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Pageant Queen

18 Truest and Deepest
Friendship

32 Looking Through Rose
and Green Glass



the Lamp

OF DELTA ZETA

Embracing the Fire

How I conquered fear and
grief to move forward.

SPRING / SUMMER 2021

ARCHIVAL

The first Delta Zeta Golden Roses for fifty years of membership were presented to Delta Zeta Founders Alfa Lloyd Hayes, Julia Bishop Coleman and Mary Collins Galbraith at the 1952 National Convention. This year, more than 2,500 alumnae initiated in 1971 will join them as Golden Rose members. Delta Zeta's official jeweler, Herff Jones, now creates the lovely golden pin available for members when they reach this special milestone!



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THE LAMP

Allison Lynch
St. Germain
Alpha Upsilon-Maine
Managing Editor

Tria Designs, Inc.
Design & Layout

CONTACT US

(513) 523-7597
dzs@deltazeta.org
www.deltazeta.org

SUBMISSIONS

LAMP@deltazeta.org

Delta Zeta National
Headquarters,
Attn: Editor
202 East Church St.
Oxford, OH 45056

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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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Alpha-Miami (OH)

Myrtle Graeter Hinkly
Delta-DePauw (IN)

Norma Minch Andrisek
Gamma Alpha-Baldwin Wallace (OH)

FROM THE PRESIDENT

Friendship Beyond the Screen



One of my favorite shows in college was the TV show “Friends,” which is making a resurgence thanks to streaming platforms. I loved watching the show with sisters and dreaming about life after college, working and hanging with your group of friends. Endless coffee dates and people to share life’s biggest moments. I consider myself lucky to have gathered lots of friends over the years, from childhood friends to work colleagues who’ve become friends.

But close friends? The ones I’d spend hours at the coffee shop with talking, laughing, crying and solving life problems together? The type of friends you can always count on? We hear often how hard it is to make close friends as we age. People move more often, get caught up in work and family obligations, and sustaining close friendships becomes more difficult. Social media has helped us keep in touch with more people, but sometimes it is hard to develop deep relationships online which bring the greatest meaning to life.

I’m incredibly thankful for my Delta Zeta sisters who are my “Friends” friends. Some of those sisters I met in college, when so many of us make friendships which sustain us many years later. Others, I’ve gained throughout the years because of the experiences and connections Delta Zeta has provided me. The truest and deepest friendship kind of friends. Wherever I go, I always know my Delta Zeta sisters are there. Whether it’s just a phone call to check in on how you are doing, shopping until we drop or escaping for a girl’s weekend to the beach or mountains to relax, I will always cherish my Delta Zeta sisters and I’m grateful for those friendships!

True and deep friendship isn’t found only on the TV screen. As Delta Zetas, we have the opportunity for friendship to be found every day in our sisterhood.

Christy M. Phillips-Brown
National President

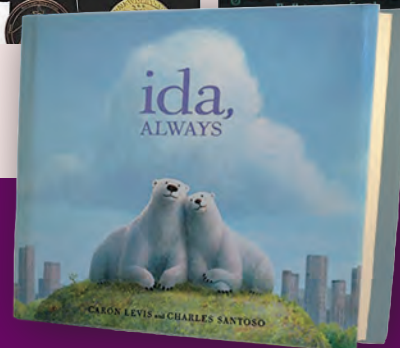
Lessons on Friendship

From the Children's Room Bookshelf

"Share everything.
Play fair. Don't hit people."
You may be familiar with this line from Robert Fulghum's popular work "All I Really Need to Know I Learned in Kindergarten." We know that children's bookshelves are full of friendship inspiration. So, we asked Laura Baxter Hedenberg, Gamma Beta-Connecticut, who is not only Delta Zeta's National History Chairman but professionally is a school library media specialist, for her six (plus one) recommended reads on friendship.



Six (Plus One)



ONE

"RAINBOW FISH"

by Marcus Pfister is a simple story about making friends by sharing your most prized possessions.

TWO

"EACH KINDNESS"

by Jacqueline Woodson and illustrated by E.B. Lewis shows how kindness makes the world a bit better.

THREE

"THE ONE AND ONLY IVAN"

by Katherine Applegate is a fictional story that shows how transformational friendship can be.

FOUR

"FISH IN A TREE"

by Lynda Mullaly Hunt shows that disability does not define who a person is with this story of support and discovery.

FIVE

"NEW KID"

by Jerry Craft is a graphic novel which shows the struggle its hero faces torn between two worlds and trying to stay true to himself.

SIX

"THE ADVENTURES OF BEEKLE: THE UNIMAGINARY FRIEND"

by Dan Santat is beautiful, in both story and images, showing how friendship, imagination and courage can help someone find their place.

PLUS 1

"IDA, ALWAYS"

by Caron Levis and illustrated by Charles Santoso is a book about friendship, love and devotion. While there is a definite theme of loss in this book, the steadfast love between the two bears reminds me of our sisterhood. Friendship and love is forever in Delta Zeta. It's steadfast; unwavering. Throughout my journey in life, the good and the bad and the sad, it has been the love and friendship of my sisters that has remained steadfast. It has kept me going and has lifted me up. I can and will continue to count on our love for each other and for our beloved Sorority.

ALFA

Virtual Events Via The Learning Center



LIKE MOST OF THE WORLD, DELTA

Zeta saw our training and education programs move virtual in 2021. eLearning Industry, one of the world's largest digital learning websites, predicts that virtual learning will grow by more than 16 percent in 2021. And more than 56 percent of companies are rethinking their training opportunities because of changes due to COVID-19.

We were prepared for this shift! Late in 2019, we started researching new learning management software (LMS) to replace older technology. In the fall of 2020, we were able to implement our new LMS, The Learning Center, and planned to host our typically in-person officer training and leadership programs completely virtually on the new platform.

The Chapter Officer Regional Experience, or CORE, for officers and advisory boards was held on The Learning Center on February 20. And, the following week, our Presidents Academy was hosted on the same platform February 27-28. In the course of just one week, more than 1,500 students and volunteers had access to leadership and training opportunities in a virtual environment.

Delta Zeta's CORE training provided tracks for ten officer positions and an additional track for all advisory board members. Participants were also able to choose to attend a live breakout session of their choice to engage with others around topics from dealing with member apathy to taking care of our own mental health.

The Presidents Academy training was built upon keynote speaker Hannah Gordon's new book, "SZN of Change." Hannah is the Chief Administrative Officer and General Counsel of the San Francisco 49ers. Her pre-recorded keynote was followed with a live Q and A session with Chapter Presidents and College Chapter Directors. Participants were then able to work through leadership and training sessions at their own pace while saving time each day for live interactive sessions with other attendees.

We know that in-person events will return in some form in the future, however, because of The Learning Center, Delta Zeta was able to expand attendance at national learning opportunities to a record number of sisters. Many times, chapters are faced with making decisions to attend a conference based on budget, travel or time limitations. This year, many of those difficult choices were made much easier with the access members had to virtual events. A big benefit



Digital Exclusive

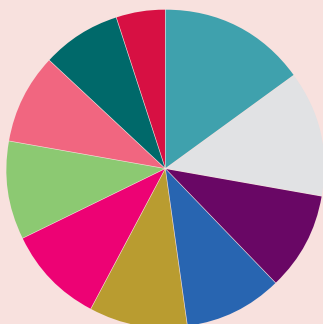
Catch up on the recorded sessions from both CORE and Presidents Academy by logging into The Learning Center on Delta Zeta's member page/app. Recordings of breakout sessions

will be available all year long for officers and volunteers to watch!

TOP VIEWED PRESIDENT ACADEMY TOPIC SESSIONS



CORE ATTENDANCE BY OFFICER POSITION



15% Advisory Board

13% Vice President of Programs

10% Vice President of Philanthropy

10% Vice President of Membership

10% Treasurer

10% Vice President of New Member Education

10% Secretary

9% Risk Management

8% Panhellenic

5% Public Relations

to hosting both events on The Learning Center is that the content will be available to the officers throughout the course of their term this year!

That isn't to say there were not hiccups! We've learned a lot because of the virtual events held this year. Most importantly that our members are flexible and adapted well to the new formats. We know that Delta Zeta will take the lessons gained to improve experiences for the future.

Leadership opportunities like these are made possible by generous donations to the Delta Zeta Foundation. Gifts to the Foundation support the Sorority's vision to be a global women's organization whose actions truly inspire action and impact lives.

¹ Bleich, Cory. 8 eLearning Trends and Predictions for 2021. <https://elearningindustry.com/elearning-trends-predictions-2021>

Take Note

Convention Moves Virtual

Delta Zeta's National Council announced this spring that the 54th National Convention will be held virtually from **July 15-18, 2021**. We are excited to be together virtually as a Convention body, to conduct Sorority business and to celebrate our sisterhood! **Please visit www.deltazeta.org/Convention for the most up-to-date information and find out how you can join us online this summer!**



Our Rose Garden is Blooming!

Delta Zeta's Rose Garden is a way to virtually honor sisters, past and present, through a small donation to the Delta Zeta Foundation. **The Rose Tree began as a Convention tradition and has grown to be open year-round at www.deltazeta.org/foundation/rose-garden.** Show a sister how special she is by planting a rose in our growing garden!

LAMP Deadlines

The LAMP of Delta Zeta has been continuously printed since 1910. Chapter and member news is accepted throughout the year but specific deadlines for each issue are:

Spring/Summer: February 10

Fall: June 10

Winter: October 10

Submit your news online at www.deltazeta.org/about-us/the-lamp-of-delta-zeta or via email at Lamp@deltazeta.org.



ALFA

Chit Chat

We asked **Ashlyn McConnell, Delta Theta-Houston (TX),** about her experience with Delta Zeta friendships. She is pursuing a degree in Kinesiology and a focus on Exercise Science with a minor in military leadership. Ashlyn was sworn into the U.S. Army through the ROTC program at the University of Houston.

CAN YOU TELL US ABOUT A SPECIFIC MOMENT OR TIME YOU WERE EMPOWERED BY DELTA ZETA AS AN ORGANIZATION OR BY A DELTA ZETA SISTER?

Since joining ROTC, my sisters have always made me feel like I was doing something amazing. They constantly hype me up and give me love and support. These ladies helped me get past the stigma I had developed about ROTC and taught me to be proud of what I am doing.

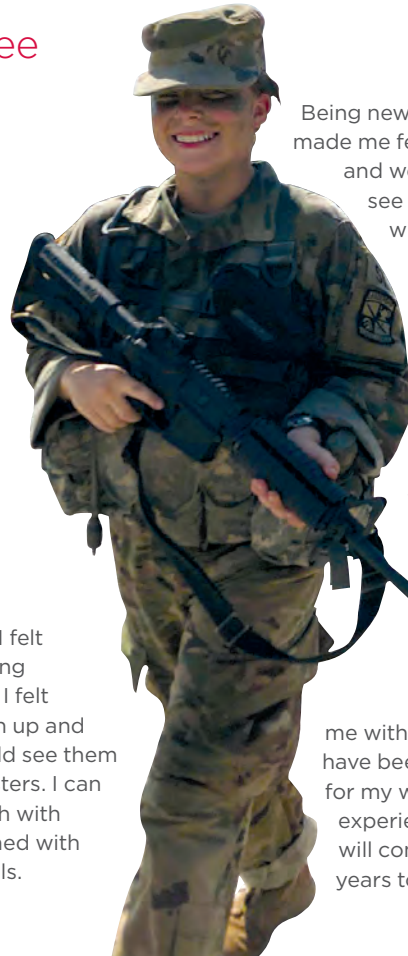
WHAT DOES OUR SHARED VALUE OF FRIENDSHIP MEAN TO YOU?

Friendship to me is being able to build a trust and support between

each other. It is building a foundation of support for the lows and highs.

WHY DID YOU JOIN DELTA ZETA?

Delta Zeta is where I felt like I belonged. During philanthropy round, I felt comfortable to open up and cry with them. I could see them being my forever sisters. I can turn and cry or laugh with them. They are aligned with my values and morals.



Being new to Texas, they made me feel right at home and were people I could see myself growing with.

HOW HAVE THE FRIENDSHIPS YOU'VE MADE IN DELTA ZETA IMPACTED YOU?

I could not imagine a life without these friendships.

I have experienced many major life events these past four years and my friends

were there for me without question. They have been my backbone for my whole college experience. I know they will continue to be for the years to come.

Your Words and Pictures



We asked members on Instagram to tell us about their best friend and loved what they shared with us!



One of the best parts of being a Delta Zeta has been being a big for the most amazing little. Getting to watch her grow and become empowered through opportunities this sisterhood provides makes me smile every day.

— Gillian Bruce (right) about her friend Aidan Cummings (left), both Rho Alpha-Murray State (KY).

Show of Hands

In a completely unscientific (but oh so much fun!) Instagram poll, we asked followers to pick their favorite TV friend duos! Here are the results from our head-to-head match ups . . .

AND - THESE TWO
FAN FAVORITES
WHICH WAS TOO
CLOSE TO CALL!



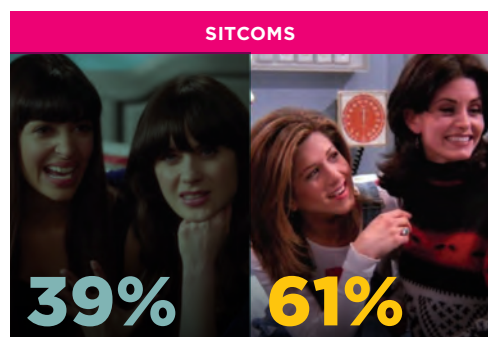
50%

**Parks and
Recreation**
Leslie and Ann



50%

Gilmore Girls
Rory and Lane



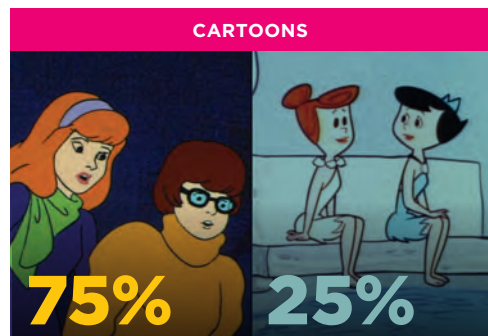
New Girl
Jess and Cece

Friends
Rachel and Monica



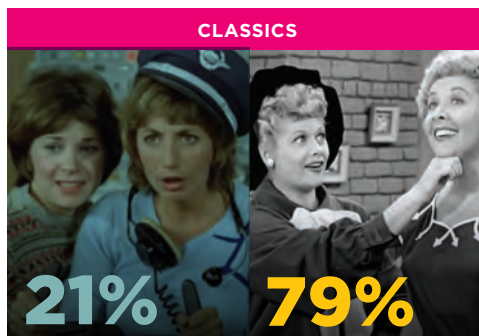
Grey's Anatomy
Meredith and
Christina

Scrubs
Carla and Elliot



Scooby-Doo
Daphne and Velma

The Flintstones
Wilma and Betty



Laverne & Shirley
Laverne and Shirley

I Love Lucy
Lucy and Ethel



These two gals right here are why I'm not drowning in chem class! They are so positive and so empowering! I love that I get to call you girls my besties!

— **Hadley Shields (right)** about her friends Allison Weiner (bottom) and Kelly Thurrott (left), all Kappa Phi-North Carolina/Charlotte.



Sidney and I are in the same family line, and we like to vent and talk about life (and sometimes make fun of each other lovingly). She's always been a great support, and I don't know what I'd do without her!

— **Allie Maas (left)** about her best friend, Sidney Wallraff, both Theta Nu-Minnesota State/Moorhead

From *The LAMP*
of Delta Zeta
Golden Anniversary
Historical Issue

September
1952



Fifty-Year Golden Dream Comes True as Honored Founders are Initiated

Founders Alfa Lloyd Hayes, Julia Bishop Coleman and Mary Collins Galbraith were themselves finally initiated Sunday in the beautiful ritual they gave the infant sorority fifty years ago at Miami University. At the initiation banquet that evening they reiterated those principles of service, friendship and steadfast love, in a program built around the Delta Zeta Creed. The impressive initiation ceremony, conducted by National Council, was the first time the Founders had been initiated and it brought back many memories of those early days.

As Julia Bishop Coleman said, "We've just been initiating others all our lives, but this was the most beautiful initiation I've ever seen." The essentials of the ritual are the same as the ceremony written by Anna Keen and Julia Bishop, who met every afternoon for a week with Dr. Guy Potter Benton.

Helen Woodruff Nolop presided over the Lamp of Gold Banquet, and Epsilon Chapter sang two songs, one an original. The beautiful table decorations, featuring gold lamps and gold leaves, were the work of Chairmen Mary Louise Mitchell and Ann Routzon of the Dallas alumnae.



Above: Founders
Alfa Lloyd Hayes,
Julia Bishop
Coleman and Mary
Collins Galbraith.

Right: The Golden
Era Luncheon at
Delta Zeta's Golden
Jubilee Convention
in 1952.



Mary Collins Galbraith opened the dinner with an invocation dedicated to fifty golden years of service to the ideals of the Lamp. "Friendship and love are our common treasure," said Alfa Lloyd Hayes, speaking on the first part of the Creed. "Our sorority ideals serve ever to remind us we can help others in this game of life. We can take nothing out of this world that we do not give to it, gloriously and lavishly."

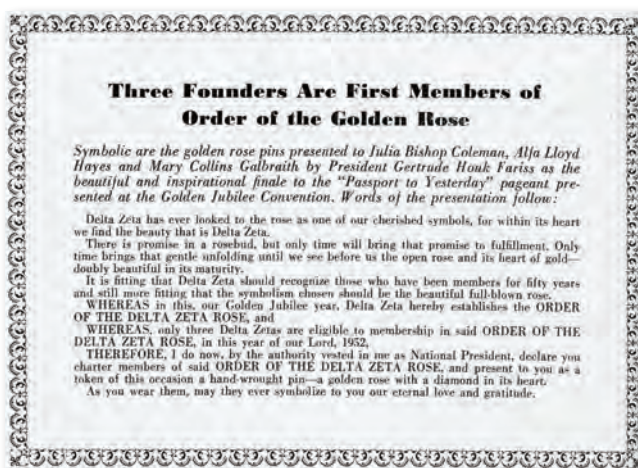
Speaking on the second part [of the Creed], Julia Bishop Coleman reminded us that while it is natural and easy to be kind to our friends and relatives, it is also important to be interested in those with whom we have only slight contact. We will all our lives be an influence for good or bad on the lives of others. "A smile, a word, a handshake—these are the things that pay the dividends," Mrs. Coleman emphasized.

Grace Mason Lundy said you cannot give your friends understanding and appreciation unless you have worked to that end—and you must understand them on their own terms. You must also appreciate things which you may not

understand, but through doing this the individual will be developed. "In these days when everything is being debunked, devaluated and uncovered, let's not devalue friendship. It is the greatest tool we have to prevent the veil of darkness which threatens."

The Lamp of Gold initiation banquet also saw Delta Zeta's three founders, Julia Bishop Coleman, Mary Collins Galbraith and Alfa Lloyd Hayes, become the first members of the

Order of the Golden Rose and presented with a golden rose pin with a diamond. Other Delta Zetas when they attain 50 years' membership may wear the golden rose with a pearl. ♠



READING ROOM

These Delta Zeta alumnae accomplished what many of us may have dreamed about during the pandemic — they published their books!



Writing a Labor of Love in Lockdown

Felicia Gros, Sigma-Louisiana State, co-authored “Talulah’s Pie” with her husband, Eric Redmon, during COVID and published it in the fall of 2020. This is Felicia’s first novel, however Eric has self-published previously. This romance is set in 1960s New Orleans and shows that even when life throws curve balls, we can choose how to respond to them. Paul and Marie cross paths with Talulah, a baker of the finest pies, and find so much more than food. Talulah gives them life lessons which she learned in the school of hard knocks. Felicia illustrated “Talulah’s Pie” and the cover art is her original work.

Find out more about this inspirational novel which tells the story of harmony among people, transcending race and background on amazon.com.



Poetry for All Seasons

Suzanne (Suzy) Berry Cottrell, Zeta Lambda-East Carolina (NC), calls herself an Ohio buckeye by birth but lives with her husband and rescue dog in rural Piedmont, North Carolina. An outdoor enthusiast and retired teacher, her poems have appeared in numerous anthologies and journals. She is the author of “Gifts of the Seasons, Autumn and Winter,” published by Kelsay Books in May 2020 and “Gifts of the Seasons, Spring and Summer” released in the spring of 2021. Suzy says, “The 36 poems are suitable for all ages. I hope readers enjoy the imagery and experience the beauty of autumn and winter scenery and activities.”

Find out more at www.suzanneswords.com.



From Wall Street to Writer

Deborah Jaynes Weir, Alpha-Miami (OH), has left her Wall Street background behind with her new book. Already an accomplished certified financial analyst, she has turned her talents to storytelling. In “My Brother’s Secret Life: Adventures in the Heartland,” Deborah shares an intimate glimpse into the life of her younger brother, Bob. Called a funny and delightful homage to a kid brother who grows up to be a wonderful man, Deborah’s book is relatable to anyone growing up in the Silent Generation during the Eisenhower years. In addition to this new work released in 2020, Deborah is also the author of “Timing the Market: How To Profit in the Stock Market Using the Yield Curve, Technical Analysis, and Cultural Indicators.”

Both of her books are available on amazon.com.



Healing Animals and Sharing Her Story

Born on the 4th of July and raised on a farm in Missouri, Ava Frick Johnson, Gamma Gamma-Missouri Valley, knew at age three, her one purpose in life was to heal animals. Today, Ava is a respected veterinarian and inductee to the Animal Chiropractic Hall of Fame. Her biography, “Conversations with Animals,” paints a picture far beyond the usual borders of conventional VetMed because she always journeyed well beyond the norms of her profession in search of better, more effective modalities of animal health and rehabilitation care. 🍀

You can find more about her at www.avafrick.com

Are you a Delta Zeta author?

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

AUTHENTIC

Aaliyah Downard-Archibald

Lambda Rho-Illinois State

Aaliyah is one of our newest members, having just joined the Lambda Rho Chapter at Illinois State University in the fall of 2020, but truly represents the very best of Delta Zeta in all she has accomplished. Aaliyah's chapter sisters were overwhelmed with pride as they watched her crowned the 2021 USA National Miss Illinois Teen and she was also honored by Illinois State's Greek Gala Awards as the campus' emerging member. A freshman elementary education major, she shared with us the connections between pageantry and sisterhood, and how they are shaping her into the woman she is today.

CAN YOU TELL US A LITTLE MORE ABOUT YOUR PAGEANT PATH?

When I was nine years old, a postcard came in the mail for my sister promoting a local pageant. I begged my mom, and she let me do it. When you are a kid, you see the pretty dresses and think it is all about playing dress up. However, there is so much work that goes into being successful in pageants. I practice, network with others and am committed to educating others through my platform, Diversity is Now. Growing up biracial, I didn't see a lot of people who looked like me in the media, and my goal is to use my platform to change that.

HOW DO YOU THINK THAT YOUR PAGEANT EXPERIENCE HAS HELPED PREPARE YOU FOR LIFE?

Pageants have helped me find my voice and leadership. I have no fear walking into an interview

room because of my pageant experience. This helped me greatly during virtual recruitment. I was able to have authentic conversations with Delta Zeta members and knew they liked me for me.

WHAT EXCITES YOU MOST ABOUT JOINING DELTA ZETA?

The support I receive from my sisters is amazing. In high school, I was bullied, always being picked on for being different and now because of Delta Zeta I know that I'm accepted for who I am. I am also our chapter's first Diversity, Equity, and Inclusion Chair. Our goal is to make each member feel appreciated, accepted and celebrated. And — I'm

so excited to move into the chapter house next year!

CAN YOU SHARE SOME OF YOUR GOALS FOR THE FUTURE?

Because of supportive teachers when I was younger, who helped me through difficult times, I want to be a teacher myself. I love kids and can see myself teaching first grade in the future.

FROM YOUR EXPERIENCE, IS THERE ANY ADVICE YOU MIGHT GIVE TO OTHER SISTERS?

The experiences I've had competing in pageants have provided me skills which set me apart and, for that, I am grateful. I know that I'm able to break glass ceilings because of what I've learned. I want other Delta Zeta sisters to know that they can do it too with strength and willpower. 🔥

Aaliyah was crowned the 2021 USA National Miss Illinois Teen in December of 2020 and will compete in Orlando, Florida this summer for the national title at the 2021 USA National Miss pageant.



MEAGAN GILBERT PHOTOGRAPHY

Embracing the Fire

HOW I CONQUERED FEAR AND GRIEF
TO MOVE FORWARD

By Danielle Berggren Torley, Xi Psi-Grand Valley State (MI)

Photos by Dianna Berggren





“Despite my attempt to move forward, I was haunted by merciless, lingering nightmares of fire and smoke and heat.”

II

couldn't sleep.

It was already 1:00 a.m. and I fully expected my 4-year-old to make a sleepy appearance in our room before my alarm at 6:15.

But I could not shake this idea from my head — the excitement, the fear, the exhilaration. The thought of being on stage speaking publicly in front of thousands of people. Could I be that vulnerable?

I had just received an email from the Project Management Institute (PMI) announcing the deadline to be selected as a TED Talk speaker at the next PMI leadership conference. The email emphasized that applications did not have to be on project management but on any “idea worth spreading.” I clicked the link and watched the marketing video. And the wheels in my mind started turning.

FIRE.

Fire brought my life full circle. Transformation and recovery. But, I was sure there were already hundreds of TED Talks on tragedy and grief and hope. Why would mine be any different?

My story started as a child when my life changed drastically on a cold winter night in Michigan. In the middle of the night, the doors of our fireplace exploded, and fire rushed from the chimney into our living room. By the time we woke up, fire had consumed the entire first floor and was starting to crawl up the stairs.

I cried out to my parents and suddenly everything was happening at once. My dad ran into my room to break open the windows that were frozen shut. My mom ran to my little sister's bedroom, which was nearest the stairs and the fire, to search for her. I crawled after my mom, stuffed animal in hand, trying to stay low where the smoke was not quite as thick.

I remember trying to turn on the hallway light, flipping the switch up and down, confused because nothing was happening and then realizing that the light was on, I just could not see it through the smoke.

My mom finally found my sister and rushed us back to my bedroom where my dad had broken the window and lifted us onto a roof awning. We started shouting for help as the fire continued to spread below us, screaming into the cold and the darkness for anyone who might wake up and hear us.

After what seemed like hours but was likely only minutes, a man driving down the street saw the fire and my sister and I screaming for help on the roof. This complete stranger drove on to the lawn, climbed the roof of his car and held out his arms so that we could jump down to him.

We were brought to a neighbor's house, learning later that our dad had waited on the roof for our mom, his face and arms reaching blindly through broken glass to find her, screaming her name over and over. He was never able to reach her. After the firefighters brought my dad safely down the roof, they found her in my bedroom near the window, trapped

by a dresser that had fallen on her leg. She died on the way to the hospital.

GRIEF.

Dad was released from the hospital 30 days later after multiple grueling skin graft surgeries. He worked hard to create a new normal for us while also grieving and working through the legalities of the fire. We returned to school and began to move on with life. As children, perhaps we did not fully grasp the entirety of the trauma we had experienced.

However, despite my attempt to move forward, I was haunted by merciless, lingering nightmares of fire and smoke and heat. It was hard to put the terror into words—the shortness of breath, the feeling of panic and despair—so I kept them to myself, confiding only to perhaps one or two friends.

One of those friends, an old soul, saw through the façade that I had built and presented me with two paintings he had done for me. The first was a black and white portrait of a girl, cowering in the corner of the room. The second was a burst of color, the girl was in the middle of the page with her arms joyfully open and outstretched. He saw something in me that I wouldn't discover for a number of years.

HEALING.

In 2004, I embarked on a backpacking adventure with another friend. Our first stop was a quick weekend in Roatan, an island off the coast of Honduras. Shortly after we arrived, we found one of our new local friends was a fire dancer. We went to a show and were completely mesmerized by the way that he manipulated the fire around his body, and in such a seemingly easy, effortless way. He offered to teach us the basics and as soon as we picked up the props (without fire!), we were hooked.

We used homemade props to practice throughout the rest of our

“My journey with fire was tumultuous, with its peaks and dark valleys, but my nightmares subsided, and I finally felt as though everything had come full circle.”



Recently featured on TED.com as “10 Talks: Wisdom for Living with Death and Loss,” Danielle's TED talk has received more than one million views.

Watch it here: www.ted.com/talks/danielle_torley_i_stepped_out_of_grief_by_dancing_with_fire

time traveling, encouraging each other as we learned new tricks and hit ourselves in the head or legs more times than we could count. A few months later when we felt ready to try it with fire, we prepared all our necessary safety equipment, and lit our props.

It was terrifying.

I had prepared myself for the heat and the light of the fire, but the sound of the fire was much louder than I had anticipated. As it flew past my head, I had to mentally re-ground and remind myself that I'd been practicing for months.

But it was also incredibly exhilarating. While the sound of fire unnerved me, the idea of spinning fire was exciting and filled me with adrenaline. I was a fire dancer!

I decided to keep practicing and was determined to face my fear. Through the years, I have worked to not only face this fear but to embrace and transform it into a hobby, a business and a form of meditation and joy.

I did not realize until very recently that I had initiated my own form of exposure therapy, an actual category of psychotherapy where people are deliberately exposed to the things that traumatize them. Through fire dancing, I transformed what fire, and my traumatic experience with fire, meant to me.

I started a fire troupe with friends while living in Dubai, taught my children flow arts, performed at festivals and private events and developed a small community of like-minded artists in each city I've lived in. My journey with fire was tumultuous, with its peaks and dark valleys, but my nightmares subsided, and I finally felt as though everything had come full circle.

TRANSFORMATION.

The morning after I saw the TED Talk opportunity, I spoke to my husband about the application process. I was already overcommitted and stretched thin. I called one of my mentors and explained my situation. Without hesitation, she encouraged me to "do the thing." And that was all it took for me to throw together the application and short video with my idea.

Two months later, I received an email asking for a video interview, followed by a congratulatory email and notification that the kickoff would be in four days,



with a first draft due ten days following the kickoff meeting.

And then I started freaking out.

Before I decided to apply, I had only ever seen one TED Talk. I watched a few talks between the application submittal and selection notification, and I knew this was a BIG thing, but it had never been on my radar so even just the idea of it was overwhelming. However, as a project and proposal manager, I knew that I needed to get multiple things moving in tandem.

I decided to leave town for a weekend of reflection, solitude and creative writing. I read and watched TED Talks, drafting notes and random thoughts, brainstorming image and video ideas and reaching out to a small group of friends who would form the basis of my support group throughout the process.

I vividly remember a conversation I had with a DZ sister while in college when we



Fire Dancing Facts

The ancient art of fire dancing began hundreds of years ago by the people of Polynesia. It is believed that the Maori people of New Zealand were the first pioneers as the originators of Poi.

Poi consists of swinging tethered weights or kevlar to create patterns.

Tools commonly used by performers including fire poi, hoop, ropes, palm and juggling torches, staff, whips, jump rope, and fans.

Learn more at playpoi.com/about-poi/

“I vividly remember a conversation I had with a DZ sister while in college when we promised to be one hundred percent honest with each other.”

promised to be one hundred percent honest with each other, even if the truth wasn't exactly what the other person wanted to hear. And that is what I needed now — honest, yet supportive, feedback. I drafted a list of people, not just those closest to me, but people from all walks of life — a work colleague, a fellow fire performer, my sister, a couple of college friends, the arts/theater director at a local church and my DZ sister who I had made that promise with years ago.

With the encouragement of these friends, my family and the TED team, I told my story to the world. Shortly after the event, I received a notification that the TED editorial team had selected my talk to air on November 6, 2020 and, within five weeks, my talk had reached

one million views. Recently, it was featured on TED.com as “IO Talks: Wisdom for Living with Death and Loss.”

The positive feedback has been overwhelmingly supportive and encouraging. This journey as a TED speaker offered the ability to not only share my story with the world but to experience immense self-growth and introspection in the process. I always thought that fire dancing had brought me full circle from my childhood experience, however, being given the opportunity to step back from my life, and become the storyteller, brought a different kind of closure and transformation to my relationship with fire. I was able to understand, both literally and figuratively, what it meant to walk truly in the light of the flame. 🔥

TRUEST AND DEEPEST FRIENDSHIP



"The purpose for which said corporation is formed is as follows: To build up the

character and cultivate the truest and deepest friendship among its members."

Those handwritten words on that simple piece of paper set into motion the sisterhood hundreds of thousands of members have experienced for almost 120 years. On October 24, 1902, Delta Zeta's founding was officially recognized by the State of Ohio with the Articles of Incorporation filed in Butler County. This was the moment that our Sorority became a legal entity, a recorded fact.

To celebrate those experiences, The LAMP is welcoming essays of truest and deepest friendship from our members.

We start with two submissions from members of the Theta Omega Chapter at Barton College in North Carolina. Though their sisterhood experiences are separated by 50 years, the sentiments of truest and deepest friendship echo across the decades.

Do you have a story of truest and deepest friendship you'd like to share? Please email submissions of no more than 350 words to lamp@deltazeta.org by August 1, 2021.



Deeply Rooted

LIKE PLANTS, FRIENDSHIPS CAN take root and thrive in a variety of places and circumstances. Ours took root in 1968 in Harper Hall at Atlantic Christian College, now Barton College, in Wilson, North Carolina. It began with five words, "Hi, my name is Kay." Those words were both an introduction and an invitation to friendship that would span more than five decades.

There were four of us who became Delta Zeta sisters and formed a bond that has shared marriages, births, deaths, birthdays and a lot of wine! We console each other, contradict each other, counsel each other and criticize each other. We have few boundaries but care deeply for each other.

Over the years, we have met for sister retreats. One of our most memorable reunions was our 50-year friendship train trip to Richmond, Virginia. Although

Hurricane Florence shortened our original trip, we packed much laughter and adventure into a shorter time. Let's just say the train employees remembered us as we boarded the train for our return trip. Could it be one of our group was locked in the train bathroom

“

We console each other, contradict each other, counsel each other and criticize each other. We have few boundaries but care deeply for each other.



At Left: Minnette Roberson Liles, Kathy Lilley Morton, Pat Schridde Hondros and Kay Stallings Lowrance all Theta Omega-Barton (NC).

Above: From their 1971 Delta Zeta composite photo. Top left: Kathy; Top right: Minnette; Bottom left: Pat; Bottom right: Kay

or that we caused some commotion when we couldn't locate our seats?

More recently, one of our group, Kay, yes, the one who started it all years ago, was diagnosed with cancer. In some ways, it has been as if we all were diagnosed. This cancer journey has shown us both the fragility and preciousness of life and of our friendships. Our group's nurturer, Pat, has driven four hours many times to be with Kay for her doctor appointments and chemo treatments.

Because of cancer and COVID, we Facetime each week. It has become our virtual reunion place. We continue to voice strong opinions and share our lives with each other — because that is what sisters do. In this time of quarantine and unrest, it is these deeply rooted friendships that sustain us. They are strong and dependable and, for that, we are unbelievably grateful.

Friendship that is Ever Steadfast

A GOOD FRIEND IS LIKE A FOUR-leaf clover: hard to find but lucky to have.

Our friendship started at Barton College on the fourth floor of Wenger Hall. Though some of us had known others before college, we didn't know that our friendship would flourish beyond just friends into sisters. When we heard that there would be a formal recruitment, our eyes lit up in excitement as we entered a journey that would last a lifetime. We all knew that Delta Zeta would be our forever home on the first night of that week. Upon receiving our bids to join the Theta Omega Chapter, we knew the opportunities that we could have as leaders in the sisterhood.

Little did we know that we would hold executive board positions in our second year.

We have all grown as people and stronger leaders in this sorority. There are always hard times but, as a sisterhood, we can get through them. We lean on each other in times of need and times of celebration. Though we have had a tough time getting everyone together because of COVID-19, we still have very fond memories and know we have many more to come. We will continue to grow as time goes on, and we see a bright future of being friends and most importantly sisters. 🔥

Below: Members of the 2020 Theta Omega-Barton (NC) Executive Board.



ROSE & GREEN

Protecting Your Shell During a Pandemic

By Anastasia Colagreco, LAMP Editor,
Pi Tau-Sacred Heart (CT)



THIS PAST YEAR PRESENTED SEVERAL challenges for Delta Zeta sisters across the nation which we saw in our own chapter here at Sacred Heart University in Fairfield, Connecticut.

Who would have predicted that 2020 would hit us with so much? With the stress of a pandemic, social isolation and academics all looming, it can be extremely hard to manage your mental health.

But, thankfully, Delta Zeta had already been working hard to support sisters during this difficult time.

Based on feedback from members, Protect Your Shell was developed in 2019 to provide resources to help us live a mentally healthy life. Through the Delta Zeta App, sisters can access learning sessions about anxiety management, body positivity, self-care, bullying and more. The program was funded by the Delta Zeta Foundation.

"Just as a turtle has a protective shell to help it maintain its function for life, we want our Delta Zeta turtles to also work on building skills and tools internally to help them protect their shells," says Will Frankenberger, Delta Zeta's Chief Safety Officer.

Now, during the pandemic, the Sorority has continued to encourage chapters to start these conversations about mental health.

"The national Sorority has given us a good starting point to teach our chapters how to start these conversations," said Megan McShane, Pi Tau Chapter Risk Management Chairman. "This should be prioritized because if you're not mentally healthy, you can't be physically healthy."



The more normal it becomes to talk about our problems, the better off we will be. It is important to remember that you're never alone in any of your feelings. Chances are, someone else is feeling the same way, too.

As Risk Management Chairman Megan hopes to make the Pi Tau chapter of Delta Zeta a safe space for sisters to talk about what is going on in their lives. As she explained, "We are all feeling isolated right now, and a lot of members have drifted apart. I'd like to increase support for all sisters and remind them that it's okay to not feel okay."

Using the information provided in Protect Your Shell, she led events giving members the tools they need to take care of themselves. During a chapter meeting, Megan led a discussion about body image for National Eating Disorder Awareness Week. In addition to encouraging sisters to reach out if they

“

The more normal it becomes to talk about our problems, the better off we will be.



need help, educational information and resources were emailed to members as well. While it was simple, the discussion brought the chapter closer, and reminded us that we are not alone in our struggles.

When you're in need of a little self-care, Megan suggests:

- **Change your environment.** Move to another room, go for a drive, or take a walk.
- **When studying, take purposeful breaks.** A 10-minute break each hour is a great way to reset.
- **Get into a routine.**
- **Communicate with your professors when you need extra time or support.** They're feeling the same stress right now and will do their best to help you!
- **Think of one good thing every day for which you're grateful.**
- **Exercise.** It releases chemicals in your brain that will make you feel more energized!
- **Stay as involved as you can (safely).** Schedule a PowerPoint night with your friends or attend a virtual sisterhood event.
- **Focus on your hobbies.**
- **Reach out to a friend when you need support.** It will help you feel less alone.

Although it sounds cliché, we will get through this. Delta Zeta is an organization of strong and resilient women, and with each other's support, things will feel easier.

Taking care of each other is what sisterhood is all about. Try to attend as many virtual events as you can, text a sister you miss, or reach out to someone new. Most of all, remember that we are in this together. 💖

How Others are Protecting Their Shells

KAPPA ALPHA-NICHOLLS STATE (LA)

started the Positive Affirmations Committee which recognizes members for the good they do. "This helps the chapter check in with each other when it comes to one another's physical and mental health as well as how they are dealing with all of life's challenges," says Annie Reaves, LAMP Editor.

PI OMEGA-JOHNSON & WALES (RI)

has remained busy and connected despite the distance. "We take time during every chapter meeting to give appreciation where it's due and telling funny or interesting stories that happened since their last meeting," says the chapter.

XI UPSILON-NORTHEASTERN (MA)

says that this has been the hardest semester so far; morale has wavered and, even with vaccines and hope in sight, restrictions are far from easing up. On top of the regular duties of women in chapter, those in charge have been forced to really think outside the box to find ways to keep sisters engaged. Isabella Forte, LAMP Editor, says, "Our E-board and Cabinet members are resilient; when one idea falls through the cracks, they think of three more to replace it."

ROSE & GREEN

Together Through Distance

Nebraska Wesleyan's Beta Tau Chapter has prioritized welcoming their new members, although it may look different this year. Newly initiated member, Claire Harrison, was in quarantine during Big Little reveal. Her Delta Zeta family surprised her with a TikTok reveal. She explains her experience, "Everyone still made the day as memorable as possible. My family was generous enough to FaceTime me during the event and include me in everything. Once I was back on campus, they welcomed me, and I consider myself to be super lucky to have them in my life!" Initiation was held over Zoom, but the chapter celebrated its initiates with a drive-by parade. This past semester has proven difficult, however despite distancing, the chapter has continued to make connections and build a sisterhood.

Right: Beta Tau Chapter at Nebraska Wesleyan University.



Greater Seattle Alumnae Chapter Service Awards

The Greater Seattle Alumnae Chapter (WA) Service Award was established in 1955. Over 76 women have been honored with the award over the years. The 2020 honorees, Jennifer Russell Nielsen, Kappa-Washington, and Anna Uhl, Lambda Theta-Michigan Tech, were announced by the chapter during the fall 2020 virtual Founders Day events. The current trophy for the award was created in 1999.

Jennifer serves the alumnae chapter as the Philanthropy Chairman and organized their holiday giving project which raised \$2,600 for children and families in the Parent-Infant Program at the Hearing, Speech & Deaf Center in Seattle, Washington. Anna has served as the co-delegate to the Seattle Alumnae Panhellenic and also their Philanthropy Chair. She has been instrumental in partnering with Children's Home Society of Washington.

Below-Top: Anna Uhl; Below-Bottom: Jennifer Russell Nielsen



DZ QVC Celebrity

Christina Hillen Verrelli, Kappa Psi-Shippensburg (PA), is a Delta Zeta QVC celebrity! She has been cooking since she was a child and was the 2012 Grand Prize Winner of the Pillsbury Bake-Off Contest and the Runner Up on Food Network's America's Best Cook. Since 2016, she has been representing Kitchen Aid on QVC. Tina is also the author of the cookbook "Homemade Made Easy." Her Kappa Psi chapter sister, Rita Sterner-Hine, shares "We have celebrated 30 years of sisterhood and friendship! She always amazes us with her culinary delights!"

Above: Christina Hillen Verrelli, Kappa Psi - Shippensburg (PA).



ROSE & GREEN

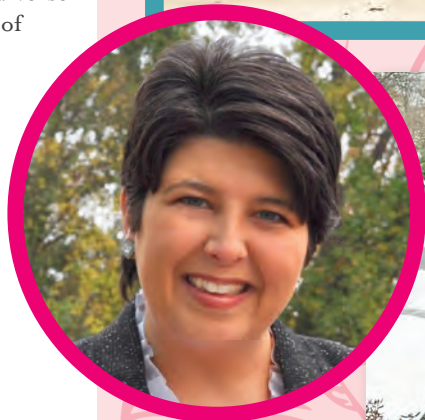
Alumnae Earn Professional Honors

Charlianne Wyatt Nestlen, Omicron Mu- South Carolina/Upstate, was named to the inaugural class of 40 Under 40 in Spartanburg, South Carolina. She is currently the Director of Family Scouting and Strategic Partnerships at Palmetto Council BSA, a member of Spartanburg Young Professionals and a committee member for Spartanburg Community College. The event, carried on Facebook Live, showcased the contributions of Spartanburg's diverse young professionals and highlights the growth of these future community leaders.

Bethany Strawderman Lord, Omicron Pi-Frostburg State (MD) graduated from the Leadership Frederick program and was honored by the Council of Professional Women in Banking and Finance and the Maryland Bankers Association with the GOLD Award for Growth, Opportunity, Leadership and Development.

Jennifer Franklin Schenck, Zeta Rho-William Jewell (MO), Co-Founder of The Connection Exchange, was awarded the 16th Annual Debin Benish Outstanding Businesswoman Award on behalf of the Columbia (MO) Chamber of Commerce Women's Network and Delta Systems Group. The Connection Exchange connects new businesses and residents with resources, products and services needed to excel within a new community. The award honors a Columbia businesswoman who demonstrates success in business, exhibits leadership in supporting small business, volunteers in the community and creates positive change and mentors other businesswomen.

Jodie Teuton-Oliphant, Kappa Alpha- Nicholls State (LA), the co-founder and vice president of Kenworth of Louisiana, was honored with the 10th annual "Influential Woman In Trucking" award presented by the Women In Trucking Association (WIT). The announcement came during the WIT Accelerate! Virtual Conference & Expo. The award recognizes women in the trucking industry who make or influence key decisions, have proven records of responsibility and serve as a role model to other women. In 2018, Jodie became the first woman to be elected chair of the American Truck Dealers (ATD).

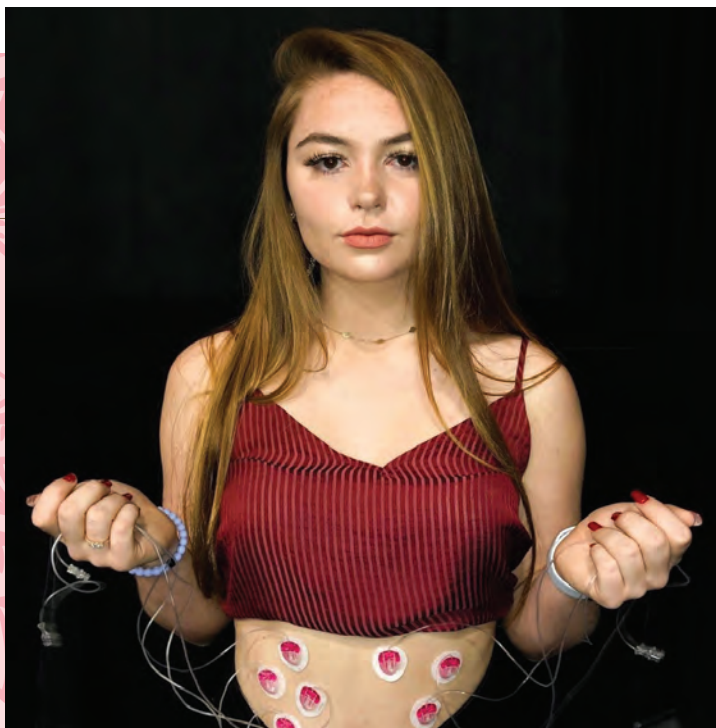


Top: Jodie Teuton-Oliphant, Kappa Alpha- Nicholls State (LA).

Middle-Left: Charlianne Wyatt Nestlen, Omicron Mu- South Carolina/Upstate.

Middle-Right: Bethany Strawderman Lord, Omicron Pi-Frostburg State (MD).

Bottom: Jennifer Franklin Schenck, Zeta Rho-William Jewell (MO).



The Strongest Sister

Emmabella Rudd (above) joined the Alpha Sigma Chapter at Florida State University in the spring of 2020 and, today, she stands as one of the most influential and inspiring sisters the chapter has ever seen. At age five, Emmabella was diagnosed with Type I diabetes, but that has never limited her. Emmabella's passion for advocacy began at a young age when, about a year after her diagnosis, her family began an organization known as Emmabella's Believers, which raises awareness and funds for Juvenile Diabetes Research. Over the past ten years, Emmabella's Believers has raised over \$350,000.

At 11 years old, she was advocating to her legislators for a change in insulin policy. Now 19, she has become an active advocate for T1International and JDRF International, whose missions are to lower insulin prices for all. She is the Florida State Lead advocate for FLInsulin2All. Her passion for lobbying has led her to majoring in Public Health and International Affairs. She is set out to change the world, and she's starting by changing Tallahassee, FL. As a freshman at Florida State, Emmabella was a Student Senator for SGA on campus, now as a sophomore, she was recently elected as the University's Director for FSU Office of Governmental Affairs. To top it all off, Emmabella was recently named Miss South Tallahassee USA, and will be representing the city of Tallahassee at Miss Florida USA this upcoming July.

Her love for change and inspiration never ceases to end. She always sets out to stand as the woman who can. Emmabella makes a strong impact within Delta Zeta, bringing her strength, joy, passion and grit.

WALK TRULY

Choosing Hope

Rachael Newcomer (below), Xi Tau-Millersville (PA), is not only busy as the Vice President of Membership, but she is also working selflessly as a dietary aide and community life assistant at a nursing home. She has witnessed the residents she loves suffer in isolation and fall sick because of COVID-19. However, she is now starting to see the light at the end of the tunnel as she received her COVID-19 vaccine in the fight to end the pandemic. As Rachael proudly shared minutes after receiving the vaccine, "I got the vaccine so I could be part of the first step to getting there [returning to normalcy and ensuring the safety of her residents]. I chose hope today, and I couldn't be happier."



ROSE & GREEN



Rethinking Hospital Fashion

Eleven years ago, Lauren Bellflower, Zeta Kappa-Ohio Northern, was in the hospital for an overnight stay for the first time due to Crohn's Disease. She was nervous and uncomfortable. She just wanted to rest, get the medicine she needed and prepare for surgery. She was stuck in a hospital gown thinking how horrible they were. Fast forward years later, and she took her experience and created Hospital Hoodies — a comfortable, warm, hoodie that you can wear and is friendly to medical treatment. Lauren had to resign her membership while an undergraduate member of DZ because of her illness. She loves Delta Zeta so much that she requested National Council to reinstate her membership as an alumna. Today, Lauren is a member and officer of two alumnae chapters. Find out more about her efforts at hospitalhoodies.com.

Above left: Lauren Bellflower, Zeta Kappa-Ohio Northern modeling one of her hospital hoodies.

Raising Money for Philanthropy During COVID is Challenging but Not Impossible

"The pandemic has affected the majority of our annual events. We are no longer able to have most of them due to safety precautions and it forced us to think outside the box," said Kate Minnis who is the Vice President of Philanthropy for the Lambda Pi Chapter at Georgia College & State University. With that in mind, the chapter tried a new approach to fundraising—selling Super Bowl Squares! Even though many major events were cancelled, the Super Bowl would still take place. This was a fun and unique way to incorporate football into Greek life at Georgia College & State University, completely virtually.

To encourage everyone to participate, Kate started a friendly competition: the sister with the

most money donated in her name would win a \$10 gift card to Chick-Fil-A, pink and green Oreos and an adorable philanthropy award, the Traveling Turtle.

Like everything else this year, the Super Bowl Squares fundraiser would prove unpredictable. Kate said, "In the beginning, we decided to only buy one Super Bowl grid, and I was nervous that we would not even fill it up. We ended up having to buy three more boards because it was so successful! I am so humbled by how much support our sweet little chapter was shown and so thankful for our amazing alumnae!"

Above: Lambda Pi alumna Virginia "Ginger" Gregory Murphy who supported the chapter's philanthropy event.



Zumba For Philanthropy

Even living with virtual classes and events, the Xi Iota Chapter at Muhlenberg College in Pennsylvania held their most successful philanthropy event yet. DZoomba was a fun Zumba event with a basket auction that raised funds and raised awareness about our national philanthropy, hearing and speech. Marissa Steiner, Vice President of Philanthropy, was especially proud seeing the new members at their first philanthropy event and was so excited to see that they were just as passionate and motivated as all of their members. "I am so proud to be a part of an organization where I have met my best friends, but I have also met women who lift others up, support each other and recognize the humanity in every person's situation and want to fight for an increasingly inclusive world."

Right: Marissa Steiner, Vice President of Philanthropy, Xi Iota-Muhlenberg (PA).



ROSE & GREEN

A Trio of Panhellenic Presidents

This year, three Delta Zetas are serving their Campus Panhellenic Councils as President. **Claire Wilhelm**, Epsilon-Indiana, **Alayna Zanghetti**, Gamma Delta-Pennsylvania State and **Alexis Showalter**, Lambda Rho-Illinois State, are not only active within their own Delta Zeta chapters, but they also have all taken on the role of representing all of the sorority women on their campuses.

The Indiana University Panhellenic Association (PHA) represents over 4,000 sorority women and 22 Panhellenic chapters and collaborates with the presidents of the other three Greek councils on campus (Interfraternity Council, National Pan-Hellenic Council and Multicultural Greek Council) to advocate for Greek life and strengthen cross-council relations in order to better serve the community.

Claire (left), a junior at IU, said “I had actually applied for a PHA Vice President position, not President, and when the former PHA President called me and told me that I was nominated for President, I was so surprised. After I overcame my initial shock, I realized what a once in a lifetime opportunity this position is and immediately accepted the nomination. I am also thankful for the support of my Delta Zeta sisters. I would not be in this position without the opportunities I have had to lead within Delta Zeta.”

Alayna (below) says, “People sometimes criticize Greek life but, in my experience, that negativity is undeserved and inaccurate. I decided to run for Panhellenic President because I want to help others see and experience the positive aspects of Greek life. Panhellenic epitomizes everything that I treasure in life: friendship and sisterhood, loyalty and trustworthiness, respect and integrity, acceptance and inclusion, and caring and giving back to my community. I am honored to be a voice and advocate for the Panhellenic Council and to show our university community all that Greek life has to offer. In a time when much of the world feels divided, isolated and distressed, Greek life offers a level of support, inclusion and friendship that is unique and unsurpassed.” The Pennsylvania State University Panhellenic Council represents 17 sorority chapters on the campus consisting of more than 3,000 members.





Alexis (above) shared similar sentiments on her election as the 2021 College Panhellenic Council President at Illinois State University. "I am really focusing my term on creating a welcoming environment that is conscious of history. Therefore, I am working closely with the United Greek Council, National Pan-Hellenic Council and Interfraternity Council. Thus far, we have worked with The Harbor Institute to begin a two-year educational program on Anti-Racism. We also will be working on making our community safer. This April, we will be hosting our first ever Denim Week which will include two sexual assault educational speakers, one female and one male, as well as a Take Back the Night event. My last goal for the year is to focus on a 'Positive Panhellenic' spirit. Often, we get so caught up in our own chapters, we forget that we are a part of a larger community." Alexis is a former chapter Vice President of Philanthropy, and now leads a Panhellenic community of 13 sorority chapters representing more than 1,300 members.


Cultivating Lifelong Creativity

Creativity comes naturally to Jessica Oleksa Smith, Delta Tau-Temple (PA). An artist at heart, she started her life after college marrying her college sweetheart and becoming a teacher. However, she continued cultivating her creative side and started JesSmith Designs, a stationery and calligraphy design business. Eventually, in 2019, Jessica left her full-time job and turned her attentions to growing her small business. "I'm motivated to keep trying new things," she shared. "I'm constantly trying new ideas to help my customers with their communication needs." Jessica's work

has been showcased in many national publications, from *The Knot* to *Kentucky Bride*, however each piece is unique and comes from the heart.

As a one-woman show, she has turned her natural creativity into a successful business venture. When she's not the creative force behind capturing clients' dreams, she is the mom to five kiddos seven and under; Savannah (7), McKenna (5), Mila (4) and twins Breckton and Bynleigh (1). And,

if her first business venture wasn't enough, she and her husband Benjamin Smith, who was Alpha Chi Rho at Drexel, are launching

a second digital art venture called Script and Grain where their goal is to combine skills in order to design and create meaningful laser engraved products and gifts. Jessica shows that Delta Zetas continue to grow and learn at any stage in life! Follow her at jessmithdesigns.com. 



Left: Jessica Oleksa Smith, Delta Tau-Temple (PA) and a custom Delta Zeta design.

FLAME ETERNAL

ALPHA

Emogene Grill
Wente, 1939
Nancy Myers
Peterson, 1949

GAMMA

Mary Goss
Peterson, 1952

EPSILON

Barbara
Summers
White, 1953
Beth Bailey
Abney, 1961

THETA

Peggy Reese
Geiger, 1938
Delilah Whitlow
Aho, 1946
Suzanne Volmer
Pirie, 1947
Barbara Varley
Zimblar, 1958
Mary Hoffmaster
Betz, 1961
Margaret Shisse
Olds, 1962
Patricia Maddy
Hoellrich, 1965
Lindsay Clore
Kling, 1970

MU

Loralee May
Eichenberry,
1925
Shirley Bloch
Crepps, 1945
Barbara Johnson
Smith, 1945
Patricia
Stephenson
Miller, 1946

NU

Marynell Durland
Kirkwood, 1941
Shirley Fries
Simandl, 1947

XI

Jeanne Koch Lee,
1945
Charlene Starr
Spangler, 1948
Sharon Sander
Scheihing, 1949

OMICRON

M. Gretchen
Idzkowsky
Lugar, 1962

PI

Megan Schiefer
Mrowiec, 1950
Mary Speer
MacDonald,
1957

SIGMA

Betty Shirley
Roland, 1944
Nancy Tilton
Landry, 1948
Elizabeth
Friedman Shay,
1951

Patricia Kemp
McAdam, 1956
Cynthia Dyer
Morris, 1966
Colleen (Kiki)
Martha Cullen,
1970

TAU

Ruth (Sue) Towns
Hippe, 1954
Cynthia
Hammett, 1959

UPSILON

Sue Legvold
Douglass, 1955

PHI

Pernilla
Anderson
Zacher, 1949

CHI

Lois Rowland
Kyle, 1946
Agnes
Charboneau
Beane, 1947
Margret Zwald
Zeller, 1949
Donna Gray Tate,
1953
Florette McGee
Lewis, 1960

PSI

Jeanne Wyckoff
Steinkamp,
1950
Martha Cole
Sabo, 1952
Shirley White
Mills, 1955

OMEGA

Patricia Mullen
Rock, 1949
Charlene Bear
Cox, 1961

ALPHA ALPHA

Helen Svoboda
Heyn, 1958

ALPHA BETA

Patricia Hoffman
Keppner, 1946
Judy Kappler
Bollman, 1961
Shirley Hynes
Patino, 1963
Susan Prawl
Cardamone,
1964

ALPHA GAMMA

Florence Huff
Driskill, 1943
Dorothy Holley
Thomson, 1950
Sherry Lankford
Simon, 1960
Linda New
Mickle, 1962

ALPHA DELTA

Rita DeCesare
Rapp, 1949

ALPHA EPSILON

Elizabeth Turner
Wergin, 1960

ALPHA ZETA

Carol Perlman
Killingsworth,
1959

ALPHA ETA

Marilyn Begole
Freatman, 1949

ALPHA THETA

Barbara
Featherston
Tea, 1952
Alice Callahan
Freeny, 1953
Irene George
Raterman, 1953
Dona Grant
Leadbetter,
1964

ALPHA KAPPA

Eleanore Hawie
Lesser, 1952

ALPHA OMICRON

Linda White
Moak, 1967

ALPHA PI

Margaret A.
Sarinopoulos,
1957

Diane Dorsett
Scripps, 1965
Nelda Carol
Jerkins Cooper,
1966

ALPHA SIGMA

Sibyl Griffin
Wagner, 1948
Margaret Degnan
Jampolsky,
1949
Elizabeth Allen
Chadwick, 1962

ALPHA TAU

Sarah Laschinger
Greene, 1948
Joan Fritze
Crowell, 1955
Sharon Meacham
Cartlidge, 1964

ALPHA UPSILON

Mary Lu Page
Hatstat, 1952
Patricia Tripp
Newyear, 1956

ALPHA CHI

Barbara Seibert
Patten, 1945
Virginia Lass
Bullock, 1956
Margaret
Peterssen
Mahoney, 1966

ALPHA PSI

Lucia Rick
Biasatti, 1952
Nancy Burrigge
Hoffmann, 1953

BETA ALPHA

Jean Carlson
O'Neill, 1952
Linda Rignanese
Newman, 1967

BETA GAMMA

Katherine Giles
Eirk Veazey,
2009

BETA DELTA

Mildred Coe Lide,
1939
Roberta Williams
Bechtel, 1944
Lillian Huit
Hopkins, 1945
Mary McGill
Barber, 1946

BETA THETA

Virginia Bell
Wiltz, 1943
Mary Frederick
Schoff, 1945
Rita Scholato
Paulosky, 1946

BETA KAPPA

Kohnne Heikens
Bippus, 1967

BETA LAMBDA

Emmalee
Winegar Renfro,
1945
Doris Rivers
Martinson, 1958
Gail Borden
Hunter, 1960

BETA MU

Julia Bryant
Williams, 1942
Floretta Gaines
McLean, 1947

BETA XI

Winifred (Wynn)
Hall Harris, 1944
Eleanor Holt
Powell, 1953

BETA PI

Carolyn Dobie
Duryea, 1952
Linda Wilcox
Jordan, 1957

BETA RHO

Suzanne Chubb
Winkler, 1949

BETA SIGMA

Margaret
Corrigan
Parkman, 1942
Betty Brodie
Brough, 1951
Robin Witwer
Meyer, 1956

BETA TAU

Maria Clifton
Ross, 1945
Martha Clifton
Cary, 1948
Dolores Sugden
Dunn, 1948
Connie Steinbach
Schlueter, 1957
Gail Schultz
Thompson, 1957
Mary Gifford
Daake, 1968

Claudia Young
Neary, 1971

Dana Rhoades
Boyd, 1985

BETA UPSILON

Dianne Calongne
Veith, 1953

BETA CHI

Judy Mathews
Day, 1955
Anne Friday Teal,
1969

BETA OMEGA

Matilda Frank
Forbes, 1941
Alice McCann
Heilman, 1941
Sonja Paliknich
Cordes, 1953

GAMMA BETA

Isabel Brennan
Higgins, 1947
Mary Ann Szydlo
Hayes, 1961

GAMMA GAMMA

Patricia Houston
Groh, 1950

GAMMA DELTA

Harriet Schlee
Oyler, 1946
Alison Naylor-
Fant, 1966

GAMMA EPSILON

Catherine
Photiades
Bertelson, 1953
Sheila
Wittenmeyer
Goar, 1953

GAMMA CHI

Carolyn Clous
Gernentz, 1953
Barbara Haddin
Staab, 1963
Cindy Maguire
Van Arsdell,
1977

GAMMA THETA

Shirley Moore
Harrits, 1947
Jean Tills Aplin,
1948
Doris Downing
Clayton, 1956

Obituaries reported from November 1, 2020 to February 28, 2021. Year of initiation is after name.

GAMMA KAPPA
Patricia Adams
Witek, 1956

GAMMA NU
Erma Jean
Edwards, 1957
Wilda Hoskins
Francis, 1987

GAMMA XI
Rebecca Smith
Harrison, 1968

GAMMA OMICRON
Heidi Criss Haim,
1989

GAMMA PI
Janet Kistler
Devine, 1951

Linda Gibbs Maze,
1952
Judith Adkins
Gault, 1953
Nancy Marie
Flynn, 1966

GAMMA RHO
Patricia Kilroy
Werden, 1956
Lois Spikings Lain,
1957

GAMMA SIGMA
Mary Rydzewski
Marsili, 1956

GAMMA TAU
Mary Beck
Unkefer, 1952
Patricia Reynolds
Ehrler, 1953

GAMMA UPSILON
Shirley Mize
Hedges-
Bensinger, 1958

GAMMA PSI
Georgiann
Klosowski Kukla,
1953
Gertrude Schuette
Crump, 1959

GAMMA OMEGA
Dianne Stanley
Arnold, 1955
Diane Shonk
Deihl, 1960

DELTA BETA
Johnnie Faye
McLin Lane, 1954

DELTA LAMBDA
Cheryl Say
Puntes, 1963

DELTA MU
Karen Hansen
Lange, 1956
Connie Jones
Sorbe, 1957
MaryAnn Swallum,
1963

DELTA NU
Jean Gardner
Lowe, 1958

DELTA XI
Dorothy Deer
Sandusky, 1957
Glenn Morgan
Carson, 1992

DELTA OMICRON
Pamela Niles
Bolin, 1974

DELTA PI
Brenda Burfor
Brewer, 1962
Helen Trenkamp
Mellick, 1964
Vicki Paulin
Golden, 1966

DELTA RHO
Martrue
Hutcheson
Greenwood, 1957
Maxine Ulibarri
Koester, 1962
Barbara Benavide
McCarthy, 1962
Marie Serrano
Ortega, 1962

DELTA SIGMA
Betty Miller, 1956
Joan March
Piazza, 1957

DELTA UPSILON
Nichole Ashley
Laufert, 2016

DELTA PHI
Jennifer Suzanne
Littlefield, 2000

DELTA OMEGA
Mary Desbien
Knoll, 1957

EPSILON ALPHA
Mary Skufca
Conyers, 1956

EPSILON BETA
Myrna Davidson
Donnelly, 1956
Jeannie Houser
Taylor, 1960

EPSILON GAMMA
Lana Leonard
Carlson, 1960

EPSILON DELTA
Violette Oney
Hearne, 1958

EPSILON EPSILON
Mabel Peterson
Hart, 1956

EPSILON THETA
Nancy Kelly Vuic,
1957

Jerrie Richey
Guldin, 1964

EPSILON IOTA
Carolyn Bartlett
Burnett, 1962

EPSILON KAPPA
Dona Emerson
Bautz, 1957
Mary Feiter
Jahnke, 1959
Ellen Witherbee
Marani, 1968
Lori Metz Scruton,
1983

EPSILON LAMBDA
Carolyn Crawford
Davis, 1956

EPSILON MU
Florence Buckley
Griffin, 1956
Sabrena Vandee
Gill, 1981

EPSILON NU
Virginia Neill
Davis, 1956

EPSILON XI
Carol Smith
Bichet, 1959
Sharon Woodard
Dyke, 1966

EPSILON OMICRON
Willeane Wilsey
Schave, 1957

EPSILON PI
Lynn Weber
Sigmund, 1960

EPSILON RHO
Helen Harmon
Ott, 1966

EPSILON SIGMA
E. Ann Hanley
Hiner, 1956
Janet Henry
Palmer, 1957

EPSILON PHI
Pamela Rich Lee,
1960

ZETA ALPHA
Marilyn Allen
Stetson, 1958

ZETA EPSILON
Nicole Morris,
1992

ZETA ZETA
Joyce Thomas
Harrison, 1958

ZETA ETA
Alice Lange
Jacobs, 1960

ZETA KAPPA
Cheryl Stumpp
Ellis, 1968
Susan Neary
Koons, 1968

ZETA LAMBDA
Libby Cooke Gray,
1960

ZETA NU
Judith Yek Lewis,
1966
Kayla Gordon
Kelly, 2009

ZETA TAU
Linda Westfall
Halliday, 1971

THETA ALPHA
Margaret Gray
Whipp, 1962

THETA GAMMA
Betty Browne
Cheeseman,
1963
Barbara Joyce
Wiese, 1964

THETA DELTA
Betsy Schafer
Roth, 1962
Gay McNaughton
Shirley, 1962

Mary Lou Hubbard
Sullivan, 1963
Lois Baum Vidt,
1965

Diane Behnke
Boustead, 1973

THETA EPSILON
Dean English
Hurley, 1963

THETA ZETA
Marion Lydia
Evkovich, 1962
Sue Bailey
Monsell, 1963

THETA THETA
Roselyn Kremer
Davidson, 1964

THETA IOTA
Linda Kesler
Canovai, 1967
Odise de Bruijn
Mattle, 2001

THETA KAPPA
Karla Surgi
Gralapp, 1982

THETA NU
Esther Leino
Garrity, 1969

THETA OMICRON
Marilyn Jeanne
deVries Huff,
1968

THETA XI
Margaret Ann
Glenn, 1965

THETA OMEGA
Maxine Angel
Copeland, 1966
Linda Collins
Durham, 1967

IOTA ALPHA
Christina Ellis
Cozzi, 1976

IOTA ZETA
Monica Schiebel
Smith, 1966
Maria Marini
Jacobson, 1973

IOTA IOTA
Donna Penland
Richardson, 1975

IOTA OMEGA
Gail Keirstead
Ahearn, 1968

KAPPA ALPHA
Jane Frost
Naquin, 1968

KAPPA EPSILON
Laurie Lavallee
Gould, 1984

KAPPA MU
Angie Lee Fry,
2016

KAPPA XI
Stephane
Stachelhaus
Czajkowski, 1990

LAMBDA DELTA
Elizabeth Anne
Cox, 1998

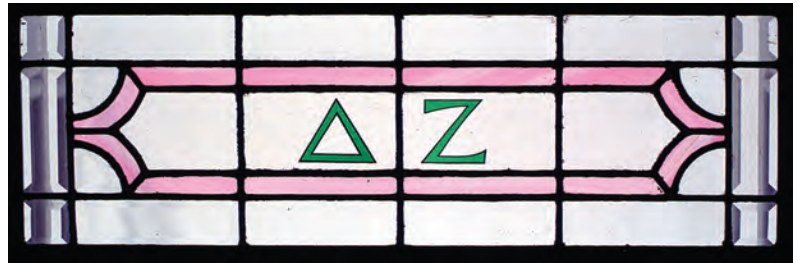
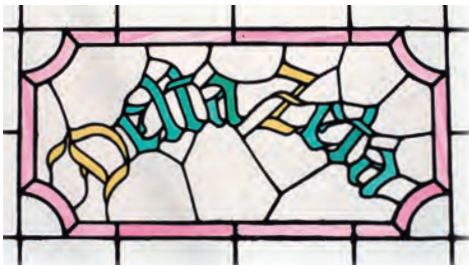
XI NU
Erinn Colleen
Devlin, 2006

XI PHI
Kimberly
Deatherage
Sommerville,
1987

OMICRON OMICRON
Tajah Akilah Miller,
2018 🔥

Rose and Green Glass: The eyes into the soul of our sisterhood

By Kayla Ray, Associate Director of Communications

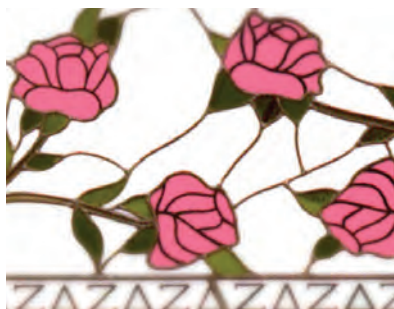


Windows not only add character and charm to a house, but they are the “eyes into the soul of the house,” as interior designer Rose Tarlow once said. They see the inhabitant’s milestones, happiness, sadness etc. over the years on the inside and an ever-changing landscape on the outside. Whether they are patterned, painted or plain, each has a unique story to tell.

A unique style that many Delta Zetas have come to love are stained glass windows. Many members may not have stained glass in their own homes, but if they have spent time in or visited our National Historical Museum and Headquarters, they may have found an appreciation for this unique style which is a prominent part of the design.

The windows in Oxford, Ohio tell our sisterhood story through rose and green colored glass. The current building was purchased in 1981 to establish a permanent home where our sisterhood began, just steps from the campus of Miami University. During the restoration of the 1883 building, masterfully crafted stained glass windows were incorporated. The original house already had some beautiful stained glass, so blending new pieces with the old helped keep the charm and integrity of the century-old house intact, while adding Delta Zeta character. The old and new pieces of glass have transformed the windows from being the “eyes into the soul of the house” into the eyes into the soul of our sisterhood.

Each piece incorporates our heritage through the symbols, colors and history in its design. Immediately upon stepping on the brick walkway, you are greeted by the first two beautifully crafted windows. The first featuring the roman lamp encircled by rose colored glass and the second etched with our name. As you enter the Ohio Foyer, you are met by a set of double doors etched with long stem roses. This is original stained glass from the home. In the Small Conference Room on the first floor, you will find two more beautifully displayed stained glass windows. The first eye-catching detail is the window placed in the door displaying our Crest. This door is a popular place for visitors to stop for a photo op. Above the door is the second piece of glass featuring our Greek letters.



The last piece of stained glass on the first floor is the most historic. Strategically placed where the original house ends, and the new addition of the building begins, is the seal of Miami University. The placement of this seal represents Delta Zeta's past and future ties with the place the Sorority was founded. Finally, as you venture upstairs, you will find stained glass rose transoms throughout the hall and above each door. These beautiful pieces were a gift from Betsy Bradley Leach, Past National Officer, Alpha Iota-Southern California.

There are even a few Delta Zeta chapter houses that have stained glass woven into their design. The Iota Chapter at the University of Iowa has a stained glass pink Killarney rose crafted into the top of their front



door. The Beta Gamma Chapter at the University of Louisville has a large Delta Zeta Crest and their chapter name on their back door. And, finally, the Kappa Chapter at the University of Washington has a large stained glass scene including four iconic columns, pink and the university's motto that spans across four window panels located in their kitchen.

The combination of the old and new pieces of rose and green stained-glass help share our evolving story, both in Ohio and across the country, and continue to be the "eyes into the soul of our sisterhood." They will continue looking on as memories are made and the history of our sisterhood continues to be written. ♡

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The stained glass windows in our home are more than pieces of colored glass. As the bricks and mortar may represent Delta Zeta's foundation, the windows are her signature, an affirmation of our heritage and the ideals we embrace. The lamp, the crest, the rose, the seal of the University that nurtured us, provide us with a clear vision of pride and purpose as we look to Delta Zeta's bright future — through the windows of our homes.

— Norma Minch
Andrisek, Order of the
Laurel, Past National
President

GLOBAL AMBASSADOR



Serving with SeriousFun Children's Network is Seriously Fun!

By Mary Delgadillo, Pi Xi-Central Florida



SeriousFun has delivered more than 1.4 MILLION camp experiences to children and family members since the first camp opened in 1988 — totally free of charge!!

In 2020, SeriousFun camps and programs around the world delivered over 86,800 camp experiences including more than 29,500 traditional camp experiences in person before the pandemic required suspension of programs for campers and their families and more than 57,300 virtual or alternative camp experiences.

In a typical year, SeriousFun camps and programs rely on the incredible commitment of more than 30,000 program, outreach and fundraising volunteers.

Since the first camp opened, SeriousFun has served campers from more than 50 countries and all 50 states in the U.S.

In 2020, Delta Zeta expanded our National Service Partnership to include SeriousFun Children's Network (SeriousFun), which provides children living with serious illnesses a transformative camp experience coupled with unobtrusive expert medical care, all in a safe and most supportive environment, at no charge to campers' and their families. With over 30 camps and programs around the world, there are many ways to get involved! Delta Zeta has had a partnership since 2006 with The Painted Turtle, the SeriousFun camp located in California.

Delta Zeta members can volunteer virtually, organize a camp supply drive to donate to a local SeriousFun camp, provide items from a SeriousFun camp's Amazon wish list, host a fundraising event and donate the proceeds through the Delta Zeta Foundation and spread awareness about SeriousFun to friends and family.

To learn more visit seriousfun.org



▲ **Erica Silver, a senior at the University of Central Florida and a member of the Pi Xi Chapter, was a virtual volunteer for Camp Boggy Creek, the SeriousFun camp in Florida.**

"I think what SeriousFun is doing is so important," says Erica. "They are showing people like me and the other volunteers how resilient and amazing these kids are and are giving children the opportunity to have experiences they might not have had otherwise. I think everyone should have the chance to just be a kid, and the camps provide that for them." She was able to be involved with the camp while following COVID-19 guidelines through organizing supply drives, creating tie blankets to donate with her chapter and much more. "The impact you make on these campers is astounding," Erica said. "Volunteering with a SeriousFun camp is an experience I hope everyone gets the chance to have at least once. I hope SeriousFun continues to make a positive mark on the world."



▲ **Emily Smail, Gamma Beta-Connecticut, experienced the magic of camp firsthand during the summer of 2019 at The Hole in the Wall Gang Camp.**

The Hole in the Wall Gang Camp, located in Connecticut, is the very first SeriousFun camp and was started by actor and philanthropist Paul Newman in 1988. Emily worked as a program counselor in the woodshop area. She learned of the opportunity through her Delta Zeta chapter and, though she had no prior woodworking experience, she was excited to learn and interact with the campers. Emily shared, "I just loved the whole environment. You step into camp, and everyone is just so genuine

and caring. It's like a whole different world. And the best part is that the campers are always so excited to get to have the experience." Emily shared their excitement and says her biggest piece of advice for those wanting to volunteer, whether virtual or in person, is to be yourself! "You will learn so much about yourself through this experience." She says, "Don't hold back or be afraid of putting yourself out there! Everyone is there for the kids!"

◀ **Miranda Domiano, an alumna from Youngstown State University's Kappa Chi Chapter, had the amazing opportunity to volunteer both in person and virtually for The Painted Turtle.**

She volunteered in person the summer of 2017 with sisters from her chapter and again for the Camp at Home program in the summer of 2020. She, like many other Delta Zeta volunteers, first heard about the camp during philanthropy round of recruitment. "You can see it in pictures and videos, but it is so different actually being involved," Miranda shared. One of her favorite things about volunteering at The Painted Turtle is getting to watch campers come out of their shells through the camp experience. This was no different through their virtual

program. "During virtual camp it was so crazy to get that camp experience through Zoom!" says Miranda. "It was incredible how The Painted Turtle worked it out and pulled off the activities. They made it feel so normal that by the end of camp, kids and counselors, all of us, were crying because we didn't want it to end." SeriousFun Children's Network made their virtual camps interactive by sending parents boxes full of the needed craft supplies so campers could follow along and share the experience with one another all via Zoom! 🍷



TRULY ΔZ

Never Stop Learning

Jamie Hammill, Past National Officer, Beta Delta-South Carolina, exemplifies this in both personal and professional endeavors decades after graduation. She has been with LexisNexis Risk Solutions, whose purpose is to mitigate industry risk and enable digital government, for over thirty years, however she isn't slowing down anytime soon! By staying open to new opportunities, Jamie is continuing to live Delta Zeta's Creed and embrace personal growth in the process.

Why did you join Delta Zeta?

When I was a senior in high school, my guidance counselor, Carol Hancock Koon, Beta Delta-South Carolina, spotted me in the hallway and gave me a small scrap of paper. I opened it and read "Delta Zeta." Mrs. Koon knew it was the perfect sorority for me! She told me to keep an open mind but, all summer long, I could not stop thinking about sorority recruitment. To me, Mrs. Koon hung the moon, and if she thought it was right for me – then Delta Zeta had to be the one. That fall, the Beta Delta Chapter sisters were so warm and genuine, and it felt like home.

What role in the sorority has impacted you the most?

As Chapter President, I learned that every individual has a story. We are stronger if we collectively use them to create a vision, impact change and promote future forward thinking.

I remember instituting "office hours" to help me prioritize and sort out the differences between officer duties, individual friendships, and of course coursework and class assignments. To this day, prioritization is still critical. The ability to ascertain what is important and act on "what matters" has certainly impacted my career with LexisNexis Risk Solutions.

Who are your mentors in life?

My College Chapter Director, Ruth Weider Patterson, Beta Chi-Wittenberg (OH), is an amazing role model, even to this day. Ruth inspired us by the way that she seamlessly balanced her family, her career and her volunteer service with Delta Zeta.

What motivates you to get out of bed in the morning?

Each day brings an opportunity to reevaluate what is important, and to consciously make the choice

to focus on what matters. As an executive leader, I give my undivided attention to those who rely on me to set the priorities and pace to exceed our collective goals. I lead with an empathetic spirit, especially recently, given the fragility and uncertainty stemming from the pandemic.

What most excites you about Delta Zeta today?

The resiliency of our membership. While a worldwide pandemic has shaken the foundation of many organizations, Delta Zeta has adjusted to meet the changing needs of members. We grow stronger with new best practices learned from these times. I am excited that Delta Zeta continues to embrace equality, diversity and inclusion. We continuously learn from each other's experiences. We respect each other, and openly demonstrate this to others through our actions.

Finally — Pink or green?

Green signifies new life, new growth, renewal – just like spring. Especially in these times, I hope that this spring season brings a new sense of hope for the future. 🌸

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As Chapter President, I learned that every individual has a story. We are stronger if we collectively use them to create a vision, impact change and promote future forward thinking.



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DELTA ZETA
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please email us at GreenLAMP@deltazeta.org.





A.



B.



C.



D.



E.*



F.



G.



H.



I.



J., K., L.





WISH LIST

A. Tri Lamp/Raised Crest Bracelet, #1902 | B. Mother's Pin with Pearls, #0803
C. Father's Tie Tac with Toggle, #0804 | D. Snake Chain, 18", #SNAKE18
E. Enameled Crest Charm*, #0306 | F. Forever Ring, #001PS | G. Marquis Crest
Ring, #7792 | H. Badge with Flush Diamond, #0102 | I. Crown Pearl Double Letter
Guard, #J0600 | J. Community Service Dangle, #3081 | K. Academics Dangle,
#0022 | L. Merchandise Chair Dangle, #0189PK

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