



Alpha Chapter Newsletter

Organized 1937

www.AlphaChapterDKG.com

of Xi State

Organized 1935

SEPTEMBER
2011

OF DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

ORGANIZED 1929



From Our President.....

In my yard is a knockout rose bush. It has had blooms all summer long giving much enjoyment to my Mother. The knockout rose bush is a lot like educators.

The bush itself must deal with the heat and in many instances lack of water while continuing to bloom. Educators must deal with shortages and heat in a different sense. Shortages of funds and the constant pressure of producing high scores and promotion of students. Just like the bush, teachers find ways to cause those blooms to continue and grow themselves.

As the summer winds down and the blooms begin to fade, teachers are just beginning to "grow" their blooms. The freshness of the students and the excitement they bring are "food" for each of us. So as we begin our "blooming" season, remember that the students look to us for their own growth and each one under our guidance will bloom. We prepare them with our dedication and love for the profession and loving coax them to show their best.

In this same thought, consider fellow teachers, staff, and those who work with students as future Alpha Chapter members. It is that time of year that we consider new members. Look for those who will bring their special talents to our chapter, who are proud fellow educators, and will strengthen our chapter. Remember our mission....."promoting

professional and personal growth of women educators and excellence in education". Whether you are an active teacher or retired, consider new members for our chapter. As we celebrate our 75th Anniversary this year, our goal is to start the next 75 years with dedication to that mission.

Have a great school year.

Patti



Our next meeting

Date: Saturday, September 10 at 10:30 a.m.
Location: Rossville Public Library (Directions below)

Devotion: Sue Crowder

Program: Genealogy with Rufus Williamson

Hostesses: Group #2: Betty Lee, Angie Neely, Harriet New, Nancy Thompson

Directions to Rossville Library

From I-24 East take the Rossville Blvd exit South toward Rossville. When you get to the Rossville Post Office stay to the right onto McFarland Ave. The library is at 504 McFarland Ave. next to the fire hall on the left. from any other direction, including I-24 West, you still take Rossville Blvd. South and proceed accordingly.

Please wear your name tag/ribbon to the meetings.

Women over 50!

In case you missed it on 60 Minutes, this is what Andy Rooney thinks about women over 50.

60 Minutes Correspondent Andy Rooney (CBS) "As I grow in age, I value women over 50 most of all. Here are just a few reasons why:

- > A woman over 50 will never wake you in the middle of the night & ask, 'What are you thinking?' She doesn't care what you think.
- > If a woman over 50 doesn't want to watch the game, she doesn't sit around whining about it. She goes and does something, she wants to do, & it's usually more interesting.
- > Women over 50 are dignified. They seldom have a screaming match with you at the opera or in the middle of an expensive restaurant. Of course, if you deserve it, they won't hesitate to shoot you, if they think they can get away with it.
- > Older women are generous with praise, often undeserved. They know what it's like to be unappreciated.
- > Women get psychic as they age. You never have to confess your sins to a woman over 50.
- > Once you get past a wrinkle or two, a woman over 50 is far sexier than her younger counterpart.
- > Older women are forthright and honest. They'll tell you right off if you are a jerk or if you are acting like one. You don't ever have to wonder where you stand with her.
- > Yes, we praise women over 50 for a multitude of reasons. Unfortunately, it's not reciprocal. For every stunning, smart, well-coiffed, hot woman over 50, there is a bald, paunchy relic in yellow pants making a fool of himself with some 22-year old waitress. Ladies, I apologize.
- > For all those men who say, 'Why buy the cow when you can get the milk for free?' Here's an update for you.
- > Even if you aren't over 50 yet, you have to admit, this is funny!

- e-mail from a friend



Marion Mossburg has generously volunteered to collect the box tops and Campbell UPC codes this year.

Thank you, Marion



Recipe of the Month

Apple Enchiladas

Ingredients:

- 1 (21 oz) can apple pie filling
- 6 (8") flour tortillas
- @1 teaspoon ground cinnamon
- 1/3 cup butter or margarine
- 1/2 cup sugar
- 1/2 cup firmly packed light brown sugar
- 1/2 cup water

Directions:

1. Spoon pie filling evenly down center of each tortilla.
 2. Sprinkle evenly with cinnamon
 3. Roll up tightly, and place seam side down in a lightly greased 2-quart baking dish.
 4. Bring butter (or margarine) and next 3 ingredients to a boil in a saucepan, reduce heat, and simmer, stirring constantly, 3 minutes.
 5. Pour over enchiladas and let stand 30 minutes.
 6. Bake at 350° for 20 minutes.
- Can be served with ice cream.

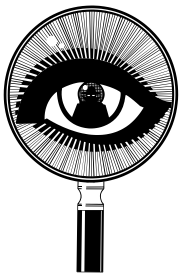


Do you have a friend or family member who is a resident of an assisted living facility or nursing home facility? If so, please volunteer to take the magazines that have been contributed at a meeting to those residents? You do not have to volunteer for the year. One time is fine.

107 magazines were brought to the August meeting. Life Care of Red Bank was delighted to receive them. If you have another nursing home and/or assisted living facility you would like the magazines taken to, please e-mail smbland@comcast.net.

Happiness resides not in possessions and not in gold, the feeling of happiness dwells in the soul.

-Democritus



*Who is the Mystery
Alpha Sister?*

This mystery Sister was graduated from Bob Jones University with a B.S. degree in Elementary Education. She also has attended graduated school at University of Tennessee at Knoxville and Trevecca College. She has taught at Eastdale Elementary, Red Bank Junior High/Middle School, and serve as a Presbyterian missionary to children in Mexico. She taught a total of 38 years.

Her honors have included Life Time Membership in the P.T.A. at Red Bank Jr./Middle School, Yearbook dedication at Red Bank Jr./Middle School, and Elder Emeritus at Rivermont Presbyterian Church.

Her hobbies include reading, sewing, enjoying her cats, Bible study and teaching. She has made over 100 baby quilts for children and grandchildren of her friends.

She has visited Canada, England, Scotland, Wales, Germany, Austria, Switzerland, and Israel and lived in Mexico for seven years.

She volunteers at the Chattanooga Area Food Bank once a month and at Rivermont Presbyterian Church for a Haiti project several times a year.

She was invited to become a member of Alpha Chapter by Bobbie Ruth Hodges.

Who is our Mystery Sister?

(Answer in the October newsletter)

Answer to the August Mystery Alpha Sister: Pat Plunkett



Our sympathy to Nancy Ksein in the loss of her mother, Geneva Knapp Pool Sparks, on May 23, 2011.

AARP Information

Questions and Answers from an AARP Forum

Q: Where can men over the age of 60 find younger, sexy women who are interested in them?	A: Try a bookstore under fiction.
Q: What can a man do while his wife is going through menopause?	A: Keep busy. If you're handy with tools, you can finish the basement. When you are done you will have a place to live.
Q: Someone has told me that menopause is mentioned in the Bible. Is that true? Where can it be found?	A: Yes. Matthew 14:92: 'And Mary rode Joseph's ass all the way to Egypt.'
Q: How can you increase the heart rate of your 60+ year old husband?	A: Tell him you're pregnant.
Q: How can you avoid that terrible curse of the elderly wrinkles?	A: Take off your glasses.
Q: Seriously! What can I do for these crow's feet and all those wrinkles on my face?	A: Go braless. It will usually pull them out.
Q: Why should 60+ year old people use valet parking?	A: Valets don't forget where they park your car.
Q: Is it common for 60+ year olds to have problems with short term memory storage?	A: Storing memory is not a problem, retrieving it is a problem.
Q: As people age, do they sleep more soundly?	A: Yes, but usually in the afternoon.

SMILE, You've still got your sense of humor, right?

Please read the following minutes of the last meeting. They will be voted on at the September meeting.

Minutes
Alpha Chapter
Delta Kappa Gamma

August 13, 2001

Alpha Chapter of Delta Kappa Gamma met on Saturday, August 13, 2011, at the EPB Community Room. Dr. Patti Skates, Alpha President, called the meeting to order at 10:30 a.m.

The devotion was given by Nancy Klein.

President Skates introduced Anna Harrington who has recently relocated to Chattanooga from Jackson, TN where she was a member of Delta Kappa Gamma. Anna is visiting several of the Chattanooga chapters to determine where she will best fit for membership. She is teaching at Chattanooga State.

Our refreshments were ice cream and all the fixings to make sundaes. Members paused to make their ice cream sundaes to be enjoyed while we were conducting business. Hostesses for the August meeting were: Dr. Patti Skates, Serie Bland, Janice Nelms, and Nancy Klein

President Skates brought up an Old Business item which is related to how we wish to structure our scholarship in the future. In the spring we had some discussion about the direction we wished to move in the future with the awarding of our scholarship. In the past our scholarship has been awarded to a high school senior who plans to enter teaching. This has been a somewhat difficult situation to monitor and keep track of the progress of our recipients. In the spring we had discussed awarding the scholarship to a first-year teacher for use in equipping her classroom, but further consideration was deferred to our fall meeting.

Nancy Klein moved that Alpha Chapter change the scholarship from a high school senior to a first-year teacher or teachers. The motion was seconded by Nancy Thompson. In the discussion which ensued several proposals were considered including whether to have one grant or maybe several grants in order to assist more new teachers. The motion was made and approved to consider a program of grant(s) up to \$500, and President Skates appointed Marion Mossburg and Mary McLain to formulate a proposal for the awarding of grant(s) which will be presented to members for consideration and a vote at the September meeting.

It was announced that it is time to consider nominations for new members which will be voted on at the October meeting. Members were asked to talk to teacher friends about our society and then forward names to be presented for consideration to Nancy Klein who has forms, or the form can be downloaded from the Alpha website.

It was announced that the Alpha Chapter Newsletter which is edited by Serie Bland has received an award of highest honors for the newsletter in XI State.

Under New Business President Skates reminded us that our 75th anniversary celebration will be held on Sunday, March 18, 2012, at 3 p.m. at Brainerd United Methodist Church. Patsy Williamson and Sara Jo Hudson, chairs of the celebration committee, gave a report about the committee meeting which was held recently and passed out spreadsheets of duty assignments for the celebration. Our members are being asked to wear hats to the celebration and possibly white gloves. We are trying to make this a very memorable affair.

President Skates also spoke about a project in which she is involved to secure baby items for infants and toddlers in the Orphanage Emmanuel in Honduras. The Oak Street Baptist Church in Soddy is trying to fill a shipping container

with baby items. The container is like the large ones we frequently see being transported on trains and on flatbed trucks for shipment by sea. The orphanage feeds three meals per day to 500 children who are enrolled in school there plus the adult workers. There are approximately 100 infants and toddlers at the facility, and there is an acute need for all kinds of baby items--diapers, lotions, formula, etc. On August 27, from 4-6 p.m. there will be a baby shower at the church in Soddy at which time they hope to have enough items to fill one of the shipping containers. (A shipping container will hold 750,000 diapers. Several groups and organizations in the community are also assisting with this project.) Each month a container leaves Chattanooga on its way to Honduras. Serie Bland moved that we adopt support of this project as a part of our community service for 2011-2012. Mary McLain seconded the motion which was passed by a voice vote.

Janice Nelms introduced the program which was accounts of travel by several sisters. Sue Crowder spoke of her recent trip to Israel. Nancy Thompson spoke of the trip she and her husband took to Germany this summer where they picked up their new car and drove it around Germany and Austria. The car will be delivered to them in Chattanooga. Marsha Brown told about the trip she and Terry, her husband, took to England to celebrate their twenty-fifth wedding anniversary.

Announcements were made regarding members who are ill or have had deaths in the family. Bobbie Ruth Hodges is now at home and driving again; Betty Ball is at home and continues to receive daily injections for a blood clot in her leg; and Debbie Erwin recently lost her father-in-law.

We were also reminded about dues being payable by the October meeting and that we voted to allow for them to be paid in two installments if desired. The dues should be sent to Janice Grow.

If members have changes of status, address, e-mail address or any other pertinent information, they are asked to let Serie Bland and Mary McLain know as soon as possible so that the newsletter distribution and the yearbook can be updated.

In addition to the diapers for Honduras, we will also continue our magazine collections for assisted living/nursing homes, toiletries for veterans, and our membership book exchange for the scholarship fund.

The new Area III director is our own Dr. Patti Skates.

Sara Jo Hudson reminded members of the Storytelling Festival in Jonesborough, TN which is the first full week-end in October.

Our next meeting will be Saturday, September 10, at the Rossville Public Library on McFarland Avenue. Rufus Williamson, Patsy's husband, will present the second installment of our programs on genealogy.

There being no further business, the meeting was adjourned.

Nancy Klein
Recording Secretary



New Chapter Organized
Delta Tau of North Carolina
8/21/11

Health

Did you know that eighty percent of Americans are magnesium deficient? Symptoms of magnesium deficiency include body aches, muscles twitches, low energy levels, headaches and migraines, leg cramps, chronic constipation, and insulin resistance. A magnesium deficiency can lead to heart disease, high blood pressure, stroke, type 2 diabetes, osteoporosis, and more. Adults should get 400 mg of magnesium daily. Sources include raw pumpkin seeds, spinach, raw sunflower seeds, almonds, black beans, and brown rice.

-*Woman's Way*, June 2011

Technology

FOUND: THE BEST COUPON SITES

Beyond goodhousekeeping.com/coupons, here are the most reliable places to save big

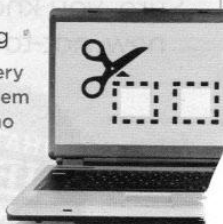
COUPONS.COM Every day, 100 to 200 printable grocery coupons are available on this site, or you can load them onto select loyalty cards and redeem at checkout—no need to waste paper.

COUPONCABIN.COM This site has a staff of 15 vetting coupons daily to make sure you don't waste your time punching in codes that don't work.

DEALNEWS.COM You'll find not just coupon codes for stores and brands such as JCPenney apparel and Cuisinart coffeemakers, but also an analysis of why a given deal is the best one for that product.

DROPDOWNDEALS.COM Here, you're offered a downloadable tool that displays a window showing available deals when you visit retailers online. So, if you go to the Gap's website and dropdowndeals.com has a coupon, it will let you know right then and there.

RETAILMENOT.COM You get alerts via e-mail from this site whenever a retailer you've earmarked has a new code available.



Announcements

E-mail from Beverly Smith, Treasurer of the Chattanooga Coordinating Council of Delta Kappa Gamma (a.k.a. Joint Council):

Dear Principal Vaughn,

It is with pleasure that the four Chattanooga chapters of the Delta Kappa Gamma Society International send the enclosed check as a donation to the Ringgold High School library. Two of our members traditionally sell Cookie Lee jewelry at our Founders Day celebration in the spring and donate a portion of their proceeds to the Chattanooga Coordinating Council of DKG. This year, those members asked the Council to consider donating those proceeds to help victims of the spring tornadoes. The Council has chosen to send that donation to Ringgold High School, earmarking it for the school library.

As your staff and students return to school in the coming weeks, please know that the members of Delta Kappa Gamma will have you in our thoughts and prayers. We hope that this school year is a happy, productive one for all of you.

Sincerely,

Beverly Smith

Delta Kappa Gamma Society International

Chattanooga Coordinating Council Treasurer

Enclosure: Check #1003 (\$150)



It is my pleasure to report that Alpha Chapter has earned highest honors on their yearbook evaluation. The book is attractively formatted and contains detailed information about your programs and your members. Congratulations on the award. I hope to see many Alpha members at the Xi State convention, June 9-11, 2011. Thanks for a job well done, Mary McLain!

e-mail from Beverly Smith, Xi State

Kids Are So Funny

This was so funny, I wanted to share it with you. Shaedon is our daughter Tracie's youngest. He turned 4 in July. Tracie posted this on Facebook:

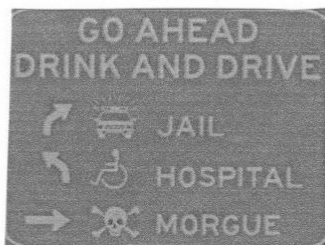
We were telling Mitchell that a certain tree was a dogwood tree and Shaedon promptly corrected us by saying "Wood doesn't come out of dogs, dog poop comes out of dogs!" 3 yr olds crack me up!

-e-mail from Mary McLain

**Remember the Alpha slogan for 2011-2012:
*Motivate-Move- Momentum***

Children Are Quick

Unusual Signs



TEACHER: Why are you late?

STUDENT: Class started before I got here.

TEACHER: Maria, go to the map and find North America ..

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America ?

CLASS: Maria.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it. (I Love this child)

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: Millie, give me a sentence starting with ' I . '

MILLIE: I is..

TEACHER: No, Millie..... Always say, 'I am.'

MILLIE: All right... 'I am the ninth letter of the alphabet.'

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it.

Now, Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand.....

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mom is a good cook.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's..Did you copy his?

CLYDE: No, sir. It's the same dog.

(I want to adopt this kid!!!)

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher

-e-mail from Mary McLain

Meeting Update: The Joint Chapters' Initiation will be on Tuesday, November 15. Mark your calendar!

Xi State--Tennessee



*It's that time again!
Dues this year are the
same as last year: \$70.
Please give to Susan
Grow no later than the
October 6th meeting.
Dues may be mailed to
Susan 2417 Bending
Oaks Dr.*

*Chattanooga, TN 37421
Of this \$70...*

*\$40 goes to International, \$1
to the International
scholarship fund, \$14 goes
to Xi State, only \$15 stays
with Alpha Chapter.*

September 16-17: Xi State Committee Planning Meeting Crieve Hall Church of Christ (off I-65 South) **Nashville, Tennessee** Committee Chairs & Area Directors meet Friday, September 16 at 7 p.m. Committee members meet Saturday, September 17 from 10 a.m. - 3 p.m. Saturday lunch will be provided.

October 1: Deadline to submit articles and photos for possible inclusion in the *Xi State News* to Dee Dee Rives or Dr. Kathie Harned

October 1: Deadline to submit application for *Xi State News* Editor.

December 1: Workshop Proposal for 2012 Xi State Convention due to Dr. Dorrie Powell

December 15: Deadline to submit two paper copies or one paper and one CD of your chapter yearbook to Dr. Dorrie Powell

December 31: Deadline to apply for Liz Whorley Bradley Professional Growth and/or Vision Foundation Project

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

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

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

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



Be sure to visit:
www.DKG.org
www.XiState.org
and

www.AlphaChapterDKG.com



Congratulations to Nancy and Jerry Thompson on the arrival of Kaitlyn Elizabeth Strong on July 8, 2011. She weighed 8 lbs. 3.6 oz and was 20.5 inches long. Big sister, Kaylie, will start kindergarten this year. She joins the other grandchildren...Ben, 3, and Audrey, who just turned 1, who are the children of their other daughter. Yeah...4 grandchildren!

What you do speaks so loudly that I cannot hear what you say.

-Ralph Waldo Emerson



*Gamma Theta Chapter
Psi State
invites you to join your
Delta Kappa Gamma Sisters
for a
Luncheon
honoring*

*Dr. Jensi Souders, President
Delta Kappa Gamma Society
International*

*September 24, 2011
at the
Chattanooga Convention Center
1150 Carter Street
Chattanooga, TN 37401*

*12 Noon
(Eastern Time)*

Advanced Reservations Only

Basic Information:

Gamma Theta Chapter (Psi State) hopes you can join us for a luncheon on Saturday, September 24, 2011 at 12 Noon (eastern time) at the Chattanooga Convention Center in Chattanooga, Tennessee. This will give our surrounding area sisters an opportunity to meet and be inspired by our Delta Kappa Gamma International President, Dr. Jensi Souders. Jensi is a special lady and we know you will be thrilled and blessed as we hear her challenge and vision for Delta Kappa Gamma.

Chapters from northern Georgia, eastern Alabama, southern Tennessee and western North Carolina have been invited.

Directions to the Chattanooga Convention Center

Take US 27 to downtown Chattanooga exit 1-A (Martin Luther King Blvd.). Turn right at the first light onto Carter Street. The Convention Center is on the left side of the street beside the Marriott Hotel. The entry to the parking garage is between the Marriott and the Convention Center.

Costs

Cost for the luncheon is \$35.00 per person. Also there is a cost at the parking garage.

Reservations and Payment

The enclosed reservations form with your check for \$35.00 must be received by September 1, 2011. Make check payable to: Gamma Theta Chapter DKG with memo "For President's Luncheon". Mail to JoAnn Carter, Gamma Theta Chapter Treasurer, 56 Helen Avenue, Rossville, GA 30741 Cancellations must be received by September 12, 2011 in order for a refund Late reservations accepted contingent on space available. (a \$8.00 late fee will be charged)

If you have questions etc....

Telephone - Shirley R. Smith, Luncheon Chairman - 706-375-3493 - home or 423-322-7132 - cell phone or e-mail Shirley at TwoBlackBears@comcast.net

Reservation Form

Luncheon for
Dr. Jensi Souders, President
Delta Kappa Gamma International

Saturday, September 24, 2011

Chattanooga Convention Center
1150 Carter Street
Chattanooga, Tennessee 37401
12 Noon (Eastern Time)

Name: _____

Address: _____

Chapter: _____ State: _____

Check One: _____ Regular Meal _____ Vegetarian Meal

Telephone Number: _____ Cell : _____

Email: (if available) _____

I have enclosed my check for \$35.00 made payable to:
Gamma Theta Chapter DKG

Mail this form along with your check to:

JoAnn Carter
Gamma Theta Chapter Treasurer
56 Helen Avenue
Rossville, GA 30741

Advanced Reservations Only

***** Reservations must be received by September 1, 2011 *****

If you require any special accommodations, please explain on reverse side of this registration form

*Yesterday
is a canceled check*

*Tomorrow
is a promissory note*

*Today
is the only cash you have.*

So spend it wisely.
-Kay Lyons



Don't Forget!

Please bring any of the following to the the regular Alpha meetings.

***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>

***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 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.]**

Much certainty of the happiness and purity of our lives depends on our making a wise choice of our companions and friends.

-John Lubbock

New Members

Please consider recommending a professional educator work with or know to become a member of Alpha Chapter. *We need our chapter to grow!*

Go to our website:

www.AlphaChapterDKG.com

for the membership form. Please turn in the form as soon as possible. There will be an orientation prior to initiation.



Happy Birthday, Alpha Sisters!

Betty Fassnacht

Pat Plunkett

Sylvia Kubic

Nancy Klein

Serie Bland

Kay Schwieger

September 4

September 9

September 10

September 18

September 25

September 26

Find Happiness in Everything You Do

*Find happiness in nature
in the beauty of a mountain*

in the serenity of the sea

Find happiness in friendship

in the fun of doing things together

in the sharing and understanding

Find happiness in your family

in the stability of knowing

that someone cares

in the strength of love and honesty

Find happiness in yourself

in your mind and body

in your values and achievements

Find happiness in

everything

you

do

-Susan Polis Schutz

