

THE **KEY**

of Phi Sigma Rho

FALL 2024/WINTER 2025



*Photo courtesy of
NC State - Beta Beta Chapter*



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Photo courtesy of Washington - Mu Chapter

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Photo courtesy of Albany - Beta Epsilon Chapter

THERE ARE COUNTLESS WAYS YOU CAN CONNECT WITH US. HERE ARE JUST A FEW:

SOCIAL MEDIA

-  @phisigmarho
-  @phisigmarho
-  /company/phisigmarho
-  @phisigmarhohq
-  /phi.sigma.rho.sorority

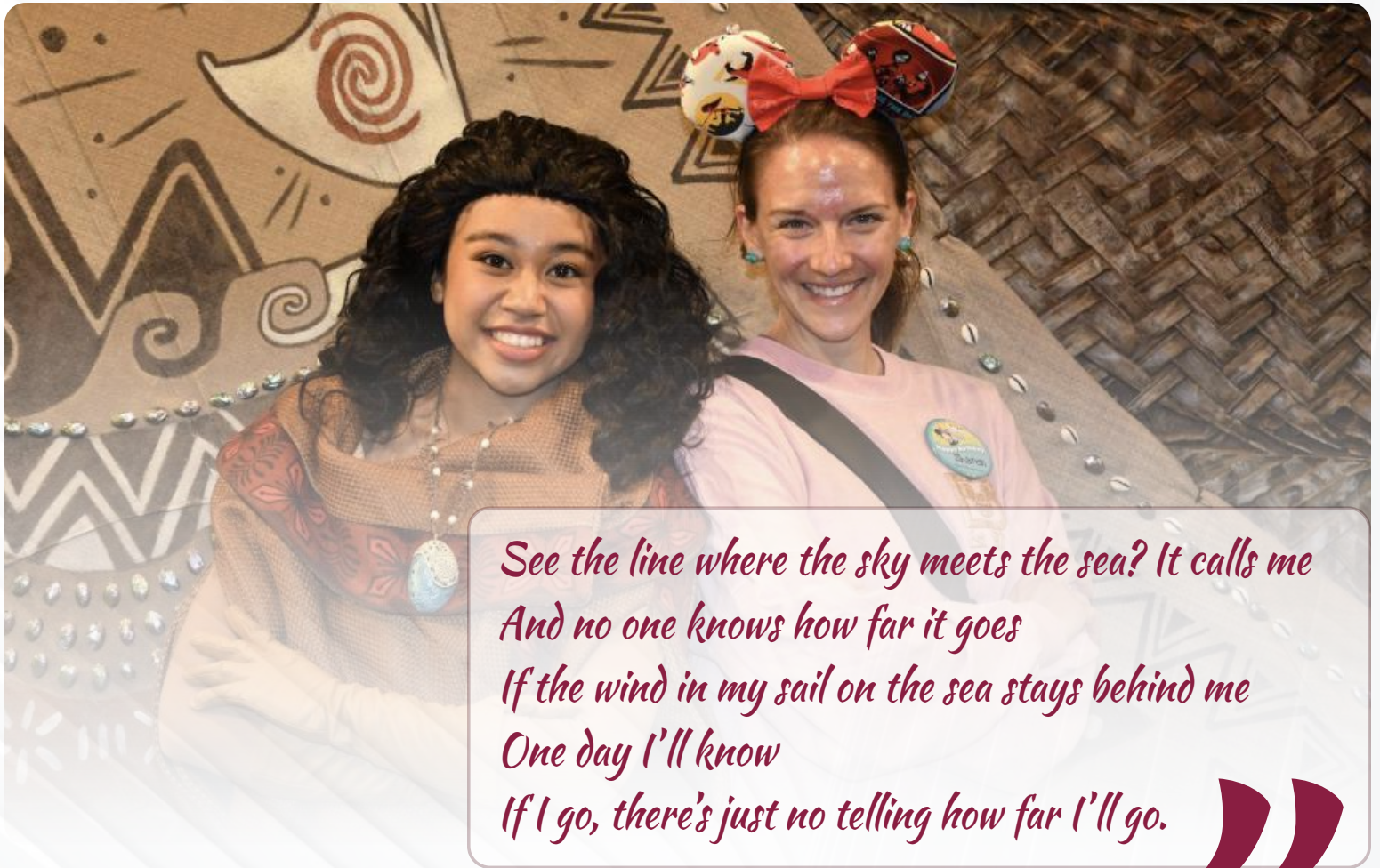
VIA MAIL

PO Box 100545
 Denver, CO 80250
 Online www.phisigmarho.org
 Via email info@phisigmarho.org



Photo courtesy of Toledo - Delta Chapter

From the National President



*See the line where the sky meets the sea? It calls me
And no one knows how far it goes
If the wind in my sail on the sea stays behind me
One day I'll know
If I go, there's just no telling how far I'll go.*

As I was thinking of topics and directions to take this Fall 2024 President's Letter, this part of the song 'How Far I'll Go' from the movie Moana kept coming to mind. When I joined Phi Sigma Rho as an undergraduate, I had no idea where my studies or eventual career would take me!

One of the pillars of our sisterhood is Encouragement - it is a testament to our membership that I have never lacked encouragement from my fellow sisters! As a collegian, we supported each other through academic challenges, homesickness, the stress and anxiety of exams and job or internship searches. As alums, we support each other through personal trials and tribulations, both expected and unplanned career changes, and the tough times that come with growing older. Our members push one another to be the best version of themselves - we know our sisters have limitless potential and they just need a little encouragement to see how far they'll go!

40 years ago, two ambitious undergraduates at Purdue University embarked on a journey that they had no idea where it would take them. As we celebrate this milestone anniversary for Phi Sigma Rho, we look forward to seeing just how far Phi Rhos will go in the next 40 years.

With much Phi Rho Love,

Dr. Sharon Snyder

President, 19th National Board

— Fall 2024 ushered in Phi Sigma Rho's largest recruitment class ever with 610 candidates. After taking a brief decline following the COVID-19 pandemic, membership numbers have steadily been increasing. Phi Rho currently has about 2,300 collegian and over 12,000 alum members.

— Phi Sigma Rho gained 3 new chapters during 2024: the Beta-Gamma chapter at the University of Utah (installed April 20, 2024), the Beta-Delta chapter at the University of Georgia (installed April 21, 2024), and the Beta-Epsilon chapter at the University at Albany (installed November 23, 2024). We unfortunately also said goodbye to the Pi chapter at the University of California, Irvine. As of January 1, 2025, Phi Sigma Rho can currently be found on 49 campuses across the country.

— In 2024 Phi Sigma Rho's National Housing Board was officially incorporated and became the first new entity of Phi Sigma Rho since the Foundation was formed in 2005. Currently the Housing Board directly manages local housing for 2 chapters (Cincinnati and Michigan State). To meet the members of the Housing Board and to find out more on how to bring housing to your chapter, be sure to check out page **14**.

— With the support of the Phi Sigma Rho Foundation, Phi Rhos raised over \$24,920 for the Leukemia and Lymphoma Society through local Light the Night walks. In fact, Phi Sigma Rho was directly represented in more than 20 cities across the country throughout 2024. The Phi Sigma Rho Foundation has supported philanthropic efforts for LLS since 2015 and will continue to do so in the years to come!

2025 Scholarship Opportunities

The Phi Sigma Rho Foundation is proud to offer seven \$1,000 scholarships for undergraduate and graduate Phi Rhos for the 2025-2026 school year! Applications are now open through March 1, 2025. Recipients will be recognized in July at the 2025 Phi Sigma Rho Convention. Applicants must be an active or alum member of Phi Sigma Rho continuing education in the 2025-2026 school year full time. A minimum GPA of 2.75 is required to apply, as well as transcripts and at least one letter of recommendation. Applications and further details on scholarships & requirements can be found on the Phi Rho Portal. For any specific questions, reach out to scholarship@phisigmarhofoundation.org

Scholarships Available for 2025

- Merit Leadership
- Leadership Scholarship
- Philanthropy & Service Scholarship
- Sarah Rogers McClure Memorial Scholarship
- Anne Louise Roach Legacy Scholarship
- Francis J. Monigan Memorial Scholarship
- Texas Leadership Scholarship

DreamGirls IS NOW PART OF PHI SIGMA RHO



We are proud to announce that as of December 2024 Phi Sigma Rho has taken ownership of the DreamGirls program (formally known as the DreamGirls Initiative), the program founded in 2015 by Phi Sigma Rho founder Rashmi Drummond. The DreamGirls Initiative was established to inspire middle school girls to pursue STEM careers by showcasing the meaningful and fun professions of real-life women. Phi Sigma Rho is honored to continue to support this mission by working with chapters and Phi Rho alums to offer Dream Day events in local communities across the country. There are no better role models for middle school girls than the twelve thousand high-achieving, ambitious, and inspiring women in engineering and engineering technology who are members of Phi Sigma Rho.

All questions, comments, and suggestions on the DreamGirls program can be directed to National President, Sharon Snyder, at president@phisigmarho.org. The Phi Sigma Rho Foundation will continue to support Dream Day events through the DreamGirls Grant program. All questions regarding DreamGirls Grants can be directed to programming@phisigmarhofoundation.org.



Photos courtesy of Rashmi Drummond



The 2025-2029 STRATEGIC PLAN

Every five (or so) years, the National Board of Phi Sigma Rho discusses and creates a Strategic Plan to address the high-level priorities, opportunities, and challenges facing our sisterhood. The prior Plan was crafted at the start of the COVID-19 pandemic and while the specifics may have fallen short of their original intent, the Visionary Council and Housing Board were created after that Plan was released - two big wins for Phi Rho!

Why create a Strategic Plan for the Sorority if so much can change in so little time? Part of the reason is to ensure that we as an organization have a coherent long-term strategy even with Board turnover every other year. To grow and thrive as a Sorority, we need a visionary, conceptual, broad-based plan - Visionary Council input, learned experiences of our members, Sorority needs, and cultural changes all contribute to the Strategic Plan, but putting it down in writing creates committed goals. The 5 Year Plan crafted by the 19th National Board is meant to be a 'what's possible' for Phi Sigma Rho, rooted in a SWOT analysis (strength, weakness, opportunity, challenge) and backed by SMART goals (specific, measurable, achievable, relevant, and time-bound). The three focus areas of the 2025-2029 Phi Sigma Rho Strategic Plan are:

Alum Engagement via Communication and Volunteerism

As Phi Rho grows older, the total number of members continues to rise, nourishing a living alum base that is sizable and very passionate. 40 years in, we have reached the point where this alum base spans several generations, creating disconnects between alums but also between alums and our current collegiate population. We must be intentional and focus our engagement to leverage the unique skillsets of each group as well as to acknowledge and serve the differing needs and desires across age groups. In order to find solutions for the organization's greatest current needs, we aim to purpose this intentional engagement to establish a robust volunteer pipeline, eliminate burnout in our volunteer positions, and foster more connections amongst alums, no matter whether you have stayed close to your collegiate chapter or not.

Leadership Development for Collegiate Membership and National-Level Alum Positions

One of the most common reasons people join a sorority, apart from looking for community, is the potential for personal growth and development through the leadership opportunities it offers. We recognize this expectation and take ownership in preparing our members to be leaders in their chapters, in the greater Sorority, in their communities, and in their workplaces. Leadership training should be broad in scope and cover a range of transferable topics and skills that immediately improve chapter environments while also remaining applicable to non-Sorority situations. While the core focus of leadership training should be on current members of collegiate chapters, the Sorority should also offer similar opportunities to our alum volunteers as well. Alum volunteers are central to the operation and success of our organization and should be recognized as leaders in their own right, as well.

Establish Corporate Partnerships and Cultivate Networks with External Organizations

From the very beginning Phi Sigma Rho has strived to be the foremost Sorority for women in engineering and engineering technology. Our prominence is due in large part to the quality of our membership. We best understand the value that our members can bring to any classroom or workplace. Now that Phi Sigma Rho is well established and is name-recognizable across the country, we must leverage this unique position to our advantage. By showcasing what Phi Rho can bring to the table, we can network with other individuals and organizations, further bolstering our status in industry and academia. Developing and nurturing external partnerships can help us achieve long term stability through both financial and growth measures.

Phi Sigma Rho cannot be an organization that aims to build space for everyone if we don't know where we want to go five years down the road. The focus areas and goals, along with status updates, will be summarized at Convention.

We are excited to highlight the pillars of this Strategic Plan with you. Building space for all members, collegian and alum, is how we Build the Future - Together!

Turning the Page

ON NATIONAL LEADERSHIP CONFERENCE 2024

A huge thank you to everyone who attended Conference programming-both those who sat in on a presentation via Zoom and those who attended one of the watch parties across the country. The decision to make this Conference a virtual event was made due to the recurrent feedback of how expensive it is for chapters to attend. While we acknowledge a virtual setting isn't as exciting, we were glad that it allowed so many people to participate in one way or another and for chapters to also save money to put towards National Convention 2025.

Some of the highlights of the event included: the keynote speech given by Tina VanSteenbergen that was funded by the Phi Sigma Rho Foundation's LEAP grant, the watch parties in a dozen cities across the country, the other keynote speech given by Microsoft's Catherine Brown, the spectacular mind reading of Mark Toland, all of the many breakout sessions with industry professionals, giving out several awards to deserving Phi Rhos, and last but not least, meeting so many new-to-us Phi Rhos (shout out to the active and inspiring Zoom chats).

We will continue to adapt our programming offerings to better meet the needs of our members. We are always looking at ways to improve and optimize the opportunities for our members to interact with one another since community and connection are such vital parts of this sisterhood.

We hope to see you in Kansas City this July as we meet to celebrate 40 years of Phi Rho Love!

2024 NATIONAL AWARD WINNERS

Chapter President of the Year:

Sarah Christie (UC San Diego - Chi)

National Senior:

Rachel Graham (Michigan State - Alpha Delta)

Emerging Leader:

Hollyn Tures (Texas A&M - Alpha Phi)

Outstanding Collegiate Member for Service to Campus and Community:

Ariana Allen (Akron - Alpha Omega)

RFD of the Year:

Abena Essah (Vanderbilt - Alpha Eta)

National Volunteer of the Year:

Sarah Brown (UCSD - Chi)

Young Alum:

Madison Hodges (Purdue - Alpha)

Alum Spotlight:

Aparna Shrivastava (Oregon State - Sigma)

Extension Award:

Nicole Lods (Cincinnati - Alpha Beta),
Madison Thomas (Purdue - Alpha Chapter),
Brandy Ackerman (Toledo - Delta Chapter),
Olivia Dansereau (Florida - Tau Chapter),
Franchesca Hauk (Dayton - Gamma Chapter)

President's Commendations

Erin Shepard (Penn State - Lambda)
Abena Essah (Vanderbilt - Alpha Eta)
Alaina Schwall (Purdue - Alpha)
Kami Ziolkowski (Michigan - Eta)
Katelyn Winkler (Michigan - Eta)
Amanda Conlon (Ohio State - Beta)
Taylor Coco (Arizona State - Alpha Lambda)
Ann Marie Lang (Arizona State - Alpha Lambda)
Morgan McCandless (Washington - Mu)
Ava Moussavi (UC Irvine - Pi)
Anna Neal (Kentucky - Epsilon)
Alison Lunny (Northeastern - Alpha Tau)

CHAPTER AWARDS

Young Chapter:

NC State-Beta Beta

Rashmi Khanna Scholarship

1st: Old Dominion - Alpha Rho

2nd: Case Western - Omicron

3rd: Missouri S&T - Rho

Abby McDonald Spirit

1st: Oregon State - Sigma

2nd: Pittsburgh - Zeta

3rd: Penn State - Lambda

Christine Mooney Service

1st: UCSB - Alpha Xi

2nd: Connecticut - Theta

3rd: Purdue - Alpha

Rising to Excellence

Ohio State - Beta (Silver Level)

Dayton - Gamma (Silver Level)

Oregon State - Sigma (Silver Level)

SEE IF YOUR DONATION QUALIFIES FOR CORPORATE MATCHING

Matching gifts are a part of most corporate philanthropy programs. When an employee makes a donation to a non-profit organization, the employer will also donate to the organization, matching some or all of the employee's donation. Does your employer match your donation you've made to the Phi Sigma Rho Foundation?

If your company matches your donation, the process is very simple to request a matching gift! Many organizations have moved to a simple online submission process, but a matching gift request may be required to your employer. If so, use the information below to submit a request for the Phi Sigma Rho Foundation:

Legal Name: Phi Sigma Rho Foundation

EIN: 20-2709091

Every gift the Phi Sigma Rho Foundation receives goes towards supporting young women through scholarships, personal and professional development, and educational programming. We thank you for your support of our programming!



INTERCONTINENTAL KANSAS CITY AT THE PLAZA
JULY 17TH - JULY 20TH
REGISTRATION OPENS
MARCH 1ST

40TH ANNIVERSARY PARTY
SATURDAY EVENING FOLLOWING
THE AWARDS BANQUET

MUSIC, DANCING, REMINISCING
AND FUN

20  24
PHI SIGMA RHO
40 Years of Sisterhood

Tickets available for the entire event or just for Saturday's party
For more info visit: www.phisigmarho.org/convention2025

ARIANA ALLEN

Recipient of THE 2024 OUTSTANDING COLLEGIATE MEMBER FOR SERVICE TO CAMPUS/COMMUNITY AWARD



Ari (Alpha Omega - Akron) was nominated by a fellow member of her chapter for doing “more than what any of us could have asked for” as the Chapter’s Service Director. During the spring semester, Ari organized and actively participated in over 60 hours of service for such beneficiaries as the Akron-Canton Foodbank and the Prom Dress Drive for Altrusa of Akron. Ari has been especially involved in getting the chapter move involved in STEM-based service. In addition to her service within the Akron Chapter, Ari is also heavily involved within her Church group.

Why does service mean so much to you?

I believe every person deserves the same respect and consideration, which I feel is such a hard thing to come by in this world. To me, service is a way to connect as human beings in a real way while putting aside pride and any sort of status that we so often put at too high of importance. As a young adult trying to navigate life by myself for the first time, I’m much more aware of how difficult it is just to live. At this point in my life especially I feel passionate about service because I know firsthand how much a simple grocery trip can mean to someone. Service expands on a sense of community and connection, it means so much to me because it brings people together in a way that cannot be compared.

When/how did you first get interested or involved in community service?

I’ve done service with Girl Scouts, 4-H, and local food pantries since I was around 8 years old. It would make me feel good and I would connect with the people we were serving, but I didn’t understand the full weight of service at that age and of course, my mom was making me do it. In college, I was introduced to more opportunities for service, including an opportunity to volunteer to tutor children at local schools. This experience touched my heart in such a deep way and made me realize service was something I needed to make a bigger part of my life. The following fall I took the position as Service Director in my Phi Sigma Rho chapter, which allowed my passion for service to flourish.

What are the most rewarding aspects of service?

The most rewarding aspect of service is the sheer amount of growth that one can experience through it. Growth in empathy, patience, kindness, selflessness, and just as a person in general. It genuinely makes you view life and human connection differently, you find yourself sacrificing more and more to help others in your day-to-day life, including friends, family, and strangers.

How do you balance an intense academic load and personal commitments with such involvement in community service?

This is something I really struggle with as a college student working two jobs and being involved in multiple organizations, which I imagine many people my age are struggling with as well. A huge part of service is sacrifice, so although it’s hard to sacrifice my only free time all week to do service, it’s a necessary part of it. I like to choose times that work the best for me, such as early morning, late evening, and weekends. Serving at 6 in the morning may not sound the best, but I keep an open mind and understand that I’m doing it for people just like me who have to get up at 6 in the morning just to get meals that week. Change in mindset and understanding of sacrifice are things that help me make special time for service in my life!

Is there a project you’ve worked on or an organization you’ve worked with that has been particularly memorable?

Like I mentioned earlier, I tutored 3rd graders every Friday through a local elementary school and that was such an amazing experience that opened my heart up to service, so this was particularly memorable. Additionally, my Phi Rho chapter volunteers at a local Prom Dress Drive, which is where hundreds of girls from surrounding areas get to pick out prom dresses, shoes, and jewelry for free. Getting to be personal shoppers for these girls and experiencing their beauty and strength in that way was truly unforgettable, I will cherish those memories for the rest of my life.

This award was created to recognize the accomplishments of our collegians beyond the work that they do immediately within Phi Sigma Rho. Many of our collegians, while being active in the Sorority, are utilizing their time and resources to contribute to other areas of their community including their Greek Council, other campus based organizations, or even philanthropic organizations. With the creation of this award, we have the ability to recognize the extraordinary sisters who are dedicating their time to other opportunities that in the end, strengthen their commitment and sisterhood to Phi Sigma Rho.

RACHEL GRAHAM

Recipient of THE 2024 NATIONAL SENIOR AWARD



Rachel (Michigan State - Alpha Delta) was nominated by a fellow member of her chapter who noted that Rachel was “extremely deserving of this award for a multitude of reasons.” The nomination continued “Since rushing Phi Sigma Rho, she has been actively involved in all chapter activities. She never fails to be there for her sisters, even on the days that she is feeling down. She is someone who I know I can always count on and turn to no matter what. [...] She has exemplified good character in many different ways and is a truly remarkable person who I know will continue to do so much good in this world. Her hard work, dedication, and passion for chemical engineering has been so inspiring to see. She has and will continue to make the Alpha Delta Chapter proud.”

The National Senior Award is presented to the senior in the Sorority who has best exemplified good character, given distinguished service to Phi Sigma Rho, and whose achievements in varied fields of student activity have brought honor and prestige to the name of Phi Sigma Rho.

Why did you first decide to join Phi Sigma Rho?

When I started at Michigan State I had a few friends also attending, but none of them were in Engineering. I wanted to find friends who could understand the unique struggles of being a female studying engineering.

What compelled you to be so active in the Alpha-Delta chapter so early on in your membership?

Throughout highschool I was always very active in clubs and held multiple leadership positions, so it seemed like a natural progression for me.

What has been the most rewarding role you've held in your chapter?

My most rewarding role I have held was my term as VP of Standards. I was able to make a large contribution to our chapter's growth in that position. A big part of my wonderful experience in that role was due to the support I received from our chapter President and Standards Board.

How do you envision your Phi Sigma Rho experience serving you later in life?

My time in Phi Sigma Rho has given me so much. It has given me more confidence and a strong community of fellow women in Engineering. It has also helped me improve my leadership skills that will be very useful in my future career.

What are your plans for your future?

Currently my future plans are to work full time while going to school part time to get my MBA. My long term career goal is to focus on management, as I found that having a supportive and knowledgeable manager significantly increases the morale of workers and I believe I have skills suited for that type of role. Outside of work I plan to travel as much as possible and get a dog.

A LOOK BACK

at 40 Years OF PHI SIGMA RHO



Founding at Purdue
(September 1984)

First National Council Meeting
(February 1988)

First National Convention
(August 1991)

1000th Sister Initiated
(November 2001)



1st Phi Sigma Rho Chapter in California UCLA-Nu Chapter
(March 2003)

Phi Sigma Rho Hires First Executive Director Anne Lawler (Dayton-Gamma)
(March 2005)



1st Phi Sigma Rho Chapter Outside the Midwest - Connecticut-Theta
(April 2001)



1st Chapter Outside of Purdue - Beta Chapter at Ohio State
(April 1988)



1st National Leadership Conference - at the University of Dayton
(July 2006)



Phi Sigma Rho Foundation Incorporated
(March 2005)



**1st Phi Sigma Rho Chapter at a HBCU
- Howard University**
(February 2007)



**Phi Sigma Rho Reaches Its 35th Anniversary
- The anniversary was celebrated at National
Convention 2019 in Scottsdale, Arizona.**
(September 2019)



**Phi Sigma Rho Installs Its 25th Chapter at
Youngstown State University**
(May 2011)



**Phi Sigma Rho Reaches 50 Campuses
as the Beta-Beta Chapter is Installed
at NC State University**
(November 2023)



**30th Anniversary Celebrated with a Quilt
- Quilt squares collected by each chapter
at the 2014 Leadership Conference**
(September 2014)



**2025 National Convention and
40th Anniversary Party**
(July 2025) *See you there!

**Phi Sigma Rho National Housing
Corporation Formed**
(2024)

Meet The Housing Board...

Lisa Pluckebaum

Position: National President

Chapter: Purdue - Alpha

Lisa Pluckebaum graduated with a bachelor's degree in Industrial Engineering from Purdue University in 2010. Since graduation, she moved around a lot for work and currently resides in Atlanta where she works as a Project Manager for a food oil engineering company. She is very active in the community in Atlanta. Lisa is the President of the Purdue Alumni Club of Atlanta, leads morning workouts for the November Project, and volunteers through the Junior League of Atlanta. In her free time, she enjoys running, playing intramural leagues, and traveling around the world to visit friends.



Caitlin Campbell

Position: Vice President of Standards

Chapter: Case Western - Omicron

I graduated from Case Western Reserve University (Cleveland, Ohio) in 2020 with a BA in Computer Science and minors in Studio Art and Game Design. I worked as a software engineer at McMaster-Carr for a few years before starting my own small soap business. In my free time, you can find me rock climbing, knitting, or baking tasty desserts. I currently live in Chicago with my guinea pigs.



Missy Mercurio

Position: Vice President of Finance

Chapter: UC San Diego - Chi

I graduated in 2014 with a B.S. in Math & Economics from the University of California, San Diego. I previously served on the 15th National Board as VP of Finance. I am a Certified Trust and Fiduciary Advisor (CTFA) and currently work as a Senior Trust Officer for a Wealth Management firm in the Washington, DC area. I live in Alexandria, VA with my husband, our two cats, and my sister. In my free time, I enjoy reading, attending concerts and musicals, crocheting, and diamond painting. I also love going on cross-country road trips. I've driven from coast to coast 4 times!



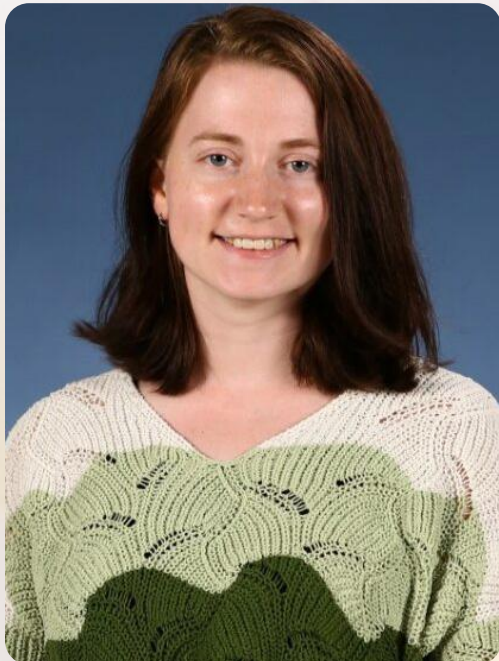
In 2024 the National Housing Board was created to assist chapters with interest in and operations of local housing options. All housing concerns can now be directed to the Housing Board at housing@phisigmarho.org.

Kaitlyn Harp

Position: Vice President of Communications

Chapter: Arkansas - Kappa

Kaitlyn Harp graduated from the University of Arkansas in 2020 with a B.S in Biomedical Engineering and in 2022 with an M.S. in Engineering Management and Certificate in Project Management. She now works as a Project Manager with a freight and logistics provider in Fort Smith, Arkansas. Kaitlyn is neurodivergent and is certified in Mental Health First Aid (MFHA). She strives to be a shoulder to lean on for those struggling with mental health and an educator for those unaware of such topics. In her free time, she loves practicing yoga, walking in nature, watching anime with friends, and spending time with her furry baby, Kiki, gifted to her by the cat distribution system.



Kene Ofili

Position: Vice President of Housing Management

Chapter: Houston - Upsilon

Kene Ofili graduated with a B.S. in Biomedical Engineering from University of Houston in 2019. Since graduation, Kene adopted her dog and currently resides in San Diego, CA where she works as a Systems Engineer for Booz Allen Hamilton. In her free time, she enjoys reading, watching anime, and rock climbing.



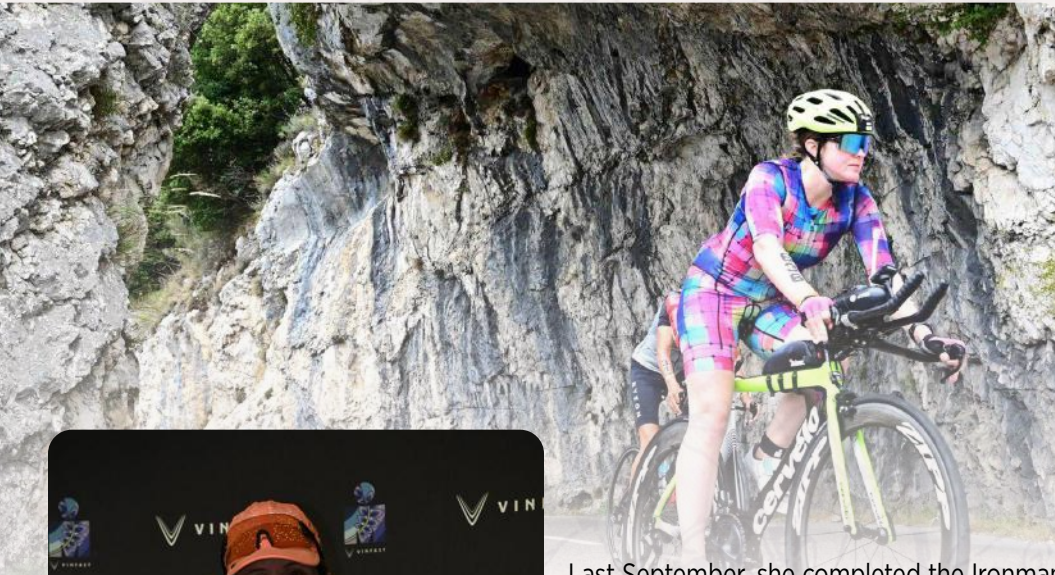
Monica Sowders

Position: Vice President of Strategy

Chapter: Dayton - Gamma



PHI SIGMA RHO'S *Iron Woman* ELLA MORRIS



From the first time she heard them, back when she was training for her first Ironman triathlon, the words have stayed with Ella (Wildemann) Morris (Dayton-Gamma).

The race is the reward for all the time that we put into the training.

At the rate she has been going, Ella has been getting plenty of rewards.

A Phi Sigma Rho sister who graduated from the University of Dayton in 2011 with a degree in mechanical engineering, Ella has been competing in triathlons and other endurance events over the past several years and racked up an impressive list of achievements.

Last September, she completed the Ironman World Championship in Nice, France, finishing the 2.4-mile swim, 112-mile bike ride and 26.2-mile marathon in 14 hours, eight minutes and 59 seconds. Two years earlier, she took part in 20 Bridges, a 28.5-mile swim around Manhattan.

Through those competitions, she has learned to appreciate the beauty in the journey. Grueling as it may be at times, it's worth it by the end.

"While someone who is deeply involved in endurance sports may recognize the Ironman training as an accomplishment, most people see the accomplishment as completing the race," Ella wrote in an email. "They don't see the time, money, and sacrifices made to accomplish that goal. I feel bad for everyone who makes it to the start line, but doesn't finish because they also put in the hard work preparing for the event and there are so many things out of their control that may cause them to not finish even though they were just as prepared as everyone else."

Ella found her way to endurance events naturally. She was an athlete growing up in Columbus, Ind. and swam competitively through high school. Unwilling to hang up her cap and goggles for good after graduation, she joined a masters swim club while at Dayton, which she balanced with her Phi Sigma Rho commitments after joining the

sorority her sophomore year. Her interest and involvement only intensified after college, when she moved to Louisville, Ky. and met others who competed in various endurance sports. In 2019, she competed in her first marathon swim, a 10K race in Fontana Lake, North Carolina.

The outlet for her passion can be occasionally all-consuming, possible only through significant determination and dedication.

"The training for these events is a commitment," Ella said. "I train almost every day. During the week, I typically get a workout in before work. The weekends are especially difficult for the endurance events because that is when the long training sessions are. During the peak training for an Ironman, I did a couple 100-mile bike rides, which typically take about six hours. The most difficult part about those long training days is not the training itself, but the lack of time the rest of the day. I get home from long rides at 1 p.m., eat lunch, and then I am tired the rest of the day. Balancing it with life responsibilities is all about setting priorities. I go to bed early most days, so I can get up for a 5 a.m. workout. My husband was also supportive of my training. I joked when I first started training for an Ironman that I would be busy training while he would be busy working on his PhD thesis."



Eventually, bigger, more daunting challenges awaited after her first marathon swim. Admittedly, there were doubts at times for particular events.

As experienced as she was as a swimmer, 20 Bridges was significantly longer and colder than any swim she had previously done, with the water on race day in Oct. 2022 at an unusually cold 60 degrees. She never let those concerns weigh her down, though, making sure to remind herself of all the work she had put in to get to that point. Ultimately, she was able to complete the trek through New York's Hudson, East and Harlem Rivers.



She was able to look back at her past work for reassurance heading into the Ironman World Championship, knowing she had qualified for it by being among the top finishers in her age group at Ironman Wisconsin in Sept. 2023. Nothing in the relatively flat landscape of Louisville could prepare her for the bike course that awaited her in the French Alps, which included a 3,000-foot climb (the largest hill she trained on in Louisville was about 500 feet).

When it came time for the race, she dug deep.



"The Ironman World Championship was one of the most challenging events I've ever participated in," Ella said. "The large climb during the Ironman World Championship was very challenging, moreso mentally than physically. Swimming is my strongest discipline, so I started the ride closer to the front of the pack and was getting passed by a lot of people during the climb. I kept telling myself that I had trained for this, and I could complete it. During the run, my back hurt so much. The run course was four out-and-back loops, so I saw my husband and sister-in-law multiple times during the run. I would look forward to seeing them during the run. To occupy my mind during the run, I focused on counting my steps. I would count to 100 steps then depending on how I felt, I would count to 100 again or take a walking break. Counting to 100 allowed me to mentally break the race into much smaller segments. I kept telling myself that I needed to make it through another 100 steps."

Months later, her memories of the finish line remain vivid.

"Crossing the finish line at the Ironman World Championships was almost surreal," Ella said. "There were so many emotions at one time. I was glad it was done. I was proud of what I had accomplished. I was so lucky to be able to compete in this event. I was excited to have the rest of my vacation in France without the race to worry about. I was sad it was over because I didn't have another event planned.

At the same time, I was happy that I wouldn't need to keep making sacrifices to complete the Ironman training."

So, after all of that intense training and preparation, what's next in Ella's endurance journey?

Prior to the event in France, she and her husband agreed that she wouldn't sign up for another full Ironman "for a while." That doesn't mean she won't remain active, though. She has signed up for a half Ironman in 2025 and, without the onus of getting ready for a full Ironman, plans to do more open-water swimming competitions. Beyond that, she wants to explore new avenues for her passion, possibilities that include a trail running race and maybe even an ultramarathon.

As remarkable as her growing endurance resume is, Ella insists it's nothing that's beyond the reach of anyone who may dream of doing it.

"I have learned that I (and most others) are capable of great things if you set your mind to it and prioritize," she said. "One of my pet peeves is when I tell people that I've done an Ironman and they respond by saying that they could never do one because I do believe that anyone can do an Ironman. It's not a question of whether you can; it's a question of whether you want to make the commitment to training."



Photos courtesy of Ella Morris

A Chapter Rehabilitation Success Story

FEATURING THE OHIO NORTHERN-IOTA CHAPTER



In recent years, chapters have been more proactive in reaching out to Nationals when they are experiencing large or widespread issues. This early-intervention has proven to be extremely important in keeping chapters out of danger and building for long term success. Ohio Northern was one of the first chapters to go through a significant post-COVID challenge. The 18th National Board led by the VP of Collegiate Affairs worked with the chapter to put them on a yearlong success plan. During that process, the chapter was able to successfully revamp their governing documents, correct disabling processes, and bolster recruitment efforts. As a result, the chapter has stabilized. This stability has allowed the chapter to double in size (a growth which allowed for them to restart a couple of formally defunct families). Nationals wanted the chapter to share their success story to emphasize how chapters of any size that experience struggles can make great strides with a little guidance.

Julia Gutchall, as told to The Key [Editor's note: the viewpoints expressed here are Julia's personal experience with the Iota chapter's rehabilitation plan. We thank Julia for sharing her perspective and note that her experience is not the totality of all members of the Iota chapter.]

How and when did the chapter realize that something bigger was happening beyond one rough recruitment cycle, one pair of fighting sisters, etc.?

[ONU] I think we started to notice something off right away. I joined during the height of COVID, so everything was already a bit hectic as the chapter tried to adapt to life during that time. When I was an official sister, things became clearer since I had the "behind the scenes" of how the sorority worked and access to the bylaws and documents that we were supposed to be following. Since our chapter was small during that time, I was lucky to be on Standards Board with a sister that had joined the sorority with me and it was on this board that we really were able to see how much the chapter needed some reworking.

[The Key] To anonymize the chapter's situation, basically members weren't consistently following the chapter's bylaws but since the group was so small, chapter leadership often let those things slide. Eventually, all those little pains added up and created tension between sisters.

Why was it so important to the chapter to address and fix the issue(s) as a group?

[ONU] It was important to the chapter to address these issues because we wanted to see the sorority thrive and build a place that not only new people would want to be a part of, but those who were in the chapter wanted to be in. We lost a lot of our sisterhood and we wanted to bring it back.

What were some of the most challenging pieces of the rehabilitation plan?

[ONU] I think one of the most challenging pieces was trying to reorganize and update our records and official documents. For many reasons, there was a lack of financial record keeping that we had to go back and figure out. Also, we had to do a lot of updating and restructuring of our bylaws since they had not been updated in a long time, and some of the wording used was either confusing or was too vague that it wasn't helpful to the chapter.

Who/what were the most supportive and/or helpful people or resources as the chapter worked through the rehabilitation plan?

[ONU] I think our sisters were the most supportive as we worked through our changes as we all wanted to get the chapter to a better place. We all pulled our weight to try and improve the chapter and were there to assist each other when we needed it. Our faculty advisors were also a good resource when it came to dealing with the official documentation as they were knowledgeable about campus procedures and had been involved in finances and official documentation before.

What long-term fixes or strategies did the chapter implement as a result of the rehabilitation plan to avoid similar issues in the future?

[ONU] One of the big ones we implemented was by requiring the new Vice President to review the bylaws with Standards Board in order to update things as they see fit and also have some knowledge about what is contained in the document. We also put in a procedure in the bylaws of what to do if a sister isn't fulfilling her chair position (for whatever the reason) so we can better help her while still keeping the good of the chapter in mind. Along with that, we created/updated spreadsheets and filing systems for our financial records to help better keep track of them. The 5-year plan was also brought back (as it had fallen to the wayside) to help better track our progress and help fulfill our goals long-term as a chapter.

What was the most positive/rewarding part of the rehabilitation plan?

[ONU] The most rewarding thing is the fact we've been able to double the chapter in size in just a few years and still continue to see it grow. I feel like we've been able to build the chapter that we wanted to when we set out to improve our situation, and while we still hit snags along the way, it's overall turned out well.

Describe the mood of the chapter before and after completion of the plan.

[ONU] I think the chapter before the plan was tense but determined to make the changes needed to help see it grow. After the plan, I definitely think we all felt relieved to be able to say we completed it and accomplished some of the bigger picture items we wanted to do.

What advice would you give other chapters who may be struggling with issues that negatively impact the entire/large portions of the chapter?

[ONU] My advice to other chapters is that any change you want to see is going to start with you. None of these improvements for our chapter would have happened if one of us didn't take the first step in trying to fight for a better chapter, and it doesn't have to be a big step. Sometimes it's just doing a small thing, like pushing to update the bylaws or finding a way to improve a chair that you're a part of. Those small things can add up, especially when you're waiting for a larger change to happen, like elections or for assistance from advisors or Nationals. Sometimes though, larger measures may need to be taken to get the ball rolling, like voicing your concerns to the chapter and pointing out instances of these problems and how they're affecting the chapter as a whole, not just you. Do what you can to use your advisors (both faculty and alumni) and Nationals to their full potential as they can offer good advice and aid you in helping your chapter, especially if your chapter is reaching a breaking point.

Any other points you wish the entire Phi Rho membership to know about the ONU chapter experience with their rehabilitation plan?

[ONU] While the rehabilitation plan provides good benchmarks, don't be afraid to exceed the expectations or even work towards improving other parts of the chapter that you think need it that aren't listed. Not every problem that a chapter may have will be included in the plan since it provides a good starting place, so it'll be on the chapter to make sure those goals are being hit to make sure it doesn't happen again, whether that maybe creating new bylaws for situations you've ran into or reorganizing folders and removing old documents that are no longer needed.

Day in the Life PHI RHO VOLUNTEER EDITION



Michelle Eyink

Position: Vice President of Collegiate Affairs

Work: Solar Cell Manufacturing Manager, Solestial

Thursday December 26, 2024

9:00AM - 12:00PM

Catch Up on Personal Responsibilities

This was not the most exciting part of my day but it was definitely a much needed reset. I started by folding the pile of laundry that had been neglected for 3 days... Once the laundry was folded, I moved on to budgeting. This took a bit of time because there were a lot of purchases to account for from my last minute Christmas shopping. I also used some time to start reflecting on changes I needed to incorporate into my budget for the upcoming year. After my Apple Watch was finished charging, I headed out the door to pick-up some vitamins at Sam's Club and to drop off my ring for repair at the local jewelry shop. The jewelry shop was still closed in observance of the holiday. Time to save that errand for tomorrow! Once I returned home, I took a quick walk to the mailbox to collect more holiday cards. Holiday cards make me happy!!

1:30PM - 4:00PM

Catch Up on Phi Sigma Rho Work

As the Solar Cell Manufacturing Manager at Solestial, November and December are always the busiest months of the year for me. There's a lot of planning involved to make sure the team stays on track to complete customer projects prior to the holiday break. I worked a lot of extra hours in November and December, which didn't leave much time for Phi Sigma Rho work besides items that were urgent or had November/December deadlines. When I was ready to focus on my Phi Sigma Rho items for the day, I started by organizing my inbox and by making sure my personal calendar for January captured upcoming Phi Sigma Rho meetings. I also worked on some of the material for the upcoming edition of The Key (including this DITL you're currently reading!). During this block of time I also selected the upcoming Chapter Handbook Seminar dates for the Spring semester and created a list of updates needed for the Chapter Handbook. EJ came home from work early and joined me on the couch as my productivity buddy!

6:00AM - 9:00AM

Rise and Shine for the Day After Christmas

One of the great perks about working for Solestial is that the entire company takes a holiday break between Christmas and New Years. The time off is great because it allows me to start my days slow while also mixing in some productivity to the day. I started this morning bright and early with my roommate, EJ. Instead of my usual morning routine of showering, making some coffee, packing my lunch, and coordinating my team's work for the day, I was able to cozy up on the couch to watch TikTok and check Co-Star prior to seeing EJ off for the day. Once I was alone, I squeezed in some reading and a small catnap because I got too comfortable once Arya, my kitty companion, joined me on the couch. I am currently reading "The Dallery Dream Department Store" by Miye Lee for a February book club. I ended my morning with a homemade breakfast which consisted of a dirty chai tea latte, an English muffin breakfast sandwich, and a leftover Christmas cookie.

12:00PM - 1:30PM

Lunch and Other Personal Responsibilities

My lunch for today was some leftover chicken enchiladas. While eating my lunch, I cleaned out my computer drawer, which involved throwing out some trash and making a pile of old documents to shred. I also used this time to pay a medical bill I retrieved from the mailbox. The bulk of this time was used to start researching apartments in the Tempe and Phoenix areas because my lease is up in May. It's never too early to start seeing what options are available! Once I was finished researching apartments, I cleaned up some dishes in the kitchen prior to pivoting to volunteer items.

4:00PM - 4:30PM

Purchase Flight for the National Board Face-to-Face in February

Spent some time researching the most economical flight to take me from Phoenix to D.C.! I usually like to fly Southwest for everything, but this time around it was better in terms of both time and cost to fly with American Airlines. I purchased my tickets and started working on the reimbursement form before I forget to send it to Gabby and Lacey.

4:30PM

Read a Poem with EJ

I recently purchased a poem book called "Invisible Strings: 113 Poets Respond to the Songs of Taylor Swift." All the poems allude to a Taylor Swift song without using direct lyrics. EJ and I have committed to reading one poem a day. We read the poem and then make a guess of which Taylor Swift song we believe inspired the poem.

5:00PM - 6:00PM

Dinner with EJ

For dinner we both enjoyed some leftovers from the fridge. We mainly ate quietly and enjoyed each others' company while watching TikTok. In between watching TikTok, we also chatted a bit about the day. I shared a new song I heard earlier in the day with EJ.

6:00PM - 7:00PM

Watch Superstore with EJ

EJ and I have been watching Superstore based on a recommendation from one of their coworkers. It's pretty fun but some of the jokes can be cringy and horrible. We are looking forward to finishing Superstore soon. Only 3 more episodes to watch! When we're finished with Superstore, we're going to move on to watching Friends, which is my favorite sitcom.

7:00PM - 7:30PM

Evening Reading

While EJ was taking a brief phone call, I cuddled up on the couch to continue reading "The Dallengut Dream Department Store" by Miye Lee. Unfortunately, I did start to doze off towards the end of my reading window. I managed to get at least 10 pages read so we'll consider that a win!

7:30PM

End the Day with a Disney Movie

To end the day, EJ and I settled in on the couch with some cozy blankets and hot chocolate to watch One Hundred and One Dalmatians. After the movie, I was off to bed to do it all over again tomorrow!



Day in the Life PHI RHO VOLUNTEER EDITION



Sharon Snyder

Position: National President

Work: Staff Engineer Mission Architect, Northrop Grumman Space Systems

An Average Monday

6:00AM

Wake up and head out the door for a run!

DC traffic is notoriously terrible, so I either get up EARLY and plan on a longer commute, or work from home a little in the morning and head in after traffic has died down. It's nice to get out the door early though - there are lots of 'regulars' that I see on my usual loop.

9:00AM

Arrive at work.

Claim a hot desk (if I won't be working at mine that day) and start chugging through emails. I also like using this time to block out my day and plan for any deliverables due later in the week, send out meeting invites, etc.

11:00AM

First meeting of the Monday.

Most of my immediate team is based in CA, so my day doesn't get too busy until 8am Pacific time! There are usually some small things that come out of this meeting that I like to tackle right away, so I work on those until...

1:00PM

Lunch break and check Phi Rho emails and WhatsApp.

As President, there's always something in my inbox or messages. Sometimes it can wait until the end of my work day, but frequently it's something that Staff need so they can do their job.

3:00-5:30PM

Deep Work.

Many people at my office get in EARLY, so they start to leave mid-afternoon. Now it's nice and quiet in my SCIF (classified work area) so I can get in the groove with writing documentation, cross-checking requirements, working on design presentations, or verifying development requirements.

6:00PM

Gym time!

I hate running at the gym, but I LOVE lifting with my trainer!

7:30PM

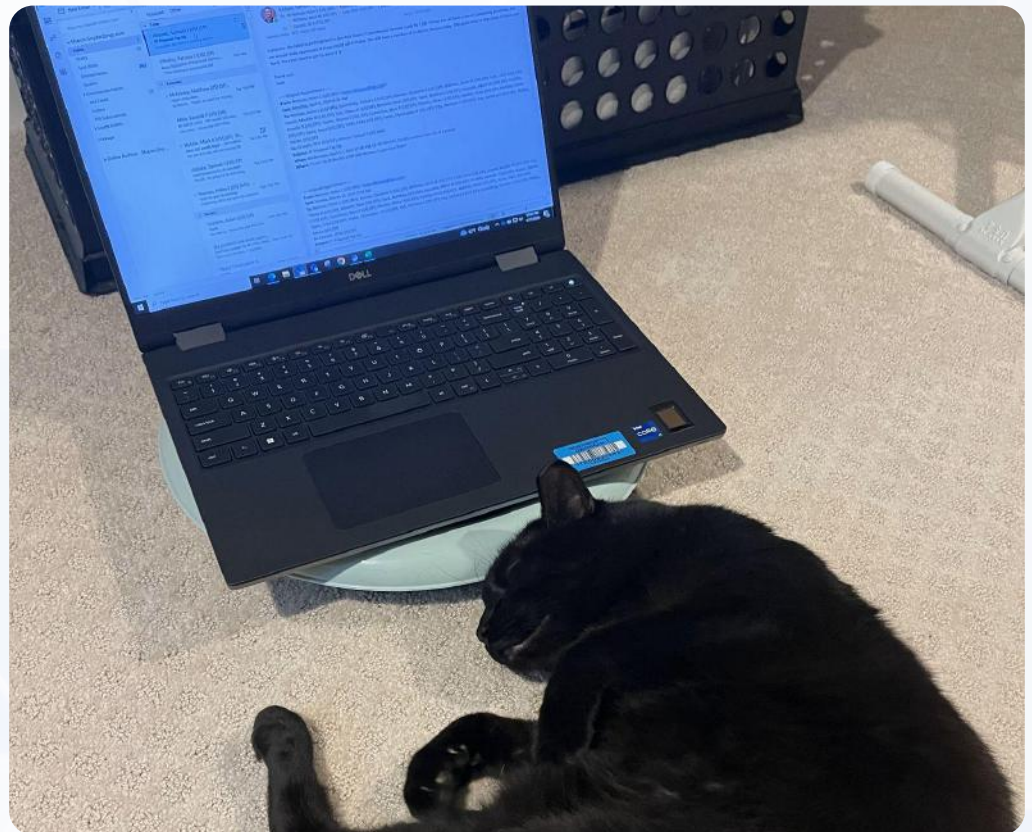
Start the commute home.

Mondays are my days to meet with Board members, so I either start calls on my drive, or hop into Zoom as soon as I get home.

10:00PM

Time to Sleep!

As long as it's not hockey season, our house is nice and quiet and ready for bed. If the Winnipeg Jets have a West Coast game, it's going to be terrible to get up Tuesday morning!





Ava Moussavi

Position: Social and Programming Director

Work: Senior Civil Engineer, Riverside County Flood Control & Water Conservation District

Monday December 9, 2024

11:00 - 12:30PM

Keeping up with emails

In my position, most people need to hear back from us ASAP (which tends to lose its meaning after a while). Staying on top of emails is a real challenge! I prioritize emails from my team and use a lot of formatting rules in my inbox to help me sort them all.

12:30PM - 1:00PM

Lunch at the park

I typically head to a nearby park for lunch. Getting out of the office and having downtime is really important to me. Stepping away from my desk helps keep my pace at work sustainable.

1:00 - 5:30

Emails, meetings, and more emails

This is not the most exciting part of the day but my team keeps things interesting and helps makes the day go faster. Our current shenanigan is to hide a creepy looking Santa look-alike at different people's desk (like a less fun Where's Waldo). The picture below was when Casper was hidden at the top of the wall of my desk. I may have screamed when I finally spotted him.



5:30PM - 6:00PM

Coordinate the next Phi Sigma Rho Programming event

I prefer working on PSR tasks in the office when it gets quiet. Today I worked on Canva to create the Instagram story post for January's programming event. I added calendar reminders for myself to post the story a few times in early January to advertise the event and get sign ups. I also drafted the email to send out the event info to the programming email list. I typically spend 30 minutes to an hour every few weeks to answer PSR emails and coordinate events. It's the perfect way to exercise the left side of my brain after a long day of looking at plans and writing emails!

6:00PM

End of the Day

Head home for dinner and Netflix and get ready to do it all again tomorrow!

7:00AM

Head to Work

Arrive at work at the Riverside County Flood Control and Water Conservation District.

I try to plan out the big items of my week on Mondays - What important meetings do I need to prep for? What reviews do I need to get back to my staff? Did answer that email from my boss last week?

8:00AM - 11:00AM

Interviews

Conduct interviews to hire an engineering technician to assist in the review of proposed developments in floodplains

Something that I've recently learned is that hiring staff at a government agency can take time. Today's interviews were the culmination of weeks of work. I'm excited to hire a technician to help with the increasing workload we've been experiencing in the development world.

Day in the Life PHI RHO VOLUNTEER EDITION



Jessica Sofka

Position: Vice President of Communications

Work: Senior iOS Engineer, Target

Monday December 30, 2024

7:30AM

Gym Time

I try to go to the gym before work most days. This helps get my day started and feel more awake and ready for what the day may bring. I use this time to catch up on my reading or scroll through Tik Tok.

9:00AM

Coffee Run

No meetings this morning so I decided to get some fresh air and grab a coffee! It isn't snowing in Chicago yet so I want to take advantage of the dry sidewalks while I can :) My go-to order is an iced vanilla latte!



10:00AM

Work

With most people out of office during the holiday break, I like to spend my time working on things that I have put on the backburner since the peak season started. This includes any learnings I want to apply to my role or even some tech work that I have been meaning to get to. Today, I caught up on some WWDC (Apple Worldwide Developers Conference) videos that I have been meaning to watch.



12:00PM

Lunch

After a week of indulgent Holiday food, I was craving a homecooked, comfort meal. My latest hyperfixation has been Kimchi Jjigae, a Korean stew made of kimchi, pork, and tofu. It's the perfect meal for chilly days like today.

1:00PM - 3:00PM

Back to Work

As a Senior iOS engineer, I spend a lot of my time doing research (or spikes) for potential new projects. I spent some time looking into a project that the product team is proposing. I also did a few code reviews from my peers to unblock some of their work.

3:00PM

Phi Rho

Quiet day at work so I decided to get some Phi Rho work done to end the day. One of our active campaigns we have is to spotlight one chapter a month to feature on our social media accounts for our 40th anniversary. I sent out a few emails and made some templates for the upcoming posts. I also spent some time in Canva to prepare/plan some posts that other VPs/Directors have requested.

6:00PM

Dinner with friends

With everyone back in town, my friends and I decided to get together for a little dinner to celebrate the end of the year. Having moved to Chicago 4 months ago, we are constantly finding new places to try.



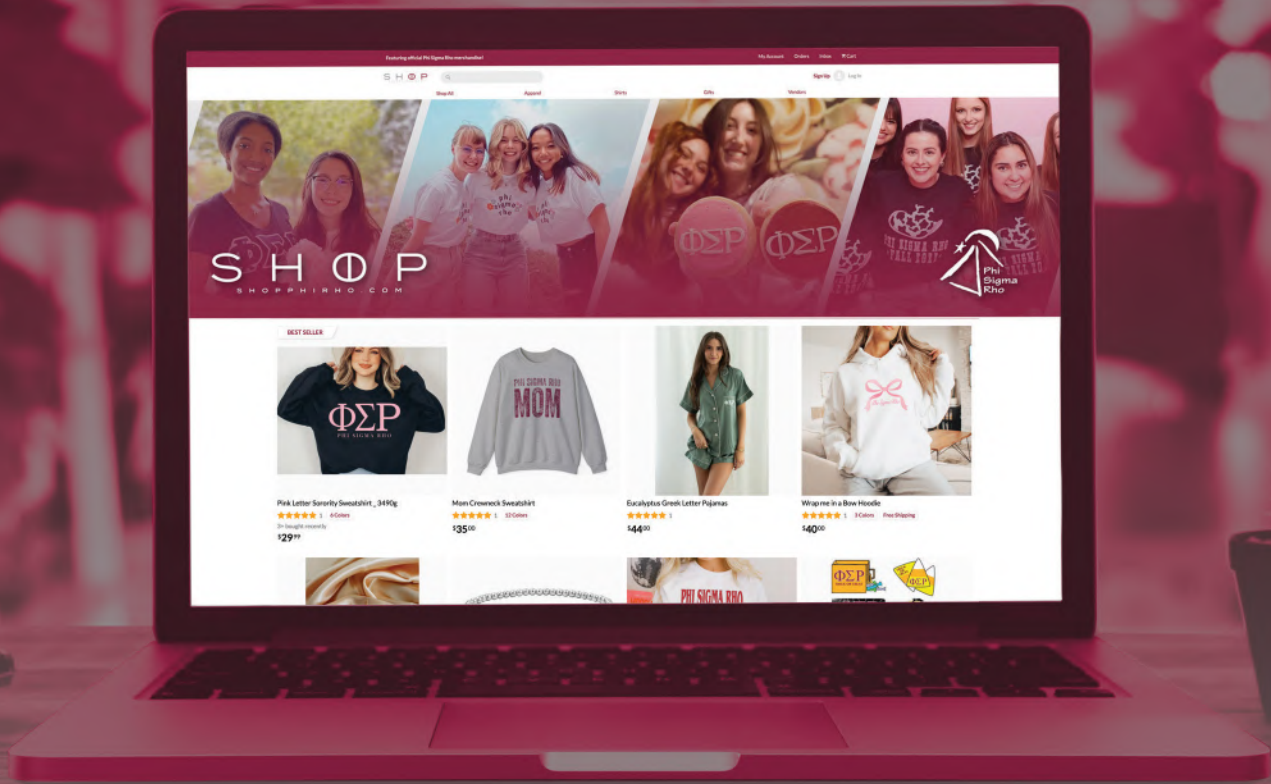
9:00PM

Self care

Nothing like face masks, tea, and video games to end the night. One of my favorite ways to wind down is by playing cozy games (Stardew Valley, Animal Crossing, etc) and watching Youtube videos. Good night!

SHOP

SHOPPHIRHO.COM



**Shop for great Phi Sigma Rho merchandise
or find custom design inspiration for your
chapter's next order!**



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shoppHirho.com



Campus Briefing



Photos courtesy of Hunter Caslin

ILLINOIS - ALPHA EPSILON CHAPTER

Updates provided by Hunter Caslin, Illinois-Alpha Epsilon President

First, our chapter initiated its biggest class so far of 15 new sisters this semester, the Alpha-Alpha class. Making our chapter total from 10 to 25! We finally made it through the Greek alphabet once [...]. Another cool thing we did this semester is that we went to visit the Alpha Chapter for the first time since the start of our Chapter I believe. We got to see them during Founders weekend so it was super cool to meet them and some alumni. One of our sisters, Zoe, is a legacy and her mom actually went to Purdue so we also got to meet her mom!



CASE WESTERN - OMICRON CHAPTER

Congratulations to the Omicron Chapter on winning the 2024 CWRU Unplugged Energy Contest! The Omicron Chapter had a 11% reduction in energy use during the contest. This is the second year in a row that Phi Sigma Rho has won the contest.

2024 CWRU Unplugged Winners!

Village House 1/2

&

Phi Sigma Rho



Photo courtesy of @greencwru (Instagram)

IN THE WORLD OF STRATEGIC GROWTH

A reflection from Samantha Finley, Albany-Beta Epsilon Founder and Chapter President, after Albany went through a yearlong Prospective Chapter process that culminated in the Chapter's installation on November 23, 2024.



This past year has been a monumental one and the journey was anything but smooth. Starting a chapter from scratch meant working tirelessly to lay the groundwork for our official installation on November 23, 2024. We juggled recruitment events, drafting bylaws, building relationships with campus organizations, and navigating a sea of logistics. But with each challenge came growth. The women who joined our sorority in this endeavor brought incredible energy and resilience, and together, we turned an idea into reality. Through passionate and dedicated members to establish our chapter values and goals, we've focused on building a strong sense of sisterhood and purpose. We started to make a name for ourselves as a community that uplifts women and non-binary individuals in STEM. The journey to installation has strengthened our resilience and commitment to Phi Sigma Rho's mission. Looking ahead, we're excited to continue growing our membership, enhance our philanthropy efforts, and deepen our impact both on campus and beyond. The future is bright, and we can't wait to see where this journey takes us!



Photos courtesy of Sam Finley

RINGING IN 40 YEARS OF SISTERHOOD with \$40,000 of Support

Photo courtesy of
Case Western-Omicron



In our hands, we hold the past. In our hearts, we hold the present. In our minds, we build the future.

In 2023, the Phi Sigma Rho Foundation embarked on an ambitious campaign to unite all alum and collegiate members in supporting the future of Phi Sigma Rho, while building upon the ideals of our sisterhood. Our goal was clear: raise \$40,000 within one year, culminating in the ruby anniversary of Phi Sigma Rho's founding. Thanks to the dedicated efforts of the Foundation Board and our committed volunteers, our sisterhood responded in a powerful way!

We are deeply grateful to supporters like you who helped us exceed our goal, raising over \$65,000 in celebration of 40 Years of Sisterhood. These funds will directly support vital programs for our members and their communities.

With this success, we are able to invest in the future of Phi Sigma Rho, from empowering future leaders through LEAP grants to supporting the educational journey of our actives through the EDGE Grant and our seven scholarships. We are also proud to assist the next generation of women and underrepresented genders in engineering and technology through the DreamGirls Grants. With over 10,000 sisters across the globe, we are committed to expanding and evolving to best support the Phi Sigma Rho community.

Thank you to everyone who supported the 40 for 40: Campaign for Phi Sigma Rho. This achievement would not have been possible without the unwavering support of our sisterhood, families, and friends. The names listed below represent those who contributed to the campaign and continue to support us throughout 2025. Thank you for helping build the future with us, and we look forward to celebrating the Sorority's Founding at the National Convention this summer.

40 FOR 40: CAMPAIGN FOR PHI SIGMA RHO & 2024 ANNUAL SUPPORTERS (IN NO PARTICULAR ORDER)

- | | | |
|---------------------|-----------------------|--------------------------|
| Adwoa Adarkwa-Darko | Jennifer Conde | Kathryn Gray |
| Angelina Allen | Christina Crisanto | Kerry Gregory |
| Kellina Anderson | Jacquelyn Crowley | Nicole Guerena-Pantaleo |
| Kyra Anderson | Emily Dalton | Simen Gupta |
| Robin Arno | Adalgisa De Caro | Katie Gurgal |
| Lauren Arnold | Jennifer Delizo | Brinsley Hammond-Brouwer |
| Brenna Baker | Carly Diehl | Layan Hanouch |
| Kassandra Bankson | Anna Discenzo | Jillian Hansen |
| Christine Barman | Ashley Donbrock | Isabel Harvey |
| Starli Bartlett | Makenzie Dorring | Francesca Hauck |
| Alexis Baxter | Sharon Drake | Harrison Hayworth |
| Janelle Becker | Rashmi Drummond | Alexis Heironimus |
| Donna Becker | Jennifer Duncan | Evelina Herdzik |
| Lara K. Belcher | Ashley Durcholz | Melissa Hilsabeck |
| Nicole Benoit | Kelci Ellis | Jessica Hinkle |
| Gail Boydston | Hilary Emer | Pam Hintz |
| George Brandel | Michelle Eyink | Abbigail Hoke |
| Sarah Brown | Patia Fann | Elizabeth Holloway |
| Tess Brown | Sandra Ficke-Bradford | Jessica Hoover |
| Amanda Brown | Melissa Fontanese | Elle Hyry |
| Nikole Buschmann | Klaire Fosnaugh | Christine Jackson |
| Kylie Camman | Dana Fowlkes | Anita Jain |
| Raven Carnes | Sue Fuglem | Christine Jaklitsch |
| Maria Cavazos | Lauren Funk | Natalie Jamess |
| Jordyn Chapman | Larden Garland | Emily Jensen |
| Cheryl Chapman | Katelyn Gidersleeve | Sophia Jensen |
| Charisse Chinchar | Taylor Gilger | Elishka Lorien |
| Linda Clarke | Bernadette Goepfner | Kathy Johnson |
| Katie Coffell | Casey Gooden | Shelby Jordan |
| Alexis Colombo | Susan Goodridge | Sandy and Brent Junge |



Jessie Kalinowski
 Lydia Keller
 Janine Ketter
 Simran Khubbar
 Elizabeth Kindelan
 Robert King
 Caroline King
 Anna Kingman
 Nikki Kiser
 Andrea Knodel
 Bianca Marie Kobylecki
 Anna Koch
 Darcene Koch
 Catherin Krebs
 Rosalie Krob
 Caitlin LaFontaine
 Kathleen Lammert
 Dan & Laura Leaverton
 Catherine Lee
 Amy Nhu
 Karryn Loveday
 Alison Lunny
 Susan Maciag
 Chloe Maciejewski
 Eileen Maguire
 Victoria Marandina
 Lorena Martinez
 Calley Martin
 Anna Mathena
 Emily Matula
 Amy Mazzanti
 Jena McClanahan

Vicky McNicholl
 Lauren Meert
 Davida Mensah
 Vanessa Micallef
 Angela Sanchez Garza
 Sarah Miller
 Sanadita Mitra
 Tabitha Mlakar
 Ashley Nicole Mohler
 Heather Monigan
 Sydney Negro
 Emily Moore
 Melissa Moran
 Emily Mordkovich
 Emily Mormile
 Kendall Murphy
 Kenneth Musson
 Nicole Mytych
 Darlene Nelson
 Morganne Neuman
 Lisa Nguyen
 Rad Nguyen
 Pamela Osby
 Briceida Granados
 Kristin Palecek
 Rebecca Palmer
 Rita Palmer
 Maria Pedregon
 Renee Pelan
 Laurel Peterson
 Sejal Rana
 Alejandra Rangel

Laurel Rawley
 Sharon Rezac
 Belle Riehemann
 Rebecca Riley
 Lyydney Rittenbach
 Jennifer Roach
 Carol Rogers
 April Romer
 Rebekah Rower
 Lauren Arnold
 Angela Russell
 Eva Russo
 Gabrielle Salazar
 Sumaya Salem
 Leia Sasso
 Tanvi Satoor
 Regina Schiavoni
 Rebecca Schmidt
 Kristina Schnell
 Alaina Schwall
 Abby Schwartz
 Liz Septimo Moreno
 Marin Shappert
 Maricruz Silva
 Theresa Smucny
 Sharon Snyder
 Jessica Sofka
 Maria Sosa
 Hanna Stabler
 Uma Staehler
 Nichole Stephan
 Meilee Stern

Cindy Stotler
 Michele Stoutenborough
 Maggie Stoving
 Kaitlyn Szarenski
 Maria Gracy Tarnay
 Haley Taylor
 Madisson Thomas
 Lee Thomas
 Mary Toth
 Elisabeth Tricou
 Heather Trombley
 Elizabeth Trumbull
 Rinda Vas
 Gail Vaught
 Paige Vernon
 Shannon Vondrak
 Mackenzie Voss
 Allison Ward
 Katelyn Ward
 Kat Wenger
 Lacey Westcarr
 Lauren Melissa Wheeler
 Mary Beth White
 Amy Williamson
 Katelyn Winkler
 Christina Yang
 Charlene Yauch
 Tara Zahnke
 Rachel Zhang



The Foundation was Virtually Unstoppable

AT CONFERENCE 2024!



The Phi Sigma Rho Foundation celebrated sisterhood, scholarship, & philanthropy at the Phi Sigma Rho National Conference this past July! The Foundation hosted a fun virtual trivia night to benefit the 40 for 40: Campaign for Phi Sigma Rho, tuned into the Leap Grant-funded keynote by Tina Rae VanSteenbergen on building confidence, held a Foundation 101 session, and hosted the annual Foundation Awards where we awarded scholarships, grants, recognized donors & volunteers, and celebrated the philanthropic efforts of our sisters.

PHI SIGMA RHO FOUNDATION SCHOLARSHIP WINNERS:

Leadership Scholarship

Courtney Wilmoth

University of Arkansas - Kappa
B.S. Chemical Engineering
Expected Graduation Spring 2025

Francis J Monigan Memorial Scholarship

Brooklyn Wentz

University of Cincinnati - Alpha Beta
B.S. Chemical Engineering
Expected Graduation Spring 2025

Merit Scholarship

Madison Thomas

Purdue University - Alpha (Alumna)
North Carolina State University
Ph.D. Computer Science
Expected Graduation Spring 2026

Texas Leadership Scholarship

Iliana Gabino

University of Houston - Upsilon
B.S. Electrical Engineering
Expected Graduation Spring 2026

Philanthropy & Service Scholarship

Morganne Neuman

University of Akron - Alpha Omega
B.S. Mechanical Engineering,
Minor in Biomimicry
Expected Graduation Spring 2025

Sarah Rogers McClure Memorial Scholarship

Dori Wilson

University of Dayton - Gamma
B.S. Industrial Engineering Technology,
Minor in Technical Entrepreneurship
Expected Graduation Spring 2025

Anne Louise Roach Legacy Scholarship

Catherine Ardizzone

University of Buffalo - Alpha Omicron
B.S. Industrial and Systems Engineering
Expected Graduation Spring 2025

LIGHT THE NIGHT FOR THE LEUKEMIA AND LYMPHOMA SOCIETY TOP FUNDRAISERS:

The Phi Sigma Rho Foundation is proud to unite the philanthropic efforts of the chapters and alumni members through the Leukemia and Lymphoma Society's Light The Night events. This year, Phi Sigma Rho members raised over \$33,300 for LLS!

Total Raised by Phi Sigma Rho in 2023: \$33,304

Total Raised by Phi Sigma Rho since 2015: \$276,530

Top Chapters:

1. Alpha-Eta
Vanderbilt University:
\$15,038
2. Alpha-Gamma
University of Louisville:
\$3,347
3. Nu
University of California LA:
\$2,370

Top Individuals:

1. *Meaghan Kilner*
Alpha-Eta
Vanderbilt University:
\$10,653
2. *Audrey Millar*
Alpha-Eta
Vanderbilt University:
\$2,275
3. *Diya Thapliyal*
Upsilon
University of Houston:
\$1,000

2024 EDGE GRANT RECIPIENTS:

Buckeye Space Launch Initiative

Ohio State - Beta

Celine Sahara, Sarah Malaska, Abigail Atchley

Purdue Grand Prix Phi Rho Go Kart

Purdue - Alpha

Claire Kaiser, Hannah Johnson, Alina Stuleanu, Emma Holder, Lilly Rile, Maggie Holman, Regina Park

One Last Question

40 YEAR RETROSPECTIVE

- 1: BILLBOARD #1 SONG OF THE YEAR
- 2: SUPER BOWL WINNER
- 3: MOST POPULAR GIRL BABY NAME
- 4: OSCAR BEST PICTURE WINNER
- 5: MORE POPULAR: COKE OR PEPSI
- 6: WHO WON THE OLD OAKEN BUCKET: PURDUE OR INDIANA
- 7: TOP SELLING CAR
- 8: SUMMER OLYMPICS LOCATION
- 9: MOST POPULAR COLLEGE MAJOR
- 10: NUMBER OF PHI RHO CHAPTERS

1984

- 1: WHEN DOVES CRY BY PRINCE
- 2: LOS ANGELES RAIDERS
- 3: JENNIFER
- 4: TERMS OF ENDEARMENT
- 5: COKE
- 6: PURDUE
- 7: CHEVROLET CAVALIER
- 8: LOS ANGELES, USA
- 9: BUSINESS
- 10: 1

2004

- 1: YEAH! BY USHER
- 2: NEW ENGLAND PATRIOTS
- 3: EMMA
- 4: LOTR: THE RETURN OF THE KING
- 5: COKE
- 6: PURDUE
- 7: FORD F-SERIES
- 8: ATHENS, GREECE
- 9: BUSINESS
- 10: 17

2024

- 1: LOSE CONTROL BY TEDDY SWIMS
- 2: KANSAS CITY CHIEFS
- 3: OLIVIA
- 4: OPPENHEIMER
- 5: COKE
- 6: INDIANA
- 7: FORD F-SERIES
- 8: PARIS, FRANCE
- 9: BUSINESS
- 10: 49



Phi Sigma Rho National Sorority
PO Box 100545
Denver, CO 80250

DON'T LOSE CONTACT!



UPDATE YOUR CONTACT INFO AT
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