

NORTH PERIMETER OPTIMIST CLUB

"Optimists...Bringing Out the Best In Our Youth, The Community, and Ourselves"

NEXT MEETING:

<<<TUESDAY, FEBRUARY 27TH 2018 at The Benson Center, 6500 Vernon Woods Dr., Sandy Springs, GA Meeting Time: 7:30 AM>>>

NEXT WEEK'S SPEAKER:

Caroline Benefield Henry...Career Development Director, Mary Hall Freedom House....Bill Comer

UPCOMING SPEAKERS & EVENTS & PROGRAMS

**MARCH 6TH:.....Melody Harclerode...Sandy Springs Conservancy
.....Bill Comer**
MARCH 10TH:.....Club Oratorical Contest at Holy Innocents'
**MARCH 13THChris Nelson, Executive Director, Chattahoochee
Nature Center....Bill Comer**

ANNOUNCEMENTS & NOTICES, ETC.

Special Olympics at Hammond Park on Thursday, February 22nd went well. 110 students participated. Volunteers from our Optimist Club were: Jake Duffy, Steve Croft, Ernie Hartfield, Gwen Gable, and John Gould

Our next event is the Easter Egg Hunt on Saturday, March 24th.

LAST WEEK'S ATTENDANCE: 11 Members,

GUESTS: Jim Wolbrink is a member, but we treated him like royalty since we don't see him often.

UPCOMING BIRTHDAYS & ANNIVERSARIES

February 24th.. Jim & Victoria Godfrey
February 26th...Bill & Clarice Comer
March 4th:.....Jin Pyen
March 6th:.....Larry Mashburn
March 13thJustin Case
March 15thNorm Plotkin
March 21stJohn Woodward
March 21stSam & Agnes Adolphine

LAST WEEK

LAST WEEK'S SPEAKER: We did not have a guest speaker because our scheduled speaker had the flu, so we held a general business meeting and Jake, Gwen, and Nick gave us a report on last week's conference in Chattanooga. Gwen reported that we were a distinguished club last year and received awards for that. John Gould and Marion Rivers received citation award plaques along with a very nice distinguished Secretary-Treasurer Optimist wrist watch. Gwen announced that the next conference would be the held in Rome, Ga in April.

#1 TICKET:	MARK CADY got his bukbak
#2 TICKET:	GWEN GABLE won half the pot
#3 TICKET:	GWEN GABLE also won the special luggage tag.

Why Take a Nap? Doctor Explains 15 Things That Happen To Your Body

When You Take A Nap Every Day

For the most part, our average day is divided into two periods: wake and sleep. As the quoted statistic shows, 85 percent of all mammals – humans belong to this group – sleep for short periods throughout the day. In other words, we're the odd ones out.

Besides isolating ourselves from most of our mammal friends, humans are perhaps the only species that doesn't get enough sleep: about **40 percent of us do not get the recommended 7 hours per night**. While napping – brief periods of rest not exceeding 90 minutes – cannot correct our sleep deficit; it can certainly improve our efficiency, health and well-being, and mood.

Healthy Napping

You may not know that naps are actually divided into three categories: emergency, habitual, and preparatory.

Habitual napping, that is, the practice of taking a nap at the same time each day, is the healthiest option. Naps that must be planned before sleepiness sets in (preparatory) are good for someone who knows they will go an extended period without sleep. Emergency napping – or suddenly falling asleep from exhaustion – is in no way healthy, as we've seen from work-related disasters.

The National Sleep Foundation (NSF) recommends taking 20-30 minute naps for a boost in alertness and performance. Any period of sleep lasting between 30 to 60 minutes may cause sleep inertia or a groggy feeling post-wakeup. In any case, a nap lasting between 20 to 60 minutes is mostly beneficial.

The Benefits of Napping

1. You're happier

Science suggests that people who take a mid-day nap of 30 minutes or less enjoy an afternoon "happy boost" more often than those who nap longer than 30 minutes, or who don't nap at all.

2. You can beat the slump

Our circadian cycle feels a "slump" around 3 p.m. – an evolutionary hiccup. However, according to Harvard University, **napping is an efficient way to bust this slump**. (Yes, it's even better than caffeine!)

3. You make fewer mistakes

According to the NSF, napping improves work performance, reduces mistakes, and avoids accidents.

4. You'll perform better

In a study conducted by NASA, pilots and astronauts who took a 40-minute nap experienced a sizable improvement in their performance and alertness: **34 percent and 100 percent, respectively**.

5. You get a memory boost

College students, pay attention. Researchers at Saarland University in Germany found that taking a nap for 45-60 minutes improved their memory 500 percent. Get to your rack!

6. You're more creative

Napping is not a mindless activity. In fact, research shows that the right side of the brain – where creativity and “whole picture thinking” takes place – is actively communicating with itself. (Napping has led to numerous creative insights throughout history. See: Henry Ford, Thomas Edison.)

7. You're more heart healthy

Per a joint research study done by the Harvard School of Public Health and the University of Athens Medical School (Greece), people who nap for 30 minutes or more, at least three times per week, had a **37 percent lower risk of dying from heart disease**.

8. You'll eat less junk food

According to a study by UC Berkeley, a lack of sleep impairs the brain's prefrontal cortex, or PFC, which is responsible for decision making and withstanding impulse. Clearly, any PFC impairment is no bueno for resisting temptations – including junk food.

9. You feel fuller

When asleep, the body produces less of the “hunger hormone,” ghrelin. Contrastly, a different study demonstrates a link between poor sleep patterns, excess levels of ghrelin, and higher rates of obesity. Researchers suggest that regular napping can increase satiety, or feelings of fullness.

10. You'll bicker less

Have you ever seen the “You're not you when you're hungry” Snicker's commercials? They're pretty darned funny – and just happen to be true. People who have poor sleeping patterns tend to argue more than those who sleep and nap regularly.

11. You decrease risk of injury

Per the Centers for Disease Control and Prevention (CDC) and the National Highway Traffic Safety Administration (NHTSA), people are more likely to suffer a catastrophic industrial, motor vehicle, or medical incident if sleep-deprived. Just a 30-minute nap can quite possibly save your life.

12. You're more productive

Cornell University psychologist James Mass coined the term “power nap” – a practice that more businesses are embracing. Why? Because the data show that naps result in enhanced productivity and performance.

13. You defend against burnout

Per the National Institutes of Health (NIH), napping helps counteract information overload and mental burnout. NIH also discovered a **direct link between napping and enhanced cognitive performance**.

14. You're helping your workplace

Nike and Deloitte Consulting reward employees for adding a mid-day nap to their to-do lists. Nike, Deloitte, and others recognize that today's employees, while working more, are getting less sleep. "Powering through" work by forgoing rest and working longer hours "isn't good for the individual or the organization," says UNC behavior professor Michael Christian.

15. You have better judgment

Your frontal lobe is in charge of all things related to decision-making. Lack of sleep negatively affects impulse control, which may lead to worse decisions than if one were fully rested. A 30-minute to 60-minute nap can hand us back the reins.

2017-2018 Officers & Directors

President: Jake Duffy
Vice-President: Tony Clarke
Vice-President: Ed May
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Treasurer: Sam Adolphine
Secretary: John Gould
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OI President: Nick Prillaman
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Sarah Moore, Fred Nemeth, Bill Comer
2 Year Directors (2017-2019):
Bob Zehnder, Mark Cady, Steve Croft

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Club Meets Each Tuesday at 7:30 AM at The Benson Center, 6500 Vernon Woods Dr, Sandy Springs, GA 30328. Board Meeting the last Friday of each month at J.Christophers 7:00 AM

OPTIMIST CREED.....Promise Yourself.....

- **To be so strong that nothing can disturb your peace of mind.**
- **To talk health, happiness, and prosperity to every person you meet.**
- **To make all your friends feel that there is something in them.**
- **To look at the sunny side of everything and make your optimism come true.**
- **To think only for the best, to work only for the best, and to expect only the best.**
- **To be just as enthusiastic about the success of others as you are about your own.**
- **To forget the mistakes of the past and press on to the greater achievements of the future.**
- **To wear a cheerful countenance at all times and give every living creature you meet a smile.**
- **To give so much time to the improvement of yourself that you have no time to criticize others.**
- **To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.**

