



New Chiropractor in Treynor Speaks

Dr. Alyssa Blair, spoke on Saturday, December 22 to the Treynor Optimist Club about her chiropractic services. Her office is in her home on the corner of Maple and Sherwood in Treynor. Since October she now has her 75th new patient. She also sees patients at Children's Hospital in Omaha.



Her husband, Cory Blair, is the new history and social studies teacher in the high school and 8th grade. They have three children. They were both raised in the Wall Lake, Lake City area.

Dr. Blair was educated at Palmer Chiropractic in Davenport and worked at the school also. She has her degree in marketing and is a licensed massage therapist. She became interested in chiropractic medicine when her husband at the age of 19 was in a bad accident due to a 25 ft. fall from a crane elevator. He was on seven meds (four for pain) and was eased off the medicine through massage therapy and chiropractic care.

Dr. Blair sees patients with urinary issues, headaches, and other body pain. Her youngest patient is two months old. She tries conservative care first and will send out to medical doctors such as Miller Orthopedic and Nebraska Spine Institute.

Parents/grandparents should note if babies sleep with their arms up, they are a SIDS risk. Also note babies who can't relax on your shoulder. Spinal adjustment can help.

Dr. Blair advises always drinking more water than any other beverage. If you drink coffee or pop, be sure to drink more water than you do those. She also advises doing chin tucks three times a day. Your head weighs approximately 14 lbs, and if you sit or walk with it forward, it becomes a 40 lb. pull on your spine. Squeezing your abdomen muscles also takes pressure off the spine. It is important to strengthen the core.

Meeting Minutes

President Dale Willenborg called the meeting to order. Twelve members were present plus two guests, speaker Alyssa Blair and Lynelle Vorthmann. Keith Denton and Ken Graham shared jokes followed by the Pledge of Allegiance. Dee Guttau gave the opening prayer.

Jim Clausen won the 50/50 award and Judy Guttau won the attendance drawing.

There were no birthdays, but Gary and Dee Guttau's 52nd anniversary was observed.

For bragging rights, Kirk Vorthmann donated to the Youth Fund because his granddaughter, Ashlyn Vorthmann got a varsity suit. Gary Guttau donated to discuss the girls' game Friday against Mo Valley. The score was 50-2 at half time. Judy Guttau contributed to announce the gingerbread houses at the Kanesville Mormon Tabernacle, which she took some of her grandchildren too, was a good experienced. Dale Willenborg contributed to say the same and that his wife will be in charge next year. He also donated because the grandkids are visiting and his daughter is expecting twins in March. Dee Guttau donated to announce the birth of Avery Brown, son of Emily (Eitmann) and Jacob Brown.

Under old business, Dale Willenborg reported that a couple members had not paid yet.

Under new business, the next sorting with the After Prom group is Wednesday at 3:30. Gary Guttau indicated he would not be able to assist this time. Judy Guttau shared homemade Toasted Mounds Cookies with the group.

There being no further business, the meeting was adjourned by stating the Optimists Pledge.

Christmas Quote from Bob Hope:
"My idea of Christmas, whether old fashioned or modern, is very simple: loving others"

Calendar

Dec 26 Can kennel sorting for After Prom Comm
 3:30 PM

Birthdays

Dec. 23 Chuck Nielsen

Anniversaries

Dec. 27 Gary and Dee Guttau

Dec. 29 General Discussion
Jan. 5 Jeff Casey, HS Football Coach
Jan. 12 Stan Latta, Chaplain
Good News Jail Prison Ministry
Jan. 19 Kim Barents, HS Volleyball Coach
Jan. 26 Bill Wypyski, All Care Health Care.

Programs

January Judy Guttau
February Keith Denton
March Chad Guttau

Speakers

Judy Guttau, Editor, 31107 Dogwood Rd, Treynor, IA 51575
402-670-4330

Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575