



THE EXCHANGE

A WEEKLY PUBLICATION OF
THE DALLAS BUSINESS ASSOCIATION

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August 25, 2020

SEPTEMBER 1ST MEETING START TIME: 7:30AM

For Tuesday's Zoom Meeting here is the link: **Join Zoom Meeting:**

<https://us02web.zoom.us/j/87063082018?pwd=c1VhS2duTW9sZ3UwY3dSSE1xa0cyZz09>

LAST TUESDAY'S PROGRAM



Wendy Suzuki, professor of neuroscience, extolled the virtues of exercise and the resulting transformation of the brain. She explained that a 30-minute workout, 3-4 times a week, that includes a raising of the heart rate, will result in long lasting positive effects on the brain. Results include a better mood, increased energy, and attention gain. Long term effects include strengthening of the brain, resulting in greater protection against disease. Fred acknowledged his adherence to these principles by working out with his dumbbells during her presentation.

September 1st Program: Steve Meleleu – “Bonds v. Insurance”

ANNOUNCEMENTS

Abrock Pest Management has been voted "Best Pest Control Company" serving Plano for 2020 by an independent judging organization based on social media. Way to go Bob!

Fred pocketed \$50 from his finish in a senior's golf event at Brookhaven.

DBA will not meet on Tuesday, September 8, 2020 due to the Labor Day Holiday.

September Membership Anniversary: Steve Meleleu – 2002

Of Member's Present at last meeting: 8.

MEMBERS ABSENT: Darrell Blank, Robin Hamm, Lucas Heuer, and Connie Smith.