

ROTARY O'PINION

Monday, May 1, 2017

Editor: Todd Hale

THIS WEEK: This is the program where we recognize and honor participants in the STRIVE program at the high school.

BIRTHDAYS: Josh Meillier, May 1

STUDENT ROTARIANS: This is our final month of the school year to recognize our STUDENT ROTARIANS. Welcome to Mark Kubista, Tommy Pfeifer, Herbert Rand and Elliot Rysavy.

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

ROTARY NOTES

The ROTARY FOUNDATION is the best steward for your money. In 2016, the ROTARY FOUNDATION received the highest possible score from Charity Navigator for its strong financial health and commitment to accountability and transparency. It was the ninth straight year the Foundation earned a four-star rating from the independent evaluator of charities across the U.S., a distinction only one percent of charities have attained. The Association of Fundraising Professionals likewise named the Foundation the World's Outstanding Foundation for 2016, an award previously given to other familiar names such as Kellogg and MacArthur. WHEN YOU DONATE TO THE ROTARY FOUNDATION, YOU'RE INVESTING WISELY. Donations can be given to Roger Wareheim.

HEALTH NOTES FOR ROTARIANS

Research shows that chewing gum containing sugar increases the risk of cavities. Chewing sugar-free gum after meals, on the other hand, may help to prevent cavities by increasing the flow of saliva, which can help clear sugars and bacteria from the mouth and neutralize plaque acids.

Are you a frequent imbibor of diet drinks? A new study shows an association between diet soda and both stroke and dementia, with people drinking diet pop daily being almost three times as likely to develop stroke and dementia as those who consumed it weekly or less. In short, those who had at least one artificially sweetened drink a day were **2.96** times as likely to have an ischemic stroke and **2.89** times as likely to be diagnosed with dementia due to Alzheimer's.

AROUND TOWN

If you were looking forward to the Shrine parade scheduled for this Saturday, May 6, you will be disappointed to learn that the parade has been canceled. Too many Shrine parade units indicated they would not be coming and the Owatonna High School band also canceled. The Shrine Ceremonial will be held at the Eagles Club.

A 90th birthday open house for our friend, Harvey Ronglien, will be held this Friday, May 5 from 3:00-6:00 at the Owatonna History Center.

Our club's annual Shredding Project will take place on Saturday, May 20, in cooperation with the spring recycling day sponsored by Retrofit. Document shredding will take place from 9 a.m. to 1 p.m. Volunteers are also needed to work that morning.

A cowboy appeared before St. Peter at the Pearly Gates. "Have you ever done anything of particular merit?" St. Peter asked. "Well, I can think of one thing," said the cowboy. "On a trip to the Black Hills, I came upon a gang of bikers who were threatening a young woman. I directed them to leave her alone, but they wouldn't listen. So, I approached the largest and most tattooed biker and smacked him in the face, kicked his bike over, ripped out his nose ring and threw it on the ground. I yelled, "Now back off or I'll kick the crap out of you!" St. Peter was impressed. "When did this happen?" The cowboy answered, "Couple of minutes ago"! (Joke compliments of ROTARIAN Ray Stawarz.)