



O-Pinion

Owatonna, Minnesota

ROTARY SERVING HUMANITY

Meeting each Monday 12:10 p.m. – Owatonna Country Club

Four way test: 1) Is it the truth? 2) Is it fair to all concerned?
3) Will it build good will and better friendships? 4) Will it be beneficial to all concerned?

OFFICERS

MARK FRITSCH: President
SHANE SATTLER/DIANE HOLLAND Secretary **JIM BRUNNER** Treasurer
COREY MENSINK Past President

FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

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AREA MEETING PLACES & TIMES

Austin	Mondays	Noon	Holiday Inn	Winona	Wednesdays	Noon	Westfield Golf Club
Janesville	Thursdays	Noon	Purple Goose Eatery	Northfield	Thursdays	12:15	United Methodist Ch.
Owatonna Early Edition	Wednesdays	7 AM	Owatonna Fire Hall	Great Rochester	Wednesdays	12:10	Double Tree Hotel
Rochester Risers	Tuesdays	7 AM	Hilton Garden Inn	Rochester	Thursdays	11:30	Holiday Inn
Red Wing	Tuesdays	Noon	St. James Hotel	Waseca	Thursdays	Noon	Miller/Armstrong
Faribault	Wednesdays	Noon	Bernie's Grill	Albert Lea	Wednesdays	Noon	Riverland College
Greater Mankato	Wednesdays	11:55	Courtyard by Marriott				

UPCOMING PROGRAMS

DATE

July 18	Matt Ketelson, Chairman of Board: Chamber of Commerce
July 25	Jackie Warehime, Outbound returnee from Paraguay
August 1	Jim Gleason: SCFF Preview
August 8	Breezaine Bigeagle, Outbound returnee from Mexico
August 15	Alfred Zdrzil: Reduction of domestic violence
August 22	Minnesota Vikings Super Bowl Host Committee
August 29	Chris Coleman, St. Paul Mayor
Sept. 5	No meeting...Labor Day
Sept. 12	Mike Jensen: Culturefest Preview
Sept. 19	United Way kickoff
Sept. 26	Anne Cummins, Federal Correction Institution, Waseca
October 3	Owatonna Foundation Week
October 10	Candidates: County Commissioner
October 17	Candidates: City Council
October 24	Candidates: School Board
October 31	Candidates: State House and Senate
November 7	Awarding of Vern White Award
November 14	Rotary Foundation Month

ROTARY O'PINION

Monday, July 11, 2016

Editor: Todd Hale

THIS WEEK: ROTARIAN Sheriff Lon Thiele will speak about the Sheriff's office.

BIRTHDAYS: Katy Kreutter, July 9, Greg Krueger and Connie Ruth: July 16

ROTARY NOTES

Long time ROTARIAN Stan Groff has submitted his resignation from the club. Stan and his wife will be moving to Florida. He has been a member of the club for 35 years!

Heart Attack Info from Dr. Virend Somers, Mayo Clinic cardiologist

Because of the importance to all of us drinking water at the right time, much of this week's bulletin gives important information from Mayo Clinic cardiologists on drinking water.

A cardiologist determined that heart attacks can be triggered by dehydration. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night. Cardiologists have determined that drinking one glass of water before going to bed avoids stroke or heart attack. Water at bed time will also prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you with a Charlie Horse.

Correct time to drink water...very important from a cardiac specialist:

Drinking water at a certain time maximizes its effectiveness on the body

- *Two glasses of water after waking up helps activate internal organs
- *One glass of water 30 minutes before a meal helps digestion
- *One glass of water before taking a bath helps lower blood pressure

On taking aspirin

*If you take an aspirin once a day, take it at night. The reason: Aspirin has a 24 hour "half-life", therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

Aspirin lasts a really long time; for years. (when it gets old it smells like vinegar.)

*Why keep Aspirin by your bedside? It's about heart attacks. There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating.

NOTE: There may be NO pain in the chest during a heart attack. The majority of people who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Then call 911. Say "heart attack" and that you have taken two Aspirins. Take a seat on a chair or sofa near the front door...DO NOT LIE DOWN!

Most heart attacks occur in the day, generally between 6 a.m. and noon. Having one during the night, when the heart should be mostly at rest, means that something unusual has happened. Dr. Virend Somers, Mayo Clinic Cardiologist, and his colleagues have been working for a decade to show that sleep apnea is to blame.

Nice to know: Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than tablets.

A funeral procession pulled into a cemetery. Several carloads of family members following a black pickup towing a fishing boat with a coffin in it.

A cemetery worker remarked, "That guy must have been an avid fisherman."

"Oh, he still is," remarked one of the mourners, "As a matter of fact, he's headed off to the lake as soon as we bury his wife."