

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Check us out on the internet: www.sunriseoptimist.org

Meeting called to order by **Karen Ireland**
President's quote for the week: "Accomplish at least one act of kindness, no matter how small or insignificant it may seem."

Eric Showalter gave the invocation.

Al Ferrell led us in the flag salute.

Paul Wurtz won the progressive pot,

Dennis Richter won the weekly drawing.

Rich Colton, Ernie Douglas, Robert Uphaus, and Ben Schreiner had birthdays

Our pancake feed will be on Feb. 12th. Sign up to help or call Pete Foster 357-6643

Tri-star basketball contest on Feb. 26th

District meeting in Salina- Feb. 19th

The Seaman Education Foundation dinner will be on Feb. 24th at 6:30. Tickets are \$20.

We voted to participate in the "Buy one get one free" fundraiser program. Tickets \$20.

Our condolences to Dick Barta on the death of his mother.

Rocky Fund has been named vice-chair of the House Government Efficiency Committee.

The program -Justin Hottman, Shawnee County Animal Control Officer.

Future Programs:

Feb. 1st Seaman DARE Program

Feb 8th-Sally Zellers, Safe Streets and Seaman Student of the month

Feb. 15th- Russ Ellenbaum on Homing Pigeons

Feb. 22nd- Steve Anson Washburn Baseball

March 1st-Greg Simms, Red Cross

March 8th- Girls Oratorical contest

March 15th- Boys Oratorical contest

A lifeguard stand located just outside of the bathhouse of the old Gage Park swimming pool during the early 1950s put me in an excellent position to observe how various persons solve problems. To get from the bathhouse to the swimming pool, a person was required to walk on a slab of concrete approximately 20 feet long. The concrete was in the direct sunlight and therefore, on a typical sunny July day, it would feel extremely hot on bare feet. I passed my time observing how various types of individuals reacted to the pain caused by the heat on the bottom of their feet. Reactions fell into three categories. When the person

got halfway across the section of hot concrete, he or she felt the pain and then:

(1) Just hurried on to the pool. The pain was then behind and the destination reached.

(2) Turned around and hurried back to the bathhouse. He was then back where he started from and the problem of how to cross the hot concrete remained. He now at least knew more about the problem and could look at various options and possible solutions. He felt no pain now from the heat but did feel anxiety and frustration because of what he now knew was ahead of him.

(3) Started jumping from one foot to the other crying loudly and doing nothing to solve the problem. He whined, moaned, and felt helpless; but the pain continued and he got no closer to his desired destination. Eventually someone else would come along and rescue him from his predicament. He never learned anything from his experience except to depend on others.

We have a choice to react to all of the difficulties, problems, and pains that we face in life in any one of the three ways explained above. A people watcher can observe persons using all three methods every day. **A conscious effort should be made to use method number one whenever possible.** We need to get problems behind us, get to where we want to go, solve the problem, and move on. Occasionally we need to back off for some reason and reflect on solutions; use method number two. It is never productive to use method number three.

We need to do something. To just remain uncomfortable and whine is not an acceptable problem solving technique. People who do this get ulcers, are unhappy, and make life miserable for the rest of us.

I once observed a large dog lying on a porch and whining. I asked, "What's wrong with him?" "He's lying on a sharp nail," was the answer. "Why doesn't he move off of the nail?" I asked. "Oh it doesn't bother him that much," was the reply. How many people do we know like that?

Closed with the Creed



**Meetings: Every
 Tuesday 6:45 AM
 720 NW 50th St, Topeka**