

Present  
THE

**THE REAL MVPS**

*Fierce on the field, focused in the classroom — meet Gamma Phi student athletes who make it all look effortless.*

PAGE 20

Summer 2025

GAMMA PHI BETA

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### *get in touch*

Send us snail mail, join our newsletter  
and find us on social.



✉ 9155 E. Nichols Ave. Suite 330, Centennial, CO, 80112

📷 @gammaphibetasorority    📺 Gamma Phi Beta

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# DEAR *Sisters*

I hope this letter finds you well — soaking up the sunshine (with sunscreen!) and enjoying summer. As fall approaches, I can't help but think about the many new members who will soon join our True and Constant sisterhood. Little do they know the lifelong friendships that await them. And little do we know the incredible impact they'll have on our Sorority.

Before we roll out the welcome mat, let's take a moment to celebrate the remarkable accomplishments of our current members. This issue's cover story features nine student athletes who are mastering both their course loads and their sports. From rowers to a rugby player, a dancer to a sports photographer, these real-life Captain Marvels embody strength — physical, mental and emotional — that's nothing short of superhuman. Read their inspiring stories on Page 20.

In this issue's Chapter Sweet Chapters, we first travel to Tacoma, Washington, where Chlöe Brew, chapter advisor of Gamma Epsilon (Puget Sound), shares how the chapter's new professional development program is empowering collegians and alumnae alike (Page 15). Then, we head to Tampa to explore a beloved tradition that unites Tampa Bay Alumnae Chapter with two fellow Panhellenic groups (Page 18).

If you're moving into one of our warm and welcoming chapter facilities this fall, the FMC has you covered with easy, affordable dorm room design hacks to help you feel right at home (Page 34). And don't forget to check out Page 36, where we break down our most successful Gamma Phi Gives Day yet.

Wishing you a joyful summer, sisters.

In LIKE,



**Jennifer Moody (Texas Tech)**  
FMC Chair



## **WHO IS JENNIFER?**

Jennifer Moody is serving her first term as the FMC Board of Managers Chair. Jennifer was initiated at Delta Epsilon Chapter (Texas Wesleyan) and graduated from Texas Tech University (Beta Tau) with a bachelor's degree in political science and a master's degree in accounting from the University of North Texas. Jennifer is a longtime Gamma Phi Beta volunteer, having served in various roles at the local, regional and international level over the years. She is also an 1874 Society member.

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## **FAVORITE VACATION DESTINATION**

Anywhere I can reach on a cruise ship.

## **FAVORITE SPORT**

College football

## **BEST PART OF SUMMERTIME IS...**

Farm-fresh vegetables and fruit. I love cooking with the bounty from the farmers market.

## RUNNING TOWARD CHANGE

*How the launch of Girls on the Run (GOTR) Central Coast is helping girls realize their limitless potential*

The Central Coast of California is dotted with charming beach towns, each with its own personality. Take Carmel, for example, a town that spans just one square mile and is home to about 3,300 residents. Quaint, indeed.

In many of these smaller communities, elementary school sports teams are co-ed simply because of limited population size. For Carmel resident Kelsey Pearson, this setup was nothing unusual. But as her eldest son got older, she noticed a shift: fewer and fewer girls were sticking with the team. This wasn't only disappointing, it was concerning.

"My younger daughters began to take notice that 'girls don't play sports,'" Kelsey shares. "When my three-year-old at the time told me I couldn't coach because 'girls aren't coaches,' I knew something urgently needed to change."

She wasn't the only one feeling that way. Just down the coast, collegiate members of Delta Psi Chapter at the University of California-Santa Barbara (UCSB) saw the same need for more opportunities for girls. Natalie Mora and Lauren Erb, both chapter members, were especially determined to bring GOTR to their region. Natalie submitted the initial inquiry to GOTR headquarters about starting a new council.

"I was met with such an enthusiastic response," Natalie recalls. "Girls on the Run was eager to support us throughout the entire process."

Before long, GOTR headquarters connected Natalie and Lauren with Kelsey. United by a shared passion for empowering young girls, the trio joined forces. In fall 2024, they officially launched the GOTR Central



# Building Strong Girls

Coast council, serving girls across Monterey, San Benito, San Luis Obispo, Santa Barbara and Ventura counties. Kelsey now serves as the council's executive director.

Getting here wasn't easy. It took countless meetings, long days and nights and major support from Gamma Phi Beta chapters at Delta Psi (California-Santa Barbara) and Delta Theta (California Polytechnic State). With help from sisters and local community members, the team raised funds through campus events, local sponsorships and persistent outreach.

"The funds both Gamma Phi Beta chapters raised and allocated to our council were truly essential in bringing the council to life," Kelsey says.

The council's first-ever 5K took place on November 16, 2024, at UCSB — a day that felt like a dream come true for Kelsey, Natalie and Lauren. The trio, joined by a fleet of volunteers and coaches (many of them Gamma Phis), had a role to play in ensuring everything ran smoothly. For Lauren, who coordinated race day logistics and volunteer assignments, that meant stepping up as emcee.



## Sisters Who Made It Happen

Meet just a handful of sisters who helped bring GOTR Central Coast to life.

Gigi Flom (Minnesota-Twin Cities) – Founding board of directors member

Lauren Erb (California-Santa Barbara) – Volunteer assignment coordinator and 5K emcee

Maisy Borun (California-Santa Barbara) – Coach

Sam Maybaum (California-Santa Barbara) – Coach

Amy Miller (California-Santa Barbara) – Coach

Natalie Mora (California-Santa Barbara) – Coach

Mya Redenius (California-Santa Barbara) – Coach

Jillian Silva (California-Santa Barbara) – Coach

"While emceeing, I got to interview participants, and hearing how much they gained from the program made me so grateful," Lauren says. "It was clear we were truly living out our mission of Building Strong Girls."

Natalie spent the debut season as a coach. Watching her team, and so many others, come together on race day felt like a dream realized. The energy of the day made every bit of hard work worth it.

"The energy was absolutely amazing. You could feel the love and joy radiating from everyone there," she says. "I'm so grateful for everyone who showed up and made the day even more special. It meant a lot to me and the girls."



*“The funds both Gamma Phi Beta chapters raised and allocated to our council were truly essential in bringing the council to life,”*

*—Kelsey Pearson*

For Kelsey, it’s hard to choose just one highlight. From the entire Delta Psi Chapter turning out to volunteer and cheer to UCSB students cheering from their dorm balconies, every moment was a sight to behold. But one memory, in particular, stands out.

“My favorite moment was when the first girl finished the course. No adult wanted to pass her; they all held back so she could be the first to cross the finish line,” Kelsey says. “She ended up with an entourage running behind her, cheering her all the way through. I still get goosebumps thinking about it!”

Kelsey, Natalie and Lauren can’t wait to see what’s next for their growing council. With an incredible turnout at their debut 5K and dozens of girls already lacing up their sneakers for the next season, it’s clear: they are only getting started.

Natalie hopes to keep coaching and planning events for as long as she can, helping to ensure the council continues to empower and inspire. Lauren is eager to stay involved even after graduation, dreaming of one day bringing the program to her own childhood elementary school. “I know I would’ve benefited from GOTR when I was younger,” she says. “Now, I get to help gift that experience to the next generation.”

And for Kelsey, the Carmel mom who started with a hunch that girls deserved more, the impact has already started unfolding, with girls running for change throughout her community, and having fun while doing it!



“The same daughter who once told me I couldn’t coach because I’m a girl now runs down the street shouting, ‘Look, Mom! I’m a Girl on the Run!’” Kelsey says. “We’ve seen girls take the lessons we teach, including topics of perseverance, confidence and managing emotions, and apply them far beyond the track. We started with 20 girls. Six months later, we’re serving 175, with waitlists at some sites. This is just the beginning.”

**To learn more about GOTR Central Coast, visit [GOTRCentralCoast.org](http://GOTRCentralCoast.org). Find a council nearest you at [GirlsOnTheRun.org/Connect-Locally](http://GirlsOnTheRun.org/Connect-Locally).**



# Confident Women



## Sienna Hoefler

**BETA BETA** (Maryland)

**ASPIRING DOCTOR AND ROLE MODEL**

*By Alejandra Sandomirskiy (Maryland)*

Junior Sienna Hoefler pours her heart into everything she does. Originally from Trumbull, Connecticut, she has fully embraced life at the University of Maryland (UMD), excelling both in and out of the classroom.

As a neuroscience pre-med major, Sienna was accepted into the First-Year Innovation and Research Experience (FIRE) program, where she focuses on gene silencing research. After completing the three-semester program as a student, she now mentors others in the lab while continuing her own research. Her work examines how a promoter sequence affects mating-induced silencing, with the potential to pave the way for early treatment of genetic diseases such as Alzheimer's and breast cancer.

Sienna's passion for neuroscience is deeply personal. After losing her cousin to brain cancer and her grandmother to Alzheimer's disease, she felt an even stronger pull toward scientific discovery.

"When my cousin lost her battle with brain cancer and my grandmother passed away from Alzheimer's, I felt like science failed me," Sienna says. "But I also realized how much more there is to discover, and I knew I wanted to be a part of that. My interest in the brain has only grown since my first neuroscience class at UMD, and I can't wait to continue learning more."

Sienna's ultimate goal is to become a doctor, using her knowledge and passion to make a difference in others' lives. She reminds herself that this path is not supposed to be easy — a mindset that keeps her motivated and fuels her perseverance.

Beyond academics, Sienna is an active member of Beta Beta Chapter, serving as both BEDI chair and social chair. In her BEDI role, she leads initiatives like Fireside Chats, creating a safe space for meaningful conversations and ensuring the chapter remains welcoming and inclusive. As social chair, her outgoing and personable nature shines through as she plans events that bring sisters together and strengthen their sense of community.

Outside of Gamma Phi, Sienna serves as an executive lead for Students Demand Action, a volunteer group at UMD dedicated to ending gun violence. Passionate about the cause, she uses her voice to advocate for change and inspires others to do the same.

Balancing a rigorous course load, leadership roles and extracurriculars — while staying deeply connected to her sisters — is no easy task, but Sienna manages it all with grace and determination.

"People often ask me how I do it all, and my answer is simple: I do what I love. When you love what you do, the hard days feel a little easier," Sienna says. "But it's also important to remember that you can't do it all alone. In Gamma Phi, I'm surrounded by women who support and inspire me to be the best version of myself. For example, My Big, Liz, is my biggest cheerleader and the best role model I could ask for. Liz reminds me that it's okay to ask for help when I need it."

Sienna's journey is a testament to the power of passion, perseverance and sisterhood — a true inspiration and role model to all who have the privilege of knowing her.

# Mary Lou Dahl Fritsch Wheeler

OMEGA (Iowa State)

## TRUE AND CONSTANT FOR 98 YEARS

By Raven Smith (Indiana)

At 98, Mary Lou Dahl Fritsch Wheeler is one of Gamma Phi Beta's oldest members — rich with sisterhood and memories that span nearly a century.

Mary Lou studied home economics at Iowa State University, where she joined Omega Chapter in 1945. After graduation, she became a home economics teacher. For decades, she taught generations of students how to stitch, sew and prepare nutritious, budget-friendly meals.

Throughout the years and through all of life's seasons, Mary Lou has always prioritized Gamma Phi Beta. She's remained closely connected to her sisters, volunteered when time allowed and regularly stopped by Omega Chapter's facility to chat with collegians. Her vibrant energy and gift for storytelling make every visit one all members look forward to. Her dear friend and sister Jaime Miller Beane (Iowa State) shares, "She's a true gem, and everyone, especially the collegians, really value their time with her."

A few years ago, Mary Lou began a special tradition within the chapter house. Each year, she presents her own badge to a new member who best embodies Gamma Phi Beta's Core Value of Love. From there, she makes time to connect with that member throughout the year, offering encouragement, stories and sisterhood. Keagan White (Iowa State) was the lucky collegian who received Mary Lou's badge on Founders Day 2024.

"Mary Lou's support has been a steady source of strength and encouragement," Keagan says. "The love she shares pours out of her with such warmth and grace, and her stories inspire me deeply. I couldn't be more honored to know a sister like Mary Lou."

For Mary Lou, the tradition is just as meaningful. "I hope to continue to pass my badge to new members at the chapter's 'Gingerbread House' on Sorority Circle for as long as I can," she says with a smile.

Her connection to Omega Chapter doesn't stop there. Mary Lou still takes part in chapter events, including the chapter's 100th anniversary celebration in 2018 and Founders Day 2024, when the Sorority marked 150 years of True and Constant sisterhood.

"Gamma Phi Beta is such a great investment — for a member's career, network and the opportunity to stay in touch with lifelong friends across generations," she says. "I'm so honored to be one of the Sorority's longest active members."

Mary Lou will turn 99 this October, and if she's not at the Omega Chapter house, regaling collegians with stories from her earliest Sorority days, she's sharing them with anyone who will listen.

"I love reading and sharing stories about Gamma Phi Beta with extended family and friends," she says, chuckling. "My three daughters and granddaughters — even though they didn't join — are like honorary members at this point."

Known for her warmth, love and gift for making friends of all ages, Mary Lou's impact extends far beyond Sorority Circle. In 1994, her daughters honored her legacy by purchasing a brick in her name within Iowa State University's Plaza of Heroines, a mosaic of more than 4,000 names celebrating women who have shaped lives, communities and society.

Now, Mary Lou is permanently etched into the University's history as well as into the hearts of generations of Gamma Phi Betas.





# Overcoming ✦ Imposter ✦ ✦ Syndrome ✦

*Article based on a Fidelity for Initiated Members lesson by Education Manager Melissa Scott*



Whether you're a collegian or alumna, chances are you've experienced imposter syndrome at some point in your academic or professional journey, or even within your social groups. This persistent and unfounded self-doubt can make even the most accomplished individuals feel like a fraud. While imposter syndrome affects people of all backgrounds, research shows that women — particularly women of color — experience it more frequently and intensely than men, often due to systemic bias and exclusion. Until workplaces and institutions become more inclusive, here are four ways to shake the feeling and remind yourself that you are capable, and you do belong.

**In action:** When someone tells you, “You did an amazing job on that project,” resist the urge to say, “Oh, it was nothing.” Instead, reply with a simple “Thank you. I really appreciate that.”



### Keep a Compliment Log

Create a running list of compliments you've received and personal achievements — whether in a notebook or a notes app on your phone. Set a reminder to review it regularly, especially in moments of doubt, as a tangible reminder of how capable you truly are.

**In action:** If a professor praises your presentation or a friend admires your leadership, jot it down. Then, when self-doubt creeps in, revisit your list to remind yourself of the positive feedback you've received.



### Open Up

Talk to a sister or someone you trust about your feelings of doubt. Chances are, they've felt the same way at some point. Opening up not only helps ease your own uncertainty but also reminds you that you're not alone in experiencing self-doubt.

**In action:** The next time you're feeling unsure about your abilities, confide in a friend, mentor or sister. You might say, “I feel like I don't belong in this leadership role,” and let them reassure you with their perspective.



### Embrace Positive Self-Talk

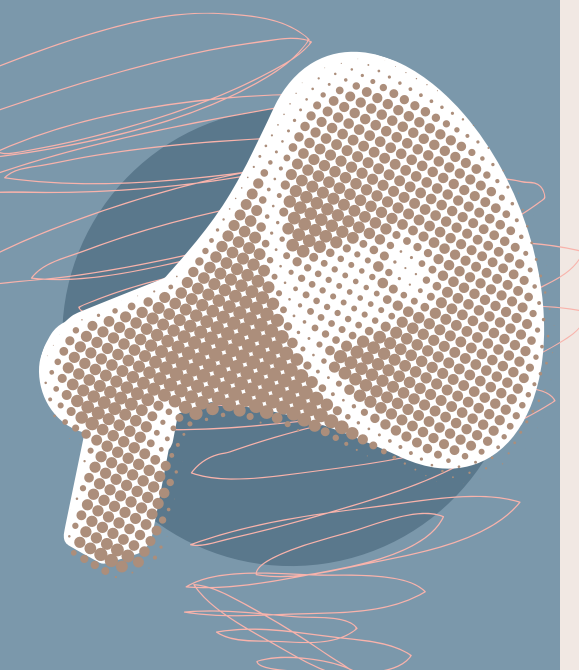
When doubt creeps in, counter it with a positive affirmation. Find a phrase that resonates with you and repeat it when you need a confidence boost.

**In action:** When you catch yourself thinking, 'I don't deserve to be here,' reframe it with an affirmation like, 'I've worked hard for this opportunity, and I am prepared to succeed.'



### Accept Positive Feedback

If imposter syndrome has you brushing off compliments, try something different — accept them! Instead of downplaying praise, simply say “thank you” and take a moment to consider the truth in their words.



# 2025 BEDI Speakers, In Their Own Words

## *A Worldly Audience*

### **Quick Stats: 2025 BEDI Summit**

- 1,446 attendees
- Attendees represented 42 U.S. states and districts, plus four Canadian provinces.
- Attendees logged in from six countries: the U.S., Canada, England, Singapore, Denmark and France!

On February 22, 2025, Gamma Phi Betas, along with their families and friends and International Headquarters staff, gathered online for the fifth annual Belonging, Equity, Diversity and Inclusion Summit — better known as the BEDI Summit. This transformative day of learning centered on daring dialogue: conversations grounded in honesty, empathy and a shared commitment to listening and growth. For a full recap of this year’s summit, check out the spring 2025 issue of *The Crescent* at [GPBArchives.org](http://GPBArchives.org) > 2020-2059 > 2025 > Spring > Page 16.

This year’s summit featured two inspiring and esteemed speakers, Randi Byrant (Randi B.) and Sara Lowery, each offering insights to help attendees engage more thoughtfully in daring dialogues within our sisterhood and beyond.

Following the summit, both speakers took time to reflect on the summit’s topic and share personal messages with our membership. Exclusively here, in their own words, is what Randi B. and Sara wanted you to know.

The 2025 BEDI Summit was made possible in part through the support of Gamma Phi Beta Foundation donors. We extend our sincere gratitude to the many generous sisters whose support continues to enable the creation of this impactful programming.



## *From the Desk of Randi B.*

Difficult conversations are often avoided because they can be uncomfortable, emotionally charged and unpredictable. Many people fear saying the wrong thing, offending others or facing conflict. However, avoiding these discussions comes at a cost — misunderstandings persist, biases go unchallenged and divisions deepen. While these conversations may be uncomfortable, they are essential for fostering an inclusive environment where everyone feels valued and heard.

One reason people avoid difficult conversations is the fear of conflict. Addressing sensitive topics like race, gender, privilege and discrimination can trigger strong emotions. Many worry that such discussions will lead to arguments or damage relationships. Others avoid them due to a lack of confidence in their ability to navigate complex issues. Without the right communication skills, people may hesitate to engage, fearing backlash or embarrassment.

Despite these challenges, difficult conversations are necessary because they promote awareness, understanding and growth. When people openly discuss their experiences and perspectives, they can challenge unconscious biases and build empathy. They also create opportunities for education and self-reflection, allowing people to become better allies and advocates.

Furthermore, difficult conversations strengthen relationships and communities. When people feel heard and respected, trust increases. Social groups that encourage open dialogue cultivate a culture of belonging and respect. Leaders who engage in these conversations set a powerful example, fostering environments where differences are embraced rather than ignored.

While difficult conversations can be intimidating, they are a crucial step toward inclusion. By pushing past discomfort and embracing dialogue, individuals and organizations can create a more just, understanding and welcoming society.



## *From the Desk of Sara Lowery*

As sorority women, we are called to lead with grace, strength and purpose — even when it's uncomfortable. Engaging in difficult conversations can be intimidating, and in the moment, it's easy to feel overwhelmed or unsure of what to say. Sometimes, while the other person is speaking, you're already in your head trying to craft a response, or emotions rise and you lose your train of thought.

Pause. Breathe. Listen.

It might feel easier to walk away frustrated, to shut down or to dismiss the other person altogether. But I want to challenge you, as a sister and a leader, to resist defensiveness and lean into understanding.

One of the most powerful tools we have in these moments is the art of asking good questions. This means being intentional with your words, crafting questions that are thoughtful, respectful and rooted in a genuine desire to connect. Good questions open the door to clarity, compassion and growth for both people involved.

As you create opportunities for deeper connection in your chapter and beyond, be courageous enough to speak your truth with kindness. Then, invite further dialogue. For example: "What you said felt a little uncomfortable for me. Would you mind if I asked a few questions to better understand your perspective?"

Approaching conversations from a place of curiosity, not criticism, can turn conflict into connection. Remember, the goal isn't to win the argument but to honor the bond of sisterhood by seeking mutual understanding.

And if you ever feel stuck, try this: ask for 120 seconds. Sixty seconds for you and 60 for the other person. Ask just one question: "Who are you?"

You might be surprised by how powerful and healing that one question can be and help you when you just don't know what to say.



### **Keep Going. Keep Listening. Keep Learning.**

Need help navigating BEDI topics? Looking for ways to build on what you learned at the BEDI Summit? We got you.

The BEDI Resources webpage is updated annually with curated resources and content that align with each year's summit theme. This year, the Daring Dialogues resources page was created to support members in exploring daring dialogue — whether or not you attended the event. Just make sure you're logged into the members-only section of [GammaPhiBeta.org](https://GammaPhiBeta.org) to access and make the most of everything available to you.

## COLLEGIATE

# Chapter Sweet Chapter



### GAMMA EPSILON

(Puget Sound)



In spring 2021, Chlöe Brew was approaching graduation at the University of Puget Sound. While writing her senior thesis in her studio apartment, a wave of existential dread washed over her.

“I felt uncertain about my career path after graduation, and I knew I couldn’t be the only one feeling this way,” Chlöe recalls. “I turned to Gamma Phi Beta support, as I had countless times before, but still, I couldn’t find exactly what I needed.”

Chlöe was searching for something specific: a bridge between collegians and alumnae that would provide both with networking opportunities and professional insights. It would take years to develop, but eventually,

the idea would have a name and, in 2025, a launch. Now an alumna serving as chapter advisor for Gamma Epsilon (Puget Sound), Chlöe is excited to bring the chapter’s professional development program to life.

“Networking is integral to professional and personal development, and I think we all remember how daunting it was to begin building those connections,” Chlöe says. “This new program will make fostering those connections a little easier, supporting both our collegiate and alumnae members.”

The chapter’s professional development program offers a variety of formats to engage, from virtual informational interviews to hands-on shadowing experiences to hybrid alumnae panels, held either in person or online. Panels



cover topics like professional development, career opportunities, pathways into different industries and Sorority volunteerism. This flexibility allows both collegians and alumnae to participate in ways that fit their schedules and needs.

Participation is voluntary, and so far, about a third of the chapter has been matched with alumnae mentors through an interest form process. Chlöe creates and sends monthly conversation prompts to help guide ongoing connections and conversations between alumnae and collegians.

The program is cyclical in nature, ensuring that both alumnae and current collegians stay connected and benefit from each other's experiences and insights. Traditional mentorships and even reverse mentorships are happening every day.

Chlöe has led this initiative since 2021, but she gets by with a little help from her friends, including her advisory board and, of course, the chapter's current collegians. As Chlöe puts it, "It's a team effort, for sure!"

As the saying goes, necessity is the mother of invention. For Chlöe, the need to connect, learn and grow from women who navigated the workforce before her drove her to launch this program. And thanks to her vision and hard work, sisters across different generations can benefit from it as well.

Here are a couple of glowing reviews of the program from Gamma Epsilon collegians:

"As a soon-to-be senior, I enjoy connecting with the alumnae on a personal level. I recently met with an alumna who graduated about a decade before me, and it was incredibly helpful to hear her experiences and get advice for grad school. The program is helping me build meaningful connections that will be valuable for years to come."

"As an undeclared freshman, I'm still figuring things out, and meeting with alumnae has been eye-opening! I've already learned so much about where Gamma Phi can take me — both personally and professionally — and hearing from someone who's been through the same experience really helps me see what's possible for my future. It's exciting to know that I have a whole network of support as I start this journey!"

## 1. NATURE LOVING AND PROTECTING

The University of Puget Sound is a certified arboretum with over 1,500 trees, including a giant sequoia. The campus also boasts sustainability features like LED streetlights, bike racks and repair stations, geothermal heating and even a honeybee hive!

## 2. THE MUSEUM OF GLASS

A must-visit in Tacoma, the 75,000-square-foot Museum of Glass showcases the art of glass with live glassblowing demonstrations during museum hours.

## 3. WHAT'S TRENDING?

Gamma Epsilon members are currently loving coffee, coloring books, thrifting and music by Doechii, Sabrina Carpenter and Fleetwood Mac.

## 4. UNIVERSITY THINGS

The University of Puget Sound's maroon and white colors look best in plaid on its mascot, Grizz the Logger!



1



2

EXPLORE  
*Tacoma*



3



4

## ALUMNAE

# Chapter Sweet Chapter



### TAMPA BAY ALUMNAE CHAPTER

The beauty of Panhellenic women is that, regardless of the group they joined, their desire for connection, camaraderie and love unites them. Take the Syracuse Triad, for example. Composed of Alpha Phi, Gamma Phi Beta and Alpha Gamma Delta, these three sororities were founded at Syracuse University around the same time, united by a common goal: to provide some of the first women admitted to the university with a haven where they could connect and thrive.

Recognizing their shared history and purpose, Gamma Phi Beta alumna and former Tampa Bay Alumnae Chapter President Nancy Donovan Montgomery (Bowling Green), Alpha Phi alumna Jackie Stubba and Alpha Gamma Delta alumna Tara Prather came together in 2017 with a vision: to create an event in the Tampa area celebrating the sisterhood and history of the Syracuse Triad. A year later, the first Syracuse Triad Luncheon brought alumnae from all three groups together, and it has since become an annual tradition.

Over the years, the Syracuse Triad Luncheon

has fostered more than just tradition — it has strengthened connections in unexpected ways. In 2023, a Gamma Phi Beta alumna who hadn't been very involved due to living an hour from Tampa decided to attend for the first time. Wanting to share the experience, she invited her Alpha Phi sister to join her, reinforcing the very bond the event was created to celebrate.

“By hosting these annual luncheons with our three groups, we continue to discover new ways our organizations are connected,” Nancy says. “That same year, while sharing information about our national philanthropies, an Alpha Phi in attendance, who had been a schoolteacher and Girls on the Run (GOTR) coach for years, was excited to learn that Gamma Phi Beta is a national sponsor. She couldn't wait to connect with us and explore ways we could support her GOTR group.”

This year's luncheon carried on that spirit of connection. Members from the three groups gathered at Bahama Breeze in Tampa on March 1, 2025, to swap stories, sing sorority songs and foster new friendships, all while

celebrating the impact of sisterhood that spans generations and Panhellenic lines.

Here's what some Gamma Phi attendees said when asked what they enjoyed most about the experience:

"Getting to socialize with Alpha Phis and Alpha Gammas at a convenient location."

"Learning something new about Syracuse University (SU) each luncheon. Like how, although it's known as 'The Orangemen' today, SU's original colors were pink and blue."

"It was exciting to connect with women from different sororities who shared similar interests!"

"Learning about Alpha Phi's and Alpha Gamma Delta's history, philanthropy and founders."

*Interested in attending Tampa Bay's Triad Luncheon in 2026? Email [gphibtampabay@gmail.com](mailto:gphibtampabay@gmail.com) to learn more!*

## TAMPA BAY ALUMNAE CHAPTER: *Fast Facts*

**FOUNDED:** 1981 by Alana Markley Bott (West Virginia), Karen Gamel Urette (Oklahoma) and Mary Lou Fetterolf Smith (Bradley)

**MEMBERSHIP:** 63 active members representing 31 different Gamma Phi Beta collegiate chapters, with more than half of the chapter being Life Loyal members!



1

EXPLORE  
*Tampa Bay*



2

### 1. DINNER AND A SHOW

The Columbia Restaurant in Ybor City, Florida's oldest restaurant and the largest Spanish restaurant in the world, offers delicious eats accompanied by a live Flamenco show. The restaurant's 1950 Salad comes highly recommended from Tampa Bay Alumnae Chapter sisters.

### 2. DALI DAYS

A dream destination for art lovers, The Dalí Museum in St. Petersburg houses the largest collection of Salvador Dalí's work outside Spain. Its striking architecture, surreal masterpieces and interactive exhibits make it a must-visit.



# THE REAL MVPS

*Fierce on the field, focused in the classroom — meet Gamma Phi student athletes who make it all look effortless.*

*By Editorial Manager Elizabeth Liberatore*

College life today is no walk in the park. With demanding coursework, extracurricular commitments, part-time jobs and the pressure to stay constantly connected through social media, students are juggling more than ever. But for some, the challenge doesn't stop there. They also wear the title of student athlete, balancing the demands of their sport with everything else that comes with being a college student. It's no small feat, but for these athletes, it's a way of life.

Student athletes today are practically superhuman. Not only do they have physical abilities that rival characters in

the Marvel Universe, but their mental grit is just as extraordinary. To be so passionate, so relentlessly self-disciplined — to show up, train, compete and still manage a hundred other responsibilities — takes true strength of body, mind and soul.

We sat down with Gamma Phi Beta's very own Captain Marvels to learn what got them to where they are today, how they find meaning and fulfillment in their sport and, most importantly, their current go-to pump-up song.

Let's hear it for Team Gamma Phi and meet our athletes!



## PLAYER 1: ARYA SINGH (LA SALLE)

*Rowing ★ Senior ★ Current Favorite Pump-Up Song: "Pump It Up" by Eudox*



*Which female athlete, past or present, inspires you the most and why?*



Serena Williams inspires me because of her dominance in her sport, her resilience and the barriers she has broken as a woman of color. She has faced relentless challenges — from criticism to injuries — yet she always comes back stronger. Her confidence, work ethic and ability to rise above adversity motivate me to push myself, both as an athlete and a leader.

Arya Singh tried her hand at many sports growing up — dance, softball and volleyball, to name a few. She loved the team culture and camaraderie each offered. But in high school, a friend introduced her to rowing, and everything clicked.

"I realized very quickly that rowing was my sport," Arya says.

Now a senior at La Salle University, Arya is her team's coxswain — the eyes and voice of the boat. She sits at the helm, facing her teammates, steering a clear course, calling out speeds and keeping them motivated. It's a balancing act that requires precision, leadership and confidence — qualities Arya has mastered over six years of rowing.

"I love the leadership aspect of being a coxswain," Arya says. "There is truly no other sport that allows an individual to have this much leadership, and it has taught me so much about what it takes to be a strong leader."

On the water, Arya is a steady, supportive leader. She stays calm under pressure, communicates with clarity and offers constructive feedback — earning her teammates' trust while pushing them to perform at their best. Her leadership has helped her team earn several accolades, including a victory at the Head of the Schuylkill Regatta. Off the water, Arya has made the

Atlantic 10 Commissioner's Honor Roll every year of college. This academic achievement recognizes student athletes who excel in the classroom while competing in an Atlantic 10-sponsored sport.

Arya balances the demands of her pre-biology health coursework and rowing by surrounding herself with a supportive circle of friends. Like many student athletes featured in this cover story, staying organized is essential.

"I plan out every single hour of my day, utilize my calendar and make to-do lists to keep myself ahead of all my tasks."

Structure is especially important for this Gamma Phi, whose days begin before the sun rises. "[My team] practices before morning classes Monday through Saturday every week. I wake up at 5:15 a.m. every day to make my practice on time!"

Waking up before most isn't easy, but Arya has come to appreciate the stillness of early mornings and the sense of purpose they bring.

"I love waking up early and being surrounded by strong women who push me to be better, as an athlete and person," she says. "The sunrise over Boathouse Row, a National Historic Landmark, and the Philadelphia skyline is something I will never get tired of."



## PLAYER 2: ESSENCE WYSE (WITTENBERG)

*Lacrosse and Field Hockey ★ Junior ★ Current Favorite Pump-Up Song: "Nokia" by Drake*

Why play one college sport when you can play two? That's the question Essence Wyse, a junior biology major at Wittenberg University, asked herself when she enrolled in 2023.

From equestrian to ice hockey, Essence was always eager to try new sports growing up. For her, nothing beats the camaraderie of being part of a team.

"Sports give you another family and teach valuable life lessons, which is why I love participating in them," she shares.

The more she played, the more she recognized the impact female athletes have on young girls looking to follow in their footsteps.

"My proudest sports moment happened in high school when my twin sister and I played on the men's ice hockey team," Essence says. "We were the only females on the team, but we became role models for younger girls who watched our games."

Field hockey and lacrosse quickly became Essence's sports of choice — she's played field hockey for nine years and lacrosse for 14. At Wittenberg, she serves as the goalie for the field hockey team and plays attacker on the lacrosse team. With daily practices, games and even workouts on scheduled off days, Essence is almost always "on."

The grind isn't without its challenges, especially when it comes to balancing coursework. "As a STEM major, I've had to miss labs and science classes, either to practice or simply to rest — especially since those are my heavier classes," she shares.

Rest is essential for this junior athlete, which is why she schedules it in — just like everything else on her packed calendar. "I live by staying organized," Essence shares. "I like to map out my priorities, set deadlines and color code everything. By doing so, I'm better able to focus and find time to rest."

While her color-coded calendar keeps her on track, it's her Gamma Phi Beta sisters who provide the support she needs to manage it all. When her schedule feels overwhelming, her Alpha Nu sisters are quick to step in and lighten her load — and they never miss a game.

"My sisters are amazing at supporting my teams on game days," Essence says. "They even help us with pregame hairstyles."

As someone who grew up understanding the power of representation in sports, Essence is proud to serve as a role model for younger girls, just as Simone Biles, her own inspiration, has done for her.

"I've faced challenges as a female athlete, but those moments taught

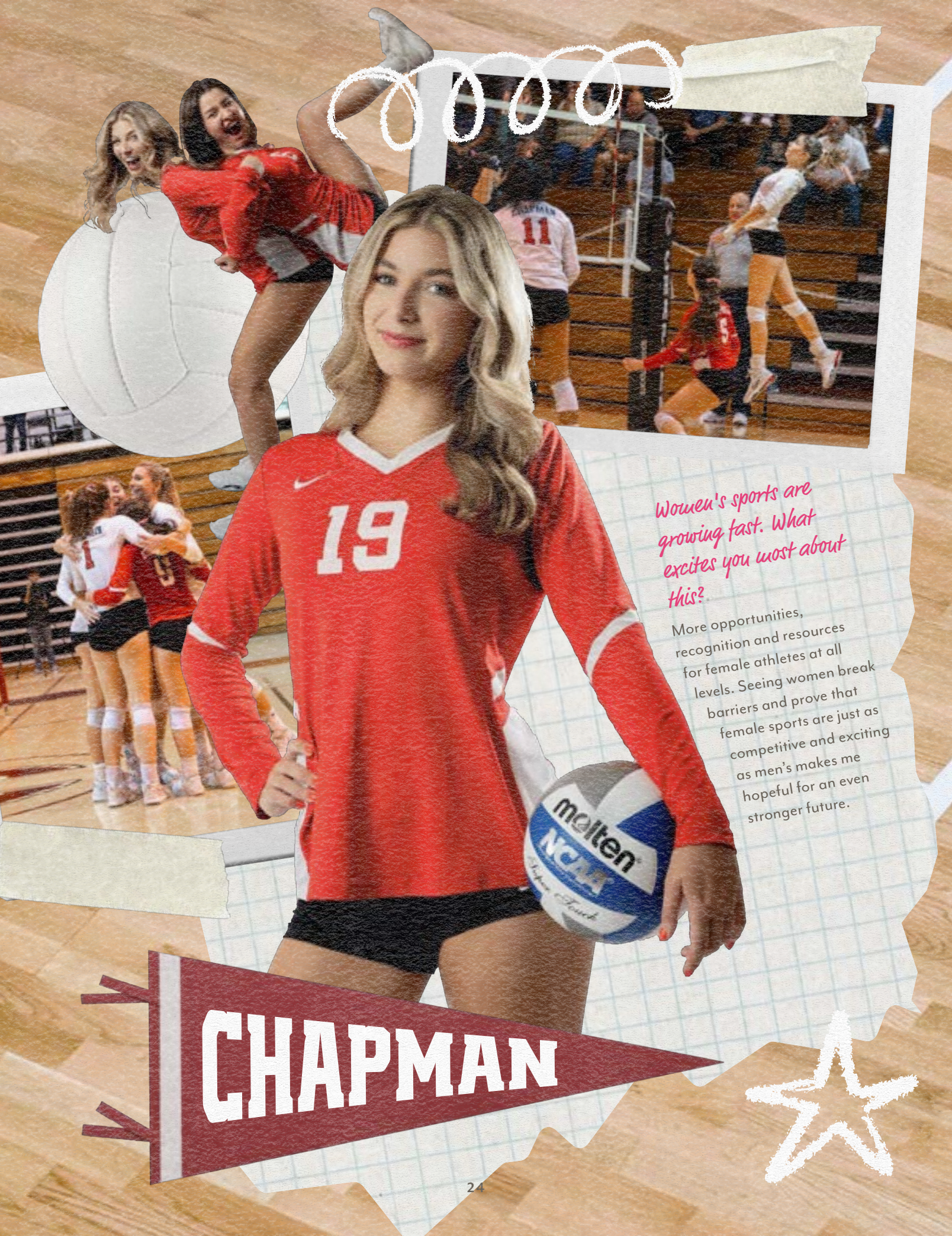


*Any pregame traditions you swear by?*

I like to listen to music by myself for a bit before joining the team. I also take a moment to sit and collect my thoughts, focusing on what I can do to set myself up for success.

me to stay determined and never let anyone put a ceiling on me because of my gender or race," Essence shares. "I handled those challenges by staying true to myself, remaining confident and trusting my faith."

With women's sports continuing to grow, Essence is excited for the next generation of female athletes to find their own role models — and for many, that just might be her.



*Women's sports are growing fast. What excites you most about this?*

More opportunities, recognition and resources for female athletes at all levels. Seeing women break barriers and prove that female sports are just as competitive and exciting as men's makes me hopeful for an even stronger future.

**CHAPMAN**

## PLAYER 3: KEIRA SARNI (CHAPMAN)

*Volleyball ★ Senior ★ Current Favorite Pump-Up Song: "Rasputin" by Boney M*



When it comes to pump-up beats, Keira Sarni, a right-side hitter for Chapman University's women's volleyball team, loves anything she can sing along to — bonus points if it comes with moves from the videogame Just Dance. Case in point: "Rasputin" by Boney M.

The locker room fun at home games doesn't stop there. Along with impromptu dance and sing-along sessions, Keira and her teammates put on gameday skits to bring everyone together, share laughs and let off some steam. "These little rituals and traditions make each game feel special and help build a strong sense of team unity," Keira adds.

Unity is key in a team sport like volleyball. As the old adage goes: There is no "I" in team. With nine years of experience, Keira loves the fast-paced, competitive nature of the sport — but what she values most is the trust and communication among teammates that make success possible. For her, volleyball is more than just a game.

"What means the most to me are the connections I've built with my teammates," Keira says. "The friendships, shared goals and

memories, both on and off the court, make volleyball so special to me."

Volleyball is a year-round commitment to this Gamma Phi. During the fall season, her team practices five times a week for three hours a day, with two to three games per week. In the off-season (spring and summer), practices scale back to a few times a week, but Keira still puts in extra time with an athletic trainer for lifting and workouts.

Keira is just as dedicated to her studies as she is to her sport. A public relations, advertising and entertainment marketing major, she also serves on Chapman University's Ambassador Executive Board, is her chapter's membership vice president and is involved in Order of Omega. Calling her a busy bee doesn't even begin to capture just how packed her schedule really is.

How does she manage it all? By keeping an organized planner, prioritizing tasks, setting boundaries and leaning on her teammates, coaches, professors and Epsilon Nu sisters. Most importantly, she continuously reminds herself of her "why," especially on the harder days.

"I stay motivated by reminding myself why I'm involved in these activities.



Each one brings me joy, challenges me to grow and allows me to make an impact, making all the hard work worth it!"

Keira finds inspiration in athletes like Kerri Walsh Jennings, one of the greatest beach volleyball players of all time. She admires her incredible skill, mental toughness and commitment to advocating for female athletes.

"Kerri's passion and perseverance motivate me to push myself to be the best athlete I can be," Keira says.

And with her unmatched dedication, drive and love for the game and players — plus that infectious energy she brings to the locker room — Keira is already making her mark.



## PLAYER 4: AMÉLIE EVANS (MCGILL)

Rowing ★ Junior ★ Current Favorite Pump-Up Song: "World, Hold On" by Bob Sinclar

As a rower, Amélie Evans is shredding stereotypes about what female athletes can do and achieve. Depending on the day, she's either 6 seat, part of the engine room that powers the boat, or 8 seat, part of the stern pair that sets the stroke rate and rhythm. In other words, she is a physical powerhouse. A real-life bionic woman. An essential player to her team's success.

"People often assume women's sports are less intense or require less dedication, but anyone who's trained in a sport like rowing knows how demanding it is, regardless of gender." Amélie says. "I've had to prove myself through hard work and consistency, letting my performance speak for itself."

And her mental and physical performance speaks volumes. Amélie and her team's training schedule isn't for the faint of heart. They practice at least once, sometimes twice, a day, six days a week and often before the sun even rises. Training includes time on the water, ergometer workouts, strength training, conditioning and recovery. It's all designed to prepare them, physically and mentally, to operate seamlessly as one on race days.

"The commitment is demanding, but the feeling of improvement and

the bond with my teammates make it worth every session," Amélie shares.

As if her sports schedule isn't taxing enough, this junior's coursework is a beast of its own. Amélie is majoring in pre-med pathology and psychology. While balancing it all has its fair share of challenges, she sees those obstacles as opportunities to grow. "Rowing has taught me this." She adds, "And it's a mindset that carries over into everything I do."

Everybody loves a girls' girl, and Amélie is exactly that. She's one of the first on her team, in the classroom and among her Gamma Phi sisters to champion others, especially on their tougher days.

"I'm a firm believer in supporting women, especially women athletes," she says. "Whether through encouragement, mentorship or simply showing up to celebrate their achievements, no action is too small."

It doesn't matter if she's in the water or on land. This Gamma Phi is blazing her own trail, breaking down outdated ideas about women in sports and redefining what student athletes can achieve. She's doing it all while lifting up and loving those around her. Somebody hand her a first-place trophy for being an inspiring human being!



### *Proudest moment and achievements in your sport?*

One of my proudest moments was earning a spot on the McGill rowing team and competing at a high level while balancing my academics. Making honor roll as a student athlete was a big milestone that proved my dedication to both was paying off. But beyond recognition, my biggest achievement has been building the mental and physical endurance rowing demands: pushing through fatigue, staying focused and trusting my team.



## PLAYER 5: AMELIA BEASLEY (LANDER)

Rugby ★ Senior ★ Current Favorite Pump-Up Song: "Stir Fry" by Migos

At the 2024 Summer Olympics in Paris, U.S. rugby player and Olympic bronze medalist Ilona Maher stood out among a powerful lineup of female athletes from around the world. Known for her muscular build and signature red lipstick on the field, Ilona reminds women and girls everywhere that femininity is whatever you make it. For Amelia Beasley, a rugby player and senior at Lander University, that message hits home.

"Beyond being an incredible rugby player, [Ilona] reminds me that being tough and strong is feminine," Amelia says. "She inspires me every day."

Growing up, Amelia played it all, including soccer, volleyball, tennis, cross country and track. She never imagined herself in a contact sport. That changed during her junior year of college.

"I was actually recruited onto Lander's rugby team by a couple of peers who thought I'd be a good fit," she says. "I decided to play because I wanted to prove to myself that I can be a strong woman who does hard things, and I wanted to keep my athleticism going."

Now, after just over a year on the field, Amelia can't imagine her life without rugby. She admits the physical side of the sport is her favorite part, adding with a laugh, "It's fun to tackle people; it's a good

way to blow off any steam you might have."

In a contact sport like rugby, being a little jacked is definitely an advantage. For players like Amelia, who plays tight-head prop — a defensive, linebacker-type position — muscle equals power. The stronger she is, the better she can hold her ground, drive against opponents and help make the ball available to her teammates. To stay at the top of her game, Amelia and her teammates train five days a week, with three days dedicated to weightlifting.

Amelia's physical toughness is only part of what makes her so strong. Off the field, she's equally impressive. In addition to being a member of Zeta Eta Chapter (Lander), she's entering her second year as student body president and serves as a resident assistant. Amelia does all this while pursuing a degree in business administration.

Balancing it all isn't easy, but Amelia leans on the support of those around her. Her Gamma Phi sisters, in particular, are her biggest fans, cheering her on every step of the way.

"They embrace the fact that some of us play rugby," Amelia says. "And they're always bragging about how Gamma Phi Beta builds strong girls in every way."

Like Ilona, Amelia is showing the



LANDER



*What's something you've learned about yourself since becoming a rugby player?*

I've learned that I can do hard things and that I really value being part of a close, tight-knit team. No matter what, my teammates have my back, and I have theirs.

sisters who come after her that taking up space is feminine. That being strong is beautiful. And that you can do anything — on the field, in the classroom and beyond.



## PLAYER 6: CARINA RIOS (SYRACUSE)

*Dance ★ Junior ★ Current Favorite Pump-Up Song: "Después de la Playa" by Bad Bunny*

Carina Rios took her very first dance lesson at the tender age of two and hasn't stopped dancing since. For her, dance has always been more than an activity; it's an outlet for self-expression, a space where she's free to be her truest, most authentic self. Today, she continues to find that sacred space in her sport as a member of the Syracuse University dance team.

"Dancing at the collegiate level is something not everyone gets the opportunity to do, and I feel blessed to be able to do what I love at such a high level, especially with such incredible people by my side," Carina shares.

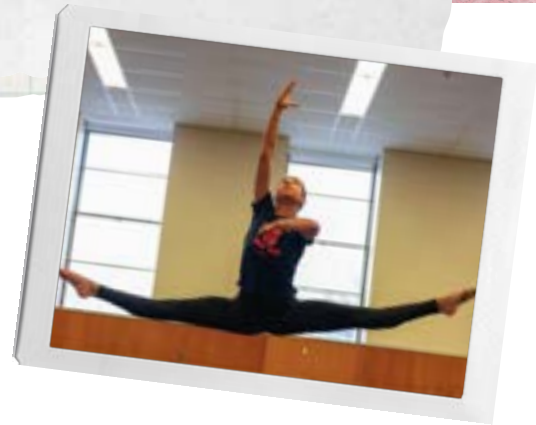
Being a collegiate-level dancer demands exceptional strength, control and an intimate understanding of the body. Dancers like Carina are tasked not only with executing physical feats — like pirouettes and gravity-defying leaps — with grace and ease, but also with staying perfectly in sync with their teammates by counting beats in their heads and telling a story through

movement alone. To that end, Carina and her teammates practice constantly, even on their so-called "off" days.

They train with their personal trainers every Monday and Wednesday and have three-hour practices on Tuesdays, Thursdays and Fridays. "It's a lot," Carina says, "but we stay driven because we've worked our entire lives to dance at the level we do."

Balancing dance with her coursework as a finance and business analytics major hasn't come easily. After plenty of trial and error, she found that completing assignments before practice and carving out time for herself helped her stay grounded. "Taking a little time for myself has made a world of a difference," she says.

Joining Gamma Phi Beta helped, too. Carina has found a community that rallies around her, both on and off the stage. "The sisterhood in my chapter is truly unmatched," she shares. "My sisters are some of my biggest cheerleaders, and for that,



I'm incredibly grateful."

Of course, there have been challenges along the way. She's heard all too often: Dance isn't a sport. "That can be tough to hear," she says, "especially when you've dedicated your entire life to excelling in it."

She doesn't let those comments diminish her love for the sport. And over time, those comments are starting to shift, with collegiate dance and dancers beginning to earn the recognition they deserve.

And in those high-stakes moments before a big performance, she and her teammates hold hands in a circle, peppering each other up and reminding one another why they do it. Why they train. Why they dance. United, they take to the stage.

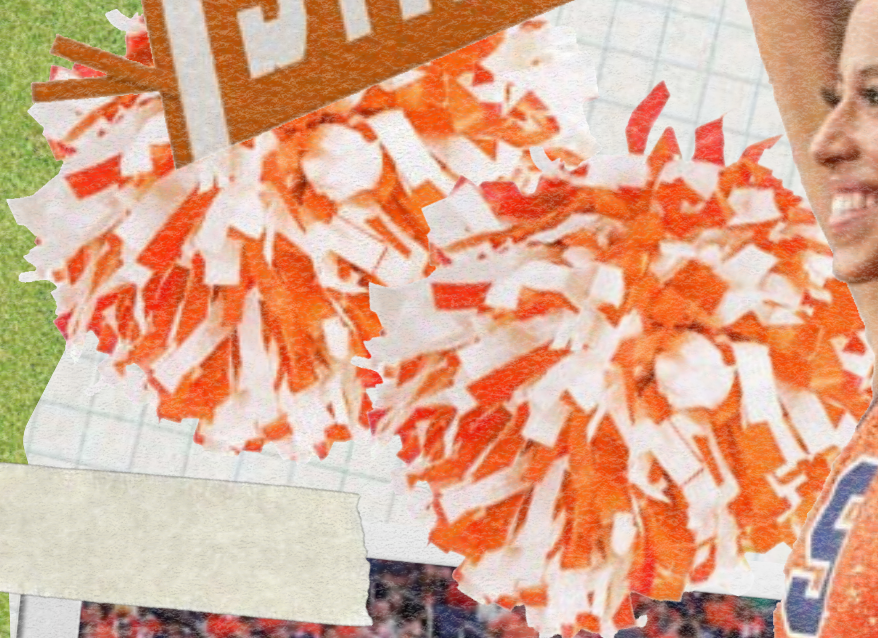


*Which female athlete, past or present, inspires you the most and why?*

Simone Biles. As a woman of color, it's empowering to see someone who looks like me dominating on such a big stage. She's one of the greatest athletes of all time and has inspired so many young girls to chase their goals without holding back. Seeing her confidence and success motivates me to keep pushing in everything I do, especially as a performer and athlete.



SYRACUSE





## PLAYER 7: BRYNN STEVEN (VALPARAISO)

*Tennis ★ Sophomore ★ Current Favorite Pump-Up Song: Anything off Drake's newest album*



*Which female athlete, past or present, inspires you the most and why?*

Caitlin Clark has recently become an inspiration for me, and I think for many girls and women, because of everything she's done for women's sports. She quickly captured the attention of so many people, and her success has helped elevate the visibility of female athletes.

Brynn Steven was born into an athletic family, so it's no surprise she gravitated toward sports. By five, she was already on the tennis court, and over the years, she dabbled in other sports just for fun. Tennis and basketball, however, always held her heart. She played both throughout high school, but when it came time to enroll at Valparaiso University in fall 2025, Brynn knew tennis was her path — and an athletic scholarship sealed the deal.

Of all her athletic accomplishments, becoming a collegiate tennis player is the one she's most proud of.

"Playing tennis at the college level is an achievement in itself. I'm still pretty new [to the team] and figuring out who I am as a college player, but I've already grown so much since coming to Valpo," Brynn shares.

Tennis is a year-round sport, meaning Brynn practically lives on the court. During the season, she and her team practice every morning, with one designated rest day each week. It's a demanding schedule, but her coaches prioritize player well-being. "They always make sure we're well-rested and getting the time off we need because time off is just as important as time on when playing a sport," Brynn says.

Like her coaches, Brynn's Zeta Iota sisters are another pillar of support. "They're always keeping up with how the team is doing, which is really encouraging and pushes me to do better," Brynn shares.

Brynn, a business marketing major, stays on top of both her studies and sport by meticulously scheduling everything—study time, rest, study groups and practices. Like Essence, she color codes her calendar to keep tasks organized.

"My calendar has become my best friend," Brynn shares. "I also like to make to-do lists, and I lean on my team a lot. We keep each other accountable and always check in to make sure we're staying on top of everything we need to do."

Is all this juggling really worth it for a sport? For Brynn, tennis has gifted her so much, both on and off the court, that she cannot imagine life without it.

"[My sport] has allowed me to meet people from all over the world and build friendships I never would have otherwise. It has also helped me develop mental toughness, quick decision-making skills and the ability to move on from mistakes quickly. In tennis, if you make a mistake, you have to forget about it and be ready to play the next point."

This 20-year-old has been playing tennis for nearly half her life. With talent like hers, Wimbledon could very well be in this Gamma Phi's future.

## PLAYER 8: JESSICA KONSKY (UNION)

*Swimming ★ Junior ★ Current Favorite Pump-Up Song: "The Final Countdown" by Europe*



It's gameday for Jessica Kinsky every time she walks into a Dunkin'. A freestyle and backstroke swimmer, Jessica sticks to her go-to order: an unsweetened raspberry green tea and a toasted sesame bagel with cream cheese. "It's become a bit of a pre-race ritual meal!" she says.

Jessica first dipped her toes in the competitive pool in 2015 — admittedly, caving to her twin sister's request. "I was nervous and scared to try out for the swim team with [my sister], but I'm glad I listened to her because it was the best choice I've made."

With nine years of swimming under her belt, Jessica has earned a handful of awards and accolades. Her proudest achievements include breaking two high school records and earning all-state honors, a recognition given to the top-performing swimmers at the state championship meet.

She's eager to keep collecting her flowers at the university level. So far, Jessica has earned the high point award, given to the swimmer who scores the most points at a meet, and was named MVP during her sophomore year. Now entering her junior season, she's excited to keep building on that success. These achievements, however, don't come easily. Jessica and her teammates are often up before the rest of the

world, diving into two-hour morning practices six days a week, with strength training sessions filling their days off.

Balancing a demanding swim schedule with an equally rigorous course load as a biology major on the pre-med track takes planning — something Jessica has harnessed over the years to stay ahead. Still, some days are harder than others (because, life). On those days, she turns to her sport as a form of therapy.

"I honestly just think of my sport as a way to relieve my stress from academics, and it makes me enjoy swimming even more."

She also has an incredibly supportive group behind her when life — and all its commitments and deadlines — becomes a bit too much to bear. "My teammates are incredibly supportive, and my coaches are super motivational," Jessica says. "My GPhi sisters make it easier to be so determined to succeed both in the pool and in class."

This Gamma Phi looks up to U.S. Olympian Gretchen Walsh, who brought home two gold and two silver medals from the 2024 Summer Olympics in Paris. "[Gretchen] hit insane times and world records that people never thought girls and women could ever achieve," Jessica shares.



**UNION**



*What excites you most about the future of female athletics?*

I think that the future of female athletics will only grow and become more popular as time goes on. I am very excited to see how much faster the women in swimming can become.

Now entering her 10th year of swimming, Jessica may very well be on her way to reaching those next-level times herself, inspiring female swimmers worldwide, just like Gretchen has done for her and so many others.

*What do you love most about being a sports photographer?*

The excitement of chasing the perfect photo, while being part of the high-energy environment, is what keeps me passionate about photography.

**SOUTH FLORIDA**



## PLAYER 9: KENDALL BULKIEWICZ (SOUTH FLORIDA)

*Sports Photographer ★ Junior ★ Current Favorite Pump-Up Song: Tie between "Sanctified" by Justin Timberlake and "Child's Play" by Drake*

Opportunities for women in sports are expanding—and not just on the field. More and more women are influencing how sports are captured, told and managed, and sports photographer Kendall Bulkiewicz is one of them.

“Capturing fast-paced action, the raw emotions of athletes and the energy of the crowd is my passion,” Kendall says. “The blend of creativity and storytelling continues to inspire me, allowing me to bring people into moments they may have missed but can now experience through my lens.”

A junior at the University of South Florida (USF), Kendall is studying digital communications in multimedia journalism. With over seven years of photography experience, she’s spent the last three shooting professionally for the NFL, NHL and USF Athletics.

Some of Kendall’s proudest moments in her budding career include covering USF football at the Hawaii Bowl and working with professional teams like the Tampa Bay Lightning and the Buccaneers. In early March, she was hired to photograph the IndyCar Series’ Firestone Grand Prix of St. Petersburg—a huge accomplishment for any photographer. When she’s not on-site

capturing the action, she’s relentlessly practicing her craft to be the best she can be.

“Regular practice is key to improving as a photographer, so I take photos every day. It helps stay sharp, explore different styles and push my creative boundaries.”

Not only is Kendall capturing sports events through her lens, but she’s also writing about them as a sports editor. This means managing tight deadlines on top of her coursework, all at once. While it can be overwhelming at times, this Gamma Phi’s X factor is thriving under pressure.

“I plan my shots ahead of time and keep a clear vision, which helps when editing and writing afterward,” she says. “It’s all about finding balance, managing my time and relying on multiple calendars to keep track of assignments, shoots and Sorority commitments.”

Speaking of Sorority commitments, Kendall is dedicated to capturing several events for her Eta Eta Chapter, including filming the chapter’s recruitment video. She’s the go-to photographer for graduation photos, having captured this milestone moment for several of her sisters.

“Being involved in GPhi has given me hands-on experience in different types of media work while also strengthening my connection to my sisters, the Sorority and our Core Values.”

Kendall has captured Hail Mary moments in football, unexpected plays in hockey and crowds roaring in celebration. While these experiences inspire her, she often looks to decorated tennis player and human rights activist Serena Williams for motivation.

“Watching [Serena] play and hearing her story has shown me the importance of hard work, self-belief and pushing through every obstacle, no matter the odds.”

Like all the greats on the field, court, rink and beyond, people like Kendall remind us that there are unsung heroes behind all sports scenes—those who deserve flowers just as much as the athletes they help spotlight.

# Dorm Room Design Hacks

*Easy, affordable tips to make your space feel like home*



Summertime sales are just around the corner, and retailers are gearing up their 'Back to School!' displays. For college students, that means stocking up on dorm essentials along with classroom supplies. While decor isn't exactly a must-have, creating a space that feels comfortable and personal can make a big difference during the transition to college life. There are affordable, easy and renter-



friendly ways to turn any dorm into a cozy retreat. Check out these dorm room hacks from the Facilities Management Company to make your space feel a little more like home.

#### **Hack 1: Cover An Open Closet**

Even the most organized open closet can feel like visual clutter in a small dorm room. Create a cleaner look by hanging light drapes from a tension rod to act as a faux door. Choose fabric that's easy to pull aside when you need to access your things. Bonus points if your roommate joins in for a cohesive look across the room.

#### **Hack 2: Warm Lighting**

Overhead lighting is hard to escape, and those harsh halogen lights do little for creating a cozy atmosphere. Offset the clinical feel by incorporating multiple soft lighting sources with warm yellow bulbs. Try a desk lamp, a string of twinkling fairy lights and even a wall-mounted, battery-operated sconce. These simple additions can make your space feel more inviting and a lot more like home.

#### **Hack 3: Comforting Scents**

Candles are usually off-limits in dorms for fire safety, but that doesn't mean you have to sacrifice soothing scents. Try an essential oil diffuser for a natural aroma or plug in a wallflower like Pura, which offers a variety of fragrances including Anthropologie's signature scent Volcano by Capri Blue. Missing that cozy candle glow? Battery-operated versions add ambiance

without breaking the rules.

#### **Hack 4: Low-Maintenance Plants**

Bringing a bit of greenery into your dorm room can instantly add color and life to the space. If you're not a plant pro, don't worry! Opt for low-maintenance options like small succulents or even faux plants, which are just as stylish and require zero upkeep. Place them on windowsills, desks or shelves to bring in a pop of natural color and a more relaxed vibe.

#### **Hack 5: Fashionable Storage**

Storage doesn't have to be boring. Decorative bins, baskets and boxes can hold everything from snacks to school supplies while doubling as stylish room accents. Look for options that complement your color scheme or add texture, like woven baskets or printed fabric cubes. Another smart pick? An ottoman that opens for hidden storage. It adds a decorative touch, keeps clutter out of sight and even works as extra seating when friends drop by.

#### **Hack 6: Temporary Wall Decor**

Staring at four blank walls? Enter: peel-and-stick wallpaper, washi tape patterns and removable decals — easy ways to bring in color and texture without leaving a mark. Want to take it a step further? Hang a cork board, fabric memo board or photo grid with command strips and pin up photos, mementos or inspiration that remind you of home, your friends or the things you love.



# \$256,373 raised



Gifts made from **47** states, **four** countries and **two** Canadian provinces

**1,097** gifts made

## Gamma Phi Gives Day 2025 Results

Gamma Phi Betas, along with friends, family and staff, showed up in a big way for Gamma Phi Gives Day 2025. The 1,874-minute online campaign kicked off March 25 at 9 a.m. and wrapped up March 26 at 4:14 p.m. MT. The window may have been short, but the impact was anything but. Check out the impressive numbers behind this year's Gamma Phi Gives Day — our biggest Gives Day yet!

## 944 unique donors



**24** challenges/  
matches met

Average gift: **\$235**



**203** ambassadors representing **92** chapters, generating **449** gifts

**Mary-Joy Coburn (California-Irvine)** was the ambassador who raised the most gifts



**225** first-time donors



**209** gifts from friends of Gamma Phi Beta



**16** collegiate chapters made gifts



**Six** alumnae chapters made gifts

# A Lifetime of Giving, a Legacy of *Sisterhood*

*How Margaret Myers' support helped make Gamma Phi Gives Day 2025 our most successful yet*



Margaret Myers (Colorado College) believes in the power of sisters helping sisters, and she has the receipts to prove it.

As one of Gamma Phi Gives Day 2025's match donors, Margaret sponsored two generous challenges that helped boost participation and build momentum across the day. Her efforts — and her story — remind us that giving isn't just about dollars and cents. It's about belonging.

"I enjoy giving back to Gamma Phi Beta because of the lifetime of friendships with sisters and special memories that I've experienced since my graduation," she says.

Margaret knows a thing or two about lasting connections — and about numbers. A mathematician by training and an analyst by trade, she leads more than 90 researchers at the Institute for Defense Analyses, where she serves as director of the information technology and systems division.

Her team tackles issues ranging from digital threats to national security policy related to artificial intelligence, cyber and microelectronics.

Before that? She served on active duty in the U.S. Army from 1975-78 and retired from the Army Reserve as a colonel in 2005.

Margaret's career is one marked by service, and her commitment extends well beyond her profession. A longtime Gamma Phi Beta volunteer, she's held

leadership roles on the Foundation Board of Trustees and the Governance Committee. At Convention 2022, she received the prestigious Carnation Award for her extraordinary contributions to the Sorority and beyond.

Her philanthropy runs just as deep.

Since Gamma Phi Gives Day launched in 2022, Margaret has stepped up year after year as a match donor. This year, she supported two impactful challenges, each unlocking \$10,000 in matched gifts. The first encouraged alumnae from the classes of 2014-24 to give, while the second matched donations from sisters of closed collegiate chapters. That second challenge felt especially personal.

"When my chapter closed, I felt a sense of personal loss," she says. "I give because I want to help other chapters remain viable."

Her generosity is fueled by gratitude and the belief that every sister should feel supported by her fellow Gamma Phis.

"Supporting the Foundation is all about sisters helping sisters," Margaret says. "In today's world there is so much we can do to help other sisters, with the always present hope that they will have a chance to help others in the future."

And as someone who started by giving just a little, Margaret is quick to remind others that a gift of any size can still make a difference.

"I started by giving small amounts because that's all I had," she says. "But I promised myself I would give more when I could. And I did!"

Want to follow in Margaret's footsteps? Make your own impact by donating any amount, big or small, at [GammaPhiBeta.org/Donate](https://GammaPhiBeta.org/Donate).

# in our HEARTS

We acknowledge the passing of the following members and celebrate their part in our circle of sisterhood. This list reflects notifications received at International Headquarters between February 1 through April 25, 2025. First, maiden, last names and year of Initiation are listed for each deceased member.

To report the death of a sister, please email [thecrescent@gammaphibeta.org](mailto:thecrescent@gammaphibeta.org) with her first, maiden and last name and chapter of Initiation. Reported sisters will be honored in a future issue of The Crescent's "In Our Hearts" section.



**CAROL CHANTRE DOHERT**

**DELTA** (Boston, 1960)

Carol Chantre Doherty died on February 15, 2025, after a brave battle with pancreatic cancer. A native of Taunton, Massachusetts, Carol attended Boston University, where she was a member of Delta Chapter and earned a degree in business administration. She later received a master's degree in education from Bridgewater State College and dedicated her career to serving children as a teacher and guidance counselor. From 2020 until her death, she served as a state representative and distinguished herself as an advocate for marginalized communities, including children, people with disabilities and those affected by homelessness. A true public servant, Carol was dedicated to helping improve the lives of others — and she did that in every interaction, big or small.

**ALPHA** (Syracuse)  
Eleanor Langworthy Carnes, 1945  
Jean Hart Savage, 1945  
Anne Shallenberger Schaffer, 1957

**GAMMA** (Wisconsin-Madison)  
Carolyn Schull Close, 1958  
Susan Ihrig Uebele, 1953

**DELTA** (Boston)  
Carol Chantre Doherty, 1960

**EPSILON** (Northwestern)  
Sherry Drew Topp, 1964  
Barbara Parke Weaver, 1951

**XI** (Idaho)  
Patricia Sparkman Eaton, 1955

**OMICRON**  
(Illinois at Urbana-Champaign)  
Phyllis Hiob Nester, 1954

**PI** (Nebraska-Lincoln)  
Joann Walters Donegan, 1949  
Barbara Carey Meierhenry, 1958

**RHO** (Iowa)  
Sylva Haworth McCulloh, 1948  
Kimberly Hess Witte, 1980

**SIGMA** (Kansas)  
Virginia Urban Merrill, 1944

**CHI** (Oregon State)  
Anne Ballen Wagner, 1963

**ALPHA BETA** (North Dakota)  
Barbara Brown Modisett, 1949

**ALPHA DELTA**  
(Missouri-Columbia)  
Mary Ann Dorsey Krauss, 1958

**ALPHA EPSILON** (Arizona)  
Sharon Moiola Barnebee, 1957

**ALPHA ETA** (Ohio Wesleyan)  
Joan Hoffman Barr, 1958  
Ann Bowyer Boren, 1962  
Ellen Vastine Hartz, 1962

**ALPHA NU** (Wittenberg)  
Karyn Kraye Stokes, 1970

**ALPHA XI** (Southern Methodist)  
Dorothy Rosenblatt Funk, 1952

**ALPHA OMICRON**  
(North Dakota State)  
Maxine Pladson, 1950

**BETA ALPHA**  
(Southern California)  
Diane Richards Miller, 1954  
Antoinette Morrell Short, 1960

**BETA GAMMA** (*Bowling Green*)  
Virginia Clayton Heckler, 1948

**BETA DELTA** (*Michigan State*)  
Myra Hathaway Hirzel, 1950

**BETA ETA** (*Bradley*)  
Carol Wiltz Reams, 1959  
Judith Graham Trapp, 1952

**BETA IOTA** (*Idaho State*)  
Sharyn McMillian Swan, 1963

**BETA NU** (*Vermont*)  
Joyce Drwiega Lawless, 1960

**BETA SIGMA**  
(*Washington State*)  
Sheila Marsden Bennett, 1971  
Susan Hurlbut Heydon, 1975

**BETA CHI** (*Wichita State*)  
Jannell Senn, 1973  
Beta Psi (*Oklahoma State*)  
Vivian Cundiff Pinkerton, 1971

**GAMMA DELTA** (*Wyoming*)  
Trudy Edmunds Keenan, 1964

**GAMMA PHI** (*Auburn*)  
Emily Busbin, 2002  
Dorothy Butler Cordell, 1971

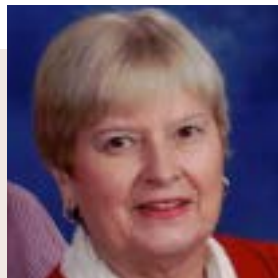


**MARY ANN DORSEY KRAUSS**

**ALPHA DELTA**  
(*Missouri-Columbia, 1958*)

Mary Ann Dorsey Krauss died at 86 after a life full of love, learning and service. A Missouri farm girl who learned to read at three, she attended Stephens College and graduated from the University of Missouri, where she joined Alpha Delta Chapter and later served as one of the Sorority's earliest traveling secretaries (now called collegiate leadership consultants). She earned a master's degree in textiles and design from Oklahoma State University and taught home economics and textiles at Ohio State and Wittenberg for many years. Known for her beautiful sewing — she made all her children's wedding dresses — and her beloved pies, Mary Ann shared her talents generously. She was a dedicated volunteer and friend who made everyone she met feel seen and loved.

*Honor a sister with a Memorial gift. To make a Memorial gift, visit [GammaPhiBeta.org/Donate](https://GammaPhiBeta.org/Donate) or call 303.800.2890. View Memorial gifts online at [GammaPhiBeta.org/InMemory](https://GammaPhiBeta.org/InMemory).*



**CAROL WILTZ REAMS**

**BETA ETA**  
(*Bradley, 1959*)

Carol Wiltz Reams died peacefully surrounded by family on March 18, 2025, at her home in Peoria, Illinois. Carol studied at Bradley University, where she joined Beta Eta Chapter of Gamma Phi Beta. The sisters she met there remained lifelong friends, and she kept in touch with them long after graduation. Professionally, Carol was a teacher and a bookkeeper. Personally, she was a wife, mother, mother-in-law, grandmother and dear friend to many. She loved gathering with her friends near and far and traveled all around the world. Carol will be remembered for the love she gave freely and the joy she brought to those around her.



# LIFE LOYAL

Life Loyal is a special program available for all Gamma Phi Beta members to continue their lifelong support of our beloved Sorority beyond their collegiate years while receiving exclusive benefits. This is just one way to continue your lifetime involvement as a member of Gamma Phi Beta while fulfilling your financial obligations with an easy, one-time payment. The dedication of our alumnae members who continue to be involved and financially supportive helps ensure the future of our traditions and sisterhood.

*Thank you to the following sisters who joined Life Loyal between February 1 through April 25, 2025.*

## **EPSILON** (Northwestern)

Sally Stoffel

## **KAPPA** (Minnesota-Twin Cities)

Robin Rohde Keller

Kelsey Beranek Kromm

Sally Thompson

## **XI** (Idaho)

Tami Jensen Morrison-Ruben

Teri Willey

## **OMICRON**

(Illinois at Urbana-Champaign)

Gina Trimarco

## **SIGMA** (Kansas)

Sophia Hudson

## **TAU** (Colorado State)

Lydia Renner

Maria Holiday Schmitz

## **PHI** (Washington University)

Lauren Kang

## **PSI** (Oklahoma)

Shana Baggerly Fields

Cathy Edwards Thomas

## **OMEGA** (Iowa State)

Rei Fields

## **ALPHA EPSILON** (Arizona)

Lenise Joseph

## **BETA XI** (Ohio State)

Amy Miner

## **BETA PHI** (Indiana)

Stephanie Risch Riggs

## **GAMMA ETA**

(California State-Long Beach)

Tanya Murillo Aguilar

## **GAMMA PHI** (Auburn)

Heidi Wilson Oldham

## **DELTA CHI**

(California State-Sacramento)

Ann Mitchell

## **EPSILON ETA** (Bridgewater State)

Victoria Kalisz

## **EPSILON MU** (Loyola-New Orleans)

Laura McNulty

## **ZETA ALPHA** (Eastern Washington)

Alli Peters

## **ZETA ETA** (Lander)

Cheyenne Straub

## **ZETA IOTA** (Valparaiso)

Crystal Rowe

## **ZETA LAMBDA**

(Texas A&M-Corpus Christi)

McKenna Montague

## **ZETA RHO**

(Texas A&M-College Station)

Kristen Ethridge

## **ZETA SIGMA** (South Carolina)

Madeline Thomas

## **ETA ZETA** (Cincinnati)

Owen Weiss

## **ETA LAMBDA** (Central Florida)

Emily Klamerus

## **ETA XI** (Florida)

Lauren Bonet

## **ETA OMICRON** (Ohio)

Isabella Colon

## **ETA UPSILON** (Nicholls State)

Angelina Verhayden



# Seen on Social!

A roundup of Gamma Phi Beta members' posts that celebrate sisterhood. Here's a snapshot of what our members have been sharing lately.

Pssst: Don't forget to tag us @GammaPhiBetaSorority for a chance to be featured on our official IG or here!

## FOLLOW US ON SOCIAL MEDIA



@gammaphibetasorority



**gammaphibetatampabayalumnae** On Sunday, April 6, Tampa Bay Alumnae Chapter sisters Bette, Nancy, Ines, Regina and Amy (pictured left to right) attended and helped at @gammaphibetausf Women's Brunch! 🍷 Brunch was attended by moms, aunts, grandmas, sisters and friends and included a yummy brunch, an iced coffee bar and two fun activities: writing and decorating thank you cards to sisters and loved ones and painting ring holders. Thank you to our Eta Eta sisters for inviting us to help and enjoy a wonderful day together! 🍷



**anna.leigh.photo** Natalie's perfect senior photos! Such a bittersweet feeling doing senior photos for women who have been in Gamma Phi Beta with me since day 1 💕💕



**gphibmsu** Our newest member, Russo, had a super exciting week this week. From Big/Little Reveal to becoming officially official. We are so excited for you to be our sister!! We love you to the moon and back. 🌙🌙



**landergphi** IT'S MOONBALL TIME!! 🍷🌕



**erin.akdridge1** Had a lil trip to St.Louis last month for @gammaphibetasorority Recruitment Summit. 💕

Volunteering as an alumna is extra special to me. 🍷 Full circle moment!



**aggiegammaphi** We are thrilled and proud to announce that Zeta Rho Chapter has been honored with the Collegiate Panhellenic Council Chapter of the Year award!! This recognition reflects the dedication, hard work and unwavering commitment of our sisters to upholding our Core Values and making a positive impact on our campus and community! 💕💕💕 #ZetaRhoLovesYou #tamugreek.

*1960*

Since this issue spotlights student athletes, let's take a leap to the world's biggest stage, the Olympics. Nancilyn Sanders Kroushl (Nevada) and Sigrit Morghen (Nevada) served as interpreters at the 1960 Summer Games in Rome.

In this photo, the two sisters proudly hold up the Olympic Star, representing not only the spirit of the Games but the sisterhood that brought them there.

## International Headquarters

9155 E. Nichols Ave. Suite 330 Centennial, CO 80112  
P 303.799.1874 F 303.799.1876  
GammaPhiBeta.org  
thecrescent@gammaphibeta.org

## The Crescent Staff

### EDITORIAL MANAGER

Elizabeth Liberatore  
eliberatore@gammaphibeta.org

### CONTRIBUTING WRITERS

Alejandra Sandomirskiy  
(Maryland)

### CREATIVE MANAGER

Maddy Chapman  
(Minnesota-Twin Cities)  
mchapman@gammaphibeta.org

Melissa Scott,  
Education Manager

Raven Smith  
(Valparaiso)

### CHIEF MARKETING OFFICER

Tara Foristal  
tforistal@gammaphibeta.org

### CHIEF EXECUTIVE OFFICER

Megan Wick (Washington State)  
mwick@gammaphibeta.org

## Parents

While our members are in college, their copy of *The Crescent* is sent to your home address — we hope you enjoy reading our magazine, too! If your daughter is no longer in college, or is no longer living with you, feel free to send us her new address by emailing [thecrescent@gammaphibeta.org](mailto:thecrescent@gammaphibeta.org).

## Join Our Green Team!

Receive each issue of *The Crescent* before everyone else by going digital! We'll send the current issue directly to your inbox so you can enjoy it anywhere you go. Email [thecrescent@gammaphibeta.org](mailto:thecrescent@gammaphibeta.org) today to let us know you're joining The Green Team!

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## Looking to connect with a sister?

Visit [GammaPhiBeta.org/Find-A-Member](http://GammaPhiBeta.org/Find-A-Member) for a full directory of Gamma Phi Beta members!

Save the date!

Gamma Phi  
Get-Together

**What:** Gamma Phi Get-Together

**When:** September 19-28

**Why:** Foster sisterhood, create new connections, have fun!

**Interested in hosting or attending an event?**

Visit [GammaPhiBeta.org/Gamma-Phi-Get-Together](http://GammaPhiBeta.org/Gamma-Phi-Get-Together).



"Mary Lou's support has been a steady source of strength and encouragement. Her love pours out with warmth and grace, and her stories inspire me deeply. I couldn't be more honored to know a sister like her."

**READ MORE ABOUT MARY LOU, A TRUE AND CONSTANT SISTER FOR 98 YEARS, ON PAGE 9.**