

May 2022, Vol 2. Issue 5

# GKO IVY TIMES

The Official Newsletter of AKA Gamma Kappa Omega Chapter

*Happy 81st Anniversary, GKO!*



Meet GKO's  
**22 Pearls** in 2022

Meet GKO's Newest Members... Page 18



# PRESIDENT'S MAY MESSAGE

## **Happy May, Sorors!**

*Please check out our newsletter to stay informed of all that Gamma Kappa Omega Chapter has going on.*



*During May, we will celebrate Mental Health Awareness Month, Lupus Awareness Month and Mother's Day.*

*May is a month full of opportunities to engage, educate yourself, take care of your mental health advocate on the behalf of others. This May, GKO will be highlighting serval workshops bringing awareness to fiscal matters, raising awareness about Lupus, helping to build positive relationships and communication skills with Women and celebrating Mothers. This is the time to take charge of your mental health, overall health, caregiving and embracing motherhood. This is a serious matter!*

*I challenge you all to dig deep into some areas you would like to grow, serve, and communities that you want to advocate in. Let your voices be heard and your actions are seen. Watch documentaries concerning these various issues, read some books, spend time volunteering with these groups and embrace all the greatness that comes with challenges and differences. Happy May!*

### **May Observances**

- \* Asian Pacific American Heritage Month
- \* Lupus Awareness Month
- \* Nurses' Day (May 6)
- \* Mother's Day (May 8)
- \* Memorial Day (May 30)

Scan to read the  
GKO Ivy Times for 2022!



*Happy May!*

**Jacari Henderson**  
GKO President

# *- 87th Anniversary Celebration - "Sneaker Ball"*



# *- 87th Anniversary Celebration - "Sneaker Ball"*



# ~ 81st Anniversary Celebration ~ "Masquerade Ball"

~ GKO Celebrates 81 Years ~



~ GKO Celebrates 81 Years ~



# *~ 81st Anniversary Celebration ~* *"Masquerade Ball"*

**GKO**  
**@**  
**81**  
**Years**



# Sorors ON THE MOVE

Soror Mia who received a promotion at her job.  
Congratulations Soror! We see you and we congratulate you!



Congratulations to **Soror Markea** for passing the National Association of Parliamentarian exam, which makes her an official member of that organization. Kudos, to her, also, as the Brooks commercial she is apart of is now on YouTube.



Congratulations to **Soror Francine** who received the Outstanding Citizen Award for her in her community, serving as the President of the NAACP in Metro-East chapter and continued partnership and support.  
*Congratulations, Soror!*



Congratulations to **Soror Regina**, who will be graduating from Bradley University, in Peoria, on Saturday, May 14, 2022. Soror Regina will be receiving a second masters degree ~ this one a Master of Arts in Counseling - Professional School Counseling.  
*Way to go, Soror Regina!.*

# Sorors of the Month

*Soror Breonna*



*Soror Breonna works diligently behind the scenes to assure that GKO's Target 3 continues to shine in programming events and chapter financial operations. GKO appreciates her awesome work on our fliers and her overall assistance with the chapter and programming.*

*Soror Breonna takes initiative in spearheading programming ~ and did a phenomenal job with our Financially Lit Book club and Financially Lit Workshop! Breonna, GKO appreciates your selfless dedication and sacrifices!*

*Soror Regina*



*Soror Regina, GKO appreciates your passion for assisting our chapter to fulfill its mission, always ready and willing to give a helping hand. She is not afraid to step up and learn along the way.*

*Regina, GKO sees and acknowledges and is thankful for your sacrifices and efforts.*

*We're so glad you're on the Gamma Kappa Omega's team!*

# Soror Birthdays

## May Ladies



Cheryl



Chloe



Latisha



Markea



Marilyn

Soror Cheryl, May 1

Soror Chloe, May 1

Soror Marilyn, May 14

Soror Markea, May 25

Soror Latisha, May 26

# Soror Birthdays

## May Ladies



Soror Kenya, May 9

Soror Francine, May 16

Soror Candice, May 24

# Happy AK Aversary



**Soror Joyce**

May 5

47th AK Aversary



**Happy 1st AK Aversary!**

**@ May 2nd**

(Clockwise, top left to right) Soror Linda, Soror Chanel, Soror Natasha, Soror Kimberly, Soror Tonya, Soror Jamilla, Soror Caprice, Soror Chloe, Soror Latisha, Soror Regina, Soror Ashley, Soror Titiana, Soror Jaylen, Soror Crystal, Soror Carla and Soror April.

# Happy AK Aversary



**Soror Cheryl**  
May 5  
43rd AK Aversary



**Happy 3rd AK Aversary!**

**@ May 2nd**

(From left to right) Soror Monica, Soror Micah, Soror Kayce, Soror Jessica, Soror Candace, Soror Brandi and Soror Breonna

# Lupus Awareness Month

## Butterfly Effect: L.U.P.U.S. Forum

May 31, 2022 @ 7:08 p.m.



ALPHA KAPPA ALPHA SORORITY INCORPORATED®  
*Gamma Kappa Omega Chapter*



Living ☒ Uniting ☒ Prevailing ☒ Understanding ☒ Strengthening  
**The Butterfly Effect**

Join us this Lupus Awareness Month  
for the opportunity to discuss the physical,  
emotional, and economic impact of lupus.



### Guest Speaker

Dr. Kimberly Trotter  
Assistant Professor of  
Medicine in Rheumatology at  
The University of Chicago  
Co-Director of the Lupus Clinic



SCAN HERE  
TO REGISTER



Tuesday, May 31st, 2022  
7:08 PM - 8:08 PM  
Via Zoom  
Free Admission

<https://s3.amazonaws.com/lupusorgnrcl/PDF-documents/Unveil-Survey-Fact-Sheet.pdf>

# UNVEIL Survey Fact Sheet

**UNVEIL**  
UNDERSTANDING THE  
IMPACT OF LUPUS

Despite the devastating impact lupus has on more than 1.5 million Americans each year, awareness about the disease remains very low.

## We're on a mission to unveil the lives interrupted by lupus

In partnership with Eli Lilly and Company, we are proud to present results of a new survey, [UNVEIL: UNDERSTANDING THE IMPACT OF LUPUS](#), focusing on the lupus journey and the challenges faced not only by those living with lupus, but also for lupus caregivers.

## The lupus journey often begins with a long, complicated path to diagnosis

- > On average, it takes nearly six years for people with lupus to be diagnosed from the time they first notice their lupus symptoms.
- > A majority of people with lupus surveyed (63 percent) report being incorrectly diagnosed. Of those reporting incorrect diagnosis, more than half of them (55 percent) report seeing four or more different healthcare providers for their lupus symptoms before being accurately diagnosed.

## The severe impact of lupus proves a challenge to treat

- > On average, people with lupus surveyed take nearly eight prescription medications to manage all their medical conditions including lupus.
- > Of the 23 percent of people with lupus who experience severe lupus flares, all or most of the time over the last three months, 40 percent were admitted to the hospital at least once during the past 12 months, with an average stay of 10.5 days.

## Lupus interrupts every facet of life

### Work-life

- > For the majority of people with lupus surveyed (89 percent), lupus impacts their work life.
- > More than half (55 percent) of people with lupus surveyed whose work is affected are working part-time, intermittently or are unemployed because of lupus.
- > Almost three-quarters (74 percent) of caregivers report that caring for someone with lupus has an impact on their work productivity.
- > A large proportion (41 percent) of caregivers surveyed are only able to work part-time or intermittently, or are unemployed, with nearly half (45 percent) of those indicating caregiving responsibilities being the reason. In addition, 60 percent note they spend 16 or more hours per week helping loved ones with lupus.

### Mental Health

- > The majority of people with lupus surveyed feel anxious (90 percent) and depressed (85 percent) due to their lupus.
- > More than 94 percent of caregivers surveyed experience increased anxiety and stress in relation to their caregiving, worrying that their loved one with lupus will become sicker.

### Family-life/Daily Living

- > More than 75 percent of caregivers surveyed help a loved one with lupus with daily activities, such as cooking, shopping, household chores and providing financial help.
- > Eighty-four percent of people with lupus surveyed indicate they feel they are a burden to their family and friends due to their inability to perform daily activities. In addition, 94 percent indicate that lupus interferes with their ability to enjoy life.
- > Nearly 3 in 4 people with lupus surveyed (76 percent) said fatigue limits their ability to participate in social activities. For caregivers, nearly half surveyed (49 percent) replied that caregiving responsibilities impact their ability to socialize with friends.

The public needs to better understand the challenges people with lupus and caregivers face on a daily basis. The more we know, the better we can support those living with lupus and the sooner we can conquer this mysterious and devastating disease. Help us UNVEIL life's interruptions by lupus! Learn more at [www.lupus.org/UNVEIL](http://www.lupus.org/UNVEIL).

<https://s3.amazonaws.com/lupusorgnrc1/PDF-documents/Unveil-Survey-Fact-Sheet.pdf>



# "Stress Less Forum"

In April, Gamma Kappa Omega hosted Dr. Peppers in the "Stress Less" segment talking about how to manage and reduce stress in our lives. Peppers is also a member of Alpha Kappa Alpha Sorority, Inc.

She discussed the negative physical and psychological impact of stress, sharing that stress is linked to major causes of death in the west; can weaken the immune system and lead to gastro-intestinal problems; and dental and reproductive or sexual health problems; in addition to others issues.



## MATERNAL HEALTH



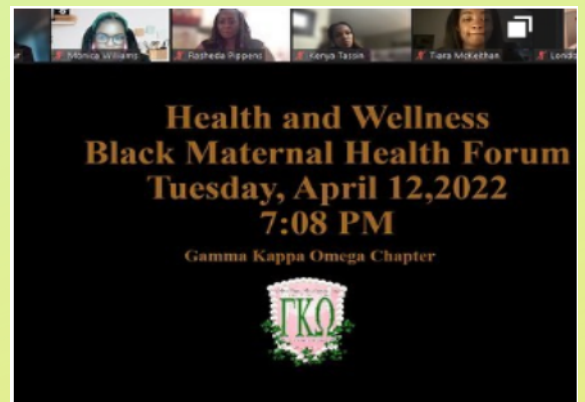
### *Many Black Maternal Deaths Are Preventable*

Black women are three times more likely to die from pregnancy-related causes than are their white counterparts, but a great many of those deaths could be prevented, an Ob-gyn doctor shared at a chapter forum in April.

So said **Dr. Eboni January**, who presented at Gamma Kappa Omega's **"Black Maternal Health Forum"** in April. Dr. January is an author, podcast host and creator of a telehealth program. GKO hosted the event to spread awareness about Black maternal health: More than half of the 861 maternal deaths in 2020 were of African American women (55.3 percent).

She said the leading causes of Black maternal deaths are postpartum cardiomyopathy (disease of the heart muscle); blood pressure disorders, such as preeclampsia (which can develop up to 12 weeks postpartum) and eclampsia; embolism (blood vessel blockage); hemorrhage (severe bleeding); and complications from obstetric surgeries, such as C-sections.




Black women can reduce this death rate by getting into their best health before pregnancy; advocating for themselves; developing a support system; and exploring health coverage benefits (for instance, in 2021, Illinois extended Medicaid benefits for new mothers to one year postpartum).



Dr. January ~ a Soror ~ was also part of a panel discussion featuring nurses and fellow Sorors, GKO members Dr. Felicia Kimbrough, Crystal Robertson-McClendon, Darryelle Riley and Monique Spears.

**Link:** [tinyurl.com/AKAGKOYouTube](https://tinyurl.com/AKAGKOYouTube)



## CREDIT CARDS THE GOOD, THE BAD, AND THE UGLY

### THE TRUTH ABOUT CREDIT CARDS

#### "THE GOOD"

**When used properly, credit cards:**

- Help to build credit
- Allows you to earn great perks and rewards (cash back/sky miles, etc.)
- You have the right to withhold payment for billing errors
- Useful in emergency situations
- Credit cards are more secure than traditional checking methods

### THE TRUTH ABOUT CREDIT CARDS

#### "THE BAD"

**When used irresponsibly, it's easy to:**


- Overspend
- Develop negative credit history
- Decrease your credit score
- Be deemed unqualified to borrow for home/auto loans
- Pay high interest rates
- Gives you the illusion that you have more money than you really do

### THE TRUTH ABOUT CREDIT CARDS


#### "THE UGLY"

**Educate yourself:**

- Credit Card companies generate income from interest charges and fees
- Late Fees
- Over Limit Fees
- Consumers paid over \$104 Billion in credit card interest and fees
- Credit Cards Come with a Risk of Credit Card Fraud
- You create more debt each time you use your credit card.



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*Gamma Kappa Omega Chapter*




## SKAM ALERT !


### Identity Theft Protection

- NEVER give out any personal information over the phone, through the mail, on the internet, in an email, or in person unless you are 100% sure of who you are dealing with
- Use strong passwords with a combination of letters and numbers. Avoid including personal information others may know
- Put your personal information in a secure place, such as a small safe or lock box, to prevent others from having easy access to it
- Only enter personal data on secure websites
- Shred all papers with your personal information before throwing them in the trash

- Avoid cutting and pasting or clicking on website links from emails, unless you are certain it is a valid link
- Leave your social security card in a secure place
- Be careful about giving out your social security number or using it as an ID number
- Use cash or credit cards as your main payment method to prevent direct access to your checking account
- Avoid responding to promotions
- Keep your purse or wallet in a safe place at all times
- Order a copy of your credit report from the 3 major credit bureaus



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## BUSINESS 101

### How to open a business checking account?

A business checking account is similar to a personal checking account in many ways regarding banking activity. The main differences are the associated fees and information required to open the business checking.

It separates business transactions for tax purposes, builds credibility for business loans and credit cards, and adds professionalism for collecting payments.

**Required information:**

- Government-issued ID
- SSN for sole proprietors or EIN for corporations, partnerships, and LLCs
- Business license and Articles of Organization for LLCs or Articles of Incorporation for corporations
- Organized documents filed with the state
- Partnership agreement (if applicable)
- Certificate for DBA name (if applicable)

*Congratulations and Welcome!*

**22**  
*in*  
**2022**



*In Spring 2022, Gamma Kappa Omega  
welcomed 22 new women into our illustrious sorority!*

*Welcome, ladies!*

*Meet them, starting on the next page!*

## Soror Kimberly J.-A.



Soror Kimberly Johnson-Armour was born and raised in East St. Louis, Illinois. While attending University of Arkansas at Pine Bluff, she obtained her general studies degree in education. Later she earned her Master of Arts in Education from Lindenwood University. Kim currently resides in Swansea, Ill., with her wonderful husband of 10 years, Tyron Armour Sr. and their three incredible children. Kim and her husband are both dedicated sports parents, whether spearheading an out-of-town game, fundraising for uniforms, or providing in-person support. They find joy in being alongside their children, cheering them on at every game. Outside of spending quality time with her family, Kim has always wanted to serve a community with troubled youth.

After teaching for four years, she decided to do something more and transition her skills to another capacity. After persistently applying, Kim finally received an opportunity to implement her passion at the St. Clair County Juvenile Detention Center. With her demonstrating compassion and leadership skills, within months, she was promoted to Supervisor of Staff. This role affords her multiple opportunities to connect, motivate and guide her staff to provide the best interventions and meet participants 'where they are.' Her mantra is to provide troubled youth with love and guidance to prevent them from becoming subject to a system designed to derail their future. Not on Kim's watch: She is committed to seeing each teen reach his or her highest potential.

With such a busy schedule, Kim still manages to run her business, She Press Designz, LLC., specializing in everything retail. Kim's business has partnered with many organizations and schools to customize its garments and mugs. One day, Kim imagines herself cutting the ribbon to her brick-and-mortar business, She Press Designz, with her daughter as her business partner.

## Soror Danielle B.



Soror Dannielle B. attended Southern Illinois University of Carbondale, where she received her Bachelor of Science degree in Paralegal Studies. She currently works as a Paralegal for the City of Carbondale. She enjoys reading, journaling, traveling, shopping (especially for stilettos) and spending time with her friends, family and goddaughter. *And guess what? Dannielle has a fraternal twin sister.*

Dannielle plans to travel to Paris in May of 2023. She enjoys game nights. Also, she loves fashion, decorating, drawing, designing and getting her nails done. She loves to laugh and have fun!

## Soror Lateiah C.



A 2019 graduate of Southern Illinois University-Carbondale, Soror Lateiah C. received her Bachelors of Arts degree in Criminal Justice with a minor in Women, Gender and Sexuality Studies. She currently works as a Mental Health Advocate/Care Representative at Centerstone. Lately, her passion has grown for mental health and rehabilitation. She plans to obtain her Master's degree in Rehabilitation counseling within the next two years. Lateiah is the first generation in her family to graduate from college.

She is the youngest of four girls and loves spending time with family and friends. In May 2021, Lateiah married her beau of nearly 12 years, Cody. Her hobbies include skating and she loves outdoor activities. Lateiah also has two pet rabbits named Black and Cinnamon.

One fun fact about Lateiah is that she aspires to side-hustle as a DJ.

## Soror Ava C.



Soror Ava C. was born in St. Louis and attended schools in East St. Louis. She graduated from Eastern Illinois University with a Bachelor's in History. During that time, she studied in Córdoba, Argentina, where she wrapped up her minor in Spanish. After graduating from EIU, she spent two and a half years in South Korea teaching English as a second language to native Korean children. It is here that she discovered her love of teaching. Ava returned to St. Louis in 2013 and began working in St. Louis Public Schools. It was there that she was inspired to get her teaching license.

She relocated to Milwaukee, Wisc., and earned her Master's in K-12 Education from Alverno College. Her love for learning continued to grow, leading her to further her education at Alverno: In December 2021, she received her Ed.D. in Higher Education. Dr. Coleman's dissertation ~ "My Ancestors' Wildest Dream" ~ focuses on using classroom management to lower the rates of suspensions and expulsions for Black students in the United States.

She currently teaches in Edwardsville, Ill., and hopes to one day share her findings with future educators and colleagues across the country: Her hope is that everyone collaborates to make our education system the best in the world.

## Soror Jennifer F.



Jennifer received her Bachelor of Arts in Business Administration from Harris Stowe State University and her Master of Arts in Management & Leadership from Webster University. Currently pursuing a second Master's degree in Human Resource Development, Jennifer has had the wonderful opportunity to take her HR talents and skills to one of today's leading Fortune 50 companies. As an HR professional, Jennifer's vision is to develop cultural awareness across the organization where people would want to work and establish longevity.

Jennifer loves sports, live music and traveling. When she isn't working, she can be found enjoying a good book on a beach, a concert in the park or cheering on her daughter at a track meet. Jennifer also has a 5-year-old fur baby named Bella who often accompanies Jennifer on her many adventures.

## Soror Keri B.



Soror Keri Burns was born and raised in Carbondale and holds a Bachelor's degree in Hospitality Management and a Master's degree in Workforce Education and Development with an emphasis in Human Resources Development from Southern Illinois University at Carbondale. She has spent the last 18 years working in higher education at various institutions, assisting college students with pursuing their educational and career goals by leading career services departments. This year, she transitioned out of higher education to coach healthcare employees at Kaiser Permanente looking to advance their own careers through continuing education and individual career development.

As an Alpha Kappa Alpha Sorority, Incorporated, legacy and native of Southern Illinois, Keri grew up surrounded by the impact that the Gamma Kappa Omega chapter had in her hometown: She hopes to continue that work by exposing young adults, especially females, to various career paths and professional mentors in a myriad of industries.

Keri and her husband Stephen currently reside in the metro Atlanta area and have three adult children ~ Keric, Isaiah and Kendall ~ and recently welcomed their first grandson, Bryson. In her spare time, Keri enjoys watching movies, making candles with her sister, Soror Robin B., traveling, and spoiling Bryson every chance she gets.

## Soror KaBreisha E.



KaBreisha is currently pursuing a Master of Science in Clinical Mental Health Counseling. She received her Bachelor's degree from The University of Mississippi. She currently works with adolescent girls at a residential treatment facility in Memphis, Tenn.

In her free time, KaBreisha loves creating art and spending time with the youth at her workplace. Her goal is to become a Licensed Mental Health Counselor and help others on their journey of mental health and healing.

KaBreisha loves butterflies and what they represent as she describes them as a perfect representation of one's healing journey and transformation.

**Fun Fact:** KaBreisha's nickname is "Pinky" :)

## Soror Veronica Starr G.



Veronica Starr Gadson (publicly known as Starr) is media liaison, artist developer, businesswoman, and humanitarian. Born and raised on the South side of Chicago, IL to a musically inclined family, Starr always desired to give back to her community and use her love of the arts to help others. Starr started her journey partnering with philanthropic organizations and corporations across the state leading to the launch of her organization, Connect the Starrs. Connect the Starrs covers the full spectrum of entertainment, including but not limited to, brand and image development, networking, concert and event management and consultation for other industry professionals. In 2017, Starr leveraged a corporate partnership to provide financial literacy for youth in the Chicagoland area. As a mother of two, she understands the importance of educating children on money management and navigating financial systems. Starr also works in the radio industry lending her talents in sales and marketing to several stations like Power 92.3, 106.3 and Rejoice 102.3. Starr also became the 1st VIP Experience Executive for the Chicago Sky WNBA. She is a firm believer that change in communities starts in the minds of the residents. Starr is currently attending NCU working towards her PH.D -PSY with a built in Masters. Although she has already accomplished so much, this is only the beginning for Starr. The sky is not her limit and "I can do all things through Christ" will always be her mindset. As an inspirational speaker Starr engages people of all ages and motivates audiences to overcome obstacles and achieve goals. She is currently on a school tour titled, "Whole Time Tour," to motivate students and young adults to slay their dreams.

Starr loves raising her two children and helping them to become the best versions of themselves. She is also a dog mom of three. Starr is a kind hearted person with a bubbly personality. She is congenial and loves love. She enjoys, reading, sports, nature, dancing, traveling and so much more. Her favorite word is **BALANCE**. She believes it is important to maintain a healthy balance in all aspects of her life.

## Soror Renada G.



Dr. Renada Greer, Assistant Dean of Students and Director of Trio Programs, has spent 16 years helping improve the outcomes for students attending Southern Illinois University ~ Carbondale (SIUC). Her responsibilities include overseeing Project Upward Bound, Student Support Services and Saluki Summer Bridge. She also serves as the Student Ombudsperson and Academic Champion for underrepresented student initiatives on campus. Dr. Greer leverages her knowledge and skills to support and increase the likelihood of graduation for students who come from disadvantaged backgrounds. She serves on several committees and is the current president of the Black Staff and Faculty Council.

Dr. Greer holds a Bachelor of Science in Finance, a Master of Education in Adult Education and Doctor of Philosophy in Educational Administration in Higher Education, all earned from SIUC.

## Soror Olympia G.-S.



Soror Olympia is a 2010 HBCU graduate of Lane College in Jackson, Tenn. She currently works in Talent Acquisitions as a Recruiter for Visa and has found passion is helping to provide career opportunities worldwide.

Olympia continues to lean heavily on her faith in God, networking capability and motivation from her family and roots to continue chasing after her professional and personal goals. Olympia deeply believes in leaving a strong footprint in order to break barriers for others.

When Olympia is not working and giving back to her community, she is a dedicated wife and mother of three. She has been married to her college sweetheart, Ryan, for 11 years *and counting* ... Olympia also enjoys living each day to the fullest, laughing often and making others smile as well.

Olympia continues to be inspired by Proverbs 31:25: *"She is clothed in strength and dignity, and she laughs without fear of the future."*

## Soror Vivian H.



Soror Vivian Hardison graduated from Southern Illinois University Carbondale. She completed a Bachelor of Arts in Criminology and Criminal Justice, a Master of Science in Rehabilitation Counseling and a Master of Science in Rehabilitation Administration. She is currently working on her Doctorate in Education and currently works as an Assistant Director at a disability services office and is also a Certified Rehabilitation Counselor (CRC). She was recently awarded the Donald Ray and Charlene Yandell Family Scholarship by the School of Education at SIUC.

Vivian is a busy dance mom of a 12-year-old named and can often be found running her from place to place or traveling to a competition. You can also find her in her garage that she turned into a gym. She also has an older brother and is proudly the baby of the family. Vivian loves the ID channel, candy nerd clusters, large earrings and shopping for things on Amazon that she doesn't currently need ... but might in the future.

## Soror London J.



Soror London Jones was born and raised in Chicago, Illinois. London attended Southern Illinois University at Carbondale and obtained a Bachelor of Science in Elementary Education. Later, she received a Master's Degree in Education Leadership and obtained a Type 75 Certificate in Administration Supervision from National Louis University. London is happily married to her loving and supportive husband, Gerald Jones and gratefully appreciates her number one fan, her mother, Sheryl Hall, whom she calls Mommy Dear. London grounds herself with GOD ahead of her life as she submits her heart to serve as His disciple. London has been in education for over 21 years, with the honor of supporting students and families as a teacher, Dean of Students, and now Case Manager and Assistant Principal. As an educator, London noticed many of her students struggled emotionally as they transitioned into middle school, especially girls.

To bridge this gap, London founded her non-profit all-girls social and emotional mentoring organization, Pure and Sure Inc., in January 2012. Pure and Sure's priority is to provide equitable access to social and emotional support for women and girls, especially in marginalized areas. They provide a "Whole-Girl" Approach with a social and emotional focus that mentors young women as they transition from intermediate to middle school and high school. Pure and Sure's framework is aligned to the social and emotional learning standards with three key components, school, parent guidance, and student wellness. Their empowering "Whole Women" Approach components for women focus on dealing with the matters of their heart, relationships, self-efficacy, self-love, and self-care.

London is working on her second Masters in Counseling in Mental and Clinical Health. Serving as the CEO and president, London is committed to transitioning Pure and Sure Inc. into an all-girls Social and Emotional 5th-9th public school. A safe space for young girls to learn to love themselves, embrace their unique beauty, and present themselves with grace and honor at all times. A school where girls feel empowered to advocate for what they need and to find their powerful voice. Watch out world, here we come!

## Soror Loren L.



Soror Loren L. earned a Masters of Business Administration from the C.T. Bauer College of Business at the University of Houston and a Bachelor of Arts in Journalism and Mass Communication from Rutgers University in New Jersey. She was an adjunct professor at Lone Star College, teaching a required course introducing new students to higher education and mentoring those students through graduation.

Loren's career in healthcare has allowed her to hold a variety of positions with major pharmaceutical and biotechnology companies. Today, she is a Thought Leader Liaison – Neurology for EMD Serono. However, she has always dreamed of being a news anchor. With that, she enjoys public speaking and is a self-proclaimed news buff.

As the wife of Dr. Austin. A. Lane, Chancellor of Southern Illinois University, Carbondale, Lane continues to be an advocate for education and serves as a mentor to our youth. She has created and chaired signature scholarship galas that raised money to close the financial gap for college students ~ taking them from registration to graduation.

She is a member of The Links, Incorporated, Jack and Jill of America and now Alpha Kappa Alpha Sorority Incorporated, Gamma Kappa Omega chapter.

Her personal motto comes from India's renowned civil rights leader, the late Mahatma Gandhi:  
*"The best way to find yourself is to lose yourself in the service of others."*

Loren and her husband have three children.

# Soror Laterriea M.



Soror Laterriea is a 2020 Graduate of Southern Illinois University, where she received her Master's in Social Work with an emphasis on Youth and Family Services. Laterriea was named "Graduate of the Year" because of her distinctive ways to combat challenges and advocate for excellency within the Social Work Department.

Laterriea has dedicated four years to the ACSB afterschool program that offers free meals and tutoring services for low-income youth and where she partners on private projects serving the community. Laterriea is an ambitious and compassionate individual, who continues to exceed her parents' expectations and break barriers in so many ways. Laterriea is working towards her Doctorates in Social Work at Capella University.

Laterriea works as the first Mental Health Advocate for the Carbondale Police Department, where the city has recognized her for work done in a short amount of time. She is also a Board Member of the Jackson County Mental Health 708 Board. Laterriea strives to aid the community with mental health support with the roles that she plays in the community. Laterriea has many plans for the future for success.

Laterriea is a mother to her 8-year-old son, her motivation to strive for success. With him, in mind, she enjoys traveling with her son and taking him on different adventures. Laterriea is also the oldest of seven siblings. As the oldest, she strived to become a great remodel for her younger siblings. Laterriea has defied the odds and has gone beyond certain struggles in life to get where she is today. Laterriea loves spending time with her family as well as binge-watching shows like Charmed or Flash. Laterriea enjoys conversations about ways to make the world a better place. She enjoys self-care by meditating with calming nature sounds and lite candles.

## ***Favorite quotes:***

*I can't be the one to give up." -L. Martin*

*"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."*

*-Maya Angelou*

## Soror Francine N.



Soror Francine is a graduate of Webster University, based in Webster Groves, Mo. She is the Chief Financial Officer of an organization that works with the people who are homeless and those who are mental challenges.

Francine is the President of the O'Fallon, Ill., Metro East NAACP, where she works with community leaders to build trust within the community and help eliminate systemic racism.

She also sits on several community boards, including the mayor's diversity and inclusion forces and a community bank that works to educate the community on financial literacy.

When she isn't working or serving in the community, Francine enjoys spending her weekends cycling and/or with family and friends.

## Soror Bethany P.



Soror Bethany was born and raised in Urbana, Illinois. Growing up, she enjoyed spending time in Mississippi with her grandmother and family. She is a graduate of Southern Illinois University Carbondale, where she received her Bachelor of Arts in Africana Studies and Political Science in 2019. Bethany continued her education at SIUC where she earned a Master of Science in Higher Education. She currently serves as SIUC's Women's Resource Center Coordinator.

Bethany is passionate about education and believes all students are able to succeed with the proper resources. She believes in the holistic development of students to empower them to thrive through adversity and to be self-advocates. Bethany is the daughter of Rev. Anthony and Audrey Peppers and the youngest of three. She is the proud aunt of a niece and nephew who she adores. Bethany loves spending time with family and friends, Disney, Beyonce, movies, traveling, and music.

## Soror Rasheda P.



Soror Rasheda Pippens is a graduate of the Goldfarb School of Nursing at Barnes-Jewish College in St. Louis. She received her Master of Science in Nursing. She currently works as a Clinical Nurse Educator for Barnes Jewish Hospital and has been a nurse for seventeen years. Her other professional experiences also include serving as a clinical instructor, assistant professor, supervising registered nurse, and case manager. Aligning professional interests with a zeal to serve, Rasheda is also member of a professional nursing organization that aims to elevate the plane of nursing, while increasing awareness & interest in nursing.

Rasheda is the second of 4 daughters, & an aunt to many. Whether she is relaxing with a good book, taking a walk through the park, or learning the latest dances from her nieces/nephews-she loves to travel & experience new ventures. Music is her love language! She loves listening to live music, streaming music, & you can always catch her singing any song that is on her heart/playlist. Rasheda is intentional about seeing the joy in all that life offers and is passionate about living life to the fullest.

## Soror Maya S.



Soror Maya, a graduate of the University of Missouri-Columbia, received her Bachelor of Arts in Communication with an emphasis in Mass Media. She currently keeps viewers informed as a Reporter/MultiMedia Journalist at FOX29 Buffalo, N.Y.

Before working there, she was a reporter and weekend anchor at WSIL News 3 in Southern Illinois and an entertainment news reporter, weekend reporter and Production Assistant at KOMU 8 News in Columbia, Missouri.

A few notable interviews she's done are with Martin Luther King III, long-running Jeopardy! contestant-turned host Ken Jennings and Kentucky Sen. Rand Paul. Maya's dream is to be a full-time entertainment news reporter, red carpet reporter and host.

When she's not doing news, you can find her bingeing Netflix shows and movies, watching make-up and fashion videos, traveling and hanging out with friends, family and her puppy, Winston.

## Soror Kenya T.



Soror Kenya T. is a graduate of Western Illinois University. She received her Bachelors in Social Work with a minor in Law Enforcement and Justice Administration. She went on to obtain her MBA from Keller Graduate School. Kenya serves as the Regional Director of Operations for AGB Investigative Services. Kenya has sustained corporate clients such as Facebook, Microsoft, and Chase. In addition, she owns a consulting company, Kenya Tassin and Associates. Her company specializes in assisting small businesses with several start-up and operational tasks, such as licensing, strategizing, business planning, and development.

Kenya enjoys stamping her passport and has traveled to over five countries. Kenya was raised by her father. Even after being his sixth child, Kenya has a special father-daughter relationship she admires. She enjoys being a mother to her lovely 16-year-old daughter and their Shi-Tzu named Louie Vee. Kenya is outgoing and loves to try new things. She has experienced skydiving, jet-skiing, and parasailing. Next to check off her bucket list is to learn how to scuba dive. She is a huge Harry Potter and Game of Thrones fan. She and her daughter can be found watching all of the Marvel movies. She enjoys shopping and karaoke and can be seen laughing and joking with friends.

## Soror Lauren T.



Soror Lauren Thomas is a well-rounded, knowledgeable, and ambitious business professional who plays an integral part of the growth and development of the business. She is a Manager of a Business Analysis Team with over 10 years of IT and Logistics Industry experience. Her expertise is in analyzing, supporting, and managing the implementation and enhancement of Warehouse Management Systems, as well as overseeing and managing physical Warehouse Distribution Solutions. She is also officially Certified by the Project Management Institute (PMI) in Professional Business Analysis (PMI-PBA) and Project Management (PMP).

Lauren graduated from the University of Memphis in May of 2011 with a BBA in both Business Economics and Management Information Systems; ready to take on a somewhat daunting IT world. She began this journey as an IT Recruiter in college, which prepared her for taking on the highly competitive job market upon graduation. She was able to break into the industry as a Technical Specialist at a private school where she provided general IT Support. From there, she relocated to Nashville, TN where she found and fell in love with the logistics industry. Since then, she's moved from Systems Analysis to Business Analysis, to IT Management, to IT Account Management, and finally onto her current role as the Manager of the Business Analysis Team.

In her personal life, Lauren is very family-oriented and enjoys traveling and making memories with her loved ones. She is based in Nashville, TN and has a 1 ½ year old son, 3 dogs, and a husband: so, there's never a dull moment in the Thomas home! She enjoys volunteering with various groups within the community, photography, and gardening. Recently, she's taken up kickball in a friendly intermural league with her husband and friends.

## Soror Candice W.



Soror Candice is originally from St. Louis, Missouri, but has made Southern Illinois her home since 2002. She is a Southern Illinois University – Carbondale alum, with both her Bachelor and Master degrees, in the studies of Therapeutic Recreation and Rehabilitation Administration. She currently works at Southern Illinois Healthcare as its Non-Emergency Medical Transportation Coordinator. Currently she is working with the Illinois Small Business Development Center at SIUC on developing and launching her gift basket business “Love and Giftiness,” ensuring that each gift basket comes with an abundance of love and intentionality for each customer. Candice’s business, “Love and Giftiness” was officially registered as a certified business with the state of Illinois in April 2022.

Candice has grown her love for participating in new adventures, especially hiking! Southern Illinois has some beautiful hiking spots and Candice has had the pleasure of exposing black women to hiking and appreciating the beauty right in their back yard! Candice has a passion for ensuring that women and men understand they were created for a purpose and that they have something to offer in this world. Candice is excited about being a part of Alpha Kappa Alpha Sorority Incorporated, hoping that this new journey will light a fire in helping her community and growing to become a better woman. For Candice’s self-care time, a few things she enjoys are movies, having fun with friends, visiting local orchards and experiencing new places and things.

## Soror Jasmine W.



Soror Jasmine Williams is a graduate of Southeast Missouri State University. She received her Bachelor of Science degree in Mass Communication with a double emphasis in Public Relations and Television & Film with a Minor in Communication Studies. She currently works as an Associate in Media Relations at Weber Shandwick, a public relations firm in St. Louis, where she supports various corporate and consumer accounts. In addition to working at Weber Shandwick, Jasmine is also a USA Gymnastics Women's Coach. She has been coaching at GT Gymnastics in St. Charles, MO for over 8 years. As a retired gymnast herself, after spending 14 years in the sport, Jasmine now enjoys building bonds with the young girls she coaches and helps them grow into being the best gymnasts that they can be.

Jasmine has a huge family and loves spending time with them during the holidays. She is also an avid binge watcher and loves indulging in dramas, telenovelas, and biopics. While she loves movies, television series holds a special place in her heart, and she hopes to one day have the opportunity to collaborate with one of her favorite shows or production companies. In her free time, Jasmine loves to attend concerts by her favorite artists and travel with friends.

# Wealth Accumulation

## Alpha Kappa Alpha Sorority, Inc. Gamma Kappa Omega Chapter

### Asset Accumulation Questions & Answers

**What is asset accumulation?**  
 Asset Accumulation is something we think of when we ask the question: *what's your net worth*.  
 Your net worth is the value of all your assets... Assets are what you own of value.

**Calculation:** Add up all of these items: your home (paid off), cash in the bank, cash in savings, 401k, cars paid off, jewelry, bonds, stocks, mutual funds, and life insurance payouts... the total value of these is your net worth...  
 Our goal is to get more and more assets and have less and less debt.

**When should I start saving for retirement?**  
 > beginning with your very first day of work.

**How much should go into my retirement pot?**  
 > that will differ per person... for some it could be 3% and some 5-10%... The theory goes that as we age, we pay off debts and have more discretionary income to set aside for retirement.

**What is the benefit to using the snowball method to pay off debt?**  
 > paying off debt from lowest value to greatest value means building up a larger monthly payment on those debt items... thus paying down the principal higher and reducing interest.

**Do I really need the emergency savings fund?**  
 > Absolutely. This should be thought of as a necessary and should be a line item in your budget that you pay to "yourself" ... Although the verbiage says emergency... instances are usually typical, and something is likely to occur within a year.

**How much emergency money is needed?**  
 > The goal is always 4 months of expenses... not income... but expenses you will need to cover

## Alpha Kappa Alpha Sorority, Inc. Gamma Kappa Omega Chapter

### Asset Accumulation Questions & Answers

**Should I save or clear debts?**  
 > In a best-case scenario, one has no bearing on the other. Pay your debts and save... as you pay off your debt save more... the premise of paying off debt to raise credit scores or become more creditable is a way to get hopeful about acquiring more debt which ultimately is not a financially savvy goal

**What is the difference between traditional and Roth IRAs?**  
 > The two main types of IRAs differ mainly in how and when your money is taxed. The tax advantage of a traditional IRA is that your contributions are tax-deductible in the year they are made. The tax advantage of a Roth IRA is that your withdrawals in retirement are not taxed. You should choose the type of IRA that will give you the biggest tax savings: If you expect your tax rate to be higher in retirement, choose a Roth IRA and its delayed tax benefit. If you expect lower rates in retirement, choose a traditional IRA and its upfront tax advantage.

**What is an APR? How does interest rates work?**  
 > APR stands for annual percentage rate. It is the cost of borrowing money... With a factor of increase or decrease from the going rate based on your credit worthiness and collateral. Those deemed to be less credit worthy will be given a higher interest rate for the borrowed funds.

**Do you really need a budget? What are the benefits?**  
 > Yes, budgets are NECESSARY. Those who practice free spending cannot accurately account for their spending versus income earned at any point in time. A budget gives the biggest benefit of answering the equation of: income - expenses = Loss/ Surplus \$\$. . .

**How many credit cards should you have?**  
 > There is no certain quantity of credit cards. Having more than 10% of your income as credit card debt is too high. For total debt: I usually refer back to the back-end ratio that you find when considering a mortgage. These are my go-to. The back-end ratio, also known as the debt-to-income ratio, is a ratio that indicates what portion of a person's monthly income goes toward paying debts. Generally, lenders like to see a back-end ratio that does not exceed 36%.  

$$\text{Back-End Ratio} = (\text{Total monthly debt expense} / \text{Gross monthly income}) \times 100$$

# THANK YOU FOR JOINING US!!

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### Asset Accumulation Questions & Answers

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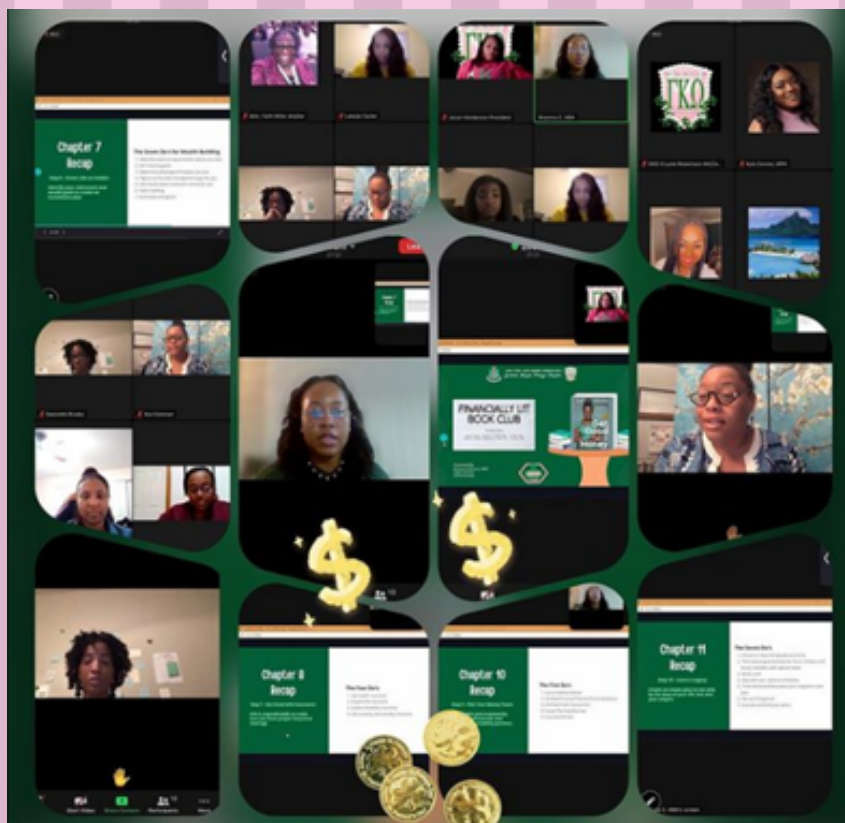
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# Financially Lit Book Club

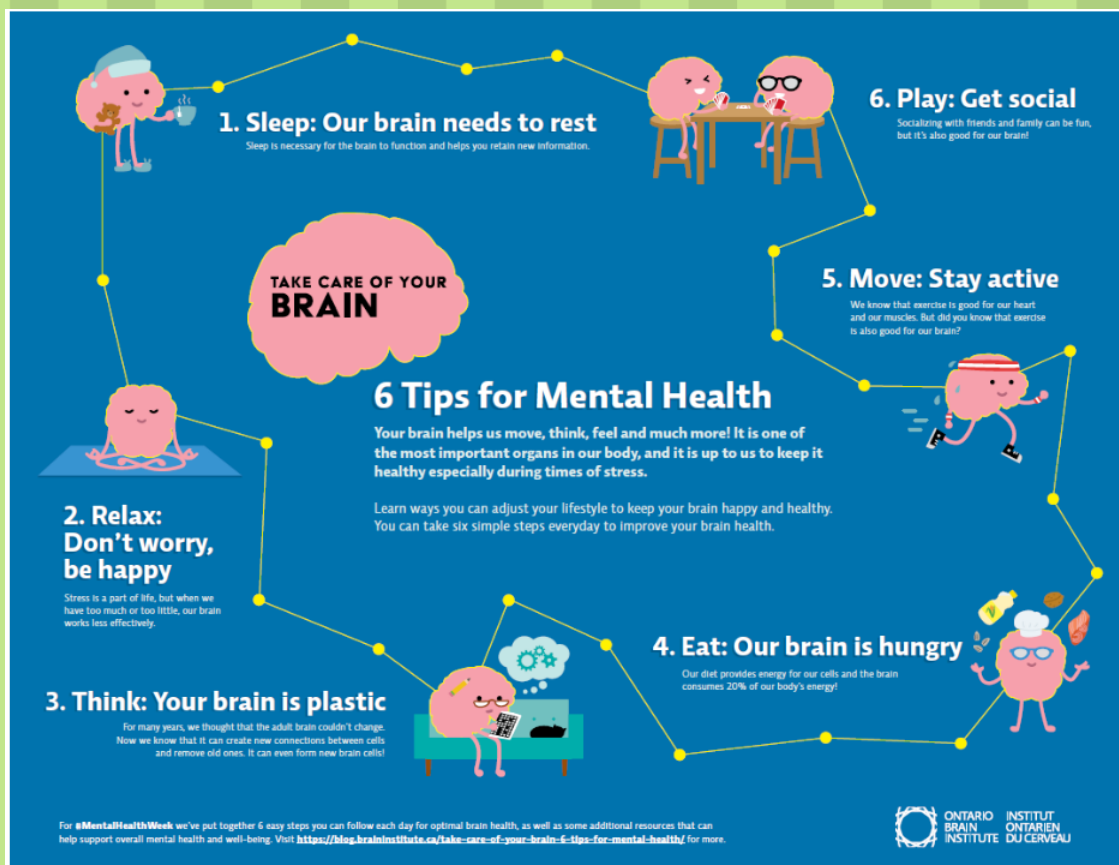


In April, GKO hosted two Financially Lit Book Club sessions, focusing on financial awareness and money management for sorority members and guests. The featured book was 'The Budgetnista' Tiffany Aliche's 'Get Good with Money.'

These sessions were led by Soror Breonna Clemons.

# 'Be Ye Healthy..'

## #CHOOSEHEALTH



# Wellness and Self-Care

## Self-Care BINGO

**MARK ALL THE SELF-CARE ACTIVITIES  
YOU HAVE DONE LATELY.**

WORE A MASK	MEDITATED	YOGA	CREATIVE ACTIVITY	READ A BOOK
COLORING	WENT OUTSIDE	CALLED A FRIEND	VIDEO CHAT	SET BOUNDARIES
DRANK WATER	TURNED OFF MY PHONE	 FREE	JOURNALED	CLEANED MY ROOM
WENT TO SLEEP EARLY	COOKED A HEALTHY MEAL	READ SOME POSITIVE NEWS	VISIT <a href="http://EACHMINDMATTERS.ORG">EACHMINDMATTERS.ORG</a>	FUNNY MOVIE
PRACTICED GRATITUDE	DANCED	LISTENED TO MUSIC	MADE MY BED	CUDDLED MY PET

**#EACHMINDMATTERS**

# Founders' Day Celebration

Members of Gamma Kappa Omega Chapter, Alpha Kappa Alpha Sorority, Inc., and guests celebration Founders' Day 2022 on the campus of SIU in January 2022.



# Scholarship Winners



**Alecia Doyle**  
**\$850**



**Amilia Estrada**  
**\$1,000**



**Jayla Ware**  
**\$850**



**Ayana Frazier**  
**\$750**

*Congratulations to these  
GKO Scholarship winners,  
who share \$6,000 worth of  
funding for their college  
studies!*



**Sarah Rolle**  
**\$850**



**Angelique Spencer**  
**\$600**



**Sarah Brunson**  
**\$500**



**Adah Mays**  
**\$600**

# Chaplain's Corner



## ***"No Soror Left Behind"***

*"So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep on doing it."*

*~ 1 Thessalonians 5:11*

As sisters, we are responsible to each other. We are to include one another in our prayers, events and activities. Even if the person invited is unable to attend an activity, invite her anyway so that we build relationship with each other. When the Bible says, 'no one is left out, no one left behind,' it means that we are in this life together. We are one and there to uplift each other, support each other and pray for each other. As we grow as a chapter, let us connect with one another, leaving no sister behind, second-guessing whether they are indeed a *'part of the body.'*

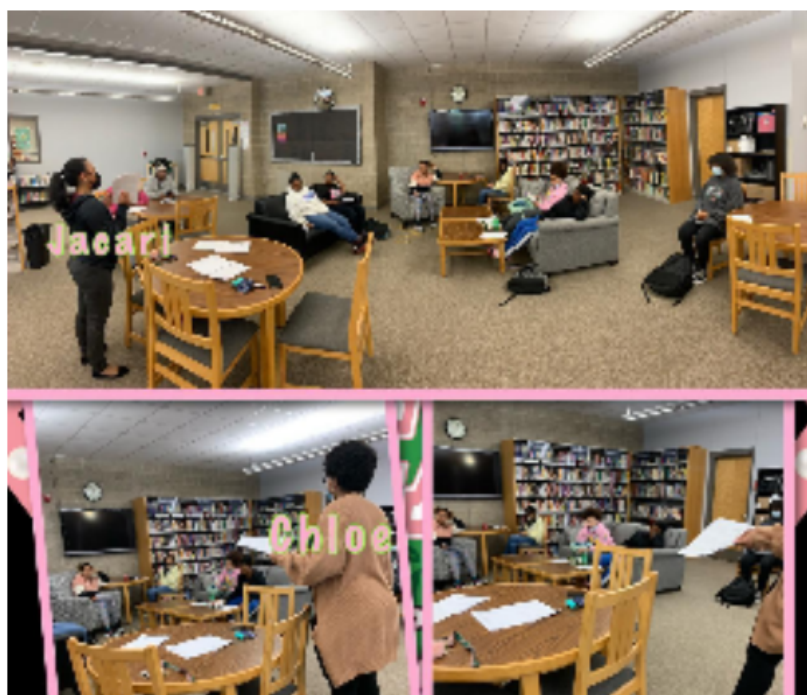
**GKO Prayer Line**  
Dial-in number  
(605) 313-4464; access code 680232

# ***CAP & Junior Ivy League***

## **Youth Mentorship**



### **Jr.Ivy League Financial Literacy**



# ***AKA Sorority Protocol Quiz***

1. Which number Boule is being held In Orlando in July 2022?
2. Who will be installed as the new International Supreme Basileus of Alpha Kappa Alpha Sorority, Inc.?
3. Which AKA member serves as the Boule Coordinator?
4. The national AKA makes the bylaws for each chapter: True or False?
5. Which two members of a chapter should be bonded?

**BONUS:** *Who is the Executive Director of AKA Sorority, Inc.?*

**ANSWERS:** 1.) 70th 2.) Danette Anthony Reed, the sorority's International First Vice President 3.) Executive Director 4.) False; each chapter makes up its own bylaws. 5.) Tamiouschos and Pecunious Grammateus

**BONUS:** Cynthia D. Howell

# Serious Matters

.....

## MAY 2022

- \* **GKO Scholarship Deadline: May 1, 2022**
- \* **Virtual AKA Day at the Capital: May 11, 2022 (9 to 11:30 a.m.)**
- \* **Prayer Call: May 13, 2022**
- \* **May Chapter Meeting: May 14, 2022**
- \* **Mentoring Matters: May 26 @ 7:08 p.m.**
- \* **Prayer Call: May 27, 2022**
- \* **May Newsletter Deadline: May 27, 2022**
- \* **The Butterfly Effect, L.U.P.U.S. Forum: May 31 @ 7:08 p.m.**

## JUNE 2022

- \* **Prayer Call: June 10, 2022**
- \* **Prayer Call: June 24, 2022**
- \* **June Newsletter Deadline: June 27, 2022**

## JULY 2022

- \* **Chapter Sabbatical: No meeting in July**
- \* **Boule: July 10-15: Boule, Orlando, Fla.**
- \* **July Newsletter Deadline: July 27, 2022**

## AUGUST 2022

- \* **Retreat: Date TBA**
- \* **Prayer Call: Friday, Aug. 14**
- \* **Prayer Call: Friday, Aug. 24**

## Newsletter Submissions

We'd love to hear your news for GKO Ivy Newsletter!

The deadline to submit an item to the GKO Ivy Newsletter is the 27th of the month for the next issue. If submitting photos, please identify the event and each person in the photo (from left to right).

Submitted items are to be emailed to: [20PearlsPink@gmail.com](mailto:20PearlsPink@gmail.com).