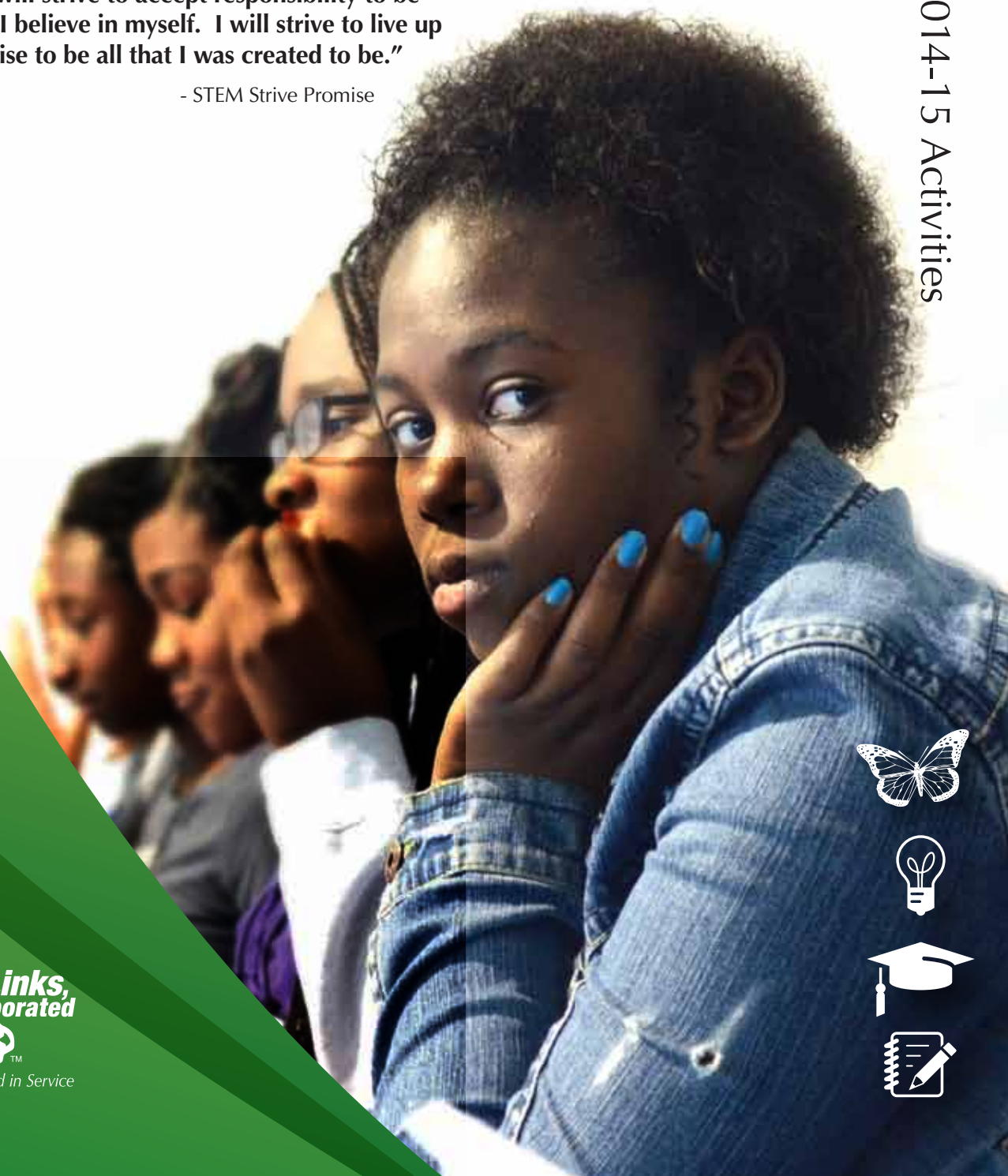


I WILL STRIVE

"I will strive to stay motivated, focused, determined and committed to do my best. I will strive for success through hard work, and perseverance. I will strive to respect my self and to be respectful of others. I will strive to go as far as my dreams can take me. I will wear this bracelet proudly each day as a symbol of the opportunities provided me by many mentors. I will strive to accept responsibility to be self-reliant, I believe in myself. I will strive to live up to the promise to be all that I was created to be."

- STEM Strive Promise



Linked in Friendship, Connected in Service



TEACH A WOMAN TO CHANGE THE WORLD AND SHE WILL DO IT.

Healthy Bodies. Healthy Minds. These are the building blocks to impacting our society in a positive way and the theme the Dallas Chapter, The Links, Incorporated adopted for our 2014-15 year. It was a very good year and a very good vision for both Links members and the members of the community we reached.

Before you can have a healthy body or mind, your spirit must first be full. Links STEM scholars and members gathered to hear from a professional music therapist and a professional guitar instructor. Understanding the science behind music therapy and the principles to play a guitar teaches our scholars how to fill their own spirit.

A healthy body needs the right fuel, so the Dallas Chapter Links brought in food from around the world at our International Food Tasting event. Then we taught the scholars how to protect their bodies through education and healthy lifestyles. Participating with Dallas' Diabetes Health and Wellness Institute of Baylor Scott & White Health Care Systems, our scholars learned how exercise can vastly improve their odds of a healthy body, even in their own old age. To put learning into action, each scholar received a monthly workout guide from a professional trainer.

And to teach them about how to become a professional woman of color, our scholars spent the day at the dental office of Dr. Donna Barefield. Through in depth conversations with Dr. Barefield and our own dentists, Dr. Tina Kidd and Dr. Cristi Fletcher, as well as other dentists and hygienists, the scholars learned how to map their middle school, high school, and college classes to achieve their education goals. Even if they didn't want to become a dentist, they walked away with valuable lessons on how to map a successful future.

STEM ACADEMY

The Dallas Chapter, The Links, Incorporated touches the community in many ways, but none is more impactful than the STEM Academy. Identifying up to 50 young women of color, Links demonstrates to the scholars about the opportunities within the Science, Technology, Engineering, and Math fields then finds mentors who can show them how to make it happen. Through this program, Links is building a better and brighter future for women of color by showing these young women their own potential.

LETTER FROM THE PRESIDENT



Our future has never been brighter! In our 2014-15 year, Dallas Chapter, The Links, Incorporated reached out to the community and into ourselves to make our community a little better. We taught ourselves and our community that a healthy mind with a healthy body gives us a healthy community. Through music and food and the simple act of walking, we filled our souls and then shared that richness with our young mentees and those who mentored us. We reached out to the community that embraced us and embraced them as a way to say thank you. And we saw our young scholars grow, just as we dreamed they would.

So as we close the book on this year, we do so with mixed emotions. It was a wonderful year that produced bountiful results, so we hate to see it end. But we also know that as we close this book, another one opens very soon. While the pages are blank for us to begin our writing, we have so much to build on from last year. And that makes 2015-16 all the more exciting.

So as I close I want to do so with a big thank you to Dallas Links members and all of our supporters who enabled us to reach so many lives.

Belinda Griffin

President

Dallas Chapter, The Links Incorporated

