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The UConn ALD 2019 Newsletter Committee Presents:

Alpha Lambda Delta

the Fall 2019 Newsletter

ALD All Smiles for Professional Photoshoot

BY BRUNNA LOUZADA

For the Professional Photoshoot, I was excited to attend because I have never gotten a professional headshot taken of myself before! When I got there, it definitely was not crowded, which was good because I didn't have to wait in a line for my turn! They had a background set up and a chair in the middle. I was pleased with having my photo taken because the photographer is a super nice photo major, who told me exactly how to sit and pose. She even took it into Photoshop and made it look better before sending it to me! Now I am able to use this photo for any applications, LinkedIn profile, or other professional matters. Thanks ALD!



ALD MEMBER SHALINI SHIAL POSES FOR A PROFESSIONAL HEADSHOT

ALD Visits Research Connections

BY XINMING ZHOU

Looking for research opportunities? Research Connections 2019 was held in the Werth Tower on October 16th. This is an event intended to expose students to undergraduate research at UConn and make connections between faculty, staff, graduate students and undergraduates. Over 100 researchers from any discipline attended the event. ALD members, especially those who did not have a chance to engage in research, learned a lot, from how research was held to what it was really like by communicating with researchers.



Say Yes to PumpkinFest!

BY MEILENE FUNG

On Tuesday, October 22nd, ALD hosted PumpkinFest in front of Rowe, where they sold miniature pumpkins. If you were in a hurry, you could purchase an already carved one; if you had the time and felt creative, however, you could purchase an uncarved pumpkin to paint or carve (carving materials included).

Decorating supplies ranged from ribbon to markers, to glitter and stickers. Once finished, students could even purchase tea lights so their pumpkin masterpiece could be lit from within. After the day of fall festivities, ALD raised a total of \$150 for the Big Brothers Big Sisters non-profit, a youth mentoring program that aims to help children reach their potential.

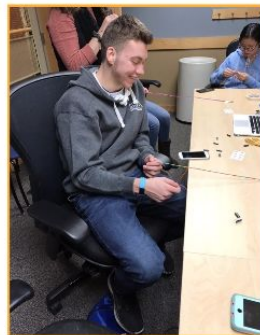


PASSERSBY COULD CHOOSE A PRE-CARVED PUMPKIN TO TAKE HOME, OR TAKE THE PLUNGE AND CARVE THEIR OWN

ALD Gets Crafty at DIY Bracelet Making

BY ANIKA VEERARAGHAV

On Friday, November 8th from 6 to 8 PM in SU 410, ALD held a DIY bracelet event, where members who attended could make friendship bracelets. Students were provided different color strings, as well as online access to view different patterns in order to get inspiration for their own designs. If they couldn't finish, students could bring their creations home and complete them at their own leisure. More than 10 people attended the event, which was organized by ALD social chair, Julia Neri, and everyone who attended had a lot of fun!



ABOVE: ALD COMMUNICATIONS CHAIR BOB TRIES HIS HAND AT MAKING HIS OWN BRACELET

LEFT: ALD MEMBERS FOCUS ON CREATING INTRICATE DESIGNS DURING SOCIAL CHAIR JULIA NERI'S DIY BRACELET MAKING EVENT



Nutritionist Lecture Returns

BY XINMING ZHOU

Questions about eating a healthy diet? ALD president Nick Olson collaborated with Sarah Chau, who is affiliated with UConn's Health and Wellness, to deliver a nutritionist presentation on Wednesday, November 13th. The event was held in SU 211, the conference room in the Student Union. During the presentation, ALD members who attended learned about how to eat healthily in the dining hall on campus, the features of healthy eating, and how to correctly balance nutrition in every body shape.

ALD Gets Creative at Paint Night

BY SOPHIA CARELLAS



GENERAL MEMBERS HAVE A GREAT TIME SOCIALIZING AND SIPPING MOCKTAILS WHILE PAINTING THEIR OWN MASTERPIECES

Paint night was another peaceful success on Friday, November 15. Run by Social Chair Julia Neri, the event had a good turnout of members who sought to de-stress by painting calming images of oceans, release anger by expressing colorful prints, or just wanted a delicious strawberry mocktail. The event was held in Room 310 in the Student Union, a medium sized yet intimate space where a Spotify playlist of incredible throwbacks was heard by all from corner to corner. Songs from artists such as Ke\$ha, Akon, The Black Eyed Peas, and other classic mid-2000s artists were an inspiration of art to many who were bobbing their heads and lip syncing while brushing their work on either a canvas or flat board surface. Members created paintings such as homages to their sorority, UConn décor for their room, and many odes to the arrival of daylight savings which has affected the sunsets in a magnitude of ways. The event was received well by all that participated and many members who partook left happy, calm, and proud of the work they had done. The positivity of the room was encouraging to all who needed an end of the semester pick-me-up. All in all, paint night was a success.



Community Outreach Hosts Clothing Drive

BY NISHITHA EDUPUGANTI

On November 21st from 12 to 4 PM, ALD held a clothing drive at Student Union Table #6. Many ALD members came to help run the table (including Olivia Biehl and Zoe Butchen, pictured below) and invited other students on campus to donate their excess clothing. Especially as college students, a lot of apparel that we don't even wear can accumulate in our rooms, so this was a great way of giving students the chance to clean through their closets before break, while donating to those who need it. This was a great service opportunity and allowed students, not only in ALD, but all of UConn, to participate in a greater good.

This event was organized by ALD's Betsy Philip, who serves as the Community Outreach Chair on the Executive Board. She chose to run this event because while it only takes a few seconds for students, it can really help someone else out! She also believed that this time of year would be perfect to run the event, since a lot more people will need the clothes to layer up as it gets chillier.



ALD MEMBERS OLIVIA BIEHL AND ZOE BUTCHEN, ALONG WITH MANY OTHERS, VOLUNTEERED THEIR TIME AT ALD'S CLOTHING DRIVE, TABLING AND ADVERTISING THE CAUSE TO THOSE WALKING BY IN THE STUDENT UNION



Cool Down Your Stress, Chill Out With Ice Cream!

BY KEVIN LI

The semesterly ALD Ice Cream Social took place on December 5th in Student Union 330 from 5 to 7 PM. All ALD members were invited to stop by and grab some Dairy Bar ice cream as a way to relax before the onset of finals week.

Greeting members were a wide array of ice cream flavors. In addition to the different choices of oreo, chocolate, vanilla, and Husky Tracks ice cream, as well as sorbet, toppings like sprinkles and chocolate syrup were present. It was up to the student to make their desired ice cream bowl! Chairs and round tables were also set up within the room for members to sit down. This arrangement allowed for the opportunity for people to mingle and

network. Many discussions concerning academics sparked and students were able to enjoy some scholarly conversations amid their bowls of sugary goodness.



“I was having a stressful day and my friend reminded me about this event. My day is now a lot better, especially being a college student,” commented Anika Vincent, a third semester sophomore Management Information Systems major. “It’s also nice here to network with people. I made some new friends today.”

While the Ice Cream Social is always a great way to wind down with some sweets, it also fosters the growth of new relationships within

ALD. If you weren’t able to make it to this social, make sure to stop by the one in the spring semester!



ALD PROVIDED MEMBERS WITH A SWEET WAY TO DE-STRESS BEFORE FINALS, FEATURING MULTIPLE DAIRY BAR ICE CREAM FLAVORS AND A VARIETY OF TOPPINGS

ALD Warms Up for Winter Break with Henna and Hot Chocolate

BY ALEXIS ABBOTTS

On Thursday, December 12th, members were invited to sip on cocoa and get cozy in order to prepare for finals. Though the end of semester ice cream social also aimed to cool down members before exam week, this new event took a much warmer approach to de-stressing.

Members were invited to pour themselves a nice cup of hot chocolate, bring study materials, and offer their arm up for some henna applications during the two hour-long event. ALD Historian Marie Frese offered her henna application skills, crafting beautiful and serene pieces on members that could remind them to take a breath during the chaos of final exams. While this was the event's debut on the ALD schedule, Social Chair Julia Neri executed a wonderfully relaxing event that gave everyone in attendance a chance to sit back, relax, and prepare for the most stressful week of the semester. Hopefully this event will make a return in semesters to come.



ALD HISTORIAN MARIE FRESE CRAFTED BEAUTIFUL HENNA DESIGNS ON ALD MEMBERS AT THE FIRST ANNUAL FINALS HOT COCOA & HENNA SESSION



Letter from the Editor

BY ALEXIS ABBOTTS

Hi ALD,

Well, I can't say I ever thought this day would actually come; I've completed my final newsletter for ALD, and in May, the spring issue will be released by my successor.

I wanted to say thank you to everyone who reads this. I know that the newsletter can be just a blip on someone's radar, but to me it's been my everything for the past 3 years. A lot of hard work goes into creating this, and I'm merely the one who throws it together. Everyone who has ever contributed to the newsletter via the Newsletter Committee has been a part of something so special and significant to UConn's chapter of Alpha Lambda Delta. The authors throughout each newsletter have contributed to our chapter's success and notoriety among the others that make up an entire nation of ALD. So thank you for reading, it not only means so much to me, but to those who have taken the time to write; without articles, we wouldn't have a newsletter!

This semester has been quite hectic behind the scenes, but our fabulous E-Board has, again, done what it does best and pulled off multiple, amazing events for all of our members. I hope you got to attend at least one! From well-known events such as PumpkinFest and the Finals Ice Cream Social, to new events such as DIY Bracelet Making and Finals Hot Chocolate & Henna, these experiences crafted by the members of the E-Board have one key thing in common: they're for you guys. E-Boards of UConn ALD past, present, and future want only the best for the members of the organization. You deserve to have a place to come and relax, hang out with friends, and meet new ones. I know this E-Board has tried its hardest to bring that goal to fruition.

Graduating seniors, here is my toast to us. May we find jobs, live comfortably, and keep in touch with those most important to us. Underclassmen, here are my condolences (kidding). Seriously, enjoy the time you have at this institution, as well as the time you have as an active member of this organization. Both are going to fly by before you're ready for them to be over. I know they have for me.

Thank you to my forever E-Board: Nastya, Quinton, Nick, Sam, Eliza, Becca, Kathleen, Julia, Lia, Sarah, Jayla, Betsy, Rosie, Marie, Alyssa, and Bob. Though graduation has and will change who makes up the Board, I have been forever impacted by your friendship, support, and love, no matter when you served.

I suppose there must be an end to this letter at some point; I suppose that end will come now. Thank you again, to all of you reading, and even those who aren't, for your commitment to this awesome organization. Hey, look, we weren't a scam after all!

For the final time,

Alexis Abbotts
Newsletter Chair