

ROTARY O'PINION

Monday, March 13, 2017

Editor: Todd Hale

THIS WEEK: Tim Grant: "Personal Happiness is a Prerequisite for a Successful Life"

BIRTHDAYS: None

STUDENT ROTARIANS: Welcome to Jordan Haas, Nick Hellerud, James Rand, Margaret Schlicker

IN-BOUND EXCHANGE STUDENTS: Jeffrey, South Africa, Leticia, Brazil

ROTARY NOTES

Friday, March 31, will feature an evening celebration of our club's 95th anniversary. A dinner will be held at Jefts Hall on the Pillsbury campus. Cost will be \$20.00 per person. More details coming. There will be no meeting on Monday, April 3.

From RI President John F. Germ

"ROTARIANS value ROTARY for providing the ability for us to serve humanity. We believe ROTARY has tremendous value in our own lives and in the world at large. And we recognize, more than ever, that for ROTARY to continue to grow, it needs to embrace the world it serves...in all of its diversity, all of its variety and all of its evolving needs for service."

Hopefully, by this time, ROTARIAN Chad Lange is back home after spending several weeks in the hospital after being injured in a skiing accident. He broke seven ribs and punctured a lung when he fell on his ski pole while skiing in Colorado. For some time he could not fly or drive to Snowmass where his ski home is due to the altitude affecting his injuries but he was hoping to get clearance to fly this past week.

Prolonged Sleep May Warn of Dementia

Older adults who started sleeping more than nine hours a night, but had not previously slept so much, were at more than double the risk of developing dementia a decade later than those who slept nine hours or less, researchers report. The increased risk was not seen in people who had always slept more than nine hours. "We're not suggesting you go wake up Grandpa. We think this might be a marker for the risk of dementia, not a cause of the illness," said Dr. Sudha Seshadri, professor of neurology at Boston University School of Medicine and the senior author of the study in Neurology. Using data from 2,457 people, average age 72, who were part of a study in Framingham, Mass., the researchers found that those with a new habit of excessive slumber were at greatest risk of all forms of dementia, including Alzheimers.

You are invited to the St. Patrick's Day Steele County Free Fair Building Fund dinner this Friday night from 4:00-7:00 at the Hy-Vee dining area. Baked, Cod, Bay Scallops and breaded Swai will be featured. Cost is \$9.99 for adults, kids 10 and under, \$5.99. Root Beer Floats will be available for \$1.00.

This Saturday two events will be held to benefit the Homestead Hospice House Patient Care Fund. A "Suits and Sneakers" basketball game, featuring community celebrities will be held at the OHS gym at 2:00 p.m. Adults, \$10.00, 18 and under \$6.00, 6 and under free. ROTARIANS playing include Mark Randall, Keith Hiller, and Lon Thiele. After the game, stop at the Elks Club for Corned Beef and Cabbage from 5:30 to 7:30.

ROTARIAN Earl Anderson has tickets for both events...they are also available at Kottke's.

So anyway: An old owl who lived in a drafty tree found an old sock that he hoped would keep him warm. But the sock had a hole in it, so he found a needle and some thread and tried to sew it up. However, he caught a cold and with his eyes watering, could not see well enough to sew. Next he developed laryngitis and lost his voice. Now he couldn't hoot worth a darn and darn worth a hoot!