

# The Scroll

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



[www.SilverSpringAlumni.com](http://www.SilverSpringAlumni.com)

July 2011 Edition



*Celebrating 100 Years Of* **Φ Ν Ψ**

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# POLEMARCH'S Perspective



Brothers...Once again I greet you in the spirit of Phi Nu Pi

"The road to Kappa Land is long rough and rugged..." In Kappa Land, we often say that no brother's diamond is bigger than another's. As we embark upon this next Grand Chapter meeting, there is a lot of discussion about creating virtual classes of membership. Some may say this is for the business of moving the fraternity forward, others may say it is to allow the fraternity to persist indefinitely. There have been many recent emails within the various online user boards and user groups speaking about back room clandestine meetings used to determine and direct our leadership—Coalition Politics. These coalition politics some will say are beneficial and strategic while others say are bad for the fraternity.

For all of the flavors of opinion that exist within this Bond of Fraternity, the one thing that cannot be ignored is that we all chose to join this thing called Kappa Alpha Psi. In making this choice, we agreed that we were embarking upon a lifetime dedication to the ideals and principles inculcated by this fraternity. Using this as a starting position from where we should find agreement, I will encourage all brothers regardless of financial status to continue to work for the betterment of Kappa Alpha Psi Fraternity, Inc. When we see things we do not like in Kappa, it is easy to complain. I encourage all brothers to find the time to take these complaints to the next step and create changes through active participation. To do so, this requires the Chapter to position itself as it is within its geographical space: **"The Top of the Diamond"** (thanks for coming up with this moniker Brother Mervyn Alphonso).

As the "Top" it implies that we, the members of Silver Spring (MD) Alumni Chapter, strive to position ourselves to do more than the average. It implies that we wish to excel beyond the normal levels of achievement within our society and this fraternity. In the past few years I have seen a huge resurgence in ideas and motivation of brothers to contribute to moving this Chapter forward. I am happy to call myself a member of Silver Spring Alumni. These things mean we are well on our way to not only maintaining our geographical position at the top, but also rising higher within the social strata of this fraternity.

With regard to Diamonds, there are many things that may be alluded to symbolically. Diamonds represent, in its most natural state, something that is mined and requires refinement to bring to market. Upon being refined, Diamonds are said to be "a girl's best friend". I am sure many Brothers believe they are such as well. This is because the things inherent in diamonds are typically classified by the 4 Cs - Carat, Color, Clarity, and Cut. For Kappa, these things can also be seen as attributes of both the Chapter and its members.

**Carat:** Carat is a measure of weight and considered the relative size of a diamond. The size is of extreme importance upon value. Metaphorically, the size (Karat) of a diamond is indicative of the size of this Chapter as well as the representative size of you as a brother through your work. A larger chapter has more members. Generally speaking, more members have the ability to do more works. Brothers who are active in the fraternity at any level contribute to the size factor, as your works helps to increase visibility and promote others to join our ranks.

**Color:** A diamond's color is of extreme importance. The more transparent the color of the diamond, the more valuable the diamond is rated. This is true with regard to the politics (Kolor) of the Chapter, the Province and the Grand Chapter. There is a value that comes from open and free communication (transparency of information) as well as the timely and appropriate dissemination of information regarding things that impact the management at every level. It is the responsibility of the Officers and Board members to ensure that you are informed as active members, and it is your responsibility as active members to challenge the officer and Board members to act in your best interest.

**Clarity:** One of the most important factors of a diamond. The clarity in the physical stone cannot be altered in its natural state. The clearest stones are considered flawless. This implies that there are no inclusions of coal or defects visible to the human eye even under magnification. To Kappa, the property of (Klarity) is what we, as Diamonds, constantly attempt to achieve. Metaphorically, prior to making line we could be seen as rough pieces of coal. However, once going through the processes that apply pressure, this pressure improves the quality of the stone through its development. As individual members, I will always challenge brothers to be clear in the reasons that made you join and encourage you to act on those reasons. By acting on those things that drove you to join you will surely find your place to contribute. Clarity in our purpose helps to move the group to higher achievements.

**Cut:** The overall symmetry and shape of the diamond is what brings its additional value. If the cut is done well, the value increases. Cut is a man made property which can be both positively and negatively performed but it can also be corrected. This directly ties into Kappa Alpha Psi at every level. When we evaluate candidates, we control who will literally make the "Kut". These individuals forever represent Kappa Alpha Psi after they are initiated. Kut, being a man made property that significantly influences value of a Diamond, is the thing we as members completely control. When we identify issues, it is our duty as brothers to shine light upon them so they can be corrected.

Doing these things alluded to above will increase our brand and increase our value to each other, to our community and to this fraternity at every level. As Polemarch, I believe Silver Spring (MD) Alumni Chapter is **"The Top of the Diamond"** both metaphorically and geographically. I ask that you good brothers continue to do your part to continuously increase our value.

With your continued participation we will continue to see Silver Spring (MD) Alumni Chapter set a new standard for the Washington, D.C. metropolitan area, the Eastern Province and the Grand Chapter.

Yours in the Bond,

*Thomas N. Flagg*

Thomas N. Flagg  
Polemarch - Silver Spring Alumni Chapter



# A Message From The Editor



## Greetings Brothers:

As we prepare to road trip to Indianapolis to continue the celebration of 100 years of service to our community and the world, we must set our sights on doing all that we can to move toward the next 100 years in Kappa. The existence and success of our great fraternity has been and continues to be a result of dedication, tradition, pride, and enthusiasm. As I wonder what it was like in 1911, I can only imagine the many sacrifices our Founders made as they created this great organization. They built a solid foundation and remained active to ensure like-minded men would represent Kappa well, while at the same time uplifting and making a positive impact on the community.

Ten intelligent black men gave birth to Kappa, but now it is up to each one of us as brothers to keep Kappa alive. I believe the spirit and passion in which our Founders shared for the bond, lives in each one of us. To that end, it is our obligation and duty to take the necessary steps to make sure Kappa thrives for future generations. While we live in a different world today, Kappa Alpha Psi Fraternity, Incorporated has truly survived the test of time and is as relevant today as it was in 1911. Kappa may not have been all that God desired, but God has allowed her to reach the centennial milestone. And although more changes (good and bad) are inevitable, it's only God who will be able to bring us out, over and through those changes.

As you read through these pages, you will see just how God is using our chapter to make a difference in the community and the world in which we live. If you have received this edition of the Scroll but haven't been active in awhile, then "Come Home To Kappa". We welcome you back into the fold here at the Silver Spring Chapter.

I salute all my brothers who are and have been an asset to Kappa Alpha Psi Fraternity, Inc. In closing, I look forward to a once-in-a-lifetime Centennial Conclave celebration and seeing you in Indianapolis, Indiana. Be Blessed!

I humbly remain ...

Yours in the Bond,

*Anthony R. Brown*

Anthony R. Brown  
Editor - The Scroll



# Kappa Kalendar

## JULY

- ◇ 4<sup>th</sup> Independence Day Holiday
- ◇ 5<sup>th</sup> - 10<sup>th</sup> **Conclave**, Indianapolis, IN
- ◇ 8<sup>th</sup> 7:30pm - Montgomery County Pan Hell Meeting
- ◇ 9<sup>th</sup> 7:30pm - Events/Fundraising Committee Meeting
- ◇ 13<sup>th</sup> 7:00pm - Chapter BOD Meeting
- ◇ 14<sup>th</sup> 7:30pm - Chapter Retreat Committee Meeting
- ◇ 16<sup>th</sup> 1pm - Chapter Cookout
- ◇ 20<sup>th</sup> 8pm - Metro Founders Day Committee Meeting
- ◇ 22<sup>nd</sup> 7:30 - 2011-12 Budget Call Meeting



## AUGUST

- ◇ 8<sup>th</sup> 8:00pm - 2011-12 Budget Committee Meeting
- ◇ 9<sup>th</sup> 7:30pm - Events/Fundraising Committee Meeting
- ◇ 10<sup>th</sup> 7:00pm - Chapter BOD Meeting
- ◇ 16<sup>th</sup> 6:30pm - *Chapter Meeting*
- ◇ 27<sup>th</sup> 8am-5pm - Eastern Province Officers Workshops
- ◇ 28<sup>th</sup> 3:00pm - 2011-12 Budget Committee Meeting

## SEPTEMBER

- ◇ 5<sup>th</sup> **Labor Day Holiday**
- ◇ 7<sup>th</sup> 7:00pm - Chapter BOD Meeting
- ◇ 9<sup>th</sup> - 11<sup>th</sup> - **Chapter Retreat** - Eastern Shore Maryland
- ◇ 13<sup>th</sup> 7:30pm - Events/Fundraising Committee Meeting
- ◇ 17<sup>th</sup> 6:30pm - *Chapter Meeting*
- ◇ 22<sup>nd</sup> - 25<sup>th</sup> Congressional Black Caucus Legislative Conference, Washington, DC Convention Center
- ◇ 23<sup>rd</sup> - Kappa's CBC Reception, Hyatt Regency Capital Hill

*For Updates To Dates & Times See Chapter Website [www.SilverSpringAlumni.org](http://www.SilverSpringAlumni.org)*

## The Birthday Club

July 1

Bro. Lawson Williams Jr.

July 18

**FOUNDER Ezra D. Alexander**

July 2

Bro. Marius W. Davis

July 21

Bro. Calvin Byrd

July 11

Bro. Kendall Brown

July 26

Bro. Richie Gore

July 29

Bro. Ed Davis

## UPCOMING EVENTS

### 80<sup>th</sup> Grand Chapter Meeting & Centennial Celebration

July 5 - 10, 2011  
Indianapolis, IN



### 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



### Eastern Province Chapters Officer's Workshop

August 27, 2011  
Location - TBD



# WHAT'S THE WORD *from the Kappa Korner*

## NEW CHAPTER OFFICERS TAKE OATH

Bro. Kendrick Gibbs - Chair, Nominating Committee

**T**hirteen brothers have made a commitment to serve and uphold the constitution and bylaws of this great fraternity by being sworn into office at the June 18 chapter meeting. Brothers looked on as the new officers took their oath, and then took their rightful place as official chapter officers. The Asst. Keeper of Records position was vacant as of the May meeting, however, at the Board of Directors meeting, the Board voted by the majority, Brother Jonathon Sutton ('10) to fill that vacancy. Brother Sutton will serve in that position until his successor is elected and qualified at the next regular election. There will be an officer's meeting scheduled for Friday September 9 @ the Chapter's Retreat facility in Eastern Shore, MD. All officers are expected to attend. So, please arrange schedules appropriately. The following are now serving as the chapter officers for the 2011-2012 Fraternal Year:

### 2011 - 2012 ELECTED OFFICERS

Polemarch	Thomas Flagg
1st Vice Polemarch	Mario Price Esq.
2nd Vice Polemarch	Rodney Simmons
Keeper of Records	Robert Bannister
Asst. Keeper of Records	Jonathon Sutton
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



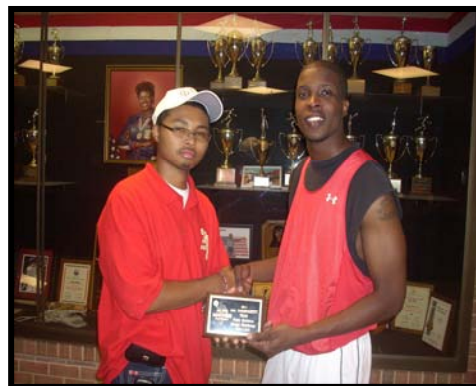
## SILVER SPRING NUPES BASKETBALL TEAM

Bro. C. Chun

On Saturday June 4, 2011 The Silver Spring Nupes participated in the 3<sup>rd</sup> Annual Nupe Madness Basketball Tournament, hosted by the Woodbridge (VA) Alumni Chapter. The chapter's team players included Brother Chhay Chun (#12), Brother Marquis Julius (#8), Brother Howard Baker (#22), Brother James Brown (#30), Brother Jonathan Sutton (#3), Brother Desmond Mackall (#40), and Brother Eric Smith II (#24). The Silver Spring Nupes beat "Omega Gold" in Round 1 and the former champions, "The A-Team" in Round 2. Unfortunately that road came to an end in the Semi-Finals with a loss to "The Blue Phi Ballas" who went on to win the championship. Congratulations to the Silver Spring Nupes on a 3<sup>rd</sup> place finish and to Desmond Mackall (SSA '10) for being selected as a member of the 2011 Nupe Madness All-Tournament Team.



Eyes are now set on our chapter for making an appearance next year and being a contending team for the title in 2012! Congratulations to SSA for doing a phenomenal job in their debut appearance! Any brother interested getting a weekly basketball game going at MLK park; please contact Brother Thomas, Brother Baker or Brother Chhay for more info. ●



# WHAT'S THE WORD *from the Kappa Korner*



Washington D.C. Alumni Chapter. According to Brother Miller, the guest speaker, Michael Blake, who is the White House Director of African American and Minority Business Outreach, gave a dynamic message.

Although we only had a few Brothers from our Chapter to attend and two from Metro Area Chapters, the Pastor was really pleased with the service. The highlight of the service was the rendering of an awesome solo by none other than our own Brother Vandy Miller. Brother Miller



lead the song "I Really Love The Lord" with all the men who were present at the service backing him up. His Pastor, Rev. Dr. Paul Saddler, who is a brother in the Washington Alumni Chapter introduced the Guest Speaker and welcomed the Kappa Brothers in attendance. Bro Miller stated this was one of the most outstanding Men's/Father's Day Service at his church in a long while. He further stated that he wished more of our Chapter Brothers could have attended. ●



## SPIRITUAL RENEWAL SERVICE

Bro. Vandy Miller

As part of our Chapter's Spiritual Renewal efforts, chapter brothers attended the Men's Day Celebration at 12th Street Christian Church (Brother Vandy Miller's Church) on Sunday, June 19th at 11:00 am. This was a joint program between our chapter and the

## 2011 CHAPTER RETREAT

Bro. M. Alphonso - Chairman

The 2011 Chapter Retreat will take place September 9-11 on the Eastern Shore Maryland. The exact house location will be provided at a later date. The theme for this year is "Scoping the Diamond: Silver Spring Beyond The Centennial". By far the most important event on the summer athletic calendar is not the 2011 Pan Am Games and definitely not the opening of the Skins training camp, but the 2011 SSA BBQ Battle. That's right!!! This years contestants will include: Marques "Dry Rub" Julius, Mario "Hot Sauce" Price, former champion - Rodney The Gata 'Grilla' Simmons, former champion - Ken "Mesquite" Moris, and defending champion Chris "Baby Back" Davis. Robert "Bonfire" Bannister cannot participate as he is a guest speaker that weekend at a fire safety seminar in Boca Raton, Florida.

Local reporters from the Gazette and the Scroll have tried to contact the Retreat Chair Brother Alphonso about a possible return of the self-acclaimed "Godfather of the Grill" aka the "K.C. Masterpiece" - John Henderson; however, no confirmation has yet to be made on that rumor. Will the Godfather make his return? No one knows at this point. If any other brother(s) would like to enter the challenge, please let one of the Retreat committee members know a.s.a.p.

During the June chapter meeting, the Retreat Chair decided to extend the early registration fee of \$80 until July 16, which is the day of the chapter's cookout. Because of this, after the July 16 deadline, the fee will increase to \$100. Given the re-allocation of funding during the June Chapter meeting, the chair is evaluating a potential small rebate to those who paid Early Bird Registration by the June Chapter meeting. All fee payments must be paid either three ways: 1. by cash/check to the exchequer or committee member 2. online via pay pal or 3. by mail to the chapter's PO Box and made by the appropriate due date. If for some reason you have paid and you cannot attend, please notify Brother Alphonso in writing and consideration will be made on a refund (this is not guaranteed though). If you are going to be attending for one day (arriving on Saturday and leaving that evening) please speak to the Committee Chair a.s.a.p. Don't delay, get your spot NOW! Lastly, If brothers are interested in serving on the committee, you can contact Brother Alphonso with your details. See You There! ●



# WHAT'S THE WORD *from the Kappa Korner*

## FISHING TRIP OUTING

Bro. K. Moris - Chair

The Chapter sponsored a fishing trip on the Chesapeake on Sunday June 26, 2011. There were 8 brothers who attended, 10 participants in all (one brother could not make it in time) who came out on the water for some good fellowship and fun. The fish were definitely hungry that Sunday and we were quite happy to offer blood worms for their consumption. Brother Rod Carey gave a great effort to defend his "Bass Master" title, but he came up short this year. Brother Chhay Chun is the new champion!!! He caught 60 fish! (someone reported that he had his feet hanging over the boat) Brother Revlon Williams was a very close second with 57 fish caught, the Etti (Will and Andrew) brothers brought home 70 fish. Did I mention that they were biting? In all, the total caught was between 300 - 400 fish! The "Moby Dick" award was captured by Brother Ken Moris for catching the biggest fish (thanks for sleeping in this year Brother Kendrick Gibbs). Also, a big Thanks to Brother Jeff Carr for going to the Wharf to have the fish cleaned. If anyone wants to have a mini fish fry July 4 weekend before the Clave, Brother Moris is more than willing to contribute his catch (Baker, Elliott?). To celebrate everyone's successful hunt, the participants had a Viking feast at KFC. A great trip was held by all. ●



Bro. Rod Carey



Bro. J.T. Henderson



Bro. Ken Moris



Back Row: Brother R. Williams, Bro. Ken Moris;  
Front Row: Bro. A. Etti, Bro. W. Etti, Bro. J.T. Henderson, Bro. J. Carr, Bro. C. Chun, & Bro. R. Carey

# WHAT'S THE WORD *from the Kappa Korner*

## BRO. ALPHONSO APPOINTED TO CORPORATE HOSPITAL BOARD



Brother Mervyn Alphonso has been selected to the Corporate Board at Washington Adventist Hospital. This Corporate Board is an advisory board, separate from the Hospital's Governance Board and is related to planning and implementation of the hospital's Expanded Access Initiative, which includes a new hospital to be

constructed in Silver Spring, Maryland. According Brother Alphonso, "I was surprised but flattered by the Hospital's invitation for me to participate on the board." Each selection was made by the Hospital's senior management, and reviewed and approved by the recently former President of the Hospital, who is currently Senior VP of Adventist Health Care of Maryland, the parent company of Washington Adventist Hospital. Congratulations Brother Alphonso!! •

## GABRIEL BROWN SON OF BRO. A. BROWN AWARDED BROWN BELT RANK



**Gabriel Brown**, the 10 year old son of **Brother Anthony Brown**, was awarded the rank of Brown Belt in Japanese Shotokan Karate. Japanese Shotokan Karate is a form of martial arts that teaches the traditional "katas" or forms with an emphasis on self-defense applications. The young, inspired future Kappa attends the Kuzoka

Martial Arts School in Capital Heights, Maryland where the students are taught self-defense techniques for modern day situations. They instill in students that karate is more than *blocking, punching, and kicking*; it is also about learning to perfect ones character. The students are taught the traditional values from karate, such as *confidence, respect, discipline, and humility*. The young Brown studies under the Master Instructor Sensei Renshi Penn, who is a fourth-degree black belt in Shotokan Karate, has a black belt in Okinawan Goju-Ryu and Kobudo (Weapons), has earned the rank of Sandan, third-degree black belt, in Sanuces Ryu Jiu-Jitsu and the rank of Shodan, first-degree black belt in Aikido. Congratulations to both Brother Anthony Brown and his son, Gabriel. •



## 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.*

### Subsidiary Motions

Subsidiary motions are motions which direct or change how a main motion is handled. These motions include: Tabling, Previous Question or Close Debate, Limit/Extend Debate, Postpone to a Definite Time, Refer to Committee, Amendment, and Postpone Indefinitely.

My goal is to discuss each subsidiary motion starting with *Postpone Indefinitely* (the lowest ranking subsidiary motion) and explain each motion in turn through *Tabling* (the highest ranking subsidiary motion).

### Postpone Indefinitely

- **Purpose:** To kill the main motion for the duration of the meeting without taking a direct vote on it.
- Needs a second.
- Not amendable, but while this motion is pending, members can amend the main motion.
- Debatable, and debate can go to the merits of the main motion.
- Majority vote required to adopt.
- Members can reconsider only an affirmative vote.
- **Result:** Kills the main motion for the duration of the session.

The motion *postpone indefinitely* is the lowest-ranking of the subsidiary motions, which means that members can make a higher ranking motion while this motion is pending. In addition, the main motion can be amended, referred to a committee, postponed to a certain time, or tabled. If the main motion is referred to a committee while *postpone indefinitely* is pending, *postpone indefinitely* does not go to committee with the main motion. By referring the motion to a committee, it means that the members don't want to kill it; they want to consider it further.

Members can close debate or limit or extend debate on postpone indefinitely without affecting the main motion.

To make the motion, you can phrase it this way:

**Member:** I move to postpone the motion indefinitely. Or

**Member:** I move that the motion be postponed indefinitely. **Member 2:** Second.

The Polemarch states it this way to the assembly:

**Polemarch/Chair:** It is moved and seconded to postpone the motion indefinitely. Is there any discussion on postponing indefinitely?

After any discussion, the chair takes the vote.

**Polemarch/Chair:** All those in favor say "Aye." Those opposed say "No."

If the ayes have it, the chair states:

**Polemarch/Chair:** The ayes have it. The motion is carried and is postponed indefinitely. Is there further business?

If the noes have it, the chair states:

**Polemarch/Chair:** The noes have it, and the motion is lost. Is there further discussion on . . . [main motion]?

Next issue, we will discuss ways to **AMEND** a main motion.



# Metropolitan Kappa Youth Foundation, Inc.



## MESSAGE FROM THE PRESIDENT...

Greetings to my fellow Kappa Brothers,

**I** must first thank Brother Anthony Brown for the opportunity to include a Metropolitan Kappa Youth Foundation section in such an important and impressive publication as The Scroll. This publication is by far the most comprehensive you will find in the Eastern Province and is reflective of the ongoing success and impact of the Silver Spring Alumni Chapter, as the chapter continues to be "Top of the Diamond".

Let me also thank the current Foundation Board members for their continued efforts: Kendrick Gibbs, Vice President; John Henderson, Secretary; Sean Bailey, Treasurer; Ms. Jennifer Gauthier; McKinley Hudson, Jeff Carr, William Caldwell, Rodney Perkins, Thomas Flagg, Rodney Simmons, Mario Price, and Tyrone Thomas; and a special welcome our newest Board member, Ms. Katana Sanford. In addition, I would like to thank Eric Smith II, who has recently volunteered to serve as Executive Assistant to the Board of Directors. He is the first to ever serve in that capacity and it is a testament to his demonstrated self-initiative. Remember the foundation consist of ALL-VOLUNTEER and WORKING BOARD. All of the work is conducted by members of the chapter and our 2 community board members. I encourage more brothers to get involved in the Foundation and its activities.

The Board's vision for the Metropolitan Kappa Youth Foundation going forward is that it be an organization focused on its mission, which is exemplified by The Foundation's moniker/slogan of "Empowering Youth to Achieve". As successful author and businessman Zig Ziglar said, "I don't care how much power, brilliance or energy you have, if you don't harness it and focus it on a specific target, and hold it there you're never going to accomplish as much as your ability warrants." Mr. Ziglar's assertion is embodied in the success of Billionaire businessman and philanthropist, Bill Gates who said, "My success, part of it certainly, is that I have focused in on a few things." Keeping this idea of "focus" in mind, the Metropolitan Kappa Youth Foundation will be a focused organization; specifically the foundation will concentrate on three (3) primary/target initiatives:

- 1) Academic Achievement, via its **Scholarship Program**
- 2) Sportsmanship and life lessons via its **Urban/Youth Golf Initiative**
- 3) Health and Wellness via its **Youth and Family Health Fair** and other activities (such as the Youth Golf Initiative) that support the fight against childhood obesity, reflecting First Lady - Michelle Obama's "Let's Move" Program,

The Foundation is completing an exciting first half of 2011, having resurrected the Urban Golf Initiative, under the direction of Jeff Carr; supported the Chapter's Book Award Program; teamed with the Chapter and received financial support via February's very successful Heart & Hand Dance; and conducted its scholarship program, under the coordination of Jennifer Gauthier, from which scholarships will be awarded in the next few weeks.

I again thank all who have supported the foundation financially and via their support of foundation activities. Brothers, this is your foundation. I ask for you foster its growth into a premiere charitable organization in our community.

All The Best to you and enjoy your summer.

Yours in the Bond,

*Mervyn Alphonso*

Mervyn Alphonso  
President, Metropolitan Kappa Youth Foundation

# Metropolitan Kappa Youth Foundation, Inc.

*(cont.)*

## **Financial Status**

**T**he Foundation continues to seek out effective partnerships and new ways to expand the donor base for the benefit of all. While exact income and expenses are provided in their reports, the Foundation's funds are restricted for their three target initiatives: scholarships, the youth program initiatives - i.e. the golf initiative and Youth and Family Health Initiatives. The Foundation continues to require income for these three target areas and as well operating expenses.

Therefore, each member of Silver Spring Alumni chapter is requested to commit \$50 (or more) annually to YOUR Foundation. This will help the foundation to maintain their tax-exempt status and to continue to support community programs. Feel free to make your checks out to "MKYF, Inc" and send them to the Foundation's Treasurer.

## **Fundraising Efforts**

**M**ove over "American Idol"! Watch out "America's Got Talent"! The foundation has set their sights on something new and exciting. Planning is underway for the first annual Montgomery County Talent Showcase. This Talent Showcase is tentatively set for Spring 2012 and the committee is in the process of planning an extraordinary show, giving students in Montgomery County the opportunity to showcase their talent, and earn prizes. The rules are simple - perform your talent in front of the panel of judges and you could end up being crown as the Montgomery Idol 2012. More information will be coming soon.

## **New Board Member(s)**

**T**he Foundations Board would like to welcome our newest Board member: **Ms Katana K. Sanford**. Ms. Sanford is a Professional School Counselor at Springbrook High School, in Montgomery County where she facilitates individual and group counseling sessions, assist students in college/career exploration, facilitate SAT/PSAT preparation and a host of other professional counseling activities. She also serves as a Dual Enrollment Programs Assistant at Montgomery College in the Office of High School Programs. In this position she works with students, counselors, and college personnel in planning and scheduling of college courses, assembles, disseminates and publicizes information regarding dual enrollment programs and communicates with students, parents, and college staff regarding college applications, admissions requirements, and course offerings.

Ms. Sanford has served or has been a member of a variety of professional and volunteer organizations, including National Educator's Association (NEA), Montgomery County Educator's Association (MCEA), American School Counselor's Association (ASCA), National Council of Negro Women, and the George Washington University Advisory Board.

Katana holds a bachelors of Arts degree from the University of Maryland, College Park, Maryland in English/Speech Education and received her masters in Education/Human Development from George Washington University in Washington, D.C.

The Foundation has also appointed **Brother Eric Smith** as Executive Assistant to the Board. In this newly created position, Brother Smith will be handling many administrative task needed by the President and Board members. Brother Smith is a Spring 2011 initiated member of the Silver Spring Alumni Chapter. Currently, he is employed with The National Academies as a Staff Accountant where he is primarily working with contracts and grants. Brother Smith received his Bachelors degree from Hampton University in Accounting.



# KAPPA HEALTH Korner

## CHOLESTEROL

Bro. Anthony Brown - Editor

**D**o you have high cholesterol? Did you know that it's a silent health risk that can be deadly? Here are a few things that you should know about good and bad cholesterol - and your heart disease risks.

Cholesterol is a waxy, fat-like substance made in the liver and other cells and found in certain foods, such as food from animals, like dairy products, eggs, and meat.

The body needs some cholesterol in order to function properly. Its cell walls, or membranes, need cholesterol in order to produce hormones, vitamin D, and the bile acids that help to digest fat. But the body needs only a limited amount of cholesterol to meet its needs. When too much is present health problems such as heart disease may develop.

### Cholesterol and Heart Disease

When too much cholesterol is present, plaque (a thick, hard deposit) may form in the body's arteries narrowing the space for blood to flow to the heart. Over time, this buildup causes atherosclerosis (hardening of the arteries) which can lead to heart disease.

When not enough oxygen-carrying blood reaches the heart chest pain -- called angina -- can result. If the blood supply to a portion of the heart is completely cut off by total blockage of a coronary artery, the result is a heart attack. This is usually due to a sudden closure from a blood clot forming on top of a previous narrowing.

### Types of Cholesterol

Cholesterol travels through the blood attached to a protein -- this cholesterol-protein package is called a lipoprotein. Lipoproteins are classified as high density, low density, or very low density, depending on how much protein there is in relation to fat.

- **Low density lipoproteins (LDL):** LDL, also called "bad" cholesterol, can cause buildup of plaque on the walls of arteries. The more LDL there is in the blood, the greater the risk of heart disease.
- **High density lipoproteins (HDL):** HDL, also called "good" cholesterol, helps the body get rid of bad cholesterol in the blood. The higher the level of HDL cholesterol, the better. If your levels of HDL are low, your risk of heart disease increases.
- **Very low density lipoproteins (VLDL):** VLDL is similar to LDL cholesterol in that it contains mostly fat and not much protein.
- **Triglycerides:** Triglycerides are another type of fat that is carried in the blood by very low density lipoproteins. Excess calories, alcohol, or sugar in the body are converted into triglycerides and stored in fat cells throughout the body. ➡



# KAPPA HEALTH Korner *(cont.)*



## What Factors Affect Cholesterol Levels?

A variety of factors can affect your cholesterol levels. They include:

- **Diet.** Saturated fat and cholesterol in the food you eat increase cholesterol levels. Try to reduce the amount of saturated fat and cholesterol in your diet.
- **Weight.** In addition to being a risk factor for heart disease, being overweight can also increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as increase HDL cholesterol.
- **Exercise.** <http://www.webmd.com/content/article/98/104654.htm> Regular exercise can lower LDL cholesterol and raise HDL cholesterol. You should try to be physically active for 30 minutes on most days.
- **Age and Gender.** As we get older, cholesterol levels rise. Before menopause, women tend to have lower total cholesterol levels than men of the same age. After menopause, however, women's LDL levels tend to rise.
- **Diabetes.** Poorly controlled diabetes increases cholesterol levels. With improvements in control, cholesterol levels can fall.
- **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.
- **Drinking.** If you drink, do so in moderation. Excessive alcohol use increases triglyceride levels.
- **Stress.** Reduce your stress levels. It may help keep your cholesterol in check.
- **Smoking.** If you smoke, quit. Smoking raises triglyceride levels and increases the risk for heart disease.
- **Other causes.** Certain medications and medical conditions can cause high cholesterol. If your doctor prescribes medication, take it as directed.

## Healthy Choices When Eating Out

Many restaurants offer delicious, low-fat, low-cholesterol meals. These tips will help you make eating out healthy and enjoyable.

### Before You Order

- If you are familiar with the menu, decide what to order before entering the restaurant. This tactic will help you avoid any tempting foods that may not be so healthy.
- If you are trying a new restaurant, take time study the menu in order to avoid making unhealthy decisions.
- Have the server remove temptations (butter, for example) from the table.
- Drink two full glasses of water before your food arrives.
- Avoid foods described in the following way: buttery, buttered, fried, pan-fried, creamed, escalloped, au gratin (with cheese), or a la mode (with ice cream).
- If you want to eat bread, choose Melba toast or whole-grain rolls without butter or margarine. ➡

# KAPPA HEALTH Korner *(cont.)*



## When You Order

- Order foods that are steamed, broiled, grilled, stir-fried, or roasted.
- Order potatoes baked, boiled, or roasted instead of fried. Ask the server to leave off the butter and sour cream.
- Order first so that you will not be influenced by other's choices.
- For appetizers, order broth-based soups such as minestrone or gazpacho.
- Choose seafood, chicken, or lean meat rather than fatty meats; remove all visible fat from any meat.
- Order broiled, baked, grilled, steamed or poached entrees
- Ask the server to substitute low-fat foods for high-fat foods. For example, ask for steamed vegetables instead of fries.
- Ask the chef to remove the skin from poultry and to prepare your food without butter or cream sauces. Or ask for the sauce on the side so you can control how much you eat.
- Ask the server about ingredients or preparation methods for the dishes you're not familiar with.
- Order vegetable side dishes without sauces or butter or ask them to put them on the side.
- For dessert, order sorbet or fresh, seasonal fruit without whipped cream or a topping.

## Salad Tips

- When choosing from a salad bar, avoid items like grated cheese, prepared salads, cream dressings, chopped eggs, bacon bits and croutons.
- Use a squeeze of lemon instead of dressing on salads. Or try rice vinegar or balsamic vinegar.
- If you opt for dressing on your salad, order the dressing on the side. Dip your salad fork into the dressing, then into the salad. You will consume less dressing if you just get a taste of it on each mouthful of salad, rather than pouring it over the salad. •

To learn more check out the following web sites:

[American Heart Association](#)

[American Stroke Association](#)

[National Cholesterol Education Program](#)

[National Heart Council](#)

**KEEPING YOU HEALTHY!!**

# Kappa SPOTLIGHT

## Brother Jeffery Carr



**B**rother Jeff Carr is a 1979 initiate of the Alpha Chapter at Indiana University. Once he graduated in 1983 from IU and taking a few years off he went on to get his Law degree from Howard University School of Law in 1999. Brother Carr is a resident of Silver Spring, Maryland and he is currently an attorney working for the USDA in downtown D.C. I had a chance to speak with Brother Carr in a one on one setting and this is what I discovered:

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

*Brother Carr:* First and foremost, I'm a legacy. My father pledged Kappa in 1953. So, when I was growing up, during road trips, we use to sing scroller songs and Kappa songs the entire trip. As well, many of my dad's close friends where Kappas. I was around Kappas all the time. So, you could say, I just had it in my blood since a child. That's all I knew.

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

*Brother Carr:* The comrade; especially with the Alumni chapter. One thing I like about SSA is the fact that we have a mix group of brothers: young, middle age, and wiser brothers; This mixture of brothers gives us a balance with new ideas and a constant revolving of our chapter.

*The Scroll:* What are some of the Officer positions that you have held since you been in the bond?

*Brother Carr:* Of course currently the Exchequer, Strategus, Board of Directors, Pan Hell Representative, Social Chairman, Pledge Committee, ADP of Pledge Line, and Scrollers Club.

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

*Brother Carr:* I have a cat. I'll leave it there.

*The Scroll:* What would be your fondest Kappa memory?

*Brother Carr:* Right after I crossed, we had to go to a Founders Day or Province Council or some sort of Kappa meeting and I met Founder Ervin Armstrong, who signed my membership card. (Brother Carr still has that card)

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

*Brother Carr:* Nothing else. I can't see myself anything else but a Kappa man.

*The Scroll:* As we move beyond 100 Years, what would you hope for Kappa be?

*Brother Carr:* I hope the fraternity would continue to grow and bring in more quality young men; I hope we would strive for the betterment of this great fraternity and continue our commitment and responsibility to our community.

*The Scroll:* What is your favorite pastime?

*Brother Carr:* Reading - Mysteries

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

*Brother Carr:* I deal with employment complaints of discrimination so I love the fact that I help people as much as possible, which is a plus.





# Kappa SPOTLIGHT *(cont.)*

## Brother Jeffery Carr ...

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

*Brother Carr:* The Fraternity and the spending of time during things for and with the frat. I'm also passionate about my church.

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

*Brother Williams:* The Founders; I would ask them how would they envision Kappa in the near future.

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

*Brother Williams:* I would have to say that everyone is different and because of our differences we should learn to be more tolerant and respect those differences.

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

*Brother Williams:* That the fraternity has adopted a No Hazing policy and we as brothers need to support that stance. Respect that policy and DON'T HAZE.



What is the Highest Award that can be achieved on the Eastern Province level?

Please send your answers to [ARBrown1911@gmail.com](mailto:ARBrown1911@gmail.com)

Subject: July Kappa Trivia

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

June Trivia Answer: Johnny Newman '86 Winner: Brother Desmond Mackall

# Our Kommitment To GUIDE RIGHT

## CAR WASH FUNDRAISER

Bro. C. Thompson - Guide Right Chairman

In spite of 1/4 of the Kappa Leaguers being absent due to SAT testing and other obligations, the Kappa League car wash fundraiser was a huge success. Many chapter brothers came out and assisted and supported in various capacities - logistics, transportation, and even some chow. A BIG thank you to the following Brothers: Morris, Gibbs, Price, Bannister, Metzger, Irving, Mathais, and Thomas for actually busting some suds and getting their hands dirty washing and drying all those cars. And Yes Bro. Mathais was there (can you believe it). Because of the huge effort on everyone's part, the Kappa Leaguers were able to raise approximately \$790, which will help fund their end of year field trip to Kings Dominion. The leaguers appreciated the bonding experience with the brothers and mentors. Way to Go!!.



## KAPPA LEAGUE 2011-12 ELECTIONS

Bro. C. Thompson - Guide Right Chairman

During the course of the month of June, Kappa Leaguers were able to participate in the democratic voting process by nominating, electing, and inducting their leaders for the next Kappa League year. The Kappa League Advisors and the Guide Right Chair were profoundly impressed by the speeches rendered by the candidates and their responses to the questions from the voting members. Kappa Leaguers have definitely gained a deeper understanding of the program's motto: *"...And when the lightning was allowed to go freely, the land was with destruction. But man recognized the strength and value of that force generated by the lightning and set out to harness the same."*

So can the direction of the energy of today's youth, be it surplus or not, change the course of their and our lives? Through our Kappa League program, we will group the sparks of energy, direct it in a manner that will be rewarding many times over, and from it will come youth with the ability to handle leadership roles when the responsibility becomes theirs.

The Kappa League Officers for the 2011-2012 Academic Year are as follows:

Kappa League 2011-2012 Elected Officers	
PRESIDENT	Nebiyu Fitta
VICE PRESIDENT	Ement Yifredew
2 <sup>ND</sup> VICE PRESIDENT	Emanuel Russom
3 <sup>RD</sup> VICE PRESIDENT	-vacant-
DIRECTORSHIP	Eddie Sesay
SECRETARY	Roderick Campbell
TREASURER	Ty Bethel
HISTORIAN	Micah Sumler
PUBLIC RELATIONS	Yohanes Admasu
SERGEANT-AT-ARMS	Mark Oyebi





# Our Kommitment To GUIDE RIGHT *(cont.)*



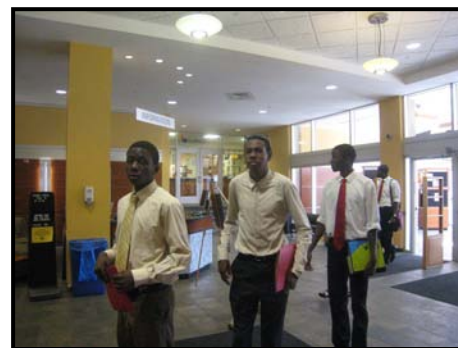
We are all confident that the new Kappa League officers will fulfill their duties to the best of their abilities and work towards fulfilling the objectives of the program. These officers will continue to empower their fellow Kappa Leaguers, and implement initiatives that will help strengthen the program and its members. CONGRATULATIONS TO THEM ALL!! •

## MARYLAND COLLEGE TOURS

Bro. I. Solomon - Reporter

Over a 4 day period, the 12<sup>th</sup> grade Kappa Leaguers dressed in business attire, and journeyed out to tour 4 metro area Universities. The first stop was on June 21 at Towson University in Baltimore, Maryland. On June 22, they headed up down the beltway from Towson to the University of Maryland Baltimore County. The University Of Maryland College Park was the next visit on June 23 with the final campus visit being in VA at the George Mason University.

The Kappa Leaguers ask many questions that pertained to their majors that they were interested in pursuing as well as questions about the cost of education at each university. They were encouraged to collect as much information as possible for their college portfolio, which is a requirement project in our Kappa League program. One of the goals this year is to have each 12th grade Kappa Leaguer be accepted into at least one in-state four year university. •





# KAPPA Kommentary

## FIVE TIPS TO HELP REBUILD YOUR RELATIONSHIP

Bro. Jonathan Pope

**R**ebuilding anything is always a laborious task. When you think of what it takes to start something over from scratch, or to reinvent something that already exists, it can cause your stress level to reach dangerous levels. However, there are some things that deserve a makeover, no matter how difficult the task. When two people genuinely love each other, there is always an opening and/or opportunity to rebuild. Love may not be the only important ingredient in a relationship, but it remains a necessary thread toward your relationship's survival. Each relationship is different and there are no magical answers to solve all problems; however, below are some basic principles that can get you started toward rebuilding that "House of Love", one brick at a time:

1) Refresh your Memory - Often times we forget about the nice things or the thoughtful gestures we did during what I call the "Unconscious Stage" (usually in the first year). Pull out some old photos/videos or cards and refresh your mind and spirit with how you felt about your mate in the beginning.

2) Communicate Often - Circumstances and experiences most often change a person, which subsequently affects perspective. More specifically, what you thought was acceptable to your mate in the beginning, could have changed dramatically in the present. Frequent communication can minimize the surprise of new or modified expectations.

3) Renegotiate New Terms and Conditions - According to how long you have been together, it may be the perfect time for new and improved practices, expectations and boundaries. For some, a renewal of trust and love may be needed. Others may want to improve on some small weaknesses in their relationship. The 21<sup>st</sup> century has ushered in all sorts of new influences and new ways to connect to people globally, which can negatively affect your relationship and send you on a downward spiral.

4) Listen - Active listening is a seldom used art form in some relationships, especially with those who have been together for a number of years. Normally, when one person is talking, the other is preparing their response, instead of listening. Active listening requires your undivided attention, patience and focus. This will enable you to receive exactly what your spouse is trying to convey. Remember, understanding is one of the goals of a conversation. If your spouse feels misunderstood, especially when you have failed to listen, the connection will be lost and that can lead to more challenges.

5) Self-Awareness - Self-evaluation is a key ingredient to growth and prosperity. Always check in with yourself. Introspection is a conversation with your soul and spirit. Take the time everyday to think about what you are doing, what you have done and what you can change for the better. As you perform maintenance on the inside, the fruits of that hard work will manifest on the outside.



Bro. Jonathan Pope  
Spring 2K

# WORDS To Live By

## SPIRITUAL KONNECTION

Bro. A. Brown - Editor

*In the multitude of words sin is not lacking. But he who restrains his lips is wise. The tongue of the righteous is choice silver; The heart of the wicked is worth little. The lips of the righteous feed many, but fools die for lack of wisdom. (Proverbs 10:19-21)*

**T**here is a scripture (James 1:19) that backs the above verse up with "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath [get angry]."

I'm not sure about how you feel about these verses but for me they mean so much, for I have learned to keep my mouth shut over the years. And to be honest, I still have moments where that is not always the case. But, we all need to make sure that what comes out of our mouth lines up with God and his Word.

We all know the saying, "Sticks and stones may break my bones but names will never hurt me!" Well, this is definitely not a true statement. We all know, either from the receiving or the giving side, that Words have the ability to create and build up and/or to destroy and tear down. Once they are out there, you cannot take them back.

You give life to sin when you think too much on something and then give it power by the words that flow out of your mouth. People's lives have been destroyed by the words of others.

It is God's desire to bless his children, but one must also take heed to the verses that precede Proverbs 10:21.

A righteous person that controls his mouth is a mature believer that knows how to handle riches that God wants to bless them with.

It is all a progression on spiritual growth and does not come overnight, but through diligent prayers, self-control and through the study of the Word.

My suggestion - Be a blessing to someone today by what you say to them.



## 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](mailto:Polemarch@SilverSpringAlumni.com)  
[KeeperOfRecords@SilverSpringAlumni.com](mailto:KeeperOfRecords@SilverSpringAlumni.com)  
[Reporter@SilverSpringAlumni.com](mailto:Reporter@SilverSpringAlumni.com)

### Kappa Korner Phone

240.580.FRAT(3728)

### Website

[www.silverspringalumni.com](http://www.silverspringalumni.com)

### FaceBook

[Silver Spring Alumni Chapter](#)

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