

# AKAs meet in New Orleans

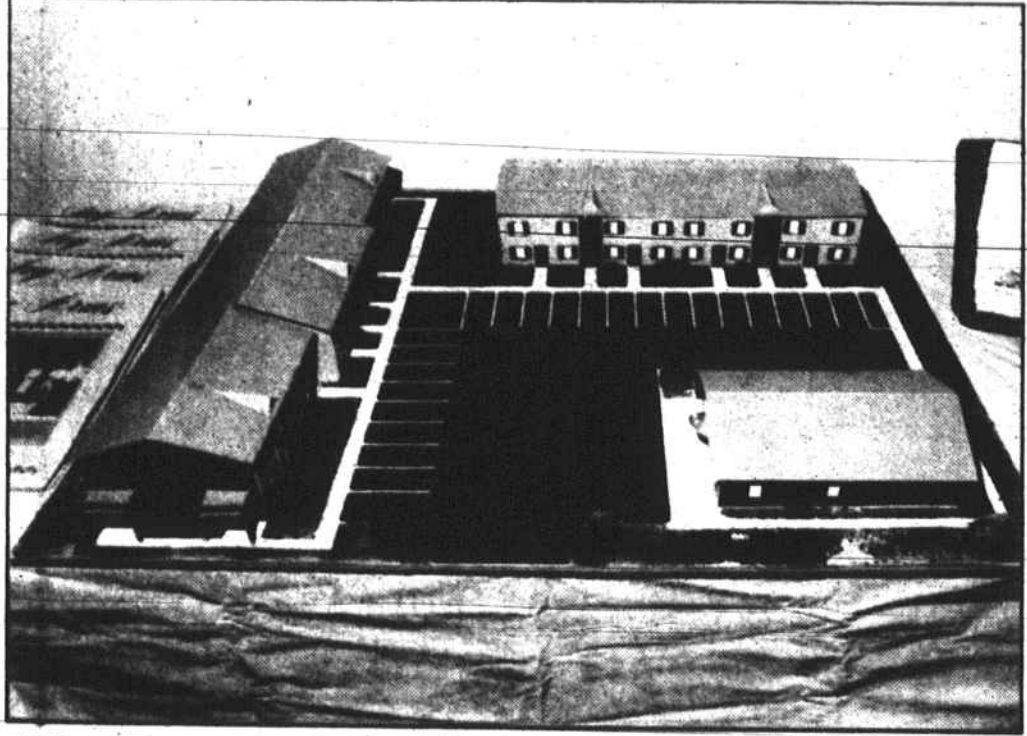
More than 10,000 members of Alpha Kappa Alpha Sorority, Inc. convened in New Orleans, La., July 18-24 for the 55th biennial national meeting of the sorority.

The theme for the convention was "Our Creative Strategies: Uniquely Identifying Us, Our Sorority, Our World."

Dr. Mary Shy Scott of Atlanta, Ga., international president, presided over the sessions and all activi-

community and the African-American family were conducted. Alderman Vivian Burke presented a workshop entitled "Political Reaction: Grassroots Response."

"Traditions" was the theme of Georgia Supreme Court Justice Leah Sears-Collins' opening public session address to the 11,000 conferees and guests. Other conference participants included Secretary of Health and Human Services Louis



Alpha Kappa Alpha's Ivy Arms Apartments and Clubhouse — a symbol of economic empowerment.

ties. Dr. Barbara K. Phillips, 20th national president, was a dais guest at all assemblies and conducted the honorary members' induction ceremony, which included Dr. Margaret Taylor Goss Burroughs, Bettian Gueno Gardner, Zina Garrison and Cleo Parker Robinson.

Historically, Alpha Kappa Alpha Sorority, Inc., America's premier Greek-lettered organization for black women, has assisted the African-American community through philanthropy, education and the development of empowerment skills. In keeping with a heritage of public service, a health fair, an ecumenical service and several workshops on economics, education, politics, chapter operations, world

Sullivan; U.S. Rep. Cardiss Collins of Illinois; Robert Johnson, founder and president of Black Entertainment Television (BET); Oklahoma State Senator Vicki Miles-LaGrange; Asst. Secretary of Education Dr. Carolyn Reid Wallace; Astronaut Dr. Mae Jemison; concert artist Gladys Knight; UNCF President William Gray; poet Margaret Walker Alexander; Miss Black America 1991 Sharmell Sullivan, and the Rev. Dr. Joan Salmon-Campbell, the first woman to be elected to the office of moderator of the general assembly of the Presbyterian Church.

A scale model replica of Phi Omega, Inc. Ivy Arms Apartment complex was exhibited in the con-



Phi Omega Chapter members who convened in New Orleans are pictured (left-right, seated) Wilma Wheeler, Virginia Wiseman, Chlories Shore, Olivia Morgan, Velma Friende, Maurice Jackson, Janet Wheeler. (Standing left-right) Inez Geraldts, Alma Corbett, Dorothy Wynecoff, Gail Lindsay, Barbara Phillips, Cassandra Johnson, Diane Butler, Priscilla Greene, Viola Sharpe, Wynnette Jenkins, Frances Baird, Annette Wilson.

vention center as an example of AKA economic empowerment.

The convention also featured "A Salute to the Black Press," which honored the three major black newspaper publisher associa-

tions.

Local delegates were Velma Friende, Helen Hairston, Maurice Jackson, Olivia Morgan, Chlories Shore, Wilma Wheeler, and Virginia Wiseman. Other chapter members

who attended included: Frances Baird, Karen Bryant, Diane Butler, Alma Corbett, Inez Geraldts, Priscilla Greene, Annie Hairston, Lynette Hawkins, Mary Jenkins, Wynette Jenkins, Cassandra Johnson, Sharon

Jordan, Gail Lindsay, Carol Mitchell, Viola Sharpe, Lena Turner, Vivian Turner, Janet Wheeler and Dorothy Wynecoff.

The 1994 national meeting will be held in Indianapolis, Indiana.

## Tips on how to stay cool this summer

Summer is a beautiful season but the one thing most people do not like about the summertime is

up in body heat can cause heat stroke or heat exhaustion in the elderly. This is especially true of

hottest hours.

Other good ways to cool off include taking baths or showers, placing icebags or wet towels on the body, and using electric fans (being careful to avoid getting an electrical shock.)

In addition, it is wise to stay out of direct sunlight and avoid strenuous activity; wear lightweight, light-colored, loose-fitting clothing that permits sweat to evaporate; drink plenty of liquids such as water, fruit and vegetable juices, and iced tea to replace the fluids lost by sweating.

Try not to drink alcoholic beverages or fluids that have too much salt, since salt can complicate existing medical problems, such as high

blood pressure. Don't ignore danger signs like nausea, dizziness, and fatigue.

Heat stroke is a medical emergency requiring immediate attention and treatment by a doctor. Among the symptoms are: faintness, dizziness, headache, nausea, loss of consciousness, body temperature of 104° F or higher, rapid pulse, and flushed skin.

Heat exhaustion takes longer to develop than other heat-related illnesses. It results from a loss of body water and salt. The symptoms include: weakness, heavy sweating, nausea, and giddiness. Heat exhaustion is treated by resting in bed away from the heat and drinking cool liquids.

### HOME ECONOMICS

By JoANNE J. FALLS  
Home Economic Extension Agent



the hot days. The heat can make one feel physically exhausted. Often the heat affects the elderly more severely.

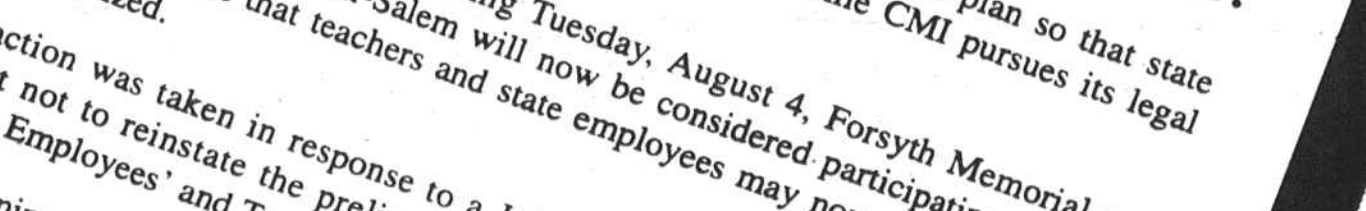
As you get older, your body becomes less able to respond to long exposure to heat or cold. During hot and humid weather, a build-

those with heart and circulatory disease, stroke, or diabetes.

In hot weather, the best precaution is to remain indoors in an air-conditioned room. If your home is not air-conditioned, you might go to a cool public place (like a library, movie theater, or store) during the

**"You may now use Forsyth Memorial and Medical Park Hospitals without being penalized."**

### Important news for members of the State Teachers' and Employees' Comprehensive Major Medical Plan



Carolina Medicorp, Inc. has agreed to join a new state health plan so that state employees and teachers in this region will not be penalized while CMI pursues its legal challenge to the State Plan.

As a result of this action, beginning Tuesday, August 4, Forsyth Memorial and Medical Park Hospitals in Winston-Salem will now be considered participating hospitals under the Plan. This means that teachers and state employees may now use the hospitals without being penalized.

This action was taken in response to a July 29 decision by the North Carolina Supreme Court not to reinstate the preliminary injunction that CMI had won in June against the State Employees' and Teachers' Comprehensive Major Medical Plan.

The preliminary injunction kept the State Plan from charging its members higher deductibles for obtaining lower-cost health care at Forsyth Memorial Hospital, and Medical Park Hospital. An appellate court overturned that injunction last month.

The State Plan, which took effect July 1, pays 80 percent of state employees' bills at participating hospitals but only 60 percent of their bills (up to \$6,000 out-of-pocket) at non-participating hospitals. Participating hospitals must agree to discount their room rates by 5 percent and other charges by 8 percent.

Carolina Medicorp declined to participate in the plan because it already offers the lowest rates in this area. Even without the discounts requested by the state, Forsyth Memorial Hospital has the lowest charges of any of the state's largest hospitals.

The state rejected Carolina Medicorp's low bid — a countermanding of the State Legislature's intent to save healthcare dollars for North Carolina taxpayers and a direct violation of state competitive purchasing laws.

"We were unsuccessful in obtaining preliminary injunctive relief," says CMI President Paul Wiles. "We don't want the continuation of this legal action to disrupt the healthcare of state employees and teachers. We fully intend to pursue a full trial on the merits of this case. However, we have agreed under protest to the state's requirements for participation in the plan only so these employees can continue to use our lower-cost facilities." He adds that the suit has not yet been heard in a full trial.