

The Scroll

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



www.SilverSpringAlumni.com

September 2011 Edition



Celebrating 100 Years Of **Φ Ν Ψ**

INSIDE THIS ISSUE...

4 | AKA Men Can Cook



4 | EP Appointments



5 | Founders Day Planning



7 | Diabetes



11 | Kappa Spotlight



12 | Kappa League



CONTENTS

September 2011

Editor's Message	2
Kappa Kalendar	3
Men Kook Off	4
Province Appointments	4
Chapter Retreat	5
Fashion Show Event	5
Founders Day	5
Parliamentary Conversation	6
Achievements	6
Kappa Health Korner	7
Kappa Spotlight	11
Kappa Trivia	12
Guide Right	12
Kappa Kommentary	13
Spiritual Konnection	14

A Message From The Editor



Greetings Brothers:

I hope this newsletter finds you and your family in good health and spirit. As the 2010-11 fraternal year comes to a close, let it be known to all of the brothers in the chapter who have stepped up in more ways than one that your efforts have not gone unnoticed. With all that has been accomplished this year, it is clear that the brothers are committed to doing the work of Kappa by servicing our chapter and communities.

This past fraternal year has proved to be a momentous one for our illustrious fraternity and community. As Kappa Alpha Psi Fraternity, Inc. embarked on a journey reaching 100 years of existence; Silver Spring Alumni will be celebrating 39 years of ACHIEVEMENT. This 2011-12 fraternal year we are seeking better ways to enhance our programs, projects and initiatives and develop new ones in order to further the efforts of the brotherhood. That's why it's very important that each of you take the time and review the proposed budget and be prepared at the September meeting to vote on the sole element of how we operate for the year. Come with your questions and suggestions on how we can move beyond the status quo. We will be focusing on some new initiatives and at the same time enhancing those that have served our chapter well. But we must first start with the passing of the budget.

With One hundred years of existence, 39 years of commitment, service and scholarship to our community, we will continue to strive to be the greatest organization in the world. With such lofty goals for the upcoming fraternal year comes a tremendous amount of work, physical exertion and monetary funding. If you cannot offer your time to our projects, programs and initiatives then we welcome your monetary donations. Every activity that you support is in effort to send young people to college, make our community more political, social and health conscious, help develop leadership skills for our youth and address the needs of those less fortunate than others. Silver Spring Chapter is a valued conduit to make dreams and aspirations become a reality.

So, enjoy the last edition before the new fraternal year and I look forward to continuing to break bread and work with my brothers in order to strengthen our chapter brand and our brotherhood.

I humbly remain ...

Yours in the Bond,

Anthony R. Brown

Anthony R. Brown
Editor - The Scroll



Kappa Kalendar

SEPTEMBER

- ◇ 5th Labor Day Holiday
- ◇ 7th 7:00pm Kappa League Advisors Meeting
- ◇ 9th – 11th: **Chapter Retreat** – Eastern Shore Maryland
- ◇ 13th 7:30pm: Events/Fundraising Committee Meeting
- ◇ 14th 7:00pm: Chapter BOD Meeting
- ◇ 17th 12 – 2pm: Kappa League – Parents Meet and Greet Forum
- ◇ 17th 6:30pm: *Chapter Meeting*
- ◇ 22nd – 25th Congressional Black Caucus Legislative Conference, Washington, DC Convention Center
- ◇ 23rd – Kappa's CBC Reception, Hyatt Regency Capital Hill

OCTOBER

- ◇ 1st 6pm&9pm: L.U.S.T. – Fashion Show & After Party Event
- ◇ 10th Columbus Holiday
- ◇ 11th – Event/Fundraising Committee Meeting
- ◇ 12th 7:00pm: Chapter BOD Meeting
- ◇ 15th 6:30pm – *Chapter Meeting*
- ◇ 28th Silver Spring Alumni Chapter's 39th Anniversary

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

The Birthday Club

September 6
Bro. William Freeman

September 15
Bro. William Caldwell

September 27
Bro. Donald Jefferson

The Anniversary Club

October 28
SILVER SPRING ALUMNI CHAPTER

** 39 YEARS OF SERVICE TO MONTGOMERY COUNTY MARYLAND **

UPCOMING EVENTS

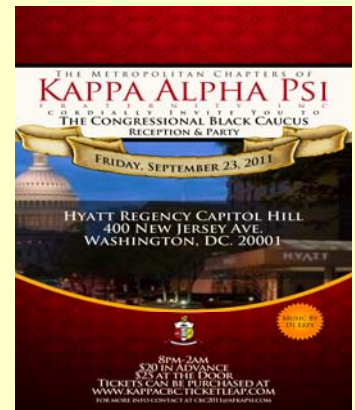
Annual Chapter Retreat

September 9-11, 2011
Ransome Chesapeake Retreat
Eastern Shore, Maryland



Metro Chapters Congressional Black Caucus Reception

September 23, 2011
8PM-2AM
Hyatt Regency Capitol Hill
Washington, DC



L.U.S.T. (Latest Unique Stylistic Trends) Fashion Show

October 1, 2011
6pm & 9pm Shows
7500 Maple Avenue
Takoma Park, Maryland 20912

Fashion Show After Party
10pm -2am
Korner Pocket
Beltsville, Maryland

WHAT'S THE WORD *from the Kappa Korner*

AKA's MEN CAN COOK EVENT

Bro. Anthony Brown - Editor

On Saturday, August 27, 2011 at the James R. Cousins Municipal Center, Glenarden, MD, the ladies of Alpha Kappa Alpha Sorority Inc., Iota Gamma Omega Chapter of Prince Georges County featured local men who offered up event goer's tastings of their very own specialty dishes. Not even Hurricane Irene could stop Bro. Solomon from swimming his way to a 4th Place finish out of 11 contestants. Bro. Solomon represented the chapter by preparing a favorite baked ziti dish. Now, Bro. Solomon had informed me that he has prepared this same dish before for many of the brothers in the chapter, and I'm not sure if I was around for that but according to taste witness at the event (namely Bro. C. Thompson), the dish was somewhat spicy and very flavorful. In addition to all of the culinary activity, the event also featured music, wine tasting and a silent auction. Congratulations Bro. Solomon for your efforts and next year for sure we'll bring home the Top Men Who Can Cook title. ●



EASTERN PROVINCE 2011 APPOINTMENTS

Bro. Anthony Brown - Editor

We are saddened to report that our very own Bro. John T. Henderson Jr. Esq. tenure as Province Council for the Eastern Province has come to an end. Bro. Henderson served 6 years and under three Province Polemarchs in this position. First being appointed by Bro. Rufus F. Clanzy in 2005 and then continuing under Bro. John T. Lanier and Bro. Dwight Thomas. According Bro. Henderson, "It has been a most gratifying six year experience. I hope the consensus is I have served my best for the province and the Brothers of Silver Spring (MD) Alumni." The Silver Spring Chapter thanks Bro. Henderson for an exceptional job and all are proud of his service. As one brother put it best, "your performance in that role has been commendable. You served professionally with wisdom and dignity, a fine representative of Silver Spring Alumni." We all couldn't agree more. Well done Bro. Henderson. There's much more work for you in Kappa.

Although we say good bye to one brother on the Province level, we say welcome to another. Congratulations are in order for Bro. Rodney Perkins, who was appointed to lead the Eastern Province Health and Wellness Initiative. For the past three years, Bro. Perkins has lead the Health initiative for our Province which has gained a lot of momentum. He has been instrumental in the Health screenings during the Province Council meetings and instrumental with the Health program for Conclaves in Washington D.C. and Indianapolis. This same momentum will definitely be headway into the new Grand Polemarch's Healthy Kappas Healthy Kids initiative. So expect more from Bro. Perkins not only on the Province level but also as it relates to our chapter and foundation's Health programs and projects. ●

AIDS WALK

Bro. Rodney Perkins

Brother Rodney Perkins still needs your support. He will be participating in AIDS Walk Washington on Saturday, October 29, 2011 by running the 5K fundraising timed run benefiting Whitman Walker Health. Whitman Walker Health is a non-profit community based health organization, which provides dependable, high quality, comprehensive, and accessible health care to those infected with or affected by HIV/AIDS. Follow the link to support a participant, enter Rodney Perkins and you will be directed to his personal web page. Any monetary amount will help Rodney reach his personal goal of \$5000.00. Brother Perkins Thanks You for your support brothers. ●



Saturday, October 29, 2011
benefiting & produced by WHITMAN-WALKER HEALTH
Community. Caring. Quality.

<http://www.kintera.org/faf/search/searchParticipants.asp?ievent=462578&lis=1&kntae462578=D6780E1185C74302A75A86B81E359F24>

WHAT'S THE WORD *from the Kappa Korner*

2011 CHAPTER RETREAT

Bro. M. Alphonso - Chairman

The upcoming 2011 Chapter Retreat will take place September 9-11 at the Ransome Chesapeake Home on Eastern Shore Maryland. We have over 35 registered brothers who will be traveling down to participate with us at the 2011 annual retreat *"Scoping the Diamond: Silver Spring Beyond The Centennial"*. All current registered attendees should have received your Retreat Packets at the August chapter meeting. All the specifics concerning the weekend (location, direction, activities, agenda, etc) can be found in your packets. If for some reason you did not receive one or cannot locate it you will be assessed \$10 for a new one (lol...just kidding), please contact Bro. Keith Bobo or committee chairman Bro. Alphonso. The registration fee is now \$100. If you know of any brother(s) who needs to be reclaimed, please invite him out for the weekend. The fee for non-financial, non current chapter brothers will be at a reduced cost. 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. Also we are still in need of cooks for meals. Please let Bro. Anthony Brown know which meal(s) you would like to assist with. **REMINDER FOR ALL CHAPTER OFFICERS:** There is a MANDATORY Officers meeting on Friday evening September 9 at 6pm. Please plan your arrival accordingly. If you have any questions or require more information please contact one of the committee members below. •

RETREAT COMMITTEE

Mervyn Alphonso - Chair	Kendrick Gibbs
Howard Baker	Steve Jordan
Keith Bobo	Jonathon Sutton
Anthony Brown	Lawson Williams
Roger Davidson	Revlon Williams
Thomas Flagg	

FASHION SHOW AND AFTER PARTY

Bro. Anthony Brown



If you have not received your tickets for the 2011 Fashion Show to be held on October 1, 2011, please contact the Event Chair Bro. Will Caldwell or Bro. Baker. We are asking each brother to sell a minimum of 5 tickets and to help assist during the day of the shows. This year's theme L.U.S.T. which stands for Latest Unique Stylistic Trends is sure to have you on the edge of your fashion seat. There will be 2 shows, the first starting at 6PM with doors opening at 5:30PM and the second starting at 9PM with doors opening at 8:30PM. Vendors will be on hand as well as FREE food will be served. The After-Party will take place at The Korner Pocket on Cherry Hill Road in Beltsville, Maryland. The cost of the after-party will be \$5 with your Fashion Show ticket stub and \$10 without. •



2012 METRO FOUNDERS DAY

Bro. Mario Price - Chair

The Metro Founders Day planning is still underway. The Metro Committee, which consists of a brother from each of the metro chapters, met August 17 at the Kappa Korner. The ticket price has been confirmed and agreed upon which will be \$10 less than last year going from \$90 to \$80 for alumni brothers. The master of ceremonies has been confirmed as Bro. Anthony Hill. The committee has reached out to Brother Benny Thompson, Congressman from Mississippi, to be the keynote speaker and we are awaiting a word back from him on this request. Sub-committees have been established and have met to discuss the specific tasks that need to be completed. We are asking brothers to step up and assist in an area that you are interested in or to serve on any of those subcommittees. Subcommittee co-chairs will be sending out various emails, announcements, meeting notices and the likes. Please be responsive to their needs. As stated before brothers, it will be up to the efforts of the entire chapter for this event to succeed. Let's make The 2012 Metro Founders Day celebration, one that we all can be proud of. The next committee meeting will be held at the University of Maryland University College. The exact day and time will be announced shortly. More detailed information concerning this event will be forthcoming. •

WHAT'S THE WORD *from the Kappa Korner*

ACHIEVEMENTS

Bro. A Brown - Editor



On Saturday, August 27, 2011, Ms. Brianna Brown, daughter of Bro. Anthony Brown, was one of 22 teens inducted into Top Teens of America program. Top Teens of America (TTA) is a national program of Top Ladies of Distinction Inc. (TLOD), a nonprofit organization that was founded in 1964 to sponsor a youth organization after the integration of schools.

Top Teens of America's mission is to continue to encourage high academic scholarship; assist teens in the development of social graces, leadership and fellowship abilities; develop pride in self, home and community; encourage participation in workshops which address current trends; develop deep concerns for senior citizens, status of women, community beautification and community partnerships; and encourage appreciation for ethnic and cultural heritage.

The Induction Ceremony was attended by more than 140 parents, grandparents, relatives, guardians, teachers, neighbors and friends! One of the original Founders, Lady Ozell Dean attended and provided words of encouragement along with the guest speaker, Rev Akil Dickens, Minister to Youth at Ebenezer AME Church in Ft. Washington Maryland, who provided words of inspiration to the teens. Brianna will have the opportunity to participate in an extensive list of programs and projects of service as well as career, character and leadership development conferences, seminars and workshops. Top Teens motto is "Participation is our Foundation as Leaders of Tomorrow". Congratulations to Ms. Brianna and of course her proud dad, Bro. Brown. ●

Bro. Sean Flora is moving on, for now that is. He has moved to Edgewater, NJ to accept a position at The Bronx Charter School of the Arts in New York City. Not sure what he knows about Art but I do now his service to the chapter will be missed. He's not saying goodbye but just see you lata. Bro. Flora assured me that he'll be back at least once a month (probably more) to the chapter meeting. He should as well, his dues are paid up for the 2011-12 Fraternal Year. We wish him the best of luck in his new endeavor. ●

HEALTH WATCH

Amenities Committee

Brothers, please keep Silhouette Nancy Works, wife of Bro. Bobby Works, in your prayers. She was admitted to the Walter Reed National Military Medical Hospital in Bethesda for surgery on September 1 to remove her failed transplanted kidney. We are thankful for the donor for the transplanted kidney that lasted seven years. We ask that you pray for Silhouette Nancy, Brother Works and their family for a speedy recovery and let us rejoice in knowing that she is already approved for another kidney in the future in Jesus Name. ●

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 (*Amendments*)

Last month, we discussed Amendments, their purpose, the results and the 4 ways to amend a main motion. Here's an example of each of the ways to amend a main motion. A brother makes the main motion to buy a computer and laser printer for the Kappa Korner.

Brother: I move to buy a computer and laser printer.

The following illustrations show examples of how to word the various forms of amending.

- To amend by inserting words within the motion:
Brother: I move to amend the motion by inserting "brand X" before the word "computer."
Brother 2: Second.
The presiding officer repeats it this way:
Polemarch: It is moved and seconded to amend the motion by inserting "brand X" before the word "computer." If adopted, the motion would read, "to buy a brand X computer and laser printer." Is there any discussion on the proposed amendment? *[Discussion is only on whether to buy "brand X," not on whether to buy a computer and laser printer.]*
- To amend by adding words at the end of the motion:
Brother: I move to amend the motion by adding at the end "not to exceed the cost of \$1,000."
Brother 2: Second.
Polemarch: It is moved and seconded to amend the motion by adding at the end "not to exceed the cost of \$1,000." If adopted, the motion would read, "to buy a computer and laser printer not to exceed the cost of \$1,000." Is there any discussion on the proposed amendment? *[Discussion is only on "the cost of \$1,000," not on buying the computer and laser printer.]*
- To amend by striking out (deleting) words:
Brother: I move to amend the motion by striking out "and laser printer."
Brother 2: Second.
Polemarch: It is moved and seconded to amend the motion by striking out "and laser printer." If adopted, the motion would read, "to buy a computer." Is there any discussion on the proposed amendment?
- To amend by striking out and inserting words (deleting something in the motion and replacing it with something else):
Brother: I move to amend the motion by striking out "and laser printer" and inserting "and ink jet printer."
Brother 2: Second.
Polemarch: It is moved and seconded to amend the motion by striking out "and laser printer" and inserting "and ink jet printer." If adopted, the motion would read, "to buy a computer and ink jet printer." Is there any discussion on the proposed amendment?

There you have it. Examples to use for the next chapter meeting.

Bro. A. Brown - Editor

KAPPA HEALTH Korner

DIABETES

Bro. Anthony Brown

Diabetes, the most common disorder of the endocrine (hormone) system, occurs when blood sugar levels in the body consistently stay above normal. It affects more than 23 million people in the U.S. alone.

Diabetes is a disease brought on by either the body's inability to make insulin (type 1 diabetes) or by the body not responding to the effects of insulin (type 2 diabetes). It can also appear during pregnancy. Insulin is one of the main hormones that regulates blood sugar levels and allows the body to use sugar (called glucose) for energy.

Type 1 Diabetes

Type 1 diabetes occurs when the body's own immune system destroys the insulin-producing cells of the pancreas (called beta cells).

Normally, the body's immune system fights off foreign invaders like viruses or bacteria. But for unknown reasons, in people with type 1 diabetes, the immune system attacks various cells in the body. This results in a complete deficiency of the insulin hormone.

People with type 1 diabetes produce no insulin and must use insulin injections to control their blood sugar. Type 1 diabetes most commonly starts in people under the age of 20, but may occur at any age.

Type 2 Diabetes

With type 2 diabetes, the body continues to produce insulin although insulin production by the body may significantly decrease over time. The insulin the pancreas secretes with type 2 diabetes is either not enough or the body is unable to recognize the insulin and use it properly. When there isn't enough insulin or the insulin is not used as it should be, glucose can't get into the body's cells.

Type 2 diabetes is the most common form of diabetes, affecting almost 18 million Americans. While most of these cases can be prevented, it remains for adults the leading cause of diabetes-related complications such as blindness, non-traumatic amputations, and chronic kidney failure requiring dialysis. Type 2 diabetes usually occurs in people over age 40 that are overweight, but it can occur in people who are not overweight. Sometimes referred to as "adult-onset diabetes," type 2 diabetes has started to appear more often in children because of the rise in obesity in young people.

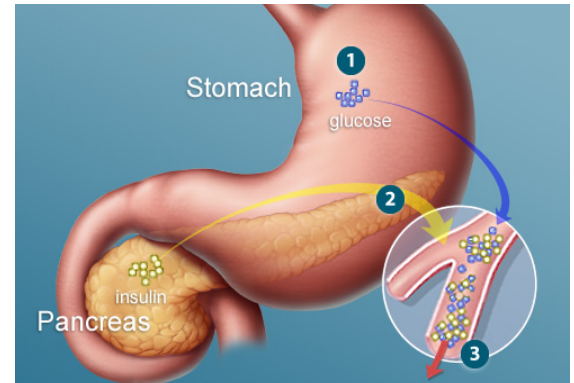
Often, doctors are able to detect the likelihood of type 2 diabetes before the condition actually occurs. Commonly referred to as pre-diabetes, this condition occurs when a person's blood sugar levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes.

What Are The Symptoms?

Over 6 million people in the U.S. (both adults and children) have undiagnosed diabetes.

The symptoms of type 1 diabetes often occur suddenly and can be severe. They include:

- ◇ Increased thirst
- ◇ Increased hunger (especially after eating)



Insulin: Turning Glucose Into Energy - 1) After eating, the stomach breaks carbohydrates down into sugars, including glucose. 2) Glucose enters the bloodstream and stimulates the release of insulin from the pancreas. 3) Insulin and glucose travel in the blood to all the body's cells. Insulin allows glucose to enter the cells and be used as fuel. Excess glucose is stored in the liver.



KAPPA HEALTH Korner *(cont.)*



- ◇ Blurred vision
- ◇ Labored, heavy breathing (Kussmaul respirations)
- ◇ Loss of consciousness (rare)

The symptoms of type2 diabetes may be the same as those listed above. Most often, there are no symptoms or a very gradual development of the above symptoms. Other symptoms may include:

- ◇ Slow-healing sores or cuts
- ◇ Itching of the skin (usually in the vaginal or groin area)
- ◇ Yeast infections
- ◇ Recent weight gain
- ◇ Numbness or tingling of the hands and feet
- ◇ Impotence or erectile dysfunction - Diabetes can cause damage to blood vessels and nerve endings in the penis causing impotence. It's estimated between 35% and 70% of men with diabetes will have a least some degree of impotence in their lifetime.

Although most people with prediabetes have no symptoms at all, symptoms of diabetes may include unusual thirst, a frequent need to urinate, blurred vision, or extreme fatigue.

A medical lab test may show some signs that suggest prediabetes may be present.

Diabetes Risk Factors

A person with some or all of the following listed health risk factors may never develop type 2 diabetes. However, the latest medical findings show that the chances of getting type 2 diabetes increase the more health risk factors you have.

Factors You Can Control Factors You Cannot Control

- ◇ *Being overweight* - defined as a body mass index (BMI) over 25.
- ◇ *Sedentary Lifestyle* - a lifestyle of laziness, no physical activity, couch potato
- ◇ *Abnormal cholesterol and blood fats*, such as HDL "good" cholesterol lower than 35 mg/dL or a triglyceride level over 250 mg/dL
- ◇ *High blood pressure* greater than 140/90 in adults
- ◇ *Smoking*

Factors You Can't Control

- ◇ *Race or ethnicity*: Hispanics, African Americans, Native Americans, and Asians have a higher than average risk.
- ◇ *Family history of diabetes*: Having a parent or sibling with diabetes boost your risk.
- ◇ *Age*: Being 45 and older increases your risk of type 2 diabetes.

Other health risk factors for type 2 diabetes include:

- ◇ History of vascular disease (such as stroke)

The more risk factors you have, the greater your odds of developing type 2 diabetes.

Finding and treating diabetes early can prevent health problems later on. Many people with type 2 diabetes have no symptoms and do not know they have diabetes. Some people are at higher risk for diabetes than others.



KAPPA HEALTH Korner *(cont.)*



Testing

If you experience symptoms of severe increased thirst, frequent urination, unexplained weight loss, increased hunger, tingling of your hands or feet -- your doctor may run a test for diabetes.

According to the American Diabetes Association, almost 24 million children and adults in the U.S., or nearly 8% of the population, have diabetes today. Yet millions of Americans are unaware that they have diabetes because there may be no warning signs.

A simple blood test can diagnose diabetes. The A1C test gives a snapshot of your blood glucose level over the past two to three months. An A1C level of 6.5% or more is consistent with the diagnosis of diabetes. A fasting plasma glucose test is another option. You must not eat for 8 hours before the test. A result above 126 is considered diabetes. An oral glucose challenge test with a two-hour blood test can also help your doctor make a diagnosis.

Who Should Be Tested?

You should be tested for prediabetes if:

- ◇ You're over 45 years of age.
- ◇ You have any risk factors for diabetes.
- ◇ You're overweight with a BMI (body mass index) over 25.
- ◇ You belong to a high risk ethnic group.
- ◇ You were known to previously have an abnormal glucose tolerance test or have an impaired fasting glucose level.
- ◇ You have clusters of problems seen in the metabolic syndrome. These problems include high cholesterol and triglycerides, high LDL cholesterol and low HDL cholesterol, central obesity, hypertension, and insulin resistance.

Ways To Manage Diabetes

1. Diet - Fortunately, controlling blood sugar levels by changing diet can also cut your risk of complications. People with type 2 diabetes should carefully monitor carbohydrate consumption, as well as total fat and protein intake, and reduce calories.
2. Exercise - Moderate exercise, such as strength training or walking, improves the body's use of insulin and can lower blood sugar levels in people with type 2 diabetes. Being active also helps reduce body fat, lower blood pressure, and protect against heart disease. People with type 2 diabetes should try to get 30 minutes of moderate exercise on most days of the week.
3. Stress Reduction- Stress can cause blood pressure to rise. Or you may turn to food to cope. Both are bad when living with diabetes. Instead of letting stress take it toll, try practicing relaxation techniques such as deep breathing, meditation, or visualization. Sometimes talking to a friend, family member, counselor or member of the clergy can help.
4. Oral medication - When people with type 2 diabetes are unable to control blood sugar sufficiently with diet and exercise, medication may be added. There are many types of diabetes pills available, and they are often used in combination. Some work by stimulating the pancreas to make more insulin, and other improve
5. Insulin - Your doctor may prescribe insulin early in on your treatment and in combination with pills. Insulin is also used in people with type 2 diabetes who develop "beta-cell failure." This means the cells in the pancreas no longer produce insulin in response to high blood sugar levels. In this case, insulin therapy - injection or an insulin pump - must become part of the daily routine.

Long Term Damage

- ◇ Kidneys - The longer you have diabetes, the greater the risk of developing chronic kidney disease. Controlling risk factors reduces your risk of developing Kidney complications. Annual screening for kidney disease and medications, which slow the development and progression of kidney disease, are used to reduce your risk of kidney failure.
- ◇ Arteries - Over time, untreated type 2 diabetes can damage many of the body's systems. About 2 out of 3 people with diabetes die of heart disease. Having diabetes also puts you at a 2 to 4 times higher risk for stroke. People with



KAPPA HEALTH Korner *(cont.)*



diabetes are likely to develop plaque in their arteries, reducing blood flow and increasing risk of clots. This hardening of the arteries (atherosclerosis) raises the risk of heart attack and stroke.

- ◇ Nerve Pain: Uncontrolled diabetes, and elevated blood sugars over time, increases the risk of nerve damage. Symptoms include tingling, numbness, pain and a pins and needles feeling in the fingers, hands, toes and feet. Nerve damage (neuropathy) can't be reversed but treatments may help pain and numbness. Nerve damage can also affect other parts of your body such as your digestive system. Controlling your diabetes can prevent further damage.
- ◇ Eyes - High blood sugar can damage the tiny blood vessels that bring oxygen and nutrients to the retina, a critical part of the eye. This is known as diabetic retinopathy, and it can cause progressive, irreversible vision loss. It is the leading cause of blindness in people between the ages of 20 and 60. Pools of blood, or hemorrhages, on the retina of an eye are visible in this image.
- ◇ Feet - Diabetic nerve damage can make it difficult to feel your feet and detect injury. At the same time, hardening of the arteries results in poor blood flow to the feet. Foot sores and gangrene can occur, even from a small injury. In severe cases, infections can go unchecked and result in an amputation.

Preventing Type 2 Diabetes

One of the most astonishing things about type 2 diabetes is that such a life-altering condition is often preventable. To lower your risk, follow the same guidelines for warding off heart disease:

- ◇ Eat a healthy diet
- ◇ Exercise for 30 minutes, five days a week
- ◇ Maintain a health weight
- ◇ Talk to your doctor about being screened for prediabetes. ●

To learn more check out the following web sites:

[American Diabetes Association](#)

[WebMD - Diabetes](#)

[Diabetes Information](#)

[Mayo Clinic - Diabetes](#)

KEEPING YOU HEALTHY!!

Kappa SPOTLIGHT

Brother Kendrick Gibbs

Brother Kendrick Gibbs is a Life Member who was initiated in the Knoxville (TN) Alumni Chapter in 1998. Brother Gibbs graduated from South Carolina State University with a BA in Marketing and Management. He is a resident of Ft. Washington, Maryland and currently serves the Director with the Rockville Human Resources Center, Health and Human Services in Rockville, Maryland. I had a chance to speak with Brother Gibbs 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 Gibbs: I had several family members who are members and they inspired me to become a Kappa Man

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

Brother Gibbs: The aspect of ACHIEVEMENT. As a Kappa you never rest on where your are and you are always inspired to Achieve more.

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

Brother Gibbs: Chapter Polemarch and Exchequer

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

Brother Gibbs: I work on old cars in my spare time.

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

Brother Gibbs: Nothing else. I would have been content with just being in the few other organizations that I am a part of.

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

Brother Gibbs: I would hope that brothers would be able to distinguish the difference between commitment and commitment level.

The Scroll: What is your favorite pastime?

Brother Gibbs: Traveling

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

Brother Gibbs: Being in the government, I like the stability and flexibility of doing different type of jobs. I'm not dictated by my degree which is a big plus for me.

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

Brother Gibbs: Being able to mold young minds. From 2 year old on up, I love that I can positively influence young people. That's why I love having several god-children, nieces and nephews.

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

Brother Gibbs: Brother Lawrence Hamm. For his unconditional support and inspiration he gave in the short time that I got to know him.

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

Brother Gibbs: People have the responsibility and the choice to control their life. So, individuals should stop complaining about their job or about their situation. Stop complaining about not having enough money. Stop complaining and take the necessary steps to make changes that you want to see. If you don't like something, make a change.

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

Brother Gibbs: You get out of Kappa what you put into it. So, if you're presently on the sideline and want to get something out of Kappa, join a committee, just get involved.



Our Kommitment To GUIDE RIGHT

MESSAGE FROM GUIDE RIGHT CHAIRMAN

Bro. Chris Thompson

As we move forward into the 2011-12 fraternal and Kappa League year, it is essential that the chapter do so as productive and efficient as possible. The Guide Right Committee is diligently planning and preparing for the first Kappa League meeting to be held on September 17, 2011 at 12:00pm at the Kappa Korner. At the same time we will have the Parents Informational Meeting to discuss this years program. Brothers, this is a "Call to Service" to become active in a more intimate part of the Guide Right and Kappa League initiatives. All brothers interested in serving the youth of our community and moving forward our program agenda for the fraternal year should come out and be a part of one of the most fulfilling project initiative that our chapter has. I look forward to working with each and every brother to excel our program agenda, calendar, and to serve the needs of our youth. •



Who was the first Executive Secretary (Executive Director) of Kappa Alpha Psi?

Please send your answers to ARBrown1911@gmail.com

Subject: **September Kappa Trivia**

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

August Question: *The original number of Provinces? Can you name them?*

August Trivia Answer: *What is 4 (Northern, Southern, Eastern and Western)*

KAPPA Kommentary

AFRICAN AMERICANS: SPENDING OUR WAY TO THE BOTTOM

Bro. Jonathan Pope

As Kappa Alpha Psi Fraternity Inc. continues to celebrate 100 years of notable African American history and purposeful achievement, there is still an underbelly of negative effects that exists from the mental, emotional and physical scars created by slavery and the Jim Crow period. African Americans, while clearly more advanced in terms of careers and better off financially than the past, are still unfortunately years and/or decades away from closing the disproportionate wealth gap with our white counterparts. This in part, is related to the lack of the proper financial education and the overwhelming differences in ill-advised consumption between Blacks and some other races.

According to the latest data from the Federal Bureau of Labor Statistic's Consumer Expenditure survey, researchers discovered that "Blacks and Hispanics spend up to 30% more on visible goods, like clothing, cars and jewelry than Whites with similar incomes." Although this type of information is not an epiphany, the reality of it is sobering to say the least. African Americans spend more, but own less. We spend to look good; however many have no emergency savings. Some of us save for that new flat screen television, but have no savings for our children's education. At what point does this problem turn from negative effects from the biggest crimes in American history to an obvious lapse in judgment and a lack of personal responsibility? Entertainment icon and comedic legend Bill Cosby faced a full-on frontal assault when he blamed African American parents for buying \$500 sneakers while unwilling to pay \$200 for *Hooked on Phonics*. A classic case of metaphorically "killing the messenger" while attempting to mask the harsh realities that African Americans are facing today. No matter who trumpets the call, rich comedian or your average civil rights activist, the bottom line is that we have a responsibility in providing a plausible and fruitful financial legacy for our children. This downward trajectory has to change its course.

One negative contributing factor, in my opinion, is the "Bling" messages shown and repeated in Hip Hop music and their videos. I'm a fan of some Hip Hop music, but while Lil Wayne, Drake, Rick Ross, Wiz Khalifa and the like, perpetuate the biggest, the baddest, the flyest and the coolest of everything you possibly could imagine; it also sends a dangerous message to our young kids and some adults that excessive consumption is the practical norm in regular living. Therefore the cycle of bad financial decisions continue to curse a generation. By the way, it can't go unsaid that the vast majority of the brands and companies that our Hip Hop echelon carelessly promote, have not invested one dime in the Black community. Yet, many of us rush to place ourselves in financial shackles just to feel included; a psychological search for significance. Again, this downward trajectory has to change its course.

It has to be noted that the wealth gap has also been widen due to uneven tax policies that benefit the wealthy, while housing, credit access and unemployment continue to wreak havoc among low income minorities. However, the fact remains that we have played a part in this tragedy. It is paramount that we teach good, sound financial management in the home and in the school system. This will give the future a fighting chance to survive in this new world along with this new global economy. No matter whom or what is to blame, our future is depending on it changing for the better.



Brother Jonathon Pope is a Spring 2000 initiate and can be reached at jonathanpope71@yahoo.com. You can view and read other writings from Brother Pope on Mybrotha.com

WORDS To Live By

SPIRITUAL KONNECTION FINANCIAL WISDOM: HOW TO SPEND

Bro. A. Brown - Editor

Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity ; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me. And my God will supply all your needs according to His riches in glory in Christ Jesus. (Philippians 4:11-13, 19 New American Standard)

Do you find yourselves struggling from paycheck to paycheck? Do you find yourself coming up short to pay for gas to get to work or what about extra cash for an unexpected house repair? You are definitely not alone. God entrusts each believer with a share of His resources. And like any wise overseer, He gives His stewards guidelines for making the best use of His wealth:

- **The Essential Expense**—A believer's wisest money management decision is to regularly set aside the first portion of income for the church. As we promote and provide for God's work in this way, He protects what is left (Deut. 26:2; Mal. 3:10-11).
- **The Next Priority**—God promised to supply for our needs (Phil. 4:19). The primary way we get necessities like food, clothing, shelter, transportation, and education is by paying for it with what He provides.
- **Pursuit of Godly Goals**—Next, we're to use money to meet God's goals for us or our family. Instead of "floating" through life; believers should seek and pursue God's will. He may lead you to invest in education, start a business, or purchase a particular item.
- **A High Calling**—Giving to the needy is an investment in God's kingdom. While we should be cautious not to promote laziness, a gracious act to a poor man "lends to the Lord and He will repay . . ." (Prov. 19:17).
- **Uses for What's Left**—Last on the list is fulfillment of desires. Believers who delight in the Lord walk in obedience to Him. He in turn blesses them with the good things that fit His will for their lives (Ps. 37:4).

Good stewards manage God's resources by asking Him, "What is Your will for the wealth that You have given me?" You'll be amazed at how fulfilling it is to live according to biblical principles. Even a little money seems like more than enough when you spend it as the Lord intends.

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