



The Gamma Lambda Chapter of Winston-Salem State.



The Alpha Phi Chapter of North Carolina A&T State University.

HBCU AKA chapters hold parade

SPECIAL TO THE CHRONICLE

The Mid-Atlantic Region of Alpha Kappa Alpha Sorority, Inc., featured an "HBCU Parade" at its Undergraduate Round-up meeting on Saturday, Sept. 27, 2014 in Durham.

Sorority members in undergraduate chapters on the campuses of Historically Black Colleges and Universities (HBCUs) in the Mid-Atlantic Region, covering

both North Carolina and Virginia, marched in the parade. Chapter members held items that represented the chapter and their college or university.

Support of HBCUs is a priority for International President Dorothy Buckhanan Wilson. Alpha Kappa Alpha recently launched the "Think HBCU" campaign to highlight HBCUs and their contribution to the sorority and society. HBCU

Awareness Week was celebrated Sept. 22 - 26, and events will continue through the fall.

At the parade, each chapter was introduced with their founding date and facts about their HBCU. Notable alumni were also named. Graduate members in attendance for the parade and Round-up showed their support for their alma mater by cheering them on with school pennants, pins and pom-poms.

Of the 14 HBCUs with Alpha Kappa Alpha chapters in North Carolina and Virginia, the following 13 chapters participated in the HBCU Parade: Alpha Chi Chapter, North Carolina Central University; Alpha Epsilon Chapter, Virginia State University; Alpha Eta Chapter, Virginia Union University; Alpha Phi Chapter, North Carolina A&T State University; Alpha Xi Chapter, Livingstone College;

Beta Rho Chapter, Shaw University; Delta Alpha Chapter, Fayetteville State University; Delta Epsilon Chapter, Norfolk State University; Delta Theta Chapter, Elizabeth City State University; Gamma Delta Chapter, Johnson C. Smith University; Gamma Lambda Chapter, Winston-Salem State University; and Gamma Theta Chapter, Hampton University.

Flu

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ing flu shots, and we gave about 385 and 450 on Tuesday," said

Immunization Program Manager Felicia Lovett.

Stephen Stover, 55, was among the first to get the shot. For him, the vaccine is not optional.

"(I have) Type 2 Diabetic, and it is necessary for me to get one every year," he said.

The vaccine is recommended for everyone over 6 months old; there is a higher potency dose for those 65 or older.

"I do prefer that people get it earlier in the season, but we don't expect to run out," Lovett said.

There has been a wait for those who have come for the shots, but Lovett

said the staff is working hard to make the process efficient and as seamless as possible. Stover said the fact that the service is free more than makes up for the wait.

"Some people can't afford to go buy it, or they don't have insurance to get a flu shot, so this is a great thing," he said. "When someone is doing you a service, you have to learn that patience is a virtue."

Flu symptoms may include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and/or fatigue. Thousands of missed work days are attributed to the illness each year. Lovett says all of it can be avoided with a vaccine. She knows that many are wary of the vac-



Photos by Chanel Davis

Michelle Metscher prepares to administer a flu shot.

cine, but stresses that it is safe and effective.

"You cannot get sick from the flu vaccine; there is no live virus in it," she said. "People who have a little bit of fever or body aches after getting the flu vaccine; that's

their immune system working, and we want that to happen. Your immune system is gearing up so when you see the flu, you're protected against it."

Pat Johnson has received her shot at the



Pat Johnson



Stephen Stover

Health Department for many years.

"It is important to keep yourself protected

from diseases and germs for the winter - your germs and others' (germs)," said Johnson, a Health Department retiree.

Johnson brought her niece, sister and nephew along with her. They each received shots as well.

"A lot of people weren't getting them, so I started getting them to come with me," she said.

The vaccine is available Monday through Wednesday from 8:30 a.m. to 3 p.m.; Thursday from 9:30 a.m. to 7 p.m.; and Friday from 9 a.m. - noon.

For more information about the flu shots or other vaccinations, call the Health Department at 336-703-3100 or visit www.forsyth.cc/publichealth.

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