

IOTA PHI LAMBDA

IOTA PHI LAMBDA SORORITY, INC EPSILON SIGMA CHAPTER

Volume 1, Issue 5

JANUARY 2018

A MESSAGE FROM THE PRESIDENT



Well, God has allowed His grace and tender mercies to shower upon us another year. For that, I am truly grateful. To have each of you in my life is just an addition of love. To God, I am so thankful. We had many ups and downs this year, but we made it...TOGETHER!!! So now, as we prepare to close a chapter in our journey and begin a new and fresh Chapter in 2018, please join me in doing the business of Iota Phi Lambda Sorority, Inc.

I expect God to do great things in our lives, in our organization, and our Chapter, I am constantly reminded to "Walk by Faith". To do so, St. Mark 11:22 says, "Have Faith in God." Have Faith in God not in man, not in your job, your boss, husband, or friends. Those elements, although may not be intentional, will fail you. But God never fails.

As you begin to construct your New Year's resolutions, plan your goals for 2018, or even just deciding to take one day at a time; remember only what you do for Christ will last. I am looking forward to a great Sorority year and serving you as the chapter president of THE Epsilon Sigma Chapter of Iota Phi Lambda Sorority, Inc.

Yours in Service,

Casey C. Preston, M.Ed.

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Congratulations!

JASMINE BLACKMAN



**PRAIRIE VIEW A&M
UNIVERSITY**

**"DAUGHTER OF SOROR
LADATRA SANDERS"**

MISS

ETA

GAMMA

2017



When Jasmine Blackman was a student at Manvel High in Manvel, Texas, her family and fellow students knew she would be a star someday. Well, the 20 year old junior Human Nutrition and Foods student at Prairie View A&M University moved into stardom as the new Miss Black and Gold— Eta Gamma at the pageant sponsored by the Alpha Phi Alpha Fraternity, Inc. on November 16 at Prairie View A&M University. In addition to the title, Jasmine also won the on-stage projection and evening wear competitions. For her talent competition, Jasmine wowed the judges and the audience with her performance of “Slow Motion.” Other winners in the pageant are Destiny Jefferson, Miss Black and Gold – Epsilon Tau Lambda and Antraniece Smith, First Runner-up.

As Miss Black and Gold-Epsilon Tau Lambda, she will be competing along with Destiny Jefferson in the 2018 Miss Black and Gold Texas at the Texas Conference of Alpha Chapters Convention in Dallas, Texas on February 17. The Miss Texas Black and Gold is an official preliminary to the Miss Black and Gold Southwest Region.

Jasmine, a native born of New Orleans, Louisiana and partly raised in Manvel, is the intelligent and ambitious daughter of Mr. Jeffery Blackman and Ms. Ladatra Sanders. While at Manvel High she served on the student council committee and participated in Track and Field and Softball.

Jasmine’s ambition is to become a Registered Dietician and to change the eating lifestyle and to educate individuals, especially young adults about nutrition, eating healthy and not becoming another statistic.

At Prairie View A&M University, some of her achievements include Dean’s List/Honor Roll, Kappa Omicron Nu Honor Society President, and a member of Gamma Sigma Sigma National Service Sorority. Her community activities include volunteering at the Food Bank, Nursing Home and Be-The Match.

Jasmine is guided by the philosophy of “Nothing beats a failure but a try.” Some of her favorites are singing, seafood, Beyonce’, hanging with family and friends, going to church.

Her platform is “Learn What You Eat.” She plans to educate individuals, especially young adults eating healthy and not becoming another static.

Part of her giving back is to speak to high school students on “Obesity among High School Student” and the importance of living a healthy lifestyle. When asked to name two persons she would invite to her fantasy dinner, she enthusiastically responded - Prince and Oprah Winfrey.

Upon winning the title Jasmine was shocked and stated that her goal is to become Miss Black and Gold National and will do her best to prepare for that title.

Contact Information:

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LOLA MERCEDES PARKER FOUNDATION



Iota Phi Lambda Sorority, Inc. National Executive Board would like for you to "support the Lola Mercedes Parker Foundation by purchasing through the Amazon Smiles program. Amazon donates .5% of the price of eligible Amazon Smile purchases to the Lola Mercedes Parker Foundation."

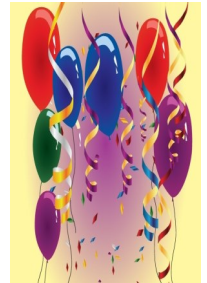




HAPPY BIRTHDAY



TO ALL OF THE SORORS WHO ARE CELEBRATING
THEIR BIRTHDAY THIS MONTH



UPCOMING EVENTS

NEW YEAR'S DAY - JANUARY 1

EXECUTIVE MEETING - JANUARY 10

SORORITY MEETING - JANUARY 14

SOUTHWEST REGIONAL CONFERENCE

MARCH 8-11

HOUSTON, TEXAS

TOP FIVE NEW YEAR'S RESOLUTIONS

1. **Get in shape:** Losing weight is the top resolution for Americans, and combined with “exercise more” and “stay fit and healthy” it is something that over a third of the population wishes to achieve. It’s easy enough to start an exercise and diet program, but the trick is to find a decent one that will give you steady results and will be easy to stick to in the long run. Have a look at these tricks, hacks, exercises and mistakes to avoid to make the best out of your resolution.

2. **Start eating healthier food, and less food overall:** This is usually an extension of the previous resolution. Switching to a healthier diet can be incredibly tricky when we are surrounded by cheap junk food. However, with a good amount of determination and some basic tips you can slowly develop healthier eating habits. Learn to control emotional eating, be aware of reasons for diets to fail, make use of these tricks and have a look at these awesome and healthy recipes.

3. **Stop procrastinating:** The biggest barrier that keeps most people from reaching their goals is the desire to relax and do something fun instead of working hard. Once you get used to procrastinating it’s difficult to snap yourself out of it, so you’ll need to put in a lot of work to change this bad habit. There are many useful tips out there to find your way to stop procrastinating. There are also tools which can help you achieve this task.

4. **Improve your concentration and mental skills:** People have been trying to find ways to improve their focus and cognitive capacities for thousands of years, and most ancient civilizations had some combination of mental exercise and herbal medicine to help them reach this goal. Today we can use anything from apps to ancient meditation techniques to boost concentration and hone our mental skills. If you go through with this, you will be able to control your mood, learn faster and have an easier time solving problems.

5. **Meet new people:** When we get stuck in a rut, we usually end up staying at home most of the time, missing out on a lot of interesting opportunities for networking and having fun. Meeting new people can be beneficial to your mental well-being and help your career, so don’t be afraid to get out there and make some friends. Overcome your shyness, get some knowledge and go and get to know new and interesting people.



71ST SOUTHWESTERN REGIONAL CONFERENCE

HOSTED BY EPSILON SIGMA CHAPTER

MARCH 8 - 11, 2018

DOUBLETREE BY HILTON - GREENWAY PLAZA

6 GREENWAY PLAZA EAST

HOUSTON, TEXAS 77046

