

GKO IVY TIMES

The Official Newsletter of AKA Gamma Kappa Omega Chapter

President's Message

Happy May!!

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, Asian-Pacific Heritage Month and Mother's Day.

As we observe Asian Pacific American Heritage Month ~ an annual celebration of achievements by Asian Pacific Americans in the United States ~ we reflect on and stand in solidarity against the rising discriminatory acts against our Asian American brothers and sisters. Rest in Peace to those who were tragically killed in March in Atlanta. Let's embrace one another's differences.

May is a month full of opportunities to engage, educate yourself, take care of your mental health and advocate on the behalf of others.

This May, GKO will be highlighting several workshops focusing on equipping others with the knowledge, skills and access to such topics as fiscal fitness, good mental health, positive relationship-building with other women, celebrating

(continued on page x)



MENTAL HEALTH MATTERS



GKO IN ACTION

Scholarship Deadline: May 5

Chapter Meeting: May 8

Mother's Day: May 9

Lupus Awareness, pages 12-14

MENTAL HEALTH MATTERS

Join the conversation and learn ways you need to self-care.



BONDS THAT CAN'T BE BROKEN

Join Gamma Kappa Omega for our Mothers and Daughters' event via Zoom on May 22.

POPCORN SUCCE\$\$\$



Congratulations, GJKO!

*** You did that! ***

*Congratulations on your PHENOMENAL sales
with our Popcorn fundraiser, in which you
raised more than \$6,000 for
our chapter projects!*

SORORS ON THE MOVE

Sorors On The Move "celebrates our Sorors who have gained recognition or accomplishments on their jobs or in their respective careers.



This month, we celebrate **Soror Mia**, who will be graduating with her Masters in Higher Education from SIUC. Soror Mia, we wish you well in professional endeavors. Best of luck, Soror, and congratulations!

Congratulations to Soror Stephanie, who recently was hired as the Media & Communications Specialist for a 3,200-student, pre-K to 8th grade school district about an hour north of Chicago. Soror Stephanie, we wish you luck in your professional endeavors, and we will miss you!



President's Message *(continued)*

and celebrating Mothers.

I challenge you all to dig deep into some areas you would like to grow in or serve in or communities for which you want to advocate. Let your voices be heard and your actions be 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!

Sisterly,
Jacari Henderson, President

SPOTLIGHT

Sorors of the Month

Soror Candace works diligently behind-the-scenes to assure that GKO's Arts continue to shine in fundraising and programming events and assists the chapter to continue to move GKO forward.

Soror Candace takes the initiative to assist in spearheading programming without having to be asked and serves selflessly. Candace, GKO appreciates your sacrifices and efforts.

Keep up the great work.

We see you, admire you and acknowledge you!



Soror Darryelle has been present and actively serving as Second Anti-Basileus.

She has been doing a phenomenal job in leading in her new role and engaging other Sorors in GKO. Darryelle leads the pack in supporting our fundraising initiatives to support our scholarships. Darryelle, GKO appreciates your sacrifices and efforts.

Keep up the great work!

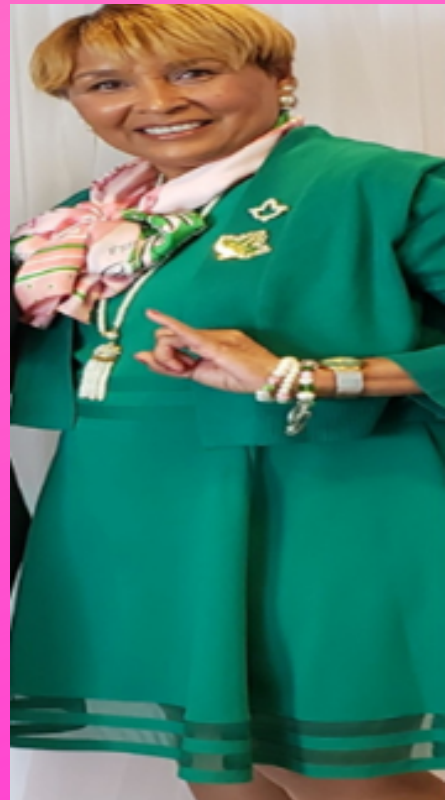
We see you, admire you and acknowledge you!!

Happy BIRTHDAY

May Beauties



Soror Cheryl ~ May 1
Soror Marilyn ~ May 14
Soror Rodnisha ~ May 22
Soror Markea ~ May 25



Happy **AKAVERSARY**



Soror Joyce Hayes
May 5
46th AKAversary



Soror Cheryl Walton
May 5
42nd AKAversary



Soror Brandi
Soror Breonna
Soror Candace
Soror Charna
Soror Jessica
Soror Kaycee
Soror Micah
Soror Monica
Soror Raven
May 5
2nd AKAversary

80 Years of Sisterhood

80 Years of Service & Sisterhood



Soror Joyce Hayes
May 5
46th AKAversary



Sisterhood Conversation Through The Years

Sorors Jacari, Shanita and Cerra interview Soror Barlowe and Soror Hayes about their early years in Gamma Kappa Omega Chapter. Watch their interview on the Chapter's YouTube channel.

Gamma Kappa Omega Leading and Winning In Excellence



Gamma Kappa Omega Leading and Winning In Excellence



Gamma Kappa Omega Commands Attention at the 87th CRC



Target 2: Women's Healthcare and Wellness

GRADUATE ~ MEDIUM CHAPTER

WINNER

GAMMA KAPPA OMEGA



Target 3: Building Your Economic Legacy

GRADUATE ~ MEDIUM CHAPTER

WINNER

GAMMA KAPPA OMEGA

Gamma Kappa Omega Commands Attention at the 87th CRC

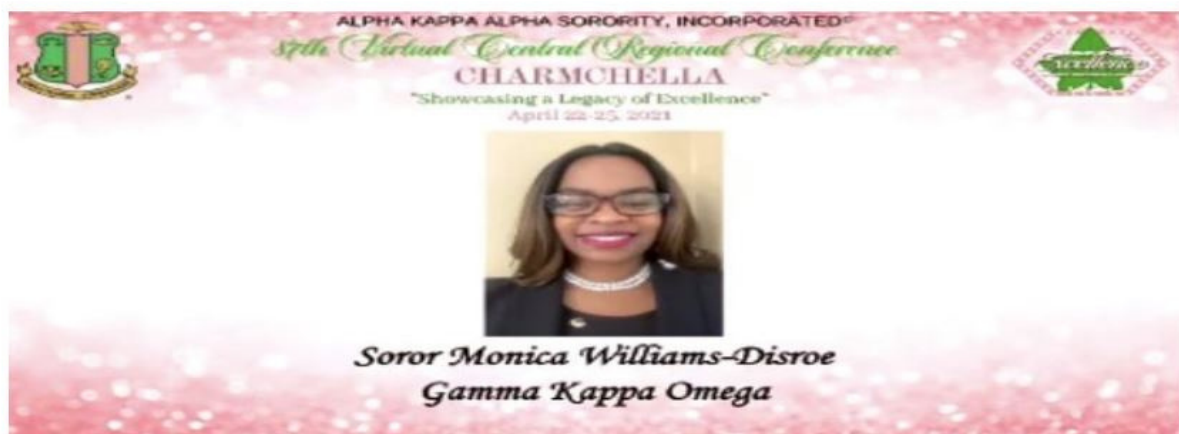


Target 5: Global Impact

GRADUATE ~ MEDIUM CHAPTER

RUNNER-UP

GAMMA KAPPA OMEGA



Gamma Kappa Omega Commands Attention at the 87th CRC



Kathy A. Walker Steele **OUTSTANDING SISTERLY RELATIONS AWARD**



KATHY A WALKER STEELE OUTSTANDING GRADUATE SISTERLY RELATIONS AWARD

RUNNER-UP SOROR JACARI HENDERSON *Gamma Kappa Omega Chapter*

*Congratulations,
Soror Jacari Henderson,
named a Runner-Up for
the Outstanding Sisterly Relations Award!*

Gamma Kappa Omega Commands Attention at the 87th CRC

AKA TECH-WORKSHOP: ZOOM EDITION




CARBONDALE
public library

Navigating Zoom

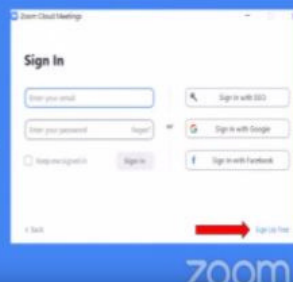
Jennifer Robertson
Adult Program Librarian
Carbondale Public Library

Agenda

- Overview of Zoom
- How to Begin with Zoom
- Meeting Controls
- Webinars
- Using the Zoom Website
- Troubleshooting Tips
- Q&A

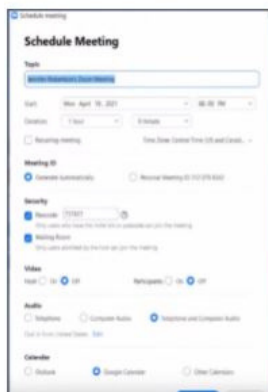
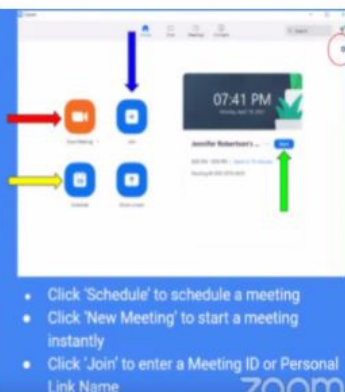
How to Start Using Zoom

- Create a Zoom account on a desktop or mobile device
- Download the app on your device (desktop app or mobile app)
- <https://zoom.us/download> or app store
- App will automatically download when you join a meeting from an invitation



What is Zoom?

- Zoom is a cloud-based video conferencing tool
- Host one-on-one or larger meetings or webinars
- Can be used on mobile devices, desktop computers, telephones, and room systems
- Brings communities, groups, and teams together

- Click 'Schedule' to schedule a meeting
- Click 'New Meeting' to start a meeting instantly
- Click 'Join' to enter a Meeting ID or Personal Link Name

Thank you!

Contact me:

Jennifer Robertson
Carbondale Public Library
(618) 457-0354 ext. 4
jrobertson@carbondale.lib.il.us
carbondalepubliclibrary.org



Gamma Kappa Omega Commands Attention at the 87th CRC

87 Virtual CRC



Mental Health Awareness Month



Be well!

Learn more by visiting:

<https://efr.org/2020/11/06/mental-health-month-tips/>



Mental Health Forum

May 6, 2021

Via Zoom



ALPHA KAPPA ALPHA SORORITY INCORPORATED®
Gamma Kappa Omega Chapter





**MENTAL HEALTH
MINDFULNESS.**



**MENTAL
HEALTH
FORUM**

SPEAKERS:

DR. COURTNEY BODDIE
ASSOCIATE DEAN OF STUDENTS FOR D&I
DIRECTOR OF COUNSELING SERVICES
SUE

DR. MARQUITTA BOWMAN
DRUG & ALCOHOL ABUSE COUNSELOR

JARIAH HENDERSON
CLINICAL SUPERVISOR
GATEWAY FOUNDATION

**5/06/2021
7:08 PM
ZOOM**

FIVE TIPS TO

IMPROVE YOUR MENTAL HEALTH



PHYSICAL

Exercise (think "baby steps"... even a short walk helps), drink lots of water, see your doctor, eat foods that make you healthier, take time to stretch throughout the day



MINDFUL

Try yoga, meditation, make a list of three things you are grateful for, engage in random acts of kindness, spend time in nature or outdoors when possible



SOCIAL

Try something new and creative, call a friend/family member, send a card/note, organize lunch/dinner over video chat with friends or family



EMOTIONAL

Focus on the present moment, not what might happen; increase positive self-talk—be a cheerleader for yourself or a friend, find activities that relieve stress and tension, journal, try therapy or support group



MENTAL

Try something new and creative, call a friend/family member, send a card/note, organize lunch/dinner over video chat with friends or family



Mental Health

~ A Week of Wellness ~

Mindful Monday

Take some extra time to be present in the moment. With screens, social media, and everything else that distracts us on a daily basis, it can be difficult to slow down and enjoy our “now.”

- Observe nature as if you were seeing its beauty for the first time.
- Sit quietly and focus on your breathing to keep you in the present moment.
- Slowly eat a treat you enjoy, taking time to experience why you like it.
- Negative thoughts? Write down at least two good things that happened that day.
- Take a moment to analyze your body. Sitting still, start from your toes and slowly move up to your forehead, analyzing every feeling or sensation you experience throughout the process.

Good News Tues

Today's world can be stress-inducing and depressing – even with just the swipe of a finger. Make an effort to surround yourself with good news to keep you focused and looking ahead.

- Unplug for one hour; don't let depressing news headlines distract you from the present beauty that is in the world.
- Schedule a future mental health day or mini vacation.
- Make weekend plans to have something to look forward to this week.
- Journal about the positive things that happened today.
- Share something light-hearted on social media to lift up your circle.

Wellness Wednesday

Wellness spans across eight dimensions: emotional, social, physical, spiritual, intellectual, occupational, financial, and environmental. When we are healthy in each of these dimensions, we achieve optimal health.

- Stretch for five minutes to help relieve stress and tension.
- Remember to eat your fruits and vegetables – they provide vital nutrients and help keep you hydrated!
- Compliment someone; it not only makes them feel good, but you, too!
- Prep your lunches for the rest of the week to save some money.
- Sing in the shower to lower stress levels.

Thankful Thursday

Take a moment to say thanks. Oftentimes, it's easy for us to think about what we don't have, versus what we do have – and in reality, we actually have a lot more than we realize.

- Take a moment to be grateful for everything your body can do.
- Go out and complete an errand for a loved one or neighbor.
- Call a friend to thank them for being in your world.
- Give back to your community, and sign up for a volunteer activity.
- Try to forgive; yes, even that guy who cut you off this morning!

Mental Health

~ A Week of Wellness ~

Feel Good Friday

Everyone loves Fridays! Because it signals the end of most work weeks, celebrate by doing something fun in anticipation for the weekend.

- Hug a family member or friend!
- Indulge in a couple pieces of dark chocolate to stress a little less.
- Listen to your favorite song or artist to help you relax.
- Find a reason to smile. Watch a funny video or chat with your co-workers.
- Reduce anxiety and get nostalgic by coloring for 20 minutes.

Self-Care Saturday

Take some time for YOU. You are important, so take a moment to do something good for you, promoting both your physical and mental health.

- Spend as much time as possible outdoors today!
- Get some extra sleep tonight to feel better and improve your mood.
- Drink lots of water; a hydrated body equals a happy body!
- Go for a walk; let your mind and body wander a little.
- Pamper yourself. Schedule a massage or spa day to refresh your mind and body.

Self-Care Saturday

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MOTHER'S DAY IS MAY 9

Thank You

When one's child becomes a parent,
It opens up many memories and doors,
Thoughts, feelings, and gratitude
surface that were never present before.

Reflections ensue,

And "ah ha" moments come to light,
Such as the endless depth of unconditional parental love,
And the tireless effort to always do right.

Like when rations are tight,

But leaving nothing for yourself,

Ensuring your child's belly is warm and full,
Because the importance is on their life and health.

Like respecting your child to make,

Decisions on their own,

And reinforcing and encouraging them that,
Their life should always set its own tone.

These are the things you did for me,

And the things, for my own, I will do.

There's nothing as great as the unbounded love of parenting,
And for that, and everything, I say, "Thank You."

Happy Mother's Day!

LIFE OF A LUPUS

WARRIOR

By Soror Shanita

What is Lupus?

Technically known as systemic lupus erythematosus (SLE). Lupus is a long-term autoimmune disease in which the body's immune system becomes hyperactive and attacks normal, healthy tissue. Symptoms include inflammation, swelling and damage to the joints, skin, kidneys, blood, heart, and lungs.


SLE is diagnosed by a health care provider using symptom assessments, physical examination, X-rays, and lab tests. SLE may be difficult to diagnose because its early signs and symptoms are not specific and can look like signs and symptoms of other diseases. SLE may also be misdiagnosed if only a blood test is used for diagnosis. The most distinctive sign of lupus is a facial rash that resembles the wings of a butterfly unfolding across both cheeks, this occurs in many but not all cases of lupus.

Because diagnosis can be challenging, it is important to see a

doctor who specializes in rheumatology for a final diagnosis. The cause of Lupus is not clear; it is thought to involve genetics and environmental factors.

SLE can affect people of all ages, including children. However, women of childbearing age ~ 15 to 44 years of age ~ are at the greatest risk of developing SLE. Minority racial and ethnic groups such as African Americans, Hispanics & Latinos, Asians, and American Native Americans

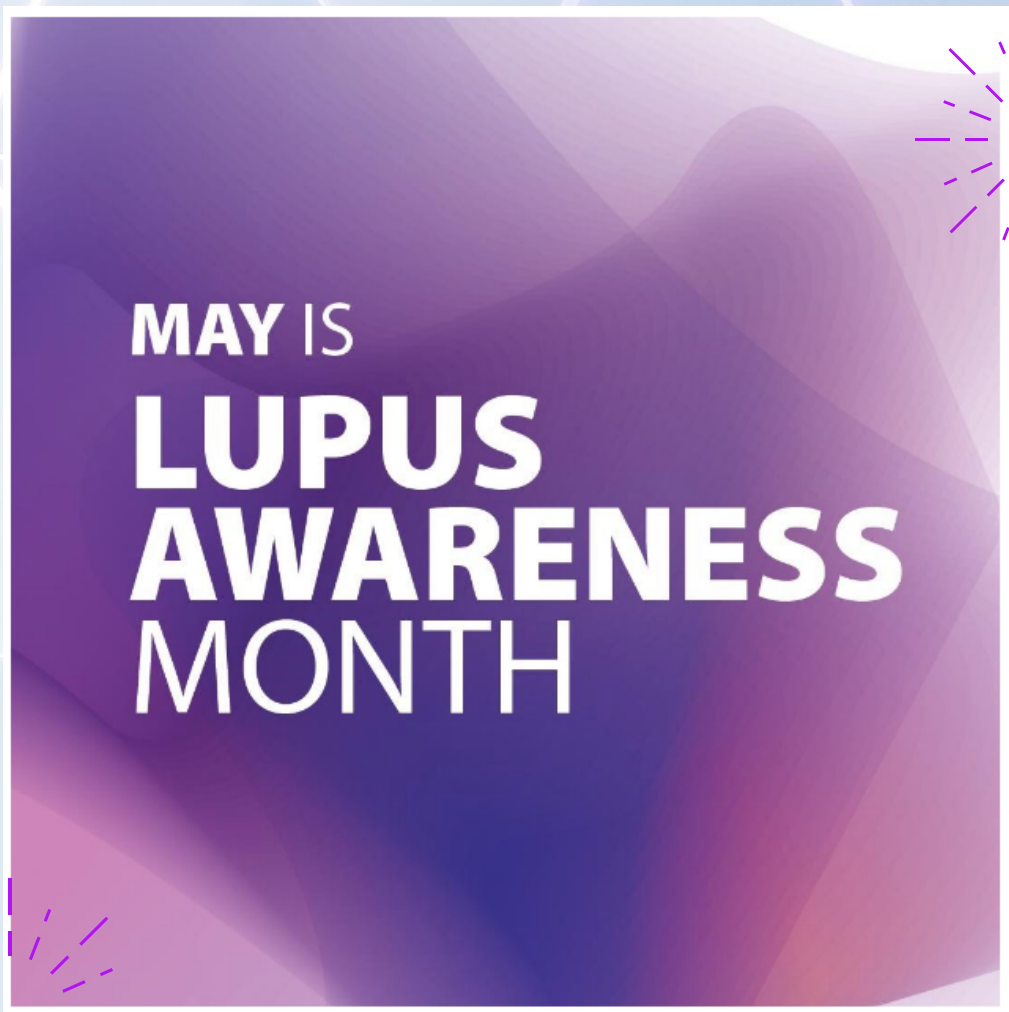

MAY IS
**LUPUS
AWARENESS
MONTH**



May is Lupus Awareness Month! It's an opportunity for the lupus community to join together across the country to raise funds and awareness of the physical, emotional and economic impact of lupus.

There are many ways you can help **Make Lupus Visible in May** - from sharing your story on social media to starting a fundraiser or making a donation.

Visit our toolkit page to find sample social media posts, lupus facts and more to help get you started. And, don't forget to get ready to **Put on Purple May 21st!**



**MAY IS
LUPUS
AWARENESS
MONTH**

Lupus Awareness Month

Approximately 5 million people suffer from lupus worldwide.

The majority of lupus sufferers are misdiagnosed or can go undiagnosed for years. Lupus Awareness Month's significance lies in its mission to inform practitioners, patients, carers and the general public about how best to diagnose, care for, and live with lupus.

What is Lupus?

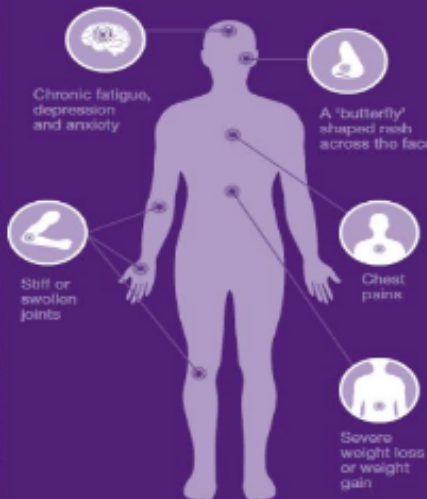
Lupus is a non-contagious auto-immune disease. This means that the body's natural defence system becomes hyperactive and attacks normal healthy tissue.



Most people with lupus develop the disease between the ages of

15-44

Symptoms



Living With Lupus



One of the most common symptoms of lupus is chronic fatigue, which makes carrying out daily tasks extremely difficult.

The fatigue experienced by lupus sufferers is hard to manage. However, a personalised exercise regime can help improve energy levels and ones sleeping pattern over time.



Lupus may prompt significant weight loss or weight gain depending on the medication prescribed.

Maintaining a healthy balanced diet can help combat fatigue, manage fluctuations in weight, and reduce the intensity of flare ups.



Irregular flare ups can fill each day with uncertainty and it's common to experience feelings of sadness, frustration, anger, anxiety and depression.

Speaking regularly with your GP, joining support groups, taking one day at a time, maintaining a healthy lifestyle, and learning all you can about lupus can make all the difference.

SAGE
Publishing

Information sourced from: NHS - www.nhs.uk • Lupus UK - www.lupusuk.org.uk

African American women are affected with Lupus twice as often as are Caucasian women.

are affected at 2 times the rate of Caucasian women.

Also, women are affected far more than men are (the estimation ranges range from 4 to 12 women for every 1 man).

Since there is no cure for SLE, treatment often requires a team approach because of the number of organs that can be affected. SLE treatment consists primarily of immunosuppressive drugs that inhibit the activity of the immune system.

Hydroxychloroquine and corticosteroids (for example, prednisone) are often used to treat SLE.

An earlier diagnosis may result in a better treatment. Women need to seek a professional diagnosis if they are experiencing any Lupus symptoms.

"Bonds That Can't Be Broken Forum"

May 22, 2021

3:08 p.m. (via Zoom)



ALPHA KAPPA ALPHA SORORITY, INCORPORATED ®

Gamma Kappa Omega Chapter



BONDS THAT CAN'T BE BROKEN FORUM

MOMMY & ME
PAINT & TEA



SUPPLIES NEEDED

CANVAS

PAINT COLORS OF CHOICE

PAINT BRUSHES

PAPER TOWELS

CUP

WATER

PAINTING OPTIONS

BUTTERFLY

HEART

SUN & FLOWERS

RAINBOW

MAY 22, 2021 | 3:08 PM | ZOOM

TICKETS: \$20 COUPLES | \$10 SINGLES

FORUM PRESENTOR

SHAMEKA BROWN, MS. ED.

SCB EDUCATIONAL CONSULTING LLC

DEVELOPMENTAL THERAPIST

"Making Your Side Hustle Legit"

June 10, 2021

6:08 to 7:08 p.m.

(Via Zoom)

Hosted by Aimee Wigfall



ALPHA KAPPA ALPHA SORORITY, INCORPORATED ®
Gamma Kappa Omega Chapter



MAKING YOUR SIDE HUSTLE LEGIT

HOSTED BY AIMEE WIGFALL

CERTIFIED BUSINESS SPECIALIST

ILLINOIS SMALL BUSINESS DEVELOPMENT CENTER AT SIUC



JUNE 10TH, 2021 | 6:08 - 7:08 PM | ZOOM



Tech Tips

~ Contributed by Soror Markea Haywood ~

Ways to increase your WiFi speed

Looking for even more ways to try to increase your Wi-Fi speed and extend the Internet connection range?

- 1. Use a wireless range extender.** While this may not speed up the connection, it can boost the signal into the dead spots of your house or office. For example, if your router is on the first floor of your house, you may want to add a wireless range extender on another floor to boost the signal. It can be a big help in areas with thick walls or other physical structures that can impede a wireless signal.
- 2. Add access points.** Think of access points as creating a wireless mesh around your house. They transmit Internet signals to each other to create a wireless network. They are created for large spaces with multiple floors.
- 3. Speed up the data stream.** That invisible wireless connection can have a huge impact on our daily lives—determining how much we get done or how much we can kick back and relax. No one wants dropped video calls, choppy video streaming, or slow file downloads. With a little know-how, the appropriate router and some persistence, you can tweak your wireless router's settings to increase your channel width with options of 20, 40, 80, and even 160 MHz to improve WiFi connection speed and extend range.
- 4. Update routers, gateways, and devices** to the latest WiFi 6 standard. Experience Gigabit speeds and improved responsiveness with PCs and routers featuring best-in-class⁵ Intel® WiFi 6 (Gig+) technology.



Chaplain's Corner



"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

~ Joshua 1:9

When the assignment on your life is great, the warfare assigned to your life is great, too. At times it may feel like it is impossible, and there is no way you could fulfill the assignment.

When you feel weary, remember who God is:

- *God is present through every test and trial.*
- *He is faithful over his promises.*
- *He is a provider of shelter in times of storm.*
- *He is my peace. I have peace that goes beyond understanding.*
- *He is my Victory!*

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

Chaplain's Corner

(continued)

Did you miss any of Gamma Kappa Omega's Prayer Calls?

Find your spiritual refreshing with
Soror Markea and a recorded Prayers on
GKO's YouTube channel @

https://www.youtube.com/channel/UC3e0Vtu5r1-MG_DrtZFP9Ug/



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

This ...

IT'S OKAY

- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF.

@ STACIESWIFT

How much time do you have?



5 minutes

Try a breathing exercise: Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat.

Dance or sing to a favorite song.



Change position: stretch your arms, legs, and back.

Take a quick walk outside.

Water your plants or garden.



15 minutes

Organize a small space in your home.

Play with your kids. Do something simple like color or draw with them.

Take a power nap.



Call a friend or family member to catch up and check in.

Take a bath or shower.



30 minutes

Download a mindfulness app. There are many free apps available online.



Play a game, work on a puzzle, or try a new online game.

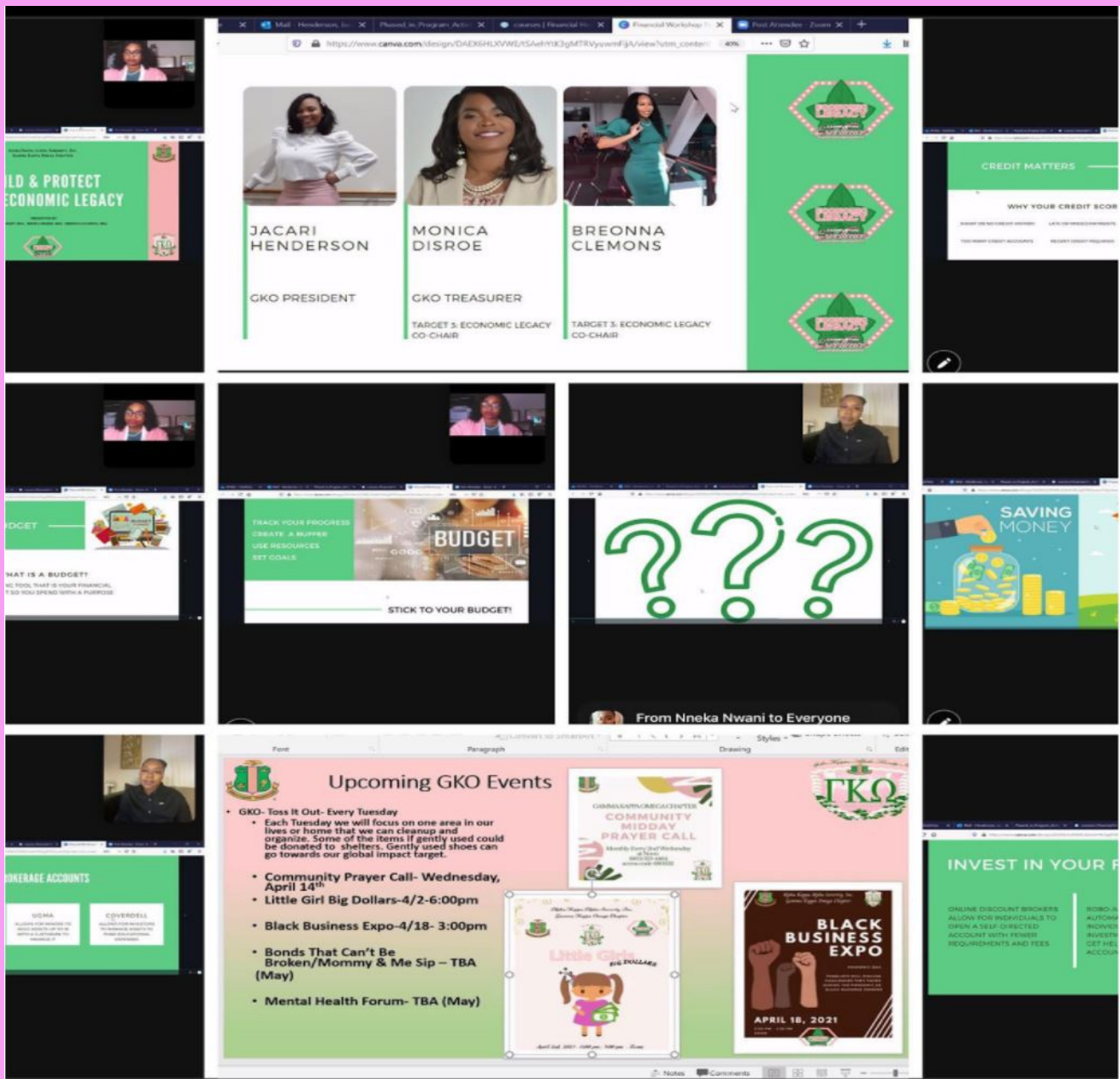
Join a parent support group on [parentsanonymous.org](https://www.parentsanonymous.org).

Go for a jog, do tai chi, or any physical activity that makes you happy.

"Build and Protect Your Economic Legacy"

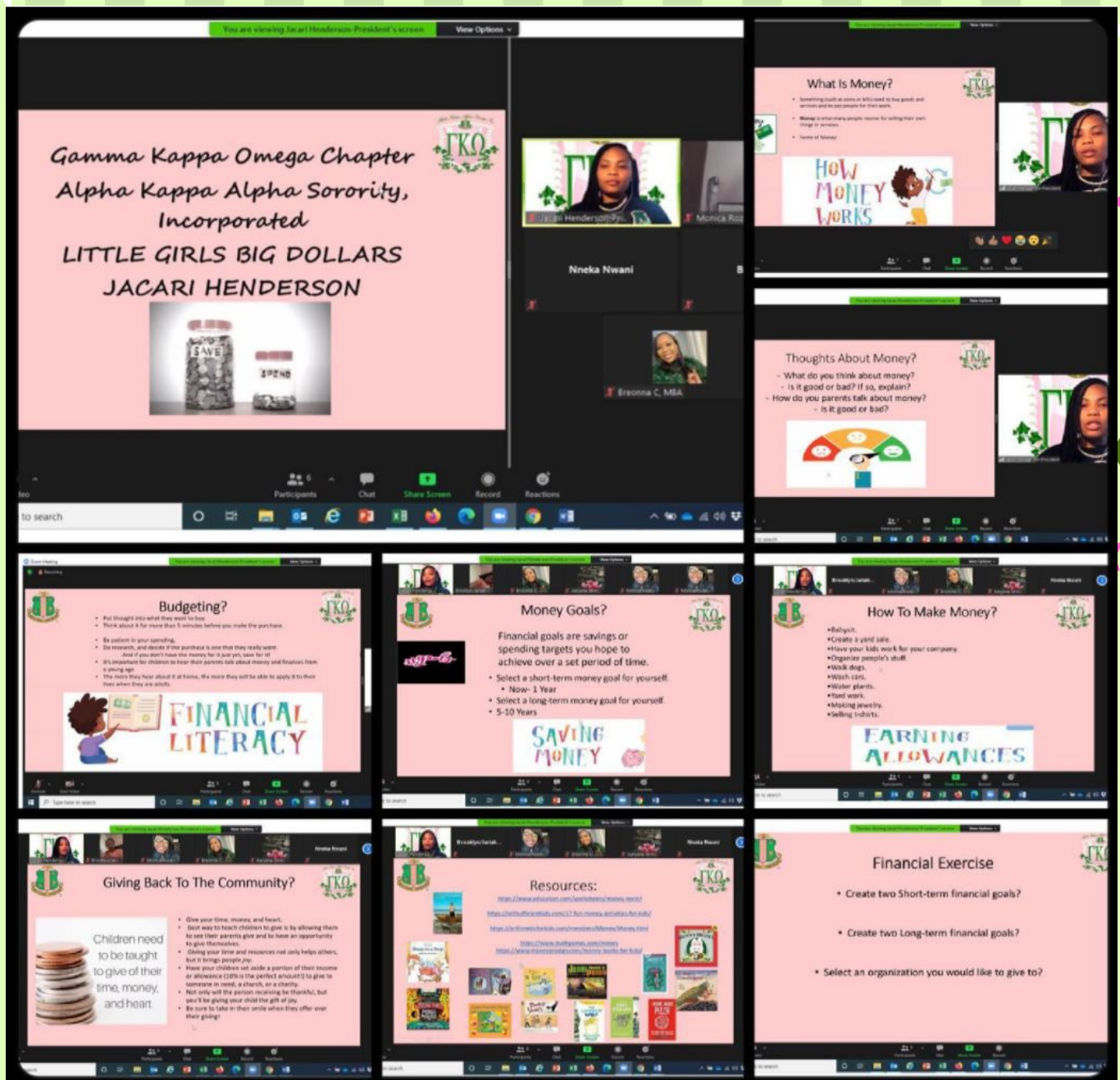
The Sorors of Gamma Kappa Omega want to thank everyone who supported our "Protecting Your Economic Legacy," with Sorors Jacari, Monica and Breonna.

Watch the replay on Gamma Kappa Omega's YouTube Channel @ <https://youtu.be/5CxStNyoKO8>.



"Little Girls, Big Dollars"

GKO thanks all of the viewers who joined with us for our virtual "Little Girls Big Dollars" event in April, 2021 hosted by Soror Jacari Henderson.



Emergency Care Wall

EMERGENCY CARE WALL

for sadness

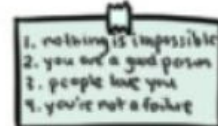


for loneliness



best friend's
phone #

for self-doubt



list of reasons
why you can

for anger



for worry



for other





Alpha Kappa Alpha Sorority, Inc.
Gamma Kappa Omega Chapter

GLOBAL IMPACT DAY

CARE

Help us help the Warming Center!

Donations needed for the following items:
Paper plates, cups, napkin, forks, spoons, knives; paper towel, toilet paper, coffee, cups w/lids, and coffee supplies (sugar, creamer, filters) dish soap, large garbage bags

Monetary donations accepted:
\$GammaKappaOmega

Drop-off locations will vary
WEAR YOUR MASKS!

Protocol Quiz

- 1.) How many Sorors does GKO need to have present to have a quorum?**
- 2.) Who is our Target 1 Chairman?**
- 3.) What statement should a Soror say when making a motion?**
- 4.) Which Sorors serve on the Graduate Council?**
- 5.) Who cannot make a motion?**

Bonus Question:

Which current GKO Soror is/was is the longest-serving member initiated in the Delta Beta Chapter?

From the Arch-Ives



Charter member Soror Thelma
Gibbs Walker



Sorors first chapter meeting in
June 2019



S.S.NEW B.L.O.O.D. gathering
together after chapter meeting in
2016



Soror Deb and Soror Donna at the
Hats Regional conference,
Louisville 2003.

(Bottom picture) Regional
Conference in Milwaukee, Wisc.,
EAF fundraising event 2004.



ATTENTION HIGH SCHOOL SENIORS

ALPHA KAPPA ALPHA SORORITY, INC.

GAMMA KAPPA OMEGA CHAPTER

IS AWARDING THE
THELMA GIBBS WALKER SCHOLARSHIP
FOR QUALIFIED STUDENTS
FOR THE 2021 – 2022 ACADEMIC YEAR



APPLICATION REQUIREMENTS

- * Full-time African American male or female high school senior
- Resides in Southern Illinois (Jackson/Williamson) counties
 - * Minimum GPA of 2.5 of 4.0
- * Demonstrate community service involvement
 - Identify honors and awards
- 1. Completed application form including a typed Personal Essay
(See Section D of application).
- 2. Two (2) letters of recommendation.: One (1) academic and one (1) professional or personal (non relative/family member).
Letters must include the recommender's contact information.
- 3. Official transcript from high school and **MUST** include cumulative GPA.

Applications can be obtained from the counselor's office or downloaded from our website:

akagko41.com

Completed applications must be mailed to :

AKA/GKO
P.O. Box 519
Carbondale, IL 62903
ATTN: Scholarship Committee

**Deadline for Submission is
May 5, 2021**

Recipient will be awarded with two semester allotments for the academic year in which they are enrolled.

*For more information about this scholarship or Alpha Kappa Alpha, Gamma Kappa Omega Chapter,
please visit www.akagko41.com.*

Serious Matters



Financial Certification Training: May 1, 2021

Deadline ~ Thelma Gibbs Walker Scholarship: May 5, 2021

Mental Health Matters Forum: Thursday, May 6, 2021

Chapter Meeting: Saturday, May 8, 2021

Pretty Hygienic Bags: May 8, 2021

Mother's Day: Sunday, May 9, 2021

Community Mid-Day Prayer: Wednesday, May 12 @ 9:08 a.m.

Prayer Call: Friday, May 14, 2021, @ 9:08 a.m.

Grad Training Certification: May 15, 2021

Prayer Call: Friday, May 28, 2021, @ 9:08 a.m.

Bonds That Can't Be Broken: 'Mommy & Me' Sip: May 22, 2021

Newsletter Submission: May 27, 2021

Making Your Side Hustle Legit: June 10, 2021 @ 6:08 p.m.

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.