

IOTAPHIΛAMBDA

IOTA PHI LAMBDA SORORITY, INC EPSILON SIGMA CHAPTER

A MESSAGE FROM THE PRESIDENT

Greetings Sisters!

Hurricane Harvey hit the shores of Texas on August 25, 2017, and by August 27, the city of Houston looked like one big lake from the skies above. It is now October, and many of Houstonians are still feeling the devastating effects of Hurricane Harvey. This drastic situation caused many to answer a call of civic duty to help one another, and Epsilon Sigma answered that call. Many of us worked long hours of volunteering with the likes of the Cajun Navy, Red Cross, churches, other non-profit organizations, and FEMA just to name a few. We are doing, and putting forth the effort, of the essence of Iota Phi Lambda Sorority; to serve and empower the community!



Also in October, let's not grow weary in well doing with Breast Cancer Awareness. All of us, in one shape or form have been affected by Breast Cancer during our lifetime. We thank God for our fellow sisters like Leana Taylor and Valencia Scroggins who are both survivors. It would behoove us to learn more about it, support organizations and people who are diligently in the trenches dealing with it, and take our own preventative measures for the good of our own bodies. Thank you sorors for all that you do for Breast Cancer Awareness.

So as we go through the rest of October with Columbus Day, Bass's Day and Halloween, let's get prepared for our upcoming event, American Education Week! We want this to be an awesome, progressive experience for both us and the community.

Love and loyalty,

Madeline Crawford

CHAPTER PRESIDENT

Volume 1, Issue 2

**OCTOBER 2017
BREAST CANCER
AWARENESS MONTH**

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RAISING BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month, an annual campaign to raise awareness of breast cancer risks, the value of screening and early detection, and treatment options available to women and men who are diagnosed with one of the many forms of breast cancer. More than 249,000 people in the United States are diagnosed with invasive breast cancer every year, and nearly 41,000 die from the disease.

Over the years, a loop of pink ribbon has come to symbolize breast cancer awareness, and today the image of a pink ribbon can be found emblazoned on thousands of products, from apparel to dishware to office supplies. But there's more to awareness than just wearing pink.



The best protection is early **detection**

Risk factors:

Limited but accumulating research indicates that smoking may slightly increase breast cancer risk, particularly long-term, heavy smoking and among women who start smoking before their first pregnancy.

Obesity increases the risk of postmenopausal breast cancer. Risk is about 1.5 times higher in overweight women and about 2 times higher in obese women than in lean women.

Growing evidence suggests that women who get regular physical activity have a 10%-25% lower risk of breast cancer compared to women who are inactive, with stronger evidence for postmenopausal than premenopausal women.

Numerous studies have confirmed that alcohol consumption increases the risk of breast cancer in women by about 7%-10% for each one drink of alcohol consumed per day on average. Women who have 2-3 alcoholic drinks per day have a 20 percent higher risk of breast cancer compared to non-drinkers.



Sisterhood: The Reason for Sorority



When we talk about sorority membership, we often talk about sisterhood — but what does sisterhood really mean? Sorority women are connected by their rituals, their philanthropic causes, their values and sometimes their living arrangements. At some point along the way, they become sisters. Sisterhood is not a bond that happens overnight; just like forming a friendship, it takes time and effort. However, sisterhood is one of the most rewarding aspects of sorority membership, so it is definitely worth it.

Says one sorority woman, “My sisters are unconditional friends. Sure, we may get into arguments or rub each other the wrong way, but at the end of the day everything falls back into place because we are sisters. We share a bond that cannot be forged with just anyone.” Many chapters have similar values and goals, but sisterhood bonds form when a group of sisters all work together to accomplish goals.

Sharing a common ritual, or secret traditions and ceremonies that are unique to each sorority, also forms sisterhood bonds. Another sorority woman says, “I love that my sorority sisters have found a love and value for the same things that I strive to live by in my life. When I participate in my sorority’s ritual, I feel that the women with me — regardless of our differences — ultimately want the same things I do.” Ritual events are important and almost sacred to sorority women. A sorority may perform a ritual at certain chapter meetings, during Founders’ Day celebrations and for new member initiation.

Sorority membership is for a lifetime, so you know that your sorority sisters will stand by you way beyond the four years that you are in college. Explains another sorority woman: “My sisters encourage me to be a leader, and they support me in all of my endeavors. My sisters will bum around with me, go to random campus events with me or take me out for a special occasion. My sisters will share my joys and sorrows, and they will stand with me on my wedding day.”

Many women express sisterhood by using this quote: “From the outside looking in, you can never understand it. From the inside looking out, you can never describe it.” This may be true to an extent — it is hard to understand what sisterhood is until you experience it yourself—but many women describe sisterhood as the feeling that their sorority sisters will always be there for them through the good times and the bad. One sorority woman says that her sisters mean more to her than she can describe, and she knows she is never alone with her sorority sisters by her side. “They’ve gotten me through sleepless nights and caused a few more along the way,” she says. “We’ve shared everything in our lives, our highest hopes and deepest fears. They amaze and inspire me each and every day.”

Sisterhood — it’s the reason for sorority. There are many benefits to sorority membership, but few are greater than the unconditional and lifetime bonds of friendship that we call sisterhood.

TO OUR BELOVED SOROR

IN LOVING MEMORY OF SOROR MARY BRYAN

YOUR LIFE WAS A BLESSING

YOUR MEMORY A TREASURE

YOU ARE LOVED BEYOND WORDS

AND MISSED BEYOND MEASURE



ON BEHALF OF EPSILON SIGMA CHAPTER,

**IT HAS BEEN A GREAT PLEASURE AND PRIVILEGE TO HAVE YOU
AS A SORORITY SISTER.**

**YOU WILL ALWAYS BE IN OUR HEARTS. YOU WILL BE TRULY
MISSED SOROR MARY.**



UPCOMING EVENTS AND REMINDERS

EVELYN D. WILKEY YOUTH ESSAY CONTEST - DUE NOVEMBER 30,2017

CHAPTER DUES IN THE AMOUNT OF \$250

ARE DUE ON OR BEFORE

NOVEMBER 5,2017

