



LOUISVILLE SPHINX

Fall 2021 Edition



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THE FIRST ALUMNI CHAPTER OF ALPHA PHI ALPHA FRATERNITY, INC.

Chapter: *Alpha Lambda*

Established: *April 11, 1911*

Key: *101*

Location: *Louisville, KY*

District: *Kentucky*

Region: *MIGHTY Midwest*

ALPHA LAMBDA CHAPTER OFFICERS

KENNIETH W. ELLIS

President

LE'ARTIS W. ALLEN II

Vice President

MIKE CRAWFORD

Recording Secretary

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Chaplain

DR. DWAYNE COMPTON

Historian

JONATHAN MAHIN

Director of Educational Activities

RICKEY TENNYSON

Membership Intake Coordinator

PRESIDENT'S MESSAGE

Bro. Kennieth W. Ellis | President Alpha Lambda Chapter

Alpha Phi Alpha Fraternity, Incorporated



F-O-R-W-A-R-D!!! The Alpha Lambda chapter continues to move forward on its mission to help and uplift the community. The chapter supported and participated in the Juneteenth Celebration on the "Great Lawn" in downtown Louisville. During this event brothers assisted Norton Health Care professionals with recruiting unvaccinated people to get their COVID-19 shot to combat the dreaded coronavirus.

Later, in mid-July, four (4) Alpha Lambda Chapter Delegates travelled to Indianapolis, Indiana for the 96th General Convention. Brothers from all around the world came together sharing the aims- Manly Deeds, Scholarship and Love for all Mankind. This convention was a first in the history of our dear Fraternity. It was a successful hybrid convention, connecting Brothers both virtually and in-person. Additionally, the general body maintained vigilance of the in-person delegates with technology that measured all delegate's health daily. This was a very smooth operation for all events held during the convention. Brother General President Lonzer, III announced that guidance would be forthcoming for all chapters to return to physical meetings in the Fall. The Brotherhood was pleased and gave out a great sound of approval after his announcement.

Immediately after the General Convention, the Alpha Lambda chapter held its own annual retreat at the AMPED center. Brothers were reinvigorated with getting together for the updates and planning concerning the chapter. A committee was formed to educate and update the Brotherhood on the Alpha Lambda

chapter's Constitution and By-Laws. This will align the chapter's constitution with the General Organization's constitution. The committee has prepared a final draft to be reviewed by the chapter within a thirty (30) day window before submission to the General Organization for approval.

Later, it was announced that chapters were invited to participate in the Initial Membership Development Process (IMDP) during the month of August. The chapter accepted the invite and held a hybrid certification training; 25 brothers were present. Another virtual IMDP certification training was held in September for the brothers who were unable to attend in August.

Also in August, the Brothers spread out all over Louisville to support the local National Pan-Hellenic Council (NPHC), which is led by our very own, Brother Charles Piphus, Jr. (Louisville NPHC President). The Brotherhood had a great time at the in-person picnic for all D9 Greek letter organizations. Brothers assisted with the Divine 9 Back to School Backpack event as well as with the Back to School haircuts effort. Brothers also participated in "The Community Health Fair." This was another wonderful opportunity to provide service and advocacy for our community. Additionally, the chapter conducted its quarterly Adopt-A-Mile Cleanup.

We have had many successful events and plan to have or participate in many more. Lets continue to move F-O-R-W-A-R-D brothers!!!

FROM THE EDITOR

Welcome to the Fall 2021 Edition of the Louisville Sphinx. Can you believe we're in the last quarter of 2021? While editing this newsletter I had time to really reflect on all of the hard work the Alpha Lambda chapter is doing for our community. I'm honored to work alongside you brothers AND to be able to highlight/chronicle each event. As Bro. Ellis said, let's keep moving FORWARD! #OnwardAndUpward!

As you enjoy the content of this newsletter I hope that you continue thinking "Esprit de Fraternite." Brothers who are new to the area or looking to rejoin the PHold, we are excited to have you! Feel free to contact me or any of the chapter officers.

Brothers interested in contributing to future issues, please contact me. Our next submission deadline is **December 6, 2021.**



Fraternally,
BRO. GERMAINE RANDOLPH
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UPCOMING EVENTS

(Alpha Pi Chapter)

Alpha Week

November 29th – December 4th

Events:

- ♦ **The Greatest Mind is Your Own** | Mon. (11/29) | Davidson 109/ Virtual |
- ♦ **Train Like an Alpha** | Wed. (12/1) | Strickler Auditorium 6PM-9PM |
- ♦ **Miss Black and Gold** | Thurs. (12/2) | Strickler Auditorium 6PM-9PM |
- ♦ **Love the Hungry** | Sat. (12/4) | Red Barn/Bigelow | 10AM-6PM |

Stay Up To Date With The Alpha Pi Chapter
INSTAGRAM - @ICECOLDPHARAOHS

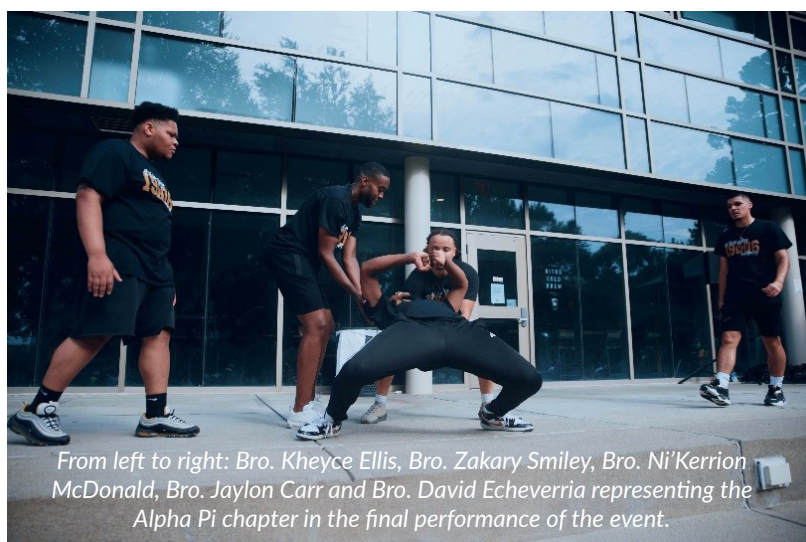
College Corner

The Alpha Pi Chapter:
ICE BREAKER

BY: BRO. NIKOLAI WASDOVICH

(Alpha Pi Chapter Historian & Associate Editor to the Sphinx)

After a two-year sabbatical of campus events due to the Covid-19 pandemic, the Alpha Pi Chapter of Alpha Phi Alpha Fraternity, Inc. held their 29th Annual Ice Breaker on the campus of University of Louisville. With an exceptional turn out of over 250 people, the outdoor lawn at UofL's Ekstrom Library was flooded with a variety of members from each of the Divine Nine organizations and other students on campus. Each of Louisville's NPHC organizations, were given the opportunity to represent their chapter in a set out including steps and strolls.



From left to right: Bro. Kheyce Ellis, Bro. Zakary Smiley, Bro. Ni'Kerrion McDonald, Bro. Jaylon Carr and Bro. David Echeverria representing the Alpha Pi chapter in the final performance of the event.

The annual Ice Breaker wrapped up with strolls from several brothers—Alpha Pi chapter brothers, Alpha Pi chapter alumni, and brothers from other chapters in and out of state.



Alpha Pi active and alumni brothers along with brothers from other chapters

In an effort to remind students, "A Voteless People is a Hopeless People," the Alpha Pi chapter also featured a table from Vote Everywhere encouraging students to register to vote.

It's safe to say, this year's Ice Breaker was nothing short of a great way to bring back in-person campus activity! We encourage all of our brothers to be in attendance for Alpha Pi's annual Alpha Week on campus!

Brother's Keeper: Senior Brother Spotlight

BRO. CARLOS A. LYNES

By: Bro. Shelton Poole



Brother Carlos A. Lynes was born on September 17, 1927 in Louisville, Kentucky. He graduated from Louisville Central High School. He and his wife of 62 years, Mary, have three (3) children: Carla Lynes (daughter), Bro. Gregory Bibbs (stepson, also an Alpha Man), and Sharon Thompson (stepdaughter).

Carlos attended Louisville Municipal College from 1946- 1949 and attended the University of Louisville on the GI Bill. Finding employment in Louisville after the Korean-War was a challenge for an Army veteran during the 1960's, especially for ones of African-American descent. As a result, Carlos moved to central Ohio. He briefly attended Wilberforce University where he met and married his wife, Mary. After many years and some real-life interruptions, Carlos completed his bachelor's degree in 1969. He moved back to Louisville shortly thereafter. Bro. Lynes retired from an auto firm, Gordon Darby (Belknap).

Bro. Carlos Lynes was made in the Alpha Lambda chapter of Alpha Phi Alpha Fraternity, Inc. on July 31, 1995 along with Bro(s) Rev. Eric Johnson, Rev. Walter Malone Jr. and Rev. James Anderson. Carlos served for 13 years, representing

the fraternity, as Chairman of the J.O. Blanton House Board of Directors until his retirement from the Board. Carlos Lynes continues to call Louisville home and continued the work of Alpha until his health impacted his nonstop, active involvement.

Carlos has many Alpha associations. Most of which he developed during his time at UofL. He even expressed interest in Alpha Phi Alpha while at Louisville Municipal back in 1947, until the military interfered with those plans. Carlos had relationships with Bro(s) Frank Stanley Jr., and Dr. Milton S. J. Wright (only known black person that had a conversation with Adolph Hitler).

Carlos has affectionately been referred to by some of members of the chapter as the 8th Jewel, simply because he knew so many Alphas and clearly had "Alpha" in his heart well before he had his official "Fraternal Shingle!!"

Black & Old Gold Goes (Light) Blue

Many of you may have noticed light blue ribbons all over social media in September. Why is that? If you responded, "because, September is Prostate Cancer Awareness Month," you are correct!

According to the American Cancer Society, prostate cancer is the most common cancer in American men, excluding skin cancers. It's estimated that 1 in 7 black men will be diagnosed with prostate cancer in their lifetime. However, early detection allows for more treatment options and could increase the survival rate. Lets dive deeper.

WHAT IS THE PROSTATE AND WHAT IS ITS PURPOSE?

The prostate is just below the bladder (the hollow organ where urine is stored) and in front of the rectum (the last part of the intestines). It surrounds the urethra (the tube that carries urine and seminal fluid to the exterior of the body).

The prostate is a walnut-size gland responsible for producing the fluid that nourishes and transports sperm.

WHAT IS PROSTATE CANCER?

Prostate cancer begins when cells in the prostate gland start to grow out of control. The prostate is only found in males.

HOW CAN YOU PREVENT PROSTATE CANCER?

Although there is no guaranteed way to prevent prostate cancer you can lower your risk significantly with some lifestyle choices:

- Maintain a healthy weight
- Remain physically active
- Follow a healthy eating pattern, which includes:
 - » A variety of fruits, vegetables and whole grains
 - » Avoid or limit red and processed meats, sugar-sweetened beverages, and highly processed foods
 - » Limit consumption of dairy products

WHAT ARE THE SIGNS AND SYMPTOMS OF PROSTATE CANCER?

Symptoms may be nonexistent in the early stages of prostate cancer. However, more advanced prostate cancers can cause symptoms such as:

- Trouble urinating including a slow or weak urinary stream or the need to urinate more frequently, especially at night.
- Blood in the urine or semen

- Trouble getting an erection (erectile dysfunction or ED)
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control (from cancer pressing on the spinal cord)
- Persistent pain in the back, pelvis and hips

WHEN SHOULD YOU BE SCREENED FOR PROSTATE CANCER?

It is best to have a conversation with your healthcare provider so that you can make an informed decision regarding whether to be screened or not. The decision should be made after getting information regarding the uncertainties, risks, and potential benefits of a prostate cancer screening. Factors such as age and family history should also be considered.

WORKS CITED

1. American Cancer Society. Cancer Facts & Figures for African Americans 2019-2021. Atlanta: American Cancer Society, 2019.
2. American Cancer Society. "Prostate Cancer" <https://www.cancer.org/cancer/prostate-cancer.html>



SUMMER 2021 RECAP

96TH GENERAL CONVENTION



Alpha Lambda

Louisville, KY



BROTHER REV. ERIC FRENCH, SR. 4TH PASTORAL ANNIVERSARY



SUMMER 2021 RECAP

ADOPT-A-MILE CLEAN UP



COMMUNITY STREET FAIR



LOUISVILLE ALUMNI NPHC GREEK PICNIC



BACK TO SCHOOL HAIRCUTS

(Thank you Fadez on 4th Barbershop and Mane Avenue Barbershop)



SUMMER 2021 RECAP

BACKPACK & BOOK GIVEAWAY



CHAPTER CALENDAR

NOVEMBER 2021

12th: Alpha Lambda Chapter Meeting
13th: Louisville Scholastics Chess Tournament
18th: Alpha Academy (Kammerer Middle School)



DECEMBER 2021

4th: Founders Day Celebration
10th: Alpha Lambda Chapter Meeting
16th: Alpha Academy (Kammerer Middle School)



JANUARY 2022

17th: 2022 Hope Breakfast
20th: Alpha Academy (Kammerer Middle School)

SAVE THE DATE

JANUARY 17, 2022

2022

Hope
BREAKFAST

Celebrating the Legacy of Rev. Dr. Martin Luther King, Jr.

FAITH, LEADERSHIP, SERVICE

More Details to Come...HopeBreakfast.org

CHAPTER/ NATIONAL DUES

This is a friendly reminder to submit your chapter dues for the upcoming year. The Standard Rate window started on October 1st and ends on November 15th. **Any payments received after November 15th will incur a \$10 late fee.**

For information on the standard rate(s) refer to the "2022 Alpha Lambda Dues Notice" document in Team App OR connect with Bro. Derek Bell.



LOUISVILLE
SPHINX



CONTACT US

📍 @AlphaLambda1906

✉ Alpha Phi Alpha Fraternity, Inc. The Alpha Lambda Chapter

🐦 @AlphaLambda1906

Website: AlphaLambda1906.org