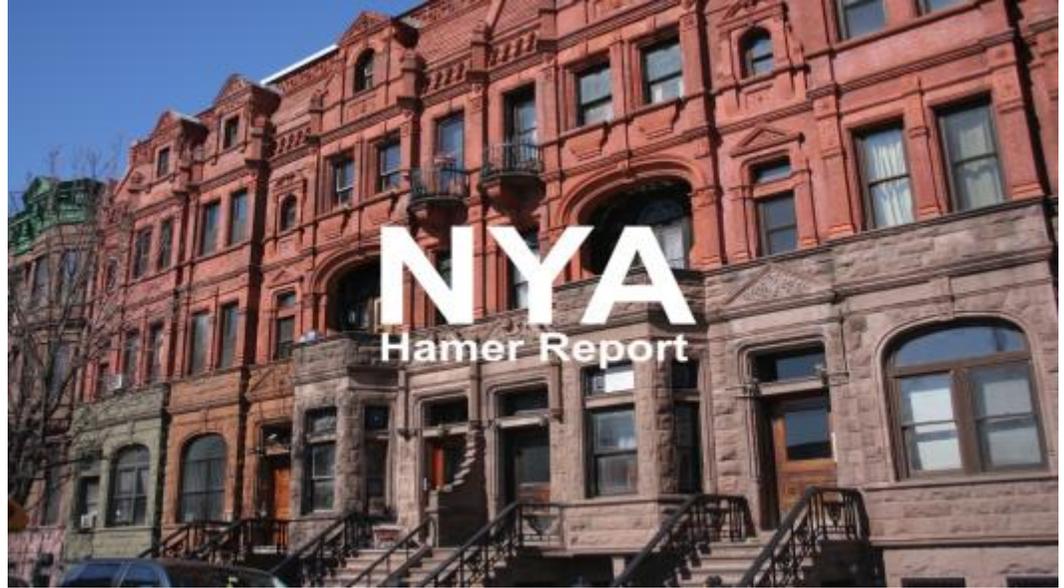


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Read more at [nyakappas.com](http://nyakappas.com)

## Polemarch's Address

To my Beloved Brothers of The New York Alumni Chapter, as Polemarch of this chapter – I greet you in great gratitude and thank you for making our 80<sup>th</sup> Anniversary Year, and our celebrations thus far, wonderful occasions in which we have had the opportunity to fellowship with our Community Partners, Family Members, IHQ and NEP Officials as well as our fellow Divine Nine Organizations, as we celebrated 80 years of service in the name of Kappa Alpha Psi!

We must continue our partnership with our New York Alumni Scholarship Foundation. With it serving as our philanthropic arm, we will continue to work together to provide scholarship funding for our Student of the Year, College Signing Day and Reginald F. Lewis Scholarship Luncheon.

In closing, I want to thank you all for your service thus far and I ask each of you to step forward and prepare yourselves to assume the mantles of leadership within this chapter and strive with us to keep The New York Alumni Chapter strong and relevant into our next 80 years!!!

Read more at: <http://nyakappas.com/wp-content/uploads/2017/05/Hamer-ObsERVER-5.2017-Greeting-1.pdf>

## Brown skin people in the New America

For generations now, America has leveraged the perception of the land of opportunity. The place where you can escape political persecution, the place where you can find better economic opportunities for yourself and your family. This global campaign is now being called into question. Many in the middle of the America have not enjoyed the flourishing benefits of globalization and diversity.

Both local and immigrant Brown people should see this as an opportunity. An opportunity to harness this growth as well as bring along the American majority for the ride. The country is growing browner, there's no denying that. The best thing the brown skin people can do is work as an economic collective and be inclusive. The real opportunity, is to harness the American resources and finding a way to train the American labor force to work in it's industries.

Read more at: <http://nyakappas.com/brown-skin-people-in-the-new-america/>





## Cheat Eating Day

What is a “cheat day”? Can I afford to have one?

These very common questions these days in the fitness and nutrition world. A “cheat day” most likely means something different to each person you ask depending on how they apply their overall who are well experienced and know their bodies understand what cheat meals and cheat days are in perspective and what works for them in particular. For the most part, it qualifies as a departure from clean eating (as the basis of someone with a lifestyle who is significantly into fitness, wellness and health).

My recommendation for the average person would be to have such a healthy clean eating lifestyle through consistency and commitment, which go hand and hand and isn’t as hard as some people think it is. But the main things to avoid are useless sugar/processed foods, salt, fried food, dairy and alcohol. Outside of that, it’s a go! So for a cheat day, if you end up staying away from those things you’re on the right track. If not, where you indulge in one of the food types that is recommended to avoid, I would then stick to one or two cheat meals a week. Either way keep your cheats to preferably a Saturday or Sunday on the weekends.

Read more at: <http://nyakappas.com/cheat-days/>



## 5 Ways to still get an Interview

You ever stumble across a job posting that ignites your passion, sounds ridiculously interesting and you absolutely know in your heart-of-hearts that you could do that job better than anyone else? As you continue to read that same posting – has that fire ever quickly fizzled once you realized you lack the experience and or/ requirements noted? If you are like us – and many more reading this article, at this point, you probably ask yourself a variation of these two questions:

- i. Do I submit my resume with the hopes that my efforts will magically trigger some whimsical fairy that will sprinkle some fairy dust over the recruiter/hiring manager prompting them to invite me in for an interview?
- ii. Should I even bother wasting everyone’s time?

Now let’s be clear – if you are a recent college graduate or junior level candidate applying for vice-president level roles, the third and most important question you should ask yourself is “how stable is my mental health?” In any case, you should always be applying to roles that make sense based on the relative latitude of your skillset and experience. If you are changing industries and/or do not possess the precise skillsets noted but generally feel you could learn the role rather quickly based on your previous experience, you can increase the odds of being considered dramatically by considering these five tips in pursuit of that next opportunity.

Read more at: <http://nyakappas.com/5-ways-to-still-get-an-interview/>

## Book of the Month

Between Me and You

by [Ta-Nehisi Coates](#)

## Next Issue Topic

Black Love in the Millennial Age

