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- Yarn Toss
- Tap a Sister Who... 
- Take What You Need
- Show Some Appreciation

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Because we value our Sisters and the spirit of Sisterhood, you already know that as Alpha Xi Deltas we do not:

- Blindfold new members
- Do activities in badge order
- Make new members sit on the floor
- Force alcohol consumption
- Restrict wearing letters until after Initiation
- Give new members tests
- Force new members to get interviews and signatures
- Hide the date of Initiation
- Give new members nicknames

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