



almost to the point of being embarrassed by being called to the front of the room 5 times. These included A&A (Awards & Achievement) winner, Pacesetter recognition for Junior Optimist Club growth, PGI (Personal Growth and Involvement), and Honor Club status. Since Past-Pres. Al Renz was unquestionably the prime mover for most of this, Pres. Bob presented Al with various certificates and trophies marking his year and we gave Al a resounding applause.

Pres. Bob noted we still have only one essay for our contest and that the closing date for submission is February 1. February 10 is the deadline for submitting oratorical contest applications. Bob will be making a presentation to Carol Spencer, an administrator in the school system about how teachers can alert their students to Internet concerns and cautions through Optimist International's Internet Safety Education Program. Al said Optimists are way behind Kiwanians in buying tickets to attend and support the February 6 playground fundraiser. The Zone Respect for Law Banquet will be May 3, and it will again be held at the Mayfair Church of Christ in Jones Valley with the Madison Club taking a leading role.

Patti introduced our speaker, Kevin Ready, from Huntsville Hospital's Wellness Center. He described the facilities available at three locations, and the importance of a regular exercise regime. A show of hands revealed we have several closet exercisers. He brought along a health book that we might award as a door prize. Zack's name was drawn. Bill Clarke won the regular money prize. Next week Dr. Randall Sandlin will discuss sleep apnea and what has been found to be effective in treating this malady.

#### CALENDAR

|       |               |                                 |  |
|-------|---------------|---------------------------------|--|
| 02/02 | Tues. 4:00 pm | 1 <sup>st</sup> Commercial Bank | Board Meeting                            |
| 02/04 | Thurs. 11:45  | DHI                             | Dr. Randall Sandlin,<br>Sleep Apnea      |
| 02/06 | Sat. 6:00 pm  | JayCees Bldg.                   | Playground Fund Raiser                   |
| 02/11 | Thurs. 11:45  | DHI                             | Buck Rogers,<br>Stars General Manager    |
| 02/18 | Thurs. 11:45  | ORC                             | Business Meeting<br>(Food by Renz & Co.) |
| 02/25 | Thurs. 11:45  | DHI                             | Terry Wingo, Pharmacist                  |

