



the

# MASTERWHEEL

of the Rotary Club of Zanesville

January 10, 2017

Edited by Larry Snode

Photos by Everett Jackson

President Jim led the Pledge of Allegiance.

### Invocation:

Dan Sylvester

### Introduction of Guests:

Visiting Rotarian today was Bill (Max) Factor of the Zanesville Daybreak club.

### News at Noon:

George wasn't in attendance today. President Jim commented that in this case no joke is a good joke.

### Sergeant at Arms:

In honor of the upcoming Presidential Inauguration Sergeant Tori Thomas presented a trivia quiz on American inaugurations. There were fifteen questions with answers spanning the entire list of Presidents. Interesting stuff for sure. Tables with five or more correct answers were fined \$1 while tables with less than five correct answers got a \$2 fine. Sarge is making up for lost time.



Cassandra McDonald donated to the Whoop It Up fund by telling about her son Nathan Paul who designed the gown worn at the Golden Globes by actress Chrissy Metz. The choice has been making the entertainment news ever since. Everett Jackson added \$20 for his Whoop It Up today. Everett starts each year with a goal of adding something new to his experiences. He has added scuba diving, playing a musical instrument among other things but this year he is committed to run over 500 miles along with his wife and others who combined will run at least a total of 2017 miles. The \$20 is for the first 20 miles he has run so far.

### Announcements:

Ken Johnson reported on the 12 Days of Christmas sale. Ken said this is his 8th year heading up the program. This year our club sold over \$10,800 of tickets netting the club around \$9,000 for next Rotary year's projects. Nine club members sold at least \$300 worth of tickets as listed below:



Jim Adornetto	\$625
Jim Buchbinder	\$335
Mollie Crooks	\$340
Brian Hartley	\$1280
Tim Longstreth	\$330
Pete Peterson	\$300
Larry Snode	\$300
Shala Zemba	\$395

That list doesn't include Ken. Unfortunately, our club had 15 members who did not participate at all. Ken added that the daybreak club had sales of over \$19,000.

### Main Program:

April Cohagen-Gibson introduced Lynsey Yarger who spoke on the homeless situation in Muskingum County. Lynsey graduated from Maysville High School in 2003. She later graduated from Zane State College where she served as Social Work Club President and graduated with an AAS in social work. Lynsey more recently graduated Cum Laude from Mount Vernon Nazarene University with a BA in Social Work and has begun the application process to become a Licensed Social Worker in the State of Ohio.

Lynsey has spent the last four years at Zanesville Metropolitan House Authority and became involved with the Muskingum County Continuum of Care which is a group of agencies, churches and community members who are working toward ending and preventing homelessness in Muskingum County. She has volunteered to assist in the organizing and implementation of the county's annual Point in Time Homeless Count for the past four years. Lynsey said she got involved with the homeless while at Zane State. As part of one class she had to work on an outside project that would count the homeless population in the county. She said the count tries to collect census type data to help better understand who the homeless are. As part of that project she met a woman named Alice whose only wish was to have a place to take a shower. Lynsey said she was shocked that such a basic thing was the most important thing to Alice. She said it instilled in her a need to do something more.



Lynsey said that HUD requires the homeless count in order to receive funding for housing. They are trying to house at least 8 to 10 more people currently and would ultimately like to have a permanent shelter for the homeless. The homeless count will be conducted January 24th and will start at 8 pm which is later than previous years so they can talk to those who spend time in the library. They provide bags of supplies when they do the survey and would welcome any donations to help provide the supplies. They give things like sleeping bags, blankets, gloves, hats, granola bars and similar snacks, water, toiletries and the like. They will be doing training before the count if anyone would like to participate. Last year they talked to 37 in shelters and 2 on the streets. She said they know there are more on the streets so this year they will extend the count period by 5 days to better include as many as possible.

Lynsey said the homeless are people, people with stories. And some of those stories are horrible. She said when she hears what some of the people have been through she doesn't know how they have survived. Lynsey talked

about the homeless in the county and the recent death of Leo Hayes. She said that Leo isn't the only homeless death this year. A man named Robbie developed stage 4 cancer and wished to die at the shelter along with his "family". He actually died at the hospital when his condition worsened. A 70 year old man named Eugene also wished to die at the shelter but died in the hospital.

Many of these people are chronically homeless and have histories that prevent them from getting conventional housing or jobs. Many suffer from mental illness or substance abuse. She said there are panhandlers in the area, in response to a question, and that many of those are not really homeless. If people want to help them they should give them a bag with food or clothing items instead of cash or better yet provide those items to agencies like hers so they can get to those truly in need.

There will be a discussion at Christ's Table on February 22nd at 3 pm to talk about how to develop a shelter for the homeless. All are welcome.

**Drawing:**

Ralph Cater almost missed out on the \$14 daily catch but finally found his ticket. He did miss the jackpot.



Flaxseed is an example of something small with powerful benefits. Flaxseed is rich in a fat - alpha-linolenic acid - that is essential to health and which the body cannot manufacture. This essential fat reduces inflammation in the body, helps prevent blood clots that cause heart attack and stroke, helps protect against deadly heart rhythms, lowers cholesterol and triglycerides, and helps arteries open wider. These essential fats have improved coronary heart disease, high blood pressure, type 2 diabetes, kidney disease, rheumatoid arthritis, ulcerative colitis, Crohn's disease, and chronic obstructive lung disease. Essential fats are critical for proper brain development and function and are needed to make hormones, call thromboxanes, leukotrienes, and prostaglandins which help lower blood pressure, prevent blood clots, keep arteries open, optimize immune function, and lower inflammation.

Dr. Hu and colleagues at Harvard Medical School found that those individuals with the greatest intake of alpha-linolenic acid were at nearly half the risk of a fatal heart attack compared to those eating the least alpha-linolenic acid.

Furthermore, Dr de Lorgeril and colleagues reported in the *The Lancet* that when patients who experienced a heart attack were placed on a diet high in alpha-linolenic acid, their risk of dying was 70 percent lower after five years than for those eating the standard post-heart attack prudent diet.

Eating fish brings similar benefits. However, along with the protective essential fats found in fish are toxins such as PCBs, DDT, DDE, and heavy metals, such as mercury. In fact, Dr. Guallar and colleagues at Johns Hopkins School of Public Health found high mercury level in body tissues can result in more than twice the normal risk of heart attack. And Dr. Schober at the National Center for Health Statistics found mercury levels to be four times higher in women who had eaten three or more servings of fish during the previous month compared to women who had eaten no fish during that same period. Clearly we become what we eat. If our food contains toxic chemicals, so will our tissues. Therefore, it is best to obtain vital essential fats from plant sources. Follow these guidelines:

- Replace meat, fish, milk, eggs, and cheese with vegetables, beans, whole grains, fruits, nuts, and seeds.
- Daily eat one to two tablespoons of whole flaxseed, freshly ground.
- Eat one ounce of English walnuts three times a week.
- Severely limit visible fats and processed oils, which can reduce production of vital essential fats.
- Increase intake of foods rich in monounsaturated fat, such as olives, avocado, hazelnuts, almonds, peanuts, and pecans.

**UPCOMING PROGRAMS**

- January 17 Melissa Lichtner, Bethel Church
- January 24 TBA
- February 7 TBA
- February 14 TBA

[WWW.ZANESVILLEROTARY.ORG](http://WWW.ZANESVILLEROTARY.ORG)

**GREETERS**

- Jan. 17** Scott S. Peterson, Sondra Plymire, Thomas L. Price
- Jan. 24** Murphie Rambo, Maureen Riley, Rick N. Sabine
- Feb. 7** Thomas J. Selock, Rob Robert Sharrer II, Larry W. Snode
- Feb. 14** Michael A. Snode, Daniel L. Sylvester, Natalie Terry

**Zanesville Rotary Club  
Officers & Directors  
2016-2017**

**Officers**

- President .....Jim Buchbinder
- Secretary .....Shala Zemba
- Treasurer .....Deanna Mox
- Historian .....Elden Hudson
- Sergeant at Arms.....Tori Thomas

**Board of Directors**

- Club Administrations ..... Donald Mason
- Membership ..... Stacy Clapper
- Community Service 1.....Kyle Witucky
- Community Service 2.....Heather Dolen
- Public Relations ..... Jim Buchbinder
- Rotary Foundation..... Scott Webb