

DOLPHIN DIVE



welcome back everyone :)



Spring 2022 Recruitment



One of the biggest things that happened in January was recruitment! While bannering started off with a few cold days, we were able to warm up to PNMs with our other events like the Goose Chase, Confidence is Brewing, and Pref Night.

"Our Spring '22 recruitment went so well this semester! Spring recruitment is a little shorter, but the events we did have were so fun! Our Recruitment Committee Chair, Angela, did such a great job, and every event was planned and run so well! I'm so happy with the impression our sorority was able to put on our future Zeta candidate class! All of the events were so great, it's hard to pick a favorite." - Hayley Jarjoura, President

Goose chase was especially fun as sisters and PNMs ran around campus to find things/landmarks/Reveille(!!!) to win the Goose Chase game. A few days later, we were able to take a break from running around by sitting down and participating in the Confidence is Brewing event where PNMs were asked questions in a format similar to an interview, making sure that we were brewing our confidence strong! A special touch to the event was the personalized coffee cup sleeves Angela made for us!

Yoga Class

We kicked off (or stretched off) our sisterhood events of the semester with a Yoga Class at Innovative fitness on January 28th! This is the first of three fitness classes we will be doing with them, make sure to say thank you to Cassie Conaster who has been a big help at Innovative Fitness to make these events happen.



"The best part was when Cassie let us do an aerial yoga part! And the pole fitness, which really makes me want to go to the pole fitness class in late February :)"
- Kaitlyn Kern, Epsilon Class



The specific yoga class that 16 sisters attended was 'Beginner Vinyasa'. One of the classes' aims was to balance all the aspects of self: physical, emotional, mental and spiritual. And with it being the second week of classes, it was good preparation for the semester to come.

Sisters of the Month

Geology & Environmental Geosciences Edition

DANIKA MARTIN (GEOLOGY)

- Fun Fact: Born on Friday the 13th
- Birthday: 07/13, Gemini
- Fav Song: The Middle - Jimmy Eat World

LAUREN TELFORD (GEOLOGY)

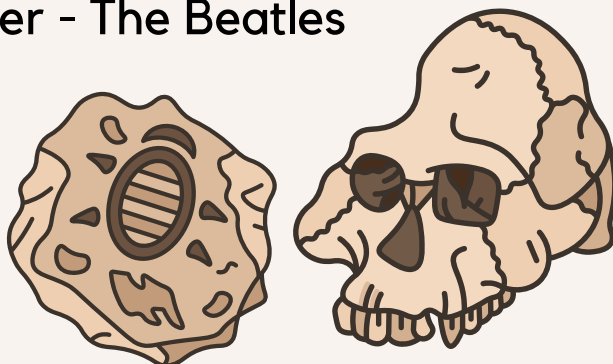
- Fun Fact: Lived in Trinidad for 4 years
- Birthday: 11/17, Scorpio
- Fav Song: Coconut - Kim Petras

HEATHER WELLS (ENV. GEOSCIENCES)

- Fun Fact: Afraid of birds but not spiders
- Birthday: 04/21, Taurus
- Fav Song: Strawberry Fields Forever - The Beatles

LEILI MOSTOUFI (ENV. GEOSCIENCES)

- Fun Fact: Learned 5 languages
- Birthday: 05/01, Taurus
- Fav Song: Rhiannon - Fleetwood Mac



Sisters of the Month

Geology & Environmental Geosciences Edition

MADISON SAENZ (ENV. GEOSCIENCES)

- Fun Fact: Went to Disney World 44 times in 5 months
- Birthday: 08/23, Virgo
- Fav Song: Wonder - Shawn Mendes

PAIGE WIRTH (ENV. GEOSCIENCES)

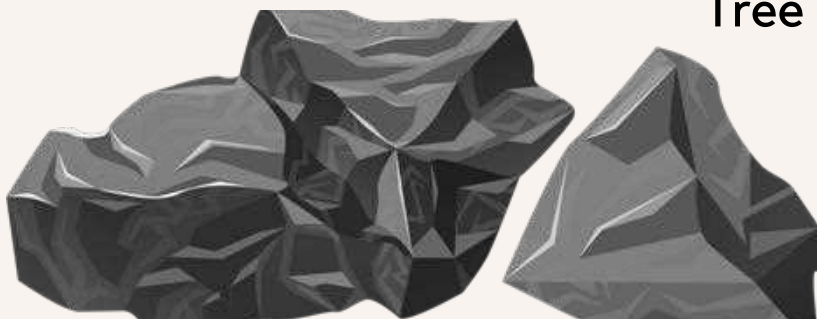
- Fun Fact: Was a competitive snowboard racer
- Birthday: 11/26, Sagittarius
- Fav Song: Black Horse & the Cherry Tree - KT Tunstall

JENNA BEYER (ENV. GEOSCIENCES)

- Fun Fact: Lizzo commented on one of Jenna's TikToks
- Birthday: 08/16, Leo

LOIS WILLIAMS (ENV. GEOSCIENCES)

- Fun Fact: Wants to be an astronaut
- Birthday: 06/23, Cancer
- Fav Song: Alien Boy - Oliver Tree



Recipe of the Month

Sushibake



REFERENCE: <https://vm.tiktok.com/TTPdhPXPxs/>

INGREDIENTS

- 1 lb imitation crab
- 3/4 cup kewpie Mayo
- 1 tsp wasabi
- Sriracha
- 3 oz cream cheese
- 2-3 green onions
- 3 cups rice (sushi or jasmine)
- 1/3 cup rice vinegar
- 1.5 tsp salt
- 3 tbsp sugar
- Furikake (rice seasoning)
- Seaweed

INSTRUCTIONS

1. Shred imitation crab with a fork then chop into tiny pieces. Place in a large bowl.
2. In the large bowl with crab, mix kewpie mayo, wasabi, cream cheese & green onions. Mix.
3. Wash & cook rice. Add rice vinegar, salt, & sugar.
4. Pack rice at the bottom of a baking pan & sprinkle furikake over all of the rice.
5. Evenly place imitation crab mixture on top & sprinkle more furikake.
6. Drizzle sriracha and kewpie mayo on top.
7. Broil on high for 5-10 minutes.
8. Remove from oven & spread on seaweed to eat :)

Pets of the Month



Dark Coats Edition



DARTH TED



PIPER



ASTER TRUSSELL



CHAMP KAYLOR



CRICKET



PANCAKE NUNEZ

Pets of the Month



Dark Coats Edition



JOSIE BLAIR



PIPER



PRINCESS



RUSTY



SCOOTER



WILLOW

January Birthdays

BAILEY GRAHAM, JAN. 6TH

BOBBI LIGOCKY, JAN. 7TH

TATIANA FERN, JAN. 8TH

KENNEDY THRASH, JAN. 8TH

KATHY NGUYEN, JAN. 17TH

AGUSTINA WEIZELL, JAN. 31ST

