



CHI UPSILON SIGMA NATIONAL LATIN SORORITY, INC.

OMEGA ALPHA GRADUATE CHAPTER

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Sister Testimonial by Vanessa C. Peralta



Vivian Robledo-Shorey

Being a Sister of Chi Upsilon Sigma is unique because you have the opportunity to leave your mark, a chance to leave a legacy and make an impact not only in an organization but among the women in it. Vivian Robledo-Shorey has left her mark and an impact on many Sisters and members in the community, for this reason we have highlighted her in our newsletter.

Thirteen years ago, Vivian was the first to join Chi Upsilon Sigma as an alumni. She graduated in 1990 from East Stroudsburg University with a Bachelor of Arts in Economics and became a Sister in the Spring of 1993, Theta/Alpha. Her involvement has always been on an alumni level and she was quickly involved on the Grand Chapter Board on many levels: Alumni Representative, Secretary, Recruitment Chair, Vice President, and then President from 1999-2000, when two year terms just began.

Vivian's dedication was also in stepping and getting CUS' name into the stepping realm. She was

part of the team in which CUS performed their first competition show at Lehigh University 1994-1995. Her skills, leadership and creativity were also instrumental in more recent LatinosStep shows as CUS conquered first in Chicago 2002 and placed third in New York 2002.

Her commitment to giving back to CUS has been unyielding and this is in addition to being a mother to 7 year old Fahvian and to 5 year old Quiran and a wife to Fabian, her husband of 7 years. She has always managed to balance her busy schedule: family, work and CUS. Under her sole direction from 1999 to June 2006, she led the Broughal Middle School, South Side Steppers to various victories in Philadelphia, New York and the Lehigh Valley. She was a mentor, a teacher and a friend to each of the 6-8th grader boys and girls on the elementary step team.

Even in her everyday job, Vivian continues to leave an impact on others as she was recently hired as an Assistant Principal in August 2006 and by September she was a half time Elementary Assistant Principal and half time Middle High School Assistant Principal. She is also Director for a night school for expelled kids, grades 6-12, named L.A.M.P., Life skills Academic Motivation Program. She is the Coordinator for an Adult

Diploma Program in which adults can achieve their high school diploma and walk during graduation. With all the additions in her life, she still manages to keep up with CUS.

Vivian has seen many changes and she feels the best additions are the Board of Trustees and our expansion into more states as she remembers that her line along with Eta/Alpha were the first lines that began into P.A. The growth of CUS has been amazing and Vivian has recently also found it amazing that some of her middle school steppers, who are now in high school, are talking about joining CUS! She would have never guessed that the impact she had left on these girls would affect the women that could potentially join our organization. But that is Vivian...always leaving an impact on others.

Vivian has given so much to her community, to her family and to CUS. She embodies a true Woman of Wisdom: she is strong, she is educated, she is giving, she is reliable and she applies herself wholeheartedly in all that she does. Her confidence, her humility, and her straightforward demeanor have been an example for us all. She challenges us all to stay focused, to always keep our vision of why we joined CUS close to our hearts and to keep the connection with our alumni as she will always keep each one of us close to her heart.

5th Annual Holiday Dinner by Jessica Guerrero & Vanessa C. Peralta



Omega Alpha hosts its annual Holiday Dinner as a time to bring Sisters, family and friends together for the holidays. During this event we give thanks for everything we have and enjoy the company of Sisters and loved ones. Each year the Holiday Dinner is hosted at a different chapter. This year our 5th Annual Holiday Dinner was held at Epsilon Chapter, Rutgers University Camden, New Jersey.

The event began with a welcoming and introduction of the executive board followed by everyone enjoying the buffet style food along with an icebreaker, "What's in your wallet/purse?" scavenger hunt.



After a small break, the graduate chapter had a slideshow presentation of their mission, pictures of their fall events and the National Philanthropy, IHAD, in which donations were made. Following this, was a presentation of our chapter philanthropy, ELECT/CTC, which stands for Education Leading to Employment and Career Training/Cradle The Classroom, a program brought to our attention via Nisser Jiminez, Theta Chapter. The main focus is to keep pregnant and parent teens in school and to help them graduate from high school. It also helps transition students from graduation to an institution of higher education, job or career. In conjunction we introduced our first Omega Alpha Book Scholarship Award which was awarded to Davonna Diggs, a graduate from Thomas Edison High School. The scholarship will go towards her books during her first year of college.



After the presentation segment, we then shared "What Are You Thankful For?" in which anyone could volunteer and share what they were thankful for. The Holiday Dinner ended with a surprise birthday celebration for Jeannine Burton, Delta Chapter, and a slideshow of pictures while people got to share their feelings and celebration for Jeannine. It was a great time and we thank you for making it that way. We thank everyone for supporting us & we hope to see many more in our future events!

Servicing Our Community by Jessica Guerrero

It is with great pleasure that we, the Executive Board of Omega Alpha, announce the creation of a Scholarship Fund. With our motto being "Wisdom through Education" the Executive Board along with its members have been working hard to raise funds for Omega Alpha's Scholarship. This Scholarship was envisioned to help young hardworking and motivated teen parents pay for some of their college tuition and/or book fees.

The Executive Board viewed each application submitted and made a decision on who would be awarded the Scholarship for the beginning of the Fall 2006 semester. Our scholarship winner was Ms. Davanna Diggs a single teen parent who is attending Philadelphia Community College and pursuing a Nursing degree.

Omega Alpha prides itself in having events that serve the goals of the chapter and the organization. At a minimum, Omega Alpha takes part in two community services per quarter. Just to name a few, Omega Alpha this year has participated in the Philadelphia 7th Annual Breast Cancer Walk as "TastyKake Cheerleaders". With enthusiasm and pride we cheered on the walkers as they crossed the finish line. On October 15th, we participated in the 20th Annual AIDS Walk. On September 24th, we handed out bilingual breast cancer awareness pamphlets at the Puerto Rican Day Parade. We also helped at the Norristown State Hospital with its annual Bingo Night and talked to Girls High School teens and parents about the benefits of college at the Sallie Mae Paying for College Bus Tour event, in which our very own Lilyan Prado, Pi Chapter, is the national spokesperson. Please keep a look out for future community service events that will be taking place in the upcoming months.



The Science of Losing Weight with Milk

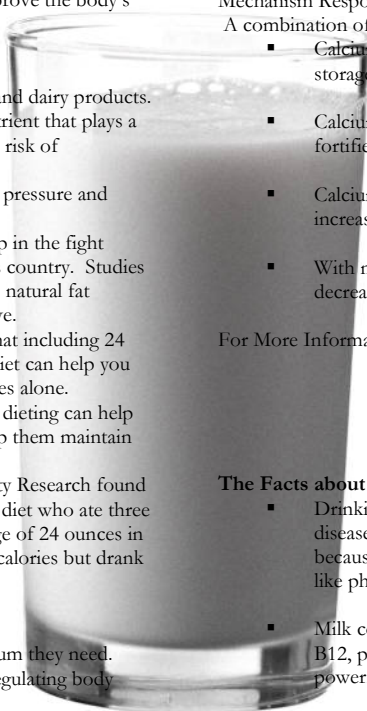
A growing body of evidence shows that when people include three servings of milk a day - or 24 ounces every 24 hours - in a reduced calorie diet, they lose significantly more weight and fat than people who don't. The studies suggest that the mix of nutrients found in milk, such as calcium and protein, may help improve the body's ability to burn fat - particularly around the middle section.

Nutrient Package

- No other foods offer quite the same nutrients as milk and dairy products.
- The American diet is chronically low in calcium – a nutrient that plays a valuable role in building strong bones and reducing the risk of osteoporosis.
- Research indicates calcium may also reduce high blood pressure and decrease the risk of heart disease and certain cancers.
- The latest evidences suggest that calcium may even help in the fight against obesity – which has become an epidemic in this country. Studies indicate that calcium may even play a role in the body's natural fat burning ability making weight loss efforts more effective.
- Studies published in leading medical journals suggest that including 24 ounces of low fat or fat free milk in a reduced calorie diet can help you burn more fat and lose more weight than cutting calories alone.
- In fact, the research indicates that including milk when dieting can help people lose more weight in the abdominal area and help them maintain muscle mass.
- One recent study published in the April issue of Obesity Research found that obese and overweight adults on a reduced calories diet who ate three to four servings of milk or milk products lost an average of 24 ounces in 24 weeks – significantly more than those who also cut calories but drank little or no milk.

A Growing Body of Research

- Two-thirds of adults in this country fail to get the calcium they need.
- The calcium's role in the body's natural system is for regulating body weight, fat, and inches around the waist



- Research indicates that a low calcium diet may be a risk factor for obesity, and correcting the country's calcium deficit may reduce the incidence of overweight and obesity by 60-80%.

Mechanism Responsible for Dairy's Impact on Body Weight and Fat

A combination of calcium and other dairy components may participate:

- Calcium in fat cells plays a key role in regulating fat metabolism and storage
- Calcium demonstrates substantially greater effects than supplemental or fortified sources of calcium
- Calcium increases the active form of Vitamin D to inhibit fat storage and increase fat breakdown
- With normal levels of lean protein included with calcium may help decrease absorption of dietary fat, which may decrease weight loss

For More Information visit:

- www.nationaldairyCouncil.org
- www.healthyweightwithdairy.com
- www.2424milk.com
- www.mypyramid.gov

The Facts about Milk

- Drinking milk can help reduce the risk of osteoporosis, a bone crippling disease that affects 28 million Americans. Milk helps keep bones strong because it provides calcium, vitamin D, and other bone building nutrients like phosphorus and magnesium.
- Milk contains 9 essential nutrients, including calcium, vitamins A, D and B12, protein, potassium, riboflavin, niacin and phosphorus. This powerful package of nutrients does more than just build strong bones.

Announcements

HAPPY 10TH ANNIVERSARY MU ALPHA!



Ten years ago, during the spring of 1996, history was made in CUS, when through a cascade of sweat, tears and jubilation, 7 women became sisters in Chi Upsilon Sigma

- 1—Diana Gonzalez
- 2—Sabrina Arroyo
- 3—Yolan John
- 5—Michele Ventura
- 6—Vania Vangore
- 8—Melissa Kespelher
- 10—Aimee Leon

A mis queridas hermanas, 10 years have come and gone, it seems almost in the blink of an eye. If I close my eyes, I can still almost feel you all next to me, standing straight and strong. Remember the anticipation of the message that was on its way, holding the key of what was to come next. Feel the gel pulling every hair tightly against my scalp. The perspiration mixed with the smell of black jeans that hadn't been washed enough and the faint scent of musty boots. Together, relying solely on each other, we walked the burning sands into the light of CUS. Today, 10 years later, I want to say thank you! With each of your love and your

support, I began the journey to believing in myself. You all left an indelible mark on my soul and my mind. And although years may have passed since our last words - children have been born, weddings held in love, divorce in anger, love, grief, through it all and forever more, you will always be mis hermanas de mi Corazon. Happy 10th Anniversary to my Line Sisters — the amazing women of the Mu Chapter Alpha line!

~ Love, Pandora, #10, M/A

Corazones Unidos Siempre Chi Upsilon Sigma National Latin Sorority Inc.
La Salle University Mu Chapter
Founded April Spring 1996

- ~Nyra Aguilera-Lugo, Natalie Almiron & Leticia Almiron graduated from West Chester University
- ~ Natalie Almiron accepted a new position at Chester County Juvenile Detention Center as a Shelter Officer/Counselor.
- ~ Daisy Rosa & Stephanie Hoffer graduated from Penn State University
- ~ Marie C. Deyro graduated from Temple University

Welcome to CUS ~ Iota / Beta ~ Fall 2006!
#1 Julie Sanchez ~ Azagiel, #2 Crystal Diaz ~ Uriel, #3 Nancy Ayllon-Ramirez Camiel, & #4 Christine Vega ~ Abriel

Congratulations to Jeannine Burton, Delta/Nu, and Creon Colbert on the purchase of their 1st home!

November 18, 2006 ~ Congratulations to Delta on a successful Minority Achievement Conference.

October 14, 2006 ~ Omicron successfully put together their first "Alumni Trip" to Baltimore for dinner & a theatre show, "Rag Time".

Katherine Young received a promotion, as an Adult Home Care Licensing Representative, into the Adult Care Home Licensing Department for the Commonwealth of PA.

Upcoming Events

January 2007

1/15 MLK Day of Reflection, Lifetime of Action. Greater Philadelphia Cares offers you a series of service workshops & volunteer opportunities focused on engaging & inspiring individuals to commit to a lifetime of service.

1/18 Omicron's Back to School Party TBA

1/27 North East Sisterhood Conference @ Kappa, Montclair State University

February 2007

Weekend of 17th Omicron's Valentine Party TBA

XΥΣ

Chi Upsilon Sigma National 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/ ideas once thought about, to create and organize the first recognized graduate chapter of Corazones Unidos Siempre, Chi Upsilon Sigma Latin Sorority, Inc.

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 alumnae
- help our sisters stay involved
- provide them with events for alumnae by alumnae
- allow them to work with CUS on a professional level
- 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 & the organization. Aside from assisting our sisters, the chapter has one main focus, to assist our communities. We strive to show the importance of community service, by joining together to support all causes.

We Miss You!!!

Ivonne Rivera

Angelica Vidro

Eveyln Mitchell

Linette Valentin Cordero

Rosemary Valentin

Danielle Nobles

Felicia Webb

**We hope to see each of you soon!*

Contact/Website Information

For further information on how to join
The Omega Alpha Graduate Chapter

Please email:

omega_alpha_cus@yahoo.com

You can also visit us on our website:
www.geocities.com/Omega_Alpha_CUS



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Recipients Address