



THE WISE ONE

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Region V
The Great Plains Region
SIGMA
CHI UPSILON

Rising Emerald

By Norma Sanchez, AT/A

In Fall 2008, Ruby Sifuentes, crossed into our sisterhood and helped found Beta Alpha Colony at the University of Texas in Austin. Currently Ruby is a senior at UT majoring in Management Information Systems with a minor in Applied Learning and Development. Although Ruby is a business major, her passion is in education. When one first meets Ruby, she may seem like a very quiet and reserved individual but under that mysterious exterior she is a kind hearted and incredible woman. She is someone who consistently gives back to her community and only asks, "What more can I do".

At the University of Texas she is part of the Longhorn Scholars Student Advisory Council

as a mentor. She is also part of the Hispanic Business Student Association in which she served as co-chair in 2006-2007. As a member of the Association of Latino Professionals in Finance and Accounting she accepted the role of Service Chair.

Please see *Emerald* on page 7

2009 National Service Project – "A Boy Named Kenny"

By Angelica M. Saldaña, Φ/E

After coming off of a very successful 2008 National Project partnership with the Go Red for Women Campaign (American Heart Association), Danita Gallegos (the Grand Chapter Board Director of External Affairs for Community Service) was proud to announce the 2009 National Project partnership with NAMI - National Alliance on

Mental Illness. But what exactly is NAMI and what do they do? The NAMI is a grassroots, non-profit, organization and an American advocacy group representing families and people affected by mental disorders. NAMI was founded in 1979 and now has affiliates

Please see *Kenny* on page 9

Giving Hearts

By Kristyana Delgado, Φ/A

You never know who you may touch or help when you do things from your heart. This is exactly what sisters Jennifer Ramirez (Phi/Alpha), Narcely Ruiz (AZ/Epsilon), and Erica Marez (AZ/Delta) have done for their communities. These women set an example for all of us by their countless efforts of not only lending a helping hand to our

sisterhood but also giving of their hearts to others. Jennifer has participated in the Houston AIDS walk for the past two years. The first year she walked alone, but this year she walked with more than 20 sisters, family, and friends. Because of her dedication she was able to raise more than

Please see *Hearts* on page 7

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Awards Banquet

By Narcely Ruiz, AZ/E

April 29, 2009 marks the 29th year since Corazones Unidos Siempre, Chi Upsilon Sigma Latin Sorority, Incorporated (CUS), was incepted at Rutgers University in New Brunswick, New Jersey. Hosted by Rho Colony (Farleigh Dickinson University in Madison, New Jersey), sisters near and far including, Founding Mother Maricel "Mickey" Rivera, gathered on Saturday, April 4th 2009 at the Renaissance Hotel in Elizabeth, New Jersey to celebrate another year of CUS excellence.

A Town Hall meeting preceded the Awards Banquet and celebration. Moderated by Cristina McKenzie, current Director of Parliamentary Procedures, sisters were given an opportunity to meet the candidates running for 2009–2011 Grand Chapter Board (GCB) and to ask questions. Questions ranged from "what would you do if a sister disappointed you", "how do you plan to increase alumni involvement in the Great Plains region" and "how do you plan to balance being a Board member with being a sister" to "how do you plan on maintaining the AIM program"? Many questions focused on intake procedures and other matters of intake inconsistencies and policies. Diana Arias stuck out to me when asked if she had ever been sanctioned and what advice she had for sisters. Arias said she had been sanctioned and that her advice to sisters was to get up, accept their mistakes, learn from them and keep moving forward. After the meeting, sisters were also given time to vote.

The evening celebration and Awards Banquet began with the usual exciting reunion of line sisters, meeting of new sisters and uncontrollable picture taking. While dinner was being served, the awards presentation began, starting with a welcoming address from a representative of the American Heart Association. She highlighted statistics that are very real to women and minorities and challenged the membership to continue educating others about heart disease.

As we close our 2008 partnership with the American Heart Association, we also close another year of service to our National philanthropy– I have a Dream Foundation (IHAD). IHAD was presented with over \$5,000, the biggest donation made to IHAD in CUS history. Alpha Iota, alone, contributed \$800, which they raised at their annual Ocean Exposure beach picnic.

Please see *Awards Banquet* on page 4

"IHAD was presented with over \$5,000, the biggest donation made to IHAD in CUS History."



Above: A Great Plains picture including Phi's Susi Ponce.



Above: Narcely receiving AZ's Chapter of the Year Award.

Below: Merie Daniel, FM Mickey and Sonya Reyna.



MS150: A Personal Challenge and a GREAT Cause

By Natalia Alejandro, *ϕ/A*

Multiple sclerosis (MS) is an autoimmune condition in which the immune system attacks the central nervous system, leading to destroying of the protective material (myelin) of your neurons. Once this is done, your neurons are not able to effectively communicate, causing impairment in sensation, movement, cognition, or other functions depending on which nerves are involved. Symptoms vary widely, depending on the amount of damage and which particular nerves are affected. People with severe cases of multiple sclerosis may lose the ability to write, speak, or walk. Although multiple sclerosis can occur at any age, it most often begins in people between the ages of 20 and 40. Women are more likely to develop multiple sclerosis than are men.

The National MS Society is a group who works to raise funds for research. A phrase you will hear them commonly say is “MS stops people from moving. We exist to make sure it doesn't.” The National MS Society is the one of biggest contributors to the research that is currently occurring in the country. Because of them (and all of you that have donated)



Natalia and the start line in La Grange, Texas

the current research and potential treatments is at its highest! The MS150 bike ride is something that the Texas Chapter's have traditionally done yearly. There are 3 rides that occur in this state. This year marked the 25th Anniversary of the MS150 from Houston to Austin.

Please see **MS150** on page 5

The Infiltration Continues...

By Lisa M. Cano, *AZ/A*

It all began as a simple e-mail from Janeth Retamoza, a junior Bilingual Elementary Education major, to me on September 20, 2006. As most founding sisters can relate, Retamoza and friends were researching different sororities because they did not feel they could relate to any organization on their campus. When the group first contacted me, I was excited but knew this would be a huge challenge for CUS. With the same ethic and commitment Pi Chapter was founded on almost ten years to the date, CUS was able to expand to a new state and new region with four women who became new members on April 5, 2008, thus creating Alpha Chi Colony. The four founding women at the University of Arizona known collectively as “Beginning to Infiltrate” are #1 Alicia “Nimitz” Retamoza (now Wong), #2 Antonia “Fifinella” Rodriguez, #3 Monica “Arsenal” Russell, and #4 Janeth “Apache”

Retamoza. Alpha Chi is recognized as a member of the United Greek Council and the Center for Student Involvement and Leadership (CSIL). AX just crossed their Beta Line consisting of four women, who have now made history of their own by making Alpha Chi a chapter in one short year. Alpha Chi currently has a group of very active O.W.L.S. and hopes to have a line in the fall. Feel free to reach out to AX at arizonaCUS@yahoo.com. :::



AX Founding Line Pictured above.

Awards Banquet from page 2

The presentation continued with the recognition of sisters and chapters for their contributions to our sisterhood. Amongst the first to be acknowledged for demonstrating excellence in programming in one of our four awareness was Lambda Chapter, the recipient of the Social Award. The Cultural Award was awarded to Xi Chapter, while Alpha chapter took the Political Award. The Educational Award was awarded to a well deserved chapter, Alpha Pi, who has fought in the face of adversity not only to bring quality programming to their campus, but also to increase its chapter membership and to earn official recognition at the New Paltz campus of the State University of New York. Additionally, Alpha Pi proved to be the master of their fate and captain of their soul, thus receiving the Invictus Award for being the most improved Chapter.

Two special chapters have gone above and beyond to embody service and our motto "Wisdom through Education". Chi Chapter, for example, spent this past year dedicating countless hours serving the community, which is why they received the 2008

Community Service Award. Meanwhile, the Women of Wisdom Award recipient, Omicron Chapter, continues to push academics, making 2008 the fourth consecutive year they take the award. The Wisdom Keeper Award recipient, Danielle Bracy, has made a significant contribution to her chapter's

"These women were characterized as the reflection of the past and inspiration for the future."

academic success by maintaining above a 3.7 grade point average, the highest average among all undergraduate members.

Suzette Fonseca (AA/Z) was awarded the Emerald (Neophyte of the Year) Award, which is awarded to the newest additions to our sisterhood and who symbolizes joy, desire, innovation, strength, and nourishment of the soul, heart, and mind. However, these young hearts were not the only inspiration. The Eternal Flame recipients, Cristina McKenzie (O/Δ), Jeanine Burton (Δ/N), , Vanessa

Carmen Peralta (O/Γ) and Milestone Award recipients Silvia Mazzula (Δ/E), Tessy Infante (I/A), Marilus Pagan (e/B) and Keyla Rodriguez (Γ/H) were acknowledged for maintaining their hearts and their lights burning within after 10 and 15 years of CUS service. The women were characterized as the reflection of the past and inspiration for the future.

It was a great night for the Great Plains Region, especially Phi and Alpha Zeta Chapters. Rachel Ganceres (φ/Δ) was awarded the Sands of Time (Alumna of the Year) Award for her timeless commitment to our sisterhood, her unfaltering vision and leadership, while Nancy Moncada φ/H) received the Academic Excellence Award. Azucena Ponce (φ/A) proudly accepted these awards on behalf of her chapter.

Founded on individuality, leadership, womanhood, Zeal, amongst other things, Alpha Zeta Chapter takes the 2008 Pillar of Excellence (Chapter of the Year) Award. The 2008 recipient of the Sister of the Year, now the Triad Award, was awarded to CUS's summer 2006 national solo and Alpha Zeta's own, Beatriz Gutierrez (AZ/Z) for her dedication, commitment, leadership, academic excellence and support of others. This marks the fourth consecutive year that a sister of Alpha Zeta Chapter receives this award. Amanda Kruse (AZ/H) and Cynthia Sorto (AZ/H) were also nominated for this award as they personify the mission and ideals of our sisterhood. Although they were not selected for this award, Kruse, Sorto and Gutierrez received the Academic Excellence Award.

Only a semester into sisterhood, Founding Sister Ruby Sifuentes from Beta Alpha Colony at the University of Texas at Austin, received the Academic Excellence Award. Angelica Saldana, although not present, also made her mark by acknowledging AIM mentors for their timeless efforts and commitment to the academic, professional and personal development of our undergraduate sisters enrolled in the program. Two special mentors highlighted were Camille Rivera (AM/Γ) and Fe Almanzar (Δ/O).

The night culminated with tons of dancing and strolling. One of the most memorable moments of the night was when Alpha Chapter locked up with over 15 members and were led marching into the Banquet Hall, by none other than Founding Mother Maricel Rivera. All of the women in our organization work very hard, but that work may seem to mean absolutely nothing until moments like that make your hearts burst with passion for the women who set this foundation for us. :::

MS150 from page 3

I have worked in the field of research since I graduated and understand how tough it is to obtain money. There are all these great doctors and scientists out there with these great ideas, but if nobody gives them money to try out their ideas, we will never know the impact. I bought my bike about 3 years ago so that I could participate in the MS150. The MS150 is a popular ride where 13,000 people participate, so if you don't sign up once the registration opens, you will miss out. I finally got in for the ride in 2008. But most of you know I had this little accident 5 days before the ride so I was unable to ride last year.

This year I signed up and managed to show up to the ride injury free, but mother nature had her own agenda: RAIN and FLOODING in Houston and La Grange—Our starting and stopping point for Day 1. Day 1 was cancelled, but luckily Day 2 was still on! This year I had the honor of riding for Janice, she is a female a little older than myself that lives in Midland/Odessa area. I got a bandana signed by her and I tied it to my bike so that she could ride with me in spirit. The ride was really tough (wind and hills were out of this world) and I looked at the bandana during my breaks so that I could be reminded why I was doing this. There were signs of encouragement along the route and some small towns had people holding out signs that thanked us for what we were doing. When I saw them it kept me pushing through the wind that was pushing me back! When I finally made it to the finish line (after 7 hours of being on the bike, 2 hours chilling at the rest stops) there were people who have MS that cheered you on as you completed the ride. It was an awesome and very challenging experience; I believe it's the hardest thing I have endured thus far. Will I be back next year? One way or another I will be there to support the National MS Society and their great cause—To keep people moving! :::



Natalia at the Finish line in Austin, Texas

"When I finally made it to the finish line...there were people who have MS that cheered you on as you completed the ride."

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Introducing the Newest Sisters of Alpha Chi Chapter

By Monica Russel, AX/A

My name is Rosamaria Garcia, and I am currently a senior at the University of Arizona majoring in physiology and Spanish in translation/interpretation. I am 22 years old, and my hometown is Tucson, Arizona. I am Mexican, and I enjoy spending time with my family when possible. My favorite pass times are spending time with friends, dancing, watching movies, and traveling. My future plans are to graduate from college and attend medical school to become a cardiologist or pediatrician.



Night Hawks

My name is Karla Acosta I was born on September 19, 1988 in Nogales Arizona. I am a first generation Mexican-American and I am a junior at the University of Arizona majoring in physiology with a minor in Spanish and chemistry. I like to run and play video games as well as watch television. I want to become a doctor and serve underprivileged communities. I would love to do a program such as doctors without borders and go to South America. I enjoy volunteering and love science. I became interested in Chi Upsilon Sigma because of their values such as their awareness's as well as their unity to form a sisterhood comprised of women who are so diverse but share a similar goal of unifying the Latina community.



Bitadel

My name is Perla Garcia. I am a 20 year-old Mexican-American born and raised in Tucson, Arizona. I come from a very united family of three sisters and one brother. I am a junior at the University of Arizona majoring in Spanish translation and Interpretation. My goal is to become a court interpreter and attend dental school. I enjoy spending time with my family and traveling. I had the opportunity to study abroad in Segovia, Spain. This learning experience allowed me to acquire knowledge of the Spanish culture and independence.



Aramid

Full name: Ana Erendira Orozco

Year: Junior

From: Tucson, Arizona

Major: Pre-Veterinarian

Past times: Growing up with my two sisters and being a middle child, I was always caught up in the middle. My family gets together with numerous family members.



Marineer

Emerald from page 1

Ruby Sifuentes, "Rising Emerald"

Hearts from page 1

\$700 dollars for Legacy, an organization that assists people living with AIDS and HIV. I was extremely inspired by Jennifer's dedication to making sisters aware of her work and that of the AIDS walk. She believes that we as minorities need to help spread the word about safe sex. She also took a page out of our northeast sisters' book by learning from their participation in AIDS walks.

Likewise, Narcely selected an organization for a school project that required her to attend a grassroots meeting. She and her classmates selected CAPO – Central Arlington Property Owners in hopes to provide candidate information to a specific zip code in Arlington, Texas. Narcely has inspired many sisters of CUS because of her diligent work and commitment she has made to stay involved with CAPO. She says, "[Our] mission is aligned with CAPO's – we both call to empower one another, work hard and collectively to remove obstacles and improve conditions of the community."

Erica is the leader of her church youth group and she gives her time selflessly every weekend. The activities of the group include Christian concerts and Erica says the reason she desires to open her heart to these young adults is help provide them with ways to fall in love with God. She has also inspired many sisters to attend church where her father is a Pastor and always welcomes anyone to attend and invites anyone to help her in her mission.

Because of these three sisters' passion to give to other selflessly, sisters of CUS have been touched and inspired to do the same. These women do not do it, because it increases their portfolio in CUS. They are going beyond the requirements of a sister by just being themselves. I believe if we each took a page out their story we would all be doing the world a great service. Thank you Jennifer, Narcely, and Erica for thinking bigger than CUS and giving your heart. :::

In the community of Austin she is part of numerous community service organizations. She is a mentor for the Paredes Middle School Drop-Out Intervention Program and the H.O.S.T.S. Program as a tutor. She is also a volunteer tax preparer and translator for the Foundation Communities: Community Tax Centers.

Ruby has taken part in educational enrichments such as, the National Hispanic Business Association Leadership Conference, Monster Diversity Leadership Program and Leadershape Institute.

Overall Ruby is a wonderful asset to our organization and is the first of many to be recognized as a Rising Emerald of CUS. :::



Above (far Left:) Erica Marez pictured with her youth group.

::Upcoming:: Events

MAY:

2nd–*Shoes 4 Schools Walk*: Houston, Texas
donations needed for Houston Area
O.W.L.S. and Phi O.W.L.S. contact
danitaag@yahoo.com for more info.

9th–**Graduations at University of Texas – San Antonio**

Roxanna Latifi (AZ/B), 12pm

–**Graduations at Texas Christian University**

Beatriz Gutierrez (AZ/Z), 3pm

Stephanie T. Trevino (AZ/H), 3pm

15th–*Graduations at Texas State University*

Erica Garza (Φ/B), 2pm

Ambar L. Perez (AT/B), 7pm

16th–*Graduations at University of Texas – El Paso*

Marie Hernandez (π/H), 3:30pm

22nd–*Graduations at University of Texas, Austin*

Ruby Sifuentes (BA/A), 9am

Sonya Reyna (BA/A), 12pm

30th–*Omega Zeta's General Meeting,*

Houston, Texas for more info

www.OmegaZeta.webs.com or

omegazeta@justbecus.org

JUNE:

6th–*Omega Zeta's Summer Blockbuster*

Houston, Texas for more info:

www.OmegaZeta.webs.com or

omegazeta@justbecus.org

July:

15th– “The Wise One” Submissions Due to

mialicia@yahoo.com or

nubylalala@hotmail.com

AUGUST:

1st–2nd Issue of “The Wise One”

7th–8th: *Region V & VI Picnic & Certification*

Austin, Texas

*Would you like your events announced? Contact
mialicia@yahoo.com for more information.

Don't Mess with Texas

By Lisa M. Cano, AZ/A

It wasn't long after Arizona that the expansion committee found the eyes of Texas upon us! The University of Texas has always been considered a flagship school and I knew that we would be able to call it ours one day – but I never thought that it would have come together the way it did. #1 Ruby Sifuentes made contact in the spring of 2006; #4 Sonya Reyna made contact in the fall of 2007, Norma Sanchez (AT/A) led this effort and together, with #3 Sonia Arredondo, they became Beta Alpha Colony on November 9, 2008. Collectively these women are known as “Impervious Soil”. Beta Alpha has been able to achieve so much in what little time they have been around. In a matter of months, BA gained affiliate status with Greek Life and Intercultural Education – something that still has not been achieved by other organizations on their campus. They have also just recently made their mark on the UT campus by partnering with Phi Chapter and winning the 1st place trophy in the “El Gran Final 2” stroll competition. They have also supported other regional chapter events, the most recent one being “The History of Latino/a Greeks” with Alpha Tau. For more information on BA contact Sonya Reyna at sreyna2208@gmail.com.

Left to Right: Ruby, Norma (AT/A), Sonia, and Sonya at their probate last semester.



Kenny from page 1

in every state and in more than 1,100 local communities across the country. NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life of all persons affected by mental illness.

So what does all this mean and how does it affect us as a National Sorority? Well, before I tie it all together let me tell you a personal experience of mine that changed my views of mental illness and those who are affected by it.

Ever since I was young my mother took me and my older sister to work with her because there was no one home to take care of us. Under most circumstances it would be fun to go to work with your parent when you were younger, but in my case I dreaded the trips to Thomas Care Center because the place always smelt funny, there was nowhere to play, and the other children who lived there were strange. I was often afraid to walk around the hallways because all the children looked different from me. There were children



who wore helmets on their head and would occasionally bang their heads against the wall. There were others who sat in wheel chairs along the hallway who never said anything and only staring off into space. At first I didn't understand but as I grew older, I realized that the Thomas Care Center was a care facility for children who were

mentally ill and their family could not or were not able to care for them.

My fears for what I used to call "these types of people" were broken down when I met a boy named Kenny Brown. Kenny was bound to a wheel chair and could only communicate by pointing or grunting. We were roughly the same age but physically he was much smaller and much more fragile. My mother treated him like family and brought him to our swim meets, family reunions, and other family get-togethers. Initially I was afraid to hold him and take care of him but after watching the love my mother had for him, I started to let go of my fears and started to treat him like my brother. In the short time that I had with Kenny I learned that he was just a kid, just like every other kid, who just wanted to play, be hugged, and most importantly to be loved. All too often we fear what we don't understand, but once we have the opportunity to be educated, we can let go of some of those fears. For me if it weren't for my mother and her unbiased love I would not have met and come to love the boy with the big brown eyes and loving smile, a boy named Kenny.

Just like heart disease, mental illness does not discriminate on age, gender, race, or location. Mental Illness diseases include but are not limited to the following: addiction, alcoholism, autism, bipolar disorder, bulimia, delirium, dementia, depression, down syndrome, dyslexia, insomnia, mental retardation, narcolepsy, obsessive compulsive disorder, phobia, schizophrenia, speech impediment tourette syndrome.

How much do each of us know about mental illness? Personally, not a lot! We as an organization need to educate ourselves and the community. For this reason, I feel this partnership with NAMI will not only give us, as women, an opportunity to familiarize ourselves with mental illness, but to also learn to understand the diseases that affect our community and to support and love those who have been affected by mental illness.

For more information on how to mental illness education, support, advocacy, and raising awareness & fighting stigma visit the NAMI website at www.nami.org.

Happy Birthday to...

May

1st-*Erica Garza*

19th-*Nancy Moncada*

June

15th-*AnneMarie Garza*

July

9th-*Luz M. Soto-Dimas*

15th-*Debora M. Ramos*

21st-*Xitlalt Herrera, Flor Navarro, Cindy Mendoza*

23rd-*Lisa M. Cano*

26th-*Melissa A. Garcia*

29th-*Beatriz Gutierrez*

31st-*Erika M. Bustamante*

Happy Anniversary

July

7th-Wedding
Sonya & Robert Howard (07)

21st-Wedding

Mayra Valtierrez & Joshua Gonzalez (06)

25th-CUS ANNIVERSARY

*Beatriz Gutierrez
AZ/Z (SU '07)*

26th-CUS ANNIVERSARY

*Jasmine Quezada
AZ/O (SU '08)*

27th-CUS ANNIVERSARY

*MiAlicia C. A. Amaya &
Danita A. Gallegos
Φ/Γ (SU '02)*

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Congrats to...

Melissa Lejia

expecting baby boy (7/19/09)

MiAlicia Amaya

expecting baby girl (7/23/09)

*BA and Φ - Taking 1st Place at
University of Texas Stroll Show
(Ruby S., Sonia A., Sonya R. and Nancy M.)*

Ambar L. Perez and AT

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GOLD Level in Academics
GOLD Level in Retention
GOLD Level in Scholarship
GOLD Level Service*

The Wise One: GPP Staff
*Angelica Saldaña (Φ/E)
Anna Castillo (Π/A)
Jennifer Ramirez (Φ/A)
Kris Delgado (Φ/A)
Lisa Cano (AZ/A)
MiAlicia Amaya (Φ/Γ)
Narcely Ruiz (AZ/E)
Natalia Alejandro(Φ/A)
Norma Sanchez (AT/A)*

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National Latin Sorority Inc.**

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April 29, 1980
Rutgers University–New
Brunswick

Chapters/Colonies

Over 40

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www.JustBeCUS.org*

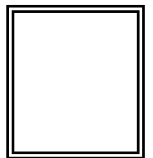
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- Are you interested in what we have to say?
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