



The Ivy League

March 2013

Newsletter for current Epsilon Xi members and Alumnae

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members**

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Heart Health Awareness

This month of March is when we as Alpha Phi's make sure to make people aware of heart health! We as young women need to make sure we take care of ourselves and live a long healthy life. As well as taking care of ourselves, we need to make sure we take care of others and support other women all around the world. To support Women's Heart Health, we have our King of Hearts coming up on March 15th to raise money for our philanthropy, Women's Cardiac Care. Encourage all your friends, parents and many women to come out and support this amazing cause! We want to educate women, men, children, teens all about heart health! So remember, taking care of your heart is an important thing and as women we want to make sure we continue supporting each other through any struggles!



"Union hand in hand"

KING OF HEARTS!

King of Hearts is a great event that Alpha Phi's put on for their fellow peers! They raise money to support Women's Cardiac Care. This event is a male fashion show. Fraternity boys, athletes and other organizations represent themselves and put on a fashion show. Whoever raises the most money with their spirit wear, talent and interview will be crowned Alpha Phi's "King of Hearts." "This is one of our favorite events during the school year, it's a lot of fun and many people come out to watch the show as well as support and raise money for the Alpha Phi Foundation," says current active member Kaitlynn Walker.



Why Women's Heart Health?

In 1946, Alpha Phis gathered at Convention in Quebec – the hot topic: adopting an international philanthropic cause. "Wartime projects were very successful and had given us an idea of what we could do as a unified whole," wrote Catherine Wilson Stormont, the first cardiac aid chairman, in the 1947 Winter Quarterly.

Now the question became: "What would Alpha Phi do in peacetime?"

At that time, rheumatic fever – a disease that causes serious, debilitating damage to the heart – was a leading killer of school age children in the United States. Cardiac aid fit the bill.

During the next few decades, modern antibiotic therapy sharply reduced and cases of rheumatic fever became rare. Heart disease became the #1 killer of women in North America, and Alpha Phi Foundation thought it fitting that an organization of women help fight it.



Fun Facts about Alpha Phi



Alpha Phi's symbol is the ivy leaf. The new member badge, which all new members receive after initiation is in the form of an ivy leaf.

The Fraternity constellation is Ursa Major, the Great Bear. This symbol can be seen on the Alpha Phi crest and is displayed on the ceiling of the Alpha Phi Executive Office in Evanston, Illinois.



The flowers of Alpha Phi are the fragrant lily of the valley and the blue and gold forget-me-not.



The colors of Alpha Phi are bordeaux and silver. The original colors were blue and gold, but they were changed after realizing that a different fraternity had colors too similar to Alpha Phi.



UPCOMING EVENTS

March 15th- King Of Hearts

March 16th- Sig Ep Mixer

March 23rd- Family Day (Sisterhood)



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