

NATIONAL SORORITY OF PHI DELTA KAPPA, INCORPORATED

THE KRINON

C H A N G I N G D Y N A M I C S



Still
Standing
Serving
Strong



NATIONAL SORORITY OF PHI DELTA KAPPA, INCORPORATED

About Us

The Sorority was founded in 1923 in Jersey City, New Jersey. Its purpose is:

- To stimulate professional growth among teachers;
- To foster a true spirit of sisterhood;
- To promote the highest ideals of the teaching profession; and
- To encourage the development of the potential of our youth.

There are over one hundred chapters across the United States.

Our Philosophy

The National Sorority of Phi Delta Kappa, Incorporated is a professional organization of teachers dedicated to the task of educating youth of America. We believe education to be a potent factor in maintaining and perpetuating democracy as the most ideal form of life. To remain in this position, modern education must provide youth with abilities for developing an integrated personality, assuming a successful place in a group and adjusting to the ever changing problems of society.

Through day by day instruction in the classroom and multiple contacts in the community, the National Sorority of Phi Delta Kappa, Incorporated seeks to inform all citizenry of the ever changing problems of our society and to equip them with the necessary social and academic skills to solve these problems according to a true democratic process. In addition, we are committed to celebrating success of individuals and groups and to honoring the legacy of those who have gone on before us. The National Sorority of Phi Delta Kappa, Incorporated shall continue to take its rightful place among those who point the way in establishing, maintaining and sustaining avenues of communication between and among all people and in fostering the pursuit of excellence in education.

Purpose

The Krinon is the official journal of the National Sorority of Phi Delta Kappa, Incorporated. It is published for the purposes of:

- Providing current, relevant facts regarding emerging initiatives, trends and issues which impact education, family, school, and community; and
- Promoting and advancing the interests of the members.

Publication Date

The magazine is published annually.

How to Reach The Krinon Staff

Correspondence, which includes your name, title, email or home address, and telephone number may be sent to the current Chief Editor at nspdkchiefkrinon@gmail.com.

Subscription

Please contact National Sorority of Phi Delta Kappa, Incorporated Headquarters at the address listed below or call the NSPDK Headquarters at 773.783.7379.

Publication

The National Sorority of Phi Delta Kappa, Incorporated, appreciates your dedication to the publishing of this 100th Conclave Anniversary Journal. Thanks to Frederick Burton Design, LLC, for its service.



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FOREWORD



The National Sorority of Phi Delta Kappa, Incorporated presents
Changing Dynamics: The 100th Anniversary Krinon 1923 - 2023 Issue

“

Change is never easy, but always possible.”
~ Barack Obama

Readers will be informed, motivated, and encouraged as they gain insights into the ever-changing challenges in education. Be inspired by seasoned members who serve as role models and contemplate how our 100 years of education have helped us advance and expand as a sorority.

We have learned through COVID and the pandemic to expect change. This 100-year milestone allows us to explore a slightly different layout in the Krinon as we continue to pursue excellence in education and anticipate the direction educational pursuits will entail in the coming times.

Eight young women in 1923
Laid the foundation [blueprint]
Looked into their hearts
Reach out to a friend
Paved the way
Here we are today
100 year later ...
Enduring, Productive, Powerful

Our Founders
Gave us a vision
uplifted our profession
created a sisterhood
held high the torch
training up our youth
National Sorority of Phi Delta Kappa, Incorporated is
Still Standing ... Still Serving ... Still Strong!

Esther "Pixie" Phillips
Chief Editor

NATIONAL

Youth

Youth Guidance

Xinos (High School Girls)

Kudos (High School Boys)

College Guidance

Kappa Omicron Tau (KOT)

Education

Scholarship | Reading Power | African American History | Computer Literacy | Mathematics | Teach-A-Rama | Leadership Training | Public Relations | Academic Issues / Current Trends | Commission on Civil Rights

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International Projects | National Projects | Local Projects | Nutrition, Health & Hypertension | Assault on Illiteracy | Children & Adult Benefits | Early Childhood | Touch-a-Child | Second Careers | Retired Sorors / Volunteers | Founders Day | Education / Human Rights

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"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"

Margarette Galloway

27th Supreme Basileus



Celebrating 100 Years

“ *People always tell you Be humble ... Be humble. When was the last time someone told you to Be Amazing? Be Great! Be Awesome, Be Awesome!* ~ Kanye West

My dear Sorors of the National Sorority of Phi Delta Kappa, Incorporated,

YOU ARE AMAZING!!!

It is my humble pleasure to serve as the 27th Supreme Basileus of this AMAZING sisterhood. I encourage each of you to never doubt yourself or believe you don't have what it takes to serve National Sorority of Phi Delta Kappa, Incorporated.

You do!!! Your amazing gifts and talents will PAVE the way for this great sorority to survive and strive to be bigger, better and stronger.

“Still Standing...Still Serving...Still Strong!”

100 years of Dedication, Commitment and Service to the “Field of Education

Our powerful Conclave theme defines our sorority as the patchworks of a beautiful and colorful quilt. The five regions and chapters have been tightly woven together, stitched with threads of love, determination and commitment that have covered and protected us for 100 years.

May the threads in our sorority remain strong as we continue to lift the torch of enlightenment and make a transformational Centennial Commitment that accelerates connection for all educators and students. I am certain that the National Sorority of Phi Delta Kappa, Incorporated will continue to bond together and create more patchworks to cover our journey for the next 100 years.

Thank You to our Amazing Founders:

Gladys Merritt Ross, Florence Steele Hunt, Mildred Morris, Marguerite Cross, Julia Asbury Barnes, Gladys Cannon Nunery, Edna McConnell & Ella Wells Butler.

We honor you for your accuracy and time devoted to make sure the corners lined up, the points were sharp and that all the blocks fit together to create the National Sorority of Phi Delta Kappa, Incorporated quilt.

ASSOCIATE EDITORS

Be Still!

Still Standing! Still Serving! Still Strong!



Throughout our remarkable 100-year history, the National Sorority of Phi Delta Kappa, Incorporated has demonstrated an unwavering commitment to fostering a spirit of sisterhood among teachers, promoting the highest ideals of the teaching profession, and addressing the changing needs of the educational landscape. As we celebrate this centennial milestone, we must reflect on the resilience and adaptability that have allowed us to remain a pillar of support for women educators, inspiring them to pursue excellence in their careers and personal lives.

Our dedication to our core values of sisterhood, service, and excellence is evident in the numerous service projects and community outreach programs the organization has undertaken. Over time, these initiatives have undergone continuous development to cater to the evolving requirements of educators and communities, leaving a lasting impression on numerous individuals, both inside and outside the organization.

Still Standing

Upholding the Spirit of Sisterhood and Teaching Excellence in Our 100-Year Journey

Our history and milestones (including establishing The Krinon, expanding chapters nationwide, and developing various scholarship and mentorship programs) have shaped our identity.

Just as crucial is our unwavering dedication to upholding the utmost standards of the teaching profession, which holds heightened significance amidst the persistent educational obstacles presented by factors like the growing dependence on technology and the demand for inclusive and diverse curricula.

Still Serving

Empowering Educators and Communities Through Our Century-long Commitment

We have consistently worked to address the needs of local and global communities through various initiatives, such as literacy campaigns, tutoring programs, and disaster relief efforts, reflecting the changing needs of educators and communities alike.

Our instrumental involvement in championing educational equity and tackling societal challenges that affect communities has been paramount. We are resolute in our dedication to guaranteeing that every individual, regardless of their background or circumstances, has equal access to quality education.



Still Strong

Cultivating Generations of Inspirational Teachers Through Our Enduring Sisterhood

We have provided invaluable resources and opportunities for our Sorors, allowing them to grow professionally and personally, such as scholarship and mentorship programs that have been instrumental in fostering a strong network of support among women educators.

We have consistently advocated for educational equity, inclusivity, and diversity, creating an environment where all teachers can thrive, regardless of their background or circumstances.

Conclusion

As we celebrate our Centennial Anniversary, we must recognize our legacy of service and its continued relevance in today's ever-changing world. In and through our beloved NSPDK, we have consistently demonstrated our commitment to empowering educators and serving communities, creating a solid network of support among women educators, and fostering a more just and equitable society.

As we persist in maintaining the principles that have shaped our extraordinary voyage, NSPDK will remain a beacon of inspiration, support, and strength for women educators worldwide, ensuring a bright future for the next generation of educators.

Sincerely,

Linda D. Lewis, Southeast Region, Alpha Beta Chapter, Nashville, TN; **Novella M. Page**, Southeast Region, Alpha Beta Chapter, Nashville, TN; **Sharon Washington**, Southwest Region, Alpha Rho Chapter, Dallas, TX

Enhancing Editorial Precision: Leveraging AI for Excellence

Motivated by one of the articles in this issue, as well as concerns expressed by some of our colleagues regarding AI, I wanted to shed light on how we effectively employ this powerful tool in our editorial endeavors. At the heart of our AI arsenal are two indispensable components: Grammarly takes the lead, closely followed by ChatGPT.

As dedicated editors of the Krinon, we seamlessly integrate both Grammarly and ChatGPT into our editorial workflow, bolstering the caliber of our content at every turn. These tools have become invaluable assets, each contributing distinct advantages to our publication process.

These tools play a pivotal role in fact-checking, diligently verifying the accuracy of the articles we bring to our readers' attention. Both tools support the brainstorming phase, generating ideas that breathe life into our content and crafting attention-grabbing titles that beckon readers.

Both tools are essential to our editorial review process. While Grammarly allows us to identify potential grammatical and stylistic concerns, ChatGPT assists us in crafting captivating introductions and conclusions for

our pieces. Together, they effectively set the tone and leave an indelible imprint on our audience.

By harnessing the combined power of both Grammarly and ChatGPT, we streamline our editorial process and uphold the thematic consistency of our content. This transparent integration of AI into our editorial process elevates the overall quality of the Krinon, reinforcing our unwavering commitment to providing our readers with informative and thought-provoking educational content.

Rest assured, Sorors, that our utilization of AI tools will never replace your creativity and expertise. It will prove a complementary force that empowers us to refine and enrich our content. With Grammarly and ChatGPT by our side, we continue our journey towards editorial excellence, ensuring our readers receive the highest quality educational material with every edition of the Krinon.

And, yes, this essay was written with the aid of both tools! By the way, I have nicknames for these two tools: "Grandma" (Grammarly) and "Aletha" (ChatGPT).

Linda D. Lewis
Associate Editor

CHIEF EDITOR'S MESSAGE



I Stand on Your Shoulders in

gratitude & thanksgiving

"I stand on your shoulders" is a phrase that acknowledges the contributions of those who came before us and paved the way for our success. It is a humble recognition that our accomplishments would not have been possible without the hard work and sacrifice of those who came before us.

From the pioneers who fought for civil rights to the inventors who revolutionized technology, every achievement we celebrate today has been made possible by those who came before us. They worked tirelessly, sometimes in the face of insurmountable challenges, to build a better world for future generations.

As we move forward, it is important to remember that we are not alone. We are part of a legacy of greatness, and it is our responsibility to continue building on that legacy. We must strive to achieve new heights and create opportunities for those who will come after us.

So let us stand tall, knowing that we stand on the shoulders of giants. And let us never forget the debt we owe to those who came before us. They are the reason we are here today, and we must honor their legacy by continuing to push forward and make the world a better place for all.

The Krinon staff would like to thank the participants and assistants. It is our sincere pleasure to serve the members of the National Sorority of Phi Delta Kappa, Incorporated.

Esther "Pixie" Phillips
Chief Editor, 2021 - 2025

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* Regional Director ** Delta Beta Chapter, Southwest Region

CHANGING DYNAMICS

Still Standing! Still Serving! Still Strong!

We never stop evolving. We are consistently changing for the better! The National Sorority of Phi Delta Kappa, Incorporated must forever be a part of the change we wish to see. We have chosen to serve for the good of others. When we reach our comfort zone, we will know that change must begin. "Change is inevitable. Growth is optional." - John Maxwell.

As the Chief Editor of the *Krinon* from 2017-2021, it became evident that change had to occur due to the COVID crisis that swept across our nation. Education, our foundation, now needed a booster shot to discover a new way of thinking and teaching. The dynamics will now have to look different. Change is hard at first, challenging in the middle, and gorgeous at the end.

We had to revamp our thought process as we prepared to write articles that could reach our audience within the times we are now facing. We began putting our thought processes together as we searched for unusual topics to assist our authors, educators, parents, youth, and communities. A focus that was meaningful and helpful had to initiate the change.

The middle was complex because we had to find a way to capture our audience with a new style of teaching and learning. We had to create lesson plans to help our students, parents, and families. Students

were being taught virtually, which was a change. As an organization, we had to become equipped to help our communities. We are strong educators and knew we had to rise to the occasion. Creative topics started to flow.

In the end, we knew we would come up with a gorgeous product. We moved from the change being hard to being difficult to being beautiful and a much-needed spark. We became aware of the change needed, asked questions, and started the conversation. Then the masses became accepting and produced essential products that were helpful to individuals and communities.

As a past Chief Editor of the *Krinon*, what a pleasure it was to be a part of the vision that ignited authors to dig deep, thereby producing articles that touched the lives of so many individuals.

The change started with something negative called COVID. Now, think of our beloved Founders. Their idea of change occurred because they had the vision to uplift their profession and encourage their culture by being visionaries of the National Sorority of Phi Delta Kappa, Incorporated.

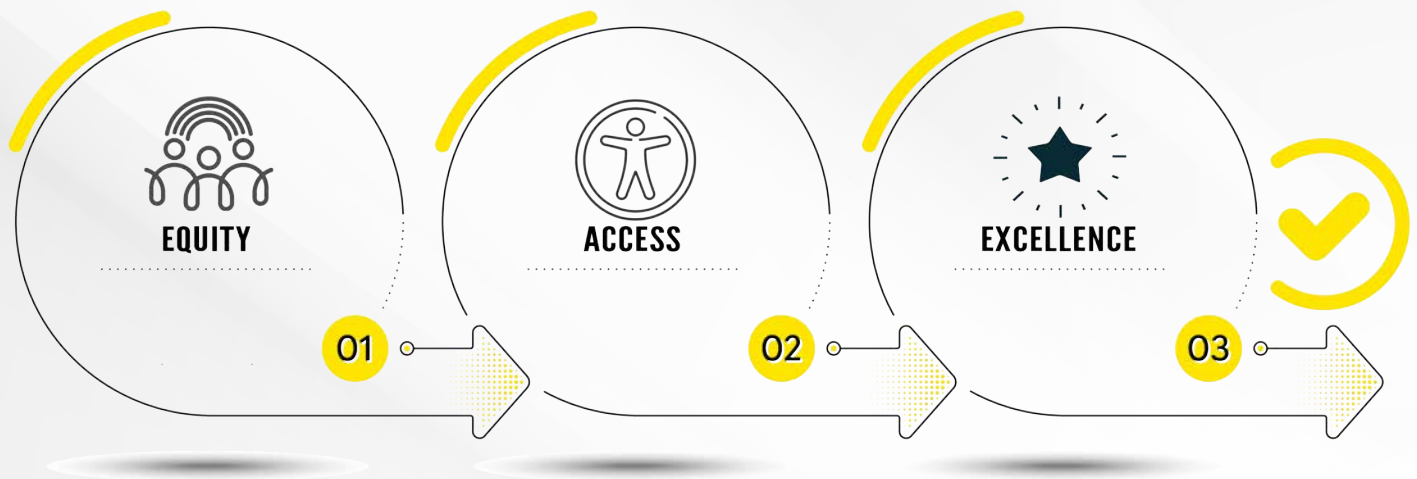
The beginning of this change was hard for them in many ways. It required increasingly more work to get that Charter moving. But in the end, they could hold the torch high and say that the change occurred. With this 100th year, we are still **STANDING**, still **SERVING**, and still **STRONG**. Don't ever give up.

Change is sometimes painful. But nothing is as painful as staying stuck in the mud somewhere you don't belong. The National Sorority of Phi Delta Kappa, Incorporated looks forward to another 100 years. Keep the P.A.C.E.! "Positive Attitudes Change Things!"

Joyce Williams
Chief Editor of the *Krinon*
2017-2021



Equity, Access, and Excellence: A Look at the Krinon's Focus on Educator-Centered Issues



Turbulent Times. Difficult Times. Changing Times. Education, during the first quarter of the 21st century, could best be described with these words.

No Child Left Behind legislation arrived in 2002, followed by the Common Core Standards in 2010.

While educators were dealing with those massive changes, 2012 brought Every Student Succeeds Act which put more responsibility on the states; which translates to more responsibility on the teacher. Therefore, when I assumed the office of Chief Edition to the Krinon, I wanted the journal to be a functioning, active tool for educators.

In 2014, we began the conversation of expectations of teaching and learning. Specifically, we looked at low expectations for marginalized students.

In 2015, the issue of equity was discussed including the hot topics of charter schools and mandates for testing for proficiency as opposed to growth.

By 2016, the political conversation focused more on higher education, access, and rising costs. That edition expanded the scope to the broad spectrum of excellence in education at all levels.

The 2017 Krinon edition was focused on Embracing Standards and Raising the Bar for African American students. It included research and narratives on those topics.

Each edition of Krinon was educator-centered: how to best help an educator both personally and professionally. Little did I know that the turbulent times would continue. Perhaps, my theme should have been Bob Dylan song, 'The times they are a-changin.'

Soror Brenda Burrell
Chief Editor of the Krinon, 2013 to 2017



100

YEARS OF EDUCATION

Having been afforded one
hundred years of education
Integrated societies living under
The shade of ignorance
Remember ... Frederick Douglass

Formulated a sense of Awareness
Regarding our Capabilities
Clap for Spelman, Morehouse, Howard, Tuskegee
and Texas College

Provided Opportunities for us to
Become more than Proficient in various Disciplines
Smile about ... W.E.B. Dubois, Booker T. Washington and
Ida B. Wells

Contributed to us Becoming
Productive Law-abiding Citizens
Think about the good of ... Thurgood Marshall

Ensured the Existence of
Innovative Thinkers and Trailblazers
Cherish ... Garrett Morgan, Charles Richard Drew
and Marie Brown

Resulted in numerous
Experiences of Success
Say their name ... Black Wall Street,
Ebony James Johnson and
Oprah Winfrey

Embossed a Beneficial Impact on
Our Diverse Society
Sing and Dance in Respect for ... Barack, Kamala and Kentaji

One Hundred Years,
One Hundred Years of Education



*Soror Mary Agnes Dages
Chief Editor of the Krinon, 2005-2009*

HONORABLE MENTION

"Yes, my Sorors, we must continue this work – no matter how hard, tedious and long; ever striving to keep the National Sorority of Phi Delta Kappa, Incorporated forever STRONG!"

~ Dr. Jessie M. Muldrew, Chief Editor, Krinon, 2001 - 2005

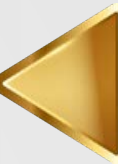


"Our goal was to remember our Founders, remember our glorious past, prepare for the present and look forward to the future."

~Barbara Williams, Chief Editor, Krinon, 2009 - 2013, From Krinon Summer 2011.



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The "Exemplary" Eastern Region

CHAPTERS

1001 Alpha	Jersey City, NJ
1002 Beta	Washington, DC
1003 Gamma	Baltimore, MD
1005 Epsilon	Charleston, WV
1006 Zeta	Philadelphia, PA
1007 Eta	Camden, NJ
1008 Theta	Brooklyn, NY
1009 Iota	Atlantic City, NJ
1011 Lambda	Charlotte, NC
1014 Xi	Chester, PA
1016 Pi	Trenton, NJ
1017 Rho	Wilmington, DE
1021 Phi	York, PA
1029 Alpha Zeta	Richmond, VA
1032 Alpha Iota	Concord, NC
1034 Alpha Lambda	Norfolk, VA
1035 Alpha Mu	Annapolis, MD
1039 Alpha Pi	Dover, DE
1042 Alpha Tau	Roanoke, VA
1045 Alpha Chi	Portsmouth, VA
1046 Alpha Psi	Beckley, WV
1051 Beta Epsilon	New York, NY
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1061 Beta Omicron	Jamaica, NY
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1075 Gamma Zeta	Monrovia, Liberia, W. Africa
1081 Gamma Mu	Virginia Beach, VA
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1103 Delta Lambda	Egg Harbor Twsp., NJ
1105 Delta Nu	Bergen County, NJ
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EASTERN REGION



Patsy O. Squire, Ed.D.
 Eastern Region Director
 2019 - 2023



EASTERN REGION

Greetings from the Director of the Exemplary Eastern Region,

We welcome you to the 2023 Anniversary Edition of the Krinon. Our sisters are afforded the opportunity to express thoughts and opinions as well as celebrate the 100th Anniversary of the National SorORITY of Phi Delta Kappa, Incorporated. The Krinon Theme, "Changing Dynamics," allows us to focus on past and current trends in education. We pause as we consider the affects of legislation that impacts schools and communities: staffing schools with highly quality teachers and principals, including African American History courses in state curriculum, an assessment and accountability system that reliably assesses multiple measures of student performance, universal system of high-quality early childhood education, alignment of high school to post-secondary and career expectations and learning opportunities, as well as increasing teacher pay. The competition we face in our global economy creates a need for us as an organization to recommit to investing in public schools. Our Centennial Anniversary theme, "Still Standing... Still Serving... Still Strong! 100 years of Dedication, Commitment, and Service to the Field of Education!" gives educators the opportunity to reflect upon thoughts, feelings, and experiences regarding the vision of our great founders over the past 100 years. We speak the names of our esteemed founders:

Mother Founder Gladys Merritt Ross
Founder Julia Asbury Barnes
Founder Ella Wells Butler
Founder Mildred Morris

Founder Gladys Cannon Nunery
Founder Dr. Florence Steele Hunt
Founder Marguerite Gross
Founder Edna McConnell

We offer a special salute to our sorors for unwavering commitment to following the vision and blueprint to grow our communities through Youth, Education, and Service. Let us march on as we embark upon the opportunity to re-imagine our organization for sustainability towards another 100 years. We stand in awe of your greatness as we continue to move NSPDK forward ... *together*.

Congratulations to Krinon Chief Editor Soror Pixie Phillips and committee for providing an amazing and informative publication. Let us celebrate! The Pursuit of Excellence has been Fulfilled!

Happy Centennial Anniversary!

Patsy O. Squire, Ed.D.



Changing *the* Environment



In recent years, there has been a concerning trend of a mass exodus from the workforce known as the “Great Resignation.” This trend continues to increase across industries and is having a significant impact on ethnic minorities and women, according to the latest Deloitte report, “Women @ Work 2022: A Global Outlook.” Unfortunately, higher education is not immune to these changing dynamics.

Instead, it is further compounded by the fact that women and minority employees are paid less than others and disproportionately occupy lower-level roles.

These factors have led to an urgent need to change the education system, focusing on creating a positive work environment that values diversity and inclusion. This article highlights the strategic steps institutions could follow to cultivate a positive and inclusive workplace where women want to stay and engage.

Changing the Environment

STRATEGIES TO RETAIN WOMEN IN HIGHER EDUCATION

- ACCESS TO RESOURCES AND SUPPORT TO ADVANCE CAREERS
- PROVIDE A SAFE AND INCLUSIVE SPACE FOR ALL EMPLOYEES TO WORK AND GROW
- ACTIVELY SEEK AND INCORPORATE DIVERSE PERSPECTIVES AND EXPERIENCES

Fabiola Riobé - February 2023

The role of the environment in shaping our world is consequential. Consider “environment” as the invisible hand that shapes our behaviors and outputs. Growing up, I learned that friends should match where and what you want to be, and my mother was strict about the company I kept. At my college graduation, the value of that lesson was evident; many of the kids I was forbidden to befriend did not attend college. My mother understood the power of the environment. She knew my environment and, in this case, that friends could influence my trajectory.

Positive environments yield positive results, and adverse environments do the opposite. According to the research, positive workplaces for women are when they feel valued, their ideas are respected, and there is a clear path to promotion. These conditions increase workplace commitment and job satisfaction. Women constitute half of the higher education workforce and are leaving the workplace at an alarming rate. Hence, female employees must become a priority, as there are increased risks to work cultures that do not value their entire staff.

Some of these risks include higher turnover rates, loss of productivity and knowledge base, low morale, and lack of engagement.

The impact of these unfavorable conditions also plays out in the students’ experience. Work environments where all staff is valued are more productive and have better student outcomes. Institutions seeking to cultivate a strong, diverse, engaged talent pipeline should consider the following elements:

I. Leadership is crucial to a positive work environment. Administrators must set the tone for the rest of the staff by fostering an environment of respect, open communication, and inclusion. They must actively seek and incorporate diverse perspectives and experiences into decision-making processes. It also means creating policies and procedures that ensure equal opportunities for all employees, regardless of gender, race, or other factors.

II. Another critical element is professional development. Women employees must have the resources and support to advance their careers. Resources include access to mentorship programs,

training opportunities, and networking events. By investing in the professional growth of women, institutions can create a pipeline of qualified and diverse leaders for the future.

III. Lastly, everyone feels supported and valued in a positive work environment. It is an institution’s responsibility to create a culture of collaboration and teamwork where employees feel empowered to speak up and contribute their ideas. It also means addressing bias and discrimination head-on and providing a safe and inclusive space for all employees to work and grow.

In conclusion, the changing dynamics of employment attrition, particularly in higher education, require a new view depicting a positive work environment. It is essential to ensure women receive the support they need to thrive and succeed. Institutions can build a more robust and effective education system by valuing diversity and creating an inclusive culture. It is time to take action to make this a reality for the sake of the viability of our higher education system.

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Fabiola Riobé, Ed. D, MBA
Epsilon Chi Chapter



Still Yes!

STRIVING TO INCREASE LIFELONG LEARNING



As we embrace the changing dynamics of education, there is nothing for us to do but be STILL!



Indeed, we are in a new season of educational demand and influence. Despite the impact of a global pandemic that reshaped all of us, we must remain centered and focused on the stillness of this time. It is imperative that we acknowledge the ever-changing learning landscape, but our goals remain the same. Our focus will continue to be our support and YES towards our children as they excel.

Now is the time to rethink our methods of reaching our designated scholastic targets. The recent transactions in the educational arena have impacted all industries. Between adapting existing curricula to including a list of banned books or adopting current protocols that capitalize on excluding culture, we are all involved in the rapid change of this season of complex learning. The impact is significant, and all areas, K-12 and beyond, are affected. As leaders, we must align our practices to ensure the entire system succeeds. Our administrative preparedness is essential. Many things take place daily to get the work done. In the middle of planning, positioning, pivoting, playing, and praying, the ever-changing processes impact our schools daily. Have we stopped momentarily to acknowledge that we must reflect and be STILL to be effective? It is time to strive to increase lifelong learning one person at a time.

Still Standing~

Despite the challenges that confront us, we are Still Standing. We must pause to recognize the POWER inside each of us. As we teach and lead in our schools and centers of learning, we establish an environment that promotes academic and professional success. The obstacles we have overcome are not greater than the opportunities we create for our children.

Still Serving~

Regardless of the prescribed hours in our work day, we are still serving. Many of us have taken on the personality of a servant leader. The pay rate in education often aligns differently with the output and the hours we devote to building relationships and establishing trust. We give far more than what the job description requires. We serve daily one student, one family, one colleague, and one situation at a time. Faithful are we to the call, STILL serving!

Still Strong~

As we join forces to continue the work, we are destined to remain Strong. We position ourselves to transform our students' experiences for the better. As we implement activities that attract lifelong learners, nothing will stop us. Despite the challenges confronting us, we are Striving To Increase Lifelong Learning (STILL). Consider this, before

we can successfully manage the daily structure of our day, we must ask ourselves five STILL questions:

1. Who am I impacting in this learning? (**Striving**)
2. What have I done to manage my time? (**To**)
3. When and what types of self-care have I implemented? (**Increase**)
4. Where can I create boundaries and limitations? (**Lifelong**)
5. Why am I involved in the field of educational learning? (**Learning**)

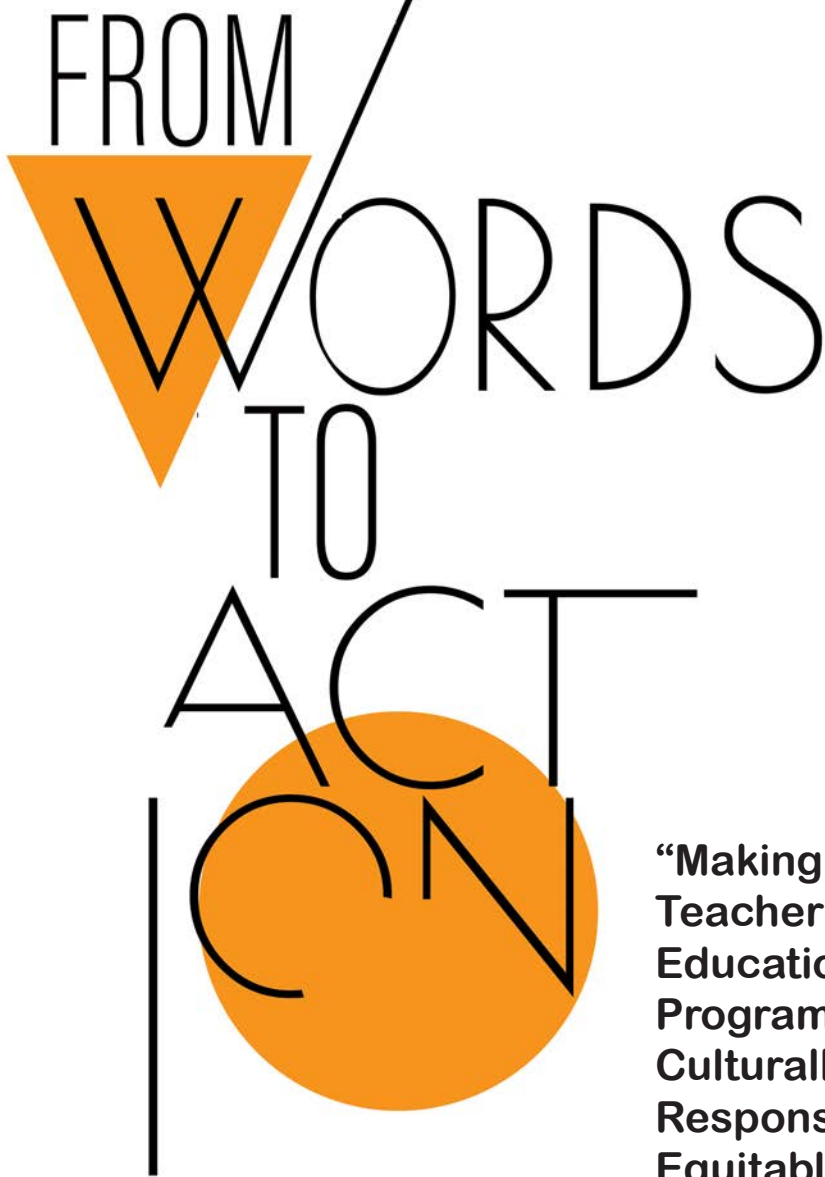
Have we adapted to this newness or adopted the routine of our stillness? We are change agents and the voice of change. Leaders are being born every single day. From the classroom to the boardroom, we are more vital than ever. Teachers, counselors, and administrators, yes, 100 years later, we are still standing, serving, and strong. Our work is going on, and our response is STILL YES!

STILL YES! Striving To Increase Lifelong Learning.

*Dr. Kimberly Crawford
Epsilon Chi Chapter*



FROM
WORDS
TO
ACTION



**“Making
Teacher
Education
Programs
Culturally
Responsive &
Equitable”**

Be the change you wish to
see in the world.

~Mahatma Gandhi

I have always connected to this quote. I am currently an Assistant Professor and Program Director for a community college Teacher Education Program. Such have seen a decline in enrollment over the years. Although teacher education programs commonly announce an orientation toward social justice and preparation for culturally responsive teaching, the great majority continue to turn out roughly 80% of White cohorts of teachers even though White students are less than half of the K-12 population (U.S. Department of Education, 2016). There is a shift in teacher education and a focus on diversifying the teacher education pipeline. To do that, we must find a way to leverage organizations, programs, and initiatives to ensure future teachers represent the students they serve. This researcher believes that Teacher Education Programs must do an assessment of their Teacher Education Program and take steps beyond statements that tout equity.

Zippia.com, a career insight think tank, reports that there are over 2,564 Directors of Teacher Education in the United States. Most are White, with 75.9% of Directors of Teacher Education belonging to this ethnicity. Hispanic or Latino make up 10.3%, 7.1% are Black or African American, 3.6% are Unknown, 2.8% are Asian, and

,0.3% are American Indian and Alaska Native. A diverse teacher workforce benefits all students, particularly students of color. While there has been real progress over the last 30 years in adding teachers of color to the workplace, these gains have not kept pace with a rapidly diversifying student population. Teacher preparation programs are responsible for recruiting and supporting aspiring teachers who will help make the teaching profession more racially diverse.

How does higher education align itself with not just recruiting and retaining students but recruiting and retaining professors of color? Here are a few practices Inside Higher Education shared that college campuses can do to assist in recruiting and retaining professors of color. I have also added what our illustrious organization and its members can do to help.

- Recruitment
 - √ Provide new resources for hiring that may be needed to increase diversity. The National Sorority of Phi Delta Kappa, Incorporated can provide a job search service for institutions that must diversify their local colleges' applicant pool.

- Induction
 - √ Publicly praise and consider rewarding institutions that succeed in increasing the diversity and excellence of their faculty for Teacher Education Programs. Describe the ways they accomplished this achievement to encourage others. (This sounds like a great Teach-A-Rama or a Recognition Program with your local college.)
- Retention
 - √ Consideration of high-quality mentorship programs. This should include cultivating a culturally inclusive environment for faculty and students. Kappa Omicron Tau for students, but have we tried affinity groups for faculty?

Students will benefit from teachers of diverse backgrounds; this includes higher education institutions. Students must feel a sense of belonging, and National Sorority of Phi Delta Kappa, Incorporated exemplifies the importance of diversity in our P-12 schools. This is a call to action for us to be more deliberate on a college level to ensure the next 100 years, we are still standing, still serving, and still strong!

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Zenya Richardson, Ed.D
Epsilon Chi
Eastern Region
Spring Valley, NY



The "Spirited" Southeast Region

SOUTHEAST REGION

CHAPTERS

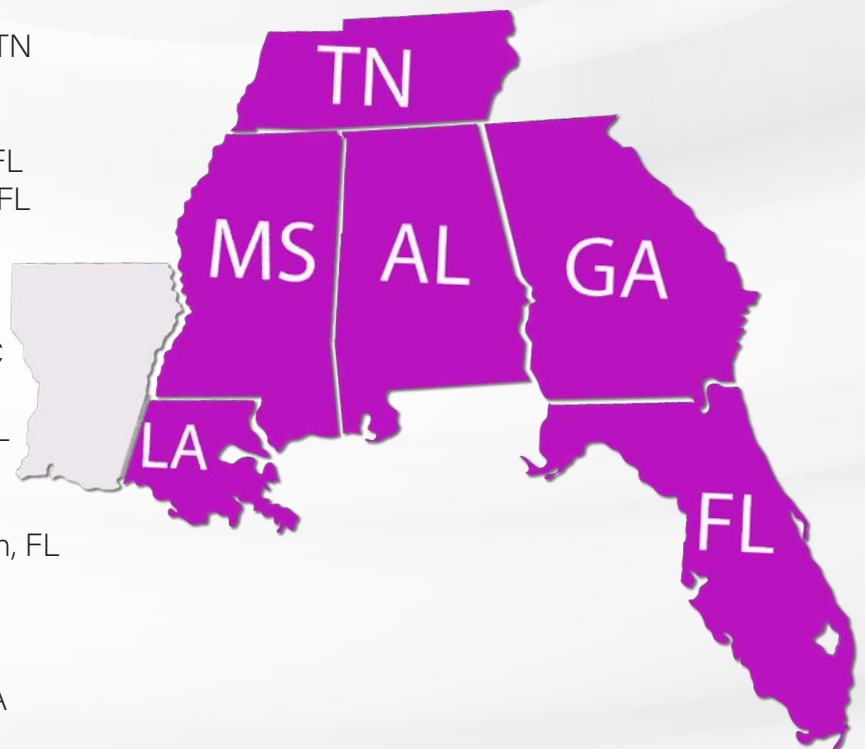
2013 Nu	Birmingham, AL
2015 Omicron	Ensley, AL
2020 Upsilon	Tuskegee, AL
2023 Psi	Mobile, AL
2025 Alpha Beta	Nashville, TN
2026 Alpha Gamma	Jacksonville, FL
2027 Alpha Delta	Miami, FL
2028 Alpha Epsilon	Atlanta, GA
2031 Alpha Theta	New Orleans, LA
2038 Alpha Omicron	Tampa, FL
2043 Alpha Upsilon	Danville, KY
2044 Alpha Phi	Pensacola, FL
2048 Beta Beta	Montgomery, AL
2053 Beta Eta	Memphis, TN
2056 Beta Kappa	West Palm Beach, FL
2060 Beta Xi	Orlando, FL
2062 Beta Pi	Chattanooga, TN
2064 Beta Sigma	Lakeland, FL
2069 Beta Psi	Knoxville, TN
2072 Gamma Gamma	Panama City, FL
2076 Gamma Eta	St. Augustine, FL
2077 Gamma Theta	Brewton, AL
2084 Gamma Omicron	Miami, FL
2085 Gamma Pi	Paducah, KY
2091 Gamma Chi	Charleston, SC
2092 Gamma Psi	Jackson, TN
2096 Delta Delta	Jacksonville, FL
2098 Delta Zeta	Waycross, GA
2099 Delta Eta	Ocala, FL
2100 Delta Theta	Daytona Beach, FL
2101 Delta Iota	Lake City, FL
2104 Delta Mu	Memphis, TN
2115 Delta Psi	Gainesville, FL
2127 Epsilon Mu	Bainbridge, GA
2134 Epsilon Tau	Decatur, GA
2138 Epsilon Psi	Jackson, MS
2142 Zeta Delta	Selma, AL

STATES

- Alabama
- Florida
- Georgia
- Mississippi
- South Louisiana (New Orleans)
- Tennessee



Rose Anderson
Southeast Region Director
2019 - 2023



SOUTHEAST REGION

FROM BLACKBOARDS TO TABLETS

A Look at the Changing Dynamics in Education

Greetings from the Director of the Spirited Southeast Region,

Changing dynamics are occurring in the field of education. Education is constantly evolving in the demographics of the students we serve to the techniques used to instruct them. There have been “Changing Dynamics” in education from the founding of the National Sorority of Phi Delta Kappa, Incorporated until now as celebrate the 100th Anniversary Celebration.

Teaching strategies have shifted from the blackboard to whiteboards, digital boards, tablets, computers, and wide screens used in the classroom. We have seen these changes in the last decade, and they will continue to grow as the educational system attempts to personalize instruction for the individual student. Digital versions have replaced textbooks, and students receive computers to help extend the instructional process from the school classroom to their homes. Teaching strategies changed as the educational process endured the pandemic and more technology was introduced into the classroom, whether the student was

at home or in the school classroom. Technology usage will continue to grow as broadband increases across our nation. We have seen the downsizing of desktop computers to handheld devices.

The digital age does not guarantee that every student will be successful because the digital textbook may not be the right tool for some students. Some students may not have access to a computer at home, and there are always technical difficulties that could affect students and teachers. More teachers may be needed and trained in technology usage and extending school open hours for students to use libraries with the technical equipment.

Wow, wouldn't our Founders be amazed at the changes in the educational strategies implemented in the 21st century compared to what was used when they were teachers in the classroom to change the lives of our young learners for a better future?

Since the student demographics are changing, we need bilingual and English as a second language teachers.

Online classes are expanding from college offerings to high school and elementary school offerings to address the diagnosed disabilities of students who can learn at their own pace and in their own space. Research has shown the benefits of early education. Therefore more emphasis is being placed on it with schools offering preschool or pre-K programs in their systems. Since importance is placed on the early years of brain development, we can expect more jobs for teachers.

Numerous learning tools, such as Kahoot, are being used to review. These tools continue the connection and collaboration between students and teachers as instructional leaders through mobile and using data to plan the next level of learning. Even with the “Changing Dynamics” and the challenges of education, the National Sorority of Phi Delta Kappa, Incorporated is “Still Standing!....Still Serving!.... Still Strong!” moving education forward.

*Soror Rose Anderson
Southeast Regional Director*



Changing Dynamics of the Intentionally Deliberate Woman



As two gentlemen approached the Lord's pearly gates, they were told they could ask the Lord anything they wanted as they entered. The first gentleman asked the Lord to have a pathway designed to drive from the USA to China. The Lord answered "That's impossible, cannot be done, and you cannot drive to China from the USA!!"

The second gentleman said he really, really wanted the Lord to tell him how to understand the physiological make up and organization of a woman, so he could understand more about his lovely wife. The Lord smiled, shook his head, and said to the first gentleman, "how many lanes would you like built?" Unknown – Biblical Commentary

Of course, we all know that with the Lord, all things are possible, even that roadway

to China. Amen! The opening paragraph was meant to make you smile or laugh out loud, because the understanding of the female is quite a tricky task for so many (other than the Lord). Women see almost everything differently than men. Women spend more time intentionally working to make a specific something happen. Women may spend hours upon hours, working on a script for a play, authoring a book, to shopping, completing unwanted tasks, or just living from day to day, relaxing. Women complete tasks that some may take lightly, with all of the vigor and vitality needed, or not needed to lasso in groundbreaking, earth shattering, results.

Fifty plus years of living through the changing dynamics, the motion of force, the properties magnified to yield professional work, whether

it is being the chief financial officer of my corporation, president of Ben McNamee, Inc., 501(c)3, university director, or being a daughter, mother, sister, niece, cousin, friend, or duchess to some special loved ones, or the neighborhood organizer, Ghana West Africa Queen Mother, Rotarian Paul Harris Fellow, soror to some and soror soror to others. Whether leading large-scale organizational transformation as the 2023 100th Anniversary Conclave and Committee Chair; these changing dynamics of the intentionally deliberate woman, leave no room for error. They yield ultimate planning, incessant revising and rechecking, ensuring that challenges include crossing T's, and dotting I's with sterling specificity to yield success.

Plato, an Athenian philosopher during the classical period in Ancient Greece, was the founder of the Platonist school of thought, and the Academy, the first institution of higher learning in the western world. Socrates' belief included resolving the tension between the importance of nature and education for overall development, which is most important. These measures of understanding (learning, academia, etc.) encircle our journey. The journey that we should all come to understand in life will lead to a successful, pleasant and worthwhile life with sunshine and happiness. On the other hand, would envision dead-end stop signs,

from choices and decisions that were not in our best interest. Being at the forefront of change, higher learning, and overall development as change agents, vocalists, standing and delivering, smart, vivacious and intentionally deliberate women. Women who look to be different, understand the colloquialism "If you always do what you always done, you gon' always git what you always got." Yes, to the late Eleanor Roosevelt, "We must do the things we think we cannot." Also, yes, to the makeup and organizational craft of the woman who intentionally dares to, and does, elevate beyond the norm.

It is with the ongoing changing dynamics of social media, TikTok, Reels, Internet, Facebook, Pinterest, Snapchat, LinkedIn, Instagram, et al, that the interactions among people are shared, and/or exchanged with unending, global transformation, networking and communicating. This can cause two things to occur within: complete stress, or the feeling of love and connection. Last week, the Pew Research Center released a report on social media use and stress, and subsequent media coverage has boiled its message down to this kind of headline: "Using Facebook and Twitter a lot can actually decrease stress," to quote the Washington Post. 2023, Greater Good Science Magazine. Intentionally deliberate women of National

Sorority of Phi Delta Kappa, Incorporated, have 100 years of "Still Standing... Still Serving... Still Strong." Sorors' drive must remain focused on intentional understanding of the relativity, influence, and drive of our lives; reaping benefits of the electronic connection.

There is always room for renewing and revising, which should yield a wonderful physiological reawakening for some, and rewarding experience for others (Dean-Collins, 2012). One of the former leading researchers in educating, Judith Langer, shared "we must plant these seeds never knowing when they will bloom" as our living, serving, and intentionalisms should be based on the belief of enriched understandings of life, learning, and changing dynamics of the intentionally deliberate woman. (Langer, 2011)

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Sharrie R. Dean-Collins, Ph.D., Gamma Omicron, Richmond Heights, FL, Southeast Region



Adapting to Change: The Transforming Face of The

KRINON

Changing dynamics for The Krinon has been from the years surrounding 1963 in a redesigned cover that is more colorful and reflects the publication's theme. The Krinons' covers were usually the same design with the name of The Krinon in red on the yellow cover, the year, and the organization's name, National SorORITY of Phi Delta Kappa, Incorporated were at the bottom. Today's covers have the organization's name at the top, the publication name Krinon, and the theme with illustrative drawings that are also colorful. The Krinon of the 60s was mainly black and white in print and illustrations, and our publication today is colorful throughout.

Both publications publish the National Directory, but today's publishes more information related to the organization and the picture and names of our Founders, the photos of the National Directorate, Board of Trustees, Perpetual Scholarship, and National Anthropos. The information on the Anthropos was limited, and the activities

of the youth were published in the region and chapter section. The publications featured an article on the theme from the Supreme Basileus, along with other featured professional articles from designated sorors across the regions.

Information from the Conclave, featuring the National Program of the National SorORITY of Phi Delta Kappa, Incorporated, was presented in themes throughout the publication. Now submissions cover theme-related educational issues, poems, meditations, and self-care articles. Sorors from all five regions submit these articles. Furthermore, region and chapter activities are published in a separate publication named The Courier. Articles featuring the five regional directors are also included.

The Krinon publications from the 60's featured sections and articles from the regional directors, chapter activities from the regions along with a unique and creative feature section, a listing of Omega Chapter

members, and a copy of the SorORITY Hymn, which caught my eye since we no longer published in our Krinon publications. Scholarship winners were featured within the region section, whereas today, the scholarship winners are featured together on a page in color.

Articles published today in the Krinon are research-based, informative on the challenges and changes of educational issues for teachers, parents, and students, lesson plans, and a welcome from the Editor and Editorial Staff.

As we are "Still Standing! ... Still Serving! ... Still Strong!" the publications strive to meet the ever-changing challenges our members face in the day-to-day reality of providing educational experiences for the future of our students and our own well-being.

*Rose Anderson
Southeast Regional
Director*



Education and Resilience: The Role of Educators in Building a Better Future

Change is inevitable. Change is hard. Change is necessary. For some, it is a terrifying and unwelcomed foe; however, change brings potential, which brings many opportunities and much growth. Nelson Mandela once said, “Education is the most powerful weapon which you can use to change the world” (Duncan, 2013). It was foreseeable that if education were to change the world, then education would have to change as time and people changed. COVID-19 helped propel us into that reality. Education was challenged and threatened through the pandemic, and we are still dealing with its aftereffects. The pandemic taught us that we are resilient. Many doors closed permanently, and many entities failed, but those who make education possible are still standing, still serving, still strong; and, with the proper knowledge and tools, we will continue to stand strong in the face of any adversity so that those who come after

us will be able to stand on our shoulders just as we have stood on the shoulders of those who served before us.

So, what compels us to keep serving in the wake of mass school shootings and reports that students are suffering learning loss, dealing with social-emotional health, and the threat that students will be held back if they cannot read on grade level by 3rd grade, when not being able to read by that grade can drastically increase their chances of later imprisonment (Fisher, 2016)? Added to that are social media issues (Callahan, 2021), paired with a rise in student suicides/homicides, while teachers labor to protect their mental health and salaries remain insufficient.

Nevertheless, those are the reasons we keep putting in the work, more work than money could ever compensate, because we must be agents of change. We must take a stand and comprehend just how valuable we are to the work that must be done and



just how beneficial our service is so that we will continue to stand strong and serve well. No other entity is solely responsible for impacting the future, like education and educators' role. Quitting is not an option.

Even as I pen these words, I am reminded of the teacher shortage. I want to encourage those still in the trenches, those supporting the work, and those considering entering this field that this work is vital to provide every student everywhere with opportunity and empowerment. We have a charge to ensure that students can read at or above grade level and have the science, math, and technology skills needed to fill and create STEM jobs of the 21st century. We must be creative, innovative, inspirational, and motivational. We must instill those things in the next generation, along with digital citizenship and empathy. We can do it. We have what it takes to be successful. That is why we are still standing, still serving, and still strong.

Students worldwide depend on education to help change

Continued from page 33.

the trajectory of their lives, give them a better future, and give them hope. Many parents worldwide depend on education to change the narrative of their bloodline. Some parents and students need clarification about the value of education. They have had years of despair and what seems like a failure in the learning arena. Our responsibility is to ensure they learn the value through our successes with them and the global community. We have work to do, and we must do it well. Education is key to many doors that will only open when students have the knowledge, wisdom, power, and understanding to navigate those doors. We, as educators, will help every student unlock every door designed for them as we continue to stand, serve, and remain strong.

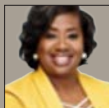
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Sharon D. Clark, Ed.S.
Gamma Psi, Jackson TN



Changing Dynamics: THE ARTIFICIAL INTELLIGENCE

Artificial Intelligence (AI) is increasingly being integrated into schools to enhance the learning experience for students and educators alike. AI has the potential to transform traditional classroom teaching methods by providing personalized learning experiences, automating administrative tasks, and improving the overall quality of education. Here are some of the benefits of using AI in schools.

Firstly, AI-powered tools can help teachers personalize their teaching approach to individual students. By analyzing student data such as learning styles, interests, and progress, AI can recommend personalized learning paths and resources that cater to each student's needs. This can help students learn more efficiently and effectively, and can also help teachers identify areas where students may be struggling and provide targeted support.

Secondly, AI can automate administrative tasks, such as grading and record-keeping, freeing up more time for teachers to focus on teaching and mentoring students. AI-powered chatbots can also assist students in answering common questions and

directing them to the appropriate resources, reducing the workload of school staff.

Thirdly, AI can enhance the quality of education by providing interactive and immersive learning experiences. For example, AI-powered virtual reality simulations can provide students with hands-on learning opportunities that are otherwise difficult or impossible to replicate in a traditional classroom setting. Additionally, AI can assist in language learning by providing real-time translation and pronunciation assistance.

Lastly, AI can assist schools in analyzing large datasets to gain insights into student performance and identify areas for improvement in the curriculum. This can help schools to continually refine their teaching methods and materials, ultimately improving the quality of education for students.

In conclusion, AI has the potential to transform education by providing personalized learning experiences, automating administrative tasks, improving the quality of education, and helping schools to analyze student data for continuous improvement. As AI technology continues to advance,

INTELLIGENCE Revolution

we can expect to see even more innovative ways that AI can be used to enhance the learning experience in schools.

ChatGPT generated the text above this line.

ChatGPT is considered the fastest-growing app of all time. ChatGPT, and competitors from Google, Amazon, Microsoft, and IBM, will be disruptors in education on a level that will likely surpass graphing calculators, personal computers, the internet, and smartphones. The nation's largest school district, New York Public Schools, has blocked access to the program; other school districts such as Baltimore, Seattle Public Schools, and Los Angeles have followed suit. New York Public Schools argued in support of the ban due to the "negative impacts on student learning, and concerns regarding the safety and accuracy of content," adding that "the tool may be able to provide quick and easy answers to questions, [but] does not build critical-thinking and problem-solving skills, which are essential for academic and lifelong success." Other educational institutions have cited plagiarism concerns.

There are AI detection tools such as GPTZero developed by a Princeton student; however, such tools are not foolproof. I tested text that was a mixture of AI-generated text and original composition. My original composition was flagged, and the AI text went undetected.

Emma Bowman suggests strategies for circumventing ChatGPT, such as making writing prompts more personal, asking students to explain their creation process, handwriting assignments in class, utilizing project-based learning, and testing out tasks in ChatGPT before assigning. Another strategy is using recent events; ChatGPT cannot answer prompts regarding current events. Programming issues and policies may temporarily slow the progress of ChatGPT and similar tools; however, how we teach will need to change moving forward.

Teachers and administrators will need to learn to co-exist with ChatGPT. Helping students develop critical thinking skills and media literacy will take on renewed importance. We must equip students with social justice skills, as AI is not immune from

racism. Structural, institutional, systemic, and even inter and intrapersonal racism is often built into AI algorithms. Students will need to develop critical stances regarding AI-generated texts. Natural language AI tools have and will change educational dynamics. Educators must prepare for the paradigm shift.

*References: Bowman, E. (2023, January 9). A college student created an app that can tell whether AI wrote an essay. NPR. <https://www.npr.org/2023/01/09/1147549845/gptzero-ai-chatgpt-edward-tian-plagiarism>; Gillborn, D., Warmington, P., & Demack, S. (2018). *QuantCrit: Education, policy, 'Big Data' and principles for a critical race theory of statistics. Race, Ethnicity & Education, 21(2)*, 158–179. <https://doi.org/10.1080/13613324.2017.1377417>; Klein, A. (2023, February 14). *Outsmart ChatGPT: 8 Tips for Creating Assignments It Can't Do. Education Week. <https://www.edweek.org/technology/outsmart-chatgpt-8-tips-for-creating-assignments-it-cant-do/2023/02>; New York City schools blocked ChatGPT. Here's what other large districts are doing. (2023, January 6). Chalkbeat. <https://www.chalkbeat.org/2023/1/6/23543039/chatgpt-school-districts-ban-block-artificial-intelligence-open-a>**

Jatisha Marsh
Alpha Epsilon Chapter



THE BENEFITS OF Digital Hygiene

A NEW FRONTIER IN WELLNESS



If you've ever been a chapter officer, you've most likely felt overwhelmed by a torrent of emails, a mountain of digital files, or a never-ending social media feed. You're not alone. Our digital lives sometimes feel chaotic and cluttered, leaving us stressed, distracted, and unproductive.

However, there's a solution at hand: Digital Hygiene. Just as physical cleanliness contributes to our health, maintaining a clean and organized digital environment can do wonders for our mental well-being and productivity.

1. Understand Digital Hoarding

Digital hoarding is the practice of amassing digital files to such an extent that it obstructs your daily life and negatively impacts your overall wellness. Unlike physical clutter, digital clutter is often invisible, making it easy to ignore. However, it can still lead to stress, overwhelm, and decreased productivity.

2. Recognize the Impact

Excessive digital clutter can profoundly affect your brain and life, leading to constant distraction, reduced focus, and even social isolation. It's not just about having a messy inbox or desktop; it's about the mental load this clutter places on you.

3. Start with Mental Preparation

Just like any significant lifestyle change, digital decluttering requires mental preparation. It involves confronting the reasons behind your digital hoarding tendencies and mentally preparing yourself for the task ahead.

4. Develop Effective Strategies

Effective strategies can help you organize and delete digital clutter. Such methods include categorizing files into folders, using cloud storage, setting up email filters, or even using digital minimalism apps that help reduce digital distractions.

5. Unpack Your Digital Attachments

Digital possessions can evoke strong emotions, making them difficult to part with. Unpacking these emotional attachments can help you understand why you're holding on to certain digital items and make it easier to let go.

6. Adopt Digital Minimalism

Digital minimalism simplifies your digital life by focusing on what truly adds value and eliminating the rest. It's not about having the least amount of digital possessions but about making mindful choices about digital consumption.

7. Build Healthier Digital Habits

Once you've decluttered your digital life, the goal is to keep it that way. Building healthier digital habits, such as regular digital decluttering, setting digital boundaries, and prioritizing quality over quantity, can help you maintain a clean and organized digital environment.

8. Celebrate the Benefits

Digital hygiene can significantly improve your mental health and productivity. The practice can minimize tension and worry, boost attentiveness and mental sharpness, amplify creative thinking, and cultivate a deeper awareness and mindfulness in your daily life.

9. Look Ahead

Maintaining digital hygiene is an ongoing journey, not a one-time task. Regular digital detoxes, mindful digital consumption, and patience and kindness towards yourself are all essential in maintaining a healthier digital lifestyle.

In conclusion, digital hygiene is crucial to our well-being in today's digital age. It's about creating a digital environment that supports, rather than hinders, your life and goals. So, why not start your digital hygiene journey today? It might just change your life.

Remember that the field of digital hygiene is still emerging, and many sources might discuss it under different terminologies, such as digital minimalism, digital wellness, or digital decluttering. Exploring these related topics can provide additional insights.

Recommended Reading:
SeaGlass Technology. "What Is Digital Hygiene?" SeaGlass Technology, 9 Mar. 2023, <https://bit.ly/3Bl8Wp>.
Sheridan, Max. "Cybersecurity Awareness Month Is Here. Is Your Digital Hygiene up to Snuff?" Safe-Home.Org, 17 Apr. 2023, <https://bit.ly/3W2K9T8>.
Vodafone Australia. "Good Digital Hygiene Practices You Need to Know." <https://bit.ly/41Fh9C8>. Accessed 12 May 2023.

Please note that while the availability and accessibility of online articles may change over time, these links were functional and relevant as of May 2023.

Vanessa White,
 Basileus 2023-
 2025, Alpha
 Beta Chapter,
 Nashville, TN



When ZZZs Go Missing: Unraveling the Emotional Chaos of Poor Sleep

Getting sufficient sleep is vital for maintaining optimal health and overall well-being. Sleep is so important that just minor deprivation can lead to serious health consequences. However, it's important to note that sleep also plays a significant role in promoting emotional well-being. Even at just minor levels, sleep deprivation affects your mental state, psychological health, and emotional wellness. If you have poor sleep habits or a sleeping disorder, you may want to know more about how this critical health habit affects your emotions.

What Makes for Quality Sleep?

While asleep each night, you alternate between two distinct phases of sleep. As the night progresses, the length of time you are in varies. The quiet sleeping category involves deep sleep, during which your blood pressure, temperature, and breathing slow or lower while your muscles relax deeply. During this phase, your body is repairing and rejuvenating. During rapid eye movement (REM) sleep, you dream while your physical markers remain pretty high, like those while awake. During REM sleep, your mind is busy processing, learning, and encoding things into memory, and this phase of sleep is linked to emotional health in many ways. These processes become interrupted when your sleep becomes disrupted, whether during REM or quiet rest. Sleep disruptions raise stress hormones and neurotransmitters, causing impairment in the brain that affects cognition, emotional awareness, and control.

Mental Health and Sleep

Many medical conditions and factors will disrupt sleep, including insomnia, sleep apnea, movement disorders, narcolepsy, chronic pain, and diabetes. When you have one of these disorders, it can influence mental health issues.

And these sleep disruptions impact your emotional regulation, which can affect how you behave, feel, and think. Most people who have depression also suffer from some sleep disorder. And when you have insomnia, your chance of developing depression increases significantly. Being sleep-deprived makes it challenging to reason, control spiraling negative emotions that often occur with depression, and much more. Studies of young children with sleep problems found that most developed depression later in life, indicating that the sleeping problems arose before the mental health problems. Those with sleeping problems and mental health issues are less likely to respond to treatment or medications such as antidepressants. Those who continue to have sleep disruptions are much more likely to consider suicide than depressed patients with no problems sleeping.

Sleep influences conditions such as anxiety, manic-depressive disorders, PTSD, and ADHD similarly. And having a sleeping disorder puts you at a significantly increased risk of having one or more of these types of problems.

Emotional Health and Sleep

Because emotional health is a component of mental health, the above section describes

the most significant impacts of sleep deprivation and disruptions on your emotional state. Slight or occasional disruptions to your sleep can affect different facets of emotional regulation, such as your capacity to perceive and understand others' emotions, as well as how you effectively cope with stress and navigate the negative consequences that impact your everyday life. When you deprive your brain of sleep, it lacks enough time to cleanse your neurons of waste products, repair damaged neural networks, or accurately process new memories or information. When combined, these factors all influence how well you understand and process your emotions and your ability to cope effectively with new information, obstacles, or the intense feelings of others. When wastes build up in the brain, your decision-making skills, reaction times, and ability to reason decrease, leaving you to rely on your emotions to help you make choices.

Recommended Reading: Bijlani, N. (n.d.). How Does Sleep Affect My Mental Health? Priory Group. Retrieved March 10, 2021, from <http://bit.ly/38s59er>; Cain, D. R. (2020, June 21). Sleep right, make your brain right! Whole Brain Health. <http://bit.ly/3bA9HkX> Primary Care Collaborative. (2019, May). Sleep and Mental Health: Why Our Brains Need Sleep. <http://bit.ly/38KZAYL>

Soror Linda D. Lewis,
Alpha Beta Chapter,
Nashville, TN



Soror Novella M. Page
Alpha Beta Chapter,
Nashville, TN



please Keep My Teacher

A prayer for a teacher with a new view of how education has changed under the cloud of COVID from a child who sees a changing dynamic. The one who used to be encouraged by the teacher is now the one who must do the encouraging to keep her teacher from resigning.

Now I lay me down to sleep,
I pray my teacher You will keep.

Her job is hard, and this is true,
Sometimes I don't know what to do.

To help her keep her happy smile,
that lets me feel like I'm her favorite child.

She tries to make our lessons fun.
In front of a screen — for PE — I can't run.

Inside my house or jump or play,
my daddy is feeling kinda sick today.

And mommy is worried she's getting it too.
The sickness they say that is like the flu.

When it made grandma sick, and she went to heaven,
right on my birthday, (I just turned 7).

So now it's time to read my schoolbook.
It's about a girl just like me who loves to cook.

Helping my mom in the kitchen was fun.
Before the sickness had its run.

I wonder can my teacher see,
the fear I have inside of me.

Please help my teacher Lord, don't let her quit.
Without her there's so much that I will forget.

Does she really know how she can fill up my day?
I feel better just knowing that she is ok.

I wish I could tell her just how much I care.
And my parents are grateful she's there.

Dear Lord please protect her mind, body and soul.
I heard my mom say, 'cause it's taking its toll.

On teachers, they're leaving the jobs that they love.
Because of the stress and the masks and the gloves.

This sickness they call COVID has changed everything.
I pray we're in person by this early Spring.

I want us to all be together again,
hugging and laughing, just me and my friends.

Until then I know I will just have to pray.
For my strong, pretty teacher who's not with me today.

And even if learning is only online,
I still feel her love, it is one of a kind.

I will be a big girl and do all that I can.
And be the best student in all the land.

That will make her job better and then she won't
ask why are we fighting about gloves and a mask?

So, Angels work hard, to see my teacher through.
And I'll keep on praying teacher-especially for you.

*Sheila Kizzart, M.Ed.
GammaTau | Southwest Region*



The "Magnificent" Midwest Region

MIDWEST REGION

CHAPTERS

3010 Kappa	Youngstown, OH
3012 Mu	Chicago, IL
3018 Sigma	Cincinnati, OH
3019 Tau	Indianapolis, IN
3022 Chi	Detroit, MI
3024 Alpha Alpha	Kansas City, MO
3030 Alpha Eta	Evansville, IN
3036 Alpha Nu	St. Louis, MO
3037 Alpha Xi	Cleveland, OH
3049 Beta Gamma	Toledo, OH
3050 Beta Delta	Dayton, OH
3055 Beta Iota	Akron, OH
3058 Beta Mu	Gary, IN
3068 Beta Chi	Milwaukee, WI
3070 Gamma Alpha	Columbus, OH
3071 Gamma Beta	Kansas City, KS
3073 Gamma Delta	Flint, MI
3079 Gamma Kappa	Saginaw, MI
3086 Gamma Rho	Shaker Heights, OH
3093 Delta Alpha	Inkster, MI
3110 Delta Sigma	Jefferson City, MO
3111 Delta Tau	Wichita, KS
3129 Epsilon Xi	Forest Park, OH
3136 Epsilon Phi	Evanston, IL
3141 Zeta Gamma	Maywood, IL

STATES

- Illinois
- Indiana
- Kansas
- Michigan
- Missouri
- Ohio
- Wisconsin



Tiffany M. Pritchett
Midwest Region Director
2019 - 2023



MIDWEST REGION

Education: Evolving to Meet the Changing Needs of Students and Teachers

“The Function of education is to teach one to think intensively and to think critically. Intelligence plus character — that is the goal of true education”. ~ Martin Luther King Jr.

Greetings from the Director of the Magnificent Midwest Region,

Education has been evolving forever. The traditional method for educating/learning has forever changed. As an educator and school counselor, I ask myself, “What are we doing to ensure our students are educated and able to compete with other students educationally across the world?”

We’ve changed with different instructional methods that come with complexity, not only for students but for teachers as well. The educational dynamic has changed, and we must ensure it is for the greater good of school districts and the state of academic affairs.

As time moves on, we must evolve. Evolving brings about change that not everyone will like. But to grow, we must change. Our Sisterhood and Service in this illustrious sorority have also evolved as education changed over the years. We have embarked on one hundred years of Service, Education, & Sisterhood.

One Hundred Years of Service and Sisterhood. We are Still Standing! ... Still Serving! ... Still Strong!

Sorors, we have arrived at a monumental time in this eminent organization of educators! Educating students, at its core, has stayed the same. The delivery and methodology of education have been derived since 1923. The dynamics of education have changed since 1923. In the early 1920’s the school year began in the colder months because families needed children to help with farming and livestock during the spring, summer, and fall months. So, children attended school during the winter months. Schooling has gone from chalkboard and eraser to view sonic (technology) boards.

As we celebrate this momentous centennial anniversary, let us reflect on where we’ve come from to what we have flourished into. Our Founders, “The GREAT EIGHT,” had a vision. They had an idea to establish a sisterhood among teachers and promote the highest ideals of the teaching profession.

In Reflection on the words of our Sorority song:

“Phi Delta Kappa firmly stands to welcome us on every hand.

And lead us to a sisterhood,

Where all are fully understood.”

Sorors, I want you to know:

- Phi Delta Kappa stands firm on the ideals of the teaching profession.
- Phi Delta Kappa offers a true sisterhood to every woman in the teaching profession.
- Phi Delta Kappa fully understands what it takes to be a true educator in this ever-changing field of education.

Sorors, we are here at 100 years. I challenge you to renew and re-commit yourselves to this Sisterhood of Service and Education!

In Sisterhood and Service,

Tiffany M. Pritchett
Midwest Regional Director
2019-2023



GOD CREATED THE FIRST TEACHER



On the 6th day, God created men and women. On the 7th day, He rested. Not so much to recuperate, but rather to prepare Himself for the work He was going to do on the next day. For it was on that day — the 8th day — that God created the FIRST TEACHER.

This TEACHER, though taken from among men and women, had several significant modifications. In general, God made the TEACHER more durable than other men and women. The TEACHER was made to arise at a very early hour and to go to bed no earlier than 11 PM, with no rest in between.

The TEACHER had to be able to withstand being locked up in an air-tight classroom for six hours with thirty-five “monsters” on a rainy Monday. And the TEACHER had to be fit to correct 103 papers over Easter vacation. Yes, God made the TEACHER tough ... but gentle, too. The TEACHER was equipped with soft hands to wipe away the tears of the

neglected and lonely student ... those of the sixteen-year old girl who was not asked to the prom.

And into the TEACHER, God poured a generous amount of patience. Patience when a student asks to repeat the directions the TEACHER has just repeated for someone else. Patience when the kids forget their lunch money for the fourth day in a row. Patience when one-third of the class fails the test. Patience when the text books haven’t arrived yet, and the semester starts tomorrow.

And God gave the TEACHER a heart slightly bigger than the average human heart. For the TEACHER’s heart had to be big enough to love the kid who screams, “I hate this class — it’s boring!” and to love the kid who runs out of the classroom at the end of the period without so much as a “goodbye,” let alone a “thank you.”

And lastly, God gave the TEACHER an abundant supply of HOPE. For God knew that the TEACHER would always

be hoping. Hoping that the kids would someday learn how to spell ... hoping not to have lunchroom duty ... hoping that Friday would come ... hoping for a free day ... hoping for deliverance.

When God finished creating the TEACHER, He stepped back and admired the work of His hands. And God saw that the TEACHER was good. Very Good! And God smiled, for when He looked at the TEACHER, He saw into the future.

He knew that the future was in the hands of the TEACHERS. And because God loves TEACHERS so much ... on the 9th day God created ... SNOW DAYS!

*Submitted by Unknown Guest
Author*



The Magnificent Midwest: Unleashing the Power of the $\Phi\Delta\K$ Sisterhood



Once upon a time, a group of extraordinary female teachers emerged in the educational realm of the National Sorority of Phi Delta Kappa, Incorporated (NSPDK). United by their unwavering dedication and a shared passion for academic excellence, they became renowned as the Magnificent Midwest Region, a force to be reckoned with within the sorority's sisterhood.

Within the bustling hallways of NSPDK, the Magnificent Midwest recognized a calling that resonated deep within their souls. Like skilled conductors, they saw the symphony of education longing to be harmonized. With unwavering resolve, they joined forces, forming a sisterhood to set the stage for transformative change.

Armed with their extensive knowledge and diverse expertise, the Magnificent Midwest embarked on a mission to revolutionize the educational landscape. They embraced the challenges before them, viewing them not as obstacles but as opportunities to ignite the flames of inspiration within their students and fellow teachers.

The power of their collective influence radiated brightly, illuminating the path for others to follow. They led

by example with steadfast determination, showcasing the true meaning of educational excellence. Their classrooms became vibrant arenas of creativity and innovation, nurturing a love for learning that extended far beyond textbooks and exams.

But their impact extended beyond their classrooms. The Magnificent Midwest believed in the strength of collaboration, understanding that actual change was born from unity. They established a network of support and mentorship, creating a haven where ideas could flourish, knowledge could be shared, and hearts could be uplifted.

Through their tireless efforts, the Magnificent Midwest transformed their region into a hub of inspiration and growth. Their collective wisdom and innovative teaching methods sparked a ripple effect that touched the lives of countless students and educators across the sorority. The echoes of their remarkable achievements traveled far and wide, capturing the attention and admiration of their sisters from coast to coast.

Their influence was noticed within the sorority's leadership. The Magnificent Midwest was hailed as beacons of educational excellence, ideals of the NSPDK sisterhood. Their dedication, commitment, and unwavering spirit led to well-deserved recognition and elevated responsibilities.

In addition to their remarkable achievements within the Magnificent Midwest Region, it is worth noting that NSPDK has expanded its presence beyond its founding roots in New Jersey, which is part of the Eastern Region. Today, the corporate headquarters of NSPDK proudly resides within the Midwest Region, situated in the vibrant city of Chicago. This strategic move to the heart of the Midwest exemplifies the sorority's commitment to embracing new horizons and fostering educational excellence across the nation.

Embracing their newfound roles, the Magnificent Midwest began shaping the sorority's educational vision on a broader scale. Their voices, backed by a remarkable track record, carried the hopes and dreams of their fellow educators. With an impressive number of elected positions, their influence extended beyond the region, reaching the highest echelons of NSPDK's leadership. Among their achievements, they saw six sorors elected as Supreme Basileus, three as 1st Anti-Basileus, three as 2nd Anti-Basileus, nine as 3rd Anti-Basileus, eight as Supreme Grammateus, two as Supreme Epistoleus, three as Supreme Tamiouchos, five as Supreme Tamias, two as Supreme Parliamentarian, eight as Krinon Editor-in-Chief, and one as Director of Public Relations. Additionally, their expertise and

dedication were recognized, with five sorors serving as Members-at-Large, solidifying their influence and impact on a national level.

As time passed, the Magnificent Midwest's tale became a legend within NSPDK, a testament to the transformative power of sisterhood and the indomitable spirit of female educators. Their story served as a rallying cry, inspiring generations of Phi Delta Kappa sisters to tap into their potential, break barriers, and leave an indelible mark on the world of education.

The legacy of the Magnificent Midwest lives on, reminding all within the sorority that within the embrace of sisterhood, the power to shape minds and mold futures knows no bounds. They embody the essence of NSPDK, shining a light on the transformative impact that a united group of passionate and dedicated educators can achieve.

In the tapestry of educational excellence, the Magnificent Midwest will forever be remembered as the virtuosos of change, the guiding stars illuminating the path towards a brighter future for future generations.



Submitted by Guest Author using resources provided by Mu Chapter

MY COMMITMENT TO PHI DELTA KAPPA

I will commit to:

P RAYER:

My daily routine conceals the key to my future, and within it, prayer must find its place. (See 1 Thessalonians 5:17)

H UMILITY:

Confidence blossoms when I acknowledge my worth, and humility flourishes when I recognize my areas of lack. (See Proverbs 22:4)

I NFLUENCE:

The level of adversity I confront corresponds to the magnitude of my potential influence. (See 1 Corinthians 5:6)

D ILIGENCE

Speedy attention to an assigned task characterizes diligence. (See Ecclesiastes 9:10)

E XCELLENCE

My significant achievements come only when I'm truly obsessed with something. (See Ecclesiastes 9:10)

L EARNING

The proof of humility lies in my readiness to extend my reach. (See Proverbs 1:5)

T EAMWORK

Collaboration is essential for multiplication; it cannot be achieved by a single entity. (See Matthew 18:19)

A CCOUNTABILITY

Those responsible for providing for me are also entitled to hold me accountable. (See Romans 14:12)

K INDNESS

While words may fade from memory, the lasting impression they leave on people's emotions endures. (See Ephesians 4:32)

A TTITUDE

My attitude as a servant shapes the ambiance of the palace. (See Matthew 12:34-35)

P ROBLEM SOLVING

My impact in life is defined by the problems I successfully address or the problems I introduce. (See Psalm 34:4)

P RODUCTIVITY

The leader permitted by God to govern a nation reveals its true essence and character. (See Proverbs 13:11)

A TMOSPHERE

The quality of the product I generate is a direct result of the atmosphere I foster. (See Psalm 16:11)

The "Stellar" Southwest Region

SOUTHWEST REGION

CHAPTERS

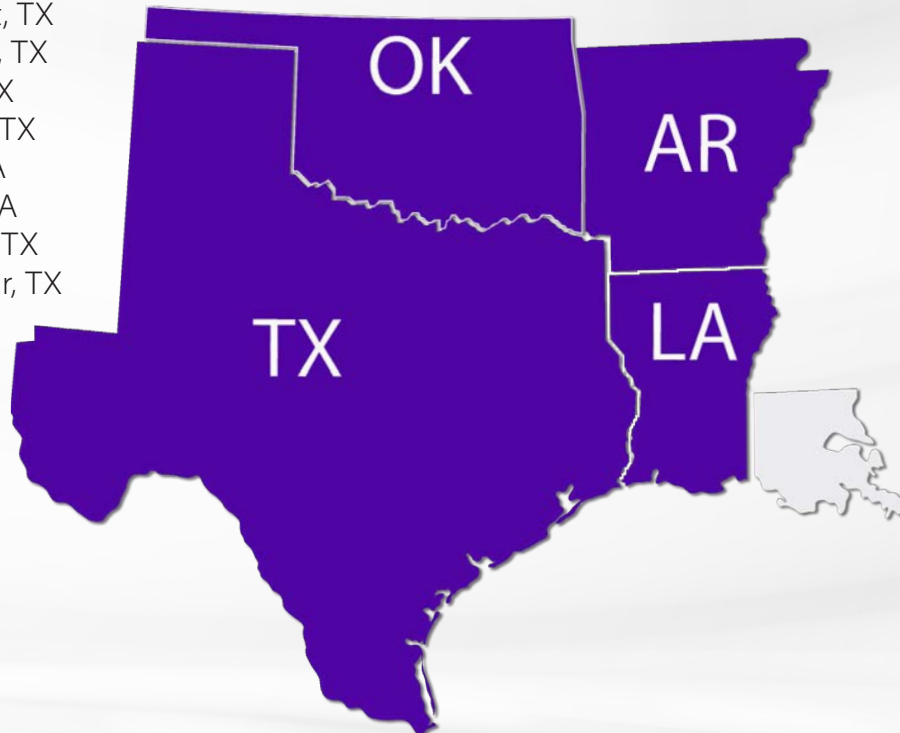
4033 Alpha Kappa	Tulsa, OK
4040 Alpha Rho	Dallas, TX
4041 Alpha Sigma	Fort Worth, TX
4047 Beta Alpha	Shreveport, LA
4063 Beta Rho	Texarkana, TX
4074 Gamma Epsilon	Oklahoma City, OK
4082 Gamma Nu	Little Rock, AR
4088 Gamma Tau	San Antonio, TX
4089 Gamma Upsilon	Waco, TX
4094 Delta Beta	Austin, TX
4097 Delta Epsilon	Dallas, TX
4107 Delta Omicron	Muskogee, OK
4114 Delta Chi	Houston, TX
4117 Epsilon Beta	Tyler, TX
4118 Epsilon Gamma	Plano, TX
4119 Epsilon Delta	Lawton, OK
4120 Epsilon Epsilon	Langston, OK
4121 Epsilon Zeta	Ennis, TX
4123 Epsilon Theta	Beaumont, TX
4124 Epsilon Iota	Galveston, TX
4126 Epsilon Lambda	Orange, TX
4131 Epsilon Pi	Arlington, TX
4132 Epsilon Rho	Homer, LA
4132 Epsilon Rho	Minden, LA
4139 Zeta Alpha	Mesquite, TX
4140 Zeta Beta	Port Arthur, TX

STATES

- Arkansas
- Oklahoma
- North Louisiana
(Shreveport)
- Texas



Anita O'Neal
Southwest Regional Director
2019-2023



SOUTHWEST REGION

Greetings from the Director of the Stellar Southwest Region,

I am very honored and pleased to greet you on behalf of the National Sorority of Phi Delta Kappa, Incorporated Southwest Region and to share my reflections on the 2023 theme, "Changing Dynamics — 100th Anniversary, Still Standing ... Still Serving ... Still Strong."

The Sorority has experienced many Dynamic Changes during its 100 years, but we still are following the mission that the illustrious Founders established for this outstanding professional educator's sorority. The mission of the National Sorority of Phi Delta Kappa, Incorporated is "To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession".

This organization of women in the field of education is Still Standing by ... "Promoting the Highest Ideals of the Teaching Profession". Education from the early 1920's to the twenty-first century has changed tremendously. The milestones include:

- Making school mandatory
- Ensuring all races an equal opportunity for education
- Feeding children so they can learn
- Including girls in school
- Students with disabilities
- Schools working online

This organization is Still Serving by implementing the three-point Youth, Education, and Service (Y.E.S.) Program which guides our work in the sorority.

- Y - We provide leadership skills, college preparatory and mentoring to youth.
- E - We provide workshops for teachers and mentoring new teachers. Conduct parent workshops on the new educational trends in education.
- S - We are very visible and active in providing community service throughout the local communities.

Finally, this organization is Still Strong as we "... foster a spirit of sisterhood among teachers ..." by collaborating, networking and sharing rich educational trends across the states within the sorority. After 100 years of the National Sorority of Phi Delta Kappa, Incorporated serving in different communities across America, we see how we are Still Standing...Still Serving... Still Strong, and continuing the legacy that our 8 founders instilled in the foundation of the Sorority.

"If you change the way you look at things, the things you look at change." ~Wayne Dryer

Anita O'Neal
Southwest Regional
Director



Skill-Up With LEADERBOARD IXL

Skill-Up with IXL Leaderboard in the classroom or school-wide for the upcoming state assessments. Most United States of America State Education Departments comply with the federal K-12 education law of the Every Student Succeeds Act (ESSA) by publishing annual school report cards for all stakeholders. All parent stakeholders must be informed of their child's academic growth yearly for college and career readiness. (Texas Education Agency). Texas Parents and educators can benefit from at-school and home support with the new State of Texas Assessments of Academic Readiness (STAAR). The first-time administration of the new 2023 STAAR will move from a one hundred percent multiple choice test format in English Language Arts (ELA) and Math course subjects to various open-response questions. IXL Leaderboard is a component of "a personalized learning platform that is proven to improve learning outcomes for all students. IXL's comprehensive K-12 curriculum, Real-Time Diagnostic, personalized guidance, and actionable analytics work together seamlessly to give teachers everything they need to differentiate instruction and help students grow to reach their full potential." (IXL Learning)

IXL Leaderboard facilitates healthy time-bound student competitions to support the



student engagement of all learners. Personalized IXL action plans allow students with Individualized Educational Plans (IEP), Emergent Bilingual, and general education students to work independently. Students working at their own pace yet competing to reach set goals of total questions answered, skills mastered, and time spent are a few ways teachers can implement IXL Leaderboard in ELA and Math courses. Teachers in integrated classrooms of all learners would love the individualized goal tracker to post on data classroom bulletin boards as they monitor their student growth in real-time. Posted student data classroom walls will promote increased time on task in school and at home for students to compete to the finish line on IXL Leaderboards.

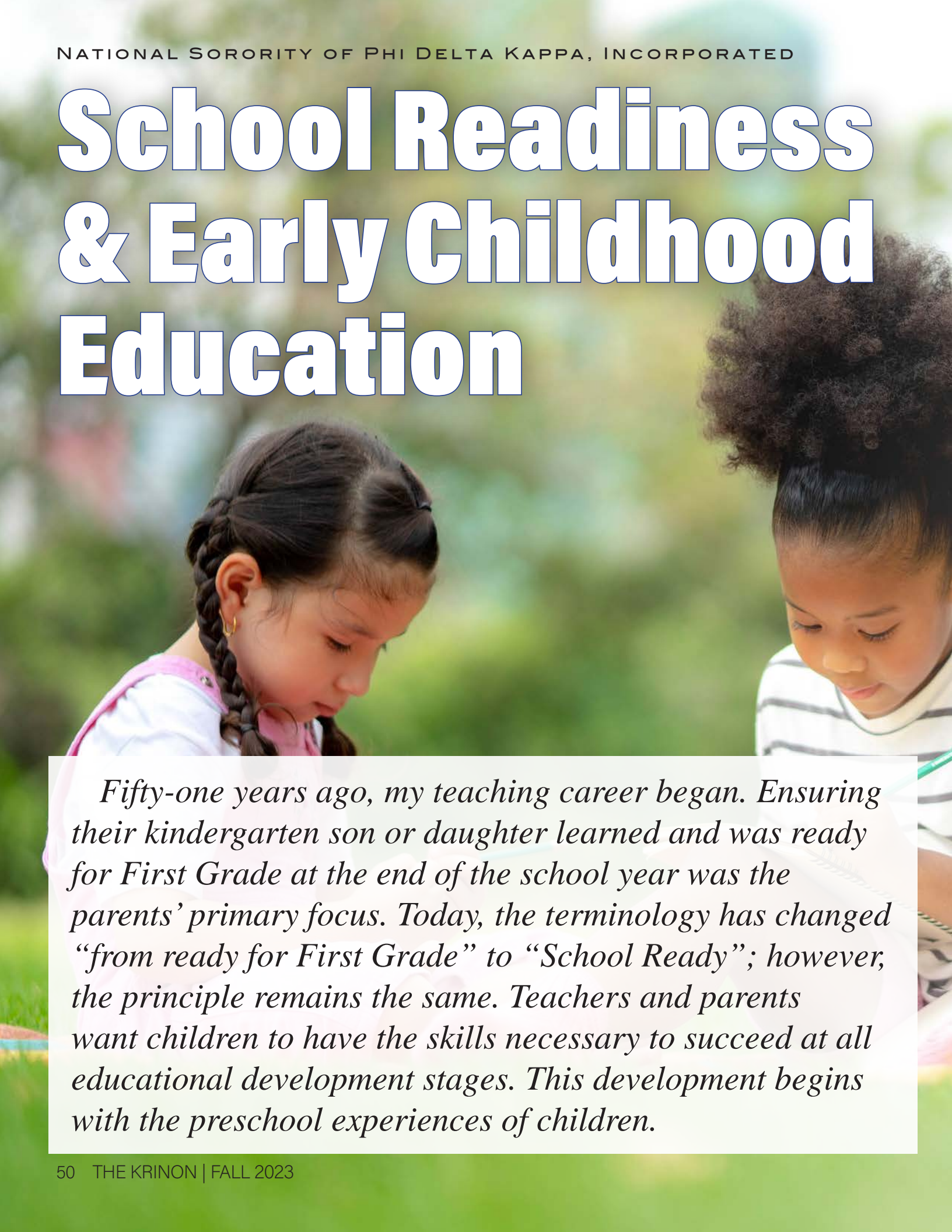
Educators, staff, and parents cheering students along the IXL Leaderboard competitions contribute to a positive testing school culture during high-stakes assessments measured on elementary, middle, and high school annual accountability school report cards. A positive testing culture is sorely needed to combat the impact of test anxiety and testing fatigue. IXL Leaderboard's gamified component can minimize internal triggers leading to low test performance. Time-bound IXL Leaderboard competitions can keep student skills fresh during spring breaks and provide whole class reviews, all while completing a healthy competition.

Comedian Eddie B jokingly addresses how the annual state test "nibbles at kids' confidence ." IXL Leaderboard competitions are one way we can maintain student confidence while celebrating individualized growth wins. Teachers and administrators track student growth in real-time with actionable analytics, evidence of the hard work teachers are putting in to support all their students. IXL Leaderboard tool builds teacher efficacy no matter the student baseline data levels. Embracing a balanced positive and testing school culture is a hands-on-deck effort.

*Demetria S. McDonald
Delta Epsilon, Southwest*



School Readiness & Early Childhood Education

A photograph of two young girls, one with braided hair and one with a large afro, looking down at a book together. The background is a soft-focus green outdoor setting.

Fifty-one years ago, my teaching career began. Ensuring their kindergarten son or daughter learned and was ready for First Grade at the end of the school year was the parents' primary focus. Today, the terminology has changed "from ready for First Grade" to "School Ready"; however, the principle remains the same. Teachers and parents want children to have the skills necessary to succeed at all educational development stages. This development begins with the preschool experiences of children.

In the past, preschool referred only to children five years of age — Kindergarten. (Children under five were not allowed to enroll in public school at that time.) The emphasis was on children learning the alphabet, basic shapes, colors, and numbers. While those things (academic knowledge) are essential for children to know, research has taught us that if we truly want children to be school-ready, educators must focus not only on academic development but also on the social and emotional development of the children.

The Early Childhood Learning and Knowledge Center (ECLKC) defines social-emotional development as “a child’s ability to create and maintain meaningful relationships with adults and other children.” ECLKC further states that if children are to become successful learners, they must be able to regulate their behavior in various settings. A child’s interactions with others, whether child-to-adult or child-to-child, are crucial to successful learning outcomes. These interactions begin the moment a child enters the world.

Teachers of young children have a considerable responsibility in assisting children with developing social competence skills. When children have close, supportive, trusting relationships with adults, their social-emotional development advances phenomenally (Howes & James, 2002). Because of the undeniable connection between relationship development, behavior, and learning, teachers must be mindful and reflective of their interactions with each child. The implication is that teachers must constantly assess and intentionally plan for a child’s social and emotional growth. It begins with ensuring a child feels welcomed and loved. Teachers must also create environments where a child feels safe to participate in classroom activities and feels confident that the teacher

values them as a person and their input to the group.

Conclusion: Today’s educational landscape challenges teachers to do more and more to ensure that the children they serve are academically successful and socially and emotionally competent. Every action of the teacher must be intentional. Despite the low pay, lack of recognition, long hours, lack of parent participation, and the infiltration of gun violence in schools, teachers continuously stand up and meet the challenge. As educators, in 2023, we can proudly say we are “Still Strong and Still Standing for Children!”

We remain dedicated to the education of the whole child. Children leave our schools with skills to read and write, think, problem solve, and work cooperatively with their peers and adults. Children leave our schools knowing they matter and that a teacher believes in them and their growth and development. The relationship (positive or negative) between the teacher and the child sets the tone for future relations with other adults and children. Establishing a positive relationship early on in a child’s life is critical to ensuring school success.

References: Howe, C., & James J. (2002). Children’s social development within the socialization context of childcare and early childhood education. <https://eclkc:ohs.acf.hhs.gov>

*Brenda Kay Fowler
Delta Beta, Austin, TX
Southwest Region*



The Unbreakable Bond: A Teacher's Reflection on Mentorship and the Power of Camaraderie

Upon receiving a letter recommending me for membership in the National Sorority of Phi Delta Kappa, Incorporated by Soror Regina Wyatt, I hesitated to commit. I already had a fulfilling life with plenty of activities and travel plans to see the world. I had achieved my desire of living a "3 P" life (no plants, no people, no pets) in my home. Don't get me wrong, I absolutely adored raising my four wonderful children to adulthood and watching my fourteen grandchildren grow up. However, my wish was to retire and leave the world of teaching behind. But as we all know, there is no such thing as completely separating oneself from teaching. It is ingrained in our very being, our DNA, and our spirit. To stop teaching or learning is akin to dying.

Reflecting on Soror Regina Wyatt and my former teacher, the late Soror Gertrude Robertson, I realized the importance of their teachings and

mentorship. Soror Robertson was the embodiment of a teacher, mentor, and friend to all children. While I have had many great teachers throughout my life, Soror Robertson stands out, especially for this audience.

Interestingly enough, the Krinon, which by definition means lily or flower, grows beautifully without much care.

Consider Matthew **6:27-29** in the King James Version of the Bible:

:27 *Which of you by taking thought can add one cubit unto his stature?*

:28 *And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:*

:29 *And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.*

The poem on the next page reminds me of all that ALL TEACHERS do, daily. This is my observation and tribute to you – NSPDK.

Sisterly regards,
Carol Reed, Ed.S.,
Alpha Rho Chapter



My Lily Flower

Unknown

When I was down, you came to me.
True knight disguised in pure sunlight.
Reaching out, you gave me your hand,
And without asking: covered me with a shield you never knew you had.

When I was up, you looked at me.
Beaming, with an honest smile brighter than stars.
I gave you my strength and pulled you up with me,
And without asking: you stood by my side.

When I was here, and you were there,
The world was much bigger, and a scary place to dwell.
But when we met, you seized rightful place,
And without asking: you'll follow me into the very pits of Hell.

Once united, we realized:
If I stand there where you stand,
We'll conquer the planet with just one hand.
And without asking: therefore we became best friends.

So I'd die for you and live for you.
And you would do the same for me.
So, thank you, God, for bringing us here
And without asking: showing us the power of camaraderie.

Thank You Sorors for All That You Do for Children.

Blaine Lee: Knowledge Quotes
What we actually learn, from any given set of circumstances,
determines whether we become
increasingly powerless or more powerful.

**Still Serving
Beyond
Academics:
Celebrating
Students'
Social &
Emotional
Growth
Through**

Theatre

One of the greatest joys as a teacher is seeing the growth of my students, whether it's academic growth, social and emotional growth, or a combination of the two.

Last Friday, I was blessed to witness my students' social/emotional development when they competed in High School UIL One Act Play.

The road to the first round of UIL One Act Play was tumultuous at best. Rehearsals were arduous due to several factors, and the final rehearsal, which occurred the day before the competition, proved disappointing. Half of the cast was still struggling to memorize their lines. There was no sense of ensemble. The actors were not trusting themselves or me. All seemed to be lost. At best, I wanted my students to go out on the stage and give a performance they weren't embarrassed to have performed. At worst, I thought, "I'll just chalk it up to it wasn't our best year."

However, the tides changed during our rehearsal in our dressing room on the day of the competition. Typically, the students and I watch almost all the shows scheduled to perform before us on competition day. This year, however, I sensed we needed to remain in our dressing room and rehearse until it was our time to act. This strategy proved to be successful. Almost everything clicked during that final rehearsal in the dressing room. The actors trusted themselves, trusted me, listened to the advice of one of our parent chaperones, and began performing their characters as the three-dimensional human beings the playwright created. Before going to the auditorium for our performance, I told the actors they had a good show because I finally believed it.

When they took the stage, magic happened. I could see the confidence and how they had each other's backs when someone forgot a line. I could see their growth as individuals, and it was gratifying. The audience loved the play. The actors and I could hear the laughter at all the right moments. They gave a performance that they could be proud of and a beautiful and sincere one. The result of their growth took us all by surprise. We wound up advancing to the second round of UIL, a first for me as a high school theatre teacher.

Although we didn't advance past the second round, the lessons learned during this process have benefited the students and me. We're all hungry for competition next year, and I know that with more preparation, the students will continue to grow and will have success again next year.

*Joy Walker, Southwest Region
Alpha Rho Chapter, Dallas TX*



Quick Tips for Effective



First, planning good instruction includes

- Setting goals, writing meaningful and measurable objectives, class starters/warmups and do now's.
- Check for prior knowledge and real-world connections.

Lesson

- I Do, We Do, and You Do.
- Check points with challenging pre-planned questions and exit tickets.

Motivation

- Games, Competitions, and Challenges. Healthy competition is great for social interaction.

Testing

- Weekly mini quizzes.
- Test close to state testing standards every three weeks.
- Tests can be digital or written as long as there is quick and timely feedback of the results.

Monitoring

- Information on each student is required (Data Driven Decisions).
- Do students know where they are, so that they can monitor their own learning?

Good teaching practice

- Time to reflect, check yourself!
- Are you doing all of the work or are you facilitating and making the students work?
- Students learn math by doing math!

Janice Goines
Alpha Rho Chapter
Southwest Region



THE TEACHER

(adapted)

The teacher is a prophet: *She lays the foundation of tomorrow.*

The teacher is an artist: *She works with the precious clay of unfolding personality.*

The teacher is a friend: *Her heart responds to the faith and devotion of her students.*

The teacher is a citizen: *She is selected and licensed for the improvement of society.*

The teacher is an interpreter: *Out of her mature and wider life, she seeks to guide the young.*

The teacher is a builder: *She works with the higher and finer values of civilization.*

The teacher is a culture-bearer: *She leads the way toward worthier tastes, saner attitudes, more gracious manners, higher intelligence.*

The teacher is a planner: *She sees the young lives before her as a part of a great system that shall grow stronger in the light of truth.*

The teacher is a pioneer: *She is always interpreting and attempting the impossible, and usually winning out.*

The teacher is a reformer: *She seeks to improve the handicaps that weaken and destroy life.*

The teacher is a believer: *She has an abiding faith in God and in the improvability of the race.*

- Joy Elmer Morgan

Phyllis Garner
Beta Alpha Chapter
Shreveport, LA.



Inspiration for Senior Sorors Still Standing, Still Serving, Still Strong In the Midst of Changing Dynamics

In my childhood, I often heard my grandmother voice many concerns about the changes she saw in the fifties and sixties. She was greatly disturbed, and I could see no reason for her turmoil. Now that I have been blessed to see 75 years on this planet, I understand her many issues with the changing dynamics in her life. Many of us seniors, as well as our less mature sisters, are stressed by the everyday rapid transformations affecting our lives.

We have seen extreme shifts in our schools, in our churches, in our communities, in politics, in business, and the world at large. Many of these dynamic changes are positive and have greatly benefited all of us. Technology in education and social media; more emphasis on teaching the word rather than traditional religious acts; the

support of diverse groups in advocating for the rights of our people; and greater participation in civic obligations by the marginalized have moved us in the right direction.

However, we must recognize that other changing dynamics concern many of us and tend to prohibit us from standing, serving, and showing the strength we are capable of. We fear that the nuances of technical changes will leave us behind and that many of the needs and ideas of the young in our churches will leave us feeling overlooked. We also fear the boldness in our communities of some who voice hate and division and physically attack others without remorse. And remember the leaders who audaciously lie for their advantage. Legislation has been submitted and passed that seems to hamper the participation of minorities, and nations are behaving like spoiled children on the global playground. Yes, these dynamic changes may cause anxiety and stress and be overwhelming.

But there is a solution. Look to the "One" who is the same yesterday, today, and tomorrow. Remember, God does not change, and amid constant shifts, we, sisters in God's family, can stand on His word and promises to us. There is nothing more stable. Also, realize that He has shaped us to serve and has a plan for our lives to prosper us. It does not matter what changes happen; we know that all things work together for the good of those who serve according to His purpose. Know also that our outer person is faltering and may be growing weak, but our inner person is being renewed day by day, and that strength will give us all that we need to have the victory in these times of swiftly changing dynamics.

*Carolyn Wilson
Delta Beta Chapter
Austin, Texas*



EDUCATED **CANCER**



Once upon a time, there was a prestigious career choice called Madam Education. Many people aspire to be like her. She was elegant, graceful, filled with tact, and she was charming. She impacted children worldwide with her caring heart and compassionate spirit. Madam Education was the foundation and creator of all careers, and people were honored to receive her guidance and wisdom.

I'm not sure when she started to lose her prestige, but I think it was around the time GOD left the classroom. Religion in the classroom creates an opportunity for students to not only take pride in their beliefs and identities but also help foster respect for people with different backgrounds, traditions, and beliefs. Embracing various religious beliefs in education enhances student achievement, promotes teacher morale, and stimulates academic wellness. Then again, it could be that a child was no longer a child but a number. All I know is that the system began to fail when somebody eliminated religion.

Madam Education took every test possible to recover, but nothing worked. She started with TAKS, but then Dr. TEA decided that STAAR would be a better cure. In between her STAAR tests, she takes exit tickets, DOL, Power DOL, MAP, BOY, MOY, and EOY. And let us remember Common Assessments 1, 2, and 3, Mock STAAR, TELPAS, ACP, and more tests (I think she needs to remember the names). Nothing is working. All she heard was, did you beat the district? Did you beat the feeder? Did you hit your goal? Did your kids pass their STAAR goal? What's the number look like? Failing kids means failing teachers and, yes, they IMPACT kids!

COVID took a toll on her physically, mentally, emotionally, and socially, but it broke her more spiritually. She thought she could pivot and learn all the new technology known to man, but

more was needed. Once the children returned to school after the pandemic, Madam Education returned to life for a short period. She soon realized that her children had lost two years of academic learning while not receiving face-to-face instruction.

Now that the children have a 2-year deficit, Madam Education encourages all educators to "put all hands on deck" to facilitate student learning. She knows that success is eminent when students receive wholesome instruction and proper motivation from a dedicated and committed instructor. Well, she's smiling again, and the future seems bright! According to Dr. TEA, the official autopsy states, "pessimism is dead." If our children are to achieve, we must remain optimistic. After all, these children are our future.

*Crystal Martin,
Alpha Rho Chapter
Dallas TX*



The "Futuristic" Far West Region

FAR WEST REGION

CHAPTERS

5054 Beta Theta	Los Angeles, CA
5059 Beta Nu	San Francisco, CA
5067 Beta Phi	Compton, CA
5078 Gamma Iota	Sacramento, CA
5080 Gamma Lambda	Pasadena, CA
5083 Gamma Xi	El Cerrito, CA
5087 Gamma Sigma	Las Vegas, NV
5090 Gamma Phi	Fresno, CA
5102 Delta Kappa	Inglewood, CA
5106 Delta Xi	Long Beach/Carson, CA
5109 Delta Rho	San Bernardino, CA
5112 Delta Upsilon	San Diego, CA
5128 Epsilon Nu	Moreno Valley, CA
5130 Epsilon Omicron	Spokane, WA
5146 Zeta Theta	Phoenix, AZ

STATES

Arizona
California
Nevada
Washington



Dr. Elcendia Nord
Far West Regional Director
2019 - 2023



FAR WEST REGION

Navigating Technological Advancements & Building Sisterhood in a Virtual World:

Lessons from My Time as the Far West Regional Director

Greetings from the Director of the Futuristic Far West Region,

At the Far West Regional Conference in 2019, I was granted the honor of being elected to serve as the Far West Regional Director. I was excited! I was the first Far West Regional Director from Las Vegas, Nevada. History was made. I envisioned that I would have the usual four-year tenure. I had a rude awakening. In 2020, as I prepared for the 55th Far West Regional Conference, which was to be held in San Diego, California, the world was stricken by the Pandemic. This eliminated a face-to-face conference. We have not had a face-to-face conference since 2019. We looked forward to a face-to-face conference, which was held in July 2023. What an exciting occasion; not having a first face to face conference, but this regional conference will be my first and last face-to-face conference as Far West Regional Director.

We have experienced successful virtual retreats, conferences, and programs. These were exciting and very well attended. Virtual programming offered some sorors an opportunity to attend who would not have attended otherwise. We are thankful for that. We had to adopt new ways of communication and having effective meetings and programs. We became creative and developed avenues as needed. Teachers had to adopt new ways to instruct their students. Unfortunately, many students fell behind because of the lack of the personal motivation and encouragement of a personal teacher. We have overcome that as we move forward.

We learned to use Zoom and all its benefits. I must say that my tenure has been anything but usual. We made some major accomplishments during my tenure. My personal goal was to grow more sorors in the Far West Region. We achieved that goal. We now have over two hundred active sorors. We have accomplished many achievements to reach our membership of over two hundred sorors. We chartered a new chapter, Zeta Theta, our first in Arizona. We were also able to reactivate Gamma Iota of Sacramento, California. The Far West Region added some new initiatives; The Far West Newsletter, the Prayer Request at the close of every meeting, an evening of Prayer, Far West Sisterhood Seminar, Lunch with my Sisters, a part of our Regional Retreat, and increase attendance at our conferences and other Regional Programs. 'The small but mighty Far West Region' is on the move! We will hold our own and be the light that shines in the Far West as we promote the dreams of our Founders.

As I look back, I can fully relate to the song, "I Won't Complain." As Regional Director, I can honestly say that I have had some good days and however, I have had some hills to climb such as becoming more technologically savvy. I have also had some weary days, and God knows that I had some sleepless nights. But as I look to the end of my tenure, I can say that God has been good to me! My good days far outweigh my bad days, so I won't complain! I just thank the Lord for His taking care of me and allowing me an opportunity to serve this wonderful Sorority for over fifty years. He has blessed me to serve this fantastic Far West Region as the Regional Director.

Dr. Elcendia Nord
Far West Regional Director
2019-2023



This Crazy Soror
This Crazy Soror
Has fought a thousand
Battles and is still standing.
Has cried a thousand tears
And is still standing.

She has been broken, betrayed, abandoned, rejected.
But she walks proudly, laughs loudly.

Love without a doubt
This Crazy Soror is strong.

This Crazy Soror is humble.

This Crazy Soror is Me!



The “Small But Mighty” Far West Region: Still Standing! ... Still Serving! ... Still Strong!

Sisterhood

Sisterhood: an association, society, or community of women linked by a common interest. Sisterhood begins with YOU, whether it's reaching out to your family, community, or sorority. The focus here is sorority. During the Pandemic, sorority sisters stepped up to the plate to offer support, give love, donate time, and offer help in any way to accomplish tasks, fulfill obligations and do whatever it took to get the job done. They were there from all levels, be it national, regional, or local.

We cannot forget how much Zoom, although at first was somewhat difficult in getting used to, turned out to be a welcomed feature for getting sorors together. Attendance increased at meetings, conferences, and conclaves. Chapter participation and attendance also doubled in activities. Sorors were missed and asked about, when absent from meetings, prayers, and other functions.

Again, Sorors reached out to one another and provided training to sister chapters. Many friendships were made from this worthwhile endeavor.



Information Shared With Parents On Reading

We provided bi-weekly Parent Trainings and demonstrations to “Create A Home Literacy Environment.” We implemented strategies and activities to help parents create a home literacy environment to better help prepare children for success as readers:

- Create a Home Literacy Environment for young children.
- Let reading and writing be fun things to do so that the child/children will associate them with pleasure!
- Have a variety of books, magazines, and other printed materials in the environment.
- Identify a specific area in the home to encourage reading and writing activities.
- Read storybooks and write messages to your child/children.
- Write down what your child/children tell(s) you about their drawings.
- Point out environment print when riding in your car.
- Let your child/children watch you write letters and shopping lists.

The CROWD questioning strategy was used to train parents on how to ask questions before, during, and after reading to their child/children:

- C** Completion questions about the structure of the language used in the book,
- R** Recall questions related to the story content of the books,
- O** Open-ended questions, to increase the amount of talk about a book and to focus on details of the book,
- W** “Who-Where” questions to teach vocabulary, and
- D** Distancing questions that help the child/children bridge the material in the book to their real-life experiences.

When parents read aloud to their child/children, they develop a positive attitude toward reading and a sense of sharing with their parents. They begin to form concepts about books and print.

Something Surprising

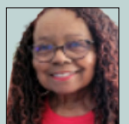
There were many “First-Time Happenings” at the 56th Far West Regional Conference. For example:

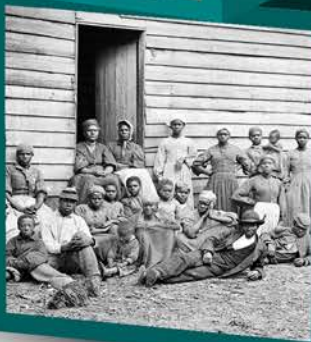
- First time Virtual KOT Leadership Conference
- First time National Founders Day Torch Lightning Service
- First time for a Virtual Activity Book
- First time presentation of a plaque to a Soror who was also California Secretary of State
- First time presentation of a plaque for a fantastic Regional Workbook
- First time for the Anthropos President of the Far Western Region to speak on the Agenda during a Plenary Session on How to Become an Anthropos.

Kappa Omicron Tau (KOT) Leadership Conference Theme, “Say What? “College Success –Ya’ Gotta’ Navigate to Elevate!” This was an amazing conference led entirely by the KOT President and Vice-President. Past Supreme Basileus Etta Carter was most impressed with the KOTs coordinating all the business. She thanked the Basileus and Sorors of the Beta Nu Chapter along with the Regional and National KOT Chairs for doing a great job with our future teachers.

After several attempts to charter a chapter in Arizona, Far West Region succeeded in forming Zeta Theta, as our most recent chapter. The chartering was a great, well-attended sisterly occasion. The Sorors of Zeta Theta Chapter were a welcomed addition to our “Small, but Mighty Far West Region.” We did not stop there because the Gamma Iota Chapter in Sacramento, CA., was reclaimed. The Far West Region was on the move!

*Delorace Daniels,
Far West Regional Krinon Chair*





Uncovering Uncomfortable Truths in History

A Lesson Plan for
"It's No Accident That..."

Materials Needed

- Copies of the essay "It's No Accident That..." for each student.
- Whiteboard or blackboard with markers or chalk.
- Chart paper and markers.
- Notebooks or loose paper for students to take notes.

Objective

To explore the concept of privilege and racism by examining historical omissions and biases in education.

Duration

Approximately 60 minutes

Procedure

Introduction (5 minutes)

- Welcome the students to the lesson and explain that today's discussion will focus on the concept of privilege and racism in historical education.
- Ask the students if they are familiar with the term "privilege" and invite a few responses to generate discussion.
- Share the essay's title, "It's No Accident That..." and ask the students to keep it in mind throughout the lesson.

Reading and Reflection (15 minutes)

- Distribute copies of the essay to each student.
- Instruct the students to read the essay silently.
- After reading, ask the students to take a few moments to reflect on their initial reactions and jot down any thoughts or questions that come to mind.

Group Discussion: Historical Omissions (15 minutes):

- Divide the class into small groups of 3-4 students.
- Ask each group to discuss the examples mentioned in the essay:

- Helen Keller vs. W.E.B. DuBois
- Watts and L.A. Riots vs. Tulsa or Wilmington
- George Washington's dentures vs. the teeth of slaves
- New Deal and black ghettos vs. redlining and Black Wall Street
- Tommie Smith's protest at the 1968 Olympics
- Differential treatment of "black crime" and white criminals
- Misrepresentation of the causes of the Civil War

- Instruct each group to select one example to present to the whole class.

Group Presentations and Class Discussion (15 minutes):

- Invite each group to share their chosen example with the rest of the class.
- Encourage students to present the historical omission, its implications, and its connection to privilege and racism.
- Facilitate a class discussion after each presentation, allowing students to ask questions, share their thoughts, and provide additional examples if applicable.

Uncovering Uncomfortable Facts (10 minutes):

- Transition the discussion to the broader concept of privilege and racism in history.
- Write the following prompt on the whiteboard/blackboard: "How does rewriting history and omitting uncomfortable facts contribute to privilege and perpetuate racism?"
- Allow students a few minutes to individually reflect on the prompt and jot down their thoughts.

Whole-Class Sharing and Reflection (10 minutes):

- a. Invite students to share their responses to the prompt with the class.
- b. Facilitate a group discussion, encouraging students to elaborate on their ideas and engage in respectful dialogue.
- c. Summarize the main points discussed and emphasize the importance of acknowledging uncomfortable facts to address privilege and combat racism.

Conclusion (5 minutes):

- a. Recap the key ideas covered in the lesson, highlighting the examples of historical omissions and their implications.
- b. Reinforce the importance of critical thinking, questioning historical narratives, and seeking a comprehensive understanding of history.
- c. Conclude by reminding students that acknowledging uncomfortable facts is crucial for creating a more inclusive and equitable society.

Extension Activity:

Students can present their findings via oral presentations, reports or multimedia projects.

- Assign students to research and present a historical event or figure that is often overlooked or misrepresented in standard curricula.
- Encourage them to explore the impact of these omissions on individuals and communities, as well as the broader implications for understanding privilege and combating racism.
- Assign students to use research tools like ChatGPT for fact-checking historical information. They should

critically evaluate sources, cross-reference them with reliable texts and reputable websites, and be aware of potential biases in AI-generated responses and popular folklore articles. Encourage critical thinking to assess accuracy and reliability. Remind them to verify information from multiple trustworthy sources before accepting it. This activity fosters digital literacy and enhances their ability to navigate and evaluate information in the digital age.

Additional Resources:

- "A People's History of the United States" by Howard Zinn: This book offers an alternative perspective on American history, highlighting the experiences of marginalized groups and challenging mainstream narratives.
- "Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong" by James W. Loewen: This book critically examines historical textbooks and highlights the omissions, biases, and inaccuracies within them.
- Teaching Tolerance (<https://www.tolerance.org/>): This website provides a wealth of resources for educators to promote diversity, inclusion, and equity in the classroom. It includes lesson plans, articles, and teaching strategies for addressing difficult topics in history.
- TED Talks: This website provides many lessons which explore the challenges and importance of discussing systemic racism and its historical roots.
- Evaluation: To assess student learning, consider the following criteria:
 - Active participation in group discussions and sharing of insights during the whole-class reflection.
 - Thoughtful responses to the reflection

prompt on how rewriting history perpetuates privilege and racism.

- Quality of group presentations, demonstrating a clear understanding of the historical omissions and their implications.
- Completion and quality of the extension activity, showcasing research and critical thinking skills.

- You learned about “states rights” as the cause of the Civil War, but not that the Articles of Secession mentioned slavery 80 times.

Privilege is having history rewritten so that you don't have to acknowledge uncomfortable facts. Racism is perpetuated by people who refuse to learn or acknowledge this reality. Reference: Link: <https://bit.ly/3pfjwyi>

Note: It is essential to create a safe and respectful learning environment during this lesson. Encourage open dialogue, active listening, and empathy among students. Remind students to approach sensitive topics with sensitivity and respect for diverse perspectives.

Lesson Handout:

It's No Accident That ...

- You learned about Helen Keller instead of W.E.B. DuBois.
- You learned about the Watts and L.A. Riots but not those in Tulsa or Wilmington.
- You learned that George Washington's dentures were made from wood rather than the teeth of slaves.
- You learned about the New Deal and black ghettos but never about redlining and Black Wall Street.
- You learned about Tommie Smith's fist in the air at the 1968 Olympics, but not that he was sent home the next day, stripped of his medals.
- You heard and learned about “black crime,” but white criminals have never been lumped together and discussed in terms of their race.

Guest Author

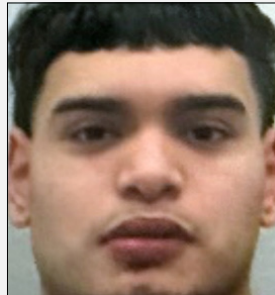


2023 NATIONAL SCHOLARSHIP WINNERS

EASTERN REGION



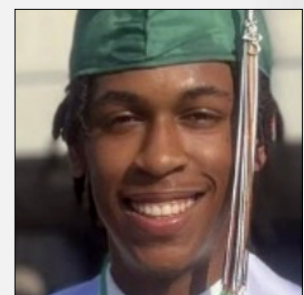
Briana Miller-Pryor
Xi Chapter
Female Winner



David S. H. Lopez
Gamma Chapter
Male Winner



Gavraela Prado-Bonner
Alpha Beta Chapter
Female Winner



Montreal Cage
Alpha Theta Chapter
Male Winner

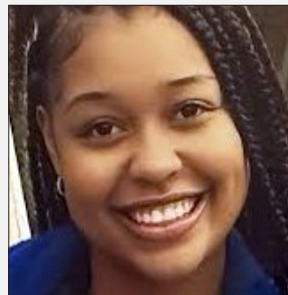
MIDWEST REGION



Brianna Wearren
Alpha Xi Chapter
Female Winner



Jordan Simpson
Gamma Kappa Chapter
Male Winner



Maya Simien
Delta Chi Chapter
Female Winner



Jon Paul Baptiste Jr.
Delta Beta Chapter
Male Winner

FAR WEST REGION



Jalliah Butler
Beta Nu Chapter
Female Winner



Sister, **I am Stronger, STILL...**

Our bond is yet a century old.

Our connection with children kept us in the fold.

Our faith, friendship, and fellowship can't be sold.

Our commitment to excellence is the only story we told.

*Sister because of you I am still **STANDING**.*

We made our plans and prep for the test.

We observe and outline what we feel is best.

We monitor data, deliberate and get little rest.

We cancel the opinions of others,

and allow negativity to roll off our chest.

*Sister because of you I am still **SERVING**.*

You gave me love and encouragement when I couldn't smile.

You mindfully motivated me to go the extra mile.

You stayed up late, listened, and spoke life to the

emotions I needed to file.

Together, we found strength even though it took a while.

One hundred years later...

*Sister, because of you, I am **STRONGER, still...***

Dr. Kimberly Crawford
Epsilon Chi Chapter



Walk Tall Child

Walk tall child,
Descendant of warriors bold,
And kings who owned Africa's gold.
Your fathers created beauty on Egypt's sands
Ages before aliens coveted your fair lands.
Primitive black artisans wrought
Splendors untold for ancient kings who fought —
Their own lands to hold.
Be proud you are black, child!
Your fathers who suffered — were not always mild.
They were part of civilization's birth,
The proof has been found in Africa's rich earth.
Much that once came from the black,
Is now enjoyed by all mankind's pack.
So tell all the wondrous deed —
How black men bravely fell
In the war of Seventy-Six,
America's first hell.
Though cruelly treated,
They never retreated.
A story but rarely told
Will reveal Negro soldiers bold.
So walk tall child,
As you protest mile after mile
With peaceful forceful "King"
A new fair way of life to bring
To America as we walk on and sing.

*Julia Asbury Barnes
National Charter
Member (Founder)*

