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# Sister Testimonial by Nisser Jimenez



*Addirys Lugo-Bermudez*

When becoming a sister of Chi Upsilon Sigma National Latin Sorority we pledged to strive to achieve our core values: Social, Cultural, Political and Educational awareness. We have many 'Women of Wisdom' who live their lives exemplifying this mission, and the Omega Alpha Graduate Chapter would like to highlight one of those very special sisters. Her name is Addirys Lugo, a.k.a Addy.

Addy began her journey at Kutztown University where she earned a Bachelors Degree of Science in Criminal Justice. During her college career Addy was an Executive Board Member of MusikFest. MusikFest is a nine day festival in Allentown, PA of many different music genres. Addy helped organize different Plazas of music ranging from Latin, Jazz, Country and Rock to name a few. It is also during this time that Addy graced Theta Chapter with her intelligence. Addy became a sister of  $\text{XY}\Sigma$  in Fall of '94. Since her crossing she has actively been a part of our Sorority's history. At Kutztown, Addy served as President of Theta Chapter, developed a monthly newsletter for our campus and was the Pledge Mistress for Theta/Gamma line. Because of Addy's direction Apollo III (Gamma line) was the first in our sorority to probate. Addy did not just stop at Kutztown, from her induction in Fall of '94 to present she has participated in all the following: Addy was the Theta Chapter representative for GCB meetings, was part of the Pledge Committee, served on the

GCB board as Vice President, served on GCB board as Public Relations officer for PA, was the Alumni Advisor for Kutztown, Rutgers Camden and Bloomsburg, was the Pledge Mistress for Founding line LaSalle University (Mu Chapter), and finally helped Wanda Figueroa in re-founding Theta Chapter in 2004.

After graduating from Kutztown, Addy has had a very colorful career that has taken her in very different directions. She started out as an Intervention Manager at the Alternative Education School. After 5 years, she got out of education and became a Cartologist where she developed maps. She was then hired by the government as a Special Investigator where she conducted background checks that pertained to national security. Currently, Addy is working in Admissions at Moravian, which is the 6<sup>th</sup> oldest college in the United States. As an example of a "Life Long Learner", Addy has been trained for the Morning Call, a local newspaper in Lehigh County, as an editor and columnist. In the fall of '96, Addy will be seeking her Master for Administration in Higher Education at the University of Scranton.

Needless to say, Addy is very involved in her community socially, culturally, politically and educationally. Addy sits on two Boards as an Executive Member. Both boards open the doors of opportunity in education to minorities in their community. The first organization is the Latino Leadership Alliance of Lehigh Valley; this organization houses prominent Latinos, usually in Business or Education, in the Lehigh Valley commu-

nity. Their purpose is to promote education to the High School youth and to award scholarships. The Latino Leadership Alliance hosts dinners annually to raise monies for the scholarship awards. Addy's specific duties are to train the people on the Board and other organizations on how to present Financial Aid workshops and Self presentation workshops for the local high school students. Addy also sits on the Advisory Board for Act 101. In this position, Addy works with Act 101 students from Community College who plan to graduate and pursue degree from a 4-year institution. Addy helps the board raise funds for scholarships for these non-traditional students.

Addy has proven to be the epitome of our sisterhood's mission, but most importantly she is a caring, loving, witty, intelligent, independent woman, who is also great FRIEND. I feel so lucky to be surrounded by good friends like Addy. She is always concerned about your well-being and that of your family, she is always there to listen without judgment. Her dry sarcasm has gotten us through those long hours of meetings and she has a way of making you see things in a different light without imposing her own opinions. Addy's strength and self-determination has been an inspiration to me and to many others. I...we truly have been blessed to have her as part of our organization as well as our lives.

## Getting to Know Founding Mother, Maricel Rivera by Tara Sarica (K/A)



Omega Alpha would like to introduce "Getting to Know..." as it's newest section of our newsletter. We will choose a Sister that we do not get to see regularly to interview so that we can "Get to Know" her. We thought it was only right to start with the first Ace of Chi Upsilon Sigma Latin Sorority, Inc.: Founding Mother Maricel (Mickie) Rivera. I had the privilege of meeting Mickie at the two past Founding Mother Reunions. But more special and meaningful was that I got to speak to her one-on-one for this interview. I felt eXtremely honored to speak with her. What touched my heart even more was that Mickie told me that she was the honored one beCUS we chose her as the first Sister to interview. I really hope you enjoy this interview. I know I did.

Personal...

1. Where are you currently living? **In Northfield, N.J.**
2. Being that you live near Atlantic City, do you get out to the casinos often? **Not too often, I work too hard for my money to give it away. I'd rather see a show or some performance.**
3. What and where is your current place of employment? **City of Atlantic City Health Dept. I am Coordinator of Community Health Services. I supervise some Nurses and Health Educators and a Health Aide. We provide health education, free screenings for blood pressure, cholesterol, glucose and body fat other screenings that are provided by other agencies we partner with. I also plan and coordinate Health Fairs and do some teaching, etc.**
4. Do you have any siblings? **Yes, I have one sister and two brothers. My family is very important to me and we are very close.**
5. What is your current relationship status? **Single**
6. Your nickname Mickie, by whom and when were you given that nickname? **I got that nickname back in 7<sup>th</sup> grade from some friends and it stuck.**
7. What do you enjoy doing in your spare time? **Playing pool, listening to music, hanging out with friends and family and in the summer going to the campground.**
8. Tell us do you have any tattoos? How about piercings? **Neither.**
9. If you could choose one word to describe yourself, what would it be? **Resilient.**
10. What kind of child were you growing up? **I was more quiet than I am now, I was a responsible child and liked to play outside.**
11. Describe your most embarrassing moment? **When I clogged up my friend's toilet the first time I went to visit them.**
12. Is there anything in your life that you regret or wish you could go back and do differently? **No, I feel that wherever I am is where I am supposed to be. I don't regret any of my life experiences because combined they make me who I am today and I am happy with who I am.**

Favorites...

1. Favorite Color(s)? **Black**
2. Favorite Movie(s)? **None in particular, I have eclectic tastes; I like Sci-fi, Comedy, Action and Drama but I don't like Horror.**
3. Favorite TV Show(s)? **CSI**
4. Favorite Vacation Spot? **Puerto Rico, Cancun, basically somewhere warm.**
5. Favorite Candy? **Necco**
6. Favorite Alcoholic Beverage? **Vodka (not the cheap headache brands J)**
7. Favorite Food or Meal? **It's a toss up between Pollo Guisado and Italian food.**
8. Favorite Restaurant? **Any good Italian restaurant.**
9. Favorite CUS memory as a Fledgling? **Us FM's hanging out together at Douglass College.**
10. Favorite CUS memory as a Sister? **Pledging the new girls at that time. I believe that we called them neophytes.**

CUS...

1. Describe CUS in one word? **Enduring.**
2. Over 25 years and over 35 chapters/colonies later, is CUS what you had hoped and expected it would be? **That and then some. I certainly did not think that CUS would have grown to be what it is today. It makes me proud to see that the seed which we planted has flourished and hopefully will continue to do so.**
3. Is there anything you would like to see different within CUS? **Possibly more get togethers so I can meet more of the newer sisters.**
4. How often are you in contact with the other FM's and Ramonita? **I e-mail Ramonita and the other FM's periodically.**
5. Besides Jenn and myself, who was the last Sister who called you? And who was the last Sister you called? **Debra Perez called me about two weeks ago. I called FM-Cathy Miranda a couple weeks ago also.**
6. I can see you as a prankster...Have you ever pulled a prank on a Sister? If so, who and what? **I can't remember pulling a prank on a Sister but I do remember lynching this girl's snoopy dog from her curtain rod. She was very attached to it and she freaked when she saw it hanging up but it was funny at the time. I can probably tell you about some other things but then I'd have to silence you J Plus, I am not putting it in writing J.**
7. What was the last CUS event that you attended? **The 25<sup>th</sup> anniversary banquet. It was AWESOME!!**

8. Will we see you at this year's banquet? *I'm planning to go and trying to take some old school sisters with me too.*
9. What have you benefited most from being a Sister of CUS? *The strong bond*
10. When can we expect a Sister social at your place? Just kidding...Or am I? *J Possibly in the Summer. Let's talk.*

I hear that you are very involved with the Arthritis Foundation. Can you explain why this foundation is so important to you? *I have had Rheumatoid Arthritis since the age of 24. It really blew me away during my last year of graduate school almost to the point where I was going to drop out of school. It physically and emotionally devastated me however, I have persevered.* Will you be participating in the Arthritis Foundation Walk on May 7<sup>th</sup> on the Atlantic City board-walk? *Yes, I will be participating in the Walk and am definitely looking for both walkers and sponsors.* What if a Sister cannot walk, but would still like to donate money? To whom and where can they send their money and what is the deadline? *If you can't walk any donations can be mailed to me at 521 Pincus Avenue, Northfield, N.J. 08225. Please make checks payable to the Arthritis Foundation, you can put Arthritis Walk in the memo area. All donations are tax deductible. I don't know the deadline as of yet since I have a meeting on March 16<sup>th</sup>. I'll e-mail you.*

I would like to thank Cristina McKenzie (O/D) and Jennifer Melendez (D/A) for taking the time in helping me make this interview possible.

Last, but certainly not least, Omega Alpha would like to thank Founding Mother Maricel (Mickie) Rivera for taking the time out to show us what true Sisterhood really is. You are truly an amazing Woman of Wisdom. Thank you for giving each and every one of us something so special...You and CUS.

**Be on the lookout for another Founding Mother interview in Omega Alpha's next newsletter...**

## Community Service



Since the summer of 2005 Omega Alpha Graduate Chapter has been working closely with the ALCANZA program. This program is an intervention program designed to teach parenting skills, health education, employment opportunities, and most importantly promote responsibility among teen parents.

Omega Alpha has hosted two workshops for the ALCANZA program. The first one was called, "Stereotypes and Misconceptions". During this workshop the young adults learned how to break down cultural barriers and uphold a greater appreciation for different ethnicities. The second event was a "Career Panel" in which the teens gained a different perspective on occupational paths. Both workshops were successful and Omega Alpha Graduate Chapter would like to begin a Scholarship for the teens of the ALCANZA program.

Throughout the Spring Semester there will be more information on future workshops and they will be held at the Congreso Building 216 W. Somerset Street Philadelphia, PA 19133. Please keep a look out for more information.

Please come and support out new philanthropy. For more information please contact Omega Alpha's Community Service Coordinator Jessica Guerrero 267 251-1921  
[www.congreso.net](http://www.congreso.net)

CONGRESO.NET

## Healthy Living by Katherine Young



Every New Year begins with new resolutions, the most typical one being weight loss. Well it's easier said than done! What a lot of people do not comprehend is the

*science* behind weight loss.

If you take a look at all of those weight loss programs, they all have one consistent factor, they are low in calories. Remember that you want a diet that is built to last. The biggest challenge is keeping the calories under control while still enjoying satisfying meals.

But first start off on the right foot, knowledge is key. Understanding the science is where it should all begin.

It is important to cut calories from **fat**. Fat has more than twice the calories of protein or carbohydrates. Excess calories from fat end up as body fat far more quicker than excess calories from carbohydrates or protein. Your



body has to work to convert carbs or protein to body fat, which takes energy, which in turn is burning calories. But dietary fat turn into body fat with very little calorie loss.

Getting enough **protein** during a diet is important, but its not the key. When you cut calories out of your diet your goal has to be to lose body fat, not muscle. Eating protein helps you maintain muscle. It also helps you feel fuller on fewer calories.

Eating pasta, rice and potatoes isn't always bad, just focus on **carbohydrate** quality.

Switch to eating smaller portions, and search for those that are fiber-rich whole grains, because they are more filling and have fewer calories.



Let the **water** flow freely in a weight-loss diet. Besides drinking lots of it, eat foods that are



naturally rich in water. Such as fruits, vegetables and low fat milk. Water allows you to control calories by diluting the calories in a portion of food. When you eat foods that are high in water you add food volume and weight, but hardly any calories.

The top basic rules to healthy weight loss include: drinking lots of water, control the number of calories you eat, burn more calories than what you're eating by exercising; fill your plate with lean protein-rich food, fruits vegetables and whole grains.



When it comes to losing weight and keeping it off, always keep one word in mind, "Healthy". Forget all of those quick weight loss pills and formulas, and just stick to the simple basics.

(Source: [www.miavita.com](http://www.miavita.com))





CHI UPSILON  
SIGMA LATIN  
SORORITY, INC.

*In the year of 2002, five alumnae from the Philadelphia and surrounding area, followed the foot steps of previous sisters and used the blue prints and ideas once thought about, to create and organize the first recognized professional graduate chapter of Corazones Unidos Siempre, Chi Upsilon Sigma National Latin Sorority, Incorporated.*

*The Omega Alpha Graduate Chapter- Philadelphia was established with several purposes in mind.*

*The alumnae wanted to:*

- bridge the gap between undergraduates and alumnae
- assist with the transition from being an undergraduate to becoming an alumna
- help our sisters remain involved
- provide them with events for alumnae by alumnae
- allow them to work with CUS on a professional level
- and provide them with a second home away from home, their original chapter.

*We pride ourselves in having events that serve the goals of the chapter and the organization. Aside from assisting our sisters, the chapter has one main focus, and that is assisting our communities. We strive to show the importance of community service, by joining together to support all causes. We have participated in many events ranging from the Ronald McDonald House to teaching children dance lessons. Every year we assist different organizations and are delighted to share our experiences.*

## Contact/Website Info

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### The Omega Alpha Graduate Chapter

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**Website:**  
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*Corazones Unidos Siempre*



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