

Inside this Issue

Importance of Breakfast
Delta Spotlight 2

Statewide Meeting 3

President's Message: Spring is in the Air

Greetings Wonderful, Inspiring Women of CAAC!

During the first part of the month, there was much news talk about TAX TIME! I hope each of you were able to successfully complete all those wonderful tax forms in a timely manner and take care of any debts to our government.

As part of this month's message, it seems appropriate to talk about Delta's efforts to encourage "Financial Fortitude". Grand chapter is encouraging each of us to examine our finances and learn more about ways to improve our wealth. We are being encouraged to start high interest savings accounts, save regularly, examine our credit reports, dispute any errors in those reports, and start taking active steps towards becoming homeowners.

For the past few years, I have made personal commitments to learn more about money and finance. Through some of those studies, I came across the following material I felt necessary to share with my sisters: The 8 Qualities of a Wealthy Woman. In Suze Orman's book, Women and Money, she lists the following qualities that are essential for wealthy women. "A wealthy woman absolutely has money, but she also has happiness, courage, balance, and harmony. A wealthy woman is generous, clean, wise, and therefore beautiful. A wealthy woman has it all, so to speak, and brings these qualities into every relationship, carries them with her in every waking moment of her life."

My sisters, consider these 8 qualities: harmony, balance, courage, generosity, happiness, wisdom, cleanliness, and beauty. I challenge you to examine each in your life as they relate to wealth.

Stay tuned as CAAC rises to the fiscal challenge handed to us by our National Officers. And remember, Deltas are smart women and smart women finish rich!

Sisterly,
Erica Jenkins, President

CAAC Reminders

- Δ Scholarship deadline postmark April 13
- Δ Chapter meeting April 14 at 11a – Budget presentation
- Δ Ronald McDonald House April 16
- Δ Delta Academy/GEMS Career Day April 21 10a – Noon
- Δ Rolling Out the Red Carpet April 21 1-3p Kendall Center UALR
- Δ 2nd Dues batch due by April 24, add a \$5 late fee
- Δ Delta Academy/GEMS Retreat May 4-5 Embassy Suites
- Δ Homeownership Initiative June 9 8a – 2p Philander Smith College
- Δ Chapter Picnic June 16
- Δ Regional Conference Aug. 2-5 in Shreveport, LA



The Importance of Breakfast

By: Jessica Decostole

More than 30 percent of us start our days on an empty stomach. "People think they don't have time for breakfast, or that skipping it will help shed extra pounds," says Tanya Zuckerbrot, R.D., author of *The F-Factor Diet* (the "F" stands for "fiber"). "But both are completely untrue." In fact, people who eat a morning meal are nearly 50 percent less likely to be obese than those who don't, according to a Harvard University study. Here are ways breakfast can boost your health.

#1: It gives you the nutrients you need.

Skipping breakfast makes it a lot harder to get the recommended daily dose of most vitamins and nutrients. Morning meals such as whole-grain cereal with milk and low-fat yogurt with granola provide calcium and fiber (nutrients many Americans are deficient in). "Breakfast is the healthiest meal most people eat," says Elizabeth Somer, R.D., author of *10 Habits That Mess Up a Woman's Diet*. "And breakfast eaters tend to have a healthier diet overall."

#2: It can help you lose weight.

When your body goes without food, it burns calories slowly to conserve energy. Eating after an overnight fast jump-starts your metabolism, which means more efficient calorie burning all day, says Zuckerbrot. But what you eat is key. Simple carbohydrates (like a doughnut or most cereal bars) make your glucose (blood sugar) spike and then drop, leaving you starving by 11 a.m. and craving sugary foods. A smarter start are complex carbs like oatmeal or whole-grain toast. High in fiber and low in sugar, they digest slowly, providing steady energy to keep you full and minimize cravings.

#3: It'll boost your brainpower.

Students who ate breakfast scored an average of 22 percent higher on word-recall tests than those who didn't, according to a University of Wales-Swansea study. When you wake up, much of your energy—in the form of glucose and glycogen (stored glucose)—has been used up since yesterday. Glucose is the only fuel used by your brain, says Somer, so without it, you'll feel fatigued and mentally fuzzy.

#4: It can help protect you from disease.

Healthy women who skipped breakfast for two weeks developed higher levels of "bad" low-density lipoprotein (LDL) cholesterol than women who ate a bowl of fiber-rich whole-grain cereal with milk, according to a recent study. Fiber binds with cholesterol and speeds its excretion—before it reaches your arteries, says Zuckerbrot. Because of this, high fiber intake has been linked to an almost 50 percent reduction in heart disease over 10 years, according to the Harvard Nurses' Health Study. Research also suggests that fiber helps shuttle excess estrogen out of the body—good news, since elevated levels can up breast cancer risk.

What to Eat...

A healthy breakfast should contain at least 5 grams of fiber, one serving of calcium (equal to a cup of milk or yogurt), and some protein and fat. Also, limit added sugars to about 6 grams (1 teaspoon equals 4 grams). The following meal suggestions fit the bill.

Delta Spotlight Soror VaTomara "Vee" White

By: Angela Austin

Soror Vee White was born March 20 in Ashdown, AR. She has 2 biological brothers, 2 adopted brothers, 2 biological sisters and one adopted sister. She has one daughter, Ciera Elise (7).

She received her Bachelor of Art degree in Social Work from Arkansas State University and is currently pursuing a Master of Health Administration degree from Webster University.

Soror White is a licensed professional social worker and works for the Arkansas Army National Guard with

pre/post deployment soldiers.

Soror White was initiated into CAAC in spring 2004 as one of the "Ten Shades of Red." She currently serves as member of the Budget and Finance Committee and immediate past chair of the Courtesy Committee.

Vee is a member of St. Mark Baptist Church, where she serves on the Outreach and After Care & Bereavement ministries. She also works with the Wednesday Night Children's Church.

She enjoys shopping on E-bay, reading, watching reality TV, listening to music, and planning events.

She is very sentimental and search for her favorite old childhood toys to purchase for her daughter.

Soror White's motto is: "*If not me, then who?*"



Statewide Meeting 2007

By: Tressa Shavers

The Statewide meeting was held in Arkadelphia, AR February 16-18, 2007. The sessions were held on Henderson State University's beautiful campus. Soror's stayed at the delightful and well positioned DeGray Lake Resort. The atmosphere was full of sisterly love. The sessions were aimed at keeping us in step with Delta. The meeting kicked off Friday night with a Book Symposium. Dr. Walter Kimbrough, President of Philander Smith College and a member of Alpha Phi Alpha Fraternity, presented valuable information on the history, and costs of hazing in all the black Greek letter organizations.

Lovell Brigham talked about her book No Men Required. Presidents of the collegiate Black Greek letter organizations welcomed us during the welcome activity. The party started with the welcome activity! Sorors from across the state represented their chapters through chants, steps or other creative means to get you to remember them and their chapter. Sorors of CAAC represented the chapter well by doing a line strut to a customized song entitled "It's All About Them D-E- L- T- A s." Saturday morning started bright and early with a rededication ceremony. Delats learned

valuable information about Heritage and Archives from our very own Soror Dorisene Hill, National Heritage & Archives Committee member. Soror Georgia Humphrey shared national initiatives from the National Program Planning & Development committee. Tamara Hood, State Parliamentarian, talked about parliamentary procedure, and left us with a short school house rock jingle.

The workshops were awesome! Sorors learned how to Step Healthy from our very own Soror LaTanya Lofton. The workshop focused on nutrition and outlined controlling portion size and daily exercise. Deltas certainly came away from the meeting with clear directives and a renewed dedication to the work of Delta.

CAAC won second place for the scrapbook display thanks to the hard work of Soror Nikki Smith. Soror Exa Hartman did an outstanding job as the Statewide Coordinator. As always, Soror Hartman represented CAAC with steadfast leadership and sisterly love. Needless to say, the 15th Annual **Arkansas Statewide Meeting was an overwhelming success.**



Dr. Kimbrough interacts with Deltas during the Statewide meeting.



Soror Claudette Barbee stands next to the CAAC display board & scrapbook.

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DST 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.