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32 EMPOWERING FIRST-GENERATION STUDENTS



# the Lamp

Adriana Botti Carrig,  
Lambda Lambda-New  
Jersey, spreads kindness,  
empowerment and  
self-love, word by word  
via Little Words Project®.



# Friendship Statement



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PHI DELTA THETA  
FRATERNITY  
DEDICATION  
TO THE IDEALS  
OF FRIENDSHIP,  
SOUND LEARNING,  
AND RECTITUDE  
CHARACTERIZE  
THE VALUES OF  
THIS FRATERNITY.  
FOUNDED IN 1845  
BY SIX MEN  
WHO MET  
IN  
ELLIOTT HALL

DELTA ZETA SORORITY  
FOUNDED IN 1902  
BY SOME OF THE FIRST WOMEN  
STUDENTS ADMITTED TO MIAMI UNIVERSITY.  
DELTA ZETA HOLDS FAST TO THE IDEALS OF  
INSIGHT, COURAGE, FAITH, APPRECIATION, AND  
GIVING GRACIOUSLY TO OTHERS.  
IN HONOR OF DELTA ZETA SORORITY'S 100TH ANNIVERSARY,  
WE HEREBY COMMEMORATE THE "MOTHER OF FRATERNITIES"  
WITH THIS GIFT TO HONOR THESE GREEK ORGANIZATIONS  
AT MIAMI UNIVERSITY.

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## ARCHIVAL

King Library is the main library on the Miami University campus. Keeping with the tradition to give a gift to the university on significant anniversaries, Delta Zeta left its legacy on King Library with our gift commemorating our centennial celebration in 2002. Etched on the façade of the building are tributes to the one national sorority founded on the Oxford, Ohio campus and additional tributes to the four national fraternities Beta Theta Pi, Phi Delta Theta, Sigma Chi and Phi Kappa Tau, who also call Miami home.



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Empowering First-Generation Women

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## The LAMP of Delta Zeta

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### DELTA ZETA SORORITY NATIONAL COUNCIL 2023-2025

Cathy Irvin Painter  
Alpha Gamma-Alabama  
**National President**

Lauren Davis Campbell  
Gamma Psi-Central Michigan  
**National Vice President**

Amy Wade Gamble  
Zeta Psi-Stephen F. Austin State (TX)  
**National Vice President**

Laura Baxter Hedenberg  
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Ani Rodriguez-Newbern  
Alpha Sigma-Florida State  
**National Vice President**

Stacey Wheeler Slaughter  
Kappa-Washington  
**National Vice President**

Christy Phillips-Brown  
Theta Iota-Western Carolina (NC)  
**Past National President**

Phyllis Sundberg Davis  
Alpha Gamma-Alabama  
**National Panhellenic Conference  
Delegate**

### FOUNDERS

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

### THE ORDER OF THE LAUREL

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

## FROM THE PRESIDENT

### The Pink (and Green) Effect



My social media feeds were filled with “all things pink” this fall with all the hype over the “Barbie” movie. Many of my friends had such fun dressing in Barbie pink and attending events celebrating the movie and reliving their childhood through the experience. Isn't it amazing to see the influence the movie had with women and girls, many of them who could see themselves in the characters up on the big screen? Audiences sported their Barbie colors proudly to show their affinity and connection to something that was bigger than themselves. It really became a pink effect worldwide!

Delta Zeta has our own pink and green effect on our members. Think back to when you joined your chapter. Were you thrilled the first time you wore a pink and green sweatshirt or found a cute turtle accessory for your desk? Membership in Delta Zeta is obviously more than just being able to wear letters on a shirt, but showing my affiliation on campus was one of my fondest memories when I joined the Alpha Gamma Chapter at the University of Alabama. Our members are touched by something larger than themselves, and the opportunity to share their alignment with an organization whose shared values match their own is a powerful moment in a woman's life.

To continue the pink and green effect and spread the impact of Delta Zeta, I encourage you to continue to share your membership in your community! If you are volunteering with a local women's group that has nothing to do with Delta Zeta, why not wear that DZ or ionic column bracelet, and see who asks about it? Are you at the fields watching kids' sports on the weekends? Perfect time to break out your original letter sweatshirts and see what conversations it spurs with your parent friends. Too often we hide our affinity for Delta Zeta after college, but let's be proud to be a part of a global network of more than 300,000 initiated women, making a difference in their communities! As you read through this issue of The LAMP, or follow our stories on our website and in social media, I hope you are as inspired as I am by the impact of our “pink and green wave” making change in the world.

Cathy I. Painter  
**National President**

## Ways to Reduce Screen Time and Raise Mental Health

By Kharisma Langston,  
Pi Xi-Central Florida,  
Digital Communications Intern



### ONE

**Take regular breaks.** In an increasingly digital world, the need to manage screen time has never been more critical. To maintain good mental health, consider taking regular breaks from your phone, tablets, computers and television. Research shows that constant smartphone use is connected to a diminishment in mental well-being.<sup>1</sup>

### TWO

**Maintain a healthy work-life balance.** If you work in front of a computer, dedicate some time each day to disconnecting, allowing your eyes and mind to rest. The American Academy of Ophthalmology recommends the 20-20-20 method, in which every 20 minutes, you look away from the screen and stare at an object 20 feet away for 20 seconds.<sup>2</sup>

<sup>1</sup> <https://bmcpyschology.biomedcentral.com/articles/10.1186/s40359-023-01166-7>

<sup>2</sup> <https://www.aao.org/eye-health/tips-prevention/computer-usage>

<sup>3</sup> <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm#:~:text=Social%20connection%20with%20others%20can,being%2C%20and%20quality%20of%20life.>

### THREE

**Prioritize self-care activities.** Screens are everywhere! However, there's no better way to spend a technology break than on yourself! Taking a break from screens allows you time to do other things you love. Participate in activities that reduce your screen exposure and boost your energy.

### FOUR

**Set boundaries.** It can be hard to stop scrolling. Luckily, most cell phones have a setting that alerts you when your screen time reaches a certain level. Alternatively, consider setting an alarm at night so that when your limit is reached, you're aware.

## ALFA

### Six (Plus One)

#### FIVE

**Stay connected with loved ones and friends.** Instead of resorting to looking at your phone screen for entertainment when you're bored, why not spend time with a friend or family member? The Center for Disease Control states that this kind of healthy connection allows for a quicker recovery from stress and anxiety. So, take a break from mindless scrolling, and schedule regular social activities to replace the time.<sup>3</sup>

#### SIX

**Make time for fun and relaxation.** The world is filled with countless adventures for us to conquer. Take the opportunity to explore new places, try new activities, and create lasting memories away from your screen. Whether it's hiking through nature, enjoying a day at the beach or simply savoring a good book in a cozy nook, prioritizing these moments can nourish the soul and remind us of what life has to offer.

#### PLUS ONE

**Don't be afraid to ask for help.** Whether you're struggling with addiction to screens, finding it challenging to balance your digital life with your well-being or dealing with the negative effects of excessive screen exposure, there are professionals and resources available to assist you in regaining control. 🔥

[www.screensanity.org/](http://www.screensanity.org/)

[www.turninglifeon.org/](http://www.turninglifeon.org/)

[www.responsiblescreens.com/](http://www.responsiblescreens.com/)



# National Panhellenic Conference:

## Delta Zeta attends NPC's Fall 2023 Annual Conference

**F**rom October 19-21, 2023, the National Panhellenic Conference (NPC) hosted its Annual Conference at the Hyatt Regency DFW in Dallas / Fort Worth. Delta Zeta's leadership joined more than 170-member organization leaders, board members, partners and other guests as they gathered to discuss topics of mutual interest and build relationships. Event programming was divided into large group education sessions, peer group meetings and other activities, such as time with business representatives in the NPC Partner Program.

As part of NPC's organizational structure and governance change that took effect in 2019, the Council of Delegates was created to ensure the voice of the NPC member organizations continued to guide the work of the Conference. The Council of Delegates is composed of an individual from each of NPC's 26 member organizations, and delegates are tasked with attending membership meetings and voting on matters that come before the members.



Dallas, Texas, the site of the 2023 National Panhellenic Conference Annual Meeting.



From left, Cathy Irvin Painter, National President, Christy Phillips-Brown, Past National President, with friend of Delta Zeta Cindy Stelhorn from MJ Insurance.

NPC Annual Conference during the opening session on Thursday afternoon. "One hundred and twenty-one years ago, nine member organizations came together to formally create the National Panhellenic Conference. They were focused on creating standards that all sororities would adhere to, along with fostering cooperation and mutual assistance. As we gather this week, let us embrace the continued spirit this Conference was founded upon, which has and will continue to play an integral role in navigating our path forward together."

During this meeting, the delegates voted to amend several NPC College Panhellenic policies, provided feedback on the current Total Method Setting Team project and discussed a handful of topics of mutual interest.

The delegates will meet again in person for the NPC Annual Membership Meeting on March 23, 2024 in Indianapolis, Indiana. 🍷

“One hundred and twenty-one years ago, nine member organizations came together to formally create the National Panhellenic Conference. They were focused on creating standards that all sororities would adhere to, along with fostering cooperation and mutual assistance.”

— Kelly Beck, 2023-2025 NPC Chair



# ALFA

## Chit Chat

Every year, Delta Zeta honors membership milestones for ten, 25, 50 and 65 years of membership. **Alumnae receive an individualized printed certificate, and we ask for recipients to share memories of their time in Delta Zeta.**

This year, we received quite a few 65-year, Order of the Pearl, members' responses and wanted to share a couple with readers to show that Delta Zeta's sisterhood continues well past our time on campus!



Thank you for sending me this most precious proclamation of becoming a member of the Delta Zeta Order of the Pearl. When I opened the envelope, I also opened 65 years of memories. Thank you! We still meet, just not as often. We hug, we share, we laugh, we cry. Most of all, we love! How is it that young girls, strangers to each other met and embraced the values of Delta Zeta 65 years ago, continue to be bonded today.

**Kathleen Rakoski Ochs, Gamma Rho-Northern Illinois**



From left, Kay Howard McCarthy, Donna Becker Vaughn and Cynthia Bryant Foster, all Epsilon-Indiana.

"She's still organizing!" one of my Epsilon Chapter sisters said as we greeted each other on a Danube boat cruise. We spent eight nights on a cruise to four countries in 2002. We hadn't seen each other in 41 years since graduation. I joked I majored in extracurricular activities in college. The push and nudge I received from my Delta Zeta sisters at the IU house propelled me into a wonderful life of adventure and service.

**Cynthia Bryant Foster, Epsilon-Indiana**

## Your Words

### Art...

For Delta Zeta's holiday message this year, we asked sisters to contribute their original artwork to be our message for the holiday season. We had multiple submissions, but ultimately chose this festive pink and green card designed by Robin Bentley, an alumna from the Theta Theta Chapter at DePaul University who serves Delta Zeta as their Chapter Association Contact.



### Poetry...

Coming from the same chapter as another iconic Delta Zeta poet, Dorothy Mumford Williams, author of The Creed, this lovely poem was submitted by Elaine Anne Pasquali, Alpha Zeta-Adelphi (NY) in honor of Founders Day this past fall.

### Ribbons and Roses

When is a ribbon more than a ribbon?  
 When it is looped and pink  
 When it celebrates life  
 When it symbolizes remembrance  
 When it is worn by breast cancer survivors  
 When it is worn by their families and friends  
 To all our survivor sisters, and those who haven't  
 We proudly wear pink ribbons  
 And we give roses to thee  
 Pink roses of Delta Z

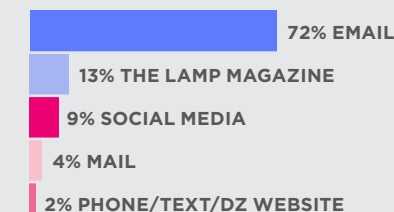


## Show of Hands



### Did you know that you can customize how you prefer to receive Delta Zeta communications?

By logging into the member's side of [www.deltazeta.org](http://www.deltazeta.org), you can select your communications preferences on your profile. Whether it be phone, email, text or good old mail, make sure you update your communications preferences, so you stay informed on all Delta Zeta happenings. Want to see how other members prefer to receive information from the Sorority? Take a look below.





Wrap Up

# Founders Day Challenge

Empowering All Delta Zetas' Futures

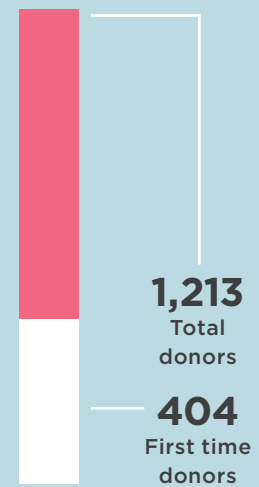
Sisters and friends ensured that we would continue to empower Delta Zeta members' futures on October 24, 2023 during our sixth annual Founders Day Challenge (FDC).

In 2023, together we raised money for all Delta Zetas — for scholarships, for leadership programming, for professional development and so much more! Gifts during this celebration support

scholarships, educational and leadership programming, member development, the Elizabeth Coulter Stephenson emergency grant and so much more!

Thank you for your commitment to Delta Zeta and for honoring the legacy that Alfa, Anna, Anne, Julia, Mabelle and Mary created in 1902 — as we continue to walk Truly in the light of the flame more than 120 years later!

**\$242,042**  
TOTAL RAISED



**793** Alumnae  
**231** Friends of Delta Zeta  
**129** Collegiate Donors  
**1** Collegiate chapter  
**1,320** Gifts  
**39** Advocates raising money this year

**States WITH THE MOST DONORS**

-  Texas: 168
-  California: 90
-  Ohio: 67
- Alabama: 56
- Kentucky: 54
- South Carolina: 54
- North Carolina: 53
- Florida: 49
- Michigan: 45
- Georgia: 44

**Top 5**  
AMBASSADORS

1. Nancy Russell
2. Mim Starr
3. Christi Schneeberger Mayer
4. Michelle Albrecht Smith
5. Kelly Cofieff Turner

Take Note



# Foundation Scholarship Application Deadline



The deadline to submit applications for a 2024-2025 Foundation Scholarship is February 15, 2024.

Last year more than \$369,000 was awarded in merit-based scholarships to both Delta Zeta undergraduate and graduate students. Visit [www.deltazeta.org/foundation/scholarships](http://www.deltazeta.org/foundation/scholarships) to start your application today!

## Everlasting Events

Delta Zeta's Everlasting sisterhood event will be going to Kansas City, Missouri and Pittsburgh, Pennsylvania later this spring!



Find out more about both events at [www.deltazeta.org/for-alumnae/membership/alumnae-events](http://www.deltazeta.org/for-alumnae/membership/alumnae-events).

# A History of Delta Zeta Alumnae Chapters

Reprinted in part from the December 1923 issue of The LAMP

IN VIEW OF THE MANY ADVANTAGES to be derived both by the whole Fraternity and the individual chapters, to say nothing of the significance to each member, it is rather surprising that the worth of the alumnae association was so late in being generally recognized. It was not until near the close of the nineteenth century had the older organizations developed a very specific program with regard to the encouragement and handling of alumnae chapters. Now, however, every fraternity in the NPC realizes the place of the alumnae chapter as an important part of the organization and appreciates the added prestige and dignity to be had from a strong alumnae body and, in return, allows to alumnae chapters practically all the privileges pertaining to undergraduate ones, except that of initiation.

It was during the first term of Elizabeth Coulter Stephenson's presidency from 1912-1914 that the alumnae chapters of Delta Zeta were first formed. To Indianapolis falls the honor of being the home of the first chapter, the Alpha Alumnae Chapter, as it was known until the Council meeting of 1923 replaced Greek-letter names for alumnae chapters by the names of their city locations.

Alumnae in and near Cincinnati, feeling that they might have some contribution to make to the extension of Delta Zeta in the West, if working as an organized group, petitioned to be chartered as the Southern Ohio

Alumnae Chapter of Delta Zeta. Their petition was granted, and they became the Beta Alumnae Chapter soon after in 1913.

That brings us to the Detroit Alumnae Chapter, the 18th alumnae chapter in Delta Zeta's history which was established in 1923.

When the installation of the Alpha Eta Chapter at the University of Michigan brought to light the fact that at least two Delta Zetas had been living in Detroit each in the lonesome feeling that she was the only one in the city, it was only natural that they should join forces to see if perchance more might be found in the same plight. When, with the addition of three alumna from Alpha Eta chapter in June 1923 and they had reached the required ten charter members, they hastened to prepare a petition to present at 1923 Council meeting. The Council was happy to grant this charter. It assists the Alpha Eta Chapter in entertaining and in any other possible way. Although very young, its enthusiasm will no doubt make its first year one of achievement, and it undoubtedly has a splendid future opening before it. The Detroit Alumnae Chapter is proud to number among its charter members Delta Zeta's Extension Chairman, Georgia Chandler Hornung, Epsilon-Indiana, and the head bacteriologist at the Henry Ford Hospital, Edith Barrett Hamilton, Sigma-Louisiana State. ♡



INITIATION BANQUET—ALPHA ETA



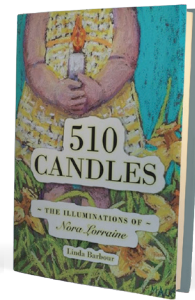
## READING ROOM



### Love and Diamonds Equal Danger in New Book

Lisa Griffith Story, Iota Phi-Nevada/Las Vegas, has co-authored, "Pardon Me, Father: The Mostly True Story of a Diamond Smuggling Priest." The book follows the adventures of her uncle, Walt Reza, as he legally mines for diamonds in Africa but smuggles them out of the country illegally. From warlords to armed commandos, his smuggling activities get progressively precarious, but the real danger is deciding where his heart belongs: with his ex-wife with whom he recently reunited or his mysterious Antwerp lover, who is helping him sell his rough stones.

Learn more about Reza's many adventures on Facebook by following DBCooperStory.



### Finding Faith and Hope

Linda Pope Barbour, Zeta Xi-Lenoir-Rhyne (NC) has recently published "510 Candles - The Illuminations of Nora Lorraine." The story reveals how a grandmother found hope, intention and purpose in her granddaughter's beautiful but heartbreakingly short life. Chronicling how one family advocated relentlessly for a profoundly handicapped child while at the same time illuminating good in the world, this book unveils how one precious, old soul angel came to earth to teach faith lessons to the very people who were meant to teach her.

It is available on Amazon.



### Reading and Relating to Friendship

Traci Mills Smith, Epsilon Theta-PennWest/Clarion, has published two young adult books. She describes her first book, "A Reason, A Season, A Lifetime," as a very quick and easy beach read about friendships and why people come into our lives and is appropriate for age 14 and up. It follows the life of a young teacher, Elizabeth, as she weaves her way through life wondering why those who cross her path do so. When she meets Amy, a fellow teacher, she realizes what friendship is all about.

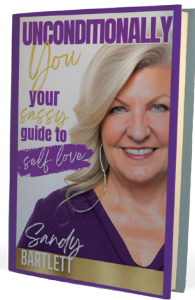
Both this book and Traci's second, "A Lifetime of Second Chances," are available on Amazon.



### Publishing Volumes of Poetry

Helen Mitchell Ruggieri, Gamma Delta-Pennsylvania State, graduated in the class of 1960 with a Bachelor of Arts in poetry writing and has recently published her fifth book of poetry. "The Sapphires" was released in April of 2023. Aside from writing poetry, Helen has worked as both an editor and a publisher. She served as a professor in composition at Jamestown Community College, then as an English professor at the University of Pittsburgh (Bradford), in addition to running independent writing workshops for the African American Center for Cultural Development in her hometown of Olean, NY.

Helen's poetry can be found on Amazon.



### Encouraging Self-Love and Recognizing your Worth

Sandy Shaddix Bartlett, Iota Upsilon-California State/Fullerton, has published "Unconditionally You: Your Sassy Guide to Self-Love," in both paperback and Kindle. Like she says, life can be tough, and sometimes you need a little extra sparkle to shine. That's where self-love comes in. Sandy shows that self-love isn't about being self-centered or egotistical; it's about recognizing your worth and treating yourself like the royalty you are. 🌸

Download or order her quick read on Amazon.

### Are you a Delta Zeta author?

Share your publications with us by emailing [LAMP@deltazeta.org](mailto:LAMP@deltazeta.org).

## AUTHENTIC

# Heather Hornick Quilenderino

Beta Delta-South Carolina

Imagine dreaming about oceans as a child, and making those dreams come true as an adult? Captain Quilenderino is doing that as the Commanding Officer of Naval Oceanography Operations Command. When visiting colleges, Heather's dad mentioned that the Navy would pay for college, and they had an oceanography career track. She met with the University of South Carolina's Naval Reserve Officer Training Corps (NROTC) instructors and went home to tell her grandfather that she was thinking of becoming a Naval Officer. As a career Army Officer, her grandfather was incredibly proud. Heather entered ROTC and was commissioned into the United State Navy in his memory.



Above: Heather on duty at Naval Oceanography Command Operations.



Left: Heather honoring a sailor in her command.

### HOW DO YOU APPROACH A DIFFICULT DECISION WHEN FACED WITH IT PROFESSIONALLY?

I like to gather as many facts as possible and listen to the recommendations of other leaders I work with. While I may be the final decision, I rely upon the experience and intelligence of the leaders in my command. My goal is always to choose what is right for my Sailors, the mission, Naval Oceanography and the Navy. Hopefully, each of those align to a single choice. More often, I must weigh the benefits and risks before making a decision.

### CAN YOU SHARE AN EXPERIENCE THAT MADE YOU WHO YOU ARE TODAY?

The first was losing my first house in Hurricane Katrina in 2005. I not only learned how fleeting material possessions are but also the importance of our other "families." I was surrounded by love and support from my own family, along with my Delta Zeta family and my Navy family. I had so many people looking out for me and lifting me up, that I was able to quickly get back on my feet. The second was surviving breast cancer in 2019. I think that I was a pretty optimistic person before cancer. Now, it is easy for me to find the silver lining in just about anything.

### WHO IS A MENTOR IN YOUR LIFE?

After my first Navy tour without senior female officers to mentor and inspire me, I met a female Navy civilian acoustician who inspired me to study underwater acoustics in graduate school. I was awed by Pamela McDowell, later Dr. McDowell, Chief Scientist of Naval Meteorology and Oceanography Command. She was brilliant, confident and simply inspiring as a woman of color in a STEM field and a very male-dominant environment. Pam took me under her wing and taught me as much as I could absorb during our two years working together. Over

the past 20 years, as we both advanced in our careers and earned our PhDs in STEM fields, she continued not only to inspire me, but also to be my champion.

### WHAT ADVICE DO YOU HAVE FOR YOUNGER SISTERS?

First, don't be afraid to ask. If you do not ask, the answer is always no. This applies to jobs, opportunities, salary and so much more. Second, don't be afraid to say "yes!" You never know where an opportunity will lead you. 🌸





# Friendship Statement

Adriana Botti Carrig, Lambda Lambda-New Jersey, spreads kindness, empowerment and self-love, word by word via Little Words®

By Allison Lynch, Alpha Upsilon-Maine, Managing Editor



A kind word, offered when someone needs it most, can change the world. Adriana Botti Carrig, Lambda Lambda-New Jersey, knows that more than most other people. She grew up dealing with cruelty and bullying from others that she was inspired to create a movement that was all about empowerment, spreading kindness and self-love. Adriana is doing that with friendship bracelets. We aren't talking just any bracelets either. Adriana is the driving force and founder of Little Words Project® (LWP). Her bracelets, once traded among her Delta Zeta Sorority sisters at The College of New Jersey (TCNJ), are now gracing the wrists of celebrities like Taylor Swift.

## GROUNDING IN PURPOSE

The brand started as a passion project during Adriana's time as a student at TCNJ where she gifted bracelets to Delta Zeta Sorority sisters, and they traded them between themselves. "The bracelets became iconic symbols of sisterhood for DZs on campus, and it's what proved to me that true sisterhood was possible," Adriana shares. She fondly remembers Little Words® as a college side hustle, where she would go back and forth from her parents' house in the New Jersey suburbs to make bracelets in the evenings.

Even from these humble beginnings, Little Words® was grounded in purpose. Every bracelet made by Adriana's company is meant to inspire the person wearing it with a word. You wear it for as long as you need it, then pass it along to someone else who might need it next. Each piece has a numbered tag that you can register on the company's website, [www.littlewordsproject.com](http://www.littlewordsproject.com), to track the bracelet and its path in the world.

"My first bracelet was Courage. I felt I needed it to start my business

and it really helped in the beginning!" says Adriana. "I gave it to my best friend Lara who had just lost her father to Cancer and needed that important reminder more than I did."

The bracelets grew in popularity among Adriana's Delta Zeta sisters and friends, and she knew that she could make kindness cool.

## COURAGE TO BUILD

Once she graduated college, Adriana decided to make Little Words® a real business, building it out of her parents' basement. "My dad was my original shipping department and my mom my original manufacturer," remembers

**"My first bracelet was Courage. I felt I needed it to start my business. I gave it to my best friend Lara who had just lost her father to Cancer and needed that important reminder more than I did."**

Adriana. "I did that for about a year and then from there moved to an apartment with my then boyfriend (now husband) who was my biggest supporter. He helped me with the financial aspect of the business as he had a career in finance, and I was as scrappy as I could be from the very start."

Little Words® was self-funded from the start. They didn't receive their first investment until 2023. "We were a truly bootstrapped brand and have had to be



PHOTO BY THEO WARGO | GETTY IMAGES FOR MTV



## Going Viral on the VMAs

When Lance Bass and his \*NSYNC band members gifted Taylor Swift with a stack of Little Words® bracelets on stage at the 2023 Video Music Awards accepting her awards for Best Pop Video with "Anti-Hero," the homegrown business went viral!

Mariah Grippo, director of brand experience for LWP, helped create this pass-on moment on one of the world's biggest stages, which continued to spread the brand's continued message of *nice always wins*.





## Friendship Bracelets Through History

Evidence of the earliest decorative knots from China still in existence today are from 400 to 200 B.C.E.

There is anecdotal evidence that friendship bracelets have an origin in Central America with a native tradition that the string ornaments were to be worn until they fell off.

Jewelry designer and historian Erica Weiner says friendship bracelets likely stem from 17th-19th century mourning jewelry, which was often made with strands of loved one's hair. "You'd cut a piece of your hair and have a specialist weave it into elaborate patterns within a ring or bracelet," she says on her website [www.ericaweiner.com](http://www.ericaweiner.com).

The 1970s saw a growth in the popularity of friendship bracelets, most made with colorful floss thread woven into intricate patterns. And, though mainly traded with your female friend-groups, both men and women wore and shared bracelets with meaning tied into every loop. Some have even given the colors in thread bracelets meaning, with pink=kind, red=honest or yellow=cheerful.

Today's friendship bracelets might look a little different, however the meaning behind the giving and receiving of them stays much the same!

super intentional about every financial decision we ever made," Adriana shares. "This energy helped us scale from a small basement business to a brand who achieved \$20 million in revenue in 2022."

The movement is more than a business. Adriana's infused kindness into every aspect of her company. Their moto is simple, "Just Be Nice," and the Little Words® community lives up to that saying. "I am honored to say LWP has helped people spread kindness for the past decade," shared Adriana. "The bracelets are true vehicles for kindness. Customers tell me they received a bracelet during a difficult time in their lives, and it got them through it. That really blows me away."

### SUPPORT AND GROWTH

A successful business takes hard work and dedication. But it isn't built alone. When asked what advice she'd give other female entrepreneurs, Adriana shared, "My favorite piece of advice is to ask for help. There are so many things you won't know when you first start, and you can't be afraid to ask for help when you need it. You never know what that may bring. The closed mouth doesn't get fed!"

Even if there were difficult times, or lessons to be learned, Adriana feels that it was all worth it to get to where she is today. "I firmly believe that I learned everything in the time I was supposed to learn it to get to right now," she candidly admits. "Sure, it would have been easier if I had been more well-versed in business best practices, but I learned that along the way! I will say, I didn't expect leading a team of people to be as trying as it is. But I feel I've become the best version of myself in the years that I've been a leader to young women. My relationship with my team means so much to me, and I wouldn't trade the experience for anything."

After ten years in business, there are still goals to be chased. Little Words Project has expanded from their initial digital footprint to open brick and mortar locations in New York City, Boston, Miami, Tampa and



**"The bracelets are true vehicles for kindness. Customers tell me they received a bracelet during a difficult time in their lives, and it got them through it."**

of course on the Jersey Shore, home state of Adriana. They are also hosting pop-up locations in San Francisco, Washington, D.C., Orlando at Disney Springs and Columbus, Ohio. A new location in Austin, Texas opened in November 2023. "I hope to have retail stores around the world and to be an international brand of kindness," shared Adriana.

### TAKING THE WORLD ON

Little Words® had already achieved major success prior to the Taylor Swift craze and established themselves as the original word bracelet and first mover on the product. When the Eras Tour came along, it only furthered their brand positioning as the premier friendship bracelet. This was all further solidified when Lance Bass gave Taylor Swift Little Words® on the VMA stage!

"Talk about a pinch me moment!" said Adriana. "The Taylor movement definitely lifted the friendship bracelet category, and we've been so pleased with the results and the fact that the world is finally getting on board!"

The company continues to grow and try new things. They have expanded beyond bracelets and now carry tumblers, cards, candles and sweats available at their retail locations. Adriana partnered with Delta Zeta this past summer to create a unique line of DZ-branded Little Words® products as well. They came to our Everlasting event in Orlando, and sisters experienced the kind movement with their pop-up shop.

When asked where she sees the brand in the future, Adriana shared, "I hope this company becomes a household name. I want everyone to wear Little Words® and I want them to engage with our mission of spreading kindness and self-love. I want the bracelets to be a confidence tool that help women, and men alike get through difficult times." 🔥

## Devoted to Giving Back.

The Little Words Project's "Little Words, Big Impact" program works with various non-profit organizations, and they've donated over \$675,000 to charities since its inception in 2021.

With partnerships that span groups like Project Healthy Minds, which democratizes mental health access through a digital marketplace, to the Loveland Foundation, which provides financial assistance to Black women, girls and nonbinary folks seeking therapy through their signature program The Loveland Therapy Fund, Little Words® has changed thousands of lives through their inspirational messages worn on wrists.

Non-profits can sign up to be considered for a LWP partnership through the Little Words, Big Impact program.

### Shop the Exclusive Little Words® DZ Collection

Adriana has created an exclusive line of Delta Zeta bracelets for you, her sisters, to enjoy! Shop the collection at [www.littlewordsproject.com/collections/delta-zeta](http://www.littlewordsproject.com/collections/delta-zeta).





# Turning a Hobby into a Career

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



## Imagine

the joy that comes from sharing your passion with others — and getting paid to do it! Ashley Weir Casto, Zeta Phi-Slippery Rock (PA) (at left), began her journey as an entrepreneur and small business owner five years ago. After experiencing burnout in her first career in higher education, Ashley channeled her stress into candle making and turned a hobby into her new career. Her company, The Haute Wick Social, celebrates all things that make home feel more like home, from candles, tart melts and bath and body products in a variety of signature scents and combinations made right in the store, located in Huntington, West Virginia. Ashley hosts candle making workshops in the shop and at local events to give customers the opportunity to make their own candle with a combination of scents chosen just for them. “Candles brought me a sense of peace, and I wanted to share it with others. I had a vision to teach people how to create beautiful non-toxic soy candles. I made that vision reality on November 24, 2018, and started on this amazing journey. It’s been incredible, even throughout these challenging times.”

In addition to running her own business, Ashley makes it a priority to give back to her community, both in Huntington and in her hometown of Pittsburgh, Pennsylvania. Ashley crafted a signature scented candle for Women Who Rock in Pittsburgh, a campaign to uplift women in music and support women’s health awareness efforts. Back in Huntington, where Ashley lives with her husband, dogs and foster dogs, she works frequently with the local animal shelter to help with fundraising efforts, volunteer and promote events. She also works with other local small businesses, often hosting collaborative events in the shop on the weekends.

During the COVID-19 pandemic, Ashley had to switch her business to a primarily e-commerce online store while hosting an outdoor table by her storefront on Saturdays for customers to pick up candles or come buy them in person safely. She worked hard to keep her business going and “the candle burning.” Since the pandemic, she has come back



**“The Haute Wick Social is more than a candle shop ... it’s a social experience, a community, a studio and shop all in one.”**

stronger than before, from being a featured guest on the local news station to being given a Woman of Impact award for her entrepreneurship, her local success and her passion for giving back to the community through her non-profit volunteerism. “The Haute Wick Social is more than a candle shop, it’s a community,” said

Ashley. “It’s a social experience, a community, a studio and shop all in one. We are local artisans, curators of home goods, DIY instructors and loyal supporters of the community, and we wear each hat proudly.” Ashley has had the privilege of hosting fundraisers and/or creating candles to benefit many different local organizations which include Dress for Success River Cities, Little Victories Animal Rescue, Ronald McDonald House Charities of Huntington, Big Brothers, Big Sisters of the Tri-State, Recovery Point West Virginia, Huntington Pride and Lily’s Place.

In addition to giving back to the Huntington community, she also gave back to her Zeta Phi sisters by creating a signature candle for the chapter’s 60th anniversary celebration and created a “Killarney Rose” candle that she sells in her shop, a homage to her Delta Zeta roots and her bond she shares with her mother, an alumna from the Kappa Chi Chapter at Youngstown State University. Imagine how excited Delta Zeta sisters from the Delta Upsilon Chapter at Marshall University, located in Huntington, WV, were to stumble upon Ashley’s “Killarney Rose” candles at a local farmer’s market?

Starting a small business can be daunting to many would-be entrepreneurs. But Ashley is showing that by grounding her efforts in making The Haute Wick Social an extension of her feelings of home, she’s able to create a warm and welcoming experience for her clients. 💖

Visit The Haute Wick Social online at [www.thehautewicksocial.com](http://www.thehautewicksocial.com), or follow @thehautewicksocial on Instagram to see what Ashley is creating next!





Admiral Franchetti was featured on the cover of the Spring/Summer 2020 issue of The LAMP, "Leading the Wave."

# Historic Appointment to the Joint Chiefs of Staff

By Allison Lynch, Alpha Upsilon-Maine, Managing Editor

**D**elta Zetas felt a sense of pride when the news broke that Admiral Lisa M. Franchetti, Alpha Alpha-Northwestern (IL), was confirmed as the 33rd Chief of Naval Operations in November 2023, becoming the first female member of the Joint Chiefs of Staff in the history of the United States. She was also the second woman promoted to four-star admiral in the history of the United States Navy. Admiral Franchetti was featured on the cover of the Spring/Summer 2020 issue of The LAMP, "Leading the Wave." At that time, our sister Lisa was serving as Commander, U.S. 6th

Fleet, stationed in Italy at the very beginning of the global pandemic. In that article, we highlighted how, as one of the few female leaders in the Navy, Lisa was rewriting what it means to be a woman in the military.

Her career path began with a chance encounter with the Naval Reserve Officer Training Corps (NROTC) midshipmen on the campus of Northwestern University during her freshman year. The NROTC program provided an opportunity to pay for school, and like she shared with the Northwestern Alumni magazine in Spring 2015, "I talked to a lieutenant who told me how great the Navy was and, next thing, I'm signed up and getting my



“I am very motivated by the sailors I serve with every day. They are truly America’s finest sons and daughters.”

uniform and some books. And that’s how it started.”

Lisa’s time at Northwestern provided her the basis of her leadership style today. Not only did she join NROTC as a freshman, she was also a member of the crew team and joined Delta Zeta her sophomore year. “I was looking for the opportunity to be part of a close-knit group of supportive women on campus, which Delta Zeta was,” Lisa explained. “The warmth, friendship and positive energy in our house was exactly what I was looking for.”

Her experiences as an undergraduate really helped her learn the importance of teamwork as a leader. She saw that hard work can only get you so far and teams are what get you across the finish line in just about any endeavor. Lisa states “At NU, I learned to work with people from diverse backgrounds to form very effective teams, both at the NROTC Unit and on the water.”

Lisa told The LAMP in 2020, “As a leader in the Navy, I have the chance to make a difference in two ways,” Lisa shared with us. “First, my oath is to the U.S. Constitution. After having visited places that don’t have

the freedoms of life, liberty and the pursuit of happiness for all, I am even further committed to doing my part to ensure my child, Isabel, and all of America’s future children will have the same opportunities we do today. Second, I am very motivated by the sailors I serve with every day. They are truly America’s finest sons and daughters. My job is to make sure they and their families have the tools they need to be successful and understand how important they are to accomplishing our mission.”

Though her career path has taken her around the world, quite literally, the foundation she has built it upon is solid. Lisa credits her education from Northwestern for providing the foundation for everything she’s been able to achieve in the Navy. On the academic side, the Medill School of Journalism gave her broad exposure to history, economics, science, politics – and inspired a true sense of curiosity. “I really learned the value of being able to ‘tell the story,’” she shares. “Those skills of telling a story and being inquisitive serve me well today.”

## What is the Joint Chiefs of Staff?

The Joint Chiefs of Staff is the body of the most senior uniformed leaders within the United States Department of Defense. They advise the President of the United States, the Secretary of Defense, the Homeland Security Council and the National Security Council on military matters. The composition of the Joint Chiefs of Staff consists of a Chairman, a Vice Chairman, the Chiefs of the Army, Marine Corps, Navy, Air Force, Space Force, and the Chief of the National Guard Bureau.





STEADFAST LOVE

# From Massachusetts to California, with love

Marina Pace, Xi Upsilon-Northeastern (MA), embarked on a life-changing experience at The Painted Turtle in the summer of 2023. This unique camp nestled amidst the serene landscapes of Lake Hughes, California — a place where dreams are nurtured, and the bonds of Delta Zeta transcend sisterhood.

While at camp, others asked how she found out about the camp, and Marina's simple response was that she was a Delta Zeta sister. Marina explained, "Everyone knew how much Delta Zeta does for the camp." Marina herself had been a camp counselor for five years — and additionally, Marina's academic pursuits, as well as her work on co-op through Northeastern University were dedicated to working with children with special needs.

As she stepped onto the campgrounds, Marina was greeted by a sea of friendly faces — campers, fellow counselors and a kaleidoscope of colors painted across the canvas of the natural world. The sense of community and camaraderie Marina described having experienced with the other Delta Zeta sisters was truly phenomenal. Marina shared, "The campers and other counselors were some of the

friendliest people I have ever met and wanted to go out of their way to help anyone in any way they could."

However, what truly made Marina's heart skip a beat were the moments that unfolded like petals in bloom. She spoke passionately about the gratitude of parents who entrust their children to the camp, where they know their little ones will be cared for with the utmost love and attention. Marina described, "A majority of the full-time staff were campers when they were kids so seeing them come back full-time to help other children with the same illness and disabilities was so inspiring and showed how much the camp means to not only the children and families who attend, but also those who work and volunteer there."

To Marina, The Painted Turtle is not just a summer experience; it's a place where lives are transformed, friendships are forged and love flows unconditionally.

Right: on left, Marina Pace, Xi Upsilon-Northeastern (MA).



# Fall Fun with Delta Zeta Chapters



Xi Psi-Grand Valley State (MI) members' mothers were welcomed by the chapter in October to attend an outing at a local Apple Orchard. All the moms had an amazing time and are grateful to the chapter for welcoming them!

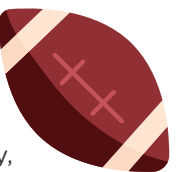


Beta Delta-South Carolina hosted their families during Parents Weekend on campus.

Gamma Sigma-Eastern Michigan's Social Chair, Alyssa Pendergrass, has organized a trash pickup at a local park in October and working at a food pantry in a neighboring community in November for chapter members.



Pi Beta-Hartford (CT)'s current Sisterhood Chair, Kayla Holstein, planned a fall adventure to Big E Fair in Springfield, Massachusetts. This is an annual fall fair for the New England states. The best part about this entire day was that members planned to meet up all together in front of the giant ferris wheel for some amazing pictures and to catch up with each other in a common area.



Kappa Mu-Shepherd (WV) celebrated Homecoming with a trivia night, field day, lip sync, banner competition and parade float. During halftime of the football game against West Chester University, it was announced that the chapter won Homecoming week!

# Metropolitan Detroit Alumnae Chapter Centennial Celebration

On Saturday, October 21, 2023, the Metropolitan Detroit Alumnae Chapter hosted a Centennial Celebration at the Detroit Yacht Club. The chapter held the Order of the Pearl Ceremony in honor of Dorothy Wesich Emig Kihn, Epsilon Sigma-Wayne State (MI). She graced those in attendance with a song she wrote when she was a new member. A Founders Day Ceremony was conducted followed by door prizes and lunch. It was a really nice afternoon with sisters celebrating a significant milestone for Delta Zeta in Detroit.



Theta Iota-Western Carolina (NC) new members spent a Saturday afternoon getting creative with paint and miniature pumpkins. "I think painting pumpkins was a fun way to bring our new members together," said Kinley Parris, Vice President of New Member Education. "It gave them each a chance to be creative and express their personalities and see what everyone came up with."



Zeta Nu-Ferris State (MI) welcomed their alumnae back to campus for Homecoming this fall. Some had not been back for over 20 years!



## Love of Music Led from Texas to Thailand

Nora Chompunich's, Delta Theta-Houston (TX), journey since university has taken her across the globe. Born and raised in Missouri City, Texas, Nora took an interest in music from an early age. She gravitated towards singing, which became her outlet for creative expression as she got older. The ambitious vocalist had a natural talent. She even auditioned for "American Idol" and sung her way into the show's Top 60.

Encouraged by that success, Nora ventured into the music industry in her parents' homeland of Thailand. Now, under the stage name NARA, she is the ring announcer for "ONE Championship" every week on "ONE Friday Fights." Her textured voice transports athletes from the ramp to the Circle over hypnotic beats and flashing lights. As the world's largest martial arts organization, ONE broadcasts sports entertainment events in major cities across Asia.

Nora says, "I'm thankful to DZ for giving me the space to gain confidence by having the Sorority to depend on for support." Follow Nora on Instagram to see what she's up to @naranara nara\_official.



## Collaborating for Service in Ohio



Members of the Pi Phi Chapter from Cleveland State University, the Theta Zeta Chapter from the University of Akron and the Gamma Kappa Chapter from Kent State University volunteered together at the Flying Horse Farms Camp (A SeriousFun Camp). Members worked very hard to clean the cabins for the upcoming family weekend event the camp is hosting. They also had a tour of the camp and learned a lot about the history of the camp as well. All three chapters had a wonderful day and can't wait to go back with even more members of Delta Zeta!

## Losses Bring Sisters Together after 30+ Years

Six sisters from Theta Xi Chapter at Glenville State College, now University, in Glenville, West Virginia reconnected in June 2023 at Kristi Moss Miller's beach house on Topsail Island Beach, NC. Doretta Pugh Osburn, Past National Officer, helped organize the group and they were inspired to connect after all the friends had experiences losses over the years. She shares, "Our activities for the week included taking long walks on the beach, collecting seashells, laying in the sun, listening to 80s music (both metal and dance), going to ice cream shops, playing putt-putt, shopping a lot, making crafts, celebrating a birthday and talking ... lots and lots of talking."

Right: Doretta Pugh Osburn, Kristi Moss Miller, Teresa Legg Peterson, Robin Foreman Roberts, Lorie Jimison Nash, Rebecca Langford Layfield



## Alumnae and Collegiate Achievements

Marybeth Cheri Gregg, Iota Rho-West Chester (PA), Founder/President of The International Center for Women's Leadership, was named the recipient of the Mom's Choice GOLD award for her book, "How to Soar with a Broken Wing - Finding Tiny Moments of Joy Every Day."

Crystal Hinson Miller, Xi Sigma-North Carolina/Chapel Hill, Delta Zeta Foundation Trustee, MA, FAHP, CFRE, Senior Vice President & Chief Philanthropy Officer of Indiana University Health and President of the Indiana University Health Foundation, was named an Indianapolis Business Journal 2023 Women of Influence.

Caroline Jones, Beta Xi-Auburn (AL) was elected as Auburn University's Panhellenic President. She joined the chapter in 2021 and will now lead the 18 national sororities on her campus which total more than 5,000 members.

Ella Burrows, Delta Omega-Fort Hays State (KS), serves her chapter as President and as Student Government Association President and has been recognized with The Newman Civic Fellowship, a year-long program that recognizes and supports student public problem solvers at Campus Compact member institutions.

Traci Kennedy-Brockfield, Alpha Rho-Ohio Wesleyan, Regional Collegiate Director, received the David Hamilton Smith Award for outstanding achievement by Ohio Wesleyan University alumni in the OWU fraternity and sorority community.

Paris Brown, Zeta Phi-Slippery Rock (PA), was recognized with the 2023 President's Commission on Disability Issues, Breaking Barriers Award at the campus' Excellence in Diversity, Equity, Inclusion and Belonging Award Ceremony. The award is given to a student that demonstrates advocacy, leadership and empowerment in the area of reducing contextual barriers in the physical, social and attitudinal environment for individuals with disabilities.



From top: Alexandra (Lexie) Bittel Head, Beta Gamma-Louisville (KY); Alpha Rho-Ohio Wesleyan; Marybeth Cheri Gregg, Iota Rho-West Chester (PA); Caroline Jones, Beta Xi-Auburn (AL)

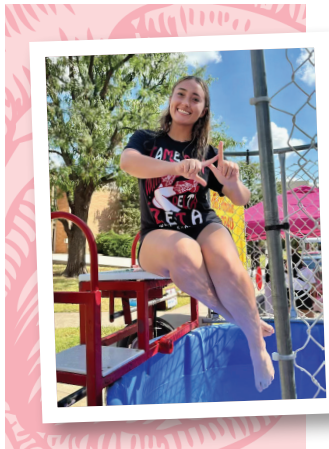
Olivia Gill, Omicron Mu-Shepherd (WV), was the 2023 National Distinguished Chapter Officer of the Year for Kappa Delta Pi National Honor Society. While Olivia was president of Kappa Delta Pi, she was also Omicron Mu Chapter President.

Alexandra (Lexie) Bittel Head, Beta Gamma-Louisville (KY), was selected as part of Louisville Business First's 2023 40 Under 40 class. She is the founder and managing partner of Mercer Wealth Management.



# ROSE & GREEN

## Fall Philanthropy Round Up



Zeta Zeta-West Texas A&M held a weeklong fundraiser for the American Society of Deaf Children (ASDC), which engaged the campus community through selling tea, popcorn and donuts. Throughout the week, students actively supported and shared about the event through social media and by telling their classmates. They raised \$800 for ASDC.

The Beta Xi-Auburn (AL) held their fall Philanthropy event, Hotdogs for Hearing, a hot dog eating contest among fraternities. The brothers of DKE won and the event raised \$29,354!

Xi Xi-North Georgia held their first Battle of the BanDZ event to raise funds and awareness for the Starkey Hearing Foundation. There were four different bands hosted on their campus and the event connected not only the school, but their community as well. The chapter raised \$4,730 and hope to make this an annual event.

Beta Tau-Nebraska Wesleyan hosted their first philanthropy event of the year, Smooch-A-Pooch! For this philanthropy, they welcome friends and family to eat delicious food and pet some pups. Smooch-A-Pooch is a favorite event and always ends in a successful turnout for the Starkey Hearing Foundation.



Lambda Kappa-Alabama/Huntsville held their 2023 Hounds for Hearing annual philanthropy event, which is a pet pageant that raises money for Huntsville Hospital Pediatric Audiology Unit, Starkey Hearing Foundation and the Delta Zeta Foundation. This year it raised a total of \$13,651.10!

Gamma Delta-Pennsylvania State had an amazing time putting together their annual Fall Fest. The created games, gathered activities, made food and decorated the farm for the two weekends of the event. They chapter raised \$2883.90 over both weekends, with all proceeds going to the Starkey Hearing Foundation and the American Society for Deaf Children.



### WALK TRULY

## Empowering Lives Through Hearing: a from Philanthropy to Audiology Technician



### Miss Illinois Teen USA and First-Gen College Student



Vivica Lewandowski, Pi Zeta-Arizona State, was crowned the 2023 Miss Illinois Teen USA. Vivica joined Delta Zeta in the fall of 2023 as a new member and a first-generation college student. Her journey to Miss Illinois Teen USA began many years ago. Playing with her mom's Miss Illinois USA crown as a child created a desire within her to compete one day.

Vivica is a founder of the nationally known charity, Chicago Charity Clays, which has raised over \$2 million for veterans' PTSD research, family therapy and marriage counseling. This has turned her into a big advocate for mental health awareness and she enjoys sharing about her philanthropic efforts online, hoping to inspire others to get involved.

"Delta Zeta has helped me realize that I truly have a passion for hearing health. Hearing health is such an important part of healthcare that I feel is not talked about or recognized enough," says Abbie Cafazza, Xi Phi-Missouri/Kansas City. Abbie is currently in the last year of her Bachelor of Health Sciences program and plans to go into medical device sales post-graduation and one day dispense and sell hearing aids.

Abbie is currently working for the Professional Hearing Center in Kansas City, Missouri. The Professional Hearing Center is an Audiologist-led team that focuses on improving access to audiology services (hearing tests, balance therapy, speech therapy, hearing aid services, etc.) by educating and empowering patients to understand and seek exceptional hearing healthcare. "As an audiology technician, I am responsible for cleaning hearing aids to ensure patients can get the longest life possible out of their devices, fixing hearing aids when patients state they are not working properly and a few other odds and ends jobs around the clinic," Abbie shares. Abbie is inspired by her work because of Delta Zeta's national philanthropy partner, Starkey Hearing Foundation. "Being able to see the impact that hearing aids make on a person's life has brought me closer to our philanthropy and made me even more proud to be a Delta Zeta," she said. "The testimonials, I hear daily from patients who feel that their hearing aids have improved their lives, empower me as a Delta Zeta to continue supporting The Starkey Hearing Foundation and make me proud of my sisters who dedicate their time and effort supporting our national philanthropy."





HOME



# Big Sister is Here to Help

By Ella Thomason, Sigma-Louisiana State, Digital Communications Intern

Inside the house at 4060 West Lakeshore Drive is a chapter of women who are cramming into their chapter room. The Sigma Chapter at Louisiana State University (LSU) is currently made up of 360 active members and growing more and more every semester. The chapter noticed last year that the housing situation would not work much longer so they decided to look into joining the National House Corporation (NHC). Previously, the chapter was a part of their own Local Housing Corporation, but seeing the huge project of expanding the chapter house in the future, the former House Corporation President, Michelle McCune Sorrells, reached out to NHC for help.

When the house was built in the Spring of 1965, there were less than 100 members of the Sigma Chapter, but as membership grew the house needed to make some additions as well. A new chapter



Top: The Sigma Chapter house at Louisiana State University.

Above: Members of the chapter can gather in their beautiful dining room.

room was added in 1999 to accommodate all members sitting on fold out chairs and having lots of space left over. Now, the whole chapter cannot fit, even when they all sit on the floor. Although only 50 women live in the house every semester, all 360 members enjoy spending time at the house. The changes needed to build the Sigma Chapter's new house, to accommodate for all of these changes, would require more help than its members could offer.

In February of 2023, John Gottschall, Chief Financial Officer, and Michelle Albrecht Smith, National House Corporation President, visited the LSU campus to see what the houses on Greek Row look like, and notice all the changes happening to the area. In the next two years two houses on campus would be remodeled adding to the two already finished houses. The campus's Greek Housing is beginning to change and the Sigma Chapter must remain competitive.

**“Change is upon us, ladies. There is no stopping the train. We either jump on board, or we get left behind.”**

— Michelle McCune Sorrells, Sigma-Louisiana State, former House Corporation President

The chapter held a vote, with both active and alumnae, passing the motion to join the NHC. Now that the chapter is a part of NHC the plans to renovate the house have begun. The most important thing to the chapter is adding additional space while maintaining as much of the original design as possible. The Delta Zeta House at LSU is known for its circular, unsupported staircase in the foyer that wraps around the beautiful 18th century antique French chandelier. These two historic pieces will stay in the new house and remain staples of the home. Another item that will remain in all of the bedrooms will be the sinks. Delta Zeta is the only sorority house at LSU with sinks in every bedroom. The women who reside at the house say it is one of the best parts about living there. The dining room is one of the most, if not the most, used rooms in the house. On average, 200-250 members eat lunch at the house and there is only seating for 48 people. The dining room is a much anticipated renovation.

“With us being a part of NHC now, I get to do a lot

more work with the kitchen staff. Being a dietetics major, I am able to help create the menus for the week and report to NHC everything going on in the house. It is a big commitment to be in this position but I love the people I work with: the members, chefs, our house director, and anyone else who walks in the house,” said Rachel Ward, House Manager.

“It is nice to know that ‘Big Sister’ is looking out for us and taking some of the responsibility from us who volunteer through being advisors. I love what I do at Delta Zeta but knowing that NHC is now here to help me with any questions I may have just makes it ten times better,” Michelle Sorrells explained.

The Sigma Chapter is excited to move forward with the NHC and begin the renovations in the years to come. This history of the house will remain in ways throughout the new home and continue to bring the beauty of the house alive. ♡



Top: Comfortable seating for Sigma Chapter members is found in their living room.



Bottom: The outdoor courtyard is a popular place to gather in the nice weather.



# GLOBAL AMBASSADOR



**At left:** Gamma Beta-Connecticut's Hockey for Hearing

**Right:** This map showcases the location of Delta Zeta chapters and the events they held for our partners.

event their chapters host annually. Chapters have the option to donate to Delta Zeta's national philanthropy partners, Starkey Hearing Foundation and American Society for Deaf Children, or to our national service partner, SeriousFun Children's Network or to all three! They are also encouraged to donate to a local philanthropy to give back to their community. Delta Zeta has seen success through different styles of fundraising events, whether it is a bake sale on campus, a percentage night with a local restaurant, a 5K race or a fancy Gala.

Cameryn Simpson, Vice President of Philanthropy for the Zeta Epsilon Chapter at PennWest/California, managed a Green Dress Gala in the spring where the chapter raised money for the Starkey Hearing Foundation. Cameryn united different groups of people to celebrate hearing and speech. "It was a great way for families, friends and alumnae to get to know one another!" she said. During the Gala, Zeta Epsilon educated the attendees on Starkey and expressed how much the organization meant to them. The event had presentations, dinner, auctions and a dance floor. The chapter wanted a new annual experience and to have a platform to speak about the Starkey Hearing Foundation, and so they chose to host the Gala. Many of the chapter's sisters are Speech Language Pathology majors and have a understanding of how important Starkey is to other countries and love the organization's mission.

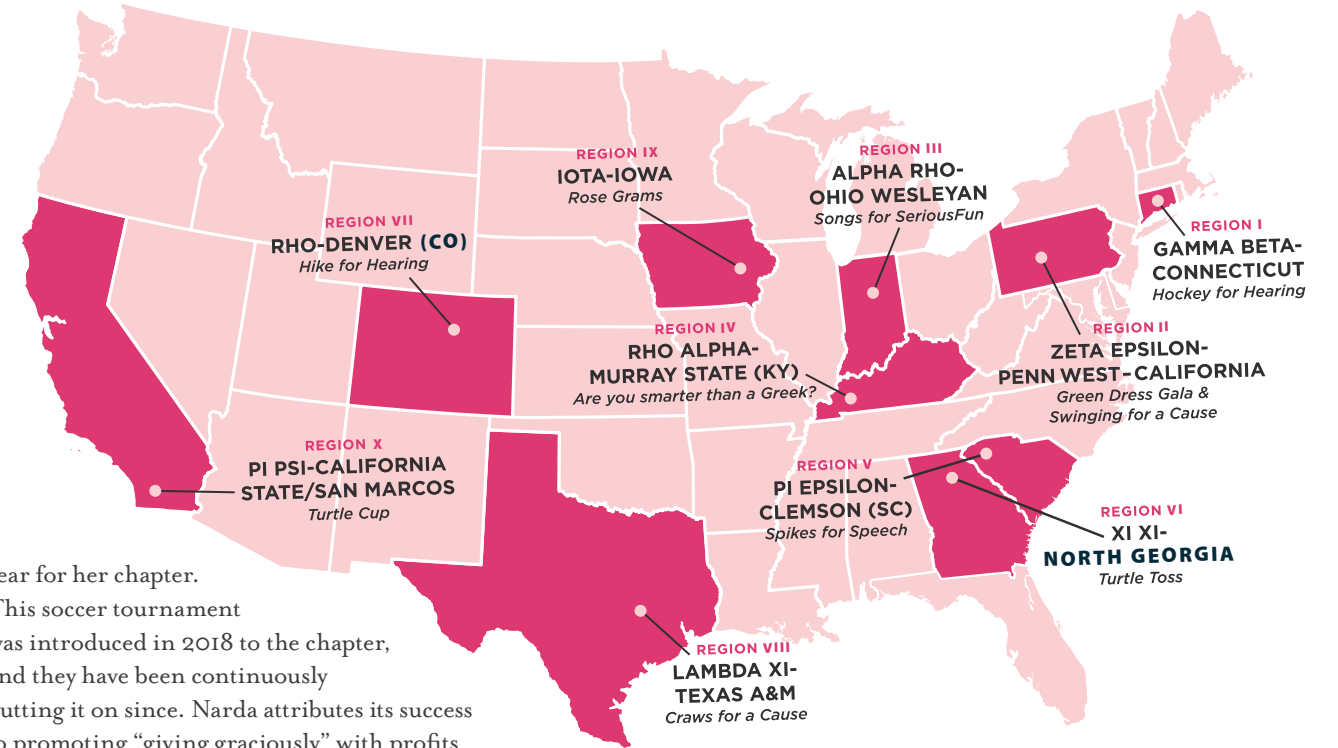
Narda Orozco, Vice President of Philanthropy for the Pi Psi Chapter at California State University/San Marcos, organized a Turtle Cup event earlier this

# Changing the World, Together

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

**G**iving graciously is rooted in the foundation of our Delta Zeta sisterhood. When sisters begin to fundraise for our national philanthropy and service partners during college, it maps a life of giving to others and being a part of something greater than themselves. They also create a habit and develop a passion for giving which, when done together, can change the world.

For our collegiate chapters, Vice Presidents of Philanthropy plan fundraising events for their chapters every semester. They can explore new event ideas or keep the traditional track and plan an



year for her chapter. This soccer tournament was introduced in 2018 to the chapter, and they have been continuously putting it on since. Narda attributes its success to promoting "giving graciously" with profits donating to American Society for Deaf Children, SeriousFun Children's Network and Starkey Hearing Foundation. The chapter also included a local donation to the tournament's winning team's philanthropy. "We have incorporated this idea of donating to the winner's respective philanthropy because without their participation and support, we would not have the outcome we do" said Narda. Kappa Sigma's Military Heroes Campaign received 10 percent of the donations from the soccer event.

At these events, it is not all about the money. It's about opening us up to a world of volunteering and philanthropy while young to help continue the pattern of giving graciously throughout life. By each chapter sharing our national philanthropy, hearing and speech, or our national service project, we can make a greater impact in the world and communities of which Delta Zeta is a part. Like the Helen Keller quote which Starkey Hearing Foundation's Founder, William Austin, paraphrases, "Alone we can't do much. Together we can change the world," Delta Zetas are changing the world with each philanthropy and service event they host. 🍷

**"ALONE WE CAN'T DO MUCH. TOGETHER WE CAN CHANGE THE WORLD."**

— Helen Keller, paraphrased by William Austin, Starkey Hearing Foundation Founder



Pi Psi - California State/San Marcos - Turtle Cup



# Susan Heim Feuerherm

**PAST NATIONAL OFFICER**


Delta Zeta learned of the passing of Susan (Sue) Hein Feuerherm, Past National Officer, on September 5, 2023.

Sue was a longtime employee of the City of St. Paul, Minnesota.

Sue joined Delta Zeta at the Epsilon Kappa Chapter at the University of Wisconsin/Whitewater. She was a dedicated sister and gave of her time and talents for many years as a volunteer in many different capacities. Sue served on National Council as both a National Director and National Treasurer. She previously served as a Province Alumnae Director, before the role transitioned to an Area Alumnae Director. Sue also served as a National Chapter Advisor and a Regional Financial Advisor.

Sue's outstanding service and dedication as a volunteer did not go unnoticed. In 2008, she received the Achoth Award, which is given to specially selected alumnae who have demonstrated, by long and faithful service, their continued loyalty to Delta Zeta particularly in their local communities. Sue celebrated her Golden Rose Anniversary for fifty years of membership in 2017.

Sue was preceded in death by longtime companion, Patrick.

 At press time, Delta Zeta learned of the passing of **Karly K. Burns, Past National President**, on December 18, 2023 and Lynnda Wolf Hoefler, Distinguished Past National Officer, on December 23, 2023. They will be dearly missed by their family, Delta Zeta sisters and friends. Their Flame Eternals will be printed in the Spring 2024 LAMP.

**ALPHA**  
Arlene King  
Sampson, 1962

**DELTA**  
Marilyn Brier  
Hewitt, 1956

**EPSILON**  
Marilyn Moore  
Adams, 1948  
Patricia McCloud  
Koehler, 1948  
Joan Tossell  
Slade, 1951

**THETA**  
Sally Pifer  
Stimmel, 1951

**IOTA**  
Mary Jay Foster  
Turnbull, 1951

**KAPPA**  
Janet Maurer  
Daggatt, 1949  
Margaret Kreide  
Thue, 1962

**LAMBDA**  
Sally Shaw Hively,  
1963

**MU**  
Virginia Watson  
Hill, 1962  
Barbara  
Mainprice  
Williams, 1966

**SIGMA**  
Eloise Arbour  
Selig, 1944

**TAU**  
Janet Brown  
Easland, 1946  
Nancy Lane  
Humphrey, 1948  
Carol Wingert  
Kelley, 1948  
Jane Starz Miles,  
1948  
Rosemary Reilly  
Rutte, 1951  
Genevieve Tolar  
Kennedy, 1953  
Pamela Cruden  
Frederick, 1962

**UPSILON**  
Elsie Johnson  
Weber, 1958

**PHI**  
Verlene Yeoman  
Pittman, 1954

**CHI**  
Ruth Whisler  
Shearer, 1948  
Carolyn Neely  
Elbon, 1954

Jolene Hoppe  
Kuhns, 1954

**ALPHA ALPHA**  
Betty Arisman  
Brush, 1947

**ALPHA BETA**  
Kay Jones  
Horsch-  
Rayburn, 1956  
Susan Fitch  
Liberta, 1964

**ALPHA GAMMA**  
Peggy Jones  
White, 1946  
Joy Allgood  
Stuedeman,  
1962

**ALPHA ZETA**  
Maureen Metcalf  
Matthews, 1949

**ALPHA ETA**  
Phyllis Brooks  
White, 1948

**ALPHA KAPPA**  
Phyllis Hallock  
Fye, 1951

**ALPHA PI**  
Emajeon  
Donelson  
McKeehan, 1944  
Margaret  
Sampson  
Binder, 1966

**ALPHA SIGMA**  
Virginia French  
Balfour, 1950  
Betty Jo Bush  
Fields, 1956  
Sandra Harris  
Mitchell, 1958

**ALPHA TAU**  
Alice Sweet  
White, 1947  
Carolyn Schroeter  
Miers, 1960  
Valasta  
Robertson  
Bradshaw, 1961

**ALPHA UPSILON**  
Marie Bean  
Ashby, 1948  
Paula Plaisted  
Mooney, 1948  
Marguerite  
Desjardins  
Soucy, 1948  
Ruth Moir Abbiati,  
1958  
Susan King  
Strasinger, 1958

**ALPHA PSI**  
Arlene Wiemers  
Richardson,  
1950

Carolyn Hopkins  
Walton, 1951  
Barbara Bell  
Brisch, 1965

**BETA ALPHA**  
Barbara Joy  
Hackett, 1952  
Susan Durfee  
Butler, 1962

**BETA THETA**  
Irene Harnish  
Guyer, 1938  
Janet Heineman  
Allen, 1954

**BETA KAPPA**  
Mary Jerstad  
Jacobs, 1941  
Alberta Steinberg  
Olson, 1942  
Coral Hansen  
Peterson, 1943

**BETA LAMBDA**  
Mary Ann Liggett  
Helble, 1947  
Marilyn Scovel  
Parks, 1954  
Katharine Bemis  
Elson, 1957  
Dorothy Randell  
Gillen, 1957  
Erica Denise  
Kelley, 2003

**BETA LAMBDA**  
Martha Couch  
Sipe, 1954  
Betty Jo Hopson  
Dulaney, 1958

**BETA MU**  
Vicky Bell Chafin,  
1945

**BETA NU**  
Juanita Martin  
Lewis, 1949

**BETA XI**  
Janet Taylor  
Morrow, 1952  
Lucille Coggins  
Shields, 1956  
Carol Welden  
Nettles, 1964

**BETA PI**  
Martha Karnok  
Hanson, 1958

**BETA RHO**  
Patricia Slowin  
Emmenecker,  
1946  
Janet Schroeder  
Engel, 1960

**BETA SIGMA**  
Barbara Green  
Tyler, 1955

**BETA TAU**  
Rose Marie  
Williams  
Volkens, 1949  
Barbara Crawford  
Anspaugh, 1953

**BETA UPSILON**  
Carmen Martinez  
Moore, 1945

**BETA CHI**  
Elizabeth Goode  
Alty, 1945

**GAMMA ALPHA**  
Marlys Dahlin  
Arnold, 1949  
Margaret Poole  
Guju, 1949  
Jeannette Bly  
Allard, 1952  
Erica Denise  
Kelley, 2003

**GAMMA BETA**  
Jean Delaney  
Sharon, 1954  
Caroline Stamm  
Plantz, 1958  
Sherry Schaller  
Marshall, 1966

**GAMMA GAMMA**  
Beverly Altis  
Armstrong, 1956

**GAMMA DELTA**  
Marguerite  
Williams Sharp,  
1948  
Donna Hendrix  
Furman, 1961

**GAMMA ZETA**  
Helen Kothmann  
Donop, 1954

**GAMMA THETA**  
Mary Goss  
Beltman, 1951

**GAMMA IOTA**  
Bettye Manuel  
Hicks, 1952  
Marilyn Marsh  
Lucas, 1956

**GAMMA LAMBDA**  
Gayl Quinn  
Krumland, 1948

**GAMMA MU**  
Elaine Krause  
Seubert, 1949

**GAMMA NU**  
Charlotte Hill  
Walker Martin,  
1956

Shari Griffin  
Darrow, 1989

**GAMMA XI**  
Virginia Romero  
Morgan, 1962

**GAMMA PI**  
Eleanor Bizzis  
Poulos, 1950

**GAMMA RHO**  
Phyllis Granbois  
Eggert, 1951

**GAMMA SIGMA**  
Gladys Duncan  
Landor, 1957  
Betty Langford  
Shaw, 1957

**GAMMA TAU**  
Dorothy Fisher  
Stark, 1951  
Norma Kneisley  
Ashley, 1959  
Janet Schaffer  
Alderman, 1969

**GAMMA PHI**  
Mary Reiser  
Arthur, 1952  
Imogene Shomo  
Casey, 1958

**GAMMA CHI**  
Beverly  
VanDeKeere  
Pullman, 1970

**GAMMA PSI**  
Rena McFadyen  
Thomas, 1956  
Elizabeth Reid  
Zipp, 1963

**GAMMA OMEGA**  
Bonlyn Beaver  
Dry, 1960

**DELTA DELTA**  
Sandra May  
White, 1959

**DELTA EPSILON**  
Ann Marrinan  
Carragher, 1962  
Nancy Furtsch  
Marsanico, 1969

**DELTA ETA**  
Jilda Creed Kettel,  
1962

**DELTA LAMBDA**  
Loretta McDonald  
Matthews, 1958

**DELTA NU**  
Maureen Betham  
Hall, 1966

**DELTA XI**  
Patricia Robovsky  
Morgan, 1960

**DELTA OMICRON**  
Verda Schwab  
Meuschke, 1957

**DELTA PI**  
Elsie Dee Wagner  
Piculell, 1958

**DELTA SIGMA**  
Karen Myers  
Miller, 1994

**DELTA UPSILON**  
Mary Margaret  
Maynor Swavely,  
1956

**DELTA TAU**  
Carol Asbury  
Steiner, 1966

**DELTA PHI**  
Mary Day Yadon,  
1990

**DELTA CHI**  
Margery Belch  
Brownell, 1947  
Mary Harris Craig,  
1958

**DELTA PSI**  
Karen Virginia  
Palm, 1964

**DELTA OMEGA**  
Virginia Millen  
Schraeder, 1958  
Gwynne  
Gatewood Van  
Scoyk, 1962  
Meghan Gibbs  
Angell, 1994

**EPSILON BETA**  
Marian Meador  
Doty, 1960

**EPSILON GAMMA**  
Judith Burns  
Littleton, 1958  
Kathryn Rooney  
Hughey, 1973

**EPSILON DELTA**  
Marilyn Neal  
Pitesa, 1957

**EPSILON EPSILON**  
Suzanne Errecart  
Gilmore, 1964

**EPSILON ZETA**  
Barbara Custer  
Alexander, 1954

**EPSILON THETA**  
Lucy Curcio  
Vernile, 1961  
Dana Zook Callen,  
1962

**EPSILON IOTA**  
Rose Moran  
Lubert, 1960

**EPSILON KAPPA**  
Beatrice Harris  
Harlow, 1957  
Susan Hein  
Feuerherm, 1967

**EPSILON LAMBDA**  
Hedy Sue  
Holsapple, 1963

**EPSILON MU**  
Geraldine Smith  
Danford, 1958

**EPSILON XI**  
Jane Grigsby  
Arthurs, 1961

**EPSILON OMICRON**  
Judy Smysor  
Herbig, 1958  
Jacqueline  
Rottman Kaelke,  
1964

**EPSILON RHO**  
Debbie Briece  
Scanlon, 1986

**EPSILON SIGMA**  
Beverly Smith  
Hartman, 1956

**EPSILON TAU**  
Audra Hawkins  
James, 1957

**EPSILON UPSILON**  
Juanita Renner  
Brown, 1951

**EPSILON PHI**  
Norma Pascoe  
Zemke, 1956

**EPSILON OMEGA**  
Carol Mathewson  
Moore, 1958

**ZETA BETA**  
Alice Cramer  
Byrnes, 1958

**ZETA THETA**  
Carolyn Carothers  
Doege, 1961

**ZETA LAMBDA**  
Peggy Davis  
Carter, 1962  
Stacey Rodemer  
Truman, 1994

**ZETA NU**  
Mary Keagle  
Noble, 1968

**ZETA OMICRON**  
Mary Koch  
Cleminson, 1961

**ZETA RHO**  
Janet Troeglen  
Veatch, 1962

**ZETA PHI**  
Janice A. Eichorn,  
1963

**ZETA PSI**  
Carole Gerst  
Mankovich, 1966  
Patricia Ann  
Neigoot, 1967  
Janice Finkey  
Schorpp, 1968

**ZETA CHI**  
Sherry Cichon  
Sullivan, 1966

**ZETA PSI**  
Dicy Bowman  
Cunningham,  
1963

**ZETA OMEGA**  
Julietta Brothers,  
1975

**THETA ALPHA**  
Nancy Jeanne  
Walden, 1967

**THETA GAMMA**  
Deena Gangloff  
Spanos, 1986

**THETA DELTA**  
Llwanda  
Knepshield  
Williams, 1964

**THETA ZETA**  
Mary Lou  
Griffiths, 1962

**THETA IOTA**  
Sandra Rogers  
Albarty, 1967

**THETA SIGMA**  
Barbara Jean  
Brakel, 1980

**THETA TAU**  
Elizabeth  
Newcomer  
Gosciewski, 1968

**IOTA ALPHA**  
Mary White  
Hooten, 1967  
Tanya Morris  
Tremps, 1989

**IOTA THETA**  
Janet Wilson  
Hale, 1966  
Barbara Darlak  
Valtos, 1968

**IOTA NU**  
Becky Johnson  
Grant, 1970

**IOTA XI**  
Beverly Elaine  
Brickey, 1968

**IOTA TAU**  
Susan Elaine  
Wales, 1968

**IOTA CHI**  
Sharon Lee  
Oscarson, 1968

**KAPPA ALPHA**  
Patricia Cheramie  
Huth, 1969

**KAPPA MU**  
Deborah Loercher  
Midgett, 1981

**LAMBDA ALPHA**  
Deanna Dyer  
Bradley, 1982  
Kristen Bradshaw  
Fults, 2002

**LAMBDA GAMMA**  
Tina Lankford  
Herring, 1994

**LAMBDA SIGMA**  
Molly Anne  
McKenzie, 1989

**XI PSI**  
Kristen Vaughan  
Hennessey, 1990

**PI OMICRON**  
Heather Marie  
Bandy, 2014

**PHI BETA**  
Carolann Squire  
Winslow, 1957

This list includes obituaries reported to us from July 1 to October 31, 2023.  
The year of initiation is after the member's name.



## TRULY ΔZ

# Empowering First-Generation Women

**C**hristy Phillips-Brown, Theta Iota-Western Carolina (NC), Past National President, is a name that most current members of Delta Zeta recognize. She served as our National President from 2018 to 2023, in a time of great uncertainty in the world, where she led our Sorority with patience and grace. Professionally, she is the Vice President, Communications for Retail Business Services, which is the services company of leading grocery retail group Ahold Delhaize USA. Every time you walk into your local Food Lion, you see the work that her team has developed. Christy has given back to the Delta Zeta Foundation to ensure other first-generation college women have their financial needs met by endowing the Christy Phillips-Brown Scholarship for first-generation students.

## What is your favorite line of the Creed?

If I had to choose just one, it would be "love that is ever steadfast." It's something that I hold near and dear to my heart, and I try to love big, with kindness and grace and bring cheer wherever I go!

## Why did you join Delta Zeta?

Thirty-one years ago, when I first said yes to Delta Zeta as a new member, I was a first-generation college student at a university with only one other person from my high school attending, so I was all alone. I did not go through formal recruitment, but I'm so thankful for Maggie McKinney and Kim Peele, who pursued me relentlessly to fill an open COB spot right after formal recruitment. As I learned more about the membership experience,

I knew Delta Zeta was my home away from home.

## What role that you've had in the Sorority has impacted you?

I have absolutely loved every role I have had in Delta Zeta. They all have helped me grow as a leader, be a better person and, most importantly, meet so many Delta Zeta sisters! But the most impactful, was the honor of serving as National President. I had no idea where the journey would go; however, it's the resiliency that we learned as leaders during the unprecedented times of a pandemic and changes in our industry that we endured together that had a profound impact.

## Who are your mentors in life?

My most impactful mentor was my daddy. While he

didn't have experience with the business/corporate side of life, he had experience with what's really important; he always helped me stay grounded, would always nudge me to slow down when I needed a break, and he taught me how to love unconditionally and show someone you care every day.

## What most excites you about Delta Zeta today?

We are a global women's organization with connections around the globe. And so, I'm most excited about our members who are truly

inspiring action and impacting lives. Delta Zeta is special and can't be replicated. We are making a difference in philanthropic endeavors around the world. And we are providing leadership development, mentorship, growth and experiences that will last a lifetime.

## What is something most people don't know about you?

I'm an incredibly shy extrovert. I'm not sure I've said that out loud before! Delta Zeta has truly brought me out of my shell!

## Finally — Pink or green?

Pink, of course. 🌸



Christy (second from left) with her nephew and nieces at Delta Zeta's 2023 National Convention and Everlasting Sisterhood event.

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