

NATIONAL SORORITY OF  
**ΦΔΚ**

**NATIONAL SORORITY OF PHI DELTA KAPPA, INC.  
EASTERN REGION  
www.nspdk easternregion.org**

**Margarette Galloway    Dr. Patsy O. Squire    Tiffany Ladson-Lang  
Supreme Basileus    Regional Director    Member-At-Large**

**February 2022**

SUNDAY, AUGUST 18, 2019

**The New York Times Magazine  
The 1619 Project**

**SLAVES!**

**LONG OVERLOOKED SALE**

**PLANTATION HANDS**

FROM ALABAMA WITH RESERVE.

**BY N. VIGOR, AUCTIONEER,**

Offices---No. 8 Banks' Arcade Passage, and corner of Conti street and Exchange Alley.

**THURSDAY, MARCH 25 1858,**

Will be sold in the Rotunda of the  
**ST. MARY'S HOTEL,**

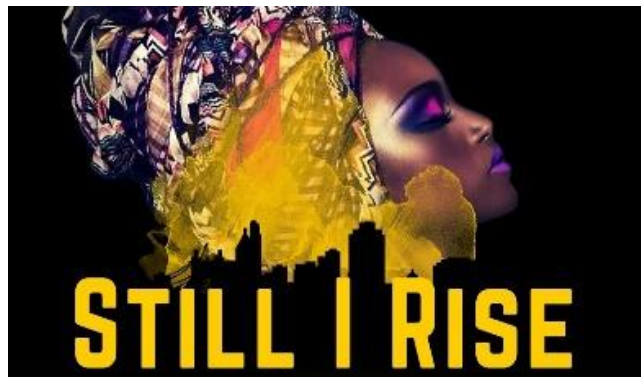
- No. 1. **ABSALOM**, aged 28 years, plantation hand, fully guaranteed.
  - No. 2. **NED**, aged 45 years, plantation hand, fully guaranteed.
  - No. 3. **TOM**, aged about 46 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 4. **BILL**, aged about 23 years, Plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 5. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 6. **EDWARD**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 7. **PULLY**, Negress, aged 23 years, No. 1 plantation hand and fair Cook, Washer and Ironer, fully guaranteed.
  - No. 8. **GEORGE**, Griff, aged about 23 years, good plantation hand and carriage driver, fully guaranteed.
- Also, at the same time and place, the following  
**JOHN HOPE FRANKLIN**  
**LIST OF ACCLIMATED SLAVES.**
- No. 1. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 2. **EDWARD**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 3. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 4. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 5. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 6. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 7. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.
  - No. 8. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.

All of the above slaves are from the State of Alabama and sold under a full guarantee, except where noted otherwise.

**ALSO, at the same time and place the following  
LIST OF ACCLIMATED SLAVES.**

**FOUR HUNDRED YEARS AFTER ENSLAVED AFRICANS  
WERE FIRST BROUGHT TO VIRGINIA, MOST AMERICANS STILL DON'T KNOW  
THE FULL STORY OF SLAVERY.**

No. 1. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.  
No. 2. **EDWARD**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.  
No. 3. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.  
No. 4. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.  
No. 5. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.  
No. 6. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.  
No. 7. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.  
No. 8. **JOHN**, aged about 25 years, plantation hand, fully guaranteed, except having a defect in the right knee.



Feb. 1, 2022

Greetings, From My Ancestors to My Sorors!

Soooo you mean to tell me that someone down your ancestry line survived being chained to other human bodies for several months in the bottom of a disease-infested ship during the Middle Passage, lost their language, customs and traditions, picked up the English language as best they could while working free of charge from sunup to sundown as they watched babies sold from out of their arms and women raped by ruthless slave owners.

Took names with no last names, no birth certificates, no heritage of any kind, braved the Underground Railroad, survived the Civil War to enter into sharecropping... Learned to read and write out of sheer will and determination, faced the burning crosses of the KKK, everted their eyes at the black bodies swinging from ropes hung on trees... Fought in World Wars as soldiers to return to America as boys, marched in Birmingham, hosed in Selma, jailed in Wilmington, assassinated in Memphis, segregated in the South, ghettoed in the North, ignored in history books, stereotyped in Hollywood... and in spite of it all someone in your family line endured every era to make sure you would get here and you receive one rejection, face one obstacle, lose one friend, get overlooked, and you want to quit? How dare you entertain the very thought of quitting. People, you will never know survived from generation to generation so you could succeed. Don't you dare let them down! It is NOT in our DNA to quit! Author-Anonymous

**We are excited as we attend the many chapter programs throughout the region to support Youth, Education and Service. Thank you for inviting us to sit at the table via Zoom to address Racism, Inequities, Poverty and Sisterly love. Please don't stop spreading the Love! As the Late John Lewis encouraged us, continue to "Get into Good Trouble" as we incorporate Black History Everyday, All Day! "**

*Happy Valentine's Day!*

**Dr. Patsy O. Squire  
Eastern Regional Director**

## NSPDK e-LEARNING ACADEMY

Presents

# "COMMON • COLLABORATIVE • • CONVERSATIONS"

## Seminar 1: To Go Back to School...Yay or Nay

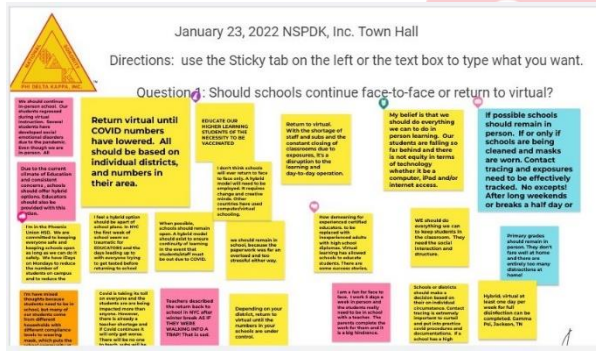
**Yes! Yes! and Yes! Professional Development – Par Excellence!**

National Sorority of Phi Delta Kappa, Inc., now this is how we do it! This is the conversation, we as educators, have wanted and needed since the COVID Pandemic and transition to virtual/remote/hybrid instruction. This seminar is exactly what sorors needed — to hear their sisters (from across the regions) share similar experiences, perspectives, concerns, and emotional trauma. Sorors' voices underscored their compassion and empathy for students and their families, sorors and their own families, and the public's awakening of just how important qualified educators are to the fabric of America's economy and social well-being.



First in a series of seminars planned by the NSPDK eLearning Academy team, this powerful discussion elicited sorors' responses to three questions:

1. *Should schools continue face-to-face or return to virtual?*
2. *How is your region impacted by COVID?*
3. *How can those chapters located in states/cities with greater resources help those sorors in more challenged districts?*



With over 150 sorors tuned into the discussion, sorors gave passionate opinions about the pros and cons of their districts' stance on providing academic options during the pandemic. The e-Team made sure all sorors had an opportunity to be heard whether by being called on to reply to a question, or by posting in the ZOOM chat or on

Jamboard.

Question 1: Sample responses...

*Let's keep the students in class as safely as we can.*

*A lot of learning is lost for learning challenged students who lack independent skills to learn virtually and need to have in-person learning.*

*I'm on the fence of both viewpoints. The strain on schools is tremendous to conduct suitable in-person learning because of staff shortages.*

Question 2: Sample Responses...

*In Higher Ed, COVID has impacted students with VISAs who are mandated to be in a brick and mortar building. Students are unable to meet program/course requirements.*

*I see a lot of depression and suicide in my district.*

*Central Office staff have been assigned to school buildings to fill in during staff shortage.*

*This pandemic has put the spotlight on student learning inequities and academic deficits.*

*Texas House Bill 4545 offers supplemental accelerated individualized instruction allowing students to 'catch up' and give them focused instruction.*

*Heightened social-emotional issues. We have to buckle down and plan for long term.*



Question 3: Sample Responses...

*NJ has passed a bill permitting retired teachers to be rehired without penalizing their pensions, in order to help with staff shortage.*

*Academics are leaving the profession in droves.*

*North Carolina is even hiring substitute teachers who are not fully qualified.*

*COVID is wrecking havoc throughout the Eastern Region.*

*Legislatively, bills are being passed whereby monies are appropriated to resolve infrastructure issues by building and upgrading cell towers.*

*It's increasingly challenging to provide in-person learning for students in Vocational/ Technical settings which require hands-on learning.*

*What are the mental consequences for students required to attend in-person learning?*



Dr. Etta F. Carter gave a closing summary of the Town Hall:

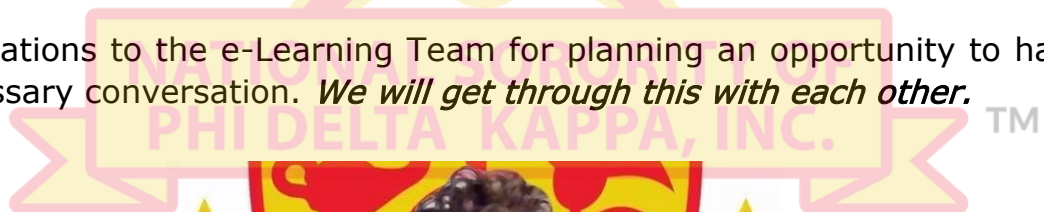
Learning decisions depend on the safety protocols in place and who's making the decisions.

In-person learning provides the greatest means of spreading COVID.

Additional administrative responsibilities are placing greater stress on school administrators.



Congratulations to the e-Learning Team for planning an opportunity to have this necessary conversation. *We will get through this with each other.*



# Carter G. Woodson

“Father of Black History”



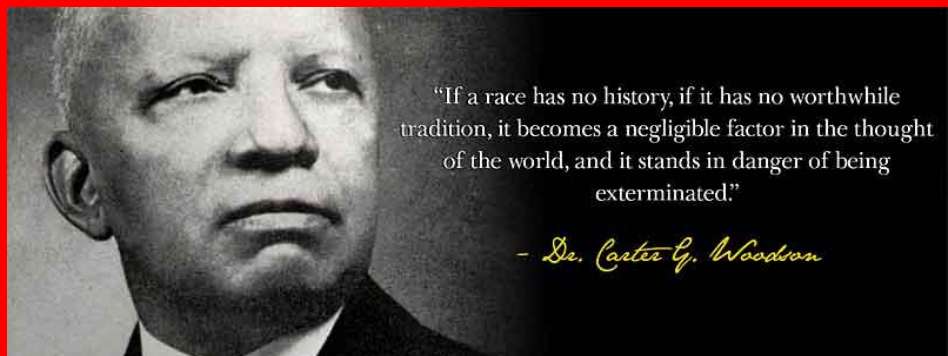
## Why Can't We Get Black History Education Right?

*Black historical consciousness is a set of principles to understand, develop, and teach Black histories that recognize Black people's full humanity.*

**LaGarrett J. King (Education Week – January 29, 2021)**

We can't get Black history education right because we teach *about* Black history instead of *through* Black history. Teaching about Black history has meant that schools teach from how white people imagine Black histories. Teaching through Black history should mean listening, writing, and teaching narratives from the actual historical experiences and voices of Black people.

We can teach through Black history by adopting what I call Black historical consciousness. Black historical consciousness is a set of principles to understand, develop, and teach Black histories that recognize Black people's full humanity and emphasize pedagogical practices that reimagine the legitimacy, selection, and interpretation of historical sources. This consciousness should be adopted for creating and sustaining Black history programs.



“If a race has no history, if it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated.”

- Dr. Carter G. Woodson

# In Defense of Truth

## N.A.A.C.P. Legal Defense and Education Fund

December 4, 2020

*History tells us that truth is essential for a society to grow. Every student has the right to an equitable and inclusive education that tells the truth about our nation's past.*

The right to free expression is a cornerstone of our democracy. Its protection is particularly critical for Black Americans and other marginalized groups who have a long history of battling infringement of this right. Over the past year, we have watched a clear and coordinated attack on truth and a push to deny our nation's shameful legacy of racism. States are passing laws that could ban or restrict what students in the United States can learn about our history, silence dissent, and punish those who speak the truth to counter whitewashed falsehoods.

These attacks are part of a larger effort to suppress the voice, history, and political participation of Black Americans.

Attacks on free speech and the truthful teaching of our history in schools go hand in hand with laws restricting the voting rights of Black Americans, laws criminalizing protest, and attacks on race-conscious policies like affirmative action. These laws threaten to take us back decades and reverse progress toward racial justice.

This year, we watched states enact laws that could ban or restrict the teaching of a truthful American history, and establish financial penalties for

non-compliance. We watched mobs of white parents descend on school board meetings to decry so-called “critical race theory” and wage battles over what students are taught about the past, present, and future. These efforts to ban or restrict discussions about race and racism are part of a long American history of white backlash in response to demands for educational equity.

Denying history and banning discussions of systemic racism upholds white supremacy. Our students deserve and need more than a white-washed, sanitized, revised version of American history. We cannot progress further and build a better society for our children if we can’t talk about where we are coming from. Defending education that is historically accurate and inclusive of the experiences of Black Americans, Native Americans, Latinx Americans, Asian Americans, women, and other marginalized groups is the work we must all now do in the face of this coordinated backlash against an inclusive America.

Which states have passed truth ban laws?

More than 25 states have introduced legislation that could restrict or ban what students can learn and what teachers can teach about our nation’s history. In total, 66 anti-truth bills have been introduced or pre-filed. More than 12 states have already passed versions of these laws or mandated similar statewide policies. (Source: Edweek)

*Not everything that is faced can be changed, but nothing can be changed until it’s faced”*

— *James Baldwin*





# DIVERSITY IN CHILDREN'S BOOKS 2018

Percentage of books depicting characters from diverse backgrounds based on the 2018 publishing statistics compiled by the Cooperative Children's Book Center, School of Education, University of Wisconsin-Madison: [ccbc.education.wisc.edu/books/pcstats.asp](http://ccbc.education.wisc.edu/books/pcstats.asp)



Illustration by David Huyck, in consultation with Sarah Park Dahlen  
Released under a Creative Commons BY-SA license: <https://creativecommons.org/licenses/by-sa/4.0/>

The CCBC Inventory includes 3,134 books published in 2018. This graphic would not have been possible without the statistics compiled by the CCBC, and the review and feedback we received from Edith Campbell, Molly Beth Griffin, K. T. Horning, Debbie Reese, Ebony Elizabeth Thomas, and Madeline Tyner. Many thanks.

## Tremendous Importance of Black Representation in Children's Books

By: Nneka Ruiz Montalvo  
[myreflectiontt.com](http://myreflectiontt.com) (January 11, 2021)

Why does Black representation matter in children's books? The image above, which is based on 2018 U.S. publishing statistics, reveals a powerful reality.

- 50% of all children's books published in 2018 featured White children.
- Following this, animals were featured in 27% of children's books.
- All visible minorities combined were featured in 23% of children's books.

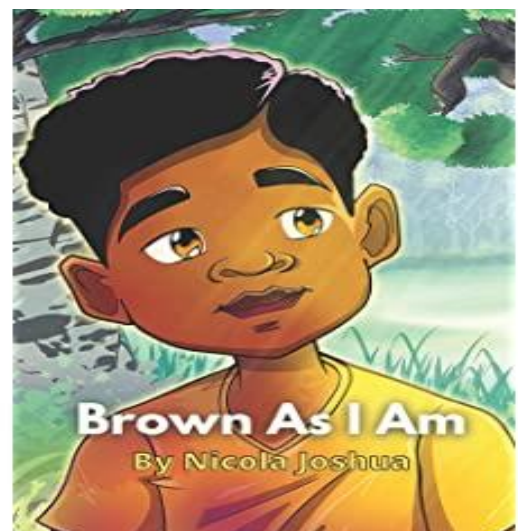
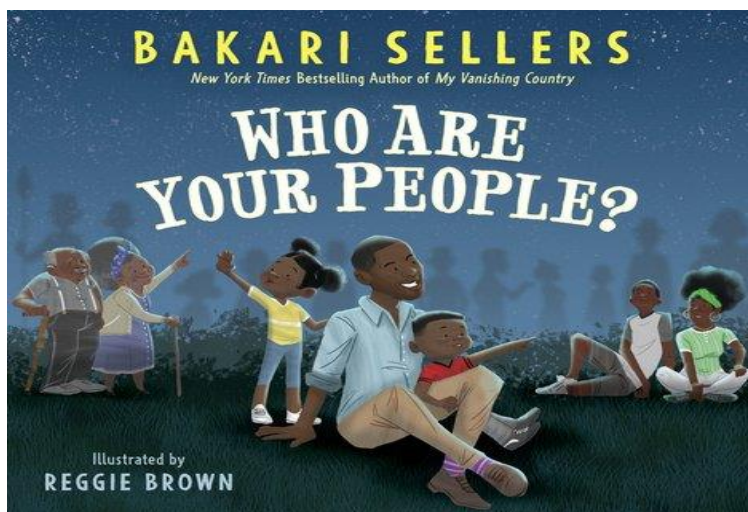
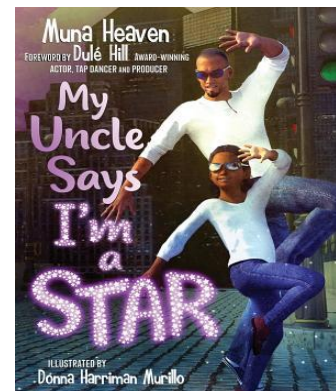
In the image above, children of colour gaze skeptically into small and cracked mirrors while, nearby, a White child and a bear smile happily into full-length ones.

# Why Black Representation Matters for Children of African Descent

While children can learn important values from characters of any colour, black children benefit from books with characters who look like them for the following reasons:

- **Representation** – Books are mirrors, reflecting an aspect of our own lives, hopes and dreams back at us. Reading is therefore a form of self-affirmation. The ‘mirror’ experience is exactly why representation matters. When children see themselves reflected in their reading material, they feel validated.
- **Affirmation** – Many of the books with Black main characters celebrate a child’s brown skin and afro-textured hair. This leads to self-acceptance and builds a child’s self-esteem, self-image and confidence.
- **Inspiration** – Many books with Black main characters feature children in leadership or STEAM (Science, Technology, Engineering, Art and Math) roles. This gives Black children inspiration to believe in themselves and become high achievers. When children see someone who looks like them doing something they never thought of, it makes them think ‘This could be me someday!’.

If you want your children to aspire to become astronauts, engineers or surgeons, the first step is to buy them books with characters who look like them in such roles!

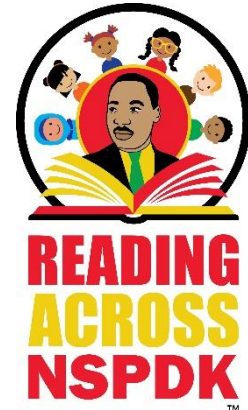




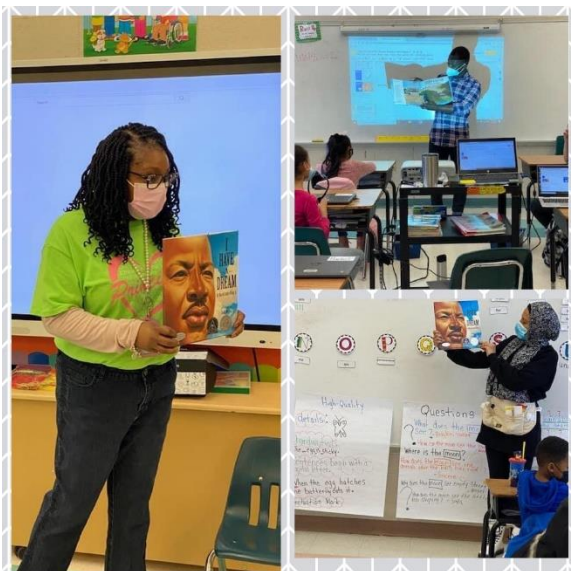
# Good News Around the Region



Sorors of Delta Nu Chapter with Sorors Aretha Blake-Arroyo "Who Made Me"; Sandra Butler and Sylvia Ligon "Sisters & Champions – The True Story of Venus & Serena Williams".



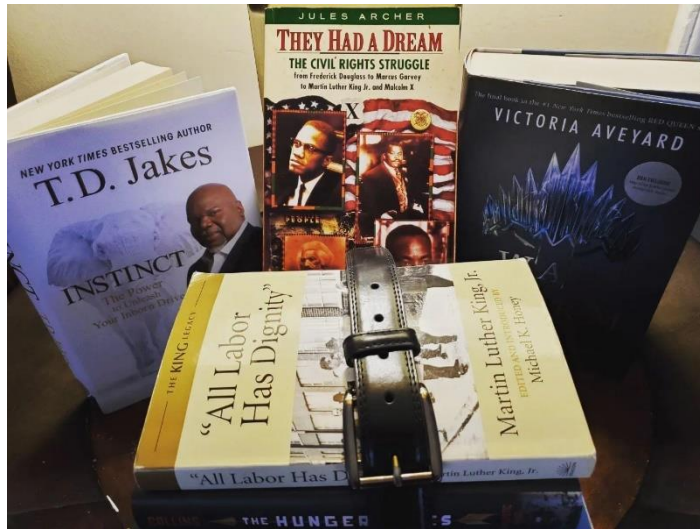
Delta Pi Chapter Soror Hattie B. Soloman, enjoying a good book.



Alpha Zeta Chapter at Miles Jones Elementary School in Richmond, VA.



Delta Phi Chapter encouraging the youth to read.



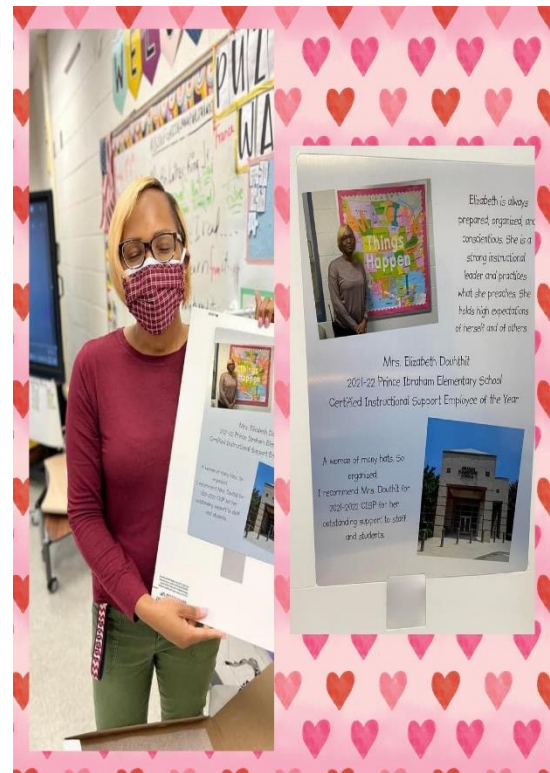
**Beta Zeta Chapter's Kudos collect 'Books and Belts.'**



**Soror Jasmine McTague (Alpha Chapter) listens as her son reads to her.**



**Congratulations IOTA Chapter Sorors: Danielle Newson 2021-2022 Teacher of the Year; Constance Days-Chapman – Newly Appointed Principal of Atlantic City HS; and Basileus Kaisha Master – newly appointed Assistant Principal of Pleasantville Middle School.**



**Beta Lambda Chapter Soror Elizabeth Douthit recipient of the Certified Support Employee of the Year recognition.**



*Beta Lambda Sorors Ellis and Young are making a difference in Winston-Salem, NC – speaking before the district's school board for salary raises.*



*The Kudos of Delta Phi Chapter participate in The Betty White Challenge for Animal Care.*



*Community Food Bank of NJ sent a note of appreciation to the Xinos and Kudos of Delta Pi Chapter for their time and energy volunteering.*



January ~~2022~~  
 All diapers will benefit local families through Rockland County Department of Family and Children Services.  
 Drop off  
 Nyack Center  
 58 Depew Ave Nyack



*The Rho Chapter Book Club discusses "Just As I Am".*  
  
*Epsilon Chi Chapter engages in Meaningful Community Service (For Our Kids Community Diaper Drive)*

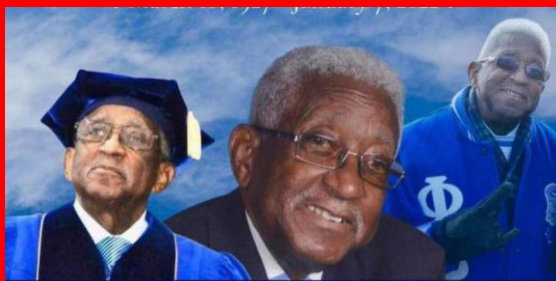
# OMEGA CHAPTER

Soror Barbara Luck

ZETA CHAPTER



## Condolences



Husband of Soror Florine  
"Peaches" Camphor

GAMMA CHAPER

Anthropos

James L. "Winky" Camphor

Soror Gwynne Burt (DELTA NU Chapter) mother Hortense E. Marshall

Soror Michele Gordon (ETA Chapter) mother Mrs. Harriet Gordon

Soror Velma Renee White (BETA LAMBDA Chapter) mother Ms. Belvia Delores Venson

Sorors Maria Johnson and Reba Gamble (BETA ZETA Chapter)  
sister and Godmother Patricia Keith Mercer

Soror Belinda Mickle (ZETA Chapter) brother Douglas Taggart

Soror Sara Brown Fields (ZETA Chapter) husband Frederick

Soror Julia Ann Stafford (ALPHA ZETA Chapter) brother Thomas  
Franklin Hamlette

Soror Bedelia Green (ALPHA MU Chapter) brother Myron Lavelle  
Green

Soror Willa Anderson (EPSILON Chapter) husband Johnny  
Anderson

## GET WELL WISHES...

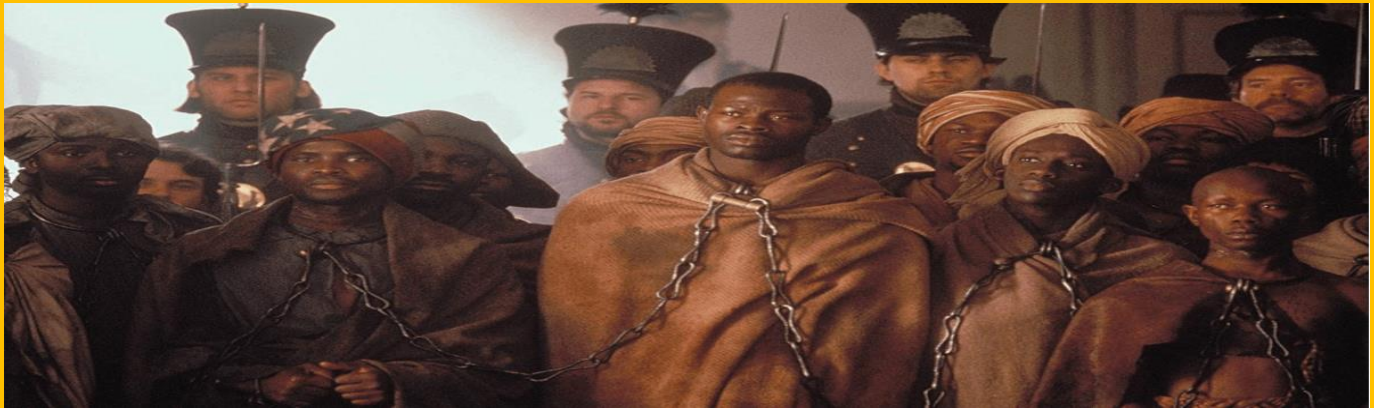
Soror Gwendolyn Watts (DELTA PI Chapter)



It is not our good intentions to be fruitful that bring our Father glory. It's not even how hard we try. It is how much fruit comes from our branch. Each branch bears a different amount of fruit, and all fruit honors God. But God's greatest glory comes from the ones who bear much fruit.

(“Secrets of the Vine for Women” p.30)





## **Black History Curricula in the EASTERN REGION**

**Connecticut:** By state order *Public Act No. 19-12 'An act concerning the inclusion of Black and Latino Studies in the Public School Curriculum'* June 21, 2019. For the school year commencing July 1, 2022, a local or regional board of education shall offer the Black and Latino studies course in grades nine to twelve, inclusive.

<https://www.cga.ct.gov/2019/act/pa/pdf/2019PA-00012-R00HB-07082-PA.pdf>

**Delaware:** On June 17, 2021, Gov. Carney signed into law House Bill 198, making Black history education mandatory in the state. *The law officially becomes effective in the 2022-23 academic school year.* The bill requires that every school district and charter school in the state serving K-12 students establish and implement a curriculum that provides Black history instruction as part of its educational programming. In addition, the bill also requires instruction to recognize the impact of racial and historical trauma, while engaging students about the roles and responsibilities all citizens can play to combat racism.

Open link to see authorization:

<https://legis.delaware.gov/BillDetail?LegislationId=48487>

**Maryland:**     **See the September 2020 Maryland State Department of Education - HS United States History Framework and Social Studies Standards.**

*By considering events from multiple perspectives, students will understand that women, African Americans, Native Americans, those with disabilities, those who identify as LGBTQ+, and other racial and religious minorities possess historical agency. Awareness of these perspectives assist student comprehension of the complicated nature of the American story.*

<https://marylandpublicschools.org/about/Documents/DCAA/SocialStudies/HSUS.pdf>

**New Jersey**



<http://www.njamistadcurriculum.net>

**(Serves as the model for other states)**

The Amistad Commission ensures that the Department of Education and public schools of New Jersey identify materials and texts which integrate the history and contributions of African-Americans and the descendants of the African Diaspora.

To infuse the history of Africans and African-Americans into the social studies curriculum in order to provide an accurate, complete and inclusive history.

To ensure that New Jersey teachers are equipped to effectively teach the revised social studies Student Learning Standards.

To create and coordinate workshops, seminars, institutes, memorials and events which raise public awareness about the importance of the history of African-Americans to the growth and development of American society in a global context.

**New York: 2005 “The Amistad Commission”  
Social Studies Framework (2016)**

*see New York State K-12 Social Studies Field Guide*

<http://www.nysed.gov/common/nysed/files/programs/curriculum-instruction/nys-ss-field-guide.pdf>

**North Carolina: (2016) High School History - NCES.AAS  
(2004) “The Freedom Monument Project”**

<https://www.dpi.nc.gov/american-history-standards-fall-2021-implementation/open>

See above link of the North Carolina Standards for American History.

**Pennsylvania:** *See the PA Department of Education Academic Standards for History (2002) World History (8.4) Grades 3,6,9,12*

<https://www.stateboard.education.pa.gov/Documents/Regulations%20and%20Statements/State%20Academic%20Standards/E%20HISTORY%20web03.pdf>

*See the Philadelphia Competencies for Grades 9 - 12*

<https://www.philasd.org/curriculum/wp-content/uploads/sites/825/2017/10/African-American-History-T1.pdf>

<https://www.philasd.org/curriculum/wp-content/uploads/sites/825/2017/10/Instructional-Unit-Quarter-2-African-American-History.pdf>

**Virginia:** On June 18, 2020, the Virginia Board of Education unanimously adopted the following statement regarding systemic racism, racial justice and education. The Board remains committed to making good on the promise of a high-quality education for every child by eliminating racial and socioeconomic inequities in Virginia's public education system.

### **Statement from the Virginia Board of Education**

The history of people of color, particularly Black Americans, in our country is a history of strength, perseverance, courageous struggle, agency and hope. But we also know that history is marked by exploitation, oppression, disenfranchisement, and discrimination. As part of broader systems of oppression, people of color have been denied access to the schoolhouse based on the color of their skin. The fight for equal access to public education is longstanding and endures to this day. The brave actions of Mary Peake, Barbara Johns, Ruby Bridges, the Norfolk 17, and countless other students, parents, and civil rights leaders helped break down racial barriers to education. The Board recognizes that equal access to a high-quality public education is a fundamental right of all Virginians, regardless of race, gender, creed, color or sexual orientation. However, systemic racism and discrimination still exist in public education, and too often, a student's skin color or socioeconomic status predicts the quality of their educational opportunities. As education leaders in the Commonwealth, we have a responsibility to recognize and confront such racism and discrimination.

*Please see the (2015) Virginia and United States History Standards of Learning*

[https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.doe.virginia.gov%2Ftesting%2Fsol%2Fstandards\\_docs%2Fhistory\\_socialscience%2F2015%2Fstd-2015-hss-va-ushistory.docx&wdOrigin=BROWSELINK](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.doe.virginia.gov%2Ftesting%2Fsol%2Fstandards_docs%2Fhistory_socialscience%2F2015%2Fstd-2015-hss-va-ushistory.docx&wdOrigin=BROWSELINK)

*(2020) update*

[https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.doe.virginia.gov%2Ftesting%2Fsol%2Fstandards\\_docs%2Fhistory\\_socialscience%2F2015%2Fcf%2Fhss-cfvus-updated-2020.docx&wdOrigin=BROWSELINK](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.doe.virginia.gov%2Ftesting%2Fsol%2Fstandards_docs%2Fhistory_socialscience%2F2015%2Fcf%2Fhss-cfvus-updated-2020.docx&wdOrigin=BROWSELINK)

**Washington, DC:** Take a look at the District of Columbia Public Schools Pre-K through Grade 12 Social Studies Standards. ( Publication date Unknown)

[https://osse.dc.gov/sites/default/files/dc/sites/osse/publication/attachments/DCPS-horiz-soc\\_studies.pdf](https://osse.dc.gov/sites/default/files/dc/sites/osse/publication/attachments/DCPS-horiz-soc_studies.pdf)

**West Virginia:**

2016 College and Career Readiness Standards

<https://apps.sos.wv.gov/adlaw/csr/readfile.aspx?DocId=29936&Format=PDF>

***The Burden of Responsibility***

***Is.....***

***“A Call to Action”***



**“Shallow understanding from people of goodwill is more frustrating than absolute misunderstanding from people of ill will. Lukewarm acceptance is much more bewildering than outright rejection.”**

**— Martin Luther King Jr., Letter from the Birmingham Jail**

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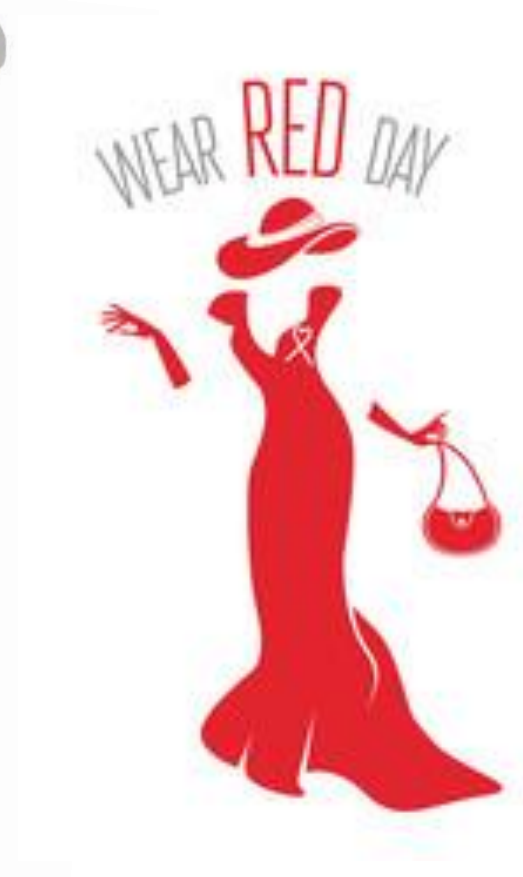


Reclaim Your Reason

FRIDAY, FEBRUARY 4, 2022

# NATIONAL WEAR RED DAY<sup>®</sup>

WearRedDay.org  
#WearRedDay



*February is*

**American Heart Month**



A red graphic element consisting of a jagged line representing a heart rate or ECG. It starts with a small heart at the top, followed by a series of peaks and valleys, and ends with a larger heart at the bottom right.

**FEBRUARY 4, 2022**

# Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

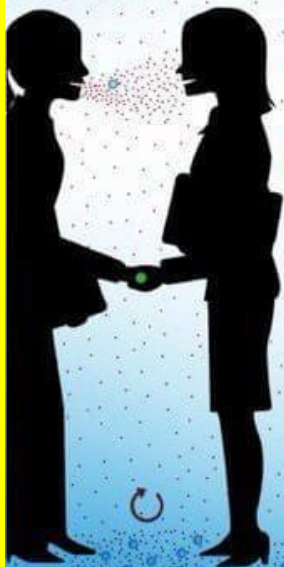
Courtesy: Heart Association, 20-1080 A-22

[heart.org/bplevels](http://heart.org/bplevels)

## #CovidIsAirborne

The science behind safer indoor gatherings

- 1 Infected individuals breathe out viral particles that stay in the air like smoke.
- 2 Breathing in those particles causes infections.
- 3 The particles spread in indoor spaces across the entire space, and stay in the air for hours, if there isn't enough ventilation.
- 4 If you walk into a room where a sick person was present in the last few hours, the particles are still there.
- 5 Ventilation and air purification reduce the particle density and should be part of guidelines to fight the pandemic.
- 6 Masks filter the viral particles from the air when worn by someone who is infected and filter the particles from coming in when worn by someone not infected.
- 7 High quality N95/KN95/KF94/FFP2 masks with good fits prevent infection, reducing infection rates by 1000X when worn by infected and uninfected.



COVID ACTION GROUP



World Health Network

credit: <https://doi.org/10.1016/j.jhin.2020.12.022>

To help prevent heart disease, you can:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress

# ON OUR WAY TO WELLNESS

## African-American Women and Heart Disease

### ALPHA MU CHAPTER

Did you know that more than 49% of African-American women ages 20 and older have heart disease? On Saturday, January 22, 2022 – **Alpha Mu Chapter** kick-started the February month-long awareness of women's heart health. Guest keynote speaker, **John Jabari**



**Michel, founder of Quest Nutrition Network**, provided timely but critical information and advice on living healthier while also protecting our

hearts. The startling statistics are enough to shake us, Sorors: *One person dies every 36 seconds in the U.S. from heart disease.*

Mr. Michel discussed the **7-Cornerstones of Optimum Health** which are:

1. **Nutrition - Plant Nutrition:** foods that come from the earth.
2. **Mental Health:** What do you feed your mind? Your thoughts can effect you physiologically. *It is important to download positive input into your mind. Be mindful of what you're exposed to.*
3. **Social/Family & Health:** Surround yourself with a social support system that motivates and inspires you.

4. **Life Purpose:** Knowing what God has put you here to do. *Don't wander through life without a purpose - which motivates you.*
5. **Exercise:** Stretch before getting into your exercise routine. *Choose an exercise that you enjoy doing.*
6. **Sleep:** Most important is getting eight hours of sleep, ideally between 10:30PM to 6:30AM.
7. **Meditation:** Take 20-25 minutes for quiet-self time. *Time that will exercise the spirit. Be in the moment.*

Mr. Michel concluded his portion of the program highlighting the health benefits of Cayenne Pepper and Vitamin Supplements to aid heart health.



**Soror Donyele Wilkerson** shared with the participants the many benefits of adult journaling in promoting and supporting healthy self-care. *See slides.*



## Benefits of Journaling

- Helps reduce stress
  - Improves mood
  - Reduces anxiety
  - Release emotions
- Sharpens memory
- Encourages achievement
  - Tracks progress and growth
  - Increase self-confidence
- Captures memories
- Improve writing and communication skills
- Helps problems solve



## Types of Journaling

- Stream of consciousness
- Dream
- Food
- Fitness
- Gratitude
- Sketch
- Day's events
- To-do List



The infographic consists of three horizontal panels illustrating the progression of coronary artery disease. Each panel shows a cross-section of an artery with a yellow arrow indicating the direction of blood flow.

- Coronary artery disease:** The artery is shown with a normal diameter and a smooth inner lining. A yellow arrow points from left to right. Text: "Coronary artery disease" and "Plaque builds up in an artery".
- Angina:** The artery is shown with a significantly narrowed diameter due to plaque buildup. A yellow arrow points from left to right, appearing to struggle. Text: "Angina" and "It is harder for blood to get through the artery".
- Heart attack:** The artery is shown with a complete blockage of the lumen by a red blood clot. A yellow arrow points from left to right, then loops back on itself, indicating a complete stop in flow. Text: "Heart attack" and "Plaque cracks and a blood clot blocks the artery".

**About Heart Disease**

- A heart attack occurs when blood flow to a part of the heart is blocked by a blood clot.
- If this clot cuts off the blood flow completely, the part of the heart muscle supported by that artery begins to die.

As we celebrate Valentine's Day, we are reminded of living a healthier lifestyle to mitigate the damages caused by heart disease. Thank you Alpha Mu Chapter for planning this program for our total wellness.



# SAFELY MEET PROTOCOLS





**COVID-19 Vaccination Record Card**

Please keep this record card, which includes medical information about the vaccines you have received.  
Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Patient number (medical record or A3 record number) \_\_\_\_\_  
MI \_\_\_\_\_  
Healthcare Professional or Clinic Site \_\_\_\_\_

Vaccine	Product Name/Manufacturer	Lot Number	Date
1 <sup>st</sup> Dose COVID-19			mm / dd / YY
2 <sup>nd</sup> Dose COVID-19			mm / dd / YY
Other			mm / dd / YY
Other			mm / dd / YY

 **ACCINATED** 

# DON'T MISS IT...

## Free Virtual Event for K-12 Students

**REGISTER TODAY!**

JOIN MICROSOFT AS WE FEATURE BRAND-NEW IMMERSIVE MUSEUM TOURS CELEBRATING BLACK HISTORY, INCLUDING FIRESIDE CHATS, INTERACTIVE ACTIVITIES, AND BOOK READINGS.

**February 1st-28th**

Museum tours, Book Readings, and Speaker Series

- **Black History Book Readings and Activities** for K-2 Students
- Take a seat and take a stand at the **Rosa Parks National Museum**
- Walk the streets of Greenwood & witness **Black Wall Street & the Tulsa Massacre**
- Journey to South Africa & learn about **Nelson Mandela's fight for freedom**
- Celebrate today's groundbreaking changemakers at **The Legacy Project**
- Learn how Texas became the stage for Juneteenth at the **Carver Museum**
- Hit a home run with Jackie Robinson at the **Negro Leagues Baseball Museum**
- Walk with MLK & fight for civil rights in the **Selma-to-Montgomery Marches of 1965**
- Fly with WWII's first Black aviators at the **Tuskegee Airmen National Site**
- Step into the Civil Rights Era at the **National Center for Civil and Human Rights**
- Travel back in time and take a ride at the **Freedom Rides Museum**

**REGISTER FOR YOUR FREE TOUR OR BOOK READING TODAY!**

**REGISTRATION: WWW.AKA.MS/BHM2022**

**INFORMATION: MSCOMMUNITY@SERVICE.MICROSOFT.COM**



## TEACH-A-RAMA

YOU WILL NOT WANT TO MISS THIS FREE MINDFULNESS EVENT  
FRIDAY, FEBRUARY 4TH  
5:30PM - 6PM



NATIONAL SORORITY OF PHI DELTA KAPPA, INC.™

Dr. Patsy O. Squire,  
Eastern Regional Director  
Dr. Liza Ortiz,  
Teach-A-Rama Eastern Regional Chair

HOSTED BY THE NATIONAL SORORITY OF  
PHI DELTA KAPPA, INC. ZETA EPSILON CHAPTER  
EBONY LATTIMER, PRESIDENT  
FREEHOLD HIGH SCHOOL  
2 ROBERTSVILLE RD. FREEHOLD, NJ  
IN PERSON & VIRTUAL

ZOOM LINK: [https://us02web.zoom.us/j/81133551579?](https://us02web.zoom.us/j/81133551579?pwd=UUFDYi9YUUVnNFRVVzRROQVUWWFZZz09)  
pwd=UUFDYi9YUUVnNFRVVzRROQVUWWFZZz09

Meeting ID: 811 3355 1579

Passcode: 090269

WITH MS. ERICKA

NATIONAL SORORITY OF PHI DELTA KAPPA  
GAMMA GAMMA CHAPTER  
CHANDRA TYSON, PRESIDENT

THIS IS A FREE ZOOM & FACEBOOK LIVE EVENT

# TEACH A RAMA

**SATURDAY, FEBRUARY 5TH, 2022**  
AT 11AM CENTRAL TIME

**FEATURED SPEAKERS WILL DISCUSS**

MENTAL HEALTH  
3RD GRADE TESTING  
STUDENT SUCCESS  
& HIGH SCHOOL GRADUATION

**FOR MORE INFORMATION**  
BEVERLY BROWN 850-533-6406 OR DIA GREEN-JONES, PhD 850-814-4682



THE NATIONAL SORORITY OF  
PHI DELTA KAPPA, INC.  
GAMMA MU CHAPTER  
VIRGINIA BEACH, VIRGINIA

COME AND JOIN US IN A PANEL DISCUSSION FOR BLACK HISTORY MONTH

**THEME: THE QUEST FOR BEING MADE WHOLE:  
THE BLACK EXPERIENCE DURING THE PANDEMIC**

**SATURDAY, FEBRUARY 5, 2022**

**11:00 A.M. - 2:00 P.M.**

Join Zoom Meeting:

ID: 318 677 7539

Passcode: 2020

[https://us02web.zoom.us/j/318677539?](https://us02web.zoom.us/j/318677539?pwd=blUrQUNVR28reDhjk3IvOU0RORVdZ09)

pwd=blUrQUNVR28reDhjk3IvOU0RORVdZ09

**DR. PATSY O. SQUIRE MS. TIFFANY LADSON-LANG DR. VERA MCLAUHLIN**

NSPDK, Inc.-Pi Chapter

**VALENTINE'S**  
*Game & Date Night*

Win a \$200 date night to Ruth's Chris Steakhouse & AMC Theaters  
Tickets are \$17 each or 2 for \$30, on sale until February 7th. Event will be held live on February 9, 2022 at 6:00 PM

**RUTH'S CHRIS STEAK HOUSE** **AMC**

**SUICIDE PREVENTION:**  
Normalizing the Conversation

**09 Feb 2022**

**PRESENTED BY**  
**TURKESSA L. LEE, LCSW**

7:00-8:30 p.m.  
-1hour education/30 min Q&A  
Registration: Use the QR Code or the link provided.  
Cost: \$20 (limited seats)

**"To Foster a Spirit of Sisterhood and Promote the Highest Ideals of the Teaching Profession."**

**National Sorority of Phi Delta Kappa, Inc.**  
**Epsilon Alpha Chapter**  
**Presents:**

**The Sounds of Blackness:**  
*A Spotlight on African American History Through a Musical Lens*

**Friday, February 11, 2022**  
**6:00 - 7:30 PM via Zoom**

Please click [here](#) to register on or before February 7, 2021.

**Dr. Patsy O. Squire, Eastern Regional Director**  
**Marlene Bonds-Davis, President**  
**Dr. Gina Gill, Chair, African American History Committee**

National Sorority of Phi Delta Kappa, Inc.  
Eastern Region  
**XI CHAPTER**  
Presents A






**BLACK HISTORY**  
**ONLINE MOVIE & DISCUSSION**

**DATE: SATURDAY, FEBRUARY 12, 2022**  
**TIME: 1:00PM-3:30PM**  
ZOOM INFO: 648-648-6364  
PASSCODE: XICHAPTER

PLEASE JOIN XI CHAPTER TO WATCH THE MOVIE  
13TH FOLLOWED BY A DISCUSSION

ALL ARE WELCOME!

FACILITATED BY  
VARMA MITCHELL, CHAIRPERSON  
& THE BLACK HISTORY COMMITTEE  
REGINA ROWLAND PERRY, PRESIDENT

National Sorority of Phi Delta Kappa, Inc.  
**Theta Chapter**




**THETA TRAILBLAZERS**  
INVITE YOU TO OUR VIRTUAL  
AFRICAN AMERICAN HISTORY PROGRAM  
SATURDAY, FEBRUARY 12, 2022  
3:00 P.M.-5:00 P.M.  
SAVE THE DATE



**THEME: BLACK HEALTH & WELLNESS**



Zoom Logon:  
User ID: 993-969-9814  
Passcode: 5r5tQ6



Margaret Galloway, NSPDK, Inc. National President  
Dr. Patsy O. Squire, NSPDK, Inc. Eastern Regional Director  
Donna Sowerby, Theta Chapter President  
Mary Jimmerson, Theta Chapter Program Chair  
Yvette Wilds, Theta Chapter African American History, Chair  
Yvette Grant, Theta Chapter African American History, Co-Chair



National Sorority of Phi Delta Kappa, Inc.  
Beta Omicron Chapter  
Patricia Whitney, President



**Denim and Red**  
**Valentine Day Celebration!**  
February 13, 2022  
2:00-6:00 PM

Baldwin Masonic Lodge  
754 Prospect St, Baldwin, NY

**Tickets: \$40pp**  
**BYOBF**  
(Bring Your Own Beverage & Food)  
Ice & cups will be provided

Grown & Sexy Mature Crowd

\*\*\*Chance Auction  
\*\*\*50/50 Raffle

Advance Payment Only (No payment at the door)  
[betaotamio@gmail.com](mailto:betaotamio@gmail.com)

For Event Information Contact Chair: Wilhelmine Herard James (917)576-6099

**Proof of Vaccination Required and Government ID**



Ms. Maragrette Galloway, National President      Dr. Patsy O. Squire, Eastern Regional Director



National Sorority of Phi Delta Kappa, Inc.  
Epsilon Sigma Chapter  
presents a **Free** virtual  
**African American History Observance**




Guest performers:



Angelina McCorkle



Callie Victoria Nicole Neely

Keynote: Dorothy "Dot" Guthrie  
Curator: African American History Museum-Loray Mills

Donations of \$10.00 will be entered into a silent auction.  
\* The auction categories are below





**Saturday, February 26, 2022**  
12:00 noon until 1:30 PM  
The Zoom link will be provided to registered guest.  
Click [here](#) to register to attend.

Cashapp-\$Epsilonchapter  
Zelle-732-688-6008  
Notate-African American History program  
Donations benefit our Y.E.S. program

Co-chairs: Geraldine Dye and Shirlene Hoke  
President: Dr. Tara V. Dowdell

**NATIONAL SORORITY OF PHI DELTA KAPPA, INC.**  
 "TO FOSTER A SPIRIT OF SISTERHOOD AMONG TEACHERS AND TO PROMOTE THE HIGHEST IDEALS OF THE TEACHING PROFESSION"

**ALPHA PI CHAPTER**  
 Hosts  
**BLACK HISTORY MONTH**

**WHERE IS YOUR CROWN?  
 A JOURNEY THROUGH TIME**

**SUNDAY, FEB 20, 2022  
 3PM**

**REGISTER: EVENTBRITE**

Margarette Galloway, National President  
 Dr. Patsy Squire, Eastern Regional Director  
 Vickie Pendleton, Chapter President  
 Sheila Griffin, Program Chairman

"Pursuit of Excellence: A Challenge to Fulfill"

**NATIONAL SORORITY OF PHI DELTA KAPPA, INC.**  
 "To Foster a Spirit of Sisterhood among Teachers and to Promote the Highest Ideals of the Teaching Profession"

**EASTERN REGION**  
 Executive Board & Y.E.S. Committee Planning Meeting

*Queen's Rules*  
 Rules, Decrees, Directives & Proclamations  
 For Every Woman Who Is or Will Be  
 Queen  
*Marva Dew*

Friday, February 18, 2022-Sunday, February 20, 2022  
**Westin Hotel & Chase Center**  
 818 Shippard Dr.  
 Wilmington, Delaware 19801

**MARGARETTE GALLOWAY, SUPREME BASILEUS**

**DR. PATSY SQUIRE  
 EASTERN REGION DIRECTOR**

**TIFFANY LADSON-LANE  
 E.E. MEMBER-AT-LARGE**

1

## ALLOWING STUDENTS VOICE and CHOICE

Alpha Pi Chapter of Dover, DE held a virtual Town Hall on January 22, 2022 to describe what SEL looks like in the Capital School District.

**Topic:**  
*Social Emotional Learning*  
 What is it? How can it help my child?

**Panelists:**

			
Dr. Linda Thacker DEWCO, Inc.	Ela McIlwain Middle School Counselor Caroline County Public Schools	Sarah Monbharin SEL Coach Caesar Rodney School District	Dr. Jocelyn Brevins Superintendent of Instruction Capital School District

There are no state regulations for implementing SEL in Delaware, however, Delaware is a 'Trauma-

Informed State. SEL and Restorative Practices are about ALL students feeling valued and respected by establishing authentic family partnerships. Authentic partnerships / relationships allow 'trust' to happen while respecting family culture and values: To create trauma sensitive and safe environments.

Pandemic virtual support was intentional in making services and support available to students and parents.

For more information about SEL in Delaware, visit the DE Dept. of Ed. SEL Toolkit

An SEL environment is an equitable environment.