



DELTA EDUCATION AND CHARITABLE FOUNDATION

Education, Scholarships and Services
P.O. Box 42227
Houston, Texas 77242-2227

Together Everyone Achieves More

DECF NEWS/UPDATES

Executive Board Meeting
TBA.

Foundation/Mardi Gras
The next meeting
February 2nd at Intergrated

MISSIONARY CHURCH

Membership Services
Membership in DECF is
open. Contact Daphne
Moss, Chair or visit
decfonline.com for
additional information.

Community Service
Projects are Welcomed

Hot Topics
News You Can Use

Health Information
Monthly Health
Observances

SAVE THE DATE!
Carnivale Mystique
Mardi Gras
Scholarship Fundraiser
February 25, 2023
Tickets are Available

Greetings,

This year and every year February 14th is celebrated as Valentine's Day. Bouquets of flowers, handwritten notes and candy often come to mind when you think of Valentine's Day. Whether you celebrate with friends, family or a romantic partner, the holiday is a special one to express your love, affection and appreciation for another person. Historically, it has commemorated romantic love, but recently, it's been expanded to include all types of love and friendships. Valentine's Day was never named an official national holiday in the United States, but it remains the 13th most popular holiday in the country, coming in just after St. Patrick's Day.

What are some popular Valentine's Day traditions?

Setting the table for a romantic dinner .

Eating candy conversation hearts professing your love

Giving valentines cards. A written expression professing your love.

Sending bouquets of red roses. Red has long represented love and passion, perhaps because it is the color of the blood being pumped through the heart.

Giving a heart-shaped box of chocolates. Chocolates are the No. 1 most popular gift.

Decorating with hearts. The heart has long been considered the center of emotion and passion.

Valentine's Day as we know it is filled with fun traditions, including decorating with paper hearts, coloring everything red and pink and giving Valentine's Day gifts for him and Valentine's Day gifts for her. Enjoy the day.



Pamela Cashan, President

Dave Moss, President Emeritus



HOT TOPICS

POLICE BRUTALITY IN AMERICA IS STILL ALIVE AND KICKING

The vicious, unjustified beating of Tyre Nichols and his ultimate death at the hands of five Memphis police officers is just the latest, painful reminder of how far America still has to go in fixing how we police our streets. This incident is a prompt notice of the continuous oppression and violence that has disproportionately shaken black communities for generations. There are many foundations that have been established to call for change as did Martin Luther King, Jr. in his iconic "I Have a Dream" speech at the 1963 march. His words continue to resonate today after a long history of violent confrontations between African-American citizens and the police. None of us should ever be satisfied as long as the Black man is the victim of the unspeakable horrors of police brutality. Modern policing evolved into an organized institution in the 1830s and '40s when northern cities decided they needed better control over quickly growing minority populations. The first American police department was established in Boston in 1838. The communities most targeted by harsh tactics were recent European immigrants. But, as African-Americans fled the horrors of the Jim Crow south, they too became the victims of brutal and punitive policing in the northern cities where they sought refuge. During the Civil Rights Era, though many of the movement's leaders advocated for peaceful protests, the 1960s were fraught with violent and destructive riots. Aggressive dispersion tactics, such as police dogs and fire hoses, against individuals in peaceful protests and sit-ins were the most widely publicized examples of police brutality in that era. But it was the pervasive violent policing in communities of color that built distrust. Today, live streaming, tweets and Facebook posts have blasted the incidents of police brutality, beyond the black community and into the mainstream media. Today's technology allows, that the white community takes notice of these kinds of situations and incidents. And as technology evolved, so has the equipment of law enforcement. Police departments with military-grade equipment have become the norm in American cities. Images of police officers in helmets and body armor riding through neighborhoods in tanks accompany stories of protests whenever one of these incidents occurs. What we see is a continuation of an unequal relationship that has been exacerbated, made worse if you will, by the militarization and the increase in fire power of police forces. The resolution to the problem, lies not only in improving these unbalanced police-community relationships, but, more importantly, in eradicating the social inequalities that perpetuate these relationships that sustain distrust and frustration on both sides. There's a tendency to stereotype people as being more or less dangerous. There's reliance upon force that goes beyond what is necessary to accomplish police duty and rooted in the police departments that helps foster this problem. Lawlessness in Law Enforcement is the reality of police brutality and is not being addressed outright. ("Black Lives Matter", "No Justice, No Peace", "We Demand an End to Police Brutality Now!", "Hands Up Don't Shoot", etc. and the names of these protests have become as synonymous with police brutality as Rodney King, George Floyd, Michael Brown, Tamir Rice, Freddie Gray, Sandra Bland and Philando Castle, among many others. Tyre's death is another chapter in a long American history of urban unrest, triggered by the treatment of black people by police forces. But to understand the systemic racism that is embedded in police forces in the US, you have to look back at the racial order in the US and the reason this exists in the first place – slavery. **As we celebrate Black History Month**, we must all recognize that since the abolition of slavery, stereotypes of black people, in particular black men have existed – they have been "portrayed, deliberately as a dangerous, violent threat that has never gone away. When a police officer stops a black person they are more inclined to be more aggressive – black people are three times more likely to be killed by police than white people. So how can police forces change and racial equality be addressed? National police reform is needed and the outlaw of certain practices. The campaign group – 8cantwait – points to eight policies which they believe will help to reduce killings by police and violence, these include: 1. Banning chokeholds and strangleholds; 2. Requiring officers to de-escalate situations, where possible, 3. Require warning before shooting; 4. Require officers to exhaust all other alternatives before shooting; 5. Require officers to intervene and stop excessive force used by other officers; 6. Ban shooting at moving vehicles; 7. Establish a Force Continuum that restricts the most severe types of force to the most extreme situations; 8. Require officers to report each time they use force or threaten to use force against civilians. And at least instill in the police officers that there will be consequences for police officers and their violent actions such as **firing all officers involved**.



HEALTH TOPICS *FEBRUARY 2023 HEALTH OBSERVANCES*

Here are the important February Health Awareness Days

February National Health Observances: Low Vision, Heart Health, and Healthy Relationships

Each month National Health Observances features health issues that support their mission to improve health across the United States. In February, we're raising awareness about Heart Health, Low Vision, Teen Dating Violence, and Healthy Relationships.

American Heart Month – Wear RED on Friday, February 3, 2023.

Low Vision Awareness Month

The National Eye Institute (NEI) recognizes February as Low Vision Awareness Month.

Don't take your eyes for granted! Learn how to take care of them, get the facts about specific eye problems, and help others learn about healthy vision. Keep Your Eyes Healthy

There's a lot you can do to keep your eyes healthy and protect your vision. Protecting your overall health can go a long way toward keeping your eyes healthy! It's important to make healthy choices and take good care of yourself.

Keep in mind that healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure. Follow these tips for healthy vision:

Eat healthy foods.

Get active. Being physically active helps you stay healthy.

Quit smoking. Smoking isn't just bad for your lungs — it can hurt your eyes, too!

Protect your eyes. Every day, you can take simple steps to keep your eyes healthy. Use these tips to protect your eyes from things that can harm them: ***Wear sunglasses.*** Protect your eyes from the sun by wearing sunglasses — even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.

Wear protective eyewear. Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs. You can buy them from most eye care providers and some sporting goods stores. Get tips to protect your kids' eyes when they play sports. ***Give your eyes a rest.***

Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds. ***If you wear contacts,*** take steps to prevent eye infections.

Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly.

Teen Dating Violence Awareness Month

This year's Teen Dating Violence Awareness month theme is “Be About. It” it is a continuation of last year's theme, “Talk About It.” This annual, month-long effort focuses on advocacy and education to stop dating abuse before it starts. Dating violence is more common than you may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors. Let's help amplify the voices of teens and young adults and those who support them by uplifting positive, healthy, and safe relationships. Let's help magnify our young people's voices, highlighting the issues teens face related to healthy relationships. Offer support, or relationship education, or connecting someone to available resources. If you know of a teen or parent that could benefit from speaking to a caring, well-trained peer advocate, please connect them with the National Dating Abuse Helpline, a project of the National Domestic Violence Hotline, at 1-866-331-9474 (TTY: 1-866-331-8453), by texting "loveis" to 77054, or through live chat at loveisrespect.org. For more information, please visit the Department of Justice, Office on Violence Women.

February is the month of LOVE, Reinforce – “Love Begins with RESPECT”.



GIVE YOUR HEART A LITTLE LOVE

IMPROVE YOUR HEART HEALTH FOR AMERICAN HEART MONTH AND EVERY MONTH

Heart disease is the No. 1 cause of death in the United States. But you can say no to heart disease by learning about the condition and taking steps to improve your heart health for American Heart Month this February. Heart disease generally refers to conditions that involve blocked or narrowed blood vessels, which can lead to many issues, such as chest pain, heart attack and stroke. Some risk factors are out of your control, but there are also many that you can control to lower your risk of heart disease. Risk factors you cannot control include older age, gender, family history, and race or ethnicity.

However, you do have control over the following factors:

- **Maintain a normal blood pressure.** A major risk factor for heart disease is high blood pressure, so it's important for you to get your blood pressure checked. If you have already been diagnosed with high blood pressure, it is recommended to have your blood pressure checked more often. Diet, exercise and, if needed, medications can help control your blood pressure.
- **Keep your cholesterol levels in check.** High cholesterol levels can cause your arteries to clog and increase your risk of heart disease. Medications and lifestyle changes can lower your cholesterol levels.
- **Maintain a healthy weight.** Another risk factor for heart disease is being overweight or obese. This is because being overweight or obese is also linked to other risk factors, such as high blood pressure, high cholesterol levels and diabetes.
- **Eat a healthy diet.** Try incorporating more vegetables, fruits, and whole grains into your diet and limiting your intake of saturated fats, added sugars and salt.
- **Exercise.** Exercise can help you maintain a healthy weight, lower your blood pressure and cholesterol, make your heart stronger and improve your blood circulation. If your doctor OKs it, try to exercise for at least 30 minutes a day to get your heart pumping.
- **Get enough sleep.** Getting seven to nine hours of sleep every night is important for lowering your risk of obesity, diabetes and high blood pressure, all of which can raise your risk for heart disease.
- **Limit alcohol.** Too much alcohol can increase your blood pressure. Because it is high in calories, alcohol can also contribute to weight gain. Women should not exceed one drink per day, while men should not exceed two drinks per day.
- **Stop smoking.** Smoking not only raises your blood pressure but also increases your risk for a stroke or heart attack. If you are looking to stop smoking, speak with your local pharmacist. He or she can be a great resource.
- **Stress management.** Stress can increase your risk for heart disease. One reason is because stress can raise your blood pressure. That's why it's important to learn how to deal with stress properly. Instead of dealing with stress by drinking heavily or overeating, opt for meditation, exercise or listening to music.
- **Diabetes management.** It is important to have your blood sugar checked because high blood sugar can eventually damage your heart.

Always talk to your health care provider about which risk factors that apply to you and what steps you should take toward a healthier heart.



For Immediate Release
Delta Education and Charitable Foundation
Invites You To
“Carnivale Mystique” - Mardi Gras Gala
Annual Scholarship Fundraiser



When: February 25, 2023 - 7:00 p.m. - 12:00 a.m.

*Where: Houston Marriott Westchase Hotel
2900 Briarpark Drive - Houston, TX 77042*

Sponsor Levels:

*Diamond - \$5,000; Gold - \$3,000; Silver - \$2,000;
Bronze - \$500; Carnivale VIP - \$1,200; Krewe - \$250.*

Individual Tickets: \$75

Donations Accepted

Featuring

*N.O. Hustlers Brass Band, Zulu Tramps, and TJ Tha DJ
Zydeco, Line Dance, Two Step,
Vendors, Raffles, Photo Booth and More*

Let the Good Times Roll!

Methods of Payment

Zelle - decf1974@gmail.com

[Eventbrite: 2023decf-carnivalemystiquemardigrasgala.eventbrite.com](https://2023decf-carnivalemystiquemardigrasgala.eventbrite.com)

Mail Check or Money Order To:

DECF, P.O. Box 42227 - Houston, Texas 77242-227

For More Information Contact

Pamela Cashaw – DECF President – 713-515-6252 – pamela_cashaw@yahoo.com

Grace Macklin, Event Chair – 832-438-6654 - gmarie32383@sbcglobal.net

Helen Muhammad, Sponsors Chair – 713-398-2681 – helen.bourgeois27@gmail.com

Daphne Moss, Sponsors Co-Chair – 713-824-7614 - dmosix@aol.com

Donna Scott, Vendors – 832-978-7883 - donnayvon@aol.com



SAVE THE DATE
Mardi Gras Gala
Annual Scholarship Fund Raiser – Tickets are Available!
February 25, 2023 Westchase Marriott Hotel

MEMBERSHIP SERVICES

DECF membership drive is on-going. Join Now!!

Membership Dues: \$50.00. Payable to DECF.

Mail: DECF – Attention: Barbara Branch

P.O. Box 42227 Houston, TX 77242-2227

Or

Pay on-line: www.decfonline.com

Zelle: decf1974@gmail.com

For more Membership information contact Daphne Moss, Membership Chair
713-824-7614 –dmosix@aol.com

NEWSLETTER COMMITTEE: Pamela Cashaw, Daphne Moss, Bianca Dugas

Contact Pamela Cashaw for more information and/or if you have current information relative to social awareness, cultural development and community service projects to contribute.

Thank you for your continuous support!

DECF BOARD MEMBERS

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MISSION

DECF continues its commitment to service, scholarships and educational purposes, yet not limited to such purposes; we shall continue our endeavors in the areas of social awareness and cultural development in the communities we serve.