

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



**Speaker Roster 2020**

- Jan 21 – J Nicholas
- Jan 28 – J Portmann
- Feb 4 – J Portmann
- Feb 11 – R Stone
- Feb 18 – D Thompson
- Feb 25 – B Whitson
- Mar 3 – L Youngblood
- Mar 10 – E Zellmar

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:** Jeanette McNiesh  
**Amount:** \$ 19.00  
**Jackpot:** \$ 175.00 (not won)  
**Next Jackpot:** \$ 180.00



**Harker Heights Kiwanis Club Meeting 01-21-20**

**Speaker:** Jody Nicholas, Executive Director  
**Topic:** Greater Killeen Community Clinic is a 501(c)3 who serves the medical needs of the uninsured in the greater Killeen area. About 75% live in Killeen and the 2<sup>nd</sup> most served live in Harker Heights. The fee is between \$5.00 - \$10.00. If they are unable to pay this fee they will still serve them. Some of their patients are homeless or illegal but they do not discriminate, they will treat them for their medical issues without question. They are located at 718 N 2<sup>nd</sup> St. The clinic is open Monday – Thursday. Chronic care such as diabetes and hypertension is by appointment. Acute Care is Mon & Thurs check in 3:30 pm and Tues check in at 8:30 am. The clinic has 11 regular staff and 11-16 volunteers. The doctors & nurses are all volunteers, coming from Seton, Baylor S&W and Advent Health. The hospitals work very well with the clinic because many of these individual would be using the ER if they did not have the clinic. If someone with a condition they can't take care of they are referred to the hospital. They served close to 8000 in 2019 and with the population in the area growing those number will continue to increase. They also work closely with the Bell Co. Health District. They have their own pharmacy. The medications they dispensed would have cost patients over \$4 million dollars. The clinic is very valuable service in the community.



**Kiwanis Motto**

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

## **Club Business**

**Prayer:** David McClure

**Pledges:** Paul Loughran

**Song:** Dick Dinwiddie

**Children's Miracle Network:**

Jar passed

**Pancake Supper:** Feb 29, 2020. Norm Dunbar received good news. The Wrights Bacon company will provide the bacon and he is working on Whataburger for the sausage.

**Prayers:** For Sue Dunlap and family. Also the Dinwiddie family. Dick Dinwiddie's son-in-law died suddenly last week. Rick Malaiki

**Guests:** Bob Massey

**Brag:** Jos Portmann's granddaughter Hannah Holt of UMHB women's basketball team has been selected as ASW Conference Division Player of the Week for the 4<sup>th</sup> time this season and 9 career wins.

**Birthdays:** Lisa Youngblood 1-19, Jeanette McNiesh 1-21

**Lunch:** Papa John's pizza, salad, cake & tea

## **FYI: Sugar Education**

**Submitted by: Jos Portmann**

Medical authorities state too much sugar in your diet is harmful and causes numerous negative body issues.

Kathleen DesMaisons, PhD, suggest the following solutions "to tame sugar addiction": "1. Eat breakfast, 2. Start a food journal, 3. Get enough protein at each meal, 4. Try vitamins and ... a nightly potato, 5. Go from white to brown, 6. Cut out added sugar and 7. Get in touch with your feelings".

Source: bottomline HEALTH, February 2020, Vol 34/No 2.

