

SIGMA KAPPA

WINTER 2025

TRIANGLE

LET'S
PLAY!

SIGMA KAPPAS
IN SPORTS

SIGMA ♡ KAPPA

Erica Legaspi (top), Mu, University of Washington, member of the Seattle Rugby Club and the Philippines National Rugby Team





FROM THE EDITOR



Dear Sigma Kappas,

Despite being what I would call an averagely athletic person, I have always loved participating in sports. As a kid I begged my parents to sign me up for anything I could, some of which I stuck with (dance, soccer) and some of which only lasted one season (basketball, volleyball). Now that I'm a parent, I encourage my daughters to try out lots of different sports to see what they might enjoy. I don't expect them to go to the Olympics, or even play at the college level, but the importance of the teamwork, camaraderie and perseverance learned through sports can't be underplayed.

According to the Women's Sports Foundation, high school female athletes are 92 percent less likely to get involved with drugs and 80 percent more likely to graduate compared to their non-athlete counterparts. The longer girls play sports, the more likely it is they will succeed in activities outside of sports. Girls and women reap so many benefits from sports, including improved self-esteem, resilience, leadership skills, and better mental health, which is why it's so important to encourage the girls in our lives to participate in sports and to stick with them through adulthood.

The members we feature in this issue are involved in sports in many different ways—some are collegiate or professional athletes, some work behind the scenes in the sports profession, and others are coaches or athletic trainers helping to influence young athletes. What they have in common is their belief in the power of sport to bring people together and positively impact the future.

I hope you enjoy reading about the amazing athletes in Sigma Kappa, and that it might inspire you to try out a new sport or pick up an old favorite!

In Sigma Kappa,

Mallory Curtis Simmons, *Delta Delta*
Editor
msimmons@sigmakappa.org

VOLUME 122, ISSUE 4

The official magazine of
Sigma Kappa Sorority founded at
Colby College, Waterville, Maine,
November 9, 1874

SIGMA KAPPA NATIONAL HEADQUARTERS

695 Pro-Med Lane, Suite 300
Carmel, IN 46032-5323
Telephone: 317-872-3275
Fax: 317-872-0716
Email: info@sigmakappa.org
www.sigmakappa.org
Hours of operation: 8 a.m.–5 p.m. ET
Monday-Friday

DIRECTOR OF PUBLICATIONS/EDITOR

Mallory Curtis Simmons, *Delta Delta*

ALUMNAE EDITOR

Anne Taul, *Epsilon Kappa*
sktrianglealumnaeeditor@sigmakappa.org

COLLEGIATE EDITOR

Sarah Ward, *Delta Chi*
skcollegiateeditor@sigmakappa.org

EDITORIAL BOARD

Beth Chernes, *Beta Tau*
Isabelle Beegle-Levin, *Gamma Omega*
Christy Cain Nielson, *Xi*
Kathleen Sturgeon, *Kappa Tau*

PRODUCTION

Royle Printing
745 S Bird St.
Sun Prairie, WI 53590

COLLEGIATE DEADLINES

Summer/first term news: December 1
Second term news: April 1

ALUMNAE DEADLINES

Spring issue: February 1
Summer issue: May 1
Autumn issue: August 1
Winter issue: November 1

SIGMA KAPPA TRIANGLE

is published quarterly by Sigma Kappa
Sorority, 695 Pro-Med Lane, Suite 300,
Carmel, IN 46032-5323.

Periodicals postage paid at Indianapolis, IN,
and at additional mailing offices. Printed in
USA, Sigma Kappa
USPS 496-080.

POSTMASTER

Please send address changes to:
Sigma Kappa Triangle
695 Pro-Med Lane, Suite 300
Carmel, IN 46032-5323.

MEMBER

Fraternity Communications Association
National Panhellenic Communications
Conference

© Sigma Kappa Sorority 2025

SIGMA KAPPA TRIANGLE

VOLUME 122 | ISSUE 4



Features

10 Let's Play!

From collegiate athletes balancing multiple priorities, to coaches and trainers shaping the next generation of athletes, to members who have turned their love of sports into careers, Sigma Kappas recognize the important lessons to be learned from participation in athletics.

26 Viva Italia!

Sigma Kappa's first Adventures with Heart trip had alumnae exploring Florence, Rome and Venice and sharing once-in-a-lifetime memories with fellow Sigma Kappa members.

34 Thank You For Your Heartfelt Promise

The Sigma Kappa Foundation's *A Heartfelt Promise* campaign focused on creating and enhancing academic scholarships and securing funding for emergency grants with an overall goal of raising \$1.874 million. Flip to page 34 to find out if we met our goal!

In Every Issue

2 From the Editor

4 From the Desk Of

5 What's Happening

7 Living with Heart

8 Where You Belong

9 Foundation Focus

30 Alumnae Highlights

35 In Memoriam



Dear Sigma Kappas,

Growing up, we were a small-scale sports family. I played soccer from 5-19 years old and ran track in high school. My younger brother played lacrosse in high school and college. My parents were “those parents” – sitting on every sideline, cutting the half-time orange slices, carting us to every practice and game. Sundays were reserved for watching football, and during college basketball season, we always cheered on the Bruins. Sports were a part of our lives.

When I met my husband, his family was a bigger sports family than mine. Between baseball, basketball, soccer and football, they played and watched everything. My in-laws traveled with their boys to every game, every match, every practice. They were their biggest cheerleaders. To this day, when I visit my in-laws, sports are on the TV no matter what season it is.

After we got married, I knew that my family would follow in those sports footsteps. We now have a high school daughter who runs cross country and track, and plays soccer (not to mention her club soccer and outside running club). Our son is an avid basketball player who practices four days a week and is in a tournament every other weekend. He also plays wide receiver for his flag football team. My husband and I coached our daughter’s soccer team for five years, and he even coached flag football. I volunteer for our local soccer club, contribute to basketball by being the team manager, and serve as a member at large for soccer boosters. My husband and I sit on the sidelines every weekend, cheer on our kids and their team, cart them to every practice and game, and dutifully cut those orange slices just right. Sports are ingrained in our daily lives and connect us as a family.

What I’ve learned over the years is that sports are a community, just like Sigma Kappa. In my sports community, I grew up learning the importance of teamwork, accountability, leadership, overcoming obstacles, and making new friends. I took these values with me to college and was able to use them to lead my Sigma Kappa chapter for three years on executive council. Even today, as an active alumnae member of Sigma Kappa, I rely on my sports community to foster my values of friendship, loyalty, service and personal growth.

Billie Jean King once said, “Sports teach you that you can’t be afraid to fail. It’s about taking risks, being bold, and learning from the experience, whether you win or lose.” I hope your Sigma Kappa experiences allow you to be bold, take healthy risks, and learn and grow from your time as a college student through your alumnae days. No matter what, you’ll be a winner!

In Sigma Kappa,



Suzanne Park Braun, *Lambda*
National Vice President
sbraun@sigmakappa.org

A NEW WAY TO ENSURE OUR CHAPTERS' SUCCESS

Sigma Kappa's new **Chapter Accreditation System** was introduced in January as a way to help chapters better understand their operational standing and ensure alignment with Sigma Kappa's values and expectations. It complements Standards of Excellence (SOE), which will continue to guide chapters in setting goals and pursuing excellence. By separating operational requirements from goal setting, the Chapter Accreditation System ensures clarity, accountability and opportunities for growth.

The Chapter Accreditation System has two key components: Operational Expectations and Quarterly Letters of Standing. Operational Expectations are essential standards all chapters must meet throughout the year, forming the foundation of chapter operations. Quarterly Letters of Standing will be sent to chapters outlining operational performance. Chapters will be designated In Good Standing, Partial Compliance or Not in Good Standing. Depending on the level, Sigma Kappa will identify improvement areas, develop a plan of action and provide support.

The Chapter Accreditation System ensures that chapters understand their status so they can make informed decisions and prioritize areas that strengthen the chapter's impact and legacy. We look forward to supporting our chapters and seeing them thrive!



SAVE THE DATE FOR DAY OF SERVICE 2025



SATURDAY, APRIL 26

Every year in April, Sigma Kappa collegians and alumnae are encouraged to get out into their communities to model our value of service.

Service activities can be organized by collegiate or alumnae chapters or performed by individuals or small groups. They can be related to one of our philanthropies, the Inherit the Earth program, or another cause that's important to you. The Inherit the Earth program was refreshed in 2025 and focuses on programming, service and sisterhood. Inherit the Earth is about creating a service initiative that is inclusive and accessible for our members, providing chapters the autonomy to create a program that best fits their needs and interests.

What matters is that Sigma Kappas get out and make the world a better place, one act of service at a time. Please share your photos with us by tagging Sigma Kappa and using the hashtag #SKDayofService!

CELEBRATING 100 YEARS OF SISTERHOOD

ALPHA MU, UNIVERSITY OF MICHIGAN, BRINGS HUNDREDS OF MEMBERS TOGETHER FOR CHAPTER CENTENNIAL



By JEAN SAMUELSON ELDER, *ALPHA MU*

The Alpha Mu Chapter of Sigma Kappa marked a historic milestone in September 2024 with its Centennial Celebration on the campus of the University of Michigan in Ann Arbor. Co-chaired by **Jean Elder** (1960) and **Bea Gonzalez** (1993), the event brought together more than 350 Sigma Kappa sisters from across the U.S. to honor 100 years of sisterhood, reminisce about cherished memories, and celebrate their enduring legacy.

The Alpha Mu chapter house was adorned with Sigma Kappa letters and signage commemorating its century on campus. The green room was transformed into a memory haven, showcasing photographs, scrapbooks and memorabilia spanning from 1924 to the present. A special highlight was a large, framed picture of the house, signed by all attendees as a keepsake of this memorable occasion. Guests also received a detailed memorabilia program, which included a brief history of the various houses the chapter has occupied over the years. The iconic Alpha Mu pillars at the end of the walk welcomed all who visited the house.

Friday, Sept. 13: A Night of Welcome and Nostalgia

The weekend began with a lively welcome reception at the Graduate Ann Arbor hotel. Sisters spanning decades—from the 1950s to present day—gathered to reconnect, share stories, and enjoy light hors d'oeuvres and drinks. Hosted by Jean Elder, the evening buzzed with laughter and joy. Highlights included a performance by the Michigan Women's Glee Club, who serenaded the group with traditional Michigan songs, and a photo opportunity with the large, decorated Sigma Kappa letters. Special recognition was given to Centennial and Pearl Sponsors, and sisters were introduced by decade, starting with the 1950s. Current chapter executive officers shared heartfelt reflections on the impact of Sigma Kappa sisterhood in their lives, adding a contemporary perspective to the festivities.

Saturday, Sept. 14: Tailgate and Game Day Excitement

Saturday began with a vibrant tailgate at the Big Blue House, located at 1014 Main Street, from 9:30 a.m. to noon. Excitement filled the air as sisters and their families geared up for the Michigan vs. Arkansas State football game. A special moment came when Sigma Kappa's Centennial Celebration was displayed on the Michigan Stadium





scoreboard, reaching over 200,000 fans. More than 200 Sigma Kappa sisters cheered on the Wolverines in The Big House. Post-game festivities continued back at the Big Blue House, where centennial cups were distributed as mementos. Many sisters and their families extended the celebration well into the afternoon, visiting favorite Ann Arbor hot spots.

Sunday, September 15: Brunch and Dedication

The celebration concluded on Sunday with a centennial brunch at the chapter house. Alumnae dressed in maroon or white, while collegiate members wore lavender, creating a stunning visual tribute to Sigma Kappa's colors. **Bea Gonzalez** led a heartfelt dedication of the House Mother's Suite in honor of Mrs. Christine Westwood's years of service to the Alpha Mu Chapter. Attendees toured the house, reliving memories as they found their composites, visited their former rooms, and viewed the many awards and plaques displayed in the green room and chapter room.

A centennial group photo and sing-along took place on the front lawn, followed by a special cake-cutting ceremony hosted by Jean Elder in the dining room. Sisters joined in cutting the celebratory cake, further cementing the bonds of sisterhood.

A Weekend to Remember

The Alpha Mu Chapter's Centennial Celebration was a fitting tribute to 100 years of sisterhood at the University of Michigan. The weekend was filled with joy, laughter, and heartfelt connections, leaving everyone inspired by the legacy of Sigma Kappa. Special thanks were extended to the Alpha Mu Corporation Board for their care, dedication and management of the beautiful chapter house and grounds at 1811 Washtenaw Avenue.

Here's to 100 years of memories and the promise of many more to come!

BELONGING THROUGHOUT LIFE

By **ASHLEY LOWE NANCE**, *THETA Xi*, AUBURN UNIVERSITY

Reflecting on my time as a Sigma Kappa, one thing stands out: at every stage, I've felt a profound sense of belonging. As a freshman in college this wasn't the case, but my journey to become a Sigma Kappa, though arduous, has provided me with invaluable wisdom that I continue to use.

I joined through continuous open bidding (COB), one of those who went through formal recruitment but didn't initially pledge a sorority. When Sigma Kappa was participating in COB in February 1992, Kristen from my hometown remembered me and put my name in for a date. I remember signing the pledge form in my apartment. Meeting my new member class, I was surrounded by women who shared similar experiences. The 12 of us became close, knowing we were meant to be Sigma Kappas. Lisa, Jana, Jenny, Jennifer, Julie, Misty, Amber and Sherri were the ones I was closest to. We were not afraid to step up and lead because of the supportive environment our chapter provided.

I was initiated in April 1992, and a few weeks later, my dad passed away. At the funeral, I looked up to see the president, Joanne, and another sister, possibly Julie, there. They didn't know me well, but in that moment of deep sorrow, I felt seen. It's been almost 33 years, but it feels like yesterday. My pledge sister Lisa, who had lost her dad a few years earlier, comforted me through the loss. Our sisterhood is about being there for each other during tough times, not necessarily fixing the problem, but offering support and saying, "I'm sorry this happened, and you don't have to walk alone."

Happy memories flood my mind as well, as we celebrated each other's successes. When I tried out for cheerleading at Auburn, Kim led the group that decorated my porch, and many sisters were there cheering for me. We had parties, sisterhood events, formals, parades, and philanthropy events. When Megan was up for Miss Homecoming, we tabled and sang on the concourse. We had great recruitments, and I can't hear the song "Build Me Up Buttercup" without reminiscing about recruitment and my time as a collegian.



Ashley, far left, and fellow 1992 new member class members

Above all, I remember my sisters loving me for who I am. They allowed this bossy perfectionist to thrive. Today, we have many personality tests to tell us about ourselves, but I remember my Theta Xi sisters pushing me to be the best version of myself.

Fast forward to 2019, when my husband and I moved back to our beloved Auburn. I became a local advisor for the Theta Xi Chapter at Auburn University and a CAP coordinator. The women I work with on a volunteer basis are some of the strongest I know. They understand my bossy perfectionist nature and help me channel it to be the best volunteer I can be. This is my 11th year serving in a national role, and it's been wonderful!

What have I really learned in my 33 years as a Sigma Kappa? Everything we do starts with a "who," and if we love the "who," there's nothing we can't do.

"Where You Belong" is a new department in the magazine that lets members tell their stories, in their own words, of how Sigma Kappa provides a place to belong. If you'd like to share your story, please email sktriangle@sigmakappa.org.

PUTTING THE FUN IN FUNDRAISING

SPORTS-THEMED FUNDRAISERS UNITE THE COMMUNITY AND PROVIDE ESSENTIAL SUPPORT

Fundraisers build community connections, bringing people together for a meaningful purpose. Collegiate and alumnae chapters across the country organize events in their cities and on campuses to support the Sigma Kappa Foundation and its mission. In 2024, over 200 events raised more than \$563,000 supporting the Foundation's funding priorities.

Event themes range from flower sales and dinners to carnivals and galas. Some of the most popular center around athletics, for example, Phi Chapter's Dove Bowl and Kappa Omicron's Dove Run. Other chapters host softball, soccer and flag football competitions, hockey shootouts and spin classes. Contributions are obtained through auctions, raffles, ticket sales and donations and range from a few hundred dollars to tens of thousands.

"It has been a blessing to organize events, such as our Pickleball with SigKap and Sigma Sackers flag football tournament, and see the Greek Life community come together," said **Emma Shimko**, *Kappa Mu*, Duquesne University. "It is rewarding to not only educate others on our philanthropies, but to see a group of students come together and raise money while having a great time." Their two events raised over \$1,500 in 2024.

These events underscore the power of sports in uniting people for a purpose, demonstrating the positive impact of community engagement and highlight Sigma Kappa's causes and values. Collegiate fundraisers primarily support the Foundation's grant to the Alzheimer's

Association. Sigma Kappa pledged \$1 million to support the Association's U.S. POINTER study in 2019. This two-year clinical trial evaluates whether adopting a healthy lifestyle, delays or prevents the onset of cognitive decline. Collegiate chapters raised over \$146,000 in 2024 for this crucial clinical research.

"There are various chapter members that have been personally impacted by Alzheimer's disease," said Emma. "The Alzheimer's Association has opened the minds and hearts of chapter members whether affected personally or not. It has allowed growth, love and service to excel within our chapter."

Another funding priority for chapters is the Foundation's Collegiate Emergency Grant (CEG). The CEG aids collegiate members who find themselves in financial distress due to unforeseen life-changing circumstances. Grants from this program help keep the member in school or overcome loss of personal property.

"It is so rewarding to support something so heartfelt and meaningful, not only to myself, but to many other chapter members," said Emma.

Our chapters provide crucial support to the Foundation through fun-filled fundraisers throughout each academic year. Their dedication, loyalty and compassion are influencing our world, creating a bond between sisters that is inspiring for all of us.



Evie Wilson, *Eta*,
Illinois Wesleyan University
Track and Field



A typical collegian's schedule is usually packed with classes, labs and extracurricular activities. But add in involvement in sports and those students' days and nights are likely completely booked, showing an unwavering dedication to their sport. These Sigma Kappas prove that while it may be challenging at times, playing a sport in college, whether intramural or for the institution itself, requires a delicate balance.

BALANCING ACT

By KATHLEEN STURGEON, *KAPPA TAU*
FEATURES EDITOR



Kate Longo, *Tau*,
Indiana University
Field Hockey

Kate Longo, *Tau*, Indiana University Field Hockey

Kate has been playing field hockey for about 11 years and now plays it at Indiana University.

"I really enjoy field hockey because it combines both physical endurance and strategic thinking, making every game exciting and unpredictable. The teamwork aspect is also rewarding, as it requires constant communication and collaboration to succeed. Plus, the fast pace of the game keeps me on my toes, which makes it a thrilling sport to play. I have played every sport you can think of and field hockey was the sport that always stuck with me. I never get tired of it."

Even with her strong love of the sport, Kate balances her

responsibilities as a Division 1 athlete, an academic All-Big Ten student, and a leader in organizations like Sigma Kappa and Fellowship of Christian Athletes (FCA) through planning and time management.

"I lean on my teammates and FCA peers for support, knowing that they understand the pressure of balancing athletics and academics," she said. "Prioritizing is crucial, so academics always come first, followed by practice and competition, and then my leadership roles. I make sure to also schedule downtime to recharge, whether it is a quiet evening to study or simply taking a break from everything to focus on my mental health."

Kate's experience on the field has fostered skills like time management, discipline and teamwork, all of which directly translate into her studies and professional aspirations as a sport marketing and management major. "Being a college athlete and a member of a sorority has taught me how to balance my time and responsibilities effectively," she

said. "As a student-athlete, I have developed discipline, resilience, and strong teamwork skills, while my involvement in my sorority has given me leadership experience and a sense of community."

Juliette Baudoin, *Kappa Zeta*, Elon University Dance

At three years old, Juliette was put into dance classes, and the rest was history. She's now on Elon University's dance team.

"I love to dance because it is a way to express myself and connect with others. I love that dance is a combination of artistry and athleticism. Dance challenges me to grow while giving me a creative outlet. Dance has taught me discipline, resilience and the value of working toward a shared goal with others. What I love most about dance is the sense of family it brings. Whether it was my studio growing up or my college team now, these groups have always been more than just teammates—they've been a

Evie Wilson, Eta,
Illinois Wesleyan University
Track and Field



supportive, uplifting, and inspiring community that feels like home.”

The skills she’s learned have been helpful as she balances her roles as a member and first-year mentor of Elon’s dance team, president of Sigma Kappa, and as a student in the 3+1 accelerated dual-degree accounting program. She has five teammates who are also her sorority sisters.

“Having all of my sisters support me means the world to me,” she said. “Whether they’re attending our dance performances or cheering us on from the sidelines, their encouragement makes such a difference and reminds me how lucky I am to have them by my side!”

Being part of a team has also strengthened Juliette’s communication and collaboration skills, helping her excel in group

projects and in Sigma Kappa leadership.

“The resilience and adaptability I’ve gained from balancing a rigorous practice schedule with academics and other commitments have made me more prepared to handle challenges in all areas of my life,” she said. “Athletics isn’t just about physical performance—it’s about learning dedication, teamwork and perseverance, which are qualities I strive to bring into everything I do.”



Madison
Donat,
Gamma
Beta,
Western
Michigan
University
Cheerleading

Evie Wilson, Eta, Illinois Wesleyan University Track and Field

As a lifelong gymnast, high jump and pole vault translated easily for Evie. She has been competing in both for more than 10 years.

"I like learning new things about form and how my body works even after participating for so many years," she said.

That love of learning extends to Evie's involvements, including sports, jobs and extracurriculars. She does her best to manage her time and prioritize Sigma Kappa when needed.

"Working as a team and seeing the unique strengths of different athletes has shown me how individuals contribute to things in their own way."

Madison Donat, Gamma Beta, Western Michigan University Cheerleading

Madison was a varsity cheerleader all four years of high school and did competitive All Star cheerleading for 12 years before college. Now, she's in her third year on the cheerleading team at Western Michigan.

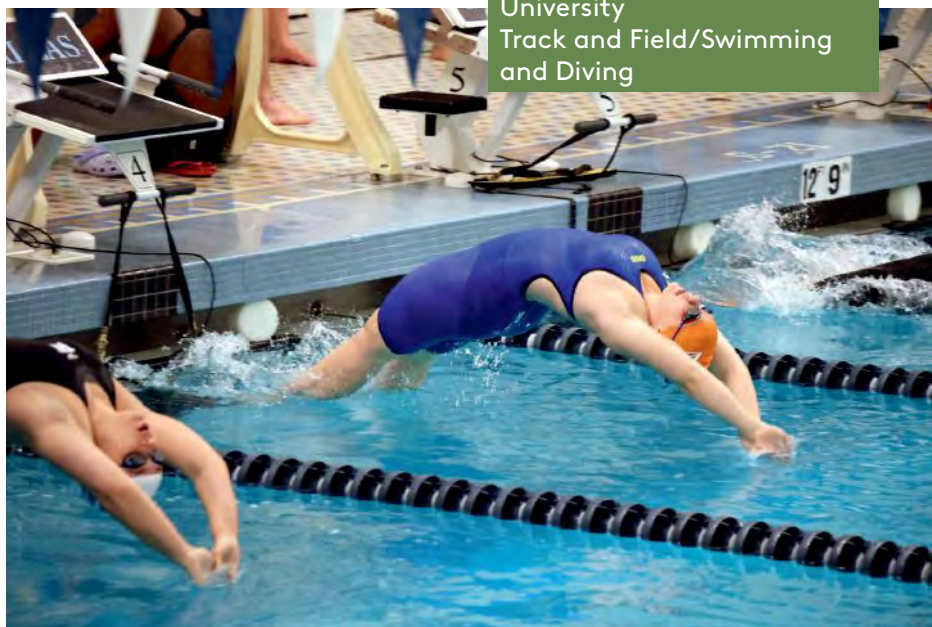
"I started cheerleading because of how fun and challenging it looked," she said. "This sport brings me so much joy and the world goes silent whenever I perform or cheer at a game. It also is my safe space, if I am having a bad day, I just go to practice and everything is better."

It took time to get used to balancing everything, and Madison had to learn what her most successful methods were.

"I learned that following a specific schedule and having everything written down works the best. My sorority sisters are also my biggest support system through college, so if I ever need help they are always there."



Catherine Sirignano,
Epsilon Delta, Susquehanna University
Track and Field/Swimming and Diving



Catherine Sirignano, Epsilon Delta, Susquehanna University Swimming and Diving/Track and Field

Catherine is a dual-sport athlete at Susquehanna University on the swimming and diving team as well as the track and field team. She has swum competitively for 15 years and has thrown for six years. Her lifelong love of sports was inspired by her parents.

"My mother was a swimmer and thrower, and my father was a thrower," she said. "I love competing in my sports because it brings me joy. It keeps me active, I get to meet new people, and I get to work hard to accomplish goals."

Being an athlete adds more responsibilities to Catherine's plate, and she has to have good time management. She also makes sure she can attend as many Sigma Kappa events as possible.



MJ Volpe, *Kappa Zeta*, *Elon University*
Ice Hockey

"My athletic interests have helped me in many areas. It has helped me stay on top of my schoolwork and stay organized. I have met some of my best friends. I have also developed many of my traits like hard work, self-discipline, resilience, and having a positive attitude. Swimming has also shown me that I love coaching as well."

MJ Volpe, *Kappa Zeta*, *Elon University* Ice Hockey

Since she was five, MJ has played ice hockey. Her older sister has always been her role model, and her competitive nature drove MJ to follow in her footsteps. "Watching her play against boys much bigger than her in a male-dominated sport inspired me to take the leap myself," she said. "What I love about hockey is the sense of community—your team becomes like family. From the girls on your line to the goalie in net, and even the teammates cheering you on from the bench, hockey is all about teamwork and support."

MJ's Sigma Kappa sisters support her hockey journey, often asking about games or sharing the team's posts on social media. As an added bonus, one of MJ's teammates is also a Sigma Kappa member.

"The love and encouragement I receive from them play a huge role in my success. Being captain of a championship-winning team wouldn't be possible without the incredible support of my Sigma Kappa sisters."

Not only does playing a sport help MJ stay disciplined, but it has also taught her the importance of advocating for equal opportunities for women.

"When we face challenges like limited ice time or different gear than the boys, I've learned to stand up not just for myself, but for all women who deserve the same opportunities," she said. "Being captain of my collegiate team and having played at competitive levels throughout my life has reinforced my commitment to advocacy—not just through my words, but through my actions both on and off the ice."

Sara White, *Beta Epsilon*, *Louisiana Tech University* Basketball

A recent Sigma Kappa Outstanding Athlete award winner, Sara enjoys every sport she plays. However, basketball stands out the most, a game she's been playing since she was six.

"I was always taller, broader and stronger than most girls my age, which often made me feel out of place," she said. "However, playing basketball against girls my size—or even bigger—helped me feel like I belonged and gave me the confidence to embrace my physical strengths. I also love basketball's fast-paced nature. If you miss a shot or make a mistake, you can immediately redeem yourself on defense or with your next possession. There's no time to dwell on errors—you're always in motion, thinking ahead, and staying engaged in the game."

Playing basketball led to growth for Sara, both athletically and mentally. She became more confident, developed stronger teamwork skills, and learned the importance of perseverance.

Balancing athletics and her Sigma Kappa responsibilities has kept her busy, but as a naturally competitive person, she thrives on a challenge.

"It comes down to staying organized and making the most of my time—I've always been pretty strong with time management, but my planner is a lifesaver for mapping out games, sorority events and study time. I also lean on my teammates and sisters, who are always so supportive and willing to help without hesitation. Sure, there have been some late nights and early mornings, but being surrounded by such amazing people makes it all so fun and rewarding. It constantly reminds me why I love what I do—and I wouldn't trade it for anything!"

SHAPING THE FUTURE

By **CHRISTY NIELSON, Xi**
FEATURES EDITOR

Anyone who has played sports – from little league to college and beyond – understands the importance of the coach and other supportive cast members on a team. There are many Sigma Kappa sisters who are shaping the future of sports by working as coaches, trainers, physical therapists and more.



Kristen Jenkins Webster, *Kappa Psi*, Indiana University–Indianapolis, has been a boys’ volleyball coach since she was 19 years old. After graduating from high school, Kristen helped start a varsity club program so her younger brother could have a team, which she coached for four seasons. While finishing her master’s degree, Kristen was recruited to coach at a different high school where she’s been for 10 years.

Kristen was nominated to the board of directors of the Indiana Boys’ Volleyball Coaches Association, and she became part of a successful national effort to get boys’ volleyball sanctioned by state athletic associations. She started and manages the board’s Instagram account (@ibvcavb) and served on a national task force that helped 70 Indiana high school programs establish in their communities in less than 10 months.

In early 2023, she was elected as president of the board and oversaw the process that drove the Indiana High School Athletic Association (IHSAA) to unanimously vote to include boys volleyball as a full varsity sport in May 2024. She also planned and executed the largest state tournament in 35 years of the sport, setting a national record for the first high school boys’ volleyball championship to be held on a college campus. “We played at Hinkle Fieldhouse at Butler, and it was amazing,” she remembers.

During all of this, Kristen continued to coach a travel club and started and grew her own youth club for kids in grades 4-8 to have low-cost, low-pressure opportunities to play volleyball. During her coaching career, Kristen has mentored kids who simply wanted to learn the sport, as well as about 30 players who went to play volleyball in college, including nine players who earned Division 1 scholarships.

“Wins and trophies and scholarships have never been my motivation. I coach because it allows me to build and develop young people, help them find tools to navigate the world, and





Kristen Jenkins Webster,
Kappa Psi, Indiana University-
Indianapolis



hopefully emerge as better humans outside of my program,” Kristen says. “I coach because each athlete deserves someone in their corner, someone to listen and offer advice without judgment, someone to show up when others don’t. I coach because the relationships I have forged with others in the volleyball community have been some of the most consistent in my life – many of these people have known me for at least 15 years, and they continue to offer me guidance and support.”

Maddy Brown, *Kappa Alpha*, Northwest Missouri State University, has coached high school lacrosse since graduating from college. She started playing lacrosse in middle school when she lived in Virginia. “I moved to Missouri when I got to high school and realized how much lacrosse has room to grow out here. I wanted to help with that and wasn’t ready to leave the lacrosse world behind, so I began coaching after college.”

AMELIA PROTO FOSTER, *THETA RHO*, UNIVERSITY OF KENTUCKY EQUESTRIAN

You could say horses are Amelia Foster’s life. In addition to owning Cannonbrook Farms, where she breeds, trains and sells horses, she also competes in Eventing, Dressage and Show Jumping, and coaches young riders and their horses. Her competitive nature and perfectionism have made her successful in all aspects of her career.

“When I’m riding for fun there isn’t as much pressure, but when I’m riding for a client, trying to market a horse for sale, or working to achieve a competition goal, the attention to detail and desire to perform as perfectly as possible weighs heavily on my mind. Of course I find joy in riding...but I also want to WIN!”

Amelia has been around horses since birth and has racked up an impressive number of awards and honors. During the 2024 competition year, she achieved a big goal when her 3-year-old Thoroughbred gelding, Mercantile Xchange, secured the United States Dressage Federation Jockey Club Materiale Horse of the Year for 3-year-olds and finished in seventh place across all breeds of horses in the same division.

For anyone looking to explore being an equestrian, she stresses the importance of having a good mentor. “This is not an inexpensive sport, and it’s also an inherently dangerous one. As a beginner, you want to be sure that the person who is teaching you the basics is not only well-versed in their chosen discipline, but also properly insured, with safe horses for you to learn with.”

ATHLETE SPOTLIGHT



Maddy Brown, Kappa Alpha,
Northwest Missouri State
University



She was a head coach for the first two years before returning to her high school alma mater last season as an assistant coach. "I took over being a high school head coach two months after graduating college when I was 21," she remembers. "I had no idea what was in store, but I went in with a positive attitude and excitement for the unknown." That season, her team made it to the playoffs. "I was (and still am) so proud of them, and myself, for rolling with the changes right before the start of season and growing from the experiences. We all grew a lot as individuals and a team that season," she recalls.

Balancing a full-time job with her part-time coaching gig requires Maddy to call on the organization and communication skills she honed as a collegiate member of Sigma Kappa. "Each game and practice need a lot of organization to ensure everything runs efficiently," Maddy notes. "I have to communicate with the team and other coaches, as well as with my 9-5 because I sometimes have to leave early for games."

Maddy says she keeps Sigma Kappa's values of sisterhood and service at the forefront of her coaching style. "During the season, these girls spend more time with their teammates than they do at home, so it's important for them to get along and actually want to spend time with each other. This helps the team play together better and makes it a more enjoyable experience for all involved. It's also important for the girls to help raise funds for their team for uniforms, game field rentals and referee costs.

This teaches them important life skills and helps them grow closer as teammates."

According to Maddy, the most rewarding aspect of being a coach is seeing the impact she has on the team



Nicole Dunbar, Kappa Nu,
Marquette University



members. "I love being able to see everything they accomplish and how they have grown since they were on my team." She adds, "If you've ever considered coaching a sport, please do! There is always a need for coaches, and it is such a rewarding experience."

Coaching isn't the only way to have an impact on athletes and sports teams. **Nicole Dunbar**, *Kappa Nu*, Marquette University, is a sports physical therapist (PT) specializing in pediatric sports. She also runs the PT residency program at Texas Children's Hospital,

mentoring new physical therapists interested in this field. "Most days I'm in the clinic treating patients and doing some work for the residency program," she explains. "I knew I wanted to go into PT since I was in high school, seeing my aunt and grandma recover from double knee replacements."

Nicole was the vice president of new member education at Kappa Nu. "I've always loved teaching!" she says of her foray into her profession. "I think that role definitely helped ignite my passion for wanting to give back and mentor."

She adds that her work team is a very tight-knit group. "Working with youth athletes is as much about the athlete as it is the family, and I think working with many different personalities and advisors at Kappa Nu helped me establish some of those qualities early on in my career."

According to Nicole, one of the most rewarding parts of being in pediatric sports is helping guide middle and high school kids back to their sport. "Typically, this is one of their first experiences learning about their bodies, nutrition, injuries, etc., and I think our profession has a responsibility to help give them the tools now to be successful for life."

It was an experience with a physical therapist that led **Rachel Ehrman**, *Epsilon Mu*, University of Missouri (MU), to her job as an athletic trainer. "I had multiple injuries throughout my athletic career, and I had to go to the physical therapist for several years," she remembers. "This made me realize I wanted to do something in the medical field, but I didn't know what."

Rachel had never heard about athletic trainers—who prevent, examine, diagnose, treat, and rehabilitate acute or chronic conditions in athletes—until she went to high school and joined an athletic training club. "My high school athletic trainers showed me their passion for athletic training and seeing that made me want to pursue this career."

While pursuing her degree at MU, Rachel was an athletic trainer, traveling with the football and volleyball teams. Along the way, she met Olympians and NFL players and was able to make an impact on their college careers. After graduation, she went to Northwestern State University of Louisiana to become a graduate assistant while pursuing her master's degree. While there, she was the athletic trainer for the volleyball and softball teams. Since graduating two years ago, Rachel has worked full-time for NovaCare Rehabilitation and at Youngstown State University in Youngstown, Ohio, as the athletic trainer for the baseball, swimming and diving teams.

Rachel says the teamwork, communication and leadership skills she learned as a Sigma Kappa played a big role in her professional growth. "Athletic training does not have one person in its team, we play only one part of it, along with doctors, physical therapists, and other athletic trainers. Communication is the key, I have daily conversations with coaches, strength coaches and athletes." She adds, "Being a leader is another important aspect of athletic training. We have to be there to advocate for our athletes' health, take initiative in program development and be a mentor to other and future athletic trainers."

Being involved with the athletes is something Rachel loves about her work. "During the best times I cheer them on, and in their worst times I help improve their confidence and get them past their mental blocks so they can play their sport again."

Carolyn Jordan, *Delta Tau*, University of Central Arkansas (UCA), is in school to become an athletic trainer. As a student in the Masters of Athletic Training Program at UCA, she works with athletes and coaches to prevent injuries as well as provide rehabilitation after injury.

"I was drawn to this profession after suffering an injury in high school and working to return from it," Carolyn explains. "It was hard and painful, and I wanted to give

ERICA LEGASPI, MU, UNIVERSITY OF WASHINGTON RUGBY

Erica Legaspi got into rugby in high school to spend more time with her best friend, but never imagined it would be such a huge part of her life many years later. Erica is a member of the Seattle Rugby Club, Washington Athletic Club 7s team, Seattle Touch Rugby, and the Philippines National Rugby Team, of which she served as captain during the 2021 Asia 7s Series/Olympic qualifier.

Erica has four caps (international appearances) with the Philippines team, was on the 2017 USA Club 7s national champion team, and has had multiple all-star, dream team and select side appearances, and was named a World Rugby NextGen Women in Rugby Leader.

In addition to the 10+ hours per week of training, practices, games and weekend-long tournaments for her clubs, Erica is also a USA Rugby certified coach and referee. She is also the co-founder, director and CEO of the Magandaquins Rugby Club, a pathway program for Filipina-American and Filipina-Canadian rugby players interested in representing the Philippines on the international stage. She says the camaraderie and the people are her favorite part of participating in rugby.

"I love competing and pushing myself to my physical and mental limits, but beyond that, being around other rugby women makes me feel strong, empowered, and gives me a sense of belonging. As I get older, a big part of my "why" is to leave the jersey in a better place, so being able to provide opportunities and mentorship to other girls and women in the sport has been so fulfilling."

ATHLETE SPOTLIGHT



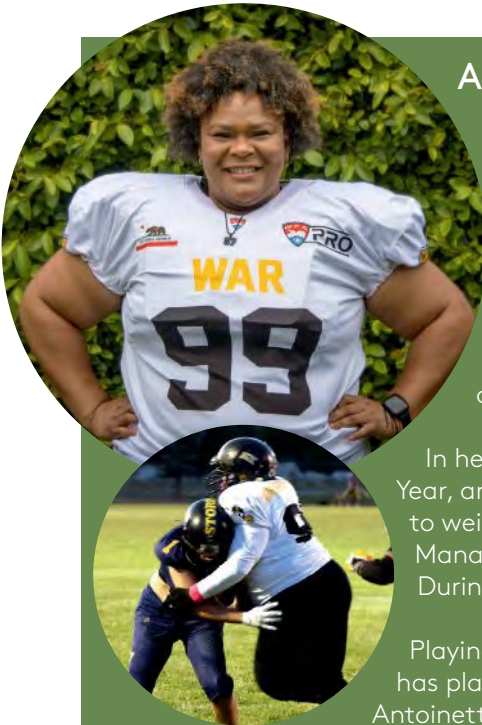
Carolyn Jordan, *Delta Tau*,
University of Central Arkansas

up, but my athletic trainer and medical professionals encouraged me and supported me.” The experience inspired Carolyn to pursue a career in athletic training. “I want to help to impact athletes and coaches and be a supportive, encouraging hand that keeps them in or brings them back to the sport they love.”

Carolyn says Sigma Kappa taught her important skills that she uses in school and will continue to incorporate in her career. “Sigma Kappa prepared me for so much when it comes to graduate school and athletic training, including time management, how to make friends, communication, leadership, living out my personal values and those of an organization, and caring for and supporting those around me,” she notes.

Meredith (Merrey) Madden, *Delta*, Boston University, is an assistant professor of athletic training at the University of Southern Maine who teaches students like Carolyn. Merrey is also a certified and licensed athletic trainer with a master’s in psychology and a doctorate in education.

“Before I transferred into education I was in sports psychology, so a lot of my coursework was related to that, and I integrate all of my perspectives and experiences into my work,” she explains. “A large part



ANTOINETTE BORDERS-FRAZIER, *THETA BETA*, UNIVERSITY OF LA VERNE FOOTBALL

“Women’s tackle football” might not be a phrase you hear often, but for Antoinette Borders-Frazier, it’s a way of life. Antoinette is a five-time All-American in the Women’s Football Alliance (WFA), the largest women’s professional tackle football league, with teams in over 60 U.S. cities and leagues in eight countries worldwide. Antoinette plays defensive tackle for the Cali War, based out of Los Angeles.

In her rookie year she earned Rookie of the Year, Defensive Player of the Year, and MVP. Not only does she train intensely, dedicating 10-15 hours weekly to weightlifting, cardio and position-specific drills, she is also the General Manager of the team and manages all aspects of the team’s daily operations. During the season, she also dedicates significant time to recovery.

Playing in the WFA involves significant travel and player fees. Antoinette’s team has played as far as St. Louis and Minnesota, with home games in Los Angeles. Antoinette says her favorite thing about participating in sports is the thrill of the game and camaraderie with teammates.

“The WFA has provided an incredible platform for women’s football, and I’m grateful for the opportunity to compete at this level. I believe in the power of consistent physical activity. Sports have opened doors for me, allowing me to travel extensively. Never doubt your own strength – you’re capable of achieving amazing things.”



"Sigma Kappa prepared me for so much when it comes to graduate school and athletic training, including time management, how to make friends, communication, leadership, living out my personal values and those of an organization, and caring for and supporting those around me."

—Carolyn Jordan, Delta Tau, University of Central Arkansas

of my research agenda is to advance my profession of athletic training and athletic training education, as well as healthcare, particularly to improve inclusive health and healthcare quality."

One of her current research projects is a collaboration with an interdisciplinary group of researchers and practitioners out of George Mason University and the Virginia area, called the Virginia Concussion Initiative (VCI). Their work focuses on developing concussion resources for individuals with and professionals who care for those with neurodiverse needs, which can be found on the VCI and CDC websites.

Merrey had an indirect path into academics. "I was working as a clinical athletic trainer for about a decade, and I was also pretty much a professional student as I really love to learn!" she jokes. "I had athletic training students and enjoyed that role, and I think once I earned my doctorate in education it was a natural progression into full-time athletic training education."

Both the Boston University athletic training program and Sigma Kappa fostered Merrey's passion for service and community through strong philanthropic principles. Today, she continues to emphasize service as part of her teaching and professional foundation and invites students to join her at events. Merrey volunteers for the Special Olympics Maine as a Board of Director, Health Promotion Clinical Director and a medical volunteer, as well as an athletic trainer at the Boston Marathon finish line tents, including a new opportunity as part of Para Athlete Medical tent team in 2025. As an undergraduate, Merrey had to balance her coursework with athletic events and sorority commitments, which required her to learn time management, work-life balance and communication skills. The sorority also provided a place for her to build community and destress.

"These are ideas and perspectives that I try to bring to my students now," she notes. "I want to help them understand that it's important to have other things in their lives that are just as essential, and it's okay to have another community that is not athletic training related. I am still very close to many of my sorority sisters, which shows the importance of community, having a connection to people who are different from yourself with other interests, but still have a sense of shared experience that you can call on in times of need. I still call on my beloved sisters, and I am still there for them!"

A woman with long dark hair, wearing a dark business suit, is running towards the camera on a green football field. In the background, the large, blue seating bowl of Michigan Stadium is visible, with the words "MICHIGAN STADIUM" in yellow letters at the top. The sky is overcast and grey. The field has white yard lines and a large white number "43" painted on it. A yellow goalpost is visible on the right side of the field.

Holly Arend, *Alpha Phi*,
University of Oregon, Director
of Sports Marketing

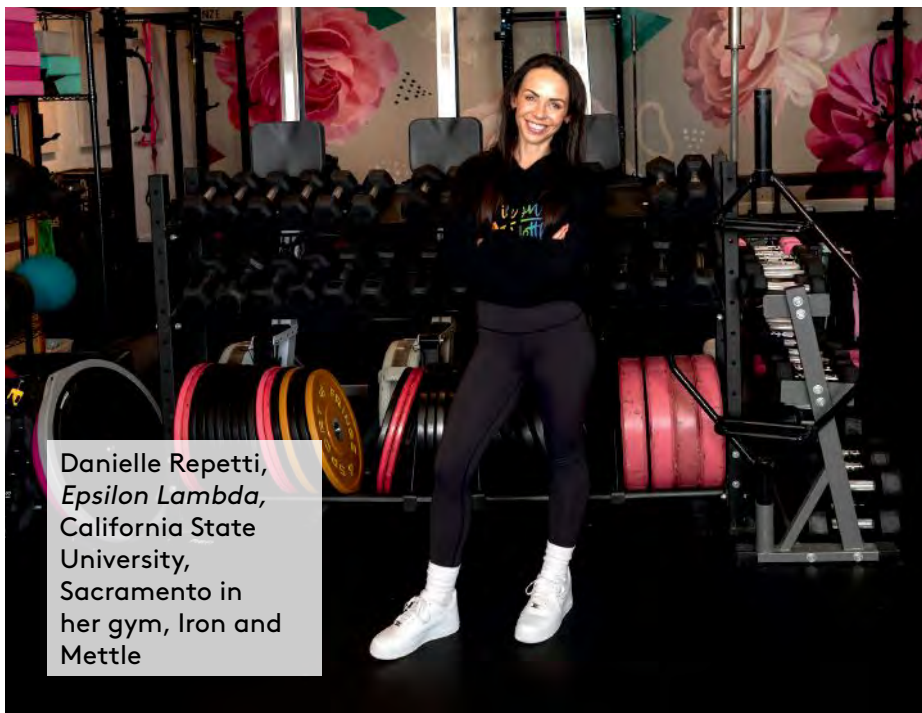
BEYOND THE PLAYING FIELD

Athletes and sports fans alike live for the roar of the crowd during a game and the thrill of a big win. But behind the scenes in every captivating and nail-biting athletic event are talented individuals dedicated to bringing those moments to life.

We spoke with four remarkable Sigma Kappas who've turned their love of sports into careers full of purpose and impact. Their journeys show how the values of Sigma Kappa can take you far beyond the playing field.

Danielle Repetti, Epsilon Lambda, California State University, Sacramento

Danielle Repetti never thought she, of all people, would one day own a women's strength training gym. In college, she says, "I hated sports. I mean, truly hated it. My sorority sisters still tease me about how I've completely changed since then." But in her early 20s, on a whim, she took a chance to lift weights with a personal trainer who specialized in barbell lifts and fell in love with something she once despised. The experience completely changed her perspective toward



Danielle Repetti,
Epsilon Lambda,
California State
University,
Sacramento in
her gym, Iron and
Mettle

sports. Danielle says, "I felt encouraged and began to see my body in a new light. That experience was transformative...it wasn't about how my body looked but about what I could do with it."

MARY MARTIN, ALPHA IOTA, UNIVERSITY OF MIAMI
CANOEING

Mary Martin first fell in love with canoeing at Girl Scout camp as a child, and upon relocating from Ohio to Hawaii in 1977, she picked the sport up after a coworker introduced her to a club that needed another novice for the upcoming regatta season. "A couple weeks later, I was in a canoe at my first regatta; I was hooked!"

Canoeing has been her passion ever since, and at age 76, she is still actively paddling. She participated in the "Na Wahine o Ke Kai" world championship race 12 times between 1986 and 2004 and won the inaugural 55+ age division in 2004 in the International Va'a Federation (IVF) Sprints World Championships. She has also raced at the IVF world sprints in Fiji, New Zealand, Canada and England.

Mary and a friend, a Kappa Alpha Theta alumna from Kansas State, lobbied the Hawaii State Canoe Association to include the 70+ division in the state championship race. It took seven years, but it finally came to fruition. Mary's crew (ages 70-85) came in second in this year's state race.

Mary says she can't identify just one favorite thing about being involved in sports. "Clearly the health aspects of regular exercise are a plus, and being 'on the water' is always better than being behind a desk. But the challenge of practicing with a group of like-minded women who are willing to take the time to learn how to paddle with the same technique and move the boat quickly through the water together is really special. When the crew 'clicks' or catches all the right bumps from the ocean in a race, it's a high that stays with you for a long time."

ATHLETE SPOTLIGHT



Mairead Napolitano (second from right), *Theta Eta*, University of Nevada, Las Vegas, with *Theta Eta* collegiate interns

That experience sparked her passion for fitness, which eventually led her to found Iron and Mettle, the first women's strength training gym in San Francisco.

"I wanted to create a space where women could feel strong, capable and empowered—where exercise wasn't about punishment or shame but about taking care of and appreciating what your body can do," Danielle explains. Her gym has helped over 1,000 women build confidence and community through evidence-based strength training.

Danielle credits Sigma Kappa with shaping the way she approaches her business. "I often joke that running a women's gym is a lot like running a sorority, but there's real truth in that," she says. "The sense of community, leadership skills, and teamwork I developed as a Sigma Kappa has directly influenced how I built and run Iron and Mettle. Creating a welcoming, supportive environment was at the heart of my work back then, and it's something I strive to replicate in my gym every single day."

One of her proudest moments at Iron and Mettle came during a bench press fundraiser, where women had three attempts to test their one rep max bench press to raise \$20,000 for a charity. "The energy in the gym that day was electric! Women supporting women, celebrating

their strength, and lifting for something bigger than themselves—it was incredible," she recalls.

Her advice to Sigma Kappas, who are interested in starting their own fitness or wellness businesses, is simple yet inspiring: "You don't need to have all the answers when you're starting out, but you do need to know your audience. Understand who you're speaking to, what they need, and their goals. Make those people the heart of everything you do, and the rest will fall into place. Focus on serving your community first, and success will follow."

Holly Arend, *Alpha Phi*, University of Oregon

Holly Arend's career in sports marketing was shaped by her time as a Division 1 figure skater. "Competing at a high level gave me a firsthand understanding of the power of storytelling—not just about winning and losing, but about the struggles, triumphs, and growth behind every athlete's journey," she says. This perspective inspired her to create Hazze Sports, where she focuses on humanizing athletes and amplifying their personal stories.

As Director of Sports Marketing for Hazze Media, Holly leads campaigns that connect athletes with fans on a deeper level, often addressing topics like mental health and diversity. "Women are not just participants in sports—we're leaders, innovators and trailblazers," she says. "The misconception that women don't belong in sports is something I'm determined to change."

Holly encourages Sigma Kappa members to take action and build connections. "Reach out, network, and learn from others. Take chances on yourself. You have the skills and drive—now it's time to show the world what you can do," she says.

Mairead Napolitano, *Theta Eta*, University of Nevada, Las Vegas

For Mairead Napolitano, sports are more than just a passion—they're a way to bring people together. She shares, "Sports have always been a meaningful part of my life. I have loved watching various games and events, but my connection to hockey has grown deeper over the years."

As Director of Operations for the University of Nevada, Las Vegas (UNLV) Hockey, Mairead has played a key role in turning the program from an ACHA (American Collegiate Hockey Association) Division II team with limited attendance to a top-ranked Division I team that regularly sells out games. "When I started with the program, I was just a volunteer, and while we had a very dedicated fan community, very few people knew the team existed. Today, we're ranked among the top five teams in the nation," she says.

How did Mairead transition from an enthusiastic hockey fan to a leader at UNLV Hockey?

Her journey began through her role as advisory board supervisor for the Theta Eta Chapter at UNLV. Mairead took the lead in boosting student attendance by engaging the Greek community. "I began attending meetings, organizing events, and bringing together student organizations and the hockey team," she explains. The results were incredible—attendance grew, and the energy at games became infectious. This work evolved, and Mairead was hired at UNLV Hockey, where she continues to drive the program's success.

One of Mairead's greatest joys at UNLV Hockey is mentoring young professionals, including Sigma Kappa members who intern with the team. "Through these internships, they've gained hands-on experience in fan engagement, event planning, and community outreach. These roles not only support the team but also provide invaluable real-world experience for their futures," she explains. Currently, three active Theta Eta members are interning with Mairead, gaining firsthand insight into the sports industry.

Her advice for collegians interested in careers in the sports industry is to embrace every opportunity. "You don't always need to know someone to land a position—sometimes, all it takes is putting yourself out there. Believe in your abilities and take that first step."

Kristen Nicholson, *Theta Gamma*, University of Louisiana, Monroe

Kristen Nicholson's career in marketing has expanded over three decades and across various industries. However, her path to becoming the Senior Director of Marketing at Fair Grounds Race Course & Slots in New Orleans, the second oldest continuously operating horse track in the United States, began with a love for history and storytelling.

She says, "Growing up in New Orleans, it's hard not to develop a profound appreciation for the rich and vibrant history that surrounds us." Kristen joined Fair Grounds shortly after Hurricane Katrina, helping reopen the iconic venue and restore its role as a symbol of resilience for New Orleans. "Families traveled from across the country to be here for Thanksgiving that year. It wasn't just about horse racing—it was a reminder that New Orleans could come back stronger," she recalls.

Kristen's connection to Sigma Kappa came full circle when Mystik Dan, a Kentucky Derby-winning horse co-owned by a Sigma Kappa sister, arrived at the Fair Grounds for its racing season. As part of Churchill Downs Inc., which owns both the Kentucky Derby and the Fair Grounds, hosting such an iconic horse felt especially meaningful. "I couldn't wait to hop on a golf cart and

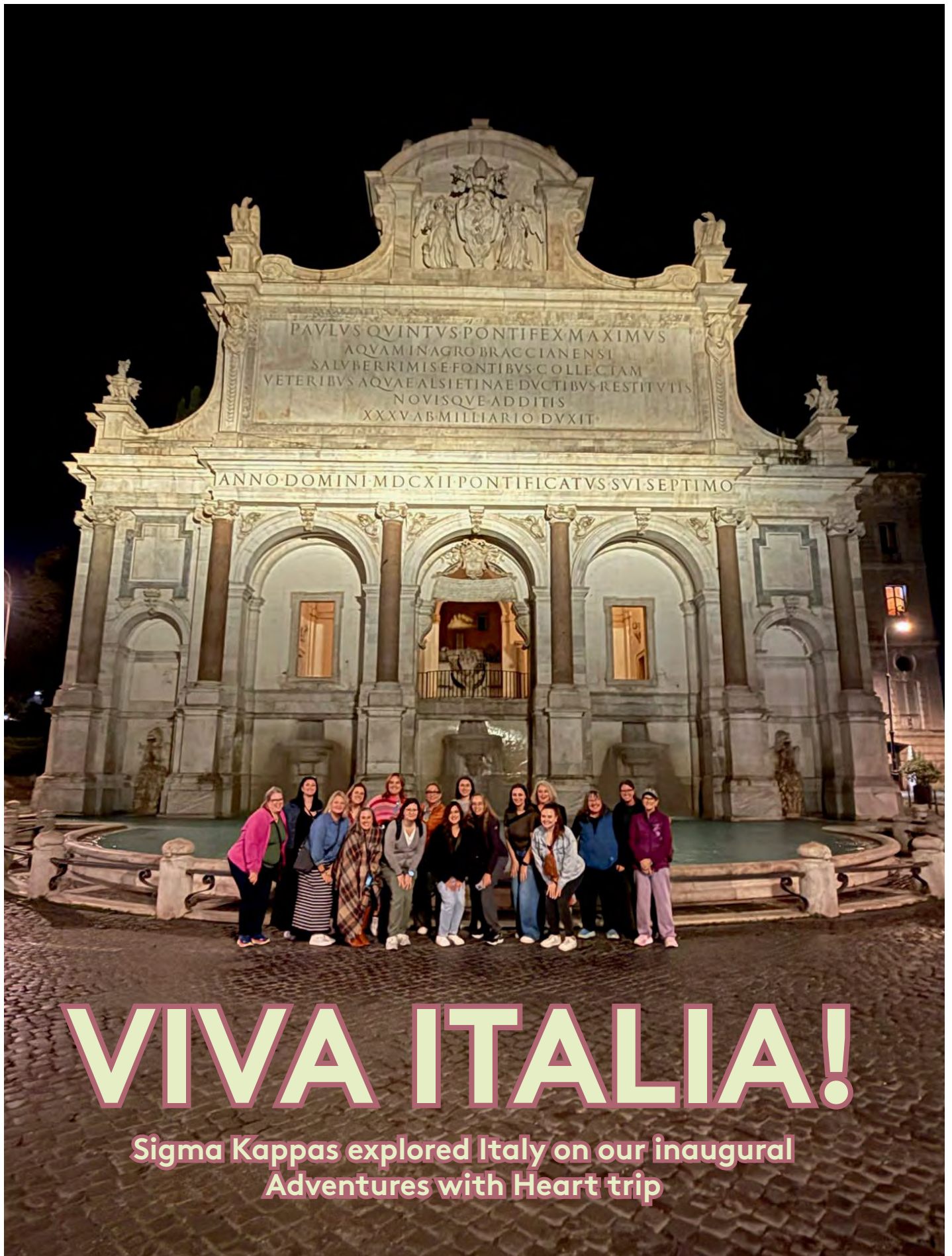


visit my 'nephew!' He has the best personality—always cutting up for visitors," Kristen laughs.

For Kristen, seeing Mystik Dan at the Fair Grounds wasn't just a fun connection—it was a reminder of the far-reaching ties of the Mystic Bond. "It's amazing to think that a horse with connections to the Kentucky Derby and Sigma Kappa is here at the Fair Grounds. It shows how our sisterhood can pop up in the most unexpected places."

Kristen is also passionate about breaking barriers for women in sports. "I used to think of horse racing as a sport primarily dominated by men, but that perception is changing—especially here at the Fair Grounds. Our General Manager is a woman, and 70 percent of our leadership team is female. Women are excelling as trainers, jockeys, veterinarians, and more," she says.

Her advice to Sigma Kappas interested in the sports sector is to embrace challenges and trust their abilities. "Take chances and try new things. And never let anyone tell you that you can't succeed in sports just because you're a woman—personally, that only fuels my determination to prove them wrong!"



VIVA ITALIA!

Sigma Kappas explored Italy on our inaugural
Adventures with Heart trip

By **JAIME RILEY**, ZETA UPSILON
DIRECTOR OF STRATEGIC PRIORITIES

As part of our 150th anniversary, Sigma Kappa held the first trip of the Adventures with Heart travel program. Over nine days, 18 Sigma Kappa Sorority members from all over the United States visited three regions of Italy: Rome, Florence and Venice.

Leading up to the trip, attendees shared group chat messages with packing tips and scheduled visits to the Academia in Florence or a rooftop photo spot in Venice. When the day came to depart our home cities, we were excited about what was to come on our trip.

After a day of transatlantic travel, our first trip stop started in Rome. In most cases, many of us met in person for the first time. Excitedly, we met at the airport and hotel, embracing each other only like sorority sisters often do with hugs and smiles. At our welcome dinner, we did an icebreaker to learn more about each other and enjoyed a meal at a local restaurant.

Rome

On our first full day, we toured the Vatican Museums, which houses one of the world's most extensive and spectacular art collections. We ended our tour in the Sistine Chapel, where we viewed Michelangelo's painting on the ceiling. Later that evening, we attended a cooking

class and created a delicious dinner of ravioli and fusilli. We topped our day off with a nighttime tour of the city, stopping at many famous landmarks.

Our second day in Rome brought us to the ruins of the Forum before entering the Colosseum. After our morning tour, many sisters visited the famous Trevi Fountain, where they threw coins into the water. According to tradition, tossing a coin over your right shoulder ensures a return to Rome; throwing two coins leads to romance, and three coins bring marriage. Only time will tell if these wishes come true. In the evening, we took a walking food





tour and sampled food in the area of Trastevere. We wrapped up our time in Rome, dancing in a public square with other locals as they came home from work on a Wednesday night.

Florence

As we began our journey to Florence on a motorbus, we learned the history of Italy's unification while traveling through the lush green and picturesque landscapes of the Italian countryside. After arriving in Florence, we quickly checked into our hotel. We grabbed lunch at a local sandwich shop famous for their sandwiches of fresh focaccia bread and thinly sliced mortadella before entering the Galleria dell' Accademia di Firenze, which is most known as the home of Michelangelo's sculpture of David. We then toured the Piazza del Duomo, home to Basilica di Santa Maria del Fiore, also known as the Duomo.

On our second day, we visited San Gimignano and tasted the world's most famous gelato from Gelateria Dondoli. We went to a local winery to taste the area's wines over a light lunch. When we returned to the city, many in the group spent the evening further exploring the San Lorenzo Market, known for leather goods and Ponte Vecchio, the city's oldest bridge and famous for its medieval architecture, and the goldsmiths and jewelers who occupied its shops since the Renaissance.

We spent our time in Florence visiting Siena and enjoying lunch in the Piazza del Campo, famous for its unique shell shape and medieval architecture. As the site of the Palio di Siena, a historical horse race is held twice a year. We wrapped our time in Florence at a Founders' Day dinner to celebrate Sigma Kappa's 150th anniversary.

Venice

After saying goodbye to some of our group, we boarded a high-speed train to Venice and a water taxi to our hotel on Lido Island. On our second day in Venice, we toured St. Mark's Square before entering St. Mark's Basilica. We enjoyed a glassblowing demonstration and learned about Venice's most celebrated art form, whose roots date back to the 10th century, before enjoying a gondola ride through the canals of the city.

On our final day in Italy, we visited the Basilica of Santa Maria Assunta, whose famous mosaics depict the Last Judgment. Our final stop was the tiny fishing village of Burano, best known for its brightly colored homes and local lace shops. We even visited the family-run lace shop featured in the Hallmark movie *The Wedding Veil*. We shared our favorite memories that evening and promised to meet again soon.

Final Thoughts

Trip attendee **Dawn Craft**, *Alpha Gamma*, Washington State University, shared, "The Sigma Kappa trip to Italy gave us the space and time to enjoy our sisterhood as we did when undergraduates, in another atmosphere and culture. Italy was the perfect backdrop to live and learn together again as we did in our chapter houses. This trip was a great





Our next Adventures with Heart destination is...**Greece!** Join us in Athens, Mykonos and Santorini **Aug. 30-Sept. 7**. Registration is open now! Visit the tour website at groups.goaheadtours.com/tours/sigma-kappa-greece or contact Candice Wolf, director of alumnae engagement, at cwolf@sigmakappa.org.



excuse to leave behind our demanding daily lives and prioritize our lifelong friendships. Sigma Kappa has aided us in continuing our sisterly bond, and I am so grateful that we took this opportunity to enhance our relationship. I look forward to future travels with other Sigma Kappa sisters."

I encourage you to grab a sister, celebrate a significant or not-so-major milestone in your life, or come solo and leave with new friends. I traveled to Italy expecting to see famous landmarks, enjoy local pasta and some gelato, and make a few memories along the way. My favorite part of the trip was strolling many small, quiet streets on our excursions and wandering through local shops in the larger cities. As we explored the sites, we talked to each other to learn about each other's lives back in the States. I left Italy with many new friendships, which I know will last for years.





DETROIT

Detroit Alumnae Chapter, South Oakland County Alumnae Chapter and Delta Alpha, Eastern Michigan University, chapter members participated in the Walk to End Alzheimer's at the Detroit Zoo.



EUROPEAN

The European Alumnae Chapter held its annual meeting in Copenhagen, Denmark.



GREATER CLEVELAND

Greater Cleveland chapter members packed fresh apples for distribution to a local food bank as a service project for Week of Giving.



ATLANTA

Atlanta Alumnae Chapter members participated in Walk to End Alzheimer's with members of Kappa Lambda, University of North Georgia, and Kappa Tau, University of West Georgia, collegiate chapters.



ATHENS (GA)

Athens and Atlanta Alumnae Chapters celebrated Founders' Day with Epsilon Epsilon, University of Georgia, collegiate members.



CHICAGO WEST TOWNS

Chicago West Towns members met up for lunch while attending convention in Boston.

LEHIGH VALLEY (PA)

Lehigh Valley celebrated Founder's Day together with the Philadelphia Alumnae Chapter. They enjoyed a nice luncheon and the sharing of college chapter memorabilia.



HAWAII

Hawaii Alumnae Chapter members participated in the Walk to End Alzheimer's.



SEATTLE

Seattle Alumnae Chapter members attended the Order of the Triangle ceremony of Mu, University of Washington.

PORTLAND
Portland chapter members celebrated Founders' Day.



THE PEARL COURT: HONORING OUR ALUMNAE

The Pearl Court Award is a national award designed to recognize members who are the backbone of our local alumnae chapters. Honorees must be a dues-paying member of an alumnae chapter for at least five years, be involved in non-sorority organizations, and consistently represent Sigma Kappa in a positive way.

CONGRATULATIONS TO OUR 2024 PEARL COURT HONOREES:

Laura Rojas, *Epsilon Lambda*,
California State University, Sacramento

Jessica Shahad, *Zeta Upsilon*, California
State Polytechnic University, Pomona

Ellen Voss, *Alpha Mu*,
University of Michigan



IN MEMORIAM:

PATRICIA "PAT" FRISBY GALLOWAY, 1957-2024

Patricia "Pat" Frisby Galloway, *Beta Sigma*, Purdue University, passed away Sept. 26, 2024 after a courageous battle with pancreatic cancer. Pat, a 2006 Colby Award winner in the field of engineering, was a trailblazer in her field, serving as CEO of The Nielsen-Wurster Group Inc., CEO and chair of Pegasus-Global Holdings, and president of dispute resolution firm Galloway Arbitration. She was also a board member of Stantec and Granite Construction.

Pat was the first woman to serve as president of the American Society of Civil Engineers (ASCE) in 2003-2004, and since her term, there have been eight women presidents of ASCE. She was also a member of the U.S. National Science Board, having been appointed by President George W. Bush for a six-year term with two of those years as its Vice Chair, and was previously a member of the American Arbitration Association board and SCANA Corp. board of directors.

Pat was an avid traveler, having been to all seven continents, and was an integral part of her community of Cle Elum, Washington. She was passionate about mentorship, with an emphasis on women in engineering. She generously supported many causes which include Life Support, The Nature Conservancy, Women in Engineering, Alzheimer's Association, and the Pancreatic Cancer Awareness Network.

Thank You Donors!

\$2 Million total contributions

nearly **700** total donors

46 new scholarships

135 total scholarships

Established a **DEDICATED** Collegiate Emergency Grant fund.

150 Years of Sisterhood

A Heartfelt Promise



Celebrating A Heartfelt Promise

In January 2024, the Sigma Kappa Foundation embarked on its second capital campaign, *A Heartfelt Promise*. This campaign focused on creating and enhancing academic scholarships and securing funding for emergency grants with an overall goal of raising \$1.874 million.

A sincere thank you to the donors who have empowered us to continue in our mission of enhancing the lives of all Sigma Kappas. This important work wouldn't be possible without you. Thank you for making *a heartfelt promise*.

Thank you to the following for their guidance and dedication throughout this capital campaign.

- Sarah Nelson Womble, *Delta Tau*, University of Central Arkansas, Chair
- Danielle E. Behta, *Zeta Phi*, Rutgers, The State University of New Jersey
- Marilyn Hetzel Cuch, *Theta Tau*, Kansas State University
- Kelly Scanlan Esperias, *Zeta Upsilon*, California State Polytechnic University, Pomona
- Ann-Marie Lagoy Fontaine, *Phi*, University of Rhode Island
- Kate Hall, *Theta Psi*, The Pennsylvania State University
- Kathleen Brangan Held, *Xi*, The University of Kansas
- Christine Ho, *Theta Lambda*, Massachusetts Institute of Technology
- Tawny Mekeel James, *Epsilon Omega*, California Polytechnic State University, San Luis Obispo
- Julie Anne Mitchell, *Omega*, Florida State University
- Nancy Nelson, *Tau*, Indiana University
- Cassandra Collins Votroubek, *Alpha Omega*, University of Alabama

SIGMA  KAPPA
Foundation

DELTA, BOSTON UNIVERSITY
Evelyn Marlin Lord
12/13/2024

ETA, ILLINOIS WESLEYAN UNIVERSITY
Carol Prasil Michalek

THETA, UNIVERSITY OF ILLINOIS
Jeri Sue Barth Johnson
10/12/2024

IOTA, UNIVERSITY OF DENVER
Shirlee Nelson Glass
10/31/2023

LAMBDA, UNIVERSITY OF CALIFORNIA, BERKELEY
Rosemary Trout Scanlan
11/6/2024

Diane Lillis Brooks
11/14/2024

Nancy Elliott Mack
11/21/2024

Barbara Rohwer Harsch
11/14/2024

MU, UNIVERSITY OF WASHINGTON
Carol Grover Mehrtens
12/25/2024

NU, MIDDLEBURY COLLEGE
Jane Smith Brekke
3/15/2023

XI, UNIVERSITY OF KANSAS
Cynthia Dunn
11/14/2024

TAU, INDIANA UNIVERSITY
Ann Hutchison Hunt
1/13/2025

Sandra Altheide
11/16/2024

UPSILON, OREGON STATE UNIVERSITY
Elizabeth Rhoten Reeves
11/12/2024

Catherine Cattel Duus
11/6/2024

Sally Helser Brandes
9/29/2024

PHI, UNIVERSITY OF RHODE ISLAND
Antoinette Lewis Taylor
1/21/2025

OMEGA, FLORIDA STATE UNIVERSITY
Nancy Alexander Lindstrom
12/28/2022

ALPHA GAMMA, WASHINGTON STATE UNIVERSITY
Venice Aulerich Maling
12/6/2024

Beverly Chapman Ruark
10/18/2023

ALPHA ZETA, CORNELL UNIVERSITY
Mary Thoman Coe
11/29/2024

ALPHA IOTA, MIAMI UNIVERSITY
Barbara Hayden Mecozzi
9/21/2024

ALPHA KAPPA, UNIVERSITY OF NEBRASKA
Marguerite Forney Krueger
10/23/2024

ALPHA NU, UNIVERSITY OF MONTANA
Jane Jenson Stanley
12/29/2024

ALPHA OMICRON, UNIVERSITY OF CALIFORNIA, LOS ANGELES
Mary Ann Riccardi McGaughey
12/14/2024

Patricia Hull Freeman
8/20/2024

Judith Toner Brumm
9/26/2023

ALPHA SIGMA, WESTMINSTER COLLEGE
Marcia Hoovler Hannan
1/15/2025

ALPHA TAU, MICHIGAN STATE UNIVERSITY
Marilyn Linsenmann Ekey
12/19/2024

ALPHA CHI, GEORGETOWN COLLEGE
Virginia Shane Johnson
5/31/2024

Mary Lewis Deen
11/28/2024

Ava Parks Harris
11/21/2024

BETA DELTA, UNIVERSITY OF MIAMI
Anne Gallaway Stuart
10/9/2024

BETA EPSILON, LOUISIANA TECH UNIVERSITY
Patsy Lewis Fox
12/23/2024

Annice Rafield Ipser
10/15/2024

BETA ETA, UNIVERSITY OF MASSACHUSETTS
Frances Turgeon
1/8/2025

BETA THETA, MARIETTA COLLEGE
Gloria Orth Peyton
1/18/2025

BETA LAMBDA, UTAH STATE UNIVERSITY
Chloe Judd Rasmussen
12/1/2024

Marilyn Daniels Alldredge
9/19/2024

BETA NU, BRADLEY UNIVERSITY
Caryl Cordis D'hondt
12/27/2024

Pamela Clark Curtis
11/20/2024

Barbara Moran Miller
12/21/2024

BETA RHO, SAN JOSE STATE UNIVERSITY
Della McMillan Miller
11/1/2024

BETA SIGMA, PURDUE UNIVERSITY
June Nagle Dittman
3/2/2023

Patricia Frisby Galloway
9/26/2024

BETA TAU, UNIVERSITY OF FLORIDA
Margie McCown Davis
10/25/2024

BETA UPSILON, OHIO UNIVERSITY
Lee Elliott Leatherman
12/21/2024

Ruth Diley Bock
10/24/2024

Janice Story Lochary
10/17/2024

Paula Greenler Shrader
1/8/2025

BETA PHI, IDAHO STATE UNIVERSITY
Lorna Henson Botts
12/30/2024

BETA PSI, SAN DIEGO STATE UNIVERSITY
Lavon Smith Todt
7/2/2024

Gail Turner Geppert
6/14/2024

GAMMA ALPHA, UNIVERSITY OF NORTHERN COLORADO
Peggy Karnes Jones
12/14/2024

GAMMA GAMMA, INDIANA STATE UNIVERSITY
Wynnie Ford
5/29/2024

Barbara Bartok Masulovich

GAMMA DELTA, THIEL COLLEGE
Anne Jones Wigton
7/12/2024

GAMMA ZETA, NORTHERN ILLINOIS UNIVERSITY
Donna Jay Wrzeszcz
7/1/2023

GAMMA KAPPA, SOUTHERN ILLINOIS UNIVERSITY CARBONDALE
Mary Williams
8/4/2024

Marcy Halterman
9/26/2024

Shannon Turgeon Styczykowski
12/19/2024

GAMMA RHO, WESTERN CAROLINA UNIVERSITY
Marian Dillingham
8/31/2024

GAMMA CHI, STEPHEN F. AUSTIN UNIVERSITY
Helen Turner Heaton

DELTA BETA, MARSHALL UNIVERSITY
Martha Sedinger Reese
9/28/2024

DELTA ETA, UNIVERSITY OF CENTRAL MISSOURI
Janice Jones Southwick
6/7/2024

DELTA IOTA, CALIFORNIA STATE UNIVERSITY, CHICO
Barbara Stead Abel
6/4/2024

DELTA LAMBDA, WAYNE STATE UNIVERSITY
Mary Cady Nahhat
9/19/2024

DELTA NU, LONGWOOD UNIVERSITY
Elizabeth Dozier Meeks
10/15/2024

DELTA UPSILON, MISSOURI STATE UNIVERSITY
Barbara Denham Warren
11/11/2024

ZETA OMEGA, LOUISIANA STATE UNIVERSITY
Wendy Ober Lurvey
12/26/2024

THETA GAMMA, UNIVERSITY OF LOUISIANA, MONROE
Alicia Boles
1/5/2025

SIGMA KAPPA

Live with Heart

695 Pro-Med Lane, Suite 300
Carmel, IN 46032-5323

gear up for graduation



www.sigmakappashop.com