



ANCHORS UP: PLANNING FOR PUL'S SUCCESS

Greetings to the Brotherhood of Pi Upsilon Lambda Chapter of Alpha Phi Alpha.

In this issue of the PULse, we wrap up the 2019-2020 fraternal year with all events that have occurred from January through June of this year. The Fraternity, along with the world, ceased major operations during March of this year, due to the COVID-19 pandemic. As always, our Fraternity and Brotherhood continues to support each other, support the community, and modify our lifestyles to get through this global crisis. As you review this issue, you will see that the Brotherhood

continues to carry the light of Alpha. The Brothers were able to host our signature event, A Taste of Alpha. The Brothers were able to participate in multiple protest marches and give back to our community in multiple ways. We hope you enjoy this issue, mainly, because YOU are this issue.

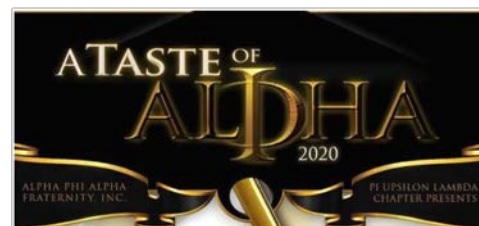
Brother Duane Bouie

Associate Editor to the Sphinx

PULse



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Taste of Alpha

"An evening of good music and good food."

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Community Service

The Brothers continue to provide outreach and support to our community.

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President's Corner



Dear Brothers of PUL:

I greet you with the joy of Alpha! It has certainly been a year thus far, but I must say that the light of Alpha continues to shine and be the light of the world. Not only have we been faced by and continue to fight COVID-19, but we also have continued the fight against racism and inequality in America. Not one, but certainly two (2) pandemics that have affected all of us in one way or another. Neither has subsided, but only intensified, and just as we must put on our mask each day and go out into the world and fight COVID-19, we must also fight to continue to hold high the light of Alpha each and every day as we battle racism, inequality and specifically Anti-Black Racism. Black Lives Matter. It's not an opinion, not up for

conversation or even up for a healthy debate; it is a declarative and definitive sentence, and it will always be followed by a period.

As we have experienced everything from quarantines to modified and possibly even rushed reopenings throughout the country, we have still held on to the ties of Brotherhood. For that and so many other reasons, I am so very proud of each and every one of you. We have experienced unparalleled loss, unexpected challenges and other items that life has brought to our collective and individual paths, but we have remained steadfast. By way of our PULse Check-Ins and our chapter's participation in the Eastern Region Virtual Brotherhood Smokes, we have stayed connected to one another and to our other Brothers in Alpha across the country. Often, we overlook the value of a phone call or a text or even a simple email checking on a Brother. That simple act of kindness might be just what someone needs to get them through that day or that moment. I encourage Brothers – continue to do just that, show small and simple acts of kindness. In short, be kind – always.

It has truly been one of my life's joys to serve as your 13th President of PUL. We are very fortunate and favorably blessed to have a chapter that is comprised of Brothers that are truly family. We care for one another, our families and all of those that we are connected with in our respective lives. When one

hurts, we all hurt; when another celebrates a victory we do as well because we know when one of us wins, we all win. That is special Brothers – and certainly not something to take for granted. From our community outreach events, to our philanthropic efforts to being recognized as the MAAC Chapter of the Year for the 2019-2020 Fraternal Year, we have much to celebrate and be 'PUL Proud' of as a chapter. It is my true hope and prayer that we only go higher from here – and I believe that we have everything that we need in House #652 to do just that.

I wish each of you and your loved ones well. My prayer is that you stay safe, healthy and most importantly happy! Be Well Brothers!

With Fraternal Love and Appreciation,

Brother James B. Massey Jr.

13th President of PUL

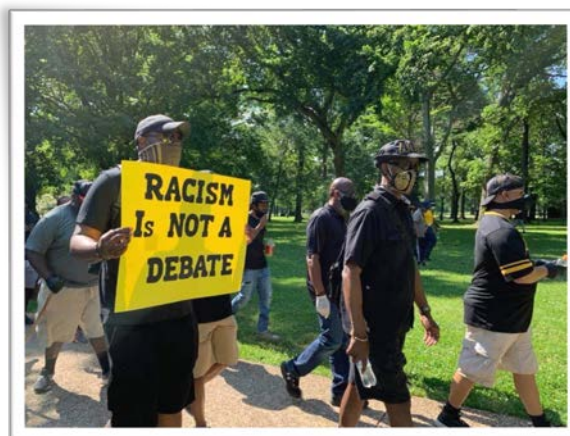




On May 25, a Minneapolis police officer killed George Floyd, a 46-year-old black man, by kneeling on his neck for more than eight minutes. Millions of Americans witnessed the video that went viral as the officers who stood by were charged with aiding and abetting the killing. That killing came soon after several other prominent wrongful killings of black people, including that of Breonna Taylor, a 26-year-old EMT worker shot to death by Louisville police as she lay in her own bed, and Ahmaud Arbery, a 25-year-old man whom local vigilantes accosted and shot as he jogged down a road in Brunswick, Georgia. The outrage of these killings was a tipping point that led to protests against police departments around the world on police brutality upon black people in America. Black people are disproportionately likely to come in contact with the criminal legal

system, whether that's being stopped by police, arrested, detained or incarcerated.

The Brothers of Alpha Phi Alpha participated in multiple protest marches throughout the country. In Washington D.C., the Brothers of the Mid-Atlantic Association of Alpha Chapters wore their masks, socially distanced themselves and peacefully demonstrated alongside other members of our community to express our need for change.

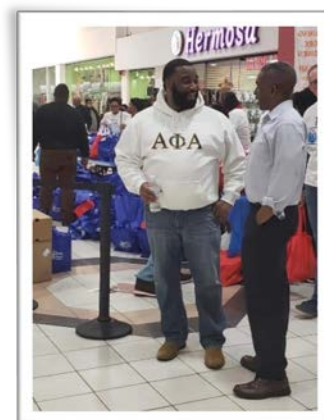


Reverend Martin Luther King, Jr's National Holiday and Day of Service



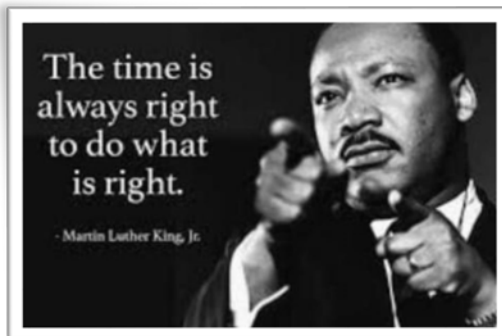
The Martin Luther King Jr. holiday on January 20, 2020, marked the 25th anniversary of the day of service that celebrates the Civil Rights leader's life and legacy. Observed each year on the third Monday in January as "a day on, not a day off." MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. On behalf of the Offices of Council Member At-Large, Brother Mel Franklin in partnership with the TIS (To Inspire Strong Families and Communities) Foundation, the Brothers of Pi Upsilon Lambda, assisted with giving away FREE turkeys and vegetables to Prince George's County residents at Beltway Plaza Mall in Greenbelt, Maryland.

Donations to the TIS Foundation supports education and scholarship programs, mental health advocacy, workforce training, domestic violence programs, and a host of other programs that outreach and support the community.



Reverend Martin Luther King, Jr's Annual Holiday Breakfast

On Monday, January 20, 2020, the Brothers of Alpha Phi Alpha Fraternity, Iota Upsilon Lambda Chapter in Montgomery County, Maryland hosted their 43rd Annual Memorial MLK Scholarship Breakfast. Multiple Brothers of PUL enjoyed supporting the event. Brother President Massey reported that the event was "inspiring, uplifting, and set the pace for what is certainly a year of change and forward progress." The Keynote speaker was Reverend Vashti Murphy McKenzie.



Taste of Alpha



This year's Taste of Alpha success was achieved by a well-orchestrated Taste of Alpha committee with the face of the committee: **Brothers Rodney Frank and Craig Trower**. On February 22, 2020, the Brothers of PUL showcased a signature event at the Prince George's County Elks Lodge in Riverdale Park, Maryland. Over 250 guests were in attendance to enjoy the samplings from over a dozen fabulous chefs. The venue also had multiple vendors showcasing jewelry and other items for sale. The program was well received by the many guests in attendance and reported by the Brotherhood

The Winner's Circle

Entree

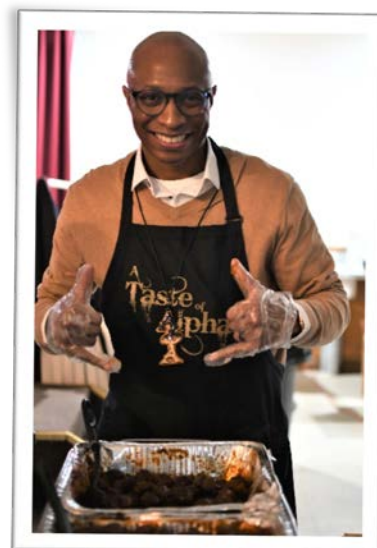
Brother Joseph Fulmore - 1st place with Brisket
 Brother Thomas Squire II - 2nd place with Crab Mac n Cheese

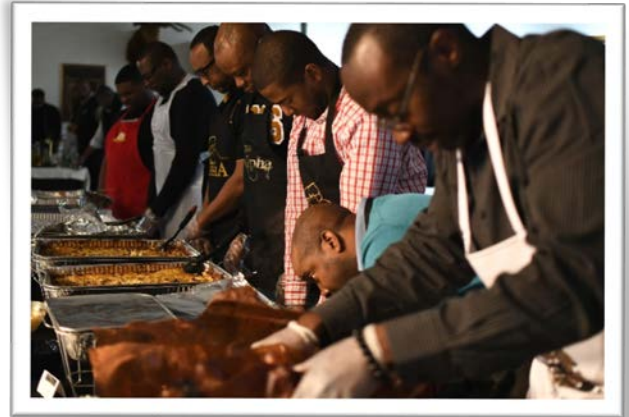
Side Dish

Brother Dale Wright - 1st place with Fried Cabbage
 Brother Kevin Stewart - 2nd place with Chili

Dessert

Brother Craig Trower - 1st place with Banana pudding
 Brother Steve Robinson - 2nd place with Bread pudding w/butter rum sauce.





Service to Our Communities

PUL Coats for Kids Drive

On Thursday, January 23, 2020, at Potomac High School in Oxon Hill, Maryland, the Brothers distributed over 150 new coats to five schools in Prince George's County. The 150 coats were procured from a donation of \$5000 from Seventh Sense Consulting, Inc. The schools that will receive the new coats to distribute to their students include Panorama Elementary, Hillcrest Heights Elementary, Barnaby Manor Elementary, Benjamin Stoddard Middle, and Potomac High School. Extra coats were also provided to Bladensburg Elementary, Suitland High, C. H. Flowers High, Kenmoor Early Childhood Center and Shephards Cove Homeless Shelter. School. These new coats give kids a sense of pride of owning something that is they own new and not used. The principals of each respective school came out and picked up the clothing when the drive concluded.

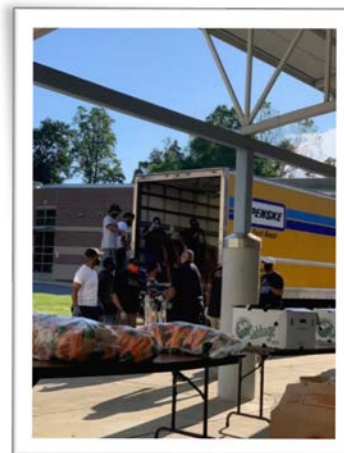


Service to Our Communities

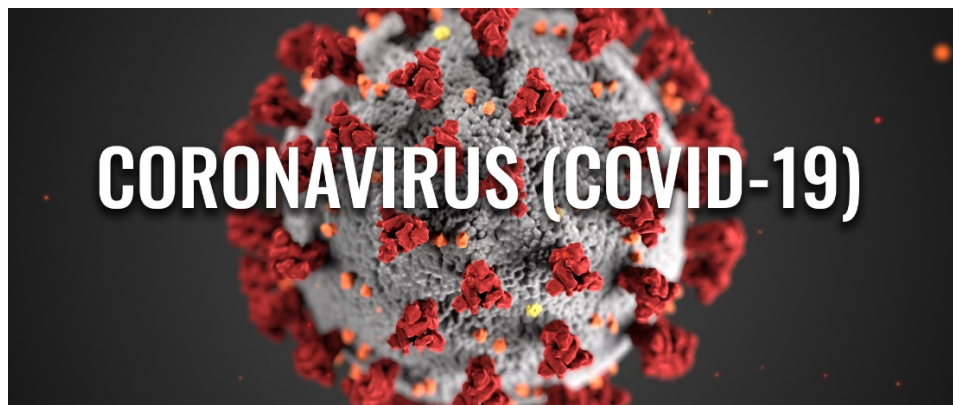


On Saturday, May 28, 2020, the shareholders of Pi Upsilon Lambda Charitable Foundation chapter engaged in a "Grab and Go" grocery bag giveaway at Potomac High School in Oxon Hill, Maryland. The groceries serviced over 350 families in the southern portion of Prince George's County. Brother Council Member At-Large Melvin Franklin hosted the event, where members of the community could safely drive up to the school and get a large bag of groceries. There were multiple Brothers to support the giveaway with unloading the truck of food, packing the food in boxes, and placing the boxes in each car as they drove up. The Brothers also facilitated traffic control and made sure everyone stayed safe during this pandemic period.

The community event gave the Brothers time to see each other after months quarantined to our respective homes. Social distancing and the wearing of masks was in full effect during the event.







On Saturday, March 14, 2020, General President Brother

Everett Ward, in consultation with the Board of Directors, Fraternity's Medical Task Force, along with other general elected officials enacted several precautionary measures to protect the health and safety of the Brotherhood. These measures resulted in the cancellation of conventions, IMDP activities, in-person meetings, public events, and social gatherings.

As of this writing, the COVID-19 pandemic has resulted in over 11.1 million confirmed cases and 525,000 deaths globally. The world shut down its borders, schools, places of employment, and general way of living with the exception of essential personnel. The world faced a reality of wearing surgical masks or personal protective equipment (PPE) in public to prevent the further spread of the disease. Our lives were devastated with our family and friends, people we knew or cared for contracting or succumbing to the disease.

Alpha Phi Alpha is a Brotherhood first and foremost. The Brothers across the planet supported one another either mentally or physically where they could. Brothers used video chat applications such as Zoom to continue to maintain contact, check in on Brothers, and provide status in lieu of face-to-face meetings. The Eastern Region had weekly meetings to inform the Brotherhood of what was going on with Fraternity and connect with Brothers throughout the Region.

The Brothers of Pi Upsilon Lambda, through the leadership of Brother President James Massey, led the way of continuous contact and checking in on Brothers. Brother Juneous Pettijohn facilitated a Mental Health Discussion featuring Brother Dr. Ifeanyi Olele. Dr. Olele presented to the Brothers *Self-Care: 8 Dimensions fo Wellness for Black Men*. The open discussion centered around roles and responsibilities along with multiple factors that contribute to our wellness. The event was well attended and assisted Brothers that

may have been coping with the mental stress that the pandemic may have placed upon them.

Below is a submission from a Brother on how they have dealt with this pandemic.

"COVID-19: A Blessing and a Curse"

Although many people are having problems in some way with the "Stay at Home" policy, it has been great for me. As a person who works out-of-state, this has been an opportunity for me to spend more time with my spouse. Prior to the "Stay at Home" policy we only saw each other on weekends. For the past couple of weeks we've had the opportunity to work from home together and spend more time together outside of work. This has also been an opportunity for me to catch up on much needed work around the house. Many projects often get overlooked due to my limited time at home. For however long this last, we will endure the challenges and limitations, but it is still a blessing to be home.

Anonymous

JOURNALING 101

Get it out of your head and onto the paper

For as far back as I can remember, I have been putting my thoughts on paper. I have found that maintaining a journal is therapeutic for me, personally. With my journal, I can be honest with myself, without the need for judgment or the approval of anyone else. Lois Guarino describes journaling as a place where you can commune with those rarely explored parts of yourself, and where those parts can answer back. It is a dialogue, carried on over an extended period, which has the potential to bring forth surprising insights, support truth-telling and foster courage. One of the main features of journaling is reflection. Reflection is the act of forming an idea, thought or opinion as a direct result of turning something over in your mind.

How frequently should I journal for maximum benefit?

A general rule of thumb is to journal two to three times weekly, perhaps only for five to ten minutes each time. Of course, the more the merrier is very true where journaling is concerned.

How long should I spend writing my journal in a single sitting?

For starters, you can journal for as little as one or two minutes, but I recommend aiming for five to ten minutes. After a few weeks, you can lengthen your journaling time to between 10 and 20 minutes. You may want to gradually work your way up to journaling for 30 minutes at a sitting, two or three times per week.

Some benefits of journaling include:

- Reducing stress
- Improving your relationships
- Reconciling with your past
- Building self-confidence and self-knowledge
- Clarifying thoughts, feeling and behaviors
- Discovering yourself
- Revealing the fun, playful and sometimes humorous sides of life
- Stepping outside the rules (messiness, typos, poor writing and bad grammar are all welcome)
- Improve your self-trust
- Awaken your inner voice
- Stimulating personal growth
- Processing old memories

Seven Day Journaling Challenge

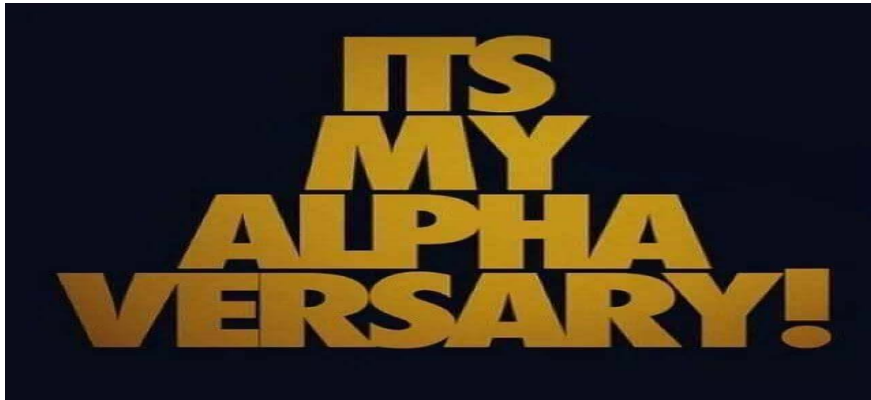
Directions

For the next 7 days choose one question and spend at least 10 minutes answering that question. Do not censor yourself nor be too concerned about grammar. The purpose of this exercise is to get you to gain mental clarity and help you to connect with your inner self by helping you to get thoughts out of your head and onto paper?

1. What would you do if you have 1 million dollars?
2. If you are to do something for free for the rest of your life. What would it be?
3. Who is the most important person to you in the world?
4. What frustrates You?
5. What drives You?
6. When do you stop and take notice?
7. What are you feeling good about?
8. What is the real you like?
9. How do you stay active and healthy?
10. What is your motivation?

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Brother Juneous Pettijohn



| | |
|----------------------|-------------------|
| Dr. Alex C. Bailey | April 14, 1973 |
| Keith Battle | February 21, 1976 |
| Joe Brice | February 21, 1976 |
| Anthony Harris | April 8, 1976 |
| Reginald Stewart | January 20, 1979 |
| Kenneth Hunter | June 1, 1982 |
| Paul Brown | April 16, 1986 |
| Steven Robinson | March 3, 1987 |
| Ashley B. Hoover | April 8, 1989 |
| Denny Johnson | March 5, 1989 |
| Frank Malone | May 27, 1989 |
| Kevin Stewart | February 26, 1989 |
| Dr. David Harmon Jr. | February 23, 1992 |
| Keith Holloway | February 23, 1992 |
| Duane Bouie | March 20, 1993 |
| David Smith II | April 12, 1996 |
| Derrick Terry | March 31, 1996 |
| Mark Thaw | April 26, 1997 |
| Milton Woodard | April 19, 1997 |
| Maurice Montgomery | April 4, 1998 |
| Duane Edwards | January 16, 1999 |
| Brian Halliburton | March 13, 1999 |
| Kenneth Williams | April 3, 1999 |
| Kevin Woodson | April 3, 1999 |

40th

William Green
March 9, 1980

30th

Michael Goodman
March 8, 1990

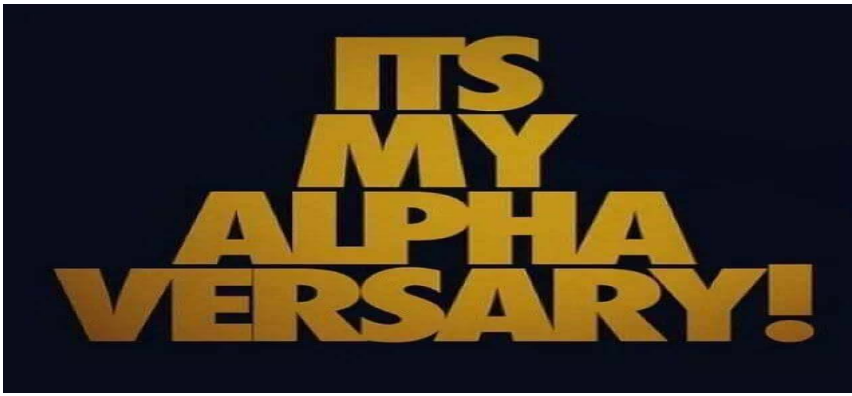
Charles Lawson
April 8, 1990

25th

Dwayne Ham
May 28, 1995

Michael Porter
June 4, 1995

**Active Brothers as of June 8, 2020*



| | |
|------------------------|----------------|
| Gregory Gary, Jr. | April 14, 2001 |
| Christopher Moore, Sr. | April 7, 2001 |
| Juneous Pettijohn | April 29, 2001 |
| Ronald Williams Sr. | May 3, 2003 |
| Harold McIlwain | May 22, 2004 |
| Dr. John Harkless | March 25, 2006 |
| James Massey, Jr. | March 25, 2006 |
| Anthony McIntosh | June 11, 2005 |
| Dr. Michangelo Scruggs | March 25, 2006 |
| Roosevelt Collier, III | March 15, 2008 |
| John Greene | March 15, 2008 |
| Hasan Majied | March 14, 2009 |
| James Spriggs, III | March 14, 2009 |
| Michael Nelson | March 6, 2011 |
| Dale Wright | March 6, 2011 |
| Dr. Patrick Barnes | April 21, 2012 |
| Lewis Finney | March 17, 2012 |
| Donald McClure Jr. | March 17, 2012 |
| Dr. Van Rawls Jr. | March 17, 2012 |
| Jasper Saunders, III | March 1, 2015 |
| Andrew Sheppard | March 1, 2015 |
| Brian Stone | March 1, 2015 |

| | |
|--------------------|-------------------|
| Raphael Taylor | March 1, 2015 |
| Omar Boulware | February 27, 2016 |
| Craig Trower | February 27, 2016 |
| Jeremiah West | February 27, 2016 |
| Ryan Moore | March 12, 2017 |
| Devon Carter | March 17, 2019 |
| Dr. Jeffrey Holmes | March 17, 2019 |
| Ernie Ross, Jr. | March 17, 2019 |

15th

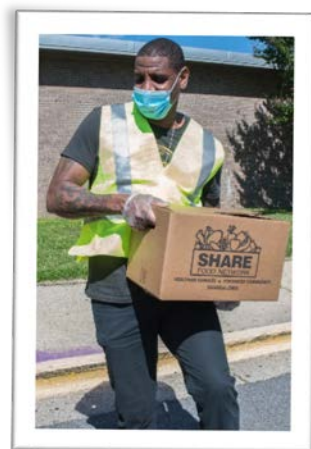
Larence Dublin
March 19, 2005

10th

Dr. Jerenze Campell
April 17, 2010

**Active Brothers as of June 8, 2020*

"The Coalition"

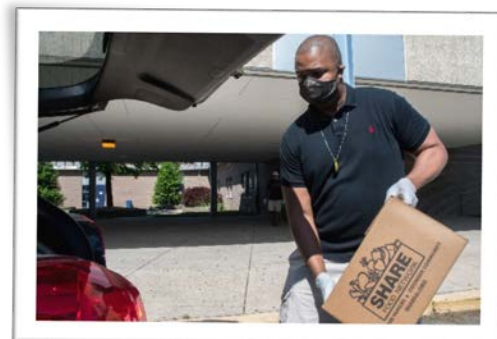


On May 29, 2020, the Brothers of PUL initiated 6 new Brothers/Neophytes into The House of Alpha. Led by their Dean, Brother Andrew Shepherd, please welcome the following:

1. **Brother Brandon D. Strong** - "C.E.O."
2. **Brother Shawn M. Watkins** - "The Bouncer"
3. **Brother Joshua A. Solite** - "Maestro"
4. **Brother Edwin L. McClure** - "Informant"
5. **Brother Kishawn O. Sutton** - "Interrogator"
6. **Brother Seythe J. McCoy-Leffall** - "The Oracle"

Brothers, please be sure to reach out and give our Neophytes a warm welcome at your convenience as they begin this new chapter in their lives as Alpha Men. We also asked them a few questions below.

The Brothers started out strong by putting in the work immediately during our Community Service event.



“The Coalition”



Brother Brandon D. Strong is a 32 year old from Jackson, Tennessee with a degree in Management and Administration, BBA from Howard University. Brother Strong is currently and Executive/Special Assistant at Align Staffing. Brother Strong lives in Upper Marlboro, Maryland. Brother Strong enjoys Traveling, Writing/Playing Music, Working Out, Kayaking/Canoeing, and Horseback Riding.

1. *With being newly initiated brothers into Alpha Phi Alpha, how was your journey into the House of Alpha?* Well, the journey was unique to say the least. Many people find it eerily fascinating that I would've preferred the in-person process to the Zoom. Zoom was a struggle for many reasons some of which include 'Zoom Fatigue' and it was like being in-person times 10.
2. *What were some of your challenges before and during the IMDP process?* Time to build relationships was my BIGGEST challenge before the IMDP process. As a people person, I love meeting and getting to know new people; however, after interacting with some, I gravitated to those individuals prematurely. My GREATEST challenge during the process is one that I've suffered from for quite some time – working around or without people. I was successful in my role of Cluster President because of my Line Brothers. Surreptitiously, they swept in and assisted without solicitation.
3. *What are some of the goals that you have during your first year in Alpha Phi Alpha?* I have two main goals but hope to achieve more. First, I am embarking on this journey as a student of Alpha. I want to learn all I can now to become an agent who can peacefully, responsibly and collaboratively affect change. Concurrently, I want to build meaningful, long-lasting relationships. I don't want to just do the work of Alpha, as much as I want to enjoy making memories with great people via doing the work of Alpha.
4. *In which committees or national programs are you eager to support?* Eager? Just kidding... Although not permitted to do much due to liability, I thoroughly enjoyed P.A.C.E with Mr. Steve

Robinson. Eventually, I would like to possibly work in areas of Reclamation and Retention and maybe Education.

5. *Do you have any words of advice for potential candidates?*
 - Fail quickly – whether it's knowing how to engage in conversation with strangers or building relationship with aliens, figure that out about yourself early on and make adjustments.
 - Lead with brotherhood – genuinely bond with the individuals who could potentially become your line brothers. Some may not make it but that doesn't mean you can't make another friend for life. Simultaneously, do that with the Brothers of the chapter you're seeking to join.
 - Enjoy the ride (I stole this from Trower) – that part of the process truly does have an end date and then the innocence leaves, you're standing on the back of a commercial cargo truck and the real work begins.
 - Oh yeah, and know what P.A.C.E means... thanks Bro. Scruggs.

Note: Some will say I should include not getting smart with the 1st Vice President, but I say, "Be YOU!" LoL!



Brother Shawn Watkins is a 43 year old from Dayton, Ohio with a degree in Emergency Management and Disaster Preparedness, BS; University of Maryland University College. Brother Watkins is an Active Duty service member with the United States Army as a

Nutritional Educator. Brother Watkins lives in Upper Marlboro, Maryland. Brother Watkins enjoys cars, sports, reading, shopping, and community service.

1. With being a newly initiated Brothers into Alpha Phi Alpha, how was your journey into the House of Alpha?

Due to COVID 19 my journey was somewhat different. The process started on March 6, 2020 and ended May 29th. There were times of uncertainty of not knowing if we were actually going to be a Spring or Fall line.

2. What were some of your challenges before and during the IMDP process?

Before the IMDP process I realized that I had to be more sociable with the brothers of PUL to get to know them on a more personable level. I'm normally quiet, reserved, and less sociable with people I don't know. Due to the pandemic our process was put on hold for a while, so maintaining focus to prevent complacency was a huge challenge.

3. What are some of the goals that you have during your first year in Alpha Phi Alpha?

Learning from the brothers of PUL and self development as a new member of the fraternity will be my number one goal. Additionally, I would love to establish a fitness focus for the chapter that would include family members as well.

I believe when it comes to doing the work of Alpha, fitness and health plays a key role in accomplishing those goals.

4. In which committees or national programs are you eager to support? YLDI and the PACE committee.

5. Do you have any words of advice for potential candidates? Yes, be "Teachable" and always trust the words of your Dean! Lol!



Brother Joshua A. Solite is a 29 year old from New Orleans, Louisiana with multiple degrees as a Juris Doctor (Howard University), Masters in Business Finance, and Bachelors in Political Science and Communications both from Louisiana State University. Brother Solite is currently an Associate Attorney at the JC Law Group. Brother Solite lives in Fort Washington, Maryland and enjoys singing, playing/arranging music, tennis, running, reading, volleyball, movies, and concerts.

1. With being newly initiated brothers into Alpha Phi Alpha, how was your journey into the House of Alpha?

The journey was truly one that I'll never forget. Going through this journey with my line brothers during a global pandemic was unprecedented and interesting to say the least. Through it all, I can say that the journey has been very rewarding and enjoyable. I am so honored to be a part of the Brotherhood, and I can't wait to get to work.

2. What were some of your challenges before and during the IMDP process? We've had many challenges along the way, from losing family members, to individual health challenges, our story is one of many triumphs, endurance, and perseverance. For myself personally, losing my grandmother suddenly due to COVID-19 was the hardest challenge I've ever faced in my life. Four days later, I also lost my aunt due to the virus, as well as my uncle during the week of our initiation. So, I relied heavily on the support of my line brothers, Dean, Sponsor and Recommender to get me through to the end of IMDP and refused to give up. Furthermore, I feel that the bonds that I had formed both with my line brothers and the men of Alpha and specifically in this chapter gave me a silver lining, and constantly reminded me that there was light at the end of the tunnel. I feel that I truly lived Invictus and Test of A Man during this process.

3. What are some of the goals that you have during your first year in Alpha Phi Alpha? My main goal is to learn and take in everything that I can. During my first year, I would like to get a sense of where my skills can be utilized at peak. Having a legal background, as well as a background in music, I would love to see where my talents can be utilized within the fraternity. I've served in leadership in many capacities and am hopeful that I can utilize my leadership skills upon learning the inner workings of the fraternity.

4. In which committees or national programs are you eager to support? I am eager to support the PACE and Education Committees, as well as the Constitution and By-Laws Committee, and even Brotherhood Affairs. The sky is the limit. My goal is to be adaptable and to be placed into the committees where I am meant to be.

5. Do you have any words of advice for potential candidates? I would say, be about the work. If you are, you will have no problem. Also, be consistent and stay true to you. Know the reasons for wanting to become an Alpha man and let those reasons show through your actions, both past and present, as this will be indicative of what you can do in the future. Also, show vulnerability. If you open up and talk about the challenges you may be facing, you'd be surprised at the response and how brothers will rally around you.



Brother Edwin L. McClure is a 35 year old from Prince George's County with a BA in Advertising and a M.S. from Hampton, University. Brother McClure is a Marketing Director for the Department of Justice. Brother McClure lives in Fort Washington, Maryland where he enjoys movies, painting, seeing live music and shooting

5. *Do you have any words of advice for potential candidates? Be you. Be consistent. Be brotherly. Be a servant. Be humble. Be RELENTLESS.*

1. *With being newly initiated brothers into Alpha Phi Alpha, how was your journey into the House of Alpha?* My journey into the house was unbelievable. I first attempted to join the House back in 2003 while in undergrad. And my line was dropped. After that, I received chemotherapy, had a bone marrow transplant, became married, had two children, became divorced and also fell ill again...but the call of Alpha still resounded in my heart. So I pursued this journey again...and then Covid-19 happened! And as our pursuit was extended by months, it was unbelievable to see how my line coalesced closer and more strikingly, how the brothers of Alpha adapted to the global situation and worked tirelessly to get us into the House. It was remarkable.
2. *What were some of your challenges before and during the IMDP process?* Covid-19. Covid-19 and being immuno-compromised.
3. *What are some of the goals that you have during your first year in Alpha Phi Alpha?* I hope to learn as much as I possibly can. I will be working on the PUL social media and help lead the chapter's marketing efforts. I'm eager to bring my education and experience for marketing to PUL.
4. *In which committees or national programs are you eager to support?* Marketing/IT and I hope to bring the MS walk my church has done the past 12 years. I hope to work with P.A.C.E. to broaden the awareness of the illness and earn more money for this fundraiser.



Brother Kishawn O. Sutton is a 42 year old from St. Thomas Virgin Islands with a BBA and MBA in Management from Howard University. Brother Sutton currently works as a Resource Analyst at NASA. Brother Sutton lives in Bladensburg, Maryland and enjoys working out, cooking, music, and video games.

1. *With being newly initiated brothers into Alpha Phi Alpha, how was your journey into the House of Alpha?* My journey into the House of Alpha was an unbelievable experience and nothing is comparable. When I met my Line Brother's unofficially at the PUL's Back to School Cookout, our bond actually started from that initially day. We later met at a friend's house were later vowed to have each other back and uplift each other not matter what we were facing our personal lives. The only thing for me was letting myself go and allow myself to be vulnerable and gain their trust. I will say it flowed naturally when I realize we were honestly for each other and took those word we stated to heart.
2. *What were some of your challenges before and during the IMDP process?* I faced minor challenges coming into IMDP, mostly were merely shaking the nerves off. I did not know what to expect, except face every obstacle with my head high, do my best and know I will come out on top. Brother Sidney P. Brown's poem House of Alpha and He Ain't Heavy, He's my Brother by Bro. Freeman Montague, Jr., reminded me know this is when our fraternal bond actual begins. I know for a fact we all will never forget this experience.
3. *What are some of the goals that you have during your first year in Alpha Phi Alpha?* Goals I plan to achieve within my first year of Alpha Phi Alpha is to get involve in whatever the chapter is involve in. This stems towards being present at every event and also learning from other Brother's proper etiquette.

4. *In which committees or national programs are you eager to support?*

The committees I seek to join are Ways and Means within PUL Foundation, YLDI and PACE. YLDI holds a special place in my heart, I know so many young men who need proper guidance and I will like to be involve in supporting our future young men. PACE has so many sub-categories that falls under this umbrella. As I was in search of the light, I enjoyed seeing what the members were participating in such as the Highway clean-up, Christmas Caroling and delivering Thanksgiving baskets under Food for Families program and Christmas baskets to families in need.

5. *Do you have any words of advice for potential candidates?* My advice to potential candidates, get to know your potential Line Brothers so no one can come between, you are the bond they create and definitely be honest/trustworthy. I believe that one of the most important bonds my LBs established. Hang out, laugh and keep an open line of communication within everyone. One major thing is minimize distractions, when you all are building your bond, take those moment to be present, this means allow your phone to not be a distraction.



Brother Seythe J. McCoy-Lefall is a 36 year old from Seattle, Washington with a M.S. in Entertainment Business from Full Sail University and a BS in Marketing from Hampton University. Brother Scythe works as a Corporate Systems Lead at Common Securitization Solutions. Brother Scythe lives in Bowie, Maryland where he enjoys acting, martial arts, skeet and trap

shooting, and blogging.

1. *With being newly initiated brothers into Alpha Phi Alpha, how was your journey into the House of Alpha?* The journey was challenging and memorable. No one begins this journey knowing what to expect but it has been beyond my wildest dreams and expectations. I couldn't have imagined a more thought provoking and introspective process. Bro. Boulware said it best during IMDP, "if you are not changed by this process then Alpha wasn't for you." I completely agree.
2. *What were some of your challenges before and during the IMDP process?* My biggest challenge was vulnerability. I am naturally guarded and opening up to the brothers of the chapter and to my line brothers was difficult. I remember having coffee with Bro. Enyia and I could tell that I wasn't engaging him. It donned on me that I wasn't sharing anything of substance, anything personal. At that moment I decided to trust the process, trust him, and I shared a personal story. The conversation, from that moment forward, completely changed and we began connecting about similar life experiences. I believe he spent more time with me then I think he had planned to. My line brothers challenged my guardedness, AT EVERY OPPORTUNITY. We have been through so much together over the process and I thank them for making me a better man, friend, and brother.
3. *What are some of the goals that you have during your first year in Alpha Phi Alpha?* My first goal is to watch and listen. We have just started our journey with Alpha and there is so much more we need to learn. I am ambitious and like to take on new challenges and opportunities head first, but I have learned through this process that patience is key. It is important I understand the business of Alpha. My second goal is to be of service to my chapter and brothers.

4. *In which committees or national programs are you eager to support?* My passion lies with small businesses, finance, and entrepreneurship. My hope is to support the financial literacy segment of the YLDI program. In addition, I would like to work with the IT/Marketing Committee.

5. *Do you have any words of advice for potential candidates?*

- Fail quickly - You are going to mess up. You will fall short. Do it quickly and do it with integrity. Own up to any mistakes, make an honest attempt to correct yourself, and do not make that same EXACT mistake twice. Show growth of character and accountability.
- Be VULNERABLE - The brothers of this chapter genuinely want to know who you are and what you are about. We are conditioned to wear masks (read: put our best foot forward) during any interview, but the faster you reveal yourself, the faster you will build connections with these good brothers. You also may realize that Alpha Phi Alpha is not for you.
- Wait - And don't be tired by waiting. You will learn patience in this process. Take the time to enjoy the journey. Even in moments of stillness, understand that patience is your greatest virtue. Trust in the brotherhood, trust in God, and know that when the moment is for you, you will arrive, and the brothers will be there every step of the way.

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Any article ideas and pictures for consideration for submission to the *SPHINX* or the *PULSE*, please submit by the deadlines listed below

Please send all submissions to:
Brother Duane Bouie
repitoire@gmail.com
301-526-4377

The Pi Upsilon Lambda Chapter of Alpha Phi Alpha meets on the 2nd Friday of every month, promptly at 7:06 p.m at:

SKC Early Education
Center 5664 Silver Hill Road
District Heights, Maryland

