

ROTARY O'PINION

Monday, August 28, 2017

Editor: Todd Hale

THIS WEEK: Welcome to Andrea Gaffke of the Safe and Sober Coalition

BIRTHDAYS: Chris Herzog, Aug. 27, Chuck Driessen and Brock Veldman, Sept. 6. David Vandergon, Sept. 8, Lon Thiele, Sept. 9

IN-BOUND EXCHANGE STUDENTS: Jeff, South Africa, Nado, Indonesia

ROTARY NOTES

When it comes to sports, Toronto, home of the 2018 RI convention from June 23 to 27 has something for everyone. In Maple Leaf Square, you'll find the beating heart of "Leaf's Nation," millions of hockey fans who support the NHL's Toronto Maple Leafs. During playoff games, thousands of people jam into the square in front of the Air Canada Centre, the Leaf's home arena.

If you want to catch a big ticket sports event during the convention, your best bet is the Toronto Blue Jays, who play the New York Yankees on June 27. Register for the 2018 RI Convention in Toronto at riconvention.org.

Did you know? Drivers who are running on less than five hours of sleep are just as dangerous as drunk drivers, statistically speaking, according to a study by the AAA. Almost as scary: Driving when you've missed only an hour or two of sleep the night before nearly doubles your crash risk. AAA notes that long trips call for extra precautions against drowsiness, such as avoiding heavy foods beforehand and scheduling lots of breaks.

Did you know? Beer is good for your hair. Before you shower, mix three tablespoons of flat beer at room temperature with half a cup of warm water. After you shampoo, rub in the beer solution, let it sit for a couple of minutes and then rinse with cool water. This will pump up the volume in your locks, which tend to get flatter as you age.

Being extremely busy is a status symbol in the U.S. A series of studies examined how signaling busyness at work influenced the perception of status. In one study, participants ranked fictional Facebook postings. A person who posted, "I've been working non-stop all week," was ranked as having higher social status and wealth than the person who wrote, "Enjoying a long lunch break." In the past, say the study's authors, leisure time was considered a mark of success.

A bit of Owatonna ROTARY history. The Owatonna ROTARY Club dipped into its own talent to provide its program on April 14, 1960 at its regular luncheon meeting in Hotel Owatonna. Loren McMartin arranged a panel on the subject of inflation that included ROTARIANS Rube Kaplan, chairman of the board of OTC, Cliff Sommer, president of Security Bank and Trust, Mark Alexander, panel moderator and head of Alexander Lumber Co. and Don Reigel, Photo News publisher. Panel members discussed ways and means of recognizing and controlling inflation, a growing menace to the nation's economy.

So anyway: I recently picked a new primary care doctor. After two visits and exhaustive lab tests, she said I was doing fairly well for my age. (I am past 65.) A little concerned about that comment, I couldn't resist asking her, 'Do you think I'll live to be 80?' She asked, 'Do you smoke tobacco, or drink beer, wine or hard liquor?' 'Oh no,' I replied. 'No drugs either!' Then she asked, 'Do you eat rib-eye steaks and barbecued ribs?' 'I said, 'Not much. My former doctor said that all red meat is very unhealthy!' 'Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?' 'No, I don't' I said. She asked 'Do you gamble, drive fast cars?' 'No,' I said...She looked at me and said, "Then why do you even give a damn?"

NO MEETING NEXT WEEK...LABOR DAY!