



Alpha Chapter Newsletter

Organized 1937

www.AlphaChapterDKG.com

of Xi State

Organized 1935

**JANUARY
2012**

OF DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

ORGANIZED 1929



From Our President.....

Happy New Year! We start off 2012 celebrating the new year and Alpha's 75th Anniversary. We are hitting it "fast and furious" as we count down to the celebration in March. We are relying on each of our Sisters to take part. You will be contacted by the committee as we bring everything together.

My resolution for DKG is to get the word out about how important the Alpha chapter is as we embark on our next 75 years. As you interact with teachers and friends, touch on what we have accomplished as a chapter and a society. We have bestowed our "gifts" through many service projects - the Vietnam Veterans group, Orphanage Emanuel, the box tops and Campbell's labels, the Ronald McDonald House, Toys for Tots, and the area nursing homes. We need to "sing our praises". Each of you continues to work diligently when asked. As President and Area III Director, I am so proud that I have the opportunity to speak to other chapters, they are amazed at what we do for service projects and the community overall.

2012 is going to bring so much to each of us, and I hope we become even more prominent. As we plan this year, we will also be putting up our slate of new officers. When asked to serve in the various offices, please say yes. I know that we are going to see and experience great things this year. Be thinking of committees as well that you would like to be a part of. These committees and officers are the mechanics of the chapter just as each member is the heartbeat. It is a privilege to serve you. We are looking for suggestions for programs, guest speakers, and ways to promote our chapter as well as ways to grow our scholarship fund.

As we start January, make your resolutions, set your goals, and most of all, stay active in the chapter. See you at the January meeting - you are missed when you aren't there.

Patti

Remember our Alpha slogan for 2011-2012:

Motivate-Move- Momentum



Our sympathy to Joy Billings in the passing of her mother, Doris Bryant.



Our next meeting

Date: Saturday, January 7
Location: Ronald McDonald House Community Room at the corner of Central & Third St.
Devotion: Marcia Brown
Hostesses: Hostess Group #5: Pat Plunkett, Pat Varnell, Serie Bland
[Please bring items for the Ronald McDonald House. See the end of the newsletter for the needed items.](#)

If you need transportation, please contact Serie at 886-7096.

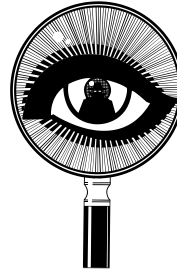


Thank you, Alpha Sisters! You brought 44 toys for "Toys for Tots" to the December meeting. You've helped make some child's Christmas better.



Keep in your thoughts and prayers...

*Betty Ball
Bobbie Ruth Hodges
Naomi Hay's brother,
Hilray Perkins.
Frances Wilson*



Who is the Mystery Alpha Sister?

This Mystery Sister received her Bachelor's Degree in Early Childhood and Elementary Education from the University of Tennessee at Martin. She received her Master of Arts in Education from Cumberland University.

She has taught at St. John's Methodist Kindergarten, and kindergarten at Spring Creek Elementary, and Falling Water Elementary.

She has a daughter, Marianne, who lives in Murphreesboro with her husband, her six year old son, Brennan, and four year old son, Wesley. She also has a son, Russell, who is married and lives in Ooltewah.

Her hobbies are card stamping and making jewelry. She has traveled to Canada, Mexico, Austria, and Hungary. Her favorite vacation has been with her children and grandchildren when they went to Destin, Florida. She also thought Austria and Hungary were wonderful.

Something her Alpha Sisters may not know is that she has lived in Michigan, Arizona, California, and Illinois before she started kindergarten.

She serves as President of the United Methodist Women at Ooltewah United Methodist Church, Vice-President of Cleveland District of United Methodist Women. She also teaches four-year old Children's Church once a month. She thinks if she had not become a teacher, she would probably have been involved in children's and/or women's ministry.

Who is this Mystery Sister?

(Answer above will be in the February newsletter)
Answer to the December Mystery Alpha Sister: Betty Fassnacht



What's in the Alpha's Future?

*February: Milton McLain,
Photography II
March: Alpha Chapter's 75th
Celebration*



Don't Forget Our Service Projects!

Please bring any of the following to the January Alpha Chapter meeting.

*General Mills' "Box Tops for Education"

For a limited time, Box Tops are being doubled on selected products. To see a list of products which have double box tops, go to:

<http://www.boxtops4education.com/learn/Default.aspx>

Please be aware that box tops have expiration dates.

160 box tops were turned in at the December meeting.

*Campbell's "Labels for Education" - just bring UPC, not the entire label.

8 labels were turned in at the December meeting.

*Toiletries for Vets -any size toiletries. They can also use phone cards, white socks, and white T-shirts.

98 items were brought for the vets to the December meeting.

*Magazines - *Cut off or mark over your personal information*

86 magazines were brought to the December meeting. They were given to Manorhouse since they were kind enough to let us meet in their community room.

If you have an assisted living and/or nursing home you would like the magazines to be taken to, please contact Serie.

*Hardback or paperback books to be bought by other Alpha Sisters for the scholarship fund.

*Items for the Orphanage Emmanuel located in Honduras which is a new Alpha Chapter service project this year. [Diapers - all sizes, pull-ups, baby items such as formula, baby lotion, baby powder, baby shampoo, baby soap, diaper rash ointments, etc.]

5 baby items turned in at the December meeting.

Thank you, Alpha Sisters, for all the items you brought to the December meeting! Keep up the good work!

Improve Your Memory with Brain Games. Play online free at www.parade.com/braingames

Health

Truth About Those Kitschy Health Sayings

by Barbara Mahany

What's with all those aphorisms about health? Is there any truth to the bits of medical folk wisdom we all know by heart, if not by practice? We dialed up a wise and jolly family physician, Dr. Jeffrey Cain, who happens to be the president-elect of the American Academy of Family Physicians and chief of family medicine at Children's Hospital Colorado.

He not only patiently ticked through the truth behind a slew of what he called "folk wisdom," he made us feel not so silly for believing in a few.

We'll take them one by one:

- **"Feed a cold, starve a fever."** The skinny: This one has medieval roots, the good doctor tells us, first appearing in print in a 1574 dictionary. And it's basic common sense: "When people have a fever, they don't want to eat," says Cain. "there's no science behind it, but there's no harm behind it either. The most important thing, though, is to give your body a rest; let it heal."
- **"Sweat it out."** The skinny: "Sometimes when someone has a fever they think that if they pile on pajamas, and get under lots of blankets, they will sweat out the virus. There is no science to it. When you break a fever, you will sweat, and as your fever goes down, you'll get chills. But you can't sweat out a virus," says Cain, who has practiced family medicine for 26 years. "Another interpretation is that it means to be sure to exercise when you have a cold or fever. What we know from research is that regular exercisers have fewer colds. It gives our body a boost. But once you're sick, there no data that exercise will help you. In fact, it might hurt you. If you've just got a cold, you might feel better if you exercise, but go easy. If you have a fever or the flu, don't exercise. Your body needs to reserve its energy for healing."
- **"Walking is the best exercise."** The skinny: This goes back to that ol' healer, Hippocrates, who would have flunked the Athenian P.C. Exam since he claimed it was "man's best exercise." Says the modern-day Cain: "When people ask, what's the exercise, the answer is, "The one you'll do." Walking is great, it's easy, and you don't need any equipment. It's two special benefits are that it's almost as good for you as jogging, but it won't hurt your joints."
- **"An apple a day keeps the doctor away."** The skinny: "We know Americans don't get enough fruits or vegetables," says Cain, "so I'm all for an apple a day. If you want to take it up a notch, try. "Be sure your plate is filled with lots of colors, flavors, and textures." Stick to whole foods, in forms as close to all-natural as you can get it."

-Chattanooga Times-Free Press

How to Stay Young

1. Try everything twice. On one woman's tombstone, she said she wanted this epitaph: "Tried everything twice. Loved it both times!"
2. Keep only cheerful friends. The grouches pull you down. (Keep this in mind if you are one of those grouches!)
3. Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. "An idle mind is the devil's workshop." AND the devil's name is Alzheimer's or Dementia.
4. Enjoy the simple things.
5. Laugh often, long, and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him or her.
6. The tears happen: Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. LIVE while you are alive.
7. Surround yourself with what you love: whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where guilt is.
10. Tell the people you love that you love them..at every opportunity.
11. Forgive now those who made you cry. You might not get a second chance. Remember! Lost time can never be found.
12. Be kinder than necessary, for everyone you meet is fighting some kind of battle.

-e-mail from Patti Skates

Technology

When my mother-in-law visits and is trying to look up American Airlines, I don't need Google to show her how I looked up "awesome car crashes". Google search history is like the friend you kick under the table because he doesn't realize he needs to shut up.

I've even tried to Google how to delete search history, and the second I type the "d," I get reminded how I've previously looked up "dirty lyrics to Chipmunks songs." That was a one-time thing I was interested in, Google search history! Just forget I ever asked. There are people sitting nearby in this coffee shop, and you're embarrassing me.

Since it saves my wife's search history, too, I'm constantly reminded how infantile my searches are compared with hers. Case in point: Type in "o" and two things that come up are "organic baby food" (hers) and "origami-shaped superheroes" (mine). Thanks, search history. If I were hoping for an unsubtle reference to how little I've developed as an adult, that would do nicely.

And it's not just that I'm shamefaced about my past searches; sometimes I'm just perplexed. For the life of me, I can't

remember what I was thinking that made me Google "outlet face" or "milk mustache." Clearly, there was a time when I thought these were things I needed to research more deeply. Now they're just riddles with no answer. I feel like a drunk finding indecipherable notes I left myself in my apartment.

I don't want to feel like that! What does "outlet face" even mean? I don't know, and I don't want to know. The man who Googled that is not a guy I want to remember. Let me live in the present.

-madatoms.com

Is Your Computer Your Friend??

Customer: *Hi, this is Celine. I can't get my DVD out !!!*

Tech Support: **Have you tried pushing the button?**

Customer: *Yes, I'm sure it's really stuck.*

Tech Support: **That doesn't sound good; I'll make a note.**

Customer: *No, wait a minute, I hadn't inserted it yet. It's still on my desk . . . sorry. Thank you.*

.....
Tech Support: **Click on the 'MY COMPUTER' icon on the left of the screen.**

Customer: *Your left or my left?*

.....
Tech Support: **Hello. How may I help you?**

Male Customer: *Hi . . . I can't print.*

Tech Support: **Would you click on 'START' for me and . .**

Customer: *Listen pal; don't start getting technical on me. I'm not Bill Gates!!!*

.....
Customer: *I have problems printing in red.*

Tech Support: **Do you have a color printer?**

Customer: *Aaaah thank you.*

.....
Tech Support: **What's on your monitor now, ma'am?**

Customer: *A teddy bear that my boyfriend bought for me at the 7-11 store.*

.....
Customer: *My keyboard is not working anymore.*

Tech Support: **Are you sure your keyboard is plugged into the computer?**

Customer: *No. I can't get behind the computer.*

Tech Support: **Pick up your keyboard and take ten steps backwards.**

Customer: **Okay..**

Tech Support: **Did the keyboard come with you?**

Customer: *Yes.*

Tech Support: **That means the keyboard is not plugged in. Is there another keyboard?**

Customer: *Yes, there's another one here. Wait a moment please. Ah, that one does work. Thanks.*

.....
Tech Support: **Your password is the small letter 'a' as in apple, a capital letter 'V' as in Victor, and the number '7'.**

Customer: **Is that '7' in capital letters?**

.....
Customer: I can't get on the Internet.
Tech Support: **Are you absolutely sure you used the correct password?**
Customer: Yes, I'm sure I saw my co-worker do it.
Tech Support: **Can you tell me what the password was?**
Customer: Five dots.

.....
Tech Support: **How may I help you?**
Customer: *I'm writing my first email.*
Tech Support: **OK, and what seems to be the problem?**
Customer: *Well, I have the letter 'a' in the address, but how do I get the little circle around it.*

.....
A woman customer called the Canon help desk because she had a problem with her printer.
Tech Support: **Are you running it under windows?**
Customer: *No, my desk is next to the door, but that is a good point. The man sitting next to me is by a window, and his printer is working fine!*

.....
And last, but not least . . .

Tech Support: **Okay Bob, press the control and escape keys at the same time. That brings up a task list in the middle of the screen. Now, type the letter 'P' to bring up the Program Manager.**

Customer: *I don't have a 'P'.*
Tech Support: **On your keyboard, Bob.**
Customer: *What do you mean ?*
Tech Support: **'P' . . . on your keyboard, Bob.**
Customer: *I AM NOT GOING TO DO THAT!!!*

Does this make you feel any better about your computer skills?

Delta Kappa Gamma
Scholarships

\$6000 Available
for Graduate Study

Apply Today
Forms at www.dkg.org

Deadline 2/1/2012



Recipes of the Month

The two recipes were served at the December meeting, and many of the Sisters requested the recipes.

Pineapple Floof

-from Marcia Brown

Floof should be made a day or two in advance and refrigerated to let flavors meld.

Ingredients:

1/2 pound of vanilla wafers -crushed
1 1/2 cups confectioner's sugar
1/2 cup oleo (margarine)
2 eggs or equivalent egg beaters
1 small can crushed pineapple, drained
1/2 pint whipping cream
1 cup chopped pecans

Directions:

1. Let oleo(margarine) come to room temperature. Do not heat ..even by microwave.
2. Crush vanilla wafers in large Ziploc bag.
3. Using extra oleo(margarine), coat the bottom of a large Pyrex dish. (This margarine is not the margarine in the recipe.)
4. Place 1/2 to 2/3 of crushed vanilla wafers in the dish.
5. Sprinkle vanilla wafers with water (like you would sprinkle clothes to be ironed)
6. Combine margarine and sugar. Gradually add eggs.
7. Hand beat it until smooth.
8. Pour the mixture over the vanilla wafer crumbs.
9. Drain pineapple and set aside.
10. Chop nuts if not already done so. Set aside.
11. Whip cream until stiff.
12. Fold in the nuts and pineapple into the whipped cream. Do this carefully so as to not make the cream fall.
13. Pour over other items in the dish.
14. Sprinkle remaining 1/3 to 1/2 of vanilla wafers over the top.
15. Refrigerate.

(DO THIS CAREFULLY SO AS TO NOT TO MAKE THE CREAM FALL)
POUR OVER OTHER ITEMS IN BOWL.
SPRINKLE REMAINING 1/3 TO 1/2 OF THE VANILLA WAFERS OVER TOP.
REFRIGERATE.

Summer Sausage

-from Naomi Hay

Ingredients:

- 2 lbs. ground chuck
- 1/4 teaspoon salt
- 1/4 " black pepper
- 1/8 " garlic powder
- 1 tablespoon liquid smoke
- 2 tablespoons Morton Tender Quick
- 1 tablespoon mustard seed
- 3/4 cup water

Directions:

1. Combine all ingredients and mix well. (I use my hands)
2. Shape into rolls.
3. Wrap in foil.
4. Refrigerate for 24 hours.
5. Place foil-wrapped rolls on broiler pan. Poke holes in the bottom of each roll to drain.
6. Bake at 350° F. for 1 hour.
7. Take foil off. Turn off oven. Put roll back on broiler pan and in over for 30 minutes. This forms the crust.
8. Turn after 15 min. on each side.

This can be frozen. Slice and serve with crackers. Finding Morton Tender Quick is difficult, Call and check at different stores. I was told that Ingles in Georgia has it. I haven't tried Publix. Bi-Lo didn't have it at one time. Maybe you can get it on-line. Let us know if you locate it.

Xi State--Tennessee



February 1, 2012: Deadline for Chapter President's Annual Report

February 1, 2012: Deadline to submit application for Spring Leadership Development training

February 1, 2012: Deadline to submit application for Xi State Scholarships and DKG International Scholarships

February 1, 2012: Application Deadline for Cornetet Award for Professional Development

February 21-22: Xi State Legislative Symposium

March 15, 2012: Application for Communications Award Due

March 15, 2012: Nominations for Order of the Rose Due

April 1, 2012: Nomination due for Xi State Achievement Award

April 15, 2012: Chapter Excellence Award Due

June 7-9, 2012: Xi State Convention The University of the South, Sewanee, Tennessee

July 19-21, 2012: Seminar in Purposeful Living Hyatt Regency, Arlington, VA

July 24-28, 2012: Delta Kappa Gamma International Convention Sheraton New York Hotel & Towers (7th Ave) New York, New York

July 10-13, 2013: Southeast Regional Conference Gaylord Palms Orlando, Florida

July 28-August 1, 2014: Delta Kappa Gamma International Convention: J. W. Marriott, Indianapolis, IN

July, 2015: Southeast Regional Conference: Georgia

July, 2016: Delta Kappa Gamma International Convention: Gaylord Opryland Resort and Convention Center, Nashville, Tennessee

-www.XiState.org



*Happy Birthday to our
Alpha Sisters.....*

Pat Varnell

January 6

Angie Neely

January 19

Harriett New

January 31

What Happened on Your Birthday!

Copy below and paste in the address line on your Internet page.

<http://whathappenedinmybirthyear.com/>

Once you type in the year it will start counting back - then it will fade to black and the text will appear on that black screen.

The screen is going to fade to black; have your glasses on, and follow the instructions below.

You'll be pleasantly surprised with this one...

Type the year only!! Then click the question (?) mark!

Sit back and enjoy!! You'll be amazed!!!

-e-mail from a friend



Be sure to visit:

www.DKG.org

www.XiState.org

and

www.AlphaChapterDKG.com

**If you don't know where you
are going, any road will get
you there. - Lewis Carroll**

The following is editorial in *The New York Times* by Thomas L. Friedman.

In recent years, we've been treated to reams of op-ed articles about how we need better teachers in our public schools and, if only the teachers' unions would go away, our kids would score like Singapore's on the big international tests. There's no question that a great teacher can make a huge difference in a student's achievement, and we need to recruit, train and reward more such teachers. But here's what some new studies are also showing: We need better parents. Parents more focused on their children's education can also make a huge difference in a student's achievement.

How do we know? Every three years, the Organization for Economic Cooperation and Development, or O.E.C.D., conducts exams as part of the Program for International Student Assessment, or PISA, which tests 15-year-olds in the world's leading industrialized nations on their reading comprehension and ability to use what they've learned in math and science to solve real problems - the most important skills for succeeding in college and life. America's 15-year-olds have not been distinguishing themselves in the PISA exams compared with students in Singapore, Finland and Shanghai.

To better understand why some students thrive taking the PISA tests and others do not, Andreas Schleicher, who oversees the exams for the O.E.C.D., was encouraged by the O.E.C.D. countries to look beyond the classrooms. So starting with four countries in 2006, and then adding 14 more in 2009, the PISA team went to the parents of 5,000 students and interviewed them "about how they raised their kids and then compared that with the test results" for each of those years, Schleicher explained to me. Two weeks ago, the PISA team published the three main findings of its study:

"Fifteen-year-old students whose parents often read books with them during their first year of primary school show markedly higher scores in PISA 2009 than students whose parents read with them infrequently or not at all. The performance advantage among students whose parents read to them in their early school years is evident regardless of the family's socioeconomic background. Parents' engagement with their 15-year-olds is strongly associated with better performance in PISA."

Schleicher explained to me that "just asking your child how was their school day and showing genuine interest in the learning that they are doing can have the same impact as hours of private tutoring. It is something every parent can do, no matter what their education level or social background."

For instance, the PISA study revealed that "students whose parents reported that they had read a book with their child 'every day or almost every day' or 'once or twice a week' during the first year of primary school have markedly higher scores in PISA 2009 than students whose parents reported that they had read a book with their child 'never or almost never' or only 'once or twice a month.' On average, the score difference is 25 points, the equivalent of well over half a school year."

Yes, students from more well-to-do households are more likely to have more involved parents. "However," the PISA team found, "even when comparing students of similar socioeconomic backgrounds, those students whose parents regularly read books to them when they were in the first year of primary school score 14 points higher, on average, than students whose parents did not."

The kind of parental involvement matters, as well. "For example," the PISA study noted, "on average, the score point difference in reading that is associated with parental involvement is largest when parents read a book with their child, when they talk about things they have done during the day, and when they tell stories to their children." The score point difference is smallest when parental involvement takes the form of simply playing with their children.

These PISA findings were echoed in a recent study by the National School Boards Association's Center for Public Education, and written up by the center's director, Patte Barth, in the latest issue of *The American School Board Journal*.

The study, called "Back to School: How parent involvement affects student achievement," found something "somewhat

surprising," wrote Barth: "Parent involvement can take many forms, but only a few of them relate to higher student performance. Of those that work, parental actions that support children's learning at home are most likely to have an impact on academic achievement at school.

"Monitoring homework; making sure children get to school; rewarding their efforts and talking up the idea of going to college. These parent actions are linked to better attendance, grades, test scores, and preparation for college," Barth wrote.

"The study found that getting parents involved with their children's learning at home is a more powerful driver of achievement than parents attending P.T.A. and school board meetings, volunteering in classrooms, participating in fundraising, and showing up at back-to-school nights."

To be sure, there is no substitute for a good teacher. There is nothing more valuable than great classroom instruction. But let's stop putting the whole burden on teachers. We also need better parents. Better parents can make every teacher more effective.

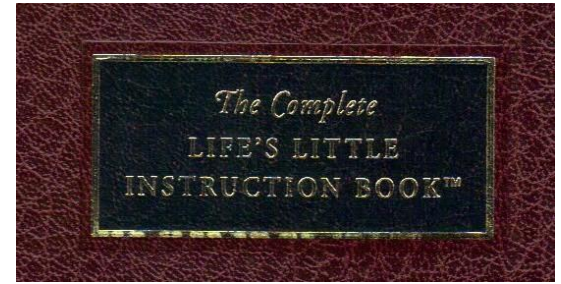
—e-mail from Nancy Thompson



**Alpha Chapter
December 10, 2011**

For more photos, go to www.AlphaChapterDKG

..And More Excerpts from



by H. Jackson Brown, Jr.

- **Rekindle old friendships.**
- **Live your life as an exclamation, not an explanation.**
- **Instead of using the words, *if only*, try substituting the words, *next time*.**
- **Reread your favorite book.**
- **Don't think a higher price always means higher quality.**
- **Never waste an opportunity to tell someone you love them.**
- **Be there when people need you.**
- **Evaluate yourself by your own standards, not someone else's.**
- **Be decisive even if it means you'll sometimes be wrong.**
- **Know when to keep silent.**
- **Know when to speak up.**
- **Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who help you.**
- **Be a self-starter.**
- **Be loyal.**
- **Understand that happiness is not based on possessions, power, or prestige, but on relationships with people you love and respect.**
- **Remain open, flexible, curious.**
- **Focus on making things better, not bigger.**
- **Begin each day with your favorite music.**
- **Every once in a while, take the scenic route.**
- **Don't let your possessions possess you.**
- **Be enthusiastic about the success of others.**
- **Take care of your reputation. It's your most valuable asset.**
- **Don't allow self-pity. The moment this emotion strikes, do something nice for someone less fortunate than you.**
- **Improve your performance by improving your attitude.**
- **Answer the phone with enthusiasm and energy in your voice.**
- **Do it right the first time.**
- **Laugh a lot. A good sense of humor cures almost all of life's ills.**

There's Wisdom in Some of These!

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.

- *George Burns*

<>>

Santa Claus has the right idea. Visit people only once a year.

- *Victor Borge*

<>>

Be careful about reading health books. You may die of a misprint.

- *Mark Twain*

<>>

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.

- *Socrates*

<>>

I was married by a judge. I should have asked for a jury.

- *Groucho Marx*

<>>

My wife has a slight impediment in her speech. Every now and then she stops to breathe.

- *Jimmy Durante*

<>>

I have never hated a man enough to give his diamonds back.

- *Zsa Zsa Gabor*

Below are a list of statements taken from actual patients medical records.....

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. Patient has left white blood cells at another hospital.
4. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. Discharge status: Alive but without permission.
10. Healthy appearing decrepit 69-year old male, mentally alert but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.
13. While in ER, she was examined, x-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant, infrequent headaches.
16. Patient was alert and unresponsive.

17. Rectal examination revealed a normal size thyroid.
18. She stated that she had been constipated for most of her life, until she got a divorce.
19. I saw your patient today, who is still under our care for physical therapy.
20. Both breasts are equal and reactive to light and accommodation.
21. Examination of genitalia reveals that he is circus sized.
22. The lab test indicated abnormal liver function.
23. Skin: somewhat pale but present.
24. The pelvic exam will be done later on the floor.
25. Patient has two teenage children, but no other abnormalities.

-e-mail from Patti Skates



An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

~Bill Vaughan

A New Year's resolution is something that goes in one year and out the other.

~Author Unknown

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.

~Edith Lovejoy Pierce

A happy New Year! Grant that I
May bring no tear to any eye
When this New Year in time shall end
Let it be said I've played the friend,
Have lived and loved and labored here,
And made of it a happy year.

~Edgar Guest

I think in terms of the day's resolutions, not the year's.

~Henry Moore

Happy 2012 !



THANK YOU FOR
HELPING US FULFILL
OUR WISH LIST NEEDS !

Feeding Families:

Cereal
Cheese (wrapped single serving slices, please)
Cookies
Fruit cups
Granola bars
Instant Oatmeal or Grits packages
Juice
Little Debbie Cakes
Pasta Dishes
Peanuts
Sandwich meat (ham, turkey, bologna)
Tuna (single serving packs)

Other:

Family Size or Gallon Teabags
Ziploc Bags (all sizes)
Laundry Detergent (powder)
Dryer sheets
Disinfectant Spray
Dishwasher tablets
Spray Shower Cleaners
Garbage bags (13 gallon w/ drawstrings)
Toilet Paper

Toiletries (Travel size):

Mouthwash
Shaving Cream
Deodorant (ladies' & men's)

**Please bring items to the January meeting to
be given to the Ronald McDonald house.**

***Additional Information re: Ronald McDonald House
of Chattanooga***

Donate Goods & Services

Ronald McDonald House Charities of Greater Chattanooga appreciates the donations of gifts of goods and services (in-kind gifts). You can always help us surpass our fundraising goal by donating your organization's services and products. From printing and advertising to food and beverages, explore how you or your organization can donate products or services to one of our events.

Also, our annual online auction features a variety of items including: vacation getaways, specialty items, local attractions, children's activities and much more. Donating an item for auction is a great way to support Ronald McDonald House Charities and is a wonderful brand awareness opportunity.

For more information, please call (423) 778-4331.

Why Pop Tabs?

Unlike the urban legend states, pop tabs do not support medical treatment of any kind including chemotherapy or dialysis; however, pop tabs do support the operations of Ronald McDonald Houses across the country. This popular fundraiser benefits seriously ill or injured children by helping provide a "home away from home" for them and their families while they are hospitalized or receiving outpatient medical treatment.

The tab of an aluminum can is pure aluminum unlike the rest of the can which consists of mostly recycled aluminum and other residue. Recycled aluminum, at this point, pays a higher rate of return than just the tabs alone. The Chattanooga Ronald McDonald House recycles both aluminum cans and pop tabs.

Some facts you should know before you start collecting:

- 1 Pop Tab is approximately 1 inch long
 - 1,267 Pop Tabs make 1 pound
 - 1 pound of Pop Tabs can be sold for about 27 cents
- If you must mail them to the Ronald McDonald House, a package weighing a pound costs more than \$3.27 to mail, so it really isn't cost effective to mail them.

Where does the money go?

Funds from the sale of recycled aluminum cans and pop tabs help support the programs of Ronald McDonald House Charities. The Charity operates four programs: the Ronald McDonald House which welcomes 600 families each year; the Ronald McDonald Family Room inside Children's Hospital at Erlanger which provides a day respite area for the families of hospitalized patients in Children's, Erlanger or Siskin Hospitals, the Ronald McDonald Care Mobile, a mobile full-service dental clinic serving primarily inner city children, and the RMHC Scholarship Program which provides 40, \$1,000 freshman year scholarships to area high schools' seniors. Because of the generous support of so many in the Chattanooga and surrounding areas, no one is ever turned away because of their inability to pay. For more information, please call (423) 778-4331.



How to participate:

Ronald McDonald House Charities of Greater Chattanooga does not have the staff or resources to pick up Pop Tab collections; however, we do have a collection site at our physical location, 200 Central Avenue, Chattanooga, Tennessee. Upon request, we can provide collection boxes for your pop tabs or you can create your own containers. You can drop off your tabs between the hours of 9 am and 9 pm at the Ronald McDonald House. We ask that you not store the Pop Tabs in milk jugs or other closed containers. Please empty tabs into sturdy 13 gallon garbage sacks (or double sack them) before delivery. If you or your group would like a tour of the Ronald McDonald House when you bring your tabs, please contact us to arrange a date and time. Pop Tab donations are not tax-deductible and are not acknowledged.

Adult Volunteers

Volunteers working at the House are often the first face guests see when they enter the House. Volunteers assist with all the basic functions of the House. In this capacity, volunteers will answer phones, greet guests at the door, and help with light office and household duties as needed. House volunteers are asked to commit to one 3-hour shift per month and to serve as a vital point of contact for families when they have questions or needs.

Volunteering at the House is an opportunity to give back while creating relationships that will last a lifetime. Volunteers in the House play an important role in the lives of the families staying here but also play a major role in serving behind the scenes at the House.

Student Volunteers

Student volunteers work at the Ronald McDonald House only and typically perform light housekeeping duties and chores, work at special events, or assist with special projects as needed. Students may receive service learning hours credit for their work. Students must be at least 16 years old and have a parent's written consent to volunteer in this program.

Ronald McDonald Family Room™ Volunteers

The Ronald McDonald Family Room volunteers help to ensure that the families of sick children are well taken care of and made to feel at home while using the Ronald McDonald Family Room. The Family Room is staffed entirely by volunteers and remains open daily from 9:00 A.M. until 9:00 P.M.

Volunteers in the Family Room assist visitors to the facility inside Children's Hospital at Erlanger by helping them to become acquainted with the Room and making them feel at home while they are there. On a 3-hour shift, a volunteer will help people register at the front desk, tidy up the kitchen, or replenish snacks and food. Family Room volunteers are also asked to commit to one 3-hour shift per month.

Volunteers in the Family Room have constant interaction with families who are visiting their ill or injured loved ones in the hospital. The Family Room and volunteers play host to more than 21,000 visitors each year.

Adopt-A-Meal Program Volunteers

The Ronald McDonald House is always looking for community groups, organizations, or individuals to prepare a meal for the families staying at the Ronald McDonald House on a monthly or as needed basis. Groups of any size are welcome.

These volunteers use the Ronald McDonald House pantry or bring their own supplies to cook for as many as 50 people. The evening meal is served to resident families each day at 6:00 p.m.

The Volunteer Information Request Form can be found at www.rmhcchattanooga.com