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Upcoming Speakers

3/2 - Dr. Brian Van Horn, Associate Provost for Regional Academic Outreach, MSU
3/9 - Fletcher Schrock, Boy Scouting in the Four Rivers District
3/16 - Nickki Jackson, VP and Regional Executive, "The Fed: Who We Are and What We Do"

Club Leaders



John A Williams Jr.
President



Glen Anderson
President-Elect



Phyllis B. Russell
Secretary



Thomas Scott Taylor
Treasurer



Melanie W. McNeill
President-Nominee

Roger Truitt
Rotary Foundation Chair

Don Barger
Sergeant-at-Arms



Jamie B. Futrell
iPast President

Denise A Chapman
Club Executive Secretary

Birthdays

Thomas Scott Taylor

February 25

Basil Drossos

February 25

James R. Brown

February 27

Jan R. Keen

March 03

David W. Jones

March 05

Geraldine B. Montgomery

March 11

Phyllis B. Russell

March 12

Lewis Carr

March 14

Anita Akin Ward

March 18



GearTeeth

The Rotary Club of Paducah

Website: www.PaducahRotary.org

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Staying Alive

February 24th, 2016



Hands Only CPR done to the beat of the disco tune, "Staying Alive" by the Bee Gees can greatly enhance the survival of someone suffering a sudden cardiac event. Dr. Pat Withrow said it can increase the survival rate by two to three times. Dr. Withrow, Director of Outreach for Baptist Health Paducah, is joining other physicians statewide to lobby the Kentucky General Assembly to pass legislation requiring all high school students to be trained in the technique.

However, Baptist Health is not waiting for the legislation. They are offering to purchase defibrillators for local high schools, and are working with local Emergency Medical Services to provide the training for students. Currently, 27 states require the training for graduation.

"Why not? Kids are easily trainable and can be life savers," said Withrow, "Good quality chest compression works."

The technique does not involve mouth to mouth, only clasping your two hands together and pressing down against the middle of the breastbone hard and fast to the beat of that old song running through your mind. The goal is to keep up 100 beats a minute until professional help arrives or a defibrillator is provided. Withrow said the CPR will keep the blood circulating providing oxygen to the organs.

For more information visit bethebeat.heart.org.

Announcements

February 24th, 2016

Missy Eckenberg reminded our student guests they and others are eligible to apply for Rotary International's Global Scholars program, which provides college students a \$40,000 scholarship to study abroad in one of six areas of focus.

What Does Rotary Mean to You?

February 24th, 2016

Betty Higdon

March 19

Teresa Grubbs

March 22

Kyle P Katterjohn

March 22

Lanny King

March 23

Phil Hook

March 24

Bruce Akin

March 26

We all have different reasons for being in Rotary and get different outcomes from being here. Some of us enjoy the comradery of weekly lunches, some of us use Rotary to network with other active businesses in our community, some of us volunteer for everything and get great enjoyment out of helping others, and on and on.

In an effort to understand what Rotary means to us and ultimately to help spread around the community all that Rotary means and does for each of us individually, we are going to test a campaign and have Rotarians tell "what Rotary means to me".

Every other week we would like for a Rotarian to stand at lunch and tell what Rotary means to them in hopefully a 2-3 minute "elevator speech". We will start with some of our past presidents to get the momentum rolling and then hopefully have enough volunteers to fill-in from there.

If you are willing to participate, please contact Denise, Mike Muscarella or John to get on the calendar.

Guests

February 24th, 2016

Jeremy Jeffrey, Teresa Cash, Elisha Richardson, Robert Brown and Taylor Rains – guests of Pat Withrow;

Carrie Gottschalk-Singler – guest of Rayla Bridges;

Steve Hecklinger – guest of Emerson Goodwin;

Houston Babbs – student guest from St. Mary;

Meg Hancock and Palmer Stroup – student guests from Paducah Tilghman;

Ashleigh Slusmeyer – student guest from Community Christian Academy;

Emily Tyler – student guest from McCracken County.