

# *Kiwanis Chit Chat*

## *Kiwanis Club of Athens Tennessee*

Volume 08-09

Issue 6

March 6th, 2009

PO Box 614 Athens Tn 37371

### ***What Did I Miss?***

**On Feb 6<sup>th</sup> our program was Stewart Smith and we heard from the president of the Tennessee Tech.**

**On Feb 13<sup>th</sup> our program was Beth Mercer and we heard about the E.G. Fisher Libraries involvement in the Big Read. We also had an information session for the Jack Bowling celebration on March 6<sup>th</sup>**

**On Feb 20<sup>th</sup> our program was the Newspapers in Education. We heard from local students and the impact that the NIE has made in their classroom**

**On Feb 27<sup>th</sup> our program was Chris Trew. Chris and Karen Love helped get the great Teddy Roosevelt. He informed us of some of the events in his life.**

A few weeks ago I set down to begin writing the new newsletter. When I reached this point my mind went blank. What could I write about that might have some impact on other Kiwanis members? I sat at my desk and thought. Suddenly I looked up and saw my idea. Years ago I read a small story in a magazine. The story tells about a nice rich couple and a poor man who lives next to them on the beach. One morning the rich couple was walking on the beach. When they looked up they saw the poor man walking along the beach picking up star fish. Carefully he would pick them up and carry them back to the water. The rich couple thought they would have some fun so they walked up to the poor man. Every morning you come out here and pick up star fish and take them back to the water. The rich man asked why even bother with those useless things? It's not like it matters they will just wash up on the beach again in the morning. The poor man looked up and said. Today it mattered to that one. After reading this story I begin to compare it to the Kiwanis. If a person asked why you were a member what would you say? Many of our members are highly involved in the community. I want everyone to take a moment and think about how many people you come in contact with each day. Every member of our club is like the man on the beach. Everything we do is affecting someone. Let's look at some of our members. Michelle Baker and Jonathan Hicks help care for the elderly on a daily basis. Ross Dodson helps people find housing when they have no where to go. Stephanie Linkous coordinates activities through united way. Troy Huff and Sharon Brown help families rebuild their lives after disasters. Brad Harris, John Workman, Joe Riley help the sick. Greg Moses, Tommy Wilson, Chuck Redfern help keep us informed and up to date on our community. So what do you do to affect the people around you? Just remember that everything you do in life has an affect on someone. So make your good deed count.

#### **Officers:**

Pres-Jonathan  
Hicks

Pres Elect-Scott  
Underwood

Secretary-John  
Forgety

Treasurer-Eric  
Newberry

Past Pres-Larry  
Wright

Admin Sec-Kaye  
Burton

Editor-James  
McKeehan

#### **Board of Directors**

Brad Harris

Mike Hubble

Rick Lay

Stephanie Linkous

Blake McCaslin

John Ramage

Wayne Scarbrough

Dwain Ealy

Barry Willis

#### **Weekly Attendance**

**Feb 6<sup>th</sup> 34**

**Feb 13<sup>th</sup> 33**

**Feb 20<sup>th</sup> 36**

**Feb 27<sup>th</sup> 37**

**Programs:**

March 3<sup>rd</sup>  
Board Meeting

March 6<sup>th</sup>  
Jack Bowling  
Honor  
Ceremony

March 13<sup>th</sup>  
George Tuell

March 20<sup>th</sup>  
Steve Walker

March 27<sup>th</sup>  
Burton Webb

**Birthdays:**

March 3<sup>rd</sup>  
Carter Runyan

March 8<sup>th</sup>  
Harry Johnson

March 13<sup>th</sup>  
Guy Baker

March 20<sup>th</sup>  
Jeff Cunningham

March 23<sup>rd</sup>  
Dwain Ealy

March 28<sup>th</sup>  
John Forgety

*Joke of the Month*

A husband and wife entered the dentist's office. The husband said, "I want a tooth pulled. I don't want gas or Novocain because I'm in a terrible hurry. Just pull the tooth as quickly as possible."

"You're a brave man," said the dentist. "Now, show me which tooth it is."

The husband turns to his wife and says, "Open your mouth and show the dentist which tooth it is, dear."

*Committee Reports*

**Major Emphasis**  
**Public Relations**  
**Community Service**  
**Youth Services**  
**Youth Clubs**  
**Spiritual**  
**Membership**

**Donation to Coordinated Charities**  
**1 newspaper photo**  
**Donation to E.G. Fisher Library for Big Read**  
  
**Circle K Cards and Recycling Program**  
**4 Church Attendance Promotions**  
**Possible New Member application**

*In the Spotlight*



*Here Beth Mercer talks about the McMinn County Big Read which will focus on the famous book **To Kill a Mocking Bird***

**Interclub**

**Crossville**  
Thurs 11:30  
a.m,  
Big Boys  
BBQ

**Dayton**  
2<sup>nd</sup>/4<sup>th</sup> Thurs  
11:50 a.m.  
Poohs Place

**Madisonville**  
Tues Noon  
Donnas  
Café

**Oak Ridge**  
1<sup>st</sup>/3<sup>rd</sup>  
Tues 6:00  
p.m.  
Ryans  
Steakhouse

**Roane Co**  
Wed Noon  
Roane  
College

**Spring City**  
1<sup>st</sup>/3<sup>rd</sup>  
Tues 6:30  
p.m.  
First  
Presbyterian  
Church

**Sweetwater**  
Thurs Noon  
Dinnerbell

**Tell. Plains**  
Tues 6:30  
p.m.  
Town  
Square Rest

**Tellico  
Villa**  
1<sup>st</sup>/3<sup>rd</sup> Tues  
11:45 a.m.

**Vonore**  
1<sup>st</sup>/3<sup>rd</sup> Thurs  
Noon  
Rarity Bay

# Kiwanis Healthy Living Program

## The Importance of Good Nutrition

Poor nutritional habits adopted in childhood may be difficult to change later in life, leaving children and teens at an increased risk of becoming overweight adults and developing related diseases including cardiovascular disease, type 2 diabetes, stroke, and some types of cancer. Good nutrition requires smart choices at the grocery store and at home. For good health, a diet high in snack foods, fast foods, and sodas should be replaced with a diet high in fruits and vegetables and whole grains to promote healthy growth and development. According to the American Academy of Pediatrics, a variety of foods provide the nutrients that children need to build strong bodies and stay healthy, and food supplies the energy that they need to grow normally, play, and learn. Parents can teach children healthy eating and physical activity habits that will improve their health in both the short and long term.

### Mealtime Makeovers.

If your child or teenager does not care for conventional breakfast foods such as cereal and toast, encourage him or her to eat other foods for breakfast, such as whole wheat spaghetti or chicken.

For a healthy and fun breakfast, dip a banana in yogurt, roll it in cereal, and freeze it, or blend skim milk, fruit, and ice into a shake.

When possible, include your child in his or her lunch preparation

For a low fat source of calcium, add skim milk or yogurt to lunch. Try plain non-fat yogurt mixed with raisins or your child's favorite low-fat cereal

For a young child, create out of the ordinary sandwich shapes by using cookie cutters.

At snack time, serve peanut butter on whole-wheat crackers or apple slices instead of cookies, brownies or chips.

Add lettuce, Tomato, cucumbers, and red and green pepper slices to sandwiches.

Keep Healthy foods available at home. Replace chips, candy, and cookies with fresh fruit and pre-cut, raw vegetables. Keep them in an accessible place that your child can reach

Replace sodas and other sugary drinks with fat free milk, water, or vegetable or fruit juice

Serve fresh fruit for dessert.

### Healthy Substitutions

Instead of	Choose:
Donut or Danish	Whole grain bagel or English muffin
Potato Chips	Pretzels
French Fries	Baked Potato
Creamy Cole Slaw	Raw or Cooked Vegetables
Pies or Desserts with Fruit	Fresh Fruit, Dried Fruit
Ice Cream	Low Fat Yogurt
Chicken Fingers	Baked Chicken or Fish

It is important to note that restriction a child's eating too much may harm growth and development, or encourage undesirable eating behavior, according to the American Academy of Pediatrics

A Pediatrician should monitor major changes in a child's diet at regular intervals

Sponsored by Athens Regional Medical Center.