



## The Big Wheel

Club 2520, District 6150  
July 20, 2020  
Volume 103, Issue 03  
Rotary Club of Jonesboro  
P.O. Box 654  
Jonesboro, AR 72403  
Chartered August 1, 1919

## Club Leaders



Gary Higgins  
President



Gary Clark  
President-Elect



Jennifer Elizabeth Hannah  
Secretary



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Rotary Foundation  
Chair



Barbara J. Widner  
Club Executive  
Secretary  
Sergeant-at-Arms



Joe Williams  
Membership Chair

Eugene J. Wing  
CCO-Club Comm. Offcr

## This Week's Program - July 21 , 2020



***Will students go back to school this fall?***

***Will transportation be provided to school?***

***Will students be required to wear masks?***

***Can some students choose to use virtual classrooms?***

***Will students have extra-curricular activities?***

## ***How normal will it be to return to school in the fall?***

These and other questions will be answered by **Dr. Kim Wilbanks**, superintendent of Jonesboro Public Schools. COVID-19 has caused some changes for the school year.

The goal will be to provide as safe an experience as possible that includes a rich educational experience, with opportunities for social interaction and extra curricular activities while adhering to guidelines provided by the Arkansas Department of Health.

## Register for the ZOOM Meeting

You are invited to a Zoom meeting.  
When: Jul 21, 2020 12:00 PM Central Time (US and Canada)

Register in advance for this meeting:  
<https://zoom.us/join/zoom/register/JUqc-itrTliGtJdDikKMuzX7MOW8S1brLi->

After registering, you will receive a confirmation email containing information about joining the meeting.



## Service Opportunity



# Stuff Goes Virtual!!!

July 1 - August 2

This year due to COVID-19, Stuff the Bus will be held online only and we need your help this year more than ever!

How?

**Text "STUFF" to 77000 or Visit: [uwnea.org/stb](http://uwnea.org/stb)**  
Select the amount you would like to give.



Select the Walmart location where you usually shop:

- Highland Drive, Jonesboro Walmart (Brookland, Jonesboro & Nettleton)
- Parker Road, Jonesboro Walmart (Valley View, Wainer & Westside)
- Newport Walmart (Newport & Jackson Co.)
- Osceola Walmart (Osceola & Rivercrest)
- Paragould (Green County Tech, Marmaduke & Paragould)
- Pocahontas Walmart (Maynard & Pocahontas)
- Trumann Walmart (Bay, EPC & Trumann)
- Walnut Ridge Walmart (Irishoden Area Charter, Hoxie & Walnut Ridge)
- Wynne Walmart (Cross County, Wynne)

For more information, contact United Way of NEA 870-935-3658



Donations will be presented to participating schools on Walmart Gift Cards for schools to purchase supplies for students in need.

Thank you to our partners:



Brian Rega  
iPast President



Adam Robert Sartin  
Assistant Governor



## Events

All face-to-face events have been postponed due to the coronavirus.

Weekly meetings online.

July 21 -- Weekly meeting. Kim Wilbanks, Back to School

July 28 -- Weekly meeting. Diana Howze, Convalescent Plasma Program

## Birthdays



Kathleen Doty Pruitt  
July 21st



Allison McDaniel  
August 3rd



Terry McNatt  
August 3rd



Carl M. Cates  
August 8th



Milton Wayne Harbison  
August 8th

## University Club Fundraiser

**MEAL 1**  
**BOILED SHRIMP**

One pound of jumbo, domestic gulf boiled shrimp served with potatoes and corn



**MEAL 2**  
**FRIED CATFISH**

Five crisp fried US farm raised catfish & all the trimmings: slaw, pickle, onion, hushpuppies & fries

**\$20 per meal • Carry-out only • Good all of July 2020!**

**3228 S Caraway Rd • Jonesboro, AR • 870-520-6420**

SPONSORED BY

**Jonesboro-University Rotary** 

To purchase tickets contact your favorite Rotarian or Mary Tucker at **870-919-1350**.  
Proceeds benefit the Math and Science Backpack Program!



Steve Farmer  
August 9th



Max E. Dacus Jr.  
August 9th



Rick J. Terry  
August 10th



James L. Morgan  
August 16th



Kristy L. Cates  
August 16th



Emily Still  
August 18th



Beverly Bartels  
August 18th

## Good News, July 14, 2020

**Jill Clogston** announced that her son, Kyle, came home to celebrate his 24th birthday.

**Gary Higgins'** daughter, who is a senior at Valley View High School, has been accepted at Oklahoma State, if she chooses to go there.

## Last Week's Program, July 14, 2020



Last week our program was presented by Derek Spiegel, a counselor at Refuge Counseling Center in Jonesboro. Derek gave us useful tips on handling stress during Covid, Civil Unrest, and life in general.

When stress hits, our bodies have built-in warning signs. These signs include heart beating faster, stomach hurting, inability to relax, easily distracted, or having dark thoughts. We should be aware of these signs and take a look at ourselves. We should stop and ask ourselves these questions:

H -- are you hungry?  
A -- are you angry?  
L -- are you lonely?  
T -- are you tired?

First and foremost, we should take care of ourselves. Derek listed these suggestions:

- #1 Get Enough Sleep
- #2 Eat Healthy Foods as Much as Possible
- #3 Exercise
- #4 Vary the way you do things at work. Take a different route to the office. Change up your routine.
- #5 Do something for pleasure. Cook, garden, go for a drive, watch a movie.
- #6 Focus on what you do well.
- #7 Learn from your mistakes.
- #8 Be lighthearted.
- #9 Find a supportive friend or colleague.
- #10 Pray and meditate.

(Borrowed from Beth Hudnall Stamm, Ph.D., Craig Higson-Smith, M.A., Amy C. Hudnall, M.A., and Henry E. Stamm, Ph.D.)

Let go of what you cannot control. Focus on what you're in control of.

*For a more detailed explanation, watch the video of the July 14 meeting.*

## July 14, 2020 Online Meeting - Derek Spiegel, Stress and COVID-19

July 14, 2020 16th Online Meeting Rotary Club of Jonesboro Derek Spiegel, Stress and COVID-19

This week on Remotary, Is the coronavirus making you crazy? Is life too stressful? Derek Spiegel, a licensed professional counselor for twenty-two years, will talk about stress management during Covid, Civil Unrest, and life in general.



## Report Card - July 14, 2020

### Membership

Total Active Members - 134  
Active members - 48  
Active-Modern - 9  
Active-Partner - 6  
Active-Service - 45  
Active-LOA - 0  
◆Active Rule of 85◆ members - 26  
Honorary members - 6

### Total Attendance - 38

Active Members - 37  
Honorary members - 0  
Proposed - 0  
Guests - 1  
Honorary - 0  
[Read More](#)