

DELTA TAU DELTA FRATERNITY | FALL 2017

# RAINBOW

**JDRF**

IMPROVING  
LIVES.  
CURING  
TYPE 1  
DIABETES.



DELTA TAU DELTA

**HELPING  
OTHERS  
LIVE  
EXCELLENT  
LIVES**

THE JDRF ISSUE

## T1D LOOKS LIKE ME

*Chapter president shares his experience living with T1D.*

## EVERY PLAN. EVERY DREAM.

*A Delt father and daughter on their type 1 diabetes journey.*

## A CHAPTER EFFORT

*University of Oklahoma Chapter raises \$16K for JDRF.*

GO BLUE TO SUPPORT NATIONAL DIABETES AWARENESS MONTH | #DELTBLUEDAY NOV. 14

# FIND YOURSELF ON THE PATH TO LEADERSHIP



2018 DIVISION  
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**HISTORY OF THE RAINBOW:** Editor-in-Chief W.C. Buchanan (Bethany College, 1873) launched the first issue of The Delta Tau Delta magazine as *The Crescent* in 1877. As a condition of the Fraternity merger with the Rainbow Fraternity in 1886 the name of the magazine was changed to *The Rainbow*. Today the summer and winter issues of *The Rainbow* are printed and mailed. Those and all other issues are also available online. Visit [deltataudeltaarchive.com](http://deltataudeltaarchive.com) to view issues from 1877 to present.

#### MAGAZINE MISSION

- Inform members of the events, activities and concerns of interest to members of the Fraternity.
- Attract and involve members of the Fraternity via appropriate coverage, information and opinion stories.
- Educate present and potential members on pertinent issues, persons, events and ideas so members may be aware of and appreciate their heritage as Delts.
- Serve as an instrument of public relations for the Fraternity by presenting an image of the Fraternity commensurate with its quality and stature.
- Entertain readers with its information and quality writing and editing, so it is a pleasure to read and share with others.

#### SUBMIT A STORY

All members are encouraged to submit news stories and potential features along with high-resolution photographs by emailing [rainbow@delts.org](mailto:rainbow@delts.org).

#### ADDRESS CHANGES

Visit [www.delts.org/alumni](http://www.delts.org/alumni) or call 317-284-0203. Mail address changes to 10000 Allisonville Road, Fishers, IN 46038-2008. If you do not want to receive a print copy of *The Rainbow*, and would prefer to receive an email notification when each new magazine is posted online, please contact [rainbow@delts.org](mailto:rainbow@delts.org).

#### LETTERS TO THE EDITOR

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*In recognition of Delta Tau Delta's partnership with JDRF, the Fraternity recognizes National Diabetes Awareness Month in November and World Diabetes Day on November 14.*

JDRF's Top Advances reflect remarkable progress in our mission of accelerating life-changing breakthroughs to

# CURE | PREVENT | TREAT

type 1 diabetes (T1D) and its complications. These and other advances would not be possible without your support.



## REGENERATION

Scientists learned three different ways to help regenerate insulin-producing cells that are lost in T1D. The strategies work by triggering other cells in the pancreas, like alpha cells, to change teams and become more like beta cells, producing insulin to regulate blood-sugar levels.



## BETA CELL REPLACEMENT

Researchers identified a way to interrupt the body's immune response to implanted medical devices. This could allow infusion sets, sensors for continuous glucose monitors, cell encapsulation containers and other devices to work better for longer periods of time.



## PREVENTION

A screening study has identified 153 children so far with markers of T1D and prevented 12 of them from experiencing diabetic ketoacidosis, a potentially life-threatening condition, by diagnosing T1D before any symptoms appeared. This study could help around 200 more children in Bavaria, and a similar screening trial recently began in the United States.



## ARTIFICIAL PANCREAS

The first system to automate insulin dosing was approved by the United States Food and Drug Administration. This first-generation artificial pancreas system allows better blood-sugar control with less effort, and ongoing development across the field will deliver additional choices that further improve outcomes and ease the burdens of managing T1D.



## ADVOCACY

The United States Centers for Medicare & Medicaid Services agreed to provide Medicare beneficiaries with reimbursement for continuous glucose monitors that are approved for informing diabetes treatment decisions. This landmark decision means more people than ever can reap the benefits of state-of-the-art diabetes technology.

Life with T1D has changed dramatically over the decades, and this year has brought the most exciting research progress yet. We haven't gotten there yet, but we know one day we will cure this disease, thanks to T1D champions like you. Thank you for supporting JDRF and our mission to end T1D.

**AS A PHILANTHROPIC PARTNER OF JDRF SINCE 2012 DELTA TAU DELTA TAKES RAISING FUNDS AND AWARENESS FOR TYPE 1 DIABETES (T1D) RESEARCH TO NEW HEIGHTS.**

**TYPE 1 DIABETES**  
**THEN** & **NOW**

The difference you have made in life with type 1 diabetes (T1D) over the years is truly amazing. Our understanding of the disease, how we manage it and the outlook for the future have never been better.

**INSULINS**

Less than 50 years ago, insulins were derived from animals, and dosing was wildly inconsistent.



Now, synthetic insulins with a range of speeds and durations offer the precision and flexibility to better balance blood-sugar levels.

**PUMPS**

50 years ago, a prototype insulin pump was so large it had to be worn like a backpack. About 40 years ago, insulin pumps resembled a brick in both size and weight.



Now, compact insulin pumps fit easily in a pocket—and they've gotten smarter too.

**SENSORS**

Less than 20 years ago, continuous glucose monitors were available only to physicians for use in clinics.



Now, personal use of this technology is recommended in diabetes clinical guidelines and covered by almost all health plans, including Medicare, the largest insurer in the United States.

**CELL REPLACEMENT**

Almost 30 years ago, scientists showed that a small infusion of islet cells could regulate blood-sugar levels.



Now, researchers are developing renewable sources of insulin-producing cells and ways to protect them without immune suppression to make this technology available to everyone.

**BETA CELL BIOLOGY**

For decades, experts believed that beta cells stopped functioning altogether within a few years of T1D onset.



Now, we know that beta cells continue to function even after decades with T1D, and it might be possible to restore insulin production by preserving or expanding these beta cells.

**BIOMARKERS**

30 years ago, there was no way to predict whether someone would develop T1D.



Now, there are markers to detect and track T1D well before symptoms arise, avoiding adverse events and facilitating the search for ways to slow or stop its progression.

**DIABETIC EYE DISEASE**

35 years ago, the risk of vision loss from diabetic eye disease was 50 percent.



Now, state-of-the-art care has cut the risk to 5 percent, and therapies to eliminate the remaining risk are in development.



# ONE MILLION REASONS TO CONTINUE THE JOURNEY

In 2017, Delta Tau Delta Fraternity celebrated reaching the \$1 million donation milestone for JDRF, the leading global organization funding type 1 diabetes (T1D) research.

“We value our partnership with JDRF and are thrilled to reach this goal,” said International President Jim Garboden (University of Pittsburgh, 1988). “As the Fraternity’s support of JDRF grows, we continue to encourage our chapters and alumni to spread awareness of JDRF and join the mission of making type 1, type none.”

As an organization committed to bettering the community, Delta Tau Delta joined with JDRF as its national philanthropic partner in 2012. The partnership created multiple avenues for philanthropy and creative fundraising as Delta Tau Delta members across the nation work to support neighboring JDRF chapters.

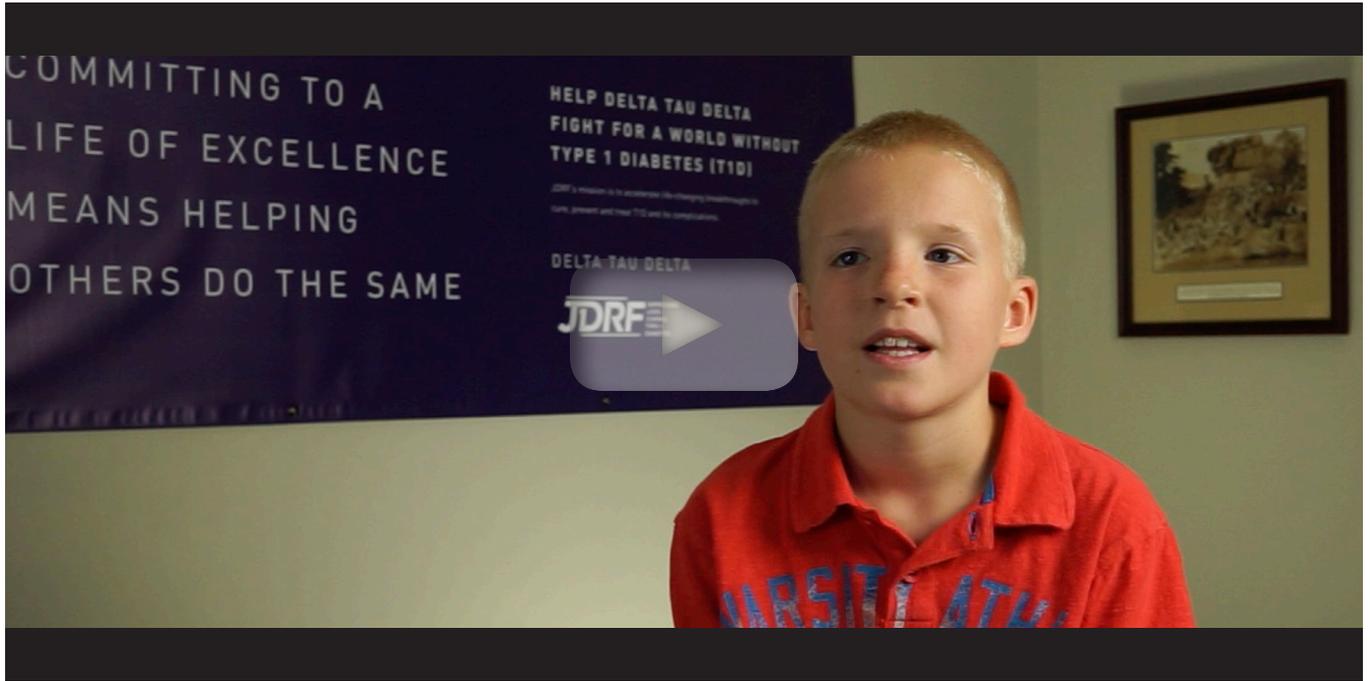
Delta Tau Delta’s collective contribution is the result of commitment from more than 130 Delta Tau Delta chapters. Chapters continue to increase efforts to raise funds for JDRF and grow their opportunities for service.

In the 2016–2017 academic year, undergraduates also contributed nearly 10,000 hours of service for JDRF.

Delta Tau Delta chapters also continue to work toward strengthening the community by encouraging students, parents, alumni and campus communities to learn about type 1 diabetes and work together toward their support of JDRF.

The strength of JDRF lies in its exclusive focus and singular influence on the worldwide effort to end T1D. The vision is clear, a world without type 1 diabetes. The JDRF mission is to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications.

JDRF works every day to change the reality of this disease for millions of people—and to prevent anyone else from ever experiencing it—by funding research, advocating for government support of research and new therapies, ensuring new therapies come to market and connecting and engaging the T1D community. Every dollar put toward research comes from donations.



Click the play button to view the video of Eli and Michael Dollens as they describe a normal day for someone with T1D and express their gratitude for JDRF and Delt.

# “YOU NEVER KNOW WHICH DOLLAR IS THE DOLLAR.”

*The Dollens family reminds us why Delts should continue to give.*

## ELI DOLLENS, DIAGNOSED AT AGE 6

Eli is the middle child of three. He is a swimmer and he loves to cook. The young athlete depends on a continuous glucose monitor and an insulin pump. Type 1 diabetes doesn't slow down Eli who is involved with JDRF in Indianapolis. His family is actively engaged with JDRF including service as the Indy JDRF One Walk Volunteer Team Coach Co-Coordinator. In early 2017, Eli and his mom, Lucy Dollens, spoke to a crowd of 400 Delts at the Northern Division Conference.



Eli and his father, Michael Dollens, remind us of who we support when we support JDRF.

“We are really grateful. You never know what is going to happen to your family. Having young Delts step up when most of them don't have kids, as a father I'm very grateful they are looking out for my boy.” Michael said.

Founded in 1970 by parents determined to find a cure for their children with type 1 diabetes, JDRF expanded through grassroots fundraising and advocacy efforts to become a powerhouse in the scientific community with dozens of U.S. locations and six international affiliates.

JDRF has funded more than \$2 billion in research to date and made significant progress in understanding and fighting the disease. Keeping up the pace of funding ensures progress doesn't slow or stop entirely.

When Delts support JDRF with time, talent, voice and money, we enable JDRF to advance even more research.

An equal number of children and adults are diagnosed with T1D every day—approximately 110 people per day. Thanks to better therapies—which JDRF funding has been instrumental in developing and making available—people with T1D live longer and stay healthier while they await the cure.

NATIONAL DIABETES AWARENESS MONTH

# BLUE DAY

## BREAK OUT THE #

YEAR-LONG > **#T1DLooksLikeMe**NOV. 01 > **#T1Day**NOV. 14 > **#WDD**VISIT US ONLINE [jdrf.org/T1DLooksLikeMe](http://jdrf.org/T1DLooksLikeMe)

### Go Blue to Support National Diabetes Awareness Month

National Diabetes Awareness Month is observed every November to draw attention to diabetes and its effect on millions of Americans. As the leading global organization funding type 1 diabetes (T1D) research, JDRF leads the way to educate the public, helping the T1D community spread awareness about what it means to live with T1D.

### When is Delta Tau Delta Blue Day?

## #DELTBLUEDAY

Delta Tau Delta's Blue Day is Tuesday, Nov. 14 Which is also World Diabetes Day.

### What is Delta Tau Delta Blue Day?

An opportunity to wear blue and expand the reach to make more people aware of what we can all do to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications. This is a way to support JDRF and the T1D community during National Diabetes Awareness Month. There are 1.25 million Americans living with type 1 diabetes and 5 million who are expected to have it by 2050 if we don't do something now.

### Ways for Undergraduates and Alumni to Support JDRF

#### VOLUNTEER

Reach out to your local chapter (visit [jdrf.org](http://jdrf.org) to find a chapter near you) to find out about volunteer opportunities. Whether one brother wants to come into the JDRF office, 10 brothers want to help out with a JDRF Gala or the entire chapter wants to help the JDRF One Walk run smoothly, JDRF has an opportunity for you.

#### FUNDRAISE

There are many ways to raise funds for life-changing T1D research. These include the **JDRF One Walk Team**. The One Walk is JDRF's flagship fundraising event and the largest type 1 diabetes (T1D) event in the world. Join thousands of people as they raise funds to create a world without T1D. To learn more, find a walk near you or to register your team, please visit [walk.jdrf.org](http://walk.jdrf.org). Another option is a **fundraiser using Team JDRF**. Team JDRF is a way that **anyone and everyone** can partake in the fight against T1D through grassroots fundraising. Create your own custom event, with online registration and fundraising capabilities. [To learn more, visit \[team.jdrf.org\]\(http://team.jdrf.org\) or connect with your local JDRF chapter.](#)

CADE BAKER:

# T1D LOOKS LIKE ME

Chapter President Cade Baker (Grand Valley State University, 2019) is one of two members of Iota Upsilon Chapter at Grand Valley State University with type 1 diabetes. When Baker joined Delta Tau Delta in February 2016, he joined Josh Stirton (Grand Valley State University, 2019) who pledged the previous fall.

“Having a chapter brother with T1D is excellent,” said Baker. Before joining Delt, he hadn’t had much interaction with others with type 1 diabetes and was unfamiliar with the similarities and differences between individuals. “It was very interesting to swap stories about how we both became diabetic and what symptoms we get when our sugars are off. It’s also reassuring to know that there is a brother who has an intricate knowledge of T1D if an emergency occurs,” said Baker.

Baker’s diagnosis with T1D came during his sophomore year of high school. It was tryouts week for the baseball team, and he experienced an unusual difficulty breathing. His mouth was consistently dry. After two days of difficult tryouts, he saw a doctor and described his symptoms.

“My symptoms included dry mouth, difficulty staying awake, painful swallowing of food and shortness of breath. I was told to go to the hospital for tests, and shortly after, they discovered my



blood sugar was approaching 500 mg/dL,” Baker said. For comparison, he explains that a person’s typical blood sugar is between 70-120mg/dL. Tests following the high blood sugar reading confirmed that he had T1D.

Two years later, just when Baker had established comfortable routines and grown accustomed to managing T1D, he faced the adjustment of transitioning to college. Moving beyond his high school schedule where he had consistent times for lunch, practice, workouts and bedtime was much more complex than for someone who is not managing T1D. “Leaving that routine meant checking my blood sugar more often to ensure that it was not falling out of range. The transition became easy after a few weeks, but it does take a period of adjustment from semester to semester,” said Baker.

As a freshman at Grand Valley State, he met a friend from his dorm room who joined Delta Tau Delta in the fall of 2015, and the friend convinced

Baker to consider Delt during the winter [recruitment] season. During one of the first recruitment events, he learned about Delt’s partnership with JDRF. “The brothers were discussing Delt’s national partnership with JDRF, and that was when I first told them that I was a T1D,” Baker said.

Chapter members’ welcoming reaction affirmed his interest in joining the Fraternity. “I decided to join Delt because of the people that I met,” Baker said. “They reminded me of my own brothers, and I was able to connect with them. There was always a member that would try to involve you in something. I would get texted about things as simple as coming over to watch a game on TV to joining an intramural league. That level of inclusion and brotherhood was what made me choose Delt.”

Now as a chapter president Baker takes pride in the influence Delta Tau Delta has on campus through JDRF-focused events the chapter hosts. Chapter members strive to provide fun campus events that appeal to

a cross-section of students to raise money for JDRF and spread awareness of type 1 diabetes. Their work helps to foster a greater understanding of T1D throughout the campus community.

Individually, Baker finds himself in the position of educating others. “Many people believe that type 1 diabetics have to live differently than everyone else. Luckily, that couldn’t be further from the truth. I can still play the same sports, eat the same foods and have all the experiences that I used to before my diagnosis,” said Baker.

Baker encourages Delt’s to support JDRF because that support is fundamental to curing diabetes. “The reason I can live such a comfortable life is the advances in blood glucose monitoring and synthetic insulin injections. Supporting JDRF means that students like me get one step closer to living just as I did before receiving my diagnosis,” Baker said.



Ethan Cismoski with his family in Omaha, Neb.

# EVERYTHING WAS BLURRY

**Sitting in the front row of his high school math class, three years ago Ethan Cismoski (University of Nebraska, 2020) looked at the whiteboard to see what his teacher wrote, and he couldn't read it. Everything was blurry. The blurry whiteboard was the last sign that something wasn't right.**

Ethan had been telling his parents he was tired all the time and he was thirsty. Ethan's mom, Chris Cismoski, wasn't sure what to think. "When you have an older child, and they start complaining about being tired all the time and being thirsty you go through all the things it could be. He had started baseball workouts every morning and had homework late at night, so at first, you think, 'You're just tired,'" she said. "It takes a persistence from your child to keep telling you it's not going away."

Ethan's parents weren't familiar with type 1 diabetes, but his mom made the connection based on a conversation with her sister. Her sister's dog had certain symptoms that a veterinarian had said might be type 1 diabetes. She thought about Ethan's symptoms and told his dad. His parents turned to Google where they quickly learned about type 1 diabetes. "I called the doctor's office right away, and they said to come in when he got out of school, so I



## AFTER LEARNING ABOUT DELTA'S PARTNERSHIP WITH JDRF

“WHEN I FOUND OUT I STARTED CRYING,” HIS MOM SAID. “THIS IS PERFECT. I CAN’T BELIEVE IT. WHEN YOUR SON GOES TO COLLEGE, YOU WANT HIM TO JOIN A FRATERNITY THAT’S A FIT. THAT’S JUST YOUR WISH. I WISH THAT YOU GET INTO A FRATERNITY THAT FITS YOU SO THAT YOU CAN EXPERIENCE THE MOST FROM YOUR FRATERNITY. WHEN I FOUND OUT ABOUT JDRF, IT WAS JUST PERFECT.” - CHRIS CISMOSKI

texted him. Then he Googled diabetes, and he said, ‘Mom, I have every single symptom.’”

When they arrived at the doctor’s office, the doctor knew it was T1D. He didn’t tell them, but he knew. The doctor’s son was 18 months old at the time of his T1D diagnosis, and the doctor was all too familiar with the signs. “Our doctor could smell the fruitiness on his breath,” said Chris. “He didn’t tell us, he just took the urine and blood sample. When he returned to the room, he said, ‘I’m sorry.’ It was devastating for Ethan. As the mom, I tried to stay calm. It’s something you don’t want to hear.”

Ethan was 16 years old at the time of his diagnosis, and he faced it head-on. “My first year after my diagnosis was not too bad,” he said. “There were some frustrations with getting to know how everything works, including my body. I lived 16 years without knowing what T1D was about, and then all of the sudden I was thrown into it. I had to learn what to do and what not to do, how to count carbs for my meals and give myself multiple shots of insulin each day. Other than learning everything it wasn’t so bad because I maintained a good attitude and had people to support me.”

He found immediate support from his parents as well as his older sister and

younger brother. “They are always there to support me in everything,” Ethan said. “Everyone should know that T1D doesn’t stop you from doing anything, it just adds an extra step.”

“Ethan has just owned it from day one,” said Chris. “Or day two,” she added after a brief pause. “He’s never been one not to let people know he has diabetes or to hide it.”

He first learned about JDRF in the hospital when the staff was teaching him about T1D. “They talked about how JDRF is spearheading the fight against T1D,” Ethan said. “As soon as my mom heard that she knew she had to be a part of the effort.”

Ethan’s family supports JDRF, and they have become advocates educating others on T1D and dispelling myths and confusion about T1D. “People don’t get the seriousness of it,” said Chris. “It can mean death for people with type 1. They think it’s just sugar. They offer to get sugar-free cookies or suggest more exercise. No, he just needs to count his carbs. People don’t realize someone with T1D is insulin dependent. They have to have insulin all the time. It’s never going to get better. You’re not going to say, ‘Oh now I don’t need insulin anymore.’”

With Ethan’s can-do attitude, the transition to college while managing T1D was manageable. It helped his mom to

know Ethan is always upfront about having diabetes so his friends would know how to help him if needed. “It’s always a worry,” she said. “I just have to trust in God and trust in Ethan.”

The start of college was not as easy for his parents who had grown accustomed to helping monitor his T1D. “You’re not always checking on him. It’s all up to him now. Bedtime is the worst time. You always worry about your kid when you go to bed,” said Chris. And she has reason to worry. She knew a student at UNL who was diabetic had died in previous years. “People think it’s because of alcohol,” she said. “They think someone passed out because of alcohol. They don’t realize it’s not alcohol. The person needs glucose.”

Ethan joined Delta Tau Delta through summer recruitment, and he first learned about the Fraternity’s partnership with JDRF while talking about philanthropy events with a Beta Tau Chapter recruitment chairman. “He told me about that their main partnership was with JDRF and that’s when I told him I had T1D and my family supports JDRF. When I told my mom about how Delt partnered with the JDRF, she was extremely excited for me and knew that it was a good choice for me,” said Ethan.

“When I found out I started crying,” his mom said. “This is perfect. I can’t believe it. When your son goes to college, you want him to join a fraternity that’s a fit. That’s just your wish. I wish that you get into a fraternity that fits you so that you can experience the most from your fraternity. When I found out about JDRF, it was just perfect.”

Ethan makes sure all of his Beta Tau Chapter brothers know about his diabetes, and his parents take comfort in knowing brothers who support JDRF surround him.

He has found the Fraternity has had a positive influence on T1D awareness on UNL’s campus. Last year the chapter partnered with the College of Diabetes Network to host the first JDRF Walk on campus. He would like to see more Delt chapters supporting JDRF. “JDRF is a great organization, and they are making a difference for all of us living with T1D.”

# EVERY PLAN. EVERY DREAM. EVERY AMBITION. NEVER CHANGED.

A DELT FATHER AND HIS DAUGHTER  
ON THEIR TYPE 1 DIABETES JOURNEY



*Since his daughter's diagnosis with type 1 diabetes, Steve Paquette (Syracuse University, 1977) and his daughter Sarah, have faced highs and lows.*

## FROM DOCTOR'S OFFICE TO THE EMERGENCY ROOM

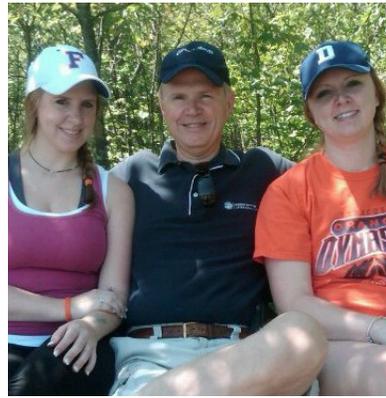
**STEVE:** When I left for work on the morning of June 17, 2004, my wife told me that our daughter Sarah, who was 17, would see Fraternity brother Dave Page (Syracuse University, 1978), our family doctor.

**SARAH:** On June 17, 2004, my mom took me to our family doctor because I wasn't feeling quite right. When the nurse returned to the room after analyzing a urine sample, she took my mom into a room next door. I immediately panicked. When they came back in, my mom was forcing a smile to try to reassure me. It didn't help. The nurse then informed me that I had diabetes and that I needed to go to the pediatric ER immediately to determine which type and start treatment.

**STEVE:** I left the office early to go to the local bar association clambake. As I approached the parking garage, my phone rang. It was my wife, Cindy, using her fake calm voice saying she was with Sarah in Dave's office and the nurse had just said she needed to go to the pediatric ER by ambulance with very high blood sugars.

## THEY FORGOT TO TELL US THAT SHE WOULD NOT DIE IN THE NIGHT.

**SARAH:** I sat in the ER for hours while they ran tests and I asked the friendly, young nurse



questions, assuming she would have some knowledge of the disease. I distinctly remember her saying I couldn't eat ice cream, my favorite food.

**STEVE:** We sat there for hours. I remember a pleasant young nurse saying that Sarah wasn't "heavy," so it was probably not type 2 diabetes and that it would be okay but she would not be able to eat ice cream. We waited for hours. They gave Sarah an insulin shot and discharged her with a morning appointment for the Joslin Diabetes Center.

**SARAH:** They eventually determined it was type I diabetes, gave me an insulin shot and sent me home. I was set up for an appointment the next day at Joslin Diabetes Center, after my biology and English Language Arts state tests, which, I had not studied for yet.

**STEVE:** We went home. They forgot to tell us that she would not die in the night.

We arrived at Joslin, expecting to begin a battery of tests, followed by an assessment and diagnosis. Instead, we were put in a room with a nurse who checked Sarah's blood and said, "Ok, let's show you how to poke your finger and give yourself shots." Sarah began to cry a little.

**SARAH:** I had no idea what to expect. I thought it would be a calm lesson in diabetes, slowly easing me into all of the treatments and procedures I would

have to go through on a daily basis. Instead, a nurse quickly came in the room, thrust what I later learned was a lancet into my hand and said, "Alright let's start with poking your finger and testing yourself." I started to cry.

**STEVE:** I looked her in the eyes. I told her "Sarah, every plan, every dream, every ambition you had yesterday is still there for you. We will not let this change your life." They still could not tell me that she would not die in the night.

### "T1D WILL NOT HOLD ME BACK"

**SARAH:** My dad made a point of telling me that day that every plan, every dream, every ambition I had yesterday when I didn't know I had diabetes was still there for me, and we would not let this change any of that. So I took a deep breath, and I poked my finger for the first time and gave myself a shot for the first time, and we left feeling overwhelmed and scared and nervous, but also with the resolve that this would not hold me back.

While I can say it hasn't held me back, for the most part, I can't say that it hasn't presented its challenges. I finished high school, got a bachelor's degree, taught for three years and changed careers. I've run in more than fifteen 5ks and adopted a healthier lifestyle that helped me drop 40 pounds. I maintained a normal

social life filled with overnight trips and eating out at restaurants. All of those accomplishments came with the normal trials and tribulations accompanied by trying to maintain my blood sugar and react to highs and lows. My healthier lifestyle threw my body for a loop at first, and I had to stop many workouts and blow many healthy eating days so I could correct my low blood sugar. I had many nights I had to stay up feeling sick because it also sent my blood sugar to the other end of the spectrum. Trying to maintain a healthy blood sugar is a balancing act. When you are low, you eat. When you're high, you give yourself insulin. But there is no exact amount you should eat and no exact dose to give yourself. So eat too much? Now you're high. Give yourself too much insulin? Now you're low. All sorts of variables affect blood sugar. Exercise, weather, lack of exercise, high-fat foods, high-fiber foods, caffeine, stress, illness, to name a few.

### TODAY

Sarah is now in her second year of a three-year graduate program pursuing a career as a school psychologist. Previously she taught for three years in Syracuse, N.Y., having graduated from St. John Fisher College in Rochester, N.Y., with a degree in elementary and special education.



**JDRF VALUES THE**

**NEW GENERATION OF**

**PHILANTHROPISTS**

*Two members of Iota Beta Chapter at Wittenberg University stand together. Delts at Wittenberg and the University of Washington are among the many undergraduates who volunteer at JDRF events and raise funds for JDRF.*

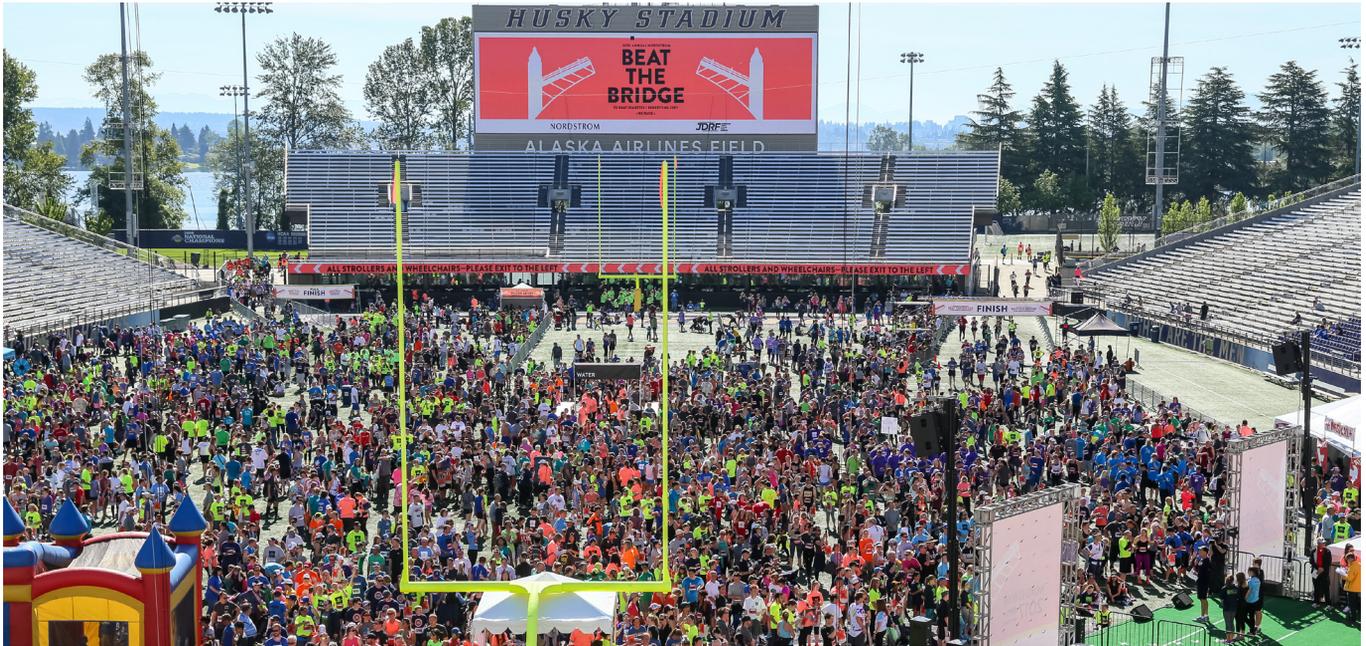


Photo credit: Alabastro Photography

When Alexandra Cali needed reliable volunteers last spring, she called on Delta Tau Delta men from the Gamma Mu Chapter at the University of Washington. As a development manager for JDRF Seattle, a chapter of JDRF, the leading global organization funding type 1 diabetes (T1D) research, she knew she could count on the Delt men.

Delta Tau Delta began a partnership with JDRF in 2012, and as the partnership grows, Delt chapters and JDRF chapters find new ways to connect.

The Seattle JDRF Chapter is in the process of merging with the Northwest JDRF Chapter to represent Washington, Alaska and Montana. Its reach covers an expansive territory, its large-scale events make a big impact and it can always use a helping hand.

Delt undergraduates provide a variety of event support to the JDRF chapter in Seattle which hosts four very large fundraising and 20 outreach and advocacy events each year. “We find that the Delta Tau Delta members are the best partners for our events because usually, we’re looking for some muscle,” said Cali.

The benefit of Fraternity involvement is much deeper than just heavy lifting. Large groups that follow through on commitments are hard to find in the volunteer world, but the Delts have proved to be reliable. “When Delts say they’re going to commit to bringing 20 people, they bring 20 people,” Cali said. “Our experience with Delt has been 100 percent authentic. They always provide us what we need. They are always very communicative. They’re a very professional group of young men.”

JDRF’s Nordstrom Beat the Bridge to Beat Diabetes event makes volunteering an especially natural fit for Gamma Mu Chapter members. Held at Husky Stadium, right on the University of Washington campus, Beat the Bridge consists of an 8K run and

wheelchair race, a three-mile walk, a one-mile fun run, and the Diaper Derby for toddlers. The event course travels over Seattle’s University Bridge, which race officials raise during the race. Participants try to cross the bridge before it goes up. Those who don’t beat the bridge must wait, with a live band and entertainment, for the bridge to come back down. After a few minutes, the bridge lowers, and everyone can finish the race.

Fraternity members assist with both set-up and break down for Beat the Bridge. Also in Seattle they support JDRF’s Dream gala event where they manage and provide customer service through the auction and storefront check out. During JDRF’s golf tournament, chapter members play an active role in fundraising for JDRF through the sale of raffle tickets and run games on putting greens and tees.

Delt volunteers add a youthful presence to fundraising events. “It’s great to see a new generation of philanthropists and young people involved in events and realizing the scope of the community that is participating in philanthropy,” Cali said. “We’re investing in the future, by taking time to cultivate volunteers from a very early age.”

Since JDRF is an international non-profit, the opportunities for involvement extend well beyond college. In fact, many JDRF chapters have a Youth Leadership Committee for people in their 20s and early 30s to remain involved with JDRF in a fundraising and volunteer capacity.

Cali credits strong leadership from the Gamma Mu Chapter in helping to cultivate the relationship and opportunities with JDRF in Seattle. She also sees great opportunity for growth as Delt chapters across the country volunteer and begin to add more independent fundraising events.

Any Delt chapter can pair with the closest JDRF chapter to build on the Fraternity partnership. Alumni are encouraged to support chapter efforts and participate in local JDRF events, such as the JDRF One Walk. To find the JDRF chapter near you, please visit [jdrf.org](http://jdrf.org).



# A CHAPTER EFFORT

## Delta Alpha passes goal, raises \$16k for JDRF

In past years, Delta Alpha Chapter at the University of Oklahoma just wrote a check to support JDRF says former treasurer, Patrick Herzberger (University of Oklahoma, 2017). Then in 2016, three chapter brothers and Herzberger participated in the JDRF One Walk in Oklahoma City. During the walk, Herzberger realized the impact the chapter could have if they increased participation and truly worked to support JDRF.

As a fun, family-friendly event where dedicated walkers, volunteers and sponsors raise money to make living with T1D safer and healthier, JDRF One Walk is a perfect opportunity for chapter

members to support JDRF.

“I was upset with the lack of effort that I saw from our chapter concerning our support for JDRF. This motivated me to change the atmosphere toward caring more about our philanthropy,” Herzberger said.

In August, when he received an email from JDRF inviting him to create a team for the 2017 One Walk, Herzberger suggested the chapter’s executive board require all members to either participate in the walk or raise a minimum of \$100 for JDRF. Brothers also had the opportunity to volunteer to set up the JDRF event to earn two

community service hours.

As the driving force, Herzberger worked with Chapter President Jacob Oliphant (University of Oklahoma, 2018), Philanthropy Chair Austin Palisch (University of Oklahoma, 2018) and External Vice President Kevin Helm (University of Oklahoma, 2019). All chapter members shared the JDRF One Walk page on social media. They also set up a stand on campus where they offered information about type 1 diabetes and asked for donations. The stand raised only about \$50, but social media had a significant impact on fundraising. In addition to posting to social media, brothers made phone calls to family and friends to raise money for JDRF and raised a total of \$16,017.

When Will Knight (University of Oklahoma, 2021) joined the chapter this year, he brought an unprecedented zeal for JDRF and pushed the chapter to exceed its fundraising goal. Diagnosed at age seven on January 16, 2007, Will lives with type 1 diabetes. Although he didn't know about Delt's partnership with JDRF when he arrived on campus, he dove head first into fundraising with the chapter. Will's determination and hard work paid off as he raised a whopping \$5,600, more than a third of the chapter's \$16k, on his own.

"It means a lot to me that my fraternity is involved in an organization that I care about so deeply. It has such an effect on my day to day life," said Will. "It is a great feeling to know that the fraternity I joined is doing so much for an

organization that helps me in so many different ways."

Will's father Rick Knight (University of Oklahoma, 1990) is proud to see Will not only at the University of Oklahoma but also as a member of Delta Tau Delta. Rick became involved with his local JDRF chapter at the time of Will's diagnosis nearly 11 years ago. He served on the board of the JDRF chapter for many years and most recently served as the 2017 Fort Worth JDRF Promise Ball corporate chairman.

"JDRF does such a great job searching for a cure and improving the lives of those afflicted with T1D," said Rick. "Although I was very involved, I was not aware of Delta Tau Delta's national commitment to JDRF until my son pledged this fall. Knowing this, it certainly made his selection of Delta Tau Delta as his fraternity of choice seem like an even more natural fit."

Rick shares Will's sentiment about the Fraternity's partnership with JDRF. "It feels great to have two organizations that I have worked with, work together. Delta Tau Delta's commitment to JDRF is meaningful to me as a member of both Delta Tau Delta and the T1D community," said Rick. "My family battles with type 1 diabetes every day to keep Will as healthy and safe as possible. Over the years he has taken close to 15,000 injections of insulin to stay alive. It feels great to know that my fraternity brothers nationwide are supporting the effort to find a cure and end the problems of T1D."



*Will Knight and his father Rick Knight following Will's initiation in October. Rick's contemporaries Randy McKinney (University of Oklahoma, 1989) and Rob Grim (University of Oklahoma, 1990) traveled from Texas to attend Will's initiation.*

With extra motivation from Will, the chapter members learned more about the impact of type 1 diabetes and Herzberger and chapter leaders learned how to motivate people for a good cause.

"For chapters to raise money for JDRF they need to have the motivation to do so," Herzberger said. "The executive staff must be persistent in their efforts to get members to participate in fundraising and walking."

Although Herzberger will graduate in January, he hopes to spur a friendly competition with the Delta Chi Chapter at Oklahoma State University to see who can raise the most money for next year's JDRF One Walk. "I feel this friendly competition between our chapters will result in raising over \$20,000 for JDRF next year," he said.

## ↑ TOP FUNDRAISER

Will Knight's determination and hard work paid off as he raised a whopping **\$5,600**, more than a third of the chapter's \$16k, on his own. Will joined the chapter this year and he brought an unprecedented zeal for JDRF and pushed the chapter to exceed its fundraising goal. Diagnosed at age seven on Jan. 16, 2007, Will lives with type 1 diabetes. Although he didn't know about Delt's partnership with JDRF when he arrived on campus, he dove head first into fundraising with the chapter.



### DELTA + JDRF FLAG

The big item in the kit is a flag. Every chapter should have a JDRF flag to fly proudly with its Delta flag or at JDRF events.



### JDRF T-SHIRT

Do you wear a Delta shirt or a JDRF shirt to your event? We have made the choice easier for you with the DTD + JDRF combo shirt. Contact **Get Some Greek** to order more.



### JDRF STICKERS

Every chapter got a stack of JDRF stickers. Slap one on your laptop or favorite water bottle and these stickers will let everyone know you are taking a stand against T1D.



### JDRF WRISTBANDS

This way you can remember which hashtag to use when putting on a JDRF event. #DeltasForJDRF



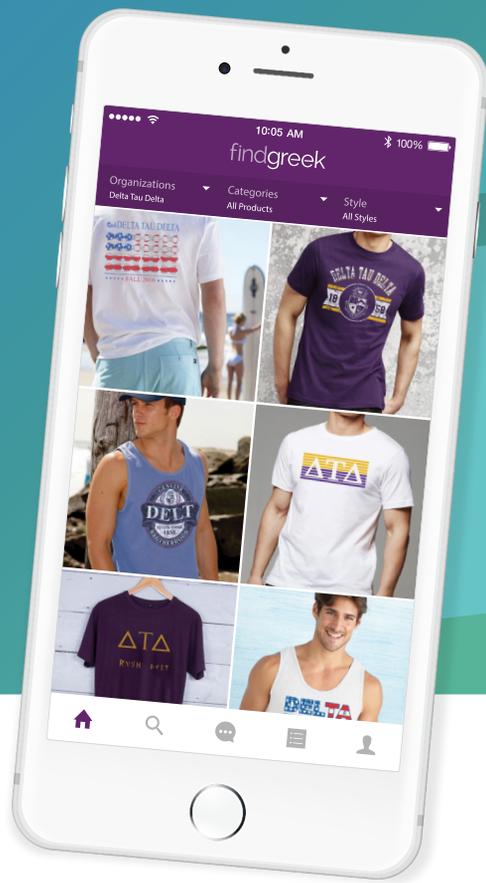
# WHAT'S IN THE DELTA JDRF CHAPTER KIT?

Chapter JDRF kits were distributed in August with items to assist each chapter with the marketing and promotion of the Fraternity's partnership with JDRF. Look for photos of Deltas using these resources by searching for #DeltasForJDRF on social media.

### JDRF BROCHURE

Need help starting your JDRF event? Still trying to figure out where to send your events money? This brochure helps chapter leaders plan, hold and report JDRF events.





# DON'T BE THAT GUY

...who wears the same DTD shirt to **everything**.

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# UPDATE YOUR ADDRESS

Membership in Delta Tau Delta is more than an undergraduate experience. Your membership continues after graduation, just as you further develop and grow as a man. Undergraduates today can learn a lot from alumni like you. The experience you had and lessons you learned while in their shoes can be as valuable to new Delts as they were to you. There are many ways to get involved with Delta Tau Delta as an alumnus. You should start by updating your information with the Fraternity so we know what you're up to these days.

[UPDATE YOUR ADDRESS](#)

# SHARE YOUR STORY

Delta Tau Delta Fraternity celebrates the successes of both undergraduate and alumni by sharing stories of how members lead, serve, give, share and grow as they seek to better themselves, their brothers and the world around them.

[SHARE YOUR STORY](#)

# RECONNECT WITH BROTHERS

Are brothers from your chapter lost to the Fraternity? If a brother moves or changes his email address or phone number without updating his contact information with the Fraternity, he becomes lost. Please take a moment to reach out and reconnect with any brothers on the lost list. Six chapters have more than 1,000 brothers on the list!

By checking your chapter's lost brother list, reaching out to those you know and sharing any contact information you have, you can help reconnect members of the Fraternity.

You can search by chapter and easily sort by last name or graduation year.

[LOST BROTHERS](#)