



# Meccazette

Oasis of Washington, Desert of D.C.  
1908 ~ Centennial Year ~ 2008  
Illustrious Commandress—Ada A. Whitley

Mecca Court No. 2  
DOI-PHA  
www.meccacourt2.com

Volume 14, Issue 2  
February 26, 2008

Editor—HPC Elizabeth L. Howard

Email: Miriam4oes@yahoo.com or Elizabeth.Howard@usdoj.gov FAX: 202/265-9230

## Black History Month Observance!

This month is Black History Month and while it is slowly coming to a close officially, you know we have centuries of achievements which can not be compressed into thirty days.

Tonight, a brief program is being held to enlighten us in little known Black History facts. A great source for such information can be found by accessing the Association for the Study of African American Life and History (ASALH) website at <http://www.asalh.net/index.html>. The Association was started by Dr. Carter G. Woodson in 1915.

A tidbit of history, Dt. Johnnie Carr, 97, civil rights icon and childhood friend of Rosa Parks, and succeeded Rev. Dr. Martin Luther King as President of the Montgomery Improvement Association, was created at last year's Imperial Court Session in Charlotte, NC. Dt. Carr passed away

on February 22, 2008 and had been hospitalized after suffering a stroke on February 11th.

Dt. Carr in her amazing life was still very, very active and continued to drive up until her stroke.

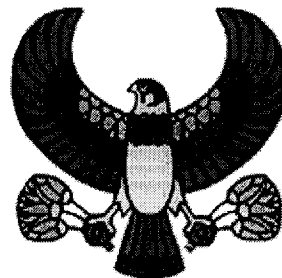
Dt. Carr was a member only a short time, but her legacy will live on within our Order.

## Charity Brunch!

On Saturday, March 8, 2008 at Noon, Mecca Court will host a Charity Brunch to help raise funds for the Community Outreach Programs which Mecca Court has continued to support over the years.

This activity is being chaired by *Dt. Brenda Bradford*. She and her committee will have a wonderful repast and Jazz entertainment for your enjoyment.

The attire for the activity is Regalia. The committee looks forward to making this an outstanding success.



### Inside this issue:

<i>Your Health &amp; Safety..</i>	2
<i>Black History Moment</i>	2
<i>Senior Isiserettes Needed</i>	2

**Deadline for Articles and Black & White Pictures only for next issue—Friday before next Court Meeting (Mar. 21, 2008)**

### Special points of interest:

- HPIC Anna Paige received her Patent at the last Court meeting as Imperial Directress of Security. Congratulations Dt. Paige.
- See PC Lucie E. Bankett with your application to attend the Testimonial for the Imperial Commandress in New Orleans, LA, May 8-10, 2008.

## Calendar of Events

### FEBRUARY 2008

26—Regular Meeting, 7:30 PM, Ballroom.

29—Matthew Ellis Jr. State Grand Assembly Special Meeting, 7 PM, Installation of Grand Assembly Officers and Charter Presentation.

### MARCH 2008

7—F.O.D.S. Birthday Party for GWM, donation \$15.00, Masonic Temple.

8—9:00 AM, JAJGC School of Instruction.

8—Noon, Mecca Court Charity Brunch

16—Palm Sunday

22—GTGC 3rd School of Instruction, 10:00 AM.

23—Easter Sunrise Service, 5:00 AM, JWFGC; 7:00 AM Scottish Rite Sunrise Service.

30—MWPFGHGL Anniversary & Divine Service, 4:00 PM.

31—Jurisdictional Meeting, 6:30 PM

## Your Health & Safety - February "American Heart" Month

### By HPIC Thelma J. Tyler

#### What is Heart Disease?

Heart and blood vessel problems develop over time, when the arteries that supply the heart or brain with blood slowly become clogged from a buildup of cells, fat, and cholesterol. This buildup is called plaque. When the blood flow becomes blocked, you could have a heart attack or stroke.

#### Hardening of the Arteries/Atherosclerosis

When the inner walls of arteries become narrowed due to the buildup of plaque, blood clots form so blood flow is diminished. This can cause heart attacks and strokes.

High Blood Pressure/Hypertension results when the pressure in your arteries is consistently above average. Blood pressure is the force of blood pushing against the blood vessel walls. The rate is written in two numbers, example 122/78. The top number is the systolic or the pressure when the heart beats. The bottom number is the diastolic or the pressure when the heart is at rest. High blood pressure is a consistent elevated pressure above 140 systolic or above 90 diastolic. High blood pressure can lead to hardening of the arteries, heart attack or stroke.

Heart Attacks when the blood flow to a part of the heart is blocked often by a blood clot a heart attack may occur. If

this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die. Get help fast if you feel any of these warning signs of a heart attack:

1. Uncomfortable heavy feeling, pressure, pain or squeezing in the center of your chest that last more than a few minutes.
2. Pain that moves to your shoulders, neck or arms.
3. Discomfort in your chest accompanied by light headedness, fainting, sweating, nausea or shortness of breath.

Heart Failure occurs when your heart isn't pumping blood as well as it should. The heart keeps working but the body doesn't

get all the blood and oxygen it requires. Consult a doctor if you experience.

1. Swelling of the feet, ankles and legs/ called edema.
2. Fluid in the lungs/pulmonary congestion.

Stroke happens when a blood vessel that supplies the brain gets clogged and bursts. Then that part of the brain ceases to work and the part of the body it controls ceases to work. The major causes of stroke are:

1. Uncontrolled high blood pressure.
2. Smoking.
3. Heart Disease.

Get help immediately if you experience any of these stroke warning signs.

1. Weakness in the arm, hand or leg.
2. The lack of feeling on one side of the face or body.
3. Sudden blindness in one eye.
4. Difficulty speaking.
5. Unable to understand someone's conversation.
6. Dizziness and loss of balance.
7. A sudden very bad headache.

#### Keys to preventing some types of heart disease

1. Stop smoking.
2. Lower your blood pressure.
3. Practice healthy eating habits.
4. Be physically active.
5. Get regular medical checkups.

Contact HPIC Thelma J. Tyler and/or HPP Melvin Graves for CPR/AED Update Training taught every 3rd Monday, 6:00 PM, Masonic Temple. Cost—FREE.



## Black History Moment!

1926 - Theodore "Tiger" Flowers (aka "the Georgia Deacon") defeats Harry Greb in New York City becoming the first black middleweight champion of the world.

1926 - Carter G. Woodson announced "Negro History Week."

1928 - Singer Antoine "Fats" Domino is born in New Orleans, LA.

## Senior Isiserettes!

Dt. Sharon Cain-Smith, Directress of the Senior Isiserettes is looking for young teens between the ages of 13-17 to join the Senior Drill Team. For additional information contact her at 202/355-2855.

The Senior Isiserettes Family & Friends are traveling to Atlantic City's Caesars Hotel and Casino, April 26, 2008, leaving 4:00 PM from DC Jail—1901 D St., NE. Donation \$45.00 with \$20.00 rebate!