

Central Arkansas Alumnae Chapter, (501) 261-1650

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## President's Message

Something to Think About.....

*"Think like a woman of action, act like a woman of thought."*

- Henri-Louis Bergson

What do you believe in? Truth? Beauty? You? What is your daily mantra? If you could grant one wish what would it be? To have more faith? An abundance of love? To be safe and protected from harm.

The year 2005 we all witness the power of nature from a 'Tsunami' to hurricanes. We all watched in horror as the forces of nature covet areas occupied and not occupied. Communities were destroyed and families experienced devastation in many forms. Yet through it all many remained steadfast in their faith.

The epiphany: opposites cannot exist without the other. Few things are as precious as our friends and family. There is only one happiness in life, to love and be loved. For you see life is like a circle - the universal symbol for unity, wholeness and completeness.

The Central Arkansas Alumnae Chapter family is like the lotus flower whose pure beauty belies its ability to flourish in a variety of environments. Beginning January, 2006 and in the coming months the CAAC family will face an awesome challenge and new adventure. This adventure under the guidance of the Nominating Committee will seek qualified individuals from the membership to hold key leadership positions. There are many leaders within the CAAC family. It is my hope that each of you will recognize your responsibility to the chapter and the community to share the skills, expertise and experience you have acquired.

Remember each of you is a key your accomplishments promise to open countless doors for the CAAC thus signifying a new beginning.

Sisterly  
Latriana Robertson

## CAAC Reminders

- Δ **Summit VI:** Health Issues that Impact Women of African Descent will be held in Montego Bay, Jamaica April 27-30, 2006. Registration will open Dec. 16 and close Jan. 16, 2006.
- Δ **Statewide Meeting:** The deadline for final registration is January 25, 2006. Please mail registration form and payment to the address shown on the form.
- Δ **CAAC Founders Day:** January 28, 2006 at Pulaski Tech US Bank Community Room at 1p. Captain Jacquelyn Gilbert will speak. If you have not picked up your tickets to sell, please do so at the chapter meeting. Contact April Smith for more details.





**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  
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## Annual Christmas Fellowship

By: Camille Mack

African American Art, exquisite perfume and vintage R & B music were just a few of the highly desired gifts that kept Sorors of CAAC on their toes at the annual Christmas Party (membership activity) held on December 16, 2005. The game was "Dirty Santa" and the venue was Cajun's Wharf in Little Rock, AR. At least twenty Sorors came out to fellowship at the event, making it one of the largest gatherings for a membership activity to date.

The "Dirty Santa" game, which was first introduced to the chapter by Soror Venus Hawkins, has always been a source of suspense and excitement at each annual Christmas fellowship. The

Sorors who participated in the event were warned not to get too attached to any chosen gift, as it could be snatched away at any second; thus, putting the *dirty* in "Dirty Santa." Nevertheless, no one went away empty handed.

There was plenty of fun had by all as evidenced by the resounding laughter and interaction that filled the room. Despite the rather "cozy" quarters, the evening turned out a success. Each year the fellowship and the gifts get better and better. Not only the material gifts, but those that are priceless, such as smiles, laughter, and love, radiated from every Delta in the room. These are *true* Christmas gifts. Maybe Santa was not so dirty after all?

## DELTA SPOTLIGHTS SOROR KIMBERLEY R. JORDAN

By: Angela Austin

Soror Kimberley Jordan was born in West Memphis, AR and raised in Hughes, AR. She has one brother and one sister. Kimberley is proud to announce her great grandmother celebrated 100 years of life in October 2005.

She received her Bachelor of Art degree in Technical Writing & Rhetoric in 2004 from the University of Arkansas at Little Rock.

Kimberley is a Retention Specialist for Nationwide Insurance.

She enjoys rendering community service and volunteers as a mentor for Big Brothers/Big Sisters. She also tutors children in English at her church and volunteer monthly at St. Vincent Hospital Intensive Care Unit.

Soror Jordan was initiated into the Mu Kappa Chapter of Delta Sigma Theta Sorority at the University of Arkansas at Little Rock on April 16, 2004. She presently serves as CAAC Founders Day Chairperson. She has helped with food preparation at the

Ronald McDonald House, Mu Kappa's Health Awareness Drive, and participates in the healthy living initiative.

Kimberley is engaged to Mr. Jason Gatlin and plans to marry on October 14, 2006. She is the proud mother of a four-year-old daughter, Kaitlin Nicole.

Soror Jordan's motto is: "I will bless the Lord at ALL times, his praises shall continually be in my mouth."



## *Delta Sigma Theta Sorority, Inc.*

COLLEGE OF WOMEN STUDENTS

On January 13, 1913 twenty-two visionary, collegiate women founded our beloved sorority, Delta Sigma Theta Sorority, Inc., on the campus of Howard University. These young ladies wanted to use their collective knowledge, skills, and abilities to promote academic excellence and provide assistance to people in need. The first public act performed by our Founders was their participation in the Women's Suffrage March in Washington, D.C. in March 1913.

Since the inception, over 200,000 predominately Black, college-educated women have joined our ranks. Among the likes of them are Sadie T.M. Alexander, Shirley Chisholm, Ruby Dee Davis, Frankie M. Freeman, Dorothy I. Height, Alexis Herman, Barbara Jordan, Shirley Franklin, Erica Dunlap, Sheryl Lee Ralph, and Suzanne Douglass.

We have made great strides in the areas of Economic Development with the development of a homeownership initiative and the establishment of the Financial Fortitude

program; Educational Development with the establishment of DREF, Delta Academy and Delta G.E.M.S.; International Awareness and Involvement with the implementation of International Day of Service on HIV/AIDS and major donations to Mary Help of the Sick Mission Hospital (Thika Maternity Hospital) to help finance the construction of the facility, which provide prenatal care and safe birth deliveries; Physical and Mental Health with emphasis on healthy lifestyles and clinical depression; and Political Awareness and Involvement with the implementation of Delta Days at the Nations Capitol to increase members involvement in the national public policy-making process and obtaining Non-Governmental Organization (NGO) status in March 2003 as a result of our volunteer services and humanitarian efforts performed to address issues throughout the world. We must continue to work to improve the welfare of Black people. **HAPPY FOUNDERS DAY!**

By: Angela Austin

## *Relationships & Delta Academy/G.E.M.S.*

By: Venus Hawkins

DJ Jazzy Jeff and the Fresh Prince summed it all up in the title of their 1988 hit song "Parents Just Don't Understand." CAAC's Delta Academy and Delta G.E.M.S. participants shared this sentiment in a "Relationships 101" workshop on December 17, 2005. According to the young ladies, times haven't changed much at all and it is still difficult to talk to parents about issues affecting teens. However, the group agreed that it is worth the extra effort to talk to their parents, ask for help when needed, and let Mom and Dad know they are appreciated. This is just a sampling of the comments that were made during the discussion on dealing with parents.

Participants also discussed how to deal with friends and boyfriends. When asked why having friends is important, the young ladies did not hesitate to express their need for companionship, a confidant, and a support system. They pointed out that a good friend is not only loyal, honest, and trustworthy, but also fun and encouraging.

Ironically, these are some of the same characteristics they listed as being important in a boyfriend (along with having goals, a job, and a nice face). The young ladies were reminded that a boyfriend is just that – a friend – and should be held to the same standards as their female friends. This led to an enlightening conversation about abusive relationships, a hot topic among teens today. According to statistics, one in three teens is in or has been in an abusive relationship – either physical, verbal, or emotional. Several of the young ladies at the workshop raised their hands when asked if they knew of someone their age who was being abused by a boyfriend. Participants were made aware of examples of different types of abuse, how to spot a potential abuser, and what to do if it happens to them.

Overall, the workshop was very informative and the young ladies enjoyed the discussion. Fourteen young ladies attended the session, which was concluded with a warm meal.

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**Come Grow With Us!**  
[www.caacdeltas.org](http://www.caacdeltas.org)

## Six Steps to a Healthier Heart

By: Dr. LaTanya Lofton

Tobacco smoke, high blood pressure, high cholesterol levels, physical inactivity, obesity and diabetes all increase your risk of heart attack. To cut your risk, the American Heart Association has made several suggestions.

1. Don't smoke cigarettes or other tobacco products. Avoiding tobacco smoke is the best thing you can do to maintain your health. In fact, tobacco smoke is the single most preventable cause of death in the United States. Also, constant exposure to other people's smoke increases your risk of heart disease and stroke. If you smoke, get help to quit. As soon as you stop smoking, your risk of heart disease and stroke starts to drop.
2. Have your blood pressure checked regularly. You have high blood pressure if two or more of your readings are 140/90 or higher. High blood pressure makes your heart work harder, which puts more strain on your heart and arteries. If

your blood pressure is normal (below 120/80), you should have it checked at least every two years.

3. Read labels to make sure you eat foods low in saturated fats and cholesterol. Limit your saturated fat intake to 8-10 percent of total calories or less. Cholesterol is a natural substance found in animal tissues. Too much of it builds up in your arteries because of a diet high in saturated fat and cholesterol level or hereditary factors. Get your cholesterol level checked by a healthcare professional once every five years, starting at age 20. If your total cholesterol level is 120 or higher, it is too high. Levels of 200-239 are borderline-high risk. You may be able to lower your cholesterol level by making changes in your lifestyle, such as a more healthy diet, regular physical activity, weight loss and/or drug therapy.
4. Stay physically active. Thirty to 60 minutes of moderate to vigorous physical activity on most days of the week is all that is needed to help your heart.

Moderate to vigorous activities include brisk walking, jogging, running, rowing, swimming, soccer, tennis and basketball. Check with your doctor before starting an exercise program if you are middle aged or older, have not been physically active and plan a relatively vigorous exercise program. If you haven't been active, start with 10 minutes of exercise, then work up to more.

5. Maintain proper weight. If you have too much fat, especially in the waist, you have a higher risk for health problems. These include heart disease, stroke, high blood pressure, high blood cholesterol, and diabetes. A high risk waist line is 35 inches or more for women and 40 inches or more for men. Obesity is defined as a body mass of 30 or greater, or about 30 pounds or more overweight. Watch your calories as well as the amount of fat and cholesterol you eat.

6. Have regular medical check ups. If you have diabetes or other medical problems, follow your doctor's advice to reduce your risk of heart attack and stroke.

## A New Year, A New You...

By: Dr. LaTanya Lofton

The new year often finds many of us making new resolutions to make our lives better. For our new plan to be successful, we must begin with assessing our lives, both where we have been and where we want to be. This must begin with a look in the mirror. How we perceive ourselves determines the quality of our health—mental, physical, spiritual, and emotional. Whatever we believe about ourselves, good or bad, is what will manifest in our lives. This year, I challenge each of you to take a closer look at who you are. Look deeply into your goals, your dreams, and your future plans.

Look back at where you have come from and look ahead to the woman you want to become. If you have made goals for the Healthy Weight Competition and you find that you are not making progress towards your goals, look deeply within yourself and identify those factors that may be preventing you from reaching your goals. Then, recommit yourself to the goals you have set. This will require courage, patience, and faith.

Courage. Fear paralyzes us from moving forward. Courage acknowledges the fear but keeps moving. When you feel anxious or afraid, affirm to yourself, "I am a courageous woman."

Patience. The patient woman understands that anything in life

worth having is worth waiting for. Discouragements and obstacles will come and go but the patient woman endures and calmly waits. She is constantly growing and developing.

Faith. Believe in yourself to achieve your spiritual goals even when the nighttime comes. Even more important is our faith in God who enables us to do all things.

Courage, patience, and faith work hand in hand in strengthening you to make meaningful changes in your life. By using these spiritual strengths, you will be victorious not only in the healthy weight competition, but in every aspect of your life.

## 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.