



## **ROTARY O'PINION**

Monday, December 19, 2016

Editor: Todd Hale

**THIS WEEK:** Mayor Tom Kuntz and OHS Principal Mark Randall will show us a video created by a student designed to help market Owatonna. Also, a presentation on the ROTARY FOUNDATION by ROTARIAN Roger Wareheim.

**BIRTHDAYS:** Matt Ketelson, Dec. 22, Jenine Koziolk, Dec. 26, Betsy Rossi, Jan. 1, Pat Greenwood, Jan. 3.

**STUDENT ROTARIANS:** Last day for Ashley Green, Samantha Mundale, Grayson Ogle and Samantha Schwartz.

**IN-BOUND EXCHANGE:** Lizzie (Zimbabwe) and Leticia (Brazil)

### **NOTES FOR ROTARIANS**

A REMINDER AGAIN, THERE WILL BE NO MEETINGS ON DECEMBER 26 and JANUARY 2.

The ROTARY Clubs of Rochester will be sponsoring their "Dribble into 2017" basketball tournament December 29 and 30. Profits benefit local scholarships and community grants. Thirty two high school basketball teams will square off at the Mayo Civic Center.

Did you know? The Owatonna Police Department now includes four female officers, the highest number ever.

A reminder that December 30 is the deadline date for nominations for inductees into the 2017 OHS Athletic Hall of Fame. Nomination forms are available at ohshalloffame.com or by contacting Steve Erdman at 451-3331.

### **CANCER FACTS**

New cancer treatments are saving lives

The cancer death rate has declined 23 percent since its peak in 1991. Right now, work is being done on more than 800 cancer medicines.

### Weight and diabetes

If you're overweight or diabetic, you're much more likely to get dangerous cancers. Many researchers believe that eating too much sugar and rapid release carbohydrates is particularly dangerous. "Sugar makes your insulin levels spike and insulin activates P13K, an enzyme that we have learned is a major player in many human cancers," says Lewis Cantley of Weill Cornell's Meyer Cancer Center in New York. "The evidence is strong enough that I try to avoid processed foods, especially those with added sugars."

"I read obituaries every day. Can't understand how people always die in alphabetical order"

So anyway: With the couple celebrating their 50<sup>th</sup> wedding anniversary someone asked the husband how he managed to live with the same woman all these years. The husband replied: "Well, I treated her with respect, spent money on her, but mostly I took her traveling on special occasions." "Trips to where?" he was asked. "For our 25<sup>th</sup> anniversary, I took her to Beijing, China." "What are you going to do for your wife on your 50<sup>th</sup>?" he was asked. "I'm going to go get her."

HAVE A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR. SEE YOU AGAIN ON JAN. 9TH