



# OPTI-TOPICS

---

## Bulletin of the Optimist Club of Huntsville

---

### OFFICERS 2009 - 2010

President.....Bob Martin  
1<sup>st</sup> Vice President.....Jim Roe  
2<sup>nd</sup> Vice President.....Jim Pepper  
Secretary Treasurer.....Al Renz

### BOARD OF DIRECTORS

Tom Casteel '10	Buddy Beck '11
Matt Hancock '10	Jim Berry '11
	Patti Walker '11

---

VOL. 64, No. 19, February 25, 2010

We had a good turnout today – many guests. These included Marlene Renz, Elaine Plank, Alex Avery (our oratorical candidate) and his mother, George Merritt and another member of the Noon Optimist Club. Following the opening prayer and pledge we heard another of our president's jokes. Where does he get these? El if I no!

Pres. Bob asked Matt to introduce our first luncheon speaker, Alex Avery, who practiced his speech prior to advancing to the Zone Oratorical Contest. Judges were present to give Alex feedback on his performance. If anyone asked me I would say he did a very credible job. As far as I could tell he used no notes, did just the right amount of gesturing, had excellent eye contact with his audience and had a good knowledge of his subject, tracing communications from early Morse code telegraphy to the many options I'm not familiar with today. I like his chances in the Zone.



Al Renz then introduced Terry Ringo, a practicing pharmacist for over 3 decades. A few years ago Terry came to the conclusion that he had been dispensing prescribed pills for a long while, but his customers didn't seem to be improving healthwise. In 2000 he decided to go in an alternate direction which he labeled a functional approach to health care. He opened a natural products and compounding business and began offering organic health



seminars – thinking outside the box, so to speak. He spoke of the current trend of expanding alternative health care that takes full advantage of the body's inherent will to heal itself. He stressed the importance of diet, and went into detail of foods to include and those to be avoided – and why. For instance, he made a big point of eating grass-fed beef rather than corn-fed beef from feed lots, with their tasty marbled steaks. Organic foods are usually the better choice.

Surprisingly, he claimed that tests show that regular consumption of dairy products makes one at risk to bone fracture. Eggs are apparently on his “good” list since he consumes them on a regular basis. He claimed to be able to control his weight in a simple way. Whenever he reaches 190 pounds he stops eating any bread till his weight recedes to 175 pounds in several weeks. He had so much food for thought in his remarks that it was tempting to hear more. Elaine Plank (a nurse) recommended just that – signing up for one of his seminars. Very interesting program, Al.

The attendance prize was not claimed today, so the pot builds. Dr. Mary Jane Caylor, Jeff Smith's niece, will be our speaker this week. Congratulations to Pacesetter Gay Pepper who was recently recognized in the Times on her promotion to Vice President of the First Commercial Bank.

### CALENDAR

03/02	Tues. 4:00pm	1 <sup>st</sup> Comm. Bank	Board Meeting
03/04	Thurs.11:45	DHI	Dr. Mary Jane Caylor
03/11	Thues.11:45	DHI	Dale Bowen
03/18	Thurs.11:45	ORC	Business Meeting
03/25	Thurs.11:45	DHI	Mayor Tommy Battle

