



CLUB NEWS LETTER

October 11, 2000

Welcome to AMBUCS where we are dedicated to creating opportunities for independence for people with disabilities, especially children.
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P.O. Box 266 Danville, IL 61832

Pledge: Carol Wade
Prayer: Dee Douglas

Guests: Dave Ryan (THE Dave Ryan), Brock Blinn with the Danville School District, Steve Nance with Diamond Bros. Insurance.

Program I Brock Blinn

Brock Blinn spoke to us about serving on the school board. October 25th is the first day to pick up an application to run for the school board. Pick them up at the board supervisor's office, 516 N. Jackson in Danville.

There are four major things you have to do to run. 1. Disclose any possible conflict of interest. This means if your business does business with the school district, you may have a conflict of interest in trying to get the school district to do more business with your business. 2. Collect a petition of either 10% of the population or 50 signatures. 3. Submit all by the 16th of January. 4. Be the first to submit your packet on the 16th because the first ones turned in are listed first on the ballot.

The election is the 1st Tuesday of April, and seats will become effective November of 2001. Office will be held for 3 _ years. Danville Dist. 118 has 4 seats up for election, representing 6100 students and a \$53Million dollar budget.

Program II Dr. Bob Bartosh

Dr. Bob Bartosh returned as well this week to speak to us about nutrition. Dr. Bob's credentials look like an eye chart, as he hold the following titles: CCN, CCRD, CSCS, CSN, CAK, CKT, CCUP, CPFT, NASM.

With all the diets, pill and "fat free" everything available in America, the sobering fact remains that since 1991 the number of "obese" persons (30 pounds or more overweight) has increased by 60% in the US. That according to the Centers For Disease Control. Good nutrition can help all of us compete to the best of our ability in the game of living longer, healthier lives. Dr. Bob recommends whole grain foods, brown rice, and non bleached grains. White rice is bad, as it has no nutritional value.

Do not eat Biscuits, Cakes, Cookies, Pie crusts, Muffins, Cinnamon Rolls, Corn Chips, Tortilla shells, Crackers, Granola, Pastries, Popcorn, Shortening, Margarine, Deep Fried foods, or Donuts. All these foods have trans-fatty acids in them, and they are bad. So, what can you eat? The most important thing to eat is breakfast. Eat it every morning. Yogurt, vegetable omelets, or turkey bacon, (ham is bad too).

Dr. Bob's rule of thumb is, eat your fist! Specifically, eat portions the size of your fist. Each meal should contain 1 fist of a protein (meat, chicken, ect.) and two fists of carbohydrates (whole grains, fruits and veggie's). Chew your food, and make eating a social event.

And here's great tip for loosing 12 pounds in a year without really doing anything different. Just drink one 8 oz glass of ice water each day. The body must convert the ice water to body temperature, and this will burn calories. Over the course of a year, it will burn enough calories to lose 12 pounds. (1 pound = 3500 calories) Another tip for healthy living is to drink as much water is _ of what you weigh converted to ounces, so a 100 pound person should drink 50 ounces of water per day.

Night of Lights

A committee is forming to perfect our involvement with the Downtown Danville Night of Lights Parade. Contact Linda Murphy if interested in helping out.

Home Show

We have hired Tonya Johnson as our promoter this year. She has begun to send out initial contact letters, and we have some exciting plans in the works to improve upon this already fabulous event. With the help of the vendors, we expect a multi- faceted show!

Playground News

"We are still gonna have one"

-Bill Fulton Sr.

Century Club

Anyone interested in participating in the Playground for Everyone Century Club can pledge \$100 to be billed monthly through dues or quarterly if a non-member.

It's a great opportunity to be a part of the playground.

Upcoming Program

Jeremy Swelling with the Danville Symphony.

50/50

\$9 donated to the playground.



Meetings - Wednesdays at Noon - Days Inn

Creating Independence for Persons with Disabilities

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