



“¡Venceremos!” Newsletter

The Editor’s Nest

The Legacy of the First XVI

By Wilfredo Alvarez, Jr.

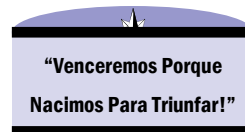
During this celebration of the eighteen year anniversary of our foundation it is my honor to write this article and to say that I am part of *Lambda Alpha Upsilon*. I consider this task to be one of the many legacies left by our sixteen founding fathers, a legacy that lives on throughout the years. I take my hat off to the sixteen men who had the vision of what *Lambda Alpha Upsilon* has become in eighteen years of existence. It is a privilege for me to say that I am one of the many who have benefited from

the legacy of the first sixteen.

Their legacy lives on through our community service events. Their legacy lives on through every single Hermano who becomes a better person by being part of this our second family. Their legacy lives on every time we see the smiling faces of the students who have been recipients of the Lambda Way Scholarship. Their legacy lives on because they wanted *LAU* to be more than just another fraternity on campus.

The first sixteen

wanted an organization that would truly reach out to its members and the members of their respective communities. It is my honor to write this article and say that their legacy is my legacy because of what they taught me through what they taught all of those who came after them. What I learned helped shape me into the man that I am today. I am part of an unending legacy that only grows stronger with the passing of time.



The President’s Corner

As we celebrate our founding date, let us remember the day we swore the *Juramento*. At that faithful moment we swore to uphold the values and principles this wonderful organization strives for. However, with all the endeavors in our lives such as school, work, family and everything else life throws at

us, it becomes easy to forget the oath we took. Without your continued support and contributions both from undergraduates and alumni, our organization would not be around today to celebrate this wonderful occasion.

Take this moment to give thanks, and pay homage to those Hermanos who made this possible and to

those who continue to carry the torch.

Remember the day you swore to uphold our metas, uplift, and make yourself, your community, and especially this organization the best that they can be. “¡Venceremos!”

Anthony Munoz

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- *LAU National Convention Information*
- *Article on Fatherhood*
- *Article on Sexuality*
- *Article on Relationships*
- *LAU Fraternity, Inc. General Information*
- *Happy Holidays Hermanos!*

LAU National Convention 2004 in Gainesville, Florida

President's Welcome

I want to welcome you to attend our national convention on the weekend of April 16-18. The weekend of convention 2004 has a wide array of programming and activities planned for Hermanos old and new and I welcome you to experience it for yourself. This year, our convention is being held in the sunshine state of Florida, home of our Iota Colony at the University of Florida in Gainesville.

This year, elections for all nominated positions will be held, which include National Executive Director, Director of Collegiate Affairs, and Director of Finance. If you would like to shape the future of *Lambda Alpha Upsilon*, exercise your right as an Hermano and vote for your candidate to run this great

organization into a more promising future. We also invite you to experience and participate in the workshops we have planned. These workshops are geared toward the various aspects of our fraternity stemming from membership, finance, expansion and alumni affairs.

However, as with most conventions, I want you to enjoy what I find as their



Anthony Munoz,
National Executive Director

most important aspect, bonding with your brotherhood. Aside from the actual convention, we have planned brotherhood-bonding events aimed at solidifying our brotherhood and our passion for making this organization the best that it can be.

With the combination of sunny Florida as the backdrop and the enthusiasm of our brotherhood, this is shaping out to be our greatest convention to date. Please make your reservations now to attend.

Sincerely,

Anthony Munoz

National Executive Director

National Executive Committee Workshops

The National Executive Committee of *Lambda Alpha Upsilon* has been working hard to set up several workshops geared toward empowering and improving the organizations' implementation of our seven metas. The NEC has been hard at work to coordinate four workshops which will be significantly useful for all Hermanos attending our National Convention during the weekend of April 16-18 in Gainesville, Flor-

ida. The NEC will lead workshops in the areas of Organizational Finances, Fraternity Recruitment and Retention, How to Invest and Improve your Finances, and How to Implement Successful Undergraduate and Alumni Social Events. These workshops will be mediated by Hermanos who have extensive ex-

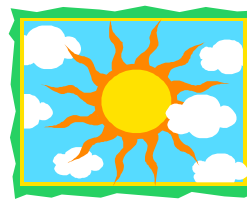
perience in each mentioned area as well as outside invited speakers and organizations. Next year's convention will be very important because it is the first time the organization hosts a convention in the southeast part of the US. Our 2005 convention will go back to our home in Buffalo at our Alpha Chapter.

The most important thing about motivation is goal setting. You should always have a goal.
Francie Larrieu Smith

General Information About The Weekend of April 16-18

Lambda Alpha Upsilon will be having its National Convention the weekend of April 16-18 in Gainesville, Florida. The convention will consist of several educational workshops as well as team building activities geared towards developing and enriching the potential of our Hermanos. The Iota Colony will be the host of next year's convention, which will take place at the University of Florida, home of the Florida Gators. The

National Executive Committee has been working hard to set up not only educational events but also a social event open to all University of Florida students. *Lambda Alpha Upsilon* will be hosting a one of its kind social gathering on Saturday, April 17 on the UF cam-



Gainesville, Florida. Home of the Florida Gators.

pus. For all Hermanos attending, the Iota Colony is assisting in getting group discounts at the University of Florida official hotel near campus. Iota Colony is also helping to obtain special discounts on rental cars. We hope to see all of you in Gainesville the weekend of April 16-18 as we come together to work on ways to improve our fraternity. The editor wishes all Hermanos a happy holiday season and a prosperous year 2004.

Good Sex (is necessary)

1. Sex is a beauty treatment. Scientific tests find that when women make love they produce amounts of the hormone estrogen, which make hair shiny and skin smooth.
2. Gentle, relaxed lovemaking reduces your chances of suffering dermatitis, skin rashes and blemishes. The sweat produced cleanses the pores and makes your skin glow.
3. Lovemaking can burn up those calories you piled on during that romantic dinner.
4. Sex is one of the safest sports you can take up. It stretches and tones up just about every muscle in the body.

It's more enjoyable than swimming 20 laps, and you don't need special sneakers!

5. Sex is an instant cure for mild depression. It releases the body endorphin into the bloodstream, producing a sense of euphoria and leaving you with a feeling of well-being.

6. The more sex you have, the more you will be offered. The sexually active body gives off greater quantities of chemicals called pheromones. These subtle sex perfumes drive the opposite sex crazy!

7. Sex is the safest tranquilizer in the world. IT IS 10 TIMES MORE EFFECTIVE THAN VALIUM.

8. Kissing each day will keep the dentist away. Kissing encourages saliva to wash food from the teeth and lowers the level of the acid that causes decay, preventing plaque build-up.

9. Sex actually relieves headaches. A lovemaking session can release the tension that restricts blood vessels in the brain.

10. A lot of lovemaking can unblock a stuffy nose. Sex is a natural antihistamine. It can help combat asthma and hay fever.

Remember, however, that you can never have great sex with an unwilling partner.

Is Your Relationship in Neutral?

Many men have the impression that as long as they are not yelling at their wives, beating them, cheating on them or leaving huge messes around the house, they must be a good husband.

All that means is that he isn't a bad husband. More than likely he is an average husband (which is nothing to brag about).

Instead of not just yelling at his wife, a husband should make an effort to say

lots of wonderful things to her. Instead of not beating his wife, he should make certain he often lovingly touches his sweetheart: stroking her hair, lightly kissing her neck, gently massaging her shoulders, kindly rubbing her feet and giving her light kisses on her cheek, nose, ears, forehead and of course, lips.

A man shouldn't only not cheat on his wife, he should passionately seduce

her. Not being a total slob isn't bad. Helping your wife with the chores is better. Giving her a whole day or week off from her usual chores and you doing them for her is best.

Men should never settle for being average. If your relationship has been in neutral, it's time you move into first gear. Something to think about...

[from MenStuff.Com](http://MenStuff.Com)

Great Fathers

A Different Angle

If you're a father who's really honest with yourself, you'll acknowledge that much of the judgment and criticism that you have towards your kids is really your own critical judgment about yourself. It's usually easier to be critical of your kids than to turn the spotlight on yourself, isn't it? If you're not careful as a father, you may run the risk of "teaching" your kids low self-esteem through your criticism and judgment of them.

Doesn't seem fair, does it?

Fathers who see their kids as capable and whole, on the other hand, will find far fewer opportunities to be critical of their kids.

There are other reasons why you should be more understanding with your kids. One reason is to consider what it's really like to be a child. For instance, can you imagine the formidable combination of having a brain that's not yet able to

exhibit emotional control and living in a house where you're constantly told what to do by your parents?

Think about it for a minute. How many times do our kids get told what to do each day? How do you handle getting told what to do all the time?

It's a wonder that kids respond as well as they do.

[from MenStuff.Com](http://MenStuff.Com)



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Lambda Alpha Upsilon
Fraternity, Inc.**

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***“Venceremos Porque Nacimos
Para Triunfar!”***

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Lambda Alpha Upsilon Fraternity, Inc. is a brotherhood of professional men working to promote the development of the Latino community throughout colleges and neighborhoods across the nation. The Hermanos of *Lambda Alpha Upsilon* are committed to uniting the community by working with other groups to promote cultural awareness and understanding. We sponsor programs that celebrate the richness of our heritage. The brotherhood serves as a support system to assist its members in realizing their personal and professional goals and empowers the Latino community by establishing a network of professionals. The Hermanos of *Lambda Alpha Upsilon* strive to become positive and productive role models within their universities, communities and professions.

Although *Lambda Alpha Upsilon* is a Latino-oriented fraternity, membership is not limited to students of Latino descent. The brotherhood enjoys and welcomes a vast and diverse group of individuals representing many ethnic backgrounds. It uses this diversity to learn from its members and preserve its strong fraternal bond. *Lambda Alpha Upsilon* is constantly looking for bright, energetic and professional men who hold the same vision and are willing to grow with us; both as members of existing chapters or as founding Hermanos of new chapters.

What's the Tea?

Brotherhood to Fatherhood: Taking Responsibility

As the new year approaches, we often reflect back over what accomplishments we have achieved, what financial changes have occurred, and what changes the world has brought to us. Despite the nations' activities concerning war and American's anxiety over homeland security, there are still bundles of happiness that can never be tarnished—"our children".

This year our organization has been blessed with many, many new additions and no I'm not talking about inductees, I'm talking about our children. Never in the history of this brotherhood have we had such an influx of children. The question would not be why has there been such an increase rather, how are we dealing with those changes? causing some hermanos to move from

social butterflies to stable homebodies, for others it has been an extra addition to their already established family. Children are our legacy; they carry within them the essence of our being.

Thinking back to when I first saw the two pink lines in the middle of that stick, I was terrified. Not knowing how my life would change and yet, excited about bringing a new life into this world.

I relied a great deal on my hermanos for support. As a matter of fact when I first received that life changing phone call I was surrounded by hermanos at step practice. They counseled me, supported me and even scolded me through the ordeal. I was going through so much of an emotional roller coaster that I needed to hear from an impartial mind. Eventually, I sought

guidance from older hermanos, who had children, about what to expect. Nothing could have prepared me for the day she arrived into my life. Seeing her almond shaped eyes and her curly silk-like hair washed all of the fear, worries and anxiety away. From that moment I realized that my responsibility lied far greater than earning a large income or obtaining a wealthy estate.

As a fraternity we evolve from young undergraduates to established family men in the blink of an eye. It is our responsibility not to look at fatherhood as rites of passage out of this organization to graze, but, to be more involved and build that support system for younger fathers. We must continue to carry on our metas; that we cherish so much from our brotherhood to fatherhood.

By Juan A. Rios