

ROTARY O'PINION

Monday, June 20, 2016

Editor: Todd Hale

THIS WEEK: Welcome to Jay Haapala, Associate State Director of AARP. Topic: Erasing Your Liability for Identity Theft.

BIRTHDAYS: Judy Plemel, June 25

ROTARY NOTES

The Minnesota Wild Road Tour is coming to Owatonna this next Wednesday, June 22 from 3:30-4:30 p.m. at the Four Seasons Centre. Wild players Ryan Carter and Nate Prosser, and alumni Keith Ballard and TV broadcaster Anthony LaPanta will greet Wild fans.

Bring the kids or grandkids to "Breakfast on the Farm" sponsored by the Steele County ADA. The event will take place from 8:00-noon at the Rysavy Dairy Farm, 10204 County Road 45 South. Cost is \$5.00 per person, 5 and under eat free. Free bus transportation will be available from the fairgrounds from 8:00 a.m. to 11:30 a.m. Handicap parking only at the farm.

The object of ROTARY is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First: The development of acquaintance as an opportunity for service;

Second: High Ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each ROTARIANS occupation as an opportunity to serve society;

Third: The application of the ideal of service in each ROTARIANS personal, business, and community life;

Fourth: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

A NOTE ON STROKES

Stroke symptoms are critical to treat within the first three hours, yet a survey of people under age 45 shows that most would wait to see if symptoms improved. Ronald Reagan UCLA Medical Center researchers asked 1,000 people what they would likely do in the first three hours of experiencing weakness, numbness, and difficulty speaking or seeing. Just one in three under age 45 said they would likely go to the hospital. Strokes among younger age groups has increased and is associated with high blood pressure, diabetes, smoking and obesity. Wanted: ROTARIANS to help in the July 10 ROTARY Food Stand at the Historical Society Extravaganza. If you can help, contact ROTARIAN Mike Jensen.

Quickees:

*I didn't make it to the gym today. That makes five years in a row!

*I decided to change calling the bathroom "The John" and renamed it "The Jim". I feel so much better saying I went to the Jim this morning.

*The biggest lie I tell myself is..."I don't need to write that down, I'll remember it."

*I'm going to retire and live off of my savings. Not sure what I'll do the second week.

HAVE A GREAT ROTARY WEEK!