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February marks the annual celebration of Black History Month. We pay homage to those that helped build this great nation. Although, men like Dr. Martin Luther King Jr. and Malcolm X stand at the forefront of the Civil Rights Movement, women were vital to the movement. Women like Rosa Parks, Coretta Scott King, Myrlie Evers, and Betty Shabazz receive mention for their sacrifice and support, but there are some female powerhouses who need their names called. Female activists like Dorothy Height, Diane Nash, Amelia Boynton, Daisy Bates, Fannie Lou Hamer, Joann Robinson, Yuri Kochiyana, and Septima Clark should be recognized for their contributions and share the spotlight of the movement.

During this month we also shine a spotlight on heart disease in women. Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health. As African Americans and Iota women, we strive to make a difference and to leave a mark on this world. It's time we take care of our health so we can take care of business.

I have been feverishly working on our chapter report and other Regional reports to make sure we are recognized for the exemplary work we do in the name of Iota. This month, we will do our part to support the Black Panther movie sweeping our nation, as a chapter we will view the movie together on Saturday, February 24. We are completing our first Chapter Fundraiser in support of our hosting of the Regional conference in 2019. Sorors, it is imperative that we individually do our part in support of "friendraising", "funraising", and fundraising. Not only will your dollars help but your presence and participation are needed. I implore you to reach in your purses and "find" the additional funds. We are "gladiators", we can do this.

Seven gavel taps to Sorors Shelia Fisher, Katrina Stevens, and Shish Boyd and the FIL Committee on their sponsorship of the Teen Suicide Awareness Program. It was very informative and shared a wealth of information.

"There is a source of power in each of us that we don't realize until we take responsibility." -- Diane Nash



Michelle Peace
Epsilon Tau President

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Epsilon Tau and FIL Sponsors Teen Suicide Awareness Workshop



On Sunday, February 4, 2018, Epsilon Tau Chapter and the ET Future Iota Leaders sponsored a workshop to discuss Teen Suicide Awareness. Dr. Stacia Alexander of Positive Influences, facilitated the discussion which identified suicide as the 2nd leading cause of death of youth, ages 15-24. The youth discussed causes of suicide, signs someone might have suicidal thoughts, actions needed to take if they encounter someone who is considering suicide, and how to get help for themselves. Dr. Alexander had all those present to save the Suicide Prevention Hotline into their cell phones. She also reinforced that suicide is "a permanent solution to a temporary problem."

Epsilon Tau Supports GO RED Campaign



On Friday, February 2, 2018, Epsilon Tau Sorors donned their favorite red outfits to stand in support of National Wear Red Day. We wore red to raise awareness about cardiovascular disease. Because when we come together, there's nothing we can't do! #GOREDET

Epsilon Tau Chapter's Local Scholarship Winner

Jalyn D. Beaty



Jalyn D. Beaty
2017-2018
Epsilon Tau Local Scholarship
Winner

Jalyn D. Beaty is currently a senior at the A. Maceo Smith New Tech High School in Dallas, Texas. She is a member of the National Honor Society and she serves as Student Body President. Jalyn has been the recipient of the Principal's Award, the highest award a student can receive at her school, her freshman, sophomore and junior year. This award is given to students who exhibit good character and high academic achievement. Jalyn is ranked number 1 in her class.

She serves as Epsilon Tau's Future Iota Leader president and has served as Vice President, Secretary, and Treasurer since she joined in 2013.

Jalyn plans to attend Prairie View A&M University in the fall. She will combine her love of math and technology and pursue a degree in Computer Engineering. In her spare time, Jalyn enjoys spending time with her family and friends.

BLACK BUSINESS SPOTLIGHT



Southeast Dallas has a new female business owner...Heather Perkins of *Di-Licious Candied Pickles*. The company started in 2014 and was inspired by the movie *Charlie and the Chocolate Factory* and *Willie Wonka and the Chocolate Factory*. Feeling pickle? Contact Di-Licious at www.di-liciouscandiedpicklesfactory.com



SMALL BUSINESS TIP

Franchise 101: What is a Franchise? by Dr. Tonya Sawyer-McGee

Many individuals today are not just considering starting their own business in order to be a business owner. Some individuals may be considering buying into franchise opportunities to become a business owner. This month we will focus on what is a franchise.

A franchise is a business model that a group or individual has decided to use their name or services in a particular area. Common examples are McDonald's 7-Eleven, Chik-Fila, etc. These companies are located in various states and areas. Each store has its own franchise owner, who has agreed to run the business according to an already established business model by paying a franchise fee and monthly royalties based on sales in exchange to use the company's trademarks, marketing, and other corporate structure. This can be beneficial for those with limited business knowledge or those who want a proven success model to help them generate their own stable business income. Next small business tip topic: *Franchise Pros and Cons.*

WELLNESS TIP

Cervical Cancer Awareness by Dr. Tonya Sawyer-McGee

January is known as Cervical Cancer Awareness Month. Each year approximately 11,000 women are diagnosed with cervical cancer for those who are tested, which is caused by the human papillomavirus (HPV, for over 79 million Americans, men and women, will be affected. Cervical cancer can be highly treatable if this virus, which can lead to cervical cancer is caught early through screening. Additionally, now there is a vaccine which can prevent HPV which can be given starting at age 11 for both boys and girls.

To help prevent HPV and cervical cancer consider the following:

- Teen safe sex and abstinence education program
- Routine medical exams for early detection and need for the vaccine, if applicable
- For women: Pap exams starting at age 21 or younger if sexually active
- Safe sex practices

Become part of the solution and advocate for women and young boys and girls to recognize the consequences and treatment options for cervical cancer and HPV prevention.

Dates To Remember

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| February 9, 2018 | Chapter Report Due to SWR Director |
| February 11, 2018 | Chapter Meeting, 3:00 PM at Southwest Center Mall Community Room New Member Orientation Workshop, after the meeting |
| February 17, 2018 | Toys U Can't Return @ Rites of Passage Program |
| February 18, 2018 | African American Genealogy Series 3 part series – February 11, 18, 25, 2018- 2-3 PM North Oak Cliff Auditorium (ET Supporter, Paul Beaty , Presenter) |
| February 23, 2018 | Deadline for Hotel Reservations for Regional Conference in Houston. |
| February 24, 2018 | Black History Observance – Black Panther Viewing at Alamo Draft House on Lamar |
| March 4, 2018 | Chapter Meeting, 3:00 PM at Southwest Center Mall Community Room |
| March 8-11, 2018 | 71 st Southwestern Regional Conference , Houston, TX, Epsilon Sigma , host chapter |