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Storyteller



# the Lamp

OF DELTA ZETA

## Out of the Darkness

To battle the depression that came with her COVID-19 hospital shifts, nurse practitioner Deirdre Keane, Xi Upsilon-Northeastern (MA) leaned into her running, which culminated in completing seven marathons, in seven days, on seven continents.





# ARCHIVAL

The naming of the Andrisek Library, on the second floor of Delta Zeta’s National Historical Museum & Headquarters, was a surprise to Norma Minch Andrisek, Gamma Alpha-Baldwin Wallace (OH), Past National President and Order of the Laurel. The 1993-1996 National Council dedicated this room in her honor in appreciation of her construction management and interior design of the new addition, which was completed in 1996.

Mrs. Andrisek served three terms as National President and sat on the Delta Zeta Foundation Board as Vice President-Museum.

The bookcases were crafted by John Bystrom, who was the original contractor for the 1983 renovation and continued to work with Delta Zeta through the 1996 addition. Bound issues of The LAMP magazine can be found on the shelves, nestled among a collection of lamps, along with books by Delta Zeta authors.

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### THE LAMP

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DELTA ZETA SORORITY  
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Norma Minch Andrisek  
Gamma Alpha-Baldwin Wallace (OH)

FROM THE PRESIDENT

Springing  
Forward  
with Sisters



Spring is always a time for renewal. Whether you go outdoors to enjoy a beautiful day and/or you get busy with children’s activities, graduations and much more. We also start to realize we’re moving fast through the year, and we have a lot of goals left to accomplish. Sometimes, we can become overwhelmed with a hectic schedule and the heavy load we carry as women, but remember to embrace this season of new beginnings, remain focused on your goals, and lean into your sisters to help you. The support I have received from my sisters over the years, and in particular over the past few months during one of the most difficult times in my life, is what I love most about Delta Zeta. Our sisterhood is truly amazing. Delta Zeta sisters are always there for you in the most difficult times of life and, in turn, help you be strong for others. Our sisterhood is so very special, and the lifelong friendships are everlasting. It is the most incredible feeling to know that the bond we have in Delta Zeta can sustain us through life.

As we move into summer, the Sorority is eagerly planning for our next national event, Everlasting, taking place in July. Everlasting celebrates the friendship we all enjoy as members of Delta Zeta. A special sisterhood event, held in conjunction with the National Convention of the Sorority, Everlasting will provide new ways to connect and build community among Delta Zetas. We are so excited to be building new traditions for our sisterhood, and I look forward to seeing all our Delta Zeta sisters there!

It has been a distinct honor and privilege to serve Delta Zeta as National President. Along with our National Council, I’ve been honored to work together as a team to fulfill Delta Zeta’s mission of a lifelong, values-based membership experience for women. The time that I have spent as Delta Zeta’s National President has been some of the best years of my life, and thank you for sharing in this journey and sisterhood. There are so many memories that I could share, and we simply do not have enough space to do so! What I will share is that your love, care and dedication to Delta Zeta inspires me, and I encourage you to continue to keep our bonds of sisterhood and love for Delta Zeta everlasting.

I am so proud of the truly amazing work that Delta Zeta continues to do in staying a relevant experience for our members. Sisters, let’s continue to walk truly in the light of the flame.

With much love and appreciation,

Christy M. Phillips-Brown

Christy M. Phillips-Brown  
National President

ALFA

Sustainable  
Spring  
Cleaning Tips

By Abby Hanlon, Delta Upsilon-Marshall (WV),  
Communications Intern

Christina Tuggey Hidek, Alpha Theta-Kentucky (right), is an attorney turned Organizing Guru & Decluttering Coach. She has owned a professional organizing company, Streamlined Living, since 2011. She works with her clients to structure, organize and create custom systems for them based on their individual needs. She shared a few ways to help you get the most out of cleaning your space this spring.



ONE

Declutter Before Cleaning.

Clutter adds 40 percent to overall cleaning time. Play the Timer Game each day to declutter your home. Then clean the newly decluttered space. To play the game, set a timer for 15 minutes and do nothing but deal with accumulated clutter. By intentionally focusing your efforts, you’ll be amazed by how much you get done in a short period of time. Room not clean after 15 minutes? Hit repeat on the timer and go at it again and then reward your efforts by taking a break.

TWO

Clean in Sections. Focus on one space at a time, cleaning top to bottom. It’s easy to get overwhelmed otherwise and concentrating efforts will make it easier to feel accomplished. In rooms where you’re not quite sure where to begin, start with cleaning flat surfaces like counters or tables. Clear them off and wipe them down. This literally gives you space to work to get the rest of the room in order.

THREE

Not Knowing Where to Start?

If you’re stuck on which room to start with, head straight for your bedroom. It’s the room you spend the most time in and it’ll feel great to begin and end the day in a clean space! Once you’ve gotten a taste for that sense of accomplishment, you’ll be more likely to have the mental energy to tackle other spaces in your home that need some attention as well.

FOUR

Use Microfiber Cleaning Cloths. Invest in some high-quality microfiber cleaning cloths. They come in assorted colors so you can match to your decor and reduce use of paper towels at the same time. They also clean better than cotton rags or paper towels since they have a bit of a static charge to attract dust and small bits of dirt. Also, you can often clean without an additional cleaner.

FIVE

Get The Best Use of Your Cleaning Products. Let cleaning products dwell on the surface for a bit before wiping off. You’ll use less product, plus it’ll be easier to clean when the product has had time to work.

SIX

Develop a Cleaning Schedule! Make this the last time you ever Spring Clean by setting up a cleaning schedule that works with your lifestyle. Taking action daily with a few cleaning tasks will actually cut down on the total time you spend cleaning overall.

PLUS ONE

Unfun Fact  
You’ll spend 3-6 weeks this year looking for stuff you already own. Is that how you want to spend your time? Decluttering can help you gain that time back! 🌟



# Strategic Leadership is an Act of Love:

Officers and Volunteers Inspired at Presidents Academy and CORE

By Lisa McCoy Allen, Pi Theta-Rollins (FL), Director of Chapter Services



**COLLEGIATE LEADERS AND** alumnae volunteers participated in leadership

and training opportunities this past winter which created a deeper connection to Delta Zeta, built upon their leadership skills and created a strategic leadership plan

for the year to come. The message of Strategic Leadership is an Act of Love was

delivered by our keynote speaker, Kristen Field, Gamma Nu-Eastern Illinois, during Presidents Academy and the Chapter Operations Regional Experience (CORE) in January. Kristen is the Executive Director of Friends of Prentice, a Chicago-based women's healthcare non-profit. Kristen began her career as an Educational Leadership Consultant for Delta Zeta and was named a 35 Under 35 recipient in 2019. Our members truly resonated with Kristen's authentic and vulnerable messages around her theme of strategic leadership as an act of love. Kristen shared examples of how strategic leadership is a choice that involves trusting perfect timing, embracing failing well, acknowledging its challenges and encouraging asking for help.

We started off strong with

Presidents Academy in Dallas, Texas, January 13 - 15, 2023! Something special happens when almost 300 Presidents and College Chapter Directors (CCDs) come together with National Council, National Chairmen and Delta Zeta staff to explore leadership, our shared values and what they mean when thinking about the future of Delta Zeta. The energy and passion radiated throughout the conference as we hosted our first in-person Presidents Academy since February 2020. For many Presidents and CCDs, this was their first-ever national Delta Zeta experience, made possible by the generous support of the Delta Zeta Foundation. "I was terrified of what was to come and how I was going to handle being President. But, after a weekend full of new knowledge, love and support from

**I was terrified of what was to come and how I was going to handle being President. But, after a weekend full of new knowledge, love and support from so many sisters, I realized that I wasn't alone on this journey.**

— Chapter President Hannah Glass, Pi Rho-West Georgia

so many sisters, I realized that I wasn't alone on this journey," shared Chapter President Hannah Glass, Pi Rho-West Georgia.

The concept of strategic leadership was infused into all aspects of the leadership conference, and it was evident that Presidents and CCDs were ready and excited to explore how strategic leadership can pave the way for their chapter goal setting and future success. Attendees dove into topics such as how to coach and manage peers, make intentional culture shifts within the chapter, build advising strategies with current students, and learn more about recruitment and retention strategies and member accountability.

"Whether it's a new chapter president, officer or advisor or a volunteer who has been doing this for decades, there's a truly amazing

power that is unleashed when we

come together to learn, grow and inspire each other to live Delta Zeta's vision," shared National President Christy Phillips-Brown.

Collegiate and alumnae leaders participating in CORE also heard the theme of Kristen's keynote that strategic leadership is an act of love throughout the day's sessions. As a supplement to the existing officer and advisor position trainings hosted in The Learning Center, CORE enabled over 1,000 leaders and advisors to join Delta Zeta National Chairmen and staff virtually to dig deeper and explore strategic leadership related to their roles within the chapter! Officers and advisors attended position-specific breakout sessions to learn more about best practices and strategies to be successful in their roles. In addition, attendees could select from various breakout sessions to attend, ranging in topics from living our Ritual, holistic membership recruitment, and member engagement. 🌹

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**Strategic leadership is a choice that involves trusting perfect timing, embracing failing well, acknowledging its challenges and encouraging asking for help.**

— Kristen Field, Gamma Nu-Eastern Illinois

## Take Note



**JULY 27-29, 2023  
ORLANDO, FLORIDA**

Everlasting celebrates the friendship we all enjoy as members of Delta Zeta. A special sisterhood event, held in conjunction with the National Convention of the Sorority, July 27-29, Everlasting will provide new ways to connect and build community among Delta Zetas. Learn more, and register at [www.deltazeta.org/everlasting](http://www.deltazeta.org/everlasting)

**DELTA ZETA  
FOUNDATION  
EMPOWER THE WOMAN**

**Founders Day  
Challenge will be  
held on Delta Zeta's  
Founders Day**

**OCTOBER 24, 2023**

Learn more about how you can get involved and support scholarships, leadership programming, professional development opportunities and so much more at [www.deltazeta.org/foundation](http://www.deltazeta.org/foundation)





## ALFA

## Your Words and Pictures

## @ Via Email

I have always looked forward to reading The LAMP when it arrives in my mailbox. I sat down to read the Winter 2022-2023 issue right after I got back from a long awaited trip to Ecuador with my husband, and I knew right away I had to write to tell you that you never know where you might meet a Delta Zeta sister and what impact it might have on you.

The third evening of our trip, we had dinner in Cuenca, Ecuador. Another couple on our tour asked if they might join us. As we were chatting and getting to know one another, the other husband said he grew up in Lima, Ohio. I mentioned that I had gone to Ohio Northern University in Ada, Ohio, not 20 minutes away. He said, "What a coincidence, so did my wife!" We started to compare notes. Elaine Fossa Loeffert graduated a few years before I started at ONU so we wouldn't have crossed paths, but she asked if I was in a sorority there. When I told her yes, I was in Delta Zeta, she said, "Me, too!" And just like that we became good friends, sisters, really, chatting our way through Ecuador for the next seven days! We both live in Florida now and we're already making plans to meet up for lunch.

Just thought I'd tell you how Delta Zeta sisterhood can impact your life many years after you leave college. Here is a picture of Elaine and me at the Center of the World in Ecuador. She's in the northern hemisphere (on the right) and I'm in the Southern hemisphere (on the left).

— Cynthia Amore Hernandez,  
Zeta Kappa-Ohio Northern



## Digital Exclusive

TUNE IN TO  
THE WOMEN WE  
KNOW PODCAST  
BY DELTA ZETA!

Available on all Apple Podcasts, Spotify or wherever you listen to your favorite shows.



## Show of Hands

We asked followers on social media the ways they were practicing **Pink Goes Green** this spring, and here are the top **six** things they told us they are doing to live sustainably in order of the most popular.

**one**  
USING REUSABLE  
WATER BOTTLES  
VS ONE USE  
PLASTICS



**two**  
SHOPPING AT A  
THRIFT SHOP



**three**  
WALKING OR  
BIKING RATHER  
THAN DRIVING



**four**  
SWITCHING  
TO REUSABLE  
SHOPPING BAGS



**five**  
PLANTING A  
GARDEN



**six**  
COMPOSTING  
FOOD WASTE



## Chit Chat

Isabella Farris, Delta Alpha-California State/Long Beach, is serving her chapter as President this year and attended Presidents Academy.

After that experience, we asked her to reflect on it and our shared values, and she shared the following.

**What is your favorite Delta Zeta shared value, and what does it mean to you?**

Curiosity. To me, it means that we can be open and willing to dive into new opportunities and eager to learn more about what we might not know.

**How do you practice this in your role?**

I follow my curiosity daily to grow as a leader by giving myself opportunities to learn. In areas that I might not have much knowledge about, I want to ask questions, be more observant, and improve my understanding. It is then that I can provide my best knowledge and help others understand it as well.

On this journey as President, I will lead by example and invest in each one of my sisters as we, together, succeed and keep growing more powerful as amazing women and inspirational leaders.

**Which one of Delta Zeta's shared values, friendship, curiosity, generosity, community, empowerment or belonging, is your favorite? Share it with us on social media by tagging @DeltaZetNatl.**

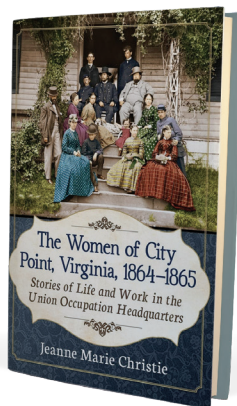
**How do sisters share and support this love of curiosity?**

My sisters help support my curiosity in all areas of life. Because of them, I feel comfortable with expressing my passion of dance, and I am able to share that love and passion with others. I get to explore my love for dancing while still being supported in leading my chapter.





## READING ROOM



### The Role of Women in the Civil War

In 2020, Jeanne Bokina Christie, Zeta Beta-Wisconsin/Stout, released "The Women of City Point, Virginia 1864-1865." The book focuses on the many roles of women who were in the City Point area during the siege of Petersburg and the end of the Civil War. For anyone interested in the historically evolving roles of women, this is an essential read. Drawing on a range of primary and secondary sources, this history covers the resilient women who opened the way for others into postwar medical, professional and political arenas.

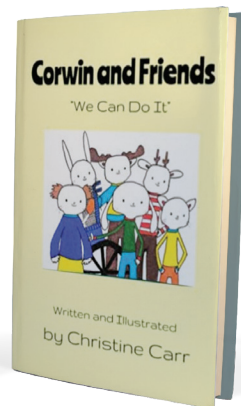
It is available on Amazon.com.



### The Stand-Up Mom Turned Author

Kerri Mather Cotter, Kappa Epsilon-Plymouth State (NH), is more recognizable with her stage name, Kerri Louise. She is a stand-up comedian and actress based out of New York City. She has taken her experiences as a mom of three boys and has turned them into a YouTube web series called, "My Mommy Minute" and wrote two books "Mean Mommy: Tales of Motherhood Survival from the Comedy Trenches of New York City," a funny how-to mom book, and a children's book entitled "Harry the Elephant has an Allergy."

Both are available on Amazon.com, and you can find out more about Kerri at kerrilouise.com.



### Helping Children Overcome Challenges

Christine Boucher Carr, Beta Alpha-Rhode Island, has been an elementary school physical education teacher since her graduation in 1993. Her new book, "Corwin and Friends: We Can Do It" springs right from her heart as she looks to share some necessary tools to help children cope with life's many challenges. Based on her experiences in the elementary school gym, this book shows that with help from others, friends can learn to use the right tools to get the job done.

It is available on Amazon.com.



### Tackling Conflicts and Challenges with Wisdom

Dr. Alice Darnell Hammer Lattal, Alpha Gamma-Alabama, has spent a lifetime on issues of coercion and its fallout across educational, health, mental health and workplace settings. She is the CEO and President of ABA Technologies, Inc., and her wealth of experience spans more than 50 years and six continents. In her latest book, "The Wisdom Factor: Reducing the Control of Bias, Threat, and Fear while Building a Better World," she addresses some of the biggest societal challenges facing us today. "Do we feel at ease in addressing the conflicts and conditions around us?" She says, "What helps us become the kind of person we want to be? Becoming who we want to be is a lifelong challenge for many of us."

The book is available at abatechnologies.com/the-wisdom-factor.

#### Are you a Delta Zeta author?

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

## AUTHENTIC

# Jane Gray Nelson

Iota Psi-Texas/Arlington

After serving for 30 years as a State Senator, Jane was appointed the 115th Texas Secretary of State. She was the first woman in Texas legislative history to chair a standing budget-writing committee and was Chair of the Senate Finance Committee for four sessions and a member of the Senate State Affairs Committee, which oversees election policy, for eight sessions. Jane got her start as chapter president of the Iota Psi Chapter. Jane's Delta Zeta little sister is her very best friend to this day, and her husband, Mike, was the chapter's "beau!" Delta Zeta truly had a fundamental impact on her life, and she is forever grateful for the experiences that made her who she is today.

#### WHO IS A MENTOR TO YOU IN YOUR LIFE, AND WHAT DO/DID YOU LEARN FROM THEM?

One of my mentors was Betty Heusch Agler, Xi-Cincinnati (OH), who was my first employer as Delta Zeta's Executive Secretary when I graduated college and began my first job as a Delta Zeta Field Representative. She taught me tremendous leadership skills that I have carried with me throughout life, and that I use to this day.

#### WHAT MOTIVATES YOU IN YOUR WORK, AND WHAT TYPE OF IMPACT DO YOU WANT TO MAKE?

I love working with people. As Secretary of State, all my duties involve serving

the people of Texas to make sure their government works for them. I enjoy bringing groups of people together to solve problems, which is especially important in the polarized political world we live in today. Our goal in life, as Emerson said, should be "to leave the world a bit better...to know that even one life has breathed easier because you have lived;" that is the success that I strive for.

#### CAN YOU WALK US THROUGH A DAY IN YOUR LIFE?

No two days are the same in this job! Every day I welcome groups of people to the Texas Capitol to tell the wonderful story of our state. I have several

speaking engagements each week, addressing different groups and organizations to talk about the work of the Secretary of State's office, encouraging people to vote, and making sure they have the tools they need to get their businesses up and running.

#### WHAT ADVICE WOULD YOU GIVE TO OTHER DELTA ZETA SISTERS STARTING OUT IN THEIR CAREERS?

If you do something you love, then it isn't work. Then work hard at whatever profession you choose. And, perhaps most importantly: don't let the word "can't" enter your vocabulary!

#### WHAT IS SOMETHING MOST PEOPLE DON'T KNOW ABOUT YOU?

Most people don't know that, growing up in Ohio, I gave baton twirling lessons to the "Jane Gray Twirlerettes." Some of my former students still share their experiences about the leadership skills they learned through those lessons. I also twirled on the Ohio State Capitol steps when I was seven-years-old! 🎀



# Out of the Darkness

To battle the depression that came with her COVID-19 hospital shifts, nurse practitioner Deirdre Keane, Xi Upsilon-Northeastern (MA) leaned into her running, which culminated in completing seven marathons, in seven days, on seven continents.

*By Kayla Ray Spinella, Director of Communications, Theta Psi-Ashland (OH)*

PHOTOS COURTESY OF  
WORLD MARATHON CHALLENGE

In her 10-hour visit to Dubai, Deirdre ran a negative split (second half was faster than the first) for the Asia portion of her World Marathon Challenge.

Seven is not just a lucky number. It is also the number of finish lines that Deirdre Keane, Xi Upsilon-Northeastern (MA), crossed during the World Marathon Challenge (WMC) this year. While running a marathon might be on some people's bucket list, the WMC is an amazing logistical and physical challenge to run seven marathons on seven continents in seven days. One marathon is 26.2 miles. Seven marathons are more than 183 miles in total! It is not for the faint of heart, so what prompted her to undertake this challenge?

## THE WHY

Deirdre always considered herself a happy person, even during the periods of her life that gave her grief and uncertainty. When her father passed away, Deirdre realized how short life can be and that she needed to make every moment count. She used that realization to jump at opportunities and tried to live in the moment.

However, that changed for her during the COVID-19 pandemic. Deirdre, a nurse practitioner for a Pediatric Intensive Care Unit (PICU) in New York City, says she saw so much death in the first six months of 2020. Nearly every night she wasn't working her full-time job at Slone Kettering in Manhattan, she picked up shifts at another hospital in the Bronx. "So many people lost their lives with no loved ones around them. There was no room in the hospital morgue, so we had to bring bodies out to refrigerated trucks. There aren't words for what healthcare workers experienced at that time. There was no time to process the losses. We had to keep going," she recalls.

Deirdre fell into a deep depression without fully realizing it. As things improved, and she was no longer juggling two jobs, she never slowed down to give herself the time to reflect and process all that had happened. The breaking point came the day after Christmas 2021. Her brother was driving cross country with his best friend. A suicidal driver hit them head-on. Her brother, the sole crash survivor, was unable to walk and was bedridden for six months. As a healthcare provider and the oldest child to her single mother, Deirdre had to figure out his recovery mostly on her own.



“I had never experienced anything like the depression I felt then. It was almost as if there was this crushing weight of darkness on me constantly. Everything I loved to do and every moment was tainted with a level of sadness and loneliness that I couldn’t shake. I felt like I was living life watching myself, except for moments of extreme anxiety where I felt trapped. It was terrible. I was in such a dark place, and all my coping mechanisms, such as reframing and spending time with loved ones, weren’t helping,” she said. The only thing she did consistently was run.

A runner since college, she turned to physical movement to ease the hurt she was living through. No matter how bad she felt, she laced up her shoes and hit the pavement. Sometimes it helped, and sometimes it didn’t. She eventually found a good fit with a therapist, and with regular sessions, time and grace, Deirdre slowly started to feel more and more like herself. As life turned more “normal,” she envisioned herself checking off a life bucket list item and taking on a big physical challenge, like the World Marathon Challenge, to not only motivate herself on the road to rediscovering her life but to support mental health causes for those struggling with depression as she did.

“I promised myself that I would be very open about my depression to try and help other people who are struggling. Mental health is stigmatized,” she shared. “There is only one way to combat that stigma, by talking about it openly and unfiltered.”



After committing to the WMC, Deirdre came across Vibrant Emotional Health, which offers free support to those suffering from depression but also focuses on advocacy and education to decrease mental health stigmatization. They also run the Suicide and Crisis Hotline, formerly the National Suicide Hotline. It was the perfect organization to raise funds for her race.

**THE HOW**

Deirdre put in countless hours of solo training over two years to prepare. She would use her ten-mile commute to work to train consistently. Thankfully, she had a coach, Leslie Knibb, to guide her. Deirdre would try to stay motivated by running a marathon or

ultra-marathon race every month. But the challenge felt like an insurmountable feat. “It kept me up at night. Besides the physical component of running all those miles, there were the logistical concerns with all the travel, solely sleeping on planes, only eating plane food and fast food, and not having a normal routine before or during each race,” she said.

**“There aren’t words for what healthcare workers experienced at that time. There was no time to process the losses. We had to keep going.”**

As the days counted down, Deirdre found packing became a challenge, too. While there was no luggage limit, she had to carry whatever she packed. Her Antarctica gear took up about a third of her suitcase, and transportable food took up another third. She knew food would be provided on the flights and sometimes after races. However, she also knew it would not be enough to replenish all the calories she would burn.

Deirdre took off from New York City bound for Cape Town, South Africa, en route to the WMC on January 28, 2023. She met the group of 52 other runners and was debriefed by the Race Director. She and 11 other females would compete in the female division.



**OPPOSITE:** The first race featured -25 degrees Fahrenheit in Antarctica.

**LEFT:** Deirdre running her second of seven marathons in Cape Town, South Africa.

**BELOW:** After changing into her race gear on the plane, Deirdre finished first while running along Swan River in Perth, Australia, to complete her third marathon in four days.

**RIGHT:** In Dubai for only 10 hours, Deirdre completed the Asia marathon with a second-place finish.



**THE RACES**

On January 31, Deirdre flew with the other racers on a very old but reliable passenger-converted cargo plane from Cape Town, South Africa, to Antarctica for her first race. Due to an incoming storm, the group had to run and fly out as soon as possible after the race or risk being stuck for multiple days, which would derail the entire seven-day challenge. Deirdre never experienced cold as she did there. With the wind chill, it was -25 degrees Fahrenheit. Due to the low visibility and increasing wind, the course had to be changed to keep runners as close together as possible.

“The race was BRUTAL, well, the conditions were,” she shared. “It was a GREAT

DAY! It was beautiful. I could not stop smiling. Yes, I was hurting. Yes, I was cursing that wind, but all I kept thinking was: ‘I’M IN ANTARCTICA!!!’ I reflected on how far I’ve come in my headspace since I first decided to take on this challenge, and I cried some happy tears, which immediately froze on my face.”

Deirdre hopped back on the plane with the women’s first-place medal on her way to the second marathon in Cape Town, Africa. Runners went from Antarctica’s extremely bitter cold temperatures to drastically warmer temperatures. Deirdre finished the Africa marathon in first place again for the female competitors. After a few

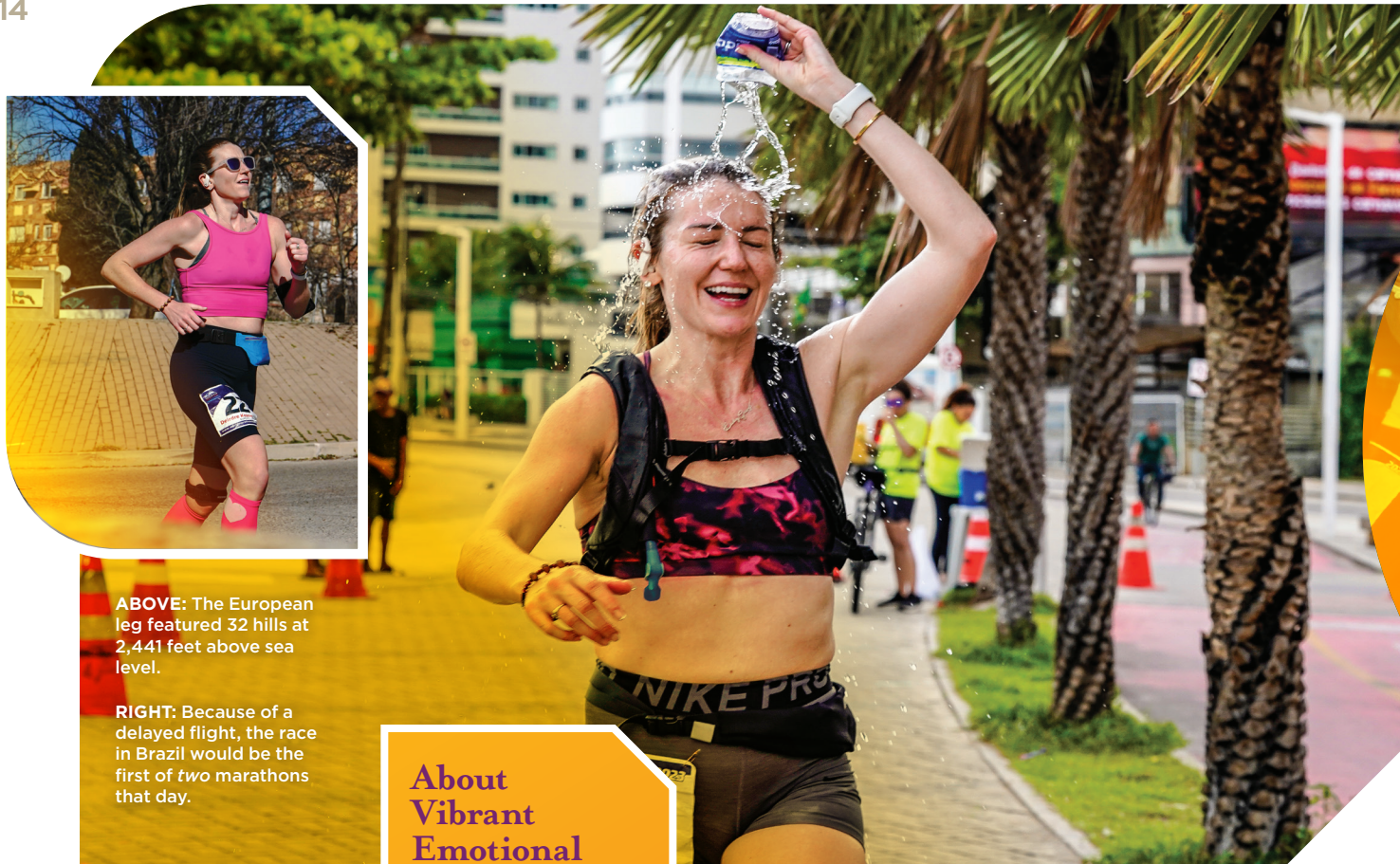
logistical issues with plane permits, the runners flew out of South Africa a day later than planned to their next destination, Perth, Australia. This delay would mean runners would have to run the remaining five marathons on five continents in four days.

To make their 5:30 p.m. start time in Perth, the runners had to change in-flight into their race gear. Immediately after landing at 3:30 p.m., the runners went through immigration, picked up their bags and were bused to the course. Perth was a scorching 95 degrees Fahrenheit at the start of the race. Deirdre had a lot of self-doubts the first two hours of the race, but she just kept telling her mind to let her legs do what they do best.

**“I reflected on how far I’ve come in my headspace since I first decided to take on this challenge, and I cried some happy tears, which immediately froze on my face.”**

“The sunset over the Swan River was spectacular, and the temperature dropped to a ‘balmy’ 81 degrees Fahrenheit. It was wonderful,” Deirdre shared. “I felt like I could finally breathe, and based on the faces of this





**ABOVE:** The European leg featured 32 hills at 2,441 feet above sea level.

**RIGHT:** Because of a delayed flight, the race in Brazil would be the first of two marathons that day.

### About Vibrant Emotional Health

For 50 years, Vibrant Emotional Health, formerly the Mental Health Association of New York City (MHA-NYC), has been at the forefront of promoting emotional well-being for all people. As leaders, advocates, educators, and innovators in mental health, they have raised awareness and offered support to everyone struggling. They work every day to help save lives and assist people in getting care anytime, anywhere and in any way that works for them. They are unwavering in their belief that everyone can achieve emotional wellness with the right care and support.

amazing squad, we were all experiencing similar feelings. Like every marathon, there were plenty of struggles, but we all got it done.”

Following the race, Deirdre earned another first-place medal around her neck and headed to the airport at 4:00 a.m. for a sunrise flight to Dubai for the Asia Marathon. On the ground for all of 10 hours in Dubai, Deirdre ran in a desert in 3 hours and 38 minutes. While she had some knee pain, she not only accomplished her goal to finish — for the first time — she negative split a marathon, with the second half of her race being faster than her first half. She crossed the finish line and earned the women’s second-place medal.

The next stop was Madrid for the Europe

Marathon. When the group landed, they found out they had to change venues. They could only get a last-minute race permit in a town outside of Madrid called Torrelaguna. The only small problem with the location was that it had an altitude of 2,441 feet above sea level and was a 32-loop hilly course during an unseasonably warm day.

“I really struggled during this race,” remembers Deirdre. “I hit the wall so hard. But I had two secret weapons, my friends Gemma and Cathal. They flew from Ireland just to support me and ended up running more than half of the race with me.” After swapping the first position every few miles with another runner, Deirdre earned the women’s second-place medal.

After a flight to Brazil, runners geared up for the South America Marathon, where they would run the first of two marathons in one day. Deirdre dedicated that race to every loved one who was no longer with her. She had another women’s second-place finish and hopped on a plane to Miami, Florida, for the seventh and final race, which would take place that evening.

In the final race, Deirdre finished in an incredible 3 hours and 55 minutes, earning the women’s third-place medal for the North America Marathon. This finish not only earned her a medal for every continent, the intercontinental marathon club medal for having run all seven continents, but she was this year’s overall first-place female medalist



**LEFT:** After seven days filled with running, travel, exhaustion and exhilaration, Deirdre raised awareness and more than \$18,000 for the National Suicide and Crisis Hotline and Vibrant Emotional Health programs.

### 988lifeline.org

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Call 988 if you are in crisis.

*“I needed a monumental life event that I had control over during a time I felt powerless, and WMC proved to be that. It was something to crawl towards — the light at the end of the tunnel.”*

for the World Marathon Challenge with a collective 26-minute lead over the seven marathons.

“I ran every marathon as fast as I could, knowing that I had to keep fuel in the tank in order to get through the following

days,” Deirdre shares.

“It hurt, and there were many low points, but there is something thrilling about pushing yourself. There are a lot of emotions running through me, but it is an absolute honor to be only one of seven women in the world who have won this competition.”

### THE FINISH LINE

After seven long days of marathons, travel, exhaustion and exhilaration, Deirdre walked away from the experience with so many victories. She raised over \$18,000 for funding the National Suicide and Crisis Hotline and multiple other programs Vibrant Emotional Health offers to those in need. And she has rediscovered her passion for life.

“I needed a monumental life event that I had control over during a time I felt powerless, and WMC proved to be that. It was something to crawl towards — the light at the end of the tunnel,” she shares. “Completing the WMC demonstrated that I am stronger, physically and mentally than I think I am and even when I feel like I have nothing left to give, I can still go the extra mile, figuratively and literally. It’s reaffirmed the resilience I had thought I lost in those dark days.”



### Deirdre’s 2023 World Marathon Challenge Races Results

1. Novo for Antarctica: 4:16:54
2. Cape Town for Africa: 3:38:20
3. Perth in Australia: 3:44:20
4. Dubai for Asia: 3:38:50
5. Madrid, Spain for Europe: 3:36:39
6. Fortaleza in South America: 3:54:44
7. Miami, Florida for North America: 3:55:54

▪ **Overall First-Place Female Medalist** with an average time, across all seven marathons, of 3:49:23 — a collective 26-minute faster than the next female finisher.



# 15 Ways to Grow Pink Goes Green

By Allison Lynch, Alpha Upsilon-Maine, Managing Editor


**T**his year, Delta Zeta celebrates the 15th anniversary of Pink Goes Green, our way of making an impact on the issues affecting our global environment. We know, more than ever, that environmental issues are not going away and may seem daunting to tackle alone. Natural disasters and health impacts happening across the globe spurred on by environmental changes are community issues. Your daily actions can have a direct impact on more than just your local community. For example, in the United States, 80 percent of municipal solid waste incinerators are in areas where more than 25 percent of residents are low-income, people of color or both<sup>1</sup>. That packaging you just threw in your trash barrel and rolled down to be picked up at the end of your driveway may just end up at an incinerator to be burned in a community far from your own but impacted just the same. Waste incinerators have been associated with emission of toxic pollutants, impacting human and environmental health<sup>2</sup>.

As scientists currently search for new ways to burn trash more safely, the world continues to create more waste. According to the Environmental Protection Agency (EPA), the total generation of Municipal Solid

Waste (MSW) in the United States in 2018 was 292.4 million tons, or around 4.9 pounds per day per person<sup>3</sup>.

And that is where we can become part of the solution.

With more than 285,000 Delta Zeta members globally, the impact we can make with 15 small ways to routinely reduce our waste can be magnified and make significant improvement to lives in communities affected by toxic emissions. If every member reduced their waste by 1.5 pounds per day, we'd save more than 78,000 tons of trash going to incinerators every year. That 0.02 percent savings could mean a better quality of life for us all.

So, to continue to grow Pink Goes Green and celebrate its 15th anniversary, incorporate these ideas into reducing your household's trash output this year! 

Share your journey with us by tagging @DeltaZetaNatl on social media with #PinkGoesGreen.

## REFERENCES

1. <https://www.greenbiz.com/article/5-things-you-should-know-about-impact-burning-trash>
2. <https://onlinelibrary.wiley.com/doi/full/10.1111/1753-6405.12939>
3. <https://www.epa.gov/facts-and-figures-about-materials-waste-and-recycling/national-overview-facts-and-figures-materials>



## 1. Learn to sew.

When you put a hole through your jeans, add some patches and extend their wear life! Six billion pairs of jeans are made every year. Extending the life on one pair keeps 12-16 ounces out of your trash.

## 2. Purchase better quality.

From glasses in your kitchen cabinet, to the socks on your feet, the better-quality option might be more expensive now, but in the long run they last longer and stay out of the trash. Switch to mason jar glasses, which are practically unbreakable for your drinks. Consider Darn Tough socks, [www.darntough.com](http://www.darntough.com), which come with a lifetime guarantee for when you put a hole in the toe of your socks!

**3. Rescue food.** Grocery stores throw away 30 percent of their stock every year. Download the Flashfood app where you can save money by searching for discounted fresh foods nearing their best-buy date, and rescue that food from the incinerator! [www.flashfood.com](http://www.flashfood.com)

## 4. Switch coffee pods.

More than 120 million coffee pods go into the trash each day in the U.S. Some companies, like Nespresso, have recycling programs for their pods. [www.nespresso.com/us/en](http://www.nespresso.com/us/en)

## 5. Ditch the straw.

Just one person uses more than 38,000 plastic straws in their lifetime. If you can't live without your straw, switch to a reusable or compostable option.



## 6. Start a composting habit.

Just composting food scraps can save a half a pound of waste a day. Not sure where to start? Better Homes and Gardens can get you started! [www.bhg.com/gardening/yard/compost/how-to-compost/](http://www.bhg.com/gardening/yard/compost/how-to-compost/)



## 7. Eat your leftovers.

Each day in the U.S., we throw away 30-40 percent of our food. Reduce that by eating your leftovers. Remake last night's lasagna into a soup by searching sites like [allrecipes.com](http://allrecipes.com) for everyday leftover recipes.

## 8. Recycle this magazine.

The paper we use in The LAMP of Delta Zeta allow for it to be recycled! We print more than 420,000 copies over three issues each year that each weigh approximately 4 ounces. If we all recycled our magazines, we would save more than 100,000 pounds from the trash each year!



## 9. Purchase new to you clothes.

Shopping second hand is a great way to give a new home to some awesome items that would otherwise end up in the trash. Visit thrift stores to find treasures you might otherwise not find in the local mall.

## 12. Shop without plastic.

Invest in reusable produce bags to eliminate the single use plastic bags in the produce section. Check out options from EcoRoots at [ecoroots.us](http://ecoroots.us) and browse lots of different options to replace plastic bags with more eco-friendly options.



## 13. Visit your library.

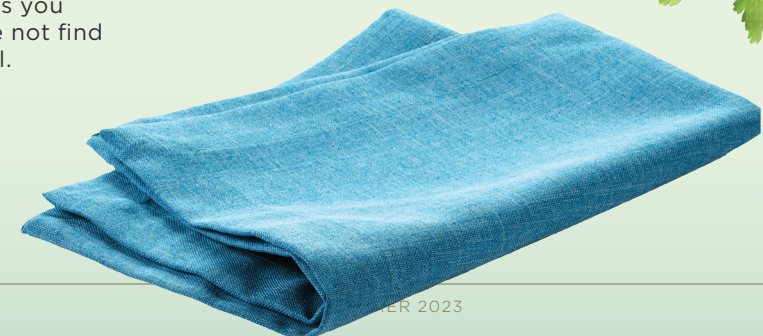
According to the EPA, more than 320 million books end up in the trash each year. Instead of purchasing that new bestseller, visit your local library to check it out instead.

## 14. Rethink birthdays.

Invite less stuff into your home and start with the gifts we give each other. Giving gifts that don't involve things not only builds creativity and connection but reduces accumulating toys and gifts that eventually have no home. Gifts of experiences and time mean just as much to the receiver as they can mean to the gift giver.

## 10. Switch to reusable cloth napkins.

Paper napkins are suitable for one use and while they might be biodegradable, if covered in cooking oil, fats and animal proteins, should be kept out of the compost pile because it takes 10-15 years for oil, fat and animal protein to break down. Use cloth napkins and reduce your trash output!



## 15. Grow your own herbs.

When you purchase herbs like parsley and cilantro at a grocery store, not only do you contend with the plastic bags and ties they come in, but also you cannot control the amount in a bunch. Start in your kitchen window with some ideas from HomeBNC at [homebnc.com/best-herb-garden-ideas-indoor-outdoor](http://homebnc.com/best-herb-garden-ideas-indoor-outdoor).



# Life-Threatening Food

Alumnae navigating and advocating for their children with food allergies

By Allison Lynch, Alpha Upsilon-Maine, Managing Editor

Is that a rash? Was that wheeze there before? Do I call the doctor? Or 911?

So many mothers experience these thoughts when they introduce their children to foods for the first time. Despite all the books and websites available to parents as they feed their babies foods for the first time, there are questions and unknowns when it comes to facing life-threatening food allergies with your own children. Some food allergies are so severe they cause an anaphylaxis response, a severe, whole-body allergic reaction to an allergen.

Maria Sette's, Gamma Beta-Connecticut, oldest son, Michael, has many severe food allergies, which they discovered when he was six months old. It began with him scratching his face to the point of bleeding at night. The allergist told her that despite the skin test and blood work Michael underwent, most doctors don't consider allergies real until you are two years old. "I felt so dejected," shared Maria. "I had done everything 'right' and had no history of food allergies in our family."

Michael is in the midst of a desensitization protocol, through his doctor, for dairy, after having outgrown his allergies to gluten, soy,



Maria Sette and her family.

**The biggest fear we had, like so many families, is that Michael would be exposed to an allergen, and we wouldn't be there to help him.**

— Maria Sette, Gamma Beta-Connecticut

shrimp, sesame and almonds. An effective treatment for many types of allergies, patients are slowly introduced to increasingly larger doses of the allergen to increase the tolerance in the case of exposure. For example, in Maria's case she has routine visits to the doctor's office where Michael is monitored while he drinks increased amounts of milk. He is now at the point that if he was to unknowingly be exposed to milk in food, he won't have an anaphylactic episode.

"The biggest fear we had, like so many families, is that Michael would be exposed to an allergen, and we wouldn't be there to help him,"

shared Maria. "While he's not free from this allergy and may never be 'cured,' at least we know he is safer than he was."

Other parents might not have access to similar protocols for de-sensitization or they may choose a different way to navigate their children's allergies. Most carry epinephrine, or EpiPens, which is a prescription medicine that can treat severe asthma attacks and allergic reactions, including anaphylaxis, in an emergency. EpiPens are lifesaving, but they also come at a large financial cost.

Keri Adams Pugh, Delta Xi-Northern Colorado, is a mom of two and small business owner. Her children, son Jackson, 15, and daughter, Ashley, 11, both displayed severe allergic reactions when peanuts were introduced into their diets as infants. Ever since, they have had ongoing prescriptions for EpiPens. "We have used an EpiPen just once when my son accidentally ate a Reese's Pieces candy at a holiday party," Keri shares. "Otherwise, we have purchased annual sets for YEARS, in lots of two, to keep one set for home use and one for school, which is mandatory, for BOTH kids. Occasionally, we might get a coupon to lower the price, and we do have the benefit of health insurance

**I'm just a mom, with two kids navigating their allergies which are life-threatening. I'm not used to speaking out in public or testifying like we did, but because it was for my kids, I found the confidence to share our story in the hopes it can change something that might seem small, like the cost for EpiPens.**

— Keri Adams Pugh, Delta Xi-Northern Colorado



Left: Keri Adams Pugh and family.

coverage, but we assume each set of pens has cost \$300-\$500." Even though the epinephrine in the devices doesn't expire, the most popular EpiPens do have a one-year expiration date per

the manufacturer, Mylan.

Keri's background as a financial planner comes in handy when estimating the impact this has on a family's budget. "I have calculated that we have spent about \$15,000 on these injectors. If I do a simple time value of money calculation, assuming a moderate rate of return of six percent, if we had invested these dollars for things like college, retirement or into our business, those dollars amount to over \$25,000!" she shared. "This is money that we would have at hand versus in a medical recycling bin somewhere, due to a one-year expiration date."

Keri has been advocating the Colorado State Legislature to address the need for lowered costs for epinephrine injectors. She and her son recently attended a Colorado Congressional Committee hearing to testify in favor of Colorado House Bill 23-1002, which proposes a cap on epinephrine auto-injectors at \$60. In 2007, a two-pack of EpiPens cost less than a hundred dollars. Now the average cost for a two-pack is \$690 for name-brand and \$400 to \$500 for generic. In February 2023, the bill advanced out of committee and will be heard by the entire Colorado State House.

While advocating for her children's access to this lifesaving medication, Keri has learned a lot about herself in the process. "I'm just a mom, with two kids navigating their allergies which are life-threatening," she said. "I'm not used to speaking out in public or testifying like we did, but because it was for my kids, I found the confidence to share our story in the hopes it can change something that might seem small, like the cost for EpiPens." ♡



# Sisters Serve Their Campus Panhellenics

Jenna Harris, Zeta Pi-Georgia, was elected to serve as the University of Georgia's Panhellenic Council Vice President for Standards. This is a very important leadership role, and her chapter is confident she will be great in this position. She previously served on the chapter's Executive Board as the Panhellenic Delegate.

Two Lambda Rho-Illinois State members serve on the Executive Board of Illinois State University's Collegiate Panhellenic Council (CPC). Emilyann Wexell served this past year as Vice President of Scholarship, and Natalie Ceman was recently elected to serve this upcoming year as the Vice President of Rho Gammas. "Being VP of Rho Gammas is such an exciting honor, and I'm so grateful to Delta Zeta for opening these doors for me," said Natalie.

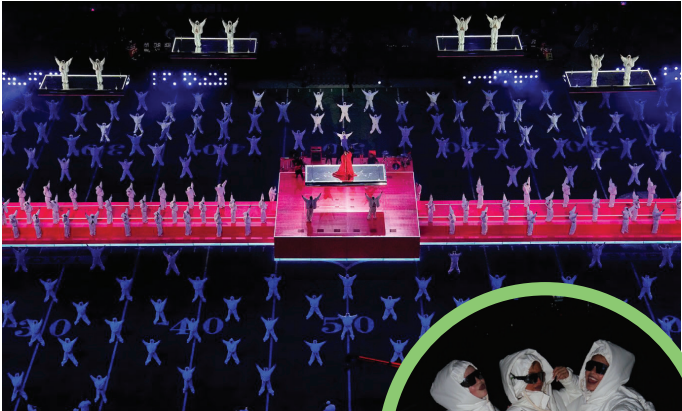
From top: Emilyann Wexell, Lambda Rho-Illinois State. Jenna Harris, Zeta Pi-Georgia. Natalie Ceman, Lambda Rho-Illinois State.



# Performing at the Half-time Show

Ella Quigley, Pi Zeta-Arizona State, had a once in a lifetime opportunity when she performed at the Half-time Show during the LVII Super Bowl in Phoenix, Arizona, this past February.

"I have no words to describe how incredible it was to have the opportunity to perform in Rihanna's Super Bowl Half-Time Show! Ever since I was a little girl, it has been my dream to perform at an event of this size," shared Ella. "I learned about this opportunity as an Arizona State Spirit Squad member. It was an unimaginable feeling to make my dream come true and work with a cast like this."



# Alumnae Gatherings

**IOTA NU:** Alumnae who graduated in 1973 from Iota Nu-Georgia Southern held a first reunion in 2021 at Lake Burton, Georgia and had so much fun they planned a second trip in 2022 at St. Simons Island, Georgia. The group included Ernestine (Tina) Schmehl Kirby, Melody Jackson Neely, Cathy Huckaby Dougherty, Becky Johnson Grant, Denise Leggett Kruppa, Shadie Howard Thompson and Mary Jo Reid Dukes.

**ALPHA SIGMA:** Is there truly a royal princess who is a Delta Zeta alumna? Seventeen Alpha Sigma alumnae from 1978-1984 know the answer. In February, these alumnae from Florida State University met for a mini-reunion via Zoom. The evening started with DZ trivia questions, which sisters answered using ASL signs for "true" and "false." It was a fun way to test DZ knowledge and practice sign language. Susan Poolman Caserta, Linda Dezolt Jonynas and Colette Thomas Worm, organized the event and planned several online activities. Every sister had two minutes to share any updates or memories. One sister has a legacy at FSU who passes by her mother's composite picture daily. Several sisters are in the medical field or business, and one worked in a Nordic embassy. And, yes, Crown Princess Martha of Norway was a Delta Zeta!



# Sisterhood Retreats Build Connection

Most sisters have fond memories of sisterhood retreats and, this year, chapters continue to create those memories with the events they have hosted.

With the start of a new year and new leadership within the chapter, Pi Epsilon-Clemson (SC) held a leadership retreat for the newest Executive Board and chairwomen. The women set goals for themselves and the chapter while gathering at a local Airbnb. They also worked on leadership activities where they discovered their personal leadership style and how to deal with conflict.

The Gamma Kappa Chapter at Kent State University in Ohio, held a chapter retreat to strengthen their sisterhood and collaborate in groups to understand and listen to each other. Kali Siembor, Vice President of Programs, organized the retreat and shared, "We came together with a focus on our connection. Not only are we connected on the foundational level of being Delta Zetas, but we are also connected as friends, women and people. How we treat each other is a reflection of how we treat ourselves. We ended the afternoon with an activity to bring this concept together by expressing various affirmations to describe our chapter."

Right: Gamma Kappa-Kent State (OH)





# Community Theater is a Family Affair

Members of the Cleveland Westside-Berea Alumnae Chapter enjoyed an outing in November at the Independence Community Theater in Independence, Ohio, to watch “Annie” and support a family of Delta Zetas who participated in the production. Three members of the Sindyla family, all volunteers, participated: grandmother Barbara (Barb) Peterson Sindyla, Gamma Alpha-Baldwin Wallace (OH), daughter Jennifer Sindyla, a Baldwin Wallace theater graduate, and granddaughter Emily Sindyla, Gamma Tau-Bowling Green (OH). Barb has been the long-standing box office manager for the theater but was persuaded to finally go on stage and had four cameos in the production, where she both danced and sang. Jennifer, a teacher by day, has directed productions at the theater and is on the Board, but in this production, she reprised the role of Miss Hannigan brilliantly. Emily was the choreographer and helped the many young cast members perform perfectly. Emily is an executive assistant by day and follows her passion for dance at night by teaching at a dance studio. Volunteering at this regional theater is a family affair, and it was a very entertaining and superb show enjoyed by all attendees.



STEADFAST LOVE

# Panhellenic Sisters and Chiari Warriors

Epsilon Theta– PennWest/Clarion (PA) sister Anna Kamats and Katherine (Kat) Karson of Zeta Tau Alpha are both Chiari Warriors. They live with Chiari Malformation, which occurs when brain tissue extends into the spinal canal. Part of the skull is misshapen or smaller than typical, pressing on the brain and forcing it downward, which causes terrible pressure and pain in the neck and head. Anna was diagnosed with type I Chiari Malformation at five and Kat at ten. Chiari Malformation changed their lives forever. Contact sports and jumping were completely out of the question. As time passed, they each underwent successful decompression surgeries, which provided comfort and ease. They each still live with symptoms of Chiari. According to Anna and Kat, minor activities such as coughing, laughing or jumping could trigger a massive headache. However, this does not stop them from making the most of what they have daily. These two incredibly brave individuals are passionate about sharing their stories to raise awareness of this disease. In February 2023, they spoke about their personal experiences with the Conquer Chiari foundation outside Pittsburgh, PA. Their Panhellenic sisters at PennWest/Clarion are beyond proud of them for reaching out and sharing their journey with the largest private funder of Chiari research. Every year the university holds an event called Greek Sing, where all Greek life members raise money for a noble cause. This year, the spotlight deservedly shines on Conquer Chiari and its mission to help patients suffering from the condition. Anna and Kat continuously express their gratitude for having such an amazing support system within the Greek community.



Learn more about Chiari Malformation and awareness: [www.conquerchiari.org/index.asp](http://www.conquerchiari.org/index.asp).  
Above: Anna Kamats, Epsilon Theta– PennWest/Clarion (PA) and Katherine (Kat) Karson of Zeta Tau Alpha at PennWest/Clarion.



Top: Melissa Skiera Myers, Xi Psi–Grand Valley State (MI).  
Middle-Left: Meredith Bailey, Delta Delta–Georgia State.  
Middle-Right: Julie Sneed Womack, Xi Omicron–Loyola Marymount (CA).  
Bottom: Kaliela Osha, Xi Upsilon–Northeastern, (MA).

# Alumnae Achievements

**MEREDITH KNOWLES BAILEY, Delta Delta–Georgia State**, was recently recognized by the Georgia State University Alumni Association for the 40 Under 40 Class of 2023. Meredith is a Supervisory Intelligence Analyst at the Georgia Bureau of Investigation (GBI).

**KALIELA OSHA, Xi Upsilon–Northeastern, (MA)**, recently founded a new business, Brillie, to create more gender diversity across workplaces. “I realized that while the workplace gender gap starts at the beginning of our careers, there were minimal resources available for early stage career women, primarily due to costs and accessibility,” shared Kaliela. Prior to Brillie, she was a Chief of Staff helping mid to late stage biotech startups fundraise, go to market and scale.

**MELISSA SKIERA MYERS, Xi Psi–Grand Valley State (MI)**, has published a new book, “Going Rogue! Unconventional Financial Strategies for You,” written especially for women on financial strategies. And all 2023 proceeds of the book will be donated to the Delta Zeta Foundation. Melissa is a #1 Best-Selling Author, Speaker, Wealth Advisor, Certified Financial Planner, Money Coach and Entrepreneur. Find out more at [goingrogue.askmelissamyers.com](http://goingrogue.askmelissamyers.com)

**JULIE SNEED WOMACK, Xi Omicron–Loyola Marymount (CA)**, has not only published a new book, but she weaves our Delta Zeta sisterhood into her fictional account called “Taking Her to Mykonos,” which follows the mid-life journey of a group of sorority sisters paying tribute to their friend who died too young. You can connect with Julie on social media at [www.facebook.com/juliesneedwomack](http://www.facebook.com/juliesneedwomack)



ROSE & GREEN

Giving Graciously  
Through Philanthropy



Gamma Kappa at Kent State University in Ohio held their annual philanthropy event LipSync, supporting the Starkey Hearing Institute, SeriousFun Children’s Network and The American Society for Deaf Children, and raised over \$50,000! During the event, accessibility and inclusivity were featured for the Deaf community. Two American Sign Language interpreters signed during the whole event.



**Xi Delta—Radford (VA) hosted their annual Rose Bowl, which featured fraternities playing flag football and free hot dogs and beverages. The event had an outstanding turnout, and the chapter raised \$1,037.38, with all proceeds directly benefitting the Starkey Hearing Foundation.**

**Lambda Rho—Illinois State held their annual philanthropy Duke Out week and added a new event this year called Dunk-A-DZ. It joins their annual Grilled Cheesies with the DZs and Hoops for Hearing events for a weeklong philanthropy event that brings community members together. This new and fun tradition raised \$500 more for Delta Zeta’s philanthropy partners than the previous year.**



**In honor of World Hearing Day on March 3, 2023, Theta Iota-Western Carolina (NC) held a bake sale to raise money and awareness for the Starkey Hearing Foundation. Members donated their time and baking skills to the cause, which raised \$440 in donations.**

“We were all so excited to see the support we received from the sale. It also is important to spread awareness about World Hearing Day,” said Julia Reed, Vice President of Philanthropy.

Bringing Joy to  
Her Community:  
Alumna is a USA  
Today Woman  
of the Year



**T**ina Prather McIntosh, Gamma Chi—Ball State (IN), Joy’s House Founder & CEO, has been honored as a USA TODAY Women of the Year for the state of Indiana! This recognition highlights women who have significantly impacted their communities and across the country.

Tina founded Joy’s House in 1999 at 27, after quitting her job as an event planner to found the non-profit. She was inspired by a day center she worked at in Muncie, Indiana, while she was a student at Ball State. That spark stayed with her as she navigated the process of building something new in Indianapolis.

Over two decades later, Joy’s House has two locations in Indianapolis and has helped many families keep their loved ones safe and at home. Tina is passionate about what she’s built at Joy’s House and its success.

“Acknowledgements like this let you know that you’re doing something right, something that matters,” shares Tina. “I wish that the other people who have been a part of Joy’s House or involved in important ways in my life could stand in this moment, too, because the reality is that they lift me up and allow me to have moments like this. I’m absolutely honored to be one name on this list of incredible and impactful women in our nation.”

Tina not only leads her non-profit, but she shares her life wisdom with others freely. She has been a presenter at numerous Delta Zeta leadership conferences, sharing her experiences as a two-time cancer survivor, the wife of a husband who has had his own battle twice with cancer, the mother of three children, co-host of a radio show and a dedicated friend. She has taken all of this and authored a new book, “embrace the imbalance: things you need to know from people I wish you knew,” which you can find at [embrace.theimbalance.com](http://embrace.theimbalance.com).



**Beta Tau—Nebraska Wesleyan had their annual Spaghetti Feed Philanthropy in February, and it was a huge success as the women sold close to 200 tickets! Pictured above (left to right) are Abigail Jacobs, Vice President of Administration, Emalie Wightman, Graci McGinnis, Vice President of Finance, and Emily New, Risk Management Chair, serving up delicious spaghetti at their Philanthropy!**



Epsilon Sigma—Wayne State (MI) held a Turtle King Men’s Pageant to support Delta Zeta’s national philanthropies and raised about \$1,240! This was the first big philanthropy event the chapter has had in four years since the pandemic. Selena Gargasoulas, Vice President of Philanthropy, was so happy that she could bring back an annual event tradition that will hopefully continue far into the future.



**Penn State THON is the largest student-run philanthropy in the world and is committed to enhancing the lives of children and families impacted by childhood cancer. The Gamma Delta Chapter at Pennsylvania State University participated all year long to fundraise and partnered with the Sigma Pi Fraternity. At the end of the 46-hour event, Delta Zeta and Sigma Pi were the second place Greek organization fundraiser, raising \$274,145.84!**



ROSE & GREEN



Building Community with Sign Language Sundays

Members of the Pi Beta Chapter at the University of Hartford in Connecticut have prioritized educating, supporting and raising awareness of Delta Zeta’s national philanthropy, speech and hearing. According to the World Health Organization, over 1.5 billion people worldwide experience some degree of hearing loss; this number is projected to grow to over 2.5 billion by 2050. The chapter is constantly working to find new and innovative ways to support national partners within the community.

The chapter has taught members how to sign various words and phrases. They have previously learned the alphabet, some commonly used signs and even the Delta Zeta Creed. Wanting to expand upon this idea, Madison DeGrandpre, Public Relations Chair, partnered with Gabriella Osborn, Vice President of Philanthropy, to create a new weekly event. Gabriella teaches the chapter a new sign every Sunday during her report, and then a member demonstrates it on video to be posted to their social media page. This has allowed chapter members to broaden their knowledge of ASL and promote and educate the rest of the community on the importance of sign language.

Celebrating Three Order of the Pearl Members

The Phoenix Alumnae Chapter honored three members with the Order of the Pearl for 65 years of Delta Zeta membership.

Patricia (Pat) Knowles Wells, Gamma Lambda-San Jose State (CA), and her husband, Ray, moved to Arizona on April 6, 1968. Pat contacted Bev Maunz Smoker (president of the alumnae chapter) and attended her first meeting of the Phoenix Alumnae Chapter in September 1968. She has been involved ever since, including holding every officer position in the chapter and was Phoenix Panhellenic President in 1995-1996. According to Pat, “It was the best decision I’ve made as an alumna! We have a very special sisterhood in Phoenix!!”

Phyllis (PJ) Briggs Heyliger, Delta Omicron-Northwestern Oklahoma State, was an art major and served as Chapter President. She also studied at the University of Hawaii and did graduate work at the University of Mexico in Mexico City. She is a world-renowned artist and was our Panhellenic Woman of Distinction in 2022.

Jeanette Mitchell Andriano, Delta Omicron-Northwestern Oklahoma State, was initiated into the Delta Omicron Chapter and transferred to Alpha Epsilon Chapter at Oklahoma State. She served as Chapter President and became a Field Secretary for Delta Zeta from 1960 to 1961. Jeanette taught for 30 years, has four children and has been married for 60 years. When the Pi Zeta Chapter at Arizona State University was installed, Jeanette helped and attended their first pledge service. ♡

Patricia (Pat) Knowles Wells, Gamma Lambda—San Jose State (CA), Phyllis (PJ) Briggs Heyliger, Delta Omicron—Northwestern Oklahoma State, and Jeanette Mitchell Andriano, Delta Omicron—Northwestern Oklahoma State.



HERITAGE



Pink Goes Green — Enriching the Earth

First printed in the Spring 2008 LAMP of Delta Zeta

Delta Zeta’s Pink Goes Green — the first environmental initiative of its kind in the Greek world — is in a position to make our environment considerably greener. And Pink Goes Green is about more than just colors. The project aims to work at a grassroots level to improve the environment, educate the public on how they can get involved and empower people with the knowledge that just one individual can make a positive change in our environment.

The women of Delta Zeta have always been citizens who care about and are involved in their communities. It is a value that has been passed down from our Founders and is still important today as evidenced from many

philanthropic and charitable programs that the Sorority supports. In addition, many Delta Zeta members are leaders on their campuses, in their communities and in their countries. The combination of strong values, leadership capability and passion make the women of Delta Zeta the perfect community to not only impact the environment, but to also inspire others to follow in their footsteps.

Through the Pink Goes Green movement, Delta Zeta encourages collegiate members to lead and perform community service-related projects to improve the environment and educate those around them about how they can do the same. These projects can be done on a local or even statewide basis to achieve

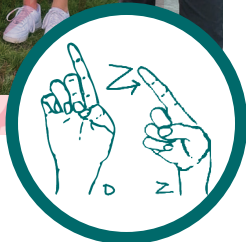
environmental awareness and change. A few examples of how collegiate chapters can make a difference include: sponsoring recycling drives, donating canvas tote bags to grocery stores, publicizing carpooling to campuses, donating to environmental causes, encouraging schools to promote water conservation and sponsoring field trips with elementary schools to educate children on recycling, nature, air and water quality.

Alumnae members are also encouraged to get involved with Pink Goes Green. Many Delta Zeta alumnae are already influential figures in their communities, professions and even in our country. Their participation in the Pink Goes Green movement can make a difference on a larger scale. Alumnae members can sponsor community events, projects and guest speakers as well as work with community officials on environmental campaigns and projects. Alumnae who serve within the public sphere, including administrators, politicians, writers and educators, can endorse the Pink Goes Green movement and speak publicly about Delta Zeta’s environmental campaign to inform and inspire the public to get involved. ♡

The Pink Goes Green initiative was supported by a website which provided a starting point and reference for members and anyone else who wanted to get involved in going green. More than 30,000 visitors took a pledge to take specific actions to positively impact the environment and access a kit to get information on project initiatives. While the website has been retired, the concept of Pink Goes Green lives on now on the 15th anniversary of the launch of the initiative with each Delta Zeta who incorporates a little more green into her daily life.



GLOBAL AMBASSADOR



Cultivating a Heart for Hearing

By Camryn Sievers, Delta Alpha-California State/Long Beach, Global Philanthropy Intern

To cultivate a heart for hearing, Delta Zetas are actively becoming better advocates and continuing their education on Deaf culture. Delta Zeta’s national philanthropy partner, American Society for Deaf Children (ASDC), helps members build a community filled with inclusion and representation. ASDC provides informational sessions, American Sign Language classes and an uplifting culture for their members. They extend those opportunities to Delta Zeta members as well.

Maddy Diana, Beta Lambda-Tennessee/Knoxville, attended an American Sign Language (ASL) weekend at the Tennessee School for the Deaf in 2022. A speech pathology and audiology major and sign language minor,, she had the opportunity to participate in the

“Being able to see the dedication of parents and families learning sign language for their deaf children really put into perspective what my chapter fundraises for year-round.”

— Kaitlyn Ginn, Gamma Kappa-Kent State (OH)



advanced classes and truly dive in with the community. Maddy realized that “everyone signs at their own pace, and you are never too old to learn a new language.”

Learning ASL was just one of the many takeaways from the weekend. Maddy also created a beautiful memory with a six-year-old girl who was born deaf and currently uses ASL to communicate. Having the ability to sign back to her made “the little girl’s eyes light up,” Maddy remembered. Maddy had the ability to talk with her hearing parents about why they were attending the weekend. Their goals were to learn more sign language and more about the Deaf community in which their daughter is a part.

Kaitlyn Ginn, Gamma Kappa-Kent State (OH), also attended an ASL weekend in Michigan in 2022. The whole experience was fun, interactive and a great educational experience for her. As an American Sign Language major, she explained how her “worlds were colliding” as she continued to learn advanced sign language, surrounded by other Delta Zetas at a philanthropy partner’s event.

Kaitlyn had a Gallaudet University professor as her teacher during the ASL weekend and is thankful to have had the opportunity to network with him and talk about the proficiency interview she will be required to take once

Learn more about ASL weekends here:



she is done with her studies. The ASL weekend experience has set her up for success in her future career.

“I’m so grateful for Delta Zeta and ASDC for showing me firsthand how beneficial access to sign language education is to families with deaf children,” Kaitlyn reflects. “Being able to see the dedication of parents and families learning sign language for their deaf children really put into perspective what my chapter fundraises for year-round. We truly make a difference with every dollar we raise, and I could not be more proud to call myself a Delta Zeta!”

American Society for Deaf Children is the perfect partnership for Delta

Zeta as they are giving to us as much as we are to them. ASDC provides a community for support and provides hands-on opportunities for our women to be fully invested with them. Their goals of inclusion and education create a welcoming space for us. The experiences are something that are helping Delta Zetas walk truly in the light of the flame. 🔥

Did you know ASDC provides at-home opportunities specifically for Delta Zetas to learn ASL? On The Learning Center all members have access to a recorded beginner ASL Class. They will also be offering a live ASL class each Wednesday evening in October 2023 from 8:00-9:30 p.m. ET.

Opposite Top: ASDC Professor Ursa Rewolinski, ASDC Professor Edna Johnston, back row: Maria Schelfe, Kappa Phi-North Carolina/Charlotte, Vanessa Zorzan, Epsilon Sigma-Wayne State (MI), Mackenzie Pena, Omicron Gamma-Ohio, middle row: Miranda Domiano, Kappa Chi-Youngstown (OH), Erika Enzbrenner, Gamma Kappa-Kent State (OH), Kaitlyn Ginn, Gamma Kappa-Kent State (OH), ASDC Professor Richard Rose, front row: Abbie Rees, Delta Zeta National Headquarters Director of Community Relations and Philanthropy, Lina Olson, Epsilon Sigma-Wayne State (MI), at ASL Weekend in Brooklyn, Michigan.

Opposite Below: Kaitlyn Ginn, and Erika Enzbrenner, both Gamma Kappa-Kent State (OH), at ASL Weekend in Brooklyn, Michigan.

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- F. Chapter President Ring, #0453 | G. Square Onyx Crest Ring, #7022
- H. Vertical Incised Crest Ring, #8720



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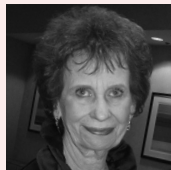




FLAME ETERNAL

Sandra (Sandy) Hart Horton

PAST NATIONAL OFFICER



It is with great sadness that the National Council of Delta Zeta Sorority learned of the passing of Sandra (Sandy) Hart Horton, Past

National Officer, on November 17, 2022.

Sandy was born in Des Moines, Iowa. She attended Iowa State University and when she walked into the door of the Beta Kappa Chapter house, she found her home and best friends. Sandy met Richard (Dick) Horton on an arranged blind date, and the rest is history. Sandy graduated with a degree in Child Development and Home Economics and married her Theta Delta Chi sweetheart, Dick, and set down roots in Ames, Iowa. They celebrated their 60th Anniversary in August 2022.

Sandy began volunteering for Delta Zeta because she lived near Florence Hood Miner, Alpha Beta-Illinois, who would always have things that needed doing for the Sorority. She served her beloved Beta Kappa girls for many years as their Recruitment Advisor and most recently as the Ritual Advisor. Sandy was elected to National Council in 1973 as a National Director and served for many years as a part of the National Convention Committee. In the fall of 2021, Sandy received her Order of the Pearl award for 65 years of Delta Zeta membership.

Professionally, Sandy and Dick started D&D Digital Systems which specialized in sorority and fraternity recruitment. In 1992, Sandy was recognized as the Woman Entrepreneur of the year by the Ames Chamber of Commerce. Sandy and Dick enjoyed all things Iowa State and were awarded the Iowa State Alumnae Medal in 2011 and the Order of the Knoll Faculty and Staff Award in 2018.

Sandy was survived by her husband, Dick, her children, son, Jay, and daughter, Lisa, an alumna of the Epsilon Nu Chapter at Missouri State University, her brother and sister, as well as four grandchildren and many nieces and nephews.

ALPHA

- Joan Sutcliffe Frizzell, 1955
- Jane Weaver Altes, 1957
- Joan Vohnout Shankle, 1957
- Elaine Wheelock Swyer, 1966

DELTA

- Sara Jane Calvert Dixon, 1946

EPSILON

- Natalie Ingalls Mealer, 1949

THETA

- Phyllis Allomong Headley, 1952
- Linda Gordon Stuart, 1959
- Jean Emery Lindley, 1962

IOTA

- Sarah Adams Williams, 1951
- Marilee Olson Griffin, 1958
- Linda Hans Pruett, 1969
- Margaret Meiner Dominy, 1975

KAPPA

- Diana Banks Klein, 1954

MU

- Doris Voigts Bloom, 1941
- Virginia Vorous, 1958
- Helen Granger Ball, 1962

XI

- Kathy Canedy Lobe, 1973

OMICRON

- Susan Iverson Kennelly, 1975

PI

- Peggy Morahn Close, 1965

SIGMA

- Lettie Guttzeit Graham, 1943
- Johnette Tetlow Simpkins, 1961

TAU

- Patricia Anderson Mair, 1949
- Mary Paynter Barker, 1970

UPSILON

- Beatrice Miller DuCharme, 1939

PHI

- Patricia Hamma Deaton, 1956

CHI

- Marjorie Robinson Griffin, 1951
- Joan Armstrong Joy, 1953

OMEGA

- Donna Mullarky Meuli, 1945
- Joyce Langdon Tyler, 1951
- Dorothy Joan Chandler Fowler, 1952
- Jean Babcock Stoess, 1956
- Charlotte Poston Avolio, 1957

ALPHA ALPHA

- Marion Semrau Wisniewski, 1948
- Jo Manley Cryder, 1955
- Linda Maxwell Paulson, 1967

ALPHA BETA

- Lois Ganschow Brown, 1963
- Tonya Buhrman Pike, 1993

ALPHA GAMMA

- Marie Raiford Ethridge, 1945
- Elaine Smith Key, 1950

ALPHA EPSILON

- Alicia Morgan Hudson, 1981

ALPHA ZETA

- Josephine Salvato Leone, 1953

ALPHA KAPPA

- Jenne DePiero Kimball, 1948

ALPHA PI

- Glenda Goodwin Greene, 1964

ALPHA SIGMA

- Jane McLeod Summitt, 1948
- Geraldine Harrington Pennock, 1951
- Sherry Schulze Brown, 1957
- Nancy Sarah Cash, 1958
- Mary Ferris Cate, 1967

ALPHA UPSILON

- Ruth Preble Finney, 1947

ALPHA CHI

- Marilyn Mason Ralls, 1953

ALPHA PSI

- Ralette King Shinneman, 1953

BETA ALPHA

- Arlene Hornby Webster, 1942
- Sharon Theurer Bright, 1971

BETA GAMMA

- Doris Rooney Hinds, 1945

BETA DELTA

- Frances Earlyne Mattox Shuler, 1948
- Ellen Conner Brinson, 1951
- Chris DiBiasio McLaughlin, 1976

BETA THETA

- Dorothy Clark Parish, 1948

BETA IOTA

- Carolyn Marie Stull, 1966

BETA KAPPA

- Karen Hilstrom Duffey, 1957
- Sandra Hart Horton, 1959
- Jodi Lee Moore, 1977

BETA LAMBDA

- Carol Steele Posey, 1954

BETA XI

- Ruby Long Dorland, 1952
- Mary Kindig Wells, 1958
- Lucy Lunceford Herring, 1969

BETA PI

- Katherine Jewell Dempster, 1954
- Yvonne Larime Fruit, 1954
- Carolyn Wood Miller, 1956
- Carol Chenoweth Saltsman, 1956

BETA RHO

- Ellen Kempf Wortelboer, 1943

BETA TAU

- Nancy Keller Long, 1970

BETA CHI

- Esther Kyle Haney, 1955

BETA PSI

- Ethel Gready Bonner, 1942
- Elizabeth Stafford Stinson, 1943
- Joan Geilfuss Mills, 1945
- Julia Brooks Rittenbury, 1945

BETA OMEGA

- Mary Paradiso Ayala, 1948

GAMMA BETA

- Patricia Noonan Lidy, 1957

GAMMA DELTA

- Jane Doty Ferrier, 1959

GAMMA THETA

- Mary Schlichting Soley, 1952

GAMMA IOTA

- Jean Cox Garibaldi, 1950

GAMMA LAMBDA

- Lenore Helwig Carrion, 1953

This list includes obituaries reported to us from November 1, 2022 to February 28, 2023. The year of initiation is after the member's name.

GAMMA NU

- Doris Snyder Mechling, 1957

GAMMA OMICRON

- Ann Scharnikow Weinbaum, 1951

GAMMA PI

- Mary Elizabeth (Betts) Snyder Casey, 1951
- Janet Gideon DeWolf, 1952
- Sheila Leathers Monger, 1960
- Kirstie Campbell Krause, 1987
- Cassandra Rose Marino, 2021

GAMMA RHO

- Clara Plasil Greinke, 1948
- Barbara Gittings Frankfother, 1950

GAMMA SIGMA

- Edith Meeks Semark, 1955

GAMMA UPSILON

- Doris Wheeler Sisk, 1954

GAMMA CHI

- Ruth Kay Harvey Horn, 1956
- Marcia Anderson Clevenger, 1962
- Myrna Kay Rogers Earnhart, 1963

DELTA THETA

- Carol Schultz Sicuro, 1965

DELTA LAMBDA

- Susan Smith Heitshusen, 1960
- Patricia Windsor Winfrey, 1971

DELTA NU

- Sandy Jean Reynolds, 1959

DELTA XI

- Phyllis Davis Fisch, 1956
- Beverly Homyak Barnhart, 1957

DELTA OMICRON

- Mary Clyborn Decker, 1962

DELTA PI

- Mary Dee Archer Brinkman, 1956
- Elizabeth Richards Dunhaupt, 1956

DELTA RHO

- Marian Farmer Miller, 1963

DELTA SIGMA

- Patricia Anthony Wagner, 1957
- Mary Rita Heiser Lambert, 1968
- Diane Buresh Ponche, 1976

DELTA UPSILON

- Jahala McCorkle Tomaselli, 1957

DELTA CHI

- Jennifer Lynn Wood, 1994

DELTA OMEGA

- Sharon Truan Umholtz, 1958

EPSILON BETA

- Margaret Louise Haase, 1972

EPSILON ZETA

- Carolyn Denton Palmer, 1956

EPSILON THETA

- Donna Spinos Spinazzola, 1961

EPSILON KAPPA

- Carol Betenz Valley, 1970

EPSILON OMICRON

- Patricia Suman Mille, 1971

EPSILON SIGMA

- Carol Sokarda Klarich, 1962

ZETA ALPHA

- Carole Hendrian Becker, 1957
- Barbara Wenckus Gwiasda, 1960

ZETA BETA

- Peggy Handlos Johnson, 1957

ZETA EPSILON

- Shelley Roberts Farr, 1967

ZETA ZETA

- Diane Winn Fitzgerald, 1970
- Janice Henson Dickerson, 1973
- Carrie Cargle Jacobs, 1997

ZETA THETA

- Julia Zahn DeFreece, 1982

ZETA XI

- Rachel Wyatt Safrit, 1961

ZETA PI

- Genia Sue Curtis Todd, 1963

ZETA PHI

- Roseann Krompholtz Jioio, 1966
- Kathy Ann Green, 1968
- Rosemary Williams Stumpp, 1968

ZETA CHI

- Anne Jensen Hussar, 1969

THETA GAMMA

- Esther Drew Eastman, 1963

THETA THETA

- Mary O'Donnell Weiss, 1974

THETA OMICRON

- June Page Ezell, 1966

THETA SIGMA

- Mary Ann (Mimi) Titler Finerty, 1968

THETA TAU

- Susana Gabel Wyatt, 1972

THETA PSI

- Linda Miller Denman, 1974
- Kathryn Childs McDannel, 1980

IOTA PSI

- Debbie Morse Birdsey, 1972

KAPPA ALPHA

- Becky Jones LeBlanc, 1968
- Brenda Ann Vicknair, 1970

KAPPA TAU

- Bailey Mullen-Parks, 2005

KAPPA CHI

- Marnie Lou Murphy, 1987

LAMBDA SIGMA

- Alicia Diane Owens, 1978

- Mary Elizabeth Hammond, 1984

PI ALPHA

- Najla Gospava Brannin, 2022

PHI BETA

- Henrietta Duncan Chandler, 1941
- Betty Poe Cecil, 1956
- Ruth Allison Brown, 1957
- Flora Bertie Leonard Guin, 1957
- Ruthe Chupas Nemmer, 1957
- Rhyllis Rae Richmond Oedekoven, 1957
- Janet Liebler Stenger, 1957
- Jean Blackmore Walker, 1957
- Joan Devine Walter, 1957
- Ann Ackerman Wereley, 1957
- Nancy Drewelow Zeferjahn, 1957
- Teresa Henson Revel, 1959

We apologize that Belinda Kay Baker, Delta Theta-Houston, was mistakenly listed in the Winter 2022-2023 Flame Eternal.



TRULY ΔZ

# Generation Z Shaping the Future

**M**allory Golski, Omicron Gamma-Ohio, may be in her mid-twenties but she is shaping the future of Delta Zeta with her active involvement in our sisterhood. Not only does she volunteer her time as a member of the National Awards Committee, but she has also been a facilitator for our Alcohol Skills Training Program, traveling to chapters to present this interactive workshop multiple times a year. Ever the storyteller, Mallory also said yes to co-hosting Delta Zeta’s new podcast, “Women We Know!”

**What is your favorite line of The Creed?**

My favorite has always been “to crusade for justice, to seek the truth and defend it always.” I practice this in my role as the civic engagement and advocacy manager for Kaleidoscope Youth Center, an LGBTQIA+ youth organization in Columbus, Ohio. In this role, I testify against legislation that would harm queer and transgender youth in Ohio and help uplift the voices of young people who would be most impacted by anti-LGBTQIA+ legislation but whose voices are often not heard in these conversations.

**What role that you’ve had in the Sorority has impacted you?**

There’s not a day that goes by when I don’t, in some way, draw on the lessons that I learned during my year as chapter president. While that

year was undoubtedly the most stressful of my time in college, I learned so much about how to lead confidently, communicate effectively, think creatively and get different people and personalities to buy into an idea and work toward a common goal.

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

My 5:45 a.m. swim practices always help me wake up and feel ready to take on the day! I swim with a local Master’s team, and, while jumping into a cold pool in what feels like the middle of the night never gets any easier, I’m grateful to still be able to spend time in the water tackling tough workouts with my teammates.

**What most excites you about Delta Zeta today?**

I’m inspired by how younger members are more willing to talk

about and tackle tough issues, like mental health, discrimination and other inequities. I think this impacts their involvement in organizations like Delta Zeta. Instead of doing something “because that’s how it’s always been done,” they want to make processes more efficient and impactful. Instead of going through the motions when they’re struggling, they reach out for help — and encourage others to do the same. While I’m sure it’s requiring adaptation to recruit and maintain those whose high school (and grade school) years were disrupted by the pandemic, I think the diversity of identities and experiences of current and future members will ultimately make our

“I learned so much about how to lead confidently, communicate effectively, think creatively and get different people and personalities to buy into an idea and work toward a common goal.”

organization stronger and more meaningful for years to come.

**What is something most people don’t know about you?**

I’m an avid reader. I read 70 books last year, but I’ve never finished the Harry Potter series or watched the movies as much as I’ve tried!

**Finally, Pink or Green?**

Pink, always. My mom often tells the story of when I was little and participating in Easter egg hunts, I would only pick up the pink eggs. 🌸



# Why I Give



“Have you ever seen someone disappointed? Afraid they will be unable to achieve their dreams because they can’t afford tuition, don’t know the right people in an industry or gain the leadership skills needed to build their confidence? I have. I’ve also seen these same people rise above it all with the help of the Delta Zeta Foundation. The scholarships and grants, networking and programs sponsored by the Foundation give our sisters opportunity and provide positivity. The power of the Foundation is the power of sisterhood and positivity, and it makes me want to give back!”

— Christi Schneeberger Mayer  
Kappa Mu-Shepherd (WV)

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If you would like to read The LAMP online to help the Sorority to go green,  
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### Look forward to Killarney Napa's two new varietals coming this fall!

Empowered, our proprietary red blend, boasts a rich and complex flavor profile and always exhibits the craft of blending, where all the parts complement the round character of the final wine.

While The Golden Lamp is a bright and elegant Chardonnay which exhibits purity of fruit with melon and poached pear exotic fruit notes while mango and pineapple mesh with the vanilla and spicy wood from the French oak it was aged in.

These new releases will be available in September 2023 and will be perfect whether you're cozying up by the fire or hosting a festive dinner party!

Thank you for all your support to  
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