



Inside this issue:

<u>Sister Testimonial</u>	<u>1</u>
<u>Reflections</u>	<u>2</u>
<u>Servicing Our Community</u>	<u>2</u>
<u>Healthy Living</u>	<u>3</u>
<u>Announcements</u>	<u>3</u>
<u>Events/History/Contact</u>	<u>4</u>



Jasmine S. Melendez

Tessa Infante and I had the distinct pleasure of interviewing with Jasmine S. Melendez. I can't begin to express what a profound experience it was to speak with a sister who is a major trailblazer within our organization. Jasmine is a sister that everyone should emulate.

Jasmine has played a significant role within our history. If you believe that you need to know where you've been before you can get to where you're going, Jasmine is one who can tell you exactly that. When the membership decided there was a need to establish a governing body and created the Grand Chapter Board, she was among its first members. Jasmine has been an active member throughout the years and held various positions on GCB including Alumni Relations Officer, President, Public Relations Advisor, and Alumni Advisor and most recently served on BOT. She is a recipient of the following awards: Undergraduate of the Year (1993), Alumni of the Year (1994), and the Eternal Flame Award (2000).

When asked what her most proudest CUS memory was Jasmine indicated that she had several but her most recent memory occurred on March 31st. Jasmine recalls

speaking with Lea del Rosario at the banquet when they both were overcome by an array of emotions. They stood there among a crowd of sisters in awe with the large number of sisters present there that evening. It was a little disconcerting at first but they were proud to see the fruits of their labor finally realized. Although, Jasmine did not want CUS to expand past the tri-state area she put her personal reservation aside and assisted with our expansion for the sake of the sorority.

Another question that we asked of Jasmine was to describe some of the differences, both positive and negative, between the present day sorority to what the organization was like when she first pledged. One of the differences would be the lack of respect that some of the members have for the Grand Chapter Board. Jasmine believes that CUS is a business and should be treated as such. Furthermore, the sisterhood needs to remain true to the ideals and values that our Founding Mothers established. Jasmine pointed out that younger sisters need to realize how lucky they are to have so many alumni around and willing to support them. She can recall the many times that she had wished that there were more alumni to support her as an undergraduate and advise her during her term on GCB. She also stated that "Unfortunately, too many sisters have no idea where we came from and how we started. We are slowly losing our history." Jasmine hopes that sisters soon realize how important it is that they understand that nothing comes free in this world and that one must stay

focused and committed if they are to accomplish their goals. As alumni step down and aside to allow the new generation of sisters to lead this organization, Jasmine hopes that everyone realizes that you don't have to take what the sorority gives you. It is imperative that you must realize your potential and set new and higher standards that will establish the sorority as a more professional and respected organization throughout the nation.

Jasmine challenges every alumnus to become more active within the sorority for the sake of the undergraduates. She realizes that everyone does not always have the same measure of dedication but that each one of us should give back to the sorority what we can. As alumni, we should take it upon ourselves to make the younger sisters believe that they can accomplish anything that they set their minds to. It is the responsibility of every sister to support and encourage one another.

Jasmine S. Melendez is one of the founding sisters at Delta Chapter, the College of New Jersey formerly known as Trenton State College. Jasmine graduated from Trenton State College with a degree in engineering in 1994. She worked as an engineer for T-Fal for several years before she decided to pursue a career that was less stressful and more conducive to raising a family. She is a full-time mom and currently works as a bookkeeper for the Marine Corps Scholarship Foundation and an engineering firm.

Reflections – Why Are You Active? by Angélica Latorre Aguirre

"Why did you decide to become a sister of CUS?" I can't begin to count the number of times I answered this question. Although, I think it's important to know why a person chooses to be a sister, I believe it's more important to understand WHY a sister chooses to remain active within the sorority. I have remained active within the sorority for the past 10 years. WHY? Because CUS needs me and I need CUS. My sisters are a majority part of my support system and have been an integral part of my life. While I was pregnant with my second child and my husband was deployed to Iraq, the sisters in the Philadelphia area were there for me during the most difficult time of my life. I would like you to take a minute to think about your relationship with CUS before answering the following questions:

1. Do you feel out of touch and distant from CUS?
2. Are you uncomfortable with attending a CUS event because you hardly know anyone?
3. Do you think that you don't have the time for CUS anymore because of your work and family commitment?



If you answered **YES** to any of the questions listed above then **NOW** is the time for you to get involved with Omega Alpha Graduate Chapter. We would like to help you get reacquainted with CUS. You don't need to feel obligated to become an active member or hold a position. Get involved by attending an event or providing us fresh new ideas of interest for our alumni. Our goal is to sponsor events that specifically address the needs and interest of our membership. We can not accomplish this without your help so please take a minute to answer the following questions:



1. What programs are most valuable to you? Why?
2. What prevents or prohibits you from being an active member with Omega Alpha?
3. What can we do to increase our membership and attract local alumni to Omega Alpha?

Omega Alpha is asking that you open your hearts to us and take the time to attend one of our events. We welcome everyone with open arms and try our best to make everyone feel comfortable and at ease. Please forward your feedback to omega_alpha_cus@yahoo.com. We look forward to hear from you in the near future and hope to see some new faces at our next event. WILL YOU BE THERE AS WELL??

Servicing Our Community by Angélica Latorre Aguirre

According to the Corporation for National and Community Service, 61.2 million Americans volunteered in 2006. Community Service is a big commitment and incredibly rewarding—both to you and those you serve. But finding the opportunity that best suits your skills and expectations can make all the difference in your experience. Community service projects provide a very meaningful way in which people can make a significant contribution to their neighborhoods. Volunteering is necessary in order to solve some of our toughest social challenges. The only way to tackle the hard challenge of illiteracy, youth violence, poverty and other problems is if Americans rally together.

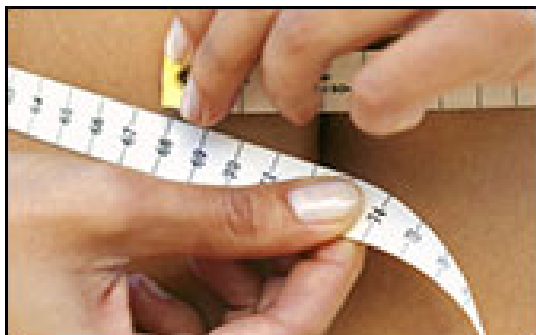
If you are interested in becoming more involved within your community the following is a list of upcoming community service events or programs:

- **“Clean Water Action – Pennsylvania”** – Volunteers are needed to help Clean Water Action Campaign to protect our environment, health, economic well-being and community quality of life. www.cleanwateraction.org/pa
- **“Day of Event” Volunteers** – The American Cancer Society is in need of volunteers to help with "day of" event activities on Friday, July 13 from 8am - 4pm. Please contact Debbie Gaynor at dgaynor@cancer.org or 610-692-9831 ext. 106.
- **“Road to Recovery”** – The American Cancer Society is in need of volunteers who can drive cancer patients to treatment centers and home again. Please contact Laura Romano at 215.985.5342 or e-mail at lromano@cancer.org.
- **“Driver”** – Deliver nutritional meals to the homebound living with HIV/AIDS. Please contact Sue Aistrop at 215-496-2662 for more details or consult our web site (mannapa.org).
- **“YET” (Youth Education for Tomorrow)** – Volunteers needed to help kids who are behind a grade level in reading by providing one-on-one instruction and mentoring. For more information contact Grace Cannon, Dir. Phila. YET Program. <http://www.yetkids.org>
- **“Help in the Food Pantry”** – Volunteers needed to assist with the weekly operation of the Mitzvah Food Pantry which serves close to 2,900 people each month. For more information contact Mark Rubin, <http://jewishphilly.org>.

For more information about these community service projects or to learn how to participate, contact omega_alpha_cus@yahoo.com

Are You Clean Inside? Cleaning Up Your Diet

As many times as you have cleaned the outside of your body, how many times have you cleaned the inside? A detoxifying cleanse is said to remove poisons and toxins from your body. Most detoxifying regimens aim to accomplish three things: increase frequency of bowel movements, minimize chemicals and increase vitamins and antioxidants. Advocates of cleanses believe that a cleanse can purge toxins trapped in the body and improve your organs ability to remove harmful dietary substances. After completing a cleanse, many people report improved energy, clearer skin, regular bowel movements, improved digestion, and increased concentration and clarity. Some report considerable short-term weight loss that usually returns as soon as solid foods are reinstated. Most detoxes clean the kidneys, the digestive system, purifies the glands and cells throughout the entire body and eliminates unusable waste and builds a healthy blood stream. But do they work? What do they do, exactly? So I am going to embark on the Master Cleanse Detox to test it out. The Master Cleanser is a complete body detoxifying cleanse that has been around for over 60 years. Originally developed by Stanley Burroughs in 1941, the program was first used to treat ulcers. The cleanse consists of drinking 60 oz water mixed with lemon, organic grade B maple syrup and cayenne pepper through out the day; drinking a glass of an herbal laxative tea at night, which helps to stimulate bowel movements; and a saline wash in the morning, you can opt out of the wash and drink another glass of herbal tea. Following are a few emails that I sent to my friends describing my experience with the cleanse:



Monday, March 05, 2007
12:36 PM

So, I have drank about two bottles (32 oz) of this mess but I want to eat...not hungry just want to eat. I can smell all the different foods in the office and somebody has pizza but no. I never will be hungry on this because I have to drink 60 oz of lemonade, 1 quart of salt water, a cup of herbal tea, and water---this is everyday. How am I going to consume all this liquid, I am going to burst

Thursday, March 08, 2007
09:41:26

My fast--day four and still going strong. I have yet to drink 60oz of the lemonade, I just can't. Yesterday was 42, Tuesday 37 and the first day 45. So the last two days I have been drinking the tea morning and night, I never thought I would drink plain tea, but it taste better plain--it taste like carob with the syrup. Drinking the saline flush is horrible; it's a quart I feel like I am going to explode when I finish drinking it. The tea I can tolerate. Also, I chew gum once a day; James says it is my nicoret for food.

Thursday, March 15, 2007 12:21 PM

You all know I made it, I talk to all of you yesterday.

My rap up: I did 10 days and not 14 because St. Patty is Saturday and I wanted to drink. So I broke my fast with chocolate and make myself sick. Tried to drink water-down cran-grape with a lil cayenne but I had to wait a few hours to drink it. I am not weaning off as recommended, maybe next time. I did not do a salt wash this morning or the tea last night. I feel good with a little more energy but not much. The fast was not bad at all so I am going to do it again in the summer. I will probably be on the lemonade for a while since I really do not think I am ready for real food yet---I am scared. I did not lose any weight but I feel like my stomach is a little flatter not much but a little. Tonight, I am going to eat a tortilla, a little - not much. My lemonade today is real lemony since I did not measure it. I pre-squeezed some lemons already. Today, it is not sweet at all but yesterday it was little watery, and a few days ago it was really sweet. Yesterday, it didn't have enough cayenne. I like the kick now. lol. Yeah, the first day I put way too much cayenne. Then it varied since I never measure the cayenne and just put whatever amount in there. I got used to the kick so I now I like the taste of the spice. So I am going to wean off of the program for like a week or so--again scared of food. I will do my lemonade and food here and there until my stomach doesn't get upset when I eat. I am taking my probiotic now, the lady in the store said that they prevent yeast infections. I have the chewable kind and they kind of taste like little kid's vitamins. The truth is I'm not pressed to eat, not really. I am a creature of habit and I think that I became used to it. Merie said I was going to come off and forget to eat.....HAHAHAHAHHA!!!!

I finished my fast feeling rejuvenated. I had an increase of energy and decrease of appetite. The fast worked for me but it might not work for everyone. I do recommend doing a Detox whether it is a fast or not. Experts agree that the best way to "cleanse" is to promote a sustainable, long-term healthy diet. A diet high in fiber, low in saturated fat and rich in fruits and vegetables is best. Reducing alcohol and caffeine in the long-term is always preferable. I want to stress that no cleanse will be useful in the long-term if you don't **start changing your lifestyle**. Not all cleanses require a fast but they all will help remove mucoid plaque, excess fecal matter, and toxins that are damaging your cells, but to ensure your body is clean for life, we need to make sure we don't consume junk food that clog our colons, and do regular exercises for our lymphs.

Announcements

Happy 14 Year Anniversary Eta/Alpha

- #1 Diana Rodriguez
- #2 Angelica Vidro
- #3 Gloria Ivette Mocharnuk

Happy 10 Year Anniversary

- Gerwana Copeland
- Eta/Delta

Happy 2 Year Anniversary

- Marielle des Etages #1 Lyrik
- Tanya Armand #3 Alchemist
- Omicron/Kappa ~ June 13th

Congratulations to Eta/Lambda SP 07

Melanie Joy Hernandez

Congratulations to Vanessa Vazquez Eta/Eta

on her new job as a Contract Management Specialist for Naval Support Activity

Omega Alpha was awarded **Graduate Chapter of the Year** during the Chi Upsilon Sigma Convention!
Congratulations to **Iota/Gamma** ~ Elaine Gonzalez & Tania Aponte!

2007 AREA GRADUATES - WELCOME TO THE ALUMNI WORLD!

Portia Festejo	Eta/Kappa	Health Information Mngt
Melinda Fontanez	Theta/Delta	Criminal Justice
Cely De Jesus	Theta/Eta	Psychology
Nancy Rosario	Lambda/Delta	Sociology
Abigail Martinez	Lambda/Epsilon	Law & Justice
Jannette Munoz	Lambda/Epsilon	Psychology
Jazmin Delgado	Mu/Beta	Masters in Counseling Psychology
Cynthia Guzman	Mu/Gamma	Masters in Counseling & Educational Pysch
Jackie Rodriguez	Xi/Gamma	Criminal Justice
Jennifer Pierre	Omicron/Iota	Biomedical Engineering & Masters in Education
Marielle des Etages	Omicron/Kappa	Business Administration/ Mngt
NaTaza Stanford	Omicron/Lambda	Biology
Catiana Syllien	Omicron/Lambda	Nursing
Alba De Jesus	Chi/Epsilon	Human Development & Family Studies



Upcoming Events

June 2008

Omega Alpha Graduate Chapter celebrates our 5 YEAR ANNIVERSARY!
6/9 Soror Saturday Batanga Beach Break Wildwood, NJ
6/20 Monthly Meeting @ Tessy's 7pm

July 2008

7/8 Monthly Meeting @ Angelica's 1pm

Fall 2008

Look out for our Annual Alumni Social in September!

ΧΥΣ

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!!!

Jessica Martinez

Naomi Sosa-Cruz

Marilus Pagan

Daisy Sosa

Jackie Figueroa

Beth Weiss

Jessica Sanchez

**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



Omega Alpha Graduate Chapter
Corazones Unidos Siempre
Chi Upsilon Sigma National Latin Sorority, Inc.
600 W. Harvey Street, Apt. B713
Philadelphia, PA 19144

Recipients Address