

# The War Whoop Weekly Bulletin

Rotary  
Club



Kansas City, KS

Meeting Location: Meetings presently held via Zoom.  
Office: P.O. Box 171384, Kansas City, KS 66117  
kckrotary@gmail.com

Websites: Club: [www.rotarydowntownkck.org](http://www.rotarydowntownkck.org), District: [www.rotary5710.org](http://www.rotary5710.org), International: [www.rotary.org](http://www.rotary.org)

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**LAST WEEK AT ROTARY** - President **Scott Martens** opened the meeting and led members in the Pledge of Allegiance, and **David Bluford** provided the invocation.

**Karole Bradford**, program chair for the day, introduced our speaker, Keith Jantz, MD. Dr. Jantz retired a few years ago after practicing internal medicine in the metro area for 34 years, mostly at Research and Menorah Hospitals. Dr. Jantz is a member of the Board of the Kansas City Medical Society Foundation, serving as the chair of the KCMS Retired Physicians Organization and a member of the speaker's bureau.

Dr. Jantz shared valuable information about the current COVID-19 pandemic and answered many questions posed by the members. COVID-19 is a specific form of coronavirus of which there are two main types. One group of coronaviruses, including the common cold, is highly contagious with low mortality rates. The other group of coronaviruses, including the SARS virus, is not very contagious but has high mortality rates. Unfortunately, COVID-19 exhibits characteristics of both types of coronavirus, meaning it is highly contagious with higher mortality rates.

Dr. Jantz explained that the COVID-19 virus is transmitted both via airborne particles and by contact with the virus particles on surfaces. The virus enters the body only via the nose, mouth, or eyes, producing a variety of flu-like symptoms. With 30%-40% of persons infected with COVID-19 being asymptomatic, Dr. Jantz emphasized the need to take precautions because asymptomatic individuals may actually shed more of the virus than those persons who are very ill and showing symptoms.

Several treatments are available for COVID-19 patients, although none of them have proven completely effective. Treatments mentioned by Dr. Jantz include hydroxychloroquine, Remdesivir, dexamethasone, convalescent plasma, a combination of zinc and Zithromax, and colchicine.

With the high transmissibility of COVID-19, Dr. Jantz endorses mask wearing and frequent hand washing as the best methods for preventing illness. Face masks protect both the wearer and others. A face mask should cover the nose and mouth and fit snugly on the face. After putting on the mask, a person should avoid touching the mask. Although the N-95 mask used by medical personnel is best, a surgical mask or cloth mask is next best in terms of effectiveness. Dr. Jantz recommends that cloth masks be made of fabric with a tight weave, preferably a cotton-poly blend. He also cautions against tossing face masks into the laundry, as washing weakens the fabric. Rather, Dr. Jantz advises rotating face masks. Simply lay the mask down for a couple of days or, better yet, leave it in the sunlight as UV light and heat will kill the virus.

To minimize the chance of contracting COVID-19, Dr. Jantz urges wearing a face mask when inside any building other than your own home and when outside where a minimum distance of 6 feet from other individuals cannot be maintained. Upon returning home, Dr. Jantz advises washing hands immediately. Also, while in public, Dr. Jantz recommends minimizing touching door handles, handrails, and other frequently touched surfaces and taking the stairs instead of the elevator.

In order to protect yourself from COVID-19, Dr. Jantz cites the rule of getting plenty of rest, fluids, and good nutrition. He also mentioned that a daily supplement of Vitamin D may help boost immunity and can have heart health benefits too.

**Health Report** - After a hospital stay due to COVID-19, Jen Wewers is now convalescing at home and hopes to join our meeting next week.

**NEXT WEEK AT ROTARY** - Our speaker will be a representative of The Giving Grove, a local charity that assists schools to develop gardens and fruit tree groves for educational and nutritional purposes. **Jay Dunlap** will be the program chair for the month of September.



## *Where the Gate to Kansas Swings Open*

The Kansas City, Kansas Rotary Club was organized on November 2, 1915 and received its charter as Club No. 195 in January 1916. Its members take pride in more than 100 years of Rotary service to the community and to international fellowship. From this Club have come five District Governors and two Directors of Rotary International. The Club's history is as rich as that of the community it represents.

Following the Lewis and Clark expedition which camped at the confluence of the Kansas and Missouri rivers on June 26, 1804, in present day Kansas City, Kansas, this area became an important center for fur trappers. In the following years, many Indian tribes were relocated here from the East. In 1842 the Wyandot Indians acquired land here and founded a town. During this period, and for the next five decades, this area became the main gateway to the inviting majesty of the sprawling Kansas Prairie and the American West. This was where the frontier began. Pioneers found river transportation, outfitters and the beginning of the Santa Fe and Oregon Trails. After the covered wagons, came major trunk railroads and barge lines.

In 1886, Kansas City, Kansas received its charter as an incorporated city, combining the towns of Wyandot, Argentine and Armourdale. (Rosedale was added in 1922.) Kansas City, Kansas is the site of the first industrial park in the United States, home of the prestigious University of Kansas Medical Center, and the location of the National Agricultural Hall of Fame and the nationally recognized Kansas Speedway.

Near the geographical and population centers of the contiguous United States, it is in the temperate latitudes at an elevation of 726 feet above sea level. The average rainfall is 35 inches. The average mean temperature ranges from 30° F in January to 80° F in July. The lowest recorded temperature was -23° F on December 23, 1989, and the highest was 113° F on August 14, 1936. Our city's population of 145,000 and area of 155 square miles rank it 158th among cities in the United States.

Welcome to Kansas City, Kansas Rotary and the vibrant community it represents.

# ***Service Above Self***

### **Rotary Websites:**

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## **Rotary Opens Opportunities**

### **WHERE NEARBY TO MAKE UP ATTENDANCE**

#### MONDAY

Bonner Springs (11:45am) ----- Twister Bar & Grill, 13100 Kansas Ave.  
Overland Park (11:30am) ----- Doubletree Hotel, 10100 College Blvd.

#### TUESDAY

Gladstone (7:00am) ----- Fairview Christian Church, 1800 N.E. 65<sup>th</sup>

#### WEDNESDAY

Overland Park South (7:15am) ----- Deer Creek Country Club, 7000 W. 133<sup>rd</sup>  
Leavenworth (Noon) ----- Riverfront Community Center, 123 S. Esplanade  
KCI, Missouri (Noon) ----- Granite City Pub, 8461 NW Prairie View Rd.  
Shawnee Mission (Noon) ----- Sylvester Powell Community Ctr, 6200 Martway, Mission  
Olathe (Noon) ----- Hilton Garden Inn, 12080 S. Strang Line Road  
Kansas City South, Missouri (Noon) ----- Margarita's, 13401 Holmes Rd.  
Johnson County-Sunset (5:15pm) ----- Hilton Garden Inn Olathe, 119<sup>th</sup> & I-35  
Waldo-Brookside, Missouri (5:15pm) ----- Waldo Pizza, 7433 Broadway

#### THURSDAY

Johnson County (7:15am) ----- Holiday Inn, 8787 Reeder St., OPKS  
Leawood (7:15am) ----- Hallbrook Country Club, 11200 Overbrook Rd  
Village West (7:15am) ----- Providence MC/Cafeteria Conference Rm, 8929 Parallel, KCK  
Gardner (7:30am) ----- Gardner Community Ctr., 128 E. Park  
Santa Fe Trail (7:30am) ----- Mid-Am Nazarene U, 2030 E. College Way, Olathe  
Kansas City, Missouri (Noon) ----- The Gallery, 61 E. 14<sup>th</sup> Street, KCMO

#### FRIDAY

Desoto (7:00am) ----- Desoto United Methodist Church, 8760 Kill Creek Road  
Shawnee (7:15 am) ----- Shawnee Town Hall, 11600 Johnson Drive  
Plaza, Missouri (7:15am) ----- Grand Street Cafe, 4740 Grand Ave.  
North Kansas City, Missouri (Noon) ----- NKC Library, 2251 Howell Street  
Parkville, Missouri (Noon) ----- Park University Underground, Woodard Center  
Lenexa (Noon) ----- Lakeview Village, Southridge Bldg., 14001 W. 92<sup>nd</sup>, 5<sup>th</sup> Floor

Please see the Secretary for the world directory of all Rotary Club's meeting times, days, and places.

### **2020-2021 Board of Directors**

#### ***Officers***

Scott Martens  
President  
Jen Wewers  
Vice President  
Greg Shondell  
Treasurer  
Rosemary Podrebarac  
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Jim Knight  
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