

ALPHA

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Fall 2024 Newsletter

BETA OMEGA
CHAPTER



RECRUITMENT

Our sisters began this year with fall recruitment! Actives worked bannering shifts, led informationals, and hosted fun events to meet PNMs.

Pictured on the left, sisters Emily Baird (Theta Class), Anna Woodruff (Eta Class), Fernanda Haro (Eta Class), Julie Nieto (Eta Class), and Anshita Nair (Eta Class) at the Fruit Sale Recruitment Event!

On the right, Juliana Martinez (Eta Class) and Olivia Lawhead (Theta Class) banner at ZACH!



BID DAY

Sisters and PNMs had a great time at Bid Day! We played fun games like telephone charades and got to know our potential candidates better! Actives could volunteer to be "Bid Day Buddies" and would be paired up with a PNM for the event. Gisela Mlodzianowski (Eta Class) had a great time as a Bid Day Buddy to Karyn Gonzalez (Iota Candidate Class).

"Bid Day was unforgettable! Sharing the excitement and welcoming a new sister truly highlighted the special bonds we share in Alpha Omega Epsilon." - Gisela Mlodzianowski (Eta Class)



CANDIDATE INITIATION

Our Candidates dressed in white and received the official candidate flower, the white carnation, during Candidate Initiation! We are so excited to welcome the Iota Candidate Class!

"I loved that we got to celebrate our new candidates through initiation!" - Catherine Pfaffenberger (Theta Class)



FOOTBALL GAMES

Our sisters have been avid Aggie supporters this football season! And, thanks to our awesome merch team, we've been able to rep A.O.E. with our cute gameday pins!

On the left, Fernanda Haro (Eta Class), Julie Nieto (Eta Class), Anshita Nair (Eta Class), and Barbara Ulloa Gonzalez (Zeta Class) wore all black for the LSU blackout game. On the right, Katelyn Clark (Epsilon Class) and Juliana Martinez (Eta Class) show their Aggie spirit in maroon!



SISTERS VOTE!

2024 is an important election year. Ellie Hague (Theta Class) is a member of MOVE TX TAMU and helped sisters register to vote during chapter!

The last day to vote is November 5th, so make sure you do so before then!

“Voting isn’t just a right someone receives as an American citizen, it is also a civic duty and is crucial in creating a functioning democracy! Voting in major elections is fun, but it’s also important to remember to vote in local elections as well, since those elections have the biggest impact on day-to-day life.” - Ellie Hague (Theta Class)



RITUAL WEEK

Sisters and candidates took part in Ritual Week near the end of October. This semesterly event is something we all look forwards to!

<p>21 Active Seek and Find</p> <p>“It was so fun challenging myself to get as many pieces as I could!” - Morel Smith (Iota Candidate Class)</p>	<p>22 Craft Night</p> 	<p>23 Progressive Dinner</p> <p>“I had a blast getting to eat a delicious full course meal with my sisters!” - Aliyah Ahasan (Theta Class)</p>	<p>24 Candidate Project Presentation</p> 	<p>25 Serious Night</p> <p>Actives and candidates were able to grow closer by participating in this ritual!</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	

COFFEE CRAWL

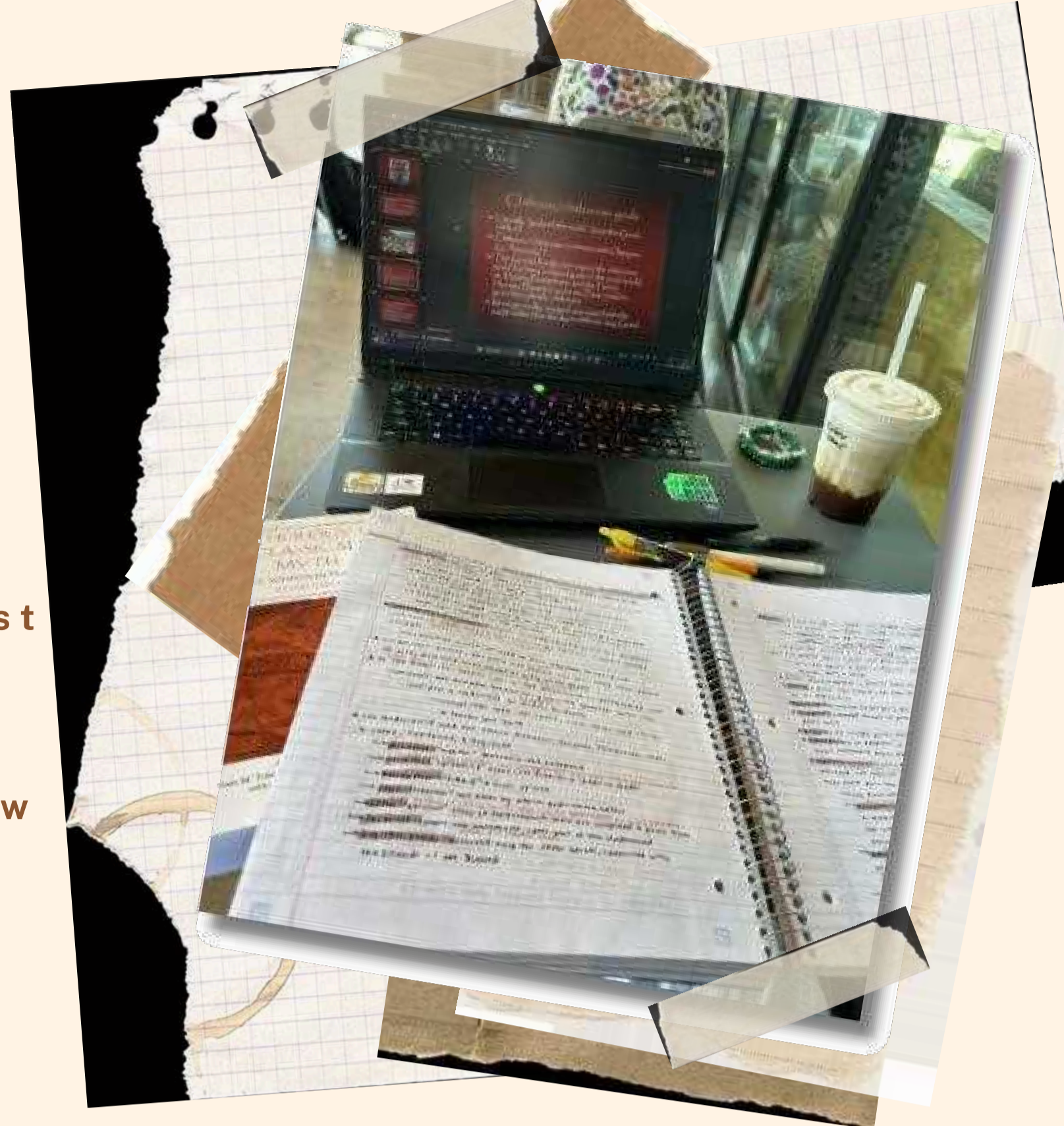
Our Professional Development Committee has started a new program this semester called Coffee Crawl! Off-campus study hours are hosted at various local coffee shops in town, and sisters who attend are asked to review their experience there. These reviews are stored for actives to view later whenever they're looking for a good study spot! Our first location was POV Coffee.

Average POV Coffee Ratings:

Seating: 3.6/5 Internet: available, but slow

Outlets: 2.3/5 Price: \$5.67

Noise Level: 3/5 Drink Review: 3.8/5



RECIPE OF THE MONTH

Johanna Gunther (Theta Class) hosted an appetizer house during Progressive Dinner, and her Brie Puffs were a hit! With this recipe, puff pastry, and brie cheese, you can recreate them at home.



- Cut puff pastry into even number of equal sized pieces using a knife or cookie cutter
- Cut your brie into small chunks, smaller than your puff pastry pieces. You need one brie chunk for every two pieces of puff pastry
- Put each brie chunk on top of a puff pastry piece, and top with another piece
- Crimp or press on the edges to seal the puff together
- Bake according to the puff pastry directions
- Enjoy! Best served hot and with Pepper Jelly!

SLIME NIGHT

Sisters watched a fun movie and bonded while making slime for the first time. It took a few trials, but they were eventually able to make their own slime to take home with them!

Jordan Tharakan (Eta Class), Fiona Runhaar (Theta Class), Linnete Arceo (Theta Class), and Juliana Martinez (Eta Class) show off their new slime at the event!



BOUQUET MAKING

Sisters got to hang out and listen to Sabrina Carpenter's new album, Short 'n' Sweet, while they made bouquets from fresh flowers! Bouquets were wrapped in colored tissue paper and tied with ribbon to add an extra special touch.

Sisters were also able to paint floral designs on canvases to take home!

Bella Nicholls (Epsilon Class) shows off her bouquet and cute painting on the right!



MENTAL HEALTH WORKSHOP

We recently had a mental health workshop, where we discussed methods of managing mental health and how to utilize on-campus mental health resources. Then, we made monsters out of playdough and smashed them as a fun way to relieve stress!

"I am so happy we had a mental health workshop because it is so important to talk about mental health especially among women (who are more prone to depression) in such difficult STEM careers. The more we talk about mental health, the more we can lessen the stigma and teach people healthy ways to go about it." - Jordan Tharakan (Eta Class)



FIRST FRIDAYS

Sisters spent time with each other at the First Fridays in Downtown Bryan and enjoyed live music, performances, and unique vendors.

Pictured, Trinity Kruse (Theta Class) Claire Cohen (Theta Class), Linnete Arceo (Theta Class), Madelyn Reitz (Eta Class), and Cindy La (Epsilon Class) enjoyed this event!



STREET CLEAN UP

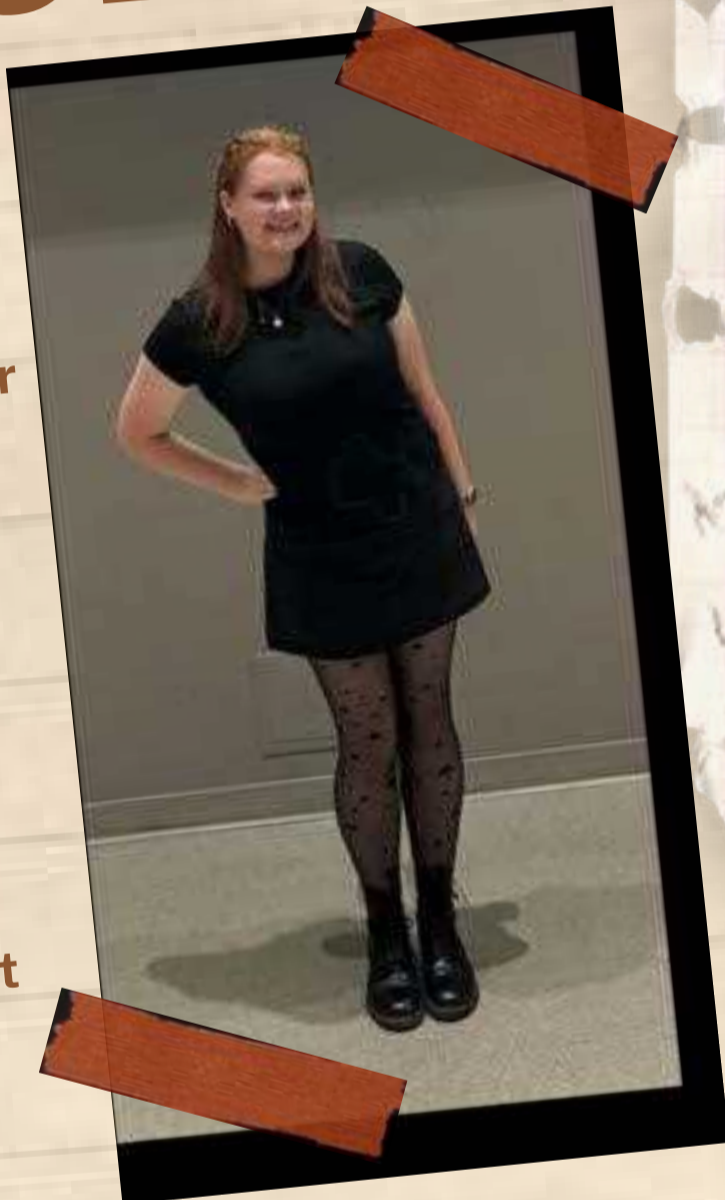
Our chapter has adopted a street near campus, so we hosted a street clean up to keep it beautiful!

"I had a great time hosting the street clean-up and found it to be a quick and collaborative way for A.O.E. to help the local College Station area! Especially living in a college town, many streets tend to be littered with trash, so it was great to contribute and keep our adopted street clean for the betterment of the community!" - Kyoka Piccolo (Theta Class)



SISTER OF THE MONTH

Congratulations to our Sister of the Month, Olivia Lawhead (Theta Class)! She is an amazing member of our sisterhood, providing not only a sweet and friendly face at all of our events, but also putting forward an incredible amount of initiative toward any projects she is a part of. Here is what our sisters had to say about Olivia:



"I have seen Olivia at almost every event that we've held, and she is such a ray of sunshine! She's always offering up help with anything, and I love how supportive and present she is in A.O.E. :)"

BIRTHDAYS

- Johanna Gunther (Theta Class): Sept 14
- Makayla Jaramillo (Zeta Class): Sept 24
- Fernanda Haro (Eta Class): Oct 3
- Juliana Martinez (Eta Class): Oct 3
- Kashala Robinson (Zeta Class): Oct 3
- Aditi Rai (Theta Class): Oct 8
- Taryn Wright (Epsilon Class): Oct 17
- Kaitlyn Cunningham (Zeta Class): Nov 2



AN A.O.E. HALLOWEEN!

Halloween was a few days ago, and our sisters had some very creative costumes! We asked a few of them what they dressed up as:

- Fiona Runhaar (Theta Class) - An Oompa Loompa
- Lindsey Ford (Epsilon Class) - A middle-aged SEC coach
- Cindy La (Epsilon Class) - Remy from Ratatouille
- Anshita Nair (Eta Class) - A vampire

