



Dolphin Dive



Welcome Beta Class!

BY ISABELLA COUTURE

Where to begin! The month of September has been very exciting for us with our first ever recruitment and the initiation of our Beta class! Doubling our sisterhood was an amazing experience that I know many of us are still not over. From our awkward first informational to getting closer to one another at Pref Night to finally welcoming our beta class on Bid Day, Fall 2019 recruitment has been such a success. Thanks to every Alpha's hard work and commitment we finally have our Beta class!!

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Alpha Class Project

BY LORRAINE FERNANDO

During the month of September, we finally finished out beautiful Alpha Class Project! Thank you to everyone who was a part of this process!

Hopefully these letters will be used by AOE Aggies for generations!

Sister of the Month

This is an amazing idea created by our Director of Sisterhood, Taylor Cao. The Sister of the Month will be someone who embodies the three pillars of AOE, and can be nominated by any active member. The sisterhood committee will vote on the nominees.

After the sister is chosen they will be honored here in the newsletter!

Friendship.
Leadership.
Professionalism

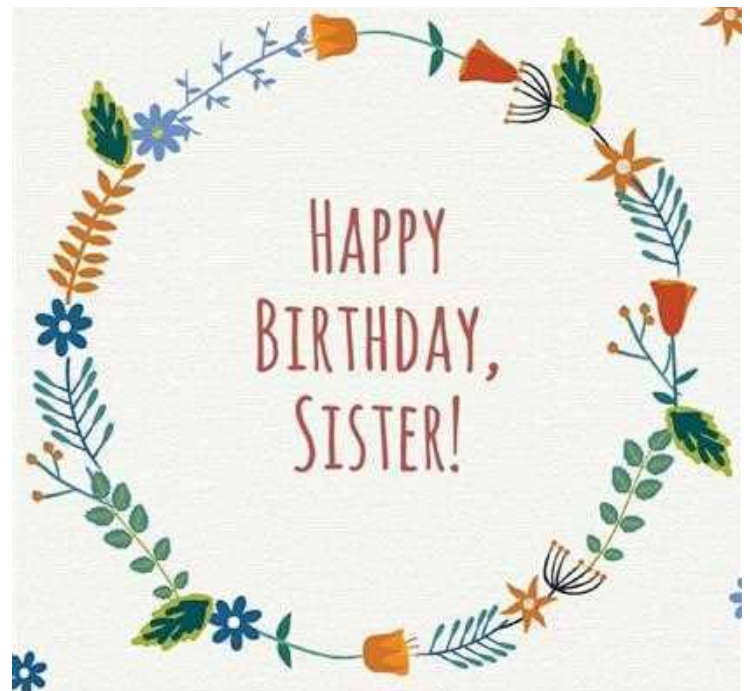
OUR THREE PILLARS

Upcoming Events in October

- October 3: Tie Dye & Craft Night (6-7:45pm @ HEB 104)
- October 5: Volunteering w/ Girl Scouts (8-12 @ the Gardens)
- October 9: Resume Workshop (6-7:30pm @ HEB 137)
- October 11-12: Day Away ;)
- October 14: Nam Cafe & Boneappatea Profit Share (5-8pm)
- October 21-24: Week of Kindness
- October 26: Big/Little Reveal (9am) @ Aggie Habitat for Humanity Pumpkin Patch
- Week of October 27: Ritual Week
- October 30: Boo Baskets & S'mores

September & Summer Birthdays!

- Alexia Perez - May 14th
- Victoria Alvarado - May 18th
- Stephanie Hang - June 19th
- Caroline Hamilton - June 21st
- Hannah Sipes - June 27th
- Ileana Morfin - July 3rd
- Ruby Melendez-Camacho - July 19th
- Alexis DeGraaff - July 21st
- Neeki Mostoufi - July 24th
- Kasey Dearing - July 26th
- Madison Saenz - August 23rd
- Catie Kaylor - September 2nd
- Addison Chavez - September 13th
- Hayley Jarjoura - September 28th



Healthy Yogurt Oat Muffins

RECIPE OF THE MONTH, BY: HANNAH HAW

INGREDIENTS

1 cup plain Greek yogurt
1/4 cup milk
1 large egg
1 tsp vanilla
1/3 cup honey
3/4 cup whole wheat flour
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp cinnamon (optional)
1/4 tsp salt
1-2 cups blueberries or chocolate chips
4 tbsp butter or coconut oil, melted



1. Preheat oven to 375 degrees. Line a 12-cup muffin tin with liners or grease with a nonstick cooking spray. Set aside.
2. In a medium bowl or liquid measuring cup, whisk together the yogurt, milk, egg, vanilla, and honey.
3. In a large bowl, whisk together the oats, flour, baking powder, baking soda, cinnamon, and salt. Add the blueberries or chocolate chips and toss to combine.
4. Add the yogurt mixture and the melted butter or coconut oil to the dry ingredients, and stir until just combined (don't over-mix or the muffins might be dense).
5. Portion the batter evenly among the muffin cups. Bake for 14-17 minutes until the tops spring back lightly to the touch.
6. Let the muffins cool for a few minutes in the tin and then remove them to a cooling rack to cool completely. These muffins freeze very well or keep at room temperature for a few days (well-covered in a tupperwar or bag).

HANNAH'S TIP!

Substitute maple syrup for honey!