

ROTARY O'PINION

Monday, March 20, 2017

Editor: Todd Hale

THIS WEEK: Pastor Dave Klawiter, Corey Mensink and Nicole Schulz will present a program about the Owatonna Community Leadership Academy, former known as Leadership Owatonna.

BIRTHDAYS: None

STUDENT ROTARIANS: Jordon Haas, Nick Hellerud, James Rand and Margaret Schlicker

IN-BOUND EXCHANGE STUDENTS: Leticia, (Brazil) and Jeff (South Africa)

ROTARY NOTES

Welcome to our newest member, Andrea Gaffke, who is in charge of the Safe & Drug Free in Our Schools through United Way.

Don't forget to send in your RSVP for the club's 95th birthday dinner being held on Friday, March 31, at Jefts Hall on the Pillsbury Campus. Again, a reminder that there will be no noon meeting on April 3.

ROTARIAN Chad Lange is now home recuperating from injuries he received as a result of a skiing accident in Colorado. He is still experiencing a lot of pain from seven broken ribs, but he said "It's great to be home."

FISH WEEKLY CAN ENHANCE YOUR HEALTH

In one large study, having at least one fish meal a week was associated with a 60 percent reduction in the risk of developing Alzheimer's disease. Other studies have found that eating fish slashes your chance of dying from heart disease by about a third.

Canned Tuna

It's one of the most affordable proteins in the supermarket, and it's packed with omega-3s, vitamin D, and selenium. Snack on it with whole grain crackers.

Shrink Your Day's Last Meal

A golden rule: Your first meal of the day should be big, whether it's at 6 a.m. or 10 a.m. Your lunch should be middle-size and your dinner should be small. A big breakfast fuels your muscles and brain for the day. A small dinner allows digestion to rest overnight and won't saturate your system with calories your body is more likely to store than burn.

Do you remember? At one time, volunteers at the Owatonna Fire Department were called by the blowing of the steam whistle located above the Owatonna Public Utility plant. Whenever the whistle blew, we would announce on KRFO Radio the location of the fire call. The announcement was sponsored by Clayton Wanous of Farmer's Insurance. Only trouble was, a parade of cars would head toward the site before the fire trucks got there! We eventually discontinued the announcement.

So anyway: After being with his blind date all evening, the man couldn't take another minute with her. Earlier, he secretly arranged to have a friend call him so he would have an excuse to leave if something like this happened. Returning to the table, he lowered his eyes and said, "I have some bad news. My grandfather just died." "Thank heavens," his date replied. "If yours hadn't, mine would have had to!"

HAVE A GREAT ROTARY WEEK!