

Caring for the Kids

WALTON GAS SHARES COMMON BOND WITH CAMPUS ORGANIZATION

Walton Gas customer Phi Mu sorority at the University of Georgia in Athens is a national leader in raising money to benefit Children's Miracle Network Hospitals, including Children's Healthcare of Atlanta.

For the members of the University of Georgia's Phi Mu sorority, back to school is about more than textbooks and football games. It also means rolling up their sleeves and getting back to work for Children's Healthcare of Atlanta (CHOA).

The sorority's more than 300 active members spend the school year raising funds and awareness for the local pediatric hospital, said Caroline Marsden, Phi Mu's philanthropy chair.

In 2020, the sorority's fundraising efforts yielded more than \$206,000 for Children's Healthcare of Atlanta.

Supporting CHOA is a common bond between Phi Mu and Walton Gas, which supplies gas to the sorority house. Both are longtime donors to the hospital, which relies on donations and community support, as Medicaid and insurance programs do not fully cover the cost of caring for seriously ill children.

In the fall and spring, the sorority hosts a Meal on the Lawn event to benefit the hospital, and members also use social media to individually collect donations

"Each member of the chapter has their own fundraising page where they can direct donors to learn more about where their money goes and include their personal experiences," Marsden said.



Children's
Healthcare of Atlanta



Phi Mu sorority in Athens

Phi Mu members also play an active role in UGA's Dance Marathon, a 24-hour event that benefits CHOA.

"Every March, our entire chapter attends the event that's full of dancing, food, games, fundraising pushes and listening to the stories of families we support," said Marsden.

In 2020, the sorority's fundraising efforts yielded more than \$206,000. The UGA students were recognized as the nation's top fundraiser among all Phi Mu chapters.

Caring for the kids doesn't end with fundraising. In a typical year, chapter members frequently travel to Atlanta to spend one-on-one time with young patients and their families.

The relationships built during these visits are mutually beneficial, Marsden attested, saying: "Getting to know the kids has truly impacted my life for the better."

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Grill up Perfect Steaks for Pigskin Parties

Is the game day party headed to your house? Score points with guests when you serve steaks that are perfectly prepared on your natural gas grill. Here's the playbook:

SELECT YOUR CUT

A quality cut of beef is the starting place for an exceptional grilled steak. A well-marbled ribeye is a good choice. Tip: For best results, choose steaks that are at least 1 inch thick.

PREP THE GRILL

Start with clean grill grates. Dip a paper towel in oil using tongs, then lightly coat the grates. Turn one grill burner on high and another on low. Cover the grill and preheat until temperature reaches 450 F.

SEASON MEAT

Pat steaks dry with a clean paper towel. Season with a pinch each of simple sea salt and cracked pepper.

Tip: Rubbing a little olive oil on steaks helps seasonings stick.

GET GRILLIN'

Place seasoned steaks over the high-heat side of the grill. Sear for 2 to 3 minutes before doing a quarter/45-degree turn. Cook an additional 2 to 3 minutes before flipping.

For thin steaks, continue cooking over high heat, giving another quarter turn after 2 to 3 minutes. For thick steaks, place over low heat when you flip, close the lid, and open again within 3 to 6 minutes to give steak a quarter turn. Once the steak is about 5 degrees below the final desired internal temperature, remove from the grill. Let steaks rest for 5 to 10 minutes.

With this game plan, you're sure to serve up perfectly grilled steaks that will please every football fan at the party. Enjoy the game!

gas up the stove

Fresh Coconut Cake

CAKE

1 stick of butter

3 eggs

1 box of Duncan Hines Golden Recipe cake mix

2/3 cup of water

TOPPING

1 can of Coco Lopez

1 can sweetened condensed milk

1 - 8oz package of fresh frozen coconut

1 - 8oz of Cool Whip

Moist & delicious!

Make sure eggs and butter are at room temperature before mixing.

Following box directions, make cake in 9-inch by 13-inch pan. When cake is done, take a fork and poke many holes in top. Immediately after, pour Coco Lopez and sweetened condensed milk over cake, making sure to get mixture both into and around the sides. Once cooled, cover with Cool Whip and add fresh coconut. Cover and refrigerate for two days before serving."

Submitted by Debbie Vandeford of Dacula.

Featured recipes are not independently tested, so we must depend on the accuracy of the cooks sending them. Always use safe food handling, preparation and cooking procedures from the recognized experts.

SEND US YOUR RECIPES! The best entry each month will appear in the *Gazette* and receive a **FREE** cookbook.

Send recipe, name, address to:

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