

January 2006  
Volume 3, Issue 1

# KΔX

## Southern Arizona Region Alumni Newsletter

*Kappa Delta Chi Sorority, Inc.*



### Special Interest Articles:

-Career Corner: A Sister's Plight to Empower and Educate Women in our Community

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

### Individual Highlights:

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### Fact of the Month:

If you yelled for 8 years, 7 months and 6 days you would produce enough heat energy to heat up a cup of coffee...good luck, I'll just use the microwave!



# 2006: A New Year & Never A Dull

We're back, and more excited than ever. I wanted to focus this newsletter on the fundamental link that keeps us all involved, our sisterhood. I found this quote online and thought it said all I wanted to say, and it is a great way to start the New Year...

**"People ask why I am in a sorority and I try to explain all the things a sorority is that they cannot see. A sorority is more than letters on a sweatshirt, I say. More than traditional songs, a gold pin, rituals, and obligation, or a way of life. A sorority is learning about people, a sorority is giving without expecting in return. A sorority is earning respect from others, as well as for yourself. A sorority will not solve all your problems. But I have made good friends and found confidence there to help me take life one step at a time."**

**-Anonymous**

## Career Corner: A Sister's Plight to Empower and Educate Women In Our Community



I graduated from the U of A in May 2003 with a Bachelor's degree in Spanish and Mexican American Studies and a minor in Political Science. The fall semester in 2003, I began the Mexican American Studies graduate program with a concentration in public policy. To tell you all the truth, when I was little and up until my freshman year in college, I always wanted to be a kindergarten teacher; I love they way children look at you with such amazement and love. Everything changed about my perception of life, culture, and society after taking a Mexican American studies course my sophomore year at the U of A. It was a different perspective; a new language that I learned that explained many injustices in other Latinos' everyday life and mine. Although I am not Mexican American, but a first generation Mexican immigrant, I have been living in the United States since I was 7 years old, therefore I can identify with Mexican American/Chicanos. Since that course my life's passion has been gaining as much knowledge about immigrant issues and injustices that I possibly can.

During my first year as a graduate student, I came across a law called The Violence Against Women Act in an immigration law course that I was taking to fulfill my public policy concentration. Through this law, I learned about a provision that gave immigration relief (legal status) to immigrant victims/survivors of domestic violence who were married to citizens or lawful permanent residents of the United States. It was the first time I had hear of such a law and I began thinking of the reasons that I or any one I knew didn't know about this law and the immigration relief it provided for battered immigrant women, additionally I began to wonder if the immigrant community, especially if Mexican immigrant women knew about this law. Learning about this law and the specific barriers that battered Mexican immigrant women faced became my research focus all throughout my graduate career.

I decided to not just write a thesis about what I had discovered about the Violence Against Women Act, but to design my own research and get hands on experience and contact with battered immigrant women. I applied for an advocate position at The Brewster Center Domestic Violence Services and was hired for a position in the Southside of Tucson where there is a large Mexican immigrant population. At first I was concerned that I would be too "emotional" when hearing women's stories or that it would just be to difficult for me to deal with someone else's trauma; I would always cry and be saddened by stories and movies about abuse. It was amazing to see that once I began to work with women, I did not shed a tear or get emotional by their stories.... to this day, I can't explain fully why my emotional side shuts off.

(Continued on pg. 3)

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

*--Alumni Association  
Mission Statement*

### Next Month's Career Feature

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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!

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What happens to me is something that I unconsciously do. When a woman tells me her horrific story of abuse, I begin to think about all her options, and try to educate her on domestic violence. I don't cry for her, I educate her and try to empower her. A woman usually comes in powerless, and I feel that my job as an advocate is to give her strength to regain her own power by educating her about her options and to reassure her that she is not at fault and that she can make changes in her life if she is not happy with the way it is.

My job consists of accompanying women to divorce and contested orders of protection hearings, criminal convictions, providing lay legal advocacy, help with obtaining VAWA documentation, referrals to outside agencies, education about domestic violence, helping them find safe and confidential shelter, co-facilitating weekly support groups, and so many other things that a victims/survivors of domestic violence need. My job is the most rewarding; and I love it. There is never a day that I dread going to work; there is never a dull moment in this job. I go to work everyday ready to give away the power and knowledge that I have so that they in turn gain that power and give it to other women who feel powerless. Educating myself and others about this law has become my life's passion and my ultimate career goal after getting my master's degree this May 2006, is to use the research that I designed and conducted at The Brewster Center to make some policy change in the area of immigrant victims/survivors of domestic violence.

I want to end by giving you all the definition of domestic violence and some tips on how to talk to someone if they are in an abusive relationship because maybe you know someone that is in a violent relationship, has experienced it personally, or will know someone in the future who will be.

Domestic violence is defined as a pattern of coercive control that one person exercise over another to dominate and get their way. Abuse is a behavior that compels someone to behave in ways that they don't freely choose, which arouses fear and is emotionally and physically harmful.

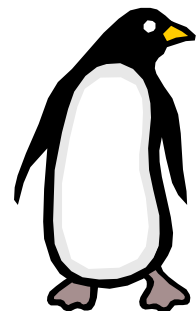
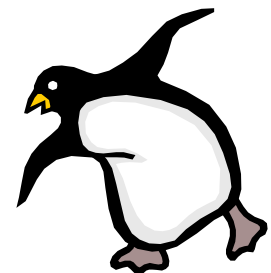
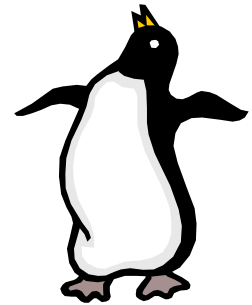
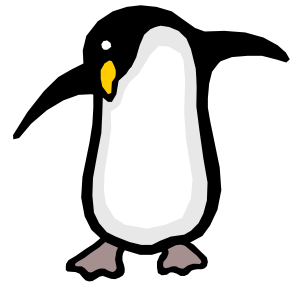
Domestic violence affects us all. If your know someone in an abusive relationship and they go for you for help here are some tips on what you should do.

1) **Point out the different types of abuse:** Help your friend recognize that abuse is more than getting shoved, hit or slapped. Abuse can be emotional, verbal, physical or sexual. Let your friend know that abuse happens and hurts more over time and it won't stop on its own. Let them know that being abused is not their fault-the abuser chooses how to act.

2) **Express your concern:** Tell your friend you are glad they confide in you. Let them know you are sorry this is happening. You can never say the following things too much: "I'm worried about you; it's not your fault; I'm glad you told me about what you're going through; you deserve better; or I'm here for you. Never say things like "why do you let him do that to you; why don't you just leave."

3) **Be accepting:** Try to understand that there are both good and bad times in your friend's relationship. Don't become upset if they are not ready to break off the relationship and keep returning to the abusive partner. Hold back from telling them they are wrong. Help your friend see they are not to blame for the violence and that changing their behavior will not stop the abuse. They your friend you are worried about their safety. Let them know you are there for them and support them in whatever decision they make.

4) **Work on a safety plan:** Help your friend think of ways to increase their safety. Remember the abuse may temporarily increase if your friend takes steps to end the relationship. Offer to walk with her to and from work, school or between classes. Encourage her to tell other friends so they can help. Find local resources that can offer support.



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**Kappa Delta Chi**  
Southern Arizona  
Region

2902 Mountain Creek Way  
Tucson, AZ 85745

PHONE:  
(520) 429-9875

E-MAIL:  
<mailto:azalumni1991@yahoo.com>

5) **Support your friend's strengths:** Remember, abusive partners often put down, make fun of, or ridicule their partner and make them feel like no one will accept them. Encourage your friend to take time for herself and spend time with people who support her.

6) **Reach out to resources for help:** Encourage your friend to find someone to talk to about the abuse. Some suggestions: a domestic violence/sexual assault program, school counselor, teacher, clergy member or relative. Crisis lines are answered 24 hours a day and you don't have to give your name. Offer to go with them or to make the first call for them.

7) **Be there, listen and stay there:** You may feel like a broken record that no one is listening to. Keep supporting your friend. Avoid blaming them so they will know you are standing beside them. If your friend is ready to end the relationship, continue to be supportive and try to get her involved in activities. It takes time to get over any relationship-even one that is abusive. Help your friend resist the pressure to get back together.

8) **Keep educating yourself about domestic violence:** Check with your library for books, websites, and other materials to educate yourself on these issues.

If you are frightened or frustrated, get support for yourself. Remember, you can't rescue or solve your friend's problems but you can offer support.

If you have any questions, concerns or just want to talk can reach me through e-mail at [rosalindav@thebrewstercenter.org](mailto:rosalindav@thebrewstercenter.org) or [roseyvas@aol.com](mailto:roseyvas@aol.com) or (520) 573-3637.



*Because I am a woman, I must make unusual efforts to succeed. If I fail, no one will say, "She doesn't have what it takes." They will say, "Women don't have what it takes."*

*Clare Boothe Luce*

*"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!

## Interesting Statistics: Violence Against Women in the United States

**MURDER.** Every day four women die in this country as a result of domestic violence, the euphemism for murders and assaults by husbands and boyfriends. That's approximately 1,400 women a year, according to the FBI. The number of women who have been murdered by their intimate partners is greater than the number of soldiers killed in the Vietnam War.

**BATTERING.** Although only 572,000 reports of assault by intimates are officially reported to federal officials each year, the most conservative estimates indicate two to four million women of all races and classes are battered each year. At least 170,000 of those violent incidents are serious enough to require hospitalization, emergency room care or a doctor's attention.

**SEXUAL ASSAULT.** Every year approximately 132,000 women report that they have been victims of rape or attempted rape, and more than half of them knew their attackers. It's estimated that two to six times that many women are raped, but do not report it. Every year 1.2 million women are forcibly raped by their current or former male partners, some more than once.

**THE TARGETS.** Women are 10 times more likely than men to be victimized by an intimate. Young women, women who are separated, divorced or single, low-income women and African-American women are disproportionately victims of assault and rape. Domestic violence rates are five times higher among families below poverty levels, and severe spouse abuse is twice as likely to be committed by unemployed men as by those working full time. Violent attacks on lesbians and gay men have become two to three times more common than they were prior to 1988.

**IMPACT ON CHILDREN.** Violent juvenile offenders are four times more likely to have grown up in homes where they saw violence. Children who have witnessed violence at home are also five times more likely to commit or suffer violence when they become adults.

**IMPACT ON HEALTH AND SOCIAL SERVICES.** Women who are battered have more than twice the health care needs and costs than those who are never battered. Approximately 17 percent of pregnant women report having been battered, and the results include miscarriages, stillbirths and a two to four times greater likelihood of bearing a low birth weight baby. Abused women are disproportionately represented among the homeless and suicide victims. Victims of domestic violence are being denied insurance in some states because they are considered to have a "pre-existing condition."

**LEGISLATION.** In 1994, the National Organization for Women, the NOW Legal Defense and Education Fund, and other organizations finally secured passage of the Violence Against Women Act, which provides a recordbreaking \$1.8 billion to address issues of violence against women.

(National Organization for Women)



Help one another, is part of the religion of sisterhood.  
~Louisa May

*The thing women have yet to learn is nobody gives you power. You just take it.* ~ Roseanne Barr



*To tell a woman everything she may not do is to tell her what she can do.* ~ Spanish Proverb

*When sisters stand shoulder to shoulder, who stands a chance against us?*  
~Pam Brown



# The Penguins Year In Review

## 2005



(Bernadette, Lizette, Michelle, Christina, Crystal, Cira and Erika having a blast at Homecoming this past October)



(Liana got engaged!!! Here comes the bride...)

This has been such an exciting year for many of our sisters! Many became engaged, had babies (little penguins), or started new careers. I am so very proud of all of your accomplishments and would like to thank you all for allowing me to document these memorable, and exciting life changes. It has been an absolute honor! The newsletter would be nothing without your stories, photos, and continued support!!!! I can't wait to see what 2006 bring each of you! I hope this year brings more love, more babies, and more success your way...so please keep your stories coming. Love you all and Happy New Year!

-Lizette Granillo

"Sisters are different. They've heard the sobbing in the darkness. They've lived through all your triumphs, all your favorites, all your loves and losses. They have no delusions. They know you all too well. And so, when you achieve some victory, friends are delighted—but sisters hold your hands in silence and shine with happiness. For they know the cost."

~Pam Brown



(Lizette got a new dog/baby...say hello to Daphnie!)



(Alma, Cira, and Mari at the Homecoming game in October)

(Christina Vejar and Lizette Granillo's sisters turned 18...getting old or what!)



# What does the New Year Bring? News and Events for January 2006

## Happy Birthday!!!!

**Jackie Adriano 1/18**  
**Michelle Rodriguez 1/27**



**AQUARIUS**  
(Jan 21 - Feb 19)

Can you cope with another week of intermittent tension? You may have to because until the Saturn/Uranus alignment culminates, in another seven days or so, peace and ease will be in short supply. Meanwhile, you have a series of square pegs you are trying to fit into round holes. You keep coming up against unfair obstacles and annoying impediments. In the midst of all this though, a very positive process is taking place. You are finally finding the right answer to a difficult question.

**Congratulations to  
Joanna Angel (Delta  
Chapter, Omicron  
Class) and her  
boyfriend Chris on  
the purchase of their  
new home!!!!!!**

## Join the Party!!!!

**There are only a few days and counting until our Alumni "Tailgate Party" on Saturday, January 14 at 3pm. Here are the wonderful directions:**

From I-10:

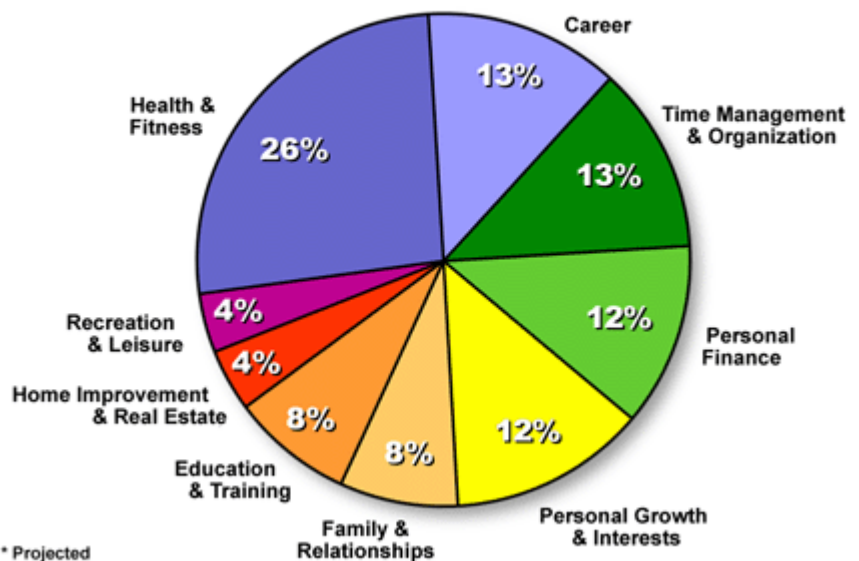
- Exit Cortaro road and head west
- Turn right (north) on Silverbell
- Turn left (west) on Continental Reserve Loop (at the Urgent Care)
- Turn right on Iron Ridge
- Turn left on Granite Ridge Court

Our house is on the corner of Granite Ridge and Iron Ridge.

**7601 W. Granite Ridge Ct. Phone # is 572-9601** – Ana or you may call Monica at 444-0244

Do not use Map Quest because it is not correct. We look forward to seeing you on Saturday. ☺

**Top Categories of  
2005 New Year's Resolutions\***



MyGoals.com's 2005 Most Popular New Year's Resolutions Poll

# Spring Into Style With Some of These Instant Classics

The holiday's just ended and we're already jumping to spring, but here are a few classic accessories and looks that will help you look impeccable this spring and summer.

Remember less is more and these looks are versatile and wearable all season. So stay cool and look hot this coming year!

Put a little, or should I say High Wedge in your step with this springs new it shoe. It is casual yet chic and adds a little kick to any outfit.



## Delta Chapter Spring 2006 Events Calendar:

### January:

- 23<sup>rd</sup> - First Formal Meeting
- 27-28<sup>th</sup> – Sisterhood Retreat
- 31<sup>st</sup> – Open Rush

### February:

- 1<sup>st</sup> - Open Rush
- 10<sup>th</sup> - Rush Social
- 11<sup>th</sup> - Rush Service
- 13<sup>th</sup> - Closed Rush
- 17<sup>th</sup> - New Member Retreat
- 18<sup>th</sup> - Adelante Conference and New Member Retreat
- 19<sup>th</sup> - New Member Retreat
- 24<sup>th</sup> - Big Sis/ Little Sis

### April:

- 17<sup>th</sup> - Final Review
- 21<sup>st</sup> - KD Carnival
- 28<sup>th</sup> - Initiation
- 30<sup>th</sup> - Senior Goodbyes



Shorts are a necessary item with Arizona's hot weather; so how lucky are you that it is this season's hot new trend.



Say good-bye to those low waisted belts and hip hugger...and say hello to the girliest look of the season the "Chucky Belt and High Waist"

Big is in, so good-bye clutch purse and hello large tote!



The wedge alternative. Sorry Keysha, I know it was hard (and it took forever) for you to accept the pointy heel, but we are moving back to that squared look!



# It Is A New Year...What Better Reason to Join!!!

Hello Ladies! I am hoping that through these monthly newsletters I have been able to spark some interest in becoming involved with our local region. With your continued enthusiasm and involvement we are hoping to expand and provide an organization that represents **YOU**, our alumni. We want to provide a network system that keeps us connected to each other, as well as a base for continued service in our local community. We want to continue being an inspiration for our local chapter, as well as being a way to continue supporting each other's successes in our new and ever changing lives as we progress in our careers and as each of us expand and form families of our own. Without you there would be no newsletter to write, so please consider joining the National Alumni Association (all dues paid to the NAA are given to it's corresponding region for their use in planning events and other activities).

## Our Purpose

The purpose of the National Alumni Association is to develop a professional networking platform bound by sisterhood and community service. The Alumni Association is a support structure and development source through which members become mentors for all Kappa Delta Chi Sorority sisters. Through the integrated efforts of a corps of members and the Board of Directors, the Association conducts programs, which bring alumni together in support of the Sorority. The Association's activities include, but are not limited to, fundraising, scholarship/fellowship fund establishment, service programs and social events as well as support of the National Conference.

The mission of the National Alumni Association is to preserve and enhance the integrity of the organization and to provide added value to the experience received through association with the sorority. This mission is achieved through a variety of benefits which foster and strengthen a spirit of loyalty among the sorority, its members and alumni as well as enriching its partnership with the Latino community.

## Membership Breakdown:

### Penguin Club: \$85.00

- Active Alumni Status- Nationals
- Membership into Region of Residence
- Membership benefit depending on anniversary
- Two newsletters (August and February)
- Access to Alumni Contact Service
- Membership on [kdxalumni@yahoogroups.com](mailto:kdxalumni@yahoogroups.com)

### Pink Rose Club: \$115.00

- Active Alumni Status- Nationals
- Membership into Region of Residence
- Membership benefit depending on anniversary
- Two newsletters (August and February)
- Access to Alumni Contact Service
- Membership on [kdxalumni@yahoogroups.com](mailto:kdxalumni@yahoogroups.com)
- One Current NAA T-shirt

### Emerald Club: \$135

- Active Alumni Status- Nationals
- Membership into Region of Residence
- Membership benefit depending on anniversary
- Two newsletters (August and February)
- Access to Alumni Contact Service
- Membership on [kdxalumni@yahoogroups.com](mailto:kdxalumni@yahoogroups.com)
- One Current NAA T-shirt
- \$19.87 discount towards conference

(There are also three different types of pay options offered)

For more information go to  
[www.kdxalumni.org/membership.htm](http://www.kdxalumni.org/membership.htm)

# Obsession of the Month



Get connected to one of the largest blog sights and make some friends. Think Cheers without the liquor, think the Central Perk without the coffee. It is an online sight designed to help you make friends and it is just addicting!!!!!! Get your own page and make some friends at [myspace.com](http://myspace.com)...see you there!



**Go WildCATS!!!**

## This Months Contributors:

- Career Corner: A Sister's Plight to Empower and Educate Women In Our Community



If you would like to contribute to February's newsletter please email it to [lgranillo@gmail.com](mailto:lgranillo@gmail.com). I look forward to ready your stories!!!!



## 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](mailto:Lizet15141@aol.com). Let's make the most of 2005!!!

***KAPPA DELTA CHI***  
***SOUTHERN ARIZONA ALUMNI REGION***

We're on the Web!

See us at:

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