

ROTARY O'PINION

Monday, September 18, 2017

Editor: Todd Hale

THIS WEEK: A look at this year's United Way campaign with Kim Schaufenbuel and Jeff Fedders plus a preview of the "For a Day Foundation Charity Run".

BIRTHDAYS: Jim Brunner , Sept. 17, Mike Gandrud and Edna Ringhofer, Sept. 18.

IN-BOUND EXCHANGE STUDENTS: Jeff, South Africa, Nada, Indonesia

SEPTEMBER STUDENT ROTARIANS: Greta Jacobson, Audrey Revier, Michelle Benson and Payton Wunderlich.

ROTARY NOTES

Applications are being taken by OHS students interested in going outbound for next year. If you know of someone, contact Traci Schimek at 456-6266 or e-mail at tschimek.33@gmail.com.

FOR MORE ON THE ROTARY INTERNATIONAL CONVENTION IN TORONTO, CHECK RICONVENTION.ORG.

R.I. President-Elect Sam Owori from the ROTARY Club of Kampala, Uganda, passed away recently. One of his impressive quotes were "I feel immense satisfaction knowing that through ROTARY, I've helped someone live better."

Around Town

"The Gainey Experience: The Life and Leadership of Daniel C. Gainey" written by former Jostens employee Jackie Anderson Glenn is available in limited supply at the History Center. Jackie will talk about her book at the library this Thursday at 7:00 p.m. The book highlights Jostens pivotal 1933-1968 CEO's leadership engagement in business, education, politics and equestrian breeding. It also gives insight for those pursuing a future in corporate leadership.

The Owatonna AAUW invites ROTARIANS to the "Taste of Steele County" this Thursday from 5:00-7:00 p.m. at the Eagles Club. Those businesses being featured include Central Park Coffee/Perfect Day Cakes, Costas, El Tequila, Fareway Foods, Mizuki Fusion, Owatonna Eagles and Elks, Steve's Meats in Ellendale, Sparetime Entertainment, The Bakery and Torey's Restaurant. Tickets will be available at the door for \$15.00 for adults and \$10.00 for children 12 and under.

Did you know? Nearly half the sale in the U.S. diet comes from just 10 foods, according to a report from the U.S. Centers for Disease Control and Prevention. Bread, pizza, sandwiches, cold cuts/cured meats and soup make up the top five, followed by burritos and tacos, savory snacks, chicken, cheese and eggs/omelets. The recommended intake of salt is 1,500 mg a day and Americans consume 3,400 which increases the risk of hypertension.

So anyway: I went fishing this morning, but after a short time I ran out of worms, Then I saw a cottonmouth with a frog in its mouth. Knowing the snake couldn't bite me with the frog in its mouth I grabbed it right behind the head, took the frog and put it in my bait bucket. Now, the dilemma was how to release the snake without getting bit. So, I grabbed my bottle of Jack Daniels and poured a little whiskey in its mouth. Its eyes rolled back and it went limp. I released the snake into the lake without incident and carried on fishing, using the frog. Not long after, I felt a nudge on my foot...it was that damn snake with two more frogs! Life is good!