



# Alpha Chapter Newsletter

Organized 1937

[www.AlphaChapterDKG.com](http://www.AlphaChapterDKG.com)

of Xi State

Organized 1935

MAY, JUNE, JULY  
2011

OF DELTA KAPPA GAMMA SOCIETY INTERNATIONAL  
ORGANIZED 1929



## *From Our President.....*

If you were not at the Founders' Day Brunch on April 30, you missed a delightful time. This past week has been a mirror of the best and worse. It has been a roller coaster of emotions from the beautiful wedding of the Duke and Duchess in England to the horrible pictures of the tragedy of the tornadoes.

The theme of the brunch involved hats of so many descriptions - in their own way they were "fascinators" (a British term that is rolling off of the tongues of those who watched the royal wedding). They decorated the tables with glamour along with the beautiful scarves and handmade necklaces. Detail was there on all levels, down to the hat theme nametags, and, as always, the program was entertaining and the food was delicious.

We addressed the damaged schools and each chapter is encouraged to fill a tote bag with items that can be used by those teachers who have lost so much. If you have any items that you would like to donate, please let me know, and we will arrange pickup and delivery to the distribution site. Continue to remember those teachers who have been affected, not only in the classroom, but those who have sustained damage to their homes. If you know of an Alpha sister who had damage, please let me know. DKG has an emergency fund for that, and I will send their name in so that money can be sent to help them in this time of need.

On a more positive note, another year is winding down and summer is on the horizon. We have T-Capped, EOC'd and graduated elementary, middle, and finally high school students, and now it is time to rest and enjoy our time out of school. It will fly and a new term will be here before we realize it. If you haven't made plans to attend Xi State convention, I encourage you to go. The seminars offered can give each of us "growth". There are many areas so I know that you will be able to find something that appeals to you and, maybe find, a new interest. The fellowship is a unique experience as well. I hope we have many of you go and will join our "slumber party" at the dorm each night as we unwind from the activities of the day.

I hope each of you have an energizing summer and come back in the fall ready to celebrate our upcoming 75th Anniversary. It will be a very special occasion and as we begin to prepare, many of you will be asked to take part. Please say "YES"!!! We want to make Alpha shine. There will be other chapters who will be joining us to celebrate, and we need all of you to be there with us.

I've enjoyed my first year as Alpha President and, as I start my 20th year as a DKG member, I'm looking forward to more great things from our chapter. Be thinking about prospective members who will join and be an active part of Alpha. The theme of the upcoming year will be revealed in the next newsletter. Be watching.

So in closing..... wear your comfortable flip flops, read your favorite book, take that special trip and most of all rest, relax, and restore. You DESERVE it all!!!

*Patti*

*Our sympathy goes out to those who lost a loved one or friend in the tornado tragedy and those who had damage as a result of the tornadoes. Please know our hearts are with you. Please do not hesitate to call on a Sister to help you.*

## Delta Kappa Gamma Emergency Fund

Members who sustain major losses from floods, tornadoes, hurricanes, earthquakes, or other natural disasters may be recommended by their chapter and state organization to receive a \$500 Emergency Fund Award. If you know of a Sister who qualifies for this assistance, please remind them of this fund. More information can be found at [http://www.dkg.org/site/c.meJMIOOwErH/b.6056341/k.8878/Emergency\\_Fund.htm](http://www.dkg.org/site/c.meJMIOOwErH/b.6056341/k.8878/Emergency_Fund.htm)

## About Alpha Chapter...

[The following information is based on the 24 Alpha Sister profiles returned.]

11 are presently employed/13 are retired

6 hold Bachelor's degrees  
13 hold Master's degrees  
3 have Post-Masters  
1 has a Specialist  
1 has a Doctorate

### Years in Delta Kappa Gamma:

1 5 years or fewer  
4 6-10 years  
4 11-15 years  
2 16-20 years  
1 21-25 years  
3 26-30 years  
5 31-35 years  
0 36-40 years  
3 41-45 years  
0 46-50 years  
2 51 years plus

The average age range is 55-64.

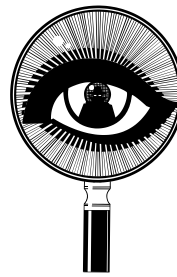
The majority of the Sisters profiled have been classroom teachers while three have been administrators.

Of the education setting, more Sisters are teaching or have taught in middle and high school although all education settings are represented. The majority of the Sisters are teaching or have taught in public schools although two are teaching or have taught in private school and one is teaching or has taught in a parochial school.

It was hoped that all Sisters would have submitted a Sister Profile in order to have an accurate demographic of our chapter; however, the above information does seem interesting.



**President Dr. Patti Skates was notified on April 15 that Alpha Chapter will receive an Honorable Mention Chapter Excellence Award at the Xi State Convention.**



*Who is the Mystery Alpha Sister?*

*This mystery Sister has three daughters and five grandchildren. She attended Troy State University and received her B.S. in Secondary Education (English and U.S. History) from the University of Tennessee at Chattanooga. She has taught at Hixson Jr. High/Middle School and Hixson High School. Her hobbies are reading, travel, and cooking. She's traveled in the U.S. and in Canada. She does volunteer work through her church.*

(Answer in the August newsletter)

Answer to the April Mystery Alpha Sister: Nancy Thompson



*Recipe of the Month*

## Summer Squash Bake

### Ingredients:

2 pounds yellow squash, chopped  
1/2 cup water  
1/2 cup chopped onion  
1 teaspoon salt  
2 eggs, beaten  
1/2 cup dry bread crumbs  
1/3 cup margarine, melted  
Pepper to taste  
1 cup shredded cheddar cheese

### Directions:

1. In a saucepan, combine the squash, water, onion, and salt. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until squash is tender. Remove from the heat; cool.
2. Stir in the eggs, bread crumbs, margarine, and pepper. Transfer to a greased baking dish; sprinkle with cheese. Bake, uncovered, at 350° F oven for 30 minutes or until heated through and the cheese is melted.

Remember: Good friends are like stars. You don't always see them, but you always know they are there.



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

*Frances Wilson May 5  
Patsy Williamson May 17  
Patti Skates May 25*

*Bobbie Ruth Hodges June 2  
Connie McDade June 12  
Susan Grow June 25*

*Carolyn Attaway July 10  
Betty Ball July 11  
Janice Nelms July 16*

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. See page 6 -7 of the February 2011 *Xi State News* to see a list of the convention workshops. The registration form and additional information can be found on-line at [www.xistate.org](http://www.xistate.org), in the February 2011 *Xi State News*, or contact Serie for a form. See the April issue of *Xi State News* for the convention schedule, proposed amendments, and much more.



Mark Your Calendar

**Please collect the following over the summer and bring to the August meeting.**

**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 other  
Alpha Sisters**

**The Southeast Regional**

**Conference July 13-16 in Louisville, Kentucky. The  
conference will have special focus topics such as:**

- **Bullying**
- **Diversity**
- **Mentoring all ages**
- **Managing students with special difficulties**
- **Education in the digital area**

**Look for conference information and  
registration materials at [www.dkg.org](http://www.dkg.org)**



*Bobbie Ruth Hodges fell and broke  
her hip. After having surgery, she is  
now in rehab at NHC near Memorial  
Hospital.*

Life is too short for drama; laugh  
insanely, love truly and forgive  
quickly."  
-Unknown

# HUH?

## Newspaper Headlines

### *War Dims Hope for Peace*

I can see where it might have that effect?

### *If Strike Isn't Settled Quickly, It May Last Awhile*

Ya think?!

### *Cold Wave Linked to Temperatures*

Who would have thought?!

### *Red Tape Hold Up New Bridge*

You mean there is something stronger than duct tape?

### *Kids Make Nutritious Snacks*

Do they taste like chicken?

### *Local High School Dropouts Cut in Half*

Chainsaw massacre all over again!

### *Hospitals Are Sued by Seven Foot Doctors*

Boy, are they tall!

### *Juvenile Court to Try Shooting Defendant*

See if that works any better than a fair trial!

### *Man Struck By Lightning: Faces Battery Charge*

He probably IS the battery charge!

-e-mail from a friend

## You Just Can't Fix Stupid!!



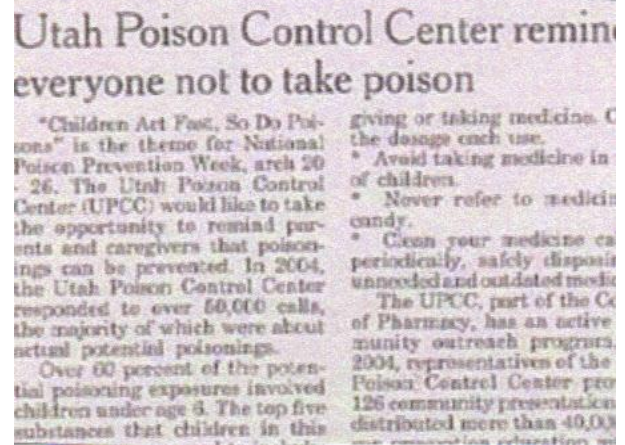
Who elected these people?



Civil War planes?



That was a good paint job!



Huh?



What are the odds of that?

-e-mail from a friend

## How Intelligent Are You?

1. Do they have a 4th of July in England? Yes; No
2. How many birthdays does the average man have? 1; 2; 3+; 5+; 10+
3. Some months have 31 days. How many have 28? 1; 2; 3; 6; 9; 12
4. In baseball, how many outs are in an inning? 2; 3; 6; 8
5. Is it legal for a man in California to marry his widow's sister? Yes; No
6. Divide 30 by 1/2 and add 10. What is the answer? 10; 35; 50; 70; 90
7. If there are 3 apples and you take away 2, how many do you have? 1; 2; 3
8. A doctor gives you three pills telling you to take one every half hour. How many minutes would the pills last? 20; 40; 60; 90
9. A farmer has 17 sheep, and all but 9 die. How many are left? 1; 3; 5; 7; 9
10. How many animals of each sex did Moses take on the ark? 3; 2; 1; 0
11. How many two cent stamps are there in a dozen? 1; 3; 6; 9; 12

Answer Key on Next page

Answer Key:

1. Yes, it comes after the 3rd of July.
2. Just one.
3. 12, all of them!
4. 6. Three per side.
5. No, because he is dead.
6. 70. 30 divided by 1/2 equals 60, then add 10.
7. 2, you took them.
8. 60 minutes. Start with the first pill, 30 minutes later take the second pill, then 30 minutes later take the third pill.
9. 9
10. 0. Moses didn't have an ark. Noah did.
11. 12.

-e-mail from a friend

### *How to Fight Discouragement*

*Reject rejection.*

*See mistakes as temporary.*

*See failures as isolated incidents.*

*Keep expectations positive.*

*Focus on strengths.*

*Vary your approach to achievement.*

*Bounce Back,*

-Anonymous



**Congratulations to Alpha Lambda chapter! They are the latest Xi State chapters with an official chapter website! A total of 28 Xi State chapters [out of 81 chapters] now boast websites. To visit another chapter's website, go to: <http://xistate.org/chappres/websitelinks.html>**

**Be sure to visit  
[www.dkg.org](http://www.dkg.org)  
and  
[www.XiState.org](http://www.XiState.org)  
and our website at  
[www.AlphaChapterDKG.com](http://www.AlphaChapterDKG.com)**

**Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.**

- Brian Tracy

## *Membership*

Over the summer, please be considering teachers who would be an asset to Alpha Chapter.

Discuss the chapter with that teacher or teachers. If you wish me to send information concerning chapter membership to her, please send me her mailing address or e-mail address.

Serie

### Church Bulletin Bloopers

These actually appeared in church bulletins or were announced in church services.

- The Fasting & Prayer Conference includes meals
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Don't let worry kill you --let the Church help.
- Miss Charlene Mason sang "I Will Not Pass This Way Again" giving obvious pleasure to the congregation.
- Irving Benson and Jessie Carter were married on October 24 in the church....so ends a friendship that began in their school days.
- The church will host an evening of fine dining, super entertainment, and gracious hostility.
- The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- Low Self Esteem Support Group will meet Thursday at 7 p.m. Please use the back door.
- Weight Watchers will meet at 7 p.m. at the First Presbyterian Church. Please use the large double door at the side entrance.
- Potluck supper Sunday at 5 p.m. -- prayer and medication to follow.

-e-mail from a friend

## *Learn Something New*

- *A crocodile cannot stick out its tongue.*
- *A dragonfly has a life span of 24 hours.*
- *A "jiffy" is an actual unit of time for 1/100 of a second.*
- *A snail can sleep for three years.*
- *Al Capone's business card said he was a used furniture dealer.*
- *Almonds are members of the peach family.*
- *An ostrich's eye is larger than its brain.*
- *Butterflies taste with their feet.*
- *Cats have over one hundred vocal sounds.*
- *Dogs only have about 10.*
- *"Dreamt" is the only English word that ends in the letters "mt".*
- *In the last 4000 years, no new animals have been domesticated.*
- *It's impossible to sneeze with your eyes open.*
- *Leonardo Da Vinci invented the scissors.*
- *Maine is the only state whose name is just one syllable.*
- *No word in the English language rhymes with month, orange, silver, or purple.*
- *Our eyes are always the same size from birth, but our nose and ears never stop growing.*
- *There's no Betty Rubble in the Flintstones Chewable Vitamins.*
- *Tigers have striped skin, not just striped fur.*  
*-e-mail from a friend*



Buy U.S.A.

Diane Sawyer had a special report. ALL items from a typical, middle class family's home that were not made in the USA were removed. There was hardly anything left besides the kitchen sink. Literally. Truckloads of items made in the U.S.A. were brought in to replace everything.

If every American spent just \$64 more than normal on U.S.A. made items this year, it would create something like 200,000 new jobs!

Check foods and see if they are "from China". For example, the "Our Family" brand of mandarin oranges

says right on the can "from China". You can purchase the Dole brand for a few cents more and it's from California.

Are we Americans as dumb as we appear --- or --- is it that we just do not think while the Chinese, knowingly and intentionally, export inferior and even toxic products and dangerous toys and goods to be sold in American markets?

70% of Americans believe that the trading privileges afforded to the Chinese should be suspended.

Why do you need the government to suspend trading privileges? DO IT YOURSELF, AMERICA!!

Simply look on the bottom of every product you buy, and if it says 'Made in China' or 'PRC' (and that now includes Hong Kong), simply choose another product, or none at all. You will be amazed at how dependent you are on Chinese products, and you will be equally amazed at what you can do without.

Who needs plastic eggs to celebrate Easter? If you must have eggs, use real ones and benefit some American farmer. Easter is just an example. The point is do not wait for the government to act. Just go ahead and assume control on your own.

THINK ABOUT THIS: If 200 million Americans refuse to buy just \$20 each of Chinese goods, that's a billion dollar trade imbalance resolved in our favor...fast!!

Most of the people who have been reading about this matter are planning on implementing this on May 1st and continue it until June 1st. That is only one month of trading losses, but it will hit the Chinese for 1/12th of the total, or 8%, of their American exports.

Think about this! BUY AMERICAN!

-e-mail from Mary McLain

## *It Takes Just a Little*

*It takes so little to make us sad.  
Just a slighting word or a doubting sneer.  
Just a scornful smile on some lips held dear;  
And our footsteps lag, though the goal seemed near.  
And we lose the courage and hope we had...  
So little it takes to make us sad.*

*It takes so little to make us glad.  
Just a cheering clasp of a friendly hand.  
Just a word from one who can understand;  
And we finish the task we long had planned.  
And we lose the doubt and the fear we had--  
So little it takes to make us glad.*

*-Ida Goldsmith Morris*

## D to the Rescue

Vitamin D is the new superhero among vitamins. The sunshine vitamin can enhance the body's ability to ward off infections, contribute to heart health, may help prevent several forms of cancer and protect against diabetes and autoimmune diseases.

But to reap these benefits older adults must have sufficient levels of vitamin D, and scientists caution that most don't get enough of this nutrient.

Why? With age, it becomes harder for the body to make vitamin D from sunlight, plus older adults stay inside more and shield themselves from the sun. Often they fail to eat foods rich in D or to take vitamin D pills.

Vitamin D supplements are "safe, well-tolerated and inexpensive," says Tufts University's Bess Dawson-Hughes, M.D.

Here is some recent research that underscores the importance of vitamin D.

■ **Protect your mind** Two recent British studies found that low levels of D can cause memory, attention and logic problems.

■ **Guard against heart disease** Research has shown low levels of vitamin D to be an independent risk factor for heart attack, stroke and congestive heart failure, says Johns Hopkins University cardiologist Erin Michos.

■ **Ward off Parkinson's** Finnish researchers found that low levels of D increased the risk of Parkinson's and high levels protected against the disease.

■ **Bone up on bone health** A recent position paper of the International Osteoporosis Foundation says vitamin D supplements can improve bone strength and reduce the risk of falling. D also helps prevent fractures.

■ **Chase the blues away** The National Institute on Aging in Baltimore found that women with low vitamin D levels experienced more mood declines compared with women who had sufficient D. And women with too little D who were not depressed at the start of the study were twice as likely to become depressed as those who had healthy levels.

■ **Stay active** Researchers at Wake Forest University measured the levels of vitamin D in more than 2,600 older adults. After four years the team found physical abilities remained significantly better among those who had the highest vitamin D levels

## Things A Burglar Won't Tell You

1. Yes, I really do look for newspapers piled up in the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
2. I always knock first. If you don't answer, I assume you are not home. I'll try the door. Occasionally, I hit the jackpot and walk right in. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
3. Do you really think I won't look in your sock drawer? I always check the dresser drawers, bedside table, and the medicine cabinet.
4. Here's a helpful hint. I almost never go into kids' rooms.
5. You're right. I won't have enough time to break into that safe where you keep your valuable, but if it's not bolted down, I'll take it with me.
6. A loud TV or radio can be a better deterrent than the best alarm system. If you are reluctant to leave your TV on while you're out of town, you can buy a device that works on a timer and simulates the flickering glow of a real TV.
7. The two things I hate most: loud dogs and nosy neighbors.
8. I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?
9. Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address.
10. Sometimes I break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.

### *For Your Protection*

- Wasp Spray: Keep a can of wasp spray. It's better than pepper spray because it can shoot up to twenty feet and is a lot more accurate. It temporarily blinds an

robber/attacker. This will give you a chance to call police; maybe get out.

- Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your home, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies. This tip came from a neighborhood watch coordinator. Next time you come home, think of this. It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from almost everywhere in your house. Also remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way.

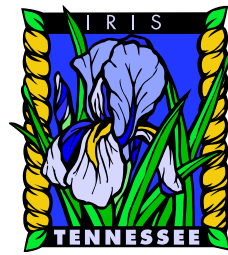
- e-mail from Carole Russell-Humble

Red ribbon pin holders are available from Omicron Chapter. You can find the form at [www.AlphaChapterDKG.com](http://www.AlphaChapterDKG.com)



### Planning Meeting for 2011-2012

All officers and committee chairs are asked to meet at the home of Mary McLain 5720 Vincent Road Harrison on Tuesday, May 23, 2011 at 4:30 p.m. If you are unable to attend, please notify Mary at [mclain22@epbfi.com](mailto:mclain22@epbfi.com)



## *Xi State News*

**June 9-11, 2011**

**Xi State Convention  
University of the South  
Sewanee, TN**

**June 13, 2011  
Southeast**

**Deadline to register for the  
Regional Conference in Louisville,  
Kentucky**

**June 13, 2011**

**Deadline to mail registration for the  
TN Breakfast**

**July 13-16, 2011**

**Southeast Regional Conference  
Marriott Downtown  
Louisville, Kentucky**

**July 14, 2011  
August 1, 2011**

**TN Breakfast @ 6:30 a.m.  
Deadline to submit articles and  
photos for possible inclusion in the  
*Xi State News***

**July 24-28, 2012**

**Delta Kappa Gamma International  
Convention  
Sheraton New York Hotel & Towers  
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, Indiana**

**July 2015**

**Southeast Regional Conference,  
Georgia**

**July 2016**

**Delta Kappa Gamma International  
Convention, NASHVILLE, TN**

**Remember: As the Chapter Goes,  
So Goes the Society**



**The next newsletter will be the  
August newsletter.**

The summer night is like a perfection of thought. -Wallace Stevens

*Deep summer is when laziness finds respectability.* -Sam Keen

### Summer Comes

The Little darling Spring has run away  
The sunshine grew too hot for her to stay  
She kissed her sister, Summer, and she said  
"When I am gone, you must be queen instead"  
Now reigns the Lady Summer, round whose feet  
A thousand fairies flock with blossoms sweet.  
- Unknown

