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R E A L I T Y**

ESA NEWS
SEPTEMBER 2020

News from the President

Hello ESA Family!

I hope this finds you all well, safe and healthy! As with all of you, I am so ready for life to be back to normal! I get so tired of having to walk back to the car because I forgot my mask or not being able to hug my friends in public because people look at you funny! I understand that it's for the best if we want to get this under control, I just miss being normal! 😊

As an executive board, we have had to make some tough decisions this year. This past weekend we had our executive board retreat which was a really good time. Although not everyone was able to come, they still joined virtually, and we had a good working session as well as a great bonding time! The biggest topic of conversation was what to do about State Convention. We talked with Region V's convention committee and decided that with all of the social distancing guidelines still in place, there is just no way we were going to be able to have State Convention. The hotel is just not equipped to be able to maintain those guidelines. So what we did decide, was to forego convention but still have Fall

Council/Leadership. We will do this virtually. It will be on the same weekend, Saturday, October 24. It will be from 9:00am-12:00pm. We will have the typical business to go over and Cheryl has a great workshop planned for us! I hope you all will make plans to join. Even though I know we would all rather meet in person since it has been a year since we've all been together, (can you believe that???) we just felt this was the best decision. We will be sending out more information along with the link to join the meeting as we get closer.

As Finance Chair, Christie Williams has been working hard on a fundraiser for us and she will tell us all about that on our meeting! So stay tuned!!

In these weird times that we are currently in, it is more important now more than ever, to find ways to retain our membership. With so many chapters not meeting or not having events, it would be so easy to just let ESA go by the wayside. Please don't let that happen. Please make sure you are having some type of communication. Whether it is a virtual meeting, or you can even get together for a socially distanced social. Make sure that you, yourself are staying engaged and encourage your fellow brothers and sisters to stay engaged. Our work is not done!! Our communities and St. Jude need us! Probably now, more than ever! So let's be sure and keep doing what ESA does!!!

At the end of this newsletter, I am including a list of all the executive board and appointed boards. (in case some of you may have forgotten what your role is! 😊) Just kidding! I just thought if you needed to get in touch with someone, you would know who to go to!

If there is anything different you would like to see in these newsletters, please let me know! Thank you to all of my board members, appointed chairs and chapter presidents for submitting articles. Hopefully, these will be informative and useful.

I can't wait to see you all soon! Until then, keep up the good work, stay healthy, check on your friends and love one another.

With Much ESA Love,

Sandy



News from the 1st Vice President

Good Day to you All!

We have certainly been living in some strange times. I know with Beta Alpha we are still having regular meetings and trying to do “socially distanced” socials but most of our events have been cancelled or modified. I had to spend 2 months on evening shift as my work decided that splitting the shifts was safer at the beginning until we worked out barriers, procedures, and cleaning schedules to get us all back to one shift. That transition back to days was just as hard as transitioning to nights.

As your First Vice President/President Elect not having meetings to see all of you wonderful women and men has been tough. I have missed the bonding and conversations with everyone. I have missed seeing your faces and hugs! I am not a hugger, but boy do I miss them. I am looking forward to what the rest of the year holds and looking into next year, but with that, my appointed board is EMPTY!!! I am putting a plea out there if you are interested in something to please let me know and I will be sending out some e-mails soon to see if you might be interested in specific positions.

I hope to see you all soon!

Blessings,

Karen Kitterman



News from the 2nd Vice President

Hello Sisters and Brothers,

I hope this newsletter finds everyone healthy. We sure have been through some trying times the last six months with this pandemic. Our world is constantly changing these days and I am ready for this to be a distant memory so we can see each other, visit, and HUG. I sure miss seeing your beautiful/handsome faces.

I also miss volunteering for St. Jude. Have you registered for the St. Jude Walk Run? It doesn't matter where you live, what shape you are in, or if you have something else scheduled on Saturday, September 26, 2020. That is the date of the SJWR, and this year it is VIRTUAL! Here is the link to register for the Memphis event: www.stjude.org/walk

You can start your own team or you can join ESA Blytheville or ESA Collierville. If you start your own team, please do so under the National Team of Epsilon Sigma Alpha. ESA needs EVERYONE to register themselves, friends, family, co-workers, etc to retain our National Sponsorship level. We also need you to fundraise. They made it easier this year as there is an app-St. Jude Walk/Run. From the app you can email, text, share to social media, etc all from your phone. You can even deposit checks with the app! (Cash will have to be mailed in or you can deposit into your account and write a check to St. Jude or make an online donation.) You can also connect your fundraiser to Facebook. Money raised on Facebook counts towards your goal. If you raise \$100 you earn a T-shirt. Here is a link to show the incentives for different fundraising levels: <https://fundraising.stjude.org/cd-fundraising-center/walk/build/extassets/resources/Fearless-Fundraising-Recognition-Program.pdf> Fundraising is open until 12/31/20.

I challenge EVERYONE to register and raise \$100. It is a lot easier than you think.

Take care everyone!

Cheryl Sell
AR State Council 2 nd VP
Delta Pi-Philanthropic Chair
Memphis-SJWR Committee



News from the Corresponding Secretary

Hi ESA friends!

Meghan, here! Well... this year has not been at all what we had planned for. Having to make the decision to cancel our meeting in Heber Springs was very tough. Many of us haven't seen our ESA family since last year's Fall Council and it's hard to accept that it may be March before we get our next hug from an ESA sister or brother. Every one of you is so special that we just didn't feel comfortable taking that risk. However, the Executive Board is super pumped for our virtual Fall Leadership planned for the same weekend in October! While it may not be the same as seeing each other in person and having a weekend full of laughs, we feel it is necessary to still get together as a group. It's more important now than ever before, that we all find ways to stay connected and continue to pour love and grace into our friends and our communities. Don't lose "vision" (see what I did there!) on what it means to be in ESA! If there's anything at all that the Executive Board can help you with, please let us know! Whether it be navigating monthly meetings or how to plan events around COVID or even just to chat, we're all here for you.



The Executive Board had our summer retreat at the end of August, and it was a blast! We missed Cheryl, Gale and Ashley but we were able to conference them in during our meeting Saturday and they even played a game with us! Huge shout out to Trish for connecting us with a friend who owns a cabin in Jasper. It was an absolutely gorgeous home and even better views. We found out that Hayley is the winner of ALL the games! I don't know if it was beginner's luck or what, but she totally dominated at Mexican Train Dominos. 😊

I hope you all are safe and well, and I can't wait until we get to be together again. Until then, indulge in this sweet treat!

Meghan Good
Corresponding Secretary

No Bake Pumpkin Cheesecake

Ingredients

- Crust:
- 30 Graham Crackers
- 5 tbsp melted Butter
- 2 tbsp Sugar
- Filling:
- 16 oz softened Cream Cheese
- 1/2 cup Sugar
- 1/2 cup Brown Sugar
- 15 oz Pumpkin Puree
- 1 tsp Vanilla
- 1 tbsp Pumpkin Pie Spice
- 16 ounce Heavy Whipping Cream

Instructions

1. Crush graham crackers in food processor.
2. Add melted butter and sugar and pulse to incorporate.
3. Press mixture into bottom and partially up the sides of a springform pan.
4. Refrigerate at least 30 minutes to firm.



5. In a large bowl, beat cream cheese, brown sugar and sugar until creamy.
6. Add in pumpkin, vanilla, and pumpkin spice. Beat until fully blended.
7. Whip heavy cream until stiff peaks form.
8. Fold pumpkin mixture into whipped cream.
9. Spread evenly into crust.
10. Refrigerate at least 2-3 hours before serving.
11. Garnish with additional whipped topping if desired

News from the Recording Secretary

As we enter September it is very hard to remember the past months other than with confusion and for some unsure of what to do. Who would have known that our lives would come to a halt in so many ways. I pray that all of our ESA sisters and brothers have been healthy through all of this. With our state meetings being canceled it has left me feeling very empty as our time with state friends and the great fellowship has been put on hold. But where there is a will there is a way, said by somebody famous I am sure! Pres. Sandy and the whole executive board has been working hard to find ways for all of ArESA to continue to thrive and grow in these difficult times. If there is a way, we will find it! We will be meeting soon in a different way for many and I look forward to seeing and hearing all of your faces and voices as I have missed you so much. Keep smiling, keep praying and most of all, keep trusting that the Lord will bring us through. Love you all, Gale French Recording Sec.



News from the Treasurer

Hello Everyone!

I would like to start this off with a friendly reminder, state chapter dues need to be in by October 1, 2020.

I hope everyone is enjoying their quarantined summer. Thankfully, I have managed to have a little summer fun despite our current situation. Things are hard, and like many of you I have still been going to work every day, wearing my mask and trying to stay as safe as possible. I have missed seeing everyone (and giving hugs), I'm really looking forward to when we can all get together again!

If you find yourself needing something to do during this quarantine, here are some books and movies I personally love:

- Collateral Beauty (Movie)- This film has an all-star cast and a wonderful message. It's currently streaming on Hulu.
- Where the Crawdads Sing (Book)- #1 New York Times bestseller by Delia Owens about the marshes of North Carolina and the people who inhabit them.



- Before We Were Yours (Book)- A powerful historic novel by Lisa Wingate about the orphan and adoption system in 1939.
- The Legend of Bagger Vance (Movie)-A beautiful message hidden in a golf story. Also streaming on Hulu.

Stay safe and remember positivity is contagious!

Sarah Fletcher

AR ESA State Treasurer

News from the Parliamentarian

Hello, ESA! I hope you are all doing well and staying safe. My job has officially moved back on campus (I work at a college), and the slight return to normalcy has been much needed, though I do miss being able to work in sweatpants every day. As usual, the start of the fall semester was a whirlwind and now it's somehow already September!? This year is flying by, but I can't say I'm totally disappointed that we're getting closer to fall. I've already had my first pumpkin cream cold brew of the year and my birthday is in just a few days (I'll be 27 on the 14th).

In addition to being your parliamentarian for this year, I am also scrapbook chair. I would like to ask that if you have any photos from your chapter's meetings or events this year, please send them my way! I would love to capture how everyone has been surviving these crazy times that we are living in. You can send all photos to haley.markle@northark.edu.

As the new kid on the executive board, I didn't really know what to expect going into this year. Add in COVID and the lack of in-person meetings and I felt pretty lost. I went to my first executive board retreat over the past weekend, and I am so thankful for Sandy, the wonderful board she has assembled, and all of the encouragement they gave me. I'm still no expert, but I feel good about the support that I will have.

I can't wait to see you all again! Stay safe,

Haley



F.R.I.E.N.D.S

News from the Appointed Board

Educational Chair

Hello fellow ESA members!

I hope that you guys aren't going stir crazy! Our chapter just played Scattergories via Facebook Messenger Chat Room. If you've never played, you basically get a list like:

1. Clothing
 2. States
 3. Things on a map
- Etc.

We played with a list of 5 (typically it's 12). Then someone rolls an alphabet die which generates a letter that you have to use to answer the list. So, if you rolled an L, your response would be:

1. Leggings
2. Louisiana
3. Legend



The hard part is naming things that someone else hasn't also used. Usually you get timed (we didn't follow that rule). Then, everyone reveals their list and you get points for words that don't match what someone else said. There are a few other rules, but it's pretty easy to play especially over a zoom meeting or chat room!

And, I know I'm not the Hope For Heroes chair this year, but now is a great time to be cutting coupons (wink, wink)!

As the educational chair, here are a couple of ideas:

1. I mentioned this last time, but now is the time to take advantage of virtually exploring museums! Set up a time to browse a museum and then have a few members talk about their favorite pieces! (Even the Louvre has a youtube tour...)
2. How about a game of jeopardy but you make up the questions about ESA, St Jude, or your chapter. Instead of telling out the answers, everyone gets a limited amount of time to write their answer down and then hold them up at the same time to reveal the answers.
3. I've been listening to a lot of podcasts lately which has spurred on a lot of thinking. This latest podcast was about recycling. Everyone knows they should recycle (plastic, paper, etc.). However, have you ever thought about some of the random stuff that you throw away (hair dryer, phones, DVD player, etc) that might be fixed with some simple

mechanics? I challenge everyone to pick one item that they're throwing away and see if it's fixable! Educate yourself on how to fix broken things (and then you can donate it if you still don't want it...)!

Good luck! I can't wait to see who finds out they have a new hobby!

Hope to see you all at fall convention!

Amy Barnett, Beta Alpha
State Educational Chair

Finance Chair

What a year 2020 has been. I wish we could have a do over. I hope you are all staying safe. As finance chair, I have a pretty awesome item to raffle. I am going to keep you in suspense. It is being made as I am typing. Hopefully, when we meet in person and you see it, you will want to buy lots of chances. I will also have some baskets to raffle. Looks like we are not spending any money so far this year. That is about all I have for the news on finance.

Here is one of my favorite recipes. I got it from a Facebook post.

Love to all, Christie Williams

Mongolian Meatball Ramen

Ingredients

1 lb. ground beef
1/2 c. panko bread crumbs
3 green onions, thinly sliced, divided
1 egg
2 cloves garlic, minced
2 tsp.sesame oil, divided
red pepper flakes
kosher salt
Freshly ground black pepper
Vegetable oil, for skillet
2 tsp.minced ginger
3/4 c..low sodium chicken broth
1/2 c. low sodium soy sauce
1/4 c. brown sugar
2 tbsp hoisin
3 packs instant ramen

Directions

1. In a large bowl, combine ground beef, panko bread crumbs, about half green onions, egg, garlic, and 1 teaspoon sesame oil. Season with red pepper flakes, salt and pepper, then mix until well combined. To form meatballs, scoop a heaping tablespoons of mixture and roll into balls.
2. In a large skillet over medium-high heat, heat a thin layer of vegetable oil. Add meatballs and sear until each sides develops a crust, about 2 minutes per side.



3. Remove meatballs from skillet, and add remaining sesame oil. Stir in ginger and cook until fragrant, about 30 seconds. Add chicken broth, soy sauce, brown sugar, and hoisin. Stir to combine and bring to a simmer. Return meatballs to skillet and cover skillet with a lid. Cook until meatballs are cooked through, about 10 minutes more.
4. Meanwhile, cook ramen. In a large pot of boiling water, cooking ramen according to package instructions. Drain noodles.
5. Add cooked noodles to skillet and toss until fully coated in sauce. Garnish with remaining green onion . Serve warm.

SERC Counselor

Hello to everyone in this very unusual and weird year! Like everyone else, I am tired of this Covid19 and ready to get back to normal living, whatever that is.

As you have probably heard, the 2020 SERC Conference has been canceled. Florida is in the process of hosting it in 2022 as Georgia, who originally was to host in 2022, graciously opted to have the conference in 2023 if Florida could get the hotel to change the date to 2022. As of now, Florida's conference is scheduled for Nov 4 – 6, 2022. Will keep you posted.

And, with the Covid19, the SERC Executive Board voted to set aside Article VI, Section VIII. In the best interest of the membership, the Executive Board also voted to keep the same officers until the next conference in 2021. May Smith is polling the Appointed Board to see who is willing to continue to serve until the conference in 2021. Talk about upsetting plans; but, as ESA members, we are flexible. So, yours truly, will continue to hold the position of SERC 2nd Vice President for another year.

In addition, the budget will remain the same as 2020. We do want the chapters to continue to send their chapter donations to Tammy Gregg, 1328 Hunts Bridge Road, Easley, SC 29640.

I did participate in the Virtual IC Convention in July. It was different, however, I thought that Headquarters and the IC Board did an outstanding job. My special congratulations to our new IC 2nd Vice President, Denise Holdaway!

Also, have been attending the weekly zoom coffee chats hosted by IC. These have been interesting and well attended.

Hopefully, we will be able to have our state convention in October. I sure miss seeing everyone!

Agape,

Theda Hall
SERC 2nd Vice President



Chaplain

During this time of isolation let us remember to.....

1. Stay connected by text, phone call, cards, or Facebook
2. Be a good listener
3. Let members know you are thinking of them
4. Invite them to take a walk while practicing social distancing
5. Have a picnic in the park (social distance)
6. Set up a drive by for members who do not get out
7. Plan a visit outside on the driveway

I know **you can think of many more ways to stay connected!**

Life is a two way street. **You have to do the above to receive the above.**

*You may remember these words from our **IC Chaplain** that we need to keep in our hearts!*

PAUSE

"Practice the pause...pause before judging. Pause before assuming. Pause before accusing. Pause whenever you are about to react harshly, and you will avoid saying things you will later regret."

Stay safe and stay protected.

Blessings to all, Sarah



St. Jude Chair

Hello Arkansas ESA Family...!!!

Our prayers are that this newsletter finds each of you safe, and "enduring" this pandemic challenge. It is an understatement to say that this is the most challenging year we have had in our ESA lives, and beyond that. With that being said, St. Jude needs us more than ever, and I believe we can once again rise to the challenge this year.

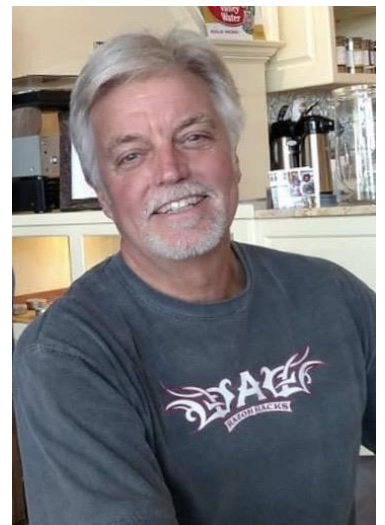
I'll start with just a short recap of results for Arkansas, and ESA, for this past year (June 2019-May2020):

>Arkansas raised \$487,136 (applause please)

>ESA total raised \$22,082,886

>ESA's lifetime monies raised is \$312,526,832

Truly awesome numbers, especially in light of the obstacles that 2020 has presented, so we should all be very humbled & proud to have played a part in that. Awesome job Arkansas...!!!



Here in Little Rock we had been working on the "Justin Moore Golf Classic", and had tried to reschedule the event from June, to this November. The decision was made by the committee to reschedule for June of 2021, in the wake of this Covid19 situation. The tournament has exploded in success and growth in sponsors after last year's inaugural event, so

we will now just have to “hang on to our bootstraps”, and work to keep the momentum going to make it bigger than ever next year.

I want to mention a little about how Covid19 has affected St. Jude. As you know, the patients of St. Jude are THE highest risk for ANY type infection, because of their cancer, so St. Jude has taken their already incredible level of care, to even greater levels for their patients safety. Extended family access has been suspended, so families are having to live through that complication. Campus tours have been suspended, which is always awesome and inspiring every time I have been. The FedEx St. Jude Golf tournament was played without fans or patients involved, which is sad because of how much that tournament has meant for St. Jude and Memphis every year. And a final thought I would like us to remember - is just how much St. Jude has been on the front line in “pandemic type” battles. They have spent their entire existence fighting viruses of every kind, and they are unparalleled in their knowledge and vision in prevention, protection, and cures. Viruses such as the flu, are deadly to St. Jude patients, and they lead the world in research to battle it. They have stepped up to the Covid19 challenge as well, and will readily share their results with the entire medical world. Just one more reason they need our support...

Team Arkansas, as I said earlier, it has been so easy to be distracted with the world we have faced so far this year. Our job situations, taking care of families, quarantining, and basically just “keeping our sanity” through this year - have taken priority over our ESA lives, for all the right reasons. We have all been in “survival mode” just trying to get through this thing. It is my prayer, that we can again rally together, and provide our support for those kids at St. Jude. Looking forward to seeing your smiling faces on the coming Zoom meetings...!!!

Stay safe, be blessed, and we will see each other soon!

Larry

2021 Convention Chair

As far as I know now, Region I will be hosting the 2021 Arkansas State Convention on April 23-25th at the Doubletree Suites in Bentonville, AR. Of course, this will all depend on COVID19. But, the Committee is planning on having state convention! If things change, we will deal with it, just as ESA members do. We are flexible and ready to host this convention. So, make your plans to come.

The convention theme is “Vision Changes The World”

Friday night Mixer’s theme is “It’s Good To See You”

Saturday’s Luncheon theme is “Keep Your Eyes On the Prize”

Saturday’s Banquet theme is “Legacies Are Our Future In ESA”

Sunday’s Continental Breakfast theme is “See Ya Later”

Registration: \$115.00

Doubletree Suites Room will be \$114 plus tax (Every room is a suite)

So start making your plans for April 23-25, 2021. More information to follow as we get nearer. Hope to get together in October, 2020 at convention.

Theda Hall, Chair

2021 ESA Arkansas State Convention





Chapter News

Alpha Alpha - Fort Smith

Happy almost Fall from Alpha Alpha! We have been struggling as we know others have been to continue to stay connected and stay focused on ESA though these difficult times but we are surviving. The past several months have proven that the bond that we form with our sisters lives on through everything we face and makes us stronger. We are looking forward to new inventive meetings and activities for the rest of this year and feel that 2021 will be exciting and fun filled with all that we have experienced the last 5 months. Our prayer is for everyone in the state to stay healthy and we are truly looking forward to seeing you all what ever way we can.

Love to all from Alpha Alpha.

– Gale French, President

Beta Alpha - Pea Ridge

Hello from Pea Ridge!

Can you believe it's already September?! COVID has continued to present challenges for Beta Alpha and our events, but we are trying to navigate through that as best we can. We are still meeting each month and it's been nice to have that piece stay "normal". In early summer, we decided to move our Miss Pea Ridge pageants to the fall in hopes that this mess would have subsided by then. Last month, we had to make the decision to cancel 9 of the pageants and only move forward with our seniors. We typically use the school as our venue, and they can't let us in this year. That was the driving force that led us to cancel, in addition to trying to implement all of the other state guidelines for large gatherings. We were disappointed that our seniors would miss out on this opportunity, especially since most of them have been participating in our pageant since they were Tiny Tots. We decided to go ahead and hold their pageant at the church where we meet since it would be much easier to limit an audience and abide with the social distancing requirements. That pageant is scheduled for September 26th and we are so excited! We had a virtual game day recently and met over Facebook Messenger Rooms to play Scattergories together. That was a lot of fun!

I know it's impossible to do things as we normally would right now, but I encourage you all to try and find ways to engage each other as well as your community. It's important to check in and stay connected.

Also, in case you didn't know, IT'S DECORATING SEASON Y'ALL!!!!!! Fall is quickly approaching, and I cannot wait! Not only does fall bring the cooler weather, sweaters, boots, and pumpkin everything – it also means I can start decorating the house with all the cute things! And then we roll right into Halloween decorations and then Thanksgiving décor and wrap it all up with Christmas lights – it's the best time of the year! This weekend you can find me in my living room with every single one of my fall decorations pulled out, figuring out exactly where everything is going to go. Haha! I'll probably be making these super yummy cookies too!

Meghan Good
President – Beta Alpha #3293

White Chocolate Reese's Pieces Peanut Butter Chip Cookies

Ingredients

- 2 and 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 sticks (8 ounces) unsalted butter, at room temperature
- 1 cup light brown sugar, packed
- 1/2 cup granulated sugar
- 2 teaspoons vanilla
- 2 large eggs, at room temperature
- 1 cup white chocolate chips
- 1 cup peanut butter chips
- 1/2 cup Reese's Pieces (I used the minis but full-sized are OK, too)

Instructions

1. Preheat oven to 375 degrees (F). Line 2 large baking sheets with parchment paper and set aside. In a medium sized bowl whisk together the flour, baking soda, and sea salt; set aside.
2. Add the sugars, vanilla, and butter to a large bowl and whisk until light and fluffy; about 2 minutes (I recommend using a stand mixer/ handheld mixer to help here, if you have one). Add the eggs and beat quickly – for only about 30 seconds – until they're just combined. Let the mixture rest for 5 minutes, then beat the eggs for another 30 seconds. Gently fold in the flour mixture with a rubber spatula, stirring only until the flour begins to disappear. Fold in white chocolate, peanut butter chips, and Reese's Pieces.
3. Roll 3 tablespoon sized balls of dough between your palms to form a ball (they should be big; almost a 1/4 cup), then place on prepared sheet (make sure to leave enough room in between each cookie for inevitable



spreading). Continue this process until all the dough has been rolled. Place baking sheets in preheated oven and bake for 11 minutes, or until golden at the edges but still soft in the middle. Let cookies cool for 5 minutes on the sheet before transferring to a wire rack to cool completely.

Beta Omicron - Rogers

Rogers chapter is still struggling with all the issues surrounding covid and our area being a hotspot up until very recent with warnings we are headed for possible relapses. It has been difficult especially since the majority of our group all fall in the "high risk" category. This all has made our meeting planning process need to be very slow and deliberate, plus our normal meeting venues are still not open. Obviously we are going to have to be very creative if we are going to do something soon. We have been unable to meet other than a few have had a lunch date or two and we have been checking on each other through various methods. There is an effort to put together a way to at least have a shorter version of a meeting to finalize a couple things like our secret sister event and also finally do our installations. We are hoping and planning for a September meeting but will continue to be ultra careful. We are planned for our normal projects but are anticipating those will need to be adjusted so we are exploring altered versions and/or all together new ones in some cases that do not require the risks and exposures. This is such a different time and so important we be diligent in taking every precaution to protect these beautiful ladies. We wish all well and pray we all get through this okay. Love always and forever!
Bridgette



Delta Pi - Collierville

Hi Everyone,

I hope this newsletter finds everyone well. I know Delta Pi is ready to get back to business and I'm sure you are as well. Our chapter hasn't been very busy as St. Jude has cancelled ALL events and made a couple virtual. We are still under a mandatory mask mandate and our businesses are open at 50% capacity. We did however, just completed a virtual Exposure educational. LOL-let me explain. New Memphis hosted this event that celebrates all things Memphis. There were live performances and a Q&A session where you learned about different things happening in Memphis and could see the passion everyone had for our great city. The event was held on 901 day (9/1). There were also some giveaways. What has everyone been doing to keep their chapter busy?

We miss everyone. Stay safe,

Jennifer Arbeit
Delta Pi-President

Delta Nu - Vilonia



Dear ESA Members,

Because of the virus, our main source of income has been closed. So, we have not worked at the arena this year. All the Delta Nu members have done our best to stay safe and healthy. Since we do not have chapter news to share and Labor Day is coming up, here is a little something to refresh our knowledge of the United State Flag.

Best regards, Jessie Johnson – Chapter President

The U.S. flag should always be flown above any other flag and should be larger than any other flag in a display.

The flag should always be at full mast unless it's at half-staff. When half-staff is called for, the flag should be briefly raised to full staff and then lowered to the half-staff position. On lowering, it should be raised to full staff briefly and then lowered completely. On Memorial Day, the flag is at half-staff from sunup until noon and then at full staff until sundown.

The flag should never be flown at night unless it's lit.

The flag should never be allowed to touch the ground.

When necessary, flag care such as flag cleaning or mending should be performed.

If the flag becomes worn or faded beyond repair, it should be destroyed by burning in a respectful manner. American Legion, Boy Scouts and Girl Scouts regularly provide dignified flag burning ceremonies, often in June for Flag Day.

A flag should always be displayed with the union (blue star field) at the top, whether the flag is vertical or horizontal with the field to the observer's left. The only time it should be flown upside down is as a sign of distress.

The flag should only be used as a drape or decoration on a casket with the union at the top left shoulder of the deceased.

The American flag should always be displayed to the center or right of the bearer or speaker.

When raising the flag, it should be raised briskly, and upon lowering it, should be lowered slowly.

Theta Epsilon - Blytheville

Hello from Theta Epsilon!

Our chapter, like everyone, is learning to cope in this Covid world.

We've experienced regular meetings wearing masks and socially distancing in the last few months and last Saturday we had our annual Loretta Smith Memorial Golf tournament. This is our largest Ways and Means fundraiser each year and we were so happy to have 40 golfers.

We have a wonderful, supportive community here in Blytheville even in hard times and are very thankful.

Next up in October is our the annual Nucor Yamato Steel Roy Pearson Memorial/ESA St Jude Golf Tournament.

Blessings to all members across our great state. Please stay safe.

Love to all!

Kathy Fruchtnicht



Thank you!

2020-2021 Elected Board

President

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2nd Vice President

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