

Theta Lambdas Help re(Define) (Real)ity™

Theta Lambda at Colorado State University (CSU), a star chapter on the CSU campus, took center stage with the Re(Define) (Real)ity fashion show for Tri Delta's 2nd annual Fat Talk Free® Week.

Images courtesy of Samantha Baker



Sarah Scruggs, a veterinarian at the CSU Veterinary Teaching Hospital, shines on the runway.



Grace Goodnight, Colorado State, takes her turn in the spotlight during the show.

THIS IS A BUSY CHAPTER, TO SAY THE LEAST.

From an unwavering focus on philanthropy, to playing an active role on campus and in the community, Theta Lambdas are passionate about all aspects of Greek life and about making a difference in the world. This equates to a jam-packed schedule, but the chapter recently found room for its biggest event to date: the re(Define) (Real)ity fashion show for Tri Delta's 2009 Fat Talk Free Week.

BIRTH OF A VISION

Each year, the Office of Greek Life on the CSU campus reviews proposals from fraternities and sororities for a program or event that will benefit an individual Greek chapter, the campus and the local Fort Collins community. Then at a ceremony held each spring, the CSU President's Office presents the Presidential Greek Vision Award, which is a \$2,500 grant to one fraternity and one sorority to help fund their proposed program. As part of the Tri Delta proposal, past Chapter President Melissa Still stated, "Our chapter wants to educate the members of our fraternities and sororities about body image and discuss what they can do to be involved." In spring 2009, Theta Lambda was honored to receive the Presidential Greek Vision Award.



Johanna S. Kandel, executive director of the Alliance for Eating Disorders Awareness, addresses the packed crowd there to watch the fashion show.

RE(DEFINE) (REAL)ITY

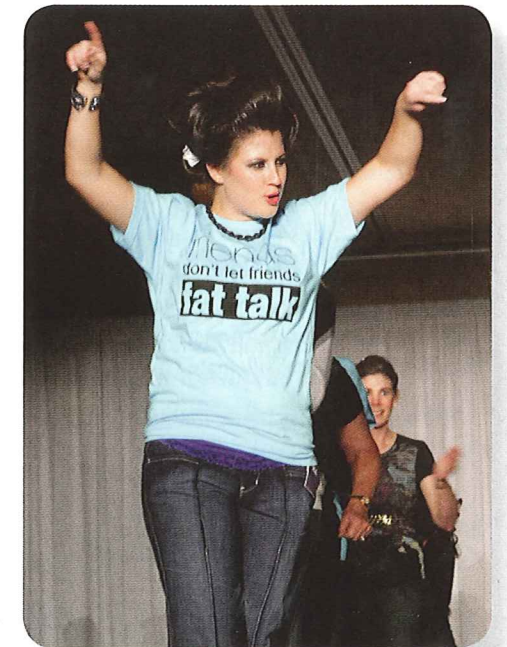
The re(Define) (Real)ity fashion show concept is a movement created by the Alliance for Eating Disorders Awareness that challenges society to embrace diversity, dismiss unrealistic ideals and prove that beauty comes in all shapes and sizes. These fashion shows have been conducted all across the country in various cities, sponsored by different organizations. As a Tri Delta partner and supporter of *Reflections: Body Image Program*®, it was a natural step for Tri Delta to host a re(Define) (Real)ity fashion show of its own. When Tri Delta heard about the Vision Award grant, it made sense for the chapter to host the fashion show at CSU as part of Fat Talk Free Week. The Theta Lambda sisters were more than excited to launch themselves into such an exciting new project, and with additional assistance from Little in the Middle, a clothing company that creates jeans for women with curves and an ardent supporter of re(Define) (Real)ity, Theta Lambda's fashion show was in the works.

SHOWTIME!

The event started well before the music flooded the runway on Oct. 20, as the models began hair, makeup and wardrobe fittings. The models were women of all shapes and sizes, chosen by Theta Lambda because they were leaders on campus and in the local community. These were other Greek women, non-Greek women, university faculty and staff and top women from the surrounding community. Theta Lambda's inspired approach to selecting models served a motivating purpose, because not only was the chapter promoting positive body image, they were also promoting the strength and empowerment of women.

The show took place at the Lory Student Union and debuted to a standing-room only crowd of more than 500 people. Women of all ages paraded confidently down the runway, dancing and having a fantastic time. "I loved being a model," says Grace Goodnight, Colorado State. "It just gave me this pure confidence boost about my body. I remember being so nervous, but as soon as my foot hit the runway and I heard the cheers from the crowd, the butterflies left and I had the time of my life!"

"This was more than a fashion show," says Sarah Williamson, director of educational initiatives for The Center for Living, Learning & Leading. "It was a reminder that true beauty comes in all shapes and sizes and that your confidence and self worth should not be defined by the way that you look. It was very inspiring." The effect was not lost on the enthralled audience. "I believe that we all left with a shared passion for empowering women to love themselves for who they are and what they stand for, not what they look like," adds Sarah.



Karolyn Pearson, Colorado State, models the "Friends don't let friends fat talk" t-shirt.