



President Don Mason opened the meeting and called upon Kelly Ashby to lead the Pledge of Allegiance and Jeanette Moll to give the invocation.

Introduction of Guests:

Liz Adamshick from Hospice of Central Ohio (Shelia Everett) and Danielle Mason (Don Mason).

News at Noon with George Hiotis:

George brought us up to date on the news and ended with his weekly joke. George thanked Everett Jackson his new comedy writer for sharing his list of 1962 jokes.



Sergeant-at-Arms:

Tori Thomas levied some fines, played some fun Rotary trivia and passed around the Whoop It Up bucket to raise money for Rotary's local hunger projects. Tori invites you to text her 740-221-2613 with any "dirt" you have that would assist her issuing fines. She welcomes pictures as well.



Announcements:

- Shala Zemba announced the board's approval of three new members: Jennifer Spillman with the Muskingum County Library System; Amy Davis with TicketCrush and Clifton Martin with the O.S.U. Extension Office - Muskingum County.
- Krysta Berkfield reminded us that the John Imlay Rotary Rose Sale is underway through March 29 . All members are encouraged to sell roses or make a contribution to this annual fundraiser.
- Please contact President Don if you would like to sponsor a billboard to honor the recipients of this year's Phoenix Awards.

Program:

Rotarian Scott Webb of Webb Financial Group, LLC in Zanesville was today's program on "How do you pay for financial advice?"

Scott explained the Department of Labor's new Fiduciary Rule that expands the "investment advice fiduciary" definition



under the Employee Retirement Income Security Act of 1974 (ERISA) and how it will automatically elevate all financial professionals who work with retirement plans or provide retirement planning advice to the level of a fiduciary, bound legally and ethically to meet the standards of that status. While the new rules are likely to have at least some impact on all financial advisors, it is expected that those who work on commission, such as brokers and insurance agents, will be impacted the most.



President Trump recently issued a memorandum to delay the rule's implementation.

Scott encouraged that you speak with your financial advisor about the Fiduciary Rule and any impact it could have on you and your investments or to contact him for more information.

Weekly Catch:

The Weekly Catch of was won by Susan Schneider Hasseler, but she failed to find the dime for the jackpot.



President Don shared a quote from John L. Beckley: "Most people don't plan to fail, they just fail to plan" and reminded us of this year's Presidential Theme: "Rotary Serving Humanity" He then closed the meeting by reciting The Rotary Four Way Test and saluting the flag.

No noon meeting this Tuesday (March 28, 2017), but there will be a social with the time and place to be announced.

GOTCHA!

Candid meeting moments



Deanna Mox, looking all sweet and innocent.



President Don Mason



Ken Johnson

UPCOMING PROGRAMS

March 28	Social
April 4	TBA
April 11	TBA
April 18	TBA

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GREETERS

April 4	Carol J. Bryan, Ralph W. Cater, DDS Jake Chema
April 11	Stacy Anne Clapper, April D Cohagen-Gibson, Linka V. Conkle
April 18	Mollie S. Crooks, Jeff A. Dittmar, Heather M. Dolen
May 2	Richard B. Duncan, Robert C. England, Sheila Everett



In looking at prostate cancer, let's consider some encouraging data.

Dr. Brooks and colleagues at Duke University found that men with high selenium levels were at a 76% lower risk of prostate cancer than were men with the lowest selenium levels.

Dr. Jacobsen of Loma Linda University found that men drinking soy milk more than once a day were at a 70% lower risk of prostate cancer than men who rarely or never drank soy milk.

Dr. Ahonen reported in the journal *Cancer Causes and Control* that men with high levels of vitamin D were at less than one-third the risk of prostate cancer of men with the lowest levels of vitamin D in their blood.

Another study reported that those men with the smallest waistlines and lowest insulin levels had a risk of prostate cancer only 12% that of those men with the largest waistlines and the highest insulin levels.

Dr. Giovannucci reported in the *Journal of the National Cancer Institute* that men eating more than ten servings of tomato a week were at a 35% lower risk of prostate cancer than were men who ate less than one and a half servings a week.

Dr. Chan reported a study in which those men using the fewest dairy products were at a 34% lower risk of prostate cancer than were those men eating the most dairy products.

And finally, Dr. Reichman conducted a study in which those men with the highest vitamin A levels had less than half the prostate cancer risk of the men with the lowest vitamin A levels.

Based on these studies, the following guidelines can help you lower your risk of prostate cancer:

- Use tomato puree generously. (Tomato puree is one of the few tomato products with no added salt.)
- Eat three Brazil nuts daily (400 mcg of selenium).
- Choose only 100 percent whole grains.
- Use soy milk instead of cow's milk.
- Use cashew or tofu-based sauces instead of cheese.
- Spend about fifteen minutes in direct sunlight daily even on cloudy days. Be very careful never to burn your skin with excessive sunlight exposure!
- Take 1,000 IU to 2,000 IU of vitamin D total daily, no more.
- Eat generously of cruciferous vegetables.
- Choose orange and yellow fruits and vegetables.
- Have an annual prostate exam and PSA after age fifty.

Zanesville Rotary Club Officers & Directors 2016-2017

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