

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Celebrating over 50 years of service to Youth & North Topeka!

Ernie Douglas called the meeting to order at 6:45 AM. Gary Slimmer gave the invocation. Then we recited the Pledge of Allegiance.

BIRTHDAYS: No birthdays this week.

ANNOUNCEMENTS:

Tuesday morning club meetings are held at the IHOP on Highway 24.

Gary Slimmer is selling raffle tickets for an autographed KC Chiefs football. Raffle on Sept 15. Proceeds for the Optimist International Foundation.

Club football League started Sept 5 with games played at middle and high school fields starting at 8:00 am and ending around 6:00 pm. League has 35 teams, 613 players, 8 minute quarters with water breaks at 4 minutes, 10 minute halves for pre-school/KG flag league.

Kyle McNorton, club president, and returning board members (Lloyd Becker, Pete Foster & Thurman Hiller) voted as 2021 club officers. Ernie Douglas has been president for 2 yrs. Previously, Dennis Reedy, Victor Harris & Frank Yeoman served as club presidents for 2 yrs.

Club board meeting, September 8, 5:30 pm, at Gary Domer's office.

Program: Stacy Zeigler,
Health Promotions
Director, Rebound
Physical Therapy

“Beating Anxiety the

Natural Way”

Anxiety is normal, makes us aware of danger, motivates us to stay prepared & organized, helps us calculate risks.

When anxiety becomes a daily struggle, it impacts quality of life and contributes to poor mental and physical health.

Short term effects of anxiety are: increased heart rate and blood pressure; upset stomach, fatigue or dizziness. Long term effects are: heart problems, lowered immune system, irritable bowel syndrome, memory problems and migranes.

Natural methods for managing anxiety has advantages over prescribed drugs. or natural methods which are: exercise regularly, eat nutritious foods, get 7-8 hrs continuous sleep nightly. Meditation, aroma therapy and deep breathing are also recommended.

Looking Ahead:

September 15: Seaman Football Coaches, O'Neil & Lincoln, and players

September 22: Optimist Board Report

September 29: John Kabus, club member & County Commissioner candidate

President's Quote: “Our physical health is part of our life story. There are some

things we can change and others that we have no control over. We get to decide what to fight and what to accept.”

- Carl Greer

Closed with the
OPTIMIST CREED.



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