

Delta Xi Phi PRESENTS
CONNECTIONS

Fall/Winter 2008

PREMIER ISSUE!



CONVENTION 2008 RECAP:

Delta Xi Phi Celebrates Diversity
at an International-Themed
Convention in Chicago

Also Inside...

VolunteerMatch.org
National Philanthropy: ACS
Living with Multiple Sclerosis
Importance of Multiculturalism
Founding Mother Feature
Kappa Alum Steps Out



DXP Trivia - Win prizes from the rose shop!

MESSAGE FROM THE NATIONAL PRESIDENT



Dearest Sisters,

Over the past five years that I have been a member of Delta Xi Phi, I have been blessed to be a part of many new changes, new chapters and new programs. Entering a new year, we hope to build on the foundations of excellence that were built before us and continue adding to the Delta Xi Phi experience. During the last five years we have doubled the number of chapters and associate chapters and doubled our membership. We have established our first academic scholarship, an alumnae association, a national service project and now a national magazine. As we take another step forward building Delta

Xi Phi and publishing the first issue of Connections, it is exciting to pause and remember just how far we have come and how much we can still achieve. I would like to express my gratitude to the sisters, both active and alumnae, that have come together to make this magazine a reality. Please take a moment to share your thoughts with them after you read the magazine. We are a family of truly inspiring women, and I hope that reading this magazine will help to remind you of the bonds you share with these women, (as well as) inspire you to stay involved and share stories of your own.

In Sisterhood,
Vicki Nelson
National President 2008-2010

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MESSAGE FROM THE EDITOR

Dear Sorors,

I want to welcome you to the premier issue of Connections, our national magazine. The staff and I worked hard over the past several months to present a publication that will connect you to what is going on in the sorority. We all lead busy lives as students, mothers and professionals so it can be hard to stay as connected to our sorority life as we would like. As a working mom who does not live in a city with a sorority chapter, this can be especially hard. My involvement with the magazine has given me the opportunity to connect with sisters all over the country. Over the past year, I have interviewed several sisters with very inspiring stories, and I am happy to finally be able to share some of them with you. I would like to thank my very dedicated staff who spent many hours planning, writing and editing content for our magazine. I would also like to thank you - our readers - for taking the time to read the magazine that was created with you in mind. I hope you use this magazine as a tool that will help you connect with what's going on at the chapter, alumnae and national board levels of our sorority. Most of all, I hope you will enjoy our first issue and

be inspired to get more involved in the sorority because it is you that has kept this organization going for nearly 15 years. As we usher in a New Year as ladies of Delta Xi Phi Multicultural Sorority, Inc., let's work even harder over the next 15 years.

Sisterly Yours,
Amanda Thomas

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VOLUNTEERMATCH.ORG VALUABLE RESOURCE FOR VOLUNTEERS

By Tanisha Wilson

Out of all the pillars to uphold with a busy life after graduation, I feel volunteering is one of the hardest. I located and decided to write about one of the Web sites that help people from coast-to-coast find places to volunteer. Volunteermatch.org is a great Web site for beginning the road back to volunteering.

In 1998, the founders of Volunteer Match in California wanted to start a Web site that people could navigate easily and find different volunteer opportunities in communities all over the United States. Not only can you look for volunteering opportunities, but you can rate and see which places are best for

giving your time. You can also read and share stories of giving that can make you believe in the kindness of strangers.

I found this Web site randomly when I was researching volunteer ideas for a convention workshop. I was able to navigate the Web site easily, and it didn't matter if I was searching for opportunities in Massachusetts or Illinois. I could type in a city and state then view a listing of every volunteer opportunity within a specified number of miles.

I also could narrow my search by listing if I wanted to be part of a group (or volunteer alone.) Next, I could decide if I wanted to do something for the elderly, for the environment or dozens of other categories.

If you are looking for ways to volunteer, try this site.

MULTICULTURALISM AND ITS IMPORTANCE

By Izzie Karpierz

The concept of multiculturalism began around the end of the 19th century. Many people emigrated to North America and sub-Saharan Africa from other countries, specifically those in Southern and Eastern

Europe. With immigration numbers growing in the United States, the idea of the "Melting Pot" was originated.

Multiculturalism, however, didn't appear in official government policies in many countries until the 1970s and 1980s. Since then, people have been progressively trying to incorporate multiculturalism within their lives.

When we promote multiculturalism, we show that we are combating racism and discrimination as we try to learn about other cultures.

There are some people, however, who believe that the many different cultures, some of which are already clashing, won't ever be able to overcome their differences and unite. These people mock the idea of multiculturalism satirically with the Diversity Theorem.

"The Diversity Theorem: Groups of people from anywhere in the world, mixed together in any numbers and proportions whatsoever, will eventually settle down as a harmonious society, appreciating—nay, celebrating!—their differences... which will of course soon disappear entirely."

By promoting multiculturalism, we are fostering cross-cultural understanding amongst ourselves and within our communities. We are not letting satire define us.

A few years ago, when some of us were young enough to watch cartoons, there was an episode of Nickelodeon's *The Fairly Oddparents* where the main character Timmy Turner asked his fairy godparents to grant a wish. Timmy wished that everyone looked alike so he wouldn't get picked on. Everybody in the world turned into a grey blob, and Timmy consequently got lost from his fairy godparents for a

while. He soon realized that even though everybody looked the same, they each retained their own personalities, and he still got picked on.

The inherent lesson is that we shouldn't forget our own cultural identities when we're learning about other cultures.

The importance of multiculturalism is awareness, knowledge, and advocacy. It is essential for people to learn about other cultures because it opens up our minds and allows for an infinite amount of new adventures. We become more aware of what's out there, and get the basic understanding that everyone is not the same so we should be more tolerant.

It is also vital that we pass along knowledge of the various cultures to make others more aware and more tolerant. Hopefully, we can change the minds of people who find the idea of multiculturalism a joke so we all don't end up like those grey blobs.



DELTA XI PHI CELEBRATES DIVERSITY AT AN INTERNATIONAL-THEMED CONVENTION IN CHICAGO

By Amanda Thomas



Sisters from Mississippi State embody the energy & excitement of Convention in front of the Chicago skyline. (Credit: Ashley Carter)

(Inset) Sisters pose with a banner showing support for our troops after the community service project with the Illinois USO.



CHICAGO — Delta Xi Phi Multicultural Sorority, Inc. held its 10th annual national convention at The University of Illinois at Chicago from June 19-22, 2008.

Sisters flew in from as far as California to conduct sorority business and strengthen the bonds of sisterhood against the backdrop of the beautiful city of Chicago. The highlight of Thursday's activities was a double-decker bus tour of Chicago. Friday began with a campus tour, new member orientation, step/stroll workshop and a group community service project making care packages for the Illinois United Services Organization (USO).

Friday continued with lunch and the general session meeting where sisters discussed sorority business and elected new national officers for the 2008-2010 term. Saturday, sisters participated in workshops to build sisterhood and training for chapter officers, new member educators and alumnae. Following the workshops and training, sisters gathered for a festive awards banquet.

Sigma sister Delia Villalobos, who lives in Chicago, has many Delta Xi Phi friends on Facebook. Convention gave her a chance to actually talk to them face-to-face. Villalobos also enjoyed the awards ceremony because she got to see all the chapters being rewarded for

their hard work in community service and academics.

"It's a nice feeling because a lot of times our respective Greek systems don't like to recognize all of our hard work and dedication," she said. "I always feel proud of our sisterhood, but I felt even more proud that we're all on the same page working to live up to our pillars."

Alpha alumna Casandra Grabill enjoyed playing tour guide. Her favorite part of convention was stealing some of her sisters and going out to explore the city.

"I took a group out for sushi one night, and they all loved it," Grabill said. "I also took two girls to Lou Mitchell's, and as they rode along with me to get gas, they had the opportunity to visit where Barack Obama lives and take pictures, as well as see the lake."

She even entertained some sisters Sunday as they waited to take their flights home. She also enjoyed the bus tour and workshops, which included one for alumnae.

"We hopefully started to renew some excitement about being DXP alumnae," said Grabill who served as convention chair for the alumnae association.

Convention 2009 will be held in Memphis, Tenn. so start planning now to be a part of a yearly event that's guaranteed to be a blast.



THE AMERICAN CANCER SOCIETY: 95 YEARS OF EXCEPTIONAL WORK

By Lizzette Garcia

Proud sisters of Delta Xi Phi all know that, in addition to doing our best to uphold our five pillars, we must also strive to contribute to positive organizations around us. One such organization is the American Cancer Society (ACS), our national philanthropy.

The mission of the ACS is to eliminate cancer using four components: Advocacy, research, education and service. The American Cancer Society was founded in 1913 as the American Society for the Control of Cancer (ACSC). In 1945 it was reorganized and changed its name to the American Cancer Society. Its symbol has always been a sword with twin serpents as a handle, signifying the crusading spirit of the cancer movement as well as the medical and scientific nature of the Society.

The Society was founded in an era when cancer was rarely discussed publicly. Since its establishment, the ACS has invested about 3 billion dollars to cancer research. In

1935, the Society had an estimated 15,000 people aiding it in its cause. Today, the ACS has more than 2 million volunteers.

In addition to funding cancer research programs, the ACS created several other cancer programs to increase aid for those who are affected by cancer. For instance, the ACS sponsors programs throughout the country to help educate people and increase awareness. It also sponsors several programs like Hope Lodges, Children's Camps, and cancer publications to aid in the fight against cancer. Hope Lodges provide free housing to patients and families who have to travel to get the treatments they need. Through the ACS, one can learn about cancer, find treatment centers and get connected to other individuals with inspirational stories of success.

Today, cancer awareness has increased immensely. Currently, we participate in programs like Daffodil Days and Relay for Life. We also set up tables at our campuses to raise funds and awareness for the ACS.

Kappa Sister Tells of Life with Multiple Sclerosis

By Amanda Thomas

Kappa sister, Kiran Khan, started having symptoms of Multiple Sclerosis (MS) more than a year before she was diagnosed. Disturbing and embarrassing things that didn't make sense to her started to happen. "Once I even fell and gave myself a black eye," Khan said. "I would always stumble and drag my feet even though I wasn't tired. At one point, I actually couldn't move my leg."

Nothing made sense, but she assumed that it was just her tendency to be a klutz and that she'd get over it. However, towards the end of her degree program, she'd hurt her foot somehow and was limping. She even continued to limp when she went back to school for the spring semester. "The student health center said it was only a bruised bone, nothing more, and didn't take anything else that I told them into account," Khan said. By summer, she started an exercise program that had her running every day. It only lasted for three weeks.



"When I left the gym each time, I found that I was weaker than I was before I went," Khan said.

At the end of June, she saw a neurologist who suspected she had MS and was given several tests to confirm. Next, she went to see a specialist at the University of Alabama at Birmingham Hospital for a final opinion. She was officially diagnosed with MS on Aug. 23, 2007.

"To be honest, I had only heard of MS," Khan said. "I never knew what it was and I've found out that it is the same situation for many. Once I saw the MS specialist at UAB was when it actually hit me." But even

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then, she wasn't completely aware of what MS did to the body. Khan thought it would shorten her life span and confine her to a wheelchair.

"Someone had once told me a joke, which wasn't a very good one, that I would become a vegetable and not be able to do anything," she said. "That thought alone scared me to death. I'm sure that person thought I did not have it or they would have never said it."

The thought of having MS scared Khan who started treatment on Sept. 13, 2007. MS is a debilitating disease that can cause blindness and paralysis; often confining patients to wheelchairs or canes. Khan refuses to use either while she has control of at least one of her legs. Even though MS isn't known to kill, some people have lost their ability to use their lungs, which can lead to death. Khan tries not to think about such cases and holds on to her belief that it won't happen to her.

"More research needs to be done. No one else should have to suffer through this disease. It can happen to anyone," Khan said.

Founding Mother Finds Success in Web-based Business

By Amanda Thomas

Founding mother Nancy Gettys has worked in the family business for years. She even managed a Super 8 Motel near Disney World in Orlando, but realized there is too much risk involved in such businesses and no free time. Gettys was looking for a low-risk business with low capital and overhead. She also wanted the freedom to work anytime and anywhere, as well as generate residual income. Most important was her desire to have fun while making money.

"I found an Internet shopping business that pays me to shop online from all the retailers that I already shop from; there are hundreds of online stores and many are very well known," Gettys said.



She started her Shop to Earn Web site on June 5, 2008, and got her investment back on the third week.

"All this was done part-time and at my leisure," Gettys said.

Her company also has a large group of retailers that focus on earth-friendly products.

"I am even more excited and grateful to do my part in making our world a better place environmentally by buying products from all the green-conscious companies," Gettys said. "Buying online also means less air pollution and saves gas!"

The company's target audience is people who shop online and want to get paid for it. One of the challenges Gettys faced was people who did not treat her company like a real business because of the low investment. She sees herself achieving her initial goal within the next five years, earlier than expected. "I believe I could achieve the goal of leading a great team to financial and time freedom on the fifth year," Gettys said. "Not to mention influencing people to go green!"

She would also like to donate a Web portal to help Delta Xi Phi raise funds and help the sorority become



part of the "Go Green" movement. Sisters can help Gettys accomplish her goal by shopping through her Web site at www.shoptoearn.net/gettys where they can find links for many retailers. Those wanting to save the planet can shop at www.shoptoEARTH.net/gettys for earth-friendly products.

For sisters with memberships or coupons to any of the online stores, those discounts can also be used through Getty's Web site. Be sure to check out Shop to Earn when the urge to buy a new wardrobe or office supplies strikes.

KAPPA SISTER STEPS OUT TO FIGHT DIABETES

By Amanda Thomas



Kappa alumna Miranda Goodwin started to notice that she was thirsty all the time in the Fall of 2003.

"I thought I was just dehydrated from walking around campus in the Southern heat," said Goodwin who was a student at the University of Alabama at the time.

She was also tired, lethargic and moody. "I didn't think there was a problem at first, and I just thought I was tired from being a 'college student' working two jobs and taking a full load," Goodwin said.

Even though her father was diagnosed with Type II diabetes in 2002, she

didn't connect the symptoms she was having with the disease. As the symptoms worsened, she went to the health center to get blood work done. What the doctor said scared her.

"He told me that my sugar was very high (350+) and warned me that I needed to make an appointment with a specialist," said Goodwin who remembers calling her mom in tears after hearing the doctor talk about diabetic comas and other complications.

He told her she'd have to go on a special diet and exercise several times a week. Living with Type II diabetes has been a roller coast ride.

"I've had ups and downs, and one of the hardest things is being dependent on taking medicine — an unavoidable scenario," Goodwin said.

The biggest blow came when her doctor told her she would have to start taking insulin if she wanted have a baby because there are several risks associated with pregnancy and diabetes. Despite the challenges, she has a support system of family and friends who are there for her throughout her struggles.

In October, she participated in The Step Out: Walk to Fight Diabetes fundraising walk, benefiting the

American Diabetes Association's mission to prevent and cure diabetes.

"There are millions of people that are diagnosed each year," Goodwin said. "Diabetes is a very serious condition. It is debilitating, and can go undetected."

Several of her friends came out to walk with her to show support, which gave

her more strength and confidence that there will be a cure one day. She wants to thank everyone that sponsored her for the walk.

"Everyone has shared very touching stories, most people have someone in their family with diabetes, and it inspires me to do what I can to help fight for a cure," Goodwin said.

NATIONAL BOARD SPOTLIGHT: AMANDA LANEY, SECRETARY

Beta alumna Amanda Laney grew up in Chico, Calif. and became a sister at California State University, Chico in 2004.

"After graduating from Chico State, I moved to the San Francisco bay area in search of more exciting career opportunities in the field of Art and Design," said Laney who lives south of San Francisco in Mountain View.

She is currently looking for a full time job in Art and Design, as well as taking on freelance projects.

"I am very excited to be on the Connections magazine staff, especially as we publish our first issue!" Laney said.



She joined the national board as an associate tribunal last year because she wanted to stay involved in DXP even though she was no longer at Chico State.

"As your new Secretary, I look forward to the opportunity to continue to support DXP for the upcoming term, and beyond," Laney said.

Then...

Kersten (Makda) Wheeler
"Miz V" #38
Alpha Chapter Fall 1996
Epsilon Line "Jigsaw"



Hometown: Schaumburg, Ill.

Major: B.S. in Biology/Geology from Mississippi State University and M.S. in Marine Biology from University of Southern Mississippi

Why I Joined: I was looking for a unique sorority experience and I really connected with the sorority pillars. I pledged with my roommates Emily Crawford (Solberg) & Corinna Crawford (Crane).

Interests & Activities: I enjoyed getting involved in lots of activities on campus including political organizations, Greek life and community service projects. I also enjoyed taking elective classes like ice skating, ballet and voice lessons. Within the sorority, I really enjoyed taking leadership roles. I was Alpha Chapter President (Fall 1997), National Board President (1999-2002) and started the Gamma Associate Chapter at Mississippi State University when I transferred there in 1998. I also became engaged in 1998 and was married in 1999 while I was in my undergraduate program.



and Now



Hometown: Portsmouth, Vir.

Occupation: Marine Biologist and Laboratory Manager at the Virginia Institute of Marine Science in Gloucester Point, Virginia. My research primarily focuses on the diagnosis and prevention of various crustacean diseases, mainly the diseases of crabs and lobsters.

Family: I have been married to Jeremy Wheeler for nine years. Jeremy is a meteorologist on our local NBC affiliate here in coastal Virginia. The unpredictable weather here definitely keeps him busy. We

have a 4 ½ year old son, Kyle, and we are expecting our second child in April 2009.

Interests & Activities: In Virginia, I have stayed busy with a variety of community service projects including Relay for Life, CommonHealth Virginia, and Out of the Darkness. I am also a board member on two Miss America preliminary pageants in our area where I help prepare our winners for all phases of competition. I am the Webmaster for the pageants as well (www.missportsmouthseawall.com). I enjoy creating Web sites, (you can check out our family Web site at <http://members.cox.net/wheeler43/>), scrapbooking, home renovation projects, reading, shopping, gardening, cooking, competing in pageants (I'm the current Mrs. Hampton Roads), and spending time with family.



Want to share your "Then & Now" story in the next edition of Connections? Email us at connections@deltaxiPhi.org.

? ? ? ?
DXP Trivia
Can you name the locations of all of
Delta Xi Phi's National Conventions?



Hint: There has been a National Convention every year since 1999.
Know the answer? Email connections@deltaxiPhi.org - the first five sisters
to get it right will get prizes from the DXP Rose Shop!