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## President's Message

*I've walked over the biggest obstacles in the shortest periods with time as my nemesis and patience was the rescue*

*Andre Davis*

Well, it has been approximately 45 days and counting as we wage a war on obesity and embrace a healthy lifestyle. I trust that each of you have selected an activity that has reduced symptoms of anxiety and depression. Remember working out regularly perks you up. Consider incorporating *mind-body* exercises such as yoga, Pilates and or martial arts within your regimen. *Mind-body* exercise teaches you to "listen" to your bodily sensations. Modifying your behavior is the cornerstone of any approach to overall wellness.

Think smart...believe you will succeed...visualize: see through your mind's eye for every negative or unproductive thought you notice, find a positive image. Ladies, as we think smart, eat well and move more we open the gateway to joy.

Lastly, remember that we as members of Delta Sigma Theta Sorority, Incorporated are obligated to perform and support projects and programming that uplifts our community and the organization. Please remember that only those who have the patience to do simple things perfectly ever acquire the skill to do difficult things easily.

Sisterly,  
Latriana Robertson

## CAAC Reminders/Announcements

- Δ **Delta Academy/GEMS:** Saturday, November 19, 2005 beginning at 10:30 am. Participants will learn about self-esteem/beauty. For more information, contact Venus Hawkins at 501-407-0880.
- Δ **Founders Day:** Tickets are now available for purchase. For more information contact Kimberley Jordan at 240-7974.
- Δ **Intimate Apparel:** Tickets will be available for purchase at the Dec. meeting. For more information contact LaCresha Newton at 570-0532.
- Δ **Thanksgiving Brunch:** Has been cancelled.
- Δ **Christmas Party** will be held Dec. 16. For more information contact Camille Mack at 562-5026
- Δ **Delta Days at Nations Capitol** will be held Feb. 11-14, 2006. Deadline is Jan. 3, 2006.
- Δ **Statewide Founders Day:** Feb. 17-19, 2006. Please make plans to attend.
- Δ **Health Summit in Jamaica** will be held April 28-30. Please visit National website for more information.
- Δ Condolences go out to Soror Jillian Watson who lost her brother on Nov. 11.
- Δ Have a **Happy Thanksgiving** and a safe shopping season.





Soror Hill speaks to participants about the Delta Academy/G.E.M.S.



Soror Contessa Smith plays a game with participants of Delta Academy/G.E.M.S.

### The Red Hot Readers

Meets: Every 4th Sun. of the Month

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

Location: Pyramid Art, Books and Custom Framing

### For More Information Contact:

Paula S. Henderson  
(501) 568-4658  
paula.s.henderson@alltel.com

## “SHAPING OUR FUTURE” DELTA ACADEMY

By: Claudette Barbee

On October 15<sup>th</sup>, the CAAC' Delta Academy kick-off of the Dr. Betty Shabazz Delta Academy and Delta G.E.M.S. Program proved a huge success. Delta Academy/Delta GEMS are national programs of Delta Sigma Theta Sorority, Inc. The programs promote the basic tenets of Sisterhood, Scholarship and Service through hands-on activities, outings and interactive workshops.

The event, held at the Dee Brown Library in Southwest Little Rock, was informative and interactive. The young ladies, their parents and members of CAAC

shared in a day full of fellowship, fun and learning.

While eventful, in keeping with Delta's overall purpose, CAAC introduced segments of the SEE Program activities (Science and Everyday Experience). These activities were designed to challenge the mind and show our overall similar responses to everyday life experiences such as personal performance and perception.

The goal of both Delta Academy and Delta GEMS is to encourage our young women to pursue careers in math, science and technology.

The programs also promotes development in leadership, community service, self-esteem, educational achievement and social graces. Program, Planning & Development (PP&D) has planned many events during the year designed to grow and empower our future leaders. These skills can be considered a roadmap for college and career planning and will assist the girls in proper goal setting and planning for the future.

Hats off to PP&D, CAAC, the parents and our future – the young ladies of Delta Academy/Delta GEMS!

## DELTA SPOTLIGHTS DR. LATANYA LOFTON

By: Angela Austin

Soror Lofton was born in Cleveland, MS. She received her Bachelor of Science degree in Chemistry in 1998 from Rust College in Holly Springs, MS. She acquired a Doctor of Medicine degree in 2003 from the University of South Alabama College of Medicine in Mobile, Alabama. Dr. Lofton is currently in Doctor Residency training at the University of Arkansas for Medical Sciences here in Little Rock, Arkansas. She

anticipates the date of completion as June 2007.

Dr. Loft is a third year resident physician in Physical Medicine and Rehabilitation. She treats patients with chronic pain, spinal cord injury, traumatic brain injury, various musculoskeletal/orthopedic injuries, and neurological disorders including muscular dystrophies, spina bifida, and multiple sclerosis. Dr. Lofton takes care of children and adult patients, and has a special interest in spinal cord injury, pain

management, and disparities in minority access to healthcare.

Soror LaTanya Lofton was initiated into the Theta Pi Chapter of Delta Sigma Theta Sorority at Rust College on May 22, 1997. She presently serve as Regional Health Task Force Coordinator for the Southwest Region.

Soror Lofton enjoys cooking, reading and Volunteering for Big Brothers/Big Sisters.

We are quite fortunate to have Soror Lofton in our company.



# Thanksgiving Holiday

The Pilgrims who sailed to this country aboard the *Mayflower* were originally members of the English Separatist Church (a Puritan sect). They fled their home in England and sailed to Holland (The Netherlands) to escape religious persecution. There, they enjoyed more religious tolerance, but eventually became disenchanted with the Dutch way of life, thinking it ungodly. Seeking a better life, the Separatists negotiated with a London stock company to finance a pilgrimage to America. Most of those making the trip aboard the *Mayflower* were non-Separatists, but were hired to protect the company's interests.

The Pilgrims set ground at Plymouth Rock on December 11, 1620. The harvest of 1621 was a bountiful one; and colonists decided to celebrate with a feast – including 91 Indians who had helped the Pilgrims survive their first year. The feast was more of a traditional English harvest festival than a true "thanksgiving" observance. Governor William Bradford sent "four men fowling" after wild ducks and geese. The term "turkey" was used by Pilgrims to mean any sort of wild fowl.

Another modern staple of Thanksgiving is pumpkin pie; however, it is unlikely the first feast included this treat. However, they did eat boiled pumpkin and produced a type of fried bread from their corn crop. There was no milk, cider, potatoes, or butter. There were no domestic cattle for dairy products and the newly-discovered potato was considered many poisonous. The feast included fish, berries, watercress, lobster, dried fruit, clams, venison, and plums. The "thanksgiving" feast was not repeated in 1622.

In 1623, during a severe drought, the pilgrims gathered in a prayer service, praying for rain. When a long, steady rain followed the very next day, Governor Bradford proclaimed another day of Thanksgiving, again inviting their Indian friends.

It wasn't until June of 1676 that another Day of Thanksgiving was proclaimed. On June 20, 1676, the governing council of Charlestown, Massachusetts, held a meeting to determine how best to express thanks for the good fortune their community securely established.

By unanimous vote they instructed Edward Rawson, the clerk, to proclaim June 29 as a day of thanksgiving. It is notable this celebration did not include the Indians, as the celebration was in recognition of the colonists' recent victory over the "heathen natives".

George Washington proclaimed a National Day of Thanksgiving in 1789, although some opposed it. Colonists felt the hardships of a few Pilgrims did not warrant a national holiday.

It was Sarah Josepha Hale, a magazine editor, whose efforts eventually led to what we recognize as Thanksgiving. After a 40-year campaign of writing editorials and letters to governors and presidents, Hale's obsession became a reality when, in 1863, President Lincoln proclaimed the *last* Thursday in November as a national day of Thanksgiving. In 1941, Thanksgiving was finally sanctioned by Congress as a legal holiday, as the *fourth* Thursday in November.

## *I am thankful for...*

*My family and my healthy baby boy – Soror Contessa Smith*

*Every new day the Lord blesses me to see, good health, loving and supporting parents and beautiful sorors and friends  
- Soror Tia Baker*

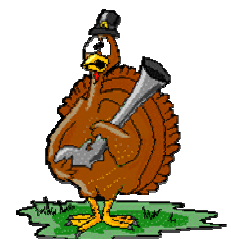
*God's grace, mercy and many blessings given to family, friends and me – Soror Angela Austin*

*A husband that loves me endlessly, a family that loves me regardless of my faults and sorority sisters that allow me to "just let loose" – Soror LaCresha Newton*

*The many blessings bestowed upon me – Soror Tekima Pitts*

*My Lord & Savior Jesus Christ, family and friends and my health and strength – Soror Jillian Watson*

By: Angela Austin



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# GRAND CHAPTER SPEAKS OUT

Members of the National Executive Board of Delta Sigma Theta Sorority, Inc. unanimously voted to urge the cancellation of former Education Secretary William Bennett's syndicated radio talk show for suggesting during his broadcast that aborting Black children would reduce the U.S. crime rate. The Board took this action while meeting in Philadelphia, PA on October 1, 2005 in preparation for the 48<sup>th</sup> National Convention to be held in the city in July 2006.

"As our nation copes with the extraordinary pain and suffering caused by the natural disasters that have devastated the Gulf Coast region and displaced thousands of Americans, we find it highly offensive for Mr. Bennett to inflict further pain while we attempt to heal our nation," said Dr. Louise A.

Rice, National President. "Mr. Bennett's remarks were thoughtless, Irresponsible, and wholly inappropriate." A public service organization that has fought against social injustices since its inception in 1913, Delta Sigma Theta vowed that it will work with the Congressional Black Caucus and other national organizations to have Bennett's talk show removed from the Salem Radio Network. Dr. Rice states, "Many of us are mothers of African American children and we believe Mr. Bennett's insensitive and inexcusable remarks represent a new low in racism."

We are also the daughters of triumphant African American women and along with our mothers we have contributed immensely to

Building this nation. Bennett's remarks dishonor our legacy and defile contributions of future generations of African American children. His show should be pulled from the air immediately."

By: Angela Austin

## State Coordinator Appoints Advisors

By: Angela Austin

Soror Exa Hartman, Arkansas State Coordinator, has appointed two CAAC members to the Advisory Team for Lambda Upsilon.

Soror Erica Jenkins and Soror Angela Austin have

joined Soror Balinda Landrum and Soror Edith Moore as Advisors for Lambda Upsilon Chapter on the campus of University of Central Arkansas.

Sorors Erica Jenkins and Angela Austin have served as advisors to

collegiate chapters and possess the knowledge, skills, and abilities to guide the women of Lambda Upsilon as they strive to rebuild the Chapter and its image.

### Happy Birthday to Sorors celebrating birthdays this Month

CAAC Nov. 9

Tia Baker Nov. 21

Marcie Sherill Nov. 21

Contessa Smith Nov. 25

Angela Austin Nov. 26

## 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.



Come Grow With Us!

[www.caacdeltas.org](http://www.caacdeltas.org)