

Central Arkansas Alumnae Chapter, (501) 261-1650

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"For last year's words belong to last year's language and next year's words await another voice.
And to make an end is to make a beginning"

T.S. Eliot

President's Message

Happy New Year!

You know just the other day a sister-friend of mine sent me an email that addressed "*10 Ways to Get Your Act Together in 2005.*" The first thought that came to mind was... what is she trying to say?

Then as I began to read the body of text my friend's intent was revealed. She merely chose to remind me of the importance of taking time for myself.

Our daily lives are consumed with repetitious routine's job, school, family and maybe friends. Yet there is not found within this equation personal time..... Down time....Meditation...Reflection.

Ponder this question...how many times have you made others priority while they merely considered you an option?

Ladies here is a *mantra* I would like for each of you to consider..... "*Less fantasy more reality.*" Prioritize your time and energy and while conducting this exercise pencil in a little time for the Central Arkansas Alumnae Chapter's (CAAC) projects and programs.

A new year A new beginning.

Sisterly,

Latriana Robertson

P.S. Remember dues renewal officially opened January 1, 2005. CAAC' local Dues are now \$110.00.



I Am The New Year

By: Bible Illustrator

I am the New Year.

I am an unspoiled page in your book of time.

I am your next chance at the art of living.

I am your opportunity to practice what you have learned about life during the last twelve months.

All that you sought and didn't find is hidden in me, waiting for you to search it.

I am the New Year.

I am an unspoiled page in your book of time.

I am your next chance at the art of living.

I am your opportunity to practice what you have learned about life during the last twelve months.

All that you sought and didn't find is hidden in me, waiting for you to search it but with more determination.

All the good that you tried

for and didn't achieve is mine to grant when you have fewer conflicting desires.

All that you dreamed but didn't dare to do, all that you hoped but did not will, all the faith that you claimed but did not have—these slumber lightly, waiting to be awakened by the touch of a strong purpose.

I am your opportunity to renew your allegiance to Him who said, "Behold, I make all things new."

Delta Academy KWANZAA Celebration

Habari Gani!

Do you know the meaning of *Ujima*, *Kujichagulia*, or any of the seven principles of Kwanzaa?

On Saturday, December 18, 2004, sorors were taught these fundamental principles at CAAC' Delta Academy and Del'feens' Kwanzaa Celebration. The event was held at the West Wood Apartments clubhouse in Little Rock.

Kwanzaa is an important cultural holiday in the African American community. Participants gave brief presentations explaining the Kwanzaa principles and their meaning as it relates to African Americans.

This day proved to be full of enlightenment and entertainment for all as we shared in the joys of togetherness and the beauty of the holiday season.



Exa Hartman lights the first candles at CAAC' Delta Academy Kwanzaa.



Cosmetic Surgery

What to know if YOU are considering

You've seen it advertised in newspapers, featured on television programs, displayed on the faces of celebrities — cosmetic surgery. It's guaranteed to shave decades off your appearance, right? Possibly, that is, in some cases. Cosmetic surgery offers the potential to improve many areas of the body. But as with any surgery, cosmetic procedures involve certain risks and limitations.

To increase the likelihood of a satisfying outcome, first examine your reasons for wanting cosmetic surgery. Then educate yourself about what you can realistically expect, the benefits and risks involved and how to find a qualified surgeon. Understand these issues to make the best decision for you.

Why consider cosmetic surgery?

Cosmetic surgery aims to change your appearance by altering parts of your body that function normally but make you unhappy. This differs from reconstructive surgery, which doctors use to restore the appearance and function of body parts affected by congenital defects, injuries and diseases such as cancer. If you're dissatisfied with your appearance, you may be interested in cosmetic surgery not only to look better, but also to feel better. Despite possible risks, and though each person's experience is unique, some research suggests that both may be likely following a cosmetic procedure.

Those who seek out cosmetic surgery generally have a positive self-image, despite also being unusually focused on one or more aspects of their appearance. In fact, some may even feel better about their overall appearance than those who are uninterested in cosmetic surgery at all.

Postoperative surveys find that those satisfied with the results perceive benefits including:

- Greater self-confidence
- Improved social lives, sex lives and interpersonal relationships
- Increased enjoyment of leisure activities

No studies have conclusively proved that most people can expect to enjoy dramatic improvements in their psychological well-being, however. If you're struggling with depression, for example, cosmetic surgery is unlikely to relieve it.

Is cosmetic surgery for you?

Cosmetic surgery outcomes are most likely to be successful if you're in good overall health. It's also best if you:

- **Have realistic expectations.** Anticipate improvement, not perfection. If you expect cosmetic surgery to turn you into a movie star, you're bound to be disappointed. The



spectacular results you see in the rich and famous can cost hundreds of thousands of dollars. Also don't count on surgery to save a rocky relationship, gain a promotion or make you the life of the party.

If you're in the middle of a very stressful life circumstance such as a divorce, job loss, death of a loved one or an uncontrolled mental illness, you may want to postpone pursuing cosmetic surgery. All of these situations may increase the possibility that you won't be satisfied with the final results.

- **Can afford the time and expense.** Cosmetic surgery isn't covered by health insurance. The costs vary depending on the procedure performed and may range from a couple hundred dollars to several thousand dollars. The procedures and your recovery also take time. This varies depending on the procedure. Returning to work may take from one day to more than a month.
- **Understand the risks.** You must be comfortable with the fact that cosmetic surgery, like any surgery, can be a risk to your health and that the results may not be what you anticipate.

What are the possible risks?

The closer you work with your surgeon to establish specific, measurable and achievable goals before surgery, the more likely you are to be happy with the results. Still, dissatisfaction with results is a possible risk. How satisfied you are depends on a number of factors. These include your expectations, the extent and type of surgery, how skilled your surgeon is and your own body's ability to heal. Ask your surgeon how likely a happy outcome is with the procedure you're considering.

Beyond the risk of dissatisfaction, all the usual surgical risks apply. If you have a history of cardiovascular disease, lung disease or obesity, you have a higher risk of developing such complications as pneumonia, stroke, heart attack, and blood clots in the legs or lungs.

Other possible surgical complications include:

- **Nausea, dizziness and excessive pain**, which may require admission to a hospital if following an office-based procedure
- **Numbness and tingling**, which sometimes may be permanent

(Continued on page 6)

South Asia Disasters



The world's most powerful earthquake in more than 40 years struck deep under the Indian Ocean off the west coast of Sumatra, on Sunday, December 26, 2004 triggering massive tsunamis that obliterated villages and seaside resorts in more than 10 countries.

Tourists, fishermen, homes and cars were swept away by walls of water that rolled across the Bay of Bengal, unleashed by the 9-magnitude quake.

This devastating tsunami

disaster has already claimed the lives of over 150,000 people in South Asia.

In nations desperately battling the destruction of the Indian Ocean tsunami, parents are searching and hoping. Some will find their missing sons or daughters, others will find bodies, yet others will be left only with memories. Officials estimate up to 13,000 children may have been orphaned -- and amid it all, fears that lost children could be kidnapped by human trafficking gangs taking advantage of the turmoil

Draw GLOBAL Attention

As the aid effort continues, now topping **three billion dollars**, the largest single pledge so far by Australia will be made up of \$500 million in grants and \$500 million in concessional loans.

The money is in addition to the \$60 million (\$45.5 million) already pledged by Australia to help tsunami victims.

Germany is the second biggest donor, pledging \$680 million, with Japan at third with \$500 million.

The grants will be used for short term restoration projects such as rebuilding schools and the loans for longer term development projects.

The American Red Cross is sending additional personnel to support the ever-growing relief effort in the Bay of Bengal, while responders already on the ground are working to develop quick and efficient distribution systems for aid pouring into the devastated region.

www.cnn.com

CAAC Says "Feliz Anno Nuovo" to the RMH

On Monday, December 20th, CAAC wished families housed at the Arkansas Ronald McDonald House a Merry Christmas, Italian Style.

The families enjoyed a variety of Italian dishes from Pasta to oven baked lasagna, various desserts, garden salad and various

bread. The meal was fitting as it served to feed residents but also warm souls in light of the holidays.

As part of our on-going service, CAAC will host a dinner at the Ronald McDonald House every third Monday of the month from October until May 2005.

CAAC will host its 3rd dinner on Monday, January 24th.



Delta Slashes Fares, Airline Shares Fall

NEW YORK (Reuters) - Delta Air Lines Inc. on Wednesday January 5, cut its fares by up to 50 percent for travel in the continental United States, prompting fears of a new fare war and sending airline shares sharply lower.

Analysts said other carriers will have to match Delta's cuts, forecasting a gloomy year for the airline industry.

Delta, the nation's No. 3 airline, is capping one-way domestic economy fares at \$499 and one-way first-

class fares at \$599 in an effort to compete with low-cost carriers.

Some airlines were already lowering their fares on Wednesday to compete with Delta's rates. Internet travel web site Bestfares.com said US Airways and Northwest Airlines matched Delta's reduced fares

in some markets.

Delta shares fell 54 cents, or 7.39 percent, to \$6.77 in afternoon trading. Continental fell 91 cents, or 7.46 percent, to \$11.29, and American Airlines shares plunged 79 cents, or 7.89 percent, to \$9.21.

Source www.reuters.com

Literary Corner: CAAC 1st Book Club

The Red Hot Readers RAIN CHECK REVIEW

December Book of the Month: *"Their Eyes Were Watching God"*

CAAC' first book club, *The Red Hot Readers* meets monthly every 4th Sunday of the month at Hearne's Fine Art Gallery, located in the River Market District.

All members are encouraged and welcome to join. Our doors are now open to CAAC members as well as your friends and family that share in the

need to feed their mind with great literature!

Each month the book club shares views and opinions on various books from different genres, with a major focus on African American literature.

Due to underlying circumstances, the book club was unable to meet in

the month of December.

As a result, for the month of January, The Red Hot Readers will review the December book of the "Their Eyes Were Watching God", by Zora Neale Hurston.



The Red Hot Readers

Meets: Every 4th Sunday of the Month

Time: 6:30-8:30p.m.

Location: Hearne's Fine Art Gallery

For More Information Contact:

Paula S. Henderson
(501) 568-4658

paula.s.henderson@alltel.com

1st Annual Midsouth Summit BLACK EXPO

Saturday, February 26, 2005
Clear Channel Metroplex Event Center (I-430 & Colonel Glenn)

Fox 16 and UPN 38 invite you to attend the first annual **Midsouth Summit!**

Join us for the celebration, honoring Black History Month with cultural exhibits and a 100 booth expo, featuring mid-south minority and small businesses.

Checkpoints for health and education, food, fashion, and entertainment will be offered.

Dancers, steppers, Gospel and Hip-Hop Performers will keep the celebration going all day.

Mark your calendars; you don't want to miss the BIGGEST event in Arkansas celebrating African Americans in Arkansas!

Free Admission.



Cosmetic Surgery (continued)

Other possible surgical complications include:

- **Significant bleeding** requiring a transfusion
- **Infection at the site of the incision**, which may require additional surgery and leave bigger scars
- **Uneven or lumpy appearance (asymmetry)**, which may be permanent and require additional surgery to correct
- **A drop in body temperature** (hypothermia) that can result during long operative procedures

You're more likely to have a smooth recovery if you're in good overall health, you see a qualified surgeon, and you practice proper self-care after surgery by carefully following your doctor's instructions.

How to find a qualified cosmetic surgeon

Finding a good cosmetic surgeon isn't as easy as finding a good plumber. To accomplish this challenging task:

- **Look for the gold standard in certifications.** You're more likely to have a satisfactory outcome if your surgeon is experienced in the procedure and certified in their specialty by an appropriate board recognized by the American Board of Medical Specialties.
- **Beware of misleading certifications.** Just because a doctor is "board-certified" doesn't mean he or she has had training in cosmetic surgery.
- **Know that not all referrals are equal.** If you call a hospital to ask for a recommendation, you might be referred to the next cosmetic surgeon on the receptionist's revolving list. He or she may not be best qualified to operate on you. Instead seek recommendations from people you trust, such as your family doctor or a friend who has had a successful procedure.

What to expect during an initial consultation

The initial consultation is an opportunity for you and the surgeon to establish rapport. You discuss your desires and expectations, and your doctor evaluates the part of your body you want treated and takes a brief medical history.

You also discuss any medical conditions that could affect the outcome of the procedure — such as diabetes or blood-clotting problems — and name the medications you take.

Certain medications, such as warfarin (Coumadin) and aspirin, or dietary supplements, such as Vitamin E and St. John's Wort, can increase your risk of bleeding during surgery. If you smoke, since nicotine restricts blood flow and hinders healing, your doctor may suggest you stop using all nicotine-containing products including gums and patches at least two weeks before surgery.

Before choosing a surgeon, ask the following questions:

- Are there other treatments that might work just as well or better for me?
- Am I a good candidate for this procedure? Why or why not?
- How many times have you performed similar procedures, and what were the results?
- Can the desired effect be accomplished in one procedure, or will multiple procedures be necessary?
- What are the pros and cons for each?
- What type of anesthetic will be used and how will it affect me?
- Will I be hospitalized and, if so, for how long?
- What results can I expect?
- What are the possible complications?
- How will you monitor my progress after surgery? What follow-up care will you provide?
- What percentage of people require touch-up surgery, and who is responsible

January 2005 Calendar of Events

Jan 13

Arkansas Martin Luther King Jr. Commission Salute to Greatness Community Service Award
PM Double Tree Hotel Grand Ball Room

JAN. 14

Arkansas Rim Rockers vs. Texas.

Professional basketball.

7 PM Alltel Arena. \$10-\$50.975-4667 (975-HOOP)

JAN. 16

AR Democrat Gazette Bridal Fair

Statehouse Convention Center

JAN. 17

Annual Martin Luther King Jr. Holiday Parade

9 AM

33rd and Martin Luther King Drive

JAN. 17

Martin Luther King Jr. Classic

12 PM

Alltel Arena

JAN. 26

Arkansas Rim Rockers vs. Nashville.

Professional basketball.

7 PM Alltel Arena. \$10-\$50.975-4667 (975-HOOP).

JAN. 25

World Wrestling Entertainment.

7:30 p.m., Alltel Arena. \$20-\$40 through Ticketmaster or the arena box office (975-9000)

CAAC January Birthdays

Happy Birthday from All of Us, to All of You

Charmaine Singleton 12th

Lizzie Breaux 16th

Janet Overton 17th



Central Arkansas Alumnae Chapter

P.O. Box 55411
Little Rock, AR 72215

Phone
(501) 261-1650

*For Comments or
Story Ideas*

E-mail: Lizzie Breaux, Editor
Essenceofdelta_editor@yahoo.com

Come Grow With Us!



www.caacdeltas.org
Coming Soon to the
Worldwide Web!

CAAC Reminders

- Ä **CAAC Founder's Day Rehearsal:** Tuesday, January 11, 2005 at the Central Main Library (East Room) at 6:30 p.m. For more information, contact Ritual & Ceremony Chair, Dorisene Hill at 501-664-2647.
- Ä **"Savoring a Sense of Sisterhood" 2005 Founders Day:** January 15, 2005 at Pulaski Tech. Purchase your ticket at the January 8th meeting or contact Mico Rhines at 501-851-7080. For more information, contact Founders Day Chair, LaCresha Newton at lnewton@gsocar.org Tickets are \$10.
- Ä **CAAC Membership Activity:** Saturday, January 22, 2005 at Professor Bowl. For more information, contact Membership Chair, Camille Mack at meredithmack@earthlink.net
- Ä **CAAC Internal Financial Workshop:** Saturday, January 29, 2005 at the Sid McMath Library located at 2100 John Barrow Road. Special guest include: **Entrepreneurship-** Mary Parham, State Farm **Insurance-** Launey Jason, Investment- Wyatt Weems. For more information contact PP & D Chair, Venus Hawkins at 501-407-0880.
- Ä **CAAC Valentine's ROMANCE at the PEABODY Raffle:** Purchase your ticket now and Sell, Sell, Sell as many as you can. This is CAAC first 2005 fundraiser of the year and for more information contact Budget & Finance Chair, Tia Baker at tia.baker@sbcglobal.net

HAPPY NEW YEAR
Hello 2005!



~ Ó ~ **Mission**

Delta Sigma Theta Sorority, Incorporated is an organization of college educated women committed to constructive development of its members and to public service with a primary focus on the Black community.