

News Letter

Peninsula Chamber of Commerce

P. O. BOX 7018
SAN DIEGO, CALIFORNIA 92107
DEDICATED TO PENINSULA PROMOTION



MAY



1980

Items Of General Interest To All Members Are Invited For
Publication In This Monthly Newsletter

CHANGE

*Please Note
this Revision!*

IT'S NOT REALLY A CHANGE because it has been planned for some time; but, it's a change from the usual--and we're speaking about our May General Membership Meeting which takes place in the evening instead of at noon. On May 28th, at the Rodeway Inn, 2901 Nimitz Blvd., at 7:00 PM please join us for an excellent dinner, great fellowship, & hear an inspiring speaker expound on the subject "Winning Business Ideas". You will also hear the latest about the Peninsula Chamber

of Commerce Day, June 18th. Price of the dinner is \$7.00 each. Please make dinner reservations by calling this Chamber at 223-9767 or 223-2231. Come on now, let's count your pleasant face among those present. That's May 28th, 7:00 PM., Rodeway Inn.

BALANCE YOUR NUTRITION. IT'S YOUR LIFELINE -- That topic is one of the key factors in the prevention of disease as stated by our luncheon speaker at last month's meeting, Dr. Granville Knight, M.D. Dr. Knight, in his medical practice, kept searching for the causes of disease and traced disease back to poor nutrition. His medical training did not prepare him in the nutrition knowledge which he later acquired. As a matter of fact, immunity from cancer cells can be built through good nutrition, he said. Some cancer is currently being treated through good nutritional habits. Some of Dr. Knight's nutritional knowledge is derived from the studies of a dentist, Dr. Weston Price, who traveled in many parts of the world searching for an answer to the causes of dental decay. Price learned the importance of whole natural foods as compared to the refined foods. Natives living on natural foods maintained good dental structures and were free of diseases while others who ate the refined foods soon developed decayed teeth and the many diseases we know today.

Dr. Knight became aware of a study by a Dr. Francis Pottenger who studied the diet of 900 some cats in a ten year period, gleaned much scientific data and nutritional information. The doctors formed the Price-Pottenger Nutrition Foundation with Dr. Knight as president.

Dr. Price's findings are documented in a book he wrote: "Nutrition and Physical Degeneration." The book was given as a door prize at the meeting and guest Bob Miller was the lucky winner.

Making guest appearances at the April luncheon were Alice Mayhugh, a long-time secretary to the Principals of Point Loma High School; Dr. Leonard Jones; Bill Burger; Bob Miller of Ocean Beach Town Council and his two guests Bob Hull and Don Morris; and Eugene Kar and his three guests, Nancy Guille, Melanie Luckner and Ilona Kundrat. Many thanks to those who attended and particularly to those who brought guests. Do it again for our dinner meet, Wednesday, May 28th!

SEVERAL PENINSULA CHAMBER MEMBERS had the privilege of meeting the new Superintendent of the Cabrillo National Monument, Doris Omundson and her husband, John, at a Cabrillo Historical Association meeting recently. Greeting Ms Omundson were STAN and MRS. JONES, VERN and MRS. LONTZ, DICK and MRS. LIGGETT, and CAROLINE CROSBY.