

**Kiwanis Club of
Harker Heights**
P O Box 2309
Harker Heights, TX 76548



Speaker Roster 2020

- Mar 3 – B Whitson
- Mar 10 – L Youngblood
- Mar 17 – P Brunson
- Mar 24 – D Charlton
- Mar 31 – NO MEETING
- Apr 7 – M Cross
- Apr 14 – R Dalton
- Apr 21 – R Dinwiddie

Please notify Paul Loughran prior to your program as to your speaker and topic or if you need assistance obtaining a speaker.

2019-20 Officers
President: Darrel Charlton
President Elect: Paul Loughran
Vice President: Ron Dalton
Treasurer: Randy Stone
Secretary: Vivian Marschik
Outgoing President: Jody Nicholas

Board of Directors
Jeanette McNiesh
Edita Villafana de Frias
James Hoyle
Lisa Youngblood

Raffle
Winner: Ron Dalton
Amount: \$ 12.00
Jackpot: \$ 35.00 (WON!)
Next Jackpot: \$ 25.00



Harker Heights Kiwanis Club Meeting 02-25-20 **VOTE!**

Speaker: Bobby Whitson, Bell Co Commissioner Precinct 2
Topic: Bell County – Today is Election Day! One of the responsibilities of the commissioner’s office is to see the elections are held and done right under the laws of the state. Currently Bell Co is 16th largest with over 340,000. The next census could have that number up over 400,000 in the next 10 yrs. Under the new law people can vote at any polling station in their county because they are all linked by computer. Voting is done on a voting machine and it prints up your selections on to a paper ballot. You then insert it into the machine that counts it. This process can’t be hacked making the voting system safe. One of the big projects in Bobby’s precinct is the upgrading and expanding Chaparral Rd. It will take about 3 years. Killeen, Harker Heights and Bell Co all have amounts committed to this project. There were many propositions on the ballot for both parties. The YES/NO votes on these help the county know what the residents want and what will need to be on the November ballot. For more information visit:

https://www.bellcountytexas.com/county_government/commissioners_court/precinct_2.php or Email: bobby.whitson@bellcounty.texas.gov



Kiwanis Motto

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.

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Club Business

- Prayer:** James Hoyle
- Pledges:** Charles Sweeney
- Song:** Dick Dinwiddie
- Children’s Miracle Network:** Jar passed
- Pancake Supper:** Huge success
- Flag Program:** The first delivery will be Memorial Day
- Prayers:** For all in need
- Guests:** None
- Election Day:** **VOTE!**

Braggs: Norm Dunbar's son Brent was the high shooter in the "Black Powder" state competition recently. He ranks #2 in the state and beat the #1 in this one.

Jos Portmann's granddaughter Hanna was named the Am. S W Conference West Division "Player of the Year" and coach Morefield was named Western Div "Coach of the Year". She has the highest individual UMHB career points since 1997 – "1827" and still going.

Lunch: Ma's Place, baked chicken leg, mac & cheese, salad, cake & tea

Birthdays: Belated for Lisa Youngblood



The 2020 Pancake Supper was a huge success: We fed about 350 with guests, members and student workers and school workers.



HHHS Key Club ready to serve!



FYI : Day Light Savings Time Education

Submitted by: Jos Portmann

Daylight Saving Time (DST) messes with our body clock. According to studies, the 1-hour time change can trigger underlying health issues.

Changing the clock does not create extra daylight, but it shifts the time the Sun **rises and sets**. This can cause disruptions to our body clock, otherwise known as the circadian rhythm.

The pros and cons of DST

Lack of Sleep

Setting your clock forward 1 hour for DST in spring might mean losing an hour of sleep on the morning after the change. For some people, this may just be a minor annoyance. However, the lack of sleep can have unfortunate effects in those predisposed.

- A **Swedish study** found that the risk of having a heart attack increases in the first 3 weekdays after switching to DST in the spring.
- Tiredness induced by the clock change is thought to be the main cause for the increase in **traffic accidents** on the Monday following the start of DST.
- On Mondays after the start of DST there were more **workplace injuries**, and the injuries were of greater severity compared with other Mondays..

Depression Trigger

Losing 1 hour of afternoon daylight after setting the clocks back to **standard time** can trigger mental illness, including bipolar disorder, and seasonal affective disorder (SAD), also known as winter depression.

SOURCE: Article by Anne Buckle,

<https://www.timeanddate.com/dst/daylight-savings-health.html>

