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Matt Spangler, Jeff Ounderkirk, Anji Mitchell, David Heater and Megan Schain-Park were presented with their latest Paul Harris Fellow honors by President Ted Smith.

You can become a Paul Harris Fellow by completing a donation of \$1,000 to The Rotary Foundation, which is the non-profit portion of Rotary International. The Foundation is the driving force behind the effort to eliminate polio throughout the world. It



The REPORTER

District: <http://www.district5110.org>

Club: www.newportrotaryclub.org

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January 21, 2016 Edition

Program & Greeter Assignments

<u>DATE</u>	<u>PROGRAM</u>	<u>GREETER</u>
1/21/16.....	Students of the Month & Carol Ruggeri , Lincoln County Foundation Update.....	Megan Schain-Park
1/28/16.....	Trafficking Program -- Liz Alston.....	John Baker
2/4/16.....	Altrusa Dental Packet Stuffing Project.....	Julie Hanrahan
2/11/16.....	Mark McConnell -- Theater Update	Anji Mitchell
2/18/16.....	New Hospital Design and Update by David Bigelow & Ursula Marinelli.....	Sunnetta Capovilla
2/28/16.....	Students of the Month.....	Claire Little

If you need to change your greeter duty date, please contact Richard O'Hearn immediately.

IMPORTANT NOTE: Fines for "no show" on greeter duties are being reinstated as of January 21, 2016 meeting.



Time is Running Out, but it's not too late to donate a sleeping bag for HELP Program

Julie Hanrahan will be accepting new or used clean and in good condition sleeping bags at weekly meetings or at Columbia Bank until the end of January. These sleeping bags will be donated to local children to allow them to attend the overnight adventures at the Oregon Coast Aquarium.

DECEMBER 2015 STUDENTS OF THE MONTH



also provides funding for most of Rotary's worldwide initiatives to improve the quality of life for people around the globe.

Happy Birthday!

Al Fitzpatrick- January 18

Marcia Buckley-January 24

Membership Incentive Update:

Missed again, by Carrie Lewis, so the pot climbs to \$30 this week~will you be there for your chance?

50/50 Drawing update:

Lucky lady Megan Schain-Park took a cool \$48 with her from the 50/50 drawing last week. Don't forget your ticket~there is a lucky winner every week!



The 4-Way Test
of the things we think, say
and do

1. Is it the truth?
2. Will it be Fair to All Concerned?
3. Will it build Good Will and Better Friendships?
4. Will it be beneficial to All Concerned?



Isabel Salano, President Ted Smith and Timothy Marias

With the holidays, we got a little behind in getting an opportunity to hear from our December Students of the Month, but they were worth the wait. Isabel Beatrice Solano, is the daughter of Jose and Bernadette Solano from Newport. Isabel is maintaining a 4.0 gpa while studying IB Biology HL, IB Psychology, IB Spanish SL, IB English and Strength Training. She has received awards from the United Nations Educational Pilgrimage and is the Track and Field, District Champion for 300m hurdles. When away from studies and sports, she volunteers for Community Services Consortium intern/volunteer and plays the violin. Isabel hopes to graduate with a Biochemistry degree at Willamette University and then take some time to travel to Europe after graduation.

Next, we heard from Timothy James Marias. Timothy reported that his dad, William Marias, has been there to support him through life and has encouraged and fostered his interest in education and martial arts. He enjoys volunteering as martial arts instructor at Bengal Khan Kenpo. He has a 3.71 gpa studying IB Biology, IB English, Calculus BC and IB 20th Century History. He has a member of the National Honors Society and NHS Honor Roll. He enjoys Kenpo karate, robotics, science, mathematics and philosophy. His goal is to attend Oregon State University to study chemical engineering.



Dr. Ken Bishop, Owner of Integrated Body Fitness and chiropractor at Integrated Body Therapeutics talked to the members on January 14th about the importance of keeping active and in turn better health. Dr. Bishop is a Newport High School graduate and when asked "Why come back here (Newport)?", he shared his answer is always, "How could you not! (want to come back)". Although his fitness facility is open 24 hours, he said our local area is rich with outdoor optional activities to enjoy nature while exercising. He said he has found the importance of individual workouts, such as weight training and



running, for example, as it's more difficult to keep regular activity when you depend upon others (or a team) to participate in the activity. Dr. Bishop's facilities are located at 1111 SW 10th in Newport (right next to Les Schwab). They offer varying price packages and have corporate packages available. He touched upon the benefits of chiropractic care. He focuses on assessing joint and muscular pain to diagnose a wide variety of issues. Dr. Bishop provided a few helpful tips to get you started on your healthier lifestyle: Set reasonable goals for yourself, substitute sugar with healthy snacks and it also helps to get support from your family and friends.