



# **ROTARY O'PINION**

Monday, July 24, 2017

Editor: Todd Hale

**THIS WEEK:** Welcome to Amanda Pederson from Breath of Hope Lung Foundation.

**BIRTHDAYS:** Keith Hiller and Ray Stawarz, July 23

**IN-BOUND EXCHANGE STUDENT:** Jeff, South Africa

## **ROTARY NOTES**

Girls in developing countries miss up to five days of school per month when they menstruate...costing millions of days of lost learning. ROTARIANS are coming to their aid. Since 2010, the ROTARY FOUNDATION has invested \$15 million on over 200 water, sanitation, and hygiene (WASH) projects in schools in 48 countries. We can do even more to help children worldwide benefit from healthier, stronger schools. That's why ROTARY launched the WASH in Schools Target Challenge in Belize, Guatemala, Honduras, India and Kenya.

Your annual gifts to the ROTARY FOUNDATION help people around the globe live better lives today. Planning a gift to ROTARY'S ENDOWMENT supports these same life-changing programs forever. Learn how the next century of service begins with your ROTARY legacy at [rotary.org/legacy](http://rotary.org/legacy).

Thank you for making the last 100 years of service possible by supporting the ROTARY FOUNDATION. Together, let's do good in the world for 100 more!

## **HEALTH NOTES FOR ROTARIANS**

Processed meats like bacon, ham, hot dogs, lunch meats and sausage were designated by the World Health Organization as carcinogens. That means they can cause cancer and are in the same category as asbestos and smoking, though their risk is not as high.

A growing body of evidence shows that barbecued meats cooked at high temperatures or over an open flame may increase your risk of cancer. Lower your risk by marinating your meat and minimizing charring.

Did you know? Airline food may not be as bland as you think: Cabin pressurization can reduce the sensitivity of taste buds by 30 percent.

Also, did you know? Eleven percent of the entries in the Merriam Webster dictionary start with S.

So anyway: Herb feared his wife, Peg, wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family Doc to discuss the problem. The Doc told him there is a simple informal test the husband could perform to give the Doctor a better idea about her hearing loss. "Here's what you do," said the Doc, "stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response." That evening, the wife is in the kitchen cooking dinner and he was in the den. He says to himself, "I'm about 40 feet away, let's see what happens." Then in a normal tone, he asks, "Honey, what's for dinner?" No response. So, the husband moves closer to the kitchen about 30 feet from his wife and repeats, "Peg, what's for dinner?" Still no response. Next, he moves into the dining room where he is about 20 feet from his wife and asks, "Honey, what's for dinner?" Again, he gets no response. So he walks right up behind her. "Peg, what's for dinner?" (I just love this!!) "Dammit, Herb, for the FIFTH time, CHICKEN!"

**HAVE A GREAT ROTARY WEEK!**