



Rotary Notary

Week of September 25th

At Rotary Today:

Greeter: Kelly Dandurand

Invocation, Flag Salute & 4-Way Test:

Britt Fulmer

Special Guests:

Jim Crawford's wife Barbara

Member News:

Britt Fulmer

Member Birthdays:

Joyce Heismeyer - 9/29

Wedding Anniversaries:

Nick & Kassandra Hayes

9/26 - 11 years

Justin & Meghan Baxter

9/30 - 3 years

John & Marshall Milsap

10/1 - 25 years

Rotary Anniversaries:

Ryan Heikes - 9/29

3 years

Kevin Rathert - 10/1

23 years

Lynn Jeane - 10/1

20 years

Nancy Wiebe - 10/1

5 years

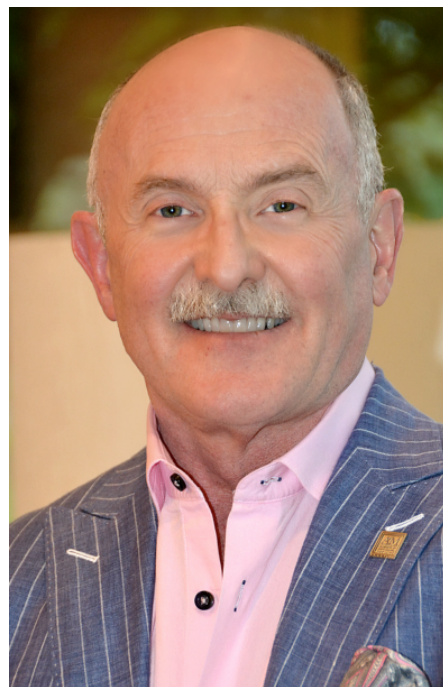
Quote of the Year:

"Let's accomplish great things together"

-Anne Schneider

The Sugar Roller Coaster

This week's program speaker scared us all out of ever consuming sugar again! Dr. Tim Watt is the 1st physician ever certified by both the American Board of Neurological Surgery & The American Board of Anti-Aging Medicine. Dr. Watt is a Wichitan, having attended WSU (with our president Anne) and then KU Med, and lives in Wichita with his wife, Kim, and together they have 5 kids. He is nationally recognized as an authority on preventative medicine and anti-aging. He serves as a contributing author and editor to the American Academy of Medicine Guide to Anti-Aging & Regenerative Bio Medical Technologies. I believe all this is to say that, "the guy knows what he's talking about".



Dr Watt began his talk by asking, "wouldn't it be nice never to get sick in the first place?"; a plea often used in the world of preventative medicine. When it comes to his research in this field, it would appear as though a great deal of Dr. Watt's work centers around one key stance; ***'Virtually all chronic diseases are caused by inflammation.'*** The relevance of this statement is highlighted by another of his positions, that 'No one dies from an excess of years, but it's the excess of diseases that catches up to us all'. Following these two tenants, it is only logical that his efforts in Anti-Aging would lead him to determining the causes of all that inflammation. And this is how we arrive at the title of his talk and the focus of his YouTube Channel([It's Not Brain Surgery](#)); **The Sugar Roller Coaster.**

It is Dr. Watt's central notion that the American diet is far too high on sugar and fatty acids. This imbalance is the culprit for all the inflammation, and therefore chronic diseases, that we encounter as we age. First come the facts; in the 18th century, the average European consumed around 8 pounds of Sugar per year. Even then, as they expanded their influence around the world, they noticed that many natives of the new lands they were introduced to did not have the same diseases that were common for the Europeans. However, by bringing their diets with them to these new cultures...(cont next pg)



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...they also brought their diseases. Fast forward to today and the average American consumes over 150 pounds of sugar a year(Not a typo). Where, historically, the military medical community has looked to identify the dietary causes of disease, the 'mainstream' medical community centered their focuses on disease treatment, instead. After all, no one goes to the doctor to find out how much sugar is in chocolate cake, we go to treat the results of all that chocolate cake.

With the exponential increase of sugar in our diets, the biological chemistry of our bodies has not grown at the same pace. Our bodies struggle to adjust for this dramatic shift and end up storing and hanging on to fat due to centuries uncertainty as to where the next meal might come from. Dr Watt explained how processed carbohydrates and sugars cause spikes in insulin levels that cannot keep up with the changes in our blood sugar levels. While the title of his YouTube series may be "It's Not Brain Surgery", to a guy that living on his bachelor diet of pre-packaged burritos and Freddy's Frozen Custard, it might as well have been. There was talk of outdated metabolisms, menacing Dr. Pepper ads attacking us at our weakest hours(10,2,&4), and evil insulin locking in fat rather than burning it.

This ongoing process of dramatic peaks and valleys(a roller coaster) in our sugar intake, as Dr. Watt explains, eventually leads to a body saturated in sugar. This sugar binds itself to numerous parts of our body causing the inflammation that we so desperately want to prevent. The process is even further complicated by the hidden sugars we encounter by way of processed foods, cooking oil, and even glucose options that substitute harmful starches to our diet.

In all, Dr. Watt's work in anti-aging has yielded some compelling results, if the line that formed for questions following his speech is any indication. For more information, you can check out his YouTube page(linked above), search him out on the internet, or even attend his October 28th event at the Westlink Library. I, for one, am looking into a 'pre-1700s' diet of mutton, pottage, and pigeon pie to help with my longevity. I'll tell you all how it goes!



Map Painting Project:

Our next Map Painting Project will be at Gordon Parks Elementary on Saturday, October 12th. Get signed up with Kim either at lunch or via her email link.

Fireside:

The next Fireside will be on October 16 at Heartspring. There is a sign up sheet at the front table.

NEW POLICY - An \$11 guest charge will be made for guests that are signed up whether or not they attend. While we are all encouraged to invite guests to Fireside meetings, the catering for these must be handled in advance to assure enough food for everyone.



Announcements

Hygiene Pantry Impact

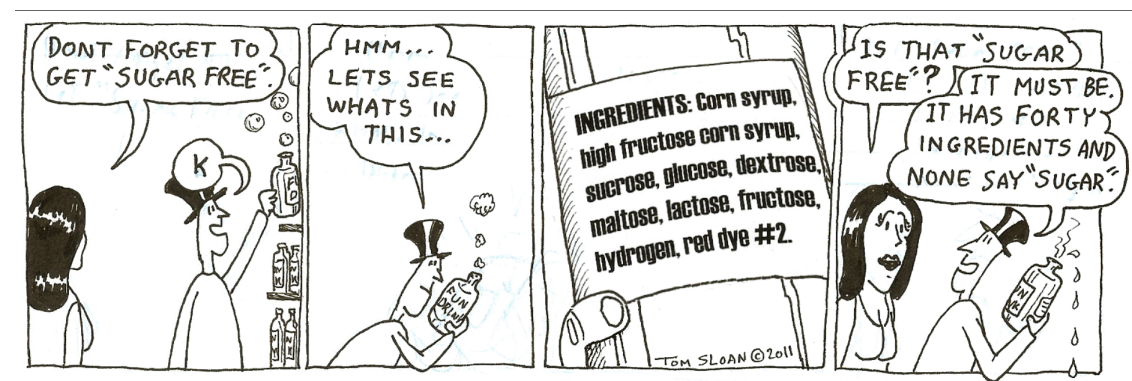
Kelly Dandurand got up and gave shared with us her experience at the Hygiene Pantry from the week before. As she put it, "It was a great reminder that we need the poor more than they need us." Having partook in it for her first time, Kelly is a strong advocate and urges us all to take advantage of this great service project whenever we can.

Map Painting Plug

Brian Blackerby urged us all to get signed up for the next Map Painting Project on October 12th at Gordon Parks which is North of WSU. He assured us that the weather will be 75 and sunny, with K-State being off that day and KU being in Austin. He also asked that we check out the Riverfront Legacy Sessions that are ongoing throughout the city; creating a vision for what the future of the east bank of the Arkansas River.

Red Cross Open House

The American Red Cross will be holding an Open House on October 24th at their location at 707 N. Main Street. It will go from 5:30-7:00pm. Folks are urged to come and learn about all the things the Red Cross does in addition to their Disaster response and blood collection.



Turkey Donations:

Donations for Turkey donations are now being collected. Last year's cost was \$60 per meal and we fed 93 families. This year, lets shoot for 100!

Rotary Mixer:

Our next mixer will be at the Wichita Marriot on October 23rd at 5:15 pm and will include a specialty drink for the evening!

OSCAR Reading Day:

Our next OSCAR reading day will be Friday, October 4th at Buckner Elementary. Get signed up with Kim.

Next Week:

Jacob Wayman from Blue Cross/Blue Shield and One Million Cups