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SISTERHOOD ACROSS GENERATIONS

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WITH EMPATHY

20 35 UNDER 35



the Lamp

OF DELTA ZETA

HIDDEN OPPORTUNITIES

How saying “yes” altered the course
of Meghan Heritage’s entire career

FALL 2025

« To the Pledges »

When our six Founders, in the Autumn of the year 1902, filed the incorporation papers for Delta Zeta with the state of Ohio, they chose as their outward symbols the LAMP and the KILLARNEY ROSE. Our magazine, appropriately named THE LAMP, has carried on the tradition—informing, inspiring, and keeping our members together wherever they may be. In this jet age, it is mailed around an ever-shrinking globe.

The ROSE is more than just a rose in Delta Zeta. It symbolizes each of us as we grow and bloom in Delta Zeta. As a rose takes many forms, so we find one for each age in Delta Zeta.

The Golden Rose was chosen for those members who have for fifty years bloomed and blossomed with Delta Zeta.

The full blown rose signifies the alumna member who has fulfilled the promise of college days and spreads her influence in the community.

The rose, just barely opened, would portray our collegiate initiated members, unfolding their petals and their talents.

That tightly closed bud represents the pledge. Her first gift from the chapter is almost always a rose, and she wears the miniature Lamp of Delta Zeta, gold, but not yet complete with its diamond and four pearls. Each pledge comes to Delta Zeta with background and promise, and she, like the rosebud, starts to unfold and develop as her pledgeship develops.

So on this sixty-ninth anniversary of Delta Zeta's founding, we dedicate this issue to those just gathered rosebuds—THE PLEDGES.



ARCHIVAL

In the autumn 1971 issue of The LAMP, we explored the symbols of Delta Zeta that were selected by our Founders — two of those being The LAMP and the Killarney Rose.

The rose of Delta Zeta symbolizes more than just beauty and growth. Each stage of blooming represents a milestone in a sister's membership.

"That tightly closed bud represents the pledge. Her first gift from the chapter is almost always a rose and she wears the miniature Lamp of Delta Zeta ..."

"The rose, just barely opened, would portray our collegiate initiated members, unfolding their petals and their talents."

"The full blown rose signifies the alumna member who has fulfilled the promise of college days and spreads her influence in the community."

"The Golden Rose was chosen for those members who have for fifty years bloomed and blossomed with Delta Zeta."

— "TO THE PLEDGES"
AUTUMN 1971, THE LAMP

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THE LAMP

Madeline Gilbert
Managing Editor

Tria Designs, Inc.
Design & Layout

CONTACT US

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

SUBMISSIONS

LAMP@deltazeta.org

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

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

Published since December 1910
by Delta Zeta Sorority

The LAMP of Delta Zeta

VOLUME 114, ISSUE 2
Fall 2025

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Julia Bishop Coleman, 1881-1959
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THE ORDER OF THE LAUREL

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FROM THE PRESIDENT

Truly Celebrate



What makes Delta Zeta so special is the bond we share and the opportunity to grow together as sisters. Our Sorority is more than just a community — it's a home we can return to when we need support, guidance or simply a helping hand. Each of you brings something unique to the table, with your own strengths, talents and personalities. We have so much we can learn from one another — and many of you had a chance to do just that at National Convention and the Everlasting Experience in Orlando!

Convention was truly the highlight of the summer — an incredible blend of learning, connection and fun. Attendees explored leadership and personal growth through powerful networking and professional development sessions. A heartfelt thank you goes to Dr. Gyl Kasewurm and Anne Bonney for their inspiring keynotes, where they shared valuable insights on leadership, empowerment and advancing our mission in hearing health.

We are also deeply grateful to the Delta Zeta staff, volunteers and generous donors who worked tirelessly to bring these events to life. We hope you left refreshed and ready to be a light in the world to inspire others and be a helpful hand to those around you.

Want to know more about this year's National Convention? Be sure to check out the ALFA section of this issue to see highlights and reflections from Orlando. If you were there, we'd love to hear from you! Share your story with The LAMP by emailing us at lamp@deltazeta.org, or tag us in your social media posts!

Here's to another year of sisterhood, connection and celebration. Your stories and experiences are what bring Delta Zeta to life — and I encourage you to continue sharing them. Whether through social media or a submission to The LAMP, your voice matters. It's through your words and actions that future members will come to understand what it truly means to live in the light of the flame.

Truly,

Cathy I. Painter
National President

Financial Tips

Six (Plus One)

by Saachi Sharma, Kappa-Washington, Marketing and Communications Intern

One

Start Contributing to Your 401(k) ASAP.

Starting your 401(k) is essential for long-term success, and if your job offers one, it's important to start taking advantage of it immediately! First, ask your human resources department if your job offers a 401(k) plan, then enroll and select a contribution percentage. You should aim for at least enough to get the full company match (often 3-6%). You can choose a target date retirement fund if you're unsure what to invest in. Thanks to compound interest, even small contributions can grow over time!

Two

Create a Monthly Budget You'll Actually Follow.

An important habit you can start early is tracking your spending. Using simple tools like Google Sheets, list your income and recurring expenses. There are even mobile apps like Mint or YNAB that make tracking purchases easy. Knowing where your money goes is key to building stability and confidence.

Three

Avoid Lifestyle Creep.

As your income grows, don't let your spending grow with it. Maintain a modest lifestyle, and use extra cash to save, invest, or pay off debt, not just on impulse buys or midnight Postmates (we've all been there). Start by committing a portion of new income to savings or investments. Don't be afraid to spend some of the rest of the money you don't save, but be intentional about "fun" purchases.

Four

Build an Emergency Fund (3-6 Months of Expenses).

Start with \$500-\$1,000, then build toward three to six months of living expenses. You never know when you'll need it for a rainy day (or year). Keep it in a high-yield savings account, so you're ready for life's curveballs without turning to credit cards to keep you afloat. And, if you don't end up using it for an emergency, you'll have extra money for a great vacation when you're retired.

Five

Start Building Credit Smartly.

Use a credit card for essentials like gas or groceries, but pay it off in full on time at the end of each month to avoid interest. Good credit equals better rates on loans, apartments and even job screenings. If you don't have one yet, apply for a starter credit card, or ask to be an authorized user on a parent's card.

Six

Learn the Basics of Investing (Even If You Start Small).

Don't wait to be rich to invest! Consider opening a Roth IRA or using an app like Fidelity, Vanguard or Betterment to invest in index funds or ETFs. Time in the market beats timing the market. An easy way to get started is to set up auto-investing monthly, because even \$50 a month builds wealth over time.

Plus One:

Don't be afraid to join financial groups or ask your friends how they grow their income! Many people have threads on Facebook, Messenger, WhatsApp and LinkedIn that discuss recent updates and trending investment tips. 🔥



ALFA



Everlasting Events Celebrate Sisterhood Across Generations

By Emily Worthmore, Omicron Omicron-Lindenwood (MO),
Marketing & Communications Intern

This summer, Delta Zeta brought together the best of both worlds at our National Convention/ Everlasting Orlando event, hosted at the beautiful Signia by Hilton Orlando Bonnet Creek from July 31 to August 2.

Held every biennium, National Convention focuses on the business of Delta Zeta, such as voting on amendments approving the national budget and electing the next National Council. This year, alongside those important conversations, sisters experienced Everlasting, our growing series of sisterhood events designed to inspire, connect and celebrate the lifelong bonds of Delta Zeta.

The National Convention/ Everlasting weekend in Orlando kicked off when sisters arrived, renewing friendships and making new ones at the Welcome Dinner.

Programming included the Memorial and Initiation Ceremony, the Business Meeting, a philanthropy and service celebration and the Hike for Hearing and Speech event kickoff.

On Saturday, keynote speakers Dr. Gyl Kasewurm and Anne Bonney took the stage, sharing stories of leadership, grit and confidence that resonated across generations. Breakout sessions included important topics including mental health, conflict resolution and financial planning. The Partnership Fair gave sisters the opportunity to connect with National Philanthropy and Service Partners, business partners and vendors. The day concluded with the unforgettable Rose Banquet where we celebrated





Everlasting is our growing series of sisterhood events designed to inspire, connect and celebrate the lifelong bonds of Delta Zeta.

national award winners and honored the traditions of Delta Zeta with a closing toast.

We would like to thank our sponsors, volunteers and donors for their support and dedication to making these events a wonderful time for all of our members in attendance. As we move forward into this next biennium, Delta Zeta remains committed to shaping a stronger member experience, driving meaningful growth and deepening our

community impact as we look toward our 125th anniversary and beyond.

As Everlasting continues to grow into a nationwide experience, this year's event in Orlando proved just how impactful it can be when sisterhood and service meet with purpose. Whether you attended for business, bonding or both, this National Convention/Everlasting event reminded us why Delta Zeta truly is forever. 💖

Be on the lookout on social media and in your email for more information about Everlasting events in the upcoming months — we're heading to Cincinnati and Atlanta next!

1. The Sorority celebrated the achievements of members and chapters during the Rose Banquet. Visit the Delta Zeta website to learn more about these awards. 2. Everlasting attendees visit with vendors and partners during the partnership fair. 3. National Convention swag as well as various other DZ merchandisers were available to shop from. 4. Keynote Speaker Dr. Gyl Kasewurm, Sigma Alpha-Starkey Angels, shared her personal journey and professional journey. 5. Since the 2023 National Convention, Delta Zeta members have raised more than \$3.2 million for philanthropic causes. 6. Delta Zeta welcomes its new National Council. Pictured Left to Right: Phyllis Sundberg Davis, Laura Baxter Hedenberg, Margaret A. Purcell, Ph.D., Victoria Lautsch Scudlark, Cathy Irvin Painter, Amy Wade, Summer Hernandez Salazar and Christy Phillips-Brown.

“As we look ahead, I want you to harness the energy of everything we’ve celebrated. here this weekend.

“And please know this: you are Delta Zeta’s future.

“You are the leaders, mentors, change makers and connectors that our plan accounts for.

“Our strategic plan has no meaning without You in it.

“Together, we will elevate the member experience, grow our Sorority and work to impact our communities by giving graciously of what is ours.

“Because the flame that was lit in 1902 still burns bright, and together, we will forge it forward.”

— Cathy I. Painter, Alpha Gamma-Alabama, National President, during her “State of the Sorority” presentation.

Your Words

Profoundly Grateful

Ten years ago, I stepped into the Epsilon Epsilon Chapter of Delta Zeta at California State–Fresno, unaware of how profoundly it would shape my life. As a Fall 2014 initiate, I immersed myself in sorority life, living in the house for two and a half years and serving as Ritual Chair and New Member Educator on the Executive Board.

These leadership roles ignited my passion for teaching and mentoring, skills I now apply daily in my career as a vocational specialist at Wayfinders at California State–Fresno. Here, I support adults with disabilities in their career journeys. I discovered my passion for supporting people with disabilities through our Sorority's philanthropy events and volunteer days. My little introduced me to the director of the Down Syndrome Association who I still keep in contact with today by volunteering with them.

Post-graduation, my commitment to Delta Zeta has only strengthened. I've served as Ritual Advisor and New Member Education Advisor, and now I'm thrilled to be part of the National Resolution Team (NRT), supporting sisters across several chapters. This role allows me to provide

the kind of guidance I wish I had as an active member.

I'm also proud to have contributed to the formation of our local alumnae chapter, the DZ Valley Diamonds, fostering lifelong connections among sisters in the Fresno area.

The bonds formed in Delta

“

I'm grateful for the path that led me to Delta Zeta. This sisterhood has shaped my career, my relationships and my identity.

Zeta have truly stood the test of time. Many of my sisters remain my closest friends, with daily conversations and shared life milestones. From attending weddings to celebrating career successes and supporting each other through challenges, these relationships continue to enrich my life.



One particularly special connection is with my former roommate, now the Recruitment Advisor at the Epsilon Epsilon Chapter, who stays with me during recruitment season — a nostalgic reminder of our collegiate days. We stay up chatting all night and sometimes will even rewatch our old recruitment videos for a laugh.

Delta Zeta has been a catalyst for personal growth in unexpected ways. My big's encouragement led me to pursue a communication major, which ultimately guided me to my master's program. There, I met my long-term partner, with whom I now share a home and a dog.

As I reflect on the past decade, I'm grateful for the path that led me to Delta Zeta. This sisterhood has shaped my career, my relationships and my identity. It's a testament to the enduring power of our sorority values and the lifelong impact of the connections we forge.

Here's to another decade of growth, friendship and service with my Delta Zeta sisters!

— Macy Pereira,
Epsilon Epsilon–
California State/Fresno

Digital Exclusive



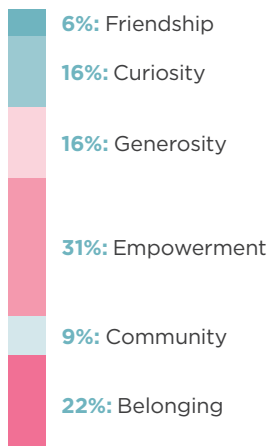
Alumnae Digest

Stay in the loop with Delta Zeta! The Alumnae Digest e-newsletter brings you monthly updates on local and national events, philanthropy efforts, Foundation initiatives, and features alumnae spotlights, National Council updates and more. Don't miss out on the fun! If you're not receiving the Alumnae Digest yet, make sure your email is current by updating your information in the member app through the Delta Zeta website (select "Login" at the top of the homepage at deltazeta.org).

Show of Hands

"Which of our values best describes your current season of life?"

We recently asked members on social media: "Which of our six values best describes your current season of life?" The results gave us a meaningful snapshot of where our members are finding inspiration, purpose and connection right now. Check out the breakdown to the right to see how each value resonates. Do you see yourself reflected in the results?



Chit Chat

Each year in July, Delta Zeta leaders from across the country gather at the Norma Minch Andrisek Leadership Conference (NMALC) in Oxford, Ohio, for a weekend filled with connection, growth and inspiration. While at NMALC, we caught up with a few attendees to hear their honest thoughts — from meaningful takeaways to unexpected favorite moments. Here's what they had to say:

What's one thing you're excited to take back to your chapter from this weekend?

"I'm so excited to take back a renewed sense of purpose and drive. I'm bringing back new ideas for chapter unity, leadership development and making sure every sister feels included and appreciated. I feel ready to lead with more intention and heart. This weekend truly filled me with the determination to make positive change in my chapter and my community.

— Mia Romero, Iota Psi-Texas/El Paso



In what ways did NMALC help you grow — not just as a leader, but personally too?

I always thought that I didn't have much of a judger mindset, and I was rather more open minded to whatever curveball came my way. But going through the roadmap, I found that I have some judger mindset tendencies. A keynote speaker had said that studies had shown how the brain typically tells us what we want to think, and not the actual reality, and I think that is a hard pill to swallow for most.

— Calista Rangel, Iota-Iowa State



Heritage

My Parents Are Deaf

From the Summer 1961 issue Pages 24-25.

Delta Zeta's dedication to hearing and speech goes beyond the programs and philanthropies hosted at every level of the Sorority. Members and their families are often impacted by hearing and speech disabilities. Over the years, many have shared their experiences and advocated through The LAMP magazine, including Mabel Northern Finnel, Rho-Denver (CO).

Mabel was the daughter of two deaf parents, both of whom lost their hearing to meningitis. "My parents are deaf. To others this may mean my parents are different, but to me it means nothing more than if someone said their parents had red hair," Mabel began her story in the summer 1961 issue of The LAMP.

Mabel shared her story of learning to talk and fingerspell at a young age so her parents could understand her better, especially when she got to the point of talking too quickly.

"Did I ever take advantage of my parent's deafness? When I was six, I told a neighbor that I'd sing at the dinner table. Mother did not think this was good manners, so I'd sing when she was not looking at me. I do not believe it ever occurred to me, when I was older, to take advantage of



“**My parents are deaf. To others this may mean my parents are different, but to me it means nothing more than if someone said their parents had red hair.**”

them — in fact, I think they were too smart to allow it.”

Life as a hearing child with deaf parents didn't come without its share of struggles.

“Unlike most children of deaf parents, I did not understand conversational sign language or rapid fingerspelling until I was in high school, and Dr. Long, father-in-law of Dr. Stevenson, former superintendent of the California School at Berkeley, visited our home. He is an author of a book on the sign language. He explained to me the meanings and derivation of many signs. Other educators of the deaf came to our home, and I learned how to talk vocally and sign simultaneously and to interpret for the deaf — this was fun.”

Mabel's experience with her parents both being deaf led her to teach the deaf herself. Mabel graduated from the University of Denver and taught at various schools in Colorado, Kansas and California.

Members today are sharing their stories about how deafness and speech complications are impacting their lives. Caylyn Turner, Beta Xi-Auburn (AL), shared her story with hearing loss on social media.

“Growing up, I thought having the TV at maximum volume was normal. I thought crippling pain after swimming was just because I was prone to swimmers' ear ... I was wrong. I let this pain go on until I was 17 years old because I convinced myself it was nothing, but one quick trip to the audiologist let us know something was seriously wrong, and I was going to need surgery. In December of 2024, I had

a double tympanoplasty so that the doctor could take skin grafts and build me new eardrums. When I woke up from surgery, I knew that I wanted to help people the same way I received care and so I declared my major as Speech Language and Hearing Sciences.

It wasn't until I got to Delta Zeta that I realized I could take my experience and use it for good! This Sorority supports helping people in the same way I aspired to, so I interviewed for the philanthropy assistant position, and I got it! Since I was blessed with this position, I have worked to promote our Houndz for Hearing event which allows us to give back to families who are also struggling with speech and hearing disorders. Through my major, I will be working in the Auburn University speech and hearing clinic with real patients. I'm happy that I can take my story and use it to help others, and I can't wait to see what else I can do for good to support this community!"

Since 1954, hearing and speech have been at the heart of Delta Zeta's philanthropy and in 2006, at the Sorority's National Convention, members voted to make the Starkey Hearing Foundation a philanthropic partner. Since then, Delta Zeta has raised more than \$7.6 million for Starkey, which helped provide hearing aids to more than 500,000 recipients around the world. 🔥

Take Note

Delta Zeta's Abroad

"You are going to a whole other country, and you do not know anyone else going?"

This was a comment that I heard over and over before Delta Zeta's inaugural trip to Spain. Yes, I was nervous about my first international trip, but I was not worried about who I'd be with. Why ... because we already had one thing in common. We are all Delta Zetas.

I felt as if I'd known these women my whole life, and we'd just met hours prior. The age ranges of the women didn't matter either. I bonded with women fresh out of college and just starting their careers to women well establish in their careers and killing it. We wandered the streets of Barcelona in a torrential rainstorm, watched a flamenco show that took my breath away and shopped for Christmas tree ornaments all over Spain, these women have become lifelong friends and mentors. We now share memories and stories that I'll cherish forever. I know that I can reach out to them anytime I have a question or just to chat.

I've always wanted to travel but I've always said, "when I get married" or "when I retire." So, when the Facebook post for this trip came across my feed, I immediately clicked the link to learn more.



I just knew this was the trip that I was meant to take. If I had not taken the trip to Spain, I would have always wondered "what if." Personally, I wanted to change my narrative to "guess what I did" and "remember when."

66

I felt as if I'd known these women my whole life, and we'd just met hours prior.

This adventure renewed my love for personal growth, both mentally and spiritually, and reignited my flame. "To my mind growth; to myself, faith that I may walk truly in the light of the flame."

I'm signed up already for Italy in 2026 and cannot wait to see my Spain sisters and meet new ones. I hope to see you there. Ciao!

— Jennifer Scoggins,
Lambda Alpha-
Arkansas Tech



HIDDEN OPPORTUNITIES

How saying “yes” altered the course of Meghan Heritage’s entire career

For many, there is a moment that comes in our lives that can alter our trajectory. A decision to turn right instead of left. It could be choosing to follow in your parents' footsteps or pave your own way. We often go through career changes, whether it's getting a job outside of our college degree or a realization later in our lives that maybe we were always meant to do something else.

**BY
MADELINE
GILBERT,
MANAGING
EDITOR**

Meghan Reece Heritage, Zeta Nu–Ferris State (MI), began her career as a teacher in Las Vegas, Nevada. Due to a job shortage in Michigan, she was forced to look at other opportunities out of state. She, and her Delta Zeta sister, Kristie Poulson, also from the Zeta Nu Chapter, both got teaching jobs with the Clark County School District, which was one of the biggest districts in the nation at the time. After some time with Clark County School District, Meghan and Kristie were both nominated for the New Teacher of the Year award for the district, and Meghan won.

Not long after that, Meghan returned to school and gained her master's degree in education leadership from Grand Valley State University. Her plan was to go to law school and advocate for children, but an unexpected opportunity led to a decision that completely altered her career path — land development and brokering.

"I sort of fell into land development while I was waiting a table," Meghan said.

Her parents and grandparents had helped her through her undergraduate degree, so she decided she would put herself through her masters. Meghan had started a full-time job teaching alternative education in Allenville, Michigan. She would then run home and put on her tuxedo before buzzing over to the Chop House, a high-end steak house.

Her weekends were then filled with classes at Grand Valley State.

The night that altered the course of Meghan's career was spent at the Chop House. Her coworker had a sick child at home with a babysitter, and she asked if Meghan would take a table for her. It was a late reservation consisting of a company president of a real estate company and a few others. Meghan accepted. This was just one decision that led to several others and ultimately a change in her career.

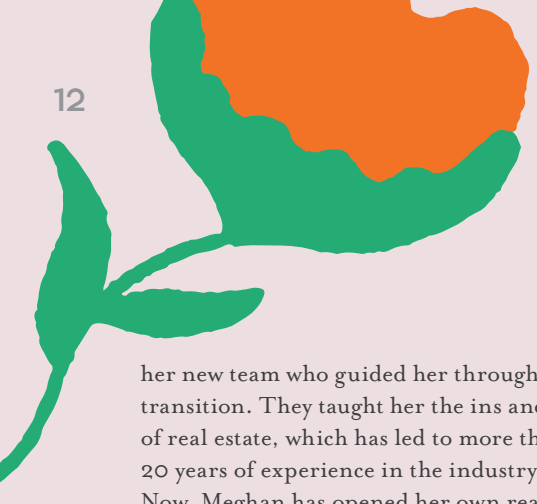
After presenting herself to the table, the president of the company looked up at her and asked her what she really did. She explained that she was a teacher. The man then offered her a 30% tip on their bill if she agreed to an interview with one of the other men at the table. At first, Meghan declined, saying she didn't want to be in real estate. The president said he didn't care. All she had to do is take the interview. Meghan accepted, again.

Meghan's interview went well to the point that she was offered the job. She refused it a couple of times, wanting to stick to teaching, especially with her students who were considered high-risk and felt needed her. Several of her students had problems going on outside of the halls of the school, and she wanted to take after-hours calls to help her students more but was receiving pushback from the administration. It was becoming apparent that teaching under this administration wasn't a good fit.

Despite refusing to take the full-time job, she began selling properties for this company on the weekends. By the time she had completed her master's degree, Meghan decided to alter her career path. She transitioned into land development and started selling land in seven states.

"Saying yes in that moment, and helping that other woman, created a double six figure income immediately," Meghan said.

Meghan went from the classroom to private planes shuttling her out of state to sell properties. It was quite the shift, but Meghan felt supported by



her new team who guided her through the transition. They taught her the ins and outs of real estate, which has led to more than 20 years of experience in the industry. Now, Meghan has opened her own real estate agency, BlueWest Properties, located in Grand Haven, Michigan. At her agency, Meghan is the founder and a broker, helping people find homes and properties that customers are happy with, while also impacting local communities.

Meghan carries a deep faith in Christ and loves to help others. Through her business, she and her customers are able to support local churches, charities and schools. According to their website, BlueWest Properties takes 5% of the brokerage's profits on every property sale or purchase and puts it back into the communities they work in. Customers are able to choose what nonprofit or charity they would like to see the money go towards by filling out a Charity of Choice Form after they purchase or sell a home with BlueWest Properties.

One of the multiple organizations, is Meghan's Be Event, a non-profit organization that holds conferences built around women empowerment, networking and more. Prior to its founding, Meghan had felt the desire, the gnawing of the Holy Spirit, to do more

for others, but when one of her best friends died in labor, the hole in her heart was needing to be filled.

"Elizabeth had a seizure, and it ended up that I was with the baby while they took her to a larger hospital to try to save her life, unsuccessfully," Meghan said. "I did skin on skin contact with somebody else's child and that, you know, was sort of a pivotal place in my life where I thought that I had security. I had the right husband, two sons, a lovely home, and was selling real estate for BlueWest, but also working for a building company at that point, one of the larger custom builders in our area. And I just sort of realized, I don't really have any security."

The loss of her friend made Meghan realize that nothing in this life is promised, and no matter how hard you try, there are just some things out of our control. She then re-evaluated her life, looking at what was truly meaningful and impacting her life in a positive way and what wasn't.

About a year later, Meghan decided she wanted to do something to honor Elizabeth, who was a dentist, wife and mother. She said she also wanted to honor the friendship they had, emphasizing they

lifted each other up rather than competed against one another. It was Elizabeth who really loved the idea of Meghan using the brokerage to create a philanthropy, so after the creation of the philanthropy through BlueWest, Meghan was able to take some of the funds to bring together six female speakers to give insight into six areas of people's lives: career, giving, spirituality & peace, health & wellness, finance and relationships.

Meghan expected about 50 women to attend her event, but to her shock, she sold out on the first day with 100 tickets sold. Over the course of 10 years, the event has grown exponentially. Last year, Meghan had more than 400 attendees at her last Be Event.



"I sort of fell into land development while I was waiting a table."

The Be Event is a non-profit that also acts as a 911 charity. The funds earned from ticket sales and sponsorships go to women in immediate need. The organization lacks an executive board, making cutting checks for women in need quick. The Be Event has created connections with various executive directors and other larger charities who will contact and the Be Event when someone in need comes to them for help, but maybe it is

outside of the charity's scope. They will ask the Be Event if

they can help the person in need.

The Be

Event often

helps with

what

seem

like

odd

or

random things but ultimately benefit the women the funds go to. One instance there was a woman who had insurance to cover her chemo treatments but couldn't afford to put new tires on her car to get her to the appointments. The Be Event helped her get new tires.

"Where do you go for something like that?" Meghan said. She said she wanted her organization to be able to fill in any holes that may not be covered by other charities and organizations.

Looking back, Meghan can see how God has been at work in her life, especially with the changes in her career and the Be Event.

"God's plan has always been better than mine, 100% and I laugh all the time, you know, at the things where I just was so incredibly frustrated that it wasn't going in quotations my way when really something else opened up that was so much bigger," she said. "I always say, 'stay curious.'"

After the events she had been through, Meghan deeply wanted to grow and learn more about herself and how she could improve and, like any good teacher, she wanted to share newfound information so others could do the same.

Meghan's advice, that she often uses with her kids, is listen more, and ask questions. If her kids are saying something along the lines of, "it should be this way," or "this is what I believe," she will ask them to "say more words," and ask them why they feel the way they feel or why they believe something. She loves to ask questions and often used the Socratic method, a form of inquiry and discussion that uses crafted questions to stimulate

Fun Group or Individual Improvement Activities

What's your joy list? Put together your own joy list, and share it with your sisters at the next chapter meeting!

How do you "stay curious?" Is it reading? Do you take extra classes or watch the news? With your sisters, brainstorm different ways to stay curious. Put them somewhere, like a poster or a shared document in Google Drive, everyone can access and look back on.

What are your roots? Who are you at your core? Take a few minutes to think about and write down the things that make you you! Then take another few minutes to focus on the things that might not be improving your life. Is it a bad relationship? Is it alcohol or social media? Once you have made your list, set some SMART goals (specific, measurable, achievable, relevant and time-bound). If you are comfortable with it, share your goals with one friend, and meet with them regularly to make sure you are taking the right steps to achieve your goals!

critical thinking and deeper understanding while teaching.

With the Be Event, Meghan works to help women to discover who they truly are. She describes having different versions of herself: a broker, a realtor, a mom, a philanthropist. But who is Meghan really? Who are each of us at our core?

The Be Event gives women the opportunity to sit down and spend a few hours with themselves. This time of self-reflection, combined with collaborating with other women, allows for attendees to discover what areas of their lives are not whole and what can they do to change that?

"I also think that it allows a space for collaboration instead of competition — to just recognize that a candle loses nothing by lighting another flame," she said.

At the beginning of every Be Event, before Meghan takes the stage, her bio is read for the attendees. While listening to all of her

accomplishments, Meghan cringes, but steps out on stage with a smile. She often starts off with, “Yeah, yeah, yeah, but let me tell you about the time I was fired from a bowling alley.”

Meghan was, indeed, fired from a bowling alley for refusing to serve jack and cokes to a pregnant woman. To her point, we often see people’s accomplishment, and compare ourselves before getting to know people.

In today’s world of social media, we often see people in what they display as a “perfect” life. They have nice things, maybe things that we want. They travel all over the world, or maybe they check all the boxes in health and wellness. That can sometimes create a sense of desire in us to want those same things, just like social media influencers using their platforms to compete for likes, follows and views. Meghan works to eliminate that.

Her mindset of it’s not “you or me,” it’s “us,” removes the barriers that competition can create. Without that element, women are more able to expand their minds, share ideas and create goals that are more attainable.

Meghan also uses accountability partners to keep her attendees on track with their goals. One thing she said she believes is that sometimes you are called for a purpose before you are qualified.

“It’s just really important to be still in meditation and prayer, and get into alignment on, not only what am I qualified to do, but what do I feel called to do instead of just being in this, rat race of minutia and running around like crazy trying to please everyone,” Meghan said.

Meghan does her best to focus on the things that matter to her and uses tools of her own to help her juggle the different aspects of her life. She often creates what she calls her joy list. She keeps a list of things that she finds joy in during times that may be stressful or if she just needs a break. Meghan finds

walking in nature very grounding and makes sure she eats good healthy meals and gets her body moving.

These are all things that Meghan will also use to help other women. Sometimes, people will reach out to Meghan panicked by their situation. When she receives these phone calls, she asks them to look back in the last 72 hours and to think if they ate good meals. Have they exercised or drank alcohol? All of these things, or a lack of them, may influence the way someone is feeling, especially in a not-so-great situation.

Meghan emphasized the joy list and how this tool kit can really be impactful. She also recognizes that those joyful things may change over time. Looking back on your own life, your interests probably changed. It’s okay to swap out items or activities on your own joy list!

When dealing with intense or unfortunate situations, these tools are of great importance. Meghan’s husband shared with her a quote from former professional boxer, Mike Tyson. “Everybody’s got a plan until you get punched in the face.” At first, Meghan hadn’t fully understood the quote, but then realized, that things go wrong. Sometimes she discovers water in the basement of a listing or maybe one of her friends got divorced, and they need to sell their house. In those situations, Meghan likes to take a moment to recognize if she needs to reflect and pray or take action. She emphasized the importance of being in a state to respond rather than react. She reminds herself that everything is temporary, including the situation she is in. It might seem wild and crazy, maybe even impossible in that moment, but if she just takes a beat to recognize that the situation is short-term, she can think through it properly and get herself to a point to respond, not react. Many of these things, Meghan touches in her Be Events.

Meghan is looking to

“Just recognize that a candle loses nothing by lighting another flame.”

expand her events to provide a deeper dive into some of the topics discussed at the Be Event. Currently, her plan is to hold another event in November this year. This deeper dive would be more of a long-term program that women can participate in after the event takes place. The goal would be six months to focus on the six different areas she and other speakers discuss.

“I think sometimes we get all of these people in a room with 400 other people, and then everybody kind of runs away with all the conferences, right? So, you run away with all this data, and then you kind of scatter.”

Meghan hopes that a six-month program with Zoom calls would create a sense of community and accountability. Having regular meetings would help women accomplish the goals they set and have others there who have been through the same experiences. If you are interested in attending a Be Event, visit thebeevent.com for information and tickets. 🌸



AUTHENTIC

Alana Lopez

Xi Phi-Missouri/Kansas City

Alana Lopez is currently pursuing a double major for her undergraduate degree in biology and chemistry at the University of Missouri/Kansas City (UMKC). Alana's dedication to health and wellness goes beyond her career. She loves fitness and discovering new healthy recipes in her free time. She also works closely with the B+ Foundation at UMKC, an organization dedicated to fighting childhood cancer.

HOW HAS YOUR DELTA ZETA EXPERIENCE IMPACTED YOUR LIFE?

Delta Zeta has profoundly shaped the way I approach leadership, service and personal growth. One of the most impactful experiences was leading the Roo's Relay FTK event, a campus-wide effort uniting Greek Life to support childhood cancer through the B+ Foundation. Organizing the event alongside my Delta Zeta sisters taught me the true power of community, collaboration and using our voices to create meaningful change. Their unwavering encouragement showed me what it truly means to belong to a sisterhood rooted in generosity and empowerment.

HOW WILL RECEIVING A DELTA ZETA SCHOLARSHIP IMPACT YOUR EDUCATION AND YOUR FUTURE?

Receiving a Delta Zeta scholarship has significantly impact both my education and future by easing the financial burden of

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Through Delta Zeta, I have been surrounded by women who believe in me, challenge me and remind me of my worth.

pursuing my degrees and opening the door to opportunities I've long dreamed of. This scholarship allows me to fully dedicate myself to my studies and continue serving as a campus leader, including my work with the B+ Foundation and my role as Vice President of Service and Philanthropy for the Collegiate Panhellenic Council.

Additionally, this scholarship helps fund my participation in a global

medical internship through the VAW Global Health Alliance, where I hope to provide care and education to underserved populations while gaining firsthand experience with healthcare disparities.

WHAT ARE YOUR CAREER GOALS?

My ultimate career goal is to become a pediatric oncologist, a physician who not only treats children facing cancer,

but also brings hope and compassion to their families during the most challenging times of their lives. Currently, I am serving as a pediatric oncology research intern, and I've never been more confident in my path. Working alongside dedicated physicians and researchers has affirmed that this is where I'm meant to be.

WHAT DOES THE DELTA ZETA FOUNDATION'S TAGLINE "EMPOWER THE WOMAN" MEAN TO YOU?

To me, "Empower the Woman" means uplifting each other to become the most confident, capable and compassionate version of ourselves. It's about creating a community where women are encouraged to lead, dream boldly and pursue their goals, no matter how ambitious they may seem. Through Delta Zeta, I have been surrounded by women who believe in me, challenge me and remind me of my worth.

That empowerment has given me the confidence to take on leadership roles, pursue a career in medicine, and advocate for causes I care deeply about. 🔥



ROSE & GREEN

Why I Lead with Empathy

My Journey with Hearing Loss

By Megan White, Epsilon Gamma-Central Missouri,
Assistant Director of Marketing and Communications

Growing up, Caylyn Turner, Beta Xi-Auburn (AL), didn't know her everyday experiences weren't normal. Turning the TV on maximum volume, struggling to hear her teachers and enduring painful earaches after swimming were simply facts of life; until the pain became unbearable. At 17 years old, a diagnosis not only gave her clarity and healing but also sparked a lifelong calling: to help others find their voice and hear the world clearly.

"Growing up with hearing loss, I am reminded of the daily challenges and differences

that were happening in my life that others around me didn't have to deal with," Caylyn said. It wasn't until she found herself in the fetal position begging for the pain to stop that she knew the pain was too intense to stay silent. The ENTs made her aware she had holes in her eardrums and referred her to a local audiologist. Her doctors gave her a small piece of life back that she felt like she was missing. She finally had answers.

The surgery to remedy her hearing loss was a double

tympanoplasty, which is the rebuilding of the eardrums using skin and fat grafts, depending on the severity. She had both a skin graft, using the skin behind her eardrums that was used on her left ear, and the fat graft was used on her right. For weeks, she was essentially bedbound.

It wasn't until this experience that she wanted to investigate the Speech Language and Hearing field

further. "The innate connection I have to this field makes my dedication and understanding to my degree so much more valuable," Caylyn stated.

After realizing Delta Zeta's philanthropy focus was rooted in hearing and speech, she knew it was destiny. When interviewing for the philanthropy assistant chair position in her chapter at Auburn University, Caylyn focused on the importance of understanding the "why" behind it all. She didn't want her chapter to simply fundraise without meaning; she wanted to inspire empathy, education and a genuine connection to the

organizations their efforts support.

Delta Zeta has empowered Caylyn to share her story with confidence. Surrounded by women who believe in her, she meets each day with faith and purpose. As she looks ahead to working in the AU Speech and Hearing Clinic, she knows the experience will prepare her like no other. Despite the unknowns, she's

driven to learn so she can one day help others the way she was helped.

"If I could speak advice to anyone silently struggling with a speech, language or hearing disorder: don't put it off. It is not weak or embarrassing to speak up for yourself. Lean on your sisters to give you strength to face the challenges," she says. Caylyn is incredibly grateful for what she has already learned being introduced into this field, and she can't wait to see all that her future holds. 🔥

“

It is not weak or embarrassing to speak up for yourself. Lean on your sisters to give you strength to face the challenges.”





Excellence All Around

The Lambda Kappa Chapter was recognized for its excellence in academics, philanthropy, leadership and sisterhood by the University of Alabama/Huntsville. Danielle Borden, shared on social media how proud she was to serve as the chapter's president.

"These accomplishments are a testament to the dedication, heart and unity of every single member of our chapter," she said. "We strive every day to invest in one another, grow as individuals and make a lasting impact on our campus and community."



Samantha Ferrin chosen as Florida's 40 Under 40

Samantha Ferrin, Alpha Sigma-Florida State, was selected as one of the 2025 News Service of Florida's 40 Under 40. She was highlighted for her work in public affairs and is currently overseeing government relations for Elevance Health in Florida. In her position, Samantha focuses on regulations, legislation and business development for the insurance company. She helped establish Simply Healthcare's statewide Medicaid contract. She also was involved in launching new comprehensive individual health plans for Floridians and led Simply Healthcare's community investment strategy, leading to \$5 million being poured into community partners in 2024.



ROSE & GREEN



Serving Up Support

The Zeta Pi Chapter at the University of Georgia held their Bite of Athens event, where they raised more than \$13,000 for SeriousFun Children's Network. The chapter had live music, a raffle and served up some delicious food for people to enjoy and help raise the funds.



Heartland Pageant Winner

Romy Taylor, Epsilon Gamma-Central Missouri, competed in the Princess of America Missouri/Heartland Pageant in February. Romy won the Junior Miss Division Photogenic award, the Miss Personality Title and was named Junior Miss Missouri! Romy has been participating in pageants since she was 8 years old. Several of her Delta Zeta chapter sisters came out to support her when she received these three awards.

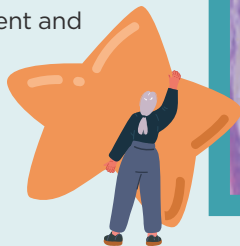
A Swatch of the Past

Caitlin Finger, Beta Xi-Auburn (AL), recently graduated and wrapped up a year as the Editor-in-Chief of SWATCH magazine, Auburn University's official Apparel Merchandising & Design Association magazine. Her final issue focused on the fashion of the 1960s. Caitlin posted on Instagram, "This issue reflects on the importance of the past and where we came from but also the endless opportunities that lie ahead of us."



Industry Woman of The Year

Jennifer Yohe, Lambda Epsilon-Pittsburgh/Johnstown (PA), was named The WICT (Women in Cable & Telecommunications) Network's Woman of the Year. Jennifer is currently the Chief Procurement and Corporate Administration Officer for Optimum, a telecommunications company headquartered in Queens, New York.



Delta Zeta's Donate to Local Fire Department

Members of Gamma Nu-Eastern Illinois donated \$800 to the Atlantic, Iowa, Fire Department in memory of Vickie Peerbolte, an alumna of the chapter.

Emerging Leader of the Year.

Makenzie Burge, Xi Xi-North Georgia, received the 2024-2025 Emerging Leader of the Year from the university's Fraternity and Sorority Life. She excitedly shared her accomplishment on social media stating that she is grateful to be a Delta Zeta Woman!



35 UNDER 35

Delta Zeta Prepared Them for Their Future

This year's 35 Under 35 honorees shared how they were prepared for their futures because of their Delta Zeta membership. These outstanding young alumnae have, before the age of 35, achieved success by making a significant impact in their industry.

Want to learn more about this truly amazing group of women? You can find more in-depth bios on our website at www.deltazeta.org/alumnae/35under35. Nomination information for the 2026 35 Under 35 program will be due in the spring of 2026.



"The most invaluable mentors in my professional career have been the powerful women who lead from behind the scenes, making a positive impact on the world while balancing the demands of life and serving as primary caregivers for their families. Many of these women are sisters I have met throughout the years, while others are mentors I have sought out for guidance along my career path.

From them, I have learned that true leadership isn't always about being in the spotlight; it's about driving meaningful change, advocating for others and showing up with passion and purpose every day."

▲ Courtney Albiker, Xi Rho-Clarkson (NY), Project Manager, Security Services, Syracuse University



"Generosity isn't just monetary or materialistic; it's what you can give emotionally, physically, and mentally to those around you and to your community.

Generosity, in my mind, is showing empathy and care to those who need it most. It is showing up for my students and going above and beyond to make them the leaders they are destined to be. It is seeing the full potential of my classes and showing them new, unique ways to reach their goals, while taking steps to becoming the best versions of themselves."

▲ Alexandra Arteaga, Delta Alpha-California State/Long Beach, Teacher, LAUSD



"My Delta Zeta sisters are still my best friends to this day, and while we don't live down the hall from one another anymore, they are always just a phone call away. One Delta Zeta member that I have leaned on like my sister is Kylie Evans. She is my sounding board, my shining light and my best friend. We push each other to always be the best versions of ourselves."

▲ Hannah Baumgartel, Omicron Gamma-Ohio, Program Manager, JobsOhio

"I also feel lucky to have a Delta Zeta sister right next door to my classroom. When I first joined my current school, I was told I would get along really well with Heather Cox. I didn't initially know she was a DZ sister from the University of Alabama, but from the moment we met, Heather has been an incredible friend and source of support. Having her as a colleague has been a constant reminder of the lifelong connections and encouragement that Delta Zeta has given me."

► **Taylor Bronowicz, Zeta Phi-Slippery Rock (PA), Math Teacher, Albertville City Schools**



"Ultimately, I believe generosity is at the heart of who I am and what I do. Whether supporting employees, leading my sorority sisters or giving back to my community, I strive to be generous in my actions, my leadership and my heart."

► **Lindsay Fisher, Lambda Sigma-Winthrop (SC), Human Resources: Employee Relations Manager, South Carolina Department of Disabilities and Special Needs**



"During my undergraduate years at FHSU, I enjoyed being active on campus and in the community. My biggest support was within Delta Zeta and the connections I've made there."

▲ **Yoana Cruz, Delta Omega-Fort Hays State (KS), Medical Education Coordinator, University of Kansas Medical Center**



"My best friends from Delta Zeta in college were my first true support system, cheering me on as I navigated being the first in my family to go to college. They were there for every

success, setback and every moment in between. To this day, we are just as close, and their unwavering support has been a foundation in my life."

▲ **Jada Gonzales, Pi Zeta-Arizona State, Sr. Salesforce Technology Consultant, Southwest Airlines**

"I truly believe it is important to give back to the people and organizations that have made you into the person you are today. I would not be in the position I am today as a Trauma IMC nurse if I did not have the continued support and generosity of CSUSM Athletics, Delta Zeta and nursing leaders from my clinical shifts."

► **Jordan Gaydos, Pi Psi-California State/San Marcos, Registered Nurse, Palomar Health**



35 UNDER 35

“The sisterhood, in every definition, has been a pillar for me. From the Theta Eta Chapter to the small but growing number of women in sports, I have leaned on the ladies who are making their way in this world the same way I am, which is the best way they know how.”

► **Nicole Guetzke, Theta Eta-Creighton (NE), Partnership Marketing Manager, United States Olympic & Paralympic Properties**



“I have always felt deeply empowered by my sisters at USF. Xi Lambda Chapter was made up of the kindest, most encouraging women I had ever met. I try to bring that spirit to my professional life where I work with several organizations in Sacramento, California, to mentor up-and-coming women of color in politics.”

► **Taylor Jackson, Xi Lambda-San Francisco (CA), Director of Government Affairs & Political Engagement, California Primary Care Association**



“Being part of a community, especially one as strong as Delta Zeta, provides a sense of belonging and the reassurance that you’re never facing challenges alone. This sense of connection has been invaluable to me, and I believe it’s key to both personal happiness and professional fulfillment.”

▼ **Sami Kincaid, Beta Lambda-Tennessee/Knoxville, Producer, Cumulus Media**

“Being kind to others will never be the wrong thing, so I go into situations showing kindness and treating it as a normal state of being. I like to think that leaves places lighter and with a stronger sense of belonging.”

◀ **Kaitlyn Dvorak-Kornaus, Zeta Kappa-Ohio Northern, Project Manager, The Ohio State University-Comprehensive Cancer Center; Division of Hematology**





“Just as Delta Zeta has provided me with a lifelong support system, my career has allowed me to offer that same support to others, deepening my dedication to both my profession and the communities that I serve.”

◀ **Hayley Kubacki, Kappa Xi-Duquesne (PA), Surgical Oncology Physician Assistant; Sub-Investigator, Allegheny Health Network**



“To me, empowerment means creating a space where people feel supported and have the resources to take ownership of whatever they want to accomplish. Empowerment is providing the right tools while fostering a culture of encouragement.”

▲ **Ali Lawrence, Pi Xi-Central Florida, Staff People Operations Analyst, Procore Technologies**



“As my undergraduate years flew by (no one prepares you for how fast those go), I realized I felt the most invigorated by my leadership experiences that were happening outside of the classroom through Delta Zeta, Panhellenic Council, Admissions, Orientation, Housing and the Career Center. I chose to pivot my original career goals by applying to be an Educational Leadership Consultant (ELC) for Delta Zeta.”

◀ **Adrienne Maxwell, Gamma Chi-Ball State (IN), Associate Director, Student Success, University of Iowa**

“The connections I’ve made through Delta Zeta have proven to be some of the most meaningful in my life, and I know they will each play a role in the lives of my children, too. I am so grateful for each of them and for the legacy of friendship that was enabled by Delta Zeta.”

▶ **Katelyn Lustig, Theta Iota-Western Carolina (NC), Elementary School Principal, Union County Public Schools**



“After graduating from Ohio Wesleyan, I started my professional career as an entry-level recruiter. I can thank Delta Zeta for preparing me for this role, as I remember during my interview, discussing how filling vacancies is similar to filling empty spots in my chapter, that the effort has to be exponential.”

▶ **Kimberly McCalmont, Alpha Rho-Ohio Wesleyan, Human Resources Generalist, Central Ohio Transit Authority**

35 UNDER 35

"I have to say my village has been with me through all the ups and downs of not only my career but my life, especially my best friend and fellow Kappa Chi sister, Augusta (Fronzaglio) Olson. Despite the struggles of maintaining a long-distance adult friendship and life in general, she has been there for me every step of the way. From Delta Zeta sister to best friend to maid of honor to auntie, some of my most memorable and cherished "promotions" have been thanks to her!"

► **Brittney McIntosh, Kappa Chi-Youngstown State (OH), Surface Transportation Security Inspector, Department of Homeland Security**



"Community and Empowerment resonate with me the most because I truly believe that when women come together, magic happens. The supportive communities I've been part of have empowered me to grow, thrive and embrace my authentic self."

▲ **Samantha McIntosh, Lambda Theta-Michigan Technological, Life Coach/Digital Transformation Architect, The Holistic Phoenix/Bosch**



"For the longest time I thought I didn't have a passion. I even wrote a paper on my lack of passion in graduate school, but after many conversations with different people, I realized helping others is what gets me fired up."

► **Miller McKenzie, Alpha Sigma-Florida State, Clinical Audiologist, Coastal Ear Nose & Throat PA**



"It was the encouragement the organization gave its members to seek the truth and crusade for justice all the while giving out understanding, love and faith. Since graduating in 2015, thousands of kids, teens, adults and seniors have shared parts of their world with me, each shaping me along the way. It is an honor and a privilege to engage in the important and complex pursuit of community, now more than ever."

◀ **Taylor Novak, Pi Alpha-Florida, Psychotherapist, Gainesville Healing House**





“Having the opportunity to be a Delta Zeta has shaped me into the woman that I am today. The leadership opportunities that I held during my time as a collegiate member, as well as a member of my Panhellenic Collegiate Council, helped prepare me for my career in the hospitality industry.”

◀ **Leah Osmonson, Beta Kappa-Iowa State, Director of Event Management, Concord Hospitality Enterprises**

“My community, especially my Delta Zeta sisters, has played such a big role in my career. It was actually a sister who first introduced me to the Down Syndrome Association of Central California (DSACC), and that experience really helped launch my career in this field. Since then, DZ has always had my back. When I hosted my first Friendship Walk in Fresno, a huge group of alumnae came out to participate and show their support. My sisters, are always there for me, whether it’s offering advice or just cheering me on.”

▲ **Macy Pereira, Epsilon Epsilon-California State/ Fresno, Vocational Specialist, Wayfinders-Fresno State**



“My Delta Zeta sisters have been an unwavering source of support, encouragement and empowerment throughout my career and personal journey. The bonds we formed in our Sorority have only strengthened over the years, and these incredible women have been my biggest cheerleaders — celebrating every win, whether it’s a new certification, career milestone or leadership opportunity.”

▶ **Magaly Perez, Delta Tau-Temple (NJ), Government IT and Security: Strategy and Architecture Office Manager, Intel**



“When I became an alumna, the Huntsville Alumnae Chapter was excited to help me transition from college life to my career. When I left Alabama and moved to Florida, the Huntsville Alumnae Chapter made sure I was connected with the Orlando Alumni Chapter to ensure that my home with Delta Zeta traveled wherever I did. The Huntsville Alumnae ladies continued to visit me in Orlando and support me! When I moved away from home, Delta Zeta was there to make sure that I felt like I belonged anywhere and that I was supported. Delta Zeta will forever be a place where I belong and a place that I call home.”

▲ **Cheyenne Robb, Lambda Kappa-Alabama/ Huntsville, Academic Advisor II, University of Alabama/Huntsville**

“Now, I have a strong community around me of not just Delta Zetas, but of sorority women who value each other’s growth, knowledge, friendship and individuality. My first time experiencing true community was when I walked through the doors of the Omicron Omicron Chapter room, and that has stayed with me ever since.”

▶ **Bella Rainey, Omicron Omicron-Lindenwood (MO), Instructor and DECA Advisor, Avila University**



35 UNDER 35

"When I was 17 years old, I received the prestigious Congress-Bundestag Youth Award, allowing me to study in Germany for my senior year of high school. Through this experience, I perfected my communication skills and gained leadership skills early on. This background allowed me to confidently participate in Delta Zeta's recruitment in college, which was a huge accomplishment. My current role is meaningful to me, as I can interact with the University of South Carolina's Delta Zeta women."

▲ **Christina Sayers, Delta Beta-Tampa (FL), Director of International Affairs, University of South Carolina**



"My community has been instrumental in my success, shaping my growth both personally and professionally. From colleagues who have challenged and inspired me to my Delta Zeta sisters who have been unwavering supporters, I am grateful for the network that has uplifted me throughout my career."

▲ **Taylor Shaw, Alpha Sigma-Florida State, Senior Manager, Operations, Coldwell Banker Real Estate**



"I wouldn't be where I am today without my community."

I am lucky enough to have a group of 10 Delta Zeta sisters who I talk to almost weekly.

We support each other as we navigate family, careers and life in general. They have always been behind me, and I am so thankful to have them in my life."

▲ **Alexis Tottleben, Iota Delta-Edinboro (PA), Guidance Counselor, Cathedral Preparatory School**



"My best friend is my Delta Zeta sister, Arieana Martinez. She is also an attorney and she has been along for the journey every step of the way. From applying to law school, to studying for the bar exam and passing together. She has been unwavering in her support along my career journey."

▲ **Aimee Trevino, Omicron Alpha-St. Mary's (TX), Attorney at Law, The Law Office of Aimee A. Trevino, PLLC**

"My core group of friends from the Xi Delta Chapter have stuck with me every step of the way throughout my career. They were there to support and encourage me through the challenging days of graduate school as well as when I was deciding to switch from direct patient care into an industry role. These women continue to build me up and are always there to celebrate my successes."

▲ **Paige Waddell, Xi Delta-Radford (VA), Field Sales Representative/Audiologist, Starkey**





“Belonging means a lot to me. I’ve had moments where I felt like I didn’t fit in at work, school, with friends, etc. I’ve learned trying to humanize folks during meetings gives us a few minutes to just be people. I learned things about colleagues who open up later over discussions about commonalities with just using a simple icebreaker at the start of a meeting. I try to greet new coworkers and offer check-ins to see if they have questions or need help as they start.”

▲ Lisa Van Theemsche, Gamma Xi-New Mexico State, Washington Representative, Union of Concerned Scientists



“As a patient at the Cleveland Clinic Center for Functional Medicine, I struggled with chronic health issues that no one could explain. That experience made me realize how many people are searching for answers and how deeply impactful personalized nutrition and root-cause medicine can be. I knew then that I wanted to become the kind of practitioner who truly listens, investigates deeply and empowers others to heal.”

▲ Bayleigh Wessel-Burress, Lambda Beta-Southern Indiana, CEO/ Founder, Office Manager/Instructor, Balance Blue Collective LLC, MyRDguide LLC



“I have had to empower myself to search for more and want more in my career and personal life. It has given me the confidence to join the many organizations I am involved in. It has also given me the permission to fail. I work hard to make sure that I can spread this value to people across my community whether it be in a work setting or in my personal life.”

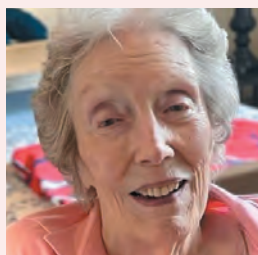
▲ Elizabeth Woodall, Beta Lambda-Tennessee/Knoxville, Senior Coordinator of Customer and Carrier Experience, Nolan Transportation Group (NTG)

“Delta Zeta was my literal home while I attended UT. The friends and sisters I had during that time were incredibly impactful and molded my time there. My closest friends today are the women I met when we were all new members in 2011. Our friendships have gone through so much, and I can't wait to continue growing and moving through life with these women.” 🔥

► Mackenzie Zeitlin, Beta Lambda-Tennessee/Knoxville, Director, National Accounts, LEO Events



FLAME ETERNAL



Anne McGinnis, Gamma Upsilon- Oklahoma City

With deep reverence, we celebrate Anne's remarkable life that included a lifetime of service to her country, community and Delta Zeta. A native of Washington, DC, Anne attended Oklahoma City University, where she was initiated into the Gamma Upsilon Chapter. She started her professional career in 1954 on Capitol Hill, where she worked for the House of Representatives. Her career took an unexpected turn when she joined the Central Intelligence Agency (CIA) in 1957, serving as a USSR-Eastern Europe analyst for nearly four decades; proving her fluent Russian language skills invaluable during the height of the Cold War.

During her tenure at the CIA, Anne also found the time to give back to Delta Zeta and her community. Anne's commitment and dedication to Delta Zeta included serving as National Director from 1972-1973 and National Vice President of Alumnae Affairs from 1973-1975. Anne's dedication to the community included volunteering at the Washington, DC Family History Center, where she generously shared her name and expertise to assist others in tracing their genealogy. She also served as a Temple worker in the Washington, DC Temple. Anne also took on notable volunteer roles as a member of the Church of Jesus Christ of Latter-day Saints, where she continued to serve as a Relief Society President upon her retirement from the CIA in 1995.

Known for her warm heart and genuine spirit, Anne leaves behind numerous friends touched by her kindness, wisdom and unwavering support.



Charlotte Davis, Beta Xi-Auburn (AL)

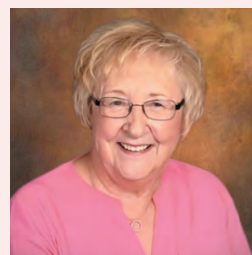
Dr. Charlotte Davis was deeply devoted to education and helping young students find their way. She initiated into the Beta Xi Chapter at Auburn University and graduated in 1976. Charlotte then joined the university staff while she completed her master's degree. Wanting to expand her skills, she found her way to The Ohio State University and obtained her Ph.D. in educational leadership.

Charlotte held leadership positions at Virginia Tech and Troy State University, where she became the Vice President at just 39 years old. Later in her career, she served as the Vice President at Shorter College in Georgia. Throughout her career, Charlotte remained committed to enriching students through student government and Greek Life.

Charlotte was also a lifelong musician, and she played in both her high school and Auburn University's marching bands. She was also part of Auburn's alumni band.

Charlotte's dedication to Delta Zeta shone throughout her years as she served as the College Chapter Director for the Beta Xi Chapter from 1986-1991, National Secretary from 1991-1995 and as the National Director in 1991. From 2021-2024, she was the Financial Advisor for the Lambda Psi Chapter at Columbus State University and an Alumnae Chapter President. Charlotte also served as our National Parliamentarian.

Charlotte's warmth, dedication and generosity of spirit leave a lasting legacy among all who knew her. Charlotte is survived by her spouse Dr. Anna Marie Kosa and two sisters and their families, and remembered fondly by her close Delta Zeta sisters.



Sonja Nay Wise, Delta-DePauw (IL)

Sonja Nay Wise was a beloved and devoted schoolteacher. She was initiated into the Delta Chapter at DePauw University and also attended Purdue University where she obtained her master's degree in education.

Committed to enriching the minds of young students, Sonja taught at Furman High School in Sumter, South Carolina, and at Fowler High School in Benton County. She later would work for Purdue University and retire from there after 21 years.

Sonja served Delta Zeta as College Chapter Director for the Delta Chapter at DePauw University from 1993-1998, National Director from 1998-2000 and National Treasurer from 2000-2002. She also served as a Delta Zeta Foundation Trustee.

A devout Christian, Sonja was a member of the Trinity United Methodist Church in New Albany, Indiana and a former member of the Trinity United Methodist Church located in Lafayette, Indiana.

Sonja spent her free time volunteering, playing the piano, watching sports and spending time with her grandchildren. She was preceded in death by her husband Bob in 2015 and her companion Jim in 2025. She is survived by her son Kevin, daughter Robin and their families, including six grandchildren and one great grandchild. She will be deeply missed.

This list includes obituaries reported to us from November 1, 2024 to June 30, 2025. The year of initiation is after the member's name. The Sorority recently participated in a data verification project resulting in a significant number of members being recognized into Flame Eternal during this reporting period.

ALPHA

Georgianna Beames
Standafer, 1944
Martha Brown
Tissington, 1946
Susan Schradin
Johnson, 1948
Nancy Wyant
Phillips, 1951
Barbara
Recktenwald
Dittmar, 1956
Carolyn McCulloch
Engle, 1957
Barbara Bagnall
Peltier, 1960
Jeanne Burdette
Barger, 1962
Betty Johnson Gurr-
Tomblinson, 1962
Ruth Ellen Hoecker,
1962
Carolyn Brown
Schroeder, 1962
Rebecca Brubaker
Davies, 1965
Jean Baldwin Rains,
1969
Kathy Davis Winter,
1977

DELTA

Georgia Lewis
Grady, 1946
Colleen White Smith,
1946
Carolyn Waller
Heagey, 1948
Jackie Clapper
Brown, 1949
Myrna Kincaid
Bircher, 1950
Betty Murray
Spehar, 1950
Mary Kelley Flynn,
1953
Roberta Mumma
Hamlington, 1953
Sonja Nay Wise,
1957
Susan Sedam Kinsey,
1958
Linda Sprankle, 1961
Joan Davidson
Stoneking, 1962
Lindsey Wiepking
Zink, 1963
Patricia Schrage
Burgess, 1964
Joyce Thale Rybak,
1965

EPSILON

Deloris Dyer
Herrmann, 1948
Mary Conroy Spoerl,
1948
Sallie Wilkens
Rowland, 1951

Judith Wear
Ewbank, 1952
Ginger Baker Morris,
1955
Katherine Miller
Swoverland, 1958
Marcia Woods
Williams, 1969

THETA

Jean Smith Rasor,
1949
Anne Clark Foltz,
1952
Joan Newman
Stromeier, 1952
Grace Miller Lang,
1953
Janet Bouton Ford,
1955
Cynthia Strayer
Rigel, 1959
Ernestine Clevenger
Foster, 1962
Y'Vonne Waite
Willyoung, 1962
Katherine Walsh
Wilson, 1964

IOTA

Karen Kratz Lewis,
1952
Margaret Moellering
Price, 1953

KAPPA

Marjorie Stolt Beard,
1945
Shirley Frederickson
Shoup, 1949
Joanne Salminen
Stone, 1949
Mary Darnell
Ochsner, 1952
Amaryllis Shanafelt
Whitmarsh, 1952
Constance Wallbom
Burke, 1954
Mary Lou Davidson
Peterson, 1954
Suzanne Trimble
Cloore, 1956
Betty Gillespie
Dolan, 1957
Penney Carlisle
Holman, 1962
Patricia Leary Price,
1962
Patricia Farenbaugh
Excell, 1966
Laura Davis
Schmucker, 1983

MU

Jean Williamson
Blois, 1946
Mary Ann Boyd
Mahoney, 1952
Carol Firth Baxter,
1954

Coralie Moffitt Bell,
1962
Barbara Wire Lake,
1962

NU

Nancy Wellington
Scifres, 1946

XI

Paulina Gumz
Dolerhie, 1947
Faynelle Newland
Evans, 1947
Carol Jean Rhyner,
1952
Judith (Dee) Sarles
Smith, 1964
Brenda Jones
Boone, 1969

OMICRON

Nancy West Agerter,
1946
Ruth Raupp Bielo,
1946
Philomena Artuso
West, 1947
Lois Weber
Whitcomb, 1948
Nancy Muhlheizler
Swensen, 1952
JoAnn Rovilea Maier,
1964

PI

Marilyn Clark Brhel,
1950
Gloria McDonald
McNett, 1950
Angel Shoemaker
Butler, 1986

RHO

Marian Mires Moore,
1949

SIGMA

Peggy Parker Perret,
1944
Elizabeth Lejeune
Jackson, 1956
Rose Pearce
Bergeron, 1959
Susan Enloe Keen,
1960
Sharon Vergez
Vercellotti, 1960
Bonney LaCour
Brown, 1963
Susan Solanas
Morrow, 1973
Claire Elizabeth
Zeller, 2018

TAU

Lois Kaercher Kagel,
1957
Ciel Heim Bottomly,
1962

Sharon Stanley
Erbach, 1964
Jean Ritter Clement,
1950
Marian Schaffer
Widmoyer, 1956
Mary Jo Curwen,
1961
Kathleen Blankley
Roman, 1964

UPSILON

Verne Holte Melberg,
1950
Carol Johnson
Childers, 1968

PHI

Marilyn Borset West,
1948
Geraldine Sloan
Love, 1953

CHI

Catherine Cary
DeJoseph, 1944
Mary Bryant Hill,
1946
Virginia Frie Fischer,
1948
Betty Mutton White,
1950
Margaret Welch
Davis, 1953
Janet Babcock
Krahmer, 1956
Elizabeth Job Jacob,
1958

PSI

Marjorie Claytor
Daugherty, 1957
Susan Seward Fogle,
1960
Marcia Stubbs
Madden, 1962
Sara Yoder Petersen,
1968

OMEGA

ErrolLynne Ackerson
Marsh, 1966

ALPHA ALPHA

Constance Brauer
White, 1947
Patricia Schaefer,
1948
Barbara Frisbie
Malinsky, 1960
Patricia Thompson
Alfredson, 1961
Bambah-Jean
Stephenson Riedel,
2010

ALPHA BETA

Joan Flesher
Flanders, 1945
Suzanne Swarts
Lund, 1946

Karin Clafford Farley,
1949
Louise Dorothy
Zingrone, 1951
Mary Ann Rothermel
Striedl, 1959
Karen Hammond
Lennes, 1989

ALPHA GAMMA

Anna Langston
Herndon, 1948
Dorothy Powell
Truitt, 1950
Dorothy Cooley
Barksdale, 1955
Annie Oakley
Parsons, 1958
JoAnn Slobig
McLendon, 1960
Martha Youngson
Haarbauer, 1962
Margaret Temple
Toland, 1962
Luvola Huffstutler
Wisneski, 1964
Pam Palmer Junkin,
1968
Emily Faulk Radosta,
1996

ALPHA EPSILON

Marilyn Gibbs
Mooney, 1952
Mary Lou Thomas
Peepers, 1958
Jessie (Jackie)
Edwards Plaxico,
1966

ALPHA ZETA

Evelyn Ulmer Schaaf,
1939
Verna Barr
Heimbinder, 1941
Joan Lambertine
Foster, 1951

ALPHA THETA

Anne McWilliams
Stigers, 1948
Jacqueline Auerill
Wente, 1953
Linda Sue Stephens,
1958
Noreen Speckman
Carter, 1964
Victoria Lester
Leake, 1976
Janice Kay Halpin,
1984

ALPHA IOTA

Frances Schwartz
Elkins, 1949
Lois Wofford Berry,
1953

ALPHA KAPPA

Joanne Hill Merritt,
1945

FLAME ETERNAL

Dorothy Block
Hinxman, 1946
Doris Fieg Holm,
1946

Marian Harley
Matice, 1946
Betsy Bishel Dean,
1948

ALPHA OMICRON

Sarah Gaye Waldrep
Norris, 1963

ALPHA PI

Carol Cooper
Robinson, 1966

ALPHA RHO

Tatum Brown
Gardner, 2019

ALPHA SIGMA

Grace DeWolf Trice,
1945
Irene Leslie Bush,
1949
Betty Turner
Thomas, 1949
Claudia Thomas
Conybear, 1950
Suzanne Matzat
Degni, 1951
Jean Woodley
Brown, 1962
Jennifer Kiser Lloyd,
1989

ALPHA TAU

Betty Benedict
Steen, 1944
Jane Fairlee
Gourley-Willis, 1953
Shirley Christopher
Anderson, 1955
Eleanor Marilyn
Anderson Lytton,
1957
Sandra Carla Cooper
Crutsinger, 1959
Dasa Rowland
Meadows, 1961
Kay Phillips Sparks,
1961
Deborah Baker
Gannaway, 1971

ALPHA CHI

Sally Shelton
Buehler, 1952
Marjorie Martin
Hollway, 1952
Susan Rowe Bonds,
1956
Rhodean Damm
Glen, 1959
Joyce Beak Spang,
1962

ALPHA PSI

Ruth Virtanen
Albach, 1948

Norma Lee Boggan,
1949
Barbara Routt Laska,
1949

Esther Hagg
McGuire, 1953
Gloria Jean Salter
Fenn, 1955
Patricia Sage Harris,
1957

Dolores Monday
Sher, 1961

Linda Brayton
Markley, 1967

BETA ALPHA

Ruth Nichols
Reynolds, 1937
Marguerite Kent
Repass, 1938
Barbara Whaley
Landers, 1940
Muriel Walling
Wagner, 1940
Elizabeth Lincoln
Preti, 1942
Audrey Joslin
Wilkinson, 1951
Diane Curran Davis,
1952
Judith Nowakowski
Smith, 1956
Carol Kogut
Menezes, 1959
Judith Ewing Senio,
1961

BETA BETA

Ruth Ballard
McGovern, 1941
Helen Moore
Barnett, 1942

BETA GAMMA

Ruth Schaefer Dix,
1962
Elizabeth
Winebrenner
Clines, 1973

BETA DELTA

Elinore Beaumont
Elliott, 1941
Mary Jane O'Hara
Grissom, 1946
Caroline Hair, 1960

BETA THETA

Cynthia Doremus
MacKinnon, 1952
Virginia Nill Swartz,
1953
Norma Jean
Renninger Reed,
1956
Elinor Michael
Shenk, 1958
Diane Bowles Pucko,
1960
Pamela Schrader
Boerner, 1964

Kathryn Briner
Spataccino, 1966
Kathleen Ward
Gaines, 1969

BETA IOTA

Barbara Anne
Winfield, 1953
Margaret Springer
Horton, 1966
Karen Kester
Thomas, 1975

BETA KAPPA

Wylma Collins
Guilfoil, 1937
Barbara Davis
Buffington, 1939
Barbara Burns
Bruce, 1941
Jean Lozier McGuire,
1941
Darlene Walter
Williams, 1946
Darlene Wiesner
Bortle, 1948
Dorothy Jewett
Neel, 1949
Norma Baedke
Anderson, 1950
Mary Maloney Evert,
1954
Jeanne Cooke
Collins, 1956
Helen Young Bucher,
1958
Debra DeMuth
Lindquist, 1958
Marlene Tipton
Lunde, 1958
Katherine Smith
Melsa, 1959
Sally Bane Lynas,
1961
Mary Jane Gibson
Weber, 1969

BETA LAMBDA

Patsy Crox Underhill,
1944
Elizabeth Wittich
Leach, 1946
Janice Jones
Fletcher, 1953
Paula Young
Gillespie, 1955

BETA NU

Irene Vulgan Kogan,
1953

BETA XI

Emily (Ann) Tharp
Vick, 1943
Jeanne Tuley
Burson, 1948
Barbara Farrington
Broadwell, 1950
Sharlene Sharpe
Love, 1952

Marilyn Monette
Anthony, 1954
Martha Jacobs
Buettner, 1954
Betty Ann Smith
Chapman, 1954
Cynthia Motlow
Powell, 1959
Charlotte Davis, 1973

BETA PI

Patti Webb Fox,
1944
Laurel Brummitt
Long, 1945
Helen Wolf Allen,
1946
Mary Wesley Souder,
1946
Joan Buchbinder
Hall, 1949
Carolyn Carr Christ,
1954
Glenna Vander Meer
Paukstis, 1956
Mary (Maribeth)
Dinger Wilson, 1958
Pamela McKinley
Letzring, 1960
Barbara Brinser
Maniha, 1960
Gwyn Randall
Hartman, 1967

BETA RHO

Jane Mooney Ryan,
1945
Helen Hunt Hill, 1946
Maryellen Dobben
Davis, 1952
Mary Braamse
Edgar, 1952
Ann Martineau
Bodary, 1953

BETA SIGMA

Helen Stewart Allen,
1942
Janice Stegner
Hodsden, 1964

BETA TAU

Amaryllis Barber
Gerber, 1945
Jean Kleinschmidt
Ang, 1946
Margery Gorst
Curtiss, 1949
Rosalee Olsen
Nagele, 1949
Lois Zaugg Dawson,
1953
Beverly Eicher
Haupt, 1956
Sylvia Smith
Kleindinst, 1956
Arlene Lodwig
Watson, 1958
Loyeen Nicholson
Woodruff, 1960

Marilyn Posvar Miller,
1967

BETA UPSILON

Sonja Romanowski,
1959

BETA CHI

Leona Jane Houser
Kleppinger, 1941
Odetta Feikert
Stoffel, 1941
Mary Louise Hoeflich
Thomas, 1952
Judith Ripper Flint,
1961
Judith Mercer
Norton, 1961
Carolyn Anne
Connelly, 1974

GAMMA ALPHA

Lois Indoe Bangert,
1948
Ruth Anne Oberer
Kendrick, 1949
Constance Wagner
Helfrich, 1956
Linda Ketterer
Westervelt, 1961
Janet Hinde Fortune,
1962

GAMMA BETA

Virginia Butler
Calistro, 1944
Sally Moulton
Edlund, 1948
Judith Dingwall
Turksel, 1954
Dale Strack Pierson,
1955
Judith Roncalli
Powers, 1958
Virginia Barger Vasil,
1967

GAMMA GAMMA

Rosemary Lay Kelly,
1945
Erma Elvera Robker
Hoffman, 1953

GAMMA DELTA

Lorraine Yotka
Teyssier, 1946
Margaret Myers
Moyer, 1950

GAMMA EPSILON

Diane Griffith
Kasdorf, 1947
Marilynne Perrine
Lorenzo, 1947
Sally Wright
Thomas, 1951
Marilyn Hall
Rhatigan, 1953
Susan Haesemeyer
Jorgensen, 1960

Susan Shea
Rummans, 1960
Wilma Arlene Larsen,
1963

GAMMA ZETA

Elizabeth Scott
Lehman, 1958
Joanna May Tanner,
1959

GAMMA THETA

Sue Henning Myers,
1953

GAMMA IOTA

Betty Byrum Pruitt,
1951
Glenda Young Byrd,
1953
Ruth Moody Dyer,
1954
Polly DeBardeleben
Smith, 1959
Martha Karow Taylor,
1964

GAMMA KAPPA

Dora Lee Kriechbaum
Clouston, 1948
JoAnn Slevin
Marcinkoski, 1952

GAMMA LAMBDA

Alice Hays Gibbons,
1951
Joyce Lazzarini
Lahann, 1951
Heather Lois Maclean,
1952
Doris Ringgenberg
Huls, 1953
Carol Servance
Garland, 1958

GAMMA NU

Toni Gilbert Butler,
1962

GAMMA XI

Anna Martin Wright,
1952
Laura Vigil Caffey,
1957
Laurel Reid Preler,
1985

GAMMA OMICRON

Nell Buchanan Lester,
1950
Barbara Sinnhoffer
Edmunson, 1958

GAMMA PI

Leslie Roell, 1950
Elaine Betty Eisner,
1964

GAMMA RHO

Cheryl Hamper
Thompson, 1953

Marjorie Prichard
Cole Anderson, 1957
Judith Wenger Claus,
1960
Susan Nelson Lakin,
1964
Cheryl Fry Campbell,
1965

GAMMA SIGMA

Sarah Allen Modica,
1965

GAMMA TAU

Elizabeth Pringle
Howren, 1950
Joy Traver Haas, 1951
Carol Agnew Tallman,
1961

GAMMA UPSILON

Anne Cecile
McGinnis, 1949
Reta Jeanne Seehorn,
1968
Anna Stewart Parker,
1958
Nita Anderson
Wilson, 1973

GAMMA PHI

Barbara Stahlman
Haskell, 1962
Roxie Bence
Berzansky, 1971

GAMMA CHI

Joan Bailey Cash,
1953
Elizabeth Swank
Frazier, 1954
Sandra Schoof
Justice, 1957
Patsy Moran
Meachum, 1957
Mary Jenkins Major,
1959
Ronda Nussbaum
Nietch, 1962
Anita Mae Miller, 1971
Catherine Osburn
Patterson, 1972
Janice Hayworth
Hurst, 1975
Marni Fowler Hickey,
1987

GAMMA PSI

Eldine Bailey Thelen,
1954
Marykae Powers
Clayton, 1956
Harriet Hillabrant
Mathews, 1956
Margaret Dershem
McDunnell, 1956
Janice Jajey Phipps,
1962
Faye Swartzbaugh
LeGrand, 1968

GAMMA OMEGA

Imogene C.
Beckemeyer, 1953
Sue Watson Pickerill,
1955
Marsha Wiehn
Gruner, 1956
Patricia Royer Ireland,
1958

DELTA ALPHA

Hannah Nicholas
Gough, 1955
Carolyn Freeman
Mokski, 1965

DELTA BETA

Susan Sims
Sunderland, 1988

DELTA GAMMA

Mildred Moss Greer,
1954

DELTA ETA

Gail Harmon Elmore,
1959

DELTA THETA

Judith McCormick
Joiner, 1957
Karen Quick Walker,
1961

DELTA IOTA

Ann Marie Polcari
Greeley, 1956

DELTA KAPPA

Jacquelyn Sumerford
Schexnayder, 1957
Judy Young Earl, 1961

DELTA LAMBDA

Sherry Sawyer
Adams, 1956
Jo Ann Nelson Riggs,
1957
Nancy Rinando
Cunningham, 1960
Jane Holt-Duecaster,
1972

DELTA MU

Karen Inman Kounas,
1959

DELTA NU

Marlys Petersen
Guilford, 1957

DELTA XI

Elaine Robinson
Raicevich, 1956
Joyce Mrkvicka
Lindholm, 1962
Lucy Rauen Lynch,
1966

DELTA OMICRON

Sherry Chance Doty,
1967

DELTA PI

Pat Bergerhouse
Feltner, 1956
Rosemary Voeste
Fladung, 1956
Helen Elaine Redman
Hedrick, 1956
Sharon Deyo
Drinkwater, 1960

DELTA RHO

Editha Gellenthien
Bartley, 1956

DELTA SIGMA

Dora Belle Steele
Clark, 1957
Sandra Court Sparks,
1958
Deborah Howard
Kobos, 1966
Rachel Davidson
Puckett, 1990

DELTA TAU

Rosemary Hlavacek
Cooper, 1957
Peggy Prince Brooks,
1962

DELTA UPSILON

Margaret Ann
Stettler, 1956
Julia Wright Bressler,
1959

DELTA PHI

Rhonda Rider
Calhoun, 1980
Candice Crossland
Juergens, 1988
Julie Elaine Bamberl,
1990
Amy Rolison Tucker,
1993
Mary Beth Barker,
2011

DELTA CHI

Lavelle Smith
Headington, 1956
Kathryn Mulvany
Ramey, 1956
Luetta Yamamoto
Dohi, 1957

DELTA OMEGA

Donna Stout Pittman,
1957
Mary Hansen
McMillen, 1965
Linda Sims North,
2011

EPSILON ALPHA

Nona Grimsley
Shaner, 1966

EPSILON BETA

Mary Mosley Brazzel,
1957

Catherine Calhoun
Edgar, 1960
Neva Willis Jones,
1963

EPSILON GAMMA

Marcia Stone
McDowell, 1956
Elinor VanTrump
Autrey, 1957
Vera Letzig Baumann,
1957
Sara Green Hall, 1957
Barbara Yates Foley,
1961
Julie Spencer Scott,
1971

EPSILON EPSILON

Joyce Edgar Coolley,
1958

EPSILON ETA

Frances Hartmann
Lucas, 1956
Barbara Gerhardt
Lauria, 1959

EPSILON THETA

Thelma Crandall
Bergquist, 1957

EPSILON IOTA

Deborah Cox Harper,
1970

EPSILON KAPPA

Margaret Clark
Billings, 1957
Helen Margaret
Locher, 1957
Elizabeth Martland
Jackson, 1962
Karol Stuessi
Freeland, 1964
Margaret Trachte
Lind, 1965
Jane Anderson Gass,
1970
Lori Maloney Kurz,
1992

EPSILON NU

Katharine Cochran
Corbett, 1956

EPSILON XI

Patricia McKay Davis,
1956
Wanda Carroll, 1959
Peggy Moore Crowell,
1967
Sheila Gass
Ciabocchi, 1970

EPSILON OMICRON

Barbara Jo Hull Flack,
1957
Miriam Parkinson
McNeil, 1957
Joy Widmer Roberts,
1957

FLAME ETERNAL

Virginia Heffelfinger
Stefanovich, 1957
Sallie Koch Lau, 1964
Donna Murphy Neal,
1969
Nancy Bishop Hart,
1971

EPSILON RHO

Rosemary Pearson
Davidson, 1957
Janice Olenius
Johnson, 1957

EPSILON SIGMA

Jo Ann Oakes
Burnett, 1958
Sally Wendland
Burns, 1959
Nancy Sandacz
Radke, 1959
Mary Richer Smith,
1977

EPSILON TAU

Virginia Wilson
Johnston, 1960
Carolyn Morris Gale,
1970
Audrey Berg
McElhinney, 1990

EPSILON PHI

Elizabeth Muir Law,
1956
Carol Vervake Wilson,
1956
Mary Jane Salada
Young, 1956
Constance Kolis
McGhie, 1969

EPSILON CHI

Patricia Mokelke
Martens, 1957
Marion Brickler
Trinko, 1960

EPSILON OMEGA

Rose Meisner
Reaume, 1956
Karen Jacobson
Eggen, 1958
Sarah W. Niebergall,
1978

ZETA ALPHA

Luanna Baxter
Jacobs, 1962

ZETA GAMMA

Jan Laurent Bull, 1963

ZETA EPSILON

Lynne Kirchner
Magulick, 1959
Donna Sue Rocca,
1979

ZETA ZETA

Sylvia Colwell Brown,
1958

Jean Elderkin Gladish,
1965
Joy Downing Moutos,
1969

ZETA ETA

Laura Snead Waters,
1974

ZETA THETA

Barbara Eldridge
Morris, 1963
Jean Loftin Berger,
1977

ZETA IOTA

Linda Edwards
Hartford, 1963

ZETA KAPPA

Marie Pearl Armes
Heath, 1959
Norma Shumaker
Hiner, 1959
Janice Stahl
Shoemaker, 1959

ZETA LAMBDA

Karen White Dunn,
1962
Sandra Day Peed,
1965

ZETA MU

Pamela Engel
Bettger, 1964

ZETA NU

Vena Towle Smith,
1961
Mary Gower Dove,
1965
Barbara Bernath
Clark, 1966
Susan Tomlin Courter,
1982

ZETA XI

Rebecca Caddell
Johnson, 1961
Jeanne Smith Ehlers,
1963
Judith Elizabeth
Rochelle, 1965
Nancy Summers
Hurt, 1973

ZETA OMICRON

Gail Kumm Cleary,
1961
Margo Olson Kersten,
1961
Sherry Block
McCutcheon, 1961
MaryBeth Wambach
Volz, 1974

ZETA RHO

Patricia Neely
Crabtree, 1961
Karen Mische
Grantham, 1983

ZETA TAU

Susan Traynor Spicer,
1975

ZETA UPSILON

Carolyn Maertens
Kosidowski, 1962

ZETA PHI

Pamela Vellente
Fanone, 1967
Karen Kistler Scott,
1967
Lisa Barbary-Hopper,
1988

ZETA CHI

Sandra Reese Barth,
1970

ZETA PSI

Barbara Clark Culp,
1966
Nina McCarty Clary,
1985

THETA ALPHA

Lavina Alberts
Johnson, 1962
Joyce Jackson
Thomas, 1965
Elaine Marshall
Kelsey, 1966

THETA BETA

Josephine Brown
Baker, 1963

THETA DELTA

Nancy Malli George,
1962
Maren Kiehl Schober,
1962

THETA EPSILON

Dee Marie Kendall,
1965

THETA ZETA

Judith Miller Wilson,
1962
Katheryn Kelly
Woodley, 1962

THETA ETA

Ann Condon Blaine,
1976

THETA IOTA

Charlene Keenum
Sepulveda, 1962

THETA NU

Barbara Stoltenow
Lundberg, 1967
Susan Graves Seltz,
1967
Barbara Kiono-
Phelps, 1968

THETA XI

Sue Eddy Marshall,
1963

THETA OMICRON

Margaret Moore
Baltis, 1969
Sally Miller Hamlin,
1972

THETA RHO

Margo Gomez, 1966
Karen Schade
Malone, 1966

THETA SIGMA

Theresa Sokol Popp,
1968

THETA PSI

Jann Campbell
Phelps, 1965

THETA OMEGA

Margaret Swindell
Butler, 1966

IOTA ALPHA

Cindy Lewis Nemeth,
1974
Barbara DeLay
Williams, 1977

IOTA BETA

Joanne Wherley
Beckman, 1969

IOTA EPSILON

Melede Gladoske
Gerwig, 1968

IOTA IOTA

Debra Sadler Rice,
1971

IOTA KAPPA

Virginia Brancone
Thompson, 1967
Donna Carlson
Talbert, 1968
Janet Nelson
Trawinski, 1971

IOTA NU

Valerie (Vicky)
Carlson Wilson, 1972

IOTA XI

Sharon Lee Yingling,
1971

IOTA TAU

Patricia Elizabeth
Crawford, 1968

IOTA UPSILON

Jacqueline Anderson
Berliner, 1968
Natalie Brackett
Vinyard, 1991

IOTA PHI

Gloria Dronet
LeJeune, 1968
Barbara Lindsey
Roberts, 1968

IOTA PSI

Janice Taraba
Bielamowicz, 1969
Isata Ada Sheriff,
2018

KAPPA BETA

Erin Jo Ferland, 2011

KAPPA ZETA

Kathleen Dillin
Stephens, 1976

KAPPA TAU

Stacey Dyer Prichard,
1980

KAPPA CHI

Mary Urdea
Smercansky, 1976

KAPPA PSI

Patricia Ann
Dansbury, 1975
Robin Yealey Malone,
1990

LAMBDA ALPHA

Lisa Lofland
Crawford, 1997

LAMBDA NU

Avery Wilkerson
Beatty, 1993

LAMBDA XI

Kara J. Weldon, 2003

LAMBDA OMICRON

Valorie Amber
Rogers, 1998

LAMBDA PI

Elizabeth Moore
Rogers, 1974
Cynthia Jackson Pike,
1983

XI XI

Shannon Marie
Snowdy, 2004

XI SIGMA

Elizabeth Duvall
Douglas, 1990

XI CHI

Stacy Elizabeth
Dempsey, 2001

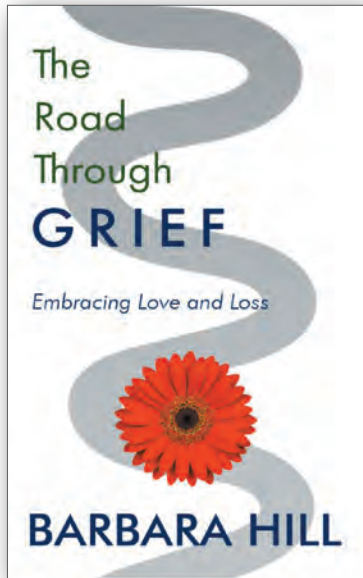
OMICRON EPSILON

Shania Brown
Wheetley, 2014

OMICRON LAMBDA

Tracey White Taylor,
2003 🔥

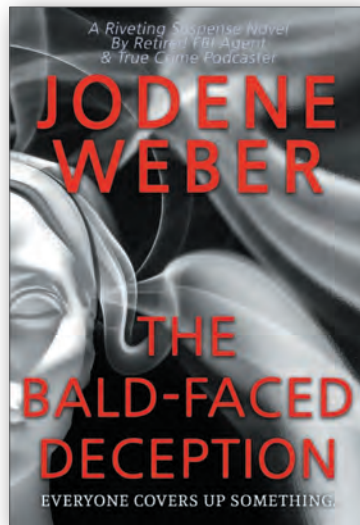
READING ROOM



A book for navigating the challenges and complexities of grief.

Barbara Hill, Zeta Phi-Slippy Rock (PA), published a book made to help people through their grief. Barbara touches on various stages of grief, how memories trigger, navigating the early stages of loss and provides several proven tools and strategies to manage grief. She also highlights that grief isn't just about loss, but about love and how to move forward. Reviews of her book call it, "a true companion for anyone grieving," "It is a wonderful balance of solid factual info and personal anecdotal insights," and more.

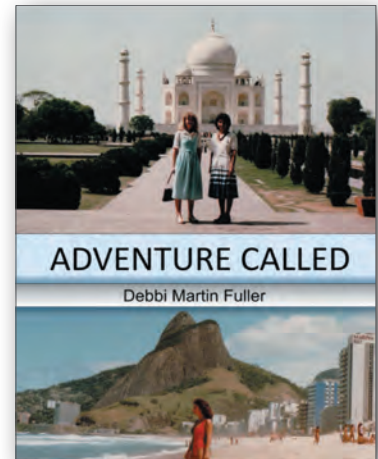
You can read Barbara's book on Amazon Kindle or purchase a paperback copy on Amazon.



Everyone Covers Up Something

Jodene Weber, Epsilon Omega-Wisconsin/Eau Claire, writes about Lindsay Sutton and her husband's disappearance. When she finds out the town mayor has a motive to kill her husband, and the police don't believe her, Lindsay turns to the editor of a popular online news site and crime victim, Claudia Marton. Claudia and Lindsay discover they are deep in a murderous plot with the body count only increasing. Can they unveil the killer on a deadline timeline?

You can find Jodene's book at Amazon, Barnes & Noble and other major retailers.



When adventure called, she answered.

In her memoir, Debbi Martin Fuller, Theta Gamma-New Hampshire, reflects on her time as a flight attendant for Pan Am from 1980 to 1989. During her time with the airline, Debbi got to travel and see the world as she had always dreamed of. Reviews of Debbi's stories reflect the excitement and nostalgia of her memories.

Debbi's book can be purchased on Amazon in paperback.

Are you a Delta Zeta author?

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

GLOBAL AMBASSADOR



Payton Chronister working with care to ensure a comfortable and precise fit for this man's hearing aids.



Above: Past National President, Diane Stecher (at left) and Payton Chronister share a joyful moment with a patient in Honduras after fitting him with hearing aids.

Full Circle

HOW HAVING A HEART FOR HEARING AND SPEECH CHANGED AN ALUMNA'S LIFE

By Karsen Damon, Gamma Kappa-Kent State (OH),
Delta Zeta Global Marketing and Philanthropy Intern

Consistently, Delta Zeta's philanthropy has pulled at the heartstrings of women going through recruitment. Between all of our philanthropic partners, there is a story that our members connect to. It's the reason why I fell in love with Delta Zeta. But for members like Payton Chronister, having a heart for hearing and speech has a deeper, more personal impact.

A member of the Rho Chapter at the University of Denver, Payton was on a time crunch for the 2018 Heart for Hearing fundraiser, having only heard about the contest a few hours before it closed. "I reached out to everyone in my family, asking if they could help me raise the minimum donation to get my name in the raffle and, together, we raised exactly that amount," she said. With just one entry, Payton was shocked when she was told she would be joining the Starkey Hearing Foundation in Honduras.

Her hard work clearly paid off, as she spent a week volunteering her time to help 1,265 individuals in Honduras. Payton helped people who had never heard before. She gave the gift of hearing back to individuals who lost their hearing, regaining their ability after years of silence. To

be a part of such an experience is incredibly emotional—smiles and tears from patients, families and volunteers are expected. Seeing eyes light up at the sound of a loved one's voice is always endearing, but Payton's favorite part was the genuine connection she made with everyone on the mission site. "What stood out to me most was the instant connection I witnessed — the connection with their family, with their surroundings and even with the volunteers — regardless of language barriers or the fact we had only met a few minutes prior," she said.

Payton left this trip knowing she needed to go on another trip with the Starkey Hearing Foundation. When the 2019 Heart for Hearing contest opened, she started fundraising immediately. Using her personal experience in Honduras, she was able to raise enough to have her name entered into the raffle multiple times. Her passion from her previous trip ensured her name got pulled for a second trip. Unfortunately, she would have to wait four years before her second mission. COVID-19 shut down all travel, and Delta Zeta did not join Starkey Hearing Foundation



Below: Woman in El Salvador is overcome with emotion during her hearing aid fitting with Payton Chronister. She heard clearly for the first time in years.



for hearing mission trips.

Finally, Payton's time came. November 2024 took Payton and eight collegiate Delta Zetas to El Salvador for the second trip since the pandemic shut down. She was ready — her confidence to fit people with hearing aids had only grown. It was her homecoming, reconnecting with several women from the Honduras trip and reconnecting with Delta Zeta as an alumna. Payton said, "It felt like coming home in a way. I reconnected with several people I had met in Honduras years before!"

With her previous expertise, it is no surprise that she was giving her all for the people in El Salvador. Little did she know that she would receive the same treatment from Starkey just a few months later. During a video interview on site, Payton shared that she has experienced consistent ear infections for her entire life, leading to hearing loss. After multiple major surgeries to try and fix this, her

hearing got worse. Hearing aids never seemed to be on her horizon. "Even though I knew I had hearing loss, I always thought about how other people had it worse — it felt like

“

You never forget the look on their face or how their eyes light up when they hear a loved one's voice for the first time or when you say "hello."

I didn't need hearing aids when so many other people could benefit from them more," she said.

Inspired by her story, Starkey and Delta Zeta invited Payton to attend the Tani Austin Ignite the

Flame Community and Philanthropy Summit in January of 2025 to test her hearing.

Suddenly, Payton found herself receiving the same gracious services that she had given to the people of Honduras and El Salvador. Determining that she would benefit from two hearing aids, Starkey fit her with the devices free of charge. "It felt like a full circle moment: after being able to share the gift of hearing with others on the Starkey trips, I was now receiving this incredible gift that I didn't even fully comprehend until that moment," Payton said. The moment the devices were fit and turned on, Payton burst into tears. It was a moment so incredibly similar to those that she had given to so many individuals. She was surrounded by women who attended the El Salvador trip, all expressing their excitement and support for her.

To go from volunteer to a patient herself was a shock. It is a large adjustment. Suddenly, everything was loud, and her own voice felt like it was booming. Small sounds stood out to Payton — has her bracelet always made that noise when she moved her wrist? But with the support of Starkey and her loved ones back home, she has had a smooth adjustment. Expressing just how grateful she is for the generosity, Payton said, "I'm so thankful to Starkey for making me see that if I had the chance to hear better, I should!"

Payton's journey — from volunteer to patient — epitomizes the heart of Delta Zeta's philanthropy and the transformative power of the Starkey Hearing Foundation's mission. Her experience serves as an inspiration, showing that through service, community and generosity, we are not only changing the lives of others, but also transforming our own in ways we never imagined. 🔥

TRULY ΔZ

Paving Your Own Path

Dr. Janice Rafferty, Alpha Chapter-Miami (OH), is the Chief of Colon and Rectal Surgery at Christ Hospital. Her work in the medical industry was not without its share of obstacles as it is a male-dominated industry. Despite this, Dr. Rafferty has risen to the challenge and used her sisters to help her achieve her dreams.

What led you to Delta Zeta?

I remember going through rush and there wasn't any other sorority where I really felt at home. That has to do with people — people are home, not a physical location. You know that feeling when you have it, and when you don't. There's a big void. When you do, it's a comforting and peaceful place.

What's your favorite line of the Creed?

"To those whom my life may touch in slight measure, may I give graciously of what is mine." I would say that line is part of what I do every day. It's part of me, work, home — and my friends. Looking at our Creed now, I'm all choked up. There's a line that applies to each segment of my life but the second paragraph is what is interwoven with my life on a daily basis.

Who are your mentors in life?

If I were to aspire to be a strong leader as a woman, I would say Cindy (Menges) is someone whom I have always looked up to through the years. She's always inspiring. Today — from a professional standpoint

— I have mentors in colon and rectal surgery who I'm still in touch with, who I look to for inspiration and guidance with ethics and programmatic development. Growing up and during residency, there were really no women doing this type of work around me they were few

“

People are home — not a physical location.

and far between. And so, to leave my male-dominated general surgery training environment and go to St. Louis, where one of my faculty members was a woman — who, by the way, was pregnant at the time — I remember thinking "Oh my gosh. This is doable. This is amazing. I've never known anyone like this."

What's something that most people don't know about you?

Before starting at Miami University, I actually spent the

entire summer making my wardrobe. I made all my own clothes. And that was back in the days of Calvin Klein and Izod type of brands. I remember making a pair of blue jeans and getting the same color thread for the seams in the pockets as Levi's had. Isn't that crazy? I leave all the sewing to the operating room these days. I have not made a garment or a pillow or a curtain in many, many years.

What excites you most about Delta Zeta today?

I was reinvigorated by Cindy's message asking me to do this interview. She explained to me the reach of this publication, and I didn't really realize that there are more than 300,000 people in the Delta Zeta community out there! I did not realize the extent of the reach and the lasting legacy of this

organization. It just continues to grow. I find that almost overwhelming in some ways, you know? And to think that I was a part of it. That was, what, 45 years ago? And how it's impacted and inspired so many young women and others. That's amazing.

Pink or Green?

Definitely pink. I'm wearing pink shoes right now. And believe it or not, I recently bought this beautiful green sequin skirt, and I actually put it on with a little pink cardigan while trying it on. I thought "Oh gosh, I look like a DZ" and at the same time, the woman who sold it to me asked, "You're a DZ?" It was such a funny moment — and I love the colors together — but if

I had to choose, I would say pink. 💖



LET'S GO TO

Italy



Calling all alumnae!

Join us for a once in a lifetime trip to Tuscany, Cinque Terre and the Amalfi Coast in June 2026.



Scan here to view the itinerary and secure your spot!

We can't wait to travel with you in 2026!

Spots are limited and available to Delta Zeta alumnae and their loved ones on a first come, first serve basis.



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DELTA ZETA

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If you would like to read The LAMP online to help the Sorority to go green,
please email us at GreenLAMP@deltazeta.org.



Save the Date OCTOBER 23 & 24, 2025