



The Unitor

Exchange Club
of Tuscaloosa

Weekly Newsletter of the Exchange Club of Tuscaloosa
Chartered February 9, 1923 • Affiliated with the National Exchange Club

www.tuscaloosaexchangeclub.org

April 24, 2014

In service to the community, state, and nation, for exchange of ideas among business and professional men and women...

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Finis Prendergast, 2015
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The Unitor

Linda Jackson, Editor
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William Tate
Andy Tucker
Walt Vornbrock*
Beasor Walker*
Ernest Williams*
Hoyt Winslett*
George Wright
Jim Zeanah * deceased

TODAY: Lyn Head, District Attorney

Program Chair: Ardis Hancock

May 1 Jim Page, President, Chamber of Commerce

Lyn Head began her career as a prosecutor in 1997, when she filled an Assistant District Attorney position in the Bessemer Division of the Jefferson County District Attorney's Office. In February of 1999, she became a Deputy District Attorney in the Tuscaloosa County District Attorney's Office. Lyn has tried over 200 cases including capital murder, sexual assaults, abuse of children, robbery, drug crimes, and other felony offenses.

In addition to prosecuting violent crimes in Tuscaloosa County since 1999, Lyn has also been assigned to the West Alabama Drug Task Force. As Deputy District Attorney, she led the Multi-Disciplinary Team that reviews all allegations of child abuse to determine what services may be available to Tuscaloosa's child victims and to determine appropriate charges for the perpetrators of crime against our children.

April is Child Abuse Prevention Month

A Note from the President...

First, thanks to all of you for your help in making this year such a success. I know we all wish Jim's circumstances were different, but I have enjoyed serving as acting President and appreciate all your support.

Second, during and after Thursday's meeting I received many comments about the meal provided by Indian Hills. The Board met after the meeting and decided that Curtis and I should touch base with the management and bring these issues to their attention.

We met with Susan Lavender, our contact person, and she was very receptive

As District Attorney, she continues to lead this team while working closely with Tuscaloosa's law enforcement agencies on issues concerning search and seizure and the determination of appropriate criminal charges. Together, they work continually to enhance efficiency in investigation, reporting, and victims' services.

Prior to her career as a prosecutor, Lyn entered private practice in 1991, where she represented various sheriff's offices, counties, and small businesses. Lyn is a graduate of the University of Alabama School of Law. She received her undergraduate degree from the University of Alabama after growing up in Montgomery, Alabama.

1-Jim Page [Angela Hamiter, program chair]

8-Rich Wingo [Brock Jones, program chair]

15-Gary Rutledge [Brock Jones, program chair]

22-Steadman Shealy [Brock Jones, program chair]

29- Ryan Fowler [Brock Jones, program chair]

to our comments and has agreed to some very positive changes in the menu and several other areas. I think everyone will notice a significant change for the better not only this week but as we go through the summer. Her only request to us was that we continue to provide her with feed back, and I will make sure that happens. So please keep the comments coming and know that Indian Hills is aware of the problems and is working diligently to take care of them.

Have a great weekend. Happy Easter...

Laura

P.S. Indian Hills is not charging the club for the meal from Thursday's meeting.

Gregg Kosloff Apr 21
John Hisey Apr 25
Sontonia Stephens Apr 30



Member News

Bev Leigh, III, was recently inducted into the Black Warrior River Chapter of the SONS OF THE AMERICAN REVOLUTION. Fellow Exchangeite, Col. **Sam Gambrell**, sponsored Bev for membership.

Nan Glaus and her family will soon complete construction and be moving into their new house.

Tennis Jackson continues to recover at his home on Academy Drive. He has been homebound and in the bed for the past four months. Right after he moved into his new house on Academy Drive, the ladder he was on collapsed under him, and he fell breaking several ribs and vertebrae in his spine. He was glad to have me visit, and said he has watched the golf channel so much, he is sure he can now make any putt. His golf buddies drop by to keep him company, but I think he is bored and definitely tired of being in bed. He said to tell y'all [his words exactly!], "he appears to be in good spirits and welcomes company." Call him at his home number to let him know you want to visit.

Laura asked me to mention that **Bill Tate** had talked to **Eric Baklanoff's** wife and that Eric was not doing well.

UA men's sprinter Diondre Batson and women's sprinter Remona Burchell both of recently won individual national titles. Batson won the gold in the men's 200-meter and finished third in the 60-meter dash. He shattered the school record in the 200 with a time of 20.32, the sixth-fastest in NCAA history and the fastest time in the world in 2014, while also winning Alabama's first 200-meter indoor national title. Burchell won the women's 60-meter dash. Burchell became the first woman in school history to win an indoor national championship in the 60, doing so in a school record-setting 7.11, earning the first indoor title by an Alabama woman in any event since 1989. While setting the school record, her time is the second-best time in NCAA history.

Life is not holding a good hand; Life is playing a poor hand well. - Danish proverb

Why Don't Americans Get Enough Sleep?

by Jennifer Warner, *HealthDay News* Tuesday, 3/4/14 [Reviewed by Farrokh Sohrabi, MD]
http://www.everydayhealth.com/news/why-dont-americans-get-enough-sleep/?pos=1&xid=nl_EverydayHealthEmotionalHealth_20140314

Feeling sleepy? You're not alone. Americans get less and less sleep every year, a recent Gallup poll found. We average just 6.8 hours a night, less than the doctor-recommended 7-9, and down from 1942, when Americans got closer to 8 hours a night.

Reasons why we're not getting enough sleep abound, but one of the biggest is the availability of electricity and technological advances that allow us to work and play 24/7.

"With artificial lighting we've been able to fool our brain and internal clocks that it's still daylight and remain alert," said Phyllis C. Zee, MD, PhD, a neurology professor at Northwestern University's Feinberg School of Medicine and director of its Sleep Disorders Center in Chicago. "Bedtimes have become later, but wake times have not. The result is a sleep-deprived society."

New technology has also led to a surge in screen time with televisions, personal computers, tablets, smartphones.. Electronics emit blue light that can hurt sleep.

"Exposure to blue light can suppress melatonin, which allows you to transition to sleep," said Alyssa Cairns, PhD, a sleep research scientist at SleepMed Inc. in Columbia, S.C. "If it's suppressed, you are not able to fall asleep as easily."

In addition, using computers and phones for playing interactive games and social networking can activate and excite the brain, making it harder to fall asleep. For example, a 2011 National Sleep Foundation poll found that people who texted in the hour before bed were less likely to report getting a good night's sleep.

Along with the rise in technology, increasing demands on your time means less of it is available for sleep. "I see more people trying to cram more into a 24-hour day more

aggressively than they did 20 to 25 years ago," said Helene A. Emsellem, MD, director of the Center for Sleep & Wake Disorders in Chevy Chase, Md., and a clinical professor of neurology at George Washington University [in D.C.] "There is a huge increase in people carrying two jobs, working more hours, and more focus on trying to find time to exercise. I see people sleep-deprived because they got up early to exercise," Dr. Emsellem said.

Failing to make sleep a priority can affect your health, and poor health can also affect your sleep. The health consequences of getting less than about 6 hours of sleep a night include a higher risk for memory problems, obesity, heart disease, diabetes, infections, and depression, said Dr. Zee. "On the other hand, overweight and obesity increases the risk for poor sleep quality, in part due to sleep apnea, caused by short but repeated interruptions in breathing."

The first step to getting more sleep is to make sleep a priority and keep a regular schedule that allows for enough shut-eye. For most adults, that's 7-9 hours a night. "Keep weekends on the same schedule, give or take an hour or hour and a half," said Emsellem. If you have a bad night's sleep, don't try to make up for it by going to bed much earlier the next day — that can make it harder to fall asleep. Instead, try to make up for lost sleep with a short nap, about 20 to 30 minutes, but take it long before 4 p.m. so that it won't interfere with nighttime sleep. Include a wind-down period at the end of the day to help ease the transition to sleep. Dim the lights and try calming activities like taking a warm shower, doing some gentle stretches, or reading before bed. Turn off all electronics at least 15 to 20 minutes before bed.