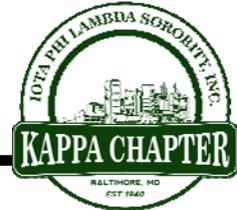


KAPPA CONNECTIONS



**2018
Executive Committee**

President:

Doris Browning Austin, Ph.D.

1st VP:

Nona G. Diggs

2nd VP:

Lorraine T. Kellum

Recording Secretary:

Sandra LaKay Biles

Correspondence Secretary:

Jessica Dickerson

Financial Secretary:

Constance Blake-Parker

Treasurer:

Margaret Selby

Dean of Intake:

Sherry Jones

***KAPPA welcomes it's
newest member
Carol Mackey!***



KAPPA CHAPTER HOSTS INAUGURAL BUSINESS PITCH COMPETITION AND VIDEO SERIES FEATURING LOCAL SMALL BUSINESS OWNERS

In celebration of April's National Business Month, Kappa Chapter hosted their first Business Pitch Competition at OpenWorks Baltimore. The business competition was designed to offer a \$1,000 award and to provide mentorship opportunities to applicants and promote the organization's rich history of inspiring generations of business professionals. "In 1929, right before the great depression, Iota Phi Lambda was founded to support the ingenuity of African-American business and professional women," said Awanya Anglin-Brodie, event chairwoman. "This competition honors the core vision of our founder, Lola Mercedes Parker, who believed that strong business leaders build stable communities."

Sixteen year old Tania Speaks, CEO of Brow Boost, won first place in this year's competition. To learn more about Tania and Brow Boost, visit browboostgel.com. The competition was sponsored by PNC Bank.

Nationally, the organization's business month activities focus on efforts to stimulate interest in business education and give recognition to those who have made outstanding achievements in the field of business. This year, Kappa Chapter honored Eric and Nesley Duppins, CEOs of Over The Top Events and Catering as 2018 Entrepreneurs of the Year and Frank McNeil as the 2018 Fannie B. Poulson Community Service Award recipient.

Kappa also created a video series on the chapter's website, throughout the month of April, highlighting local businesses. The videos can be seen throughout the year at iota1929kappa.org.



2018 Pitch Competition Winner Tania Speaks (c)



2018 Fannie B. Poulson Community Service Award Recipient Frank McNeil (2nd left)



2018 Entrepreneur of the Year Award Recipients, Nesley and Eric Duppins (3rd and 4th from left)



SavvyBizBuilder.com creator Tonya R. Taylor (l) being interviewed by Soror Sarita C. Durant for on line video series

UPCOMING EVENTS

May 17-20

81st Eastern Regional Conference
Glen Allen, Virginia

June 1

Iota Phi Lambda Sorority, Inc.
Founders' Day Celebration
Radisson at Cross Keys

June 2

National Harbor Bus Trip Fundraiser
Leaving from Catonsville Park & Ride

July 28

Kappa Chapter Charter Day Cabaret
St. Bernardines, Harcum Hall

KAPPA SPOTLIGHT

“I was impressed that the organization stood for and encouraged African-American entrepreneurs.”

- Soror Darcell Graham

KAPPA Soror Darcell Graham was recently promoted to the position of Chief of the Collections and Access Services Division of the Enoch Pratt Free Library.

In her new role, Soror Graham will represent the library to public, academic, and K12 library administrators/CEOs throughout the state of Maryland. Soror Graham began her career at the Pratt Library in 1998 as a secretary and worked her way up to management levels.

The University of Baltimore graduate has a bachelors degree in Finance and a masters degree in Library and Information Science from the University of Pittsburgh.

“Iota is an organization that gives back to the community,” Soror Graham said. “I was impressed that the organization stood for and encouraged African-American entrepreneurs.”

During her tenure in the organization she has served locally as chapter financial secretary and treasurer where she has worked to introduce secure and efficient ways for the chapter to manage their finances utilizing online payment systems.

Soror Graham joined Iota Phi Lambda, KAPPA Chapter in 2008.



Soror Darcell Graham

HEALTH NEWS: CELIAC DISEASE

WHAT IS CELIAC DISEASE?

Celiac disease is a digestive disorder that damages the small intestine. The disease is triggered by eating foods containing gluten. Gluten is a protein found naturally in wheat, barley, and rye, and is common in foods such as bread, pasta, cookies, and cakes. Many pre-packaged foods, lip balms and lipsticks, hair and skin products, toothpastes, vitamin and nutrient supplements, and, rarely, medicines, contain gluten.

Celiac disease can be very serious. The disease can cause long-lasting digestive problems and keep your body from getting all the nutrients it needs. Celiac disease can also affect the body outside the intestine.

Celiac disease is different from gluten sensitivity or wheat intolerance. If you have gluten sensitivity, you may have symptoms similar to those of celiac disease, such as abdominal pain and tiredness. Unlike celiac disease, gluten sensitivity does not damage the small intestine.

Celiac disease is also different from a wheat allergy. In both cases, your body's immune system reacts to wheat. However, some symptoms in wheat allergies, such as having itchy eyes or a hard time breathing, are different from celiac disease. Wheat allergies also do not cause long-term damage to the small intestine.¹

HOW COMMON IS CELIAC DISEASE?

As many as one in 141 Americans has celiac disease, although most don't know it.²

WHO IS MORE LIKELY TO DEVELOP CELIAC DISEASE?

Although celiac disease affects children and adults in all parts of the world, the disease is more common in Caucasians and more often diagnosed in females. You are more likely to develop celiac disease if someone in your family has the disease. Celiac disease also is more common among people with

certain other diseases, such as Down syndrome, Turner syndrome, and type 1 diabetes.

WHAT OTHER HEALTH PROBLEMS DO PEOPLE WITH CELIAC DISEASE HAVE?

If you have celiac disease, you also may be at risk for

- Addison's disease
- Hashimoto's disease
- primary biliary cirrhosis
- type 1 diabetes

WHAT ARE THE COMPLICATIONS OF CELIAC DISEASE?

Long-term complications of celiac disease include:

- malnutrition, a condition in which you don't get enough vitamins, minerals, and other nutrients you need to be healthy
- accelerated osteoporosis or bone softening, known as osteomalacia
- nervous system problems
- problems related to reproduction

Rare complications can include:

- intestinal cancer
- liver diseases
- lymphoma, a cancer of part of the immune system called the lymph system that includes the gut

In rare cases, you may continue to have trouble absorbing nutrients even though you have been following a strict gluten-free diet. If you have this condition, called refractory celiac disease, your intestines are severely damaged and can't heal. You may need to receive nutrients through an IV.

What is Celiac Disease? National Institute of Diabetes and Digestive and Kidney Diseases website. <https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/definition-facts>. Updated June 2016. Accessed April 5, 2018