



Rotary Club of Dalton Newsletter

<http://www.daltonrotaryclub.org>

This Week:

May 5
Amanda Reed
5th Grade Awards

Upcoming Meetings:

May 12
Bitsy McFarland
*Dalton Library Director -
Darla Chambliss*

May 19
Jonathan Bledsoe
Rotary Scholarships

May 26
DGCC Closed
No Meeting

June 2
Dr. Hawkins/Sherwood
Jones
New DPS High School

June 9
Director Program
*Lee Arrendale Vocational
Excellence Award*

Club Officers:

David Aft
President
Jason Parker
President-Elect
Frank M. Hogshead
Secretary, Treasurer
Chuck Dobbins
Immediate Past President
Bruce Satterfield
Club Administration Chair
Kathryn Sellers
Public Image Chair
Rick Cobb
Membership Chair
Ty Ross
Community Service Chair
Scott Rhoden
Youth Service Chair
Kevin Brunson
Vocational Service Chair
Archana Srivastava
International Service
Chair
Foundation Chair

Hamilton Medical Center Business Alliance Luncheon

By: Kathryn Sellers



Rotarians enjoyed news about Hamilton Medical Center's latest accomplishments including a completed 1.2 million dollar campaign for state-of-the-art equipment.

Board chair Robert Smalley and Business Alliance chair Chuck Dobbins both participated in the event and all enjoyed the presentation of Dr. Gregory Jantz of Edmund, Washington, concerning the extreme usage of phones, tablets and computers that is rampant in our society. Especially concerning are young people using screens from 10 p.m. to 3 a.m. unsupervised, and adults' seemingly addictive attention to our phones/screens. There is a fear of "missing out" if we don't answer at any hour of the day. And Jantz said, "with teens, the phone is now second in importance to clothing."

Jantz suggested that over-use of phones/screens is over-stimulating to the brain and provides reduced concentration on important daily activities. Overstimulation creates a craving brain that exhausts and is addictive. It produces anxiety as with any addiction, alters brain chemistry and upon removal, creates withdrawal symptoms. Symptoms include being restless, moody and wanting to avoid relationships. A "blue light syndrome" of too much screen time makes people lose sleep.

Using the phone while doing other things leads to continuous partial distraction – not focusing on people and conversations – like an attention deficit disorder or social isolation.

For families, he suggests a "tech break" or "tech detox" one day a week. Put all screens in a locked closet and encourage interaction. His family uses one night a week just to talk about new digital topics – new apps, new ways people are using them – all to keep abreast of what children are doing and staying ahead of potential issues. That way, children and teens tend not to keep secrets about their screen use.

For all of us he suggests, "When you are with someone, BE with them, not dividing your attention to a screen."
