

The Arrow

OF PI BETA PHI • SPRING 2025

DEAR Jennie

FACING ANXIETY
THROUGH THE POWER
OF SISTERHOOD

ALSO
INSIDE

12
ANSWERING
THE CALL

16
A CULTURE
OF CARE





OF PI BETA PHI • SPRING 2025

FEATURES

12 ANSWERING THE CALL

When Hurricane Helene brought unprecedented devastation to western North Carolina, Missouri Beta **SUSANNAH (SUSIE) MILLER CHILDERS** stepped up without hesitation, serving as a volunteer firefighter and community advocate. Guided by a servant's heart and the values of Pi Phi, Susie's story is one of resilience, leadership and the power of showing up when it matters most.

16 A CULTURE OF CARE

As a Critical Conversations® facilitator, Florida Beta **HARPER WHITTEN SPENCER** travels nationwide to lead thoughtful, values-based discussions with Pi Phi chapters on mental health, personal safety and well-being. Backed by Pi Beta Phi Foundation support, Harper's work reflects the Fraternity's evolving commitment to supporting our members holistically.

18 DEAR JENNIE

In this special feature, Pi Phis explore the complexities of anxiety through honest questions, expert insights and powerful stories that highlight the strength found in sisterhood and support.

ON THE COVER

Anxiety is an increasingly common reality—especially among collegians—but no one has to face it alone.



IN EVERY ISSUE

2 PERSPECTIVE	16 FOUNDATION
3 LETTERS TO PI PHI	28 READ > LEAD > ACHIEVE®
4 ONE, TWO, THREE WORDS	32 COLLEGIATE NEWS
8 BUILT FOR SISTERHOOD	40 ALUMNAE NEWS
10 VOLUNTEER SPOTLIGHT	46 REMEMBER
14 IN HER WORDS	48 IN MEMORIAM

CORRECTIONS FOR THE WINTER 2025 ISSUE OF *THE ARROW*.

The Texas Gamma alumnae submission on page 45 should read “In April 2024, 12 Texas Gammas reunited in Plano, Texas, and have been celebrating their yearly reunions since 1996. They were initiated by past Grand President **BETH VAN MAANEN BEATTY** in 1958 at Texas Tech University.”

In Remember on page 47, Tennessee Beta **SUSIE MACDONALD GLENN**'s chapter and name were listed incorrectly.

We sincerely apologize for these errors.

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FRAN DESIMONE BECQUE, New York Alpha



THE ARROW® OF PI BETA PHI

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SUBMISSIONS

All Pi Phis are encouraged to submit news and stories to *The Arrow*. Visit pibetaphi.org/arrow for submission details and guidelines.

All photos and written submissions become the property of Pi Beta Phi and are subject to editing for content, grammar and space constraints. Submissions may be used for other educational or marketing purposes by the Fraternity. We cannot guarantee the publication of any submission.

SUBMISSION DEADLINES

Winter — October 1
Spring — February 1
Summer — June 1

Note: Due to pre-press production schedule, submitted content may not appear for up to two issues.

ADDRESS/NAME CHANGES

Please direct any address or name changes by email to thearrow@pibetaphi.org or by mail to *The Arrow*, 1154 Town & Country Commons Dr., Town & Country, Missouri, 63017. You may also call Pi Beta Phi Headquarters at (636) 256-0680 or update your profile at betabase.pibetaphi.org.

HOW TO RECEIVE *THE ARROW*

To receive the Spring, Summer and Winter issues of *The Arrow*, pay your \$45 annual alumna dues to your local alumnae club or directly to Headquarters. Visit pibetaphi.org/dues or mail a check to Headquarters.

The Arrow of Pi Beta Phi is available to download in a fully accessible digital format, compatible with screen readers, to ensure everyone can enjoy our content. Download *The Arrow* at pibetaphi.org/arrow.

A Space of Support



GREER HORNE
 Grand Vice President
 Member Experience

When I was a collegian, my first few months away from home were marked by uncertainty. I questioned if I was in the right place, how I would find my people and when I would feel a sense of belonging. Pi Phi changed everything for me—it created a space with like-minded friends who understood what I was going through and instilled confidence in me that I didn’t have prior. My experience is just one of countless stories that reflect the heart of our sisterhood, and it’s my hope and belief that Pi Phi is—and always will be—a space of support for our members.

Since its founding, Pi Beta Phi has been rooted in care and acceptance. We empower our members to use their voices and express their needs so we can continue to evolve in meaningful, actionable ways that support every generation of sisters. As our membership continues to grow, it is imperative we approach these adapting needs with respect and understanding.

The truth is—today’s collegiate experience is overwhelming. Between the demanding classes, pressure to succeed in a global society, growing financial concerns, the responsibility of making life-forming decisions and the competitive nature of getting into college in the first place, feelings of stress and anxiety are on the rise. While some of these pressures have existed for generations, young adults experience them differently now. With technological advancements, collegians today are constantly exposed to unattainable standards through social media, changing how they engage with the world and perceive themselves.

Yet, amid an ever-changing landscape, the core of our sisterhood remains grounded. For more than 150 years, we have been dedicated to intentionally bringing women together, building confident leaders and giving back to our communities and that will never change. When a member is welcomed into our sisterhood, they are met with a built-in network of women who will support them as they move through their collegiate experience and through every phase of life. Whether it be academic, relationship or personal issues, Pi Phis are there for one another, and that support continues to show up in alumnae life, as I have experienced myself.

In the fast-paced and often disconnected nature of today’s world, it’s important to remember you are not alone—especially in our sisterhood. If you are experiencing anxiety, overwhelm or any other mental health issue which impacts your life, know your sisters—and an entire organization—are here to wrap their arms around you.

In Pi Phi,

A handwritten signature in black ink that reads "Greer Horne".

Letters to Pi Phi

Pi Beta Phi believes we can strengthen the inherent value in Pi Phi sisterhood by seeking feedback from our members and using what we learn to help plan our next steps. We want to hear from you, whether you're sharing your feelings on the latest issue of *The Arrow*, your thoughts on a Fraternity email or social media post or a heartfelt critique encouraging Pi Phi to do better. Below are a selection of thoughts Pi Phi sisters shared with the Fraternity.

Let's keep the conversation going, together—send your reflections and feedback to thearrow@pibetaphi.org.

In response to a social media call out asking members to share how they celebrate certain holidays such as Martin Luther King Jr. Day, Black History Month, Lunar New Year, Holocaust Remembrance Day, etc.:

JORDAN KRAVITZ, Ohio Kappa, initiated 2010

Thank you for being so inclusive! #PiPhiForLife

In response to BetaBase:

ELISABETH (BETSY) HUGHES PHILLIPS, Pennsylvania Eta, initiated 1982

Your new BetaBase system is fantastic! The ease of searching for local Pi Phis to invite to our Holiday Party was very user-friendly!

In response to a Facebook post to learn more about volunteering with Pi Phi:

MARIA GONZALES JACKSON, Ohio Theta, initiated 1989

As an Alumnae Advisory Committee volunteer for the past three years it is an honor to serve and so rewarding to work with fellow alumnae and collegians.

In response to the all-member meeting Ritual evolution email:

LAURIE STULBERG MACNAIR, Tennessee Gamma, initiated 1974

Regardless of my beliefs, I support the change that has occurred in our meeting Ritual. I see firsthand the diversity in our sorority and believe strongly in being an inclusive organization and that our ability to lift up ALL of our members is critical to our future as Pi Beta Phi.

JANET HECK KITTLAUS, Kansas Alpha, initiated 1962

I applaud Grand Council for taking this step. I wholeheartedly support the principles. As a Christian, I agree with removing references to the Christian faith that would seem to exclude people of other faiths. My faith directs me to be sensitive to the needs of others.

STACEY NORTH, Arizona Alpha, initiated 1991

I recently connected with Pi Phi as an adult and was moved by our meeting Ritual. While I was not religious as a collegian, I had no problem with the religious undertones. After all, we are angels! I have since found my faith and this was one of the reasons I decided to reengage as I felt it was a way to connect with sisters like me. I am disappointed that a beacon of strength like Pi Phi would cave to outside pressure to be more like everyone else.

The opinions expressed in Letters to Pi Phi do not necessarily reflect the opinions of Pi Beta Phi Fraternity, nor does Pi Beta Phi endorse the opinions or viewpoints expressed within. ←

THE POWER OF PI PHI

Each year, Pi Phi chapters and alumnae clubs showcase their dedication to our core value of Philanthropic Service to Others through their financial support of Pi Beta Phi Foundation. Through their generosity, they invest in every Pi Phi sister and ensure a bright future for Pi Beta Phi.

In 2024, our chapters and clubs collectively raised \$859,512.15 for our Foundation. We are immensely grateful for their continued support and are proud to recognize the top 10 chapters and clubs in alphabetical order below:

TOP
10

Chapters

Alabama Beta	Louisiana Beta
Delaware Alpha	Mississippi Beta
Florida Beta	Missouri Gamma
Florida Epsilon	Ontario Beta
Illinois Kappa	Texas Epsilon

TOP
10

Alumnae Clubs

Dallas, Texas, Alumnae Club	Pasadena, California, Alumnae Club
Greater Kansas City Alumnae Club	Phoenix, Arizona, Alumnae Club
Lake Oswego-Dunthorpe, Oregon, Alumnae Club	Richardson-Plano, Texas, Alumnae Club
Nashville, Tennessee, Alumnae Club	South Bay, California, Alumnae Club
Oklahoma City, Oklahoma, Alumnae Club	St. Louis, Missouri, Alumnae Club

MEETING RITUAL UPDATE

As Pi Phis, we share a deep connection through our values and the bonds of sisterhood that unite us across chapters and generations. Our traditions are a meaningful part of that experience, reminding us that we are a part of something bigger than ourselves.

After two years of in-depth research into the original purpose of meeting Ritual and hearing from our members about what the words mean to them, Grand Council has made the decision to evolve meeting Ritual. This evolution does not change who we are as Pi Phis; rather, it reaffirms our commitment to ensuring every Pi Phi—today and for generations to come—opens and closes meetings with the same meaningful words.

Grand Council will take great care to ensure that meeting Ritual remains reverent and reflects the heart of Pi Beta Phi. During the research phase of the study, members overwhelmingly shared that the Creed—the portion beginning with “Whatsoever”—is beloved. It will remain intact and will continue to be used as we close our meetings. Additionally, Pi Phi Initiation, which is separate from meeting Ritual, will not change.

As a valued member of our community of more than 250,000 living members, your connection to Pi Phi continues to shape the future of our sisterhood. To learn more and hear directly from fellow Pi Phis, visit pibetaphi.org/ritual.

Additional information will be shared in this Summer’s all-member issue of *The Arrow*. Thank you for your dedication to our sisterhood and for embracing this next step in Pi Phi’s journey.

MEMBERS AND FRIENDS CELEBRATED THE 10TH ANNIVERSARY OF PI PHI GIVING DAY

On March 14—Pi Day—Pi Phis and friends honored our history and dreamt of our bright future by raising \$205,018.67 for our Foundation on Pi Phi Giving Day! This celebration was extra sweet as it was our 10th anniversary of Pi Phi Giving Day. Since the inaugural event, an astounding \$1,677,386.70 has been donated to The Friendship Fund, providing the vital resources needed to sustain Pi Beta Phi for the next 10 years and beyond! Thank you to all who have contributed to this remarkable journey.

See the results from this year’s Pi Phi Giving Day at pibetaphi.org/ppgd.



From left: Kentucky Alphas **KAYLIE ZEIMEN**, **EMMA DAVIS** and Illinois Zeta **KELLY PERRY** at the Fraternity Day of Service Signature Event in Louisville, Kentucky.

PI PHIS MADE AN IMPACT IN LOUISVILLE FOR FRATERNITY DAY OF SERVICE

Each March, Pi Phis around the world come together to celebrate Fraternity Day of Service (FDS)—an opportunity to live out our values and inspire a lifelong love of reading. On March 8, the Fraternity successfully hosted our FDS Signature Event in Louisville, Kentucky, as a way to honor the city that will host us for Convention 2025.

At the event, Pi Phis and friends, in partnership with First Book®, distributed 10,000 new “Stories for All” books—featuring diverse characters, cultures and identities—to organizations in the community, ensuring more children have access to stories that reflect the world around them. Thank you to all those who participated in the FDS Signature Event and those who celebrated FDS from afar!

Gifts to The Literacy Fund at Pi Beta Phi Foundation are critical to the success of Pi Phi’s literacy initiatives—providing full financial support for all Read > Lead > Achieve® programs, including FDS Signature Events.

Help to ensure Pi Phi continues to impact lives through literacy by donating to The Literacy Fund today!



ANNOUNCING THE RETIREMENT OF ORDER OF OMEGA EXECUTIVE DIRECTOR

After 30 years of devoted service, Order of Omega Executive Director **MARDIE SORENSEN**, Vermont Beta, will retire this summer. During her tenure as executive director, Mardie was instrumental in growing the organization’s mission to recognize outstanding students with scholarships and fellowships, promoting growth by initiating student leaders, improving the organization’s operational, governing and technological touchpoints, ensuring financial stability and many other accomplishments. Mardie’s leadership will leave a lasting impact on fraternity and sorority campus leaders across North America for years to come.



ΠΒΦ'S 75TH BIENNIAL CONVENTION
A CELEBRATION
of **SISTERHOOD**

JUNE 19-21, 2025
LOUISVILLE, KENTUCKY

For 158 years, Pi Beta Phi has stood on the foundation of friendship, leadership and unwavering sisterhood.

Since our first Grand Alpha Convention in 1867, hosted at founder Fannie Thomson's home, Pi Phis have gathered to conduct the important business of the Fraternity while strengthening the bonds that connect us across generations.

This summer, we'll come together once again to honor our heritage carried across generations, celebrate our achievements, reaffirm our commitment to our values and envision a promising future with true Pi Phi Pride.

More than 1,000 Pi Phis will attend convention and enjoy opportunities to cherish our sisterhood while engaging with the important business of the Fraternity. Even if you can't be with us, there are ways for you to participate in this Celebration of Sisterhood.

share your SISTERHOOD STORY

Have your sisters supported you during a time of need? How have you stayed connected or reconnected with sisters over the years? Where was the most unexpected place you met a Pi Phi?

Sisterhood Stories are shared throughout convention and on social media to showcase the power of our sisterhood.

Submit your favorite Pi Phi memory—or “Sisterhood Story”—by June 1 at

pibetaphi.org/sisterhoodstory.



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A few years ago, I went through one of the hardest times of my life. My father had just passed away from cancer, and even though I was surrounded by family, I felt incredibly alone. When I returned to campus, my Kansas Alpha sisters greeted me with open arms and the warmest hugs. In that moment, I did not know what I needed but I knew they were there for my best and worst days. Every member had written a note expressing their love and condolences for me along with flowers. I no longer felt alone because I knew I would always have my sisters even on my hardest days. I had always known Pi Beta Phi was the best decision I could've made for myself when going through recruitment and every day I am reminded why I made that decision.

—EMILY VOGEL, Kansas Alpha

join us for FACEBOOK LIVE EVENTS

Tune in for exclusive Facebook Live events, including our beloved Chapter Banner Parade during Dinner by Chapter on Friday night! Visit pibetaphi.org/convention for dates and times of the Facebook Live events.

Follow **#CelebrationOfSisterhood** on Facebook and Instagram for pictures, memories and more.

GET THE SCOOP IN *the* DAILY DART

The Daily Dart is the daily publication of Pi Beta Phi Convention. The newsletter was formerly printed and distributed each day to convention attendees and Pi Phis who couldn't make the trip. The tradition dates back to some of our earliest conventions! At the 1938 Asheville Convention, a subscription for all six issues cost 50 cents and the publication staff included more than 20 Pi Phis ranging from editorial to reporting and administrative duties.

Now, the Daily Dart is available digitally, free of charge. The convention newsletter published Wednesday through Saturday of convention will be available on the Pi Phi website at pibetaphi.org/dart.



✦ *honor a sister at* HALO HEAVEN ✦

For just \$5 each, you can send halos to thank, recognize, remember or send Pi Phi Love to a sister. Visit haloheaven.org through June 22 to honor all the angels in your life while ensuring a bright future for our sisterhood!



A Place to Belong

There's something special about coming home to the warmth and peace of people who truly know you. In a world that often feels fast paced and disconnected, having a safe and familiar place to decompress can help us feel less alone.

Many collegians find that living with their Pi Phi sisters—whether in a chapter facility, residence hall or off-campus apartment—enhances their wellbeing and sense of belonging. Surrounded by those who share their values, they experience a built-in support system that helps them navigate the highs and lows of collegiate life.



Top row: Libby. Bottom row, from left: Illinois Etas **AVA COLETTA** and **ISABELLE KOSTBADE**.

LIBBY EICHORN

As Illinois Eta **LIBBY EICHORN** describes it, "It's like having a sleepover with all your best friends for the entire school year. I love nothing more than coming home from a long day of classes and finding someone to sit and talk with. There's an overwhelming feeling of joy and support in every corner of the house—our own little personal heaven."



“

We would've done anything for one another, and that still holds true today.

JENNIFER DOWNARD COLWELL

College life comes with its share of challenges—demanding coursework, adjusting to independence and moments of self-doubt. But for Pi Phis who live with their sisters, those challenges feel a little less daunting knowing they have a circle of women who will remain by their side for life. Kentucky Gamma **JENNIFER DOWNARD COLWELL** shares about her time as a collegian, "When one of my suitemates went through an unexpected breakup and had trouble sleeping, I'd sit with her until she fell asleep. We would've done anything for one another, and that still holds true today."

ASHLEY PACKARD AND SYDNEY SCOTT

Pi Phi is more than just a place to live—it's a home and a support system for every member, regardless of if they reside in a chapter facility or not. Many Pi Phi chapters are committed to fostering open conversations around mental health, creating an environment where members feel empowered to share their experiences. At California Beta, Director Community Inclusion **ASHLEY PACKARD** has led initiatives to promote a supportive atmosphere within the chapter, from posting encouraging messages around the facility to providing extra support to members during high-stress academic periods. Ashley also collaborates with local University of California, Berkeley, counselors to offer free sessions for members, ensuring they have access to professional help.

"Living with my Pi Phi sisters made it much easier to talk about mental health and seek support because of the deep trust, understanding and openness within our home," says California Beta **SYDNEY SCOTT**. "Having these options has destigmatized conversations around mental health, allowing everyone to feel supported."

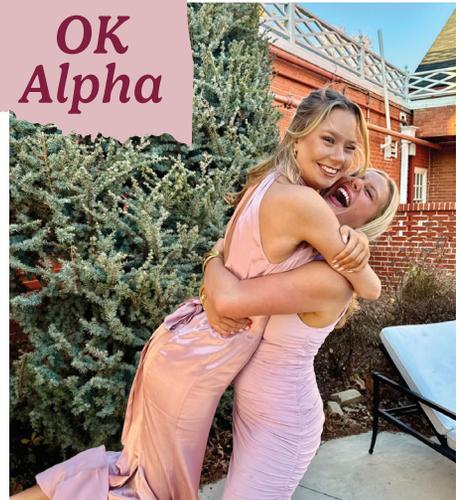


Pi Phis not only support one another emotionally but also encourage healthy habits, ensuring their sisters are prioritizing both their mental and physical wellbeing. Whether it's through shared activities or simply being there to listen, they create a culture of accountability and care. "Many of our California Beta sisters are certified yoga instructors," Sydney says. "We often go to their sessions at a local yoga studio where we can de-stress and work out together. Doing this activity helps me feel closer to my sisters while also taking care of myself. It reminds us to prioritize both our mental and physical wellbeing together."

OLIVIA CARROLL AND TATUM EVANS

For many members, the power of Pi Phi sisterhood encourages them to find comfort in seeking help—just as it did for Oklahoma Alpha **OLIVIA CARROLL**, whose perspective on mental health changed after opening up to a sister. "When I came to college, I chose to keep quiet about my anxiety because I didn't want to burden anyone or make it seem like I needed help," Olivia explains. "In my mind, I was fine to deal with it alone. But my roommate Oklahoma Alpha **TATUM EVANS** was the first person to talk about her anxiety openly. The more she shared, the more I realized I was never alone in the first place. Tatum encouraged me to tackle my anxiety by tackling hers with me. Because of my Pi Phi sisters, I've found the courage to stand up to my anxiety and remind myself that I am bigger than it."

OK
Alpha



From left: Tatum and Olivia at the Oklahoma Alpha Chapter facility.

ALIA BESEISO

Everyday moments at home also create opportunities to check in on each other. "Some of my favorite memories of living in the house have been movie nights, sisterhood events and piling into each other's rooms to debrief our weeks or talk about what's on our minds," says Ohio Epsilon **ALIA BESEISO**. "I find it easiest to decompress and ease stress when I have someone to talk to and give me advice."

OH
Epsilon

JORDYN OSSMANN

No matter the address, a home filled with Pi Phis is a space where sisters can unwind and find meaning in time spent together. From gathering around the dining table for meals to curling up on a sister's bed for a heart-to-heart, these moments of connection make any space feel like home. "We typically spend time together in the living room of our apartment," says Wisconsin Epsilon **JORDYN OSSMANN**. "We decorated it to be warm and cozy, a place where we can all relax. But it's the time spent together that makes it truly special. Coming home after a long day to be with my loving sisters makes my college experience ten times better."

Time and time again, Pi Phis share how the bonds formed within their homes not only strengthen their mental health but also remind them of the true meaning of sisterhood, lasting far beyond their collegiate years. Whether it's offering a listening ear after a long day, encouraging good habits or simply creating a safe space to open up, Pi Phis continue to remind each other they're never alone. ←

“

Coming home after a long day to be with my loving sisters makes my college experience ten times better.

WI
Epsilon

Left, from left: California Betas **CATIE KUEHL**, **YAIZA FERNANDEZ MUNOZ**, **SAMANTHA GIN**, Sydney and **JANE GRUMANN** in the California Beta Chapter facility.



Marnie, (second row, third from right) and other facilitators at Pi Beta Phi Leadership Institute 2024.

Serving with Purpose

Volunteering with Pi Beta Phi offers members a chance to make a lasting impact, whether by mentoring collegians, supporting alumnae or contributing to the organization's broader mission.

Region Eight Alumnae Engagement Director (AED) **MARNIE LEE**, Alberta Alpha, shares how her professional experience in municipal government has shaped her approach to leadership within Pi Phi. With years of service in roles such as Director Operations and Leadership and Nominating Committee Chair, Marnie reflects on the inspiration she finds in her fellow Pi Phis and her passion for supporting women as they develop their leadership skills.

WHY ARE YOU PASSIONATE ABOUT VOLUNTEERING WITH PI PHI?

Pi Phi offers connections and opportunities unlike any other organization. I love the intergenerational aspect—working with women who were in college before I was born and others who are just starting their collegiate journey. We're connected by shared values and experiences, yet our diversity makes us special. Pi Phi also provides incredible professional training and opportunities to grow as a leader, which I apply in my career. Beyond that, I've gained lifelong friends and have

expanded and evolved my own leadership so much. It's an amazing experience that continues to enrich my life in so many ways.

HOW DOES YOUR PROFESSIONAL CAREER INTERSECT WITH YOUR VOLUNTEER WORK, AND VICE VERSA?

The most significant overlap is in relationship building. In my intergovernmental affairs job, building trust and strong relationships with elected officials and senior leadership is key. It's similar in Pi Phi because we're a member organization that thrives on relationships. Whether at work or volunteering, solid relationships make it easier to have meaningful—and sometimes difficult—conversations.

WHAT IMPACT DO YOU HOPE TO MAKE THROUGH YOUR VOLUNTEER WORK?

Volunteering for Pi Phi is deeply tied to my passion for women's leadership. In my professional career, I've seen how underrepresented women are in local government. That gap motivates me, and Pi Phi inspires me because it uniquely promotes and supports women as leaders. We give collegians and alumnae the tools and confidence to lead—not just in their chapters but also in their communities and careers.

One of the most fulfilling parts of my volunteer experience has been serving as a small group facilitator at Pi Beta Phi Leadership Institute. This event isn't about learning specific chapter roles—it's about discovering what it truly means to be a leader. The collegians who attend bring incredible talent, unique perspectives and a willingness to support each other. Watching them grow in confidence and ability is inspiring. Ultimately, I hope my role inspires other Pi Phis to recognize and embrace their leadership potential.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO WANTS TO BECOME A PI PHI VOLUNTEER?

Absolutely try it! There are so many ways to get involved, and it's an incredible opportunity to connect with other Pi Phis, develop leadership skills and grow personally and professionally. As a young alumna, it's a safe space to learn and even make mistakes, with plenty of grace and support along the way.

Volunteering is for everyone, no matter your age or how long it's been since you were involved. Even if it's been 40 years, you can come back, and we'll provide the training and support you need. You can also take breaks—life happens with family and careers, and that's okay.

Everyone has unique skills to share. You don't need to have been Chapter President to make an impact. Plus, you don't need to live near a chapter. Virtual advising makes it easy to contribute in meaningful ways. ←



Back row, from left: Former Headquarters staff members Jennifer Frobish and Julie Wisbrock, Marnie and Director Alumnae **MICHELLE DROUSE WOODHOUSE**, California Eta. Front row: Pi Beta Phi Foundation Board Trustee **ALISON VEIT HEAFITZ**, Illinois Zeta.

From left, Director Chapter Support **TINA RIVARD**, Pennsylvania Theta, Marnie and Alberta Alpha **CARLY MILLER GIESBRECHT** on a hike.



Volunteer with Pi Phi

Marnie is one of more than 2,000 volunteers supporting our members. If you're interested in getting involved, scan the QR code below or visit pibetaphi.org/volunteer to join our volunteer network. Serving as a volunteer requires no prior experience or waiting period; any member can volunteer following graduation.



Answering the Call

During one of the deadliest hurricanes of the 21st century, Missouri Beta **SUSANNAH (SUSIE) MILLER CHILDERS** and her husband answered the call to provide critical aid when their community was in crisis. As the founder of a company helping others create strategies and new ways of thinking, Susie never envisioned her path would lead her toward disaster response. But after relocating to the mountains of North Carolina and becoming a volunteer firefighter, she couldn't stand by when her community needed her most.

Before joining Pi Beta Phi and competing in track and cross country at Washington University in St. Louis, Susie was raised by a strong mother who instilled the mantra of 'you can do anything you believe you can do'—a sentiment she later found in common with her Pi Phi sisters. This mindset shaped her career in business and marketing, leading her to Cincinnati and a role at Procter & Gamble alongside her husband. After the birth of her first child, Susie recognized the workplace structure in the 90s didn't fully support working mothers. Inspired to create change, she partnered with two other women to launch a company dedicated to transforming how people work together by deeply understanding the needs of both employees and customers.

In 1997, Ah Ha!, a facilitation and consulting company, was born, designed to help businesses turn insights into innovation. "I created the company to achieve work-life balance for my family, but also to help organizations set clear intentions and objectives—just as I've always strived to do in my life." Susie shares. "That's why Pi Phi was such a natural fit for me, I was surrounded by others who prioritize living their values. At my core, being of service to others has always guided me."

By the time both her children were in school, Ah Ha! was thriving, and Susie's husband, Wayne, had joined the business. They moved to Raleigh, North Carolina, to be closer to loved ones, allowing Susie to structure her life around the work she loved and her family. Staying true to her servant-hearted nature, she was president of the PTA and multiple booster clubs, with her family joking she "volunteered too much." But for Susie, answering the call to help was never something she could step away from. "My focus kept shifting to what was most important to my family at the time," she shares, always finding ways to support the people and communities around her.

Just after the COVID-19 pandemic, Susie and her husband settled in the mountains of western North Carolina hoping to relax and enjoy their rural home

together. However, as servant leaders at heart, they couldn't sit idle for long. When the community began planning to build a fire station, they jumped at the opportunity to help. "When you don't live in a city, you don't have professional paid firefighters, so you have to rely on volunteers," Susie explains. "I never would have said I wanted to grow up and become a firefighter, but how can we ask others to step up if we aren't willing to do it ourselves?" Susie also recognized the opportunity to set an example and inspire others as she joined the other strong women firefighters in the department. She wanted to show that anyone—not just men—can serve as first responders and make a difference.

At a time when her community needed it most, Susie jumped in to help without a second thought. In September 2024, western North Carolina was devastated by Hurricane Helene, the largest disaster in the state's history. The storm damaged more than 73,000 homes, overwhelmed sewage and water treatment systems, triggered 1,400 landslides that destroyed more than 6,000 miles of roads and displaced 375,000 households. In the immediate aftermath, Susie, Wayne and their fellow volunteer firefighters spent days clearing roads, ensuring the community could find safety, travel to hospitals and see their loved ones. "I never imagined I'd be someone running toward disasters instead of sheltering from them," Susie reflects. "If I'm able to help, I should help. That's true to my character and the values of Pi Beta Phi—servant leadership and a willingness to jump in when it matters most." Susie also continues to work with the City of Asheville, City Council, as part of a team facilitating their planning retreat for hurricane recovery—a great way to combine her facilitation skills and commitment to service.

Following the aftermath of Hurricane Helene at a fire station open house for the community, Susie reflects on a heartfelt moment she encountered with a young visitor. "A little girl was excited to come sit in the fire truck and learn about turnout gear and boots," she shares. "I hope it's an experience she'll always remember and a reminder there are no limitations. We're firefighters and first responders to help those in need—and anyone can do it."

Inspired by her mother from many years ago, Susie's bravery and dedication serves as a powerful reminder of living out our values and leading by example—especially to show young women they can be anything they want to be. "It's not about sitting back and thinking, 'someone else will take care of that,'" she says. "It's about asking, 'why not me?'" ←

Susie responds to a structure fire with the Stewart Simmons Volunteer Fire Department in Watauga County, North Carolina.



“

If I'm able to help, I should help. That's true to my character and the values of Pi Beta Phi—servant leadership and a willingness to jump in when it matters most.



Olivia Abrams

Pennsylvania
Kappa

YOU WERE HONORED ON THE 2025 FORBES 30 UNDER 30 LIST FOR YOUR PRODUCT, TiCK MiTT. WHAT INSPIRED YOU TO START THE COMPANY AND WHAT THIS RECOGNITION MEANS TO YOU.

I grew up reading the Forbes lists and aspired to see my name included someday. Learning I was recognized in the social impact category was the best surprise—it felt like a full circle moment to be honored alongside so many incredible individuals.

TiCK MiTT is a scientifically engineered, chemical-free solution, which finds and removes ticks before they embed into the skin. It is lightweight, reusable and easy to use—consumers just rub the TiCK MiTT over their bodies after being outside, then put it in the dryer for 10 minutes to kill any ticks.

My dad, Steve Abrams, and I co-founded TiCK MiTT—inspired by challenges our family faced after I was diagnosed with Lyme disease at six years old following a tick bite. This product is a labor of love and part of our mission to help other families take the necessary precautions to reduce the risk of catching one of 20+ tick-borne diseases. With warming temperatures allowing tick populations to grow and thrive, prevention is more important than ever. The history of TiCK MiTT traces back to 2018 when my dad was developing a prototype, and I wrote a business plan in my final entrepreneurship class during my senior year at Lehigh University. After a brief stint working in finance, I turned that business plan—and my dream of becoming an entrepreneur myself—into reality.

WHAT'S BEEN YOUR GREATEST LEARNING EXPERIENCE AS A CO-FOUNDER AND CEO?

This journey taught me there's tremendous power in stepping beyond your assumptions and connecting face-to-face with people outside your expected market. The people who need your product might surprise you. Show up, listen and embrace new perspectives—that is what has allowed us to expand into new markets.

WHAT ADVICE WOULD YOU GIVE TO PI PHIS WHO WANT TO START THEIR OWN BUSINESS?

Don't create a business just for the sake of creating a business—create a business to solve a need. Solving a need is the most rewarding aspect of running my own business.

WHO CONSISTENTLY INSPIRES YOU?

My dad, former CEO of Magnolia Bakery, has always inspired me. Watching him turn a cupcake brand into a global phenomenon during my childhood emboldened my entrepreneurial journey. When we hit one bump in the road, my dad is always the one telling me there will be more bumps—but it's how you get over them that makes businesses resilient.

HOW DO YOU MEASURE PERSONAL SUCCESS?

By how much we can help other people through education and awareness. The more TiCK MiTTs we can get out into the market, the more we can stop the spread of tick-borne diseases. Professional success has also led to personal success through our ability to give back to those affected by Lyme disease. We support Project Lyme, a nonprofit aiming to eradicate the epidemic of Lyme disease, as well as give back through our own advocacy efforts to secure more government funding for research and prevention.

WHAT IS SOMETHING YOU WISH YOU WOULD HAVE KNOWN SOONER IN LIFE?

You can make money and help people at the same time. I was fortunate enough to secure a good paying job in the finance industry after graduating college, but to me, it was a job I wasn't passionate about. I followed my personal passion instead and channeled that into an entrepreneurial blessing where I feel we are truly making a difference.

"PI BETA PHI HAS TAUGHT ME..."

The importance of Philanthropic Service to Others and giving back through Read > Lead > Achieve® initiatives. The power of reading is how I learned to write a business plan, and I believe Pi Beta Phi is making an incredible impact on local youth by building literate communities at an early age.

WHAT IS YOUR FAVORITE QUOTE AND WHY?

"They tried to bury us, they didn't know we were seeds." - Dinos Christianopoulos

This quote conveys perseverance and resilience and has always resonated with me. I look at the business plan I wrote for my senior year as a seed that is starting to blossom, and we are slowly making our way up the beanstalk. ←

A Culture of Care

Florida Beta **HARPER WHITTEN SPENCER** travels to Pi Phi chapters across the country as a Critical Conversations® facilitator, leading values-driven discussions designed to help collegians foster a culture of care and awareness around health and safety. Through this role, Harper collaborates with members to tackle pressing topics such as mental health, personal safety and accountability.

These Pi Beta Phi Foundation-supported programs not only educate and empower collegiate members but also address the unique pressures and challenges young people face today. “Some chapters focus on addressing sexual assault, while others deal with alcohol-related behaviors or challenges with member engagement,” Harper says. “The goal is to tailor the conversation to meet their unique circumstances. Mental health is a thread I try to weave into all these conversations, as it’s relevant to so many aspects of our lives.”

Through her work, Harper observes how the mounting academic and social pressures placed on today’s students differ from her own collegiate experience. “High schoolers are applying to 20-plus schools—I applied to two,”

Harper says. “I joke that I couldn’t get into Florida State University now, but I got in when I applied many years ago. The expectations are so much higher. GPAs today are higher due to different academic factors, and there’s so much pressure to achieve X, Y, Z by a certain date—which is always yesterday.”

Adding to these challenges is the constant barrage of information students face through social media and global news cycles. “There’s an oversharing of information, and social media is definitely a contributing factor,” she adds. “Students are dealing with big, non-stop conversations about climate change, world issues and so much more. I feel the stress, and I can imagine how they feel living through it.”

Harper’s extensive background as a school social worker and Youth Mental Health First Aid instructor brings a wealth of expertise to her role with Pi Phi. When she began facilitating Critical Conversations in 2019, mental health wasn’t a formal part of the program. However, the COVID-19 pandemic underscored the urgent need for such discussions, leading to the integration of topics such as stress, depression and anxiety into the curriculum.

Harper leads Critical Conversations at Louisiana Beta.



The landscape of substance use and mental health among collegians has changed significantly in recent years. When Harper was trained in 2019, the Alcohol Skills Training Program included a slide stating that 90% of college students drank alcohol, averaging 10 drinks per week. Since then, alcohol consumption has declined, marijuana has been legalized in many states and there is a heightened awareness of mental health struggles, especially among young people. "It's important we continue funding these programs and updating them as research evolves and our world changes," Harper explains.

One of the most impactful updates to the program is the expanded mental health check-in section of Discovering Sincere Friendship, part of the Critical Conversations Speaker Series led by trained facilitators like Harper. The section now includes conversation starters from Seize the Awkward, equipping collegians with the tools they need to check in with their sisters. "Simple examples such as, 'I'm worried about you. How can I support you?' can be what people need to support each other," Harper says. These updates ensure Critical Conversations continues to provide relevant, actionable guidance to collegians.

Reflecting on her experience as a collegian, Harper notes how much progress Pi Phi has made in supporting our members holistically. "As collegians, we didn't always make the connection between trauma, mental health or the rapid brain development happening between ages 18 and 25," she says. "It's incredible to see how much we've grown to care for the whole member, moving beyond a risk management lens to truly supporting collegians in all areas of life."

Harper emphasizes the funding provided by Pi Beta Phi Foundation is essential to the success and growth of Critical Conversations. "We're so thankful to have donors that support our Foundation and the funding for Critical Conversations, especially the Speaker Series, because it's such an impactful program," she says. "When facilitators visit chapters in person, connect with members and

share their experiences with mental health, the chapters make real connections and grow individually and collectively—and so does the facilitator. To keep these discussions premier and relevant, we need continued Foundation support to bring in the best professionals, create top-tier content and train facilitators to lead these imperative conversations."

For Harper, the increased focus on mental health in Critical Conversations represents a meaningful response to the evolving needs of today's collegians. "The collegiate experience continues to grow and change, and Pi Phi is committed to evolving alongside it," Harper says. "This generation wants more out of their collegiate experience, and Pi Phi has been at the forefront of providing that through these important discussions around anxiety and depression, managing stress and the importance of self-care. These conversations are so needed, and I'm excited to see how they continue to grow and make an impact." ←

From left: Florida Beta **CATHERINE WINSLOW EARP** and Harper celebrate Florida Beta's centennial.



Leadership programs like the ones mentioned above are partially funded by gifts to Pi Beta Phi Foundation's Leadership Fund.

To make a gift and ensure support of Pi Beta Phi's leadership programs and initiatives, scan the QR code.



DEAR Jennie



FACING ANXIETY THROUGH THE *power of sisterhood.*

Content warning: The following content discusses anxiety, stress and mental health challenges that may be triggering for some readers. While this issue explores important topics related to anxiety, it is not intended to diagnose, replace professional mental health care or position Pi Beta Phi as an expert in the field. If you are experiencing feelings of anxiety, depression or another mental health concern, the 988 lifeline offers rapid access to behavioral health support through connection with trained specialists.

A pounding heart as you refresh your email, waiting for an important response that still hasn't come. A tightness in your chest as you stare at your to-do list—assignments, meetings, work shifts, all piling up with no end in sight. A dizzy, lightheaded rush as you walk into a lecture hall, scanning for a familiar face but finding none. Fingers trembling over a text, overthinking every word before hitting send. The gnawing pit in your stomach as you scroll through social media, convinced everyone else has it all figured out while you're barely keeping up.

Feeling anxiety is a natural part of the human experience—a little nervous energy before a test, a flutter of worry before a big decision. In small doses and with adequate management, it can even be considered a helpful, guiding force. But what happens when it doesn't fade? When it lingers, grows and spirals until even the smallest tasks feel impossible?

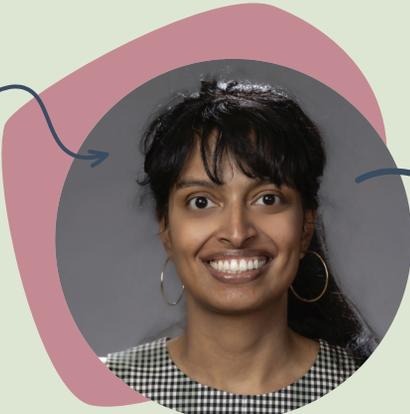
Over the past few decades, awareness of anxiety has grown significantly, shedding light on its profound impact—especially among young adults. According to the National Library of Medicine, anxiety levels nearly doubled among 18–25-year-olds from 2008–2018, rising at a noticeably faster rate than those aged 26 and older. This upward trajectory has only continued, underscoring the mounting mental health challenges faced by young people. Today, according to the 2023–2024 Healthy Minds Study, more than one third of college-aged students report having moderate or severe anxiety. While the term “anxiety” encompasses a variety of experiences and diagnoses, it's clear feelings of anxiety have become increasingly prevalent.

As a sisterhood rooted in care, Pi Beta Phi is committed to fostering a safe and supportive environment where members feel seen, heard and stand by one another. To garner a better

understanding of the rise of anxiety, we spoke with three Pi Phis who are experts in the field to answer some of the most pressing questions inspired by our collegians' real experiences. Modeled after “Dear Abby,” the world's most widely syndicated advice column, “Dear Jennie” follows in its footsteps—offering real-life guidance while honoring Jennie Nicol, M.D., a Pi Beta Phi founder and pathbreaker in the field of medicine.

While data shows anxiety is increasing among young adults, we understand anxiety is not new, nor is it age exclusive; the resources within this issue can support anyone who is experiencing or struggling with anxiety. Our experts' knowledge, grounded in research and personal experience, is meant to educate, inform and validate—reinforcing the essential truth that anxiety does not have to be faced alone.

meet the EXPERTS



**AISHWARYA RAJAGOPALAN,
D.O., MHS**
Maryland Gamma

Aishwarya Rajagopalan is a board-certified child, adolescent and general psychiatrist who works as a pediatric consultation liaison and emergency psychiatrist. In her role, she covers the pediatric consultation liaison and emergency psychiatry services, supervises trainees in an outpatient pediatric med-psych clinic and provides consultation to the North Carolina Psychiatry Access Line (NC-PAL). She is also an assistant professor of Psychiatry and Behavioral Sciences at Duke University. Aishwarya's clinical interests include caring for children, adolescents and emerging adults with neuropsychiatric symptoms related to or exacerbated by acute or chronic health conditions, expanding access to evidence based psychiatric care and promoting behavioral health equity in communities. She also has more than 10 years of experience serving on Pennsylvania Gamma's Alumnae Advisory Committee in various roles.



**JESSICA KOWALKOWSKI,
MA, LPC, NCC**
Michigan Gamma

Jessica Kowalkowski is a licensed professional counselor with a supervisory credential in the state of Michigan. She currently works for Ottawa County Community Mental Health as a home-based therapist in addition to her private practice through the Counseling Center of West Michigan. After beginning her education at Michigan State University, Jessica completed her bachelor's degree in psychology at the University of Illinois and earned her master's degree in mental health counseling from Northwestern University. In her work, Jessica is trained in a wide range of evidence-based therapeutic approaches and specializes in the treatment of varying diagnoses with a primary focus on adolescents, teens and young adults. She also currently serves as the Region Two Risk Management Specialist.



MELISSA ERTL, Ph.D
Wisconsin Alpha

Dr. Melissa Ertl is a counseling psychologist and an assistant professor of psychology at the University of Minnesota whose work is focused on addressing social, cultural and structural determinants of health at the intersections of mental health, substance use and sexual health. Melissa earned her Ph.D. in counseling psychology with a certificate in health disparities in public health. She is a licensed psychologist in Minnesota and New York and maintains a small private practice. In her work, she aims to contribute to our understanding of how to eliminate health disparities and promote health equity among underserved and marginalized populations.

DEAR Jennie.

I know every generation has faced stress, but it feels like anxiety is everywhere now. My friends and I joke about our panic attacks and burnout like it's normal—because for us, it is. We're constantly juggling impossible expectations: perfect grades, leadership positions, internships, social lives, financial pressures and a future that feels more uncertain than ever. On top of that, we can't escape the noise—emails, notifications, news alerts and the constant comparison of social media. It feels like we're always "on," like there's never a moment to just breathe. Has something changed to make anxiety such a defining part of the college experience today?

Aishwarya: Our global context is so important to think about. Living through a pandemic, an economic crisis, climate and human rights issues, gun violence and more—there are so many intersecting issues we're seeing. Through the rise of social media, people are continuously being exposed to really frightening things, and there are not many outlets to truly disengage. That's very different than it was 20 or 30 years ago. It's hard to avoid

these stressful triggers, and I think that can contribute to feeling unsafe and anxious in the world.

Jessica: College-aged people today are dealing with so much. As a freshman, you have to decide if the major you choose will allow you to buy a house or a car or simply be able to live on your own someday—that is incredibly anxiety inducing. You have to wonder if what you choose will be enough.

Social media is also a huge component. We, as a society, are constantly being flooded with information, and that also contributes to feelings of inadequacy. Social media is a highlight reel of our lives, so we have to have our best self on at all times. It's so hard to separate yourself from that when you're constantly surrounded by it.



“ Especially being in a sorority, having an online presence has become a factor that is almost unavoidable and incredibly stressful. It not only is a gateway to anxiety, insecurity and even cyberbullying, but it also becomes an artificial way to showcase yourself to others.

—New Mexico Alpha Collegian

DEAR Jennie.

Most days, it feels like I'm juggling too much and dropping anything isn't an option. The pressure to succeed is relentless—like every decision could shape my entire future. What's making me so anxious?

Melissa: There are so many factors that can contribute to anxiety in college students today. We seem to be living in a uniquely stressful, anxiety-provoking time for young adults.

Especially for those beginning college, adjusting to these pressures and acclimating to these new contexts can be a formidable challenge. For many, the typical onset of certain anxiety disorders is right around the college age—with one recent study done by The Canadian Journal of Psychiatry finding an average onset of

21 years old. It makes sense that collegiate women may begin to experience anxiety as they transition to collegiate life, which usually takes place around 18 years old. There is so much that immediately changes for college students, many of whom move away from family for the first time and must develop a newfound sense of independence and responsibility.

Additionally, one of the major, and often overlooked, factors linked with increased anxiety is

inadequate sleep. Lack of sleep increases cortisol in the body, and according to the Columbia University Department of Psychiatry, it also increases negative emotional responses to stressors, decreasing our ability to cope with even minor stressors. Other common causes of anxiety can include relationship conflict, academic stress, body image dissatisfaction, lack of exercise, diet, discrimination, bullying and substance use.

“ During a particularly hectic week, I found myself juggling a major work project for my internship while also facing a pile of school assignments with looming deadlines. The pressure quickly mounted, leaving me feeling overwhelmed and stretched far too thin. I had no time to unwind, let alone spend a moment with friends or focus on myself. The constant stress felt like a weight I couldn't shake, and by the end of it, I was completely drained.

—Anonymous Collegian



“ I have had anxiety for as long as I can remember, same with my mom, her mom and even my grandmother's mom. To us, anxiety is an everyday thing—not just random experiences. I am very blessed to have a chapter that openly talks about anxiety and the importance of mental health and reaching out for help when you need it. I recently had a friend pass away and that caused me to have some bad anxiety flare ups and panic attacks. It's never easy to feel anxious, helpless and that your own life is out of your control—but my sisters were right there waiting with hugs, condolences and a shoulder to cry on.

—Mississippi Beta Collegian

DEAR *Jennie*,

People hear “anxiety” and think it just means being a little stressed or nervous, like something you can shake off with a deep breath. But it’s not that simple. For me, anxiety is lying awake at 2 a.m. replaying a conversation from earlier. Or feeling paralyzed over making a phone call. It doesn’t always display as a panic attack, but rather overworking, overthinking or shutting down completely. What are some common misconceptions about anxiety that are important to address?

Aishwarya: Many people think anxiety, or any sort of mental health condition, can be reflective of a moral failing. They think they should be stronger or should be able to deal with it. The reality is, we live in a world where expectations and stressors continue to rise—but human beings have not changed that much. There has not been some amazing adaptation of our brains in the last 30 years to be able to deal with constant bombardment of stressful information. We need to recognize it's not an individual level failure, but that we live in a society that induces a great deal of anxiety.

If you think you will be viewed as less than if you seek help—know that the first step you take toward your well-being is the bravest. Remember the

people in your community and look to those who will support you; Pi Phi is a place where you can cultivate those meaningful relationships with people who will do so unconditionally.

Jessica: Anxiety can become so overwhelming to the body that it's easier to just shut down. We see people hibernate—a common sign of depression—while they're struggling with anxiety because their body is in freeze mode; it can't handle all the thoughts and physical symptoms at once. It would be easy for someone to think they're experiencing depression, when they're actually experiencing anxiety, or even experiencing both at the same time.

Melissa: Anxiety can be incredibly overwhelming, but it is important to recognize the

pervasive myths about anxiety that can decrease our odds of addressing it at its core. Some people who are highly anxious want to eliminate anxiety from their lives. However, it is a myth that anxiety could ever be fully eliminated. All kinds of situations, including stressors, challenges and major transitions, are anxiety-provoking, and it would be impossible to never experience anxiety. Anxiety is a normal part of life that has a helpful function—it heightens awareness, helps prepare for things and protects us. However, at the extremes, anxiety can become impairing, which makes it especially important to effectively manage and treat. It isn't something to overlook or diminish—ignoring the problem does not help anyone cope or flourish.

DEAR Jennie,

Sometimes it feels like people are brushing off my anxiety. “Everyone’s stressed.” “Just push through it.” “It’s all in your head.” But ignoring it doesn’t make it go away—it just makes it harder for me to ask for help. Why is it so important to talk about anxiety and to take it seriously? What happens when we don’t?

Aishwarya: Evidence supports that anxiety, in its many forms, can be treated with therapy or medication and people can have meaningful recovery with adequate recognition. However, there are substantial disparities in who can access treatment, and it is important to address these from many angles, including creating a culture that not only acknowledges the harm of mental health stigma, but also actively works to promote wellbeing.

It is incumbent on me to sit down with the children, adolescents and young adults I serve to understand the unique difficulties they encounter in today’s world. We can learn so much by pausing and listening to the experiences of young adults like our collegians. Sometimes supportive listening can be tremendously helpful, and we can all learn to do so even if we are not clinicians.

Melissa: Brushing off anxiety when it starts to become intolerable is a surefire way to let a small problem develop into an even larger one. From a study in *Current Psychiatry Reports*, it’s noted that the field of prevention science has taught us screening and early intervention may prevent the onset of a more serious anxiety disorder. Once we come to terms that some level of anxiety is an unchangeable aspect of life and become adept at recognizing anxiety in ourselves, we can become more aware of it, learn what factors contribute to it and build skills to help manage it.

People can take back control over anxiety and live lives that feel free from the hold it can take on.

Jessica: An anxiety disorder is often not just an anxiety disorder. When left untreated, it can lead to other mental health issues or even manifest into physical symptoms. Additionally, when people don’t talk about anxiety, they tend to lean into unhealthy coping mechanisms. It’s important to acknowledge that anxiety is normal—our feelings serve a purpose, or else we would not have them!

“ I always have panic attacks I never see coming. It’s especially hard being a college student. My anxiety has made me miss some key moments in my collegiate life but I’m thankful for Pi Phi for helping me make new memories.

—Arizona Beta Collegian



DEAR Jennie.

When anxiety takes over, my chest tightens, the world feels like it's spinning and my thoughts won't stop racing. Some days I can push through it, but other days, I shut down. What are some helpful tools for managing anxiety?

Melissa: We are fortunate anxiety is well-studied and that there are a lot of tools at our disposal to treat it. A study published in *Psychotherapy Research* found that therapy, whether individual or group, has been shown to be highly effective at treating anxiety, as are psychiatric medications, especially when combined with therapy. Spending time doing things you love and that replenish you is also important to finding balance and feeling good again. Practice self-compassion and ensure you are taking care of your basic needs.

Try to approach—not avoid—so that you can gradually build confidence and learn how to cope with situations you find anxiety-provoking. Avoidance, including procrastination, can offer relief in the moment, but it can be fleeting and come at a high cost.

Jessica: With my clients, no matter their age, we always focus on what we can put in their toolbox. Therapy is not always feasible at every moment, so these are tools they can pull out any time they need to. Anxiety management will be

different for everyone, but one of the most helpful is relaxation techniques, such as breathing exercises and progressive muscle relaxation—and there are tutorials you can even search on YouTube. Anxiety can make us spiral, so focusing on simple exercises can help ground us and bring us back to the present moment.

“Recently, I had a week where I felt panicked about everything. I was so overwhelmed that I just shut down and laid in my bed for most of the days. Everything felt so stressful that I just couldn't do any of it. Times like this affect my schoolwork, my relationships and my health.

—Anonymous Collegian



DEAR Jennie,

The idea of seeking help feels daunting and just makes me even more anxious! What if people think I am weak? What if they don't understand? It almost feels easier to just keep going, even if I'm barely holding it together. I want to ask for help, but I'm hesitant. How can I take the first step? How can I overcome the fear of asking for support when it feels like a huge leap?

Aishwarya: It's completely normal to not know if it feels right for you and to have questions about therapy and medication, especially if you've never experienced them before or the experiences you've had or heard about have not been overwhelmingly positive. What I usually tell people is to do it one session at a time—just show up to the first one and see what happens.

If you broke your leg, would you think twice about putting the

cast on and sitting down for a little bit? This is no different, it's just something people can't see as easily. Maybe you're investing one hour a week in therapy, but what you're hopefully going to get back is several hours in the week you didn't have before. It can be a tough investment to make, but when we learn skills to treat anxiety, we get more restful sleep and we're able to be more productive. Think about the things you want to enjoy and do in life without anxiety being the loudest voice in the room.

Jessica: Therapy is a space where you're in the driver's seat—just because you sign up for it doesn't mean you have to stick with it. It's okay if it doesn't work out but also try not to get discouraged if your first therapist isn't the right fit. You get the most out of therapy when you're talking to the right person, and we want you to find them. It's okay if it takes a minute to find your match.

DEAR Jennie,

Someone I care about is struggling with anxiety. I want to help but I never know what to say or do. Do I try to cheer them up? Give them space? I don't want to make it worse, but I don't want them to feel alone either. What are the best ways to support them?

Aishwarya: Sometimes the solution is to let the person feel heard. If their initial response is one of defensiveness, don't take it to heart—they are sharing a very vulnerable part of themselves and that can be painful for them.

Melissa: Simply listening attentively and hearing them fully about what they are dealing with can be a major source of support.

Showing empathy and understanding without giving unsolicited input or advice can go a long way toward connecting with someone who is struggling. Parents, loved ones or friends can also offer support by helping individuals understand the resources that are available to them and encouraging them to get the help they may need.

Jessica: Someone struggling with anxiety may not always need advice or feedback, sometimes they just need help finding the tools or to know they have unconditional love and that you're there for them. Just a simple check-in can go a long way or even offering to sit in the waiting room while they go to their first therapy appointment. Be there for them in whatever capacity they need you to be.



DEAR *Jennie*,

It feels like everyone is an anxiety “expert” these days. I know there are resources out there, but it’s hard to know where to start. What is worth checking out and how can I find help when it feels overwhelming?

Melissa: Colleges and universities offer on-campus mental health resources, like counseling centers, that are a great starting place. Getting connected to a mental health professional and receiving a session where they evaluate what would be most helpful for you can be critical to getting you the care you may need.

Aishwarya: For evidence-based information, I recommend the American Psychiatric Association and the American Psychological Association. If you want to seek professional help, your primary care doctor can oftentimes be a good first step, especially if you want to talk to someone you already know. Some college campuses also have peer listening centers where you can talk to a trained peer who won’t give advice, but they can empathetically listen to what’s going on.

Jessica: If you want to find therapists near you—or even therapists who offer telehealth—you can always go to your insurance company’s website and search through there. Local county websites also often have resources posted where you may be able to find community mental health solutions. Helplines are also wonderful resources—the 988 Suicide and Crisis Lifeline offers the option to text instead of call, which can be incredibly helpful. ←

“ While the core values of Sincere Friendship and Personal and Intellectual Growth have always remained the same, the pressures facing students today—such as balancing rigorous academic demands, internships, part-time jobs and the constant influence of social media—can be overwhelming. At times, it feels like there’s little room to slow down and fully enjoy the college experience. That’s why the support and guidance from alumnae are more important than ever. Hearing their stories, advice and encouragement can remind us to embrace the moment, lean on our sisters and stay grounded in what truly matters.

—Anonymous Collegian



Unlocking Literacy

For Florida Beta **KYLIE HAGLER ALTIER**, literacy is not just a facet of her work as an educator—it’s a lifelong passion. As the 2024 Louisiana State Teacher of the Year, a Teach For America alumna and a passionate literacy advocate, Kylie works to break down barriers to literacy, ensuring children and families have the tools they need to succeed.

Growing up with dyslexia profoundly shaped both Kylie’s identity and her approach to teaching. As a child, she struggled with reading but found comfort and confidence in her first-grade teacher, Ms. Valentin, whose safe and supportive classroom inspired Kylie to pursue a career in education. “Reading is the ultimate gatekeeper,” Kylie says. “When you unlock literacy for a child, you’re changing their life.”

When Kylie later enrolled at Florida State University, she knew she wanted to become a teacher, and joining Pi Phi only deepened her passion for literacy advocacy. Through her chapter’s support of Read > Lead > Achieve® initiatives, she saw firsthand the power of community and collaboration in making reading more accessible to children. This experience reinforced her belief in the role we all play in supporting children’s literacy. “Teaching children to read is not only the responsibility of educators, but it’s also the responsibility of advocates, parents and our society,” Kylie says. “Pi Phi shows teachers they aren’t alone in this journey—we’re all in this together. Seeing the power of community and literacy advocacy at such a young age was incredibly inspiring to me.”

Today, Kylie’s own first-grade classroom at McKinley Elementary in Baton Rouge, Louisiana, serves as a safe space where every child can hone their reading skills, regardless of ability. Drawing from her personal experience with dyslexia and a deep commitment to early literacy, Kylie aims to empower both children and parents, making the path to literacy more accessible

for all. “As a parent, teacher and advocate, I never want a kid to feel less than others because they struggle to read,” she says. “I want to ensure kids have access to the right tools they need early on to develop strong literacy skills.”

In 2024, Kylie was named Louisiana State Teacher of the Year, which gave her the platform to extend her impact beyond her classroom and into the broader community, helping others navigate the journey of teaching children to read. “Being State Teacher of the Year has been such a gift, but I didn’t want it to be just about me—I wanted to use this platform to benefit my whole community,” she says.

While teaching her daughter to read at home, Kylie—despite having over a decade of experience, a master’s degree and a reading specialist certification—found herself feeling nervous and overwhelmed by the sheer number of reading programs, games and products available. She realized many parents and teachers likely shared these same challenges and the need for accessible resources to teach reading.

Building on the techniques she uses in her classroom and at home, Kylie created Read with Kylie, a free program designed to help others teach reading effectively. The program includes physical kits filled with flashcards, books, writing tools and other resources for caregivers and teachers. With the help of grant money from the Louisiana Public Interest Fellowship, Kylie assembled 1,000 kits to distribute to parents in her community. On the Read with Kylie website, she offers free lessons and resources—with plans to expand the platform to include additional courses—allowing people across the country to access the tools they need.

Kylie’s work embodies Pi Phi’s philanthropic effort of Read > Lead > Achieve—ensuring every child can discover the power of literacy. From her own experience with dyslexia to empowering others with tools and resources through Read with Kylie, she knows firsthand that reading unlocks potential, builds confidence and ultimately changes lives. “Reading is far too important for any child to go without it,” Kylie says. “Spending time reading with a child is one of the greatest gifts you can give them. Learning to read can be challenging and vulnerable, but when you create a safe space to grow, it pays dividends forever. Once a child learns to read, they have the capability to learn anything.” ←

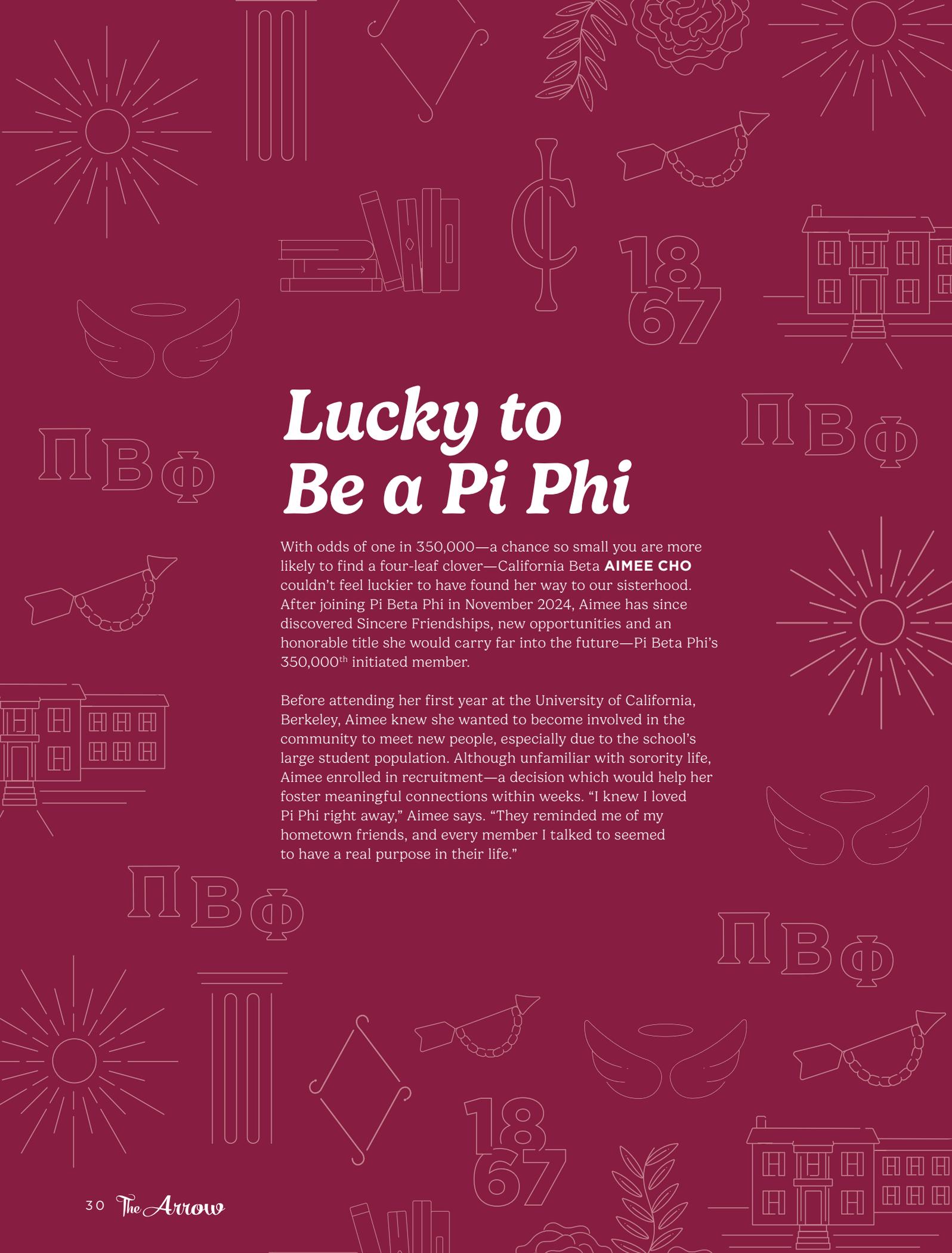
Kylie teaches families how to use her reading kits.





“

Reading is the ultimate gatekeeper. When you unlock literacy for a child, you're changing their life.



Lucky to Be a Pi Phi

With odds of one in 350,000—a chance so small you are more likely to find a four-leaf clover—California Beta **AIMEE CHO** couldn't feel luckier to have found her way to our sisterhood. After joining Pi Beta Phi in November 2024, Aimee has since discovered Sincere Friendships, new opportunities and an honorable title she would carry far into the future—Pi Beta Phi's 350,000th initiated member.

Before attending her first year at the University of California, Berkeley, Aimee knew she wanted to become involved in the community to meet new people, especially due to the school's large student population. Although unfamiliar with sorority life, Aimee enrolled in recruitment—a decision which would help her foster meaningful connections within weeks. "I knew I loved Pi Phi right away," Aimee says. "They reminded me of my hometown friends, and every member I talked to seemed to have a real purpose in their life."

Aimee's admiration for Pi Phi only strengthened as she went through recruitment, confirming it was where she was meant to be. "At the beginning of recruitment, I wrote down four key things I would look for in a sorority," she shares. "On Preference Night, Pi Phi verbally expressed exactly what I wrote." Excited for what was to come, Aimee became a New Member of our sisterhood, and soon learned her choice would impact not only her own life, but the future of Pi Beta Phi.

At a chapter meeting only a few weeks later, it was announced that Pi Beta Phi reached an incredible milestone of initiating our 350,000th member—Aimee Cho. "I was confused at first because I thought I applied for something I forgot about," Aimee jokes. "Once I processed what was happening, I was so honored."

Celebrating this milestone—which has only been achieved by one other sorority—was an unforgettable experience for both Aimee and the entire chapter. To celebrate in true Pi Phi fashion, members were surprised with a special Cookie Shine after the announcement. From shock to joy, Aimee felt a whirlwind of emotions that night and has since reflected on what this moment truly means to her. "I knew becoming a Pi Phi was the right decision, but this milestone solidified why I chose Pi Phi in the first place," Aimee shares. "I love our sisterhood and it's amazing I get to be that representation in our shared history."

This experience has brought more connections than Aimee could've imagined, with sisters from all member classes—even some from different chapters—sending her kindhearted messages to congratulate her. Looking ahead at the next four years and beyond, Aimee hopes to make Pi Phi a central part of her life and nurture both the relationships and new opportunities

that cross her path. "I want to hold Pi Phi with me forever," she says. "I hope to immerse myself in the chapter, connect with alumnae and make the most out of this experience."

“
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From entering a large, intimidating campus to discovering lifelong friendships and becoming Pi Phi's 350,000th initiated member, Aimee has experienced incredible personal growth throughout this journey—something words or numbers could never describe. "I can't condense my love for our sisterhood into a small thing, but I've become the best version of myself since joining Pi Phi," she reflects. "Finding your community can be daunting, and I've never been more grateful to be part of such an amazing one." ←



Upper, from left: Region Eight Recruitment Specialist **STEPHANIE MIYUKI UCHINO-BEACH**, California Eta, and Aimee at her 350,000th member celebration.

Middle: Aimee at Initiation.

Lower, from left: Aimee and California Beta **LAUREN WOOD**.



ALBERTA

Alberta Alpha, University of Alberta

Members of Alberta Alpha hosted a vision board making night where members were encouraged to create vision boards with ideas of what they hope to accomplish during the year.

CALIFORNIA

California Alpha, Stanford University

SYDNEY BARTA is not only passionate about studying bioengineering and medicine at Stanford—she's also a dedicated member of Team USA's Paralympic Track & Field National Team. Sydney was invited to join the Stanford Track Team, making history as the first Paralympian to do so. "Stanford Pi Phi is truly one of a kind. Every single sister has supported me throughout my track career," says Sydney. "This experience has been beyond incredible, and I am deeply grateful and fully aware of the impact this achievement will have on my community."



COLORADO

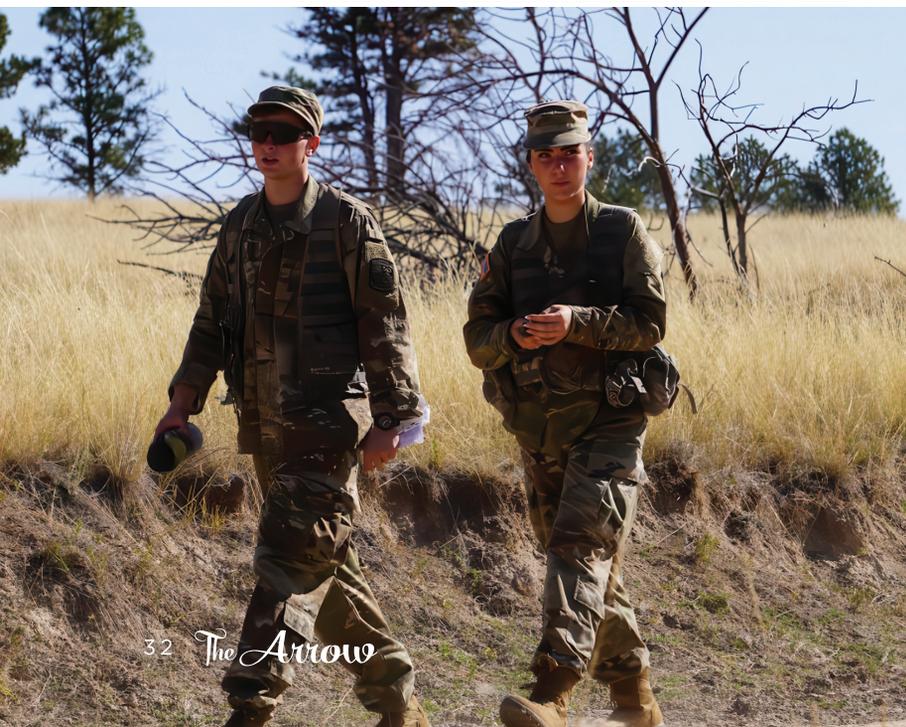
Colorado Alpha, University of Colorado, Boulder

LILY BAUER joined the University of Colorado, Boulder's Reserve Officers' Training Corps (ROTC) as a cadet and is part of a very small number of women in her field. "Balancing Army ROTC and being an active member of Pi Phi is a constant challenge, but it's the values from both that keep me grounded," says Lily. "Integrity and honor are at the heart of my training, pushing me to lead with respect and always do my best. Pi Phi's values remind me to stay true to my purpose, whether I'm in uniform or with my sisters."

Upper, from left: Alberta Alphas **WILLOW NEUFELD** and **ELIZABETH MATTIOLI** during the chapter's vision board making night.

Middle: Sydney on Team USA's Paralympic Track & Field National Team.

Lower: Cadet Lily (right) walks with a fellow cadet during ROTC training.



Colorado Gamma, Colorado State University

Pi Phi sisterhood runs deep for **MIA JOHNSON**. Her sister, **JULIA JOHNSON** was recently initiated into Colorado Gamma and their mom, **ERIN CLARK JOHNSON** is a Washington Beta Pi Phi. Their grandmother, **JUNE ETTLES CLARK** is a South Dakota Alpha and their aunt, **LAURA CLARK DROY** is an Ohio Zeta. “Pi Phi has always been more than letters—it’s been a bond that unites us across time and experiences,” shares Mia.

GEORGIA**Georgia Alpha, University of Georgia**

BAILEY HARDINSON’s passion for the University of Georgia (UGA) shines bright in her role as a tour guide at the UGA Visitors Center. Beyond the Visitors Center, Bailey’s commitment to leadership extends into Pi Beta Phi. Serving as a Gamma Chi (Recruitment Counselor) for 2024 primary recruitment was one of the most challenging yet rewarding experiences of her collegiate career. Now, as Director Membership Selection for Georgia Alpha, Bailey is using her experience to guide her chapter through the recruitment process.

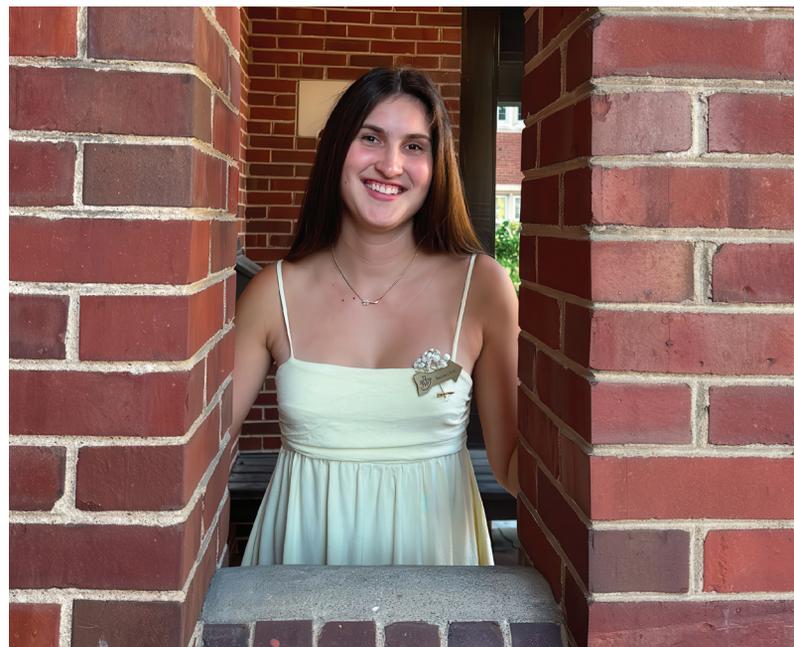
ILLINOIS**Illinois Zeta, University of Illinois**

Illinois Zeta partnered with the Dyslexic Institute of Central Illinois as their Champions are Readers® classroom. Four times a week, members volunteer at the Dyslexic Institute to help students practice their reading and writing skills. “Starting and running this program has been one of the most rewarding parts of my college experience,” shares Director Service and Philanthropy **MACKENZIE KRAFT**. “I have dyslexia and grew up taking special reading classes like the ones offered at the Dyslexic Institute. It’s so special that my Pi Phi leadership position gave me the opportunity to have a full circle moment like this.”

Upper, back row, from left: June and her daughter, Laura. Front row, from left: Mia and Julia with their mom, Erin.

Middle: Bailey as a UGA tour guide.

Lower: Mackenzie during primary recruitment.





Above: Iowa Beta collegiate and alumnae members at their 150th anniversary event.

IOWA

Iowa Beta, Simpson College

On October 13, 2024, Iowa Beta celebrated 150 years with an alumnae event that took place in the Kent Campus Center, adorned with shades of wine and silver blue. Collegians delighted the alumnae members with a Cookie Shine and joined together in singing old and new Pi Phi songs, creating a memorable moment for everyone.

Iowa Zeta, University of Iowa

SYDNEY PARKS traveled to several villages in the Indian States of Haryana and Rajasthan with the University of Iowa College of Engineering. With the help of the S M Sehgal Foundation, she helped implement rainwater harvesting systems in schools, promoted women's empowerment and improved the livelihood of numerous communities.



LOUISIANA

Louisiana Beta, Louisiana State University

Louisiana Beta teamed up with Louisiana State University's Phi Mu chapter for a book drive benefiting their two important initiatives—children's literacy and children's health. The book drive was a joint effort between the two organizations to donate books to the Baton Rouge Children's Hospital for young patients to read during their hospital stay while promoting a love of reading and learning in the community.

Middle: Sydney studying abroad in India.

Lower, from left: Four Phi Mu members and Louisiana Betas

JULIA LENNUSA, **MIA COCO** and **CARLIN SEKANI-MATTHEWS** work together to donate books at the children's hospital.





MICHIGAN

Michigan Alpha, Hillsdale College

Last semester, **LARISA PEREZ** and **CARLY MORAN** interned in Washington, D.C. “While it was a semester away from Hillsdale College, it was not a semester away from sisterhood,” shares Carly. “Larisa was my roommate and confidant during the most challenging days at work. We were reminded of the true meaning of Lifelong Commitment when we met numerous alumnae in the city looking to help.”



MISSISSIPPI

Mississippi Beta, University of Mississippi

Four members of Mississippi Beta had the opportunity to travel to Belize and Guatemala on a medical brigade. **ANNA ROD**, **QUINCIE MORAN**, **CAROLINE FERRANTE** and **ELIZA GRACE ULMER** served and provided healthcare for families in need. “It was truly a life-changing experience to offer healthcare to underprivileged families and communities,” says Anna.



MISSOURI

Missouri Alpha, University of Missouri

Past Vice President Community Relations **KORA LYON** organized a first-of-its-kind event at the Missouri Alpha Chapter house with the leftover books from their book drive. Members invited education majors to stop by and pick out books for their future classroom libraries. Based on the overwhelming positive response, Missouri Alpha intends to make this an annual tradition!

NEBRASKA

Nebraska Beta, University of Nebraska

First-year members of Nebraska Beta have made a big impact on campus and are learning valuable leadership skills to bring back to the chapter. **MALLORY RINGENBERG** was selected to be a part of the Freshman Campus Leaders Association at the University of Nebraska. **JULIA KILLGORE** and **AVA LEE** are in the College of Business Clifton Strengths Institute and Julia was selected to be a Clifton Strengths Coach while Ava was selected to be in the Clifton Builders Program.



Upper: Carly in Washington, D.C.

Upper middle, from left: Quincie, Caroline and Anna on their medical brigade.

Lower middle: Kora at the Missouri Alpha book drive event.

Lower: Mallory (second from left) poses with other Freshman Campus Leaders Association members.



OHIO

Ohio Zeta, Miami University

Ohio Zeta kicked off their third semester back on Miami University's campus with a successful primary recruitment! Chapter members proudly welcomed 60 New Members into their sisterhood and celebrated their recruitment efforts on Bid Day.



PENNSYLVANIA

Pennsylvania Zeta, Washington & Jefferson College

The Pennsylvania Zeta Chapter collaborated with Delta Gamma at Washington & Jefferson College to celebrate National Braille Literacy month this January. Together, the two organizations made braille bookmarks and donated books to a local braille literacy organization.



SOUTH CAROLINA

South Carolina Beta, Clemson University

NICOLE KANOWSKY earned her Level One Avalanche Safety Rescue and Companion Rescue certification from the American Avalanche Association. This certification trained her to handle weather climates, route decisions, avalanche advisories and multiple rescue scenarios. Her experience as the External Philanthropy Chair for South Carolina Beta has shined through in her dedication to following her passion for wilderness safety.



SOUTH DAKOTA

South Dakota Alpha, University of South Dakota

South Dakota Alpha started a new program called Book Buddies, where Pi Phi members are matched with a teacher at a local elementary school to visit once a week to assist with reading and writing activities. The chapter has more than 30 members participating in the program and the members love getting to work with the students.

Upper: Ohio Zeta Chapter members on Bid Day.

Upper middle, from left: Pennsylvania Zetas **NATALIE BULSECO**, **BRIANA OSBORN** and **KELSEY ROBINSON**, four Delta Gamma members, and Pennsylvania Zetas **EMILY SYPOLT** and **EMMA HALLE**.

Lower middle: Nicole in the backcountry.

Lower: South Dakota Alpha **HEAVEN GAINEY** reads to a student as part of the chapter's Book Buddies program.

TEXAS

Texas Gamma, Texas Tech University

Through philanthropy events such as BBQ for Books, Ring-Cha-Ching and Pie a Pi Phi, Texas Gamma raised more than \$9,000 in the last year to support the schools they work with through the Champions are Readers® program.

VIRGINIA

Virginia Gamma, William & Mary

Virginia Gamma hosted their Kickin' it with Pi Phi philanthropy event where teams competed in a round-robin kickball tournament to raise money for Pi Beta Phi Foundation. Not only was the event well-received in the chapter, but members of the community reached out saying it was the most fun they had in ages! After receiving The College of William & Mary Fraternity and Sorority Life's Chapter Excellence in Philanthropy Award, the chapter continues to affirm its commitment to Pi Beta Phi's core value of Philanthropic Service to Others.

WASHINGTON

Washington Alpha, University of Washington

Past Vice President Community Relations **ELLA JENSON** planned a successful career dinner at the Washington Alpha Chapter facility to bring together current members and alumnae for networking opportunities and career advice. The dinner included a panel which was composed of inspiring women from various fields including healthcare, entrepreneurship, business and more. The panelists also offered interview advice that was relevant to all members and the event was followed by an opportunity for members to network with alumnae to gain further insight into future careers.



Above, from left: Texas Gammas **PARIS CARTER** and **SADIE BALLARD** attend the chapter's Pie a Pi Phi philanthropy event.

WISCONSIN

Wisconsin Alpha, University of Wisconsin

Vice President Risk Management **AINSLEY OLEN** is conducting groundbreaking research studies led by Dr. Deric Wheeler on head and neck cancer through the Wisconsin Institute of Medical Research. Through her work, she aims to find how tumor receptors modify and change to immune system response. Her passion and dedication to medical research have shown not only her research involvement, but also the impact members of Pi Beta Phi can have in the field of medicine.

UTAH

Utah Alpha, University of Utah

After the Pacific Palisades wildfires, California native and Vice President Inclusion **TALIA SPINA** helped to launch a supply donation drive at various locations around the University of Utah. Donation boxes were set up at the University's student union and across fraternity/sorority chapter facilities to collect supplies for families impacted by the fires. "It warms my heart to know I could help out my community I hold so close to my heart," Talia shares. "My sisters showed up for me in unimaginable ways. They generously filled our donation boxes, circulated the flyer on social media and spread the word. I truly could not have imagined this turnout without them." ←

Left, from left: Washington Alphas **NICOLE MICHELS MCDONAGH, OLIVIA NORTON, KATE MYKLEBUST, MACKENZIE MAGNUSSN, Ella, KAYLA HOWARD, FAITH KATSMAN, MARISA KATSMAN, MARI NAKATA** and **IVANA ORLOVI COSTA**.



Left: Casey poses with a telescope.

Right: Casey stands in front of a telescope at Griffith Observatory in Los Angeles.

Cosmic Connections

“There’s a profound perspective you can gain from looking at the sky—reflecting on the billions of people who have existed on our planet and finding camaraderie in the fact that we’ve all shared this section of the universe,” says California Mu **CASEY COOPER.**

As a professional astronomer, Casey believes in the transformative power of stargazing. Whether they’re operating a telescope at Griffith Observatory in Los Angeles or leading community stargazing sessions, Casey recognizes celestial objects’ ability to ground us and inspire a sense of awe.

Casey’s fascination with the stars began at age six, often waking up as early as 4 a.m. to join their mom on drives to rural Ohio to watch meteor showers. With more free time on their hands during the pandemic decades later, Casey became curious about the stars yet again and started keeping a nightly sky journal. For three years, they took note of the constellations they saw, developing an increased passion for and knowledge of the stars over time—this process of observational astronomy ultimately led to their career as a professional astronomer.

Casey’s educational background may not be what most would expect from a telescope operator—they earned a degree in creative writing, with a focus on creative nonfiction, from Pepperdine University. However, the skills they developed as a collegian, combined with their passion for discovery, made them an excellent fit for the role at Griffith Observatory. “The path of creative nonfiction writing helped me develop the ability to communicate complex topics in an accessible

way and stoke excitement about science and our world,” Casey shares.

Despite not having a formal science background, one of Casey’s core beliefs is that astronomy should be accessible to all. “I want to tell everyone: No matter your background—it doesn’t have to be science or engineering—if you’re passionate about the sky, you can be an astronomer,” Casey says.

As someone who is half-deaf, Casey finds inspiration in historical figures such as Annie Jump Cannon and Henrietta Swan Leavitt—deaf female astronomers who made some of the most important discoveries in modern astronomy. “Women weren’t allowed to operate telescopes in the United States 100 years ago, which is absurd to think about,” Casey shares. “I think of the women relegated to tedious mathematical cataloguing whenever I look through my eyepiece to enjoy firsthand what’s up there.”

While some of Casey’s main responsibilities include operating telescopes and leading field trips at Griffith Observatory, they also guide community stargazing sessions around Los Angeles, inspiring attendees to explore the night sky and make their own discoveries. “An underutilized part of astronomy is the observational science anyone can engage in, no matter their background—just watching what’s happening in the sky,” Casey says. “It’s incredible how much we miss by not looking up at the moon and stars. We know they’re up there, but watching them move throughout the course of the night, or the month helps us develop a connection with celestial objects that feels deeply personal.”

Casey also believes in the transformative power of stargazing for mental health and encourages everyone to take time to observe the heavens. “Watching the sky at night is such a beautiful way to ground yourself and reduce anxiety,” Casey explains. “In the stargazing lessons I lead, I encourage people to center themselves in nature, live through their five senses instead of the anxiety-filled brain and connect to the sky and each other.”

Observing objects in space has the power not only to inspire a sense of awe and calm, but also to connect people across cultures and experiences. This idea comes to life when Casey operates one of the lawn telescopes at Griffith

Observatory. As guests approach, Casey explains what they’re looking at, whether it’s a planet, a specific star or another celestial object. “Oftentimes, observers won’t speak the same language, but when I’m showing them Saturn, almost everyone will gasp the same way,” Casey says. “No matter what the mother tongue is, everyone is engaging in a universal experience that transcends cultural boundaries.”

Casey hopes to inspire everyone they meet to develop an appreciation for the stars, knowing firsthand how stargazing has nurtured their spirit. Though they now call Los Angeles home, observing the stars keeps them connected to the little kid from Ohio who first fell in love with the cosmos.

“Every time I look into the sky now, it feels like a memory board of all the times I’ve traced constellations, visited dark-sky areas, tracked the planets’ movements or spectated meteor showers,” Casey says. “It’s a reminder of the certainty of the seasons—the universe expands, we change and grow, but every year I know I’ll see my old friends rising in the East, sparkling again.”



Fun fact about Griffith Observatory

The Observatory’s 12-inch Zeiss telescope has been used by more than eight million people, making it the most viewed-through telescope on the planet.

Casey’s favorite constellation

Corona Borealis

Annie Jump Cannon

is credited with the first serious attempt to organize and classify stars based on their temperatures and spectral types.

Henrietta Swan Leavitt’s

breakthrough in accurately measuring vast distances to remote galaxies transformed our understanding of the universe’s size and scale.



Left: Members of the Arrowhead-West Phoenix, Arizona, Alumnae Club. From left: Colorado Gamma **KATHY WRAGE MORRIS**, Washington Beta **PATTI MEAD O'FARRELL**, Wyoming Alpha **DEBORAH SEELEY FANNING**, Oklahoma Alphas **EMILY DENNING JOHNSON** and **BARB ALLBEE SAUNDERS** and Indiana Gamma **KRISTI GEIGER** volunteer in the Reading Nook.

ARIZONA

Arrowhead-West Phoenix, Arizona, Alumnae Club

Members of the Arrowhead-West Phoenix, Arizona, Alumnae Club volunteered at A Mighty Change of Heart's Whoville PJ Party on December 7, supporting the organization's mission to serve children in foster and kinship care. As part of their holiday day of service, Pi Phi sponsored Cindy Lou's Reading Nook and distributed 450 donated books.

Phoenix, Arizona, Alumnae Club

The Phoenix, Arizona, Alumnae Club honored its Golden Arrows—who make up more than 40% of its membership—at the "Celebration of Golden Friendships" luncheon on November 6. A record two-

thirds of the club's nearly 60 Golden Arrows gathered at Seasons 52 in Phoenix for the special event. Toasts were given to Arizona Alpha and Diamond Arrow **ELIZABETH JORDAN BROOKS**, Nebraska Beta **ELIZABETH BRINKMAN KARABATSOS** and Kansas Alpha **GEORGANN VANDENBERG BYRD** for their years of dedication.

CALIFORNIA

South Bay, California, Alumnae Club

Members from the South Bay, California, Alumnae Club gathered for their annual holiday celebration and gift exchange. In honor of their shared passion for literacy, they read a Christmas picture book, passing gifts to the person next to them each time a chosen word appeared. The night was filled with laughter, sisterhood and a delicious ham dinner.

North San Diego, California, Alumnae Club

The North San Diego, California, Alumnae Club celebrated the 45th anniversary of their club, founded in Escondido, California, in 1979, with a luncheon at the Country Club of Rancho Bernardo. Many thanks to Wyoming Alpha **VICKI PETSCH WILSON** and Indiana Beta **SANDY CRAYS** for organizing the luncheon.

Below: The North San Diego, California, Alumnae Club at their celebratory luncheon.





COLORADO

Colorado Springs, Colorado, Alumnae Club

Sisters from the Colorado Springs, Colorado, Alumnae Club gathered for their monthly Lunch Bunch with the stunning backdrop of Pike's Peak. Members meet each month for lunch at various restaurants around town, but the December's holiday lunch at Pike's Peak is always a popular event to attend with the gorgeous views.

FLORIDA

Florida Alpha Alumna

Florida Alpha **KATE COULTER** was recognized as one of Delaware's Top 50 Women Leaders by Women We Admire. In her professional career, Kate currently works as technology director for the Delaware Democratic Party, and previously held roles at the University of Delaware, Duke University and Disney Sports/ESPN. Committed to leadership and service, Kate is entering her 10th year as an Alumnae Advisory Committee member, where she fosters leadership development among collegians.

Sarasota-Manatee, Florida, Alumnae Club

Members of the Sarasota-Manatee, Florida, Alumnae Club joined the Children's Guardian Fund staff at the Glasser-Schoenbaum Human Services Center to sort books funded by a Pi Beta Phi Literacy Grant. Their efforts provided 1,218 books to 203 children in the 12th Circuit foster care system. In a heartfelt note, the organization expressed gratitude, writing, "Because of you, we were able to give books to children who were so grateful for what they received. Thank you for helping to spread joy and the love of reading."



Upper: Colorado Springs, Colorado, Alumnae Club sisters after enjoying lunch near Pike's Peak.

Lower: Members of the Sarasota-Manatee, Florida, Alumnae Club. From left: Program Director of the Children's Guardian Fund Kristin Poolman, Iowa Zeta **SUSAN DREHER SCHUCHAT**, Ohio Zeta **JULIE QUACKENBUSH**, Alabama Gamma **KARIN DANIEL FRYE**, Office Assistant at the Children's Guardian Fund Rachel Besaw, Iowa Gammas **BRENDA CARLSON** and **ERIN MONNIG RICE**.



Above: Members of the Boise, Idaho, Alumnae Club at their gathering in December.



IDAHO

Boise, Idaho, Alumnae Club

After taking a hiatus during the pandemic, the Boise, Idaho, Alumnae Club is back and thriving! The club is meeting regularly and welcoming new members. In December, sisters gathered for an angel exchange, sharing stories and creating new memories together.

ILLINOIS

Arlington Heights, Illinois, Alumnae Club

Each December, the Arlington Heights, Illinois, Alumnae Club gathers for a Christmas gift swap, a tradition made even more special by the legacy of Michigan Gamma **KATIE DOYLE KENNICOTT**. A dedicated Pi Phi for more than 60 years, Katie was an active volunteer, serving as club president and helping lead Champions are Readers® at Sunny Hill School. She was also known for her hand-knit Christmas sweaters, highly coveted during the club's annual gift exchange. Her final sweater, created in 2020, now serves as the "Traveling Katie Kennicott Sweater," residing with the current club president and making a symbolic appearance at the gift swap each year.



INDIANA

Indianapolis, Indiana, Alumnae Club

The Indianapolis, Indiana, Alumnae Club celebrated the holidays with its annual Angelic Luncheon. Highlights include reciting Pi Phi grace, enjoying a meal and homemade chocolates, painting angel wing wine glasses and playing a spirited game of Pi Phi Jeopardy featuring Fraternity trivia. They concluded the luncheon with a heartfelt singing of "Ring, Ching, Ching."

Lower: Members of the Indianapolis, Indiana, Alumnae Club at their Angelic Luncheon.

Middle: The Arlington Heights, Illinois, Alumnae Club. From left: Mississippi Betas **LISA COMPTON** and **ASHLEY WILLIAMS RICHARDSON**, Illinois Iota **ANGIE KILLIAN UNDERWOOD**, Illinois Theta **NANCY COONEY TAUB**, Iowa Zeta **SHERRILL BECKWITH SNYDER**, Ohio Alpha **GERALDINE DALE CAMPBELL**, Illinois Alpha **STACY BROWN MASON**, Illinois Iota **MELISSA BARNES DICKSTEIN** and Illinois Beta-Delta **JUDITH WAGGONER LAMBERT**.

KENTUCKY

Kentucky Alpha Alumna

After years of perseverance, Kentucky Alpha **CARTER MARKHAM WEBB** achieved her dream of becoming a world champion in aerial arts. A competitive aerialist since 2018, Carter has battled multiple injuries, including a double mastectomy and major reconstructive surgeries, earning her the nickname “comeback kid.” In 2024, she qualified for both U.S. national teams and competed in two global championships just a week apart. She won gold in Amateur Silks Art and silver in Amateur Hoop Art at the Pole Sports & Arts World Federation (POSA) World Aerial Arts Championship in Greece, then took gold in Artistic Aerial Pole Pro at the International Pole & Aerial Sport Federation (IPSF) World Championship in Sweden.

Lexington, Kentucky, Alumnae Club

The Lexington, Kentucky, Alumnae Club has supported The Nest since the organization was founded in the 1970s, helping the organization assist families in crisis through education, counseling, advocacy and resources. Each year, club members give back to The Nest by donating diapers in February, toiletries and personal hygiene items in May and books in December.

MICHIGAN

Bloomfield Hills, Michigan, Alumnae Club

The Bloomfield Hills, Michigan, Alumnae Club celebrated the holiday season with two special traditions. Illinois Zeta **MARTHA BLISS EHLERS** hosted the club's annual luncheon at a local women's club, bringing sisters together in the spirit of friendship and giving. The luncheon also marked the culmination of the club's annual book collection for the Children's Hospital of Michigan's Snowpile event. This year, members donated 100 books to the program, which provided gifts not only to young patients who spent Christmas in the hospital, but also to their siblings. The club has proudly supported Snowpile for more than a decade.

Michigan Gamma Alumna

Michigan Gamma **MONICA WATT ELMS**, past President of the Nation's Capital, D.C., Alumnae Club, was selected for a holiday makeover on the Today Show. As a new mom, she enjoyed a well-deserved trip to New York for a refreshing style transformation.

Upper: Carter after winning a gold medal at the IPSF World Pole and Aerial Championship.

Upper middle: Members from the Lexington, Kentucky, Alumnae Club volunteer in the book room at The Nest's Reindeer Express event in December. From left: Indiana Delta **LYNNE DOZER ROBERTSON**, Alabama Gamma **JENNIFER STOECKINGER PEDERSON** and Mississippi Betas **MELZANA MCMILLAN FULLER** and **TIFFANY DAKU LEMON**.

Lower middle: Members of the Bloomfield Hills, Michigan, Alumnae Club at their holiday luncheon.

Lower: Monica shows off her new makeover, courtesy of the Today Show.



Right: Members of the Northern New Jersey Alumnae Club at their annual holiday party.

NEW JERSEY

Northern New Jersey Alumnae Club

The Northern New Jersey Alumnae Club proudly celebrated their 97th year! Members gathered for their annual holiday party in Summit, New Jersey, where 20 Pi Phis from 14 different chapters enjoyed an evening of sisterhood. The club was especially delighted to welcome three collegians home for winter break.

NEW MEXICO

Albuquerque, New Mexico, Alumnae Club

Nearly 50 Pi Phis attended the Albuquerque, New Mexico, Alumnae Club's annual Christmas party—more than doubling past attendance. Hosted at the home of New Mexico Alpha **ANN RHOADES**, the party brought together Pi Phis spanning generations—the youngest attendee was a May 2024 graduate, and the eldest was Washington Alpha **NANCY MACKENZIE TURPIE** who joined Pi Phi in 1948. Other highlights of the event included Pi Phi Bingo, an angel and arrow-themed gift exchange and a silent auction, which raised nearly \$600 for scholarships and Foundation giving.

NORTH CAROLINA

Charlotte, North Carolina, Alumnae Club

The Charlotte, North Carolina, Alumnae Club hosted its annual holiday brunch in December, bringing together sisters—including 15 Golden Arrows—to celebrate friendship and sisterhood. In the spirit of giving, attendees collected new and gently used K-8th-grade books to support the club's Fraternity Day of Service in March.

OHIO

Ohio Eta Alumnae

Ohio Etas **ASHLEY HAWN** and **JILL CARR** recently launched Labour the App, a mobile platform designed to help couples navigate conception, pregnancy and early postpartum together. Inspired by Jill's experience with the unequal burden placed on the expecting partner, the app provides shared access to calendars, content, checklists and curated products to help couples stay equally informed and involved. Ohio Eta **MARNIE HYZY**, MHS, PA-C, a physician assistant with a decade of experience in obstetrics and gynecology, medically reviewed the app's content. Pi Phi was an integral part of Labour the App's journey—Ashley and Jill leveraged many of their Pi Phi sister's feedback and experiences to inform the app's development.



Above, from left: New Mexico Alphas **MELINDA SEDILLO-RODRIGUEZ**, **GOLDIE LAWRENCE MITCHELL**, **CARRIE YOUNG ORTIZ**, **ALLIE THOMPSON MOORE**, **WENDY PRESTON CHIFFELLE** and **ALISON BOWLES** at the Albuquerque, New Mexico, Alumnae Club Christmas party.

Below: Members of the Charlotte, North Carolina, Alumnae Club at their holiday brunch.



Upper, from left: Texas Alpha **ANNE TRUE MASSEY** and three Kappa Kappa Gamma members at the Mahjong Monmouth Duo event.

Upper middle: Patty celebrating her 100th birthday.

TEXAS

Dallas, Texas, Alumnae Club

The Dallas, Texas, Alumnae Club partnered with the Dallas Alumnae Association of Kappa Kappa Gamma to host their first-ever “Mahjong Monmouth Duo.” Sisters reminisced about their college days and shared stories of attending other Monmouth Duo events while enjoying a friendly Mahjong tournament. Winners received prizes from Pi Phi and Kappa-run businesses, and the event was such a success that plans are underway to make it an annual tradition.

WASHINGTON

Seattle, Washington, Alumnae Club

California Beta **PATRICIA (PATTY) JONES JENNESS** celebrated her 100th birthday on October 11, 2024, surrounded by sisters from the Seattle, Washington, Alumnae Club. Organized by California Eta **SUZANNE WEST**, Ohio Zeta **JUDY ANTHONY POWERS** and Iowa Zeta **SUZANNE HYDE JONES**, the celebration brought together many of Patty’s friends and neighbors. Born in Pasadena, California, Patty became a Pi Phi at Florida State University during WWII before returning to California and affiliating with California Beta.

Spokane, Washington, Alumnae Club

Members of the Spokane, Washington, Alumnae Club gathered at North Dakota Alpha **SANDI BOSCHEE BISHOP**’s home for their annual Bunco for Literacy event, raising \$300 in donations to support Read > Lead > Achieve® initiatives.

WISCONSIN

Milwaukee, Wisconsin, Alumnae Club

In November, members of the Milwaukee, Wisconsin, Alumnae Club and Wisconsin Delta collegians attended the Neighborhood House of Milwaukee’s annual gala, celebrating its mission to empower families through programs supporting youth, adults, refugees and immigrants.

WASHINGTON, D.C.

Five Pi Phi sisters found an unexpected connection while working together in the Speaker of the House of Representatives’ office. Though they attended different universities at different times, Mississippi Beta **KRISTA PERKINS**, Alabama Beta **PAYTON FULLER**, Texas Eta **ALISON DYER BABB**, Ohio Beta **ATHINA LAWSON** and Florida Epsilon **HANNAH FRAHER** discovered their shared sisterhood after joining the Speaker’s team in various roles. Despite the demands of political work, they credit Pi Phi with fostering their resilience, leadership skills and integrity.

Middle, front row, from left: North Dakota Alphas **MARY FISCHER MARTINSEN** and Sandi. Back row, from left: Washington Gamma **SHAANI ROBIDEAUX CLAYPOOL**, North Dakota Alpha **RITA KUHN MARTIN**, Montana Alpha **JANE HOLEKAMP BALDWIN**, Washington Beta **CATHY FULLER ARMACOST**, New Mexico Alpha **ESTHER LARSEN** and Montana Alpha **SUSAN OFFERDAL BACON** at the Bunco for Literacy event.

Lower middle, from left: Wisconsin Alphas **LYNN PARTLETON HUDY**, **AMANDA DYNICKI TOLLEFSEN**, **MONA REGAN DEJA** and **KRISTINE MARVER LIZE** at the Neighborhood House gala.

Lower, from left: Hannah, Payton, Athina, Krista and Alison pose in Washinton, D.C.





Delegates at the 1888 Ottumwa, Iowa, Convention after the vote to change I.C. Sorosis to Pi Beta Phi.

Becoming Pi Beta Phi

By Historian and Archivist **FRAN DESIMONE BECQUE**, New York Alpha

Pi Beta Phi has always been shaped by a spirit of progress, evolving to meet the needs of our members and the world around us. From our earliest days, our Fraternity was not afraid to grow and adapt to ensure the future of our sisterhood. Inspired by men's fraternities of the time, 12 women founded I.C. Sorosis at Monmouth College in 1867, making it the first fraternity for women. Because the term sorority did not yet exist, the Founders selected sorosis, a Greek word meaning aggregation—in this instance of women—to represent the group.

As women's fraternities gained momentum, I.C. Sorosis grew alongside them. By 1881, I.C. Sorosis was among the few women's organizations expanding beyond its founding campus, alongside Kappa Kappa Gamma, Kappa Alpha Theta and Delta Gamma. With a bold spirit and vision for the future, several I.C. Sorosis chapters began using our Greek motto, Pi Beta Phi—laying the foundation for a historic transformation that would shape our legacy for generations to come.



During this same time, Monmouth College began intensifying pressure on fraternities and sororities to disband, forcing our Alpha Chapter to exist sub rosa—in secret—for several years. Until the late 1870s, the Alpha Chapter (now known as Illinois Alpha) served as our governing body, making decisions for the Fraternity at large. However, operating in secrecy weakened the Alpha Chapter's influence, preventing it from providing the necessary leadership. Without the dedication and resilience of other chapters who stepped in to help guide the Fraternity, I.C. Sorosis may have ceased to exist.

By the 1884 Iowa City Convention, it was clear a new structure was needed. The Alpha Chapter was asked to relinquish its charter, marking the end of its governing role. In its place, the Fraternity adopted a Grand Council structure—a change that would ensure the voice of every chapter could be heard and represented.

As the Fraternity's leadership structure evolved, so did the conversation about adopting the Greek motto as our official name. At the 1884 Iowa City, Iowa, Convention, the Kansas Alpha delegate **MARY MILLER BARNES** arrived prepared to propose the change but realized the Fraternity was not yet ready. Mary later said, "We found the girls were neither willing nor ready to even consider the change of name. That had to wait until

the times were ripe." Momentum slowly built and at the 1885 Lawrence, Kansas, Convention, the discussion resurfaced—only to be struck down again. However, the delegates took a small yet significant step forward, passing a ruling to include Pi Beta Phi on the title page of the first edition of *The Arrow*®.



Past Grand President
RAINIE ADAMSON SMALL.

It wasn't until the 1888 Ottumwa, Iowa, Convention that the change from I.C. Sorosis to Pi Beta Phi became inevitable. A small group of women, believing that evolving the Fraternity's name would shape its future, gathered before the full delegation arrived. After thoughtful discussion, they held an informal vote—and to their encouragement, the majority voted in favor of the change. Recognizing the significance of the outcome, Past Grand President **RAINIE ADAMSON SMALL** requested Iowa Kappa **ALMIRA TROTH** move for a formal vote. The motion passed unanimously, forever marking the moment we officially became Pi Beta Phi.

These defining moments in our history were not merely about the changes themselves; each reflected the vision and resilience of the young women who saw the future and made sure we were ready for it. Their courage and discernment ensured generations of women they would never meet would be able to find the belonging and true friendship our sisterhood holds—paving the way for a stronger, more connected Fraternity. ←

Did you know?

Had our Founders used the original Greek motto, Pi Beta Phi, as our organization's name, we would be known as the first Greek-letter organization for women.



An original I. C.
Sorosis badge.

In Memoriam

We honor our Pi Phi sisters who have passed away and celebrate their part in our sisterhood.

The list below reflects members who have passed away after October 1, 2023, and for which a public obituary was sent to Pi Beta Phi Headquarters between October 1, 2024, and January 31, 2025. Obituaries may be submitted at pibetaphi.org/in-memoriam. Memorial gifts made to Pi Beta Phi Foundation are a loving and lasting way to honor the memory of a beloved Pi Phi sister. To make a memorial gift, please call our Foundation at (636) 256-1357 or visit pibetaphi.org/foundation.

ALABAMA ALPHA

Mary Williams Behrens, 1950

ALABAMA BETA

Louise Akard Bowdoin, 1957

ALBERTA ALPHA

Myrna DuBois Stanley, 1955

ARIZONA ALPHA

Ana Orsini, 2014

ARIZONA BETA

Sandra Blain, 1979

ARKANSAS ALPHA

Dorothy Douthit Dudley, 1957
Jane Dills Morgan, 1961
Lollie Meyer Rosen, 1968
Lynn McHaney Huffman, 1967
Tommie Ryland Strack, 1954

CALIFORNIA BETA

Mary Marchello, 1972
Susan Madary Carver, 1952

CALIFORNIA EPSILON

Suzanne Harbs Fink, 1957

CALIFORNIA ETA

Paige Seilhan Ritchie, 1986

CALIFORNIA GAMMA

Martha Strout Tylicki, 1948

CALIFORNIA ZETA

Gretchen Moldenshardt, 1956
Kay Johnson Peterson, 1952

COLORADO ALPHA

Erin Werner, 1986
Marcia Peterson Seawell, 1958
Susie Wright Rowland, 1954

CONNECTICUT ALPHA

Katherine Demayo Rydelek, 1956

FLORIDA BETA

Christine Parmelee Sikes, 1956
Helen Whitmore McQuiston, 1953

GEORGIA ALPHA

Elizabeth Martin Smith, 1964
Jane Weatherford De Backer, 1953
Virginia Price, 1947

IDAHO ALPHA

Barbara Crocker Olstad, 1966
Bettie Bushnell Pilote, 1965
Carolyn Kudlac Kohntopp, 1959

ILLINOIS ALPHA

Imogene Gardner Holliday, 1948

ILLINOIS EPSILON

Kathryn Freeman Bullard, 1957

ILLINOIS ETA

Alexandra Miller, 2010
Cynthia McIlwain Petty, 1967

ILLINOIS ZETA

Barbara Webber Luthy, 1951
Marcia Hance Schafer, 1959
Martha Sanford, 1953

INDIANA ALPHA

Judith Ferguson Wasilchuk, 1969

INDIANA BETA

Debra Strunk Kelone, 1970
Holly Romans Green, 1965
Laura Saillant Hall, 1969
Martha Crays Crist, 1956
Mary Wucher Hancock, 1965
Nancy A. Morgan Franks, 1955
Patricia Havens Shidler, 1951

INDIANA DELTA

Elva Downing Turner, 1954
Susan Templin Clark, 1980

INDIANA EPSILON

Judith Robertson McCory, 1956

INDIANA ZETA

Janelle Buckner, 1952

IOWA ALPHA

Barbara Hamlin Fors, 1952

IOWA BETA

Mary Shandley Henry, 1968

IOWA GAMMA

Wanda Smith Klindworth, 1947

IOWA ZETA

Barbara Andrews Koropchak, 1960
Joan Frohwein Parsons, 1948
Marjorie Thomas Lubben, 1949

KANSAS ALPHA

Barbara Jarvis, 1972
Janet Duncan Nelson, 1963
Mary Poppe Looney, 1957
Rosemary Kennedy Boyd, 1950

KANSAS BETA

Anita Swain Allard, 1970
Carolyn Eby Grier, 1956
Kay Burke McLellan, 1957
Marilyn Moore Palmer, 1946
Shirley Barham Stone, 1948

KENTUCKY ALPHA

Nancy Quinlan Hamilton, 1957

KENTUCKY BETA

Mary Wood Steketee, 1988

LOUISIANA BETA

Beverly Nash Fruge, 1974
Loretta Ray Rivers, 1957
Rebecca Trimble, 1968
Susan Franks Leake, 1962
Virginia Shepard Barr, 1958

MAINE ALPHA

Daphne Goodwin Barron, 1962
Elsa Ilvonen McFarland, 1961

MANITOBA ALPHA

Bette Smith Toole, 1965

MARYLAND ALPHA

Margaret Wilson Jones, 1949

MARYLAND BETA

Barbara Hebden Wilson, 1952
Marilyn Sanders Novotny, 1956

MASSACHUSETTS BETA

Edna Joslin Woodbury, 1948
Merle Kendall Buckhout, 1949

MICHIGAN ALPHA

Nancy Carleton Walton, 1961
Sarah Rider Swendsen, 1946

MICHIGAN BETA

Jean Rheinfrank Parmelee, 1936

MINNESOTA ALPHA

Erra Cornwell Carlson, 1942
Patricia Foy Rice, 1956

MISSISSIPPI ALPHA

Georgia Vance O'Leary, 1963

MISSISSIPPI BETA

Margaret Johnston Forester, 1977

MISSOURI ALPHA

Elaine Reichman Cole, 1979

MISSOURI BETA

Katherine Bevill Lupo, 1947

NEBRASKA BETA

Elsie Platner Post, 1951

Marcia Mittelstadt Swanson, 1956

NEVADA ALPHA

Dorothy Coates Good, 1951

Judith Wilson Banta, 1962

Pamela Plath Griffin, 1962

Paula Phillips Scheuller, 1965

NEW MEXICO ALPHA

Barbara Clark Diekman, 1947

NEW YORK ALPHA

Joyce Brown Fisher, 1949

NORTH CAROLINA ALPHA

Elizabeth Myatt Holsten, 1948

Josephine Powe Rankin, 1947

Patricia Armstrong Foy, 1963

Suzanne Elliott Robbins-Bonitz, 1954

NORTH CAROLINA BETA

Barbara Seaberg Hopper, 1950

Lila Williams Critz, 1954

OHIO ALPHA

Patricia Connor Study, 1945

OHIO BETA

Charlene Elgin White, 1946

Deanna Smith Vosmik, 1957

Nancy Nafzger Hindman, 1950

OHIO DELTA

Judith Wachter Ninke, 1956

Karen Knutson Roysdon, 1954

OHIO EPSILON

Ruth Bender McDaniel, 1956

Sharon Duffey Henning, 1957

OHIO ZETA

Carol Weis Jones, 1957

Prudence Puff Dana, 1964

Sandra Miller Heiser, 1964

Sarah Black, 1974

OKLAHOMA ALPHA

Allison Herzfeld Longwell, 1981

Donna McCullough Cole, 1966

Emily Derby Bump, 1965

Jane Suddath Theodore, 1952

Judith Hampton Million, 1955

Marilyn Vavra Pape, 1955

Sally Rahe Thomas, 1954

Sarah Maddox Hogan, 1952

OKLAHOMA BETA

Lea Carlson Nims, 1951

ONTARIO BETA

Beverly Easter Evans, 1953

Donna Alford Lansing, 1950

OREGON ALPHA

Janet Kregness Almy, 1952

Kathryn Schneberk-King, 1970

Pamela Jones Chiapetta, 1964

Patty O'Leary LeTourneux, 1972

OREGON BETA

Carol Lindbloom Hamlin, 1959

Cathie Brending Conrad, 1973

Holland Gray, 1958

Nancy West Dewey, 1947

PENNSYLVANIA BETA

Phoebe Follmer Bacon, 1942

PENNSYLVANIA GAMMA

Eileen Fair Durgin, 1949

PENNSYLVANIA THETA

Amy Furguele, 1990

SOUTH CAROLINA ALPHA

Carol Roderick Simmons, 1957

Mary Culler Ragin, 1953

Maurice Gilchrist Semler, 1963

SOUTH DAKOTA ALPHA

Connie Benedict Ghent, 1950

Dorothy Ofstedahl Laird, 1945

Marilyn Hine Wagner, 1967

TENNESSEE ALPHA

Anna Conover, 1988

TENNESSEE BETA

Jane Houchens Tuten, 1954

Judith Holke Nicklos, 1959

Judith Shanks Denton, 1962

TENNESSEE GAMMA

Cynthia Holcombe Bolger, 1960

TEXAS ALPHA

Annabell Sweeney Ames, 1960

Betty Mayo Jackson, 1953

Jane Stotts, 1958

Julia Bahan, 1957

Margaret Henry Moore, 1944

Martha Sanders Schneider, 1944

Nancy Pittman, 1968

Nancy Garrard Janin, 1958

Susan Brown Gully, 1966

TEXAS BETA

Marian Mathews Harris, 1956

Patsy Pittman Light, 1950

TEXAS GAMMA

Jill Rostad Ramsey, 1990

TEXAS ZETA

Diane Bailey Allison, 1978

Gloria Goodman Yates, 1977

Jane Hoffert Moore, 1979

Linda Winter Denton, 1977

UTAH ALPHA

Janice Nelson Moyle, 1958

VERMONT ALPHA

Martha Cooke Turnbull, 1945

VIRGINIA ALPHA

Betty Hanna Harper, 1947

VIRGINIA EPSILON

Cristina Gomez, 2013

VIRGINIA GAMMA

Carol Achenbach Wright, 1946

WASHINGTON ALPHA

Elizabeth Freeman Sjursen, 1959

Jan Jacobson Bomengen, 1959

Judy Yeasting Hughes, 1952

Nancy Kessler McDaniel, 1985

Noreen Raymond Frink, 1959

Sally Haney Krav, 1967

WASHINGTON BETA

Patricia Schnebly Cosner, 1966

Susan Deck Hartman, 1960

WASHINGTON GAMMA

Judith Stein Rehfeld, 1976

WEST VIRGINIA ALPHA

Ann Heizer McCoy, 1952

WISCONSIN ALPHA

Joann Lively Bernd, 1953

Mary McIntyre Elston, 1957

Pamela Hawkins, 1961

Patricia Meuler Van Valkenburg, 1957

Sharon Buster Davis, 1952

WISCONSIN BETA

Georgann Allen Johnson, 1953

WYOMING ALPHA

Mary Cassidy Sencabaugh, 1956

Susan Hirsig Westedt, 1958



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- B. 24 Diamond Badge Holder, #2005D
- C. Louisville Convention 2025 Badge with Diamond Point, #2025BD
- D. Louisville Convention 2025 Badge with Pearl Point, #2025BPL
- E. Louisville Convention 2025 Badge with Plain Point, #2025BP
- F. Crest Guard, #0910
- G. 2025 Convention Dangle, #2025
- H. Convention Dangle, #0042
- I. Kendra Scott I Davis Pendant Necklace, #DAVISPEN
- J. Kendra Scott I Davis Stud Earrings, #DAVISEAR
- K. Forever Ring, #001G
- L. Official Crest Ring, #3002
- M. Kylie Bracelet, #KYLIE
- N. Bridal Pin, #2631
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