

THE ROTOBORO

Volume 55, Number 4

July 23, 2007

THE STATESBORO ROTARY CLUB

Dr. Jerry Fletcher — How to Avoid Heart Health Risks

Rotarian Don Coleman introduced Dr. Jerry Fletcher. Don noted that he had known Dr. Fletcher since the 1950's. "Jerry was a celebrated athlete in Statesboro High School," Don said. Dr. Fletcher went on to earn his medical degree from Emory University and is currently serving as a professor of medicine (specializing in cardiovascular diseases) at the Mayo Clinic College of Medicine in Jacksonville, Florida.

Dr. Fletcher opened his remarks by observing how good it felt to be back in Statesboro. "Statesboro will always be home for me," he said.

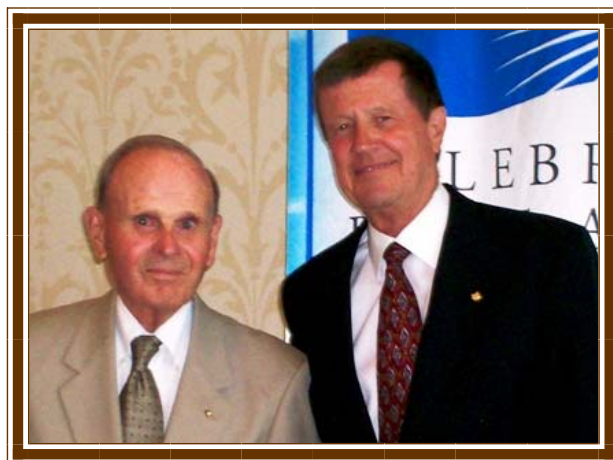
"It is important for every adult to recognize their cardiovascular risk factors," he cautioned. These include:

1. Smoking

Managing Risk Factors

2. High blood pressure (120 over 80 or less is good)
3. Blood cholesterol (an LDL of 130 is acceptable)
4. Physical activity
5. Weight (as a rule of thumb belt sizes for women should be no more than 35 inches and for men, 40 inches).
6. Diabetes
7. Age, heredity and gender.

Of these factors, only number seven is outside the control of the average person.



Don Coleman and Dr. Jerry Fletcher

Dr. Fletcher went on to tell the club that cardiovascular care and recently developed medications have come a long way in improving the odds of survival when heart attacks or strokes occur. "Nevertheless," he said, "control of the risk factors are the single most effective thing you can do to improve your heart health. For most people, diet and exercise are the key."

The doctor ended his presentation with a Rotary prescription. Each person should try to get 30 minutes a day of vigorous exercise (for example, walk 2 miles in 30 minutes). In addition, omega-3 fish oils and baby aspirin might be considered (but consult your physician). For more information see:

<http://www.mayoclinic.org/heart-care/index.html>

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Upcoming Programs

- July 30 — Frank McCantosh, Georgia Land Trust (arranged by Hoke Brunson)
- August 6 — Congressman John Barrow, Congressional Update (arranged by Charles Brown)
- August 13 — Bulloch County High School Football Coaches, The Upcoming Season (arranged by Steve Healy)

Greeters for Monday, July 30, 2007

Archie Nesmith

Billy NeSmith

Ricky Nessmith

Lem Nevil

Rotary Club Guests

Guest	Rotarian	Association
Donna Jones	Guest of the Club	Pianist
Jamey Cartee		Downtown Club
Jackie Yates	Si Waters	Classmate of Speaker
Oscar Hendrix	Si Waters	Teammate of Speaker
Bill Green	Ray Hendley	Life Insurance
Jim Grindler		Downtown Club
Preston Moore	Marty Durrence	Moore Insurance
Michelle Pittman		Downtown Club
Dr. Lewis Holloway	David Ball	BOE Superintendent
Charles Wilson	David Ball	BOE CFO
Lawton Heard	Jimmy Franklin	Assoc with the Firm

Rotary Quote

" Nothing produces such odd results as trying to get even."

~Franklin P. Jones

Members Absent July 23, 2007

John Adams	Atys Cope	Dub Lovett	Lamar Reddick
Wayne Akins	Tom Couch	Max Manack	Phillip Rehberg
Andy Aldred	Susan Cox	Tim Marks	Al Roesel
Walt Aldred	Earl Dabbs	Charlie Mathews	Russ Rozelle
Raybon Anderson	Robbie Franklin	Harry Mathews	Eddie Rushing
Mike Anderson	Joe Griffin	Joe Mathews	Bill Smith
John Barton	John Godbee, Jr.	Bill Mathis	Kenny Stone
Jim Benton	Billy Griffis	Joey Maxwell	Jody Stubbs
Bob Bigley	Bruce Grube	Buddy Morgan	Danny Taulbee
Sam Brannen	Bill Hatcher	Frank Morris	Sam Tillman
Buck Brown	Steve Healy	Ricky Nessmith	Greg Todd
Charles Brown	Jimmy High	Dewey Newton	Hal Waters
Al Burke	Bo Hook	Bill Olliff	Anthony Waters
Anthony Chappell	Jane Hudak	Chuck Perry	Jim Watson
Doug Collins	Gary Johnson	Hudson Powell	Fred Whitt
Jack Connor	Bud Johnston	Buddy Rabitsch	Total = 63

Makeup Policy

Online: Missed meetings can be made up online. Just go to www.rotaryclubone.org and follow the directions. Please note that members can make up a maximum of four missed meetings online in any given year.

You can also do a make up by attending a meeting of the club's directors. The next directors' meeting is: Monday, July 30, 11:30 AM, Forest Heights Country Club Board Room.

In Person: If you miss a meeting, you can make up at one of these nearby Rotary Clubs.

Day	Location
Monday	Savannah, 12:30 p.m., Desoto Hilton Swainsboro, 12:00 p.m., Catered Creations
Tuesday	Metter, 12:05 p.m., Western Steer Restaurant Savannah South, 12:30, Carey Hilliard's Restaurant on Abercorn Extension
Wednesday	Claxton, 12:00 p.m., Veteran's Center, Hwy. 280 W. Millen, 12:00 p.m., Community House Savannah West, 12:30 p.m., Regency Hyatt
Thursday	Sylvania, 12:30 p.m., R&D's Restaurant Downtown Statesboro, 7:15 a.m., R.J.'s Steakhouse
Friday	Savannah East, 12:30 p.m., Desoto Hilton

Rotary Links

Rotary International: www.rotary.org

Rotary District 6920: www.rotarydistrict6920.net

Statesboro Rotary Club: www.statesbororotary.org

The Four Way Test



1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

THE STATESBORO ROTARY CLUB

Rotary Club of Statesboro
 District 6920
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Rotary 2007 — 2008 Officers

- Anthony Waters, *Chairman of the Board*
- Bryan Burke, *President*
- Lynda Williamson, *Vice-President/President Elect*
- Perry Zeigler, *Secretary*
- Leonard Herrington, *Treasurer*
- Bill Perry, *Sergeant-at-Arms*
- Dewey Newton, *Fellowship Chair*
- Jim Bradford, *Rotoboro Editor*
- Vince Schwager, *Program Chair*
- Van Pool, *Information Chair*
- Michael Lukas, *Sunshine Chair*

Directors

2008

- Linda Bleicken
- Brad Williamson
- Russ Lanier

2009

- Ricky Nessmith
- Steve Rushing
- Patrick Hopkins

Senior Management

- District Governor: Richard E. Hyer Jr., Macon Rotary Club
- Assistant Governor: Don Gay, Rotary Club of Millen
- President of Rotary International: Wilfrid J. Wilkinson, Trenton, Ontario, Canada

Back Page — Notes on Our Region’s History

Statesboro in the 19th Century

“In 1866 the state legislature granted a permanent charter and changed the spelling of the name to its present form, Statesboro, but growth did not follow. The census for 1880 reveals 25 residents in the town and 8,053 in the growing county. During the next two decades, however, the county seat experienced a period of dramatic expansion. Other communities prospered in the post-Reconstruction economy, but Statesboro emerged as a major town in southeastern

Georgia.

*In the autumn of 1864, during General William T. Sherman’s march to the sea, a Union commanding officer approached a saloon in the middle of a forest in Bulloch County. He asked for directions to Statesboro. The proprietor replied, “You are standing in the middle of town.” The soldiers destroyed only the courthouse—a crude log structure that served as a barn when court was not in session.”**

* From The New Georgia Encyclopedia