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The Rotary Fountain, Downtown Beaumont

Photo by Mark Low Imagery



Photo by Steve Buser

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ROTARY GOES TO WORK

In the spirit of Rotary founder Paul Harris' original goal of "rotating" meeting location from week to week, we will be visiting the workplaces of sixteen of our fellow Rotarians.

Please refer to the insert for addresses and hosts.

Neal Baker and his committee have done great work this year making all of the arrangements for us.

If you have not signed up for a location yet, please call the Rotary office by noon on Tuesday, October 14th to guarantee your place (and your lunch).


*T. Kelsey Lamb Business Ethics Award
 Nomination form due in Rotary
 office
 By October 15, 2003*



**ROTARY CLUB OF BEAUMONT
 Join the Texas Wildcatters
 on Opening Night!
 Saturday, November 8th
 7:05 PM**

Makeups

- Monday:**
 No. Port ArthurHoliday Inn Hwy 69
 Vidor.....Hibernia National Bank
- Tuesday:**
 Spindletop.....Holiday Inn 11th St.
 Orange.....Sunset Grove
 Port Neches.....Pompano Club
- Wednesday:**
 Groves.....Pompano Club
- Thursday:**
 Port Arthur.....Holiday Inn Hwy 69
- Friday:**
 Nederland.....Garden Tea Room



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BEAUMONT 

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 LITTLE SOMETHING EXTRA.

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 visit our website www.beaumontcvb.com

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 rotarybmt1@yahoo.com
 Meets Wednesdays at Noon
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Future Programs

October

22nd Jefferson Theatre Preservation
 29th Rep. Joe Deshotel

Program Review

"How to live to be 100 and keep all your money in you pocket." What a provocative title! It immediately got your attention and the speaker held your attention the duration of his speech.

Dr. Nick Pomonis told us not to let bad things happen to us and then went down the list of those things, stating the #1 cause of death, heart disease, and the #3 cause, strokes, are both caused by clogged arteries and other diseases of the arteries and blood ves-

sels. He advised us that smoking and cholesterol are the major causes of these types of deaths. Diabetes also destroys blood vessels. Life style and nutrition are major contributors to the development of this disease.

He advised that cholesterol is mainly determined by liver function and that our predisposition comes from our genes. He explained that the drugs for cholesterol, the statins like Lipitor, are a very effective way to control this

(Continued on page 3)

Welcome New Members!



Donna Birdwell

Director, University Honors Program
 Lamar University

Proposed by **Steve Doblin**

Born in San Angelo, she is a graduate of Southern Methodist University (BA, MA and PhD). She has two children, Brendan and Rebecca. She enjoys crafts, reading and travel. Donna celebrated her birthday on October 8th by-joining our club.

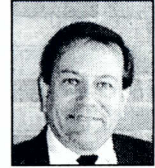


Joe Chambers

District Manager
 CenterPoint Energy

Proposed by **Jim Rich**

Born in Waynesville, North Carolina, he is a graduate of San Jacinto College and the University of Houston. He and his wife Angela are the parents of Jerred, Jason and Brandan. He enjoys weight training.



Jim Ellis

Site Manager

DuPont Beaumont Works

Proposed by **Sam Lord**

Born in New York, he is a graduate of Brooklyn Polytech and the State University of New York at Stony Brook. He and his wife Linda are the parents of James and Bryan, and are members of St. Francis Catholic Church. He enjoys song writing, jogging, adventure hiking, hunting and fishing.



Anthony Touns

Sales Manager
 Classic Chevrolet

Proposed by **Ken Ruddy**

Born in Palestine, he is attended Lamar University. He and his wife Kerri are the parents of Sondra, Tonya and Ethan, and are members of North End Baptist Church. He enjoys hunting, fishing, bowling, playing golf and softball.

Returning Member



Gary Marks

General Sales Manager
 Twin City Motors

Proposed by **Ken Ruddy**

**Wathen,
 DeShong
 & Juncker,
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Program Review

(Continued from page 2)

problem and that each of us should have our cholesterol levels checked and make sure we are using one of these products to control them if they are elevated.

Stress is another cause of clogged arteries. Taking regular stress tests can alert us to the need to control our life style and this other possible contributor to an early heart attack or stroke

In discussing the #2 cause of deaths, cancer, Dr. Pomonis named tobacco products as the leading cause of lung cancer, the most common form of cancer. He asked the audience how many still smoked and nary a hand was raised. The next two types of cancer in order of fatalities are colon and breast cancer and early detection is the best protections against these two killers.

The #4 cause of deaths is flu and pneumonia and he recommends annual shots to prevent these illnesses.

Dr. Pomonis recommends vitamins and nutritional supplements to be sure we are getting anti-oxidants and proper nutrition. He explained that we must do these things for ourselves because doctors are trained to repair and we have to find ways to practice our own preventative health care. The information he gave us today is not something that doctors have time to go over with every patient.

Some of the suggestions he offered seemed to be simple like a daily anti-inflammatory can prevent Alzheimer's and that depression is a chemical imbalance that can be treated with antidepressants and prevent many suicides that result from this disease.

Dr. Pomonis' articulate and interesting presentation made it sound simple and doable. He inspired confidence in his knowledge and his patients must enjoy their visits with him!

Birthdays

16th Charles Locke (58)



Born in Fort Worth, he is a graduate of Texas A & M. He and his wife, Gloria, are the parents of David and Ann. They are members of Trinity United Methodist Church. He enjoys traveling and spending time with his grandchildren. Charles is a Paul Harris Fellow.

16th Larry Porter (74)

President/CEO
Porter's Carpetmax



Born in Jean, he is a attended Lamar University. He and his wife, Jalle, are the parents of Larry III, Cathy and Pam. They are members of Wesley

United Methodist Church. He enjoys playing golf, woodworking and photography. Larry is a Paul Harris Fellow.

17th David Heilman (80)

Shepherd's Uniform & Linen Service



Born in Kansas City, Missouri. He attended Rockhurst College. He and his wife, Anita, are the parents of Stefanie, Stacy and Eric. They are members of St. Anne's Catholic Church.

He enjoys playing tennis, racquetball and skiing.

Ramblings

September was our month for new grandsons! In addition to **Kathleen Hardey's** and **Michael Clayton's**, **Ryan Smith** welcomed Austin Gray Newsom into his family on the 26th.

Several members have mentioned that our own "**Billy the Kid**" **Kinney** and his gang participated in the first United Way Trail Ride last month.

Larry Beaulieu reported with extreme pride that the most important numbers to remember last week were Texas Tech 59 - Texas A&M 28.

18th Bill Benning (95)

Senior Vice President
Hibernia National Bank



Born in Dayton, Ohio. He is a graduate of Texas Christian University. He and his wife Mary Jane are the parents of Caitlin, Mark, Will and Mary Claire. They are

members of St. Stephen's Episcopal Church. He enjoys spending time with his children, hunting, fishing and snow skiing.

18th Earl Hines (91)

Magistrate Judge
United States Courts



Born in Port Arthur, he is a graduate of the University of Texas. He and his wife, Betsy, are the parents of Stella and Cade. They are members of Wesley United

Methodist Church. He enjoys playing the piano, guitar, accordion and the trumpet.

20th David Gaultney (01)

Justice
Ninth Court of Appeals



Born in Eku, Nigeria, he is a graduate of Southwest Texas State University, the University of Texas School of Law and the University of Houston. He has two sons,

David Jr. and Michael. His wife's name is Carol. He enjoys playing tennis.

21st Janelle Frazier (02)

Director of Sales
Holiday Inn Atrium Plaza



Born in Beaumont, she is attended Angelina Jr. College and Stephen F. Austin University. She is the parent of Christopher Ryan and Chelsea Elizabeth. She

attends Wesley United Methodist Church. She enjoys watching old classic movies and antique shopping.

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