



# O-Pinion

Owatonna, Minnesota

## ROTARY: MAKING A DIFFERENCE

Meeting each Monday 12:00 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

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**FACEBOOK PAGE:** [www.facebook.com/RotaryClubofOwatonna](http://www.facebook.com/RotaryClubofOwatonna)

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March 5: Sue Schroeder, Public Schools Social Worker

March 12: Ali Diley, Director of Nutrition, Public Schools

March 19: Owatonna Police Department

March 26: Sonja Harris: Owatonna Brain Training Center

April 2: Dave Vandergon, CEO, KODA

April 9: Youth Exchange Committee...”Exchange isn’t a Year in Our Life, It’s a Life in a Year”

April 16: Owatonna Business Women

April 23: Mark Blando, Director, Public Library

April 30: April Paxton: Family Services Coordinator: Michaelson Funeral Home “The Grief Recovery Method”

May 7: Camp RYLA report and STRIVE grad recognition

May 14: OHS National Honor Society

May 21: Nado Farewell

May 28: No meeting...Memorial Day

June 4: Bob Showers,. “Minn. Twins at the old Met Stadium”

June 11: Kim Cosens, Preview, Wenger Marching Band Festival, Amy Swain, Audiologist

June 18: Open

June 25: Open

July 2: Open

July 9: Open

July 16: Open

## **ROTARY O'PINION**

Monday, March 12, 2018

Editor: Todd Hale

**THIS WEEK:** We stay with the Owatonna Public Schools and hear from Ali Diley, Director of Nutrition in our schools.

**BIRTHDAYS:** Patrick McDermott, March 11

**MARCH STUDENT ROTARIANS:** Ahnna Stelter, Ben Stelter, Taylor Savoie and Harrison Kuhn

**IN-BOUND EXCHANGE STUDENT:** Nado, Indonesia

### **INTERESTING READING FOR ROTARIANS**

When it comes to making it into your 90's, booze actually beats exercise, according to a long-term study. The research tracked 1,700 nonagenarians enrolled in the 90-plus study that began in 2003 to explore impacts of daily habits on longevity.

Researchers discovered that subjects who drank about two glasses of beer or wine a day were 18 percent less likely to experience a premature death. Meanwhile, participants who exercised 15 to 45 minutes a day cut the same risk by 11 percent.

"I have no explanation for it, but I do firmly believe that modest drinking improves longevity," said Claudia Kawas who tracked the participants in the study.

Other factors were found to boost longevity, including weight. Participants who were slightly overweight, but not obese, cut their odds of an early death by 3 percent.

Subjects who kept busy with a daily hobby two hours a day were 21 percent less likely to die early, while those who drank two cups of coffee a day cut that risk by 10 percent.

### **AROUND TOWN**

Scott Kozelka has been hired as the new manager of the Steele County Free Fair. Kozelka has served as a board member of the fair for the past six years.

ROTARIANS are invited to attend the Hospice House basketball fundraiser this Sunday, March 18, in the OHS gym. The "Suits and Sneakers" basketball fund raiser will begin at 2:00 p.m. Local celebrities will play each other in a fun-filled afternoon. Tickets will be available at the door...\$10.00 for adults, \$6.00 for kids 7-18 and children under 6 free. All proceeds go to the Homestead Hospice House Patient Care Fund.

Members of the Owatonna Police Department and the Steele County Sheriff's Office have partnered to create space in the law enforcement center for a fitness center aimed at keeping officers healthier.

Did you know? The Owatonna Bus Co. runs 22 buses and vans daily to accommodate children with special needs. Many are driven to facilities out of town, as far away as the Twin Cities.

This spring and summer a new program for OHS students grade 7-12 will feature fishing competition. Students will compete with students from other schools in the state at several Minnesota lakes for the competition. Larry Kriesel is the head coach of the program, which is run through Community Education.

So anyway: Husband takes the wife to her high school reunion. After meeting several of her friends and former school mates, they are sitting at a table where he is yawning and overly bored. The band cranks up and people are beginning to dance. There's a guy on the dance floor living it large, break dancing, moon walking, backflips, buying drinks for people, the works. Wife turns to her husband and says, "See that guy? 25 years ago he proposed to me and I turned him down." Husband says, "Looks like he's still celebrating." That's when the fight began.