

# *Kiwanis Chit Chat*

## *Kiwanis Club of Athens Tennessee*

Volume 08-09

Issue 6

April 6<sup>th</sup> 2009

PO Box 614 Athens Tn 37371

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

**On March the 6<sup>th</sup> the Athens Kiwanis paid tribute to Jack Bowling who has been a major impact on our club.**

**On March 13<sup>th</sup> the Athens Kiwanis heard from Stewart Smith about Tenn Technology Center, Jack Garner about Coordinated Charities, and Mike Bell about new legislation.**

**On March 20<sup>th</sup> the Athens Kiwanis heard from the Sweetwater Kiwanis about how to get involved in Camp Courageous Kids.**

**On March 27<sup>th</sup> the Athens Kiwanis heard from Prof Powers on the condition on the school systems summer camp.**

The days are getting longer, the weather is getting warmer, and spring is just around the corner. As you look out the window you see a beautiful flower blooming in your yard. Many people think of spring as a time of new beginnings, but what about all that hard work you did last year to get that flower to bloom this year. This article is going to address the hard work that has been done though the years to make us the blooming club that we are today. Hard to believe but club will celebrate its 89 year of service in Sept. On Sept 6<sup>th</sup> 1920 Local business men gathered to at 7:00 p.m. at Petty Manker Dining Hall on the Tennessee Wesleyan College campus. After an evening of fun, food and fellowship the men left being known as the Athens Kiwanis. On that night a Saying still holds true today. "Its well-being for Athens". Within a year the Athens Kiwanis men took on their first project. Building a road from Athens to Calhoun, and soon helping build the road from Athens to Decatur. In 1951 the Athens Kiwanis decided they needed to raise money for their projects. It was this year that the Athens Kiwanis begin its annual BBQ, Soon after the Kiwanis would add a pancake breakfast to help support their ongoing missions. In 1951 the Athens Kiwanis also Teamed with TWC to help start Vocational Day with over 700 high school seniors showing up to learn about industry jobs. In 1958 the Athens Kiwanis built a tennis court in City Park, and in 1960 at Ingleside. In 1962 the Athens Kiwanis begin to recognize students in high school and at TWC for their academic efforts. Then in 1962 the Athens Kiwanis expanded their interest into a summer camp. The club provided transportation, food, paid for canoes and built buildings to help get the camp off the ground. Years passed and again in 1973 the Athens Kiwanis stepped up and donated funds to get Tennis courts for Athens Junior High. That same year the Athens Kiwanis began their first Circle K club at TWC. Moving ahead to 1980 the Athens Kiwanis helped pay for dental and

#### **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**

**March 6<sup>th</sup> 39**

**March 13<sup>th</sup> 31**

**March 20<sup>th</sup> ---**

**March 27<sup>th</sup> 30**

**Programs:**

April 3<sup>rd</sup>  
Marty Wilhelm

April 10<sup>th</sup>  
Good Friday

April 17<sup>th</sup>  
Barry Willis

April 24<sup>th</sup>  
Murray Willis

May 1<sup>st</sup>  
Bridget Willhite

May 5<sup>th</sup>  
Board Meeting

May 6<sup>th</sup>  
Golf  
Tournament

**Birthdays:**  
April

12<sup>th</sup>  
Troy Huff

14<sup>th</sup>  
Bryan Jackson

18<sup>th</sup>  
Richard  
Hughes

19<sup>th</sup>  
Jerry Smith

22<sup>nd</sup>  
Travis Giles

Eye care for needy students. In 1980 the Athens Kiwanis also donated to form the Athens-Kiwanis Bike Trail of about 10 miles for riding. Since its founding in 1920 the Athens Kiwanis has been a driving force in the community. As you can see the Kiwanis garden is full of blooms, and ever year the garden gets more and more flowers to show off for everyone to see.

**Committee Reports**

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

**Donation to Coordinated Charities**  
**Bike Safety, Newspaper articles**  
**Pet Transport Program, E.K.Baker PTA**

**Recycling and Circle K Cards**  
**Had 4 church promotions**  
**Welcome 2 new members**

**In the Spotlight**



***The Athens Kiwanis restarted the TWC Outstanding Student of the Year. The award has been given out since the 1960's.***

***Pictured here are TWC Representative Blake McCaslin and the 2009 students of the year. Karla Dake, Nathan Ervin, Kyle Fulbright, Kellie Humbert***

**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

Approximately 40 million people throughout the United States experience indoor allergies. Because allergies and colds share some similar Symptoms, such as sneezing and nasal congestion, people often mistake allergy symptoms for chronic colds. However, while allergies are associated with clear nasal discharge and itchy eyes and do not cause fever, colds are frequently accompanied by fever, sore throat, colored nasal discharge and aches and pains. Additionally, allergies can persist throughout the year, and colds last for approximately 7 days.

## WHAT ARE ALLERGENS?

Allergies are abnormal reactions to particular airborne particles known as allergens which trigger a reaction from the body's immune system. Unlike seasonal allergens, perennial allergens are present during every season of the year. The most common household allergens include molds, dust mites, animal dander, and cockroaches. For those who suffer from exposure to household allergens, it is important to take steps to reduce or eliminate allergens, creating a healthier, cleaner environment. Consider the following recommendations from the American Academy of Allergy, Asthma, and Immunology. Droppings from dust mites are the most common trigger of indoor allergy and asthma symptoms. To minimize house dust:

Change your cooling and heating systems filters every month.

Make sure that your home and car are vacuumed and dusted regularly

Wash bedding in water above 130 degrees

Molds are generally found in bathrooms, kitchens, refrigerators, carpets, and garbage containers. To minimize exposure to indoor molds:

Keep bathrooms and kitchen surfaces clean and dry

Fix any leaky plumbing, and seal cracks where water can seep in to avoid mold buildup

Use a dehumidifier to reduce the humidity in damp areas. Clean dehumidifiers weekly

Do not store clothes, papers, and other items in damp areas.

Nearly 10 million people who have pets are allergic to them. Animal Dander can cause allergies. To minimize contact with allergens, from a pet:

Wash your pet every week

Vacuum and mop floors frequently to remove excess dander

Try not to hug pets if you are allergic to them, and do not allow pets to sleep in your bed

## Allergy Treatment

Reducing exposure to allergens is an important step towards controlling allergies. However, untreatable allergies can lead to asthma and other conditions, so it is important to seek treatment if symptoms continue. An immunologist can prescribe medicines such as antihistamines or decongestants. In many cases, a series of shots that, over time, may minimize or eliminate reactions to common allergens are recommended. Symptoms may change, and medications may need to change them, so it is important to see your physician regularly.

Sponsored by Athens Regional Medical Center