

November 2005
Volume 2, Issue 7



Southern Arizona Region Alumni Newsletter

Kappa Delta Chi Sorority, Inc.



Special Interest Articles:

-Career Corner:
The Real Life "ER"

- Learn about upcoming events, recent news, and ways to get involved

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o Fact of the Month:

For the first time in United States, Rutgers v. Princeton, at Rutgers, took place on November 6, 1869.



WITH OUT YOU....

As you all know, fourteen years ago 9 beautiful and courageous women took on the task of colonizing the first latina sorority at the University of Arizona, and on November 9, 1991 KΔX gained there fourth chapter...the Delta Chapter. I know that all of you know our history, but we just celebrated our anniversary and the region would like to take the time to thank these very wonderful women, for taking the chance and the initiative to start this wonderful organization. With out you we might not have ever known each other, or been able to experience and share all the wonderful memories that we have made together. With out you we would not have found our place, our home, and our family at the University of Arizona. Thank you for making college the best time of our lives, and for giving us the opportunity to continue inspiring and growing with each other. I hope that this past weekend was a time for all of us to acknowledge and be thankful that with out you we would not be here today.

Alicia Acevedo
Sereslinda Bojorquez
Rita Dominguez
Monica Franco
Yvette Garcia
Luz Maria Herrera
Aida Nido
Renee Rivera
Rose Villa

November:

- o 4th - Annual Charter's Ball
- o 5th - Homecoming
- o 6th - Alumni Appreciation Day, Bowl-A-Thon
- o 7th - Open Meeting, Nominations
- o 14th - Elections
- o 21st - Final Review



“Every alumna has the ability to make an impact on KDX, an undergraduate chapter, or just one sister.”

--Alumni Association Mission Statement

Layla (Corral) Lucas
Iota Class Spring 1996
Graduated May 1999 BS Molecular and Cellular Biology

What I'm doing now:

I am a 2nd year surgery resident at the University of Arizona. Yes, if you can believe the crazy party girl actually grew up, became a doctor and is now operating on people! Well, I didn't actually grow up—but the rest is true. People always ask me if it's like ER or Nip/Tuck...I honestly think it's like Scrubs—some days are just that ridiculous!!

How I got here:

I waited until my senior year in college to apply for medical school. My leadership roles in KDX and all the community service padded my application nicely. Not to mention the discipline from doing study hours helped me prepare on my own for the MCAT. I was accepted into UofA's program in 2000. I had a great time in med school! The first two years are mostly basic science courses—much like college with lectures and tests. It's amazing how much coffee you'll be able to handle. The last two years are clinical in that you are in the hospital taking care of people and learning from hands-on experience. I did most of my clinical work in Phoenix. I graduated with my MD in May 2004.

What made me interested in medicine:

I have always had an interest in medicine and science since I was younger. I babysat for an OB/GYN who was the coolest woman I had ever met. I wanted to be just like her. I became a nursing assistant in high school and got more experience in the medical field. All throughout college I worked for the OB/GYN department at UMC where I met doctors and residents whom I admired. At the time I pictured myself carrying on the KDX tradition and helping the underserved community by practicing medicine.

Why I chose surgery:

I pictured myself doing OB or family practice before going to medical school. However, I found surgery to be a much better field for me. I realized that I liked being in the hospital more than being in an office. I loved working with my hands and learning new skills. Also, personality-wise I felt like I fit in better in surgery. It is still a very competitive old-school male-dominated field, however the girls are now starting to take over. UofA's program is almost 40% female!

My typical day/week/month:

Every five weeks we are on a different surgical service. Last month I was in Phoenix doing burn surgery, and this month I'm in the surgical intensive care unit. I have done everything from pediatric surgery to neurosurgery. This month I usually get to work at 6am, see 6 critically ill patients and make any changes to their medicines, ventilators, etc. The SICU team of 4 residents and 1 attending physician (our boss) then walks from patient to patient to review what needs to be done to save people. Currently we have 21 patients that we follow. Most are traumas—car accidents, shootings, falls from roofs. Then we have lunch and divide up the work. We do some surgery in the ICU like putting in feeding tubes and tracheostomies. Every 4th night I have to stay in the hospital until the end of the next day. We are usually awake and working up to 30 hours straight!

Plans for the future:

I am still undecided about specializing. I know you all want me to do plastics so I can do some “favors”! I think I will stay in general surgery and maybe specialize in Trauma and Critical Care. General surgeons perform operations such as appendectomies, gall-bladders, breast surgeries, various cancer operations, hernias, etc. (article continued pg. 3)

Next Month's Career Feature

Do you have a story to tell us? We want career updates from alumni sisters! Where are our doctors, teachers, managers, bankers, etc.? Every issue we will feature a career field and the sisters in that field. Want to be next month's highlight? Let us know!

Advice for those wanting to do medicine:

- Study hard!! It really doesn't get easier once you get into medical school. You find out you'll be taking tests your whole life.
- Get good clinical experience, not just to get in but also to see if you really like the work or just the idea of being a doctor
- Be persistent—only 25% of people get in to med school the first time. Ask how you can improve and then show that you have.
- Make yourself stand out. Do you know how many people apply who have an MCB major from UofA, AED member, and volunteer in the ER? Boring!!! You will need more to talk about than that in your interviews.
- Don't make medicine your only goal in life. Medical school is 4 years and residency is 3-6 years. Some people wake up and realize they've missed the best years of their life!
- Explore other fields. You can see patients and even operate by becoming a nurse practitioner, physician's assistant, pharmacist, etc.

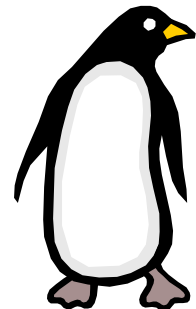
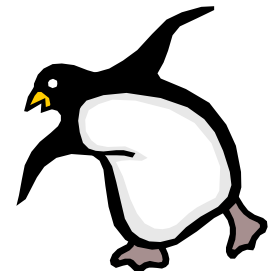
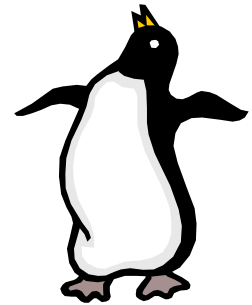
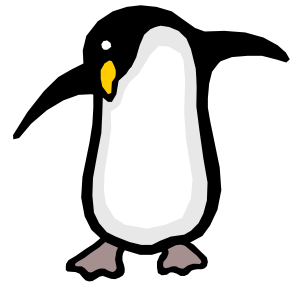
Advice for everyone:

- Don't ever ride a motorcycle—even with a helmet.
- Always wear your seatbelt and strap your kids in. I've seen too many preventable deaths and amputations.
- Always wear clean chonies! When you are in a bad car wreck the first thing we do is cut all your clothes off. (The next thing we do is the rectal exam.)
- Don't compromise on your health. Get insurance, see your doctor!
- Don't believe anything you read on the internet unless it comes from a nationally recognized organization's web site.
- Single orthopedic resident = player. Just stay away!
- Be nice to your nurse—she's the one really in control.

Contact me if you have any questions about med school, health, life, happy hour
icorral@u.arizona.edu Luv ya!

Congratulations to Michelle Santillan, on her promotion with Telemundo! Have fun in Dallas...and remember, "Don't mess with TEXAS"!

**Congratulations, Jennifer Espino!!!!
 Great Job Passing the Arizona Bar Exam... there is now another Lawyer among us!! Anyone need legal advice?**



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Family Double Feature

Rated G: for Gorgeous Family



This is Adrian as Yoda this past Halloween 2005. Talk about scouring through the Internet for the perfect Halloween costume...Susana, it was worth every penny!!!!

The Greth Family at
Tanner Creek...I
would say you look



**PICTURE
PERFECT!**



Happy Belated Birthday!!

LIBRA
(Sep 24 - Oct 23)

Jennifer Celaya-Huerta 10/11/79

Katie Goldman 9/30/79

(Sorry ladies for not formally recognizing your birthday in the last newsletter. Happy Birthday!!!!!!)

*"Some men see things
and ask 'Why?' I dream
things that never were
and ask 'Why Not?'"*

- Robert Kennedy

About Our Organization...

The Southern Arizona Region is here to serve you and build our network of alumni! Please email, call, or send us any ideas or concerns. We look forward to seeing you at our events and corresponding with you in the coming months. Thanks for your support!



SCORPIO
(Oct 24 - Nov 22)

Happy Birthday!!!!

SAGITTARIUS
(Nov 23 - Dec 21)



About Scorpio

Scorpio is the eighth Sign of the Zodiac, and you shouldn't take that lightly. You shouldn't take Scorpios lightly, either. Those born under this Sign are dead serious in their mission to learn about others. There's no fluff or chatter for Scorpios, either: these folks will zero in on the essential questions, glean the secrets that lie within. Scorpios concern themselves with beginnings and endings, and are unafraid of either; they also travel in a world, which is black and white and has little use for gray. The curiosity of Scorpios is immeasurable, which may be why they are such adept investigators. These folks love to probe and know how to get to the bottom of things. The fact that they have a keen sense of intuition certainly helps. It's the Scorpion, which symbolizes Scorpios, and it's no accident. Much like the Scorpion would rather kill itself than be killed, those born under this Sign are the ones who are in ultimate control of their destiny. It is life on the Scorpion's terms, too, since these folks promote their agenda (they are quite the executives) and see to it that things go forward. Others may find this overbearing (it can be) and even self-destructive, but that's the beauty of the Scorpion: these folks have tremendous regenerative powers, much like the literal Scorpion can lose its tail and promptly grow a new one. Fearless Scorpions rarely lose, per se, they just keep on going, since they are stubborn and determined to succeed (this Scorpio trait is in keeping with the Fixed Quality assigned to this Sign). Scorpios work as hard as they do so they can someday sit back and feel satisfied with themselves. These folks are intense, passionate and filled with desire. They're also complex and secretive, so don't expect to get much out of them, lest they become suspicious and exit stage left. It's best not to bet against Scorpios, either, since these folks are surprisingly resourceful.

Bad Habits:

Scorpio – Nobody carries a grudge better than this sign. Unfortunately, hanging on to resentments has a way of crowding out love, happiness, and trust. In order for Scorpios to let go of anger, they must first practice self-care. Getting a massage every month or writing in a journal each day will soften this sign's heart and enable forgiveness.

Sagittarius – Archers have a bad habit of telling the truth. And while these folks have the best intentions, that doesn't take the sting out of comments like, "Gee, those pants make you look fat!" or "Were you drunk when you wrote this report?" The best way for Archers to cultivate tact is through prodigious study. Etiquette books will definitely help!

Career Personality:

Scorpio (October 23 - November 21) – Self-motivated and focused, Scorpios do best in jobs that require tremendous concentration. Members of this sign make great surgeons, courtroom lawyers and executive secretaries. Scorpios don't like to be scrutinized and should be given a measure of independence after they've proved they are trustworthy. These folks love mysteries, which make them great detectives, police officers and psychiatrists.

Sagittarius (November 22 - December 21) – Enthusiastic and optimistic, Sagittarians need jobs that offer plenty of challenges. These folks can't stand routine work and would rather be traveling on business than sitting behind a desk all day. Extremely active, Archers work well out-of-doors and make excellent landscapers, animal trainers and fitness coaches. Sagittarians are also philosophical and are well-suited as lawyers, professors and ministers.

Detza Van Bogert (Theta) 11/3

Sonya Morris (Phi) 11/2

Wende Julien-Nicols (Epsilon) 11/6

Roni Rodriguez-Altamirano (Beta) 11/8

Angelica Orejel-Scheidecker (Beta) 11/10

Celia Perez (Alpha) 11/14

Holly Price (Epsilon) 11/19

Karisa Nava (Gamma) 11/27

Sereslinda Bojorquez-Garcia (Charter) 11/21

Layla Corral-Lucas (Iota) 11/23

And a special Happy Birthday to Arlene Carbajal-Alexander's (Alpha Class) son, Carder who will be 2 years old on 11/5...Congratulation to everyone having a birthday this month!

About Sagittarius

Sagittarius, the ninth Sign of the Zodiac, is the home of the wanderers of the Zodiac. It's not a mindless ramble for these folks, either. Sagittarians are truth-seekers, and the best way for them to do this is to hit the road, talk to others and get some answers. Knowledge is key to these folks, since it fuels their broad-minded approach to life. The Sagittarian-born are keenly interested in philosophy and religion, and they find that these disciplines aid their internal quest. At the end of the day, what Sagittarians want most is to know the meaning of life, and if they accomplish this while feeling free and easy, all the better. It's the Archer which represents Sagittarians, although in this case it's a Centaur (half man, half beast) which is flinging the arrows. Centaurs were the intellectuals of ancient Roman mythology, and Sagittarians are quick to consider themselves their modern-day counterparts. Those born under this Sign are clear thinkers and choose to look at the big picture most of the time. They also like it when others agree with their well-thought-out point of view. The alternative to this, for better or for worse, is a Sag. who can become argumentative and blunt. That's not to say that these folks are intransigent -- Archers will listen to what others have to say, in keeping with the Mutable Quality assigned to this Sign. Indeed, Sagittarians are enthusiastic consumers of information (and enthusiastic in general), the better to get the answers they need. It's also a good idea to give Sags lots of room to explore their world. Once these folks start to feel hemmed in, they'll become impatient and difficult.

November Family Fun/Facts:

This month isn't just for Turkeys! Gobble, Gobble!



November 14-20, 2005

"Since 1919, educators, librarians, booksellers, and families have celebrated Children's Book Week during the week before Thanksgiving. Children's books and the love of reading are celebrated with storytelling, parties, author and illustrator appearances, and other book related events. The creation and growth of Children's Book Week has both resulted from and influenced this transformation. Each November, Children's Book Week is celebrated nationally in schools, libraries, bookstores, clubs, private homes—any place where there are children and books. All kinds of people are involved—librarians, teachers, parents, booksellers, artists, authors, publishers—and they devote a great deal of time and energy to making Children's Book Week an exciting and happy period of discovery for children." -National Children's Book Council

Facts about NOVEMBER

According to the Gregorian calendar, November is the eleventh month of the year. In the early Roman calendar, it was the ninth month. The Roman Senate elected to name the eleventh month for Tiberius Caesar, and since Augustus time, it has had only 30 days. Originally, there were 30 days, then 29, then 31.

November comes between the fall and winter months. The leaves are almost completely gone from the trees, and the rest have lost most of their color. The Anglo-Saxons referred to November as the 'wind month' and the 'blood month' - probably because this is the month they killed their animals for food.

Lots of activities come to a halt in November. The crops have been harvested and either put in storage, or sent to processing plants or mills. Farmers already know if their year has been successful or not. Football is the main sport of the month. The weather is usually beautiful for this kind of sport.

- The topaz is the birthstone for November.
- The chrysanthemum is the flower for the month of November.



Happy Thanksgiving!!!!

November 24, 2005

"O God, when I have food, help me to remember the hungry;
When I have work, help me to remember the jobless;
When I have a home, help me to remember those who have no home at all;
When I am without pain, help me to remember those who suffer,
And remembering, help me to destroy my complacency;
bestir my compassion, and be concerned enough to help;
By word and deed, those who cry out for what we take for granted.
Amen."

- Samuel F. Pugh

KΔX's *Memoirs of a Penguin*

A Tribute to the Nine Charter Members' of the Delta Chapter

Ok, I can't say I don't have memories; I have way to many. The thing is, up to this day I still have and will have many memories with KDChi. My last memory is when my Big Sis Toni got married in September 24th, it was so nice to see so many KDChi's present at the wedding. Memories is not everything, it's the feeling, the pride, the emotion of being part of an organization that gave you so much as well as the friendships you will have for the rest of your life. Also wanted to say thank you to our charters at the Delta Chapter especially Monica for being part of the organization after all these years and also to all the sisters throughout the years that kept the organization going after all these years.

Much KDChi Love, Joanna Angel



Moving away from home the first time is terrifying...especially if it takes a plane ticket to get you back there. The only certainty in my mind during that freshmen year was that I hated Tucson and contemplated transferring to a junior college in my hometown just about every other minute of the day. Until, I found my place at the U of A. I found a group of girls with similar morals, high goals and strong ties to their families and community.... I found a home. I may be in Minnesota now, but I talk to my closest sisters everyday or every other day. They are more than just my "best friends" they are my rock, solid ground, sanity, reason for laughing, and rational thoughts when I'm being irrational. They are my family. I never thought I would call Tucson home, but I often catch myself saying "I can't wait to go home for Homecoming", my home is where my sister's are, they were my only family when I couldn't be around my real family. I won't say that I wouldn't have graduated college with out them because those dreams I would have fulfilled regardless, but I will say I loved every minute of college because of them and my life would have in some way been lacking in knowing true friendship and family beyond blood. Thank you to our Charter's who have given us more than just a place to belong on campus...you have given us a family, hope, and rational thoughts when we can't think that far ahead.

-Erika Rios



Race For the Cure: Let's show them what Kappa Delta Chi is all about! UPDATE!!!

Race for the Cure took place on October 9th, at around 8am, and I have to say that it was a blast. The Southern Arizona Region joined the Northern Arizona Region in a good cause, and we completed the walk with flying colors. There were thousands of participants and it was amazing to see so many survivors continuing to fight the war against breast cancer. These women are truly a source of inspiration for all of us. After the walk we all went to a local restaurant and enjoyed some wonderful Mexican food. Great job everyone, and thank you Michelle Santillan and Telemundo for sponsoring us!

“Today, there is more hope than ever for people touched by breast cancer. However, there is still much work to be done to promote early detection and help those impacted by the disease. And *you* can make a difference.

Making Strides is a noncompetitive walk supporting the American Cancer Society's unique mission to fight cancer on four fronts: research, education, advocacy, and patient services. Hope Starts Here.”



What the Stork Flew In:

Jenny's Special Delivery



Congratulations to Jenny Celaya-Huerta, she and her husband Joey Huerta are expecting their first child. On behalf of the Nu class and the alumni, I would like to express our sincere delight and excitement on the new addition to your family. Your child is the first baby Nu...what an amazing and exciting time in your life. We love you, Jenny!!!!!!!

Obsession of the Month: Making the Band 3 Season 2

The Competition is Fierce

Okay, okay...I am sure that a lot of you are like, "what is her deal with mtv reality shows?" I can't help it; this new season is filled with fierce competition, and the individual competitor's struggle to succeed through bouts of exhaustion and their own physical capabilities to achieve their dream. For those of you who have a competitive streak, this is the show for you.

Penguin Search

Is there a particular sister you would like to find, or are you the sister who has fallen off of the iceberg. Please send your shot-outs and updates to Lizet15141@aol.com.
Let's make the most of 2005!!!

Special Thanks!!!!

I would like to send a special thank you to Nancy Ingersal. She donated money to the Delta Chapter to help pay for four of the women's finger printing and drug testing this semester. It is exciting to know that we can always count on our previous advisor and sister to help our Region and local chapter. Nancy is truly one of our angels!!!!



This Months Contributors:



Thanks to the following sisters who took the time to offer their stories, and informative articles to this month's newsletter.

- **KΔX Career Corner: The Real Life "ER"; by: Layla Corral-Lucas**
- **Memoirs of a Penguin; by: Joanna Angel and Erika Rios**

We're on the Web!

See us at:

[www.geocities.com/
azalumni1991](http://www.geocities.com/azalumni1991)

KAPPA DELTA CHI
SOUTHERN ARIZONA ALUMNI REGION
