

"Optimist OPTICS"



*"Everything We Do
is for the Kids"*

This Week's Program

April 7th, 2010

Matt Brookman

Assistant Federal Prosecutor

Ron Eberhart
President

Next Week's Program

April 14th, 2010

Rick Roop

Market Downturns / Recessions



**Ed Harrison
Memorial
Golf Scramble**

Financial Support for:

**YMCA
Camp Carson**



Returning President Ron called the meeting of the Downtown Optimist Club to order with a ring of the bell. Only a week ago he was in the hospital, we are happy to see that he is recovering well. He also led us in the Invocation, Pledge of Allegiance to our Flag, and the Optimist Creed.

Returns included: Shannon Marshall, Roger Heathcotte, and John Campbell.

Sunshine Report delivered by Don Julian: Gary Burk is recovering well but having a hard time sleeping at the Rehab Center. He is being released and going home tomorrow.

Half pot was won by Gene Melchoirs and was donated the pot back to the club.

Ken Dennis presented the 1st, 2nd, and 3rd place winners of the boy's Essay contest with their medals. We had three schools participate in the contest: Central, Memorial, and Harrison. The title of their Essay was The Internet: Today's Evolution or Tomorrow's Menace? Maxwell Hagan from Memorial took third place, Michah Gerike took the silver medal and Vaughn Oliver (could not confirm the spelling, sorry if incorrect) took first place. Vaughn read his essay to us.

Announcements:

- The JOOI Club from Joshua Academy toured Old National Bank yesterday.

Chanon Younger a Personal Trainer and Manager of Club Fitness Zone was our speaker today. There are three key points of an exercise routine: 20% Exercise, 20% Rest, and 60% Diet. As you can see the most important part of your fitness routine is your diet. He stressed how important that it is to never feel hungry. At that point you are burning away muscle. The key is to eat every 2-3 hours which will increase your metabolism over time. For most, basic exercise including some cardio is all that is needed. If you choose to want more you might add some resistance training and some flexibility exercises. A personal trainer works with you to see what exercises you like and tries to focus in those areas. A minimum of 6 to 8 hours of sleep is needed nightly. Your body needs this time to recover and reduce the lactic acid build up from working out. It is better to get a good night's sleep then to push the next morning and go back to the gym. Please keep in mind that being healthy and losing weight are two different things. You can lose weight without being healthy and your main focus should be on health. Try to drink at least 64 ounces of water a day. Exercising strengthens your bones, increases your life span, and resistance training will improve your looks!

Enjoy the sunshine and have a great week! Shannon

Optimist Club of Evansville - Downtown, Inc.

Meetings: 11:45 am Wednesday,

"New" Old National Bank Building, Downtown, Blue and Gold Room

Mail Club at: P.O. Box 15905, Evansville, Indiana 47716 - 0905

www.evansvilledowntownoptimist.org

Evansville Downtown Charitable Foundation, Inc.