

The Swainsboro Kiwanian

June 17, 2008

Vice President Bobby Seamans called the weekly meeting of the Swainsboro Kiwanis Club to order at 7:00. John Black led the Pledge of Allegiance, and Tim Goodman offered the invocation. We had no visitors other than our speaker, and we had a fair attendance of Kiwanians.

Sports

Tiger Woods won the U.S. Open and beat out challenger Rocco Mediate in an eighteen hole playoff, followed by a sudden death hole.

Nadahl won the Queen's Cup in tennis, while Federer was winning the German Open. The two will likely meet in Wimbledon, which is coming up soon.

The NBA playoffs continue in Boston, where the Celtics only need to win one of the two games over the Los Angeles Lakers to clinch the championship. By the time you read this, you'll probably know the result.

The University of Georgia remains a contender in the College World Series. Also in baseball, the Braves beat the Rockies in Denver recently.

Court

Judge Charles Brewer found that everything was in order last night, and recessed court for the evening.

Announcements

Things really seem to have quieted down for the summer, as there were no announcements made during the meeting. However, don't forget that the International Convention will be held June 22 to June 29 in Orlando, Florida, and the Georgia District Convention is slated for August 16, 17, and 18 in Peachtree City.

Program



Jo Greenway and Tim Goodman

Tim Goodman introduced our speaker for the evening. We were pleased to have Jo Greenway from the Emanuel Medical Center back for a second program. She talked to us about strokes a few weeks ago, and tonight she talked about heart attacks. This is something we all need to know about, as heart attacks kill more men and women in the United States than any other disease. There are about a million heart attacks a year, and six billion dollars have been spent on the treatment and rehabilitation of heart attack victims.

We all need to know symptoms of a heart attack. According to Jo they include:

1. Pain in the mid-chest region, which may come and go or remain constant.
2. Discomfort elsewhere in the upper body, such as in the shoulders and arms or the jaw.
3. Shortness of breath.
4. One may break out in a cold sweat, have nausea, or light-headedness.

Women may experience slightly different symptoms, with the pain being anywhere from the throat to the pit of the stomach. The pain may also be in the back, between the shoulder blades. This is twice as common in women as in men. Women also may experience loss of appetite, and they commonly display shortness of breath at night more so than men.

If you ever think you are experiencing a heart attack, you should call 911, try to note when it began, have a list of your medications (She recommended that everyone keep such a list with them all the time.), note allergies, and have your medical history. It is important to know when the symptoms began, just as in the case of a stroke. Within a three-hour window, clot-busting drugs can be given, which greatly improve your chance of survival and limit damage to the heart.

To prevent heart attacks, Jo said if you smoke, stop. If you have high blood pressure, stay on your medications to lower it, reduce

your cholesterol levels, maintain a healthy weight, and exercise regularly.

Thanks, Jo, for coming back and bringing this vital information.

Door Prizes

Jim Dekle brought a chocolate pound cake, baked by his wife Linda, and Tobe Karrh was the lucky winner. Jim Daughtry won the Domino's Pizza, donated by Chris Cann. Tim Goodman and Bobby Seamans took home the take-out meals.

Night out on Kiwanis

As our Night Out on Kiwanis continues, we are back to the fourth Tuesday. The following are invited to bring a spouse or guest to the meeting: David Bartram, Ed Bolton, Tim Goodman, Bob Losser, Jim Dekle, Paul Cerpovicz, and Adi Galloway.

Kiwanis Kalendar

	Program	Cake
June 24	Tobe Karrh	Ed Bolton
July 1	No meeting – Independence Day	
July 8	Bill Breedlove	Ron McCroskey
July 15	Lee Grier	????????????????
July 22	Stacey Barber	Caroline Harless
July 29	Bobby Seamans	Bob Losser

Program Chairs, if you'll let me know what your program is going to be, I'll put it in the bulletin ahead of time. Call me, or email me at edbolton@ega.edu

For the Fun of it

Thought you might enjoy this one in light of our program tonight:

A man resisted efforts of friends to get him to run with their jogging group until his doctor told him he *had* to exercise. Soon thereafter, he reluctantly joined the group for their 5:30 a.m. jog on Monday, Wednesday, and Friday. After a month of running, the group decided that the new member might be hooked, especially when he said that he had discovered what "runner's euphoria" was. It was, he explained, "what I felt at 5:30 a.m. on Tuesday, Thursday, and Saturday!"