



# The Sower

Official Publication of  
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF JUNE 17, 2011

## PRESIDENT'S CORNER

### Lincoln South Officers and Directors

<b>President—</b> Tom Cardwell <a href="mailto:tcardwel@southeast.edu">tcardwel@southeast.edu</a>	402-228-8220
<b>President-elect</b> Elise White <a href="mailto:elisemwwhite@mac.com">elisemwwhite@mac.com</a>	477-2233
<b>Secretary—</b> Nicolette Klein <a href="mailto:nicki.klein@tieronebank.com">nicki.klein@tieronebank.com</a>	473-6422
<b>Past President—</b> Tracey McLain <a href="mailto:tracey.l.mclain@rbcdain.com">tracey.l.mclain@rbcdain.com</a>	465-3814
<b>Treasurer—</b> Corey Vandewege <a href="mailto:corey@dsisupply.com">corey@dsisupply.com</a>	466-0440
<b>Membership -</b> Jessica Kolterman <a href="mailto:jessicak@nefb.org">jessicak@nefb.org</a>	421-4433
<b>Public Relations—</b> Carl Zeutzius <a href="mailto:czeutzius@unicogroup.com">czeutzius@unicogroup.com</a>	437-7275
<b>Club Administration—</b> Brad Carter <a href="mailto:bcarter@woodsbro.com">bcarter@woodsbro.com</a>	430-6223
<b>Service Projects—</b> Dave Hilsabeck <a href="mailto:dhilsabeck@hotmail.com">dhilsabeck@hotmail.com</a>	489-9792
<b>The Rotary Foundation—</b> Joe Roberts <a href="mailto:jroberts@midfin.com">jroberts@midfin.com</a>	434-8050



I am sitting once again in an airport, this time in Burlington Vermont having just attended a conference sponsored by the Dartmouth National College Health Improvement Project (NCHIP). The conference brought together 20 universities from across the United States to participate in an audacious project: figure out a way to reduce high risk drinking among college students. Currently four out of five college students

drink and two out of five have reported binge drinking within the last two weeks. Close to 2000 young adults ages 18-24 die each year from unintentional alcohol related injuries. Another 600,000 are injured. Sadly 696,000 students are assaulted and 97,000 are sexually assaulted by drunk students each year. The problems are greater than this but space does not permit a complete compendium of the harm caused by the misuse of alcohol. Suffice to say many relationships and families are destroyed by alcohol. The point of this conference was to challenge selected universities to use the Dartmouth Breakthrough Series Learning Collaborative model to address this major public health hazard. One aspect of this training that I really liked a lot was the PDSA (Plan, Do, Study, Act). Basically the idea is that you act without having every "I" dotted or "t" crossed because the consequences are too grave not to start. In reality most important breakthroughs in science came because of a hunch or even an accident that someone figured out had relevance to some real world problem. I know many people who are excessively cautious in their approach to life and seldom take even calculated risks. It was refreshing to be challenged to find ways to address a serious problem audaciously. So one should plan, and then do something significant (not just in a laboratory environment) in relatively quick succession. Then... study it, make course corrections and then act boldly. A vignette was offered about a woman who didn't want an intern surgeon practicing on her son. The senior surgeon suggested that all physicians are practicing when they perform medical care. In other words we are always doing, and then making course corrections. We shouldn't wait till we have everything perfect to start because it will never happen and waiting causes real harm. Of course there is risk to proceeding boldly but I rather like the idea. Three more ideas floated and reinforced a lot during the conference are 1) using evidenced based practices (things that work), 2) tying research to practice and working collaboratively. Nebraska was the only university that brought a collaborative team to the table (UNL, SCC and Wesleyan). Interestingly, someone at the conference whose father knew Salk and Sabin and who works as the Director of Epidemiology at the National Institute on Alcohol Abuse and Alcoholism asked me if Rotary might be interested in taking on binge drinking among young people as the next big Rotary World Health Initiative. I think it is worth considering. It has arguably caused more devastation than many other epidemics.

### CLUB SERVICE TEAM ON DUTY

John Herdman  
Pat Grewe  
Joe Roberts  
Nicki Klein



### Visiting Rotarians and Guests

*Rotarians*—Lee Kilner – Ames, Iowa; Anita Crisp, Bruce Remington, Kim Remington, Scott Richardson and Bill Schmeackle, all from Club 14.

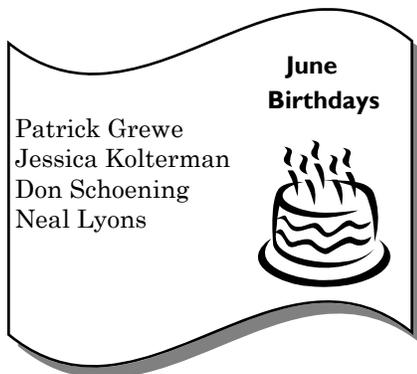
*Guests*— Rob Waterhouse.

### Future LSR Programs

- 6/24/11 Darren Macfee— ED Lincoln Children's Museum— Upcoming renovation at the museum
- 7/1/11 Barb Bartle— President Lincoln Community Foundation
- 7/8/11 Changing of the Guard

### Events & Projects

- 8/26/11 District Governor Bob Perrin Official Visit.



## Notes & Announcements

**Membership Dues**— Dues statements have been mailed and payment needs to be received before June 30th.

**District Simplified Grant**—It appears that the grant has been approved and will be used for the Voices of Hope Childcare Center.

**Rotary Youth Leadership Award**— Volunteers are needed to help put this project together. Tom Cardwell and Logan Otto will be visiting other camps to get ideas. The camp will be next year during the 1st week of June.

**Polio Fundraiser**—Aaron Babcock is selling Husker Illustrated year-books as a fundraiser for Polio with 100% of the proceeds going to polio eradication.

**HAPPY DOLLARS (For Health & Hunger)**



Bob Vrana, Phil Maddern, Jim Pattavina, Jason Smith, Joyce Michaelis, Pat Grewe, Bruce Remington and Pat Ohmberger (speaker).

### PLACES TO MAKE UP

**Tuesday morning**—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.) at 7:00 AM

**Tuesday Noon**— Lincoln #14-Nebraska Club at 13th & M.

**Wednesday 11:45 a.m.**—Lincoln East at Valentinos at 70<sup>th</sup> & Van Dorn



### Lincoln South Rotary Clubrunner Links:

Meeting & speaker information:

<http://www.clubrunner.ca/CPrg/Home/speakers.asp?cid=6040>

Calendar of Events:

<http://www.clubrunner.ca/CPrg/Home/events.asp?cid=6040>

## PROGRAM

### 2010-2011 Club Goals

1. *Club Strength– Leave the club better than when I took office.*
2. *Club Growth– Attain and maintain membership of 55.*
3. *Support Polio Eradication.*
4. *Support critical project in one of 3 areas; Health & Hunger, Water or Literacy.*
5. *Maintain 100% sustaining membership in the Rotary Foundation.*
6. *Achieve the Presidential Citation*
7. *HAVE FUN!*

**QUESTIONS?  
COMMENTS?  
ARTICLES?**

**Contact Newsletter  
Editor**

Judy Krasomil  
434-3909

[judy.krasomil@nifa.org](mailto:judy.krasomil@nifa.org)



Pat Ohmberger has been a real estate professional since 1992 and is an Associate Broker with HOME REAL ESTATE at their Pine Lake Office. Her service to the real estate industry is demonstration of her commitment to her customers and clients. Pat was awarded Realtor of the Year by her local board in 2004. In 2005 she was recognized by both the local and state chapters of the Women's Council of Realtors as Member of the Year. In 2007, she was the first recipient of the Women's Council of Realtors's Lincoln Chapter's Business Woman of the Year. Pat graduated in May 2011 from National Association of Realtors Leadership Academy. Pat's commitment to the real estate industry has been demonstrated through her involvement at the local, state and national levels of the Realtor organization. Pat was President of the Realtors Association of Lincoln in 2008. She is currently serving as President of the Nebraska Realtors Association and serves on many national committees including the Realtors Political Action Committee's Major Investors Council.

Pat is also very involved with the community. She is active in the Chamber of Commerce, Home Builder Association, and the Lincoln Independent Business Association and was elected to serve on the American Red Cross Board of Directors. Pat's presentation was about how Home Ownership Matters.

Home Ownership Matters to people which is proven by studies indicating that Home owners are happier and healthier and enjoy a greater feeling of control over their lives. Landlords have lots of control over tenants and their lives. We raise our children in our homes and start new traditions. It is very enjoyable to go home to a comfortable place at the end of the day.

Owning a home is one of the best ways to build long-term wealth. Historically a home owner's net worth has ranged from 31 to 46 times that of a renter. As a renter, at the end of an average lifetime, your net worth would be \$4,000 where as a homeowner would be \$240,000.

Home owners are free to redecorate, renovate and modify their homes as they wish. You can be creative and make it "your space".

Most home owners enjoy stable housing costs – a fixed-rate mortgage payment might not change for 15 to 30 years while rent typically increases 3% per year. The mortgage rates are the lowest that we have

seen in 30 years while rents just keep going up.

Home owners can typically deduct mortgage interest and property taxes on their federal individual income tax return. There is a current discussion about taking the tax deduction away so everyone should write to their senators and congressmen.

Home Ownership Matters to communities because who own homes vote more, volunteer more and contribute more to their neighborhoods. A recent study showed that Lincoln is the 2<sup>nd</sup> happiest city in the US – homeownership adds to that.

Home owners do not move as frequently as renters, providing more neighborhood stability. In turn, this stability helps reduce crime and supports neighborhood upkeep.

Children of home owners do better in school, stay in school longer, are more likely to participate in organized activities and spend less time in front of the television.

Factors in where to purchase a home for families with children include the neighborhood quality and school districts. Homeownership supports neighborhoods and schools and good neighborhoods and schools promote home purchases.

Home Ownership Matters to America – home ownership is the American Dream. 67% of American households are owner-occupied. 83% of buyers surveyed wanted their home to be their primary investment.

Home owners pay 80 to 90% of federal individual income taxes, contributing to federal programs that benefit all Americans.

Every home purchased pumps \$60,000 into the economy. For every two home sales, one job is created. Housing accounts for more than 1/5<sup>th</sup> of the national Gross Domestic Product, a key driver of our national economy.

Current Housing Trends in Lincoln

Avg listing Price \$164,164

Median Sale Price \$140,000

AS of this writing there were 662 homes for sale In Lincoln and 1090 recently sold

The average price per square foot was \$104 which is a decrease of 2.8% compared to the same period last year.

**BOB VRANA REACHES NEXT LEVEL OF GIVING**

Bob Vrana received a pin signifying contributions to the Rotary International Foundation in excess of \$2,000. Congratulations Bob and Thank You for your dedication to Rotary.

**Rotary is on the Web!**

Rotary International— [www.rotary.org](http://www.rotary.org)  
District 5650— [www.rotarydistrict5650.org](http://www.rotarydistrict5650.org)  
Lincoln South Rotary—

<http://www.clubrunner.ca/CPrg/Home/homeS.asp?cid=6040>