

# *The Rotary Club of Clinton*

## WEEKLY NEWSLETTER

VOLUME 75 | ISSUE 16 | NEWS FOR THE WEEK OF OCTOBER 26, 2020



### MEETING LOCATION

**Rastrelli's Restaurant:**  
**Tuscany Event Center**  
**2417 Cleveland St.**  
**Clinton, IA**

### MAILING ADDRESS

**P.O. Box 1361**  
**Clinton, IA**  
**52733**

### EMAIL ADDRESS

**RotaryclubofClintonIA@**  
**gmail.com**

### WEBSITE

**RotaryclubofClinton.com**

### SOCIAL MEDIA LINKS

**Rotary Club of Clinton**  
**Facebook**

**Rotary Club of Clinton**  
**Twitter**

**Interact Club of Clinton**  
**Facebook**

**Rotary Club of Clinton**  
**YouTube**

LIFE IS A  
SERIES  
— OF —  
THOUSANDS  
— OF TINY —  
MIRACLES  
(MIKE GREENBERG)

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# CLUB UPDATES

## OUR WEBSITE CAN NOW ACCEPT ONLINE PAYMENTS!

STEP 1: LOG ON TO OUR WEBSITE  
(WWW.ROTARYCLUBOFCLINTON.COM)

STEP 2: CLICK ON THE BLUE DONATE BUTTON

STEP 3: PICK THE AMOUNT YOU WANT AND PRESS "DONATE"

By making a donation to our organization you help extend our ability to continue our mission into the future. This money goes to help our many projects in the community, including eight \$1000.00 scholarships to local seniors, providing dictionaries to local third graders, giving snow boots to local kids in need, and numerous literacy projects.

Thank you for all of your support!

Select an amount (USD)

5	10	25	25	50	100	150
		200	500	Other		

STEP 4: FILL OUT PAYMENT INFO AND  
HIT "SUBMIT"

STEP 5: YOU'RE DONE!!!



## Key Dates

**Oct 22: Virtual One  
Rotary Summit**

**Click [this link](#) to join on  
October 22, no preregistration  
is needed.**

**Oct 24: World Polio Day**

**Oct 26: Michelle Cullen  
on COVID/ Flu update**

**Nov 02: Gary Dolphin  
"Voice of the Hawkeyes."**

**Nov 09: Chris Knapp  
"District 6000  
Foundation Chairperson"**

**If You Read Nothing**

**Else... *Read this!***

**Phil Barger has moved closer  
to his family and is living in  
Assisted Living/Hospice  
Care.**

**If you'd like to reach out to  
Phil, his address is below:**

**3600 Fulton St. E,  
Grand Rapids, MI  
49546.**

# You're UNinvited! to our annual Boo Bash

Please **DON'T** join us for our Boo Bash celebration, raising funds for Rotary Club of Clinton community projects!  
We will **NOT** ask you to dress up, get a sitter, and spend oodles of money on catered food and prizes!  
Please **stay** in the comfort of your own home and **continue to support** our community!

## Thank You to Our Sponsors!

### MAGIC IN THE NIGHT SPONSOR

DAVE SIVRIGHT

### MEDIA DONATION



### HOCUS POCUS SPONSORS



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**SWEETHEART BAKERY**  
— & —  
*Homer's Deli*

### BOO CREW SPONSORS



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JOHN AND CHERYL  
FREY

PAUL AND CHRIS  
HOLMER



RON  
MCGAUVAN

MARK AND DENISE  
RUTENBECK

SHANNON AND JEFF  
SANDER-WELZIEN



MARY SWANSON  
Howes and Jefferies

BRIAN AND KELLY  
WRIGHT

### FRIENDS OF BOO BASH

DOUG  
BERTRAND

BROWN STREET INN  
Mark L. Ruggenberg



GARY AND KATHY  
DELACY

PATTI  
STARK

# THE WEEKLY ROUND-UP

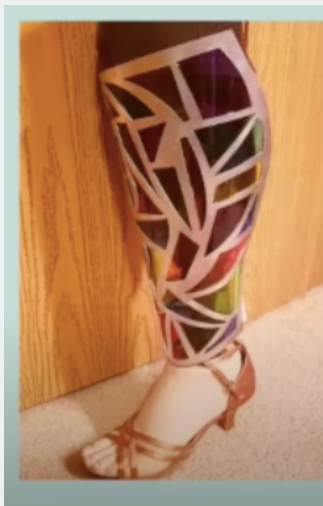


We had the most wonderful opportunity to meet with **Erica Cole** on Monday. Cole told us about her life at the University of Iowa - she was physically active, a ballroom dancer, and a Chemistry major. She even published an article in "Elsevier" journal and landed her dream job in Los Alamos New Mexico at Los Alamos National Lab. Tragedy struck when

she was in a car accident in Colorado. Due to the severity of the accident, she lost her left leg just below the knee and has to wear a prosthetic. While Cole had physically recovered from the accident, the loss of her leg changed her life and how other people saw her. Suddenly, no one wanted to dance with her. Cole decided, more out of spite, to give people something to look at. She made a prosthetic cover and decorated it with LED lighting. Her leg resembled a disco ball and Cole stated, "Suddenly, that was such an incredible change in how people responded to my prosthetic. It was just a silly little thing...it was just this really cool shift in the way other people were treating my prosthetic and then on the other side of that coin, the way I was perceiving my own prosthetic. It made it easier for me to get up and put it on in the morning when I had something fun that kind of made it fun."

Eventually, Cole entered a pitch competition through the University of Iowa and won. She had so much support for the idea of this business, she couldn't turn away from it. Cole turned down her dream job in New Mexico and going to grad school to pursue her business.

Fast-forward a few months and Cole started to 3D Print prosthetic covers. Cole started to get more involved with the entrepreneurial side of business through John Pappajohn Entrepreneurial Center at the University of Iowa. "One day, I sewed a hidden zipper in a pair of pants that had...I sewed an invisible zipper into my jeans and it allowed me to wear pants that I haven't worn in a year-and-a-half and there's so much power in that moment. You'll see a theme here is just like such simple things make such a huge difference. **Because they are small, but they add up over time.**" Continued...



## WEEKLY STATS

### FELLOWSHIP FINES:

Oct 19: \$25

YTD: \$1716

### ATTENDANCE:

Online: 24

Guests: 6

**Total for Oct 19: 30**

### GUESTS:

- **Darren Hands: Rotarian, G/O Jill O'Neill**
  - **Peter Reid: Rotarian, G/O Darren Hands, Jill O'Neill**
  - **Dominica Pradere: Rotarian, G/O Darren Hands, Jill O'Neill**
  - **Erica Cole: Speaker, G/O Jill O'Neill**
  - **Madison Anglese: Student at Prince of Peace**
  - **Sophie Griffin: Student at Prince of Peace**
- YTD: 50**

### MEMBERSHIP:

- **Current Members: 80**
- **Membership Goal: 80**

### BIRTHDAYS:

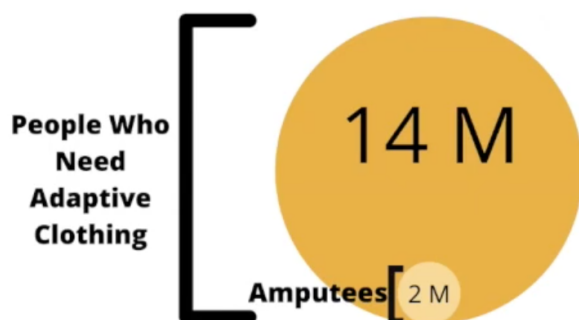
- |                    |        |
|--------------------|--------|
| • Julie Eggers     | Oct 01 |
| • Ron McGauvran    | Oct 04 |
| • Patti Stark      | Oct 08 |
| • Doug Bertrand    | Oct 12 |
| • Keith Hook       | Oct 22 |
| • G. Wylie Pillers | Oct 29 |

YOU CAN'T CHANGE THE PEOPLE AROUND YOU.

BUT YOU CAN CHANGE THE PEOPLE AROUND YOU.

# THE WEEKLY ROUND-UP, CONTINUED

There are 2 million amputees in the United States today and an additional 200,000 people face amputation every year and those numbers are projected to double by the year 2050. This is actually just a small window into a much larger problem. Over 14 million people need adaptive clothing. "This problem is much larger than we initially thought. Vogue Business even recognized the need for adaptive clothing, citing it as worth about \$400 billion by the year 2026," stated Cole. "So we decided we were going to pave the way."



That's when Cole created "No-Limbts," which is adaptive clothing brands made by adaptive people. "We emphasized co-creation so we're not designing for people, we're designing with people with disabilities and that allows us to make something that works for them." Cole showed us their first product line, which is adaptive pants for amputees. "They're created with a special fit so that it fits around the extra bulk of a prosthesis. They have those hidden zippers I was talking about earlier to make it easier to dress and undress -- that's important because a prosthesis is stuck at a 90 degree angle at the ankle. A lot of amputees don't change their shoes very often, so it makes it really hard to get a pant leg on and off that."

## Hidden Zippers



## Special Fit

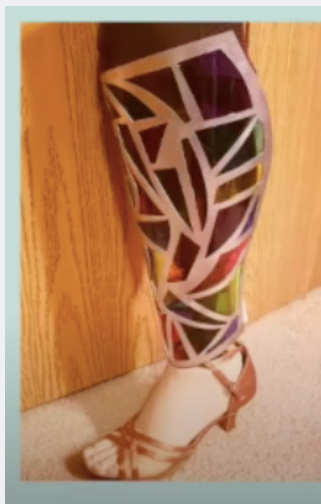


Cole and partner Bryan Williams continued to look at ways to help people overcome barriers. "Prosthetics are made out of carbon fiber which really slices through traditional materials very quickly, so we make sure that all of our garments are made to withstand those carbon fiber parts." Another change that they found was for people in wheelchairs. The back pockets on pants can cause bed sores, so they need really soft material on their back. Cole has been focusing on creating clothing that helps the person wearing it get back as much independence as possible.

No-Limbts has had a great deal of success already -- they've were finalists in the Baylor University competition where Cole is a future Founders fellow for

young entrepreneurs. They were also featured in USA Today and what Cole says is the greatest thing they've accomplished has been the Target incubator program. They added an advisor, Mindy Scheier to their team and she designed the Tommy Hilfiger line for adaptive clothing. Scheier is the founder of Runway of dreams and because of that, they will be having a New York Fashion Week show in 2021!

If you want contact Erica, please email her at [erica@no-limbts.com](mailto:erica@no-limbts.com). You can read more about Erica and her journey [HERE](#) and you can watch our meeting online [HERE](#).



Left is the original "LED" cover Cole made. On the right is the lightest-weight the most durable and most affordable prosthetic cover on the market to date.

## ANNIVERSARIES:

- Susan Mesecher  
1 year; Oct 01 2019
- Tom Determann  
25 years; Oct 02 1995
- Pete Clausen  
29 years; Oct 07 1991
- Paula Schneckloth  
3 years; Oct 09 2017
- Erin Cole  
2 years; Oct 15 2018
- Val Hill  
17 years; Oct 20 2003
- Juliann Bray  
17 years; Oct 27 2003
- Shannon Sander-Welzien  
7 years; Oct 28 2013

## COMMITTEE CHAIRS

- Christmas Program: Doug Bertrand
- Community Service: Idell Klein
- Dictionaries Committee: \*John Frey
- Fellowship/Program Sign-up: Doug Bertrand, \*Brian Wright
- Financial Committee: \*Dale Dalton
- Foundation: Mark Rutenbeck
- Fundraiser Committee: Jill O'Neill and Nicole Hinman
- Grants Chair: Jill O'Neill
- Homerun Readers: \*Brian Wright
- Interact: Peggy Sellnau
- International Service: Christie Collins
- Josh the Otter Water Safety Committee: \*Rich Klahn
- Kicks for Kids: Sue Watkins
- Lumberkings Event Committee: \*Dale Dalton
- Membership: Andrew Kida
- Public Relations: Jill O'Neill
- Scholarships: Braydon Roberts and Peggy Sellnau
- Showboat Event Committee: David Sivright
- Student Service/ Weekly Student Guests: Peggy Sellnau
- Sunshine: Christie Collins

# LOOKING FORWARD

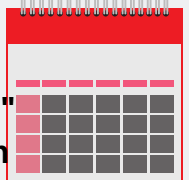
## OCTOBERS PROGRAMS

Oct 26: Michelle Cullen on COVID/Flu update

Nov 02: Gary Dolphin "Voice of the Hawkeyes."

Nov 09: Chris Knapp "District 6000 Foundation Chairperson"

Nov 16: Jason Haglund, Iowa State University Extension Service Covid 19 - Derecho Recovery Program



## INVOCATION



OCTOBER 26: PAUL HOLMER

NOVEMBER 02: STEVE HOWES

NOVEMBER 09: GREG JASPER

NOVEMBER 16: ANDREW KIDA

NOVEMBER 23: KATHY KLAHN

GREETER ON HOLD DUE TO COVID.

## PROGRAM CHAIRS

OCTOBER: ROTARY BOARD OF DIRECTORS

NOVEMBER: NORLAN HINKE

DECEMBER: CARRIE DONAIRE, DOUG BERTRAND



## FELLOWSHIP CHAIRS

OCTOBER:

NORLAN HINKE AND DOUG HARRIDGE

NOVEMBER:

CHRISTIE COLLINS AND DAVE SIVRIGHT

DECEMBER:

CARRIE DONAIRE AND DOUG BERTRAND



# FOUNDATION MINUTE

## Welcome to Week 3 of October, Rotary International's Economic and Community Development Month

In August 2019, Nigeria reached three years without a case of wild poliovirus. A year later, on the 25th of August 2020, the continent of Africa was declared polio-free.

October 24 is World Polio Day and many Rotary Clubs are planning special observations in honor of Rotary International's immense contribution to the global effort at combating the crippling disease. Through TRF and matching grants by The Bill and Melinda Gates Foundation, the poliovirus is on its way to becoming history. Since 1996, Rotarians from across Africa and around the world have raised funds, immunized children, and promoted vaccinations all aimed at eradicating polio. More than 9 billion doses of oral polio vaccine have been provided throughout Africa preventing almost 2 million cases of paralysis.

Every year about 2 million volunteers help vaccinate over 430 million children against polio in Africa. Rotarians all over the world have contributed almost \$890 million toward polio eradication efforts in Africa. With the Gates matching funds, TRF has spent a staggering \$1.6 billion on polio eradication. The funds have allowed Rotary, through TRF, to issue PolioPlus grants to fund polio surveillance, transportation, awareness campaigns, and National Immunization Days.

Dr. Tunji Funsho, chair of Rotary's Nigeria PolioPlus Committee and recently honored by TIME Magazine for his leadership in that nation's polio eradication effort, noted the impact that Rotarians have had on polio eradication efforts in Africa. Dr. Funsho said, "From raising funds and immunizing children, to providing 'polio plusses,' such as soap and health kits, Rotary members have shown resilience and steadfast dedication to our top priority of ending polio....no child in Africa will ever again be paralyzed by wild polio, a disease that once disabled 75,000 children every single year in Africa."

**"I am from a generation who has witnessed the devastating effects of polio. When I discovered how close we were to eradicating polio, I was very motivated to be a part of this movement. It is so rare when you can accomplish something so spectacular." (Angelique Kidjo, Beninese Singer-Songwriter).**

In Rotary,  
Olabisi Gwamna Ph.D,  
Rotary Club of Mt. Pleasant  
Foundation Minute Editor

## DG'S DAKIN'S FIFTH TEST

A dose of humor,  
hopefully to help start  
your Rotary week with a  
smile.

Proud to be a Rotarian,  
Steve Dakin, District  
Governor 2020-21  
steve@retiredfun.net

I got some batteries  
that were given out  
free of charge.

## The Four-Way Test

1. Is it the **truth**?
2. Is it **fair** to all concerned?
3. Will it build **good-will** and **better friendships**?
4. Will it be **beneficial** to all concerned?

### Rotary Board of Directors for 2020-2021:

- Shannon Sander-Welzien: President
- Christie Collins: President-President Elect
- Andrew Kida: President Elect-Elect
- Braydon Roberts: President Elect-Elect-Elect
- Brian Wright: Past-President
- Dale Dalton: Treasurer
- Jill O'Neill: Secretary
- Idell Klein
- Douglas Harridge
- Peggy Sellnau
- Rod Tokheim
- Nicole Hinman

### Rotary Foundation Board of Directors for 2020-2021:

- Gary Foster\*:President
- Mark Rutenbeck\*:Vice-President
- John Frey\*:Secretary
- Dale Dalton\*: Treasurer

### Directors

- Jim Bruhn\*
- Kathy Forrest
- Jennifer Graf\*
- Kathy Klahn\*
- Lynn McGraw
- Brian Wright\*

Sorry to interrupt  
your scrolling but  
I just wanted to say  
that you're amazing  
and you deserve to be  
happy.

# POLIO UPDATES

## Dear Polio Eradication Warriors,

### Four new Wild Polio case reported this week.

What is that Polio Picture? This picture shows the beauty of a vaccinated child.

There is still time to make your personal Polio donation and to organize a virtual or in person World Polio Day Event for your club or community. I made a donation to PolioPlus this week in honor of World Polio Day. Will you please join me?

### Let's Take Action! World Polio Day - October 24

A polio-free world is possible, but we can achieve it only by taking action together. With the challenges to vaccination programs posed by the COVID-19 pandemic, it's even more crucial that Rotary continues to build awareness **and raise funds** for polio eradication.

Join the effort to vaccinate children and end polio by organizing a World Polio Day event for your club and community. In 2019, Rotary members held more than 5,900 events in 136 countries. This year, online events and activities will allow us to expand our reach even more and inspire others to join us.

**Pakistan** announced last week that 39 million children were vaccinated by 8,150 vaccination teams - including 699,762 zero dose children - in the five day Polio vaccination/Covid education campaign ending 10/25/20.

**October 15 was Global Handwashing Day** - Global Handwashing Day was a global advocacy day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an easy, effective, and affordable way to prevent diseases.

**Now that we are down to the Final Two Polio Endemic Countries** - I will be listing Sixteen Reasons We need to End Polio in Pakistan (from Dawn.com): # 8. If not taken seriously, the polio situation will get worse in 2020. Even before the Covid pandemic struck, there were signs that 2020 was going to be hard year for polio in Pakistan. As the fight goes on against Covid, we must also continue to give due attention to the Polio eradication effort.

Vaccine Derived Polio Cases - 436 Vaccine Derived Polio Cases reported in 2020: Afghanistan - 87 (0 in 2019), Angola - 3 (129 in 2019), Benin - 1 (8 in 2019), Burkina Faso - 10 (1 in 2019), Cameroon - 5 (0 in 2019), CAR - 2 (21 in 2019), Chad 69 ((10 in 2019), China - 0 (1 In 2019), Cote d' Ivoire 33 (0 in 2019), DRC - 56 (86 in 2019), Ethiopia - 16 (11 in 2019), Ghana - 11 (18 in 2019), Guinea - 29 (0 in 2019), Mali - 5, Malaysia - 1 (3 in 2019), Myanmar - 0 (6 in 2019), Niger - 8 (1 in 2019), Nigeria - 1 (18 in 2019), Pakistan - 64 (22 in 2019), Papua New Guinea - 0 (0 in 2019), Philippines - 1 (16 in 2019), Somalia - 19 (3 in 2019), South Sudan - 3 (0 in 2019), Sudan - 3, Togo - 9 (8 in 2019), Zambia - 0 (2 in 2019), 361 Vaccine Derived Polio cases were reported in 2019.

**Quote of the Day - "Example, whether it be good or bad, has a powerful influence." George Washington**

### The Final Two Polio Endemic Countries:

- **Pakistan** - Three new Polio cases reported this week. Seventy-seven Polio cases reported in 2020. The most recent case had an onset of paralysis on 09/10/20. Pakistan reported 147 Wild Polio cases in 2019. Three Polio-Positive Environmental Samples were reported this week in Pakistan.
- **Afghanistan** - One new Polio case reported this past week. Fifty-two Polio cases reported in 2020. The most recent cases had an onset of paralysis on 9/09/20. Afghanistan reported twenty-nine Wild Polio cases in 2019. No Polio-Positive Environmental Samples were reported this week in Afghanistan.

**Our Goal is Global Polio Eradication!!**

## Polio Eradication Update

For The Week Ending 10/17/20



Rotary's World-wide 2020-21 Rotary Year Polio Fundraising Goal is \$150 Million - Including the Gates Foundation \$2 to \$1 Match

**Our Goal is Global Polio Eradication!**

**PolioPlus: Zero Is The Magic Number!**

### Advocate, Donate & Educate to END POLIO NOW & FOREVER! 19,100,000 Children Saved from the Paralysis of Polio Since 1988

Total paralysis cases	Year-to-date 2020	Total 2019	Total 2018	Total 2017	Total 2016
Globally	129	176	33	22	37
- in endemic countries:	129	176	33	22	37
- in post-endemic countries:	0	0	0	0	0

**Wild Polio cases reported this week:**  
Pakistan 3, Afghanistan 1

**2020 Wild Polio Case Breakdown by Country** (Green Numbers are 2019 Totals)  
Endemic Countries - **77 Pakistan** (2019-147), **52 Afghanistan** (2019-29)

Terry Ziegler, [higgzlbhce@aol.com](mailto:higgzlbhce@aol.com) Rotary Region 26 Endowment/Major Gifts Adviser



## News You Can Use

Nutrition Education  
with Seniors

October 2020

### Do you heart chocolate?

Soon grocery aisles will be overflowing with Halloween candy. This means lots of chocolate everywhere. But chocolate isn't a forbidden food.

Chocolate, in moderation, can be part of a heart healthy diet. One of the main ingredients in chocolate is cocoa, which contains a group of nutrients called **flavonols**.

**Chocolate benefits:** Flavonols act like antioxidants in that they help to reduce the inflammation inside your body. Too much inflammation can increase your risk of heart disease and certain cancers. There's evidence to suggest flavonols in chocolate promote healthy blood circulation by reducing the risk of blood clots and relaxing the blood vessels to maintain lower blood pressure.

### The Darker the Better

- Choose a chocolate candy that is at least 70% cocoa. Higher amounts of cocoa often have more benefits and less added sugar.
- Select chocolate candies with a shorter ingredients list. Extra ingredients can increase the calories and decrease the benefits you get from the chocolate.
- Another benefit to choosing dark chocolate is its longer shelf life. Dark chocolate can last up to a year in an air tight container, whereas milk chocolate only lasts a few months.

While enjoying your chocolate, remember that along with the flavonols, it still has added sugar. Men should aim for no more than 36 grams of added sugar daily, while women should aim for no more than 25 grams.

Resource: Kansas State University Research and Extension,  
<https://bit.ly/30QZrFW>



### Canned Kidney Beans

#### Selection:

- Choose cans of kidney beans without dents or broken seals, this could mean they are unsafe to eat.
- Check the "Best by" or "Best if used by" date on the can.

#### Storage:

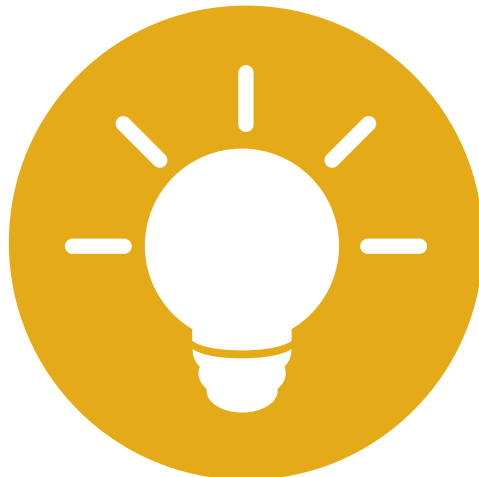
- Store unopened cans in a cool, clean, dry place.
- After opening, drain fluid, rinse and put the kidney beans in an air tight container in the refrigerator.

#### Nutrition:

- 3.5 ounces of kidney beans:
- Provides 127 calories and 6.4 gram of fiber.
- Each serving contains 8.7 grams of protein.

#### Uses:

- Add kidney beans to chili, chip dips, salads, or casseroles.
- Combine kidney beans with onion, tomato, cheese and a lean protein for a complete MyPlate meal.



### Budgeting Tip Jar: Tips and Tricks to Help You Save

There are many who struggle to make ends meet and often run out of money for food by the end of the month. This could be from choosing more expensive brands, buying more convenience foods, not having a budget, or simply not having enough money. If you don't have enough money, call 1-855-944-FOOD (3663) to apply for food assistance.

These shopping tips will also help stretch your food dollar.

- **Make a master grocery list.** Frequently used grocery items can be a permanent part of your master list to reduce extra visits to the grocery store.
- **Organize your list according to the store.** This will save you time and reduce temptation for buying foods not on your list.
- **Check your kitchen.** Look in your cabinets, refrigerator, and freezer for foods you have on hand. Are you missing any staples? Are there items you can use up?



**Spendsmart, EatSmart**, has printable master grocery lists and other resources to help you make the most out of your shopping experience. Visit <https://spendsmart.extension.iastate.edu> for more details.

Adapted from: <https://spendsmart.extension.iastate.edu/plan/shopping-tools/>

### SLOW COOKER PORK CHILI

Serves: 6 | Serving Size: 1 1/4 cup

#### INGREDIENTS

2 pounds boneless pork butt, roast, or shoulder  
1 cup bell pepper, diced (1 medium)  
1 cup onion, diced (1 medium)  
1 1/2 cup salsa  
1 can low sodium red kidney beans (or pinto beans)  
1 can low sodium diced tomatoes

#### INSTRUCTIONS AND TIPS

1. Trim visible fat from the pork. Cut into 2-inch chunks. Place in slow cooker.
2. Add pepper, onion, and salsa.
3. Cook on a high setting for 3 hours.
4. Pull the meat apart into shreds with a fork.
5. Put half of the shredded pork in the refrigerator or freezer to use in a different recipe or for pork sandwiches. Freeze if it will not be used within 4 days.
6. Return the rest of the pork to the slow cooker, add diced tomatoes and drained/rinsed kidney beans.
7. Cook for another 30 minutes until hot.

**Storage.** Store in an airtight container in the refrigerator or up to 3 months in the freezer and one year in a deep freezer.

Nutritional analysis (1 1/4 cup): 250 calories, 8g fat, 3g saturated, 520mg sodium, 21g carbohydrates, 6g fiber, 6g sugar, 18g protein.

This recipe is adapted from <https://spendsmart.extension.iastate.edu/recipe/slow-cooker-pork-chili/>

### Holiday Plans

With the holidays coming up, there is bound to be some extra spending. Here are a few ideas to bring extra holiday cheer without breaking the bank.

- **Make your own gifts.** Homemade treats, a knitted scarf, or a handmade card bring smiles to faces while saving you money.

- **Reduce, reuse, and recycle decorations.** Reduce the amount of new decorations bought each year. Instead, reuse your current decorations, or recycle them into a crafty new focal point in your home.

### Helpful Resources

Kelsey Salow, RD  
Human Sciences Specialist  
Nutrition and Wellness  
[ksalow@iastate.edu](mailto:ksalow@iastate.edu)  
563-927-4201

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563-859-5125

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Iowa State University Extension and Outreach  
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sexual violence, or other prohibited conduct, should  
be reported to the Office of Adversity, 515-284-1402,  
[adversity@iastate.edu](mailto:adversity@iastate.edu).



# The More You Know...