

# ROTARY BEACON



## The Morehead City Evening Rotary Club

Chartered May 19, 1925

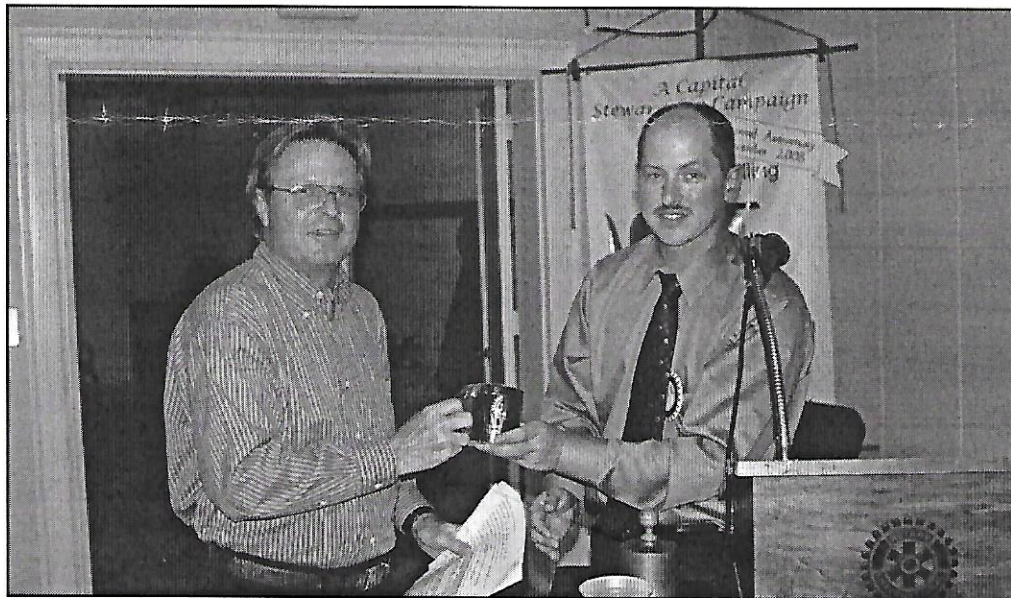


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December 10, 2009

Rotary Motto: Service Above Self

Volume 4, Issue 19



Have had vibes? FSM May Be the Cure You Have Been Waiting For

### Stephen Freeman New Intervention to Wellness Uses Frequency Specific Microcurrent for Injuries & Pain

According to Stephen Freeman, Frequency Specific Microcurrent is an exciting new way of treating nerve and muscle pain and many other conditions using specific frequencies and micro amperage current. There are hundreds of practitioners in the US, Australia and Canada using FSM to create miraculous changes in patients to reduce pain and improve health

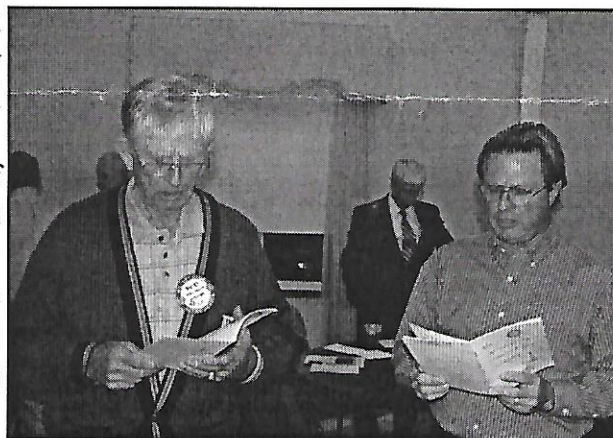
Steve said, "Most of the time FSM produces immediate dramatic changes in tissue that make it an indispensable tool in treating pain and many other health concerns. For example, there is one frequency that is only useful for shingles and herpes. In the shingles prodrome it eliminates the pain and prevents the blisters from breaking out. In herpes outbreaks it eliminates the pain and heals the blisters in hours with only a one hour treatment."

There are FDA restrictions on what we can say, report or claim as an effect of the use of microcurrent as a device for the treatment of any condition other than a general "treatment of pain" statement, said Stephen.

Microcurrent instruments are all approved under the general class of "TENS" devices even though microcurrent is 1000 times less current than TENS.

Some of FSM's proven Mechanisms of action include: decrease in cellular electrical resistance; improves oxygenation and cellular repair; reduces inflammatory chemicals in tissues; boosts immune function; and accelerates healing of acute injuries up to 200%.

Sounds too good to be true? Give Steve a call if you suffer from any ailment that can be treated by FSM. See for yourself.



Shelby Freeman's son, Stephen, presented the program last week on Frequency Specific Microcurrent...a topic foreign to most of us.

**PRESIDENT**  
Andy Couch

**PRESIDENT-ELECT**  
Rick Johnson

**SECRETARY**  
James Walker

**TREASURER**  
David Hall

**PAST PRESIDENT**  
Council Renfrow

**Avenues of Service Directors**  
*Dick Rogers, Voc. Service*  
*Jim Chalk, Com. Service*  
*David Bradley, Inter. Service*  
*Stanley Harrell, Club Service*

**Sergeant-at-Arms**  
Bet Dowty

#### Members

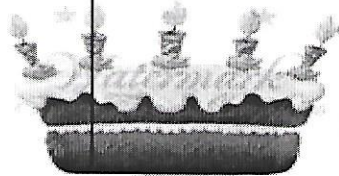
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|-------------------------|-----------------------|
| <i>Brian Boyette</i>    | <i>Earl Lewis</i>     |
| <i>Matt Cleveland</i>   | <i>Dave Lindsay</i>   |
| <i>Darden Eure, Jr.</i> | <i>John Nelson</i>    |
| <i>Shelby Freeman</i>   | <i>Tom Noe</i>        |
| <i>Jim Garner</i>       | <i>Herb Phillips</i>  |
| <i>Albert Gaskill</i>   | <i>Jim Phillips</i>   |
| <i>Sonny Geer</i>       | <i>Demus Thompson</i> |
| <i>Jim Gregson</i>      | <i>Bill Ward</i>      |
|                         | <i>Neil Whitford</i>  |

## Program Schedule for Dec/Jan

<u>Date</u>	<u>Rotarian</u>	<u>Ave. of Service</u>
Dec 10	Jim Garner	Voc Service
Dec 17	Christmas Party	Location: Island Grill)
Dec 24	Christmas Eve	(no meeting)
Dec 31	New Year's Eve	(no meeting)
Jan 7	Sonny Geer	Comm. Service
Jan 14	Jim Gregson	Comm. Service
Jan 21	Earl Lewis	Comm. Service

### DECEMBER BIRTHDAYS

Bill Ward  
Brian Boyette



Dec 9  
Dec 14

### MOREHEAD CITY EVENING ROTARY BELL RINGING SCHEDULE 2009 WalMart Main Entrance

	12:00 - 2:00	2:00 - 4:00	4:00 - 6:00
Tue Dec 1	MH City Council	James Walker 726-3754	Dave Lindsay 726-4216
Tue Dec 8	Council Renfrow 726-3667	Filled	Brian Boyette 725-1646
Tue Dec 15	Dick Rogers 726-7460	James Walker 726-3754	Rick Johnson 241-2434
Tue Dec 22	Shelby Freeman 247-0545	Jim Phillips 726-2675	Jim Gardner 241-3601

Contact - Demus Thompson (Home - 726-3977 Cell - 240-9977)



President Andy Couch presents Jim Garner with a \$303 check for winning the Ace of Spade drawing. The pot totaled \$606. Rotary received the other half to fund community service projects.

### FIND YOUR TEAM

**Alpha Team--Gregson, Jim**  
Eure, Darden Jr 252-726-6498  
Freeman, Shelby 252-247-0545  
Walker, Jimmy 252-622-4446  
Ward, Bill 252-622-4446  
Boyette, Brian 252-725-4285

**Beta Team--Rogers, Dick**  
Dowty, Bet 252-726-7791  
Geer, Sonny 252-726-3814  
Nelson, John 252-726-4066  
Cleveland, Matthew 252-269-1150  
Whitford, Neil 252-726-1803  
Hall, David 252-726-3240

**Omega Team--Harrell, Stanley**  
Noe, Tom 252-726-3217  
Bradley, David 252-727-9322  
Reinfrow, Council 252-726-3667  
Phillips, Jim 252-726-2678  
Lindsay, Dave 252-726-4216

**Team Won--Johnson, Rick**  
Lewis, Earl 252-726-5525  
Phillips, Herb 252-728-3448  
Thompson, Demus 252-726-3977  
Garner, Jim 252-726-2478  
Chalk, Jim 252-726-8043

### Ace of Spades Drawing Tonight's Jackpot



**\$200.00**

52 Cards  
Remaining in Deck

**CHRISTMAS CHEER FUND**  
\$693.81

### ANNOUNCEMENTS

- \* Christmas Party is Dec 17 at the Island Grill, Atlantic Beach. Sign up now!
- \* Rotary earned \$2,744 from the Seafood Festival. Better than we expected. Quite a nice sum for the amount of work we did.