THE SWAINSBORO KIWANIAN
February 19, 2019

With President Cheryl Goodman presiding, Dwight Watt led the Pledge of Allegiance and Roger Peebles gave the blessing. We had 16 members present. Our guest for the evening was potential new member Dr. Carlos Cunha.

Jim Clapham gave the sports report. In NCAA men's basketball, Duke took over the top spot in the polls, followed by Gonzaga, Virginia, Kentucky, and Tennessee. In the NCAA women's basketball, Baylor is #1, followed by Oregon, Connecticut, Louisville, and Notre Dame. Frank Patrick gave the local sports report. The Swainsboro High School girls' basketball team and the Emanuel County Institute girls' basketball team are both still in the state playoffs, while both boys' are out of the competition. Baseball is cranking up for both high schools. The East Georgia State College men's basketball team is 13-12, while the women's team is 9-16. The endangered species of the week is the Hawaiian monk seal.

Judge Jim Daughtry opened court for the evening by lamenting the fact that Dess Smith was not present. He focused his attention on Tammy Allen and fined her for a front-page article about Family Connections and another picture of her chinking a cabin at the historical society farm museum.

Announcements – Jim Daughtry updated us on Pack 75's Pinewood Derby last Saturday at First Baptist Church and Scout Sunday at the Vann Community Center. The Kiwanis Club funded the hot dog/hamburger meal provided to the contestants and their families. The event was open to the Cub Scouts, their siblings and parents, and the adult leaders. Troop 75 Eagle Scout David Porter brought the sermon for Scout Sunday. Tim Goodman updated us on our Signature Project which has been submitted to the District. He also reminded us about our race timing on March 2. Tammy Allen reminded us about the Dr. Seuss's birthday reading on March 1. Talk to Tammy if you can help. President Cheryl gave an update on our February 100 project to collect and donate 100 pairs of socks. Bring new pairs of socks to the meeting next week. The next board meeting is schedule for this Thursday, February 21, at Peking China, starting at 6:30.

The program for the evening was hosted and presented by Kiwanian Tammy Allen. Deana Patrick introduced Tammy. Tammy is the Family Connections Coordinator for the Emanuel County School system. Tammy presents a program to parents about sugar in what children drink and decided we could use the information. She asked us to rank several common drinks for sugar content. Obviously, the lowest in sugar content is water and black coffee, followed by sports drinks, fruit drinks, sweet tea, energy drinks, ending with non-diet soft drinks. She encouraged us to reduce our consumption of the high added-sugar soft drinks because added sugar means added calories for us. It can also lead to diabetes. She indicated we should be getting our sugars from natural fruits. We played "nutrition bingo," which covered many topics about our dietary needs as we get older. Tim Goodman, Jim Daughtry, and Gary Couse won the "bingo."

The old-fashioned pound cake, donated by Ginny Smith and baked by Petite Garrett, brought $32 and was won by Roger Peebles. The Domino's pizza was won by Edwin Canady. The meals were won by Pepper Fields and Gary Couse.

KIWANIS REMINDERS

February 21	Board Meeting	Host: Dianna Wedincamp Peking China
February 26	Regular Meeting	Prog: Roger Peebles Cake: Dwight Watt
March 5	Regular Program	Prog: Bobby Peacock Cake: Edwin Canady
March 12	Regular Program	Prog: Paul Cerpovicz Cake: Frank Patrick
March 19	Regular Program	Prog: Petite Garrett Cake: Jim Clapham
March 21	Board Meeting	Host: Pepper Fields

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