



KHARISMA

Sister to Sister International,
Inc.

A Word from the Editors

Hello Everyone!!! Welcome to the very 1st newsletter of Kharisma. In Webster's terms charisma is the compelling attractiveness or charm that can inspire the true devotion of others. When we were thinking about words to describe women of color, charisma embodied the many great attributes that we wanted to highlight: the natural strength, beauty and overwhelming presence. Another definition of Charisma refers to natural talent. Women of color are blessed with a range of talents. The K represents the uniqueness of our people.

This newsletter is for youth and designed by youth. It belongs to the readers as much as to the editors. The point of the newsletter is to reach out to our college students and connect us all through our accomplishments and other helpful tidbits about our daily lives. Over the next few issues, we will touch on health issues within our communities, education/ upcoming scholarships and some international issues. We hope that you will be interactive with us by actively sending in your thoughts, ideas, responses and questions to *Ask Karisma* at ASKharisma@aol.com and we promise to honor your thoughts anonymously and use your ideas to better the newsletter and the STSI Youth Outreach Initiative. Let us know when something exciting is happening in your life or school so that we can honor your accomplishments in our *Kudos* section and if you find a cool beauty, health, community service tip, tips for freshman or just a random thought that you would like to share with our community than send it along also.

We hope that you enjoy the newsletter and the last couple weeks before it is time to return to school.

Faithfully yours,
Kristina & Tamara



Kristina(L), Tamara (R)

Incoming Freshman Tips

We all know that as freshman there are many questions that you would like answered. Well don't sweat it. Here is a list of things to remember, taken from a few upperclassmen.

- ✚ Be responsible
- ✚ Be open and outgoing
- ✚ Stay focused
- ✚ Respect your parents
- ✚ Stay healthy
- ✚ Always make time to exercise
- ✚ Be honest with your roommate
- ✚ Create a calendar to schedule all plans
- ✚ Your professors are your friends
- ✚ Only work if you know you can balance
- ✚ Study in between classes so that your weekends are freer

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Special points of interest:

- Everyone can succeed in college
- Pick your classes wisely.
- Use alternative textbook buying websites. (amazon.com, half.com, etc.)
- DO NOT GET A CREDIT CARD!

Who's Who in Sister to Sister International, Inc.

"Life is not about waiting for the storm to pass. It is about learning to dance in the rain."

Blessings & Favor

I am blessed and highly favored. God is doing something new in my life. Good and positive blessings are coming my way. Let the anointing of God's favor fall on me.

Positive Affirmations by: God Driven-Designs.com

Nicole Adair
Hometown: Mount Vernon
College: Howard University, Junior,
 • Major: Political Science & Minor: Japanese

- Major: Child development/Community Health (double major)
- Track: pre-med

Morgan Giles
Hometown: New Rochelle
College: Boston University, Sophomore
 • Major: Biomedical Engineering

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Rosemarie Barker
Hometown: New Rochelle
College: Tufts University, Junior

Jemina DaRocha
Hometown: Mamaroneck
College: City College of New York, Junior
 • Major: Biology

Alyssa Gillespie
Hometown: Yonkers
College: Lehigh University, Senior
 • Major: Political Science & Minor: Spanish and Social Psychology

Tamara Gordon
Hometown: New Rochelle
College: Boston University, Junior
 • Major: Health Science
 • Track: Pre- Dental

Angie Lovinsky
Hometown: New Rochelle
College: Pace University, Junior
 • Major: Nursing

Nefertiti Mills
Hometown: New Rochelle
College: Florida Agricultural and Mechanical University, Senior
 • Major: Political science
 • Minor: Education

Cindy Gue
Hometown: Yonkers
College: New York Institute of Technology, Sophomore
 • Major: Pre-Med

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Kristina Mereigh
Hometown: Yonkers
College: Trinity College, freshman
 • Major: neuroscience

Alexa Watts
Hometown: New Rochelle
College: City College of New York

Scholarship Corner

- Zinch Super Student Stimulus Scholarship <http://www.zinch.com/static/college-scholarships.h...>
- National Hazing Prevention Week Essay Contest http://hazingprevention.org/page.php?page_id=3744
- Scholarship search engines
 - Scholarships.com, brokescholar.com, collegiatechoice.com, fastweb.com

Health Tips



* The most important Health Tip I have for you all is to make sure that you see your gynecologists even if you are not sexually active. There are many diseases that young women can get that are not sexually transmitted. Also, it is important to establish a relationship with your doctor so your history is well known so they can personally track the changes in your body. Be faithful with your gyno visits, once a year. If you are sexually active then definitely see a gynecologist because even if you do not have an STD the Human Papilloma Virus (HPV) is very common in women of color and should be caught early. If left untreated HPV can lead to cervical cancer.

* The second important tip is **BE ACTIVE GIRLS**. I do not

mean that five to ten minute walk between your classes but a legitimate work out. It does not matter what it is. I don't mean running either. I know not everyone likes to run but join a dance class, lift weights or go swimming. But, do something. Exercise has proven to reduce the risk factors for many diseases.

Many women don't like to lift weights because they are afraid they will bulk up. But instead of using regular weights go to Target and by the **Kettle Bell**: thrusting it through your legs and overhead for 15 minutes a day will help you build muscle and get a good easy workout.

Beauty Tips

Maintaining Workout Hair

1. Pull your hair back into a ponytail. It will keep your hair from curling up at the roots.
2. Don't be afraid to use them sexy hair wraps. It will help remove the dampness in your hair from the workout.
3. Straighten your hair sparingly. Excess heat is not good for hair. But if necessary, look for products to protect your hair follicles.
4. Give in to that hair curl. There are products out there to help you calm those curls. Try out the **Mixed Chicks** beauty line. For a thicker more controlled look try the **Miss Jessie's Curly Pudding** only \$22. *(Don't worry we understand college kids are broke)*

Loving Your Natural Hair - To keep hair from breaking off while growing out a relaxer, natural-hair-care expert Anu Prestonia of Khamit Kinks in New York City, recommends wearing do's that don't require much combing, brushing and heat styling. "Wear styles that are loose and flexible. Depending on your lifestyle, a do can last from shampoo to shampoo"

To Enhance Natural Highlights- take a relaxation day at the beach and squeeze a few lemons into your hair. The lemons will enhance your natural highlights in streaks.

* Be careful not to allow the lemon juice to get onto your skin because when it reacts with the sun, your skin will burn. But the highlights produced are gorgeous and the whole procedure is very cheap. Lol*

Past Highlights

5th Annual Teen
Scholarship Jam
8/15/09



Summer Theater Jam
RUINED 7/09
A play by:
Lynne Nottage



Sister to Sister International, Inc. (STSI) is a non-governmental, not-for-profit 501 (c) (3) organization established in 1994, that links women of African descent globally to the resources that connect, advance and strengthen us. We do this through advocacy, education and the promotion of African culture.

For more information about STSI visit us at www.stsi.org, hit us up on facebook or twitter, call 914.207.0368 or e-mail www.askharisma@aol.com stsi@onebox.com

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International
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**"Linking Women of
African Descent
Globally"**

"If you have
knowledge, let
others light a
candle in it."
Margaret Fuller

www.askharisma@aol.com

Upcoming Events

Healthy weekend
Extravaganza at
Westchester Marriott

- September 11-13

General Membership
Meeting

- Sat. October 31
11am-2pm

Holiday Kwanzaa
Celebration/ Charity Drive

- Saturday December
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Shana Campbell, a senior at Spellman University majoring in Communications, and also a past STSI member, scholarship recipient and intern landed a fascinating study abroad opportunity in Costa Rica over the summer

where she studied Spanish conversation and grammar.

Rosemarie Barker, also a past STSI member and scholarship recipient landed a fascinating study abroad program in Spain where she will spend her fall semester of her junior year studying Spanish language.

Nicole Adair - MC for this year's Scholarship Jam, earned Dean's List at Howard University!

Nefertiti Mills is a member of the White and Gold Honor Society at Florida A&M University!

Kudos & ASK Karisma/Insights

Coming
SOON!!

This Section is coming soon in the next issue. This space is reserved for the answers to questions that the readers have sent in to ASKharisma@aol.com. The questions can be about anything: college life, how to become more involved in social, health issues for the community and anything else that comes to mind. It is also reserved for any advice that you may have for other girls.

So send in your questions, advice and information. This column will only succeed with your cooperation.