



Purpose

- To stimulate professional growth among teachers.
- To foster a true spirit of sisterhood.
- To promote the highest ideals of the teaching profession.
- To encourage the development of the potential of our youth

Chapter Officers

- Basileus Gwendolyn L. Jackson
- 1st Anti-Basileus Perry L. Jackson
- 2nd Anti-Basileus Mary E. Ennon
- 3rd Anti-Basileus Stacey Abdul-Qawi
- Grammateus Gail Andrew
- Epistoleus Francenia Britton-Sheppert
- Tamiouchos Diana Ondande
- Tamias Shawnte Williams
- Properties Doreen Bryant
- Executive Advisor Sandra Webster
- Parliamentarian Verna Sims

Chapter Office

155 Martin Luther King Drive
Jersey City, NJ 07305
201-434-3025

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Y.E.S. : We're Making It Happen

As we move forward into the wonderful season of spring, Alpha Chapter is continuously busy with various activities related to the YES Program, especially the upcoming Marie A. Bagby Scholarship Luncheon Saturday, March 11, 2017.

In February, the African American History/ Multicultural Activities Committee and members of the Xinos/ Kudos youth groups presented a Black History Program on the Harlem Renaissance that included the singing of the Negro National Anthem and several presentations portraying some history of the period. The event was attended by the Hub parents, sorors, and family members.

Thirteen Alpha Chapter Sorors attended the Eastern Region Y.E.S. Planning Meeting in Newark, DE, February 17-19, 2017. On Friday night we renewed sororal friendships and prepared for Session I which commenced with the Ritualistic Opening conducted by the Eastern Regional Director, Soror Noreen Little and Greetings from our Supreme Basileus, Charlotte Williams. Pertinent sorority business was discussed regarding the Eastern Regional Conference in April, approval of the 2016 minutes,

On Saturday, February 11, Alpha's African-American History/Multicultural Activities Committee presented its annual Black History program titled, Harlem I Hear You. The program featured Xinos Danielle Jenkins and Alexis Amo-Krah narrating information about the Harlem Renaissance highlighting a few of the many contributions to the arts and entertainment during that era.

The program opened with the Xinos narrating the Great Migration which led to a biographical sketch of James Weldon Johnson. The audience of sorors and Hub parents sang "Lift Ev'ry Voice and Sing". Kudos Daniel Jenkins an Jeremiah Sheppert tapped to a familiar tune of the era. Kudos Trevon Young recited Claude McKay's poem, "If We Must Die" and Kudos Nasir Miller's rendition of "Hey Black Child" by Countee Cullen. Committee members presented biographical reviews of several women who became famous during this era. They highlighted the lives of Zora Neal Hurston, Katherine Johnson and the Dandridge Sisters. The lives of Dorothy Vaughn,

correspondence, review of financial reports, and the Call To Action," Steps to Take To Support The Survival Of Public Education" by the Eastern Regional Parliamentarian. Session I ended with reports from Regional Xinos/Kudos Chairpersons regarding the Youth Conference which would be held in Virginia Beach, VA, March 2017. Final information from the Nominations Committee regarding the validated list of Candidates for the Eastern Region Slate of Officers was presented.

Saturday, Session II started with a Continental Breakfast, a pep song followed by an update of Chapter Activity Reports and reports from the Eastern Regional Chairpersons. Perpetual Scholarship Foundation information was updated and the chapters were encouraged to support it. This session ended with a thorough report from the E.R.F.R.S. with the good news that the Mortgage was paid in full.

Sunday morning began with an Inspirational Service, words of encouragement from Eastern Regional Director Little and the Member-At-Large, Marjorie McDaniel. Testimonies from sorors encouraged us to appreciate our Blessings and believe in the power of

prayer. Soror Irving discussed the RAP Dinner and requested that the number of sorors be sent to her; since this invitation is part of the Registration Package for the Regional Conference.

The Planning meeting was interesting and quite informative and included additional program requirements to honor our Supreme Basileus at Conclave in AR by chapters in the Eastern Region and of course celebrating Soror Ardena Dixon's 90th Birthday with cheers, cards and chapter pictures.

Thank you to all Alpha Sorors who attended the Planning Meeting. I hope the information was beneficial in building Leadership and sisterhood.



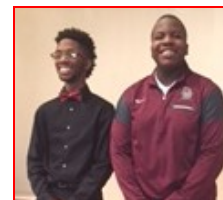
Sisterly,
Gwendolyn L. Jackson
Basileus

Harlem I Hear You

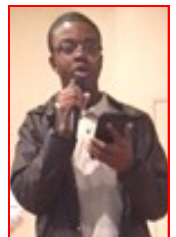
Mary Jackson, and Adelaide Hall were also presented. A dramatization by Soror Leisa Brown was given and the biographies ended with audience members led by Soror Bernadette Robinson, speaking about Lena Horne. Information on famous places of entertainment was also, highlighted. The program ended with the singing of freedom song, We Shall Overcome.

Committee members included: Sorors Mary Ennon, Chair, Audra Fields-Chisolm, Co-Chair, Leisa Brown, Frances Harold, LaShonda Mahaley, Mary Webb-Miller, Diana Ondande, Bernadette Robinson, and Apryl Sneed.

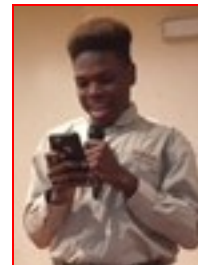
Basileus Jackson and the African-American History/Multicultural Activities Committee send many sincere Thanks to our wonderful Xinos and Kudos for their outstanding presentations. They make Alpha Chapter so proud and appreciative of each of them and the wonderful things they do for the chapter and in the communities.



Daniel Jenkins &
Jeremiah Sheppert



Trevon Young



Nasir Miller



Alexis Amo-Krah &
Danielle Jenkins



Esteemed Founders

Gladys C. Nunery, Julia A. Barnes, (Mother Founder) Gladys M. Ross, Florence S. Hunt, Ella W. Butler, Marguerite Gross, Mildred M. Williams

Not Shown- Edna McConnell

*All are in Omega Chapter

Regional and National Important Dates

Youth Leadership Conference
March 17-19, 2017, Holiday Inn Hotel, Virginia Beach, VA.
Alpha Lambda Chapter hosting Eastern Regional Conference
April 20-23, 2017, Westin Hotel, Princeton, NJ
Pi Chapter hosting
94th Anniversary Founders' Day
May 21, 2017
94th Anniversary Conclave
July 15-20, 2017, Little Rock, AR

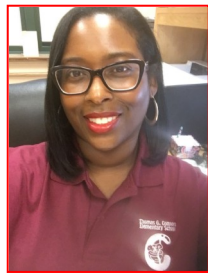
Alpha News

Editor:
Soror Mary E. Ennon
Contributors:
Basileus Gwendolyn Jackson,
Sorors Adrienne Lofton,
Tamika Pollins



The Hoboken Early Childhood Advisory Council conducted an interview with Dr. Tamika Pollins, the new Principal of Connors Elementary. Her journey as an educator began with a high school job working at a pre-school. Years later, Dr. Pollins earned her Doctorate in Education, which explains the affectionate nickname "Dr. P". Dr. P joined the Hoboken Public School district in 2016 ready to take the students to new heights.

Why did you choose education for your career? I feel like education allows you to explore a pathway to unlimited possibilities and can be used to empower individuals. I



always enjoyed working with kids. My first summer job in high school was at a pre-school. I enjoyed the feeling that I

had everyday working with the kids. I did such a great job during the summer that they kept me on during the school year and I began to think of education as a career choice.

What was the most rewarding classroom experience you have had as a teacher? As a classroom teacher, it was always great to see a child "get it" for the first time. It is an amazing feeling to watch a student grow and begin to glow. You just begin to see a light shine from their eyes and they start to believe that they can achieve and do anything. I love that I continue to play a part in showing kids that they can soar to new academic heights.

How did you make the decision to pursue an Ed.D. and what was your focus of study? I knew early on in

my career that I wanted a Doctorate in Education and my area of concentration was Curriculum and Instruction. I am completely dedicated to the field of education and wanted to be able to marry research and practice in an effort to make the best decisions for students. I really enjoy working with teachers and principals to ensure effective delivery of instruction and felt that a concentration in Curriculum and Instruction would best support my work. **Why did you join the Connors community?**



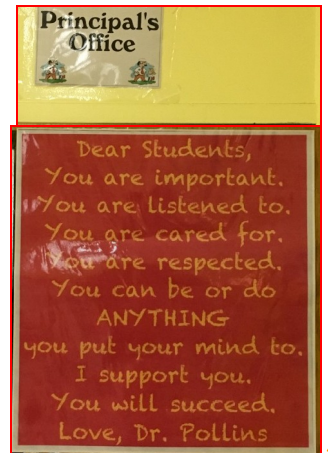
What excited you about the position?

I tell people that I am the proud Principal of Connors Elementary School and I love it! I like working in a small district like Hoboken because it has more of a family feel to it than the larger districts. I did my research on the district and the school. I believed in the work that Dr. Johnson wanted to do in the district. I saw the evolution that was taking place in Hoboken and wanted to be a part of it at Connors. This school is amazing and I want to continue providing support to students, parents and staff. **What are some of your favorite things about working at Connors?** I love speaking to the older kids about the sports that

they play outside of school and their interests. Speaking to them about their likes and dislikes helps me plant the seeds about career choices for them. The younger kids give the best hugs and are always excited about something! I love the dedication that my staff has for the students. We all truly want the best for the students here at Connors.

What are your goals, hopes, and aspirations for the Connors school?

My goal is to have all of the students see themselves as young scholars. I hope to have the community interact more with the school. Our kids are very talented and I want to provide more opportunities to showcase them to the community at large like we did during our Fall Festival. I am looking to create other events where the community can learn about our school and meet our students. I aspire to leave a lasting impact on the school and the community for years to come.



Gifts And Good Will Soror Adrienne Lofton

Can you believe it! There are no Alpha sorors born in the month of March.

Continue to reach out to Sorors Mildred Dorsey and Apryl Sneed who are recuperating. Send get well messages to Sorors Tamika Pollins who was in an auto accident and Aretha Harris who is recover-

ing from surgery. Send get well wishes to Soror Angela Alexander, Basileus of Epsilon Chi Chapter who is at home recuperating from emergency surgery.

Additionally, we need your prayers for our sorors who are caring for ailing parents and/or loved ones.

Remember our Red and Gold sorors with cards and phone calls. Send condolences to Delta Lambda Soror Andrea Stroud on the passing of her aunt; to Sorors of Delta Pi Chapter on the passing of Soror Shirley Ayers-Pearl and Soror Patsy Squire, Beta Lambda Chapter on the passing of her mother.

Eastern Region Executive Board and Y.E.S. Committee Meeting

On Friday, February 17-Sunday the 19, 2017, thirteen



Alpha Chapter sorors joined sorors from across the region for the annual Executive Board and Y.E.S Committee Planning Meeting. The meeting convened with registration at 6:45pm at the Hilton Wilmington/Christiana Estates Hotel in Newark, DE. In addition to our Eastern Regional Director, Soror Noreen Little and Eastern Regional Officers, attendees were Supreme Basileus Charlotte Williams and Past Supreme Basileus Ardena Dixon and Basilei or representatives from all but two of the active chapters in the region.

Session I began with the Ritualistic Opening by Eastern Regional Director Little followed by welcome and introductions from our Member-At-Large, Soror

Marjorie McDaniel. Following Opening Thoughts and greetings from the Supreme Basileus. Soror Monica Lewis of Gamma Chapter provided an Ice Breaker which got us to talking. Roll Call was done by Soror Clarena Jones, Grammateus, Delta Pi Chapter and the Regional Director asked for approval of the agenda for the weekend.

Chairpersons of the Eastern Region YES and Executive Committees provided information on reports they were responsible for completing. Report of the Nominating Committee presented candidates for the ER Offices Tamias— Dr. Cassandra Holcomb, Epsilon Alpha Chapter; Grammateus-Donyele Wilkerson, Alpha Mu Chapter; Member-At-Large-Anona Huntley, Alpha Chapter and Melanie Alston-Balaputra, Delta Nu Chapter.

A report on E.R.F.R.S. was given by Soror Juanita High and her committee. Additionally, reports were given by chapters that held 2016 youth and regional conferences and updates from chapters hosting the 2017 conferences.

There was one recommendation presented that will

be voted on at Conclave and three that relating to the Eastern Region.

Sorors celebrated the 90th Birthday of Past Supreme Basileus Ardena Dixon on Saturday evening after the dinner meal with a special cake and Birthday Cards from all chapters in attendance.

On Sunday morning there was an inspirational service with audience participation. The last of the reports were presented followed by a Call to Action by our Regional Parliamentarian, Dr. Carolyn Gibson. It was a busy weekend, but very productive.



Alpha sorors with Supreme Basileus Williams and Past Supreme Basileus Dixon



8 Ways to Keep Your Heart Happy



While heart disease kills more men and women than any other disease in developed countries, it turns out there's a lot you can do to keep your heart healthy.

We have learned a tremendous amount in recent years about the risk factors that predispose us to heart disease. One of the important things we have learned is that each of us has significant control over most of these risk factors. And therefore, to a large extent, each of us holds our cardiac fate in our own hands. Even people who have strong a genetic predisposition to heart disease can often significantly delay the onset of heart problems by adopting healthy lifestyles.

There are at least eight categories of lifestyle choices that can substantially impact your odds of developing heart disease. The following is a list of resources that will help you understand the kinds of lifestyle changes you can make, in each of these eight categories, to help prevent heart disease and keep your heart healthy. **1) Manage Your Diet and Weight** - A poor diet often leads to obesity, and obesity can be

very damaging to the heart and vascular system. **2) Get Plenty of Exercise** - A sedentary lifestyle is very bad for the entire cardiovascular system, and it can also contribute to metabolic problems, such as high cholesterol and high blood sugar. Getting plenty of exercise is one of the best things you can do for your heart. **3) Don't Smoke** - Of all the things you can do to ruin your health, smoking is the most ruinous. If you smoke you are likely to develop heart disease decades earlier than you otherwise might. Even if you don't develop premature heart disease, you will likely suffer from one of the other scourges of smoking: cancer, lung disease, premature aging, and other conditions that make you sickly, or wrinkle and old, before your time. **4) Manage Your Cholesterol Levels** - Blood lipids—cholesterol and tri-glycerides—are important determinants of cardiac risk. **5) Manage Your Blood Pressure** - Hypertension (high blood pressure) is extremely common and often poorly treated. Unfortunately, inadequately treated hypertension can lead to both heart attacks and especially strokes. **6) Learn to Manage Stress** - Does stress really cause

heart disease? What kind of stress? And what can you do about it? **7) Control Your Blood Sugar** - Insulin resistance which can manifest as either diabetes or metabolic syndrome—leads to high blood sugar and a host of other metabolic problems that greatly increase your risk of heart disease. **8) Other Things You Should Know To Keep Your Heart Healthy**

In addition to the above, there are several other risk factors and lifestyle choices that may impact on your chances of getting heart disease. If you are a woman, it is important to understand your heart disease risk—and to do something about it. While many women (and unfortunately, some doctors) apparently still do not know it, heart disease is the number one killer of women. About a half million women die of heart disease each year in the U.S. In fact, more women than men die from cardiovascular disease—from heart attacks, heart failure, and strokes.

Information by Richard N. Fogoros, MD - Reviewed by a board-certified physician.

Caregiver Stress and Burnout

Caregiver stress and burnout can happen to anyone caring for an aging parent, a special needs child, or anyone requiring special care on a continuous basis.

Warning Signs of Caregiver Stress

Anger at elder, family, doctors and/or service providers. Withdrawal from activities. Feelings of being overwhelmed. Feelings of anxiety or constant worry. Inability to find pleasure in anything anymore. Exhaustion and/or sleeplessness. Worsening of chronic conditions. Irritability. Lack of concentration.

Warning Signs of Caregiver Burnout

Persistent symptoms. Constant anxiety, irritability or anger. Feelings of detachment, numbness or exhaustion. Continuous self-criticism. Withdrawal from usual activities. Negligence or hatred of responsibilities. Trouble at work or in relationships. Substance abuse. **What Causes Caregiver Burnout** Role confusion. Unrealistic expectations. Lack of control. Unreasonable demands. **Tips for Avoiding Caregiving Burnout** Schedule regular afternoon or evenings out. Take time to talk with friends, either in person

or on the phone. Arrange adult day care. Join a support group. Draw strength from your faith. Take time to pamper yourself. Plan a weekend getaway. Hire a temporary caregiver from a respite care program.

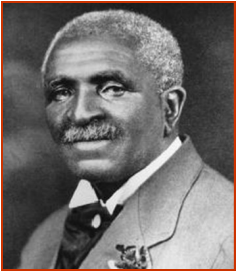
For More Information About Stress & Burnout

Effects of Stress from WEBMD

Stress Information from Mayo Clinic

Stress Information from Psychology Today

A Bit of African American History



George Washington Carver started his life as a slave and worked his way to becoming a respected and world-renowned cultural chemist. He helped develop agricultural techniques used around the world. George Washington Carver was born in Kansas Territory near Diamond Grove, Missouri, during the bloody struggle between free soldiers and slaveholders. His father, a slave on a nearby farm, was killed shortly

before Carver was born. Carver himself became the kidnap victim of night riders while still a baby. With his mother and brother, James, he was held for ransom. Before they were rescued, his mother died. Moses Carver, a German farmer, (traded) the infant Carver for a \$300 race-horse. Thus he was orphaned and left in the custody of a white guardian from early childhood.

Carver was a talented student, but even his talents could not overcome racism. He was not allowed to attend the local schools because of his color. Instead, Carver had responsibility for his own education. His first school was in Neosho, Kansas, which had once been a Confederate capital. Now it had become the site of the Lincoln School for black children some nine miles from Carver's home. Every day Carver walked there with his brother James. His first teacher was Stephen S. Frost, an African American. Carver and his brother faithfully went to school for several years. Finally James, tired of formal schooling, quit to become a house painter, but not George. He continued until he was seventeen. Then he went on to complete his high school work in Minneapolis, Kansas, and finally graduated in his mid-twenties.

At the time Carver had wished to become an artist. His sketch of the rose *Yucca gloriosa* won him a first prize at the World's Columbian Exposition in 1893. Carver applied to study at the Iowa State College of Agricultural and Mechanical Arts, but he was turned down when it was learned that he was of African heritage. He then applied to Simpson College at Indianola, Iowa, where he was the second African American to be admitted. Tuition was \$12 a year, but it was hard to come by even this small amount. Carver worked as a cook at a hotel in Winterset, Iowa, to raise the money. After attending Simpson College for three years, he once again applied for admission to Iowa State. He was admitted and was placed in charge of the greenhouse of the horticultural department while doing graduate work. Carver quickly won the respect and admiration of the faculty and student body. He earned his master's degree in agriculture in 1896, and, by the time he left, Carver was an expert at mycology (the study of fungi) and plant cross-fertilization.

In April 1896 Carver received a unique offer from the African American educator, Booker T. Washington to teach at Tuskegee Institute in Alabama. Said Washington: "I cannot offer you money, position or fame. The first two you have. These things I

now ask you to give up. I offer you in their place: work—hard, hard work, the task of bringing a people from degradation, poverty, and waste to full manhood. Your department exists only on paper and oratory will have to be in your head."

Carver accepted the challenge and arrived at Chehaw, Alabama, on October 8, 1896. In a report to Washington he wrote: "8:00 to 9:00 A.M. , Agricultural Chemistry; 9:20 to 10:00 A.M. , the Foundation of Colors (for painters); 10:00 to 11:00 A.M. , a class of farmers. Additional hours in the afternoon. In addition I must oversee and rather imperfectly supervise seven industrial classes, scattered here and there over the grounds. I must test all seeds, examine all fertilizers, based upon an examination of soils in different plots."

Through the years Carver gained a national, as well as an international, reputation. Chinese and Japanese farmers raised many unique problems for him. Questions were referred to him from Russia, India, Europe, and South America. He later had to turn down a request to journey to the Soviet Union, the country that once consisted of Russia and other smaller nations. In 1916 he was elected a member of the Royal Society for the Encouragement of Arts in England, the world's oldest scientific organization. Later, he went to the War Department in Washington, D.C., to demonstrate his findings on the sweet potato. He was awarded the Spingarn Medal of the National Association for the Advancement of Colored People (NAACP) in 1923. In 1935 Carver was chosen to work with the Bureau of Plant Industry of the U.S. Department of Agriculture. He received the Theodore Roosevelt Medal in 1939 for distinguished achievement in science. During his lifetime Carver had made many friends and was also a friend of three presidents: Theodore Roosevelt, Calvin Coolidge, and Franklin Delano Roosevelt.

Carver had earned the salary of \$125 a month from the beginning until the end of his service at Tuskegee Institute, which spanned forty-six years. He might have had much more. In 1940 he gave his life savings, \$33 thousand, to establish the George Washington Carver Foundation at Tuskegee Institute to continue research in agriculture and chemistry. He later left his entire estate to the foundation, a total of about \$60 thousand. He died in 1943.

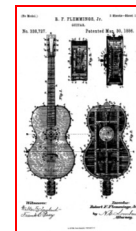
At the dedication of a building in his honor at Simpson College, Ralph Bunche, a Nobel Prize winner, pronounced Carver to be "the least imposing celebrity the world has ever known." Carver's birthplace was made a national monument on July 14, 1953.

African American Inventors

African Americans have contributed more to this society than the average person realizes.

The **Dough Kneader** which has led to the mixer utilized today was invented by L. Bell and received a patent in 1872. Enjoy guitar music? Well the **Guitar** was invented by R.F. Fleming, Jr. who received a patent in 1886. For you **ice cream** lovers, in 1832 Augustus Jackson created several popular flavors of this delicious dessert. The **Laserphaco Probe**, patented in 1986 was an invention of Dr. Patricia E. Bath. A specialized tool and procedure for the removal of cataracts the Laserphaco Probe increased the accuracy and results of cataract surgery. Need home

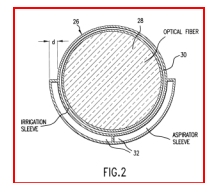
security? Well, Marie V. Brittan Brown has taken care of that with the invention of a **Home Security System Utilizing Television Surveillance** which was patented in 1969. Brown's system had a set of four peep-holes and a camera that could slide up and down to look at each one. Anything and everything the camera picked up would appear on a monitor. Also, a resident could unlatch the door by remote control. Although the system was originally intended for domestic uses, many businesses began to adopt her system due to its effectiveness. When potty training the little one, remember the name Lula O. Carter, a teacher who invented the **Portable Nursery Chair** (potty chair) that was patented on February 9, 1960.



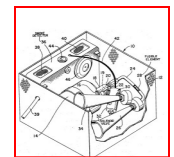
Guitar



Portable Nursery Chair



Laserphaco Probe



Home Security System Utilizing Television