

4 Networking Professionally  
at Truly Connected

12 Celebrating a History  
of Philanthropy

20 Life Changes  
Making an Impact



# the Lamp

OF DELTA ZETA

START  
WHERE YOU  
ARE

Living the same  
life as many other  
women, Cynthia  
Peters Monteleone,  
Xi Theta-North  
Carolina/Wilmington,  
finds herself trying  
to balance a career,  
family and self.

WINTER 2019-2020





## ARCHIVAL

If you ever visit Delta Zeta National Historical Museum and Headquarters, the bust of Psyche sits proudly on the mantel in the Woman of Achievement room. It was donated in 1993 by Martha Wilson MacDonald, Omicron-Pittsburgh (PA), 1980 Woman of the Year. The special historical significance of the bust is that it was a wedding gift from Martha's sister in 1912 and was made in Italy in 1900. The myths of the Greek goddess Psyche exemplify a woman's search for authentic personal growth, a reminder for Delta Zetas that the integration of our experiences matures and transforms us.

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## 14 Start Where You Are

Who says a mom can't run faster in her forties than she did in her twenties? How Cynthia Peters Monteleone, Xi Theta-North Carolina/Wilmington, is achieving her goals.

## 20 Making a Life Change to Change the World

What started with providing a way to show her daughters a bigger perspective on the world has now grown into an international non-profit organization changing lives.

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#### THE LAMP

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The LAMP  
of Delta Zeta  
(ISSN #0887-2554),  
official magazine of the  
Sorority, is published  
three times a year by the  
Delta Zeta Sorority,  
202 East Church St.,  
Oxford, OH 45056.



Published since December 1910  
by Delta Zeta Sorority

## The LAMP of Delta Zeta

VOLUME 108, ISSUE 3  
Winter 2019-2020

### **DELTA ZETA SORORITY NATIONAL COUNCIL 2018-2020**

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

### **THE ORDER OF THE LAUREL**

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Iota-Iowa  
Grace Mason Lundy  
Epsilon-Indiana  
Elizabeth Coulter Stephenson  
Alpha-Miami (OH)  
Myrtle Graeter Hinkly  
Delta-DePauw (IN)  
Norma Minch Andrisek  
Gamma Alpha-Baldwin Wallace (OH)

## FROM THE PRESIDENT

### Let Curiosity Lead

Have you ever watched a child at play? They show a natural curiosity to poke, prod and pull at the toys around them to figure out what makes them work. Sometimes, the things they poke at aren't even toys. My niece and nephew always seemed to have more fun playing in a cardboard box than any toy I'd ever bought them. The wonder that children show when encountering something new is one of life's simple joys. Why do we sometimes lose that childlike curiosity? Are we open to new experiences that provide wonder, or do we feel stuck in a rut, staying in our comfort zones?



I think that we'd all like to explore, wonder and play a little more like a child. In fact, Walt Disney said it best when he said, "When you are curious, you find lots of interesting things to do." As adults, it just seems easier to do things like we've always done. When we disrupt a schedule, or make a change, there is always a learning curve or discomfort, if you don't like change. Breaking an old habit, or creating a new one, takes time and varies based on how engrained that habit is.

Curiosity leads us down new paths and generates ideas that help us grow. Think about the joy and excitement that comes from accomplishing a goal that you've had for a long time. I thought I could never run a half marathon. However, I joined a special training group, put my mind to it and did it! I'm not saying it was easy but completing the Disney Princess Half Marathon was exhilarating! I firmly believe you can accomplish anything you put your mind to. I see the same in those Delta Zeta sisters who have started their own businesses, sisters who have traveled out of the country for the first time, sisters who take a chance to study abroad, sisters who have written books; the list could go on and on.

Every day that you are living our Creed "To My Mind Growth" — you are committing to living a life of curiosity. Delta Zeta is full of moments that allow us to try new things and supports us as life changes. From a new chapter officer experiencing a leadership role for the very first time to alumnae who change volunteer roles, Delta Zeta is a space for you to try new things and know you have more than 220,000 sisters who are ready to support you.

So, stay curious, explore new things, be eager to learn, and take on big goals. Leverage the power of your inner voice and know that you can accomplish anything you put your mind to! Explore like a child, have curiosity in all you do, jump into those cardboard boxes and have fun on life's journey.

Christy M. Phillips-Brown  
**National President**

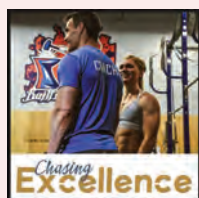


ALFA

ALFA

# Podcasts to Listen to in the New Year

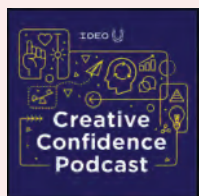
Are you looking for a dose of inspiration to listen to as you tackle the goals you've set for yourself? Our editorial staff was polled to find out what they were listening to so you can queue them up on your playlist.



## ONE

### "CHASING EXCELLENCE" BY BEN BERGERON AND PATRICK CUMMINGS

Chasing Excellence is a show dedicated to dissecting what it means to live a life of excellence, both inside the gym and out.



## TWO

### "CREATIVE CONFIDENCE PODCAST" BY IDEO U

IDEO U's Creative Confidence Series features conversation with today's most inspiring changemakers and industry leaders who believe in creating positive impact through design.



## THREE

### "MINDVALLEY: PERSONAL GROWTH" BY MINDVALLEY CREATIONS, INC.

Mindvalley offers a great variety of content aimed for those looking to achieve extraordinary mind, body and soul. It is great for enthusiasts and beginners looking for some more information about popular topics of personal development such as productivity, mindfulness, fitness, relationships and spirituality.



## Six (Plus One)



## FOUR

### "THE MINIMALISTS" BY JOSHUA FIELDS MILLBURN AND RYAN NICODEMUS

The Minimalists is based on minimal living — getting rid of the things we don't actually need. But the podcast is much more than that. They offer advice on growing as a person and becoming a better person as you let go of the things that aren't doing you any good.



## FIVE

### "THE SCIENCE OF HAPPINESS" BY PRI AND THE GREATER GOOD SCIENCE CENTER

Learn research tested strategies for a happier, more meaningful life, drawing on the science of compassion, gratitude, mindfulness and awe.



## SIX

### "WHAT IT TAKES" BY ACADEMY OF ACHIEVEMENT

Revealing, intimate conversations with visionaries and leaders in the arts, science, technology, public service, sports and business. These engaging personal stories are drawn from interviews with the American Academy of Achievement and offer insights you'll want to apply to your own life.



## PLUS 1

### "THAT SMART HUSTLE PODCAST" BY KRISTEN MARTIN, BESTSELLING AUTHOR AND A DELTA ZETA ALUMNA FROM OUR PI ZETA CHAPTER AT ARIZONA STATE UNIVERSITY

That Smart Hustle is a podcast for women who are ready to step out of society's box of expectations, discover their soul purpose and work their light. If you're ready to stop playing small in a world that is desperate for you to play big, you've come to the right place. Isn't it about time you went after what truly sets your soul on fire? 🔥

## ALFA



66

**It's how you deal with changes and setbacks that matters; have an open heart in everything you do.**

# Connecting Truly Through a Day of Networking with Our Sisters

By Kristina Ackley Baumler, Beta Chi-Wittenberg (OH)

**Truly Connected is Delta Zeta's professional women's conference and generously supported by the Delta Zeta Foundation. Find out more about the experience at [www.deltazeta.org/trulyconnected](http://www.deltazeta.org/trulyconnected).**



Networking is a daunting challenge for many, as it requires finding the right people to talk with, identifying common interests, building relationships, hoping they want to help you and "selling" your hopes and aspirations. Delta Zeta took over some of the heavy lifting by providing me and a few hundred collegiate and alumnae sisters the opportunity to attend Truly Connected in Washington, D.C. on November 9, 2019. The daylong event provided inspirational speakers, interactive table conversations and the opportunity to network professionally.

I enjoyed many opportunities for individual conversations, not only with attendees but also with business representatives in the Vendor Village. As the Vice President of Membership for the Delta Zeta Northern Virginia Alumnae Chapter, I joined other

leaders from my chapter and nearby alumnae chapters in welcoming attendees and sharing how continuing your Delta Zeta involvement as an alumna can build lasting friendships and networking connections.

We exchanged resumes, business cards and LinkedIn connections. We also shared lots of advice over lunch and table discussions as experienced and novice networkers alike tried to figure out a variety of networking and career search challenges. Conversations varied on topics such as optimizing your personal brand; resume and LinkedIn presence; preparing for interviews; balancing career and family; and authentic leadership.

We heard inspirational messages from National President Christy Phillips-Brown and a panel of six talented women representing a variety of generations, diverse career backgrounds and networking styles. Several key messages rose to the top of the panel discussion, as panelists encouraged us to be the best version of ourselves, be courageous and apply for roles even if not 100 percent qualified. We were also encouraged to remember our Creed and that everyone wants to be understood and appreciated, so women's "soft power skills" like kindness and empathy are rising in demand.





Kelly Fisher Katz, Gamma Nu-Eastern Illinois, our keynote speaker, stole the show with her authentic overview of her life and career. Poised and confident, she shared a tapestry of career experiences ranging from a flight attendant to business owner to spokeswoman. She encouraged us to be authentic and fight for those issues that mean a lot to us by saying, "It's how you deal with changes and setbacks that matters; have an open heart in everything you do."

The celebration ended with a picture that brought together the wonderful network of DZ sisters we had expanded through this special event. Keep on the lookout for more Truly Connected events coming soon to you! 🔥

Kristina Ackley Baumler is a freelance communications professional.

**Learn more about her at [www.webfootedcommunications.com](http://www.webfootedcommunications.com).**

Photos by erica b. tappis photography.

**You can find her work at [www.ericaphotos.com](http://www.ericaphotos.com).**

**Opposite:** Kelly Fisher Katz, Gamma Nu-Eastern Illinois, was this year's keynote speaker.

**Top:** A panel of Delta Zeta alumnae inspired attendees with their knowledge.

**Bottom:** Kelly with her Gamma Nu Chapter sisters pose at Nationals Park, the location of Truly Connected Washington, D.C.

## Take Note

### Recommendation for National Council Nomination

**Help Delta Zeta choose the officers who will lead the Sorority by submitting your recommendation forms today.**

Delta Zeta's National Council will be elected by the delegates at the 2020 National Convention held at the Renaissance Indian Wells Resort & Spa, in Indian Wells, California, in accordance with the provisions in the *Constitution* of the Delta Zeta Sorority. This is a great opportunity for all Delta Zeta members, in good standing, to participate in the nominating process by making a recommendation. Members of National Council are chosen from alumnae members of wide sorority, professional and volunteer experiences or service to Delta Zeta and other organizations.

The Nominating Committee is made up of a Chairman who is a Past National Officer appointed by National Council, and eight members from the following groups: Regional Collegiate Directors, Area Alumnae Directors, College Chapter Directors, National Standing Committee Chairmen, Alumnae Chapters or Virtual Alumnae Chapters, and College Chapters.

**The deadline for nominations is no later than 11:59 p.m., EST, March 10, 2020.**

**Access the online nomination form at [www.deltazeta.org/lead-serve/national-council-nominations](http://www.deltazeta.org/lead-serve/national-council-nominations).**

Questions about the nomination process may be directed to the Nominating Committee Chairman Michelle Albrecht Smith, Alpha Chi-California/Los Angeles, Past National President, at [youmy@aol.com](mailto:youmy@aol.com) or the National Constitution Chairman, Anne Marie Jones Gavin, Delta Iota-Tufts (MA) University, at [amgdz1@aol.com](mailto:amgdz1@aol.com).

## ALFA

## Your Words &amp; Pictures



As a Golden Rose member from 1965, I enjoy every issue of The LAMP. However, this current Fall 2019 edition is particularly awe-inspiring. Thank you and everyone for your vision, your service and your efforts.

— **Bonnee Badger Lugauer,**  
Lambda-Kansas State

It has been totally amazing to me that, as an 18-year-old woman, I made a sound decision to join Delta Zeta. Who knew the effect it would have on my life? As an active in the Iota Chapter, I had opportunities that allowed me to gain confidence, speak in front of a group, organize teams to work on a goal, etc. These were so beneficial as I began my career. When I chat with others who did not join a fraternity or sorority and ask them who they get together with from college, they describe one or two roommates that they might correspond with at Christmas. The college friends that I get together with are always Delta Zeta sisters! Over the last few years, we have been getting together at least once a year. Thank you, Delta Zeta, for making my 18-year-old self's decision so rewarding 50 years later!

— **Susan Kracht Dane, Iota-Iowa**



## Shared Values on Social

Have you seen Delta Zeta's six shared values shared on social? Tag @DeltaZetaNatI in your shared values moments, and let us know how you represent our sisterhood!



Curiosity is the spark that ignites our lifelong learning! #TrulyDZ #DZSixSharedValues  
📷 @lis\_quag @skylabakerr  
@deltazetauw



To me, curiosity is a value that encompasses an eagerness to learn and broaden our minds. As lifelong learners, Delta Zeta members are encouraged to actively seek out opportunities that will help us better understand ourselves and the world in which we live. Whether that means having a conversation with an expert in a certain field or traveling to a new location, having a sense of curiosity has helped me both academically and professionally.

— **Elyse Tran, Pi Theta-Rollins (FL)**

#TrulyDZ #DZSixSharedValues 📷  
@elyse\_tx @dzrollinscollege



When I joined Delta Zeta, I had this desire to learn everything I could about this organization. Delta Zeta made me excited to learn about our history, our philanthropy and our sisterhood. Most importantly, Delta Zeta made me curious about myself, and what I was capable of doing.

— **Abby Wayne,**  
Kappa Alpha-Nicholls State (LA)

#TrulyDZ #DZSixSharedValues  
📷 @dznichollsstate



## Authentic

# Kelly Fisher Katz

Gamma Nu—Eastern Illinois University

In her life, Kelly has used her curiosity as inspiration to take advantage of opportunities presented to her. This has led her to success in the corporate world, traveling the world as a spokesperson for a wide range of companies and becoming an integral part of her husband's jewelry brand as its ambassador. She does this while maintaining her commitment to community service and philanthropy, most recently serving on the board of the Kennedy Center National Committee for the Performing Arts. Kelly was the keynote speaker at this fall's Truly Connected Conference in Washington, D.C.

### LAMP: HOW DO YOU MOTIVATE YOURSELF?

My motivation comes from working on things I'm passionate about. It also comes from working with people I care about. Surrounding yourself with positive people can give you motivation and strength.

**LAMP: "FAILURE IS THE KEY TO SUCCESS; EACH MISTAKE TEACHES US SOMETHING."**  
— MORIHEI UESHIBA

### WHAT DOES THIS QUOTE MEAN TO YOU?

I believe you can learn from failure. Failure is never permanent if you learn from it — whether your own or someone else's. Many of my friends are business owners, and we get together to share our failures or mistakes allowing us to all learn from each other.

### LAMP: WHAT ADVICE WOULD YOU GIVE TO A WOMAN IN COLLEGE?

Build the life you want, starting now. Don't compare yourself to others and know that things will work out the way they are supposed to, even when the issues creating the stress seem

insurmountable. Also, take advantage of opportunities and find a way to learn and absorb new ideas so you can use them to your advantage.

### LAMP: HOW DO YOU CONTINUE TO BE A LIFELONG LEARNER?

I stay curious, set goals, read and surround myself with people that inspire me. I encourage my sisters to take advantage of opportunities and never let hindrances like age or resources stop you from learning new things.

### LAMP: WHAT MOTTO DO YOU LIVE BY?

Have gratitude and look for positivity in everything. I think about my blessings and consciously appreciate my life every day. Gratitude for your health, family, friends, relationships and all the little things add up to gratitude for a meaningful life. 💖

Find Kelly online at  
Instagram: @kellyfisherkatz2  
Twitter: @kellyfisherkatz  
Web: www.martinkatz.com

### FUN FACT

Three years ago, after taking a 23andMe DNA Test, I found out I am half Italian. I am now learning to speak Italian with my 92-year-old Italian teacher, who I adore.

## ALFA

## Chit Chat

We asked former collegiate officers for the **best advice or tips they would give to a sister just elected** to a position in the chapter. Here is what they had to say.



Always have **logical reasons** to support your actions.

**Laurelin Hefter,**  
Epsilon Omicron-  
Western Illinois



It's okay to **wear different "hats"** (president, friend, sister, big/little).

**Kaitlyn Darling,**  
Xi Lambda-San  
Francisco (CA)



In times of stress, remember you took your position for the **betterment of Delta Zeta.**

**Riley Chiu, Kappa**  
Chi-Youngstown  
State (OH)



**Be confident!**  
Your sisters chose you to be in this position for a reason.

**Marissa Galardi,**  
Theta Eta-  
Creighton (NE)



Don't be afraid to **ask for help!**  
You need to ask questions to learn.

**Courtney Talarico,**  
Xi Rho-  
Clarkson (NY)



**Take your ego out of it,** and remember you are not your position.

**Breanne Hall,**  
Theta Phi-Old  
Dominion (VA)

## Show of Hands

Why do women choose to join Delta Zeta?



98% to make friends

91% access to philanthropy opportunities

87% to network with others

85% access to leadership opportunities

30% opportunities to socialize

25% access to housing opportunities

Data from the 2018-2019 GreekLifeEdu Impact Report with replies from Delta Zeta new members.





# Continuing our Founders' Vision

Delta Zeta celebrated 117 years of sisterhood on October 24, 2019 during Founders Day Challenge. Our Founders' legacy lives on through your generous support of the Delta Zeta Foundation—through scholarships, national leadership programs and member development programming for all Delta Zetas. Thank you for keeping the flame of Delta Zeta burning brightly!

# \$104,149

**TOTAL AMOUNT RAISED**

**842**

Individual Donors

**216**

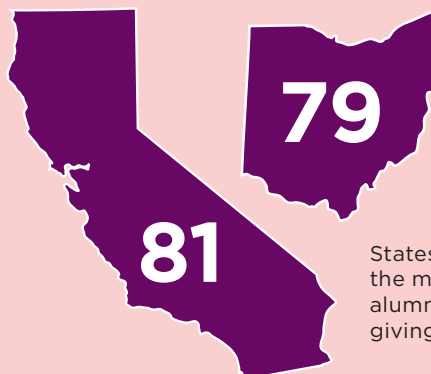
First-time donors

**65**

Friends of Delta Zeta (or FODZ) donors

**45**

Collegiate donors



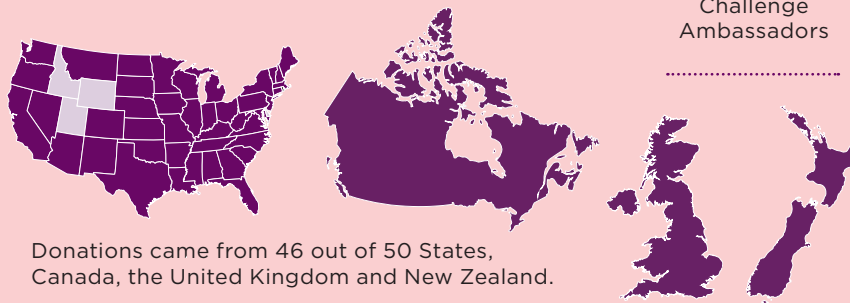
States with the most alumnae giving

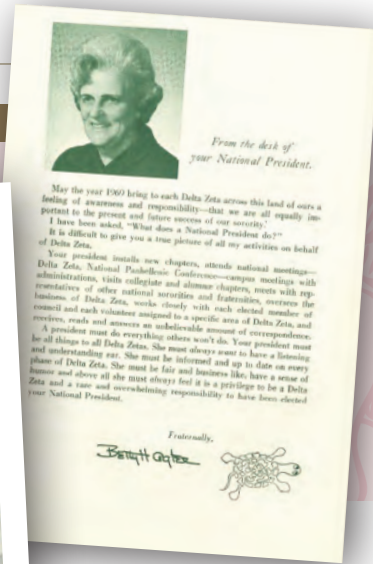
**941**

Total gifts

**185**

Founders Day Challenge Ambassadors





# Delta Zeta's History of Turtles

Turtles seem to always have had a connection with Delta Zeta. Some might find it hard to believe, but the first turtle to appear on The LAMP's pages was only 50 years ago in then National President Betty Heusch Agler's, Xi-Cincinnati (OH), message from Spring 1969. The LAMP editorial board received so many questions that they followed that issue with this article in the Summer 1969 edition explaining the hand drawn illustration previously printed.

The turtle was officially adopted by the 2006 National Convention as the mascot of Delta Zeta.

Since many DZs have written in asking the significance of National President Betty's connection with the wide-eyed turtle on the inside cover of our Spring issue, we have asked Connie Teaford Wilt, Theta-Ohio State from Columbus to elaborate.

Betty Agler collects turtles. No, not live ones, but anything else, as long as it is interesting and has a use or purpose. All of this started while she was an undergraduate. Her Fine Arts class was told to go to the Cincinnati Zoo and look for an interesting animal. She finally chose a tortoise because of its interesting shell. She decided it would make a good hobby because turtles were then hard to find. Betty has turtles of almost every conceivable material, from many parts of the world, and with various uses. She has an antique jewelry box, and a china jewelry box, a turtle made from soapstone, one that is a magnifying glass, a magnet, and salt and pepper shakers. From the mystic

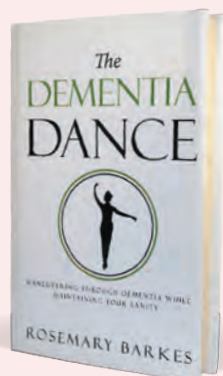
land of India came brass bookends, an antique incense burner, and a teakwood reproduction. One of her many turtles is a stamp box of brass from China, another from Mexico is of onyx. She has a real turtle shell pin from Nassau, a turtle whose head pulls out and is a tape measure, a hot plate, a J bank, porcelain ashtrays, a marble ashtray from Mexico, and a turtle key chain. An artist in Texas painted a turtle on a lunch box purse for her. There are turtle charms for her many charm bracelets from different parts of the world. She has interesting turtle rings which are really watches. The smallest turtle is one and a half inches long; the largest is a candle and is eleven inches long. Many of her turtles are pins. One is of sterling silver and very delicate.

As you might suspect, many turtles in her collection have been gifts and most are from fellow DZ workers. She has an apron with turtle appliques, stationery, playing cards, score pads, napkins and tallies. There is a surprising stuffed turtle which plays music and sits atop her jewelry box where she keeps her turtle earrings. She even has room sachets, a rubber stamp, sponges and clothes brushes. Her daughter Linda made her a turtle wooden letter holder in her fine arts class. Betty has a paper clip, turtle soap and, from time to time, receives boxes of turtle candy. As you can see, it is quite a large and interesting collection. The most recent addition is her Indian name LO-GIE-GE SUL-KE, which means "collector of little turtles" bestowed on her by Charles E. Grounds, Chief Counsel of the Seminole Indian Tribe.

The only other honorary memberships given by the Seminole E-KU-NV Indian tribe in recent years have been to Carol Channing and Hubert Humphrey. 🐢



# READING ROOM



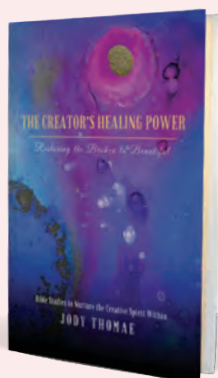
## Writing for Caregivers

"The Dementia Dance" written by Rosemary Osborn Hummel, Theta-OH State, under the pen name Rosemary Barks, is exceedingly valuable as a tool for caregivers of those with dementia. Called the ultimate roadmap for dementia caregivers, this book provides support for those dealing with the ever-changing disease. Written from Rosemary's own experience with her mother, the book is a captivating memoir told from a caregiver's point of view. For more information on "The Dementia Dance," please go to Rosemary's website at [rosemarybarks.com](http://rosemarybarks.com).



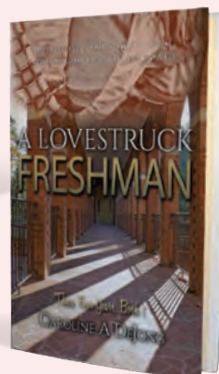
## Sharing a Lifetime of Stories

Linda Story Dingman, Alpha Chi-California/Los Angeles, was a head teacher at a special education pre-school before she went out on her own as an infant development specialist. She worked with families with problems, families with solutions, foster families, daycares, and delightful, interesting children. Her book, "I'm Not Late Yet!: Tales of an Itinerant Teacher of Infants and Toddlers With Disabilities," is full of true stories of working with families that will bring laughter and recognition to anyone in the field. Linda's book is available wherever books are sold.



## From CCD to Published Author

Before becoming an author, Jody Shultz Thoma, Theta Psi-Ashland (OH) was the College Chapter Director (CCD) for both Theta Chapter at The Ohio State University and Theta Psi Chapter at Ashland University. Jody has served as worship arts ministry pastor, worship leader and creative arts director, and is a guest lecturer on creativity, embodiment, and spirituality with Healing Care Ministries. She's published two books in the "Bible Studies to Nurture the Creative Spirit Within" series: "God's Creative Gift—Unleashing the Artist in You" (Wipf & Stock, 2013) and "The Creator's Healing Power—Restoring the Broken to Beautiful" (KDP, 1018). Find out more about her work at [www.jodythomae.com](http://www.jodythomae.com).



## Author Launches Series

Caroline DeJong, Xi Omicron-Loyola-Marymount (CA), may have graduated with a degree in screenwriting, but she is translating her college experience into her novels which make up the series "These Four Years." The first two books, "A Lovestruck Freshman" and "A Confounded Sophomore," focus on main character Sophie Shelton's experience on campus. Readers will enjoy following Sophie's story as she navigates college life, which of course includes joining a sorority! Find out more at [www.carolineadejong.com](http://www.carolineadejong.com).



## Seeking out the Paranormal

Heather Scarbro Dobson, Xi Xi-North Georgia, probes her fears while seeking out the paranormal, sharing the true, often freaky and/or funny, sometimes sad tales of over a decade investigating ghosts and the people haunted by them in her first book, "Memoirs of a Future Ghost." Through extraordinary occurrences in the everyday, she weaves a logical tale that death is nothing to be feared. Find out more about Heather and her book at [www.afutureghost.com](http://www.afutureghost.com).

Are you a Delta Zeta author? Share your publications with us by emailing [LAMP@deltazeta.org](mailto:LAMP@deltazeta.org)

## GLOBAL CITIZEN

# Truly Changing Lives

By Abbie Rees, Director of Community Relations and Philanthropy

*Delta Zeta women always want to do more. We have a long history of giving to others, starting with our very first national philanthropic opportunity in 1922 with the Vest School in Kentucky which Delta Zetas built with their financial contributions. Our speech and hearing commitment grew out of the Detroit Alumnae Chapter's initial 1944 project providing a hearing aid to a child and in 1954, the National Convention approved speech and hearing as a national project. By the early 2000s, as Delta Zeta grew, our members wanted additional philanthropic options to make a difference. The National Council answered this request with partnerships that took Delta Zeta to the next level.*

**K**athi Bray Heatherly, Epsilon Upsilon-Central Oklahoma, visited university after university in her role as the then National Extension Director to speak to why Delta Zeta would be a truly amazing addition to campus. From those visits, she knew that a stronger philanthropic program would make Delta Zeta a better campus partner.

As Kathi was flying home from an extension visit in 2005, she started reading an article in the airline magazine about country music star Trisha Yearwood. The article happened to mention two nonprofit organizations that Yearwood supported. These two nonprofits were the Starkey Hearing Foundation and The Painted Turtle. Kathi could not believe that this article mentioned one organization that connected with Delta Zeta's longtime speech and hearing efforts and another that mentioned our unofficial mascot at the time, the turtle! As soon as she got off the plane, she rushed home to do some research.

Kathi was thrilled by what she discovered. She instantly fell in love with the work being done at both



organizations. Without wasting any time, she called Cindy Winslow Menges, Alpha-Miami (OH), Delta Zeta's Executive Director, and Chris Kolodgie Kern, Iota Xi-Missouri/St. Louis, who was the National Philanthropy Chairman at the time, to share her findings. They all knew they needed to connect with the organizations and then develop a plan for the National Council to consider

## Our Impact through The Painted Turtle

The Painted Turtle has given our members a national outlet to serve. We now refer to The Painted Turtle as our National Service Project.

### THROUGH OUR SUPPORT AND DONATIONS SINCE 2006:

Over 900 Delta Zetas have volunteered a total of 67,584 hours.



We have provided hundreds of craft projects and blankets.

We have donated over \$1.1 million dollars.



**Want to volunteer at The Painted Turtle? Check out <https://www.thepaintedturtle.org/delta-zeta-sorority>**



which would expand Delta Zeta's philanthropy and service opportunities.

Paula McKean McQuillen, Gamma Epsilon-Drake (IA), who had just joined the Foundation Board at the time, had a tie with the Starkey Hearing Foundation. Paula was a supporter of the Foundation and lived near Starkey's offices in Minnesota. The partnership made sense to National Council, and the Starkey Hearing Foundation team was on board right away.

The Painted Turtle was outside the box with no relation to our philanthropy, speech and hearing. Ruth Weider Patterson, Beta Chi-Wittenberg (OH), who was President of the Delta Zeta Foundation at the time, approved a grant of \$2,500 to fly Kathi and Chris out to The Painted Turtle in California and present a possible partnership to their board. The Painted Turtle was delighted about the idea of collaborating. Even though there was no speech and hearing connection, this partnership would still give our members an opportunity to make a difference through service.

At the 2006 National Convention, both organizations were presented to the Convention body. The Delegates voted and named both the Starkey Hearing Foundation and The Painted Turtle as two new National Philanthropy Partners. And, though one of Delta Zeta's unofficial symbols since the 1970s, the turtle was voted as Delta Zeta's official mascot at this same Convention!

Since 2006, our partnerships with the Starkey Hearing Foundation and The Painted Turtle have grown and strengthened. We are truly changing lives every day, because our members asked to do more. We are so proud of what we have accomplished, and we look forward to continuing our work with these amazing organizations. ♡

## Our Impact through the Starkey Hearing Foundation

### THROUGH OUR SUPPORT AND DONATIONS SINCE 2006:

Starkey now gives over 100,000 hearing aids per year!



They created sustainable programs with local teams in 64 countries and counting!



They have piloted speech programs in four countries with hopes of expansion!



They opened a Starkey Hearing Institute in Zambia. This institute educates on community based hearing healthcare to students from all across Africa. The students then go back to their home countries to help change more lives!



51 Delta Zeta women have served on international hearing missions in 11 countries around the world with the Starkey Hearing Foundation.



In 2015, we made a 5-year pledge of \$5 million dollars to the Starkey Hearing Foundation! We have a little less than a million dollars to go in order to finish this pledge by June of 2020.



**To help reach our pledge, you can send a check to the Delta Zeta Foundation with Starkey Fund in the memo, or you can donate online at <http://hearing.deltazeta.org>.**



STA





# ART WHERE YOU ARE

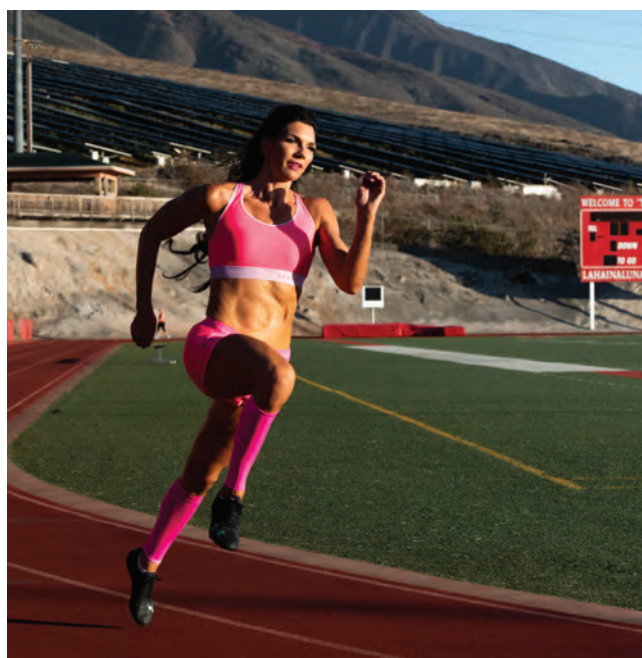
By Jennifer Atkins

Photos for The LAMP by J. Anthony Martinez



## BACK IN COLLEGE, SHE WAS

a track star, racking up accolades with her team. Years later, she was a married, working mom who had just given birth to her third child. She was living the same life as many other women — trying to balance a career, family and still take time for herself. Today, she's a world champion athlete, running faster in her forties than she did in her twenties. Here's her story and her secret to success.





### AS A YOUNG GIRL GROWING UP IN THE

picturesque Catskills of the northeast, Cynthia Peters Monteleone, Xi Theta—North Carolina/Wilmington, ran everywhere, often sprinting the 100 yards back and forth between her grandparents' house and her own. "My grandmother would always ask me why I was always running, and my answer was simply 'Because I get there faster!'" recalls Cynthia.

It wasn't until she was a teenager, when her teacher, Hazel Yaun suggested she run the 400 meters, that she transformed that love of flying through the fields into sprinting on the track. She set records in high school that have yet to be broken today, over two decades later. Her successful streak continued in college at the University of North Carolina/Wilmington where she excelled on the track and in the classroom, graduating with honors and multiple prestigious running titles, among them, All East Coast and All Academic All Star.

After college, Cynthia packed up her spikes, began a career as an artist, first in North Carolina and continuing after moving to Maui, Hawaii, where she met her now husband. Life demands, from owning a successful bakery to raising her children, found her in a place we can all relate to, caught up in trying to do it all in life and far from her athletic successes earlier in life.

### One Question that Changed Everything

One day in 2016, a simple question from her daughter, who was 11 at the time, changed everything. "Mom," she said, "I want to run the 400 like you did when I go to college. Will you train me?"

It was a rough start. One lap in and they both collapsed from exhaustion. After 20 years of not running, Cynthia was out of shape and still recovering from the birth of her third child just six months before. Instead of walking off the track and going back to the life she had become comfortable with, she decided she was going to get stronger, set goals—and achieve them.

She picked a competition, the USA Track and Field Masters National Championships in 2017 and surprised herself by placing fourth, missing a medal by a mere .1 seconds. Fueled





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Left : In 2019, Cynthia won gold for her age group in the women’s 400 meters at the indoor world championships in Poland. And this past summer, she brought home five gold medals and a silver medal at the USA Track and Field masters events. “By supporting my daughter’s dreams, I’ve become a world champion,” Cynthia shares.

with the desire to improve, she trained harder, found a coach and began a new winning streak at a time in her life when most others were slowing down. In 2019, Cynthia won gold for her age group in the women’s 400 meters at the indoor world championships in Poland. And this past summer, she brought home five gold medals and a silver medal at the USA Track and Field masters events. “By supporting my daughter’s dreams, I’ve become a world champion,” Cynthia shares.

Cynthia has some lofty goals for herself in the next year. At next summer’s World Championships in Toronto she wants to break the Masters record of 56.9 seconds in the 400 meters. “I’ll be at the top of the 40-44 age group because I’ll be 44. It is usually harder to win, but I feel confident I will be number one in the world because of how hard I work,” she says.

#### **Finding Her Team**

“I think we go through our 20s thinking we need to do things in a certain way—get married at a certain time, etc.” she shares. “People find later that they need to do what makes them happy—you have to find people who support you for who you are.” Cynthia is proving, to herself and others, that by surrounding yourself with a supportive team, can help you in life.

A large part of Cynthia’s support team now is the community she has built as a certified metabolic analytics practitioner, based in the research and practice of Charles Poliquin, the world-renowned strength coach who created the Strength Sensei. She was having some minor health issues when she met a metabolic analytics practitioner through her gym who did an assessment on her and recommended some changes to her diet. “Within two weeks,” she said, “he had me feeling better than I have ever felt in my life. I haven’t had any more health issues since then.”

Changing her nutrition changed her life and her athletic performance. Her current business, MAM: Metabolic Analytics of Maui, is a company that helps clients reach their nutrition and physical fitness goals. She works with athletes to help them optimize their competitive performance, as well as people of all ages who struggle with fatigue, aches and pains. By determining sugar intake, hormone levels, sleep patterns and other important health factors, Cynthia can then adjust through dietary changes.

As a coach for the Lahainaluna High School girls’ track team, Cynthia is helping girls see just how rewarding hard work can be, both on and off the track. She says the reason she coaches is not necessarily to help them win races. Rather, she is there to help them become successful individuals in life. She tells them, “It doesn’t matter to me if you win. What matters to me is if you do your best.” She also tells them, “It doesn’t matter what your performance is next to the other person, as long as it’s better for *you*.” She feels, “If you show up to practice on time, then you’re probably going to show up to your job on time. So, if I keep you accountable for not missing practices, then it’s like keeping you accountable for not missing work. And then you see how if you keep showing up, then you’ll actually get better.”

Cynthia acknowledges the role Delta Zeta has played in her success. “I’m appreciative of the team support that I get from them. I have my Team USA team that I run for and I have a sprinter track club that I compete for, Southwest Sprinters, and then it’s like Delta Zeta is my other team.” In college, her sisters offered their unwavering support of her as an athlete, understanding if she couldn’t make it to certain events because of conflicts with track. Later they continued to support her as an artist by hiring



her to paint murals or help her set up her art shows. Today they are still cheering her on, offering words of encouragement online as well as financial support so she can afford to travel to competitions around the world. In return, Cynthia is happy to show her Delta Zeta pride. When she won the World Championships in Poland, she was sporting her pink socks as a shout out to her sisters. And when she won her national title in North Carolina the month before that, she was dressed head to toe in pink.

### Achieving Your Goals

Cynthia says the first step to achieving your goals is to put yourself first. “So many women today are overwhelmed trying to do everything for everyone in their lives that they often forget to take care of themselves,” she says. “And when you lose sight of yourself, you can’t be there for everyone else.” Cynthia organizes and prioritizes by taking care of herself first, in order to take care of others in her life next. If you take care of yourself first, you’ll be healthier, stronger and better able to care for all the people in your life depending on you.

The next step is intentionally choosing to give your best at whatever you are trying to achieve. One of Cynthia’s favorite quotes is, “The best way to predict the future is to create

it.” When you have big goals like she does, and it seems like you are left wondering, how do I get there? Start small. Set a realistic goal and commit yourself to it. Pick a hill. Walk up it, and time yourself. Then commit to doing that. Make a promise to yourself. “Consistency is very important. Even if your motivation’s not there, if you just show up to do it and you keep showing up to do it, that is what gets the most results,” says Cynthia.

You should also know there will be times when you may not reach a goal. Even Cynthia falls short from time to time. Remember when she missed a medal by 0.1 seconds? And in high school, the first time she tried running competitively, she quit. Obviously, she found her way back to the track, but imagine all the success she would have missed out on if she had given up that first time. You have to believe in yourself. Have the confidence to know if you show up, put the work in, you will eventually reach your goal, whatever that goal may be. Because success is not about the end result, it’s about what you put into it, whether or not you’re giving it all you’ve got. Cynthia says, “I’m going to be happy with myself at the end of the day because I gave it my best. Even if I don’t reach a goal, I’m still satisfied with myself because I know I did everything possible to try to get that goal.”

Left: One day in 2016, a simple question from her daughter, who was 11 at the time, changed everything. “Mom,” she said, “I want to run the 400 like you did when I go to college. Will you train me?”

### #ChooseToGiveYourBest

Cynthia’s advice for how you can do that to achieve your personal goals.

1. Take care of yourself first.
2. Surround yourself with a supportive team.
3. Set a realistic goal and then stick to it.
4. Be consistent
5. Do what you can each day.


Interested in learning more? Visit [cmonteleone.com](http://cmonteleone.com), or follow her on Instagram at @FastOver40.

Cynthia is quick to acknowledge that no one can do it all—you have to prioritize what is most important in your life to achieve your goals. She says “It seems like I do it all, but really I do what I can each day.”

### A Future Full of Success

Success for Cynthia means knowing she has given everything. With her focus and determination nothing can stop her. And so, the future for her looks much like it does today. She’ll continue setting goals and crushing them, by training hard and eating right. In the more distant future, Cynthia looks forward to watching her daughter compete in college and knows, with the proper coaching on and off the track, there’s a very good chance she could break some of her own longstanding records—and who better to do so? 🔥

Author Jennifer Atkins is a freelance writer and mom trying to get it all done too from her home in Connecticut.

A full-page photograph of a woman with long dark hair, wearing a red sports bra, black shorts, red knee-high socks, and black running shoes. She is in a starting crouch on a red running track, looking forward with determination. The background shows a grassy field, a fence, and stadium lights under a cloudy sky. A pink text box is overlaid on the right side of the image.

**“IT SEEMS LIKE  
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BUT REALLY  
I DO WHAT  
I CAN  
EACH DAY.”**





# Making a Life Change to Change the World

By Allison Lynch St. Germain, Alpha Upsilon-Maine, Managing Editor

Above left: Todd and Ann Ziems.

Above middle: Ann connects with community members who have benefited from SON International's work.

Above right: Dorica, a student whose family benefited from a water filter from SON International.

What started with providing a way to show her daughters a bigger perspective on the world has now grown into an international non-profit organization changing lives. Beginning with short-term family mission trips in 1997, Ann Batson Ziems, Lambda Theta-Michigan Tech, and her husband Todd, also a Tech graduate, discovered that they had a heart for sharing with and reaching out to those in physical and spiritual need.

## Identifying Where We Could Help

"Our first trip to Tanzania was in 2001 with a church group, working in a refugee camp. As we were finishing up that trip, because of my

background as a chemical engineer, another volunteer asked me what we could do about their water," Ann shared. "I can't believe they waited until the end of the trip! But, I'm glad they asked because it revealed a problem that I was in a position to help solve."

Because of her professional background, Ann knew the importance of clean water. According to a 2018 report by the World Bank, 21 million people in Tanzania still lack access to safe water. The couple researched options to help provide solutions and knew they needed to tackle it on a household level, not a municipal level. Their long-term vision for Tanzania is to use water development methods

and clean water solutions, including bio-sand filters, rainwater harvesting, water storage and distribution systems, and well drilling as a

means of meeting Tanzanians physical need for clean water and good health, while fulfilling what they feel is their purpose as Christian missionaries.

Bio-sand filtration is recognized by the World Health Organization as an effective means of providing clean water in developing countries. (from [www.son-international.org/](http://www.son-international.org/))

Serving Our Neighbor International (SON) is a U.S. registered

501(c)(3) organization. It was officially established in January 2003 to support the ministry and community development work Ann and Todd were undertaking. It is funded by churches, private donors and other organizations. The couple both left professional positions as engineers to undertake what they felt was their calling in Tanzania.

### Taking a Leap of Faith

Just 12 days before the family was set to move in 2003 to embark on putting their vision into action, Todd lost his arm in a freak accident while trimming a tree in their yard. "God certainly knew we had more we needed to learn, especially about how to receive from others, before moving to Tanzania," Ann said. Six months later they moved to Dar es Salaam, Tanzania with their daughters, Aubrey, who was 15 at the time, and Madison, who was 11.

Both girls attended Haven of Peace Academy, a Christian international school in the city, and Ann says that the family grew closer because they

had to be so honest and talk openly about issues they may have been facing living in a foreign country. "I think the experience changed their worldview and shaped them in ways they wouldn't have experienced otherwise," shares Ann. Madison eventually finished her senior year of high school back in the U.S. and followed in her parents footsteps by attending Michigan Tech, even joining the Lambda Theta Chapter and, in 2013-2014, serving as their president, like her mom.

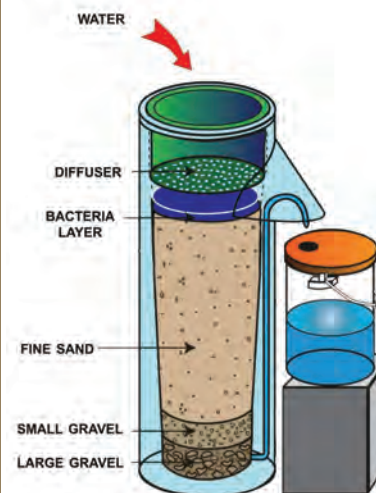
### Changing Lives with Action

Ann and Todd now spend most of the year in Tanzania, returning to the U.S. for family events and fundraising. "We now operate out of Morogoro Town, which is more central and easier for our team to get to villages that need our help," says Ann. "It is important for people receiving the water filters to be educated on their importance and how to correctly use them." Each water filter costs \$100, but individuals receiving them pay a nominal portion so they place value on the device. Since 2011, because of the efforts of SON, more than 9,000 bio-sand filters have been installed providing clean water to more than 45,000 people.

The work has grown over the years and now includes Water, Sanitation & Hygiene Education (WASH) in local primary schools as well as Puberty Education.

As the Ziems have shared their story over the past 16 years, support for SON has grown. They have added national staff, finding individuals who share their vision who they can mentor to take over the non-profit's activities when they eventually retire. The work has expanded to include two smaller workshops, one near Dodoma Town and another in Bukoba in northern Tanzania. As with many individuals who work in foreign countries, Ann and Todd are at the mercy of the government in the country they are living and working in. Their work permits were just

### BIO-SAND FILTER



The filter can be expected to remove:

- **Between 85% and 99% of fecal coliforms**
- **100% of protozoa and worms**
- **50-90% of organic and inorganic toxicants**
- **Suspended sediments, in all or part**

-approved and extended for two more years. They are actively putting their short-term plan in place to ensure the continuation of the work they have started.

"The bio-sand water filters are changing lives. Let me tell you about a high school girl, Dorica, whose entire future has been rewritten. She wanted to be a lawyer. But, she was sick all the time because of contaminated water, missing school, which jeopardized her chances for the future," says Ann. "Her parents attended a seminar and received a filter. Dorica now goes to school every day and is well on her way to fulfilling her dream of studying law."

Find out more about Anne and Serving Our Neighbor at [www.son-international.org](http://www.son-international.org).

## ROSE &amp; GREEN

# Building Big

## Delta Zeta collegian partners with city to improve local waterway

By Cole Hatcher

*Reprinted with permission from  
Ohio Wesleyan University*



Ohio Wesleyan University senior Brianna Graber, Alpha Rho-Ohio Wesleyan, has spent the past year planning and conducting water-quality research on the Delaware Run, which flows through the university campus and into the Olentangy River.

Her work included collaborating with the City of Delaware to install a 4-foot high, 18.5-foot wide, concrete-weighted storm drain net directly into the waterway. Put in place by a crane on September 9, 2019, the 13,000-pound trapezoidal net is now capturing trash and green debris (organic waste such as lawn clippings and leaves). The net is one of the first installed in Ohio and the nation.

Brianna, Alpha Rho Chapter Vice President of Membership, a zoology major and Spanish minor from Noblesville, Indiana, said she chose the project for her OWU Geography 360 class, "environmental geography," because she wanted "to do something big."

"This project spoke to me because I have a passion for aquatic life and marine life along with conservation," Brianna said, "and I thought it would be a great way to rope my passions into sustainability and environmental science."

"My research involves observing the chemistry of a waterway by chemical analyses and aquatic insect sampling in order to check the water quality of the Delaware Run as a whole," Brianna said who

previously tested the water for orthophosphate, ammonia, nitrate, dissolved oxygen, free and total chlorine, pH (acidity), and temperature upstream and downstream of where the net was installed.

Much of Brianna's work was conducted during a summer internship with Delaware's Public Utilities Department, where she was mentored by Watershed and Sustainability Coordinator Caroline Cicerchi, and, concurrently, as part of Ohio Wesleyan's 10-week Summer Science Research Program, where she was mentored by Shala Hankinson, associate professor of zoology.

"This project feels like it's been a long time coming," Cicerchi said. "From a planning perspective, we worked through several versions of the net structure, worked through some permitting requirements, and had to roll with design customizations that weren't anticipated. Brianna has been an excellent coordinator for the project and has worked really hard to make this research a reality."



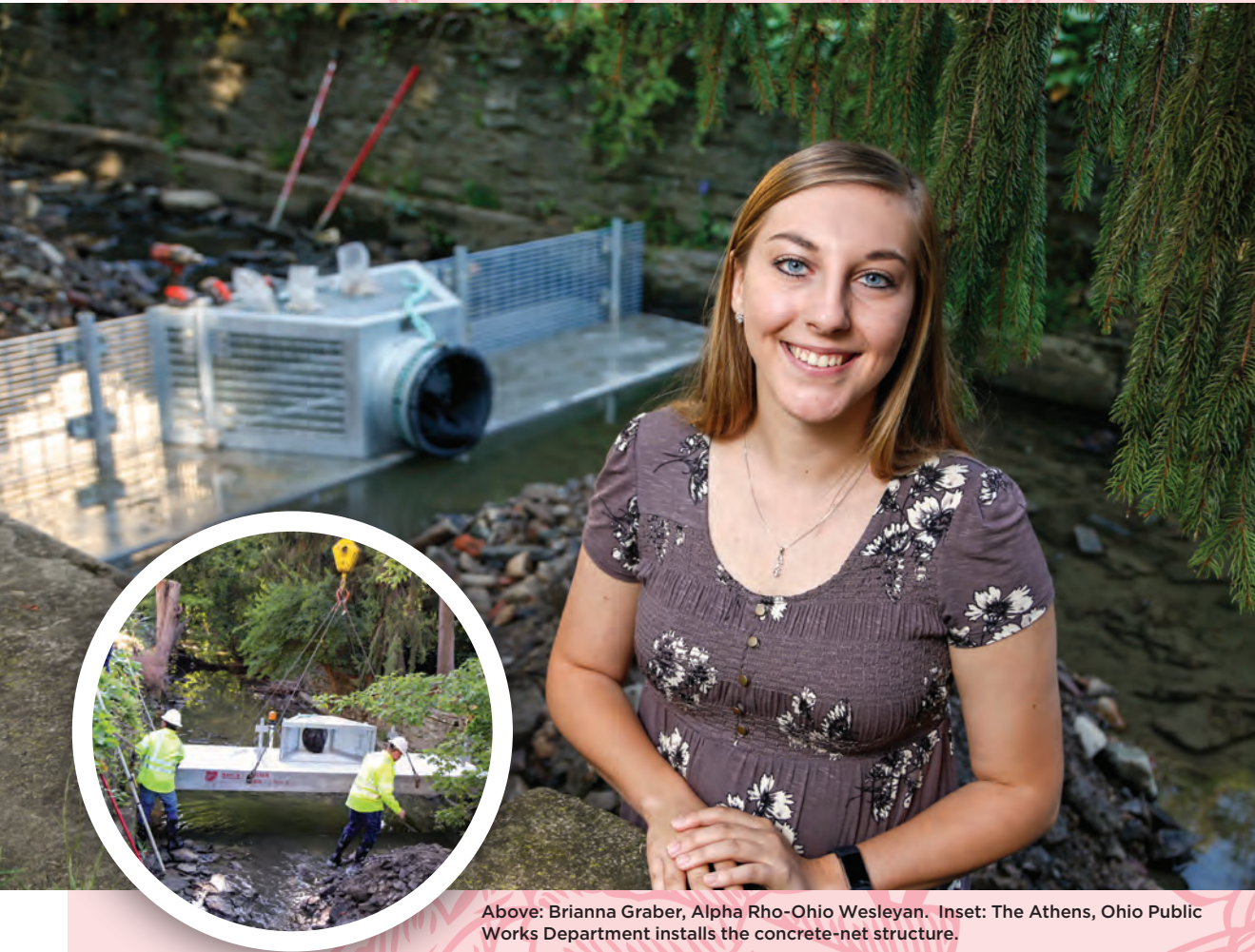
**This project spoke to me  
because I have a passion for  
aquatic life and marine life  
along with conservation.**

Approximately every two weeks, Delaware's Public Utilities Department will collect the net and then separate the recyclables, trash and organic material to help learn more about the health of the Delaware Run. Brianna will examine the contents and conduct additional water sampling as well.

"There is little research on this topic," Brianna said, "so the long-term results of this study will provide a new baseline data set that could be widely applied."

Though she is graduating in May, Brianna anticipates the net will remain in place for up to





Above: Brianna Graber, Alpha Rho-Ohio Wesleyan. Inset: The Athens, Ohio Public Works Department installs the concrete-net structure.

five years, with future OWU students expected to help to monitor the waterway.

The cost of the concrete-net structure was approximately \$18,300, with the project being funded by the city's Public Utilities Department and by Ohio Wesleyan through an OWU Connection project grant written by and awarded to Brianna.

The project also was supported by the Delaware County Soil and Water District, which surveyed the installation site at no cost to determine measurements for the net, and by financial and other contributions from DelCo Water Co., Friends of the Lower Olentangy Watershed (FLOW), and the American Kayaking Association. The storm drain net was designed

and built by Cleveland, Georgia-based StormX Storm Water Systems.

John Krygier, professor of the Geography 360 class where Brianna's project originated, said he is excited to see Ohio Wesleyan students make such a positive difference in the environmental health of the community.

"Projects like this are important," said Krygier, co-director of OWU's Environment and Sustainability Program, "because they are innovative solutions to environmental problems and can only happen through collaboration between campus, community, the private sector, and non-profit organizations. It's terrific that an undergraduate student can be at the center of such a significant effort." ♡

## ROSE & GREEN

# Empowering Women with a Cookbook

Many people wouldn't think that a cookbook could empower women, but Grace Cuneo Lineman, Xi Upsilon-Northeastern (MA) and her biological sister, Karen Cuneo, are doing just that with their recently published project "Empowered Sugar." Grace and Karen have enjoyed baking together over the years but knew they could inspire other women with the "punny" inspired recipes they developed. "It was so special to work with my sister," Grace shares. The two worked as a team.

Karen's background in food science was complimented by



Grace's marketing background. The book has over 80 recipes correlated to a different female superstar, like Whoopie Pie Goldberg, Gloria Estefan and Grace's favorite, and the first recipe the sisters started with, the Beyoncé BeyHive Honey Cake. The sisters purposefully built a community of women through the project. Their cousin created the illustrations, which feature a faceless bust of each superstar, and the entire book was finished with an all-female staff, editors and food tasters. Grace attributes the strong community of women, especially from her own collegiate chapter at Northeastern University in Boston, to providing her the confidence to pursue new opportunities, such as this cookbook project.

Above: "Empowered Sugar" is available wherever books are sold. Left: The Beyoncé BeyHive Honey Cake recipe.

## Celebrating Delta Zeta's Birthday with Homecoming

During Homecoming weekend, Zeta Lambda-East Carolina had the opportunity to host their Alumnae Brunch at the Delta Zeta house. Vice President of Programs, Margaret Meltsner said, "We had a wonderful time watching the Homecoming Parade from our front yard and cheering on the Delta Zeta and Chi Phi float

with our alumnae. This year, Delta Zeta turned 117-years old and to celebrate, Zeta Lambda hosted a birthday party. We had a photo booth, pizza, cake, and other fun activities to show our appreciation and love for our DZ. All members came and had a great time celebrating with their sisters."

Above: Zeta Lambda-East Carolina celebrated Delta Zeta Founders Day with a birthday party.





## Rocking it for Philanthropy

On October 10, 2019, the Kappa Phi chapter hosted their fall philanthropy event, the Third Annual Lip Sync Battle. This event helped raise over \$6,000 and was donated to The Painted Turtle. Savannah Lawing, Kappa Phi-North Carolina/Charlotte, spoke about

her experience this past summer at The Painted Turtle as a camp counselor. She told the crowd about her week at camp and how she thought she was going to make an impact on the camp, but it had a much bigger impact on her.

The Vice President of Philanthropy, Kaitlyn Bean, the introduced the Masters of Ceremonies for the evening, Pauline Ciavolino, and Kaylee Cortese, both Kappa Phi members who kept the crowd engaged between acts. The main event was a Lip Sync Battle with seven acts ranging from "Sucker" by the Jonas Brothers and "What Makes You Beautiful" by One Direction, to a whole rendition of the "Riff Off" from Pitch Perfect. It really was a rocking event.

Left: Kappa Phi-North Carolina/Charlotte Vice President of Philanthropy, Kaitlyn Bean, center, and her two roommates, Kiera Bjork (left) and Kiely Bjork (right), also DZ's at the event!





## ROSE &amp; GREEN

# Bringing Together Women Who Care to Make an Impact



100 Women Who Care-Milledgeville is a new organization in the Milledgeville/Baldwin County area of Georgia created by two Delta Zeta alumnae who want to show that many small commitments create a large impact. Lambda Pi-Georgia College and State graduates Teresa Cooper Dyer and Stephanie Deal Johnson are both Financial Advisors for the Vaughn/Dyer Wealth Management Group of Wells Fargo Advisors in Milledgeville. Their goal is for this group of women to meet four times a year for a one-hour meeting, learn about local charities and each donate a \$100 check to a local charity

in Milledgeville/Baldwin County that the group selects.

Teresa and Stephanie held an interest meeting in August and spoke to a standing room only crowd of civic-minded women wanting to know more about the group. The national charity was started in 2006 in Michigan as a way to raise money more efficiently and quickly to local nonprofits. Chapters are all across America and have collectively donated more than a million dollars to hometown organizations. At the meeting, Teresa said, "this is a low effort with high impact kind of group that brings women philanthropists in our community together that want to make a difference and enhance the services of our local charities through a sizeable donation." Stephanie went on to say, "We know how busy we all are, and this group will make a large impact with a collective donation of several thousands of dollars given at once."

The first official meeting for 100 Women Who Care-Milledgeville was held October 7, 2019. The group was able to present \$3,300 to Paws4Change who will use the funds for their spay/neuter community advocacy program with SAFE. Even though the 100 Women Who Care-Milledgeville isn't quite 100 women yet, their hope is that, in time, the word will get out about what an amazing opportunity to make a difference in the community this is and membership will exceed their goal.

**Above:** Teresa Cooper Dyer and Stephanie Deal Johnson, both Lambda Pi-Georgia College and State, start 100 Women Who Care-Milledgeville.

## THE BLUE SAPPHIRE SISTER

Gillian Brooks, Gamma Delta-Pennsylvania State, found her niche in a unique and captivating way on campus — baton twirling. She has competed in numerous baton competitions since a little girl and never stopped striving to be the best. Gillian was only a freshman when she was named the Blue Sapphire, an extremely high honor for baton throwers at the university. Now a sophomore, you can catch her on the Penn State football field twirling her baton, doing flips and completing amazing tricks before every game and at halftime.

**Below:** Gillian Brooks, Gamma Delta-Pennsylvania State.



## Interning with the Washington Redskins

Melanie (Jade) Sammons, Kappa Mu-Shepherd (WV) Vice President of Membership, is currently interning with the Washington Redskins in the Public Relations Department. As part of her internship, she works primarily on establishing and maintaining positive relationships with the media, helps to coordinate big events and ensure all media present have the proper credentials, helps write and edit the Season in Review and Media Guide, and even transcribes players post-game interviews!



Above: Melanie (Jade) Sammons, Kappa Mu-Shepherd (WV).

## Making an Impact in their Community

Pi Tau-Sacred Heart (CT) has had a remarkable year. From receiving the Chapter of the Year award to second place champions in the Greek Sing competition, Delta Zeta's hard work has not gone unnoticed. After completing a successful philanthropy



event this fall, raising over \$5,000 for the Starkey Hearing Foundation, the chapter attended a beach cleanup day hosted by The Clean Earth Project where sisters helped remove 141.6 pounds of litter from Seaside Park and beach in Bridgeport, CT.

Above: The Pi Tau Chapter from Sacred Heart University on their beach cleanup in Connecticut.



## Philadelphia Area Alumnae Panhellenic Graduate Scholarship Award

Elizabeth (Liz) Schell, Delta Tau-Temple (PA), was awarded the 2019 Philadelphia Area Alumnae Panhellenic Graduate Scholarship to assist with her studies in medical school. Liz attended Temple University where she graduated with a 3.8 GOA in Neuroscience and Pre-Med. She served her collegiate chapter as Ritual Chairman, Vice President of Programs and President. After graduation, Liz served as Ritual and Standards Advisor for Delta Tau. She is a member of the North Philadelphia and Philadelphia-Suburban West Chapters of Delta Zeta. She entered the Drexel University College of Medicine in the Doctor of Medicine program in August 2017 and is currently on a full-time clinical rotation schedule. The scholarship is made possible by fundraising efforts at the annual scholarship luncheon which is open to alumnae of any NPC sorority in the Philadelphia Area.

Above: Elizabeth (Liz) Schell, Delta Tau-Temple (PA), right, received the 2019 Philadelphia Area Alumnae Panhellenic Graduate Scholarship.

## ROSE &amp; GREEN

*Renewing  
the Bond*

By Anne Zidonis Straub, Alpha Alpha-  
Northwestern University

When I left home for college, I knew I wanted to join a sorority. I had enough self-awareness to realize that I needed the kind of friendships and fun that Greek life could provide. Delta Zeta saved me from four years of self-imposed solitude.

And yet, I resisted some of the trappings. I enjoyed wearing my letters, participating in activities and attending formals. But I'm not sure I ever referred to my DZ friends as "sisters." Often the ceremonies didn't resonate with me.

Fast forward 30-plus years to a recent weekend and a fantastic get-together with 15 DZs from Northwestern. We gathered at an Oklahoma winery owned by one of our number. (See, I can't even type "sister.") Years melted away as we talked and laughed, celebrating our common experience and updating on the intervening years.

And then a sister — I'm getting better — announced she'd prepared a Founders Day ceremony for us. I hadn't participated in one since my college days.

I remember our advisor admonishing us to take it seriously. "Women come back to this, and it's meaningful. You'll see some start to cry, remembering how important this group was to them," Mrs. Falbe told us. "That's nice," I remember thinking, as I mentally went through what else I had to do that day.

STEADFAST LOVE



And so, we gathered in the winery guest house. The ceremony was lovely, calling on happy memories, noting changes at the campus, and remembering Delta Zetas who had passed on.

And then something strange happened. It was time to recite the Creed, and everyone stood. There were printed copies in case we didn't remember it. I vaguely remembered we had a Creed but couldn't bring it to mind, so I'd grabbed a strip of paper. It looked familiar. We began with our promise to the world, and then "to those whom my life may touch in slight measure" and I. Choked. Up.

Matter-of-fact, unattached me.

We moved on to pledge "to my friends, understanding and appreciation," and I knew I couldn't speak, or I'd be crying. By the time we promised "to those closer ones, love that is ever steadfast" I was mouthing the words. Forget the part about walking in the light of the Flame; I'm pretty sure I couldn't read through my brimming eyes.

Holy cow, I'm tearing up writing this right now.

It could be that I'm getting older and more sentimental. But I think it's something greater. It's celebrating a bond we chose all those years ago, to care for each other and understand each other and stand by each other. It's a choice I'm honored to make again.

So, Delta Zetas, remember all that giving graciously and appreciating stuff?

Yeah, you got it, sister.

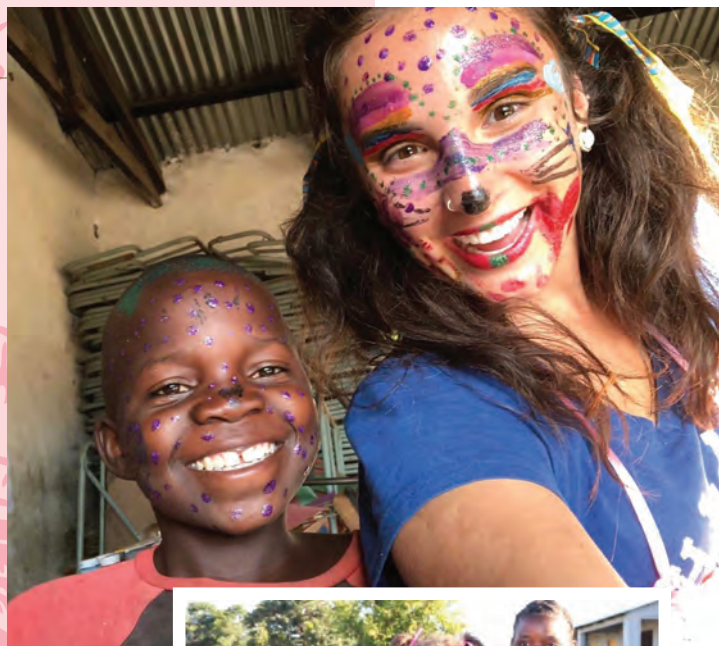
## District Attorney Honored in Georgia

Margaret (Meg) Daly Heap, Iota Nu-Georgia Southern, was recently honored as the Georgia State District Attorney of the Year by the state's district attorney's association, which represents 49 members. She has been the DA for Chatham County, Georgia since 2013 and is halfway through her second term. One nominator said of Meg, "While she is absolutely fearless and will not bow to political — or any other — pressure, she is never impulsive or reckless in any degree."

Right: Margaret (Meg) Daly Heap, Iota Nu-Georgia Southern.







Alyssa Morris,  
Gamma Chi-  
Ball State (IN)  
volunteering in  
Zambia.



## Committed to Education in Zambia

Alyssa Morris, Gamma Chi-Ball State (IN), volunteers for the Peace Corps in Zambia in a local school and clinic providing educational programming about HIV/AIDS and malaria. She served as Ways and Means Chairman and Treasurer while an active member majoring in International Business and finished her degree in three years. She currently teaches fifth, sixth and eighth grade English as well as eighth grade Business Studies.

## Delta Zeta Alumnae Receive Professional Honors

Dr. Heidi Scheusner Leming, Theta Nu-Minnesota State/Moorhead (right), has received the 2019 John Jones Award for Outstanding Performance as a Senior Student Affairs Officer from National Association of Student Personal Administrators (NASPA) for Region III. Heidi currently serves as Vice Chancellor for student success at the College System of Tennessee.



Dr. Gina Moses Mabrey, Lambda Gamma-Jacksonville State (GA) (left), has been named the 2019 Jacksonville State University Faculty Member of the Year. She is an Associate Professor in the School of Health Professions and Wellness and serves as the Kinesiology Department Head.

Michelle Hoff Attreed, Kappa Theta-Virginia Tech (right), is the recipient of the 2019 Lifetime Achievement Award from the Women in Public Finance – Virginia Chapter. Michelle currently serves as the Chief Financial Officer for the County of Prince William, Virginia. She has more than 20 years of diverse finance experience.



## ROSE & GREEN



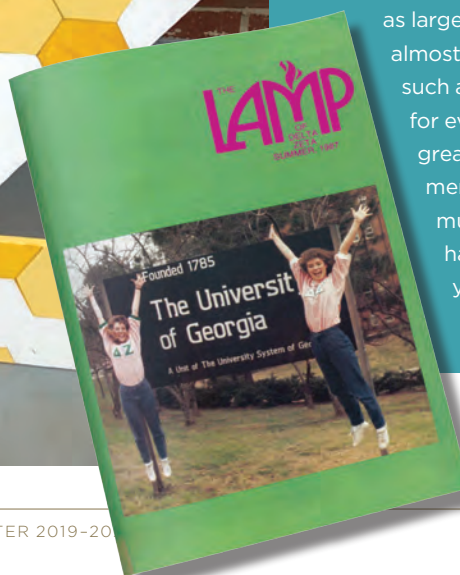
Above: Abbey Wendt and Kelly May Sheehan celebrate during Zeta Pi's 2019 Bid Day.

## Recruitment Then and Now

The Zeta Pi Chapter at the University of Georgia was recolonized May 2, 1987 and graced the cover of the Summer 1987 issue of *The LAMP*. The chapter just recently finished recruitment where they welcomed new members on Bid Day, rain and all! *LAMP* Editor Grace Swords sent in this account of the experience this fall.

"Everyone was out on the lawn excitedly anticipating the arrival of the new members when the sky opened up and it began pouring rain. Rather than let this ruin the fun day, we had a dance party on the lawn. Everyone was singing and dancing when the bus finally arrived with the new members and they were welcomed home in the pouring rain.

It meant a lot to the whole chapter that despite the bad weather, the new members were welcomed in a way that showed them the character of the Zeta Pi Chapter. Bid Day can be overwhelming as a new member and being surrounded by a bunch of new faces, especially in a chapter as large as Zeta Pi with almost 300 members. It was such a bonding experience for everyone and was a great way for the new members to see just how much fun they would have in their next four years as a Delta Zeta."







## Siblings Becoming Crewmates

This winter, Anna McLean, Pi Epsilon-Clemson (SC), has been rowing 3,000 miles across the Atlantic Ocean with her brother, Cameron. Known as “The World’s Toughest Row,” they are completing the Talisker Whiskey Atlantic Challenge as the first-ever brother and sister team. They left on December 12, 2019 from La Gomera, The Canary Islands and the Seablings, as they have dubbed themselves, will row across the Atlantic Ocean to Antigua.

They are rowing in support of UN Women UK and have started by launching the #sameboat campaign. UN Women are the only global agency dedicated to gender equality, and the siblings aim to support them by raising awareness about the importance of gender equality and financially donating to their flagship programs. Anna says, “We are inspired to be bold and take on this monumental challenge in hope to transform our world by putting both genders in the #sameboat.”

Anna is originally from Oxford, United Kingdom, and was a member of Clemson University’s Women’s Division 1 Varsity Rowing Team. Anna stroked the 1st Varsity Eight at Head of the Charles Regatta in Boston and participated in 3 Atlantic Coast Conference (ACC) Championships. Her older brother Cameron also has a strong rowing background and experience in endurance sports, completing a 21-mile English Channel swim in 2015 in 13 hours 49 minutes.

They anticipate that the trip should take between 40-60 days to finish. Follow this sibling team on their website at [www.theseablings.com](http://www.theseablings.com).

Above: Anna McLean, Pi Epsilon-Clemson (SC), and her brother Cameron.

## Promoting Health and Wellness

Gabbi Estrada, Xi Xi-North Georgia, has been working to create an environment for members of her chapter to encourage healthy lifestyle habits as the Intramural Chair. From organizing group exercise sessions taught by a personal trainer to sending encouraging messages about being active each day, she is helping her sisters find a routine that motivates them to better health and wellness. By expanding her role from just directing intramurals to incorporating group exercise sessions, Gabbi has formed a community within her chapter that is dedicated to holding each other accountable for personal growth.

She says, “I was inspired to create a sense of community with a goal of bettering each other in the process! I think my favorite part of organizing the group workouts is seeing people sign up and then also signing up their big or little and close friends as well. It really is all about community, and it encourages me so much to see everyone just having fun with it!”

Below: The Xi Xi Chapter at the University of North Georgia.



## Delta Zetas Play Ball, Walk and Hike for Hearing Across the Country

Delta Zeta supports our national philanthropy partner, the Starkey Hearing Foundation, in a variety of ways. In 2015, we made a 5-year pledge of \$5 million dollars to Starkey. The effort started with our Hike for Hearing events and have now grown to become Delta Zeta's Heart for Hearing initiative.

As we enter the final stages and are close to fulfilling our commitment to this goal, we have heard from chapters across the country about how they have creatively fundraised in their own communities.



### Zeta Beta-Wisconsin/Stout

On October 12, 2019, Zeta Beta hosted its second annual Hike for Hearing event. The event took place at the Red Cedar Trail, a very beautiful and scenic trail in the college town of Menomonie, Wisconsin. It was a cold and cloudy day, but there was still a great turnout. The two-mile hike was followed by a bonfire and lunch. Despite less than ideal weather, this event raised over \$1,700 to donate to the Starkey Hearing Foundation — surpassing the chapter's initial goal.

### Gamma Delta-Pennsylvania State

Gamma Delta-Pennsylvania State recently raised \$5,552.10 from their annual Fall Festival at Harner Farms. The sisters ran fall themed games for the community of State College in honor of the Starkey Hearing Foundation. They were able to interact and play games with the community while raising money for a cause near and dear to our hearts. Vice President of Philanthropy Jessica Lawson organized the event, putting a lot of time and effort into the fundraiser, making it so successful.



### Gamma Chi-Ball State (IN)

Gamma Chi's new fall philanthropy, Hotdogs for Hearing, was a hit! With the help of the Sigma Alpha Epsilon brothers, the chapter was able to share hot dogs and spread the word about the Starkey Hearing Foundation to the Ball State campus. They raised \$373.87 which all went to the Starkey Hearing Foundation! In addition to buying hotdogs, students could buy a cup of paint to throw at sisters as a part of the paint a turtle movement in honor of The Painted Turtle camp. The Vice President of Philanthropy Abigail Geary says, "I am so happy to be a part of this organization where our sisters can come together to help those who need a hearing aid mold and give them the gift of hearing. Thanks to everyone who made this possible. We can't wait to see where our future in philanthropy will lead us!"







### Omicron Lambda-North Carolina State

At the Walk4Hearing on October 13, 2019, members of Omicron Lambda-North Carolina State walked a 5K, or 3.1 miles, for Beginnings, a non-profit that provides support to children and their families who are deaf or hard-of-hearing. The event hosted medical organizations that offered free hearing screenings and information about treatments. It is a great place for children to play with other children who can relate to each other, and for families to talk to other families who have also endured the same thing.

### Epsilon Nu-Missouri State

It was Epsilon Nu's first year hosting Hoops for Hearing, a basketball tournament involving different groups of fraternity men on campus. The games were set up to be 3 on 3, and the day started off with seven teams total. Each game had its own intensity as every team wanted to move forward in the bracket. The winning team received t-shirts for each member of the team, plus a \$100 donation to their organization's philanthropy. Sigma Pi won four games to be crowned the winner of the event. \$1,600 was raised in total to go towards the Starkey Hearing Foundation.



### Epsilon Xi-Central Arkansas

Epsilon Xi hosted its second annual flag football tournament on March 31, 2019. Nine teams competed head-to-head for the coveted trophy all the while raising \$1,600 for the Starkey Hearing Foundation. It was a great success, and everyone who came out had a blast!



### Lambda Xi-Texas A&M

On October 19, 2019, the Lambda Xi Chapter hosted its second annual Hoops for Hearing basketball tournament event to benefit the Starkey Hearing Foundation and The Center for Hearing and Speech, a local philanthropy. Ashley Gregg, Vice President of Philanthropy said, "Starkey and the Center for Hearing and Speech are very close to me and getting to hear from them how much they appreciate what we do for them and the benefit of it all, especially with the local philanthropy, show the impact our chapter has made."



### Beta Xi-Auburn (AL)

Beta Xi-Auburn (AL) recently hosted their fall philanthropy event, Hamburgers for Hearing, on October 1, 2019. This is an annual event, and there was a lot of hard work and preparation put in from Vice President of Philanthropy Haley Lorimer (pictured with Aubie the Tiger). Haley and her team of philanthropy assistants put together a successful event as Beta Xi was able to raise more than \$8,000 as a result of Hamburgers for Hearing. The event provided Auburn students an opportunity to come together to serve people with hearing loss, and the chapter enjoyed getting to spend time together with a special visit from Auburn's mascot, Aubie the Tiger! Beta Xi was able to donate funds to the Starkey Hearing Foundation, the Delta Zeta Foundation and the Auburn University Speech and Hearing Clinic. 🍕



## 35 UNDER 35

# Lifelong Learners

What we can learn  
from Delta Zeta's  
35 Under 35 Honorees

**L**earning happens long after we leave the confines of the college campus. We are seeing more and more people embarking on second, or even third or more, careers in their lifetimes. How are some so successful at applying the idea of lifelong learning to their journeys? And, how can more of us have a little of what they have?

Our 2019 35 Under 35 honorees show us how to incorporate curiosity and a lifelong love of learning into our own lives from their experiences. These outstanding young alumnae have, before the age of 35, achieved success by making a significant impact in their professional industry. We asked them all how they continue to be lifelong learners. We've found that they share many commonalities which you can use in applying to your own lifelong learning journeys.

Do you know a member who should be nominated for their achievements? Nomination information for the 2020 program can be found on our website at [www.deltazeta.org/lead-serve/35Under35](http://www.deltazeta.org/lead-serve/35Under35).

## 1. They read on a regular basis



"I am an avid reader. I'm typically reading at least three books at once and almost always one of them is social justice-oriented or education-based. I never stop expanding my knowledge of the world around me through books."

◀ **Courtney Donohoe, Gamma Kappa-Kent State (OH), Dean of Academic Outcomes, Lorain (OH) School District**



"I personally try to grow daily through reading, podcasts, trying new hobbies and even interacting with people from industries outside my own."

▶ **Jessilin Quint, Zeta Zeta-West Texas A&M, Optometrist/Business Owner, Smart Eye Care**



Jessilin Q





"I love teaching my third graders about their brain and how our brains need exercise, just like our muscles. I am an avid reader and truly believe that reading, whether that is reading novels or news articles, is the best way to keep our brain exercising."

◀ **Mary Beth Harrison Lochridge, Alpha Gamma-Alabama, Teacher, Birmingham City Schools**

## 2. They continue to take classes



"I really enjoy being a perpetual student. Singing is one of my passions, so I continue to take lessons each week to grow as a musician."

▶ **Diana Rivkin Auer, Esq., Lambda Delta-Virginia, Attorney/Director of Youth and Family Ministry, Lutheran Church of the Resurrection**

"I have always enjoyed learning and experiencing new things. It was difficult after I completed my graduate program to motivate myself to continue learning. Instead of continuing to focus on traditional learning, I have found various certificate programs. These are wonderful ways to continue learning and specializing in my career while challenging myself with new ideas."

▲ **Erin Donovan, Theta Theta-DePaul (IL), Information Security Analyst, TransUnion**



"The best thing I did for myself was to attend Rachel Hollis's Rise Conference on personal development

this year. It was three full days of diving into your past, present and future, and gave me so much insight into both my strengths and areas of improvement."

▲ **Amanda Osuna, Omicron Alpha-St. Mary's (TX), Manager, Talent Acquisition and Culture — Accruent**



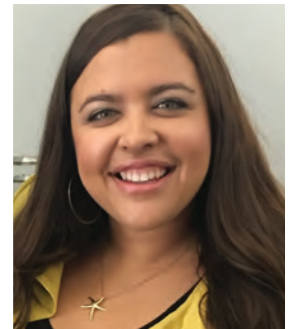


## 35 UNDER 35

### 3. They seek out opportunities

"I continue to attend museum conferences, attending various young professional group functions, nonprofit events and research articles that are around my area of work."

► **Madeline Burkhardt, Beta Xi-Auburn (AL), Adult Education Coordinator, Rosa Parks Museum**



"Challenging myself with new opportunities has allowed me to be a lifelong learner. Taking advantage of unexpected opportunities has allowed me to connect with and learn from diverse individuals, gaining experiences that I would not have the chance to otherwise. Understanding others' perspectives and experiences continues to broaden my knowledge base."

◀ **Barbara Coty, Lambda Omicron-Angelo State (TX), R&D Craftsman at Tyson Innovation Lab, Tyson Foods**

"Say 'yes' to everything! New challenges, new projects at work, chaperoning events, volunteering time with people and orgs I believe in, trips to new places, learning new hobbies, attending conferences, etc. I try to challenge myself to become an expert and experimenter in all of the things that interest or inspire me."

▲ **Kiara Kempski, Xi Lambda-San Francisco (CA), Senior Director, Global Programming and Brand Media, Ancestry.com**



"I really enjoy teaching. I am here to help my students grow, but what they don't realize is that I continue to learn through them."

One of my favorite classes to teach is public speaking. Students share their own personal stories, interests and research through their speeches, and it transports me to their world. It's neat to hear different perspectives."

▲ **Emma Woeste Walker, Kappa Beta-Northern Kentucky, Associate Director of Alumni Engagement, Northern Kentucky University**

#### 4. They value relationships

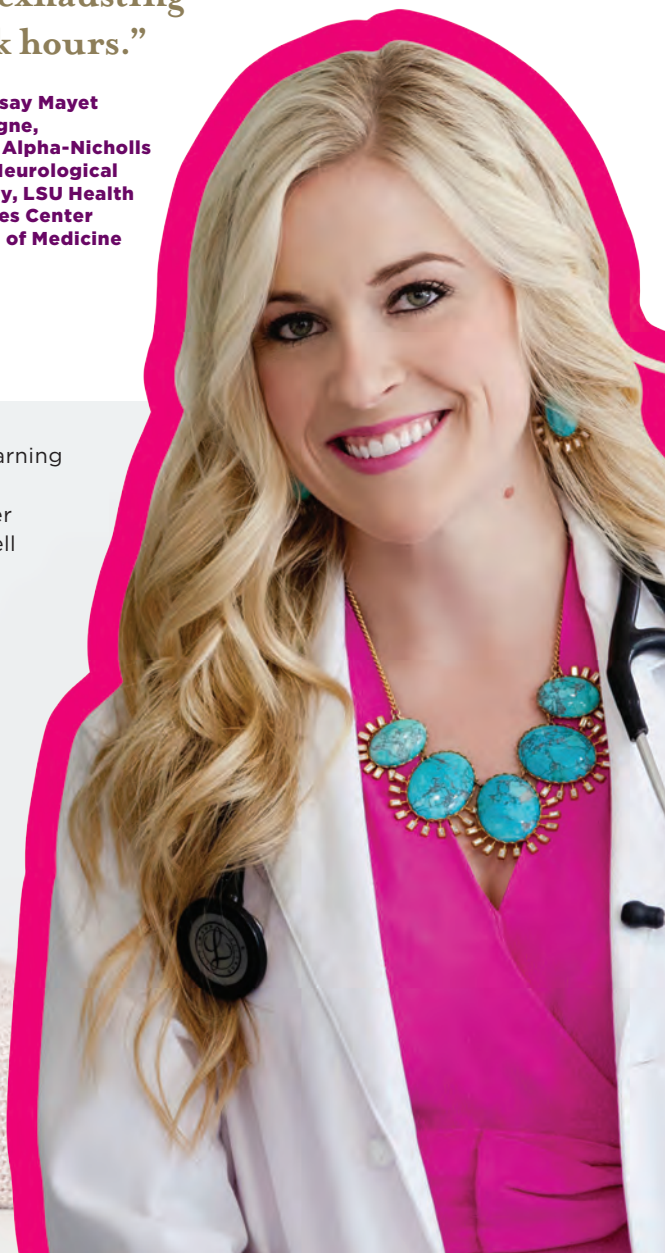
**"There is nothing more motivating than the critically ill patient — the innate desire to help keeps me inspired to read and better myself despite the exhausting work hours."**

► **Lindsay Mayet Lasseigne, Kappa Alpha-Nicholls (LA), Neurological Surgery, LSU Health Sciences Center School of Medicine**



"One of the things that I love learning about is different businesses and how they have grown over time. Things they've done well and not so well. Networking and attending professional conferences have also been an invaluable tool in continuing education in a number of areas."

◀ **Liz Butts Piper, Delta Theta-Houston (TX), Owner & Chief Executive Officer, Sprinkle Pop, LLC**





## 35 UNDER 35

### 5. They have a variety of passions



**"I firmly believe that my education will continue for the rest of my life as I meet new people and have more unique experiences. From family life to my career and more, I will continue opening myself to new ideas and lessons."**

◀ **Kailyn Glassmacher, Omicron Sigma-Gallaudet (D.C.), Graphic Designer Freelancer/Owner of Small Stationery Business, Kailyn's Designs**

**"I have an undeniable passion for learning. When I decided to go back to school, I knew I wanted to find a program that wasn't your typical MBA. I received my Masters in Engineering in Product Design and Development Management. The program was essentially a two-year long "Shark Tank" episode taking a product from a concept to pitching a prototype. I gained so much from the program both personally and professionally."**

▲ **Katie Mazurkiewicz, Theta Theta-DePaul (IL), Sr. Project Manager (Supply Chain, Operations, Contracts), Leonardo DRS-Daylight Solutions**



### 6. They are self-aware



**"'Learner' is one of my strengths in StrengthsFinder 2.0 and how I ended up working with tech startups in Atlanta. By teaching myself HTML, SEO, PR and social media with Pretty Southern, I was ready for when the content marketing boom started to happen."**

◀ **Lauren Morgan Patrick, Zeta Pi-Georgia, Editor & Founder, PrettySouthern.com**



**"The more you understand about yourself, your own personality strengths and weaknesses, the more you learn to master your own emotions and mind. Mastering your own mind, helps you better serve not only yourself, but others."**

▲ **Sandi Smith, Pi Gamma-California State/Northridge, Director of Production, Nickelodeon**



**"Approaching the world through more curiosity and less criticism allows me to ask questions in a way that I used to do when I was really young — and embracing that childlike curiosity has encouraged me to find inspiration in some oddball places I wouldn't have otherwise looked."**

**▲ Leah Skovran Georges, Theta Eta-Creighton (NE), Assistant Professor, Creighton University**

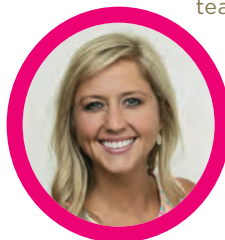
## 7. They listen to different ideas

"I believe that education is a lifelong process and the greatest university is the home.' This is one of my favorite lines in the Extension Professionals Creed. Some of the most valuable and memorable moments took place at home. Today, I try to give that to my child and, together, we learn through experiences."

**► Elizabeth Whetzel Metheny, Kappa Mu-Shepherd (WV), Assistant Professor of Cooperative Extension, West Virginia University**



"My job requires that I am constantly learning, unlearning and relearning new strategies and tools to share with teachers and administrators. I read (and listen to, thanks to Audible) a lot of books, podcasts and blogs on a variety of topics. I've also learned so much from the education community on Twitter."



**◀ Katie Ritter, Kappa Beta-Northern Kentucky, Director of Curriculum and Technology Integration, Forward Edge**

"The field of mental health, like medicine, is always changing. It is important as a mental health professional that I continue to expand my knowledge in the field, so that I can provide the most valuable and supportive services to my clients. Through this practice of exploring different philosophies, methodologies, and even hobbies, I continue to be a lifelong learner."

**► Sara R. van Koningsveld, Pi Zeta-Arizona State, Dance/Movement Therapist, Psychotherapist, Wellness Educator**





## 35 UNDER 35

### 8. They embrace change



"I just started the BVSc Program at Massey University in New Zealand. Leaving the United States for Veterinary School was a huge decision. Massey University was the best opportunity for me to grow as a professional."

◀ **Stacy Iniguez, Theta Rho-California State/Los Angeles, Graduate Veterinary Student**

"I have had to accept the fact that growing isn't always a comfortable or pleasant task. There's a reason it's called 'growing pains!' But learning how to be 'ok' in midst of the mess is often when the most growth can happen."

▼ **Rachel Vansell, Delta Phi-Northeastern State (OK), Northeastern State University Development Director & Foster Mom, Real Options for Women**



"Becoming a mother is the leading source of my growth and learning. I've had so many 'Aha!' moments over the last two years I've lost count. It's truly a humbling and incredible experience that makes me grow and learn every single day."

► **Mary Leschper Schaper, Zeta Zeta-West Texas A&M, Digital Communications Manager, American Petroleum Institute**





## 9. They believe its never too late to learn

"I have spent a lot of my adult life continuing my education in formal and informal ways. One of my major accomplishments was obtaining my MBA in 2017. It took me awhile to go back to school and even longer than I anticipated to finish, but I made it!"

◀ **Jill Kawa Raderstorf, Theta Eta-Creighton (NE), Partner at Ohio Innovation Fund (Venture Capital)**



"There is always room to learn, grow and better yourself. When I became interested in the sport of Triathlon, I dedicated time to learning the ins and outs of each sport and what makes being a triathlete so rewarding."

▲ **Megan Calahan Wenzell, Delta Phi-Northeastern State (OK), Public Health Emergency Preparedness and Response Training and Exercise Coordinator, Tulsa Health Department**



"I consistently apply for professional development opportunities for more real-world experiences to bring back to my students. It is one thing to teach about space, but it is another to say, 'well, I have met an astronaut, and let me tell you what he said.'" It is so exciting to have firsthand knowledge of the latest developments in an ever-changing field like science."

▲ **Kayla Faudree Heimann, Theta Psi-Ashland (OH), Middle School Science and Social Studies Teacher, Lexington Local Schools**

## 10. They surround themselves with supportive people

"I learn every day from my own students! They are constantly pushing me and inspiring me to become the best educator I can for them. I hope to always continue to learn, advocate, and support every child I come in contact with."

▶ **Amy Leatherwood Tart, Omicron Xi-Mars Hill (NC), Mars Hill University Teacher, Sampson County Schools**



"In 2014, I had the opportunity through the Missile Defense Agency to work on a project in Washington, D.C. under Kari Anderson. One of the most important lessons she taught me was to be resilient in a world and career field full of men."

She helped me learn how to push though when it seems all odds are against me and how to stand up to those who would typically overlook a female in this field. Kari's belief in me helped me grow both personally and professionally."

▲ **Ashley Campbell Lindley\*, Lambda Kappa-Alabama/Huntsville, Senior Radar Analyst, Northrop Grumman** \*Deceased



## 35 UNDER 35

### 11. They leave their comfort zones



**"If something is challenging or makes me a little afraid, I lean right in because that is where the growth happens. Go make yourself uncomfortable, go challenge yourself, go do things that scare you, and you will grow."**

**▲ Kristen Field, Gamma Nu-Eastern Illinois, Public service, Global Affairs and Community Engagement Professional, Strategic Partnership Consultant**

"I give myself time to reflect and build my self-awareness of the things that I don't know, even if it means I need to step outside of my comfort zone. I challenge myself to be comfortable being uncomfortable so that I can engage in difficult conversations and make decisions."

**► Carina Homann Santa Maria, Delta Beta-Tampa (FL), Executive Director & Licensed Clinical Social Worker, Shelter, Inc.**



**"I stay engaged in professional development to ensure that I am abreast of trends and coming challenges in education. I also engage in personal development and take time for reflection. I take chances and try to stay uncomfortable, so I know I am growing."**

**▲ Dr. Constanza Cabello, Gamma Beta-Connecticut, Vice President for Diversity, Inclusion & Community Engagement at Framingham State University, Massachusetts**

## 12. They aren't complacent



**"I am someone who is very hungry for knowledge. I research my field**

**every single day. The more you know, the more competitive you are. I am also a believer that my success is my own making, so the time and energy I put into my business is something no one can take away."**

**▲ Kelly Cofell Turner, Pi Beta-Hartford (CT), Assistant Branch Manager, Senior Loan Officer, Norcom Mortgage Glastonbury**

"Without question, my favorite part of my job on a day-to-day basis is that I do, in fact, learn something new every day. I work in a field with a group of people who feel the same way, meaning we constantly are growing as a group."

**▼ Sarah Slocum Freeman, Sigma-Louisiana State, Assistant Professor, Emory University, School of Medicine, Pediatrics Institute**



"I dislike complacency. I constantly think of what do I want to be, and how do I get there. Sometimes it's a new skill that will help advance my organization's mission. The most recent example of this is teaching myself how to produce, film and edit videos."

**▲ Danielle Abbey Levien, Pi Theta-Rollins (FL), Non-Profit Public Relations, Embrace Families.**

**"I believe it is important to continue to grow and invest in your own development. I work on this less formally by being in tune with my strengths and weaknesses and purposefully pushing myself out of my comfort zone. I also seek out formal learning opportunities such as Six Sigma and PMP Certifications." ♡**

**► Amanda Seidel, Xi Omega-Purdue (IN), Continuous Improvement Manager, Diageo**





# FLAME ETERNAL



66

Gwen penned the "From the Lampwriter" column for the magazine, filled with interesting news and perspectives.

## DELTA ZETA PAST NATIONAL OFFICER

### Gwen Moss McKeeman

Delta Zeta fondly remembers Gwen Moss McKeeman, Delta Phi-Northeastern State (OK), for her dedicated service to our sisterhood after learning of her passing on August 14, 2019 at the age of 93. Gwen was in her own words "a professional volunteer" and gave her time and energy in many capacities for Delta Zeta and the Panhellenic world.

Gwen joined Delta Zeta through our merger with Delta Sigma Epsilon in 1956. She served on our National Council as National Vice President of Alumnae Affairs and as National Panhellenic Conference Delegate. In 1981, she was a recipient of the Achoto Award, which is given to specially selected alumnae who have demonstrated, by long and faithful service, their continued loyalty to Delta Zeta particularly in their local communities. Gwen was the National Panhellenic Conference Chairman from 1975-1977. She also served on the NPC Executive Committee Treasurer in 1971 and as NPC Secretary and Chairman of the Interfraternal Research/Advisory Council from

1973-1975. In 1982, Gwen turned her journalistic and Delta Zeta talents toward her role as Editor of The LAMP.

Gwen penned the "From the Lampwriter" column for the magazine, filled with interesting news and perspectives which was much-read and well-loved by members. During her tenure as Editor, The LAMP was recognized by the College Fraternity Editors Association with an award in 1994. She was also honored by Lambda Chi Alpha Fraternity with the Order of Interfraternity Service Award for her "noteworthy contributions in fields of public and community relations between fraternities and sororities of which they are an integral part." Kappa Delta Sorority also honored her with its Order of the Diamond for outstanding contributions to the Greek world.

She grew up in Muskogee, Oklahoma and graduated from Northeastern State University, in Tahlequah with a bachelor's degree in journalism. She married the love of her life Robert "Bob" Lewis McKeeman in

March of 1951. Gwen and Bob had three children Pete, Scott and Marianne, who joined Delta Zeta's Alpha Epsilon Chapter at Oklahoma State University. They also had six grandchildren and five great-grandchildren. Bob and Gwen were married for 59 years before Bob's death in 2010.

Early in their marriage, Gwen helped Bob with the family business, Broomtown Industries, which largely employed disabled individuals. In their later years together, Gwen and Bob shared their passion for antique collecting. They rambled across the country "pickin'" for treasures which they would then sell at Antique Shows as McKeeman Antiques. She served her family, church, Boy Scouts, Campfire Girls, the Tulsa Cerebral Palsy Association and of course Delta Zeta. But most of all she loved her family, especially her grand and great-grandchildren. ♡

#### ALPHA

Mary Alice Brown Staub, 1945  
Eileen Batt Lowell, 1946  
Alice Scott Hunt, 1952  
Judith Lambert Imes, 1954  
Delores Savoca Glass, 1962  
Christina Hamilton Gregory, 1962

#### GAMMA

Jean Anderson Schultz, 1944

#### EPSILON

Lois Miner Scroggs, 1944  
Bonita Richards Farmer, 1958

#### THETA

Ruth Reed Vanhouten, 1947  
Ann Falconer Booher, 1948

#### IOTA

Mary Miller Weichman, 1954

#### KAPPA

Vivian Steele Cornwall, 1944

#### MU

Barbara Fletcher Britschgi, 1948  
Aileen Zachmann Reid, 1948  
Erin Flanagan Woods, 1962

#### OMICRON

Ruth Kroeger White, 1945  
Katherine Theiss Ray, 1948

#### SIGMA

Esther McHardy Chenevert, 1947

#### TAU

Jane Ann Wartinbee, 1966

#### UPSILON

Joan Pflugrath Matthews, 1957

#### CHI

Sarah Moore Jacobson, 1946  
Donna Dunz Russell, 1950

Obituaries reported from July 1, 2019 to October 31, 2019.  
Year of initiation shown after name.

**PSI**

Mary Alice Wagner  
Medlicott, 1942  
Elizabeth Schmidt  
Overton, 1948

**OMEGA**

Mary Hendrickson  
Litchman, 1947  
Bobbie Hoy  
Godfrey, 1954

**ALPHA ALPHA**

Mary Lawrence  
DeServi, 1941  
Laurine Elizabeth  
Fitzgerald, 1949  
Ruth Brockman  
Kloha, 1953  
Iris Donner Frank,  
1954

**ALPHA GAMMA**

Margaret  
Robertson Sherer,  
1936  
Frances Nell  
Thomas Harrison,  
1952  
Joan Mackey  
McCollough, 1955  
Sue Hamner Bailey,  
1956

**ALPHA DELTA**

Helen McNeil  
Hansen, 1938  
Dorothy Elizabeth  
Stamper, 1944  
Karlota M. Koester,  
1959

**ALPHA EPSILON**

Billie Curry  
Minihan, 1953

**ALPHA THETA**

Nancy-Claire  
Adamson Yeaste,  
1956  
Valerie Hembree  
Phelps, 1958  
Wanda Combs  
Hemphill, 1960  
Elizabeth Kelly  
Burridge, 1971

**ALPHA IOTA**

Irene Valeska, 1934

**ALPHA OMICRON**

Mildred Tolbert  
King, 1945

**ALPHA PI**

Carolyn Kendrick  
Tate, 1959

**ALPHA SIGMA**

Velma Wilkie  
McDonald, 1946  
Sarah Amelia  
Sinclair Chalker,  
1956

**ALPHA TAU**

Charlotte Rugel  
Brantley, 1944  
Sandra Shane  
Ritter, 1954

**ALPHA UPSILON**

Jane Cushman  
Doucette, 1954

**ALPHA PSI**

Frances Sullivan  
Idoux, 1960

**BETA ALPHA**

Constance Child  
Whitaker, 1944

**BETA BETA**

Marjory Biggart  
Cook, 1942

**BETA DELTA**

Betty Counts  
Alexander, 1946  
Sharon Linthicum  
Kaminski, 1964  
Shellie Teresa  
Newell, 1972

**BETA IOTA**

Marilee Brilhart  
Patnode, 1966

**BETA KAPPA**

Jane Willey Nelson,  
1940  
Loy Lotspeich  
Nebergall, 1944  
Beverly Johnson  
North, 1944  
Cheryl Early  
Arnwine, 1959

**BETA XI**

Anita White  
Darrow, 1942  
Lora Pritchett  
Perry, 1944  
Bette Pollard  
Harker, 1950

**BETA PI**

Nancy Nebel  
Palmer, 1949  
Mary Jo Mensing,  
1967

**BETA RHO**

Jane Hunter  
Kosino, 1944  
Elizabeth Smith  
Nicolay, 1950

Barbara Dangel  
Huebner, 1951  
Patricia Culhane  
Lachnicht, 1958  
Sally Curnalia  
Young, 1959

**BETA SIGMA**

Suzanne Raney  
Cupelli, 1964

**BETA TAU**

Marilyn Anderson  
Gee, 1943  
Trudy Harvey  
Greene, 1944  
Delores McClellan  
Aldrich, 1954  
Winona Franke  
Ketelhut, 1983

**BETA CHI**

Lela Lowenstein  
McKean, 1949

**GAMMA BETA**

Rosemary Sassee  
Shea, 1950  
Sonya Joll Shue,  
1953

**GAMMA DELTA**

Dorothy Coffman  
Hill, 1946

**GAMMA EPSILON**

Mariann Hopson  
Tow, 1954

**GAMMA ZETA**

Linda Olson  
Cotton, 1960  
Katherine Annette  
Lincoln, 1972

**GAMMA THETA**

Gloria Schubring  
Gerlach, 1956  
Mary Greenheck  
Turner, 1976

**GAMMA IOTA**

Joyce Byrn Cleaver,  
1948

**GAMMA KAPPA**

Iona Chambers  
Smith, 1948  
Jeanne Buettner  
Powers, 1949  
Lynn Budai Ake,  
1969

**GAMMA LAMBDA**

Patricia Page  
Havins, 1954

**GAMMA MU**

Shirley Langill  
Ballou, 1948

**GAMMA NU**

Betty Moore Siems,  
1954

**GAMMA XI**

Jane Marie Larkin,  
1972

**GAMMA OMICRON**

Joan Palmer King,  
1965

**GAMMA PI**

Jean Jeffers Meyer,  
1954  
Rebecca Ann Ropp,  
1972

**GAMMA RHO**

Dorothy Horan  
Ferguson, 1954  
Barbara Roskie  
Corbett, 1956  
Phyllis Carlson  
Howell, 1956  
Dolores Scott  
Cuthbertson, 1957  
Kristin Anne Regan,  
1990

**GAMMA TAU**

Helen Harned Kahl,  
1952

**GAMMA UPSILON**

Alice Buchanan  
Wesner, 1954  
Carol McNinch  
Ford, 1955

**GAMMA CHI**

Carol Clossay  
Gevaart, 1957

**DELTA ALPHA**

Diane Elaine Blake,  
1971

**DELTA BETA**

Joan Alden  
Vernotzy, 1962  
Janet Rogers  
Matthews, 1964

**DELTA RHO**

Margot Reck, 1971

**DELTA SIGMA**

Roberta McCoy  
Parish, 1958  
Carol Lawson  
Dutton, 1964

**DELTA TAU**

Marie Regeis Bauer,  
1962

**DELTA PHI**

Gwen Moss  
McKeeman, 1956

**EPSILON GAMMA**

Doris Gregg Scott,  
1956

**EPSILON ZETA**

Suzanne Sheffer  
Lincoln, 1956  
Jean Baker  
VanScoik, 1956

**EPSILON ETA**

Dorothy Stahl  
Carron, 1957  
Leila Dawson Will,  
1957

**EPSILON MU**

Janette Clark Pike,  
1959

**EPSILON NU**

Melissa Hragyil  
Wood, 1990

**EPSILON OMICRON**

Kathryn Benson  
Griffin, 1957

**EPSILON RHO**

Janet Lynn Short,  
1972

**EPSILON TAU**

Nellie Lucy  
Cleaton, 1957

**EPSILON OMEGA**

Nicole Alicea Foyt,  
2011

**ZETA ALPHA**

Claire Stellas  
Livaditis, 1957

**ZETA THETA**

Linda Grant Patten,  
1959  
Helen Geaslin  
Jeffrey, 1961

**ZETA LAMBDA**

Nicole Schirippa  
McAdams, 1991

**ZETA PHI**

Danielle  
Worthington  
Schaar, 2003

**ZETA PSI**

Kirsten Lauterbach  
Pierard, 1993

**THETA GAMMA**

Catherine  
Theberge Lee,  
1969

**THETA DELTA**

Elizabeth  
Williamson Fox,  
1969

**THETA MU**

JoAnn R. Heen,  
1971

**THETA NU**

Karen Donley, 1966

**THETA OMICRON**

Ernestine Krska  
Bruner, 1974

**IOTA DELTA**

Susan Elizabeth  
Helm, 1968  
Danielle Christine  
Gaudioso, 2008

**KAPPA ALPHA**

Barbara Talbot  
Small, 1968  
Patricia Neil  
Hutchinson, 1970  
Eloise Legendre  
Toups, 1971  
Ellen Vicknair Ryan,  
1974  
Nicole Elizabeth  
Lombas, 1994

**KAPPA ZETA**

Bonnie Elrod  
Brickley, 1969

**KAPPA MU**

Amanda Odom  
Wilkins, 2005

**KAPPA TAU**

Sheri Dee Roe, 1975

**LAMBDA GAMMA**

Janice Childs  
Bridges, 1981  
Jamie Shey Sexton,  
1999

**LAMBDA KAPPA**

Ashley Campbell  
Lindley, 2006

**LAMBDA XI**

Alana Paige Watts,  
1997

**OMICRON NU**

Katherine Elizabeth  
Stonehouse, 1992

**PI BETA**

Bara Joy Colodne,  
2003 ♡



## HOME

# New Location Brings New Opportunities

By Sophia Morano, Alpha Beta-Illinois

CHAMPAIGN, IL



**The exterior is graced by six iconic columns that symbolize our six founding members.**



66

**I love [living in] the new house because it aligns with the personality of our chapter much better than our previous house did.**



In August 17, 2019, 50 members of the Alpha Beta Chapter at the University of Illinois arrived back on campus with a new home awaiting them. Construction and decoration of their new space concluded only the previous day, and anticipation of the house and all its surprises had been building in members for over a year. It didn't take long, however, for members to fall in love with the beauty of the house and become enchanted by the modern décor. They were all eager to explore every new detail of the house.

"I love [living in] the new house because it aligns with the personality of our chapter much better than our previous house did," said Maddy Gates, a junior member who also had the opportunity to live in Alpha Beta's old home on West Ohio Street. "I am able to spend time with my sisters in every part of the house, whether it's studying in one of

our study rooms, watching a movie in the TV room, or doing our hair and makeup together at the hallway vanity."

Though cozy and quaint, the previous chapter house was a far walk from classes and the heart of campus life. The chapter was also outgrowing the house, struggling to fit members into the kitchen for weekly pasta dinners and chapter meetings. The new location not only gives them more space to meet the growing chapters' needs but will also help with their recruitment in future years, as the house is more centrally located to other sororities. Though it was difficult to say goodbye to the house they loved, it was time for a new home to accommodate the current needs of its members.

Among the standout features, that are upgrades from other chapter houses on campus, is wheelchair accessibility. The new Delta Zeta house is only the second



### Delta Zeta is the second wheelchair-accessible sorority house on the University of Illinois' campus.

wheelchair-accessible sorority house on the University of Illinois' campus with features including an elevator, entrance ramps and suite on the first floor.

The exterior is graced by six iconic columns that symbolize our six founding members and a carefully designed interior including makeup vanities, study rooms and two cozy living rooms. Each room of the new home contains homages to both Delta Zeta's history and the previous chapter house, from canvases with phrases from the Creed hanging in each hallway to the piano in the foyer.

"My favorite part of our new location is the grand staircase at the entrance with the beautiful marble floors," said current Chapter President Brianna Brodeur. "The house has endless areas to hang out and study, which is something we didn't have at our old location. With the additional space, the house has really turned into a home for our chapter to all enjoy together."

As they close their first semester living in their new home, the members of Alpha Beta look forward to their chapter's bright future and all the memories yet to be forged in the beautiful new house. 🔥



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The house has endless areas to hang out and study, which is something we didn't have at our old location. With the additional space, the house has really turned into a home for our chapter to all enjoy together.



# TRULY ΔZ

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enerations of Beta Kappa-Iowa State Delta Zetas have been influenced by Sandra Hart Horton's, Beta Kappa-Iowa State, dedication to the Sorority. Sandy is a fixture in Ames, Iowa and has just celebrated 60 years of membership in Delta Zeta. We were happy to catch up with this Past National Officer to find out how she stays connected to sisters across generations and miles.

## LAMP: What was campus life like when you joined Delta Zeta?

**SH:** Recruitment happened in August when I went to school. And, despite the Iowa heat, I wore my best wool outfit when I went through rush. I walked right into the Delta Zeta house and found my home and my best friends. I met my husband of 60 years, Dick, because a Theta Delta Chi Fraternity brother of his set us up my sophomore year. We never left Ames, he stayed and finished all three of his degrees at Iowa State, and we set down roots.

## LAMP: What was your most favorite Delta Zeta experience?

**SH:** I just love recruitment! I have only missed one recruitment since I joined Delta Zeta, but for good reason, Dick and I were married in August 1962! There is nothing better than working with the chapter as young women join. I have had the opportunity to see women grow and develop because of the sorority. Recruitment even led to the company

Dick and I started called Compute a Rush, an early digital platform for campuses to manage formal recruitment and bid matching.

## LAMP: Is there any advice you give sisters?

**SH:** Ritual is so important to pass on. It is the one thing we as Delta Zetas have in common. We need to remember the past and use it to look toward the future.

## LAMP: Do you have a favorite line of the Creed?

**SH:** To those whom my life may touch in slight measure ... I think it is important to give back to people. Because people are important. I take the time to visit and learn about people because that can help them be the best they can be.

## LAMP: Why did you start volunteering for Delta Zeta?

**SH:** I lived right near Delta Zeta legend, Florence Hood Miner, Alpha Beta-Illinois, and she always had "things that needed doing" for the Sorority. And, when I was elected to National Council, I thought I wasn't ready but Grace Mason Lundy, Epsilon-Indiana, told me that Delta Zeta needed me then.

## LAMP: Pink or Green?

**SH:** Pink – there nothing more beautiful than a bouquet of pink Killarney Roses! 🌹

Left: Sandy and her Theta Delta Chi husband, Dick.

Bottom: Sandy on bottom left as a part of the 2004 National Convention team.





# Go

You have what you  
need — one another  
and what we believe.  
Go, live truly.

DELTA ZETA

[deltazeta.org/convention2020](https://deltazeta.org/convention2020)

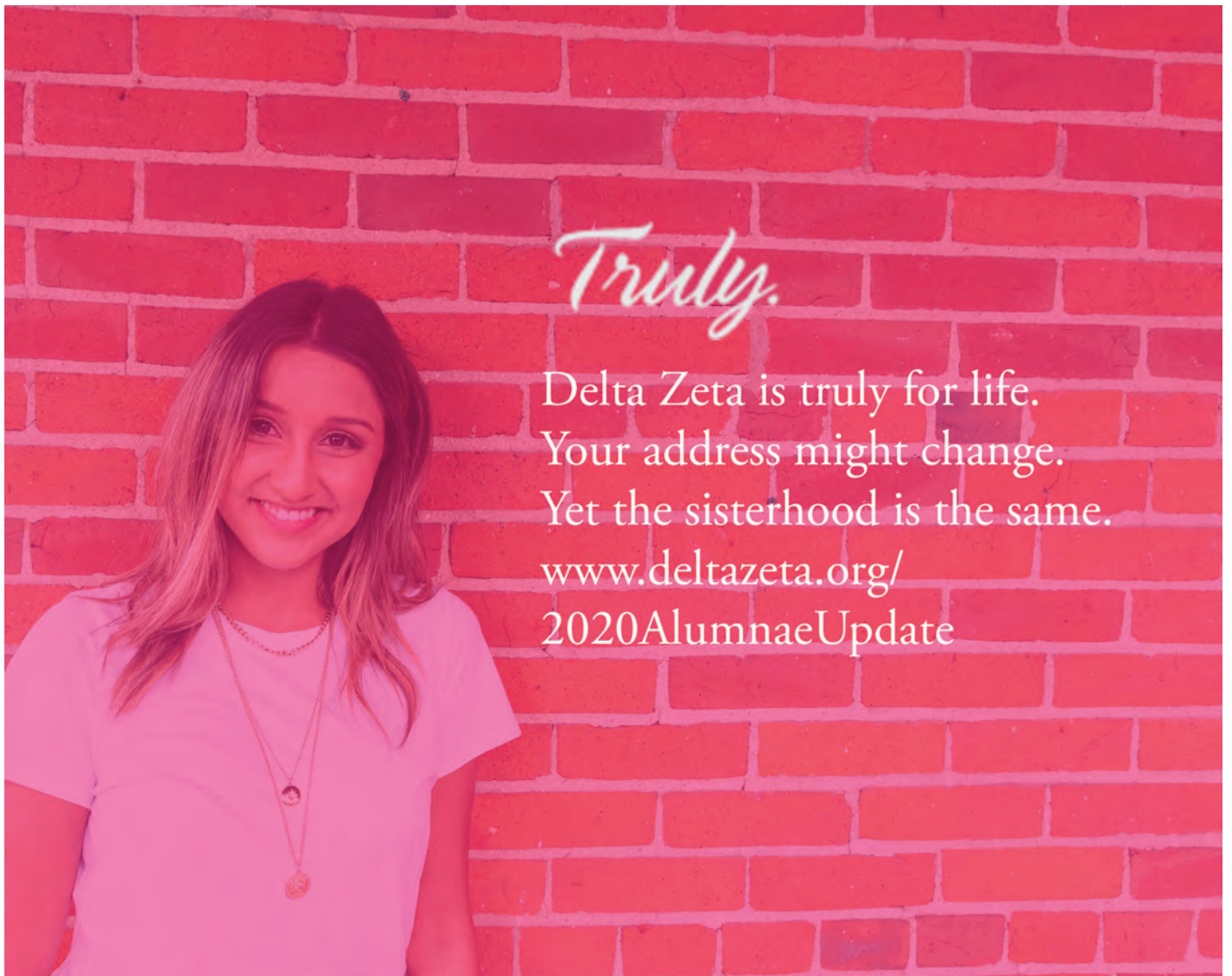


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please email us at [GreenLAMP@deltazeta.org](mailto:GreenLAMP@deltazeta.org).



*Truly.*

Delta Zeta is truly for life.  
Your address might change.  
Yet the sisterhood is the same.  
[www.deltazeta.org/  
2020AlumnaeUpdate](http://www.deltazeta.org/2020AlumnaeUpdate)