

Rotagram

March 11, 2008

Dick Lonergan led the Rotarians in the Pledge of Allegiance and Don deVincenzi amused with Yogi Berra quotes: "No wonder nobody comes here - it's too crowded. If people don't want to come out to the park, nobody is going to stop them. A nickel is not worth a dime anymore, and: half of his lies are not true."

Gary Rose introduced his guest, Kent Higginbotham. Kent expressed his gratitude to Rotarians for the memorial service they conducted for his late father. Jason Weiss advertised the Boys and Girls Club fundraiser. Auction items include a trip to New York, a trip to Key West, and some activity involving a fighter pilot. On behalf of all Rotary women, Gina Stutchman asked: What does the successful bidder get to do with the fighter pilot?

Gary Rose and Troy Mott, head football coach at Napa High School, reminisced about "Black Hole" James Barrett. Once James had the ball, you never saw it again. Troy is putting on a fundraiser at Chardonnay Golf Course on May 10. There will be community leaders in attendance, wine tastings, and a sit down dinner inside the tent. As always, you may make donations if you cannot attend the event in person.

Misty Tarver talked about the Interact event on April 5, which is a Saturday night. It will be the second time this event is held at Hagafen Cellars. It is open to 30 people. The students work very hard to make the evening a success. They did a marvelous job last year and they are excited to do the same this year.

Larry Wolf described the Festival of Brotherhood and their soup kitchen project in Guadalajara. The kitchen is now in place and is able to feed 200 people a day. And guess who got nailed for a ski trip to

Aspen? Lots of snow that stayed powdered all week! The knees survived! Skiers over 65 enjoyed a senior citizens discount. At Rotary senior citizens pay the full fine!!!

At the March 11 Board meeting, two Rotarians earned their blue badges: Margaret Pranger and Jason Luros. Gina Stutchman was awarded \$500 for her Napa Valley Leadership project. The Board also voted to take money out of the scholarship fund for the "If Given a Chance" program. Kent Gardella described the program in more detail. The scholarships are \$2,500 each. There are currently 49 applications. All of these applications represent children who have already experienced a lot of sorrow, pain and grief. We have a great opportunity to turn the problems of the past into hope and the ability to overcome obstacles. Kent had hoped to get one scholarship approved by our Rotary Board. He walked out with four scholarships. Rotary has opened the door for four more kids to attend college. On May 9 there will be a dinner where the contributors will be able to hear from the scholarship recipients. Some of the stories will move you to tears. And then there is the good feeling that serious obstacles and early disadvantages can be overcome.

If you are clueless on thought of the day matters, then you might avoid Bruce Ketron. He is actively recruiting Thought of the Day prospects.

Jeannie Christoffersen once again appeared with a basket full of goodies - this time from an Asian cruise. There was the brocade purse, wine bottle cover, the genuine, fully guaranteed love bug, and a Triple X T-shirt which totally captured the contemporary state of Western philosophy with the noteworthy inscription: "Shut up and Fish." Add to that the Beijing Olympics hat, and you have a treasure that was a bargain at \$75.00.

President Steve reported that an Ohio newspaper reported in the business section that even the celebrated Napa Valley had

become a victim of the housing slump. Everyone here knows someone whose house is in trouble.

If you would like to help with the Cycle for Sight event, then please come to Gary Rose's office at 5:30 PM on Monday nights to take part in strategy discussions. At this point the on line registrations are at 120.

Our speaker was Chris Horton, an amazing athlete who will compete in the Olympics this year. He is attempting to compete in three distances in a single Olympics: 400, 800, and 1500 meters. Chris has the talent, ability, dedication and the coaching staff to pursue this dream. Chris' training day begins when he wakes up at midnight, runs 30 miles, lifts weights, and does abdominal work. Chris trains with a coach who has worked with Olympic medalists before. Chris sleeps short durations during the day, and his longest stretch of sleep is from 8 PM to Midnight. Chris' competition, especially in the longer distance run, are Kenyans and Ethiopians. It is a great honor for Chris to represent the US on this international level. 32 runners are invited to the Olympic trials. The top three athletes are selected. The selection will be made in Eugene, Oregon. During the Olympic games, the scheduling is such that Chris may have to run the 1,500 meters immediately after he has run the 800 meters. This is an enormously challenging program, and the obvious question from the audience was: Why are you doing this? When Chris was 6 years old, he watched the Olympics with his father. His father said that he would love to see Chris run in the Olympics. Chris sees the Olympics as an opportunity to make his late father proud of him. Another question: Doesn't competing in three events hurt Chris' chances to win a gold medal in either of the three distances? Chris answered that he likes to push the envelope. Chris has trained in Chula Vista and Colorado. He has run the Napa Valley Marathon with a 50 lb weight and a 120 lbs. Weight jacket. For his physiology consulting, Chris has a nutritionist and a

biochemist. Chris was a vegetarian but did not get enough iron. He was anemic. He is now at 2% body fat. He eats chicken and has a steak once a week. As a supplement Chris eats an extract from the root of a plant. Chris was born in New Orleans and later lived on Galveston Island. There he lost his father who drowned in a boating mishap. Chris feels, especially when he runs in the rain, that his father is watching him from above. Chris was asked how he could run as much as he does, without hurting himself. Chris feels he has good advice and guidance from his coach so that he will stay strong and healthy. Chris is now running for his sponsor, Nike International. Chris attended Santa Barbara Community College. He went there because his mother used to watch a soap opera called Santa Barbara when he was a child. Chris once worked as a fitness manager in a health club, and he managed an adolescent program in Marin County. Nobody has the movie rights to Chris' story as yet. There is a cause Chris is supporting hat this time. He is a partner with Hume Center, an agency providing mental health services for underserved communities. At this moment Chris is not earning money. His job right now is to represent the U.S. There are sponsors who back Chris financially to train day in and day out. A question was asked about air quality issues in Beijing. Chris is not worried because the Chinese government can dictate to their citizens to curb their driving to keep the air clean. Chris' website is chrishortononline.com. His resting heart rate is 31 bpm, his working heart beat rate is in the 50's, and training at 85% is 85-90 beats per minute. Way to go, Chris, best wishes for the triple gold!