

# Beta Psi Happenings

VOL. 5 JANUARY 2020

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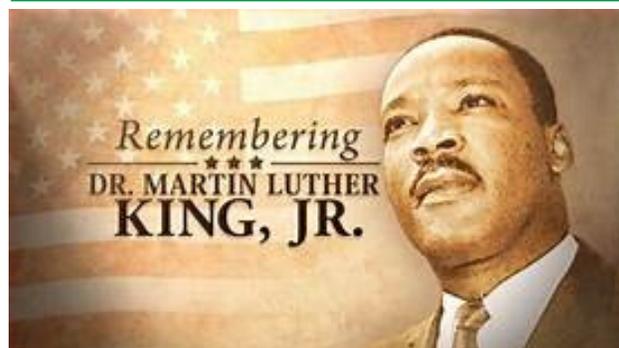
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## FROM THE PRESIDENT...

Happy 2020 Sorors!

2019 is behind us but the work of Iota is still before us. Beta Psi continues to take care of Iota business. We have 7 candidates for Beta Psi Lomepa Club, submitted a student for the Fredda Witherspoon Scholarship and we're preparing for the SWR Conference. The new year brings new challenges and opportunities. Beta Psi is diligently striving to meet those challenges and opportunities as we promote growth, professionalism and encourage entrepreneurship through our programs and projects. Let's not just celebrate Black History Month in February, but actively become a part of Black History!



Thank you all so very much for your continued prayers for MOI Henry Mosley. Please continue to pray for his healing and recovery.

## BETA PSI CHAPTER MEETING



On February 1st, Beta Psi Chapter held its chapter meeting. Sorors shared plans for participation in the projects and programs of Iota. Beta Psi has big plans for the 2020-2021 Sorority Year. Be on the look out for many events to come.

## SORORS AROUND TOWN



On January 25th, Soror Janie Samuels participated in a lead a session on parliamentary procedures for the National Association of University Women (NAUW) Shreveport Branch. The NAUW purpose is to promote and conduct educational activities designed to provide community outreach services at every level of development.

## BETA PSI POTENTIAL MEMBERSHIP GROWTH



From the RUSH conducted in December 2019, Beta Psi Chapter submitted 7 candidates for membership to the Southwestern Regional Director. Beta Psi is on the move for growth and opportunity. Stay tuned!

## BETA PSI CELEBRATES DR. KING



On January 19th, Beta Psi Chapter participated in the MLK, Jr. Celebration at Sunrise Baptist Church. Soror Jimmeka Batiste sang along with the Sunrise choir. FIL Jeffrey Batiste, Jr. (not shown) sang with the youth choir as well. Beta Psi donated \$200 to the Mother L Stewart Scholarship in honor of Beta Psi charter member, Soror Mamie Love Wallace.

## BETA PSI SCHOLARSHIP RECIPIENT



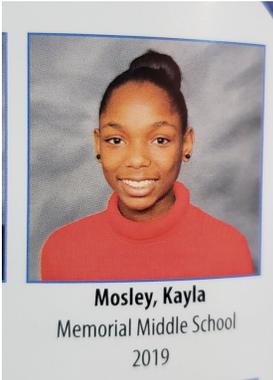
Beta Psi Chapter is proud to announce the recipient of our Beta Psi Scholarship, Miss Asia Moore. Asia is a senior at Booker T. Washington High School. She is an honor roll student, member of the Golden Lionette Majorettes and a member of the ROTC program. Congratulations Asia!

## FILS CELEBRATE MLK



On January 20th, FIL Kayla Mosley and Soror Tanesha Mosley participated with the Top Teens of America-Houston Chapter in the MLK Day Parade. The participants were a part of the Commissioner Rodney Ellis campaign group.

## FIL SPOTLIGHT



On January 25th, FIL Kayla Mosley was presented as a Top Teen of America at the 37th Mr. & Miss Top Teen Presentation Ball in Houston, TX. Beta Psi Chapter is extremely proud of the accomplishments of FIL Mosley. Congratulations!

## FIL PARTICIPATES IN ARBOR DAY

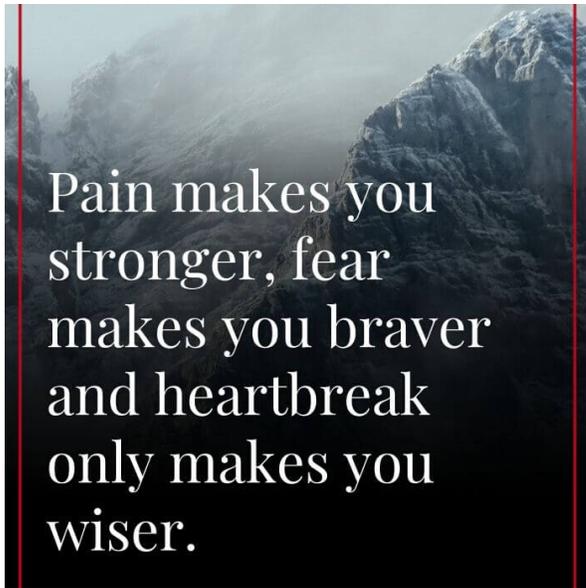


On January 25th, FIL Kayla Mosley participated in the 34th Annual Arbor Day Tree Planting Celebration with the Top Teens of America-Houston Chapter. Mayor Sylvester Turner, Apache Corporation, Texas A&M Forest Service, Trees for Houston, and volunteers from across the City joined at T.C. Jester Park to plant 3,000 trees along the bayou area of T.C. Jester Park. The day served as a kick-off for the Houston Parks and Recreation Department's 20 for 20 initiative to plant 20,000 trees in Houston parks and greenspaces in 2020.



Soror Evelyn Mosley witnessed a random act of kindness on MLK Day when two gentlemen helped another gentleman push his truck out of the street after it stopped. It's acts like this that MLK envisioned for all people.

# INSPIRATIONAL WORD



# HEALTHY EATING

## Healthy Oven-Fried Pork Chops

★★★★★

These whole-wheat panko breadcrumb-coated pork chops get just as crispy as fried chops, but they're healthier. Oven-frying saves you fat and calories while producing chops that are crispy on the outside, yet juicy inside. Serve with steamed broccoli and baked sweet potato for a satisfying weeknight dinner.

By HILARY MEYER

Active: 15 mins

Total: 35 mins

Servings: 4

Nutrition Profile: ■

Dairy-Free

Nut-Free

Soy-Free

Diabetic Appropriate

Heart Healthy

Low-Calorie

Low Carbohydrate

Low Sodium



### Ingredients

- Cooking spray
- 1/4 cup all-purpose flour
- 1 large egg, lightly beaten
- 1 teaspoon Dijon mustard
- 1/2 cup whole-wheat panko breadcrumbs
- 1 teaspoon ground pepper
- 1/2 teaspoon kosher salt
- 4 (4 ounce) 3/4-inch-thick boneless pork chops

### Directions

Preheat oven to 400 degrees F. Place a wire rack on a large baking sheet and coat with cooking spray. Place flour in a shallow dish. Combine beaten egg and mustard in another small dish. Combine panko and pepper in a third shallow dish.

Sprinkle salt over both sides of the pork. Dredge each pork chop in flour, shaking off the excess. Coat in egg mixture, then panko, pressing to adhere. Place on the prepared rack. Coat the pork chops with cooking spray. Bake until the chops are beginning to brown and are cooked throughout (an instant-read thermometer inserted in the center should register 145 degrees F), 18 to 20 minutes.

# BETA PSI BIRTHDAYS

HAPPY BIRTHDAY



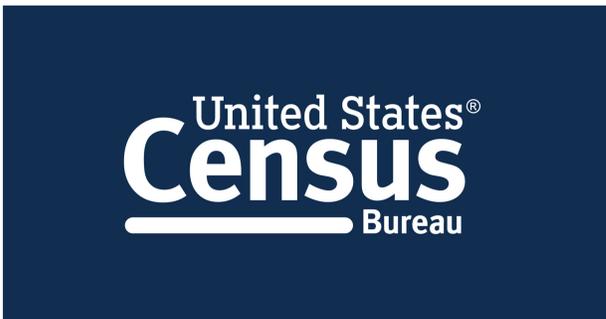
Soror Janie Samuels - January 1st

# CALENDAR OF EVENTS

- Beta Psi Chapter Meeting - February 1, 2020
- Black History Month Celebration @ Galilee Baptist Church - February 5, 2020
- Chapter Reports Due - February 22, 2020



Don't forget Iota Thursdays!



Iota Phi Lambda Sorority, Inc. has entered into a partnership with the United States Census Bureau. Through this partnership, Iota Phi Lambda Sorority, Inc. seeks to make an impact by ensuring that we have a complete and accurate count of the people in our community. We will support this effort on a national, regional and local level.

### Southwestern Regional Theme:

"Affirming the Legacy, Bonding in Sisterhood, Committing to Business and Developing Leaders"

### National Theme:

"Business and Professional Women Building the Foundation of Generational Financial Wealth"