



Alpha Chapter Newsletter

Organized 1937

www.AlphaChapterDKG.com

of Xi State

Organized 1935

MARCH
2011

OF DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

ORGANIZED 1929



From Our President.....

As March comes at us very quickly we have a sense of spring. Spring will come in many forms. Whether it is Spring Break or the first official day of spring, we have a sense that the school year is about to come to an end.

Whether it is testing the students or our being "tested", we will soon see the passing of another group of students who we hope have gained some knowledge from our hard work. We have spent countless hours preparing, grading, and posting. Now approaches the time when we can take a few days to rest, relax, and restore the needed energy that will carry us through to the end of the year.

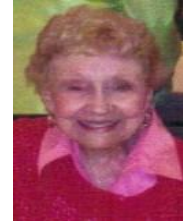
Just as the winter gives way to spring and the renewal it brings, we use that time to refresh ourselves. The days become longer, and we begin to see the green coming back in the varying shades. Maybe that is why the Irish love their "Touch of the Green". It represents new growth.

Some of you will spend your time away from students resting in the sun, enjoying the mountains, planting those spring plants, or just being "downright lazy". It is so appropriate to take time for yourself and gain that energy that will bring you to the finish line.

March is also the month for our Birthday Tea. I hope that each of you will take the time to join us at Kay Schwieger's home. She so graciously opened her home to us last year and is doing so again this year. It is a special time to enjoy the fellowship of our sisters. I gain so much from each of you and look forward each month to the meetings. Each of you gives me energy with your kind words and thoughtfulness. Don't miss the opportunity to "catch up".

My March wish for each of you is much like the Irish Blessing "May the road rise up to meet you (and bring each of you to Kay's), May the wind be always at your back (if you plan on traveling don't go faster than the angel that is with you), May the sun shine warm upon your face (be sure to use sunscreen), And the rains fall soft upon your face (carry that umbrella so you don't melt), And until we meet again (hope to see you at Kay's house), May God hold you in the hollow of His hand (and Bobbie Ruth we are praying for a speedy recovery for you). Best wishes to each of you and Happy St. Patrick's Day.

-Patti



In Memory of Elizabeth Kimzey

Sarah Elizabeth Brown Kimzey passed away Saturday, Jan. 29, 2011. She was born and raised in Red Bank, into one of the Red Bank founding families. She was a lifelong educator having taught in Rockford, Ill., and was a librarian and supervisor of Librarian Services in Rockford Public School System. After retiring from Rockford School System, she worked at Chattanooga Public Library. She was initiated into Delta Kappa Gamma in Rockford in 1977, and later transferred to Alpha Chapter of Delta Kappa Gamma of Chattanooga. She was a member of First Presbyterian Church.

She was preceded in death by her parents, Jessie Martin Brown and John Berry Brown Sr., former Superintendent of Tennessee Schools; siblings, one sister, Inez Brown; two brothers, John Berry Brown Jr. and Robert Martin Brown.

Survivors include her nieces, Bobbie Lou Brown Blackshear and Janice Brown Nelms; nephew, Kim Martin Brown; five great-nieces and nephews; and eight great-great-nieces and nephews; companion, Marian Gang.

Memorial contributions may be made to Pet Placement in Red Bank.

Our sympathy to Bobbie and Janice.





Our next meeting is...

Date: Sunday, March 13, 2011 at 2:00 p.m.

Location: Home of Kay Schwieger
7502 Windermere Way
Hixson, TN 37343 (directions below)

Program: Birthday Tea, Founders Tribute

Devotion: Marcia Brown

Hostesses: Kay Schwieger, Sue Crowder, Carolyn Attaway, Nancy Klein

Please wear your ΔΚΓ pin and/or name tag to the meeting.



Directions to the March 13 Meeting

From Hwy 27 N (Corridor J):
Exit Thrasher Pike exit and turn right on Thrasher Pike
Go @ 1 mile and turn right on Gann Road
Go @ 2 miles and turn right into Windermere Subdivision.
Her house is the 5th house on the left

OR

From Hixson Pike from Northgate area:
Go North on Hixson Pike past the new Bi-Lo and turn left on Middle Valley Road
Go past Hixson High School
Continue @ 2 1/2 miles. Go through the red light (Boy Scout Road) and past Save-A-Lot grocery (on left)
Continue on until you see Dallas Bay Fire Dept and a convenience store
Turn left onto Gann Road and turn back to the left into Windermere Subdivision
Her house is the 5th house on the left.
Kay's phone # is 877-3003 or 505-2022.
Nancy Klein (co-host) phone # is 208-4116 if you need to contact them.



Please bring any or all of the following to the meetings:

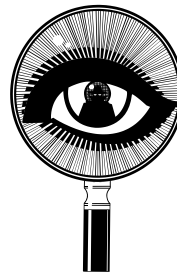
General Mills' "Box Tops for Education"
Campbell's "Labels for Education" - just bring UPC, not the entire label.
Toiletries for Vets -any size toiletries. They can also use phone cards, white socks, and white T-shirts.

Magazines - Cut off or mark over your personal information
Hardback or paperback books to be bought by the Sisters (\$15 was made from the books at the January meeting..only \$1 at the February meeting)

The magazines collected in January were given to Manor House.

The following were collected at the February meeting:
25 magazines to go to Assisted Living/Nursing Homes
21 toiletries for Vietnam Vets
32 Box Tops
4 Campbell soup labels

Please save the items above (See page 8 of this newsletter for a list of items with the Box Tops) and bring to the March Alpha Chapter meeting. No collections will be made at the April Joint Chapters' Founders Day Brunch.



Who is the Mystery Alpha Sister?

This Alpha Sister has three children and eight grandchildren. She received her B.S. degree from University of Chattanooga. She is now retired; however, she did teach at Eastdale, Jersey King Point (now Hillcrest), and Bess T. Shepherd. She has traveled to Haiti, Jamaica, and Mexico. Her favorite vacations are trips with her grandchildren. She has not only attended a Xi State convention, she has also attended a Southeast Delta Kappa Gamma convention and two International Delta Kappa Gamma conventions. She is active in Alpha Chapter and has not only been President of our chapter but has served on many committees. She volunteers at her church, as an AARP Instructor for Safe Driving Classes, and sometimes assists with Alzheimer's Support Group. (Answer in the April newsletter)

[Answer to the January/February Mystery Alpha Sister: Sue Crowder]



Please keep these Alpha Sisters in your thoughts and prayers.

Betty Ball
Betty Fassnacht
Sara Jo Hudson
Janice Payne
Frances Wilson



Recipe of the Month

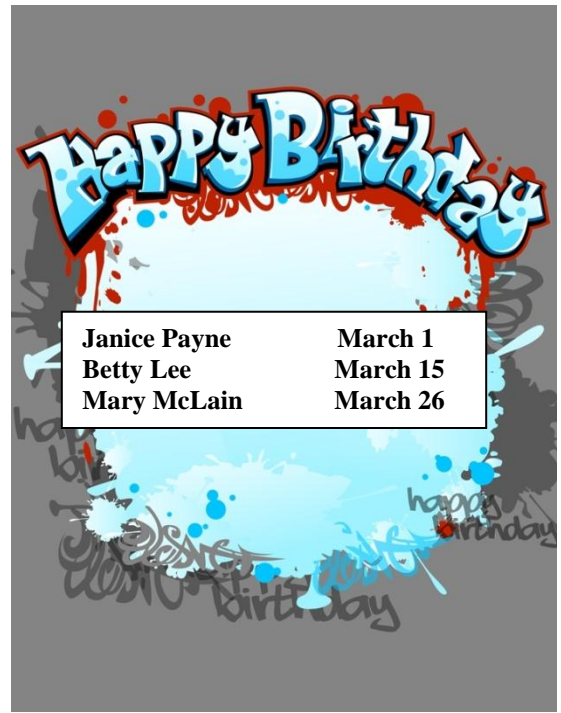
Kiwi Key Lime Pie

Ingredients:

- 1 cup graham cracker crumbs
- 3 tbsp. butter, melted
- 1 14-ounce sweetened condensed milk
- 4 egg yolks
- 1/3 cup lime juice
- 1 kiwi, peeled and sliced

Instructions:

1. Heat the oven to 350°. Mix graham crackers crumbs and butter in a bowl. Firmly press the crumbs against the bottom and sides of a 9 inch pie pan. Bake for 5 minutes (OR you may use a prepared graham cracker crust).
2. In another bowl, stir the sweetened condensed milk, egg yolks, and lime juice until well mixed. Pour the mixture into the crust and bake 15 minutes or until an inserted knife comes out clean.
3. Once the pie cools, top with kiwi slices arranged to resemble a shamrock.



Janice Payne	March 1
Betty Lee	March 15
Mary McLain	March 26

Alpha Chapter 2011 Calendar

2011 CALENDAR						
JANUARY		FEBRUARY		MARCH		
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	10:30 AM		4:30 PM			2 PM
APRIL		MAY		JUNE		
S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	TBA		4:30 PM			No meeting
JULY		AUGUST		SEPTEMBER		
S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
	No meeting		10:30 AM			10:30 a.m.
OCTOBER		NOVEMBER		DECEMBER		
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	4:30 PM		TBA			10:30 a.m.

See www.AlphaChapterDKG.com for meeting locations and additional information.



Xi State Silent Auction Basket is empty now. Won't you help?

Each year at the Xi State Convention, each TN chapter contributes a basket for the Silent Auction. The Silent Auction is one of the most anticipated events at the convention and the proceeds benefit the programs of the Leadership Committee.

We know economic times are tough; however, we hope you will bring an item or items, monetary contribution, or a gift card for the Alpha Basket. This year our basket theme will be "Relaxation".

Last year three Alpha Sisters paid for the basket and contents. This year the basket and its contents need to be contributed by entire chapter.

Please bring your contribution to the March Birthday Tea.

Let your love be stronger than any hate or anger, for it is far better to bend than to break.

- H. G. Wells

Be sure to visit our website at www.AlphaChapterDKG.com and also visit Xi State at www.XiState.org and International at www.dkg.org

Witticisms

- *It's not whether you win or lose, but how you place the blame.*
- *We have enough youth. How about a fountain of "smart"?*
- *When blonds have more fun, do they know it?*
- *Money isn't everything, but it sure keeps the kids in touch.*
- *If at first you don't succeed, then skydiving is not for you.*

-e-mail from a friend

Check Out Your Mental Health

Question #1: You are a participant in a race. You overtake the second person. What position are you in?

Question #2: If you overtake the last person, then you are__?

Question #3: Very tricky math! This must be done in your head only. Do not use paper and pencil or a calculator. Take 1000 and add 40 to it. Now add another 1000, now add 30. Add another 1000. Now add 20. Now another 1000. Now add 10. What is the total?

Question #4: Mary's Father has five daughters. 1. Nana, 2. Nene, 3. Nini, 4. Nono, and ? What is the name of the fifth daughter? Hopefully, you didn't answer Nunu. Of course, the answer is Mary.

Question #5: A mute person goes into a shop and wants to buy a toothbrush. By imitating the action of brushing his teeth, he successfully expresses himself to the shopkeeper and the purchase is done.

Next, a blind man comes into the shop who wants to buy a pair of sunglasses. How does he indicate what he wants?

Answers:

#1 If you answered that you are first, then you are absolutely wrong! If you overtake the second person and take his place, you are in second place!

#2 If you answered that you are second to last, then you are...wrong! How can you overtake the last person?

#3 The correct answer is 4100.

#4 Hopefully, you didn't answer Nunu! Her name, of course, is Mary.

#5 It's really simple. He opens his mouth and asks for it.

Interested in Going Green?

Get your Xi State News in digital format!

Save Trees! Save Postage!

Plus get your copy more quickly and in color!

Send your e-mail address to Patsy Peckenpaugh at peckpat@cableone.net to start getting your digital News with the next issue!

- Xi State News

Topics of Discussion

At the March meeting, we will be discussing whether our scholarship money should continue to be given to a high school young lady who will major in education OR, at the suggestion of the Delta Kappa Gamma International President, Dr. Jensi Souders, it be given to a first-year teacher to defer her cost of classroom supplies for her new classroom. Please be thinking about this.

In appreciation for the soon-to-be past Xi State President, Dee Dee Rives, it was decided at the Alpha Chapter February meeting that we would "pass the hat" at the March meeting to send a contribution toward her gift.

Health

EASY DOES IT

Give yourself the gift of managing the extra workload with more grace than grouchiness.

1 In addition to your to-do list, write a not-to-do list, suggests Ann Daly, Ph.D., author of *Clarity: How to Accomplish What Matters Most* (Wollemi Pine Press). Note those tasks that don't mean a lot—say, the neighbors' open house. (No need to explain. If pressed, tell them, "We've got something else on the calendar.") Also include basics: Don't overspend, overschedule or do things solely out of obligation.

2 Watch for warning signs that you're in overdrive, says Shelley Carson, Ph.D. "If your heart rate increases, or you feel irritable or impatient, have trouble sleeping or are indulging in stress eating," she says, "you've got to find ways to slow down." Meaning, delete

things on your to-do list that aren't essential to what you truly value.

3 Stop every so often—try on the hour or each time you're alone—to go within and connect with your spirit, whether by meditation, prayer or thinking about what's good in your life.

4 Be aware of anxious thoughts ("This is too much! I'll never get it all done!") and replace them with positive ones ("I can do this. I'm good at this."). Stress comes from the negative messages your mind churns out. You don't have to let yourself go there.

5 Make rest, good nutrition and exercise priorities. Think of your energy level as a bank account you don't want to overdraw.

-Family Circle

Attitude: Pick a good one.

For the LOVE of Chocolate

FOR SOME. IT'S A GUILTY PLEASURE. For others, it's a way of life. Let's face it, Americans love chocolate. The good news is, chocolate may not just be empty calories. Chocolate lovers unite! Here are a few of the ways chocolate may be beneficial to your health.

Flavonoids: Flavonoids have been found to improve blood vessel function. As vascular responsiveness is improved, blood vessels are less tense, which increases blood flow in the arteries. And, ultimately, better blood flow is good for your heart. Chocolate contains these natural substances found mostly in dark chocolate and cocoa. The lighter the chocolate, the less flavonoids it contains, so white chocolate contains no flavonoids.

Antioxidants: Increasing our antioxidant intake has been found to protect us from damage to the heart and blood vessels. Studies have also shown that antioxidants like the ones found in dark chocolate protect us from the damage that may lead to cancer. Unfortunately, you only need about 1.5 ounces of dark chocolate each day to realize this benefit.

In addition to the health benefits chocolate has been shown to have, it also contains some interesting chemicals. Theobromine stimulates the central nervous system, and it relaxes the bronch in your lungs as well as your blood vessels. Phenylethylamine is often compared to amphetamine, which can replicate the feelings someone has when they are in love.

Overall, the benefits of dark chocolate (and cocoa) can be beneficial. However, a balanced diet and regular exercise will always be the key to a heart healthy lifestyle.



-"AAA Going Places"



Xi State News

- March 15, 2011 Deadline to submit Legislative Award form
- March 15, 2011 Deadline to submit Communications Award form
- March 15, 2011 Deadline to submit Order of the Rose Nomination Award form
- April 1, 2011 Deadline to submit Achievement Award form
- April 7, 2011 Deadline to submit Visual Arts & Display form
- April 15, 2011 Deadline to submit Chapter Excellence Award
- June 9-11, 2011 Xi State Convention, University of the South, Sewanee, TN
- July 13-16, 2011 Southeast Regional Conference, Marriott Downtown Marriott, Louisville, KY

- July 24-28, 2012 Delta Kappa Gamma International Convention, Sheraton New York Hotel & Towers, (7th Ave), New York City
- July 10-13, 2013 Southeast Regional Conference, Gaylord Palms, Orlando, FL
- July 28- August 1, 2014 Delta Kappa Gamma International Convention, Indiana
- July 2015 Southeast Regional Conference, Georgia
- July 2016 Delta Kappa Gamma International Convention, Nashville, TN



Daily Survival Kit

..to help you each day:

- (As a teacher, I'm sure you've seen variations of this.)
- Toothpick:** to remind you to pick the good qualities in everyone, including yourself.
 - Rubber Band:** to remind you to be flexible. Things might not always go the way you want, but it can be worked out.
 - Band-Aid:** to remind you to heal hurt feelings, either yours or someone else's.
 - Eraser:** to remind you everyone makes mistakes. That's okay, we learn by our errors.
 - Candy kiss:** to remind you everyone needs a hug or a compliment every day.
 - Mint:** to remind you that you are worth a mint to your family and friends.
 - Bubble gum:** to remind you to stick with it and you can accomplish anything.
 - Pencil:** to remind you to list your blessings every day.
 - Tea bag:** to remind you to take time to relax daily and go over that list of God's blessings.
- This is what makes life worth living every minute, every day.
-e-mail from a friend

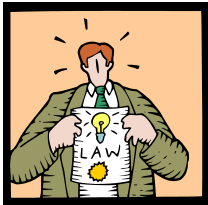


*Our sympathy to
Frances Wilson on the
passing of her sister,
Elenora Varney, on
January 21.*



Xi State Convention
June 9-11, 2011
University of the South
Sewanee, Tennessee

Please plan to attend the convention this year. If you have never attended one, you are missing a real treat. Alpha Chapter only had four Sisters attend this past summer. PLEASE consider going to the convention. See page 6 -7 of the February 2011 *Xi State News* to see a list of the convention workshops. The registration form can be found on-line at www.xistate.org, in the February 2011 *Xi State News*, or registrations forms will be available at the March meeting.



Legislative Notes

As most of you know the state legislature is beginning its new session. There are some proposed bills that could drastically affect our rights and benefits as teachers both active and retired. I know the things I have listed below are lengthy; but **please, please read this information and contact your elected representative and senator to let them know that you would appreciate their voting "no" on these proposals. Also, please ask him/her to request a "roll call" vote when the measure comes before their body which will allow us to know exactly who has voted which way.** These proposals, if passed, will have an effect on you regardless of which party you voted for last November.

Teachers traditionally do not want to become involved in politics, but if these measures pass; and we lose these rights-- we could find ourselves at the "mercy" of the political system like we have not seen in many years.

The bills currently proposed are:

HB0130 (Maggart)/SB0113 (Johnson) As introduced, would abolish teachers' unions ability to negotiate terms and conditions of professional service with local boards of education.

SB0102(Gresham) As introduced, changes the method of selection of trustees of TCRS representing teachers and retired teachers from election by the representative assemblies of TEA & TRTA respectively to appointment by the speakers of the house and senate. *(This bill was passed in the Senate Education Committee on 2/16 by a 5-3 vote. It came up for further review on 2/23.) Teachers have paid into their retirement system while other state employees have been non-contributory members of TCRS.*

HB0159(Casada)/SB0362(Ketron) As introduced, prohibits public employees from having a payroll deduction to a political action committee or for dues for membership organizations that use

funds for political activities. (TEA endorses candidates who support public education through TPACE, not directly through dues. TRTA does not support or endorse political candidates. This is partiallated to fact that TEA and TRTA do have lobbyists.)

SB0362 (Gresham) As introduced, prohibits professional employees of a local school system or department of education who are board members of professional education associations from receiving administrative leave to attend board meetings.

HB0367(Dunn) As introduced, allows board of education to grant teachers tenure at anytime between their third and tenth years of service; eliminates judicial review of decision to suspend or dismiss a teacher for incompetence, inefficiency, neglect of duty, unprofessional conduct, or insubordination.

- Nancy Klein, Legislative Chair

February 2011 Meeting Photos



Patti gave the devotion.

(See a copy of the devotion later in the newsletter.)



The refreshments were delicious.



Milton McLain (Mary's husband) taught us a great deal about photography. His photos taken in St. John, Virgin Islands were beautiful!

Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.

Patti's February Devotion

The Bible in a Nutshell

A child was asked to write a book report on the entire Bible.

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, "The Lord thy God is one, but I think he must be a lot older than that." Anyway, God said, "Give me a light!" and someone did.

Then God made the world. He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet. Adam and Eve disobeyed God by eating one bad apple so they were driven from the Garden of Eden...not sure what they were driven in though, because they didn't have cars. Adam and Eve had a son, Cain, who hated his brother as long as he was Abel.

Pretty soon, all the early people died off, except for Methuselah, who lived to be like a million or something. One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would take a rain check.

After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plaques on Pharaoh's people. These plaques included frogs, mice, lice, bowels, and no cable.

God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbor's stuff. Oh, yeah, I just thought of one more: Humor thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon, there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore. There were some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the star of the New. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was.") During His life, Jesus had many arguments with sinners like the Pharisees and the Democrats.

Jesus also had twelve opossums. The worse one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Democrats and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Thoughts

- 1) Prayer is not a "spare wheel" that you pull out when in trouble; it is a "steering wheel" that directs us on the right path throughout life.
- 2) Do you know why a car's windshield is so large and the rear view mirror is so small? Because our past is not as important as our future. So look ahead and move on.
- 3) Friendship is like a book. It takes a few seconds to burn, but it takes years to write.
- 4) All things in life are temporary. If going well enjoy it, they will not last forever. If going wrong don't worry, they can't last long either way.
- 5) Old friends are like gold! New friends are diamonds! If you get a diamond, don't forget the gold! Because to hold a diamond, you always need a base of gold.
- 6) Often when we lose hope and think this is the end, God smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"
- 7) When God solves your problems, you have faith in His abilities; when God doesn't solve your problems, He has faith in your abilities.
- 8) A blind person asked St. Anthony: "Can there be anything worse than losing eyesight?" He replied: "Yes, losing your vision."
- 9) When you pray for others, God listens to you and blesses them; and sometimes, when you are safe and happy, remember that someone has prayed for you.
- 10) Worrying does not take away tomorrow's troubles; it takes away today's peace.

- e-mail from a friend



Please save the Box Tops from any of these products and bring to the meeting in March and again beginning at the August meeting.



Clip Box Tops and earn cash for your school!

Earn cash for your school every time you shop for groceries. Clip Box Tops from **hundreds of your favorite products.*** Each Box Tops coupon is worth 10¢ for your school—and that adds up fast!

BAKING

Desserts:

- Betty Crocker® Cake Mix
- Betty Crocker Complete Desserts*
- Betty Crocker® Cookie Pouches
- Betty Crocker® Decadent Supreme
- Betty Crocker® Frosting
- Betty Crocker® Gluten Free Brownie Mix
- Betty Crocker® Gluten Free Cake Mix
- Betty Crocker® Gluten Free Cookie Mix
- Betty Crocker® Sunkist® Lemon Bars
- Betty Crocker® Supreme Brownie Mix
- Betty Crocker® Variety Dessert Mixes
- Betty Crocker® Warm Delights® Desserts
- Betty Crocker® Warm Delights® Minis
- Reese's® Dessert Bar Mix
- Breads, Muffins and Rolls:
- Betty Crocker® Boxed Muffin
- Betty Crocker® Quick Breads
- Betty Crocker® Complete Pancake Mix
- Betty Crocker® Pizza Crust
- Bisquick® Baking Mix Boxes
- Bisquick® Gluten Free
- Bisquick® Heart Smart® Mix
- Fiber One™ Complete Pancake Mix
- Fiber One™ Muffin Mix
- Gold Medal® Flour

BEVERAGES

- Nestlé® Juicy Juice®
- Nestlé® Juicy Juice® Bottles (6-pack)
- Nestlé® Juicy Juice® Sparkling Fruit Juice (4-pack)

CEREAL

- Basic 4®
- Cheerios®:
- Apple Cinnamon Cheerios®
- Banana Nut Cheerios®
- Berry Burst Cheerios®
- Chocolate Cheerios®
- NEW Cinnamon Burst Cheerios®
- Frosted Cheerios®
- Fruity Cheerios®
- Honey Nut Cheerios®
- MultiGrain Cheerios®
- Oat Cluster Cheerios® Crunch®
- Yogurt Burst Cheerios®
- Cascadian Farm® Cereals
- Chex®:
- Chocolate Chex®
- Cinnamon Chex®
- Corn Chex®
- Honey Nut Chex®
- Multi-Bran Chex®
- Rice Chex®
- Strawberry Chex®
- Wheat Chex®
- Cocoa Puffs®:
- Cocoa Puffs® Combos
- Cookie Crisp®
- Dora The Explorer®
- Fiber One®:
- Fiber One® Caramel Delights™
- Fiber One® Honey Clusters®
- Fiber One® Raisin Bran Clusters®
- Golden Grahams®
- Honey Nut Clusters®
- Kix®:
- Berry Berry Kix®
- Honey Kix®
- Cinnamon Toast Crunch®
- Lucky Charms®:

- Berry Lucky Charms®
- Chocolate Lucky Charms®

Oatmeal Crisp®:

- Oatmeal Crisp® Almond
- Oatmeal Crisp® Raisin
- Raisin Nut Bran
- Reese's Puffs®

Total®:

- Total® Blueberry Pomegranate
- Total® Cinnamon Crunch
- Total® Cranberry Crunch
- Total® Honey Clusters
- Total® Plus Service 3
- Total® Raisin Bran
- Whole Grain Total®
- Trix®
- Wheaties®:
- Wheaties Fuel®

FRESH PRODUCE

- NEW Green Giant® Fresh Head of Iceberg Lettuce
- NEW Green Giant® Fresh Head of Cauliflower
- NEW Green Giant® Fresh Bunched Broccoli
- NEW Green Giant® Fresh 3 count Bag of Romaine Hearts

FROZEN

- Green Giant® Vegetables:
- Green Giant® Bagged Vegetables with Sauce
- Green Giant® Just For One!® Vegetables
- Pillsbury® Toaster Strudel® Pastries
- Totino's® Pizza Rolls® Pizza Snacks
- Totino's® Crisp Crust Party Pizza®

MEALS & SIDES

- Betty Crocker® Specialty Potatoes
- Green Giant® Create a Meal®
- Helpers:
- Hamburger Helper®
- Chicken Helper®
- Tuna Helper®
- Hamburger Helper® Complete Meals
- Old El Paso®:
- Old El Paso® Dinner Kits
- Old El Paso® Re-fried Beans
- Old El Paso® Taco Shells
- Old El Paso® Tortillas
- Progresso® Soups
- Progresso® Broth
- Suddenly Salad® Mixes

REFRIGERATED & DAIRY

- Cookies and Bars:
- Pillsbury® Big Deluxe® Cookies
- Pillsbury® Create 'n Bake® Cookies
- Pillsbury® Ready to Bake!™ Cookies
- Pillsbury® Simply Bake® Bars
- Pillsbury® Simply...™ Cookies
- Breads and Rolls:
- Pillsbury® Breadsticks
- Pillsbury® Country Italian Bread
- Pillsbury® Crescent Rolls
- Pillsbury® Crescent Rounds
- Pillsbury® Crusty French Bread
- Pillsbury® Flaky Twists
- Pillsbury® Grands!® Biscuits
- Pillsbury® Grands!® Sweet Rolls
- Pillsbury® Pizza Crust
- Pillsbury® Simply...™ Biscuits
- Pillsbury® Sweet Rolls
- Butter, Margarine and Spreads:
- LAND O LAKES® Butter (sticks)

- LAND O LAKES® Fresh Buttery Taste® Spread (sticks and tubs)
- LAND O LAKES® Margarine (sticks and tubs)
- NEW LAND O LAKES® Spreadable Butter Products

Cheese:

- LAND O LAKES® Snack'N Cheese To-Go®
- LAND O LAKES® Chunk Cheese varieties in the Dairy Case
- LAND O LAKES® Sliced Cheese varieties in the Self-Service Deli
- ALPINE LACE® Sliced Cheese varieties in the Self-Service Deli

LAND O LAKES® Eggs:

- LAND O LAKES® All-Natural Eggs
- LAND O LAKES® Omega 3 Eggs
- LAND O LAKES® Cage Free Eggs
- LAND O LAKES® Organic Eggs

Yogurt:

- Simply... Go-GURT™
- Yoplait® Go-GURT® Yogurt
- Yoplait® Kids Yogurt
- Yoplait® Kids Yogurt Drink
- NEW Yoplait® Light® 4pk
- Yoplait® Original 4pk
- Yoplait® Splitz™
- Yoplait® Trix® Multipack Yogurt

SNACKS

- Cascadian Farm® Granola Bars
- Cheerios® Snack Mix
- CheX Mix® Treat Bars
- CheX Mix® Select
- CheX Mix® Snack Mix
- Dunkaroos® Snacks
- Fiber One® Bars
- Fiber One™ Toaster Pastries
- Fruit-Flavored Shapes:
- Batman™ Fruit Flavored Shapes
- Care Bears™ Fruit Flavored Shapes
- Create A Bug™ Fruit Flavored Shapes
- Create A Dino™ Fruit Flavored Shapes
- My Little Pony™ Fruit Flavored Shapes
- Polly Pocket™ Fruit Flavored Shapes
- Fairytale Princess® Fruit Flavored Shapes
- Scooby-Doo™ Fruit Flavored Shapes
- Shark Bites Fruit Flavored Snacks
- Spider-Man® Fruit Flavored Shapes
- Teenage Mutant Ninja Turtles™ Fruit Flavored Shapes
- Tonka™ Fruit Flavored Shapes
- Transformers Fruit Shapes
- Fruit-Flavored Snacks:
- Betty Crocker® Fruit Gushers®
- Betty Crocker® Fruit by the Foot™
- Betty Crocker® Fruit Flavored Snack Variety Pack
- Betty Crocker® Fruit Roll-Ups®
- Fruit Roll-Ups® Crazy Pix™
- Fruit Roll-Ups® Fruit Stickerz®
- Fruit by the Foot® Mini Feet
- Fruit Roll-Ups® Mini Rolls
- Golden Graham® Snack Bars
- Milk 'n Cereal Bars
- Nature Valley® Granola Bars:
- Nature Valley® Chewy Granola Bars with Yogurt
- Nature Valley® Chewy Trail Mix Bars
- Nature Valley® Crunchy Granola Bars
- Nature Valley® Healthy Heart Chewy Granola Bars
- Nature Valley® Nut Clusters
- Nature Valley® Roasted Nut Crunch Bars

- Nature Valley® Sweet & Salty Nut Granola Bars
- Nature Valley® Granola Thins

JELLY, JAMS & SPREADS

- Welch's® Concord Grape Jelly - 22 oz. Squeezeable bottle, 18 oz. & 32 oz. Jars
- Welch's® Concord Grape Jam - 22 oz. Squeezeable bottle, 18 oz. & 32 oz. Jars
- Welch's® Strawberry Spread - 22 oz. Squeezeable bottle & 32 oz. Jars
- Welch's® Red Raspberry Spread - 22 oz. Squeezeable bottle
- Welch's® Reduced Sugar Concord Grape Jelly - 18.8 oz. Squeezeable bottle
- Welch's® Reduced Sugar Strawberry Spread - 18.8 oz. Squeezeable bottle

SCHOOL & OFFICE SUPPLIES®

- Avery® Heavy Duty Binders
- Avery® Durable Binders
- Avery® Flexible Binders
- Avery® Silhouette™ Binders
- Avery® Recycled Chipboard Binders
- Avery® Index Maker Dividers
- Avery® Insertable Dividers
- Avery® Write-On Dividers
- Avery® Ready Index Dividers
- Avery® Sheet Protectors
- Avery® Report Covers
- Avery® Glue Stic
- Hi-Liter® Brand Highlighters
- Marks-A-Lot® Dry Erase Markers
- Marks-A-Lot® Permanent Markers
- Avery® Light T-Shirt Transfers
- Avery® Dark T-Shirt Transfers
- Avery® Stretchable T-Shirt Transfers
- Avery® Sticker Paper
- Avery® Magnet Sheets
- Avery® Address Labels
- Avery® Shipping Labels
- Avery® File Folder Labels
- Avery® ID Labels
- Avery® Name Badges

STORAGE BAGS & CONTAINERS

- Storage Bags:
- Ziploc® Brand Big Bags
- Ziploc® Brand DoubleGuard® Freezer Bags
- Ziploc® Brand Easy Zipper Freezer Bags
- Ziploc® Brand Easy Zipper Storage Bags
- Ziploc® Brand Evolve® Bags
- Ziploc® Brand Expandable Bottom Bags
- Ziploc® Brand Flexible Totes
- Ziploc® Brand Freezer Bags
- Ziploc® Brand Fresh Produce Bags
- Ziploc® Brand Sandwich Bags
- Ziploc® Brand Snack Bags
- Ziploc® Brand Storage Bags
- Ziploc® Brand Treat Bags
- Ziploc® Brand Vacuum Bags
- Ziploc® Brand Zip 'n Steam™ Bags
- Containers:
- Ziploc® Brand Snap 'n Seal Containers
- Ziploc® Brand Twist 'n Loc® Containers

PAPER PRODUCTS

- Bath and Facial Tissue:
- COTTONELLE® Bath Tissue
- KLEENEX® Anti-Viral Tissue (75 & 112 count)
- KLEENEX® Facial Tissue (184 Colors, 200, 240 & 260 count)
- SCOTT® 1000 Count Bath Tissue

- SCOTT® Extra Soft Bath Tissue
- Towels & Napkins:
- KLEENEX® Dinner Napkins (50 count)
- SCOTT® Paper Towels
- SCOTT® Rags in a Box
- SCOTT® Shop Towels
- VIVA® Paper Towels
- Wipes:
- COTTONELLE® For Kids Flushable Moist Wipes
- COTTONELLE FRESH® Flushable Moist Wipe
- SCOTT® Pre-Moistened Wipes

DISPOSABLE TABLEWARE & COOKWARE

- Disposable Cookware
- Hefty® EZ Foil® Pans
- Disposable Cups:
- Hefty® Clear Colors Disposable Cups
- Hefty® Crystal Clear Disposable Cups
- Hefty® Easy Grip® Disposable Cups
- Hefty® Zoo Pals® Cups
- Disposable Plates and Serveware:
- Hefty® Crystal Clear Plates
- Hefty® Diamond Deluxe™ Paper Plates
- Hefty® Elegantware™ Plates and Bowls
- Hefty® Everyday Foam Plates and Bowls
- Hefty® Hearty Meals™ Plates and Platters
- Hefty® Superweight™ Plates and Bowls
- Hefty® Supreme™ Plates and Bowls
- Hefty® Zoo Pals® FunTensils
- Hefty® Zoo Pals® Plates and Bowls

WASTE BAGS

- Hefty® Cinch Sak® Waste Bags
- Hefty® EasyTaps® Waste Bags
- Hefty® The Gripper® Tall Kitchen Waste Bag
- Hefty® Kitchen Fresh® Tall Kitchen Waste Bags
- Hefty® Ultra Flex™ Waste Bags

WATER FILTRATION SYSTEMS AND FILTER

- NEW Brita® Faucet Filtration Systems
- NEW Brita® Faucet Replacement Filters
- NEW Brita® Pitchers
- NEW Brita® Pitcher Replacement Filters
- NEW Brita® UltraMax Dispenser

PRODUCTS WITH LIMITED AVAILABILITY

- Avery® Permanent Markers
- Avery® Label Pads
- Avery® NoteLabs™
- Avery® PocketTabs™
- Avery® Protect & Store™ Binders
- Cereals:
- Boo Berry® Cereal
- Count Chocula® Cereal
- Country® Corn Flakes
- Franken Berry® Cereal
- Desserts:
- Hershey's® Brownie Mix
- Meals:
- Macaroni Grill® Multi-packs
- Refrigerated & Frozen:
- ALPINE LACE® Sliced Swiss Cheese (Club Stores)
- Fiber One® Frozen Muffins

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Nostalgia

How Many of These Do You Remember?



45 rpm spindles



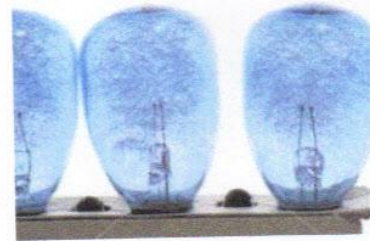
Green S tam ps



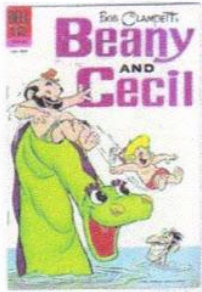
Burma Shave signs



Brownie camera



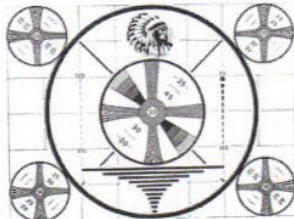
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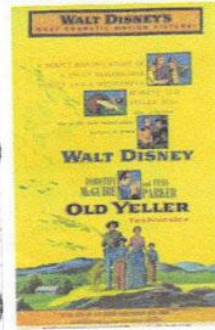
Beanie and Cecil



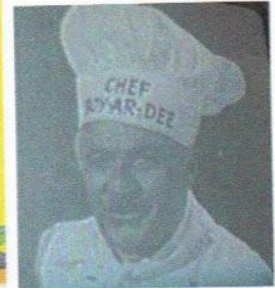
Roller-skate keys



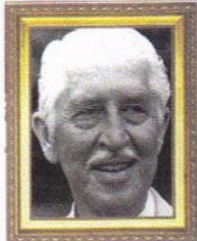
TV Test patterns



Old Yeller



Chef Boy-AR-dee



Marlin Perkins



Drive in Movies



5 cent hamburgers



5 cent packs of baseball cards



Penny candy



Washtub wringers



The Fuller Brush Man



25 cent a gallon gasoline



Jiffy Pop popcorn



5 cent s tam ps



Sky King



Reel-To-Reel tape recorders



Timmy and Lassie



Ding Dong Avon calling



Gum wrapper chains



Chatty Cathy dolls



5 cent Cokes

