between the past and the future. For more than 50 years, working with all the fine metals, woods and cloths, she has designed and created many awards, decorations and worship accessories for various secular and ecclesiastical organizations and individuals.

A designer, craftsman and teacher of the fine art of metalwork, Eleanor created a pewter, bronze and walnut plaque presented to Prince Bertil of Sweden on the 335th anniversary of the landing of Swedish colonists in Delaware. She also designed three Delta Zeta national awards, including the one she is being honored with this year. In 1956, she designed the original Woman of the Year award, and she has handcrafted each one since for presentation to the honoree. Eleanor also designed the original Grace Mason Lundy Award, a bracelet presented to outstanding senior collegians. The President's Trophy*, a lovely plaque with an engraved plate for each national president, is another Nichols design.

A graduate of the University of Wisconsin in the field of applied arts, Eleanor has studied at Guldsmedsbolaget (Goldsmith's Company) in Stockholm, at the Brookfield Craft Center in Connecticut, the Rhode Island School of Design, and has traveled extensively throughout the world, including an art safari to West Africa during the month of January 1979.

As a member of the World Crafts Council, Eleanor exhibited at the international convention held in Peru in 1968. Photographs of her work traveled with the National League of American Pen Women's exhibit in Mexico, and she has been a frequent exhibitor at craft fairs throughout Delaware. She created an educational display about silversmithing for the Winterthur Museum, and she has lectured and exhibited in Philadelphia, Tulsa, Madison, Wis., and Wilmington, Del.

In addition to the National League of American Pen Women, of which she was state president, and the World Crafts Council, Eleanor holds membership in

*LAMP, Autumn 1958, p. 8.



Eleanor Nichols at work in her home studio. She is accomplished in designing and crafting with fine metals.

Delta Phi Delta art honorary, Sigma Lambda professional art sorority, the American Craft Council, and the Arts and Crafts Society of Sweden. She is a member of the Women's Auxiliary of the American-Swedish Historical Museum in Philadelphia, the Delaware Art Museum, Wilmington Society of the Fine Arts, Wilmington Drama League and the Delaware State Department of Design and Decorative Arts. She has participated actively in these organizations, serving in many offices and sharing her creative talents in many ways.

Eleanor has taught silversmithing and jewelry making at the Delaware Art Museum, several local high schools and adult evening classes, the YWCA and AAUW. She gives private lessons in her well-equipped, spacious home studio.

Eleanor has contributed leadership, as well as her artistic talents, to St. Mark's Lutheran Church in Wilmington. She has served as president of the Altar Guild and Missionary Society; chairman of the church furnishings, stained glass window, worship and music



This silver pitcher is just one example of the many Nichols designs. It was handcrafted by Eleanor.

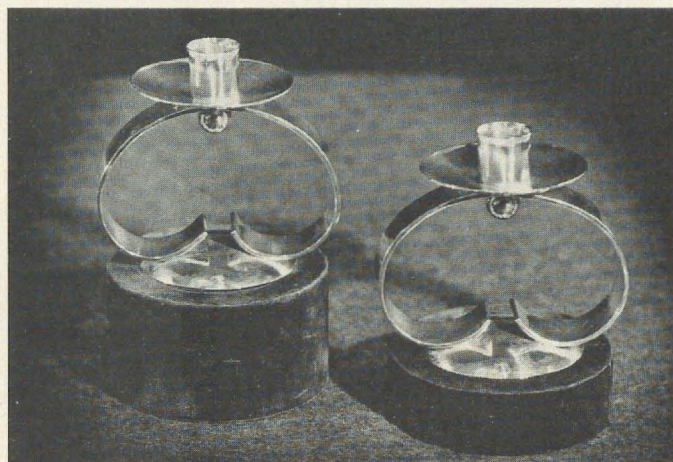
committees; superintendant of the primary Sunday School department; secretary of the building committee and church council; delegate to the United Church Women of Delaware and the Religious Arts Committee of Delaware; consultant for redecorating churches in southern Delaware. She has worked with Girl Reserves, Girl Scouts, Boy Scouts, Sea Scouts, the PTA and served as a Red Cross volunteer for more than 15 years.

As a Delta Zeta hostess, Eleanor has provided her lovely home and studio for many Wilmington Alumnae Chapter activities. A charter member of this chapter, she has served in every office and represented the chapter at two national conventions. She has been a Province alumnae director, received the Achoth Award

for long continued service to Delta Zeta and is a member of the Order of the Golden Rose.

Eleanor and her husband, J. Burton Nichols, a research chemist, are the parents of two sons, J. Randall, a physical chemist, and Courtland, a plant pathologist. Six grandchildren receive much love and attention from this outstanding Delta Zeta.

Delta Zeta congratulates the 1979 Woman of the Year. Her contributions in many fields have indeed been a bridge into infinity and between individual and universal experience and will continue "to give permanence to the present" and inspiration for the future.



Another original design, these candlesticks were crafted of silver by Eleanor Nichols.

Wilmington Alumnae Host Presentation Ceremony



Ernestine Crawford, Mary Margaret Fore, Eleanor Nichols, Charlotte Silversteen and GERALYN QUINN, president of Iota Rho.

Eleanor Hansen Nichols was presented the 1979 Delta Zeta Woman of the Year award at a Founders Day dinner hosted by the Wilmington (Delaware) Alumnae Chapter, of which she is a charter member.

Joining the Wilmington alumnae for the evening were members of Iota Rho Chapter at West Chester State College. Wilmington President Ernestine Bird Crawford, Concord College-ΕΔ, introduced the other guests: Mary Margaret Calhoun Fore, national vice president alumnae affairs; Charlotte Fields Silversteen, Temple-ΔΤ, Province III alumnae director; and Florence Reid Wilson, Temple-ΔΤ, Philadelphia Alumnae Panhellenic president.

Mary Margaret reviewed some of Eleanor's accomplishments as a silversmith, artist and teacher before presenting the award. In response, Eleanor related events leading to her invitation to create the Woman of the Year medallion and described the Delta Zeta symbols detailed in it. She expressed her deep appreciation of the honor and acknowledge the many cherished friendships she has experienced in her years of alumnae activities. Putting in a plug for alumnae involvement, she reminded all, "Delta Zeta is forever."



Members of Xi Theta chapter at the University of North Carolina at Wilmington.

Xi Theta Chapter Installed

by Tricia Wallace ☞

Words from the song "Delta Zeta Round" echoed through the room as Xi Theta chapter, University of North Carolina at Wilmington, was installed November 3. "DZ ev'rybody knows golden lamp and Killarney rose," sang the 45 members of the new chapter at the formal banquet at the Hilton Inn in Wilmington.

National President Norma Minch Andrisek officially installed the chapter, and Debbie Raziano, national field consultant, followed with the beautiful and traditional Rose Ceremony.

Past National President Betty Heusch Agler, toastmistress for the evening, introduced the distinguished guests. Dr. William M. Malloy, vice chancellor for student affairs, represented the UNCW adminis-

tration and congratulated Xi Theta on being the first official sorority on the campus. He assured the members of continued enthusiasm and support from both students and administration. Also representing the university were: Dr. Charles L. Cahill, vice chancellor for academic affairs; Helena Cheek, dean of students, and Linda Moore, director of student activities.

Delta Zeta guests included: Carolyn Barnes Gullatt, national vice president-membership; Linda Agler Hobbs, national ritual chairman, and Ashley Angel, North Carolina state reference chairman.

The memorable evening came to a close with everyone joining hands in sisterhood as the Delta Zeta traditional friendship circle was formed.

Year of Preparation

The installation was the culmination of a year of preparation that began in the fall of 1978 when Debbie Raziano introduced Delta Zeta to three UNCW students, Candy Singleton, Susan Klintworth and Linda Gordon. Throughout the next few weeks, Debbie kept in touch with Linda Moore, student activities director, who was a source of encouragement and help to the girls as they struggled to make their decision. When Debbie returned to Wilmington to make a second presentation, the group unanimously chose Delta Zeta, and 13 members were pledged in one evening.

Election of officers was held in November 1978, and Delta Zeta was on its way. Those elected were: Candy Singleton, president; Jan Johnston, vice president-membership; Janie Irving, vice president-pledge training; Karen Benson, recording secretary; Linda Gordon Jackson, corresponding secretary, and Gay Singletary, treasurer.

Things moved quickly after this. The girls held cook-outs, oyster roasts and other social events to generate interest among the students at UNCW and worked hard to establish themselves as a full-fledged sorority on campus and to gain respect in the community.

After Christmas, their efforts paid off as membership increased from 13 to 29. During the spring, Xi Theta began to be called upon for help by college and civic organizations. The colony sponsored three Red Cross blood drives at UNCW and sold doughnuts to raise money.

In May, after exams, the girls were initiated in a beautiful ceremony conducted by Kappa Phi chapter

from the University of North Carolina at Charlotte. The first initiates and charter members were: Christi Baldwin, Karen Benson, Theresa Benton, Debbie Berry, Amy Best, Angie Clark, Cindy Cole, Anna DeBlois, Julie Duclos, Donna Fisher, Martina Forbes, Joy Godley, Linda Gordon Jackson, Jan Hanes, Janie Irving, Jan Johnston, Jill Johnston, Susan Klintworth, Holly Ogle, Tammy Parker, Rebecca Perkins, Wendy Poole, Robbie Register, Julie Russ, Gay Singletary, Candy Singleton, Meg Squires, Becky Thomson, Beverly Todd, Tricia Wallace and Patty Waters.

Xi Theta chapter held its first official rush in the fall and pledged 16 members. Fourteen of them were initiated on November 2, the evening before the installation banquet; they were Darlene Barker, Ann Carr, Lisa Casteen, Kim Church, Stephanie Holmes, Sally Johnson, Cindy Lockamy, Debbie Marino, Donna Moore, Carol Pittman, Nancy Roberson, Rebecca Rumbaugh, Carla Scott and Jackie Wilson.

The chapter was busy in the fall. The Wilmington Chamber of Commerce asked Xi Theta to entertain British sailors in port from the HMS *Bristol*. The girls also hosted a post-performance party for Scotland's famous Black Watch, "Her Majesty's most illustrious battalion."

Over the past year, the word "sister" has taken on deeper meaning as the girls of Xi Theta have learned to share, trust and uphold deeply-rooted traditions that are the core of Delta Zeta. The most important thing they have learned is that Delta Zeta is not just another club meeting to attend, but rather a way of life.



At the installation banquet: Ashley Angel, Margie Calhoun McKenzie, CCD for Xi Theta, Linda Hobbs, Elvina Price Rogers, CCD for Kappa Phi, Carolyn Gullatt, Betty Agler, Debbie Raziano, Norma Andrisek, Candy Singleton.



Candy Singleton and Debbie Raziano express their happiness during the Rose Ceremony.



UNCW students sail on Banks Channel at Wrightsville Beach.

The University

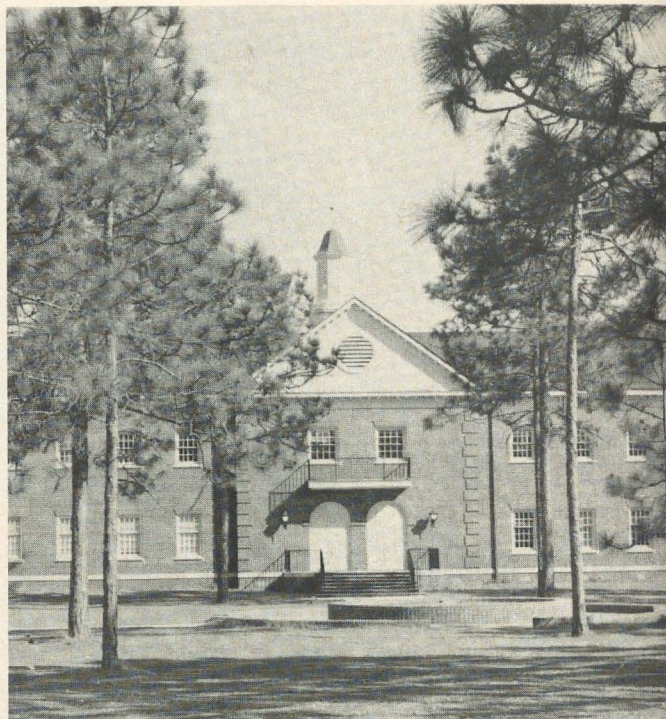
The University of North Carolina at Wilmington is a constituent institution of the 16-member University of North Carolina. The campus occupies a 600-acre tract midway between the historic port city of Wilmington and Wrightsville Beach. There are 24 buildings, all constructed in the Georgian architectural style. Student enrollment is about 3,000, and teacher training, liberal arts and marine science are the major areas of academic concentration. Because of its proximity to the Atlantic Ocean, the university has developed graduate programs in marine biology and research. The ocean and nearby Wrightsville Beach also provide recreational opportunities for UNCW students and faculty.

The greek system is growing at UNCW. At the present time, Delta Zeta is the only NPC sorority on the campus. Chi Phi, Pi Kappa Phi and Tau Kappa Epsilon fraternities have chapters, and Sigma Alpha Epsilon fraternity pledged a colony on November 3, the same evening as Xi Theta's installation.

Historic Wilmington

"Wilmington," said native-son David Brinkley, "is one of those cities which has survived the ravages of time. She has gracefully withstood the 'tear it down and put up a parking lot' philosophy which has stripped our nation of so many of its ties with the past. Her quiet streets, embellished with stately oaks and magnolia trees heavy with scented blossoms, reflect the intricate craftsmanship of 18th and 19th century artisans — a rich and rare legacy."

Wilmington is the home of Thalian Hall, one of the nation's oldest legitimate theaters and widely believed to be haunted by the ghosts of 19th century thespians Maude Adams, James O'Neill and Harry Lauder. Fort Fisher and Oakdale Cemetery are historic reminders of Wilmington's role in the Confederacy. In further describing this port city at the junction of the Cape Fear River and the Atlantic Ocean, Brinkley refers to "the softness of the ocean dunes, the majesty of the cypress swamps, the fragrant pines and lush azaleas."



This liberal arts building, as yet unnamed, is the newest addition to the UNCW campus.



Linda Moore and Dr. William Malloy of the university look on as Norma Andrisek presents the Xi Theta charter to Candy Singleton.

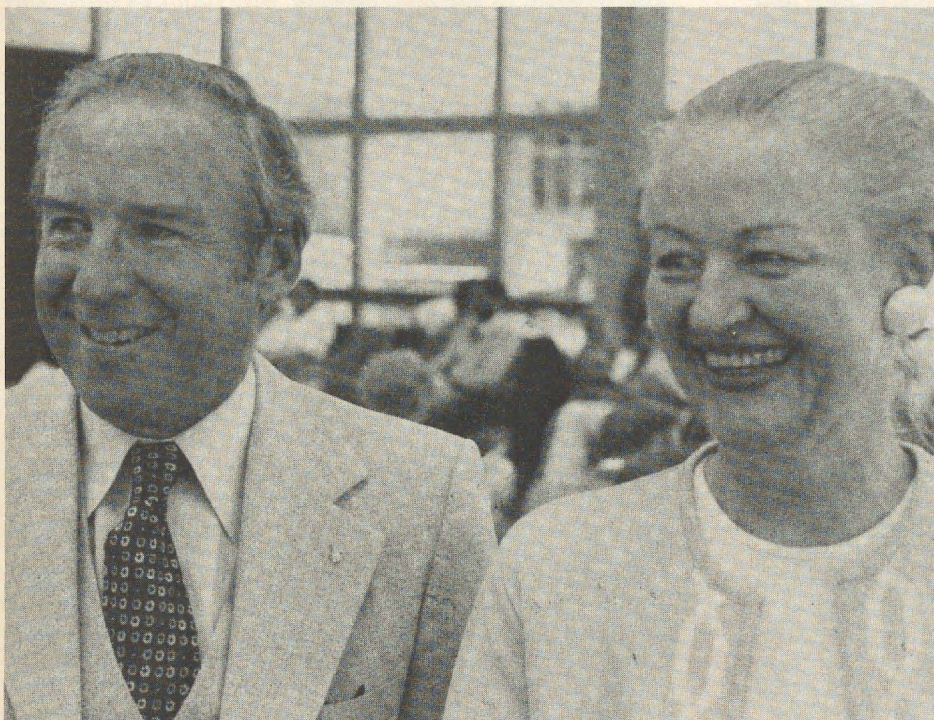
Three Generations of Happy Δ Zs



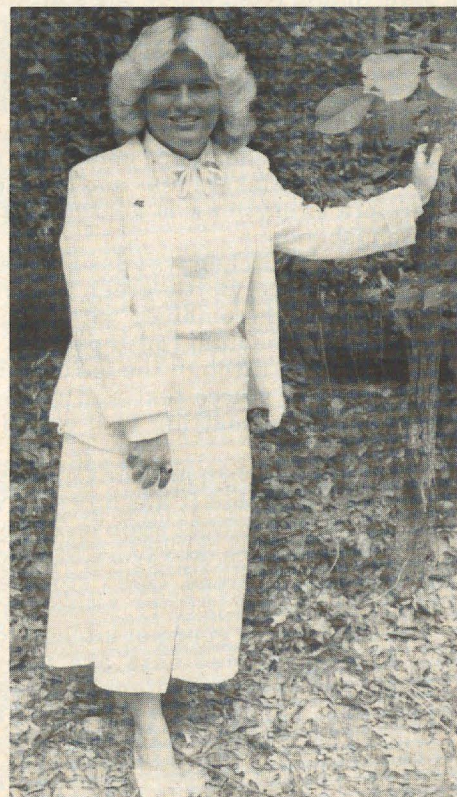
Lucile Crowell Cooks not only has two Delta Zeta daughters, but a Delta Zeta granddaughter, and all four are from Alpha chapter at Miami University in Ohio. Her son-in-law took this picture of Cathy Davies, Connie Cooks Roberts, Lucile, and Mella Cooks Davies.



Mildred Sandsted, with her daughter Mary Jo Sandsted Stedman, and her granddaughter Ann Stedman, all of Beta Tau chapter at Nebraska Wesleyan.



Patricia Johnson Westman, U. of Oregon '52- Ω , of Boulder City, Nev., was the National Space Institute's official travel agent for America's Salute to the Astronauts, held last July in Las Vegas to commemorate the tenth anniversary of the first lunar landing. She is shown here with former astronaut Jim Lovell, just one of the many astronauts and other dignitaries she met in the course of her duties. Pat is agency manager of Mosden Travel Service in Las Vegas.



Jade Adams-KT, won the junior Panhellenic scholarship award at Morehead State University in Kentucky.

Life At Southern Living

by Florence Hood Miner-AB

Have you ever wondered where those delectable recipes in *Southern Living* magazine come from? A sure guess would be that the Delta Zetas had a hand in testing them.

Last summer we returned from convention by way of Birmingham, Alabama, and were invited to tour the *Southern Living* kitchens. Fresh peaches and apples greeted guests in the reception room, and we nibbled while waiting for our hostess, or should I say hostesses as three Delta Zetas are on the magazine staff, all in the Foods department.

Jean Wickstrom Liles is in charge, and on her immediate staff are Ann Lewis and Diane Moats Hogan, all graduates of the University of Alabama and members of Alpha Gamma chapter.

Southern Living and *Progressive Farmer* have just built new offices in Birmingham, a modern, spacious, terraced complex.

In one wing are the three test kitchens surrounding a patio dining room where the staff confers, tastes, and discusses. This afternoon, just fresh from the oven, was a three layer cake with a lemon filling and coconut topping which had just been photographed for an upcoming issue. While we talked with Jean, Ann, and Diane, we got to test taste!

The three kitchens are home size as recipes will be used by homemakers and not commercial companies. Therefore everything is geared to the housewife, or househusband.

The garden kitchen was designed as an extension of the dining space. Bottle-green tile on the countertops and back-splash combines with latticework cabinets. The floor is a medium-finish pattern of white oak parquet. Carrying through the garden character are wall coverings of a stucco textured white vinyl which extends to a sisal matting wall covering in the dining area.

The second kitchen has the Country Look. White oak is repeated here, but it has an extra warmth and coziness with a bittersweet stain on the cabinets. Mexican tiles in a terracotta over ivory base cover the counters and backsplash areas. Open storage in the cabinets reveals handmade pottery, baskets and collectibles.

A contemporary gourmet kitchen completes the trio. The unadorned cabinets are lined with Scarlett O'Hara red. Gourmet utensils hang from a central ceiling rack, below which is a maple butcher block.

While the kitchens have the latest in equipment, they are all of a size and type to be used in a home kitchen.

Jean Wickstrom Liles has been with *Southern Living* for the past eight years, first as assistant and then Foods Editor. In this job she plans and coordinates the



Jean Wickstrom Liles, home economist extraordinaire.

food sections of both magazines. Her responsibilities include recipe selection and evaluation, plus research and writing in the food section. She handles much correspondence with the food industry, advertisers, and readers. She also works with the photographers, attends industry meetings and seminars, serves as a judge for many food contests, and works with Oxmoor House in publishing the delectable *Southern Living* cookbooks.

Quite a job, but one for which Jean is well prepared. While an undergraduate she was a member of Mortar Board and listed in *Who's Who*. Scholarship chairman, pledge trainer, and then president of her chapter, she was named outstanding Delta Zeta senior at Province Day, and a national Grace Mason Lundy winner. Naturally, Delta Zeta tapped her to be a field representative so she could travel and assist other chapters. She served two years as Alabama's Collegiate Province Director, and in 1976 was named Alabama Woman of the Year.

Jean is the recent bride of Curtis O. Liles III who is an Auburn graduate and Birmingham attorney. They are in the midst of renovating an older home, which we are sure will have a most interesting kitchen.

We returned from our visit with the latest cookbook which Jean edited. In fact she has been the editor of almost a dozen very popular books on various subjects *Casseroles, Party Snacks, Salads, Soups and Stews, Chicken, Outdoor Cooking* and the yearly *Southern Living Cookbook* which chooses the best of the recipes.

Jean explained: "As our staff plans the food section each month, we try to give the reader a blend of exceptional recipes and new ideas. In our recipe selection, heavy emphasis is placed on practical recipes using ingredients found in a Southern kitchen.

"Each recipe is tested in one of our kitchens and



Ann Lewis in the garden kitchen with a recipe sent in by one of the magazine's readers.

judged according to taste, appearance, cost, and ease of preparation. All recipes are not only taste-tested by our food staff of 10 home economists but other employees are invited to the kitchens to help evaluate dishes. Only the best recipes ever reach our pages. After testing, we edit the recipes for clarity and conciseness.

"Many of the articles we feature are a direct result of the recipes our readers send us. Virtually 99% of the published recipes are contributed by our readers. This level of audience participation enables us to assemble features which appeal to the varied tastes and needs of our readers. From traditional Southern food to cosmopolitan cuisine, we can depend on our readers to provide us their best recipes."

Ann Lewis, who is the sister of Alabama's Province Alumnae Director Carolee Lewis Followill, found that serving as Pictures chairman for Alpha Gamma chapter gave her a head start on magazine work. During her summer and Christmas break she assisted in the programming at *Southern Living/Progressive Farmer* as part of her home economics major in foods and nutrition.

As Ann told us: "I received my position as foods assistant shortly after completing my final three hours credit doing an individual directed study. This is a senior level course required for foods and nutrition majors at the University of Alabama. The student selects and develops a special problem, an area of research, to study more closely than is possible in a classroom. As I was completing my final course, there was a need for a test kitchen home economist, so I received my job before I had my college diploma in hand — what luck!"

It sounds like luck, but with Ann's enthusiasm and intensity it was more than luck that got her the job



Diane Moats Hogan, in the gourmet kitchen, prepares a casserole for baking.

which she loves.

Diane Hogan really lights up a kitchen. Going back to her college career, graduating in 1964, we discovered she was a *Corolla* Beauty for three years, and named Top Beauty in 1963, which on this campus encompasses beauty, personality and is truly an honor. Not surprisingly she was a Bama Belle, Homecoming Queen Finalist, Birmingham Camelia Queen and Jefferson County Maid of Cotton. After graduation in home economics (with a minor in mathematics) she married husband Jim who is with Republic Airlines, and had three children, Dana, Jimmy and Caryn.

"When my youngest child began school, I decided it was time to look for a job opening. I thought of Jean and gave her a call. Later I went in for an interview. I've been here for two years, and it's great, but it's especially great having a former Delta Zeta sister for a boss!"

Most of the recipes published are sent in by readers, and in all sorts of forms. Jean says so often when they start to test, the reader has either neglected to give the proper ingredients, or omitted the cooking directions, and they have to improvise to have the taste come out properly. Each recipe is tested and retested, and then discussed with the staff (in the garden dining room) after tasting. Many times a recipe will have to be changed slightly for the best result.

We came home from our delectable interview with the latest of Jean's *Southern Living* cookbooks and can attest to the quality. We've passed the recipe for pork chops (an Iowa specialty) in cream gravy to everyone in town. Our bridge club loved the cream de menthe parfaits and butterscotch cookies, but our luncheon guests were truly impressed with the vichyssoise. We can't wait for the next of Jean's books to come off the press.

Careers in Health Care, Part II

by Lee Williams

This is one of a series of articles exploring employment fields offering career opportunities for today's college graduates.

The six million people employed in the American health care industry represent a wide variety of interests and abilities. Included are such diverse talents as the laboratory skills of the medical technologist, the managerial acumen of the hospital administrator, and the intuitive empathy of the mental health counselor.

There is even a role, in fact, for the gifted artist.

The Medical Illustrator: Specialist in Biomedical Communications

Today's medical illustrator is no longer just the scientifically-trained, meticulous artist whose drawings and paintings were vital to medical text materials in the past. Although still basically an artist, the modern illustrator's curriculum of study includes techniques of illustration in varied media (slide-tape, motion picture, filmstrip, and television), photography, cinematography and animation, and prostheses design and construction, as well as traditional art courses.

Students of medical illustration are artists who also have an affinity for the biological sciences — a rare combination. Student illustrators must study anatomy, physiology, histology, and pathology in classes alongside the medical students of their schools, as all seven accredited schools of medical illustration are located in medical school complexes. Two of the schools — the University of Illinois and Ohio State University — offer B.S. degrees in medical illustration. The other five schools — the Medical College of Georgia, the Johns Hopkins School of Medicine, the University of Michigan, the University of Texas at Dallas, and the University of California at San Francisco — offer masters programs. Admission requirements for the graduate programs vary, though a balanced education in art, pre-med biology, and the humanities is generally recommended. Most students admitted have majors in art, though

some have a zoology or an interdisciplinary art/biology major.

Medical illustration is now part of the field of "biomedical communications," which uses technological advances in communications to disseminate information on advances in medicine. For instance, the use of television means that videotapes of successful surgical procedures can be sent to any outpost where a general surgeon may be faced with a difficult or unusual problem.

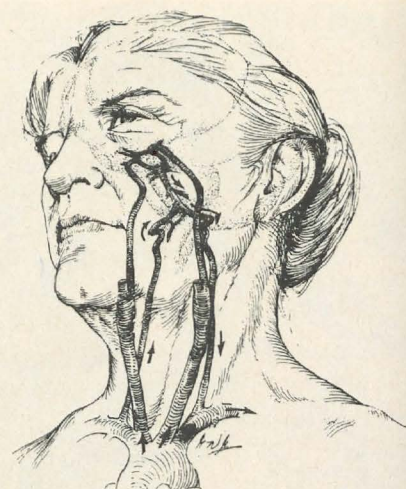
Medical illustrators also master the art of medical photography, using the latest equipment to photograph microscopic and internal as well as external structures.

Since the undergraduate education of a physician is said to be outdated in five years, the work of medical illustrators in pamphlets and booklets and in constructing the displays seen at medical conventions is very important in keeping doctors up-to-date. To see first-hand the work of the medical illustrator in all its ramifications, an interested artist should attend a medical convention, or visit the medical illustration department of any large hospital.

The Biofeedback Technician: Pioneering a New Treatment Concept

Starting salaries for medical illustrators vary between \$12,000 and \$16,000. With experience and departmental advancement, some illustrators earn as much as \$30,000 annually. Income can also be supplemented by freelance work.

The biofeedback phenomenon is one of the more exciting developments in health care in the last two decades. Biofeedback training is the result of the discovery that human beings, if provided with informational feedback from monitoring devices attached to their bodies, can control many biological processes and conditions usually considered unconscious or involuntary, such as heart rate, skin temperature, and brain wave activity. Control is gained through "passive volition," that is, visualization of the effect



Medical illustration by Robert J. Demarest, Association of Medical Illustrators.

and then detachment, rather than "active volition," or force of will. The same process of detachment has been used for centuries by practitioners of yoga. In the eastern world, Indian yogis learned long ago that the autonomic nervous system does not respond to force.

Biofeedback training has been used to successfully treat such varied disorders as migraine headaches, asthma, insomnia, gastrointestinal problems, epilepsy, cerebral palsy, and bruxism (teeth grinding); hence, its practitioners include physicians, dentists, psychologists, physical therapists, and their assistants. Biofeedback is not itself a separate profession, but a modality within a profession.

Nancy Weightman Monlux, Washington State College '58 - Φ, is a physical therapy assistant at her husband's office, the Monlux Physical Therapy and Biofeedback Center in Everett, Wash. She has assisted her husband, Bill, for 20 years, and says the introduction of biofeedback into their practice has speeded up the therapeutic process.

"It makes patients immediately more responsible for their own care," says Nancy. "By controlling a meter reading, a patient can learn to re-educate muscle activity at a lower level."

An instrument frequently used in physical therapy biofeedback procedures is the electromyometer. It can indicate electrical activity in the

muscle of a paralyzed limb that is too subtle for the patient to detect. Once aware of the activity, a patient is frequently able to increase the electrical impulses and regain a degree of control over the muscle. The technique has had success in cases of paraplegia, poliomyelitis, stroke, facial muscle retraining following surgery, and several other disorders.

Since biofeedback is a recent development, it is only recently that formal programs have been developed to provide training in its use. Nancy Monlux's biofeedback background was gained at many seminars, including an important seminar at Herrick Memorial Hospital in Berkeley, Calif. The Biofeedback Society of California has been instrumental in the advancement of biofeedback, and recently set forth model guidelines for training. According to B.S.C., approved training programs should provide 120 hours in five categories, to include didactic instruction (basic information — theory, use of instruments, etc.), case studies, personal training (students using the instruments on themselves), clinical experience, and supervision. This model will probably provide a basis for programs nationwide, where biofeedback is already part of the curriculum in many schools of medicine and psychology.

For the present, seminars and workshops will provide the educa-

tion for most practitioners, and in Washington, biofeedback experts Bill and Nancy Monlux are doing some of the educating. Nancy is currently using her sideline as a freelance photographer to help her husband prepare a seminar to be conducted at the University of Puget Sound in Tacoma. The seminar will be part of the National Conference for Biofeedback in Clinical Practice, of which Bill and his brother are co-chairmen.

"I am developing slides of case studies that will be used to document biofeedback in relaxation and neuromuscular re-education," explains Nancy. "When completed, the presentation will be integrated into the conference, which is sponsored by the Washington State Physical Therapy Association."

The Dietitian:

Making Bodies Stronger

Since the founding of the American Dietetic Association in 1917, the importance of improved nutrition can be seen in a U.S. population whose young adults are three inches taller and 20 pounds heavier than those of 60 years ago. The same type of growth has taken place in Japan since World War II. Proper nutrition is a critical component of good health, making bodies stronger and better able to recover from injury and disease, and increasing longevity.

There are currently 50,000 dietitians and nutritionists in the United States, more than half of them working in health care facilities, including nursing homes, where the growing awareness of the nutritional needs of the elderly has created new employment opportunities. Most dietitians in health care facilities are clinical dietitians, planning and supervising meals to meet the needs of patients. Frequently diet is a principal factor in the treatment of certain conditions, such as diabetes, kidney disease, and severe burns.

Other dietitians are (1) administrative dietitians, directing large-scale meal planning and preparation at hospitals, universities, schools, and other institutions, (2) research dietitians, conducting studies and research in nutrition science and related areas, (3) dietetic educators,



Audrey Tittle-Cross — Providing the public with new dietary guidelines.

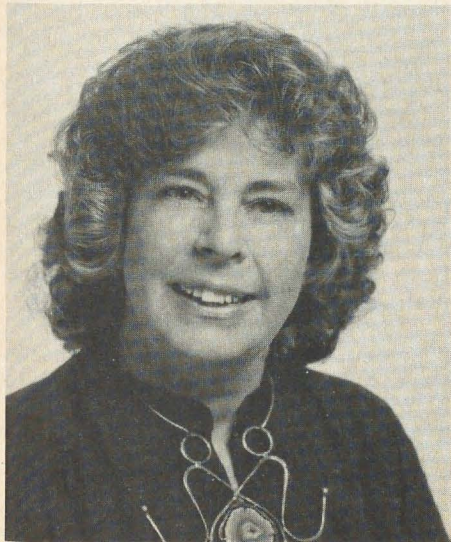
teaching dietetics at universities and medical, dental, and nursing schools, and (4) nutritionists, who participate in research or work for public health services.

To attain professional standing, a dietitian must obtain a bachelor's degree in foods and nutrition or institution management, plus complete an internship or an individual training program. Many schools now provide for completion of internship or training requirements within the four-year academic program. The curriculum includes such courses as nutrition, physiology, bacteriology, chemistry, and institution management.

Dietitians meeting these educational and internship or training requirements are eligible for registration by the American Dietetic Association (A.D.A.). Registration entitles a dietitian to use the initials R.D. (registered dietitian) after her name.

A graduate degree is required for work as a public health nutritionist (and frequently for research and teaching positions). Audrey Tittle-Cross, University of California (Berkeley) '67-M, has a master's degree in public health-nutrition, and is working as a policy advisor to the secretary of agriculture in Washington, D.C.

(Continued on p. 15)



Nancy Monlux — Speeding up the therapeutic process.

Big Rewards from Non-Paying Jobs

Homemaking, Volunteering Satisfying Combination

Today, homemaking is a career a woman chooses, rather than one she is forced into by social pressures or lack of alternatives. Many Delta Zetas have made it their choice, especially while their children are young, and many of them have also used the flexible schedule they have as homemakers to work outside their homes as unpaid volunteers.

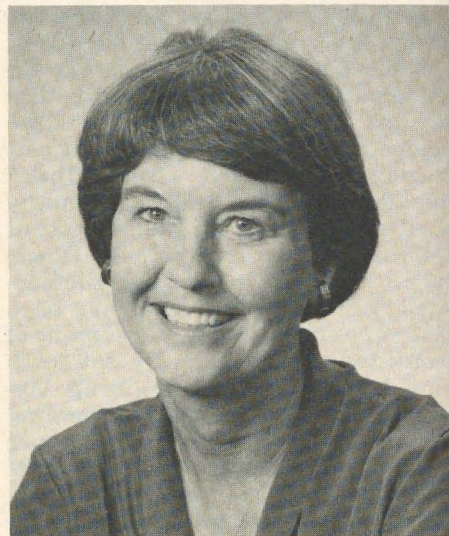
These women have given their time, energy and talents to their communities, churches and schools, as well as to their families. Their contributions cannot be calculated in terms of money, but if the services they provide had to be paid for, it is certain many would not exist.

Typical of the hundreds of Delta Zeta homemakers who work in voluntary capacities in their communities are those profiled below.

Anita Moore Klein, Western Illinois U.-EO, taught home economics for five years following her 1961 graduation and since then has been involved in teaching on a volunteer basis. She works with slow learners, has served six years as an officer of



Luvola Wisneski, *"I simply tried to do my best with each day and fulfill whatever obligations were presented."*



Gloria Schmidt, *"If we value human life and our democratic society, we must participate in the governmental decisions that affect our future."*

the PTA and is active in her church.

Anita and her husband Donald, a labor foreman for the city, have two children of their own and have been foster parents to 19 more in the past six years in their home in Galesburg, Ill.

Luvola Huffstutler Wisneski, U. of Alabama '45-AF, said, "Raising eight children and running a household while my husband (Peter, a chemical engineer) worked worldwide has been a full time career."

Yet, Luvola, of Houston, Texas, has found time for school and church activities, alumnae groups, the AAUW, Boy and Girl Scouts, Little League and community charities.

Gloria Stevens Schmidt of Pacific Palisades, Calif., was elected president of the Los Angeles County league of Women Voters last June. It was the culmination of years of volunteer work with that organization. Gloria, a 1949 graduate of Northern Illinois U.-FP, received a master's degree from California State U. Long Beach, and taught school be-

fore "retiring" to rear her children.

She has been active in many community groups, including the YMCA, Girl Scouts, Assistance League and her church, but through the years the League of Women Voters has received the most continued benefit of Gloria's volunteer work.

As the county league president she is currently serving on a task force with representatives of five southern California counties. "We are exploring ways that the counties can work together on such overlapping problems as pollution, transportation, land use and housing," she explained.

Gloria and her husband E. V., president of an insurance company, have four children, including Kate Schmidt, two-time Olympic medalist in the javelin throw.

Linda "Rosy" Mooney Tanenbaum, Florida Southern College '71-BM, is doing volunteer work with the local unit of the American Cancer Society in Spartanburg, S.C. Linda, a former elementary school teacher, is pres-



Anita Klein, *"Being a foster parent demands an extra amount of giving to children who need it. I recommend it!"*

ently vice president of the board of directors and said she enjoys working with public education and cancer patients. She and her husband Saul, vice president of a steel firm, have a young son and daughter.

Barbara Hoback Afanador of Woodinville, Wash., Ball State U. '65-IX described herself as a "homemaker — chief cook, taxi for children, housekeeper, peacekeeper and loving mate." When she's not involved in these roles with her husband Josef, a professor at Seattle University, and their two sons, Barbara works with deaf and hard of hearing children through a Child Hearing League. She also makes all the Christmas gifts for her family and friends.

"I have chosen to spend my extra hours as a volunteer," said **Mella Cooks Davies**, Miami U. '59-A, of Shaker Heights, Ohio. She and her husband Maxton, an advertising executive, have three daughters, and Mella has been very active in the Girl Scouts. In addition to being a troop leader and neighborhood chairman, she is on the board of trustees of the Lake Erie Girl Scout Council and is a member of its finance committee and chairman of the nominating committee. She is also active in church, PTA and Junior League work. Delta Zeta is a

family tradition. Mella's mother, Lucile Crowell Cooks, and her daughter, Catherine Davies, are also members of Alpha Chapter.

Carole Warren Spiller of Audobon, Pa., U. of Maine '62-AY, said, "I love volunteer work," and she has become a professional at it. She has attended many conferences and workshops on volunteer administration and served as a trainer for the governor's training institutes in Indiana, where she and her husband Don, an engineer, and their two sons previously lived.

In Indiana, she was executive director of a Voluntary Action Center and Big Brother/Big Sister program, volunteer administrator of a nursing home and placed high school students in volunteer assignments as a way of helping them with career planning.

Carole said, "In this field (volunteer administration) you are responsible for the recruitment, interviewing, screening and placement of volunteers as well as conducting workshops, doing publicity and training volunteers."

Carole hopes to continue the volunteer work she loves in her new community in Pennsylvania.

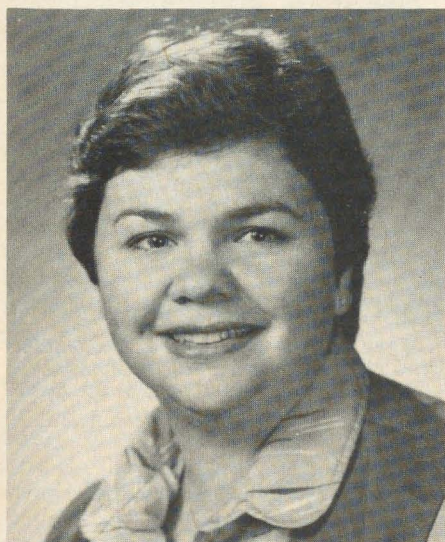
Charlotte Squiers Wilder, U. of Denver '32-P, was also very active in the Girl Scouts, having spent almost



Carole Spiller, "Volunteer work has enriched my life for many years in many communities."

25 years as a leader, organizer and board member. She was also a den mother for Boy Scouts and a volunteer worker for the YMCA and PTA.

Charlotte and her husband Richard, a research chemist, are parents of a son and daughter and presently live in Sunny Hills, Fla., where she is president of the local garden club.



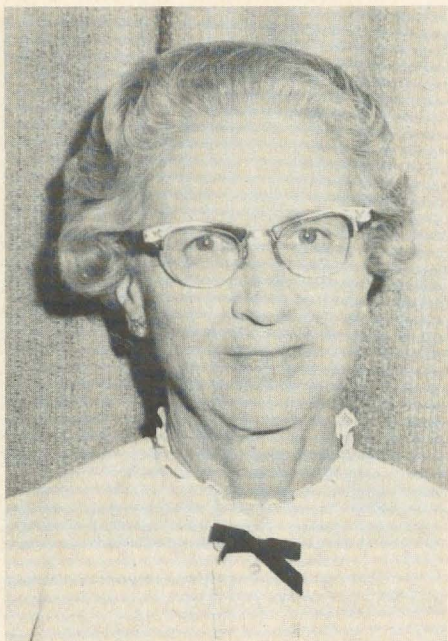
Linda Tanenbaum, "I volunteer for community activities, especially the American Cancer Society, because I hope what I do will improve the quality of life for my family."



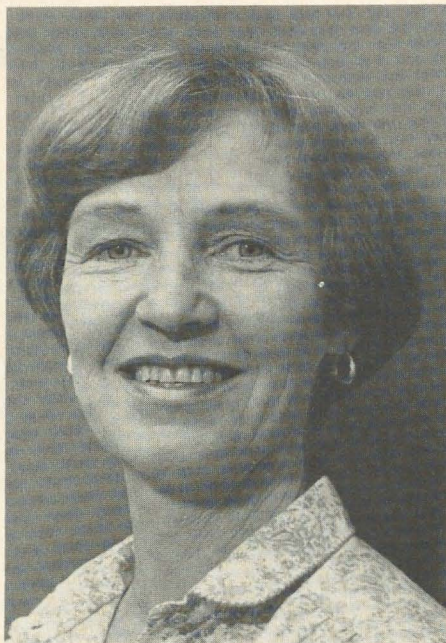
Barbara Afanador, "Giving time to children is very important and satisfying."



Mella Davies, "My needs to contribute and be challenged have drawn me into opportunities unimagined when I first volunteered to lead a (Girl Scout) troop."



Charlotte Wilder, *"The high ideals of Delta Zeta have been an inspiration."*



Marlene Wilkinson, *"Homemakers are important for the future of America."*



Karen Hutten, *"I consider myself very fortunate that I am able to stay at home — many women aren't so lucky."*

"By profession I am a homemaker," said **Marlene Rathbun Wilkinson** of Millington, Tenn., Oklahoma State '53-AE. Her husband Edward is a U.S. Navy aviator and several of Marlene's volunteer activities are Navy-related. She is an interviewer for the Navy Relief Society, chairman of the Navy Memphis Red Cross and president of the Navy Memphis Officers' Wives Club.

In addition, she is on the board of directors of the Frayser Millington Mental Health Center and of the Tenn-Ark-Miss Girl Scout Council and is active in her church. Marlene is also working towards a master's degree in guidance and counseling at Memphis State University. The Wilkinsons have a son and a daughter.

"I'm a homemaker and proud of it!" wrote **Karen O'Neill Hutten** of Bolingbrook, Ill., Wayne State U. '72-ES. Karen said she worked seven years as a secretary and teacher before "realizing how thoroughly happy I could be as a professional homemaker."

"I get a great deal of fulfillment in taking care of my family, creating new dishes, helping my husband in his career, growing and freezing

vegetables, making wholesome and delicious breads and soups, helping our baby daughter to grow up strong and secure in a home filled with love," she said.

Karen and her husband Douglas, a district sales manager, have a daughter Elisabeth, born in May 1978.

"Many areas of volunteer work are available even for those with limited time," said **Mary Jeanne McCann Bauer** of Tulsa, Southwest Missouri State-EN. She has been active in museum, hospital, church and League of Women Voters volunteer work. She and her husband Gerald, a certified public accountant, have five children, four of whom are now out of college and married.

"Once the nest empties all kinds of possibilities open up, even a new career or more creative volunteer work that requires more time," Mary Jeanne said. "My 'career', at least as a salaried worker, was short-lived (2 years teaching). However, I've never felt being a housewife and bringing up a family was a limiting of career — it is not impossible to maintain interest in other fields."



Mary Jeanne Bauer, *"The homemaker who volunteers enriches the community and the home."*

Support Your
Delta Zeta
Rose Shop

Careers (Continued from p. 11)

"My responsibilities consist of reviewing the various human nutrition research and education and information programs of the Department of Agriculture," says Audrey, "and to coordinate these with our food assistance programs.

"Prior to my arrival in 1978 our research activities in the area of human nutrition were very limited. We are currently increasing those activities as well as redirecting resources toward this area. We hope within the next year or so to provide the American public with new dietary guidelines which we hope will be influential in reducing the incidence of obesity, heart disease, and maturity-onset diabetes in our populations."

Starting salaries for hospital dietitians average about \$13,300, with experienced dietitians earning between \$16,400 and \$29,800. Dietitians at colleges and universities average \$16,400 annually, while those at public health agencies average \$15,300. Experienced dietitians working for the federal government earn salaries averaging over \$20,000.

Delta Chapter Members Honored

Six members of Delta chapter were among DePauw University students honored Oct. 24 for their service in Central American winter term mission projects.

During the past three winter terms, DePauw students built five churches, a school, a teacher's apartment and a medical clinic in Central America. They also provided medical and dental care to 15,000 children and adults.

Delta Zetas who received the "Holy Cross of Jerusalem" award are: Rolanda Hughes, Diane Lippincott, Patty Babcock, Donna Matteson, Lisa Bailey and Janice Simmons. The awards were presented by the Right Reverend Edward Hughes, Episcopal bishop of Indianapolis, and the Reverend Father Sylvestre Romero, director of the Guatemalan Earthquake Emergency Rehabilitation Program.

She Runs for Fun

At the age of 49, Shirley Rohlfling Dietderich took up running. Not jogging, but running. That was four years ago. Since then the Berkeley, Calif., interior decorator has run off with dozens of awards in track meets in California, Atlanta and Sweden.

Shirley, U. of California '50 - M, competes in the 100-yard dash, 100-, 200- and 400-meter runs and in relays as a member of the Northern California Senior Track Club. She works out for one to two hours daily and trains with two coaches.

Shirley's running career began when her husband Rex Dietderich, a captain in the Berkeley Fire Department and a marathon runner, was training for the 1977 World's Master Track and Field Meet in Goteborg, Sweden. He asked Shirley if she would like to pick an event or two and train with him.



Shirley Dietderich runs for fun and health benefits.

"I started out jogging a block and running a block," she said. "Soon I was running four miles a day."

At first she was self-conscious about being seen and sneaked out of the house early in the morning or after dark to do her running. "But when the neighbors discovered that I was running every day, they were very supportive of it," she said.

At the Swedish meet, which included more than 5,000 participants over the age of 35, Shirley captured fourth place in both the 400-meter run and the 100-meter dash and received a gold medal as a member of the 400-meter relay team. After that, she went on to win three gold medals for first place finishes at the 1978 national meet in Atlanta and six national Masters Age Records for women 40 and older.

While training for the 1979 world meet last spring Shirley injured her leg and was unable to compete at the meet held in Hanover, Germany, in July. "I know now what it's like for the injured athlete — sheer frustration!" she said. Shirley and Rex attended the meet and watched a strong field of competitors set many records. Shirley is determined to continue running competitively and said, "All I can hope to do now is begin again and slowly work back up next year, pointing towards January of 1981 when the next world meet will be held in New Zealand."

Shirley promotes running as healthful and relaxing. She said that, in addition to giving her a sense of "well being — a natural 'high'," running is an excellent way to control weight. She also finds it to be a social activity. She and Rex often join other couples who have brunch together after running.

The Dietderich family enjoys outdoor activities and has made backpacking in the High Sierras an annual event. Son Frank, 24, and daughter Jean, 22, jog but have not yet followed their parents into competitive track.

Shirley said her family comes first, then her job as a freelance interior decorator, then running. The attractive and extremely active sportswoman also finds time for synchronized swimming, biking, skiing and the San Francisco Bay Cities Alumnae.

On Campus



Tammy Jo Worthington - KT, was crowned homecoming queen at Morehead State University in Kentucky.



Members of Alpha Theta chapter at the University of Kentucky in Lexington were thrilled when Sharon Lawrence's photograph was chosen for the cover of the Pi Kappa Alpha Event Calendar. Sharon, a sophomore, is the daughter of Carolyn Peniston Lawrence, also an Alpha Theta.



Delta Omega chapter members at Fort Hays in Kansas won first place in the Greek Week talent show with "A Very Strange Medley," made up of commercial jingles.



Barbara Helstedt, a junior majoring in business administration, and a member of Theta Pi chapter, was homecoming queen at Minot State College in North Dakota.



Leesa Bonkiewicz, Lora Gibbons and Lisa Summers, members of Delta Xi chapter were chosen for Spurs, a sophomore honorary at Northern Colorado.



Darlene McIntosh-ΘΦ, Miss Virginia 1979

Darlene McIntosh Represents Virginia

Darlene McIntosh, Miss Virginia, won a \$1000 scholarship for her participation in the 1979 Miss America Pageant. Darlene was initiated into Theta Phi chapter at Old Dominion and is currently a student at Virginia Polytechnic Institute.

The 22-year-old elementary education major from Chesapeake, Va., was the 1978 VPI Homecoming Queen and was selected Miss Chesapeake before becoming Miss Virginia. Darlene has studied piano for 16 years and presented a classical piano piece for the talent portion of the pageant. Other interests of the 5'5", 105-lb. brown-eyed beauty are jogging, fishing, cooking, tennis and racquetball.

Darlene, whose scholastic achievements have put her on the dean's list for four years, plans to continue her education and earn a master's degree in business administration. She would like, eventually, to become a training specialist for civil service or private industry.

Marian Warns Arbitrates

by Carol Sharpe Harper - BI

She is 5'2" tall, has softly coiffed gray hair, a gentle voice and manner, raises orchids and collects antique silver. She is also one of only six female arbitrators elected to the prestigious National Academy of Arbitration.

She is Marian Kincaid Warns of Louisville, Ky., a member of Beta Gamma chapter and the Louisville Alumnae Association.

Her Delta Zeta friends have always been proud of Marian's accomplishments, honors and successes — achieved both on her own and as the co-worker and helpmate of her equally successful husband. Marian has been listed as an arbitrator in her own right since 1972, but has assisted her husband since he entered the field in the late 1940s.

Carl Warns is a professor at the University of Louisville School of Law and is also a member of the NAA. In early 1978 Carl was often seen on national television as one of the mediators called by President Jimmy Carter to resolve the coal strike. During the Eisenhower administration, he was involved in the longshoremen's strike.

The Warnses are one of just two couples who are nationally known in the arbitration field, and they serve as a team as faculty grievance officers at the University of Louisville. In describing them, other leaders in the field have used phrases such as, "outstanding arbitrator," "sense of objectivity," "fair and impartial manner," and "not influenced by outside forces."

A member of the Louisville

psychology faculty, Marian is the only person to hold four degrees from that institution. She earned a bachelor's degree with honors in 1944, a master's of education (4.0 average) in 1956, a master of arts in experimental psychology in 1972, and a doctorate (experimental psychology, learning and cognitive processes and industrial psychology) in 1976.

In addition to teaching and arbitrating, she frequently lectures and conducts seminars about cognitive processes. Her success in so many areas gives ample evidence of her clear thinking, brilliant mind, feminine charm and outstanding ability to communicate with those who are often very unlike her.

These qualities have long been evident. She graduated at the top of her high school class. As an undergraduate she was president, not only of Beta Gamma chapter, but also of Panhellenic, the Canterbury Club, Spanish Club and Alliance Française. She received academic scholarships each year and was selected for Mortar Board, Phi Kappa Phi, Woodcock Society (equivalent to Phi Beta Kappa), Who's Who Among Students and Psi Chi psychology honorary.

After graduation, she began her long career in education, personnel work, psychology and assisting her husband in his research. She has been a personnel director, vocational training director, high school teacher and distributive education coordinator, research assistant, industrial consultant, psychology instructor and labor arbitrator.



Marian Kincaid Warns
National Academy of Arbitration

Marian is on the roster of the Federal Mediation and Conciliation Service, the American Arbitration Association and the Louisville Labor-Management Committee. She arbitrates in both the private and public sectors and is on permanent assignment to five national corporations, including B. F. Goodrich and the Kroger Co. She recently was chosen by HEW Secretary Joseph Califano to lead arbitration between the State of Georgia, HEW, and the Department of the Blind, concerning employment of the handicapped under federal and state laws.

In 1974, the American Arbitration Association presented her an award for "promoting greater knowledge and understanding in voluntary private dispute settlements."

She was on the program for the NAA national meeting in New Orleans in April 1978, and this year she is on the NAA committee for the training and development of new arbitrators. She has also written many articles for professional publications.

Marian's busy life has left little time for alumnae activities, but she has maintained close ties with many Delta Zeta friends and has always supported fund raising projects. An opera lover, she has been a member of the Friends of the Kentucky Opera Association, and she also has donated her time to the efforts of the Kentucky Mental Health Association.

Lois Schrank: Supporter of the Creative Process

by Beverly J. Ruff, Ø



Lois Schrank with the mural she painted on the wall of a Cleveland area hospital. The leaves are done in vibrant fall colors.

Lois Westerman Schrank, Ohio State U. '36 - Ø, an artist, educator and fashion display artist from Lyndhurst, Ohio, feels "doing" is the thing that counts in artistic creation. As consultant for elementary art education in the Cleveland Heights schools for 17 years, Lois's philosophy centered on the act of artistic creation rather than fussing over the completed project.

Since her retirement in 1974, Lois has been an active community volunteer, sharing her zest for creativity with many. She teaches painting and other artistic skills at a senior citizens center and also does volunteer work at nearby Polyclinic Hospital. Her most conspicuous gift to the hospital is a mural entitled "Autumn" which she painted on a wall near the emergency room, but she has done many more things for the hospital as well. She has also donated many hours of her artistic skills to her church.

Lois has been creating things as long as she can remember. As young girls she and her sisters constructed a playhouse from scraps of lumber salvaged from nearby construction. "My father could have purchased a good-looking playhouse, but my sis-

ters and I liked the one *we* built," she said.

Lois received her undergraduate degree from Ohio State University and her master's degree in studio art from Case Western Reserve University. She has also studied at the Cleveland Institute of Art.

Lois taught school and worked as an advertising art supervisor in department stores in Dayton and Cleveland before being named art education consultant in Cleveland Heights in 1957.

Her interest and experience in children's art education led to her appointment to a government committee studying art teaching in Ohio schools. In 1965, Lois organized the first official children's art show in the country, and it received over 7,000 entries. Her own work has been displayed in numerous shows in the Cleveland area, including several solo shows. She has sold many of her works, and remembers selling one painting right off her living room wall!

Lois has been an active alumna. She has served as vice-president and program chairman of both the Dayton and Cleveland Eastside alumnae groups. She was Province V col-

legiate director and served a term as national standards chairman. She was chairman of the Delta Zeta national conventions held in Mackinac, Mich., in 1950 and Cincinnati in 1964.

Delta Zeta, too, has benefitted from Lois's creative talents. She painted the large mural depicting the founding of Delta Zeta used at the 1977 Diamond Jubilee National Convention held in Columbus, Ohio. She also designed and made the scarves for the Diamond Jubilee.

Her hobbies include her three pet cats, golf, gardening and music. She supports and attends the Cleveland Orchestra concerts and is a member of the Orchestra Women's Committee. She especially enjoys chamber music. She holds memberships in Delta Kappa Gamma, women's education society, and Tau Kappa Gamma, art and architecture honorary.

Art is for "doing", says Lois Schrank, and she seems to let this philosophy spill over into her own life as well. She claims that the product of creativity isn't as important as the act itself, but this vivacious Delta Zeta has had much success in creating lasting products for others to enjoy.

Founders Memorial Fund

Listed are those who have made contributions to the Founders' Memorial Fund during July, August, September, 1979.

PROVINCE V

Cincinnati, Ohio, Alumnae Chapter
Canton-Massillon, Ohio Alumnae Chapter, *in memory of Maude McElory and Ruth Landrith Odebrecht, Alpha Epsilon*

PROVINCE VIII

Zeta Beta Chapter, University of Wisconsin, Stout

PROVINCE IX

Bloomington-Normal, Illinois, Alumnae Chapter, *in memory of Carol Rofstad, Lambda Rho, 1976*

Helen V. Linde, Alpha Alpha, *in memory of Wallace R. Anthon*

PROVINCE X

Gwen Thompson, Zeta, *in memory of mother, Mrs. Sophie Thompson and brother, Ronald R. Thompson*

PROVINCE XI

Epsilon Gamma Chapter, Central Missouri State, Warrensburg

PROVINCE XII

Estate of Blanche Baird Hultgren, Lambda
Edna L. Wheatley, *in memory of Agnes Kerr Pickett, Eta, Edith Overlay, Eta, Marjorie Taylor Rock, Alpha Phi*

PROVINCE XIV

Helen Collins MacElwee, Tau, *in memory of Thelma Jones, Tau*

PROVINCE XV

Portland, Oregon, Alumnae Chapter
Naidene E. Evans, Delta Chi, *in memory of Barbara Nason Davis, Delta Chi*
Lola L. Story, *in memory of Barbara Nason Davis, Delta Chi*

PROVINCE XVI

Oklahoma City Oklahoma Alumnae Chapter, *in memory of Vera Vandenburg McLaury, Alpha Epsilon, Mary Wildair Lampton Belt, Delta Phi, Bernice Eva Bynum*

PROVINCE XVII

Dallas, Texas Colonnade Club
Amy Reeh Glasgow, *in memory of Ruth Brown, mother of Amy Brown Girardeau, and Kenneth Russell, son of Linda Schnackel Russell*
Jeanine E. Lewis, Alpha Tau, *in memory of Rhea Freidell Schultz, Zeta*

PROVINCE XVIII

New Orleans Louisiana Alumnae Chapter

PROVINCE XXIV

Miami, Florida, Alumnae Chapter, *in memory of Roma Story O'Brien, Alpha Omega*

Province Days

- I March 22-23, 1980
Sheraton Inn
Portland, Maine
- III April 19-20, 1980
Mansfield State College
- V April 12, 1980
Youngstown State University
- VII March 8, 1980
Holiday Inn East
Indianapolis
- IX April 12, 1980
Illinois State University
- XI March 29-30, 1980
Northeast Missouri State
Kirksville, Missouri
- XII March 29-30, 1980
Hays, Kansas
- XV February 31-March 1, 1980
Chico, California
- XVI March 11-12, 1980
Lincoln Plaza
Oklahoma City
- XVII February 9-10, 1980
Regent Hotel
Dallas
- XVIII February 1-2, 1980
Baton Rouge, Louisiana
- XIX March 1-2, 1980
Nashville, Tennessee
- XXIII March 29, 1980
Montgomery, Alabama
- XXIV February 22-23, 1980
Orlando, Florida
- XXV February 23, 1980
Sheraton Red Lion
Blacksburg, Virginia
- XXVI March 8, 1980
Camelot Inn
Little Rock, Arkansas



Ellen Dvorschak was chosen Acacia Sweetheart and Deborah Lada was named Phi Sigma Epsilon Sweetheart. Both are members of Kappa Psi chapter at Shippensburg State College in Pennsylvania.

Miss Wheelchair America



Marge and Jim Chmielewski

by Madelyn Began Ryan - ΓΨ

A tragic auto accident that left her paralyzed at the age of 16 changed the course of Margaret Kakaley Chmielewski's life and started her down a path that has led to personal achievement and public accomplishment.

Though she hadn't even planned to attend college prior to the accident, Marge, Wayne State U. '69 - ΕΣ, is now a counselor and psychology instructor at Madonna College in Livonia, Mich. She is also Miss Wheelchair America for 1979, and it is obvious the judges picked a winner in many ways.

During her reign, Marge plans to spread the message that handicapped people can lead extremely productive lives. She also intends to speak out in favor of hiring the handicapped, unifying the hundreds of groups dealing with the handi-

capped, and encouraging equal opportunity for the members of her minority.

"I'm in a wheelchair," says the energetic queen, "but my kids are normal, my life is normal, and I hold down a normal job. Most handicapped people can be self-sufficient if given a chance."

What is not so normal about the attractive queen is the astounding list of accomplishments she has made over the last 15 years. While still recovering in the hospital in 1963, Marge scored very well on a vocational rehabilitation scholarship test, and thus was able to attend Wayne State University in Detroit.

As an undergraduate, Marge was active in Epsilon Sigma chapter, serving terms as recording and corresponding secretary and organizing a Panhellenic sing, which she also emceed. She worked part-time in the

pathology department at Detroit's Henry Ford Hospital, where she helped initiate a computer program for all surgical and autopsy reports.

In 1969, she completed work for her bachelor's degree and was granted teacher certification, but not without a struggle. Wayne State customarily placed student teachers in the Detroit school system, which did not hire the handicapped. So, Marge set up her own student teaching contract in the suburb of Grosse Pointe. In doing so, she became the first handicapped student to graduate with certification from Wayne State.

Marge received her master's degree in guidance and counseling in 1972. While working on it, she found time and energy to do volunteer counseling at Milan Federal Prison, serve as a graduate assistant in Wayne State's psychology department, work at Ford Hospital and be a substitute teacher. She also served as Epsilon Sigma's CCD and attended the 1970 Delta Zeta National Convention in Phoenix.

After marrying Jim Chmielewski in 1973, Marge began teaching at an area high school and junior college. In 1976 she was crowned Miss Wheelchair Michigan, and in 1977 and 1978 she attended the regional meetings of the White House Conference on the Handicapped. She has been active in the Wayne County (Mich.) Easter Seal Society and the Comprehensive Health Planning Council of Southeast Michigan.

In her present job at Madonna College, Marge heads the Handicapped Students' Office, recruiting students who would benefit from Madonna's services and accessibility. As a member of the Task Force on the Handicapped at the college, she devotes a great deal of effort to helping the disabled and making others aware of their capabilities.

In the fall of 1978 she began work on a doctorate in administration of higher education.

In addition to the tremendous amount of work she does outside the home, Marge, along with her husband, is raising two healthy and active children, Mark, 4, and Elizabeth Ann, 2.

Mother and Daughter Journalists



Mary Mae Hartley and Donna Hartley York, mother and daughter journalists.

Mary Mae McDonald Hartley and Donna Hartley York are a mother and daughter with more than family in common. Not only are both these Delta Zetas award-winning Texas journalists, but Donna's career is echoing her mother's in other ways as well.

"Like most offspring, I fought the influence to follow in my parents' talented footsteps," Donna said. But at the University of Texas in Austin, her mother's alma mater, she found that "printer's ink gets in the blood, and even though my major was in advertising, I soon found I couldn't resist the urge to be a reporter."

So Donna started her journalistic career the same way Mary Mae had — on the staff of the campus newspaper, *The Daily Texan*. Both mother and daughter won awards as *Daily Texan* writers.

While at U.T., Donna followed another family tradition and became a member of Alpha Tau chapter of Delta Zeta, which Mary Mae had served as president and vice president during her college years. Both have continued to be active sorority members.

Mary Mae has had a busy and varied career in Texas journalism, having been a photographer-

reporter for the Colorado County *Citizen*, women's editor of the Austin *American-Statesman* and of the *Amarillo Daily Times*. She was at one time a freelance journalist and publicist. For the past 10 years she has been managing editor of the Texas Press Association's monthly publication.

Donna was women's editor and a reporter-photographer for the Seguin, Texas, *Enterprise* before accepting her present job as editor of the *News-Messenger*, a twice-weekly paper which covers the Houston suburbs of Humble, Kingwood and surrounding areas.

Both mother and daughter met their husbands while working on newspapers. Harry Hartley, now a freelance artist, was a staff artist and cartoonist for the Austin *American-Statesman* when Mary Mae worked for the same paper. The Hartleys have three daughters, Donna, 24, Julie Mannon, 19, and Harriet Hartley, 17.

Donna met Chris York at the *Daily Texan* when both were U.T. students. Since then, they've worked together on every newspaper job

they've had. He's currently general manager of the *News-Messenger*. "We were hired as a team, and plan to work that way 'forever'. We want our own newspaper someday in the not-too-far-off future," Donna said.

Last spring Donna won two state awards presented by the Texas Press Women: first place for best family lifestyle pages and second place for best column, both for newspapers with circulations over 4,000.

Mary Mae has served two terms each as legislative chairman of both the Texas Press Women and its national affiliate, the National Federation of Press Women. She said that meant keeping members informed of all pending legislation of interest to them as journalists and as women, organizing letter-writing campaigns and arranging personal visits with legislators. "In other words, I served as a lobbyist," she said.

In a Mother's Day newspaper column, Donna paid tribute to her mother's courage, tolerance, sense of humor and patience. She illustrated each with an amusing anecdote and summed it up with "she's one in a million."

Poet Who Likes to Walk

by Beverly J. Ruff, Θ

Nancy Gillespie Westerfield, Parsons College-ΔN, is a Kearney, Neb., poet who likes to walk. In fact, she and her husband Hargis, a retired college English professor, travel almost everywhere on foot. In the 29 years of their marriage, they've walked across 10 college towns, and neither has driven a car anywhere.

When they met at Indiana University, Hargis owned a car, but he sold it to pay for their honeymoon move to his first teaching job at a small college in Oklahoma. They have never owned another; Nancy has never even learned to drive.

Walking has brought them a fuller, more healthful life, Nancy said. Quoting Thoreau, she said it also has enabled them to "share the riches of being on an intimate footing with Earth and trees and all that grows beside our footsteps."

The Westerfields walk everywhere they can and have at times been called "Mr. and Mrs. Walker" in the small college towns where they have lived. They use public transportation when necessary, and make longer trips by bus, train or ship. They have covered almost every block of Kearney by foot during their 14-year residency.

"Hundreds of people know us by sight, and we in turn know hundreds," Nancy said.

Their apartment is conveniently located near both the Kearney State College campus and the middle of the downtown business district. Nancy uses a taxi for a once-a-month grocery trip when there are lots of heavy bags to carry, but picks up perishable items on foot between times. Managing a life without an automobile is certainly different, but it's not hard, reported Nancy.

Nancy recently received a grant to study at Yaddow, a 400-acre artists' retreat in Saratoga Springs, N.Y., and Hargis accompanied her on the 40-hour bus ride to "have a look at the place" before leaving her to concentrate on her poetry for the duration of the workshop. At Yaddow, Nancy learned to lengthen her poems and worked with a world famous calligrapher who is illustrating and copying her poems for publication in a book.

"I write because I have to," said Nancy. Every day she writes something because the words just come to her and she has to get them down on paper. She began writing as a young girl, but not until she passed the age of 40 were any of her writings published.

In 1966, her husband encouraged her to send one of her poems to a college magazine, and it was accepted. Since then, she has won numerous prizes for her poetry, and over 300 of her pieces have appeared in the United States, Canada and abroad.

"I'm just a frustrated storyteller," replied Nancy when asked what form she uses for her poems. She had

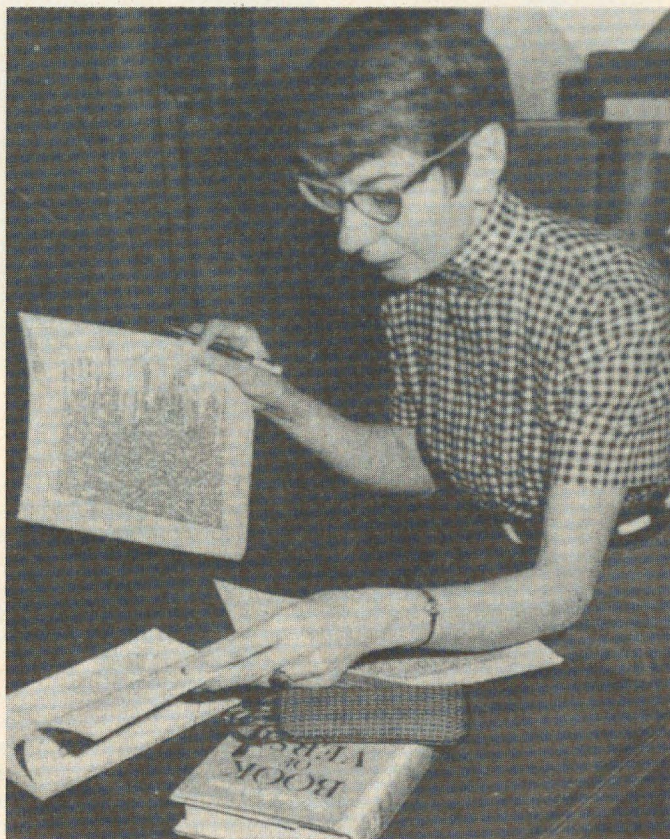
written short stories, novels and plays during her school years and hadn't really thought of herself as a poet until the encouragement came from her husband. Most of her poems are written in the narrative style.

Because of her growing success, she was one of nine selected to participate in an Omaha television series called "Poetry Nebraska." In a half-hour segment, she read some of her poems, talked about her career and answered questions from the studio audience. Although it was an honor, she didn't like the bright lights of the TV studio or being the center of attention. "I guess I'm not much of a performer," she said.

Several magazine and newspaper articles have been written about Nancy, and she is listed in the Directory of American Poets. In 1974-75 she was selected as a National Endowment for the Arts Fellow in Poetry.

Nancy received her undergraduate training at the University of Cincinnati, and earned her master of arts degree from Indiana University. She has also completed several hours of post-graduate study at Creighton University in the pre-seminary program.

Nancy's church is very important to her and she has devoted much time to various executive positions. She is listed in the Episcopal Lay-Leadership Directory, and along with her husband, introduced a unique nursing home and motel mission for the Diocese of Nebraska.



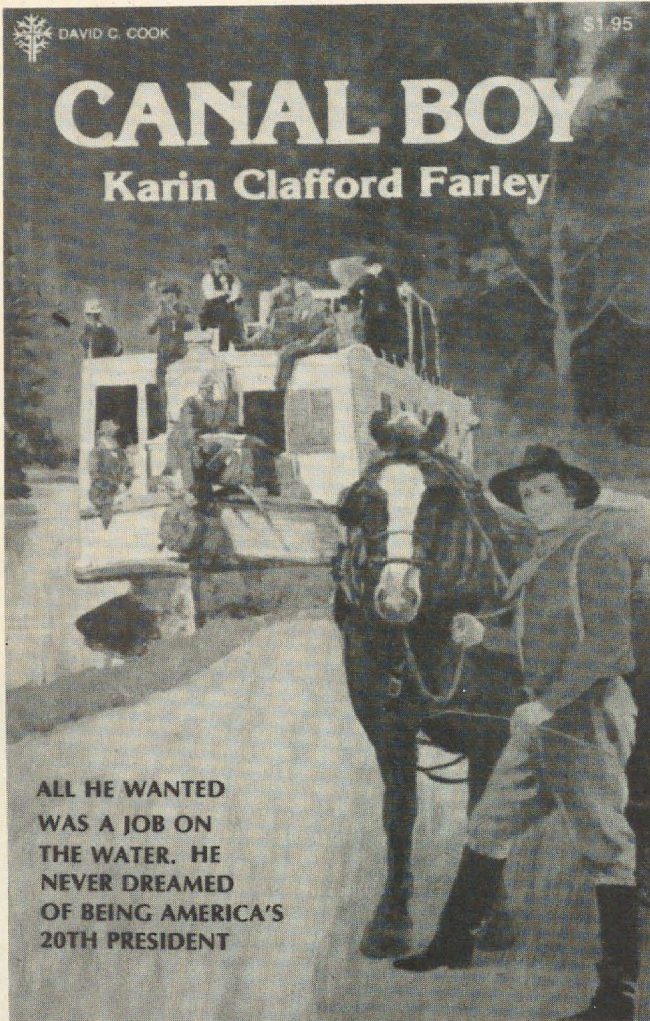
Nancy Westerfield works with one of her prize winning poems.

Delta Zeta Authors

Dorothy Ryan Miller

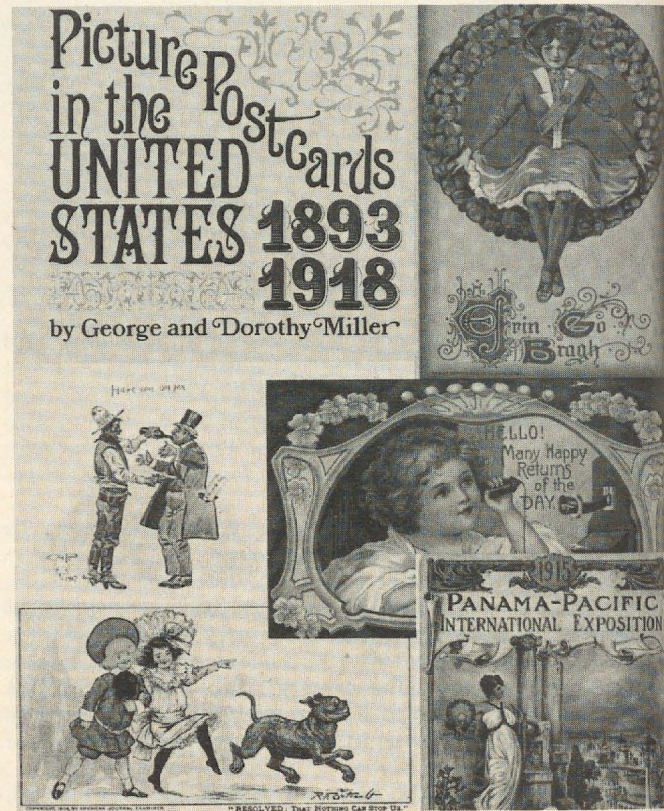
Elizabeth Harler Van Steenwyk

Karin Clafford Farley



Dorothy Ryan Miller, Pennsylvania State U. '64-ΓΔ, is co-author of *Picture Postcards in the United States, 1893-1918*, published in 1976 by Clarkson N. Potter. The book has been widely acclaimed as the standard reference on early American Postcards and has been featured on the "Today Show" and in a wide number of antiques, hobby and travel publications as well as in many magazines and newspapers.

Dorothy said collecting picture postcards was an international phenomenon, a social rage enjoyed by all, at the turn of the century. Today, a collection of these cards reveals a vivid portrait of our society during a period of growing national consciousness prior to World War I. There are real photo cards and artistic fantasies, and both say much about our national psyche, according to Dorothy.



Dorothy Ryan Miller

"I began collecting postcards when, as a child, I was given some cards written to my great-grandfather, who was postmaster of Lancaster, Pa., in the early twentieth century. Postcards remained throwaway items until about 1960, when a growing number of collectors recognized their value as social documents and popular art. Today, collecting postcards is the second largest hobby in the world," Dorothy said.

Picture Postcards contains a price guide to current values and Dorothy is well qualified to appraise collections from estates or attics. She is the editor of The Gotham Book Mart series on American artists and illustrators; the first title in this series, *Philip Boileau: "Painter of Fair Women"*, has just been published. She is also co-author of *The Postcard as Art*, to be published next year by Harry N. Abrams.

Elizabeth Harler Van Steenwyk

Children are more discriminating readers than adults, believes Elizabeth Harler Van Steenwyk, Knox College '48 - N, who has written 13 children's books and more than 100 magazine articles. Betty, who is a member of the Pasadena Foothills Alumnae, said in an interview with the Pasadena *Star-News*, "You have to write better for children than adults. Children are becoming people. They won't accept anything that's second rate. Everything they're doing is so vital, fresh and new. You have to bring the same vitality to their books. A child won't read trash if he's given a choice."

Betty has been writing since she was a child herself. "I started when I was very little. Writing was just second nature."

And she never stopped, having written her way through junior and senior high school and Knox College, all in her hometown of Galesburg, Ill. Later, when she and her husband Donald Van Steenwyk moved to Texas, she wrote educational television scripts for NBC.

When their four children were young, she wrote freelance articles at home, but in those days her stories were slanted toward adults.

After her children grew up, she became interested in writing for children again. Three years ago she published her first children's book. Fiction is her favorite, but she has found there is a wider market for educational non-fiction. She's currently working on a book about American Presidents' homes.

She is able to complete so much work by writing everyday in her quiet office in the upstairs of her home in San Marino, Calif. She spends the mornings writing and the afternoons rewriting, accompanied by her cat Bumbie Ann.



Betty Van Steenwyk gives her writing companion Bumbie Ann a chance to scrutinize her latest work.

Karin Clafford Farley

Canal Boy, the story of James A. Garfield's teen years, is the latest publication of Karin Clafford Farley (U. of Illinois '51 - AB).

When the book begins, Garfield is 16 and ready to leave his log cabin home to seek a life as a sailor despite the protests of his widowed mother. He walks to Cleveland, but is rudely laughed off the ships. Still determined to work on the water, he finds a job with a boat on the Ohio and Erie Canal. However, within a few months, he contracts malaria and has to return home.

He regains his health after nearly a year, but he is still not strong enough to return to canal work. At his mother's suggestion, he goes back to school. At 18, he has a profound religious experience. He never returns to the canal, but goes on to college and becomes a teacher, preacher, Civil War general, Congressman and, finally, 20th President of the United States.

Karin, a music education graduate, was a school music supervisor in the Chicago suburbs for several years before beginning her professional writing career 12 years ago. Her work has appeared in *Parent's*, the *Christian Science Monitor*, *Sail* and other newspapers and magazines. She has also published two science books for young children. She is a member of the National League of American Pen Women and the Society of Children's Book Writers.

John and Karin Farley live in Park Ridge, Ill. Their son is a graduate student at the University of Missouri, and their daughter is a student at the University of Illinois.



Karin Clafford Farley

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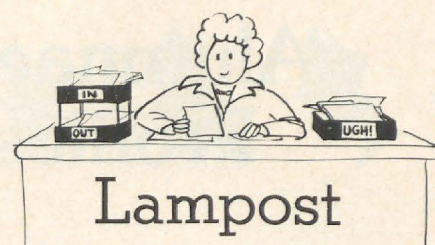
Michelle Enslin '68

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Edith Clark Whitten

Ohio University

Frances Drake Kever '30



Lampost

Delta Zeta lamps mingled with arrows, keys, kites, lyres and anchors at the National Panhellenic Conference held this fall at the Greenbrier in West Virginia. And it was especially lonesome for those of us there not to be celebrating Founders Day with a Delta Zeta chapter. To make up for it we wore our ribbons beneath our pins and presented the NPC gathering pink roses in memory of our six Founders, and they in turn sang Happy Birthday to us.

Campus meetings at NPC are a sharing of problems, and it seems that all sororities have the same problems in probably not the same degree, but the same effect. In fact, due to our careful Standards programs, we found that Delta Zeta did not have some of the more ghastly problems. It made us proud of our collegians. ΔZ

One of the cleverest ideas to come from our college chapters was the cookbook with which Alpha Epsilon members at Oklahoma State surprised their mothers. Called "Cooking with You, Mom" it was full of mothers' favorite recipes, as interpreted by their daughters. Amidst the mouthwatering recipes was this one called "Karen's Mom's Wonderful Pizza." Call over to the pizza hut and order 2 large supreme pizzas and send Karen over to pick them up. This feeds a family of 5 and the dog. ΔZ

In our interviewing for the LAMP, we have had the fun of sipping tea and testing new cakes in two of the nation's best known kitchens. Some years back we were the guest of Mercedes Bates — Oregon State-X, who masterminds the Betty Crocker kitchens in Minneapolis, and tasted their then experimental bundt cake. Last summer it was a three layer cake with lemon filling and coconut over all we enjoyed with the Delta Zetas at Southern Living (page 8).

But isn't Delta Zeta fun?
florencehoodminer

Alumnae Profiles



JOANN NEAL MUNSON

Oklahoma State U. '70 - AE

Vocation: Dog grooming. Runs "Canine Beauty Salon", professional grooming for all breeds. Lawton, Okla.

Degrees: A.A.; B.S. in zoology.

Family Update: Husband, Eric, veterinarian; son, Noel.

Interests: Teaching dog obedience, kennel club, showing dogs, fishing, cooking, wildlife studies.

ΔZ

CARLA SLIFER FULTON

Eastern Illinois U. '57 - FN

Vocation: Extension home economist for the University of Illinois Cooperative Extension Service, provides informal adult education and program plans countywide. Geneva, Ill.

Degrees: B.S. in education, entered graduate program at Illinois U. in Sept. 1979.

Family Update: Husband, John, teacher; children, John, Bruce, Kay.

Interests: Depression glass, travel, bicycling, roller skating, hiking, needlepoint.

ΔZ

EILEEN GOMEZ RICHMOND

U. of Tampa '64 - ΔB

Vocation: Junior and senior high school English and Spanish teacher in New Port Richey, Fla.

Degree: B.A., currently working on master's.

Family Update: Husband, Ronald, attorney and state representative; children, Erik and Ryan.

Interests: Junior Service League volunteer, football games, ceramics, needlepoint.

ΔZ

JUDITH WILLIAMS MORRIS

Coe College '26

Vocation: Elementary and secondary social studies teacher in Iowa and Fresno, Calif. Now retired in Boone, Iowa.

Degree: B.A., graduate studies at Drake U.

Interests: Reading, travel, retired teachers' legislation, "battling arthritis after a bad fall in 1977."

ΔZ

BETH PAYNE ULLOM

Indiana U. '73 - E

Vocation: Laboratory technician. Recently accepted position at National Jewish Hospital in Denver, studying leprosy bacillus, identifying bacteria sent in from around the world.

Degree: B.S. in biology.

Family Update: Husband, William, geologist; son, William IV.

Interests: Antique furniture and autos, demitasse cups, crystal collecting.

ΔZ

AUDREY (BESS) HOFFPAUR HEATON

Louisiana Tech '33 - EE

Vocation: Except for short period of substitute teaching in American schools in Europe, did not work after marriage until two years ago when she entered real estate field at age 65. Rancho Palos Verdes, Calif.

Degrees: B.S. and M.S.

Family Update: Husband, Herman, retired; children, Louis, Scott, Audrey.

Interests: Grandchildren, traveling in trailer, reading, entertaining friends.

ΔZ

SUSAN FREDRICKSON SORVAAG

Moorhead State U. '74 - ΘN

Vocation: Substitute teacher in Argusville, N.D. With husband Chuck runs a 2000-acre, 1000-hog farm partnership. Remodeling 50-year-old home.

Degree: B.S. in English.

Interests: Cooking, piano, guitar, knitting, crocheting, cross stitching, gardening, macrame, Bible study, family history research.

ΔZ

GOLDIA LIGHTFOOT BLANDING

University of Michigan '33 - AH

Vocation: In real estate in Phoenix area for past 16 years. Taught school before that.

Degrees: B.S., various "fun" and update courses.

Family Update: Husband, C.F., retired engineer; children, Richard, Michael and Helen.

Interests: Ranch in Colorado, YWCA, AAUW, rock hounding, fishing, grandchildren.

ΔZ



LEE COUGHLIN FINNIGAN

Ohio State U. '57 - Θ

Vocation: Interior designer, for past 15 years associated with Lombards Galleries in Columbus, Ohio. Recently completed four professional buildings as well as numerous homes.

Degrees: B.F.A.

Family Update: Husband, James, vice president of Profit Counselors; children, Michael and Shari.

Interests: Antiques, real estate development, gardening.

ΔZ

KRISTA RILEY

Fort Hays State U. '75 - ΔΩ

Vocation: Front desk agent for new Loews Anatole Hotel in Dallas. Previously taught high school in Pratt, Kan., and worked for Apartment Selector in Dallas.

Degree: B.S. in education.

Interests: Tennis, movies, theatre, Dallas Cowboys.

ΔZ

PHYLLIS FIRATO BUDDEMEYER

U. of Connecticut '50 - ΓΒ

Vocation: Reading and learning disabilities teacher, Lutherville, Md. Teaches 13 students, ages 10-13, with severe learning problems not attributed to mental retardation.

Degree: Master of Education, Loyola College.

Family Update: Husband, Philip, regional vice president; children, David and Beth.

Interests: Wildlife preservation, humane legislation, growing plants.

ΔZ

VEULAH BROOK AMENT

Michigan State U. '50 - BP

Vocation: Office manager, personal secretary to owner of accounting-bookkeeping service. Cranbury, N.J.

Family Update: Husband, Carl, engineer; children, Christopher and Michael.

Interests: Reading, knitting, cultivating houseplants.

ΔZ

LISBETH COCHRAN CUPP

Ball State U. '74 - ΓΧ

Vocation: Professional home economist with Sears in Lima, Ohio, demonstrates microwave ovens and conducts microwave cooking classes. In 1976, handled media relations and scheduling in Ohio for President Ford's campaign.

Degree: B.S. in home economics

Family Update: Husband, Robert, lawyer.

Activities and awards: Fundraising for St. Jude Northwest Ohio Board, membership development of Lima Area Chamber of Commerce, alumni council of Ball State

Interests: Ceramics, refinishing furniture, sewing, singing, microwave cooking.

ΔZ

MARTHA BOWMAN WILSON

U. of Mississippi '50 - BB

Vocation: Associate professor of health, physical education and recreation at Carson Newman College, Jefferson City, Tenn. Department coordinator and winner of 1978 Distinguished Faculty Award.

Degrees: B.S.P.E. and M.E.

Family Update: Husband, Bobby, coach and teacher; son, Rob.

Interests: Sports, jogging, bicycling, photography.

ΔZ

GEORGIA WARNER WALTER

Northeast Missouri State College '48 - ΔΣ

Vocation: Head librarian at the Kirksville College of Osteopathic Medicine, Kirksville, Mo. Responsible for full administration of the library, member of the accreditation team for the Bureau of Professional Standards of the American Osteopathic Association.

Degree: B.S. in education with certification in library science, continuing education in medical librarianship.

Family Update: Husband, Francis, dean of students; children, Cynthia and Greg.

Interests: Sewing, reading, travel, grandchildren, swimming.

ΔZ

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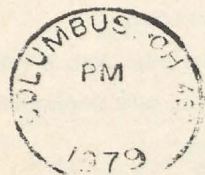
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LETTERS



I've just received my very treasured copy of the LAMP, summer 1979. Again this time, with dismay, I notice that as our sorority grows greater that our quarterly magazine grows only *smaller*!!!

While I really do enjoy the new emphasis on women and careers and the alum profiles, I seriously feel that content of the publication is far more important than the lovely, but surely expensive, four color process photograph on the cover of the most recent issues.

I would love to see more detailed accounts of alum and collegiate activities, the former version of the Delta Zeta Directory (if only to keep me in touch with the DePaul chapter and the Chicago alum chapter), and more Delta Zeta history from Grace Mason Lundy. Surely all of us would benefit by either being introduced or rediscovering the "roots" of our organization.

Please consider the idea of more news and less "gloss". I'm a working wife who loves to take time to devour new information and rekindle old remembrances of my beloved sorority. I could do without the pretty pictures.

Robin Bentley Martin
DePaul U. '77 - 00

AZ

The new LAMP format is informative and interesting. My information sheet (What happened to you after college?) was filled out several weeks ago and left sitting on the unfinished business pile until the summer issue came, and I found that a Beta Xi sister (Louise Fulton Burton '58) had co-authored a book that we had recently acquired for our program.

The gaining of some news has inspired me to share some. The career articles are excellent. Thanks.

Joyce Reynolds Ringer
Auburn U. '59-BE

AZ

Suggestion! Publish a list of living members of each chapter.

Alice Marshall Erskine
Colorado State, '28-AA

Editor's Note: With more than 70,000 living members, this would take too much space and time. We are happy to help Delta Zetas renew old acquaintances, though. If you'd like to write to another Delta Zeta, we'll forward your letter. Stamp it, put your return address and the Delta Zeta's name on it and enclose it in another envelope with a note including as much of this information as you can: her first, maiden and married names, her college, chapter and year of graduation. Send your requests to National Headquarters, Addressograph Dept.

AZ

The LAMP has improved very much. I am enjoying the new focus on women and careers. It's good to know there is life after college and it seems most appropriate to show what it can be in the magazine of a national sorority.

Mary Gunderson
Iowa State U. '77-BK

AZ

I think these biographical sketches (Alumnae Profiles) are fantastic. I can hardly wait for the next LAMP issue to see if any of my chapter sisters are there!

Patsy Craig Hunt
Southeastern Oklahoma State '63 - ZH

AZ

Your innovative ideas which have brought a "new" appearance to the LAMP make it a joy to see and read. Congratulations to you and your staff. I look forward to receiving it and read it *all* instead of merely leafing through as I often did previously.

The photographs are of good quality and captions clear. Keep up the good work!

Ruby Johnson Swartzlow
Lawrence College '24

AZ

This is a suggestion on my part.

Would it be possible to have a section on Chapter Activities alone? Not only would we get a better idea of what the other chapters are accomplishing other than individually, but we would also be able to profit from their ideas.

Del Rae
Minot State College '80-01

AZ

Scholarship Opportunities

The LAMP has received notices from several local Panhellenic associations of scholarships being offered to collegiate members of National Panhellenic Conference sororities. Since only residents of a specific county are eligible for these awards, they are not being announced in the LAMP. However, those seeking financial aid for college should investigate the possibility that a Panhellenic or alumnae group in their hometowns or counties is offering a scholarship.

All Delta Zeta collegians are eligible to apply for FOUNDERS MEMORIAL FUND scholarships. Applications are sent to all chapters in the winter mailing, and additional forms may be requested from National Headquarters. Contributions to the Fund may be mailed to:

Mrs. William Barth, Chairman
FOUNDERS MEMORIAL FUND
1662 Villa South Drive
West Carrollton, OH 45449

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*May these be your gifts at Christmas . . .
Warm hearts and shining faces,
Surrounding you to make your home
The happiest of places.*

*May these be your gifts at Christmas . . .
Deep peace and lasting love,
That you will share together
With the ones you're fondest of*

*May these be your gifts at Christmas . . .
The promise of a year
Where everything goes well with you
And those you hold most dear.*

Author unknown

Calligraphy - Sally Jackson



Sally Jackson and son Andy.

Sally Jackson, Calligrapher

The script of the poem above is the work of Sally Bickford Jackson, Texas '60-AT, of Fort Worth.

Sally became interested in calligraphy about seven years ago as a means of improving her handwriting, which she described as "terrible". At first, she taught herself from a book, but she later studied with other calligraphers.

She now teaches classes in calligraphy at the Museum of Science and History and at Tarrant County Junior College in Fort Worth, and for the past year she has worked as a freelance professional calligrapher. She averages several hours a day on paying jobs such as invitations, cer-

tificates, posters and addressing envelopes.

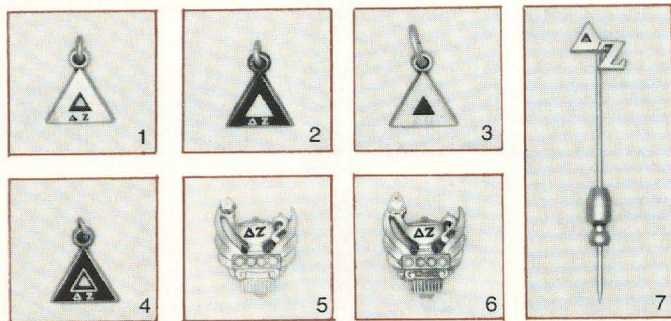
"I thoroughly enjoy it — it's a total joy to me to be able to do something I enjoy so much," Sally said.

Sally encourages her pupils to use italic lettering instead of ordinary cursive handwriting for all their writing, and she practices what she preaches, writing even her checks and shopping lists calligraphically.

Her husband Jim is an accountant. They have three children: Kathy, 19, Tracy, 17, and Andy 2. Young Andy is the biggest problem Sally has with her work. "He just loves to crawl up on the drawing board and dump ink," says his mother.

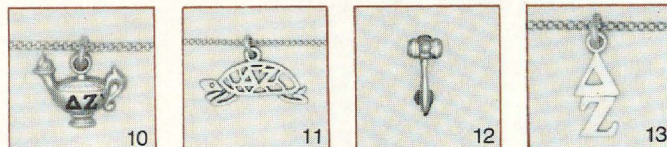
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