

# Kiwanis

Kiwanis Club of Newark, Ohio

Chartered September 4, 1918

**Kiwanis Club of Newark**  
P. O. Box 101  
Newark, OH 43058-0101  
[www.newarkohiokiwanis.org](http://www.newarkohiokiwanis.org)

Meets every Monday  
at 11:45 am  
at the Buckingham House.

2009-10 Officers:

Doug Stutz  
*President*

Rod Nelson  
*Immediate Past President*

Sam Kiner  
*President – Elect*

Bill Rauch  
*Vice President*

Dave Whiteman  
*Treasurer*

H. Robert Evans  
*Secretary*  
568 Hudson Avenue  
Newark, Ohio 43055  
[bobevansksec@windstream.net](mailto:bobevansksec@windstream.net)

Lew Hullinger  
*Secretary Emeritus*

2009-10 Directors:

Judy Bradley  
Tracy Dwiggin  
Lynn Fawcett  
Michael Harris  
Beth Kolb  
Emma Malcolm  
Doris Spriggs

Newsletter Editor

Bob Cullen  
740-344-9107  
[robertjcullen@windstream.net](mailto:robertjcullen@windstream.net)

## WHAT'S KNEWS?

June 3, 2010

**Greeters** (Coordinated by Sam Kiner)

6/7 Michael Harris & Bob Handelman  
6/14 Dave Whiteman & Steve Barnard

**Invocation — — Song Leaders** (Accompanied by Bob Handelman)

6/7 Rod Nelson — —  
6/14 Bill Rauch — — Greg Halbe

**Future Programs** (Coordinated by Phil Frye)

6/7 **Matthew Trombetta** and Weathervane Performers  
6/14 Club Projects, Activities and Issues

**Recent Programs**

5/24 **John Bafford**, local Chiropractor  
Introduced by *Phil Frye*  
6/1 Board Meeting, chaired by *Sam Kiner*

**June Birthdays**

6/6 Rich Clark  
6/14 Matt Kunsman  
6/15 Laura Edelblute  
6/26 John Morgan  
6/28 John Fisher

**The Newark Strawberry Festival**

**June 3-6**

**The best ever!!**

- The *Noon News* is reported by **Dave Doney**, News Director, WNKO/WHTH Radio
- The pdf version of the newsletter is assembled and emailed by **Dave Whiteman**
- The printed copies are distributed by **Bob Evans**
- The membership roster is maintained by **Dave Whiteman** ([dave@ohiokiwanis.org](mailto:dave@ohiokiwanis.org))

Kiwanis is a global organization of volunteers dedicated to



changing the world one child and one community at a time.

### Guests

- **Natalie Kessler**, Account Representative for Kessler Outdoor Advertising of Zanesville, attended as a guest of *Michael Harris*.
- *Chris Miller* had three guests, all from Newark High School. **Scott Koebel**, a guidance counselor, and **Jennifer Johnson** (a Senior) and **Angela Brown** (a Freshman). Both girls attended the recent Key Leader training; both felt that the leadership training was valuable and helpful to them.
- **Chuck Jackson** attended on 6/1 to discuss Festival preparations.

### Announcements

- Members of the Newark Catholic Key Club will help at the Strawberry Festival.
- *Michael Harris* told us about the free airplane rides that will be available for youth ages 8 through 17 at the Newark-Heath Airport. The rides are part of the Young Eagles Flights program. Call 740-522-4206 for information.
- *Herb Gregg* reminded us that we would be planting the Kiwanis garden on the Square on Tuesday night. Come to help add beauty to the Square — and to enjoy pizza afterwards. We hope to add perennials to the beds later this year. Save your "greenbacks" from Wilson's to help buy the perennials.



Why is Phil so happy? He found the blue marvel to win lots of money.!! Do you think he will treat everyone to strawberry shortcake at the festival?

Don't forget to get your tickets for the June 18th "Party on the Roof" sponsored by the Newark Park & Recreation Department and the Downtown Newark Association. According to **Chuck Jackson**, the roof of the downtown parking garage will be turned into a tropical paradise with great entertainment. Food and beverages will be available for purchase. Tickets are only \$10 and are available at downtown businesses. Call 670-7788 for more information.

**Samuel R. Kiner, D.D.S.**  
General Dentist  
Cosmetic Dentistry

**Robert B. Handelman,**  
Handelman Law Office

**Thank you to these sponsors of our club website and newsletter**



Learn more about our sponsors at:  
[www.newarkohiokiwanis.org](http://www.newarkohiokiwanis.org)

**Robert A. Harlow AGENCY**  
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**Park National Bank**

### Damaging Effects of Forward Head Posture May 24, 2010

Do you remember when your mother told you to “Stand up straight?” That was good advice. Chiropractor **Jon Bafford** told us that poor posture causes poor health. “Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are among the functions most easily influenced by posture.” The good news is (if you didn’t listen to your mother) “that many symptoms, including pain may be moderated by improved posture.”

Jon focused his talk on forward head posture (FHP). “The repetitive use of computers (*that caught my attention*), TV, video games, trauma and even backpacks have forced the body to adapt to a forward head posture.” Your mother probably also told you to “keep your head up.” She probably was telling you to pay attention, but if you don’t keep your head up, you could develop FHP. “Holding it forward, out of alignment, puts a strain on your neck, and upper back muscles ... resulting in muscle fatigue and ... an aching neck.” Jon told us that your head should sit directly on your neck and shoulders. Technology has created more problems than we ever could have envisioned. Now it is being blamed (appropriately) for causing posture problems and all of the resulting symptoms. Computer ergonomics is important. The position of a laptop or computer screen is important. Computer screens that are positioned too low, coupled with the repetitive motion of moving the head forward to read the screen is a primary factor in FHP. Using poor posture when playing video games or even watching TV can cause the same problems.

What can we do? Practice good posture by positioning computer screens and monitors at the right height. Use frequent short breaks to pull your neck and shoulders back into position. Always use a back support pillow when sitting or driving. If you already have problems, see a chiropractor to be examined and x-rayed to identify the exact measurements of the FHP. The chiropractor can then establish a specific corrective care program for your condition. Then follow the program — and “stand up straight.” Maintaining good posture is a lifetime commitment.



**Jon K. Bafford**  
Certified Chiropractic Sports Physician

### The final preparation for the Strawberry Festival — our biggest event of the year. June 1, 2010



Festival Coordinator, **Chuck Jackson**, delivers very good news: everything is ready for the Festival!! — and with the help of **Bob Evans**, the direct sales to vendors is at an all time high. Every slot will be occupied.

Festival Chair, **Rod Nelson**, asked for —and received — help for filling every work slot. Please show up early for your shift and make sure your replacement knows what to do.

#### Plan your weekend

- Thursday — strawberry slicing 4:00—9:00 pm (2 shifts)
- Festival Schedule (great strawberry shortcake, entertainment, rides and vendors everyday)
  - Friday—Festival opens at 11:00 and closes at 10:00 ( Miss Strawberry contests)
  - Saturday — Festival opens at 11:00 and closes at 10:00.
  - Sunday — Festival opens at 11:00 and closes at 6:00
- **Chris Miller** has set up the website. Go to [www.newarkstrawberryfestival.com](http://www.newarkstrawberryfestival.com) to check it out

**Chuck Jackson**, who coordinates special events and projects for Newark, thanked our club for “adopting” a courthouse park and for making it beautiful (*pictured here*).

**Sam Kiner**, thanked the members who have already stepped forward to help with this year’s planting. He thanked **Herb Gregg**, **Bob Evans** and **Judy Bradley** for taking the lead with this special club project.





# NEWARK KIWANIS MEMBERSHIP ROSTER

*(Current to June 1, 2010)*

<u>Active Members</u>	<u>Business Affiliation</u>	<u>Active Members</u>	<u>Business Affiliation</u>
Altmaier, Martin D. *	Attorney, Morrow, Gordon & Byrd	Moore, Joseph A.	Vice-Pres., Huntington National Bank
Barnard, Steven D.	Reg. Sales Mgr., Tectum, Inc.	Moore, William C. *	Montessori Community School
Bennett, Kathryn A.	Asst. VP, Huntington National Bank	Morgan, John C.	Manager, Heartland Bank
Blakely, Patricia A.	Rehab. Program Mgr., Kindred	Nelson, Rodney A.	Attorney, Reese, Pyle, Drake & Meyer
Bradley, Judy A.	Office Mgr., Luikart Heating & Cooling	Odendahl, Heather A.	Public Info. Officer, Licking Co. MRDD
Border, Abbey L.	Assn. Sales Mgr., Cherry Valley Lodge	Rauch, Rev. William J. *	Pastor, St. Paul's Lutheran Church
Burkholder, Gary L.	President, Northcoast Research	Romans, Greg	Regional Sales Manager, Buckeye Linen
Claxon, Casey L.	Marketing Consultant, Novelty Advertising	Russ, Frances (Fran)	Comm. Director, Newark City Schools
Cobb, Ted	Exec. Dir., Camp O'Bannon	Schultz, Chuck	Officer, Park National Bank
Cullen, Robert J.	President, Cullen Consulting	Spriggs, Doris A.	Receptionist
Doney, David E.	News Director, WNKO/WHTH Radio	Stockum, Ruth F.	Bus. Office Mgr, Newark Healthcare Centre
Dwiggins, Tracy L.	Comm. Sales Rep., Sterling House	Stutz, Douglas V.	Investment Representative, Edward Jones
Edelblute, Laura	COO, Moundbuilders Guidance Center	Wallis, Gregory	Dir. Surgical Svcs, Licking Memorial Hosp.
Evans, H. Robert	Gen. Mgr., Newark Family Shoe Store	Wells, Elizabeth A.	Director, Montessori Community School
Fawcett, Lynn B.	Senior Vice-Pres., Park National Bank	Wenger, David W. *	Attorney, Reese, Pyle, Drake & Meyer
Frye, Phillip F.	Realtor, Century 21 Frank Frye Real Estate	Whiteman, B. David	District Secretary, Ohio District Kiwanis
Gregg, Herbert H.	Retired	Wilson, Jeffrey A.	VP & Auditor, Park National Bank
Halbe, Dr. Gregory A. *	Academic Advisor, OSU-Newark	Young, Michael S.	Vice Pres., First Federal Savings & Loan
Harlow, Robert A.	Agent, Nationwide—The Mitchell Co.	Zitko, Blake C.	Public Affairs Specialist, State Farm Insurance
Harris, Michael	CPA, McLain, Hill, Rugg and Assoc.		
Jackson, Rita F.	School Teacher, Retired		
Kiner, Dr. Samuel	Kiner Dental Care		
Kolb, Beth	Director Dev., Licking Mem. Health Systems		
Kozak, John W. *	Sr. Vice Pres., Park National Bank		
Kunsman, Matthew J.	Attorney, Morrow, Gordon & Byrd		
Kutz, Paddy K. *	Exec. Dir., Mental Health America of LC		
Long, Bryan A.	Licking County Recorder		
Malcolm, Emma	Marketing Rep/Hospice of Central Ohio		
Miller, Christopher	Drafting Technician, State Farm Ins.		

## Senior Members

Baker, Paul A.	Matthews, William F.	<b>Honorary Members:</b> Smith, Donald R. Medley, Tisha  Past President * Past Lieutenant Governor **
Barton, James H.	Moore, Helen M.	
Clark, Richard L. *	Morris, David B. *	
Cobb, Edward S., Jr.	Musser, Dr. Jon B. *	
Fisher, John D.	Norpell, Thomas E.	
Green, Mary L. *	Stidham, Steven M.	
Guthrie, Marc D. **		
Handelman, Robert B. *		
Hupp, Roy E.		
Hullinger, Lewis C. *		
Johnston, Charles L. *		
Mathis, Ivan W.		

## MAKE UP A MEETING AT ONE OF THE FOLLOWING DIVISION 10-E KIWANIS CLUBS

<b>Buckeye Golden K</b>	Tuesday, 9:00 AM	<b>Newark</b>	Monday, 11:45 AM
Wesley Glen, 5155 N. High St, Columbus		Buckingham House, 6 N. 6th St, Newark	
<b>Columbus Northland</b>	2nd & 4th Monday, 6:15 PM	<b>Northern Columbus</b>	Thursday, 6:00 PM
Friendship Village, 5800 Forest Hills Blvd, Columbus		Wesley Glen, 5155 N. High St, Columbus	
<b>Granville</b>	Monday, 6:15 PM	<b>Westerville</b>	Wednesday, 6:30 PM
Granville Inn, 314 E. Broadway, Granville		Public Library, 126 S. State St, Westerville	
<b>Heath Moundbuilders</b>	Thursday, 6:00 PM	<b>Worthington-Linworth</b>	1st & 3rd Monday, 6:30 PM
Stacey's Home Style Buffet, 833 S. 30th St, Heath		Holiday Inn, 7007 N. High Street, Worthington	