

The Scroll

An official publication of the Silver Spring (MD) Alumni Chapter of Kappa Alpha Psi Fraternity, Inc.



www.SilverSpringAlumni.com

June 2011 Edition



Celebrating 100 Years Of **Φ Ν Ψ**

INSIDE THIS ISSUE...



10 | HIV/AIDS



14 | "America I Am" KL Tour



5 | 50 Yr/Sr Brother Luncheon



16 | Golf Initiative



8 | NPHC Leadership Summit



6 | Chapter Election Results

CONTENTS

JUNE 2011

Polemarch's Perspective	2
Editor's Message	3
Kappa Kalender	4
Sr/50 Year Brother Luncheon	5
Milestone Kappas	5
Chapter Elections	6
Chapter Retreat	6
Amenities	7
Parliamentary Conversation	7
NPHC Empowerment Summit	8
Kappa Health Korner	10
Kappa Spotlight	13
Guide Right	14
Kappa Kommentary	17
Kappa Trivia	17
Spiritual Konnection	18

POLEMARCH'S Perspective ...



Greetings Brothers!

It's a great day to be a Kappa! As of the last chapter meeting, you have done one of the biggest services of this chapter and Fraternity: You have elected your newest officers for the 2011-12 fraternal year.

For those newly elected officers, congratulations on being elected and choosing to serve. For those who were not elected, there are still many loads to lift and the chapter is greatly in need of your help.

I would like to thank all of the officers and committee chairman who stepped up to do the work of this Chapter during the 2010-11 fraternal year. Although the year is not quite over, I want to thank all of you for your contributions and express my sincere gratitude for the work we have been able to accomplish this year. During this time last year, my campaign was tied to trying to involve more brothers in all of the various activities - the loads we have to lift - that go toward supporting the chapter. Upon review of the Keeper of Record's report to our Eastern Province Region 2 Board member (Brother Charles Exum) on the past year's activities, I must say we have accomplished much in a short time.

We have done something this past year which had not been done in the past 10 years—we had a Fall and a Spring MOIP process resulting in the initiation of seven (7) new brothers. This may seem like insignificant work, but it allowed us to identify our newest members. These Brothers have been well assimilated into our fold and have begun to contribute greatly to the Silver Spring (MD) Alumni Chapter activities. This is seen in both the Chapter service and social programs. Our Guide Right and Kappa League program has grown over 200% from last year with now more than 20 students actively participating. We have begun to interact with more of the local Sororities to have collaborative happy hours and social events. Our financial debts have been resolved and we are well on our way to participate during the Centennial Grand Chapter Meeting.

We have reclaimed brothers into our chapter and by continuing to be active we will continue to attract brothers to Silver Spring Alumni.

As I have always told brothers who have come after me, my perspective is that Kappa Alpha Psi can do great things through the efforts of our total membership. Although we have leaders, do not expect the leadership to do all of the work. Because we have neophytes, do not expect the neos to walk alone. We are all brothers who joined for various reasons and we all took that solemn obligation. One strategy to accomplish the work before within the next fiscal year is for each brother to identify one committee or project they have a personal interest and contribute some time and energy toward that effort. Next, find a brother who you respect, who is supporting a different committee or project, and help him accomplish his work. Let's apply our work to our respective interests so that things can be done as efficiently as possible. By using this philosophy, we will always have enough brothers to complete any task we encounter.

Thank you for making the past year a success. With all of your help, we can go into the 101st year and achieve even more.

Yours in the Bond,

Thomas N. Flagg

Thomas N. Flagg
Polemarch - Silver Spring Alumni Chapter



A Message From The Editor ...



Greetings in the name of Phi Nu Pi,

As your editor, let me first say that I continue to be excited about the possibilities inherent in the re-establishment and publication of our monthly newsletter, which as I stated in last month's chapter meeting will serve primarily two purposes: to fill the information gap for brothers who don't have access to our website and to serve as a reclamation tool for brothers who seldom or never come to meetings. It is my firm belief that if more brothers are informed about the myriad social action and fraternal activities that our chapter is involved in, the newsletter might serve to inspire and encourage more participation and involvement of the brothers presently standing on the sideline. I will endeavor to have a professionally produced and informative

publication that we all can be proud of.

Secondly, as you go through this edition of The Scroll take notice of the all that's taking place in our chapter. You'll see many brothers that have unselfishly dedicate their gifts and talents to making a difference in the community and raising the standards of Kappa and this chapter. And as the new and returning officers take the oath this month, let me note that this upcoming year will be an exciting year to fellowship and fulfill the duties of Kappa; whereby, the Silver Spring chapter will continue to be a "diamond" for all to gaze upon. Our quest to meet the challenges of this historical year begins today, as we set our sights on our local community, state, Province and National programs.

Finally, although we may sometimes grow weary, tired and exhausted, I pray that through our commitment to service and our motto "Achievement in every field of human endeavor" that we remain solidified by perseverance and uplifted by our fraternity objectives.

My good Brothers, this is our opportunity to embrace the past that has guided us thus far and to realize the potential to make Kappa and this chapter better. The foundation has been laid for us to build on, now it is our responsibility to continue building.

I humbly thank each one of you for your support and assistance to this newsletter. May you continue to look to your higher being for guidance in your daily lives. Be Blessed!!

I continue to be...

Yours in the Bond,

Anthony R. Brown

Anthony R. Brown
Editor - The Scroll



Kappa Kalendar

JUNE

- ◇ 2nd 7:30pm NPHC-MC Meeting
- ◇ 4th TTBD – *Kappa League Community Service* event at A Wider Circle; KL Officer nominations for new Kappa League Officers
- ◇ 4th 1 to 4pm *Eastern Province Town Hall Meeting* @ Bowie State University MLK Bldg Rm #102 Dress: Kappa Kasual
- ◇ 8th 7:30pm – *BOD Meeting*
- ◇ 8th 7:30pm – *Events/Fundraising Committee Meeting*
- ◇ 17th 6-10pm NPHC-DC “We Are One” Step Show @ HU’s Crampton Auditorium, \$25
- ◇ 18th 1pm – *Kappa League Meeting*: Elections and Inductions of New Officers
- ◇ 18th 6:30pm – *Chapter Meeting*
- ◇ 18th 11-6pm NPHC-DC “We Are One” Cookout @ Rosaryville (MD) State Park; \$5
- ◇ 19th **Fathers Day**

JULY

- ◇ 4th Independence Day Holiday
- ◇ 5th -10th **Conclave** Indianapolis, IN
- ◇ 8th 7:30pm – *Montgomery County Pan Hell Meeting*
- ◇ 9th 7:30pm – *Events/Fundraising Committee Meeting*
- ◇ 16th 1:00pm – *Chapter Cookout*



For Updates To Dates & Times See Chapter Website www.SilverSpringAlumni.org

The Birthday Club

June 2

Bro. Brian Easley
Bro. Donald A. Porter

June 3

Bro. Roger Davidson

June 7

Bro. Jeff A. Coles

June 11

Bro. Anthony Daniels

June 14

Bro. Ernest P. Williams Jr.

June 21

Bro. Frank Davis

June 28

Bro. Taylor Cannon Jr.

June 30

FOUNDER, HENRY T. ASHER

UPCOMING EVENTS

Kappa League Conference

June 16 - 18, 2011
Sleep Inn and Suites
Jackson, MS 39203



Kappa Kamp

July 12 - 24, 2011
Piney Woods Country Life School
Jackson, MS 39203



Kamp Kappa

July 24 - 29, 2011
Camp William B. Snyder -
“Cubworld”
Haymarket, VA



Adolph J. Wade Cook-Out

Saturday, July 16, 2011
Kappa Korner
Silver Spring, MD 20904



80th Grand Chapter Meeting & Centennial Celebration

July 5 - 10, 2011
Indianapolis, IN

WHAT'S THE WORD *from the Kappa Korner*

PROVINCE 50 YEAR/SENIOR BROTHER LUNCHEON

Bro. Vandy Miller - Chair



Bro. V. Miller (l) & Bro. K. Miller (r)



(l to r) Bro. V. Miller, Bro. G. Dorsainville, & Bro. G. David III



(Right side) Silver Spring Chapter Brothers

The Province 50 Year/Senior Brother Luncheon was held several weeks ago and judging by the number of brothers in attendance, it was a huge success. The Luncheon was held at La Fountain Bleu Ball Room off of Route 450 in Prince Georges County Maryland. The Eastern Province Polemarch was in attendance, along with the National Chairman for the 50 Year/Senior Brother Committee and other well known EP dignitaries, whom praised the committee for an exceptional event. Brother V. Miller (Tau '52) chaired the event and commented on Brother Sutton (SSA '10) for assisting on his work along with thanking all of the chapter brothers who attended the event. Special recognition was given to Bro. V. Miller from the Eastern Province Polemarch for his leadership and work not only on a successful event but for his role as chair for the EP 50 Year/Senior Brother Committee. Well Done Bro. Miller!!

MILESTONE KAPPA'S

Bro. A. Brown - Editor

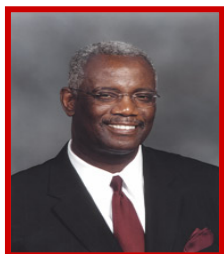
The following Silver Spring Alumni Brothers are acknowledged for obtaining milestone years in Kappa Alpha Psi: January 2011 - June 2011

30 Year Kappa



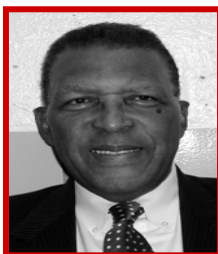
Revlon Williams
1981 - Phi Chapter
University of
Buffalo

45 Year Kappa



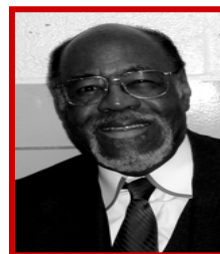
L. Henry Gilford
1966 - Gamma Phi
Alabama A&M

50 Year Kappa



Stephen C. Jordan
1961 - Omicron
Columbia University

60 Year Kappa



I. Benni Singleton
1951 - Delta Gamma
Shaw University

70 Year Kappa



Vernon C. Johnson
1941 - Alpha Sigma
Southern University

WHAT'S THE WORD *from the Kappa Korner*

NOMINATING COMMITTEE

Bro. K. Gibbs - Chairman

At the May 21st Regular Chapter Meeting, elections were held for the Brothers who will lead the chapter in the 2011-2012 Fraternal Year. Thirty-three financial Brothers were present and cast their votes for the 12 available offices. When nominations were closed at the April Chapter meeting, there were 6 contested positions (including 2 Board of Directors positions) for this year's election. The following are the winning candidates that will serve as officers for the 2011-2012 Fraternal Year:

2011 - 2012 ELECTED OFFICERS

Polemarch	Thomas Flag
1st Vice Polemarch	Mario Price Esq.
2nd Vice Polemarch	Rodney Simmons
Keeper of Records	Robert Bannister
Asst. Keeper of Records	Vacant
Keeper of Exchequer	Jeff Carr
Asst. Keeper of Exchequer	Raymond Metzger
Strategus	Chhay Chun
Lt. Strategus	Marquis Julius
Reporter	I. Jamal Solomon
Historian	Roderick Carey
Board of Directors	Anthony Brown
Board of Directors	Revlon Williams

Congratulations to the newly elected officers. All Officers will be sworn in at the Regular June Chapter Meeting scheduled for June 18.

Silhouettes Supports Book Award Initiative

Bro. M. Hudson - Silhouette Liaison

A huge THANK YOU is in order for our lovely, beautiful and most elegant Silhouettes for their generous monetary donation for our chapter's Guide Right Book Award initiative. The Book that was chosen by our Book Award committee, along with the donation and a certificate of achievement was presented by Bro. McKinley Hudson on behalf of the chapter and Silhouettes to the deserving student at Paint Branch High School. Brothers, lets thank our Silhouettes for all their support that they continually give us.

2011 CHAPTER RETREAT

Bro. M. Alphonso - Chairman

The 2011 Chapter Retreat is tentatively scheduled for August 26-28 with alternative dates of September 9-11. The home the chapter grew to love, The Kaptain's Quarters, is not available for the August dates. Therefore, the committee is looking into alternative homes, possibly another home owned by the same owner of the Captain Quarters. The committee has decided on the theme for this year: "Scoping the Diamond: Silver Spring Beyond The Centennial". This years retreat will be one you don't want to miss. Believe it or not, we already have volunteers for participation for one of the main events that take place - The BBQ Battle. So far, Brothers Julius, Price, Simmons, Moris and Bannister will be vowing for the BBQ Battle crown. If any other brother(s) would like to be included, please let one of the Retreat committee members know a.s.a.p. As noted at the May's meeting Retreat registration fee has increased slightly. The early registration is \$80 and must be paid to the exchequer by end of the June 18th Chapter meeting. If paid by July 16 the fee is \$100. After July 16 the fee goes up to \$125. If you do pay by the 18th of June and then for some reason cannot attend, just notify the committee in writing by the 16th of July and a full refund will be given. So get your spot NOW! Lastly, If brother is interested in serving on the committee, you can contact Retreat Chair Brother Alphonso with your details. See You There!!

FISHING TRIP

Bro. K. Moris - Chair

The Chapter is sponsoring a fishing trip on the Chesapeake on Sunday June 26. Come join us for great day of fun and fellowship out on the water. If you know of anyone that maybe interested, please have them contact Brother Ken Moris at KMoris01@aol.com. The price will be around \$85 but will vary depending on the total number of individuals that go.

29

The number of days left before brothers convene to Indianapolis, Indiana for the Centennial Celebration. Will You Be There??

WHAT'S THE WORD *from the Kappa Korner*

BEREAVEMENT

Amenities Committee

Brother A. Sean Bailey's father made his transition. Services were held in March in Georgia. Acknowledgements have been accorded to the family.

Brother Jermaine Junius father passed away and acknowledgements have been accorded to the family.

Brother Vandy Miller's brother has made his transition a few weeks ago. Condolences have been accorded to him and his family.

Ms. Joann B. Cole, mother of Brother Marcus Cole has passed away. Memorial services were held on May 18, 2011 in Buffalo, New York. Acknowledgements have been accorded to the family.

Brother Taylor Cannons' father passed away a few weeks ago and Condolences have been accorded to his family.

SICK AND SHUT IN

Amenities Committee

Brother Bobby Works' wife has been in and out of the hospital the last few months. Please remember to keep her and their family in our prayers.

Brother I. Benni Singleton recently had a medical examination to which his doctor has not released him for driving himself. Therefore, he needs assistance from a brother to drive him to and from church on Sundays and other times as occasions arise. If you can assist please contact Brother Singleton @ 240.605.7358.

CHAPTER INVISIBLE



JACK MATTHEW QUILLER

Brother Quiller entered the Chapter Invisible peacefully on Friday, May 13, 2011. Jack was a 1949 Tau Chapter initiate who had 62 years in the Bond at the time of his passing. He is survived by his devoted daughter, Jacqueline F. Johnson (Kenneth); two grandchildren, Sherry Johnson and Victor Johnson (Destiny); a host of other relatives and friends. Brother Quiller's homegoing service was held on Saturday, May 21, 2011 at Macedonia Baptist Church, 5119 River Road, Bethesda, Maryland. He was laid to rest at Gate of Heaven Cemetery.

PARLIAMENTARY CONVERSATION



Each month, this space will be devoted to parliamentary tips. The purpose of which shall be to make brothers (new, young and seasoned) more effective in membership meetings.

MOTIONS

Business is brought before the assembly by motions, a formal procedure for taking actions. To make a motion, a brother must first be recognized by the chair i.e. in most cases the Polemarch. After the brother has made a motion (and after the motion is seconded if required), the chair must then restate it or rule it out of order, then call for discussion. Most motions require a second, although there are a few exceptions.

Exact wording of motions and amendments is important for clarity and recording in the minutes

Robert's Rules of Order provides several classes of motions that you may encounter in meetings:

Main Motions are most important and the basis of all parliamentary procedure. All business to be considered by assembly of brothers is introduced by a main motion. They cannot be made when any other motions are before the group.

Subsidiary Motions direct or change how a main motion is handled either by modifying it, delaying action on it, or disposing of it. These motions include: Tabling, Previous Question or Close Debate, Limit/Extend Debate, Postpone to a Definite Time, Refer to Committee, Amendment, and Postpone Indefinitely.

Incidental Motions are housekeeping motions which are in order at any time, taking precedence over main motions and subsidiary motions. They are related to, or incidental to, the business being considered, but do not directly modify the pending motion. These motions include: Point of Order, Appeal from the Decision of the Chair, Parliamentary Inquiry, Point of Information, Division of Assembly, Request to Withdraw a Motion, Suspension of the Rules, Object to Consideration of a Question.

Privilege Motions are unrelated to the current motion, but are of such urgency or importance that they are in order at any time and must be disposed of prior to resuming discussion on the matter at hand. These motions are related to members, the fraternity, and meeting procedure rather than the item of business being considered. These motions include: Fix the Time for Next Meeting, Adjourn, Recess, Point of Privilege, Call for the Orders of the Day.

Renewal Motions or bring-back motions require the group to bring a question again, further discuss or dispose of a motion. This is a special type of main motion that permits the assembly to consider business that was previously disposed of. These motions include: Reconsider, Take from the Table, Rescind.

Next month, I will describe the motions in each class and the order of precedence of each.

Bro. A. Brown - Editor

NPHC Empowerment Summit

By Bro. Anthony Brown

The National Pan Hellenic Council (NPHC) held the Community Leaders Empowerment Summit on Saturday, May 21, 2011 at the Marriott Wardman Park Hotel in Washington, D.C. The summit was a "solutions base" conference which had very engaging discussion in three content areas. First, being Education which focused on teacher quality and the achievement gap of minority students. The second area was Health which focused on obesity, HIV/AIDS, and implications of health reform; and the third area was Workforce which addressed retooling the workforce and entrepreneurship with a focus on minority businesses, as well as Technology/Outsourcing.

National renowned leaders and professionals served as guest panelists and all came prepared to provide solutions to address specific problems in the content areas discussed. The panelists represented a cross-section of government, private sector corporations, national organizations and distinguished community leaders, who are all considered experts in their respective fields.

The goals of the Summit were two-fold: 1. To provide concrete solutions in each of the content areas above so that community based organizations and leaders are equipped with strategies that can be implemented; and 2. To encourage the members of the NPHC to proactively seek opportunities to become catalysts for change in our communities as well as to become active ambassadors for positive change.

Below are brief discussion points that were raised by both panelist and attendees. These discussion points are meant for us as leaders in our communities to provoke conversation.

Education Discussion Points

- ◇ The achievement gap - is it the real issue in the black community or is it *opportunity* gap. School performance is about opportunity. There has been studies that show that a black students in an area of the country say North Dakota where schools have the resources, funding, text books, etc. out performs their white counter parts. Why? Because many rural schools such as those in North Dakota have the necessary resources, funding and basic opportunity to succeed. However, the same study shows where a white student in Detroit performs worse then his black counterparts. Studies like these show that it's about opportunity that many rural schools have over urban schools. Therefore, we need to address the opportunity gap.
- ◇ When ask countries like the Netherlands and Finland how they got their schools system to be so successful. They said that they studied what the United States had and implemented it. Point: United States doesn't have a system problem its has an execution problem. The U.S. is not executing what they have in place.
- ◇ Things are constantly changing; company's change, people change with the times, the government changes, etc. However when it comes to U.S. school system, this country is still doing the same things we did 20 years ago. Looking back 20 years, are individuals still doing the same thing? Are we dressing the same? Are businesses and company's still operating the same? Are food, clothing, gas, housing prices the same? No, so why shouldn't are schools change.
- ◇ This is the most dangerous time for black children since slavery. At a time when the needs of the black community, poor people, and our nation's children should be held in the highest regard, Congress is adamant on cutting the most important programs that provide these communities the opportunities they need to contribute to the economy. As Federal Reserve Chairman Ben Bernanke said recently, 'young people cannot compete in the global economy unless we prioritize education at home.' One thing we cannot afford to do is let the American dream vanish by widening the gap between the richest and the poorest people in this country.
- ◇ Expose elementary kids to college campuses early
- ◇ Lets teach students about entrepreneurship

Health Discussion Points

- ◇ Our political leaders are using today's economic problems for political games by balancing the nation's budget on the backs of those who suffer most. Giving tax breaks to the wealthiest but cutting vital programs that provide a safety net to the vulnerable asks more of those who have less and almost nothing of those who live comfortably. This is why its important for us to make change is to work with grass root organizations to get legislation passed concerning disparity in Health issues in the black communities. ➡



NPHC Empowerment Summit *(cont)*

By Bro. Anthony Brown

- ◊ HIV/AIDS is still relevant in our communities; persons 13-65 years of age should be tested for HIV/AIDS; we as a people still don't want to address the issue because of the stigma associated with the disease. But there is still a disparity in the statistics between races.
- ◊ Let's be more pro-active in getting vital health information to our communities in a manner that they can understand.
- ◊ Work with grass root organizations - strength is in the numbers to push for a more healthy community and for legislation that benefits us as a people.
- ◊ When organizations have events incorporate Health screening programs; test for HIV/AIDS, distribute information on childhood obesity;

Workforce Discussion Points

- ◊ 7% of all business in this country our Black owned
- ◊ Black buying power - \$910 billion
- ◊ Question: What's more important - an individuals education, degree(s) or experience?
Answer: Today, it's your experience; with your experience comes your skill set; and today employers are looking for SKILL; what type of skills do you possess. Individuals have to consistently and constantly reinvent themselves. No one is staying on jobs for 10, 20, and 30+ years today. People are changing careers because of the economy, company's that are changing or folding; it's just a different time period we are in.
- ◊ Question: The industry where jobs are most in demand?
Answer: Healthcare and IT - Both sectors do not have enough people to fill the positions.
- ◊ The people in your network is also an important factor in your career. When employers hire you, they want to know who you know that you can bring into the company to make it better.
- ◊ Critical skills needed TODAY:
 1. Communication both written and oral
 2. Basic ABC's - Attitude, Behavior, Character
 3. Your differences - how are you different from other skilled people. You have to stand out from the rest. ●



KAPPA HEALTH Korner

HIV/AIDS

By Bro. Rodney C. Perkins, RN, MSN

Thirty years ago, June 5, 1981, Morbidity and Mortality Weekly Report (MMWR) published a report of five cases of *Pneumocystis carinii* pneumonia (PCP) among previously healthy young white men in Los Angeles. All of the men were described as homosexuals; two had died by the time of the original report. That article was the first published report marking the official start of the AIDS pandemic.

HIV stands for Human Immunodeficiency Virus. HIV is the virus that causes AIDS. Your immune system is your body's defense system. While many viruses can be controlled by the immune system, HIV targets and infects the same system cells that are supposed to protect us from illnesses. There are types of white blood cell called CD4 cells (sometimes called T-cells). HIV takes over CD4 and turns into factories that produce thousands of copies of the virus. As the virus makes copies, it damages or kills the CD4 cells, weakening the immune system.

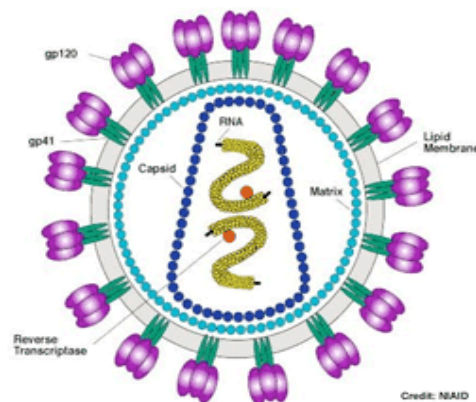
AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is the most advanced stage of HIV infection. HIV causes AIDS by attacking CD4 cells, which the immune system uses to protect the body from disease. When the immune system loses too many CD4 cells, you are less able to fight off infection and can develop serious, often deadly, infections. These are called opportunistic infections (OIs). When someone dies of AIDS, it is usually OIs or other long-term effects of HIV that cause death. AIDS refers to the weakened state of the body's immune system that can no longer stop OIs from developing and becoming so deadly.

Testing positive does not necessarily mean that you have AIDS. You can be HIV positive for many years with no signs of disease, or only mild-to-moderate symptoms. But without treatment, HIV will eventually wear down the immune system in most people to the point that they have low numbers of CD4 cells and develop more serious OIs. The CDC identifies someone as having AIDS if he or she is HIV positive and has one or both of these conditions:

- ◇ At least one AIDS-defining opportunistic infection
- ◇ A CD4 cell count of 200 cells or less (a normal CD4 count is about 600-1,500)

The most common ways HIV is passed from one person to another are:

- ◇ Re-using and sharing needles for injecting drugs
- ◇ Unprotected/unsafe sex (no condoms or other barrier devices)
- ◇ Mother-to-child (during pregnancy, birth, or breast-feeding) ➔



Meet the Human Immunodeficiency Virus (HIV)

46%

The percentage, at the end of 2007, of blacks representing people living with the diagnosis of HIV infection in the United States. So, for every 100 people in the U.S. living with HIV, 46 are black. (Source: CDC - HIV among African Americans)

KAPPA HEALTH Korner *(cont.)*

◀ Many HIV infections occur when people share needles to inject heroin, methamphetamine, steroids, hormones, or other drugs. Every sexual act (oral, anal, or vaginal) that involves sexual fluids of some kind has at least some risk. Barriers, such as condoms (male and female), dental dams (thin squares of latex), and latex gloves help reduce risk substantially. Unsafe sex (sex without condoms or barriers) puts you and your partner at risk for HIV or other sexually transmitted diseases (STDs). Safer sex (sex using condoms or other barriers correctly and consistently) protects you and your partner.

Which common sexual activities are most likely to cause HIV transmission when safer sex isn't used?

- ◇ Receptive anal sex: This remains the most risky activity, due to the likelihood of small tears in the rectum allowing semen to have contact with the bloodstream.
- ◇ Vaginal intercourse: This puts both partners at risk, but HIV is transmitted from men to women much more easily than from women to men.
- ◇ Oral sex: This can be risky for the person performing it, particularly if he or she swallows semen, vaginal fluids, or menstrual fluids

Population at risk

African Americans are the racial/ethnic group most affected by HIV. African Americans represent approximately 12% of the U.S. population, but account for almost half of the new HIV infections. At some point in their lives, 1 in 16 African American men will receive a diagnosis of HIV, as will 1 in 30 African American women. The rate of new HIV infection for African men is 6 times as high as that of Caucasian men, nearly 3 times that of Hispanic/Latino men, and more than twice that of African American women.

The rate of new HIV infection for African American women is nearly 15 times as high as that of white women, and nearly 4 times that of Hispanic women.

Symptoms

Most people cannot tell that they been exposed or infected. Symptoms of HIV infection may show up within two to four weeks of exposure to HIV, and can include fever, swollen glands, muscle aches, or rash. Some people do not notice the symptoms because the symptoms are mild, or people think they have a cold or the flu. The only way to know for sure if you are infected is to take an HIV test.

Are you at High Risk?

The CDC estimates that about 21% of HIV-positive people do not know their HIV status. Many of these people look and feel healthy and do not think they are at risk. But the truth is that anyone of any age, gender, race, sexual orientation, or social or economic class can become infected. It is your actions (or the actions taken against you,) that put you at risk. ➡

21,652

The estimated number of diagnoses of HIV infection of Blacks/African Americans in 2009, the last year for which there are complete statistics. This number is more than any other race in the United States - 2x more than Whites, 3x more than Hispanics/Latinos and almost 2x more than a combination of American Indians/Alaska Native, Asians, Native Hawaiians/Pacific Islanders and Multiple Races. (Source: CDC - HIV/AIDS: Race & Ethnicity)

KAPPA HEALTH Korner *(cont.)*

◀ Answer the following questions:

- ◇ Have you ever had vaginal, anal, oral sex without a condom?
- ◇ Have you ever shared needles or syringes to inject drugs?
- ◇ Are you uncertain of your partner's status or is your partner HIV positive?
- ◇ Have you ever had a sexually transmitted disease?
- ◇ Do you have Hepatitis C (HCV)?

If you answered yes to any of these questions, you should definitely get an HIV test.

Testing Saves Lives

If you test HIV positive there are effective medications to help you stay well. But you cannot get the health care and treatment you need if you do not know your HIV status. Being unaware of your status also means that you could pass HIV to others without knowing it.

For women who plan to become pregnant, testing is especially important. If a woman is infected with HIV, medical care and certain drugs given during pregnancy can lower the chance of passing HIV to her baby.

If you test HIV-negative you can take steps to stay that way. You can also avoid unnecessary worrying

Prevention

Take steps to reduce your risk:

1. Abstain from sexual activity or be in a long-term mutually monogamous relationship with an uninfected partner
2. Know your partners HIV status
3. Limit your number of sex partners. The fewer partners you have, the less likely you are to encounter someone who is infected with HIV or another STD
4. Correct and consistent condom use. Latex condoms are highly effective at preventing transmission of HIV and some other sexually transmitted diseases
5. Get tested and treated for STDs and insist that your partners do too. ●

To learn more check out the following web sites:

Centers for Disease Control and Prevention
www.cdc.gov

HIV/AIDS Resource Center
www.hivaidsresource.org

Facts About HIV and AIDS
www.globalhealth.org

HIV/AIDS Various Resources
www.aids.gov

KEEPING YOU HEALTHY!!

Kappa SPOTLIGHT

Brother Lawson Williams Jr.

Brother Williams is a 1974 initiate of the Silver Spring Alumni Chapter and is a Life Member of our noble clan. He is a retired Pharmacist who graduated from the Howard University School of Pharmacy. Brother Williams is married to his lovely Silhouette Mary Frances and resides in Silver Spring, Maryland. I asked Brother Williams a few questions about himself.



The Scroll: What was the reason why you became a Kappa man?

Brother Williams: At the time I was at Morgan State, I fell in with a bunch of dudes whom we all shared the same interest and same likes. And not knowing we would pledge, we all had the same interest in Kappa Alpha Psi. I ended up leaving Morgan and going to Howard's Pharmacy School. But basically all of my friends became Kappa's.

The Scroll: What would you consider one thing you enjoy about being a Kappa?

Brother Williams: Well, nothing against Ques or those other organizations, but its great being around individuals that you share the same interest with. Kappa men are great people to hang out with.

The Scroll: What is something that your Kappa brothers would be surprise to know about you?

Brother Williams: If I told you some things, I really don't think it would be a surprise to you or any other Kappa. Why? because you all are Kappa's and it's what Kappas do. So again, you wouldn't be surprise.

The Scroll: What would be your fondest Kappa memory?

Brother Williams: When I first became a Kappa, I use to love talking with the older brothers in the chapter. We all had so much in common and I use to love their stories.

The Scroll: If you weren't a Kappa, what would you have been?

Brother Williams: I would have become an Officer in the Army. I was drafted and I knew that I had a short time in the military. But during the 2 years I served, I got a chance to see some different parts of the country and I enjoyed and still enjoy traveling.

The Scroll: What is your favorite pastime?

Brother Williams: I would have to say Tinkling or fixing things. I love to fix things. If it's bolted down and broke, I will take it apart and fix it. I will tackle anything that needs fixing.

The Scroll: What would you say was the best perk about your career?

Brother Williams: I would have to say obtaining a managers position of a Pharmacy. Even though it came with challenges (i.e. white Pharmacist who thought that I shouldn't be there and in that position), I enjoyed it tremendously.

The Scroll: Tell me what you are most passionate about?

Brother Williams: My Grandkids. I have 4 grandchildren that I just love to death and love spending time with them.

The Scroll: If you could talk or interview any Kappa, dead or alive, who would it be?

Brother Williams: A real good friend of mine, we called him "Jelly Belly Kelly". Roger Kelly was his real name. Kelly was a character; He was commissioned in the Army. He was often reckless in his actions but overall a real good dude. I haven't spoken with him in quite sometime.

The Scroll: What would you say is your philosophy about life?

Brother Williams: I would have to say that life has its ups and downs; you have to take the bitter with the sweet. Things don't always turn out the way you want but during those dark days or days when things aren't so good, if you just look back at the period or time when it was good, you'll remember that it will turn around.

The Scroll: What's the one thing you want to tell your Kappa Brothers?

Brother Williams: You wouldn't be Kappa men if you weren't committed, therefore "Be True To Kappa"!

Our Kommitment To GUIDE RIGHT

"AMERICA I AM" EXHIBIT

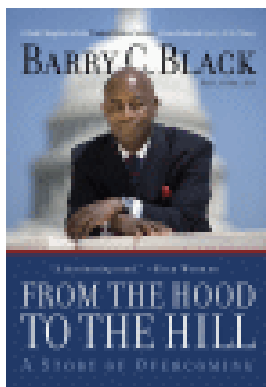
Bro. C. Thompson - Guide Right Chairman

The Kappa Leaguers were given the opportunity to take a walk through the timeline of African American history. The Tavis Smiley "AMERICA I AM" exhibit aimed at celebrating and recognizing nearly 500 years of African American contributions to America. The exhibition examined four themes in particular: economic, socio-political, cultural, and spiritual impact on America. These themes serve as recurring touch points throughout the galleries, as the leaguers discovered how our experience as Americans has been shaped by African Americans throughout history. The Leaguers who were in attendance, along with advisors, mentors and chapter brothers, were able to experience more than 200 extraordinary artifacts, photographs, music and videos of African Americans from every period of US History. More importantly, the imprint highlighted a collection of pivotal moments of courage, conviction and creativity of African Americans that has shaped lives, history, culture and society in which we live today in this nation and around the world. It's our hope that as members of this great fraternity we continue to make a difference and achieve in all of our endeavors and encourage our Kappa Leaguers to do the same. •



2011 BOOK AWARD PROGRAM

Bro. A. Brown - Editor



The chapter will present its last Book Award on June 7 which will complete our 2011 Book Award presentations at 25 Montgomery County High Schools. The book entitled *"From The Hood To The Hill: A Story Of Overcoming"* by Dr. Barry C. Black was selected for this years Book Award which was presented along with a \$100 stipend and a certificate of achievement to the High School student during each school's awards program. If you have not purchased this book, I suggest all brothers to grab a copy. In his book, Dr. Black tells his story of overcoming unpromising beginnings in the inner city of Baltimore, Maryland to becoming the Chief of Chaplains for the U.S. Navy, and eventually the 1st African-American chaplain in the U.S. Senate. He reveals how others can overcome, how to find blessings in afflictions, how to harness prayer power and how to learn to lead.

Thanks to all chapter brothers who stepped up to make this years Book Award initiative a success. Brother Works, Brother Chun, myself and all of the schools are very pleased with the outcome. If any brothers know of any excellent books to present for next year, please let one of the committee members know for our goal is to start narrowing down book selections for 2012 as soon as possible. •



Our Kommitment To GUIDE RIGHT *(cont.)*

HEALTH AWARENESS WORKSHOP

Bro. C. Thompson - Guide Right Chairman

At the regular Kappa League meeting in May, Brother Perkins presented a Health-Awareness session as part of the Kappa Leagues Health and Wellness Phase. In this workshop, Brother Perkins shared with the Kappa Leaguers how important and good it is to monitor their daily eating habits and how to try to maintain a balance. He also shared how healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love, but rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible- all of which can be achieved by learning some nutrition basics and using them in a way that works for the individual.

Brother Perkins went on to list many of those nutrition basics to the gentlemen. He also communicated with the young men how healthy eating begins with learning how to "eat smart"— not just what you eat, but how you eat. Food choices can reduce your risk of illnesses such as heart disease, cancer, and diabetes, as well as defend against depression. Additionally, they learned the habits of healthy eating and how those habits can boost energy, sharpen your memory and stabilize your mood. Lastly, Brother Perkins explained how they can expand their range of healthy food choices and learn how to plan ahead to create and maintain a satisfying, healthy diet.

Although the well informed workshop was geared for the Kappa Leaguers, the same concepts and points presented align with what we as brothers should be taking heed to as well. •

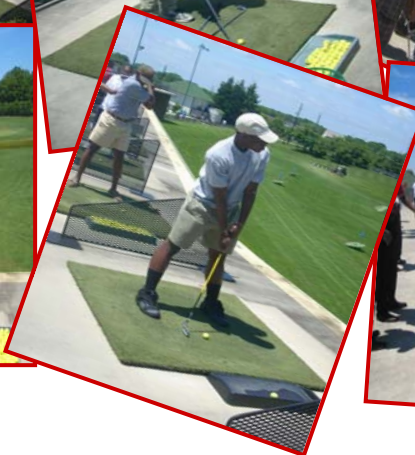
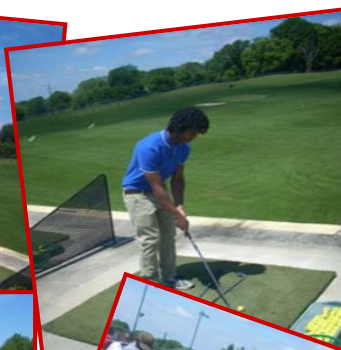
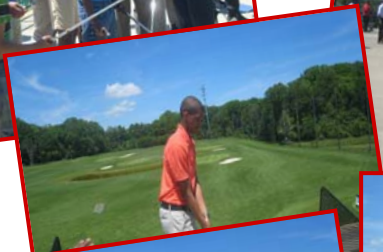


Our Kommitment To GUIDE RIGHT *(cont.)*

KAPPA LEAGUE TEES OFF

Bro. A. Brown - Editor

The Kappa Leaguers have teamed up with the MKYF Inc to participate in their re-established Golf Initiative. The young men traveled to the Olney Driving Range and received a workshop on Sports conditioning and injuries given by Brother Marquis Julius and then enjoyed lessons from highly skilled golf professionals at the range. The Leaguers will be participating with the Foundation's Golf Initiative on a consistent basis where the mission is to create and develop their passion for the game of golf as well as developing and improving their motor skills and hand-eye coordination, encouraging their advancement, and building their confidence and self-esteem. •



Key Middle School Career Fair

Bro. A. Brown- Editor

Brother Anthony Brown represented the chapter at Key Middle School's Career Day held on May 5th. Brother Brown conducted a presentation to a 6th Grade class and then to a 7th & 8th grade multicultural class (a class where students spoke their native language as well as English). His presentation consisted of a interactive game called Career Jeopardy. Where the students where divided into teams and had to answer questions concerning a variety of careers and professions and what it takes to pursue those careers and professions. Each question had a point value associated with it, depending on the difficulty of the question. The team with the most points at the end was declared the WINNER. For the last 15 minutes of the class, the students had an opportunity to ask a variety of questions. The game and Q&A period was both entertaining and educational. •

Kappa League Kalendar

June 4th - Car Wash Fundraiser
@ the Kappa Korner

June 11th - Kings Dominion Field Trip

June 25th - Elections and Inductions of New Officers

June 28th - Interview with Shelia Steward of Radio One @ 9am.

WORDS To Live By

KAPPA KOMMENTARY

Bro. A. Brown - Editor

" +1 OR -1 "

In any given moment we have a choice: Will we step forward into growth or back into safety? Moment by moment by moment, we make a choice (good or bad) that ultimately shapes our destiny. I like to think of it like this: It's almost as if we have a little subconscious computer that's keeping score for us. +1 if we choose to step forward into growth, -1 if we choose to step back into safety.

+1 or -1. +1 or -1. +1 or -1.

Let's say the alarm goes off tomorrow morning. Do we step forward and do the thing we said we'd do—whether it's jumping out of bed and immediately meditating on the word, going to the gym, going for a run, getting to work on time, whatever? Or do we step back into safety and pull the covers over our head as we try to forget what we said we'd do and come up with some lame rationalization about how we need the rest, blah blah blah blah whiny blah?

+1 or -1. Alright. You kicked your day off with that decision.

Now, let's move through your day. Moment to moment to moment. Forward into growth or back into safety? Forward into growth or back into safety?

+1 or -1? +1 or -1? +1 or -1?

Now, fast-forward to the end of the day. You're either at +10,000 or -10,000 or, likely, somewhere in between. Pay attention because if you were out of integrity all day long, those negative numbers are going to - oooops I'm sorry - will eat at your soul and are usually accompanied by a strong urge to snap at your wife/girlfriend/kids/co-workers and/or to numb yourself from the pain with another beer or glass of wine or shot of patron or hour of TV or web surfing or [insert you're favorite numbing activity here].

Do that day after day after day and, well, you're going to either be seriously depressed or addicted to something (or both) or in some other state of dis-ease.

Good news though: A few strong positive steps forward can have a mysteriously magical effect. And we *always* have the choice to take that step forward.

So, what's a +1 step you can take right now, at this moment? Seriously think about that question.

Now's a good time to take it. I'll be here when you get back. ;)



What Eti Xi initiate played in the National Basketball Association for 16 years?

Please send your answers to ARBrown1911@gmail.com

Subject: June Kappa Trivia

The first brother who sends me the correct answer (datetime stamp of email) will win a prize at the next chapter meeting.

WORDS To Live By (cont.)

SPIRITUAL KONNECTION

Bro. A. Brown - Editor

Scripture: So the Lord said to {Moses}, "What is that in your hand?" (Exodus 4:2)

Do you have a tendency to despair over lost opportunities; doors that you should have gone through but was terrified; do you worry about your future? Ask yourself this question: "What is right in from of me?" In other words, what circumstances, what opportunities and what relationships are currently available to you? This question can get your focus off a past regret or a scary future and back to what God can do in your life.

It's similar to the question God asked Moses at the burning bush. Moses was troubled. Aware of his own weaknesses, he expressed fear about the Lord's call for him to lead Israel out of bondage. So God simply asked Moses, "What is that in your hand?" (Ex. 4:2). The Lord shifted Moses' attention away from the anxiety about the future and suggested he notice what was right in front of him - a shepherd's rod. God showed Moses that he could use this ordinary staff to perform miracles as a sign for unbelieving people. As Moses' trust in God grew, so did the magnitude of miracles God worked through His servant.

So let me ask you this: Do you think about past failures too much? Do you have fearful thoughts about the future and what's in stored? Recall God's question: "What is that in your hand?" What current circumstances and relationships can God use for your benefit and His glory? Entrust them - and your life - to him.

Just remember you can't change the past, but you'll ruin the present by worrying about the future.



SILVER SPRING (MD) ALUMNI CHAPTER (E)

Meeting Location Address (Kappa Korner)

14015 New Hampshire Ave
Silver Spring, MD 20904

Mailing Address

PO Box 4006
Silver Spring, MD 20914

Email Correspondences

Polemarch@SilverSpringAlumni.com
KeeperOfRecords@SilverSpringAlumni.com
Reporter@SilverSpringAlumni.com

Kappa Korner Phone

240.580.FRAT(3728)

Website

www.silverpringalumni.com

FaceBook

[Silver Spring Alumni Chapter](#)

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