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🔿 12737 E. Euclid Drive, Centennial, Colorado 80111

) @gammaphibetasorority 🛛 🧗 Gamma Phi Beta

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## DEAB Sisters

What an incredible and humbling honor it is to write to you today as your Foundation Chairwoman. With 2021 now underway and our strategic planning process completed, we enthusiastically refine our focus, which is grounded in the following vision areas: Consistent, Robust and Sustainable Financial Position, Strong and Clear Brand Presence and Meaningful Lifetime Donor Engagement. The Foundation Board of Trustees has identified these as our priorities for the remainder of the biennium.

These vision areas complement the priority vision areas for the Sorority and Facilities Management Company (FMC) and will strengthen us as One Gamma Phi Beta. The alignment of each entity's strategic priorities and vision areas will allow us to better serve our sisterhood today and prudently support our organization in the years to come. I am truly inspired and energized by this unique moment in our history and eager to see the meaningful and incredible things that we will achieve together through our partnerships.

We have already seen the impact we can make in the lives of our members by thinking innovatively as One Gamma Phi Beta. Like when the FMC partnered with the Foundation, for the first time, to update the study room in Gamma Omicron's chapter facility. Learn more about the transformation and the designers who helped make it possible on pages 35-39.

This issue's cover story (page 20) is one of resilience, highlighting a sister who exemplifies what it means to be a confident woman of character. Intrepid journalist Sarah Kim (Columbia) sheds light on the disability community as a woman with cerebral palsy through her passion for the written word.

I believe this past year, with all its challenges, presented us with opportunities to reflect upon what it means to be True and Constant. I observed so much compassion and witnessed the life-changing impact of sisters helping sisters through the gifts of self, service and support. I believe this year will bring new opportunities for us, both personally and collectively. I know that we will embrace our enduring commitment to one another through Gamma Phi Beta and strive to embody our Core Values in our daily lives, every step of the way.

In IIKE,

M. Angel and Angela Jordan Dimit

Foundation Chairwoman



### WHO IS ANGIE?

Angela (Angie) Jordan Dimit is currently serving as the Foundation Chairwoman on the Gamma Phi Beta Foundation Board of Trustees. She previously served two terms as a Vice President on International Council (IC) and was the IC representative on the Gamma Phi Beta Foundation Board of Trustees during her second term.

A member of Omicron Chapter at the University of Illinois at Urbana-Champaign, Angie received a Bachelor of Science degree in business administration and marketing and a Master of Education in human resources education.

**COFFEE OR TEA** I like both!

PHSYICAL BOOK OR AUDIOBOOK Physical

STAYCATION OR VACTION

Vacation because I can never actually make a staycation happen!



# Ritual Versus Chapter Traditions

By Samantha Keltner (Northern Iowa) and Mary Knaup (California State-Fullerton)

"But we have always done it that way..."

Is this a refrain you have heard in your chapter before? Chances are high, as this is a common phrase used to describe a chapter tradition.

Traditions can be a fun and memorable part of your chapter experience. They can represent the special and unique way your chapter celebrates members and important events, and they are often reflective of the culture on your campus and geographical location of your college/ university. Traditions vary from chapter to chapter.

It is important to honor the heritage of chapter traditions, but so is critically examining traditions from time to time to ensure their relevance. When examining your chapter's traditions, consider the following questions: Is this tradition reflective of our Core Values? Is it inclusive of every member? Does it move your chapter toward achieving your goals? Do members enjoy participating in this tradition? If the answer to any of these questions is no, it's time revise or omit the tradition entirely and replace it with a new one.

Although chapter traditions are unique to each chapter, there is one commonality all chapters share: our ritual.

The ceremonies each sister participates in represents significant milestones in their Gamma Phi Beta membership. For instance, the sacred rite of Initiation or ribbon pinning, where new members don the Sorority's colors on ribbons when they join our True and Constant sisterhood. Our ritual extends far beyond each one of us and our chapters. It connects us to the Sorority and provides all Gamma Phi Betas inspiration for how to live a more purposeful life. Every time ritual is performed, we get to reaffirm our commitment to our ideals.

It is important to celebrate both our traditions and ritual. One provides us with those unique chapter characteristics that create cherished memories, and the other provides us with a connection to our past and consistency for our future.

### **Examples of Tradition**

Big/Little Reveal Initiation Week Events Firesides Senior Celebrations Candle Passing

Versus

### Examples of Ritual

Ribbon Pinning New Member Pinning Reflection Service Initiation Founders Day Senior Rite of Passage

Empowered Women

## **EMPOWER WOMEN**

Gamma Pi Chapter sisters Addie Erickson and Molly Nhean share impactful words in the Mankato community

Minnesota nonprofit YWCA Mankato oversees and runs all programming for the Girls on the Run (GOTR) of Greater Mankato council. On October 17, 2020, the nonprofit hosted Mankato Women's March. And because of its partnership with GOTR, the organization encouraged members of Gamma Pi Chapter at Minnesota State-Mankato (MNSU) to participate. Twenty members, including Chapter President Addie Erickson, did precisely that.

Two hundred and fifty mask-wearing spectators attended the event to honor the life of Ruth Bader Ginsburg, former associate justice of the Supreme Court of the United States and member of Alpha Epsilon Phi, and her



outstanding contributions to civil rights and gender equality. Addie reflects on the day, saying, "The most inspiring thing about the event was seeing how many like-minded women there are in our community. In Gamma Pi, I'm constantly surrounded by women who have the same values. But it was overwhelming to see the number of women in my community that also share these values that we, as Gamma Phi Betas, work toward every day."

The event featured an incredible lineup of speakers, with Addie and Molly Nhean, Gamma Pi's belonging, equity, diversity and inclusion (BEDI) chair, being two of them. Together, the sisters took to the stage to read an impactful speech they co-authored. An excerpt of their inspiring speech is on the next page.

"It was important for me to speak at the event because I believe so strongly that as a chapter, we have so many capabilities as powerful women in our community to make a difference. I also felt that our community needed to see young college women in support of the event." Addie continues, "On a more personal level, this event was important to me because it meant I did my part to educate myself about the different experiences of being a woman. By doing that, I learned how to continue to build strong women both in my chapter and throughout the rest of my career."

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In Gamma Phi Beta, we believe empowered women empower women. We know that the resilient women who have come before us have laid the foundation on which we are standing today. However, we know there is still an immense amount of work that needs to happen to end all gender disparities. We have taken on this responsibility to continue the work of the women before us, and this has guided our mission to build confident women of character who celebrate sisterhood and make a difference in the world around us. We empower our members through intentional and specific programming about healthy relationships, being an active bystander and leadership skills. These programs have given our members the confidence to take on leadership roles in advocacy, STEM, health care, politics, education and social justice. All these roles, we believe, are where women's voices need to be heard.

As empowered women, we also recognize that changes need to be made in systems that are not inclusive. Gamma Phi Beta chapters have worked to make changes within our organization, to create a more inclusive, equal and diverse community. Our mission is to set the standard for all college organizations to provide educational and social opportunities for each student no matter their walk of life. In our chapter, we have implemented change through our leadership, bylaws and policies in hopes to create a more inclusive community where all women feel welcomed, safe and supported.

Within our sisterhood, we have found this belonging, where each woman has the platform to tell her story without fear of failure or judgment. This empowerment of being heard allows for everyone to be their own strong woman. In being an empowered woman, we can see the value in having other strong women behind us, to know we are not alone in the struggles we face today. Lastly, we want to say thank you to all the women who have come before us, who are here today and the women we strive to be, because empowered women empower women. From this day forward, now more than ever, let's continue marching together to fight for the justice and equality that all women deserve.

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## TRUE AND CONSTANT

Step aside, Kendra Scott, because there's a new jeweler in town: Alexandra Blake (Lehigh). This New York native founded Alexandra Charles (AlexandraCharlesJewelry.com), which specializes in heirloomquality baubles that bridge the gap between fine and fashion jewelry. After scouring the market to no avail for affordable, lightweight, colorful and exuberant earrings to pair with other pieces in her jewelry collection, Alexandra took it upon herself to make her own. The mompreneur tells all about her new business, which launched last year, below.



### WHAT INSPIRED YOU TO START A BUSINESS?

I've always wanted to start my own business, but what pushed me to take that final step was not being satisfied with the jobs currently out there, especially for working moms. I went back to graduate school and landed my dream job in jewelry at Van Cleef & Arpels, and even though I loved the company and my team, I felt pigeonholed into only working on one aspect of the business. I wanted to do something where I could work on all aspects, including design, marketing, finance, etc.

## WHAT IS THE STORY BEHIND YOUR COMPANY'S NAME?

My name is Alexandra and Charles is my son's name. I always thought I would wait until I was a bit older to start my own company, maybe when I was done having children. But then I had a health scare in 2019 after trying to conceive my second child, and it made me wonder why I was waiting. Alexandra Charles seemed like the perfect name to start moving forward. To incorporate both my children, I later named one of my designs after my daughter, Georgie.

## WHAT IS YOUR LAUNCH COLLECTION ALL ABOUT?

Wearability and quality. I set out to design the lightest earring possible and wanted to incorporate high-quality, natural materials. I also wanted to make these pieces very easy to wear. While I love earrings with a ton of color, I find it so difficult to wear them with patterned clothes. Alexandra Charles earrings are all monochrome, so they will match every outfit in your closet.

#### WHAT ARE YOUR EARRINGS MADE OF?

They are handmade in India by skilled artisans who bead each piece! They are made of silk thread and natural gemstones, like malachite, lapis lazuli, garnet, onyx and pyrite. We also use 14 karat gold-filled posts to avoid any ear irritation.

### 5 DO YOU DESIGN EACH PIECE? WHAT INSPIRES YOUR DESIGNS?

I do design each piece. I drew a lot of inspiration from florals. Wherever I travel, I always make it a point to visit a country's traditional gardens — whether it's English gardens in Cotswolds, rolling wildflowers in France's Loire Valley or cascading orchids in Thailand. Our signature piece, the Chaplet, was inspired by these travels and how individual botanicals transform into something new when they are joined together.



6 ANY PLANS TO EXPAND YOUR PRODUCT LINE?

I'd love to add additional pieces down the line. I think everyone has a different preference when it comes to their favorite piece of jewelry, so I'd like to have options for everyone.

### WHAT DO YOU LOVE ABOUT BEING A SMALL BUSINESS OWNER?

The chance to get to do a little bit of everything. With a background in finance, I have craved something more creative for years. However, when I switched to something exclusively creative in jewelry, I missed the numbers part of my job! Starting my own business has allowed me to get the best of both worlds.

### WHO IS YOUR BIGGEST SUPPORTER?

My husband has always been incredibly supportive. He encouraged me when I wanted to go back to school and switch gears, and he has always pushed me to keep pursuing a career in something I am passionate about.

FOR THOSE LOOKING TO START A BUSINESS, WHAT ADVICE WOULD YOU GIVE?

You have to love your product!

### WHAT ARE SOME OF YOUR HOBBIES?

I have a newborn (Georgie) at home, so my current hobbies include trying to catch up on some sleep! When the world wasn't in a pandemic, I loved taking Charles to see all that New York City has to offer. We've spent a lot of time at the American Museum of Natural History and the Metropolitan Museum of Art.







See more Alexandra Charles earrings on page 26!



Meet the Belonging, Equity, Diversity and Inclusion (BEDI) Summit Keynote Speakers In February, collegians and alumnae gathered online for the inagural Belonging, Equity, Diversity and Inclusion (BEDI) Summit, a one-day event dedicated to creating a more just, equitable and inclusive Gamma Phi Beta. Breakout sessions, keynote speeches, access to exclusive resources and much more was on the day's agenda. Event attendees gained knowledge, language, tools and selfawareness to make a difference in and outside our sisterhood.

Amanda Florence Goodenough and Lawrence Ross, leaders in the areas of belonging, equity, diversity and inclusion, gave keynote addresses at the virtual summit. Learn more about them as well as the breadth of personal and professional experiences they contributed to our sisterhood below.

### Amanda Florence Goodenough

Amanda Florence Goodenough earned her bachelor's degree in communications at the University of Wisconsin-Platteville and her master's degree in college student



development and administration at the University of Wisconsin-La Crosse (UWL). She began her career in higher education in 2006 as the communications and program coordinator for the Research and Resource Center for Campus Climate at UWL. In 2013, she was promoted to assistant director and again in 2018 to director, her current role.

Campus Climate's mission is to center historically marginalized communities, liberate the learner and disrupt inequitable systems to advance intersectional social justice and equity in collective spheres of influence. Amanda and her team offer a variety of services and resources to UWL students, faculty and staff, all of which advance social justice, equity and inclusion on campus and beyond.

But that's not all Amanda does on campus. For more than a decade, she has provided leadership for Awareness through Performance and the Hate Response Team and co-founded Racial and Intersecting Identify Symposium for Equitable University Progress and the nationally growing Hate/ Bias Response Symposium. As a member of Social Responsibility Speaks, Amanda frequently lectures at events about her areas of specialty, including multiracialism, activism, microaggressions, racial justice, power and privilege, hate/bias response and cultural humility.

This passionate educator is a lifelong learner. Amanda is currently a part-time doctoral student in the student affairs administration and leadership program at UWL. When she isn't studying or teaching, Amanda and her partner love helping their young children make meaning of the world.

### Lawrence Ross

Los Angeles native Lawrence Ross attended the University of California, Berkeley, where he joined Alpha Epsilon Chapter of Alpha Phi Alpha Fraternity. He completed his undergraduate studies, earning a bachelor's degree in history, at the University of California, Los Angeles. Lawrence also earned a Master of Fine Arts degree in screenwriting from his alma mater. Today, he leans on both his degrees as a published author of historical texts and fiction.

In addition to having penned articles for various media outlets, including the Los Angeles Times, Essence magazine, Ebony magazine, The Washington Post, USA Today, The Root and CNN, Lawrence has written seven books. His first, "The Divine Nine: The History of African American Fraternities and Sororities," tells the tale of the first African American fraternities and sororities in the United States. It rose to prominence quickly, becoming a Los Angeles Times and Essence magazine bestseller. As a result, Lawrence has appeared on MSNBC, CNN, BCC America, NPR and the John Fugelsang Show for XM radio. He has also lectured at more than 800 colleges and universities to speak on topics in his book. These include fraternalism, student development and fraternity and sorority hazing.

In 2016, Lawrence published his seventh book, "Blackballed: The Black & White Politics of Race on America's Campuses," which explores the present and historical issues of racism on hundreds of American college campuses. MacMillan Publishers describes the book as "a bold mix of history and the current climate. It is a call to action for universities to make radical



changes to their policies and standards to foster a better legacy for all students."

Lawrence is asking students and educational personnel if they are ready to take on the challenge of talking about campus racism with his Blackballed Lecture Tour. He has already spoken at more than 200 colleges and universities. On February 20th, Gamma Phi Betas accepted Lawrence's challenge at the BEDI Summit.





Kritika Aiyer

EPSILON ZETA (Jacksonville) INTERNATIONAL STUDENT

Kritika Aiyer always dreamt of attending college in the United States. Unlike most colleges in her hometown of Mumbai, India, schools in the U.S. allow students to sample a wide range of courses before declaring a major. This freedom to be intellectually curious appealed to Kritika. With her parents' support, she applied and got accepted to Jacksonville University in Jacksonville, Florida.

In 2016, a then 18-year-old Kritika journeyed more than a day by plane to her new school. The first semester was rough, as feelings of homesickness struck her every other day. Her roommate at the time was going through recruitment, something Kritika had never heard of before. She watched her roommate find her sense of belonging and community in Greek life. Hoping to find the same, Kritika followed suit.

"From the very first day of recruitment, I knew Gamma Phi Beta was the place for me. I saw the diversity, genuine friendships and felt immediately comforted. I knew that this would be a place where I could be my true self, and my sisters would be there for me always," she says.

Not long after joining Epsilon Zeta Chapter of Gamma Phi Beta, Kritika transferred to Texas Christian University (TCU), where she is currently a senior.

"I wanted to major in marketing and learn more about the social media and digital marketing field. The Neeley School of Business at TCU could cater to my specific needs within my major, so I chose to transfer to excel in my field of interest."

Kritika, now 22, is looking forward to graduating from TCU in May. Her goal is to work at Google someday because, as she says, "the company's culture, diversity and growth opportunities are second to none." Until then, she plans to stay in Texas after graduation to work and find her footing.

"I am currently applying for jobs in Dallas and a few other cities around the country as well."



### WHAT'S BEEN YOUR MOST CHERISHED GAMMA PHI BETA MEMORY?

The day I met my Big, Magyanis Ruiz (Jacksonville). Big/Little Reveal was very special for me. Although I transferred to TCU shortly after meeting Magyanis, she has always made a conscious effort to be there for me and help me through everything. She's been my role model since the very beginning and is someone I can always confide in.

### NAME A CONFIDENT WOMAN OF CHARACTER YOU ADMIRE. WHY HER?

My mom. I admire her because she has always been there for me, supported me and stood by me through all my decisions. I have grown up seeing her handle work and the household so perfectly, and I hope I can be half as good as she is when I'm older.

WHAT IS A COMMON MISCONCEPTION (IF ANY) ABOUT INTERNATIONAL STUDENTS?

Not many people know that most international students are on scholarships, which are often merit-based. Homesickness affects international students in their first-year way more than they show it.



Kelly Witt

ALUMNA INITIATE STATE OF CALIFORNIA FIRE CAPTAIN

San Diego native Kelly Witt attended California State University, Long Beach (CSULB) and studied human development and human resources management. Her passion for student development in higher education blossomed in college, prompting her to earn a postgraduate qualification in educational counseling after graduation. She began her career as an academic advisor at San Diego State University (SDSU), and she enjoyed every aspect of the job.

"I loved helping guide students toward achieving their higher education goals. It was very meaningful work," she says.

While working at SDSU, Kelly met Cele Hoffman Eifert (Southern California). The two immediately clicked, and Cele, as Kelly recalls, "felt that I had Gamma Phi Beta written all over me and that I was just the kind of person who could make a difference in the lives of young women."

Kelly later joined Gamma Phi Beta as an alumna initiate at Convention 2006 in Chicago. Epsilon Gamma Chapter (San Diego) sponsored her Initiation, and Cele stood beside Kelly as her sponsor and Big Sister. "What an experience," Kelly reminisces about the day.

Volunteering has always been important to Kelly, even from a young age. Shortly after joining Gamma Phi Beta, she was on the Beta Lambda Affiliated House Corporation Board and was the chapter president of San Diego Alumnae Chapter. Currently, she is the alumnae chapter supervisor for Region 7.

Kelly also volunteered with the fire department for five years, where she started as a member of the civilian search and rescue team and later became a team leader California experienced record-breaking wildfires in 2020. Because of this, Kelly's fire department had to deploy out on a strike team. Strike team commitments last anywhere from 14-21 days in a row, with team members on the fire line for 24 hours at a time before they can return to a base camp for a break.

> and training captain. It wasn't until one of her teammates suggested she become a reserve firefighter that Kelly began to discern a potential career change.

> "I was interested, but I had my doubts. I was a woman in my early thirties. I was worried I might be too old and not physically strong enough. Then, one day, I opened the spring 2009 issue of *The Crescent* and saw a feature on Rachel Shoemaker (Southwestern Oklahoma State), a fire captain for the Tulsa Fire Department. I was so amazed by Rachel's story that I decided to reach out to her. We exchanged a series of emails, and Rachel encouraged me that I could also be a firefighter," Kelly shares.

> Fast-forward to today, Kelly has been a fulltime professional firefighter for eight years now. Like Rachel, Kelly, too, is a fire captain. Kelly and her team train for structure fires, wildland fires, hazardous materials incidents, medical aids, traffic collisions, rope rescues and much more. So, no one day is the same for this Gamma Phi in the office. Kelly adds, "You might even see me crawling under the fire engine to troubleshoot an oil leak or repairing a chainsaw!"

Additionally, when Kelly accepted the fire captain position in 2013, she agreed to train and supervise an all-male prison inmate firefighting crew. "Managing inmate firefighters offers its own unique set of challenges; however, we strive to provide meaningful opportunities for the offenders to learn skills that will help them rehabilitate and reintegrate back into society on completion of their sentences."

Kelly has never looked back since becoming a firefighter. By being one, she hopes to inspire the next generation of girls to dream big.

"When I'm out in the community, I often hear little girls exclaim, 'Mommy, look! It's a girl firefighter!'. It brings joy to my heart to see the smiles beaming from their faces when they realize that girls can be firefighters too."

"When a person calls 911, they are possibly having the worst day of their life. They are counting on me to come for them, to help them, to heal them, to save them. At the end of each call, I can see the tangible results of my efforts – a life saved, a home salvaged – and know that my life has meaning."



Iori lei Rantista

CHI (Oregon State) ROLLER DERBY PLAYER

Lori Bautista loves her job. As a contracting and acquisition agent for the Oklahoma Department of Transportation, she gets to assist in the process of improving her city's roads and bridges. She also loves roller derby. Lori has been a member of The Oklahoma City Roller Derby (OKCRD)/ Oklahoma Victory Dolls (OKVD), a nonprofit roller derby league based in Oklahoma City, for a decade now.

"I was watching the news one day and remember seeing women skating. Because I thought that was such a great way to get in shape and meet people, I decided to check it out. As soon as I started playing, I was hooked," she says.

Driven by its mission to provide opportunities for athletes to compete, excel and find their strength, both on and off the track, OKVD fosters inclusivity, sportsmanship and athletic excellence. As stewards of giving, OKVD has also helped organizations like Habitat for Humanity, Bikers Against Child Abuse and the Boys and Girls Club of Oklahoma County over the years. Lori adds, "We have donated a portion of the proceeds from our home bouts to various charities as well."

Since joining OKCRD/OKVD's All-Stars team — All-Stars travel internationally for rankings — in 2011, Lori has held a variety of roles within the league, including vice president, head of human resources, events organizer, head of recruitment and retention and head of bout production. She's currently the president of the league.

"I run and lead all our league meetings, just like I did when I was the president of Chi Chapter (Oregon State). I try to mediate between people who have issues and try to voice the opinions of other members who may not want to voice them themselves."

Lori is Lori off the track. But on it, her teammates know her as Galaxy Inferno. Galaxy represents her love of astronomy. A love so deep, Lori threw her name in the hat to go to Mars when NASA opened public applications last winter. She added Inferno for a mean factor.

"I am 48 and playing roller derby has opened my eyes to the fact that if you enjoy doing something you love, you will do whatever it takes to get better at it. I changed so many health habits since joining OKCRD/ OKVD that I'm often mistaken for being at least 10 to 15 years younger than I am!"

Something else Lori loves is her Filipino heritage. Some of her fondest childhood memories include helping her mother make Filipino foods for parties and holidays (something Lori still does today for her friends) and performing traditional Filipino dances at community events. Now, Lori jumps at the chance to meet folks of Filipino descent in her Oklahoma community. She's even met a handful through roller derby.

"I had the opportunity to play on Team Philippines at the roller derby convention, RollerCon, in July 2019," she says, smiling.

"...playing roller derby has opened my eyes to the fact that if you enjoy doing something you love, you will do whatever it takes to get better at it."

# The Disability Perspective

By Sarah Kim (Columbia)

On a brisk, early fall morning in 2016, I was getting coffee with one of my lota sisters before my first class of the day. As seniors, we were already stressing about life after college, especially since many of our mutual friends were receiving job placements at consulting and financial firms. Amidst a chaotic presidential election that was weeks away, planning for post-graduate life seemed a bit too much to handle at the time.

Since I was an economics major, I thought

I'd follow the average trajectory and work in finance or at a startup, like most of my peers were setting out to do. However, deep down, I always had a burning passion for writing and had recently started my writing internship at a nonprofit that mobilizes young people to create lasting changes in their communities and beyond. I had a handful of internships before this one but never felt a genuine connection to the work I was doing like I was at this internship.



Rewind to my second semester of junior year, I was feeling dreadful and lost in my economics major. I decided to try something new and took my first creative writing class. I immediately fell in love. It was like I was coming up for air after being submerged underwater for a very long time. I felt alive again. I even got some pieces from the class published in an online publication. From that, I compiled a writing portfolio, and that's what landed me the writing internship from my senior year. That's also when I started to write a few articles for the school newspaper.

### Finding My Voice Through Writing

Not even two months into the internship, I placed my first major publication. It was *Teen Vogue*, a magazine I eagerly turned to for fashion tips and celebrity gossip as a kid growing up in the early 2000s but had since transformed into a social justice-focused publication. The article was about how the voices of people with disabilities were getting sidelined throughout the presidential campaigns and elections from local, state and national levels. Little did I know then that this article would set the tone for the rest of my career.

I have cerebral palsy, a neurological disability that affects my speech and mobility. Even as a little girl, I saw writing as a way of expressing myself. When I open my mouth to talk, words never come out how they sounded in my head. It was like words were rebelling against their owner, me. But when I wrote, it was a seamless and effortless ballet performance. The words just flowed out of me and gracefully twirled onto the paper (or Word document), landing on the right spot each time.

Through the writing internship and my various activism and leadership roles on campus at Columbia University, I started to fancy the idea of pursuing journalism more seriously. I did enjoy some aspects of my major: how economic policies influence







"Even as a little girl, I saw writing as a way of expressing myself."



"...I genuinely look forward to witnessing people with disabilities having a seat at every table."



politics, socioeconomic issues, gender roles and overall human interactions. I believe it was also through my sociology and women's leadership studies minors that I realized there were so many aspects of society and politics that I was deeply intrigued by and wanted to write about and investigate. I couldn't think of a better way to do so other than through journalism.

### A Not So Far-Fetched Dream

So, back to the coffee date with my lota sister, Chloe Picchio, on that early fall morning five years ago. Chloe talked about how she considered applying to journalism school at our soon-to-be alma mater. Columbia University. She told me that I should apply, too, because she had been reading all my published writing and thought I had real talent. I laughed at first because I didn't think my writing was that good enough to win me a spot at one of the world's top journalism schools. However, after some convincing on her part, the idea didn't seem so outlandish after all. That following spring, we both got admitted to the school and graduated in May 2018.

During the 10-month intensive graduate program, I harnessed my deep-rooted passion for writing about social justice issues through politics, diversity and inclusion, health care, pop culture and entertainment and employment, with a particular focus on the disability community. My master's thesis was about the health care and justice systems' institutional failures on domestic violence survivors with disabilities.

### Amplifying Underrepresented and Marginalized Voices

Even against the backdrop of the #MeToo and #TimesUp social movements, where thousands of women were finally speaking up about their experiences of sexual abuse and harassment, women with disabilities didn't have access — both physically and socially — to that caliber of a platform or space. Women with disabilities are up to four times more likely than their non-disabled counterparts to have experienced sexual abuse.

From early on in my journalistic career, I noticed that every issue, from immigration to reproductive rights, labor laws, LGBTQIA+ rights and Black Lives Matter, affects people with disabilities, often at greater extents. However, mainstream media and news rarely, if at all, address the disability perspective. When disability is mentioned, it is mostly in the form of "inspirational porn," which praises people with disabilities for "overcoming" adversities and accomplishing seemingly average things, like attending prom or college.

Although those things may be noteworthy achievements, the "oh look, this person with a disability did this thing just like their peers" sentiment behind those stories minimizes the identities of people with disabilities. There are multiple facets to personhood, and to strip the person down to merely one aspect, their disability, is a disservice to that person and the rest of society. It further "others" the person's disability, as if it is a spectacle belonging in a circus show, which feeds into society not accepting them as equals.

In every story I write, I use person-first language. Rather than introducing someone as "an autistic lawyer" or "a disabled woman," I identify the person first and not their disability. "Man with autism" and "woman living with a disability" are examples of person-first language. A disability, as I mentioned above, is merely one aspect of a person's identity, just like their race, gender and sexuality. When noting their disability first, it minimizes the person's whole essence to just that, their disability, which further feeds into the stigma and ostracization of disabilities. People with disabilities constitute the largest marginalized group in America: about 26% of American adults live with some sort of disability. Yet, they are the least represented population in all sectors of life, including government, media and entertainment, lawmaking, health care rights, equal rights advocacy and so on. And when their stories do surface in mainstream media, it rarely digs deeper into the intersectionality and complexities of their personhoods. I got into journalism to help fix this.

Since becoming a freelance journalist three years ago, I've written at least 250 stories that aim to humanize and normalize disabilities by giving the disability perspective on every issue. Along the way, I've seen others follow suit, and the news and media industry is slowly but surely becoming authentically representative of the disability community.

Although I am still relatively early in my career, I genuinely look forward to witnessing people with disabilities having a seat at every table. I can only hope that, along the way, my work will expedite the process of making that a reality.

Sarah's work has appeared in Business Insider, Glamour, Teen Vogue, Forbes, Hutfpost and the like. To learn more about Sarah, visit BeingSarahKim.com.

GAMMA PHI libes

Your guide for finding the Gamma Phi Beta aesthetic in everyday places.





Treat Yourself

- 1. Domain by Laura Hodges Studio | Willow Scarf \$20\*
- 2. West Elm | Marble Moon Coasters (set of four) \$40
- 3. Breezy Tee | Navy Blue Scrunchie \$23.85\*
- 4. Alexandra Charles | Georgie Earrings in Navy \$75\*\*
- 5. Urban Outfitters | Crescent Moon Mirror in Clear \$29
- 6. Kate Spade | Spade Street Frame in Blush or Aqua \$55
- 7. LooHoo | Wool Dryer Balls Singles in Cream \$10\*

### \*Shop Black-owned businesses!

\*\*Shop Gamma Phi-owned businesses!

Products and prices were compiled in December 2020 and are subject to change.











Did you know... You can reduce your drying time up to 25% by opting for wool dryer balls instead of toxic dryer sheets or fabric softener? Plus, they leave your clothes incredibly soft, fresh and wrinkle-free. Pro tip: Add a few drops of your favorite essential oil to each dryer ball 10 minutes before a load is done. Your laundry will feel as good as it smells!

## BUILDING ON estenday

Unprecedented sums up 2020 in a single word. We experienced a global pandemic that changed life as we know it. Businesses shut down, and gatherings of all sizes stopped because of COVID-19. Household items, like toilet paper and cleaning agents, ceased to exist everywhere in the summer months. Masks and social distancing became our "new normal." It was all so very, well, unprecedented.

Unprecedented also described the landscape in 1918-19, which is when the influenza pandemic struck. A member from Beta Chapter (Michigan) wrote about her and her sisters' experiences in the **January 1919** - **issue of The Crescent**.

### Dear Sisters:

### Beta-University of Michigan

The news from our section of the map is truly warlike and martial. Life here in Ann Arbor is very different this year. An army of S. A. T. C. and another, somewhat smaller, of navy men throng the campus and drill in the streets. Uniformed men are everywhere. They live in various barracks in different parts of the city, these same having been in previous years fraternity houses. Indeed, we have two of them next door to us and they rake their lawns and air their beds thereon in a thoroughly orderly fashion. They take courses in the university and attend them regularly, except when on K. P. Dotting the campus are various sheds which, though detracting somewhat from its beauty, doubtless add to its usefulness.

Even so, it seemed not so much changed the first few weeks. But after that the dreaded "flu" cast its shadow over all and enveloped all gay and festive scenes in a dark cloud. If there are any of you who have not been surrounded and overcome by this so called "flu" or Spanish influenza, I may explain that the damper goes into effect in this wise. All college activities are immediately and effectively stopped short. No meetings are held, no dances, nor even any football games. The "flu" raged here for two weeks, growing steadily worse. Then the university authorities announced their plan, which was that no one should appear on campus without a face mask. Wherefore we made a virtue of necessity and obligingly retired from the public view. While this form of dress prevailed, one greeted one's friends or not according as one recognized their articles of apparel. But the excitement is waning and we are coming back to life. Again we go to dances and again we go to football games.

Masks, guarantines, canceled events. Sounds familiar, doesn't it?

Members provided each other support from a distance during the influenza pandemic, and together, they got through an unprecedented time. The same is true in 2020. Members got crafty, connecting via phone calls, text messages and Zoom meeting after Zoom meeting.

In 1874, E. Adeline Curtis predicted that Gamma Phi Beta would withstand the ravages of time. Our incredibly resilient members have proven this to be true over the past century.

### Find this issue online at GPBArchives.org

#### DELTA-BOSTON UNIVERSITY

Dear Sisters in Gamma Phi Beta: College is so different this year that 1 hardly know where to begin.

> Minnesota. Theaters and schools were closed, and public meetings prohibited. The closing of schools prevented our stands being finished as soon as we expected. In fact we got out only three of them, and as far as the others were concerned, we were simply obliged to suspend activities until the ban was lifted. Simultane-

everything put aside. After pledging, college closed on account of the influenza epidemic; consequently during the following four weeks

### THE CRESCENT OF GAMMA PHI BETA

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Since rushing everything has been quarantimed for influenza, so we have had no social life whatever. The boys have the advantage of the Hostess House, but otherwise we have nothing of that nature.

On account of the influenza the installation of the chapter at Iowa State College has been postponed. Accordingly, information

### SIGMA—UNIVERSITY OF KANSAS

There has been so much excitement this year, with the university having military training and then the Spanish influenza epidemic arriving, and last the signing of the armistice, that none of us has had time to bother with such mere trifles as studies and sorority affairs. We have had only three weeks of college as the university was in quarantine for five weeks on account of the influenza.

Some of the girls are lamenting the fact that there won't be any fraternity house dances this year. A dance of any kind seems a dream now, because we're all in close quarantine on account of the influenza. There have been no classes for three weeks, but they are to be held in the sorority houses

> Society has been rather conspicuous for its absence during the first part of this quarter due to the influenza epidemic and our partial quarantine which prohibited any social gatherings. Now that this ban has been lifted



Essential

Ails 101 By Bronwyn Holder (Chapman)

### LAVENDER, LEMON AND PEPPERMINT

A great blend to diffuse (three drops of each oil in a diffuser) or put in a 10-milliliter roller (three drops of each oil with a carrier oil). This blend provides exceptional allergy symptom relief and can create a productive working or studying environment. If your social media content or suggested products on shopping platforms are anything like mine, you have recently noticed that essential oils are having a moment. I was ecstatic to see this, as I grew up in a household where my mom used natural remedies like essential oils.

Over the past few years, I have really honed my essential oil knowledge and practice and have personally noticed many positive impacts as a result. With just a few drops of essential oil (or what I belovingly call plant juice), I sleep better, my immune system is naturally supported and I can easily set the tone in my home.

Essential oils are precisely that — plant juice. They are a highly concentrated, volatile liquid derived from plants, most often through distillation. If you are using the correct quality of essential oils, 100% plant juice should be all that comes in the bottle. Unfortunately, in the U.S., there is no formal system or process to verify the quality of essential oils. Therefore, you can find oils that range from \$5 to \$180 for five milliliters of product. The \$5 bottle could say "100% therapeutic-grade essential oil" and only contain 5% of the actual plant constituents, with synthetic fragrances and substances making up the rest. So, it is crucial to be an informed consumer of essential oils. Here are a few things you should keep in mind before buying essential oils: Does

the company share where their essential oils come from and how they are created? Is there an ingredient list on the bottle? Is the word "fragrance" on the label of the bottle? If so, that indicates that the essential oil is not pure. Does it say "danger" or "flammable" on the bottle? That's another sign that the essential oil is not pure.

Using pure essential oils allows for the maximum amount of benefit. And although this may mean spending more, the great thing about essential oils is that a little goes a long way! A five-milliliter bottle of oil holds about 100 drops, and the typical essential oil recipe only calls for two to five drops of oil.

The most popular ways to use essential oils are topically and aromatically. When applying essential oils topically, it's important to dilute them with a carrier oil. I typically use fractionated coconut or jojoba oil as my carrier oil. It is crucial to dilute essential oils before applying them to your skin because, as I mentioned earlier, essential oils are highly concentrated. If you apply them without the appropriate dilution, your skin could become irritated. You can also diffuse essential oils with an ultrasonic diffuser. This kind of diffuser atomizes the essential oils without denaturing them, turning the oils into a mist that evenly distributes throughout a space.

Bronwyn's favorite essential oils recipes

### Lavender and Cedarwood

I diffuse this almost nightly before I go to bed. Add four drops of each oil in a diffuser for a calming, sweet and woodsy aroma.

### **Bergamot and Peppermint**

Bergamot is from the citrus oil family and is known for its ability to ease feelings of anxiety. Peppermint is a versatile oil that complements so many oils, especially those in the citrus family. This combination in a diffuser makes for an uplifting and subtle aroma.

#### Frankincense

For all my yogis out there, this is the oil for you. Frankincense is known as the Holy Grail of

essential oils, and for a good reason. It can help create a calming and grounding environment through diffusing. It can also do wonders for the skin when used in a skin serum alongside a carrier oil. I put four drops of frankincense in a roller bottle topped with jojoba oil and use this blend daily under my eyes.

## LIFE LOYAL

Life Loyal is a special program available for all Gamma Phi Beta members to continue their lifelong support of our beloved Sorority beyond their collegiate years while receiving exclusive benefits. This is just one way to continue your lifetime involvement as a member of Gamma Phi Beta while fulfilling your financial obligations with an easy, one-time payment. The dedication of our alumnae members who continue to be involved and financially supportive helps ensure the future of our traditions and sisterhood.

Thank you to the following sisters who joined Life Loyal between August 1 through October 31, 2020.



ALPHA (Syracuse) Judith Snyder Clark Fallon Martinez Betty Busko Pristera Sharon Coletti Randall Nancy Zollers Sullivan Allison Terzyk

BETA (Michigan) Sarah Query Andrews Amy Schwartz Daguanno Rosemary Shevchik Malbin Jennifer Beyland Muha Margaret Zavela Raven Nancy Reid Tracy Bunker Shaw Linda Lott Simmons Judith Reynolds Staser

GAMMA (Wisconsin-Madison) Heather Patchen Berg Nicole Locy Phillips Brenda Dickinson Ripkey Karen Koski Udell Kathryn Greaton Wohlbier

DELTA (Boston) Courtney Messer

EPSILON (Northwestern) Kimberly Arnold Laurel Veith Crane Gail Melady Evans Willacene Collins Siert Patricia Conway Thorpe Jessica Willis-Muth ETA (California-Berkeley) Mary Nolting Birdsall Carolyn Pearson Grout Seona Connolly Lampman Kelly Ling Sarah Balys Pawlowsky Jessica Payne Susanne Elizer Senoff Stacey Reddish Smersfelt

**THETA** (Denver) Penelope Adair Janet Vidal Stuhlreyer

KAPPA (Minnesota-Twin Cities) Kyla Roman Radonna Jones Schwarz Lily Wilson

LAMBDA (University of Washington) Burghilt Kurtovich Antezana Jocelyn VanKeulen Besecker Jennifer Halfon Headrick Debra Sorensen Hill Heidi Anderson Pehl Judith McLean Pitcher June Hellenthal Vynne

NU (Oregon) Joan Preble Horstkotte Beatrix Thomas Margaret Harn Webb

XI (Idaho) Janice Wendler Batt Stephanie Cox Christensen Sandra Dinsmore Colquhoun Francie Comstock Davis Tiffany MacGowan Jayne Stephanie Fassett LaBruyere Jane Modie Calli Daly Morganstern Janice Johnson Sayler Kathy Stuart Scofield Heidi Boettger Van Stone

#### OMICRON

(Illinois at Urbana-Champaign) Joan Barker Basile Jennifer Miller Heyen Nathalie Irwin Hise Melissa Panko LaBrash Leslie Geissler Munger Sheryl Fiester Ross Judy Sennett Victoria Hartz VanBortel Elizabeth Dean Wanderer

PI (Nebraska-Lincoln) Lucy Fellows Dumler Carolyn Fenster Donna Kuenning Hutchens Chaaron LeSage Pearson Rosemary Weeks Thornton

RHO (Iowa) Marianne Boling DePauw Jo Eggers Tiphani Prati Krueger Cynthia Casserly Maggio Darcy Evans Nelson Danielle Protexter Sally Deems Stock Tracy Patrizi Vanderluitgaren

SIGMA (Kansas) Joan Fordyce Cooke Jane Warner Link Mary McDonnell Jo Clawson Sweatt Barbara Ossian Williamson

**TAU** (Colorado State) Sally Northway Ogden Natalie Snodgrass

PHI (Washington University) Elizabeth Ayorinde Marjorie Myles Ivey Linda Fox Lehman Lynn Springer Roberts Ruth McManemin Ryden Shirley Boefer Stahlheber

**CHI** (Oregon State) Carol Moss Carson Elizabeth Loucks Samson

PSI (Oklahoma) Cristel Allen Alice Meyer Brining Kaylee Buckley Lisa Schrader Carpenter Linda Talkington Curtis Margo Hilfinger Jacqueline Weaver Hill Debra Kerr Cailtlin McCarthy



Roxanne Wilson Pannell Suzanne Claude Radcliff Adyssen Taylor Gayle Stewart Taylor

OMEGA (lowa State) Kaye Johndreau Davis Linda Gazzo Elizabeth Goetz Hertz Stacy Housman Hiller Mary Schwitters Knudsen Marlene Buettell Peterson Mary Anne Fitzgibbon Rennebohm

ALPHA ALPHA (Toronto) Joan Agnew Berndt

ALPHA GAMMA (Nevada) Stacy Marshall Demitropoulos Merry Hyde McCalley

ALPHA DELTA (Missouri-Columbia) Catherine Bujan Chesta Mary Mayfield Dement Barbara Trottmann Klein Miranda Reynolds Olive Smith Stemmons Sharon Thompson Winget

ALPHA EPSILON (Arizona) Karen Paulson Belt Judith Davis Brucker Helen Rowton Fox Dawn Boll Hammitt Nancy Temple Hawgood Christine Norrbom April Stone Poier Rebecca Young Sundt

ALPHA ZETA (Texas-Austin) Faith Malmgren Hiller Margaret Crutchfield Lipps

ALPHA ETA (Ohio Wesleyan) Eleanor Harris Beadle

ALPHA THETA (Vanderbilt) Karen Keyes Stuber

ALPHA IOTA (California-Los Angeles) Carolyn Ball Axt Cynthia Golitzen Brixie Toby McDonald Chou Andrea Dwork Hollister Nancy Blickensderfer Schwab Laura Hymes Setness

ALPHA NU (Wittenberg) Deborah Rice Zwick

ALPHA XI (Southern Methodist) Eileen Kennedy Alger Katherine Bennett Blackman Holly Hawkins Bowler Meredith Burke Kayla Fahy Carmen Quintero Hinz Lauren White Hollis Nicole Elaine Katrana Suzanne Campbell Wellen Katharine Gillespie Wells

ALPHA OMICRON (North Dakota State) Meta Sheffield Bevan Michelle Triggs Madsen

ALPHA PI (West Virginia) Margaret Blattler Rosenecker

ALPHA TAU (McGill) Sophie Durocher

ALPHA UPSILON (Penn State) Paula Schempf Carroll

ALPHA PHI (Colorado College) Nell Griffin Casey Marie Regas Kaufman

ALPHA CHI (William & Mary) Julianne Sicklesteel Brianard Angela Bowser Cummins Elizabeth Barnes Isenberg Molly Bilodeau Jackson Suzanne Tully McCarthy

BETA ALPHA (Southern California) Terri Arnold Carol Goshaw Blanchard Kathryn Turquand Chapman Paige Shedlowski Kratovil Christine Zeppos

BETA BETA (Maryland) Stephanie Cohen B. Gaffney Martha Fortney Marshall Barbara Holland Perry Lori Scialabba

BETA GAMMA (Bowling Green) Joan Brydon Christy Schmidt Gariety

BETA DELTA (Michigan State) Maureen McGraw Boggs Mona Dorsey Cline Sandra Spencer Harrison Trisha Brumley Nesbitt Alysa Riley Zurlo

**BETA EPSILON** (Miami-Ohio)

Virginia Gillespie Blasingame Phyllis Collins Cimaglio Pamela Imburgia Gwaltney Anne Garlock Houser Lisa Klebenow Makara Barbara Ringhand White Charlotte Cobb Wright

**BETA ZETA** (Kent State) Jo Williams Fiddelke Jamie Haines

BETA ETA (Bradley) Janis Frageman Andersen Lisa Johnson Lawlor

**BETA THETA** (San Jose State) Claribel Haydock Miller

BETA LAMBDA (San Diego State) Janet Jensen Collins Dorothy Shean Destache Nina Parker Ebner Rosemary Kachel Hagan Patricia Phillips Howard Hillary Kanigher Jolene Logue Linda McKinny Kathleen Houser Nolan Coynne Morrison Robbins Stephanie Sloggett-O'Dell Johanne Kuntz Stuart Linda Stewardson Wargo Kathryn Corso Willetts

BETA MU (Florida State) Mary Beth Holzbach Carroll Jennifer Collins Cheryl Ciccarello Furgison Alicia Ebner Keating Sarah Phinney Margaret Selby Schwerdt

**BETA NU** (Vermont) Marjorie Brown Iris Root Darling

**BETA XI** (Ohio State) Tatum Rodrigues

BETA OMICRON (Oklahoma City) Vicky Kelly Brei Moore Mary Jo Hope Silsby BETA PI (Indiana State) Kathryn Schultz Enfield Carla Sewell Ferrel Carolyn Edwards Fisher Denise Fisher-Kowalewicz Linda Zuffa

BETA RHO (Colorado-Boulder) Diane Hopple Bregenzer Amy Langhoff Busch Terra Dossie Doyle Kristen Joseph Farrand Daniella Legan Suzanne Williams Piskadlo Margo Dunlap Reeg Alicia Steinhagen Judith Lalley Wilson

BETA TAU (Texas Tech) Ginger Butler Clayton Sherrie Nunn Midkiff Robbie Springer Mullennix Nancy Pinto Steen

BETA UPSILON (Kansas State) Gloria Delich Anderson Janet Butel-Graham Anita Arnold Feldt Christine Frankovic Ferol Beck Gerig Monica Robertson Karlee Canaday Williams Leslye Schneider Woodard

**BETA PHI** (Indiana) Gretchen Fuelling Kristi Kemerly George Carolyn Risk Hart Anne Henley Wright

BETA CHI (Wichita State) Barbara Ward Bassi Betty Ohnemiller Chang Karla Gordon Claycamp Linda Parmiter Jacobs Henrietta Nye Logan Barbara Kemp Martin Dina Lusebrink Stewart Jenny Toon

BETA PSI (Oklahoma State) Shanon Moore Brown Brandice Cates Diana Hood Farris Patricia Garrison Fowler Carole Klaus Higgins Susan Bailey Jindrich Judith Canfield Simon Sally Wallace

BETA OMEGA (Northern Arizona) Lois Schlag Brantley Kimberly Young Fischer

GAMMA ALPHA (Memphis) Deborah Mathes Compton Debra Moskal Grimes Iva McCutchen

GAMMA BETA (Gettysburg) Janice Connell GAMMA EPSILON (Puget Sound) Amanda Lozano Eileen Sheppard Marcia Hamann Wolfe

GAMMA ZETA (Texas A&M-Commerce) Alex King Bolodar Graciela Gallegos Jacqueline Richards Glover Vicki Brewer Karper

GAMMA ETA (California State-Long Beach) Robyn Wise Ellis Christine Miller Sandra Wachtler Monahan Isabel Davalos Neidl Susanne Sikora Bonnie Wise Loretta Murray Zimmerman

GAMMA THETA (University of the Pacific) Linda Pond Heinemeyer

GAMMA IOTA (Midwestern State) Donna Douglas Marcy Roberts Laura Wyman

GAMMA KAPPA (Nebraska-Kearney) Judith Cassidy Fisher Tammy Travis Nelson

GAMMA LAMBDA (Louisiana State) Mary Boudreaux Susan Whitthorne Schuman Barbara MacDonald Stockner

GAMMA MU (Moorhead State-Moorhead) Debra Taylor Greenagel Jennifer Lee McAlpin Dorothy Laird McClure

GAMMA NU (Lamar) Susan Watkins Rudosky

GAMMA XI (Tennessee-Knoxville) Shirley Hedrick Price Susan Carpenter Whipple

GAMMA OMICRON (Kentucky) Sandra Clark Stephanie Moock Ruth Baker Palumbo Mary Flynn Ulrich

GAMMA PI (Minnesota State-Mankato) Deborah Duane Begin Rachel Graack Susan Pilarski

GAMMA RHO (Wisconsin-Oshkosh) Martha Conrad Clark Debra McArdle Hogue

GAMMA UPSILON (Drake) Sara Irwin Thompson

**GAMMA PHI** (Auburn) Mary Ann Adams Chapman Jessica Collier Carol Sicard Davis Carolyn Carter Holland Angela Harman Willis

**GAMMA CHI** (*Texas State-San Marcos*) Louann Thompson Schulze

GAMMA PSI (Northern Iowa) Bethany Krueger Marks

**DELTA BETA** (Boise State) Lori Mann

DELTA DELTA (California State-Fullerton) Linda Teal Royer Amanda Miller Stokes Tracey Stotz

**DELTA ZETA** (Southwestern Oklahoma State) Toni Shaklee

**DELTA ETA** (California-Irvine) Catherine Gordon Austin

DELTA THETA (California Polytechnic State) Beth Brewer Allen Karen Cribbins-Kuklin Heather Crookston Neal

**DELTA IOTA** (Purdue) Michelle Burke Caitlin Czerwinski

DELTA LAMBDA (California-Riverside) Nichole Graham Heather Blumenthal Green Heidi Burns Kraus Sherri Robinson Kelly Craig White

**DELTA MU** (*Rutgers*) Susan Nestor Phillips Elisabeth Tagert Ruscitti

**DELTA PI** (Illinois State) Christie Rogers Bianco Caitlin Ridgeway Rubin

**DELTA SIGMA** (Florida Institute of Technology) Stephanie Seuffert Anderson

**DELTA TAU** (Colgate) Julie Campbell Fein Katherine Allen Weaver

**DELTA UPSILON** (Georgia) Catherine Bray Casey Bridgeman Graham

DELTA CHI (California State-Sacramento) Michele Von Sydow

**DELTA PSI** (*California-Santa Barbara*) Jill Grumet Melissa Navarrete EPSILON BETA (Alma) Julee Campbell

EPSILON GAMMA (San Diego) Ranitea Harispuru Marisa Huber Bethany Van Baak

EPSILON DELTA (Creighton) Melissa Olson Farris

EPSILON EPSILON (Union) Melany Lucero

**EPSILON ZETA** (Jacksonville) Alyssa Girod

**EPSILON THETA** (Clemson) Lauren Ogletree Sickinger

EPSILON IOTA (Christopher Newport) Lindsey Battles Gardner Cailey Barker Moss

EPSILON KAPPA (California State-Chico) Jenna Mattson Weiner

EPSILON LAMBDA (Alabama) Harleigh Bentley Kimberly Steger Jones Natalie Riegel Nicole Teitelbaum-Guerrero

**EPSILON NU** (Chapman) Sarah Barton Tara Skipper

EPSILON OMICRON (California-Santa Cruz) Madison Fishtrom Laurel Gilabert

EPSILON PI (George Mason) Kelsey Laster

EPSILON RHO (Stephen F. Austin State) Marcy Hubbard Thomas

EPSILON SIGMA (Morehead State) Lisa Hampton Anita Wallman Link Valerie Birchfield Slater

**EPSILON TAU** (Rochester) Ana Acuna Gonzalez Kristina Taber

**EPSILON CHI** (Marquette) Nicole Rasmussen-Hineman

**EPSILON OMEGA** (*Miami-Florida*) Michelle Moore

**ZETA BETA** (Virginia) Kristin Kirtley Silva

**ZETA GAMMA** (Sonoma State) Ashley Apodaca-Rakestraw **ZETA DELTA** (Southeast Missouri State) Reagan Brown

**ZETA EPSILON** (Duquesne) Michelle Shine Gabriella Spahr

**ZETA ETA** (Lander) Kristin Bridges

**ZETA THETA** (Pepperdine) Kara Linder Hauerwas

**ZETA KAPPA** (Southern Indiana) Jenna Centofante

**ZETA RHO** (*Texas A&M-College Station*) Katherine Buschlen Jacqueline Gann

**ZETA SIGMA** (South Carolina) Katie Palmer

**ZETA PHI** (Arkansas-Fort Smith) Mary Honeycutt

**ZETA OMEGA** (Kennesaw State) Chelsea Foglia Edwards

**ETA ALPHA** (Lake Erie) Valerie De Caussin Pinchot

**ETA BETA** (Florida Southern) Taylor Paulin Lisa Scheffrahn

ETA GAMMA (Delaware) Emily Farrell

**ETA EPSILON** (Virginia Tech) Elizabeth Brown

**ETA ETA** (South Florida) Samantha Herring Puckett Michelle Rogers

**ETA THETA** (Connecticut) Sara Bigman Kara Googins Nina Haigis

**ETA IOTA** (Rockhurst) Lucy Edele

**ETA LAMBDA** (Central Florida) McKenzee Marcus Christina Shumate

**ETA NU** (James Madison) Ashley Loughhead

**ETA XI** *(Florida)* Destiny Andrews

**ETA RHO** (Nevada-Las Vegas) Gabriela Mora

**ETA SIGMA** (*Central Missouri*) Ellanie Jamison Mabrey Wathen

Meet the design duo behind Gamma Omicron's facility makeover

-216-

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Gamma Phi Beta reinstalled Gamma Omicron Chapter at the University of Kentucky on November 19, 2019. The chapter's new facility, originally the Kappa Alpha Theta facility, needed the Gamma Phi Beta touch. Hoping to give members an on-brand and inviting environment to call home, the Facilities Management Company (FMC) called Liz Toombs and Erika Ross of PDR Interiors, Kentucky's best design duo, to do the job.

Liz established PDR Interiors in 2009. Her awardwinning design firm offers interior decorating services for residential and office spaces and the Greek community. The latter is a unique niche she was inspired to pursue during her collegiate years as a member of Alpha Gamma Delta.

"I was watching "Trading Spaces" in my sorority house TV room and saw Vern Yip update a sorority's space. I thought that was such a cool project and couldn't believe anybody actually got to do that for work. I knew then that I wanted [Greek spaces] to be an area of focus for my company," Liz says.

To date, Liz and Erika have designed more than 90 fraternity and sorority facilities at over 70 college campuses across the country. A framed map dotted with pins hangs in their Lexington-based office, each pin representing one of their projects. "It's a fun conversation piece," Liz adds.

This past summer, Liz and Erika added a new pin to their map for Gamma Omicron Chapter at the University of Kentucky. The design duo worked closely with the FMC and members of Gamma Omicron Chapter to ensure everyone's needs were heard and met.

"We like for the process to feel very collaborative and not simply be our ideas. This gave the facility a nice balance of uniquely branded items, timeless design and, most importantly, a personality that is unique to Gamma Phi Beta," Erika explains.

From our new logo on the facility's doors and entryway floor mats to marble and blush accents in each room, the updated facility is an on-brand dream. The custom artwork that hangs above the fireplace in the living is one of Liz's and Erika's favorite touches. "Chapter members requested that we use the old Gamma Phi Beta letters in the space, [so we used them in the piece above the fireplace.] We couldn't be happier with the results," Erika says.

Everything was strategically placed in the facility, as Liz stresses, "You have to be careful not to over-brand the house. You don't want everything you look at and touch to be doused in Greek letters, brand colors or symbols. That doesn't feel natural. You need to achieve an appropriate balance of branded and nonbranded items."

From initial planning to decorating on-site, it took Liz and Erika 11 months to revamp Gamma Omicron's facility. And while we could go on and on about each detail in the house, we will let the photos do the talking.

### More with PDR Interiors

## WHAT IS YOUR FAVORITE ELEMENT IN THE GAMMA OMICRON DESIGN?

Liz: Those blush-colored front doors! Be still my heart. Erika: Although it's very hard to choose just one thing, the drapes in the dining room are at the top for me! They absolutely brought that space to life, and they are just so fun and feminine.

## NAME A BIG DESIGN NO-NO YOU OFTEN SEE IN GREEK SPACES.

**Liz:** Not maximizing a space fully. We often come into a space for the first time and see furniture pushed up against walls, leaving a lot of open space in the middle of the room that could be used for multiple seat groupings.

### WHICH DESIGNER DO YOU LOOK UP TO?

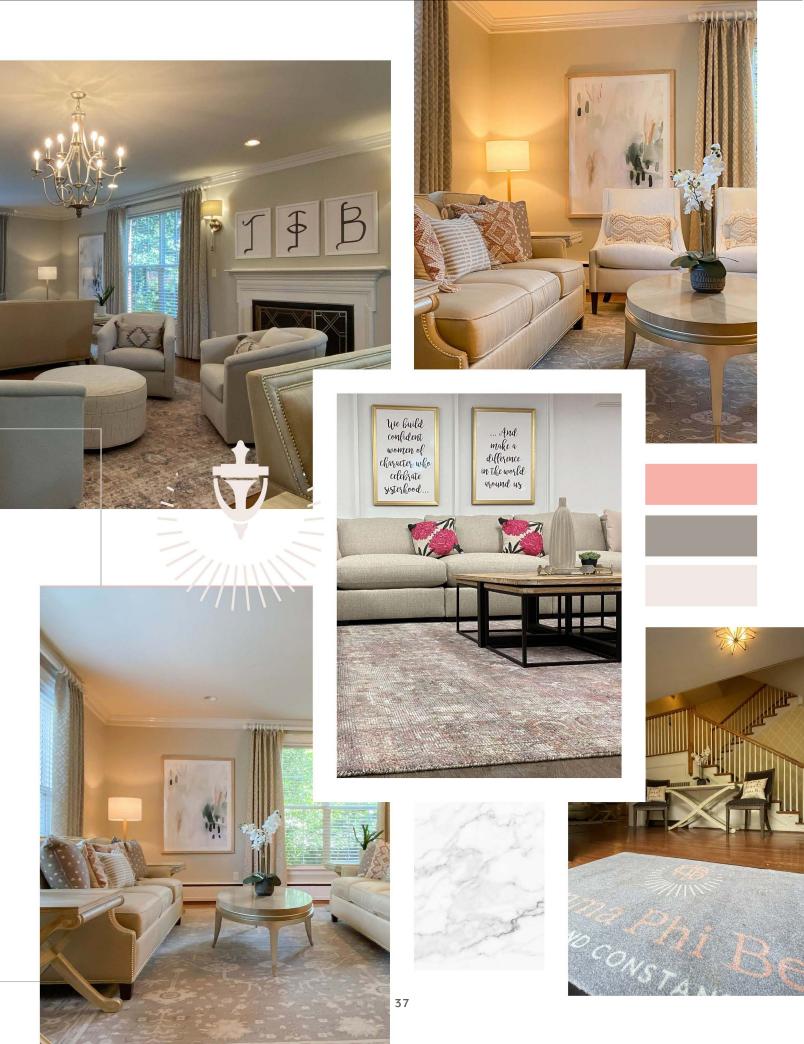
Liz: This won't surprise you, but Vern Yip. His style is so tailored, clean and classic, but never boring. Erika: One of my all-time favorite designers is Kelly Wearstler. Her designs are so playful and fun. I'm always excited to see what she comes up with next!





Liz Toombs

Erika Ross





Facilities Management Company (FMC) Chairwoman Barbie Chadwick (Vanderbilt) is quite fond of Gamma Omicron Chapter at the University of Kentucky in Lexington. It was one of the first chapters she worked with as a volunteer at the international level. One of her roles included province collegiate director (now referred to as a regional team leader), a position she held when Gamma Omicron closed in 1982.

When news broke that Gamma Phi Beta's 80th chapter would reinstall in 2019, many Gamma Phis rejoiced. Barbie was interested in doing something special to mark the occasion, as she shares, "I wanted to help with the decoration of the new facility as well as reconnect with the many alumnae who were collegians when I knew them."

And so, the FMC hired professional design firm PDR Interiors to give Gamma Omicron members the new facility they deserved. One part of the update was the chapter's study room, which was funded by alumnae who donated through the Foundation.

"Gamma Omicron was the first FMC campaign in partnership with the Foundation." Barbie continues, "It has been wonderful seeing so many of these dedicated Gamma Phi Betas after 35 years step up to help fund the chapter study room by donating to the Foundation."

Because education is of the utmost importance to each entity (the Sorority, Foundation and FMC), it

was a no-brainer that donated Foundation funds would go directly to creating Gamma Omicron's study room. From hi-speed Internet to inviting study spots, this new space will no doubt help members meet their maximum potential in school.

Join the countless donors who have supported Gamma Omicron with a donation to the Foundation today. "The more we raise, the more we will have to put toward the finishing touches on the facility to truly make it a home," Barbie adds.





END PAYMENT TO: GAMMA PHI BETA FOUNDATION 2.0. BOX 731592 DALLAS, TX 75373-1592 214- 303.799.1874

Name		
Chapter	 	 

Phone Number

## **Set i** want to make the gamma omicron house a home!

□ \$500 □ \$250 □ \$100

Surprise us!

□ I have enclosed a check\* made payable to **Gamma Phi Beta** Foundation.

□ \$50

\*Paying by check ensures 100% of your gift benefits the Gamma Omicron House.

### **SAVE A STAMP!**

To make your donation online, please visit Donate.GammaPhiBeta.org/GammaOmicron. Gifts to the Foundation are tax-deductible to the extent allowed by law.

## in our HEARTS

We acknowledge the passing of the following members and celebrate their part in our circle of sisterhood. This list reflects notifications received at International Headquarters between August 1 and October 31, 2020. First, maiden, last names and year of Initiation are listed for each deceased member.

Honor a sister with an In Memory Gift. To make an In Memory Gift, visit GammaPhiBeta.org/Donate or call 303.800.2890. View Memorial gifts online at GammaPhiBeta.org/InMemory.

ALPHA (Syracuse) Kathleen Benson Golda, 1975 Nancy Bentley Ridings, 1952 Sandra Nielsen West, 1957

**BETA** *(Michigan)* Judith Engelke Walters, 1955

**GAMMA** (*Wisconsin-Madison*) Gretchen Haase Altenbern, 1952 Phyllis Schooff Wallenfeldt, 1950

**DELTA** (Boston) Vivi-Ann Ostrand Lee, 1957

**EPSILON** (*Northwestern*) Marcia Stewart Ash, 1952 Una Corley Groves, 1943 Mary Apted Pierce, 1955

**ETA** (*California-Berkeley*) Sheila Stanfield Heid, 1943

**THETA** (Denver) Janice Rhody Allan, 1956 KAPPA (Minnesota-Twin Cities) Mary MacLaughlin Lockhart, 1948 Mary Pennington, 1938

LAMBDA (University of Washington) Emily Evans, 1964 Sally Hill Feeney, 1948

NU (Oregon) Bibbits Strong Brown, 1943

XI *(Idaho)* Joyce McMahon Delana, 1944 Harriet Oxley Feeney, 1945

OMICRON (Illinois at Urbana-Champaign) Lois Sprague Anderson, 1947 Marguerite Goodendorf Bryan, 1953 Barbara Franklin Faust, 1948

RHO (Iowa) Maryada Johnson Ritchie, 1958 Mary Bowne Switzer, 1957 **PHI** (Washington University) Anna Trost Williams, 1947

**CHI** (Oregon State) Norma Demick Baker, 1949

**PSI** (Oklahoma) Anne Owens Glasgow, 1951 Lea Montgomery, 2007

**OMEGA** *(lowa State)* Shirley Hill Miller, 1955 Patricia Craven Mulvihill, 1940

ALPHA GAMMA (Nevada) Jacqueline Gilbert Entrekin, 1968 Valerie Brown Mastelotto, 1976

ALPHA EPSILON (Arizona) Patricia Morrison Hall, 1964

ALPHA ZETA (Texas-Austin) Elizabeth Allen Collins, 1954 Virginia Reuthinger Wynn, 1951 ALPHA ETA (Ohio Wesleyan) Virginia Hamilton Schulze, 1943

ALPHA THETA (Vanderbilt) Barbara Callander Davis, 1966 Mary Huth Fowler, 1960 Jean Freeman Mayfield, 1940

ALPHA IOTA (California-Los Angeles) Elizabeth Martin Lambrose, 1955 Janice Gooch Riley, 1948 Merrilyn Claytor Smith, 1945

ALPHA MU (Rollins) Barbara Cox Hurlbut, 1953

ALPHA NU (Wittenberg) Joann Boston Soich, 1955

ALPHA XI (Southern Methodist) R. Love Nickle, 1952

ALPHA TAU (McGill) Gail Latter Spillane, 1978 ALPHA PSI (Lake Forest) Elizabeth Perusse Estill-Bissell, 1951

BETA GAMMA (Bowling Green) Mary Louise Bowman Ensign, 1953 Trudy Tolar Rasmuss, 1967 Betty Jane Reese Searles, 1946 Grace Villhauer Von Ewegen, 1946

BETA DELTA (Michigan State) Sandra Stoltz Johnson, 1972 Jean Carnahan Leister, 1951

**BETA EPSILON** (*Miami-Ohio*) Dorothy Baxter Cibula, 1950 Eileen Finefrock Eckes, 1971

**BETA ETA** (*Bradley*) Hilda Wilson Bourgeois-Daly, 1950

**BETA THETA** (San Jose State) Gloria Faure Bartlett, 1956 **BETA IOTA** (Idaho State) Linda Keckler, 1960

**BETA KAPPA** (Arizona State) Patricia Grippin Hall, 1949

**BETA LAMBDA** (San Diego State) Elizabeth Gingery O'Neill, 1962

**BETA MU** (Florida State) Elizabeth Bond, 1984

**BETA NU** (Vermont) Jane Eichler Sementilli, 1955

**BETA OMICRON** (*Oklahoma City*) Kathryn Yowell Baker, 1951 Juanita Botchlet Wham, 1954

**BETA PI** *(Indiana State)* Donna Davis Prior, 1963 **BETA UPSILON** (Kansas State) Patsy Kahrs Parr, 1959

**BETA PHI** (Indiana) Audrey Hofelich Beckley, 1961

**BETA CHI** (Wichita State) Judith Dimke Pistillo, 1965

**BETA PSI** (Oklahoma State) Priscilla Thomas, 1969

**GAMMA ALPHA** (*Memphis*) Beverly Hall Payne, 1963

**GAMMA LAMBDA** (Louisiana State) Nancy Vandever Cates, 1964

**GAMMA NU** *(Lamar)* Laura Taylor McMurray, 1965 GAMMA XI (Tennessee-Knoxville) Carla Howard Perkins, 1967

**GAMMA OMICRON** *(Kentucky)* Bettie Brooks Cochran, 1971

**GAMMA PSI** (Northern Iowa) M. Parsons Griesenbrock, 1968

**GAMMA OMEGA** (*Wisconsin-Platteville*) Dawn Swiggum Erickson, 1972

**DELTA PSI** (*California-Santa Barbara*) Ann Hitchcock Frye, 1990

**ZETA PSI** (*Texas-San Antonio*) Raynor Nicholls, 2008



### DAWN SWIGGUM ERICKSON

### GAMMA OMEGA

(Wisconsin-Platteville, 1972)

Wisconsin native Dawn Swiggum Erickson joined Gamma Omega Chapter of Gamma Phi Beta in 1972. Dawn, more commonly known as "Swish" back then, made lifelong friends in her Sorority. Shortly after college, Dawn married her husband, Gregory, and together they had four children. Family meant everything to her. As her online obituary states, "[Dawn] never missed an opportunity to attend a family celebration or reunion. Her friends and the friends of her children were also family to her, and

everyone was welcomed and loved unconditionally." An accountant by trade, Dawn volunteered her time and energy to causes near and dear to her heart. She served in countless volunteer roles at her church, donated blood to the American Red Cross for 40 years and was passionate about civic engagement. "Dawn voted in every election (with her children looking on and learning), was a poll worker and protested at the State Capitol." Dawn fought a courageous, six-year cancer battle, and her kindness, warmth and "bright smile" will be missed by those who knew her.

Don't forget to visit GammaPhiBeta.org/Foundation each month to view updated Memorial Gifts and In Celebration pages!

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- D. 10K Lavaliere and Gold-Filled Snake Chain, #L2649
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- H. Loyalty Crest Ring, #3030A

- Ι. Stackable CZ Band Ring, #143864
- J. Addy Ring, #ADDY
- K. Chapter President Ring, #0453
- L. Crown Pearl Badge\*, #0104
- M. Crown Pearl Double Letter Guard, #0600
- N. One World One Heart Dangle #1W1H
- O. Chapter President Dangle, #01A
- P. Scholarship Pearl Dangle, #41

\*Badges must be ordered through Gamma Phi Beta Headquarters.

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### International Headquarters

12737 E. Euclid Drive, Centennial, CO 80111 P 303.799.1874 F 303.799.1876 GammaPhiBeta.org TheCrescent@gammaphibeta.org

### The Crescent Staff

**EDITOR** Elizabeth Liberatore eliberatore@gammaphibeta.org

CREATIVE MANAGER Maddy Chapman (Minnesota-Twin Cities) mchapman@gammaphibeta.org

CHIEF MARKETING OFFICER Tara Foristal tforistal@gammaphibeta.org

**EXECUTIVE DIRECTOR** Megan Wick (Washington State) mwick@gammaphibeta.org CONTRIBUTING WRITERS Bronwyn Holder (Chapman) Samantha Keltner (Northern Iowa) Sarah Kim (Columbia) MaryKnaup (Califomia State-Fullerton)

CONTRIBUTING PHOTOGRAPHERS Hey Man Nice Shots Photography

### Parents

While our members are in college, their copy of *The Crescent* is sent to your home address — we hope you enjoy reading our magazine, too! If your daughter is no longer in college, or is no longer living with you, feel free to send us her new address by emailing TheCrescent@gammaphibeta.org.

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"I'VE WRITTEN AT LEAST 250 STORIES THAT AIM TO HUMANIZE AND NORMALIZE DISABILITIES BY GIVING THE DISABILITY PERSPECTIVE ON EVERY ISSUE."

> -SARAH KIM (COLUMBIA) PAGE 20



