



THE WISE ONE

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Region V
SIGMA

The Great Plains Region
CHI UPSILON

Reconciling Unforgiveness



By:
Narcely Ruiz,
(AZ/E)

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we choose not
to forgive.

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Many of us have experienced situations or circumstances in our lives where people have wronged us. In many cases, it is us who have wronged others. I can say with shame that I have made decisions, acted in ways, or said things that have been hurtful to others, and have even betrayed the trust of loved ones and sisters. A friend in high school told me once that we often hurt those we love the most, because we know they will forgive us. Why is it easy for us to demand or expect forgiveness from others, yet it is so hard for us to forgive them?

Most recently, I have been imprisoned by anger, bitterness and resentment towards individuals who have hurt me deeply. At the same time, hospital time gave me plenty of time and opportunity to reflect on how my actions or words may have been hurtful to others. Both of these circumstances placed forgiving and being forgiven as a top priority on my daily agenda.

Forgiving does not come easy to most of us, especially when the offense cuts deeply into our hearts. Forgiveness does not require you to reconcile your relationship with the person who has wronged you, but rather it removes bondages that keep you from being free or find peace in your life. We tend to be the ones who suffer the most when we choose not to forgive.

For me, forgiveness has been a matter of obedience. Ephesians 4:31-32 says "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other just as in Christ God forgave you". It seems easier said than done, but I know that even though it may be a slow process, I can accomplish it by faith, through prayer and in trust that God will be faithful to complete it. Praying does not only involve asking for help in removing resentment, but also praying for the betterment of those who have wronged me, because put into perspective, I am no greater than they are.

If you have wronged someone, put your pride aside and ask for forgiveness. If someone has wronged you, find it in your hearts to forgive.

Unity

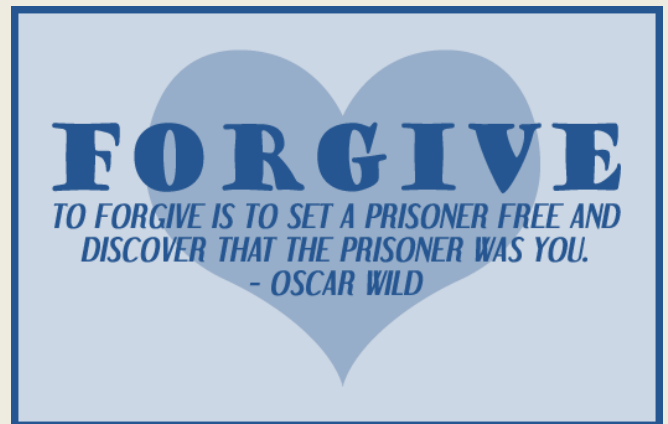
By: Norma Sanchez (AT/A)

Unity. What comes to mind when you hear the word? When I hear unity, I think of a strong bond among a group of people that are facing oppression or obstacles. In the Webster dictionary there are six definitions but the one that sticks out the most is “a condition of harmony.” As an organization that aims to unite the Latino and college community, how much effort do we put into it? Whenever I think back to my undergrad days I think about how much the Latino community in college was so divided. It is unfortunate that we do not take the opportunity to get to know each other, embrace our different backgrounds and grow stronger as a whole. I believe that we, the Latino community, are our own worst enemy. If we are not helping each other up, then are we holding each other down? How many of us have felt this in the workplace or even within the organization? In hopes to bring awareness to this issue I ask to look upon yourself, your life and your interactions with Latinos and Sisters as well. Are we embracing our philosophy of empowering and encouraging all women? During this holiday season I hope we can take the time to start change within ourselves. Life is so short and precious and we should take every opportunity we have to appreciate each other and empower each other to become unified.

Unforgiveness continued from page 1

From a sisterhood perspective, our greatest example of forgiveness comes from our Founding Mothers who made it a priority to encourage us to “pardon our differences”. During times of hardship, sisters did just that. I was able to reconcile relationships with sisters who I had wronged, not necessarily on purpose, but out of the weakness of my human nature. I am thankful for their mercy and forgiveness. These individuals put their hurt and pride aside to comfort and encourage me in my time of need, and for that I am forever grateful.

If you have wronged someone, put your pride aside and ask for forgiveness. If someone has wronged you, find it in your hearts to forgive. Life is short.



Msquared Left Texas

By: Matilda Granger (O/Z)

Matilda and Makayla Granger have left the Great State of Texas...hopefully temporarily. We have gone to live in Indiana (which is where I grew up). While we already miss everyone dearly, we wanted to send our sincerest gratitude to you all! You all have shown us what sisterhood is and we really appreciate it. We love you dearly! If you want to contact us my email is still dilis2@yahoo.com and my phone is still 936.577.7818 and you can always reach me on Facebook. If you want to mail something send it to my parent's address for now: 9454 W. County Road 500 N, Holton, IN 47023...and yes, that is way out in the boonies!!! MUCHO GRACIAS TEJAS!!!! Corazones Unidos Siempre!!!!



What Is Project Mesoamerica & Why Should I Care?

By: Mayra A. Valtierrez (AY/A)



Chenalhó is a township of around 30,000 persons in the highlands of Chiapas in Mexico's southernmost and poorest state. Most of the people in the township are indigenous and speak Tzotzil, a Mayan language. They live in scattered hamlets near their milpas, small plots where they raise corn and beans. Some have a few acres where they raise coffee to make a little money. Land is insufficient to divide among the children and wage labor is virtually non-existent. Chiapas is number one among Mexican states in the quantity of its citizens who migrate to the U.S.

When the Zapatista Army rose up on January 1, 1994 many people from Chenalhó found new hope in the Zapatista's call for social justice. Many joined base communities in support of the Zapatistas. A Catholic social justice group, Las Abejas already had a strong presence in Chenalhó. When these groups began to create autonomous economic and political projects the government responded with force. The worst example of this occurred in Acteal. There on December 23, 1997 PRI and army supported paramilitaries massacred 45 unarmed Abejas, the majority of them women and children.

This is the context in which the government proposes to build a "rural city" in Chenalhó and in which the Parish Council of San Pedro Chenalhó has organized protests against building such a city. The protestors fear that they will be separated from their land and their culture, and that they and their

children will have no choice but to do meaningless work in factories for multinationals while the large corporations rape their land for mineral wealth. They affirm that there has been no meaningful consultation of the people in regard to this plan. Underneath it all is the suspicion that the rural city plan aims to defuse the social justice movement in Chenalhó by resettling people along the lines of the "model cities" of Vietnam or Guatemala.

These "rural cities" in southern Mexico are just the experimental prototypes of cities that will be built through out Central America and into Colombia. These cities were protested within the context of Plan Puebla Panama and stopped in 2001, now the rural cities are being built without notice in what is now known as Project Mesoamerica. Our government is providing funding for Project Mesoamerica so I urge you all to look into this initiative and if you feel compelled to hand write to our Secretary of State Hillary Clinton to stop these rural cities now before it is too late. Although meaningful work is desperately needed by the people in Mesoamerica a job creation plan that separates people from their lands will create a mass of people who have lost their culture and identity. Plus, as we have seen with maquiladoras of NAFTA, that were built in other parts of Mexico, companies often move on when a cheaper labor force is found. And then a country is left with rootless masses and no means of support.

WHY SHOULD I CARE?

I wanted to make sure that my sisters know of Project Mesoamerica and take the time to think critically of possible outcomes of the project.

- Mayra A Valtierrez

For additional background information, please see: www.lascwny.org/rural-cities.html, Ciudades Brutas Asustables- <http://www.youtube.com/watch?v=Wijv-AkY2o4>, or just do a PPP or Project Mesoamerica search engine search.

All information has been taken from Las Cruces-Chiapas Connection Flyers.

NEW SISTER IN TOWN

By: Danita Gallegos (Φ/Γ)



Sisters, please join me in welcoming our newest Region V sister!

FELISHA ADAIR TREVIÑO

Age: 19

School: Texas Christian University, Fort Worth, Texas

Classification: Sophomore

Major: Nursing - Minor: Spanish - Army ROTC member

Felisha's future plans include being commissioned as an Army officer into the Army Nurse Corps. Her goal is to work in the San Antonio Military Medical Center in San Antonio, Texas as a registered nurse. After graduating, she intends to have a career in either intensive or emergency care, after which she hopes to work with the senior population, mainly veterans. She also wants to experience

all that she can as both a nurse and a soldier, caring for United States' soldiers in and out of warfare.

Felisha was willing to share some favorite thoughts from her educational process. Enjoy reading her thoughts below:

"I treasured the fact that....no matter what the cause, my sisters were always there for me. They showed me true love, trust, and family by always being there, watching over me, guiding me, and letting me take the reins from thereon."

"This process made me realize so many things about myself that I had never really thought of before, such as needing to "compartmentalize," (as said by Emely Torres) not being in total control of everything I do, learning to go with the flow, and just being overall creative. My grades have gone up substantially. This process has also made me a better student and a better Army ROTC cadet, and it has made me more proud in my heritage and personality, because I am an individual."

We are proud to introduce to you our newest Region V sister, Felisha Treviño.

Feel free to email her a congratulatory note: felishaat@yahoo.com

Shout Outs!!

Announcing our newest Phi Chapter Babies!!!

Maximus Mateo Amaya

Born on October 27, 2010 @ 6lbs-14oz

Congratulations

MiAlicia CA Amaya (Φ/Γ) &
Omar Amaya

Natalie Elena Stallcup

Born on November 11, 2010 @ 8.2lbs

Congratulations

Elizabeth Ramos (Φ/Z) &
Matt Stallcup



What Makes a Powerful Woman?

An Exploration of Eight Qualities Underneath the Power

By: (AP) Jai Johnson

When you hear the words “**powerful woman**”, what picture comes to mind?

Do you envision a woman who you feel has attained success, or a woman who has taken on a battle of some sort and has won? Is it a thought of a woman you feel is in a powerful job position? Do you picture a woman who appears extremely popular?

While all of these things can invoke images of power, what you’re seeing is just the end result. You’re not seeing the eight simple underlying traits these women possess to get them to the point of being deemed powerful. There are many women in the world who have not lassoed what you and I see as success, or who haven’t had the opportunity to take on a big battle in their lives. Still, they are powerful. There are numbers of women out there in normal, supportive day-to-day jobs. They’re powerful, too. There are millions of women who don’t exude popularity. Yet those women can be just as powerful as the ones you picture when you hear the words, *powerful woman*.

Powerful women have eight individual qualities that serve as the central core of their lives. They live and breathe the first seven of these, which keep them true to themselves and help them achieve the eighth trait easily. When a woman possesses and practices these qualities on a daily basis, she becomes the essence of a true, powerful woman, no matter what her worldly picture may look like to others.

1) **Gives It All She’s Got** - a powerful woman will give all she can give to any task at hand, without question, and without complaint. Example: A woman salesclerk who normally

spends her time at work out on the floor interacting with store customers is asked by her manager to do a task she doesn’t like. When she goes into work one day, she’s asked to organize a stock room, which entails moving boxes, unpacking those boxes, and placing inventory in an organized fashion on shelves. Even though it’s a job she doesn’t like, she takes on the task without complaint to her manager or others, and she diligently follows through to completion on the project.

2) **Never Gives Up** - a powerful woman never gives up. Period. She goes after what she wants in life and she doesn’t quit, no matter how difficult the going may get. Example: A woman decided at a young age she wanted to be an artist, and make her living from her creative talents. Many obstacles are placed in her way. She has had to take other jobs just to keep food on the table. Sometimes she’s so tired she just wants to give up...but she doesn’t. She keeps going, day after day, month after month, and year after year. She doesn’t allow negative influences. She doesn’t listen to those who put her dream down. She doesn’t allow others to pull her away from her ultimate goal. And she doesn’t know the meaning of the words “I can’t”. Plain and simple...she never gives up on her true dream. Ever.

3) **Speaks Her Mind** - a powerful woman is not afraid to speak her mind. Example: A woman is involved in a group discussion about how to fix a problem. Others who are more qualified are very generous with their suggestions, however this woman feels she has a good idea about how to fix the problem much more quickly and easily. Though it’s hard for her to get a word in, and even though she’s in a room with seasoned

Mommy Queen will remember you, for you
are engraved in my heart forever!
Princess Lilian Sabina Almendarez Ruiz
October 8, 2010- October 24, 2010



Submitted by: Narcely Ruiz, (AZ/E)

**For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and
wonderfully made;
your works are wonderful,
I know that full well.
My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of
the earth.
Your eyes saw my unformed body;
all the days ordained for me were written in
your book
before one of them came to be.
(Psalm 139:13-16)**

Powerful Woman continued from page 5

professionals, she opens her mouth and shares her idea with a conviction and belief that it's the right action to take. She doesn't worry about what others will think about what she says. She isn't concerned that some may criticize her for her thoughts. She isn't attached to their acceptance of her idea. She speaks her mind with a calm confidence only a powerful woman could exude.

4) **Respects Herself and Others** - a powerful woman is respectful in all situations. Example: A married woman is asked by her co-workers to go to a bar after work. She doesn't feel comfortable in a bar environment, plus she knows her husband would be unhappy, as he looks forward to their evenings at home. Rather than going along with the crowd for fear she might not be accepted, she respects herself by declining the invitation. She does so without fear - as a powerful woman always knows that acceptance must come from within first and foremost. In addition, she respects the choices of the others who go to the bar, despite the fact she might not agree or approve. And she doesn't treat them any differently because of their choices.

5) **Stands Up For What She Believes In** - a powerful woman is confident in supporting her beliefs, no matter what the consequences. Example: A woman believes that all people -

regardless of race, color, creed, sex, etc - should be treated equally. In a company board meeting, a discussion ensues about hiring a particular applicant who happens to be a mother of two versus hiring another applicant who happens to have no children. Despite the fact the mother of two is clearly more qualified, several of the board members express a desire to hire the other applicant due to her childless lifestyle. The powerful woman expresses what she believes - which is that the applicant with children is clearly more qualified and should be the one hired for the position. The powerful woman states it is unfair to discriminate against the mother of two in this manner. When the others try to sway her belief on the issue, she doesn't back down. She clearly states her belief again, and refuses to adopt a way of thinking and behavior which isn't in line with her core beliefs.

6) **Inspires Herself And Others** - the ability to inspire naturally resides within the powerful woman. Example: A woman has been criticized recently, and the critical statements are running through her mind. Rather than accept the critical comments from others, she speaks to herself about her gifts, talents and positive traits. Just as she would tell someone else who came to her with the same issues, she tells

herself to hang in there, that things will get better. She doesn't allow the negativity directed toward her by others to consume her life or get her down. Instead she responds to the negativity by focusing on the positives and by offering herself hope for the future.

7) **Shares Her Power Willingly** - a powerful woman willingly shares her gifts, talents, skills and knowledge with others. Example: A woman has developed a unique recipe that proves to be a hit at many of the social events she attends. She enjoys the compliments, and loves the fact others look forward to the dish she's serving. It makes her feel good. She basks in the glow of her success in pleasing others with her recipe. At her next event, she is asked for the ingredients that make this recipe so special. The woman has a choice to share, or to keep the secret recipe to herself, so that her dish will continue to be the envy of others. The powerful woman will share, and do so gladly, because she is confident of the gifts within her that give her the ability to constantly create new dishes others will enjoy.

8) **Makes A Difference In The Lives Of Others** - this quality is at the core of every powerful woman's being. It is something that, deep down, every woman wants to achieve on a daily basis. It is a quality created by behaving according to the previous traits, for when a woman lives by the first seven, she will easily and effortlessly become the woman who makes a difference in the lives of others. Example: A businesswoman comes across a homeless girl on the street. The girl's appearance is disheveled. Her clothes are torn; her hair is a knotted mess. The girl is smoking a cigarette, and looking down at the ground. The businesswoman glances at her watch, and realizes she's late for work. Yet she turns and walks up to the girl. She hands the girl \$20 to cover some of her needs. She offers inspiration and words of encouragement when she tells the girl that she doesn't have to accept this life she has somehow ended up in the middle of, and how, with a little effort, she can become anyone she wants to be, and do anything she wants to do.

One year later, the businesswoman receives a thank-you card in the mail. In the card is a \$20 bill and a business card from the owner of a new boutique...coincidentally located on the same corner where she'd stopped and spoken to the destitute girl. The businesswoman smiles inside, knowing she'd taken the right actions to make a difference in the life of someone else. And that, for a powerful woman, is what makes the journey worthwhile.

As you can see, it doesn't matter what a woman's role in life is - that's just the outer picture the world sees. It's the possession and application on a daily basis of these qualities and traits that make a woman - no matter who she is or what she does for a living - truly one powerful chick.



Jai Johnson is the artist and designer behind 1PowerfulChick.com, a boutique offering a line of gifts designed to celebrate the extraordinary power of women who make a difference through all walks of life.

More Shout Outs!!!!

Congratulations to **Ivonee Diaz (Φ/H)** on recently getting a job offer in Houston!

I'm sure Dallas will miss you...But Houston welcomes you!!!

Hermanas,

On behalf of Beta Alpha Chapter, I would like to congratulate Gloria Canales (BA/Γ) and Jocelyn Sierra (BA/Δ) in graduating this semester Fall 2010.

Gloria Canales and Jocelyn Sierra graduated together from the College of Liberal Arts on December 4th, 2010.

A&F,

Sonya Y. Reyna
Beta Alpha Chapter-UT at Austin

Corzaones Unidos Siempre

Chi Upsilon Sigma
National Latin Sorority Inc.

Founded:

April 29, 1980
Rutgers University–New
Brunswick

Chapters/Colonies

Over 40

Colors:

Red, Black, Beige

Motto:

“Wisdom through Education”

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