

May 2006

Volume 3, Issue 5



## Southern Arizona Region Alumni Newsletter

Special Interest  
Articles:

-Career Corner: Dr.  
Mariana Amaya

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

### Individual Highlights:

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### Fact of the Month:

The phrase "Often a  
bridesmaid, but never a  
bride," actually originates  
from an advertisement for  
Listerine mouthwash from  
1924.

Kermit the Frog was named  
after Kermit Scott, a  
childhood friend of creator  
Jim Henson, who became a  
professor of philosophy at  
Purdue University.



Kappa Delta Chi Sorority, Inc.



## The History of Mother's Day In The United States

In the United States Mother's Day was first suggested in 1872 by *Julia Ward Howe* (who wrote the words to the Battle hymn of the Republic) as a day dedicated to peace. Ms. Howe would hold organized Mother's Day meetings in Boston, Mass ever year.

In 1907 *Ana Jarvis*, from Philadelphia, began a campaign to establish a national Mother's Day. Ms. Jarvis persuaded her mother's church in Grafton, West Virginia to celebrate Mother's Day on the second anniversary of her mother's death, the 2nd Sunday of May. By the next year Mother's Day was also celebrated in Philadelphia.

Ms. Jarvis and her supporters began to write to ministers, businessman, and politicians in their quest to establish a national Mother's Day. It was successful as by 1911 Mother's Day was celebrated in almost every state. President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the 2nd Sunday of May.

While many countries of the world celebrate their own Mother's Day at different times throughout the year, there are some countries such as Denmark, Finland, Italy, Turkey, Australia, and Belgium, which also celebrate Mother's Day on the second Sunday of May.

[www.historyofmothers.net](http://www.historyofmothers.net)

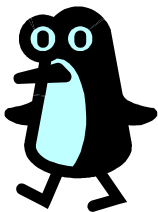
## Before I Was Myself, You Made Me...Me!

*Before I was myself you made me, me; With love and patience, discipline and tears, Then bit by bit stepped back to set me free, Allowing me to sail upon my sea; though well within the headlands of your fears. Before I was myself you made me, me With dreams enough of what I was to be; And hopes that would be sculpted by the years, Then bit by bit stepped back to set me free, Relinquishing your powers gradually; To let me shape myself among my peers. Before I was myself you made me, me, And being good and wise, you gracefully; As dancers when the last sweet cadence nears. Bit by bit stepped back to set me free. For love inspires learning naturally; The mind assents to what the heart reveres. And so it was through love you made me, me; By slowly stepping back to set me free.*

<http://www.poemsforfree.com/mothpo.html>

## KDCh's Career Corner: Did Someone Call for a Doctor...Dr. Mariana Amaya, That Is!

### Dr. Mariana Amaya, Epsilon Class, 1994, Delta Chapter



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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*

#### What do you do for a living?

I'm a physician, more specifically I am an obstetrician/gynecologist. I currently work as a faculty physician at St. Joseph's Hospital in Phoenix, but in September 2006 I will be leaving this position to start my private practice.

#### What does an obstetrician/gynecologist do?

An obstetrician/gynecologist provides healthcare for women. We provide prenatal care, deliver babies, perform gynecologic surgeries and provide cancer screening for women throughout their life. Our field is well known for taking care of pregnancies and delivering babies, but this is just one aspect of our profession. We also provide gynecologic care, which includes annual exams (yes! the dreaded pap smear), birth control counseling, treatment of menstrual cycle irregularities, treatment of infertility problems and treatment of sexually transmitted infections. As women age we continue their care of menopausal symptoms (yes! hormones) and urinary incontinence.

#### What education/training did you have to complete to become a doctor?

I completed my Bachelors in Health Sciences at the University of Arizona, with a major in community health education. As a junior I took MCAT and applied to medical school. I decided to attend the University of Arizona College of Medicine (\$state schools are less expensive\$). Medical School takes 4 years to complete. As a medical student I experienced many areas of medicine but I most enjoyed obstetrics/gynecology. Therefore after medical school I pursued and completed a residency in obstetrics/gynecology in Phoenix, Arizona. As a resident I worked at Maricopa Medical Center and St. Joseph's Hospitals.

#### Was medical school hard?

The hard part of medical school is getting accepted. Once you are accepted to medical school the graduation rates are high, approaching 98%. Having said this, to succeed in medical school you will have to study frequently, memorize quickly, and treat patients like you would like to be treated yourself.

#### What is "residency" and is it hard?

An intern/resident is a doctor in training. The length of a residency varies according to specialty. For example a residency in ob/gyn is 4 years long after medical school and a residency in neurosurgery is 7 years long after medical school! Residency is by far harder than medical school. The hours are long, the stress is high, and free time is far in between. Keeping a good attitude and remembering patients come first helps get you through the long hours at night.

#### What are the benefits of your profession?

The benefits to my profession are that I get to take care of women and empower them with knowledge so they can take care of themselves. As an ob/gyn I have the ability to establish long term relationships with patients in my office, but also get the excitement of delivering babies and performing surgery. Also, as a physician one has a high earning potential and job security, especially given the current shortage for doctors in the state.

## 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!

# Happy Birthday



TAURUS  
(Apr 21 - May 21)

Liana Abarca (Nu) 5/30  
Gloria Nieto (Rho) 5/21

*To your left, a rock. To your right, a hard place. Behind you? The same inevitable, inexorable set of circumstances that got you here in the first place. So, er... going backwards isn't much of an option is it? We've ruled out right and we've ruled out left. But forward doesn't seem feasible, either. How come you are suddenly stuck? Isn't Venus in your sign, bestowing you with great good fortune? She is. Once she completes her sharp angle to Saturn, your current temporary difficulty will evaporate. Give me your date, place and time of birth.... and I'll tell you something truly amazing about yourself and your future.*

## Bad Habits

Bulls love clutter. Being surrounded by all their possessions gives them a sense of security. It also creates headaches, confusion, and chaos. Storage systems that keep their stuff on display will prevent this sign from strewing their stuff all over the house. Stacking baskets, glass jars, and open shelving can promote organization.

## Career

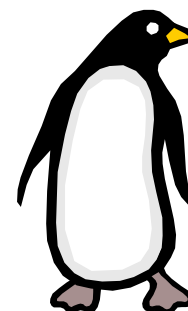
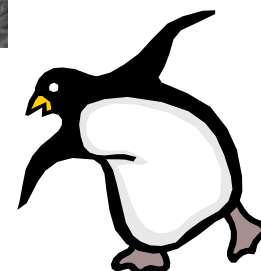
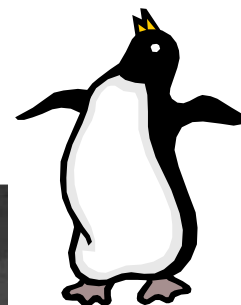
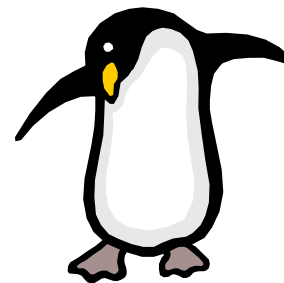
Sedate Bulls enjoy careers that afford plenty of stability. These folks will happily work overtime in exchange for a good salary, generous benefits and plenty of vacation time. Taureans are quite sensual and get great enjoyment working with food, flowers, or luxury goods. Famous for their melodious voices, members of this sign also make great singers, public speakers and receptionists.

## Exercise

You have a slow metabolism, so vigorous gardening is a natural for you... but you might also want to try a dance class to indulge your brilliant sense of rhythm. Whatever you choose, you need regular classes and a simple exercise regimen. Your throat is your weak link – don't put anything fried down it.

## Other Famous Taureans:

William Shakespeare  
Robert Browning  
Karl Marx  
Sigmund Freud  
Elizabeth II



*"This above all: to thine own self be true"  
- William Shakespeare*

*The great question that has never been answered and which I have not been able to answer.... is, what does a woman want?  
-Sigmund Freud*

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

*- Robert Kennedy*

## May's Charity Spotlight:

This is not like our previous charity spotlights, but equally as important. Many of you are mother's and this website has amazing tips on how to ensure that this does not happen to your child. Also information on where to make a donation can be found, too. Go to <http://www.missingkids.com/> for all the necessary information...remember, only we can protect our children!



NATIONAL  
CENTER FOR  
**MISSING &  
EXPLOITED**  
CHILDREN  
**Juanita Herrera Medina**  
Missing since: Nov. 14, 2005  
Missing from: PHOENIX, AZ

**Contact Us**

National Center for Missing &  
Exploited Children  
Charles B. Wang International  
Children's Building  
699 Prince Street  
Alexandria, Virginia 22314-3175  
The United States of America  
Phone: 703-274-3900  
Fax: 703-274-2200  
Hotline: 1-800-THE-LOST (1-  
800-843-5678)

### National Mandate and Mission:

The National Center for Missing & Exploited Children's® (NCMEC) mission is to help prevent child abduction and sexual exploitation; help find missing children; and assist victims of child abduction and sexual exploitation, their families, and the professionals who serve them.

NCMEC was established in 1984 as a private, nonprofit 501(c)(3) organization to provide services nationwide for families and professionals in the prevention of abducted, endangered, and sexually exploited children. Pursuant to its mission and its congressional mandates (see 42 U.S.C. §§ 5771 *et seq.*; 42 U.S.C. § 11606; 22 C.F.R. § 94.6), NCMEC

- Serves as a clearinghouse of information about missing and exploited children
- Operates a CyberTipline that the public may use to report Internet-related child sexual exploitation
- Provides technical assistance to individuals and law-enforcement agencies in the prevention, investigation, prosecution, and treatment of cases involving missing and exploited children
- Assists the U.S. Department of State in certain cases of international child abduction in accordance with the Hague Convention on the Civil Aspects of International Child Abduction
- Offers training programs to law-enforcement and social-service professionals
- Distributes photographs and descriptions of missing children worldwide
- Coordinates child-protection efforts with the private sector
- Networks with nonprofit service providers and state clearinghouses about missing-persons cases
- Provides information about effective state legislation to help ensure the protection of children

### ***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!

# Congratulations to Kappa Delta Chi's Newest Professionals



Cira Villa is an alumna of the Delta Chapter (Nu), as well as, the University of Arizona. She graduated from Arizona State University with an MSW (Masters In Social Work) with concentration on Planning and Community. She will be traveling through Latin America this summer.

Rosalinda Vasquez (Delta Chapter, Omicron Class) and graduated from University of Arizona is a new professional having obtained a Masters Degree in Mexican American Studies with a concentration in public policy.



Alma Carmona is also an alumna of the University of Arizona, as well as the Delta Chapter (Lambda). She has obtained a Masters of Education in School Counseling from Northern Arizona University. She was a Kindergarten teacher, and will now be a student counselor at Drachman Elementary School.



Christina Vejar is an alumna of the Delta Chapter (Nu), and the University of Arizona. She obtained a Masters in Public Administration from the Texas A&M University in 2003. This accomplished young woman has now obtained a Juris Doctor of Law from the University of Arizona Roger College of Law.

## Delta Chapter Graduates- Spring 2007:



Rachel Chavez  
Erin Parra  
Krystal Felix  
Yvette Othon  
Tiffany Martinez  
Leslie Moss  
Candice Smith

Congratulations New Alumni! We are so very proud of you and cannot wait to see all the great success each of you will achieve. Always remember "it is the journey not the destination"...enjoy this time in your life and always follow your bliss!



# Christina Graduates... Party Time!

*Our newest Lawyer graduates from the University of Arizona's College of Law, and celebrates with her family and sisters. We are so proud of you, Chris, and we love you!*



Nanette, Lizette, and Christina strike a



Legal jargon at it's best!

Mari Meza, our first Delta Chapter lawyer strikes a pose with Christina



Mentor and Menti share a moment!



Christina's Big Sis Leah Chavez and her boyfriend!



Distance did not stop Nanette and Michelle from celebrating with their Best Friend!



Awww....aren't Jimena and Sam cute!



Melissa, Jimena, and Sam



Keysha, Lizette, and Toni share a hug and a pose!



Lizette does the Mari Shake!

## Time to Pay Those Alumni Dues 😊: Krystal Felix Enters the World of College Free Days and Forty-Hour Work Weeks!

*Congratulations Krystal, on your wonderful achievement! You should be so proud of yourself ...we definitely are! Here are a few photos of Krystal's magical and hypnotic party!*



The graduate, Krystal and Melissa cozy up to the camera.



Look at those Deltas!



Veronica and her Fiancé flash their pearly whites for the camera.

Lisa, Keysha, Melissa, and Rebecca... gorgeous ladies!



Julie and her husband share a hug for the camera.

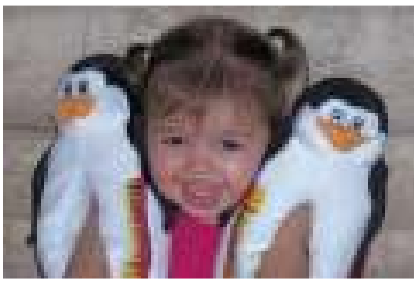
## Good Bye, Phoenix...Hello Latino America!



Cira Villa is an alumna of the Delta Chapter and just graduated this month with her MSW from Arizona State University. She will be trading the comforts of home for the exotic locations found in Central and South America. We wish our sister luck and safety...please don't get kidnapped (what would Lizette do without her BF...just kidding). We send you love and have the adventure of a lifetime.

Cira-  
I will miss you so much. Who will laugh at my hour-long voice mails? Who will make me laugh at all the random mishaps that always seem to happen to us (we are accident prone)? Any way I will miss you these next four months and I can't wait to see you when you get back. I love you bff and remember that you can call me at any time no matter what time zone you are in...I will always answer.  
-Lizette





# Happy Mother's Day

*You taught me everything and everything you've given me  
 I'll always keep it inside  
 You're the driving force in my life  
 There isn't anything or anyone that I could be  
 It just wouldn't feel right if I didn't have you by my side  
 You were there for me to love and care for me  
 When skies were gray  
 Whenever I was down you were always there to comfort me  
 And no one else can be what you have been to me  
 You will always be, you will always be the girl in my life, for all  
 times*



**Chorus :**

*Mama  
 Mama you know I love you, you know I love you  
 Mama, mama you're the Queen of my heart  
 Your love is like tears from the stars  
 Mama, I just want you to know  
 Lovin' you is like food to my soul*



*You're always down for me, have always been around for me even  
 when I was bad  
 You showed me right from my wrong, yes you did  
 And you took up for me when everyone was downing me  
 You always did understand  
 You gave me strength to go on*

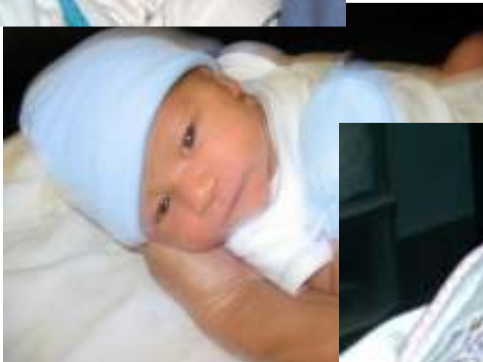


*There were so many times looking back when I was so afraid  
 Then you'd come to me and say  
 I could face anything  
 And no one else can do for me what you've done for me  
 You will always be, you will always be the girl in my life*



*Never gonna go a day without you  
 Fills me up just thinkin' about you  
 I'll never go a day without my mama*

**- A Song For Mama  
Boys to Men**



**Pictures courtesy of KDChi Moms and  
their lovely children!!**



## ASK DR. AMAYA

### *When should a woman have her first pap smear?*

A woman should have her first pap smear within 3 years of becoming sexually active or by age 21. A pap smear is a screening test for cervical dysplasia and cervical cancer. Both of these conditions are caused by the human papillomavirus (HPV). This virus is the most common sexually transmitted disease in the United States! Most men and women have no symptoms when they become infected. There are two major groups of HPV viruses --- the high-risk HPV viruses and the low-risk HPV viruses. Cervical dysplasia and cervical cancer are associated with the high-risk HPV viruses. Pap smears help diagnose pre-cancerous lesions so that we can treat them before they become cancer. Therefore this is reminder to keep up to date with your annual gynecologic exams. -----Mariana Amaya M.D.

*Disclaimer: You should seek the opinion of your primary care doctor if you should need assistance with the items stated above. The answer above is a general statement and may not necessarily apply to you. Neither Kappa Delta Chi nor Dr. Amaya are intending to create any physician-patient relationship or supplant any in-person medical consultation or examination. Always seek the advice of a trained health professional with any questions you may have regarding a medical condition and before seeking any treatment. Any information received from this column is not intended to diagnose, treat, or cure. This column is for information purposes only.*

## Obsession of the Month:

### Wedge Me In...

Closed toe shoes can be extremely uncomfortable during this time of year. I am mean; you step outside and practically melt! Well, here is this summer's sexy, and stylish solution...drum roll please.... tada...the wedge! Yes ladies, say hello again to the wedge! This is the perfect alternative to the pointy toe shoes that have dominated the fashion scene for the past four years. These shoes are easy to wear and perfect for any hot summer day. You will have to ensure that you get those pedicures regularly, though!

#### ***How do I wear the wedge?***

What makes these sandals/dress shoes perfect because of their versatility. Depending on the style you can pair it with a casual or even evening summer dress, it is great for business casual wear, it can be paired with a pair of fabulous shorts and a tee shirt, and of course these shoes can always be worn with a great pair of jeans.



## 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!!!



## This Months Contributors:



- History of Mother's Day; By: [www.historyofmothers.net](http://www.historyofmothers.net)
- Before I Was...; By: <http://www.poemsforfree.com/mothpo.html>
- May's Charity Spotlight; By: Lizette Granillo and <http://www.missingkids.com/>
- Career Corner: KDChi's Career Corner: Did Someone Call for a
- Horoscopes: <http://www.cainer.com/>
- Doctor...Dr. Mariana Amaya, That Is; By: Mariana Amaya
- Goodbye Phoenix; By: Lizette Granillo
- Ask Dr. Amaya; By: Mariana Amaya
- Obsession of the Month; By: Lizette Granillo
- Photos by: Michelle Santillan and Keysha Quintanilla

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

We're on the Web!

See us at:

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

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