

# ROTARCTIC

SERVING  
FAIRBANKS  
FOR OVER  
**75**  
YEARS

THERE IS NOTHING SO SACRED IN ROTARY THAT IT CANNOT BE SET ASIDE  
IN FAVOR OF THINGS BETTER. **Paul Harris**



2019-2020 President  
Doug Schrage

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## Rotary Club of Fairbanks

Meetings: Thursday at Noon

Westmark Hotel

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## Alaska Center for Natural Living: Are You a Food Addict?

PRESENTED BY DR. AMY SEIBERLICH



**About the presenter:** Dr. Amy Seiberlich, ND specializes in gut health, fatigue, permanent weight loss, and food addiction. As a Bright Line Eater and Bright Lifer, she has personally maintained a 35 pound weight loss. Dr. Seiberlich uses the Bright Line Eating program extensively in practice but also pulls from a toolbox emphasizing functional blood chemistry analysis, digestive healing, fasting, counseling, targeted nutrient therapy, homeopathy, and botanical medicine to develop a customized treatment plan for every patient to reach their health goals. She holds a doctoral degree in Naturopathic Medicine from Bastyr University and a master's in Global Leadership from the University of San Diego. She is a veteran of the US Navy and proud provider of LGBTQIA competent health care.

**About the program:** We have an obesity epidemic and know that diets don't work in the long run because most people can't stick to them.

What can we do? Modern research in neuroscience, behavior science, and human nutrition studies provide new insights on how the brain gets in the way of weight loss and what we can do about it. I'll be introducing a program called "Bright Line Eating" which incorporates these insights into a scientifically grounded program for getting your brain on board so you can live happy, thin, and free.

**About the Alaska Center for Natural Medicine:** The Alaska Center for Natural Medicine was founded by Dr. Scott Luper, N.D. and Heather Carmichael, L.Ac. in 2003. From its start, ACNM has been dedicated to healthcare that focuses on the needs of the patients first and foremost. It is our intention to provide healthcare that the patient can comprehend and trust. Our doctors are attentive and supportive of patients, guiding each toward their health goals. Our team of specialists work together on difficult cases, discussing ideas between professional providers in order to get the patient the best care possible.



ROTARCTIC VOLUME 20  
ISSUE 5 AUGUST 8

## UPCOMING EVENTS

### August 8

Program: Alaska Central for Natural Living  
Betty Everts birthday

### August 12

Jim Johnsen's birthday

### August 13

Kathryn Dodge's birthday  
Jonathan Shambare's birthday

### August 15

Program: Learn CPR and How to Save a Life

### August 17

Ed Randolph's birthday

### August 22

Program: Potato Festival  
Alysha Child's birthday

### August 29

Program: Meet our New Exchange Student!  
Liesha Boswood's birthday

### August 31

Cheryl Kilgore's birthday

## Thank you to Team August!

Captain: Barbara Schuman; Sgt at Arms: Tammy Tragis-McCook  
Team members: Ronnie Ashbach, Rob Boswell, Rodger Hughes, Jim Johnsen, Kelley Rivers, Tom Scarborough, Krista Stamper



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## Club Visioning to be held on September 28



The Rotary Club of Fairbanks will be participating in a "Club Visioning" project, which is a service of District 5010. Its purpose is to identify the club's top priorities through a facilitated process. Facilitators are specially trained D5010 members who are not from our region. All members will have the opportunity to participate in a comprehensive survey, and 25 selected members, representing a cross-section of our club, will participate in a workshop held on September 28. The resulting priorities will be used to develop a strategic plan for the district.

## Introducing our new exchange student for this year

Please welcome our newest Youth Exchange Student Romina who traveled all the way from Bolivia to stay in Fairbanks for the 2019-2020 School year! Our club is so excited to learn more about the Bolivian culture and share our Golden Heart Community with her!



## ROTARCTIC CORNER

Do you have things you'd like to share? Rotary articles, photos of Rotarians in action, etc. Send them to Rotarctic Editor Scott McCrea at [scmccrea@gmail.com](mailto:scmccrea@gmail.com)

## WEEKLY AREA MEETINGS

College Club  
Fairbanks Golden Heart  
Fairbanks Sunrises  
North Pole Club

Rotaract

Raven Landing; Mondays, 12PM  
Westmark Hotel; Tuesdays, 5:30pm  
Carlson Center; Fridays, 7AM  
Mt. McKinley Bank (NP);  
Wednesdays, 12PM  
UAF Library Kayak Room;  
Mondays, 7PM

