Lambda Chi Alpha Hosts Walk to Bring Suicide Out of The Darkness

By Isabelle Remolador, AΦ

Depression affects 1 out of 7 Americans and suicide is the second leading cause of death in college-aged students. Feeling hopeless and lonely is not how any student, or anyone for that matter, should be living life. Unfortunately, I have experienced the death of a loved one due to suicide. It is the most heart-breaking thing to think that someone close to you was so unhappy with themselves that they saw no other solution but to take their own life. All the while, you can see just how beautiful and wonderful that person is. The ironic part is, I too have had trouble seeing this in myself. I truly have been through a journey my whole life, and I continue to battle those issues today. Fortunately, with the help from friends and family, I continue to get through it all and advocate seeking help to anyone in need.

Then came the day that Lambda Chi Alpha visited the Alpha Phi house. They told us about an event called the Out of the Darkness Walk for which they, along with Alpha Chi Omega, had begun raising money. The campus-wide walk would raise awareness and funds for the American Foundation for Suicide Prevention, aiding them in funds for new research, educational programs, and support for families who have lost someone to suicide. At that moment, I knew I had to get involved. In order to give back to a community that has helped me so much, I decided to take charge of Alpha Phi’s team in the Out of the Darkness Walk. The amount of support and help from my chapter was astonishing. My sisters and I had raised $700 for AFSP, and joined hundreds of other students on the McKeldin Mall on one of the most beautiful days of the semester to participate in the walk.

Aside from the donations, another important point was made to the student body. Suicide and depression are all around us; we just don’t always see it. Society shoves it aside because they believe it is too scary and unpleasant. We are still not fully aware of why it happens, but it does. It is our job to raise awareness of suicide and to show people that help is just around the corner. Be someone’s support system and help bring this issue out of the darkness.

Kappa Alpha Theta is very proud of our sister Maddie Lee, who is a leading member of the new organization on campus called “Exceeding Expectations.” The group just started this semester and their mission is to provide mentorship and positive role models for children currently living in group homes in the nearby community. These children are either too old for foster care or have been kicked out, and the organization “Hearts and Homes for Youth” works to encourage and counsel these children through their hardships. Maddie volunteers once a week to work with these children, and serves as a positive influence in their lives. She and her peers offer structure and support services aimed at helping each of these at-risk adolescents realize their full potential. The counseling and therapy that participating students like Maddie provide help to build strong personal identities, pride, self-esteem and confidence. These characteristics are essential to their growth and success, and having strong role models like Maddie and the other volunteers makes this growth possible. Additionally, Maddie serves on the “Exceeding Expectations” executive board as the public relations chair, and is in charge of designing logos, fliers, t-shirts, all merchandise, and she works directly with the group home and the university of Maryland SGA. She has devoted so much of her time and effort towards getting this organization registered on campus, and we are extremely proud of all she has done. We look forward to watching this organization grow and develop in the future.

By Eliza Paltauf, KAθ

Kappa Alpha Theta Member Maddie Lee Leads Peers in New On-Campus Organization
By Carly Goldstein, ΣΔΤ

Sometimes the “Freshman 15” turns into the “Sophomore 15,” “Junior 15,” and even the “Senior 15.” Students all over the country struggle to make conscious, healthy decisions while they are at school. Delta Phi Epsilon hosted their first Health and Wellness Expo to benefit the National Organization for Anorexia Nervosa and Associated Disorders.

The Expo aimed to promote healthy living on college campuses. One of their main points was to stress that being healthy does not always mean being skinny, but rather making mindful choices and staying active. Along with tables and booths, Delta Phi Epsilon offered four, 30-minute workout sessions including boxing, meditation, self-defense, and yoga for the students attending.

The event was held in Ritchie Coliseum from 5:00 PM to 7:00 PM and had 14 tables of information for students. These tables varied from the University Health Center, the University Campus Recreation services, University Dining Services, and University Counseling Center. The Expo also had off-campus tables including the Mercy Medical Center, the Empowered Eating Nutrition clinic, and ANAD.

A healthy lifestyle is not only about being fit and working out; it is also about making healthy eating choices. The Expo had many tables on healthy eating options and information around the Maryland community and online. Tables included On Campus Chef, the Hungry Harvest, Sweetgreen, Kind snacks, and the Sisters Sandwiches and Such.

It is so important for students to realize that healthy options are available on our campus. Delta Phi Epsilon’s Expo gave students an opportunity to learn how and where to make healthier choices into a healthier lifestyle.