

ROTARY O'PINION

Monday, April 17, 2017

Editor: Todd Hale

THIS WEEK: Welcome to Malika and Taha Muhammed who will present their fascinating story, "We Survived Iraq and Turkey: Long Road to Freedom".

BIRTHDAYS: Doug Ruth, April 17, Steve Rohlik, April 18, Ann Miller, April 19, Todd Buegler and Carol Nelson, April 20, Jim Wendorff, April 21

OHS STUDENTS FOR APRIL: Payton Adams, Windham Anez, Ellie Boisen, Anna Weisenburger.

IN-BOUND EXCHANGE STUDENTS: Leticia (Brazil) and Jeffrey (South Africa)

NOTES FOR ROTARIANS

Bells are a point of civic pride in Liberty, Texas, where dozens of concrete bells, sold by ROTARIANS adorn residential lawns, businesses and a park in the town of about 8,300. ROTARIAN Bill Brackin, who had the idea to use it as a fundraiser for two purposes: to go to PolioPlus and to rebuild the Liberty Bell tower, which houses a replica of the Philadelphia original. About 80 of the 300 pound, 3-foot-high bells have been sold for \$300 each and after expenses, \$6,000 has gone toward each of the two causes.

ROTARIAN Pastor Dave needs someone to say the invocations in May. If you would like to volunteer, please contact him at pastordave@stjohnwatonna.org

Pastor Dave also notes that he will soon be making out the schedule for both Greeters and Invocations for the next ROTARY YEAR beginning in July. If you would like to volunteer, please get ahold of Dave and let him know what month or months you would prefer.

Want to attend the RI Convention in Atlanta, June 10-14? Register at riconvention.org.

On April Fools'day in 1998, Burger King ran an ad in USA today introducing a Whopper designed especially for America's lefties. The new burger would contain the same ingredients as those for righties, but rotated 180 degrees. Thousands of customers reportedly swarmed BK restaurants requesting the southpaw sandwiches.

Better sleep? A new study found that people who listened to music with a tempo of 60 to 80 beats per minute for 45 minutes before bed fell asleep quicker and had a better quality of sleep than those who didn't. Why? The music may relax the body, which improves sleep quality. Try classical music with an adagio tempo, or almost any Carrie Underwood tune.

Harvard researchers studied more than 23,000 people for six years and found that those who regularly took a 30 minute siesta had a 37 percent lower chance of dying from heart disease than those who stayed awake all day. Here's to the nap!

ROTARY SHREDDING EVENT: Saturday, May 20, on the north side of Retrofit Company. Hours will be 9:00-1:00. Free will donation goes to the STRIVE program.

ROTARIAN Traci reports we will have an exchange student from Indonesia coming in August. She is looking for host homes as well as a female counselor.

Which names are you familiar with? Monica Lewinsky, Spiro Agnew, Benito Mussolini, Adolf Hitler, Jorge Bergoglio, Alfonse Capone, Vladimir Putin, Linda Lovelace, Saddam Hussein, Tiger Woods. You had trouble with Jorge Bergoglio didn't you? You know all the liars, criminals, adulterers, murderers, thieves and cheaters, but you don't know the Pope?? Lovely, just lovely...sometimes I worry about you!