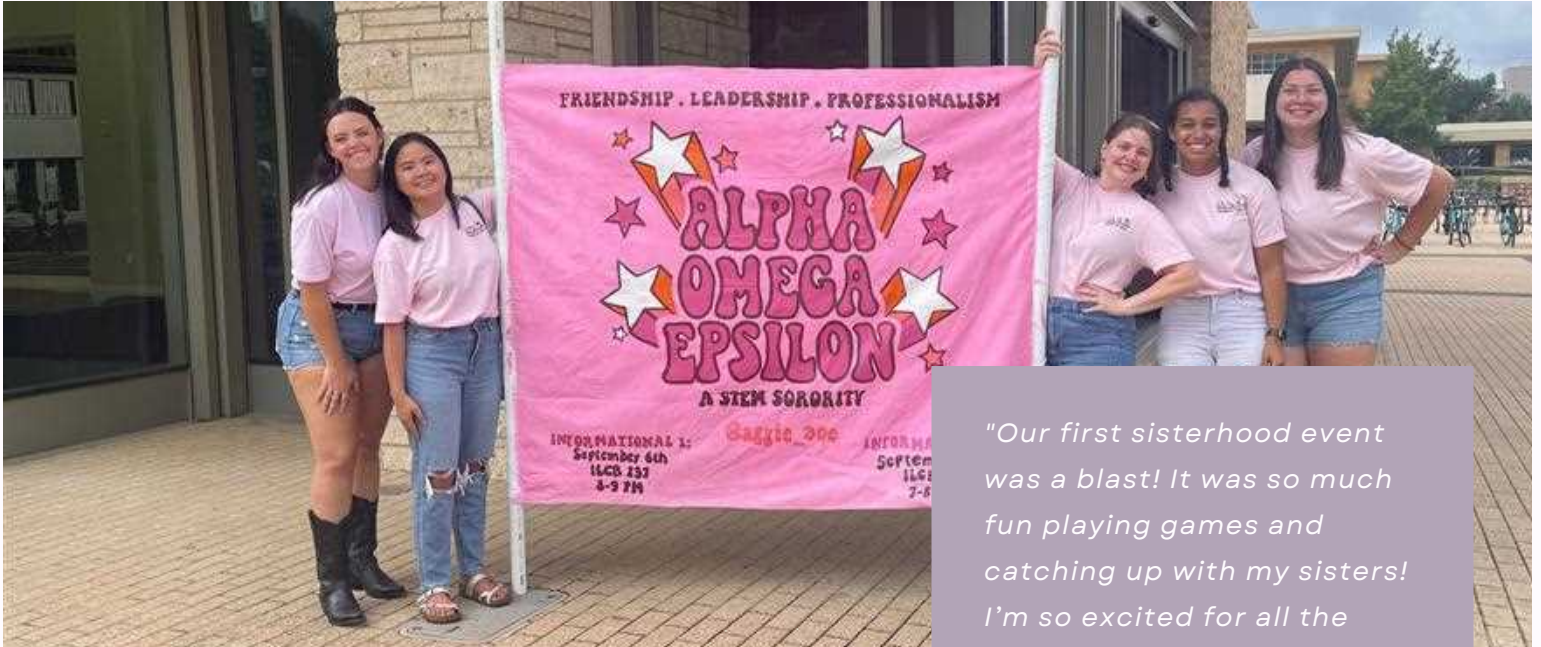


# DOLPHIN DIVE

MONTHLY NEWSLETTER OF THE BETA OMEGA CHAPTER



*"Our first sisterhood event was a blast! It was so much fun playing games and catching up with my sisters! I'm so excited for all the events my committee and I have planned this semester!"*

-Meredith Taggart (Zeta Class),  
Director of Sisterhood

## Summer 2022 Spotlight



Cindy La & Emily Salgado (Epsilon Class) worked together as dental assistants over the summer!

Lorraine Fernando (Alpha Class) says that the most interesting thing she did this summer was hiking to the tallest peak in Texas! She also loved her internship!



25

Sisters in Attendance

1

Rainy Venue Saved



## First Day of Class!



Emily Hall (Delta class) celebrated her last first day of school as she enters her 7th semester and prepares to graduate in December! "I have really loved my time here at A&M and Alpha Omega Epsilon has been such a big part of that!"



Some of our sisters celebrated their first day of class a little bit further from College Station! Senior Jenna Beyer (Delta class) and Junior Leili Mostoufi (Delta class) are studying abroad in the United Kingdom this semester!



## Recruitment Events

"Running recruitment this year was such a blast! Thank you to my committee and Cindy La my awesome committee head. I adore the future Eta class." -Elizabeth Ruben (Delta Class)

"When I look back on recruitment, I think of how positive and welcoming everyone was and how all of the planned events perfectly aligned with my hobbies and values. Overall, I had a wonderful time meeting all of the members and I'm so excited to continue learning and growing through A.O.E.!" -Juliana Martinez (Eta Candidate Class)

We celebrated rounding up the best Eta candidate class with a wonderful Bid Day!

"It was so fun to meet all the new candidates and get to see them in a more relaxed environment. Loved seeing them all in their cowboy hats!" -Barbara Ulloa (Zeta Class)



## Our Favorite Parts Of Bid Day:

- Delicious Waffles for Brunch
- Fun Small Group Activities
- A GORGEOUS Venue & Themed Decorations
- Amazing Sisters Taking Photos

**WE <3 OUR CANDIDATES!**

# Sisters of the Month

Eta Candidate Class



Actives and alumna alike are so excited about our new Eta candidate class, which is why we're recognizing them as (future) sisters of the month!

"The Eta candidate class has been an absolute joy getting to know! All of these girls are so kind and hardworking; I am so excited to see them grow throughout candidacy and have them learn about A.O.E. I have no doubt that every one of them has made a great addition to our family!"

-Emma Trussell (Delta Class),  
Membership Educator

24

*New Girls to Fall  
in Love With!*



Abigail Lifrieri  
Statistics '26

Her favorite hobbies are  
crochet and painting.



Alyssa Calkin  
Psychology '23

Her favorite food is  
chicken pot pie!



Anna Woodruff  
Materials Engr. '24

She is a Swiftie



Annika Harl  
Electrical Engr. '25  
She loves to read and eat  
popcorn.



Anshita Nair  
General Engr. '26  
Favorite food is anything  
Thai related.



Ashlyn Burkhardt  
General Engr. '26  
She has an addiction to  
Jersey Mikes.



Elise Madden  
General Engr. '26  
She loves Rosa's Cafe!



Emily Straeck  
Oceanography '24  
She love's manatees.



Emily Wong  
Mechanical Engr. '24  
One of her favorite artists  
is Phoebe Bridgers!



Fernanda Haro  
Oceanography '25  
Her favorite artist is Bad  
Bunny.



Gisela Mlodzianowski  
General Engr. '25  
She loves Paella.



Gwyneth Svatek  
Materials Engr. '25  
She loves to go thrifting!

# Sisters of the Month

## Eta Candidate Class



"Meeting the new candidates is my favorite part of A.O.E.! The Eta candidate class is so interesting and hilarious that I have left every recruitment event, candidate meeting, and Carnation Conversation with the biggest smile on my face. Getting to know each and every candidate has been an absolute blast! I am so delighted to be there every step of the way on their A.O.E. journey and I can't wait to see all the amazing things the Eta candidate class will achieve in both our sorority and at A&M."

-Lindsey Ford (Epsilon Class),  
Membership Education  
Committee Head



**Hannah Jensen**  
Mathematics '25  
Her favorite artist is Harry Styles.



**Isabella Schmitz**  
Chemical Engr. '25  
She loves coffee.



**Jordan Tharakan**  
BC Neuroscience '26  
One of her hobbies is Bollywood dance.



**Juliana Martinez**  
Communication '26  
Her favorite band is Gorillaz.



**Julianne Youngblood**  
Animal Science '24  
She loves Kung Fu Tea.



**Julie Nieto**  
Environ. Science '25  
She loves going out to non-chain restaurants.



**Kyra Manskie**  
Tech. Management '24  
Her favorite song is Palomino Princess by Tyler Booth.



**Madelyn Reitz**  
Biomedical Engr '25  
She really likes Dutch Bros!



**Maleand Harper**  
Meteorology '24  
She is a Swiftie.



**Sophie Houshmand**  
General Engr. '26  
One of her favorite hobbies is working out.



**Thu Le**  
TPC Neuroscience '24  
She loves Mariah Carey, Whitney Houston, Jazmine Sullivan, and Keyshia Cole.



**Veronica Kowalewski**  
Chemistry '26  
She loves Twilight!



Nothing like ice cream to help ease the aches of the first exam week of the semester! Freezing Cow was a great profit share and super delicious!

"I really enjoyed that I got to meet up with most of the Nunez family. It's hard to plan time to meet with people but getting to do it with ice cream was fun!"

-Kim Nunez (Alpha Class)

Led by our Director of Internal Chapter Relations, Marilyn Stubbs, Self Defense Class was an opportunity to learn new skills!

"I had a great time learning self defense with my sisters! I really appreciated the open learning environment and getting to know more about how to protect myself in these kinds of situations."

- Kennedy Thrash (Zeta Class)



A favorite from last semester, Aerial Yoga Fitness class was a pop-up event for our sisters to have fun, and work some muscles they might not have known they had.

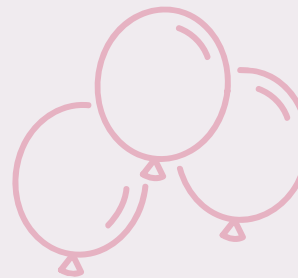
"Aerial yoga was a blast! I loved seeing all of us working out and sharing laughs. Some of the techniques were hard, but we were all determined to do our best! "

-Makayla Jaramillo (Zeta Class)

## May-September Birthdays

We love celebrating our sisters! Here's to everyone who we've gotten the privilege of passing another year together with.

- 5/1: Leili Moustoufi (Delta Class)
- 5/6: Meredith Taggart (Zeta Class)
- 5/20: Elizabeth Ruben (Delta Class)
- 5/26: Pamela Gomez (Zeta Class)
- 5/30: Bella Ly (Delta Class)
- 6/1: Kate Thompson (Epsilon Class)
- 6/2: Mya Alexander (Epsilon Class)
- 6/7: Isabelle George (Gamma Class)
- 6/12: Brianna Bishop (Gamma Class)
- 6/15: Isabella Alvarado (Gamma Class)
- 6/15: Kendall Blair (Delta Class)
- 6/23: Lois Williams (Delta Class)
- 6/27: Hannah Sipes (Alpha Class)
- 6/27: Delaney McGary (Gamma Class)
- 7/2: Ava Gonzalez (Zeta Class)
- 7/13: Danika Martin (Epsilon Class)
- 7/25: Angela Bauer (Delta Class)
- 7/26: Kasey Dearing (Alpha Class)
- 7/27: Marilyn Stubbs (Delta Class)
- 8/13: Kaitlyn Kern (Epsilon Class)
- 8/16: Jenna Beyer (Delta Class)
- 8/23: Madison Saenz (Alpha Class)
- 8/28: LeeAnne Kong (Zeta Class)
- 8/31: Cindy La (Epsilon Class)
- 9/1: Emma Trussell (Delta Class)
- 9/2: Catie Kaylor (Beta Class)
- 9/22: Emily Salgado (Epsilon Class)
- 9/24: Carrie Smith (Zeta Class)
- 9/24: Makayla Jaramillo (Zeta Class)
- 9/28: Hayley Jarjoura (Alpha Class)



# Recipe of the Month: Agua de Jamaica

Celebrating Hispanic Heritage Month together with things like presentations about monumental Hispanic women in STEM and hosting potlucks to highlight different Hispanic foods and cultures has been so much fun! With this month's recipe, we hope our sisters can take this appreciation for Hispanic culture home with them.

## INGREDIENTS

- 6c water
- 2c dried hibiscus petals
- 1 cinnamon stick
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1 pinch ground allspice
- ½c chopped piloncillo  
(Mexican brown sugar  
cones)
- 1 ½c white sugar

1.) Place 6 cups of water in a large saucepan; bring to a boil.

2.) Stir in the hibiscus petals, cinnamon, cloves, nutmeg, and allspice.

3.) Reduce heat to medium-low, and gently simmer until the water has turned a deep red, 30 to 45 minutes.

4.) Stir the chopped piloncillo into the hibiscus water until dissolved, then set aside to cool for 15 minutes.

5.) After cooling, strain the warm liquid into a 1 gallon pitcher through a wire mesh strainer.

6.) Squeeze as much liquid from the petals as you can, then discard the petals.

7.) Stir in the white sugar until dissolved, then pour in enough cold water to fill the pitcher.

8.) Serve immediately or let stand overnight for best taste.

Thank you so much to Kim Nunez (Alpha Class), for making this delicious drink and then sharing the recipe with all of us.

