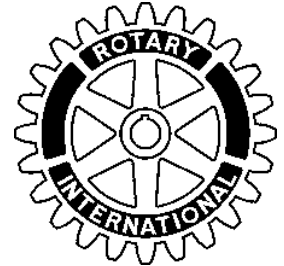


The Sunriser

Arlington Sunrise Rotary

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Today's Program

Managing Emotions Under Pressure Dr. James Farmer

Dr. Farmer has more than 35 years of experience in Motivational Psychology, Human Relations, Communication and Organizational Behavior. He is President and Chief Executive Officer of the Jafa Group, Inc. His firm has handled consulting, training, and mental health programs in addition to his private practice in counseling, psychotherapy, and developmental coaching.

Dr. Farmer is a Licensed Social Worker (LCSW), a certified counselor in chemical substance abuse and other addictions as well as being certified in mediation. His education includes a master's degree in social work and a master's degree in counseling. Dr. Farmer earned a Ph.D. from Ohio State University and has held academic appointments from University of Northern Iowa, Ohio State University, Louisiana State University, and University of Texas at Arlington.

Dr. Farmer has directed and trained nurse aides for certification programs, provided a geriatric mental health program for nursing home residents, and founded the Crisis Support Program for single mothers at Dallas-Fort Worth Medical Center. He provided individual and family counseling to foster care homes for seventeen years.

He is author and co-author of five books and ten articles including *Positive Influence*, *High-Risk Teenagers*, and *Dropping Out* which were used as college textbooks. Dr. Farmer is a developmental coach, mental health counselor, and program trainer for the Boy Scouts of America.

Outside of his professional accomplishments, Dr. Farmer is single and has two sons. He enjoys international travel, watching movies, Bikram yoga, and keeps fit by swimming. Please join me in a *Warm Sunrise Rotary Welcome* for Dr. James Farmer.

Programs

- August 22** Dr James A Farmer - Managing Emotions Under Pressure
- August 29** Jeff Steed - Estate and Charitable Planning
- September 5** TBD

Greeters

- August 22** Mel Crosier (1), Kelly Curnutt(2) Kertina Dauway, Steve Dixon
 - August 29** Dale Doak (1), Stan Ehresmann(2) Don Ferrell, Shane Ferrell
 - September 5** Gay Gibbs (1), Belinda Gist(2) Mark Gist, Jake Hardin
- (1) Prayer and Pledge (2) Introduce Visitors**

Finors

- August 22** Darlene Ryburn
- August 22** Doug Stewart
- September 5** Jack Thorton

“One fine day it occurred to the Members of the Body that they were doing all the work and the Belly was having all the food. So they held a meeting, and after a long discussion, decided to strike work till the Belly consented to take its proper share of the work. So for a day or two, the Hands refused to take the food, the Mouth refused to receive it, and the Teeth had no work to do. But after a day or two the Members began to find that they themselves were not in a very active condition: the Hands could hardly move, and the Mouth was all parched and dry, while the Legs were unable to support the rest. So thus they found that even the Belly in its dull quiet way was doing necessary work for the Body, and that all must work together or the Body will go to pieces.”

Wine Tasting

Reminder for tonight from 6-8 pm at the Curnutt home (505 South Fielder) Wine and hors d'oeuvres will be served for those who RSVP'd