

Fall Issue (Aug. –Oct.)

Volume 3, Issue 8



Southern Arizona Region Alumni Newsletter

Kappa Delta Chi Sorority, Inc.



I Get It...I Finally Get IT: A look at Friendship and Sisterhood

Those of you who read the newsletter on a regular basis have probably noticed that I usually use the first page to discuss different experiences or stories that pertain to our relationships as sisters in this wonderful organization. Well this article is not going to be any different, but I think that the following story is one that we have all encountered in one way or another with family and friends who do not belong to our sisterhood, and I hope that you enjoy reading this.

A few weeks ago I was driving with my boyfriend Chuy (most of the ladies in Tucson have had the pleasure of meeting him, but for those of you who have not, need to understand that at first he really did not understand the whole "sorority thing", and just thought that all we did was party together- well that is one aspect, right) and he looked over at me and said, "I finally get it!" and I confused said, "You get what?". Chuy, continued to explain that at first he did not understand why we spent so much time together, or why I felt so bad if I could not make it to someone's birthday, graduation party, or get together, but after seeing our interactions over the years and seeing how much you guys supported me during my two months of semi-seclusion before fashion show that he understood that we were an integral support system for each other. We played a role that many others could never fill because we understood so well what the other needed to make it through their day, week or what ever goal we were working on. He said that he was so happy that I had such a wonderful network of friends, and then he said something that really struck me, "You guys really are sisters. You can see it in the way that you guys are always there for each other, and you can see your love and admiration for each other whenever you girls all get together and talk. It can be overwhelming at times, but that is a wonderful and rare quality that you share. I know that you will support your children just the way you support your KDX family and I can appreciate all that you have learned from them."

I hope that each addition of this newsletter keeps in that spirit of love, friendship, and admiration. If an outsider can see what a special bond we share then we must be doing something right. Imagine when we are grannies...oh, the stories we will tell ;)! I love you all!

-Lizette



Special Interest Articles:

-Career Corner: Diana Tapia Promises to Protect and Serve

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

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Fact of the Month:

Rats are smarter than dogs, can go longer without water than a camel, and when left alone (without the company of other rats) for long periods of time, will go insane. When domesticated, they make excellent pets!

Bulls are color blind...Whaaa!





Congrats to Ms. Christina Vejar, who passed the Arizona State Bar, she is officially an attorney! Hooray! We love you and are just so proud of you!



Congrats to Mrs. Toni Lucio-Lyons! She was recently promoted; she works for Enterprise Rent A Car. Here is the company email she received:

*"I am happy to announce the promotion of **Toni** Lucio-Lyons to Senior Operations Coordinator! **Toni** does an excellent job handling the wide variety of challenges that come along with Operations, and today she proved her proficiency in Vendor Relations, Real Estate, Trade Dress and Technology by scoring 95% on her Operations Grill! This is no easy feat, but **Toni** did it with ease!!! She is a valued member of this department and our Group. When you have a moment, please congratulate **Toni** on this well-deserved promotion! Great job **Toni**!"*

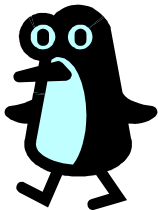


Congrats to Ms. Keysha Quintanilla, who received a raise! Yay, now it is time to open that savings account!

*Congratulations to Ms. Princess Di
On Her Upcoming Nuptials! Yay!*



Congratulations to Diana Tapia who got engaged this summer to her fiancé Ryan! We are all very excited for them and wish them many years of happiness and success with careers and family! Here is the announcement that Diana sent me:



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

*--Alumni Association
Mission Statement*

Ryan and I met in December 2004.

We got engaged on May 16, 2006. Ryan asked me to marry him toward the end of the day in front of Disneyland by asking, "What would complete this vacation for you?" I had no clue what he meant by that and before I knew it he was down on one knee with a ring in his hand. I started to cry and he asked, "Will you marry me?". We are planning to get married at the Disneyland Resort in California on September 20, 2007 with a Cinderella theme. We bought a new home in Maricopa, AZ this year.

Happy Birthday



LEO
(Jul 24 - Aug 23)

Peggy Riley (Nu)- 8/22
Tracy Van Den Hueval-Laskos (Nu)- 8/22
Christina Vejar (Nu)- 8/26

Dreams, like stories and symphonies, can often have a false finish. We may think we have woken up, only to realize that we are actually still asleep - or we may imagine that our fantasy drama has been resolved, only to find ourselves suddenly back in the thick of the action. Are you just dreaming now? Not really, but it is true that you are waking up to a different reality. This is about to alter your understanding of all that you have been through and make you feel much more confident about what lies ahead. Give me your date, place and time of birth.... and I'll tell you something truly amazing about yourself and your future.

Career

Although they require plenty of high maintenance, Leo employees are worth every bit of trouble. That's because they're creative, dynamic and inspirational. These folks work best in high-profile positions. They make great performers, interior decorators and tour guides. Lions also enjoy careers that afford status and prestige. They make great doctors, lawyers and executives. Working with children also appeals to these big kids.

Exercise

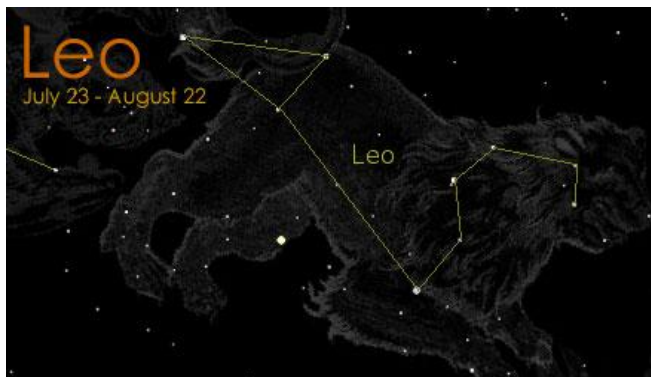
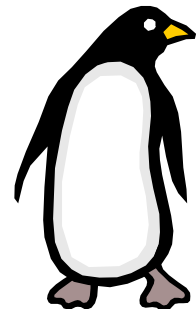
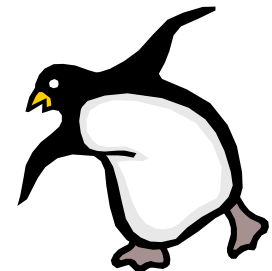
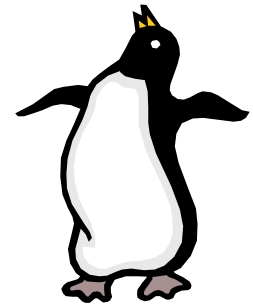
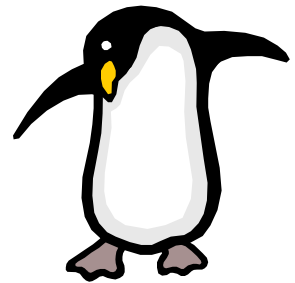
Whatever shows off your glamorous body is great exercise for you. You have tons of energy and are a brilliant dancer... but remembers to take your catnaps to enhance your natural beauty (lions sleep twenty hours a day!). Your weak link is your heart... and its disappointments. Both aerobic exercise and rest will help protect that Leo heart of yours.

Bad Habits

The guy who's sitting next to you in the elegant restaurant, shouting to his personal assistant on his cell phone? Probably a Leo. It's only natural that a sign that is blessed with creativity, charm and wit feels tempted to show off. Actually, this desire to brag is rooted in insecurity. The sooner Lions learn to compliment others, the quicker they'll receive the praise they crave.

Other Famous Leos:

Napoleon Bonaparte
Lord Alfred Tennyson
Henry Ford
Fidel Castro



I found photos of the actual constellation... cool!- Lizette

Where Does Your Sign Rank: How well do you drive?

No. 11 - Leo: Leos are the most likely to not be driving at all, as it is beneath their dignity. They prefer to employ a chauffeur -- or better yet, have others come to them.

No. 12 - Virgo: These persnickety drivers can be observed tooling around town in their spotless, hand waxed, air-freshened vehicles.

No. 9 - Libra: Most likely to apply makeup when driving, which perhaps is why they're also most likely found getting phone numbers of other drivers at red lights.

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Happy Birthday

**VIRGO**

(Aug 24 - Sep 23)

Nicole Meckler-Weston (Zeta)- 9/6
Jennifer Espino (Zeta)- 9/9
Kristine Tiu (Tau)- 9/12
Kasey Carpenter-Urquidez (Alpha)- 9/25
Kate Goldman (Tau)- 9/30

Is this the beginning? Or is it the end? You can't ask a question like that, unless you also ask, '...of what?' Beware the temptation to oversimplify, over-generalize or over-dramatize as you now set out to understand what's really happening. You need to become properly enlightened. That will never happen while you imagine that you already know what it is that you are about to be shown. This is the beginning of something good and the end of something bad. Trust that and then prepare for a revelation. Give me your date, place and time of birth.... and I'll tell you something truly amazing about yourself and your future.

Career

Attentive Virgos do best in service-oriented jobs. Members of this sign have a knack for anticipating their customers' needs. They work well in restaurants, spas and hotels. Virgos have highly retentive minds and therefore make excellent editors, researchers and teachers. These natural wordsmiths are also good writers and critics. Virgos can make lots of money when working for tips and bonuses.

Bad Habits

These nit-pickers sometimes compromise their own pleasure for the sake of perfection. Deep down inside, these folks are really sensualists at heart. They need to learn that it is better to feel good than to look good. Allocating a few minutes each day for fun but messy activities like baking, painting, or sculpting can cure Virgos of their fear of filth.

Other Famous Virgos:

Queen Elizabeth
Michael Jackson
Mother Theresa

Exercise

Long walks every day are the perfect exercise for you. Stop your overactive mind at least twice a day with relaxation or meditation... and every few months, a long break is an absolute must for you. The best Virgo sport is swimming with specific, detail-oriented and structured exercise regimens

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!

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

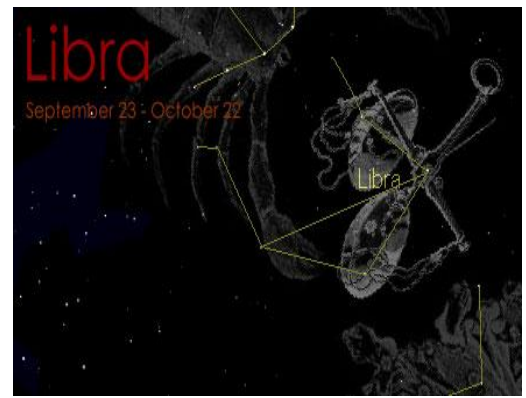
- Robert Kennedy



Happy Birthday



LIBRA
(Sep 24 - Oct 23)



- Rosanna Bojorquez (Alpha)- 10/1*
- Monica Franco (Charter) -10/4*
- Cira Villa (Nu)- 10/6*
- Jenny Celaya-Huerta (Nu) - 10/11*
- Maggie Dominguez (Gamma) - 10/13*
- Mari Olga Mercado (Alpha) - 10/15*
- Alma Carmona (Lambda) -10/20*
- Bernadette Rubal (Rho)- 10/25*

They say, 'If it ain't broken, don't fix it'. But what if it is tortuously long-winded or woefully inefficient. It works. It ain't broken. But... let's put it another way. Once we've found a formula that seems successful, we tend to stick with it. We don't question it any more as long as it's doing what we need it to do. That doesn't mean, though, that there may not be better ways of doing it. A usual option is becoming unavailable. You'll have to do things differently soon. That's not a problem; it's a blessing.

Other Famous Libras:

- John Lennon**
- Margaret Thatcher**
- Julie Andrews**
- Miguel De Cervantes**

Career

Charming, witty and tasteful, Librans work best when dealing with the public.

Members of this sign make great salespeople, provided they are moving luxury merchandise. Naturally artistic, these folks also gravitate toward jobs involving design, music, or dance.

Librans are also extremely gracious and make excellent ambassadors, customer service representatives and restaurant hosts.

Exercise

Respect the ups and downs of your energy levels. In the mornings you need mild exercise... especially back stretches to strengthen your lower back. Evenings are best for dance and aerobics. Fatigue and tiredness come from too many carbs and not enough water. Drink more pure water!

Bad Habits

Librans gave birth to the term "shopaholic". These folks have every credit card known to man. And while their taste is undeniably impeccable, it can get them in trouble at bankruptcy court.

What's really at stake here is a quest for beauty. Enjoying simple but inexpensive pleasures like nature walks and museums can quell the urge to splurge.

Calendar of Events (Delta Chapter)

September 2006:

- 9/2- Fundraiser
- 9/8-10- Sisterhood Retreat
- 9/12-13- Open Rush
- 9/15- Service Event
- 9/25- Closed Rush
- 9/29-1- New Member Retreat



October 2006:

- 10/6- Big Sis/Lil' Sis
- 10/7- Fundraiser
- 10/21- Service Event
- 10/23- Mid Review
- 10/27- Fundraiser



KDChi's Career Corner: Diana Tapia...Promises To Protect and Serve!

So I am sure everyone has seen an episode or two of *Cops* on television. A lot of times when we watch this reality show, we may think: Wow being a police officer that is dangerous job! Oh my god, I can't believe they are saying/acting like that to the police!

Cops show us the "exciting" part of being a police officer. It's an excellent show and for anyone who has not seen it, I recommend it. However, as with any television show it does not tell or show you the other side of what being a police officer entails. Furthermore, did you know when *Cops* is filming a police agency they are riding with the same officer for 2+ months? Not all incidents you see on cops happen in one night.

I am delighted to give you a little "behind the scenes" of the entire picture of what it takes to be police officer.

Hello everyone, my name is Diana Tapia and I was born and raised in Tucson. I attended the University of Arizona from fall 1999 to spring 2003. I graduated with my major in Spanish and minor in Criminal Justice. I pledged Kappa Delta Chi in spring of 2000 with the Pi Class. I am a part of the POSTCARD family. Yea!

Ever since I was in middle school I have always wanted to go into law enforcement. Since the law enforcement field is huge, I eventually narrowed it down to wanting to be an FBI Agent. I knew I had to start somewhere though. I decided to get my degree in a foreign language because that is a plus with any federal agency. I also decided I start at a city level to get interaction from various types of backgrounds and personalities. I knew that I didn't want to stay in Tucson because I always had a love for big cities.

I began applying to police agencies in the Phoenix valley. I got hired on at the City of Mesa in August 2003. I began the police academy in October 2003. Now I have to say these 20 weeks were the most physically challenging obstacles I have ever been through. It was definitely all worth it!

I have been a police officer for the City of Mesa going on 3 years. Aside from us chasing the bad guys there is a lot of other factors that come into the picture.

I will share some aspects of a police officer's job that television does not show you.

First, we as police officer's abide by a large book that contains all the Arizona Laws that are in effect. This ranges from traffic laws to criminal laws to alcoholic violation laws. Without this book people we could not perform our job.

Every time a police officer arrests someone or just give them a traffic ticket, they get the code and violation from that book.

Second, report writing. For every arrest a police officer makes, it equals 1-4 hours in reporting writing. Sometimes it may take the police officer longer to write a report because it may involve several victims or repeated crimes. On a weekly basis I can take an average of 10+ reports. That is a lot; therefore, time management comes into play.

Lastly, attending court. This is something I think as a police officer you never get used to. Most of the time we attend court if a defendant we arrested is disputing the charge we arrested them for. Other times we go for traffic violations we issued to a citizen and they are disputing the violation. Every now and then we will attend jury trial court. This process is more extensive because unlike city court or traffic court, jury trial court can last weeks. (Including your days off☺)

We as police officers are constantly juggling our tasks. The demands are high so we have to make sure we are bringing our "A" game everyday.

Over these past few years, I have had experiences ranging from excellent to very bad with the community. Of course, there are going to be people out there that don't like the cops. Hey, who really does, right? I know a lot of us can think back and remember our encounter/s with the police. Were they good or bad? Sometimes they will be good but most of the time bad. We might have felt scared, nervous, or angry.

Always keep in mind, we as police officers come into people's lives when something extremely tragic has happened to them. Emotions and thoughts are running high and sometimes people react in negative manner.

Like any career field, you're going to have your good people and not so good people. I work with many officers who think they are always right and no one will tell them otherwise. I observe how their interaction with the Community is so negative. Unfortunately, those officers give a bad name for all of us. I strongly believe no matter how much training you might have or how educated you are, don't forget the simple rules of treat others the way you want to be treated and respect everyone.

See, it's really interesting when I go on calls that involve people who are high on street drugs, the mentally ill, and intoxicated individuals. Most of the time these people have had negative police contact in the past. The first thing I tell them is, I am not here to judge you, and behind this uniform is a normal human being, just like you. It's really amazing the reaction you get from men and woman when you tell them this, their respect.

When someone meets me for the first time and finds out I'm a cop, they ask the never-ending question of "So tell me what is it like? Do you get in fights? Have you shot someone?" I always tell them I love it how I can relate to the community I serve. I have found out that Mesa is very similar to Tucson. You have your nice areas and your not so nice areas. I choose to patrol the area that is mostly Latinos/minorities.

This best part of my job is sharing my past experiences with the young Latino generations. I see young Latina woman who run away from home on a constant basis. I see the parents not knowing what to do with their child because they feel they are bad parents. A lot of us know we, as Latinos are very united and close to our families. It makes me feel good inside to reassure them of that. I also feel grateful that these parents/juveniles are coming to me for help. Even though they don't know anything about me, they allow me share what I know with them. You could see the comfort and assurance they have when I am there. The best reward I get is the parents that hug me with that tear in their eye and say, "Thank you for taking the time".

A lot of times people call the police 'just to talk'. They may have reached a dead end in their life and have no one there. I have learned if you give that extra minute to those people...it means so much. Now keep in mind, not all my situations are rewarding. Like I said before, there are people out there that want to hurt us because we are cops. As much as this job is rewarding, it's very challenging, especially because I am a young female Latina. Yeah, we are not back in the early 1900's when it was unthinkable of women being cops however, it's still a challenge. I have gotten the "macho" male who looks at me and gives me the smirk, disrespect, and sometimes try's to order me around. Hey, I even work with a few individuals who think woman shouldn't be a cop. The way I see it, if you do your job and do it well, why do you have to worry? Coming from a strong Hispanic background it was difficult for my family to imagine the fact of me being a police officer. Even though my mom did not like the fact I was going to be a police officer, she has supported me endlessly. Hey, I still call my mom after every shift to tell her I'm okay.

Deciding to be a police officer was definitely the one of the best's decision I have made in my life. It has opened so many doors for me. Not only career future wise but seeing how many different people there are in this world. Every day before I end my shift I thank my lucky stars for giving me such a supporting family, Endless circle of friends, a home, food, and clothes on my back. It's amazing how many people out there, in our own backyard are striving to make it day by day. Helping some of these individuals and seeing the thanks in their actions is amazing. I want to continue on helping people. Whether it be at a city level or federal level. I still want to gain more experience as a police officer. I also hope to become an undercover narcotics/gang detective. Whatever my career future holds I know that it will be positive because of my past experiences.

When I was asked to do this month's career corner, I felt privileged and excited. When I sat down to think about what I was going to say I thought....how am I going to explain what I do? I do have to say this was very challenging to write. I hope that you took a little insight from this article. I didn't want to write pages on arresting people, chasing after them, fighting, etc. Those are interesting topics but it's not what makes the whole job. I wanted to give you a little different perspective in a "cop's" world.

People often ask me "Are you scared of getting shot/dying at work?" I tell them, if I went to work everyday thinking "Am I going to die today, is someone going to shoot me" I would not be able to focus and help those who need me.

If you have any questions, comments, or have an interest in law enforcement please feel free to email me, princessdi60@hotmail.com.

I am going to leave you with some interesting but very true facts about police officers I got from the National Law Enforcement Officers Memorial, <http://www.nleomf.com/>. The facts are as of 4/306:

** There are more than **800,000** sworn law enforcement officers now serving in the United States, which is the highest figure ever. About **12** percent of those are female.*

** A total of **1,635** law enforcement officers died in the line of duty during the past 10 years, an average of one death every **53** hours or **164** per year. There were **155** law enforcement officers killed in 2005.*

** There are **210** female officers listed on the Memorial, nine of whom were killed prior to 1970.*

** During the past ten years, more officers were killed feloniously on **Friday** than any other day of the week. The fewest number of felonious fatalities occurred on **Sunday**. Over the past decade, more officers were killed between 8:01 p.m. and 10:00 p.m. than during any other two-hour period.*

** Crime fighting has taken its toll. Since the first recorded police death in 1792, there have been more than **17,000** law enforcement officers killed in the line of duty. Currently, there are 17,535 names engraved on the walls of the National Law Enforcement Officers Memorial.*

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!



Happy Halloween!

Here are some pictures of our wonderful alumni ladies and their kids from this Halloween...aren't they cute!



Fall's Charity Spotlight:

Keep a Breast

Art. Education. Awareness. Action.

This month's charity spotlight is the Keep A Breast Foundation. Lets see how America will make a difference this month and how can we contribute?

The Keep A Breast Foundation is a unique non-profit organization creating plaster forms of the female torso, customized by fine artists and auctioned to raise funding for breast cancer. Our mission is to produce art events that increase breast cancer awareness among young people a benefit breast cancer education, prevention and treatment programs in communities around the world.

Keep A Breast is a nonprofit breast cancer awareness organization that creates one-of-a-kind plaster casts of the female torso, which are customized by fine artists and auctioned to raise funds for breast cancer research, treatment and support programs. Combining sculpture, philanthropy, and symbolic artistry, Keep A Breast goal is to bring a fresh perspective to this important cause in a way that is relevant and inspiring to todays youth. Founded by Shaney Jo Darden and Mona Mukherjea-Gherig in 2000.

Keep A Breast has traveled across the globe and staged events in France, Germany, New York, San Francisco, Hawaii, and more. Over \$100,000 has been raised on behalf of Young Survival Coalition, Susan G. Koman Foundation, The Breast Cancer Fund, Asha-Killgallen Fund, Kapiolanni Breast Center, and Europadonna.

-Charity.com

Ladies, I when putting together the newsletter each month I usually look at different sites to see what types of interesting charities are being featured across the nation. On Charity.com, I came across this very creative and outside the box charity that is focused on raising money for our organization's national philanthropy *The American Breast Cancer Association*. This disease affects some many women each year, and it is so refreshing to see that young women are creating new and inventive ways to give back, and just contribute to their community. It is definitely a cause worth our support. All of the casts, along with many more, are featured in art exhibitions and auctioned off to raise money for different organizations (found in the organization description below). Take a minute to see what this interesting and wonderful philanthropy is doing to make a difference in the fight against breast cancer.



Keep A Breast Foundation
824 Vista Way
Oceanside , CA 92054
email: info@keep-a-breast.org
web: <http://keep-a-breast.org/>



ASK DOCTOR AMAYA

Ladies, please send your questions to lgranillo@gmail.com and see what Dr. Amaya has to say.

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 only medical advice and should always be followed with a second opinion. Neither Kappa Delta Chi nor Dr. Amaya assumes any responsibility regarding the matter above.

Obsession of the Month: Photoshop...Too Much Fun!



Well ladies, I can't take credit for creating this one, but it is my favorite Photoshop creation.... imagine Paris and Lindsey's party raid being this hilarious or ridiculous! So, what is Photoshop, most of you know that it is an adobe product that allows you to create, distort, change, and cut images and ultimately make your own piece of art, marketing etc. It is my favorite computer program; jam packed with fun that could last for hours. So, next time you want to change a photo or make a fun gift go to your local Kinko's and let the fun begin!

Penguin Search: And The Search Continues



Remember this:

We are searching for Ms. Jeanette Gonzales. The last time we saw our lovely sister was during our 2000 National Conference in Houston TX. We would love to know how she is doing! Someone please help us find this fun loving sister who has definitely fallen off the iceberg...Jeanette, where are you...

Well, the mystery of Jeanette's whereabouts has been solved in a rather serendipitous manner (just a quick call back to a word many of you hate, but in this case it is fitting), but Ms. Jeanette befriended Nanette Munoz on a flight back to San Diego (where they both reside). Jeanette is teaching, and she and Nanette have become good friends...see I knew we would find her. Nanette send her our love "K", and Jeanette send us your email!

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 2006!!!



This Months Contributors:



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

- **KDChi's Career Corner: Diana Tapia's Promise to Protect and Serve:** by Diana Tapia
- **Charity Spotlight:** www.charity.com

We're on the Web!

See us at:

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

KAPPA DELTA CHI
SOUTHERN ARIZONA ALUMNI REGION