

# DOLPHIN DIVE

Happy February <3  
Hope everyone had an  
amazing love month!



Enjoy this month's newsletter where we highlight our new zeta candidate class and revisit events like Bid Day, Galentine's Day, and many others :)



Welcome Zeta Candidate Class!!!

# BID DAY



## AFTER GRADUATION WORKSHOP

During the After Graduation Workshop we got a chance to share what our goals after graduation are and learn valuable information about graduate school, potential certifications, and jobs.



## CONFLICT RESOLUTION WORKSHOP

At this PD event we learned about what conflict is and how to deal with it. We also played some fun games to simulate conflict and it's resolution. Some topics about conflict resolution that was discussed were: what conflict was, cause of conflicts, and conflict resolution skills.

One of the important takeaways was the topic of criticism as criticism is necessary in the workplace but it can often be the cause of conflict. We were able to learn tips for giving and accepting criticism. Our very own Marilyn Stubbs gave an amazing presentation at this workshop and shares her thoughts on empathy below.

**I believe empathy is the most important skill when it comes to conflict resolution. Empathy allows you to see and understand other perspectives, allowing you to work towards the best solution for all parties"** - Marilyn Stubbs, Delta



## GALENTINES DAY

During Galentines Day it was so much fun to meet people from Phi Rho and play fun get-to-know you games such as bingo, meet your match, and minute-to-win-it games! (There was also delicious themed food and drinks like virgin shirley temples <3)



**"It was a lot of fun getting to meet other women in stem and the relay activity was very fun & fresh :)"**

**- Kasey, Alpha**



## BRAZOS VALLEY CANNED FOOD DRIVE

To give back to our community this month, we donated **118** cans of food to the Brazos Valley Food Bank!

## POLE FITNESS CLASS

We had 28 actives attend a pole fitness class @ Innovative Fitness!



**"Although we ended up w very sore muscles, it was so much fun trying all the different tricks & laughing at the ones we couldn't get." - Katelyn Clark, Epsilon**

## NAM/BONAPPETEA PROFIT SHARE

On February 18th, 26 actives and their amazing friends/family went to Nam Cafe and BonAppeTea to support our Chapter. We raised \$52 from this profit share



# SISTERS OF THE MONTH

## ZETA CANDIDATE CLASS <3

### **ADRIANA NUNEZ**

- Gen Engineering (CECL)
- Fav Artist: Taylor Swift

### **CARRIE SMITH**

- Gen Engineering (MEEN)
- Fav Show: Grey's Anatomy

### **AISLEY GEORGE**

- Public Health
- Fav Show: New Girl

### **CINDY ZHUANG**

- Economics & Applied Math
- Fav Artist: Mitski

### **AVA GONZALEZ**

- Biology
- Fav Place to Eat: Kung Fu Tea

### **HAILIE COUNCIL**

- Biomedical Sciences
- Fav Place to Eat: Olive Garden

### **BARBARA ULLOA GONZALEZ**

- Gen Engineering (MEEN)
- Has a mini schnauzer named Nutella

### **HANNAH SHAW**

- Gen Engineering (BMEN)
- Fav Show: Euphoria

# SISTERS OF THE MONTH

## ZETA CANDIDATE CLASS <3

### **KAITLYN CUNNINGHAM**

- Mechanical Engineering
- Has a dog named PICKLES

### **KASHALA ROBINSON**

- Chemistry
- Always down to talk about anime

### **KENNEDY THRASH**

- Biology
- Fav Artist: Mumford & Sons

### **LEEANNE KONG**

- Petroleum Engineering
- Fav Movie: Harry Potter Series

### **MAKAYLA JARAMILLO**

- Gen Engineering (NUEL)
- Fav Artist: Luke Bryan

### **MEREDITH TAGGART**

- Masters in Aerospace Engineering
- Always down to talk about skiing

### **PAMELA GOMEZ**

- Gen Engineering (CHEN)
- Fav Book: Me Before You

### **SAMANTHA ANCIRA**

- Gen Engineering (CHEN)
- Has a yorkie named Toto

### **TATIANA FERN**

- Computer Engineering
- Fav Book: City of Bones Series

# PETS OF THE MONTH

LIGHT COATS EDITION



**honey bishop**



**chip**



**fizzaroli**



**maverick**



**rey**



# PETS OF THE MONTH

LIGHT COATS EDITION



**avery hall**



**syrup nunez**



**chloe**



**alex**



**cali**



# RECIPE OF THE MONTH

## STRAWBERRY SHORTCAKE COOKIES

<https://www.spoonforkbacon.com/strawberry-shortcake-cookies-2/>

### INGREDIENTS

- 1 cup diced strawberries
- 2 teaspoons lemon juice
- 2 cups plus 2 tablespoons all purpose flour
- 1 cup plus 1 ½ tablespoons granulated sugar
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 6 tablespoons cold butter, cut into small cubes
- ½ cup nonfat Greek yogurt
- 1 teaspoon vanilla extract
- zest of 1 lemon

### INSTRUCTIONS

- Preheat oven to 375°F.
- Place strawberries, lemon juice, 2 tablespoons flour, and 1 1/2 tablespoons sugar into a small mixing bowl and toss together until well coated. Place in refrigerator and set aside.
- In a medium mixing bowl, sift together the remaining flour, remaining sugar, baking powder, baking soda, and salt. Cut in the butter until a fine/even, grainy texture forms.
- Stir in the Greek yogurt and vanilla and mix until just combined. Fold in the strawberry mixture and lemon zest and mix until well combined.
- Line a baking sheet with parchment and spoon on 2 tablespoons of dough at a time, about 1 inch apart.
- Bake for 17 to 20 minutes or until the cookies have barely started to brown on top. Remove from the oven and transfer cookies onto a cooling rack and allow to cool completely.
- While the cookies cool, make the glaze: Place the sugar, milk and vanilla into a small bowl and gently stir together with a fork until no lumps remain. Drizzle glaze over cookies and serve or allow to set, about 30 minutes, before serving.

# FEBRUARY BIRTHDAYS

**ALEX BURNS, FEB. 17TH**  
**KATELYN CLARK, FEB. 19TH**  
**HANNAH SHAW, FEB. 23RD**  
**ADRIANA NUNEZ, FEB. 25TH**

