



Purpose

- To stimulate professional growth among teachers.
- To foster a true spirit of sisterhood.
- To promote the highest ideals of the teaching profession.
- To encourage the development of the potential of our youth

Chapter Officers

Basileus **Gwendolyn L. Jackson**
 1st Anti-Basileus **Perry L. Jackson**
 2nd Anti-Basileus **Mary E. Ennon**
 3rd Anti-Basileus **Stacey Abdul-Qawi**
 Grammateus **Gail Andrew**
 Epistoleus **Francenia Britton-Sheppert**
 Tamiouchos **Diana Ondande**
 Tamias **Shawnte Williams**
 Properties **Doreen Bryant**
 Executive Advisor **Sandra Webster**
 Parliamentarian **Verna Sims**

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As we continued to work diligently on our Y.E.S. Program, Alpha Chapter Youth Advisors were busy with our young men and women achieving awards at the Eastern Regional Youth Leadership Conference held March 17-19, 2017 in Virginia Beach, VA with awards given in the areas of Oratorical, Dance, Scholar of the Year, and Art.

We held our annual Scholarship Luncheon at the Greycliff in Moonachie, N.J. It was well attended by the membership, Hub parents and friends, and was quite successful.

During the month of April, the Sorors attended the 77th Eastern Regional Conference held in Princeton, N.J. April 20-23, 2017 hosted by Pi Chapter of Trenton, NJ. The Westin Princeton Forrestal Village was the venue and the theme was, "Reprioritizing Education to Close the Achievement Gap." What a fabulous weekend as we rekindled friendships, reviewed the duties of Administrative Officers, fiscal responsibilities, and the role of Leadership.

Thursday, April 20, the Basilei Institute was held with an introduction by the Eastern Regional Director, Soror Noreen Little, followed by Hospitality and Karaoke. Friday, April 21 the Leadership Institute convened with the ER Director discussing "Membership" and the problems /solutions of recruiting and retaining members.



Delegates, G. Jackson and P. Jackson

Moving Along, Swiftly

Soror Sandra Webster then presented a workshop on the Basic Leadership Qualities that we should recognize in all of us our strengths, limitations, and attitude. She helped us develop a "Tool Box" of Plans for effective leadership, and responsibilities. Other officers provided information on their office; duties and responsibilities.

Soror Ennon provided a power point presentation on Membership. In the afternoon, I attended the Literacy Luncheon along with Sorors Perry Jackson and Anona Huntley. Alpha Chapter donated 38 books to the Paul Roberson Elementary School in Trenton, NJ. We heard an aspiring message from Author, Fila Antwine on Leadership, Love, and Life.

The afternoon continued with various Professional Development Workshops followed by the RAP Dinner with the charge for the evening to discuss at each table, "What Does E.S.S.A. (Every Student Succeeds Act) Spell in your State?" Every table was given a chance to respond after two Sorors explained what E.S.S.A means in the state of New Jersey and North Carolina.

The First Plenary Session began Friday evening. Reports were given by the Financial Officers, the Audit Committee, Regional Retreat, Perpetual Scholarship and others.

Saturday, April 22, voting took place early in the morning for the delegates, and all members attended the Vital

Issues Breakfast at 8:00am. We were welcomed by Pi Chapter's Basileus, entertained by the Eastern Regional Choruses, and given the message of the day from the guest speaker, Congresswoman Bonnie Watson Coleman. She was powerful and quite candid in her delivery on Education and Women's Issues. This was followed by Professional Development Workshops. Later in the day, the second Plenary Session began with roll call, Credentials Report, Marshall's Report, and Election Results, with our own Anona Huntley winning the position of Member-At-Large. Other reports included: Amenities, ERFRS, and Recommendations. The candidates for various National Offices were Introduced and given time to speak to the assembly. Soror Gwendolyn Watts, Conclave Coordinator, provided an update to the ER Chapters on the Activities to be presented at the Conclave in a tribute to our outgoing Supreme Basileus, Soror Charlotte Williams.

On Saturday night, the Awards Banquet was held as the sorors and Anthropos were dressed in a beautiful array of colors and styles and the Anthropos serenading the sorors. The Activity Book award was presented to Alpha Chapter for 1st Place. Congratulations to Soror Sandra Webster and Committee. After the festivities, chapter pictures were taken, announcements given, and then the musical entertainment began.



New sorors enjoying Rap Dinner



Sorors at the Vital Issues Breakfast

Through the Eyes of the New Soror Tamika Pollins



The newest Sorors of Alpha Chapter had the opportunity to experience their first Eastern Regional Conference April 21-23 in Princeton, NJ. Sorors Erin Murphy-Richardson, Donna Scott-Motley and Tamika Pollins (The

Tenacious Trio) had the opportunity to embrace all that the Sisterhood had to offer during our Eastern Regional Conference. They captured themselves in daily "selfies" and even talked our Basileus into taking one. They took part in multiple wardrobe changes, workshops, the Rap

Dinner, and enjoyed the Saturday evening banquet and participated in the Torch Lighting Ritual for the first time. It was exciting to watch them take it all in and it was a pleasure to see the experience through their fresh eyes.



Alpha Chapter's Annual Scholarship Luncheon



Esteemed Founders

Gladys C. Nunery, Julia A. Barnes, (Mother Founder) Gladys M. Ross, Florence S. Hunt, Ella W. Butler, Marguerite Gross, Mildred M. Williams

Not Shown- Edna McConnell

*All are in Omega Chapter

Important Dates

94th Anniversary Founders' Day
May 21, 2017

94th Anniversary Conclave
July 15-20, 2017, Little Rock, AR;
Gamma Nu Chapter, hosting

Alpha News

Editor:

Soror Mary E. Ennon

Contributors:

Basileus Gwendolyn Jackson,
Sorors Adrienne Lofton,
Tamika Pollins, Rhonda Baskerville



Alpha Chapter held its annual Marie Bagby Scholarship Citation Luncheon and Fashion Show Saturday, March 11, 2017 at The Graycliff in Moonachie, New Jersey with approximately 300 people in attendance. Our theme, **"Building Relationships By Bridging School and Community Service,"** continues to resonate with the chapter's Youth, Education and Service (Y.E.S.) components as well as the connection it has to the community.

Citations were awarded. Ms Rebecca Posey received the Distinctive Educator Citation, Mr. Horace Kinnard, was awarded a citation for Community Service and Jeremiah Sheppert received an Outstanding Youth Award. The chapter's First Place

scholarship winner, Paulette Alexander Ethridge will receive the final payment of her continuing award for four years of \$1000. The 2017 Second Place scholarship Ashley Coates received \$1,500 and Third Place winner Ronald Cerene Washington was awarded \$1,000. Each recipient who attended with their mother, extended their gratitude to the sorority for their awards.

Another highlight of the afternoon along was the giving away of beautiful raffle items to several lucky winners and a stunning Money Hat. Additionally, visiting guests were entertained with a spectacular fashion show by Dressed To A "T".



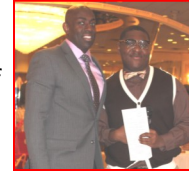
Basileus Gwendolyn Jackson with ER Director Noreen



2nd and 3rd place scholarship recipients with their moms, Eastern Regional Director Noreen Little, Basileus Gwendolyn Jackson and Scholarship chairperson Mary Webb-Miller



Alpha Xinos Danielle Jenkins presented the biography of Ms Posey, a Fashion Design Instructor and Dept. Coordinator at Henry Snyder High School.



Alpha Kudos David Ondande presented the biography of Mr. Kinnard, owner of Top Hat & Tails, a men's fine clothing and tuxedo rental shop.



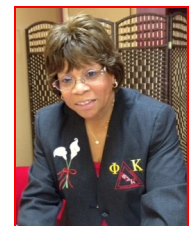
Alpha Kudos Trevon Young presented Jeremiah Sheppert, a graduating senior at Don Bosco Preparatory High School.

We're Moving Along Swiftly con't from page 1

On Sunday, April 23, the morning service was uplifting as we worshipped together, enjoyed the Liturgical Dance, and Listened attentively to the message by Rev. Stephanie C. Merryfield which emphasized recognition of the giftedness and identity of the learner. The third and final Plenary Session convened with remarks by our Supreme Basileus and the ER Director. Meditation hour for the ill and deceased so-

rorors was conducted followed by the Ritualistic Ceremony.

I would like to commend all 21 Alpha sorors who attended the Eastern Regional Conference. Thank you for supporting our chapter by your attendance and participation. Kudos to our three new members as well as our first time attendees as they became familiar with some of the duties and responsibilities of the Eastern Region.



Sisterly, Gwendolyn L. Jackson
Basileus

Gifts and Good Will Soror Adrienne Lofton

Sorors celebrating birthdays in the month of April are: Sorors Apryl Sneed, 4/18, Mary Webb-Miller, 4/18 and Monica Johnson, 4/23.

Birthday celebrations for the month of May include the following: Sorors Cynthia Jones, 5/1; Doreen Bryant, 5/28

No Birthday celebrations for June

Send condolences to Soror Joan Christian Alpha Zeta Chapter on the loss of her brother, to Beta Chapter on passing of Soror Mattie Coates.

Send prayerful thoughts to Soror Mary Ennon and Lavetta Ross on the loss of their sister and aunt; to Delta Pi Chapter on the passing of

Soror Lorraine Williams.; to Soror Santana Upshaw, Eta Chapter on the passing of her mother.

Congratulations to Eta Chapter on the celebration of their 90th Anniversary and to Basileus Jarian Graham on receiving the Community Service Award.

A Bit of African American History



Lois Mailou Jones was born in Boston in 1905. Her mother was a beautician, her father a building superintendent who became a lawyer. In high school Jones took evening drawing classes at Boston's Museum of Fine Arts and had

her first solo show at 17 on Martha's Vineyard in Massachusetts. There she met the sculptor Meta Vaux Warrick Fuller, who encouraged her ambitions.

After completing graduate studies in art and design in Boston, and then a period of time teaching art at Palmer Memorial Institute in Sedalia, N.C., Ms. Jones joined the faculty of Howard University in 1930. The next year, her work was included in the biennial exhibition of the Corcoran Gallery of Art in Washington. It was the first of several appearances at the Corcoran and in other group shows, though Ms. Jones said that early on she asked white friends to deliver her paintings to exhibitions, after having

had an award rescinded when it was discovered that she was black.

In 1934, while attending a summer session at Columbia University, she was exposed to the cultural life of Harlem, and began studying the African masks that would become central to her best-known paintings. In 1937, she received a fellowship to travel to Europe. She studied in Paris for a year and produced one of her most widely exhibited paintings, an image of five African masks rendered in a modernist style. The work has become an emblem of black American self-identity and is on view in the exhibition "Rhapsodies in Black: Art of the Harlem Renaissance" at the Corcoran Gallery, where a small memorial show of the artist's work has been organized.

After marrying the Haitian artist Louis Vergniaud Pierre-Noel in 1953, Ms. Jones visited Haiti frequently, and in the 1960's and '70's she traveled in Africa. There she interviewed contemporary artists as part of a project sponsored by Howard University titled "The Black Visual Artists," for which she also documented the essence of both Haitian and African themes which

were crucial to her work at Howard University and elsewhere. She instructed generations of black artists, among them the contemporary work of artists in the Caribbean and the United States work. Throughout these years, Ms. Jones taught at sculptor Martha Jackson-Jarvis and the painter and collagist David C. Driskell, and some of whom, like Mr. Driskell, are also teachers.

Ms. Jones retired as professor emeritus from Howard in 1977 but continued her career as an artist and lecturer, and exhibited in the United States, Europe and Asia. In 1980, she was one of 10 African-American artists honored by President Jimmy Carter for outstanding achievement in the arts, and she received honorary degrees from several American colleges and universities. Her work is in numerous public collections, among them are the National Museum of American Art, the Metropolitan Museum of Art, the Hirshhorn Museum in Washington and the Museum of Fine Art. She passed at the age of 92 in June 1998.

Caregiving-Treatable Conditions That Can Be Mistaken for Alzheimer's Disease (Part 1)

Not all memory loss is Alzheimer's or dementia, but don't ignore the signs. With headlines trumpeting the rising rates of Alzheimer's disease diagnoses — the Alzheimer's Association estimates that the number of people living with the disease will grow from 5 million today to 16 million by 2050 .

1. Could it be normal pressure hydrocephalus (NPH) Symptoms were caused by a gradual buildup of spinal fluid in the brain, which results in swelling and pressure that over time can damage brain tissue.

Diagnosis/treatment: See a neurologist for a complete physical and medical history. A CT scan, MRI or spinal tap can verify the diagnosis. A shunt surgically inserted into the brain can drain fluid and usually corrects the situation.

2. Could it be the medication?

Because the body metabolizes and eliminates medication less efficiently as we age, drugs can build up and cause memory glitches and other side effects that look very similar to Alzheimer's disease. The most

likely culprits are narcotic painkillers (opioids); benzodiazepines used for sleep and anxiety; steroids; and muscle relaxants used after injury.

Diagnosis/treatment: Tell your doctor about every drug you take, including supplements. If troublesome symptoms develop after starting a medication, you may be having a bad reaction. Don't just stop taking your meds, but ask your doctor about options. The American Geriatrics Society publishes the Beers Criteria, a list of drugs that should be used with caution, or not at all, by older people .

3. Could it be depression? It's a complicated calculus, Agronin says: "Severe depression can sometimes cause a syndrome of cognitive impairment known as pseudodementia. When the depression is treated, the cognitive impairment improves. But those individuals have a higher risk of actually developing a dementia such as Alzheimer's disease in the next few years.

Diagnosis/treatment: Get evaluated for depression by a psychiatrist, neurologist or geriatrician affiliated with

a memory disorder clinic or major medical center.

Depression isn't something you can "just snap out of," but it can be treated successfully with medication, regular exercise, cognitive therapy and stress-reduction techniques such as meditation, yoga or prayer.

4. Could it be a urinary tract infection (UTI)? UTIs are caused by bacteria building up in the bladder, leading to infections. They're often missed in older people because seniors rarely have the typical symptoms of a high fever or pain. Instead, there may be sudden memory problems, confusion, delirium, dizziness, agitation or even hallucinations. But Agronin notes that UTI-induced confusion is most likely to occur in people who already have dementia. Healthy people rarely have this reaction.

Diagnosis/treatment: Most urinary tract infections are easily treated with antibiotics, lots of fluids, a healthy diet and rest.

Information by Christina Lanzito, AARP, Dr. Marc Agronin

Mary Beatrice Kenner invented the **Sanitary Belt** and the **Sanitary Belt with Moisture proof Napkin Pocket** and received patents in the 1950s. She invented the **Carrier Attachment for Invalid Walker** and received a patent in 1976. She also, invented the **Bathroom Tissue Holder** for which she received a patent in 1982.

The **Foot Warmer** was invented by J. A. Thompson, Jr. for which he was given a patent May 1946. On December 6, 1932, Richard B. Spikes received a patent for his invention, the **Automatic Gear Shift**. Phil Brooks was given a patent on April 9, 1974 for a **disposable syringe**. A syringe is a simple pump

African American Inventors

consisting of a plunger that fits tightly in a tube. The plunger can be pulled and pushed along inside a cylindrical tube (called a barrel), allowing the syringe to take in and expel a liquid or gas through an orifice at the open end of the tube.

Carol C. Randall invented the **Ear Brace** (or Ear Clips) to be used in beauty salons and also invented a **Holder for Tissues** for which she was given patents in 1981 and 1982.

Because she knew that people didn't like their hair getting wet, Maine Snowden invented the **Rain Hat** and received a patent for it in April 1983.



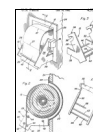
Foot Warmer



Bathroom Tissue Holder



Disposable Syringe



Rain Hat

2017 Youth Leadership Conference Soror Rhonda Baskerville

On March 17, 2017, the Alpha Xinos, Kudos, Hub Parents, and Advisors traveled to the Holiday Inn in Virginia Beach, Virginia, for the 69th Eastern Region Xinos/Kudos Youth Leadership Conference hosted by Alpha Lambda Chapter. The host chapter, with support from nearby sister chapters and chapter volunteers, registered everyone quickly and provided keys to the rooms.

Prior to getting dressed, a select group of Xinos and Kudos prepared banners for Alpha Chapter for the Parade of Seniors to be held on Saturday evening during the banquet. On Friday night the Xinos and Kudos entered the banquet hall adorned in their colors, prepared for the highlights of the evening. Following dinner on Friday evening, the competitions were ready to begin. Xinos Danielle Jenkins and Kudos Jeremiah Sheppert represented the youth in the Oratorical competition, where they both eloquently addressed the theme for the weekend, **“The Challenges and Preparation for Future Leadership in a Diverse Society.”** At the conclusion of the Oratorical competition, temperatures started to rise as the Xinos and Kudos prepared to start the show in the Step Competition. Both the Xinos and Kudos left their hearts on the floor that evening as they stepped with energy, confidence and precision. As the midnight hour drew near, Senior Xinos and Kudos had an opportunity to enjoy a Senior Meet and Greet with music, dancing, and food, while Xinos Kenya Woodson and Kudos

Brandon Williamson collaborated with the Eastern Region Xinos/Kudos Unity Step Team in preparation for the Saturday afternoon show.

Saturday morning began with Xinos and Kudos, dressed in their business attire, respectfully wearing their colors. They moved to their educational workshops after finishing a country breakfast. At the conclusion of the workshops, lunch, which consisted of sandwiches and salad was served. During lunch, the youth were challenged to sit anywhere in the room, and interact in a session known as “Table Talk”. Students had various questions at their table which allowed them to intermingle and discuss their thoughts in an intelligent manner with other youth in the region. Following that, Xinos Makayla Abraham and Kudos Daniel Jenkins prepared for the Talent Show. Makayla sang while Daniel tap danced his way into the audience’s hearts! After the talent competition, the Unity Step Show drew a crowd all around the perimeter of the floor. Realizing there was extra time to spare, the Xinos and Kudos were allowed to leave the banquet hall early to prepare for the Awards Banquet.

Elegance was redefined Saturday evening as the Alpha Xinos, adorned in a spa colored blue, awaited the handsome and dapper Alpha Kudos in white tuxedos with black pants and spa colored accessories. They looked utterly amazing! After taking pictures the young ladies and gentlemen anxiously entered the banquet area awaiting the results of the weekend’s

events.

Xinos Danielle Jenkins tied for first place for the Oratorical Contest receiving a trophy and \$500, Kudos Daniel Jenkins won first place for dance in the talent Competition, and Kudos Jeremiah Sheppert was awarded second place for Scholar of the Year. Alpha Kudos scrapbook was awarded third place, and Xinos Zi’Mia Serrano won third place for the Art Competition.

A parade of Senior Xinos and Kudos around the room along with the presidents of each chapter’s youth group was followed by a lovely party. The evening concluded with the solemn torch lighting service.

Sunday morning began with a continental breakfast followed by worship service and an invitation to the 2018 Eastern Region Youth Leadership Conference to be hosted by Alpha Pi Chapter in Dover, Delaware.

The bus was packed for our departure, but the group made one pit stop at the Golden Corral for a hearty lunch/early dinner. By the time everyone reached Jersey City, parents were elated to see their children and take them home.

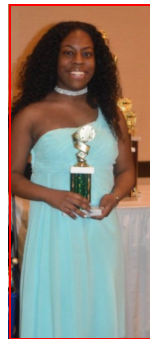
Overall, everyone had a wonderful experience. Special thanks to the hub parents who attended and worked tirelessly with the young people as well as the advisors for a great, reward-filled weekend.



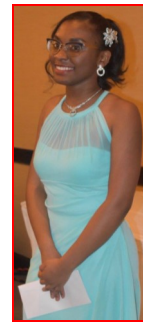
Chapter Banners for the Parade of Seniors



**Daniel Jenkins
1st Place Talent
Tap Dance**



**Zi’Mia Serrano won
Third place for the
Art Competition.**



**Danielle Jenkins
tied for 1st Place,
Oratorical Contest**



**Jeremiah Sheppert received
2nd Place for
Scholar of the Year**



**Hub Parents in attendance and Youth Advisors
enjoying the Saturday evening events**



**Spa colored blue was the evening attire for Alpha’s youth at the banquet.
The young ladies looked beautiful and their Kudos brothers were as
handsome as could be**



**Kudos received 3rd Place
for their scrapbook**