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with Alcohol

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Ordinary

36 Empowered
Leaders



the Lamp

OF DELTA ZETA

WORDS MATTER

How they can change, empower,
inspire and define lives.

FALL 2020

ARCHIVAL

One of Delta Zeta’s prized possessions is a diary, written by Founder Julia Bishop. In this diary she cleverly described the unique experience of our six Founders and the challenges they faced at a primarily male dominated Miami University. In particular, her stories of “rushing with horse and buggy” were for many years received with hilarious delight as she visited college chapters or spoke at Delta Zeta gatherings. She served as National Historian, Vice President and National President. Her inkwell and pen set is a special reminder of her writings.

Julia’s Diary is represented in a display at the National Historical Museum and National Headquarters.



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Fitting in While Standing Out

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TRULY DZ

40-year Volunteer



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of Delta Zeta

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DELTA ZETA SORORITY
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FOUNDERS

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

THE ORDER OF THE LAUREL

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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

Inspiring Action

Fall is one of my favorite times of the year. The season, as well as the leaves, change, and we near the end of another year. For Delta Zeta, we welcome new members and many new beginnings for friendship with our sisters.

This year has been unlike any other we have experienced in our lifetimes. And, while we know that we're all in this together, our lives have been forever changed in so many ways.

Lives disrupted by a global pandemic are also now confronting issues of racial divide in our society, and then to the big unknown on what will happen to traditional on-campus higher education experiences, and therefore sorority life, as we know it. This empowers us to continue to build a stronger Delta Zeta sisterhood that embraces change and is reflective of our diverse membership and of the communities of which we are a part of. These are very large topics at the forefront of Delta Zeta's focus and continue to shape our organization and impact the decisions we need to make to ensure we remain relevant.

Delta Zeta is a 118-year-old, multi-generational, values-based membership experience for women. This is our Mission, which drives our Vision of becoming a global women's organization whose shared values truly inspire action and impact lives. Our members live our Delta Zeta experiences through our shared values of friendship, curiosity, generosity, empowerment, community and belonging.

We are individuals and part of a larger sisterhood who support each other through good times and challenging times, and we help each other see new opportunities as well.

Through our actions, we will continue to inspire and connect with our members to show others, not as familiar with Delta Zeta, that the promises we've made are real and heartfelt, and we are members who truly are committed to making a difference in all of our endeavors. I know we have been through a lot together, but I also know Delta Zeta sisters will continue to offer a warm, inviting sisterhood for women to find friendship and belonging and make a difference in our communities.

Christy M. Phillips-Brown

Christy M. Phillips-Brown
National President



ALFA

Six (Plus One)

I Have a Choice

Delta Zeta's alcohol awareness campaign

Since 2006, Delta Zeta collegiate chapters have been educating their communities through their participation in the I Have a Choice campaign, during National Collegiate Alcohol Awareness Week (NCAAW), by educating and inspiring individuals to examine their lifestyles and make informed decisions regarding alcohol and substance abuse. Here are Six Plus 1 ways you can become more aware of your choices when it comes to alcohol.

Learn more at www.deltazeta.org/collegians/i-have-a-choice.

ONE
KNOW THE
STRENGTH OF
THE ALCOHOL

Understand the alcohol by volume, or the percentage of alcohol in the liquid (ABV%), and proof of the drink.

TWO
KNOW THE AMOUNT
OF ALCOHOL

Standard drink sizes include 12 oz. of beer, 4 oz. of wine and 1.25 oz. of an 80-proof shot.

THREE
KNOW THE TIME

How many drinks you have over how long a time period will affect your Blood Alcohol Content (BAC).

FOUR
MEN AND WOMEN PROCESS
ALCOHOL DIFFERENTLY BECAUSE
OF FLUID VOLUMES, ENZYME
LEVELS AND HORMONES.

If a 160 lb man and a 120 lb woman have 5 drinks over 3 hours, he will have a BAC of .069 and have minimal cognitive impairment but she is at a .140 which is when motor and cognitive judgement and function is dramatically impaired.

FIVE
ON AVERAGE, THE
LIVER CAN METABOLIZE
1 STANDARD DRINK
PER HOUR (I.E., A
REDUCTION OF BAC
BY 0.016 PER HOUR).

Your BAC varies on the size of the person as well as other physical traits.

SIX
POTENTIATION IS WHEN
TWO SUBSTANCES WORK
IN THE SAME DIRECTION.

For example, when a person drinks alcohol, a depressant, and smokes nicotine or marijuana, also a depressant, it causes potentiation which causes the central nervous system to become overly depressed.

PLUS 1
TUNE INTO I HAVE A CHOICE
PROGRAMMING OCTOBER 19-25
ON DELTA ZETA'S FACEBOOK
PAGE AT [FACEBOOK.COM/DELTAZETASORORITYNATIONAL](https://www.facebook.com/deltazetasororitynational).



PHOTO BY STACY PUCKETT LESTER-
EFFORTLESS SMILES PHOTOGRAPHY



Above: Members from the Epsilon Delta Chapter at Concord University in West Virginia, from left, Hannah Puckett, Kirsten Lester, Brittany Worley, Kendra Job and Taraea Anthony.

Continuing Our Founders’ Vision

Delta Zeta’s Strategic Planning Process

IN THE FALL OF 1902, OUR SIX Founders were among the first class of women admitted to Miami University. Navigating this new experience, it was only natural our Founders should bond together. They had a dream of a social sorority that would “unite its members in the bonds of sincere and lasting friendship, to promote the moral and social culture of its members, and to develop plans for guidance and unity in action; objects worthy of the highest aim and purpose of associated effort.” If these words sound familiar, they should. The Founders incorporated them into our *Constitution*, and their vision of unity in action extends to our current Delta Zeta experience.

It is just as important today to develop connections and foster a sense of belonging. We know that membership in a sorority, like Delta Zeta, is one of the most valuable

experiences available to college-aged women. “Delta Zeta, since the beginning, has been a welcoming environment,” shares Taraea Anthony, Epsilon Delta-Concord (WV), Vice President of Programs. “I’m nervous about how the semester this fall will proceed, however I know I always have a group I can rely on when times get rough.”

Sororities are an important part of college life. The current events facing higher education and sorority life challenge us to work together to evolve to meet the needs of current members. In our current strategic planning process, the National Council has worked closely with Dawn Watkins Weise, PhD., from Plaid, an organizational consulting firm. She has written and researched higher education extensively and says, “Fraternities and sororities offer a valuable facet of college life, and there is empirical evidence

VISION COMMITTEE



- **Dr. Ianthe Dunn-Murad, Sc.D, Chair** (right)
- Jordan Mount, Delta Theta-Houston (TX), Chapter President
- Jada Flanagan, Xi Rho-Clarkson (NY), Chapter President
- Skylar George, Pi Gamma-California State/Northridge, Chapter President
- Isabel Hendrickson, Gamma Delta-Pennsylvania State, Chapter President
- Taylor Hodson, Kappa Alpha-Nicholls State (LA), Chapter President
- Haley Clark, Rho-Denver (CO), Chapter President
- Donna Shahbazi, Theta Eta-Creighton (NE)
- Elizabeth Longmire, Beta Lambda-Tennessee/Knoxville, Graduate Assistant, Office of Fraternity and Sorority Life, University of South Carolina
- Brette Powell, Lambda Phi-Appalachian State (NC), Regional Collegiate Director
- Mary Osborne, M.A., Kappa Beta-Northern Kentucky, Coordinator of Fraternity/Sorority Life, DePaul University
- Shane Taylor, Fraternity/Sorority Advisor, Wake Forest University (NC)
- Morgane Vincent*, Omicron Sigma-Gallaudet (DC)
- Ali Wichmanowski*, Pi Xi-Central Florida

* continuing on committee

much of the work they do is done very well.” (www.plaidblog.com/higher-education-on-a-cliff-part-2) Delta Zeta will continue to look to the future as we undertake the next phase of strategic planning this fall.

The Vison Committee is being engaged to evaluate the member experience to identify current opportunities we should focus on. The committee, which is made up of both collegiate, alumnae and friends of Delta Zeta, was established in 2016. Its purpose is to appraise and report to National Council on the interfraternal and college/university environments, identifying information about internal and external patterns, trends and relationships that are important to Delta Zeta.

“Fraternities and sororities offer a valuable facet of college life, and there is empirical evidence much of the work they do is done very well.”

We have engaged Dr. Ianthe Dunn-Murad to lead the work of this committee. Ianthe is currently the clinical program coordinator and Adjunct Assistant Professor of Speech, Language, Hearing Sciences for the Long Island (NY) Audiology Doctoral Consortium Program at Adelphi, Hofstra and St. John’s Universities. She received her M.A and B.A from St. John’s University (NY), where she joined Alpha Kappa Alpha Sorority, Incorporated, and subsequently earned her Sc.D from the School of Health and Medical Sciences of Seton Hall University in New Jersey. Ianthe was also active on the Multi-Cultural Issues Board of American Speech-Language-Hearing Association (ASHA). 🔥

For more information on our continued efforts, please visit www.deltazeta.org/about-us for updates on both the strategic planning process and the work of the Vision Committee.

Take Note

Delta Zeta Recognizes Collegiate Leaders

Delta Zeta’s top individual collegiate awards, the Grace Mason Lundy and Florence Hood Miner Awards, are given to junior and senior members respectively that represent the best that our sisterhood strives to be. Nominated by their chapters, all recipients represent our vision to inspire action and impact lives.

2020 GRACE MASON LUNDY AWARDS

- Halley Alexander, Zeta Phi Chapter, Slippery Rock University
- Jovondra Coffey, Rho Alpha Chapter, Murray State University
- Meghan Gallagher, Xi Upsilon Chapter, Northeastern University
- Claire Rosamond, Sigma Chapter, Louisiana State University
- Shelby Serad, Alpha Gamma Chapter, University of Alabama
- Rachel Mertens, Epsilon Nu Chapter, Missouri State University

2020 FLORENCE HOOD MINER AWARDS

- Julia Kelliher, Alpha Theta Chapter, University of Kentucky
- Anna Russ, Zeta Kappa Chapter, Ohio Northern University
- Kaitlyn Pell, Delta Omega Chapter, Fort Hays State University
- Tabitha Tabb, Kappa Alpha Chapter, Nicholls State University
- Callie Whitus, Xi Beta Chapter, Eastern Kentucky University



2020-2021 Delta Zeta Foundation Scholarship Recipients

The Delta Zeta Foundation has announced the 2020-2021 Scholarship recipients. Eighty-four Delta Zetas were able to continue their education thanks to contributions to Delta Zeta Foundation’s national scholarship funds. \$269,500 in scholarship awards were granted to both collegians and alumnae. A full list of all recipients can be found on our website www.deltazeta.org/2020/06/10/scholarships.



We asked members how words have impacted them in their lives.



People always say that a picture is worth a thousand words. While I appreciate a

good photo, I also believe in the power of words. Words have the ability to make you feel happy, sad, scared, anxious and every other emotion. My love for words began at a young age, maybe when I read a book called "Buffy and Mack" in first grade. I have been empowered by words ever since. I enjoy reading them, writing them and I hope that, one day, words I write will impact others the way I have been influenced. Reading a powerful piece can make someone want to be a writer and, while that wasn't my original career path, I think that that first grade book ended up bringing me to where I am today.

— Alli Steinke,
Lambda Sigma-Winthrop (SC),
Editor, Charleston
Home + Design



While I appreciate a good photo, I also believe in the power of words.



The profound weight of words often goes unappreciated. They are master manipulators of experience, perspective and

communication. The complex arrangement of words in one language can invoke an entirely different meaning in another. Regardless of if we are speaking the same language, we will never know how others understand our words, for our own understanding of them is based entirely on our own experiences. And yet, they can bring chills, bring tears, bring laughter and even mandate revolution.

— Aleighjean (AJ) Traver,
Delta Delta-Georgia State,
Marketing Manager, SugarCRM



[Words] can bring chills, bring tears, bring laughter, and even mandate revolution.



The words "You are broken, there is nothing anyone can do for you" were my beginning. My first book told the story of how

I overcame the diagnosis of infertility that brought them into my world. They push me to write and teach so that women have the power to choose what they do with their reproductive capabilities. The words that were intended as an ending became a beginning. They bloomed and bore not just my own children, but a wall full of pictured others, countless girls and women who live balanced and vibrant lives and a writing career I never would have imagined.

— Dawn Garman Combs,
Alpha Rho- Ohio Wesleyan,
Ethnobotanist, Functional
Foods Expert, Author



The words "You are broken, there is nothing anyone can do for you" were my beginning.



Transparency, speaking purposefully, is how I was raised, and it's woven into my leadership style.

Most recently, as I work through my own emotions, I have found myself speaking out more about systemic racism. One of my focuses is on challenging my leaders, at work and in organizations I am a part of such as DZ, to change the status quo and think differently. Challenging others to think differently is not easy and requires purposeful and continuous communication — using the right words, in the right way to be compelling while direct. My sister Laura exemplifies this in her poem "I Wanna Matter" which I have been sharing in some of my work towards racial justice. On several occasions, when asked what the "Black experience truly is?" I share her poem and it immediately moves people to tears — this is the power of words on empowerment.

— Sandrine Akindo,
Omicron Pi-Frostburg State (MD),
Human Resources Associate
Manager, PepsiCo



Transparency, speaking purposefully, is how I was raised, and it's woven into my leadership style.

Which Founder's Shared Value do you relate to most?



35%

Alfa Lloyd Hayes: Empowerment

Your empowerment cultivates leadership and empowers other

21%

Anne Simmons Friedline: Curiosity

Your curiosity grows your lifelong learning:

13%

Julia Bishop Coleman: Friendship

Your friendship is truly lifelong

11%

Anna Keen Davis: Community

Your service to others shines through community:

10%

Mabelle Minton Hagemann: Generosity

our generosity fuels giving graciously

10%

Mary Collins Galbraith: Belonging

Your belonging creates inclusion among members

Instagram poll of our 21,000 followers done August 3, 2020

ALFA

Your Words & Pictures



We asked sisters on Instagram to tell us how they feel empowered to Go, Live Truly as Delta Zetas. What we found, even if women were from different chapters, states, countries and backgrounds, most of them just want to help others!

Volunteering wherever and whenever I can!

— **Malia Smith, Theta Zeta-Akron (OH)**

I always try to be uplifting to those around me and share the love that DZ shared with me.

— **Emmalee West, Omicron Epsilon-Arkansas State**

Making sure no one is left behind.

— **Sara Harper, Omicron Nu-Windsor (Canada)**

Being able to offer a shoulder to lean on or offer support when needed.

— **Destinee Vargas, Gamma Lambda-San Jose State (CA)**

Treating others the way I'd like to be treated.

— **Tucker Howell, Zeta Zeta-West Texas A&M**



Enclosed is a picture showing how alumnae chapters can foster lifelong friendships. Four sisters from four chapters met at the Long Beach Alumnae Chapter in California in the 1950s and remained close friends as they raised families, taught,

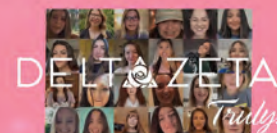
became librarians and even moved cross country. Though Pat has passed away, whenever we did get together it seemed like we had never been apart.

— **Jeanne Elges Paige-Peterson, Epsilon Eta-Harris Teachers (MO)**

Above: Pat Boss Lawrence, Gamma Epsilon-Drake (IA), Jeanne Elges Paige-Peterson, Epsilon Eta-Harris Teachers (MO), Suzanne Schultz Schlaf, Nu-Knox (IL), and Marcia Bryant Tyra, Alpha Chi-California/Los Angeles.



Digital Exclusive



Go, Live Truly Sisterhood Celebration

While we were unable to physically be together in August for National Convention, we connected with our sisters to celebrate our sisterhood virtually with an inspiring message, from Adriana Carrig, Lambda Lambda-New Jersey (above, left), Founder of The Little Words Project, about empowering women around the globe. Watch the recap at www.deltazeta.org/right-now/golive-truly-sisterhood-celebration.

Heritage

Celebrating Dorothy Mumford Williams: A Delta Zeta Poet

This profile originally appeared in the Winter 1982-1983 issue of *The LAMP* announcing Dorothy Mumford Williams, Alpha Zeta-Adelphi (NY) as one of the 1982 Women of the Year

*The Delta Zeta Creed*

To the world,
I promise temperance and insight and courage,
To crusade for justice,
To seek the truth and defend it always;
To those whom my life may touch
in slight measure,
May I give graciously of what is mine;
To my friends,
Understanding and appreciation;
To those closer ones,
Love that is ever steadfast;
To my mind,
Growth;
To myself,
Faith
That I may walk truly
in the light of the Flame.

— DOROTHY MUMFORD WILLIAMS

Initiated into Alpha Zeta chapter of Delta Zeta, Dorothy Mumford Williams graduated from Adelphi College in 1929. After earning her M.A. degree from the University of North Carolina, she was a member of the English faculty at Adelphi prior to her marriage.

From her early teen years, until 1976 when she became a member of the Flame Eternal, Dorothy's deep sense of beauty and poetry was expressed in lyrics, sonnets and other poetic vehicles. Many of these received national acclaim. Dorothy and her family were lifelong members of the Friends Society of America. The Journals of the Friends Society published many of her works, and a dramatic masque was written by her for the National Biennial Convention of the Women's Organization of Friends of America in 1947. A pageant presented at the 1936 Delta Zeta National Convention in Asheville, North Carolina was Dorothy's composition.

In college, Dorothy was literary editor of the yearbook, a member of Mortar Board and Phi Beta Kappa

and was awarded the Barlow medal for the highest four years scholarship at Adelphi. During graduate study at the University of North Carolina on scholarship she was literary editor of the university magazine and received a silver cup for the best sonnet published.

Dorothy served Delta Zeta four years as Province Director for Province I which, in 1936-1940, included Maine, Vermont, Connecticut, New Hampshire, Massachusetts, Rhode Island and New York. The Delta Zeta Creed, known and held as a life pattern for every Delta Zeta today, was written and presented to the National Council in 1939 when she was National Ritual Chairman. Accepted unanimously and becoming a part of everything Delta Zeta, the Delta Zeta Creed has proved a living memorial to its author.

A collection of her poems, "The Badge of Honor," was published by Poetry House in Brooklyn in 1941. Her artistic gifts found added expression through her talent for

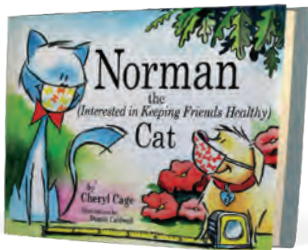
painting. Many pieces of critical distinction in this media are also her legacy.

In addition to her many contributions in the fields of art and letters, Dorothy was active in community affairs as a member of her local historical society and a docent of the Hyde Art Collection of Glens Falls, New York. Dorothy and her husband, Waldo, were the parents of five children, Kay Felt, Carol Hartman, Jesse, Christopher and Jon.

Many thousands of Delta Zeta sisters continue to have their lives touched by Dorothy's words. In gratitude for Dorothy's life and gifts to Delta Zeta, the National Council posthumously named her as a recipient of the 1982 Delta Zeta Woman of the Year Award. 🔥

READING ROOM

Books For Your Kids
by DZ Authors



From Professional Writing to Creative Characters for Children

Cheryl Adams Cage, Kappa Epsilon-Plymouth State (NH), has published her first children's book, "Norman the (Interested in Everything) Cat," and will follow that with the release of "Norman the (Interested in Keeping Friends Healthy) Cat" in the fall of 2020. Cheryl is not new to writing, having authored many multiple books in her professional role at Cage Marshall Consulting, working with aviation pilots for over 30 years. With her new character, Norman, she tells the story of a special, cat, and makes young readers know they are special too!

Find out more at www.cagespages.com



Historical Fiction For the Middle School Crowd

Jennifer Adelman Barr, Kappa Psi-Shippensburg (PA), writing under the pen name Jennifer Robin Barr, is a middle grade author from Pennsylvania. Her debut release, the historical fiction "Goodbye, Mr. Spalding," was named a "2019 Top 10 Sports Books for Youth" by the American Library Association and honored as a Junior Library Guild Selection. Set in Philadelphia during the Great Depression, this middle-grade historical novel tells the story of a twelve-year-old boy and his best friend as they attempt to stop a wall from being built at Shibe Park, home of the Philadelphia Athletics, that would block the view of the baseball field from their rooftops. Her next book, "Thunder and Mercy," has been announced for 2022.

Find out more on her blog at www.jenniferrobinbarr.com



Picture Book for the Younger Readers

Nancy Rhodes Crosby, Iota-Iowa, has created a picture book for children, ages three to seven, titled "Rixon - the Timid Little Hippo." In this story, we meet a little hippopotamus attempting to overcome his fears who soon discovers that he is braver than he ever imagined. Rixon is afraid of water and stays on the riverbank when his family goes in the water. One day he sees something shiny in the water and is led to places he never thought he could go. Nancy is a retired English teacher who has turned her love of reading into this special children's book.

Nancy's title is available wherever books are sold.

Are you a Delta Zeta author?

Share your publications with us by emailing LAMP@deltazeta.org



New Novel for Teens

Whitney Verdin Skeen, Xi Sigma-North Carolina/Chapel Hill, published her first teen novel, "Vanished in Vista Point—A Forensics 411 Mystery." The novel begins with fourteen-year-old future forensic scientist Hank Boyd has escaped from eighth grade (in basically one piece) and looks forward to summer, a time usually spent mastering new boomerang tricks and producing new episodes of his Forensics 411 web show and crime blog. When Hannah, a newcomer to his coastal North Carolina neighborhood, unwittingly thinks he's a local celebrity, Hank steps out of his tiny comfort zone and rolls with it. He learns how to be a friend as they investigate a 35-year-old cold case that may or may not be related to the human skeleton Hank's dog unearths on a nearby uninhabited island. When evidence and people start to disappear, it's up to Hank and Hannah to solve the case before they, too, become vanished in Vista Point.

Find out more about Whitney at bookshop.org/contributors/whitney-v-skeen

AUTHENTIC

Allison DeVane

Pi Zeta-Arizona State

After returning to Arizona in 2015 from a brief move to NYC, Allison was searching for her purpose in life. A self-proclaimed professional barista, she found it by putting a unique spin on tea. Allison is recognized as a trendsetter in the beverage industry as the founder of Teaspressa, an innovative brand reimagining the tea drinking experience. From an appearance on "Shark Tank" to being selected as one of the inaugural Tory Burch Foundation's Business Fellows, this alumna is introducing the coffeehouse community to an entirely new way to consume their caffeine.

WHAT WAS YOUR INSPIRATION IN CREATING TEAPRESSA?

I always loved coffee and, whenever I would visit a new place, I'd experience the local community through their coffee shops. My Korean mother served lots of tea at home, and while it is a large part of our culture, I hated tea! I wished it could be more like coffee. When I moved home and my dad

asked me, "If you could get paid to do anything, what would you do?" I thought, "well, make coffee of course." I spent months in the kitchen creating my vision of a tea inspired coffee. I then took to the streets, literally, and started Teaspressa from my bicycle tea cart in downtown Phoenix.

COMMUNITY IS A LARGE PART OF TEAPRESSA. CAN YOU DESCRIBE THE TYPE OF IMPACT YOU WANT TO MAKE AS A BUSINESS OWNER?

women especially, to know they can make a career out of being a barista. It is an experience that can take you anywhere. I enjoy pouring myself into other people to ensure their success. In addition to our 30 employees across three physical locations, Teaspressa has a growing wholesale business, which is digitizing the experience for the customer, making tea more than just a drink, but a part of life.

WHAT TO YOU ATTRIBUTE YOUR SUCCESS TO?

The "Shark Tank" experience validated what I was doing. I had only been in business a year when the episode aired. While some people would think not being selected was a failure, there was a lot of good that came from the experience. I turned that back around into my business to make it even better. I also love learning. I try to learn as much as possible to make my product even better.

IS THERE ANY ADVICE YOU WOULD SHARE WITH OTHER SISTERS WHO ARE PURSUING THEIR OWN PASSIONS?

Many female entrepreneurs are more cautious than their male counterparts. But I say don't be shy. Don't worry about what people think about you. Just go for it! 🔥

It is important that we are an innovative brand, not afraid to try new things. I want to empower people,

You can find out more about Allison and her Teaspressa journey at www.teaspressa.com.





WORDS MATTER

How they can change, empower, inspire and define lives.

Words have the power to change us all, both positively and negatively. We are sure many of you have memories of words and how they have impacted you. Words continue to have the power to change, empower, inspire and define lives. Whether they are words we use on ourselves, or others that flood our consciousness from the outside, words matter.

Our contributors to this issue tackle words from their experiences working with them in a variety of ways. A journalist who changes lives with words. An alumna using positive words to empower women. A business coach inspiring women through the words they communicate with. And, finally how a baby name expert sees how the choice of a name defines an individual. These Delta Zetas provide their perspectives on the importance of words. 💖

Illustrations for The LAMP by Carole Hénaff

MAKING SENSE OF THE WORLD THROUGH WORDS

By Melanie Peeples, Alpha Gamma-Alabama, Freelance Writer:
Print (magazine/newspaper) and NPR; Adjunct Instructor
at the University of Alabama Birmingham

I have been trying to make sense of the world nearly my whole life, and I can tell you it cannot be done without the right words.

When I was three years old, my family moved from Alaska to Mississippi. It was a real culture shock for a child who had spent her life in a place that was, back then, more like a frozen frontier town than a real city.

On my first trip to the beach, I took one look at the Florida Gulf Coast's white sand and announced, "We're back in Alaska! Snow!" Something I knew a lot about. I could not be dissuaded otherwise until my mother forced my bare feet down, and I felt that it was definitely not freezing. This is how I learned the word for sand.

Life outside Alaska proved to be alien to me in other ways. My family loves to tell the story about how only days after leaving Alaska, at a car dealership in Oklahoma, I just started screaming, "Things in the air! Things in the air!" One of my brothers, embarrassed by the spectacle of a hysterical child, started edging away from the family in an attempt to distance himself from us.

66

On my first trip to
the beach, I took
one look at the
Florida Gulf
Coast's white sand
and announced,
"We're back in
Alaska! Snow!"



No one could figure out why I was terrified or, even, what exactly I was seeing. No one, except my brother Josef, who studied the situation before finally exclaiming, "It's the flies! She's talking about flies!" And indeed, flies were not only buzzing around my head but LANDING ON MY BODY. This is an experience so commonplace to my family, who had lived in Missouri and Mississippi before I was born, that my family didn't even "see" the flies. They certainly didn't freak out if one landed on them. They just waved them off.

But I had no word for them and therefore no way to ask how to make them stop. My family, relieved that I was neither having a seizure nor hallucinating proceeded to do such a good job convincing me that

flies weren't scary — they're your FRIENDS! — that it was years before anyone could kill a fly in our house.

Perhaps this was the moment the importance of words would find a home in my heart. If you want help, you need the right words, and others to help you learn them, like my family did.

I remember loving alphabet soup, the way the pasta letters felt in my mouth, imagining the infinite possibilities of words dancing on my tongue. Later, there would be poetry, to me a kind of game of trying to encapsulate, then convey, a moment or feeling in a minimum of words, so that each one became precious.

Not until graduate school would I discover journalism. A way to make a living with words. Like a scribe

in days of yore, the job of writing down what happens in the world entails such an enormous amount of responsibility. We would have no history books, no Bible, no Quran, no Torah, had someone not taken the time to write these things down. An oral history can only get you so far as it loses something with each retelling. We would not know where we came from, and we would have little place to go forward without being able to build on previous knowledge and failures.

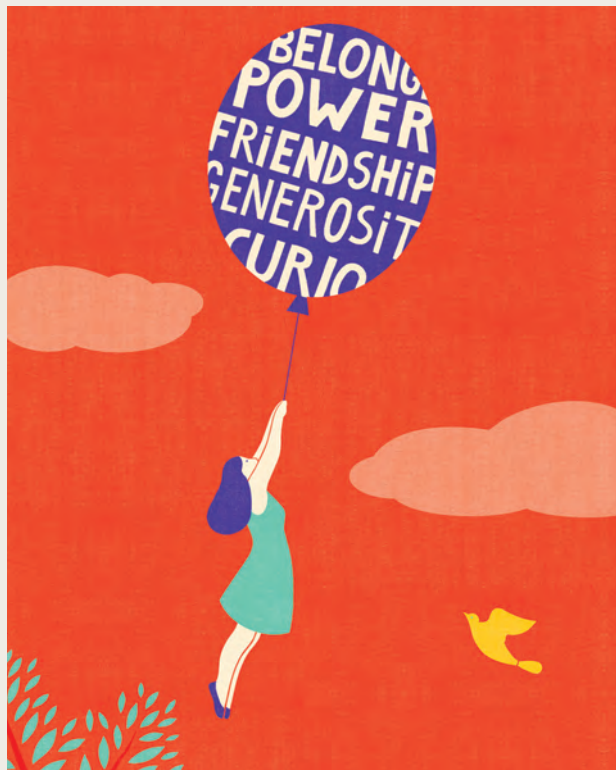
A man is only as good as his word.

Somewhere along the line I took that sentence to heart. Your words must be true. Any attempt to falsify or lie would be enough to ruin one's reputation forever, not to mention it could actually harm another person.

Your words must be careful.

A doctor can point to his primary pledge: First, do no harm. I have been lucky enough to work in public radio journalism where our code of ethics instructs us to "Seek to minimize harm at all costs." This means, among other things, do not shove a microphone into the face of someone who has just experienced a loved one's death and ask, "How do you feel?" Tell the story, but be responsible about it.

There is a responsibility that a speaker or writer of words must accept. Knowing that the words I use can literally change the way a person thinks, is a heavy weight to bear. Right now, in this political climate, it seems like words are being used to tear our world apart. Done right, they bring us together. They inform, entertain, inspire. They help us build community, just like our ancestors who once sat around campfires at night, talking, trying to understand the things they had seen and heard that day. Trying to make sense of this world we all live in. 🔥



The Importance of Words

by Adriana Carrig, Lambda Lambda-New Jersey, Founder and CEO of The Little Words Project

I learned at a young age how impactful words could be to a person, especially when those words are negative. That's why, throughout my life, I've made it my mission to change the narrative around the words we say to ourselves and to other people. Little Words Project was created on the grounds of using positive words to uplift the women around you and, of course, using those same words to

uplift yourself. The women in my life who helped me feel my most confident also helped me realize how important positive words really are. My Delta Zeta family at The College of New Jersey was especially impactful to me during my college experience where I learned this truth and turned it into the company I built. My mom was also a huge influence on the words I chose to use when describing myself and

women around me because she taught me at a young age that words stick with you, sometimes forever, so choose your words wisely.

From as far back as I can remember, there are certain words that have directly influenced my life in huge ways. My Mexican, immigrant mother always said to me, "querer es poder" which in Spanish essentially means, "if you believe it, you will achieve it." It sounds so simple, but the word "believe" has been my word pretty much my entire life. I believe in myself, I believe that I am worthy, therefore I believe I will succeed. To me, words carry weight because they make sense of the way that we feel, and they give voice to our emotions.

It's no coincidence that growing up with a mom who believed in herself, then passed that onto me, would help me grow into a woman of self-worth, even when the world around me often was cruel. From telling myself positive words of affirmation, I became a woman who could start a business simply off of a bracelet I made with my friends in college. I always believed it could be something so much bigger than just that.

I started creating bracelets for my sorority sisters when they needed specific words to get them through moments in their life, just as I needed those words when I was bullied as a young girl as well. The idea was to pass them onto others who needed that bit of inspiration. The positive words spread like wildfire. During the long period

of time in my life when I was being bullied, I always wondered if there would ever be a time where it was actually "cool" to be "nice." After I saw all of my sisters in Delta Zeta wearing Little Words, I felt like we slowly began to achieve this narrative. This became the concept of the business that would become Little Words Project.

Now, almost seven years

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Throughout my life I've made it my mission to change the narrative around the words we say to ourselves, and to other people.

later, I have made words the center of my life and business, and I have not stopped believing in myself in the process. There is absolutely no doubt that words have power in our lives. Some even say if you talk to your plants with positive words, they will grow stronger. Just think about that unbelievable reality! I know that the company I built with the foundation of love and sisterhood at its core will only continue to spread uplifting words to women, and really anyone, everywhere. ♡

Discard Those Distracting Verbal Fillers

By Tiffany Boyd Adams, Alpha-Miami (OH), President, Cincinnati Etiquette & Leadership Institute, LLC (CELI)

Amid a shared health threat of a global COVID-19 pandemic, we are communicating more from behind screens and engaging less in real time, face-to-face encounters. Poor vocal habits have formed forcing us to project less intelligence and reveal our insecurities. Verbal fillers (e.g. um, like, well, kind of, uh, stuff, you know) undermine our credibility as thoughtful conversationalists or eloquent orators. Why? They scream to the world, "I'm lost! I'm in trouble! I'm not confident about my message!" We insert these "verbal hiccups" to allow our brain time to catch up with our mouth. Some mistakenly believe verbal fillers are only used by the younger generation, but these pesky distractors are prevalent across all generations. I know a middle-aged teacher who consistently asks her students, "You know what I mean?" She has no idea that she is detracting from her own lesson.

Your speech is a driver for the impression you leave on others and allows you to influence and persuade. We fool ourselves by thinking we will miraculously self-correct when a high-pressure situation ensues. On the contrary, this is the time that this annoying habit rears its ugly head more fiercely since nerves take over. Try these five strategies to break your habit:

1. PAUSE Gathering one's thoughts is what Ralph Waldo Emerson had in mind when he concluded, "The most precious things in speech are the pauses." Silence is golden, and the pause is your friend. Well-timed pauses add impact and draw attention back to you. Verbal fillers are not useful placeholders allowing us time to ponder. They do not serve as an effective strategy in discouraging interruption from others.

2. RECRUIT AN ACCOUNTABILITY PARTNER Ask a trusted friend to track the times you use fillers, and hold yourself accountable.



3. JOIN TOASTMASTERS INTERNATIONAL

For public speaking finesse, this organization is brilliant at equipping its members to be competent communicators. They offer opportunities to practice strategies of public speaking in a safe and encouraging forum. A portion of their evaluation process involves assigning a counter to count the frequency of verbal fillers and track your progress. This feedback heightens your self-awareness in mitigating the use of this crutch.

4. BE PREPARED & AVOID OVERPACKING If you are well-prepared with intelligent content, people will inadvertently turn their attention towards what you are saying, not how you are saying it. When you have done your homework and are confident with expressing your ideas, you will naturally slow down, take deep breaths, so the fillers don't sneak in. Avoid packing excessive amounts of material into a presentation or a conversation that tempts you to "rapid fire" your message in order to meet a time constraint. This is prime breeding ground for fillers to appear.

5. BE SUCCINCT Longer sentences filled with unnecessary words get us into trouble. Sporadically use simple, forceful sentences, with one subject and one verb. Be brief, be brilliant, and be gone!

Half of the battle is realizing that these verbal villains do indeed creep into our speech. Confidently convey your ideas, practice these strategies, and enjoy blossoming into a well-spoken, articulate communicator who leaves a great lasting impression. ♡

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Names are closely tied to language and identity. Both personal identity and cultural identity. We make judgements about people because of their names.

THE PERCEPTION OF NAMES

By Jennifer Moss, Alpha Alpha-Northwestern (IL),
Founder of BabyNames.com



As a child, I never thought I'd grow up to be a "baby names expert," although I was obsessed with names. I would open the phone book and search for unusual names for fun. Maybe because my own name, Jennifer, was so popular—it would be the number one name for girls fourteen years in a row.

When I graduated Northwestern in the mid-1980s, desktop computers had just hit the market, and I went straight into a career in programming. I love data as much as I love names. I combined my two loves and created a website with a searchable database of names, which eventually became BabyNames.com.

In the 24 years since I launched BabyNames.com, I've learned that names are closely tied to language and identity. Both personal identity and cultural identity. We make judgements about people because of their names.

In 1950, almost 33 percent of babies in the U.S. were given a top ten name. In 2018, less than one percent of babies were given a top ten name. This indicates that the need to conform, sociologically, is less important now than it was 70 years ago. We now see expecting parents seeking out names that are different and unique, and avoiding names that are listed in the top 10, 20 or even 50. Because people have access to the top names in almost real time, the turnover for popular names is accelerating. If a parent sees the name Liam is #1, they'll be more likely to avoid it. A name will no longer remain #1 for 14 years, like Jennifer.

BabyNames.com conducts ongoing surveys to monitor the current naming trends, including one on names and dating. Does a name affect who you date? We ask that question at the beginning and end of the survey. Over 60 percent of respondents answer the question "No" at the beginning, and then, here's the kicker, over 60 percent of people answer the same question

"Yes" at the end. What changed their minds in a matter of minutes? Here are some of the questions in between: Would you date a woman named Bertha? Would you date a woman named Wilma? Would you date a woman named Sexany? Would you date a man named Adolf? Would you date a man named Barney? Each question includes a comments box, and it was clear that each person had specific associations with each name that was presented.

I have found that people perceive names either personally or publicly. A personal perception of a name is when you identify it with someone you have known in your own life, for example an aunt, or a childhood bully. It could be a good association, neutral or a bad association. Personal name association can affect how you perceive someone you meet or how you name your baby. Some of the first names people eliminate when choosing names for their baby are those of their exes.

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The second way we perceive names is by public association, when most would identify a name with the same, publicly identifiable person. For example: Oprah, Cher, Beyoncé, or Adolf. Public association can be good or bad, depending on a person's like of the celebrity or the celebrity's public reputation. If your surname is Epstein, chances are you're not going to name your son Jeffrey in 2020.

But names can go deeper than that. Your name reflects your parents' personality, religious beliefs, ethnic background and geographical location. One question I get repeatedly is, "Why do celebrities name their babies such crazy names?" When my daughter was in second grade, she transferred into the local Waldorf school in Santa Monica. Her classmates' names were more creative and unique than the previous school she attended. They were not names from the top 50. Many of her classmates were children of people in the entertainment industry: Clint Eastwood, Keenan Ivory Wayans and Melissa Etheridge, to name a few. I realized they were more creative by nature. Actors and musicians enter their field because they want to express that creativity, and also want to be recognized, seen and garner attention. Therefore, they are more likely to give their child a more creative name.

I did a name consultation with one parent in Malibu, who wanted to name her son Bullseye. I advised her not to, as that name would most probably get her son teased by other kids—it would literally make him a target. Her response: "Not at the school we're planning to send him." I wonder if that school was Waldorf. 🍷



Fitting in While Standing Out

One sister redefines what ordinary looks like

By Jennifer Atkins

BOLD. EMPOWERED. RESILIENT. HILARIOUS. These are just some of the words those who know Maddy Gunawan, Delta Delta-Georgia State, use to describe her. Maddy is in her third year of college studying computer information systems. She serves as the senior connections chairman and as an active member of the philanthropy committee for her chapter. Think that sounds pretty ordinary? Think again. Ordinary is one thing Maddy is not.

At sixteen months old, Maddy was diagnosed with spinal muscular atrophy. This genetic condition is a form of muscular dystrophy and, because of it, she uses a wheelchair. What makes Maddy special is not the wheelchair, but that neither

she, nor her sisters, let it, or her medical condition, define her.

Always trying new things

You might think that fitting in would be difficult for Maddy with the physical obstacles she has faced. Thankfully, this couldn't be further from the truth. At the age of five, Maddy started attending summer camp where she met some of her best friends and an extraordinary counselor, who has helped shape the amazing individual Maddy is today. They taught Maddy to be independent and that she is no different than anyone else. Her parents also encouraged her to try anything and everything other kids her age were doing.

As a result, she learned to not be afraid to try new things, like going to college. In fact, living independently at Georgia State is one of her biggest accomplishments to date. "This isn't something that most people with my condition get to do because of how hard it is," she says. Although this seems to be the very definition of brave, Maddy will claim she's not doing anything special. She says she has the same opportunities as everyone else, and she is just living her life like any other young adult.

Facing challenges and creating awareness

Despite her modest, can-do attitude, Maddy will admit to facing certain challenges because of her disability. The biggest of which are accessibility and impatience. "A lot of times people don't understand my disability," Maddy shares. "I have to explain that I am the same as them and nothing is any different except the way that I get around and I adapt to an activity. Sometimes, it is harder for others to understand."

And yet, she handles these situations with grace and resilience. She's never afraid to put herself out there, advocating for herself and interacting with her peers so they get to know her.

Much like summer camp, Maddy has found overwhelming support in her Delta Zeta sisters. As Chapter President Tori Domaleski, Delta Delta-Georgia State, explains, "Maddy has truly just found her home here. It's so exciting watching her feel so comfortable with her sisters and watching her take on leadership positions."

And it's no wonder she feels at

home when you learn how supportive her sisters have been from the very beginning. Maddy shares a fond memory joining the chapter when she didn't really know anybody. "I was at a sisterhood event and no one had thought about accessibility," she says. "Ten sisters that I had just met not even a week ago decided to pick up my chair to make sure that I could access the event." As they've all gotten to know each other, that acceptance has only grown stronger. Maddy isn't singled out because of her condition. As Tori explains, "She may look different, but that's not how she feels and that's not how we treat her."

Creating a space to feel included

They have made certain adjustments to make Maddy feel welcome and included. The chapter carefully selects event locations based on accessibility to ensure that Maddy can attend. They also changed their local philanthropy to the Muscular Dystrophy Association in honor of Maddy. And, perhaps most impressive of all, numerous sisters volunteered to become certified aids so Maddy would have the professional assistance she needs at sisterhood events. To their credit, the chapter doesn't even feel like they're doing anything extraordinary.

Because of Delta Zeta, Maddy has found friends who support her, empower her, adore her and will continue to do so long after graduation. Maddy says, "I know that I can always turn to them whenever I need anything. I never had a sister and now I have 90 of them. It's something I never thought I'd have and now that I do have it, I can't imagine not having it." Furthermore, she says, "I feel empowered because my sisters show me that anything is possible if I have a community around me that supports me in whatever I do... sometimes it's just being there when I've had a bad day and



Maddy's Words of Wisdom

ON BELONGING ...

"Keep trying until you find a place where you feel like you're accepted, and if they're in a place that doesn't make you feel that way, they're not obligated to stay."

ON SUCCEEDING ...

"If I can do it with all the adversity that I face, then anyone can do it despite what they may feel."

ON LIFE ...

"Never be afraid to try new things."



they're always there to pick me up physically and emotionally."

And just as Maddy is fortunate to have found this extraordinary group, they say they are even luckier to have found her. Close friend Kristyn Drummonds, Delta Delta-Georgia State, believes Maddy deserves the world. "Anyone who talks to her, she brings so much joy to their day." Kristyn knows if she were to contact Maddy ten years from now, "She would be the most comforting and accepting person no matter what. Just because that is what she is. She's only shown me love and life and acceptance and happiness since day one. Those values, those characteristics tell me that I could really go to her whenever about whatever and she will make me laugh, make me feel better."

Knocking down barriers

Tori also says, "She's an amazing sister in everything she does... life will get in her way and she'll just knock it down." Maddy continues to knock it down every day as she works her way toward a degree that will allow her to help others like herself. She's studying computer information systems so that she can make changes to software she feels was too assistive or not assistive enough for her own needs. "I remember trying to do assignments using different software and it would either tell me all the answers or not have the support I needed to figure it out on my own," Maddy shares, "I think it's really important to develop something that is balanced and other children can benefit from it."

It's easy to picture Maddy's future as bright, successful, and full of special lifelong friendships. Maddy knows that sisters can help her make connections to advance her career path and that her sisters will be there every step of the way for her, just as she will always be there for them. 💖

ROSE & GREEN

COVID-19

Changing our Campuses
and Communities

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

The morning of Thursday, March 12, 2020 wasn't going as planned when I had to call my seventh grader out sick from school that day. Little did I realize that we were entering months of unplanned events as all of our lives were changed by COVID-19. As we planned for this issue of The LAMP, the overwhelming theme of the stories our members and chapters shared was how their lives have been impacted, and how they have responded to these changes.

We heard stories of individuals, like Megan Arnett, Beta Xi-Auburn (AL), an Ensign in the U.S. Navy and a nurse aboard the hospital ship USNS Comfort which docked in New York City on a humanitarian mission providing medical services to non-COVID-19 patients. Santa Clara County (CA) Alumnae chapter members, Christina Dunbar, Gamma Lambda-San Jose State (CA) and Alexandra Froehlich, Xi Omicron-Loyola Marymont (CA), have both been hard at work supporting their community. Christina organized a relief drive for those who had work disrupted due to COVID-19. From a simple post on social media, she was able to raise over \$2,000 in basic need supplies for farm workers working to put food on our tables. Alexandra has created over 500 cloth masks for free to members of her community, including over 300 in uniform colors for the San Jose State University Police Department. And collegiate member, Natalie Gammons, Xi Upsilon-Northeastern (MA) who is a rising third-year



nursing student, currently works in the cardiac ICU as a critical care technician at Massachusetts General Hospital. "My unit is about half cardiac patients and half COVID-19 patients," she shared. "During this pandemic, the nurses need more help than ever, so it is my responsibility to assist them, whether it be helping with turns, baths, transportation of patients, drawing labs or making sure they have everything they need to give the patient the best possible care."

Then there are our collegiate chapters, who despite having to leave their campuses without a timeline for return, kept our Delta Zeta sisterhood alive no matter the distance separating them. The Beta Tau Chapter at Nebraska Wesleyan got a little creative and held a Greek

Opposite: Sisters post collage photos encouraging others.

Right: Community support in Santa Clara County.

Center: Megan Arnett, Beta Xi-Auburn (AL), an Ensign and nurse in the U.S. Navy aboard the hospital ship USNS Comfort.

Below and bottom right: Beta Tau held a chalk drawing competition and art reenactments to celebrate Greek Week.



Week competition of their own with each class competing in events of the best chalk drawings and reenactments of classic art. The Lambda Kappa Chapter at the University of Alabama/Huntsville shared how they became a virtual sisterhood and, like so many others, held video



send-off via Zoom. Many chapters had all left campus for spring break, thinking they'd be back when their semester abruptly changed, like Pi Xi Chapter at the University of Central Florida. Vice President of Programs, Emily McCarty got creative with changing up the chapter's events and kept members engaged with things like quarantine bingo where the bingo card had things like write a letter to a sister, support a local business, host a Netflix party, etc. and every sister that got a bingo got sent a Delta Zeta sticker and hair tie. And, a common image on social media were the collage photos with encouraging words that our chapters, like Omicron Pi-Frostburg State (MD), posted and shared.

Chapters, both collegiate and alumnae, found ways to continue to give graciously. The Long Island (NY) Alumnae Chapter conducted a virtual food drive to assist struggling families. They raised a total of \$2,470 which went to the Long Island Helping Hand Rescue Mission and

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It was extremely gratifying to see the reactions of healthcare workers and how much they needed encouraging words.

conferences to keep all their sisters connected during this unprecedented time. Senior celebrations moved online like Rho Alpha-Murray State (KY)'s did when their Vice President of Programs, Katelyn Elmore, hosted their senior



Above: Beta Alpha Chapter wrote letters to medical workers.

to a struggling Long Island Delta Zeta alumna and her family. Sisters at the Beta Alpha Chapter at the University of Rhode Island wrote letters to doctors, nurses, EMTs and ER workers, thanking them for braving the workplace each day to save lives

“During a global pandemic it is easy to dwell on everything in life that now seems unfair, but we cannot let this negativity stop us.

and keep us safe. The letters, and accompanying gift baskets, were distributed among hospitals in Massachusetts, Connecticut, New York, New Jersey and Rhode Island. Vice President of New Member Education, Lauren Dowd, found a personal connection to this endeavor as her mom and sister both work with COVID-19 patients at

Mass General Hospital. “It was extremely gratifying to see the reactions of healthcare workers and how much they needed encouraging words. I watch my family members put their health at stake to help the greater good, and I could not be more grateful to show them my praise.”

And perhaps this submission from our LAMP Editor, Taylor Smith at the Pi Chi Chapter from Western Kentucky, sums up how many of us feel and provides inspiration for the future. “During a global pandemic it is easy to dwell on everything in life that now seems unfair, but we cannot let this negativity stop us. Despite all the negativity in the world right now, I cannot help but be inspired by the many amazing Delta Zeta women I have in my life. We join a sorority because we desire to be around women who push us to be better than we were yesterday and leave the world a better place than when we found it. The women of Delta Zeta have demonstrated that sisterhood can overcome all obstacles in life, and no battle is ever fought alone, even if that battle is a global pandemic.” 🔥

WALK TRULY

Standing in Solidarity

By Jacqueline Duncan, Pi Upsilon-Long Island Post (NY)

The Pi Upsilon Chapter at Long Island University Post has, in light of recent events, taken our first steps in addressing the long history of injustice in our country faced by People of Color, but more specifically, Black people. We stand in solidarity with the Black Community and would like to share our recent actions to inspire others to take action as well.

In recognizing our individual and organizational privilege, as a chapter of majority White women all of whom are earning a higher education degree, we shared our beliefs with our local community via a formal statement on social media. However, we recognized this was only the first step, and more must be done to truly stand with and support the Black Community. Following this, we hosted a fundraiser to raise money - all of which was donated to Black Women’s Blueprint.

While the media moves on to other topics, the women of the chapter are committing in various ways to stay active. Many of our sisters have made individual donations, are taking time to educate themselves on this issue, are attending protests, are supporting Black-owned businesses, are speaking about privilege and systemic racism with family and are sharing resources via their social media



platforms. On June 12 LIU Post hosted a Community Space which our sisters attended to join the dialogue on lived experiences, the current injustices in our nation, allyship, action, and self-care resources. Our sister, Jillian Mehta, is working with LIU Post’s radio station, WCWP, on two stories about the Black Lives Matter Movement and how to be an ally. Our sister, Emily Muscat, is raising funds with her sister to donate to Trans Women of Color Collective by selling art. We are so proud of the actions each of our sisters are taking to make this country more just and equal for all.

Above: Lillian Fitzpatrick from the Pi Upsilon Chapter at Long Island University Post.

UCF 30 Under 30 Honoree

Kristina Merritt, Pi Xi-Central Florida, received the University of Central Florida 30 Under 30 Award, for achievement and service in her career. Kristina is making a difference in the lives of children locally through her involvement in nonprofit organization, Junior League of Tampa. “As a first-generation college student, UCF provided me with a solid foundation to pursue my academic endeavors and positioned me to also be the first in my family to graduate from law school,” she said. “Becoming a Founder of the Pi Xi Chapter also gave me an opportunity to hone leadership skills and expand my love for philanthropy.”

Right: Kristina Merritt, Pi Xi-Central Florida.



ROSE & GREEN

Kentucky Student Will Expand Global Knowledge with Scholarship

27 Western Kentucky University students, including Mia Pardieu, Pi Chi-Western Kentucky, were recognized by the Benjamin A. Gilman International Scholarship for study abroad in March 2020. The scholarship is funded by the US Department of State's Bureau of Educational and Cultural Affairs and recipients were selected from nearly 7,000 applications. The program's main purpose is to provide students with the opportunity to expand global knowledge of cultures around the world. "I plan to study international business," says Mia, "As part of my initiative to bring cultural awareness back home, I will document my experience abroad on my personal blog. I hope to interview locals and peers on their view of the world, the COVID-19 pandemic and other social issues." Mia is a global supply chain and Chinese major with a minor in journalism writing. She will pursue graduate school and a career in international business. She will study in South Korea in 2021 and transferred to the University of Louisville this fall, affiliating with the Beta Gamma Chapter.



Dancing a Marathon in South Carolina

This year, the sisters of the Beta Delta Chapter participated in the University of South Carolina's annual Dance Marathon Main Event. As a team, the chapter raised over \$21,000 which contributed to the grand total of \$1,016,822 that Dance Marathon at USC raised as a whole. This money gets donated to the local Prisma Health Children's Hospital. Many amazing sisters also volunteered within the organization on the Board of Directors, Staff, and Morale. Our sisters spent the day dancing, bonding, and raising money for this great cause making a difference in lives as a chapter and contributing positively to the community.



Channeling Creativity During Quarantine

When Kent State University in Ohio closed campus this spring, cutting Emily Schultz's, Gamma Kappa-Kent (OH) sophomore year short, she channeled her creative energies into a new Etsy shop showcasing her love of style and tie-dye. As a visual communications major, Emily had always loved tie-dying clothes as a young girl. Her new shop showcases tie-dye in new ways, from sorority sweatshirts to comfy pajamas. "I was nervous to start, especially during quarantine," she shares. "However, I was encouraged by my close friends and family to try." After some supply chain issues, Emily has learned a lot about running a small business and gained new confidence in her skills. Learn more about her venture at www.etsy.com/shop/EmilyRaeClothing.



ROSE & GREEN

Delta Zeta Empowers a Dream

Ruby Bhandari, Iota Psi-Texas/Arlington, founded Silk Threads, Inc. out of her personal desire (and need) for fashionable ethnic wear that reflected her Indian heritage, but also spoke to her Western sensibilities. Born in New York and raised in Austin, Texas, Ruby started Silk Threads while still pursuing her degree. "While I was in college, 'an Indian girl with VERY long hair,' DZ increased my self-confidence by making me feel beautiful!" Ruby shared. "All of my sisters took me in with so much love and enthusiasm and are a huge reason that I am in the position I am today."

Silk Threads was created in the early 1990s to serve the overwhelming need for Indian ethnic designer wear in the U.S. "Over the years, as I experienced more of the world and its growing needs, Silk Threads has turned in to an amazing fashion house making people look beautiful for their special occasions all over the country," Ruby says. Learn more about Ruby and Silk Threads at silkthreads.com.

Above:
Ruby Bhandari,
Iota Psi-Texas/
Arlington.

Photos courtesy
of Silk Threads.



FALL 2020

DELTA ZETA

Family Brunch in Alabama

Kat Sanders, Events Chair at Lambda Kappa-Alabama/Huntsville, planned a lovely brunch for the chapter members and their families. The event, on a Saturday morning at the DZ house, blended two of the things they love and value most: family and sisters. This gave each family an opportunity to see the building the chapter calls home. The family brunch was a wonderful experience, especially for new members, where they were able to introduce their loved ones to the rest of chapter. There was a wonderful turnout echoed by lots of laughs and excellent food!

Below: Lambda Kappa Chapter at the University of Alabama/Huntsville during their Family Brunch.



The Rambling Redhead on HGTV

If you follow @TheRamblingRedhead on Instagram, you've probably thought to yourself at least once, Jennifer Marsh Todryk, Xi Nu-Tarleton State (TX) (above) needs her own show. Jennifer is the mom of three young children, home renovation expert and social media influencer, who has over half a million followers on Instagram. Her new series, called "No Demo Reno," slated to premiere in early 2021 on HGTV. By working within the existing footprint of each house, Jennifer and her team, will save families time, money and stress while proving that it doesn't take a massive renovation to create a dream home.



DELTA ZETA



Theta Xi Fraternity Staff Appointment

Emilee Danielson-Burke, Iota Theta-Mansfield (PA) (above), assumed a new role on the Theta Xi Fraternity Headquarters staff as the Director of Standards and Accountability. In this new position, Emilee focuses on risk management policy and response, prevention education, and training. Emilee had spent three years at Theta Xi as the Director of Chapter Services, and has over 10 years working in fraternity and sorority life on a college campus.

Communications Major Awarded Advertising Scholarship

Anna Deal, Delta Omega-Fort Hays State (KS), has been awarded the prestigious American Advertising Federation of Kansas City Foundation scholarship (AAF-KC). She was the only student from her campus, and one of only 17 in Missouri and Kansas, to receive this honor, which is open to students pursuing degrees in marketing/advertising, design, creative writing, communications, public relations, web development, and other degrees that lead to jobs in these fields. Anna will be a senior in the fall and will pursue a master's degree after graduation. "I would like to work at a PR firm or advertising agency because I just love communication studies," she says. "I also have a minor in psychology and a certificate in leadership studies, so non-profit work is also something I am interested in."

Anna spent this past summer in Hays, Kansas for a PR and event planning internship with Developmental Services of Northwest Kansas and will work there this year in a full-time position.



Left: Anna Deal, Delta Omega-Fort Hays State (KS)

Like Peas and Carrots

When Esmeralda (Lali) Castellanos Carr, Theta Omicron-Texas/Rio Grande Valley (above right), found out that her Delta Zeta sister Dr. Camille Lindsey Killough, Lambda Omicron-Angelo State (TX) (below right), had been diagnosed with Multiple Sclerosis (MS), she took action and took to her bike. "I'd been involved with Leukemia and Lymphoma Society's Team in Training program as a runner for years," she says. "So, I decided to join the Bike MS Ride to the River in 2019. I've done long distances before, like finishing an Ironman in 2017, so riding 70 miles in one day on a bike wasn't as daunting a task to me. My ONLY concern was I hadn't trained properly." Even knowing that, Lali set out to ride in Camille's honor, and though she competed in the 2017 Ironman Arizona and in Ironman Texas 70.3 in Camille's honor, this event was specifically for her. With a small team, Lali has continued to raise funds for MS research. "Camille is the reason I do this (besides the fact that I'm a glutton for punishment LOL) and her story should be shared," Lali shared. "We're like peas and carrots, salt and pepper, BBQ and sweet tea!" Camille's challenges with MS have not stopped her from finishing her goals and helping others. She struggled for years with relapsing and remitting MS, which six years ago progressed to a form of progressive MS. Progressive MS makes the symptoms from previous exacerbations get worse and for Camille that occurred in the middle of obtaining her PhD in nursing. She suffered many delays in obtaining her PhD, but finally did complete it in 2019. "I walked into that nursing program and then I rolled across the stage when I was hooded to show the world that MS wouldn't beat me," says Camille who, even though still in a wheelchair,

continues to teach nursing at Pearl River Community College in Mississippi. Camille reconnected with Lali online and shared her story. "I was telling Lali about how hard it had been to have MS and work on my dissertation. She encouraged me to finish. When she heard about what I was going through she began signing up for races and dedicating them to me." Lali's dedication to ride to find a cure for MS has been an inspiration to Camille in her daily life. "I always tell her to run like the wind or ride like the wind. I feel so undeserving of her commitment to help find a cure. Sisters for life, friends forever." Lali says, "My 2021 plan is to race all Ironman sanctioned events in Texas in her honor (Texas 70.3, Ironman Texas 140.6, Lubbock 70.3 and Waco 70.3). I made her a promise during Ironman Arizona that I would forever race in her honor so long as God gave me the grace to do so."



Alumna to Watch

Taylor Mitchell, Lambda Rho-Illinois State, is one alumna to watch. Not only is she an amazing journalist, but before she even graduated, she worked for "The Jam TV Show" and the "TV10 News" in Columbus, Ohio. With her work with TV10 News, she was nominated for an Emmy Award this year for her segment "Bites of Blono." Keep an eye out on your TVs for Taylor in the future!



From Chapter President to Speech-Language Pathologist

By Jordan Gaydos,
Pi Psi-California State/San Marcos

Every Delta Zeta has their own life story before joining that makes them unique. For Olivia Kocsis, Delta Alpha-California State/Long Beach, her personal journey with hearing and speech occurred while in a rehabilitation program following her fifth concussion. During her recovery, she learned about the field of speech-language pathology. This inspired Olivia to pursue it as her major and as a future career, enrolling at California State University/Long Beach.

Once on campus, Olivia met members of the Delta Alpha Chapter and knew she wanted to join because of the experiences she saw them having. "Lifelong friendships, leadership development, a commitment to personal growth and giving graciously are traits that I immediately noticed the women of Delta Zeta fostered and honored," says Olivia. She had an eye-opening experience on day two of recruitment, philanthropy round. As a speech-language pathology major, she was greatly intrigued by Delta Zeta's national philanthropy, Hearing and Speech.

Olivia continued taking various courses and learning new information on everything related to hearing and speech. She states, "When I took an audiology course my sophomore year, I was intrigued by the anatomy of the hearing mechanism. I was learning about hearing aids, ear molds and hearing loss, all of which gave me a greater understanding of the work and impact Delta Zeta's philanthropy partner, the Starkey Hearing Foundation,



has on individuals' lives around the world." Delta Zeta continuously gives its members opportunities to grow and learn. Members can be part of something bigger than themselves, whether that be serving on a committee, holding a chairmanship or serving on the Executive Board. Olivia was selected by her chapter to serve as Chapter President. Olivia remembers being excited for the opportunity to grow and challenge herself, while setting personal goals while helping the chapter focus on philanthropic, academic and sisterhood efforts. "I learned how to delegate, make difficult decisions, and developed effective ways to be transparent and communicative with my sisters, other chapters, university staff, alumnae, and the local community," she says. "Additionally, I gained a unique perspective in supporting my sisters in hosting new events, sisterhood activities and growing as leaders. Enhancing the Delta Zeta experience of my sisters as they grew confident in their abilities was the best part of the position."

As her term ended, Olivia knew that she wanted to do more, and applied and was chosen as a Global Marketing & Philanthropy Intern for Delta Zeta in 2019. The internship provides the opportunity to work with



Vice Presidents of Philanthropy, design templates and marketing pieces for social media as well as providing philanthropic information to attendees at Delta Zeta events. Olivia was also able to participate on an international hearing mission, with the Starkey Hearing Foundation to Guatemala, putting to use the skills she had gained from her speech-language pathology major.

“I was learning about hearing aids, ear molds and hearing loss, all of which gave me a greater understanding of the work and impact of the Starkey Hearing Foundation.”

Olivia recently graduated with her Bachelors of Arts in Speech-Language Pathology. She will be attending California State University/San Marcos to pursue a Masters of Science in Speech-Language Pathology. Once done, she plans to work with individuals that are hard

The recently completed Five-year, \$5,000,000 Heart for Hearing & Speech goal has changed the lives of millions of individuals around the world.

Through our gifts, the Starkey Hearing Foundation gave over one million hearing aid fittings; built 70 programs around the globe; created an After Care program; trained and educated governments on hearing, hearing loss and hearing aids; initiated seven National hearing Health Care plans; built the Starkey Hearing Institute in Zambia. Delta Zeta will continue our support of Starkey and will broaden our domestic impact through awareness and education, providing more ways for members to connect with our philanthropy, with a new partnership with the American Society for Deaf Children.

To broaden our impact on changing lives through community service, in 2006, Delta Zeta partnered with The Painted Turtle (TPT) and has given over a million service hours and \$1,000,000 in funding. TPT is part of SeriousFun Children's Network (SeriousFun) which serves as a support center to 30 member camps and programs around the world to provide essential resources, funding, training and assistance to help strengthen and grow their global family of camps and programs. We are also proud to announce an expanded partnership with SeriousFun.

- **More information about the Starkey Hearing Foundation can be found at starkeyhearingfoundation.org**
- **More information about American Society for Deaf Children can be found at deafchildren.org**
- **More information about SeriousFun Children's Network can be found at seriousfun.org**



of hearing and/or have a cochlear implant and their families to develop listening and spoken language skills. When reflecting on her experiences, Olivia believes the community that she found within Delta Zeta is one that she will have for a lifetime. She says "The foundation I have through this sisterhood community will allow me to continue to grow and provide me with the opportunity to bring people from all walks of life together to help make an impact on the world". 🔥

2021 Global Marketing and Philanthropy internship applications will be out soon. Make sure to check the Delta Zeta website for more information on how to apply!



Jane Gale Prall

Gamma Zeta-Southwestern (TX)

A Past National Officer, Jane passed away on March 9, 2020. Her mother, Bernice “Bunny” Hutchison Gale, Mu-California/Berkeley, was a Past National President while her twin sister Nancy and older sister Patricia were also Delta Zetas.

After graduating from Southwestern University, Jane became the College Chapter Director for her chapter and also served as Delta Zeta’s Chairman of Scholarship and Loans. She served on our National Council as National Director.

Jane entered the Army as a second Lieutenant and took her physical therapy training at the Medical Field Service School and Brooke Army Hospital at Fort Houston. She served with the Women’s Medical Specialist Corps at Fitzsimmons Army Hospital in Denver, Colorado and Fort Leonard Wood, Missouri for three years.

ALPHA

Margot Graney Mudd, 1940

EPSILON

Carol Havens Rose, 1946
Jane Ann Everitt, 1952

THETA

Emily Bell O’Neil, 1945

KAPPA

Mary Ann Ademino Lockwood, 1948
Dolores Klausing Crowley, 1950
Nancy McCartney Wilson, 1953

MU

Adeline McDonough DeMartini, 1941

SIGMA

Judith Noble Lacasa, 1955

TAU

Evelyn Christiansen Odell, 1940

UPSILON

June Hazelton McCutcheon, 1945
Donna Reisch McHale, 1954

PSI

Phyllis Beaman Baker, 1957

OMEGA

Patricia Tommas Spence, 1946
Joan Jacobs Shuey, 1950

ALPHA ALPHA

Nancy Magnusson Hinners, 1954

ALPHA BETA

Joanne Flynnne Dawson, 1957
Norma Strube Rue, 1959

ALPHA GAMMA

Peggy Burnett Moore, 1956
Carroll Ann Barrett, 1959

Mary Bethany Nelson Reid, 1973
Elizabeth Goodwin Corretti, 1946
Betty Jackson Taylor, 1947
Tracy Peterson Billingsley, 1997

ALPHA EPSILON

Joyce Cook Boyd, 1970

ALPHA ETA

Jane Moudy VanDragt, 1950

ALPHA THETA

Roberta Klaren Watts, 1957

ALPHA CHI

Elizabeth Klitzing Gary, 1948

BETA ALPHA

Mary Lawton Iannetta, 1955

BETA GAMMA

Mildred Williamson Allen, 1949
Mary Yvonne Sterner Lovingood, 1956

BETA DELTA

Miriam Matthews Fawcett, 1952

BETA KAPPA

Mary Lee Steimel Garrison, 1955
Janis Erickson Douglas, 1959

BETA XI

Clara Nan Triplett Roy, 1950
Judith Weber Colpack, 1960

BETA PI

Dee Ann Jacobs Edgcomb, 1964

BETA RHO

Barbara Rickerd Thompson, 1941

GAMMA BETA

Virginia Bailey Fellows, 1948

GAMMA ZETA

Jane Gale Prall, 1950

GAMMA LAMBDA

Barbara Pavlat Brookover, 1949

GAMMA NU

Hazel Reinders Raber, 1954
Mary Lou Rector Strain, 1957

GAMMA PI

Jane Harrison Telder, 1955

GAMMA UPSILON

Mary Ann Pistocco, 1961

DELTA THETA

Juanita Barnes Pyle, 1957

DELTA OMICRON

Frances French Kirkham, 1956

DELTA PI

Ida Hope Colyer Eisenbach, 1956

EPSILON BETA

Edith Dewitt Buchanan, 1967

EPSILON THETA

Linda Canterna Manzari, 1957

EPSILON OMEGA

Joyce Laurent Norlin, 1960

ZETA BETA

Jean Kroner Hallenbeck, 1962
Erin Lynn Dvorscek, 2004

ZETA ZETA

Lenda Landers Tarlton, 1963
Billie Alford Huddleston 1969

ZETA KAPPA

Mary Cramer Lowary, 1959

ZETA LAMBDA

Faye Massey Thornton, 1967

ZETA PHI

Toni Tatata Casciato, 1972

ZETA PSI

Elizabeth Anne Slovak, 2013

THETA EPSILON

Mary Jane Turnley Morgan, 1963

THETA RHO

Dale Rush Obernolte, 1966

IOTA XI

Aubrey Laine Dunn, 2019

KAPPA ALPHA

Janine Legendre Bonvillain, 1979

LAMBDA NU

Stephanie Brantley Courson, 1977

XI ETA

Jeanne Rayner Watt, 1994

OMICRON PI

Melissa Dawson, 2016

PHI BETA

Marlys Schmidt Taege Moberg, 1956



Left: Alpha Beta Chapter at the University of Illinois.

Delta Zeta Housing

Celebrating 28 Years of Excellence and Growing

“As the Delta Zeta housing program has developed, a commitment has been made to a standard of excellence ... that Delta Zeta houses stand out in design and function for the benefit of all who reside there. No castles — just beautiful, new campus homes for Delta Zetas; no cathedrals — just older places of warmth and comfort; no cottages — just special spaces for fun and friendship.”

— Norma Minch Andrisek, Past National President, Past National Housing Corporation President, Order of the Laurel, Gamma Alpha-Baldwin Wallace (OH), The LAMP Spring 1991.

his commitment to a standard of excellence, established back in 1992 with the incorporation of the Delta Zeta National Housing Corporation (NHC), continues to flourish to this day. This standard of excellence includes owning, renting and managing Delta Zeta Sorority properties, which allows for the building of new houses, as well as renovations and maintenance of existing properties to ensure the safety and well-being of our members.

The NHC also works tirelessly to ensure each space is designed with our members in mind. Through creative and functional designs, our professional architectural and interior design partners work with the NHC to create warm and inviting spaces, giving our members not just a house but a home. They also empower our women by providing features such as study areas and new technology to enhance their collegiate learning experience.

Delta Zeta’s NHC started with one facility with the Zeta Pi Chapter at the University of Georgia and has grown

since then with now 66 properties being managed by our professional staff. The NHC’s primary goal is to provide safe and comfortable housing for Delta Zeta collegiate chapters. From houses which sleep over 100 members, to our smallest which might only house a chapter’s Executive Board, every Delta Zeta house is unique. In traditional chapter houses, the NHC is responsible for the regular maintenance and improvements to the physical structure in addition to support for utilities, landscaping, cleaning, safety and security systems, meal service and staff (House Director, Chef), etc. For locations where the college or university owns the facility, they may provide furnishings, supplies and some vendor services like cleaning.

Regardless of the size or makeup of the physical building, our sisterhood through Delta Zeta transforms these spaces into homes. The NHC’s commitment to excellence and dedication to the chapters and members it serves allow sisters to have a safe place to grow and thrive together.

NHC BY THE NUMBERS

1992
FIRST CHAPTER HOUSE
Zeta Pi-Georgia

19
MOST RECENT HOUSE RENOVATION
Alpha Beta-Illinois

66
TOTAL CHAPTERS MANAGED

1,895
TOTAL BED SPACES

37
TOTAL PROPERTIES OWNED

3
TOTAL SUITES/LODGES

35
HOUSE DIRECTORS



OHIO IS THE STATE WITH THE MOST NHC CHAPTERS, FOLLOWED CLOSELY BY ILLINOIS WITH SIX

35 UNDER 35

Empowered to Lead:

Inspiring advice from Delta Zeta's 35 Under 35 Honorees

Empowerment can come from many different places. We can be self-empowered to take charge in our lives, or we can gain strength from the support of others, but however we come upon it, empowerment is a powerful force in life propelling us forward. Delta Zeta's 2020 35 Under 35 Honorees shared advice with us on how they stay empowered to make a difference in their lives, those closer ones and those they may touch in slight measure.

Want to learn more about this truly amazing group of women? You can find more in-depth bios on our website at www.deltazeta.org/alumnae/35under35.



"I have always been surrounded by strong women. I was raised by a strong woman, my mentors and advisors have been strong and powerful women, and I try to embody that as well. It can be intimidating to be a young, black, female attorney in a predominantly white, male profession; but I know that I am a voice for those who are underrepresented and that, in and of itself, empowers me to achieve my goals."

▲ **Morgan M. Bonekovic, Esq., Zeta Phi-Slippery Rock (PA), Associate Attorney, Akman & Associates, LLC**



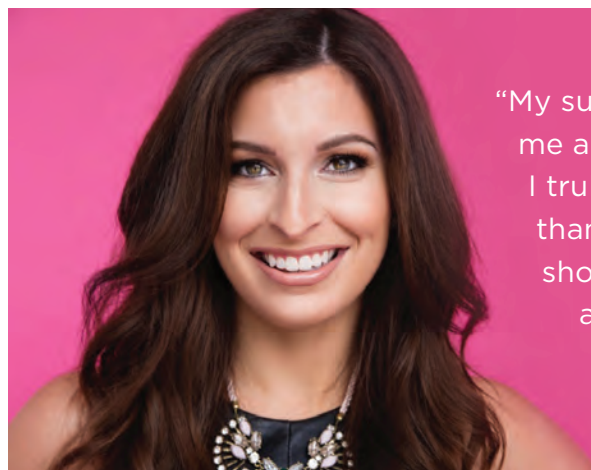
"I'm comfortable with being uncomfortable. I try to keep in mind when we are struggling and pushed beyond our limit, we must continue to push through to succeed, the result is amazing personal and professional growth."

▲ **Jessica Melissa Barron, Delta Alpha-California State/Long Beach, Pediatric Speech-Language Pathologist, Loma Linda University Children's Hospital**



"As a young Indigenous and Latina leader, I raise awareness of issues and perspectives that tend to go unnoticed in predominately white space such as higher education. I unveil opportunities for communities of color, recruitment and retention practices and provide perspective on ways to involve student voice and representation in higher education. The pride I see in the eyes of my parents and grandparents when they see my accomplishments, and the same looks on families' faces on graduation day when they see their student having finished our programs, empower me to continue this work."

▲ **Kaylee Moreno Burke, Zeta Nu-Ferris State(MI), Executive Director & Co-Founder, Center for Latin@ Studies at Ferris State University**



"My support system has been key in keeping me always thinking bigger and staying focused. I truly value my relationships with people more than anything else, and I think that constantly shows and keeps me growing as a person and as a business owner."

◀ **Sarah Buxbaum, Gamma Omicron-San Diego State (CA), Founder & CEO, Celebrate with Sarah & CWS Hospitality**



"I currently have the opportunity to marry two of my favorite things: relationship building and helping others win with their money. I am so grateful to have the opportunity to also work for a company that's mission is to empower others to win with their money. I get to build relationships while on a mission for a cause that changed my life."

◀ **Katie Bivens, Alpha Gamma-Alabama, Strategic Relationships Coordinator, Ramsey Solutions**

35 UNDER 35



"My students inspire me every day. Whether it's watching them master a skill they once struggled with, making friends with mainstream children, or being able to advocate for themselves in IEP meetings, they empower me."

▲ **Christina Dunbar, Gamma Lambda-San Jose State (CA), Community Care Coordinator, L'Arche Internationale - Portland, OR**

"I look for confidence within myself and know that I have the tools I need to succeed. And, if I need help, I can ask for it."

▼ **Elizabeth "Liz" Petrun Sayers, Alpha Theta-Kentucky, Social Scientist, U.S. Food and Drug Administration's Center for Tobacco Products, Office of Health Communication and Education**



"Mindset is huge for me. Henry Ford said, 'Whether you think you can or you think you can't-you're right.' I choose to see a world of unlimited possibilities. Where most see a challenge, I see an opportunity. Your perspective is everything. It's a choice, and it's that choice that empowers and inspires me to create and achieve goals."

► **Kristen Martin, Pi Zeta-Arizona State, Author and Creative Entrepreneur, Self-Employed/Entrepreneur**



"I knew from a young age that I wanted to be a doctor. I love working with my hands and 'fixing' things, and I knew that I wanted to touch people's lives by making them better by addressing a problem that maybe no one else could."

▼ **Karissa L. Cryer, DO, Lambda Xi-Texas A&M, Staff OB/GYN Physician, Offutt Air Force Base, Associate Faculty, University of Nebraska Medical Center**



"I feel deeply inspired and empowered by the strong women who surround me. My mother taught me that anything is possible with hard work and dedication. Mentors have shown me the best way to lead by their actions and contributions. I have found confidence to use my voice to inspire my community to give back and effect change for themselves and others."

◀ **Caitlin S. Shea, Rho-Denver (CO), Director of Development, DISCOVERY Children's Museum**



"I've been fortunate enough to have encouraging and supportive supervisors who have listened to my ideas and have given me the tools and space to be successful."

◀ **Colleen Pulsford, Epsilon Delta-Concord (WV), Senior Business Development Associate - GIS Specialist, Emerus**

35 UNDER 35

"It's hard to gain credibility as a young woman working with multi-million dollar clients and prospects. I learned quickly that the best way to do that is to continue my education. I became a specialist through designation programs and learned our financial planning software backwards and forwards. That competence breeds confidence."

► **Alexandra Bittel** Head, Beta Gamma-Louisville (KY), Vice President, Wealth Management Advisor, Merrill Lynch



"You have to learn not to be afraid to ask for what you want. When you combine the courage to advocate for yourself and your interests, with the willingness to work hard and take challenges, you start to see that it's possible to do work that you love which is empowering."

▲ **Michelle Pence Myers**, Epsilon Nu-Missouri State, General Counsel & Chief Compliance Officer, Cultivation Capital



"I gain my confidence by reflecting on past goals, where I perhaps had doubt, but conquered those goals. I like to remind myself that I am always stronger and more capable than I may think at the moment. I feel empowered to take action when I reflect on who I may be inspiring. Others may be watching, and I want to be the positive role model for them."

▲ **Jeanette Flores**, Theta Rho-California State/Los Angeles, Vice President, HRY Personnel Services



"I have an incredible supportive community of people around me who I can thank for giving me confidence. Co-workers who 'get it,' a family and partner who help take care of me every day, and great friends. A lot of the people I look to for support and love are my sisters from Kappa Tau. They are truly my best friends. I am so thankful for them!"

▲ **Allie Johnston**, Kappa Tau-Morehead State (KY), Family Services Manager, Neighborhood House

"While finishing my residency training in Psychiatry, my main focus has been advocacy and education. In this field, we see some of the most marginalized and misunderstood members of our society. When I see something I've said or done clicking with a patient to help them get better, it's all I need to motivate me to continue on in my path."

▲ **Claire Drom**, Lambda Theta-Michigan Tech, Physician Fellow, Medical College of Wisconsin



"When I first began working, I was one of two female engineers and the only Hispanic women engineer in my group. It's my vision that one day this will change and there will more women in STEM. While not many engineers 'look like me,' nonetheless I was fortunate to find great role models that have shared their wisdom and continuously empower me to pursue my goals. I have confidence that by encouraging young women to pursue careers in STEM during their formative years that the percentage of women leaders in STEM will drastically increase."

► **Blanca Herrera, P.E.**, Theta Rho-California State/Los Angeles, Civil Engineer Associate, Los Angeles Department of Water and Power



35 UNDER 35

"Knowing that I am acting in the best interest of my clients empowers me every day. I work with children and families, so my clients can be fragile. Knowing that my expertise builds people up every day is the greatest encouragement to stand up for my clients."

► **Ally Johnson Bayard, Sigma-Louisiana State, Founder, Sparenting LLC and School Counselor, St. James Episcopal Day School**



"Seeing how my friends and family support me gives me the confidence to keep going and grow both as a person and as the creative brain behind my business. My supporters are truly the fuel I need to make Fashionphile as successful as it can be."

◄ **Danielle Marie Gumina, Pi Theta-Rollins (FL), Fashion Buyer / Designer & Entrepreneur, Fashionphile**

"I have this internal drive to strive for more and achieve more in life. I definitely got this from my parents who included me in all of the available activities and told me I could do anything I put my mind to and, of course, 'to keep my eye on the ball!'"

▲ **Lyndsay Bradley Kerr, Lambda Xi-Texas A&M, Analytics Delivery Lead, General Motors**



"The belief that I can, and must, make change in this world to leave it better for the generations that come after us empowers me. I remind myself daily to put perspective to every goal I set for myself and my team. This gives me purpose and empowers me to lead even when the situation is challenging and the conversations difficult."

► **Andrea Judd-Shurmur, Epsilon Sigma-Wayne State (MI), Director, Learning Services, Council of Michigan Foundations**



"Success increases confidence and empowerment. I think it's important is to take a step back and identify the factors that led to success. Just as I have been lucky enough to experience a great deal of success, I have also been given the opportunity to learn from mistakes. These combined experiences truly contribute to my confidence and empowerment as a woman."

▲ **Rebekah S. Gardner Fincher, Epsilon Xi-Central Arkansas, Chief Administrative Officer, Conway Regional Health System**

35 UNDER 35

"You can't help but be empowered when you have a circle of women like I have to support you and encourage you. My mom specifically is my biggest fan. She might not always know what I'm talking about when it comes to HR 'stuff,' but she still cheers me on. Delta Zeta shapes and defines my worth as a female leader. I've been able to realize my potential in so many capacities because of this organization."

▼ **Corinne Saliba, Gamma Alpha-Baldwin Wallace (OH), HR Consultant, The Ahola Corporation**



"People encourage me the most. Whether that be looking at my company leadership's achievements or my friends who have amazing careers and volunteer endeavors or the women I have advised; I know that while I may be watching them, they might also be watching me as they aspire to reach their goals."

▲ **Sarah Beth Thornton, Lambda Kappa-Alabama/Huntsville, Business Developer, Retail Strategies**

"Confidence is ingrained. When students around the world watch my videos and leave comments asking me to make more, then the goals I have create themselves, and I just have to sit down and work until I achieve them."

► **Amanda Potasznik, Ph.D., Iota Psi-Texas/Arlington, Lecturer, University of Massachusetts, Boston**



"People are my passion. The families in need of work I've met in Zimbabwe and India inspire me to take action. They represent millions, in the same position, who given an opportunity can educate their kids, feed their families and avoid human trafficking."

► **Jessica Kelly, Lambda Sigma-Winthrop (SC), Founder & CEO, THR3FOLD**



"You are the only person who can truly control your happiness — be careful what you do with that power and don't waste it! If you truly want something, then you will do whatever it takes to rise to that occasion and do it! There are no excuses. Don't get in your own way."

► **Kelley Marie Ward, Omicron Gamma-Ohio, Owner, A' La Carte Events**



"I had strong women teachers in high school, I had strong Delta Zeta advisors and I've had a strong female supervisor in every professional role that I've had since graduating college. They all have challenged me to try new things and pushed me toward achieving my goals."

▲ **Taylor Ridenour Sminchak, Gamma Kappa Chapter, Kent State University, Coordinator of Outreach for ZipAssist, University of Akron**

"Empowerment definitely comes from other people. I have such a great group of people who support me and believe in me. My students also empower me. They are the reason I do everything I do. I want the absolute best for them, and that empowers me to be their advocate and to always stand up for what they need."

▲ **Lindsey Hawkins, Lambda Sigma-Winthrop (SC), English Department Coordinator and English Teacher, Colegio Dominicano**

"I believe being prepared leads to confidence. I always feel more confident and empowered when I have done everything I can do to get prepared to achieve my goals."

◀ **Tyler Young Williams, Epsilon Xi-Central Arkansas, Deputy Prosecuting Attorney, Benton County Prosecuting Attorney's Office**



35 UNDER 35



"God has blessed me with a great job, family and friends. Everything I do is for them. We should pass our blessings along so we can be a blessing to others. I love setting an example for my children so that one day they will follow in my footsteps and be a person who loves to give back."

◀ **Allison Brown Wilkinson, Lambda Pi-Gorgia College & State, Director of Payroll Services, Georgia College & State University**



"There are many times where I feel tired, stressed and overwhelmed, but then I remember my purpose and why I do what I do: to help make people's lives better. When I'm thanked for helping an employee think through a move process, or when a collegiate member thanks me for helping to navigate them through a financial situation, I am reminded I am truly helping to make their life better."

▲ **Valerie Lisette Cobos, Omicron Alpha-St. Mary's (TX), Senior Organizational Change Facilitator and Administrative Officer, Frost -Banking, Investments, Insurance**



"I truly believe I am helping making a positive difference in the world of nursing. Where I can change the life of one person, I succeeded."

◀ **Jessica Marlene Corral, BSN, RN, PHN, Delta Alpha-California State/Long Beach, Registered Nurse, Enloe Medical Center**



"It is okay to be dissatisfied, but what will set you apart is your willingness to effect

change in an effort to make things better. Not just for yourself, but for others, too. So, when you see something you want/like or do not want/dislike, be willing to take action to achieve your goals. Actions will always speak louder than words."

▲ **Dr. Allison Hunter, MD, Beta Gamma-Louisville (KY), Hand & Upper Extremity Fellow, Philadelphia Hand to Shoulder Center**

"My dream is to create a program with my non-profit, Thriving Elements, that replicates the quality mentoring I received in my life and scale it to as many underprivileged young women as possible around the globe. Sometimes it takes just that one moment or that one person to help someone see what they are capable of and go beyond their potential."

► **Janet T. Phan, Kappa-Washington, EMEA (Europe Middle East Africa) Technology Program Leader, PwC, Founder and Executive Director, Thriving Elements**



TRULY ΔZ

When you first meet Lynnda Wolf Hoefler, Past National Officer, Gamma Kappa-Kent State (OH), you wouldn’t realize this quiet alumna has had an over 40-year career as a Delta Zeta volunteer. Lynnda is most recognized for her work with the National Panhellenic Conference (NPC). She was Delta Zeta’s NPC Delegate from 2002 to 2014 and then on the NPC Executive Committee as Finance Chairman. Lynnda is passionate about sorority life and her enthusiasm for Delta Zeta shines through to whoever she encounters.

LAMP: What is your favorite line of the Creed?
LYNNDA: “To crusade for justice, To seek the truth and defend it always” is one of my favorites. Justice in all situations is so important. Seeking the truth has always been important to me. I want to know the “why” behind things so I do a lot of research and so I can better tackle the issue. The truth sometimes gets twisted, and working from facts is important to me.

66
The truth sometimes gets twisted and working from facts is important to me.

LAMP: Why did you join Delta Zeta?
LYNNDA: My freshman year I “accidentally” roomed with a junior who was a Delta Zeta. The chapter was being recolonized that fall under the direction of Norma Minch Andrisek, Gamma Alpha-Baldwin Wallace (OH), Vice President of Membership at the time. I was very excited about the opportunity to be a part of a new start for the Gamma Kappa Chapter at Kent State. Norma actually put my pledge pin on me! Debbie Raziano,

Kappa Alpha-Nicholls State (LA), was one of the field reps (ELCs) who visited our chapter when I was there. These women later both became National Presidents, and I had the opportunity to serve with them on National Council. Little did I know then what a large role they would play in my life for years to come.

LAMP: How does the fraternity/sorority experience help a member in life? Why is the sorority experience still relevant today?

LYNNDA: Being a Delta Zeta has enriched my life in immeasurable ways. Membership is still relevant today because lifelong friends are so important. Sorority membership enhances what is learned in academia on campus as it provides life skills and provides incredible leadership opportunities and experiences, philanthropic engagement, networking with others, and we learn the importance of volunteering and giving back. I had the opportunity to see that firsthand in NPC as well for the 25 years that I served there with the other member groups working together for our many common causes.



LAMP: What is something most people don’t know about you?
LYNNDA: I work as a “standardized patient actor” during testing situations for medical students. I am given a script to learn about a patient’s symptoms and perform that scenario with the medical students in a room that looks just like a doctor’s office. I coordinate with the raters who observe through a two-way mirror and are either faculty or current/retired physicians. We provide feedback to the students on what they can improve. It has been another wonderful way to interact with college students!

LAMP: Finally — Pink or green?
LYNNDA: I am definitely a pink girl!..💖



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