

Periodicals Class Postage
PAID
 at FRANKFORT, KY 40601

Continued from inside

Extensive studies and research show that there is no evidence of a link between vaccines and autism.

Can I delay the vaccine schedule?

One of the best ways you can protect your child is to follow the recommended vaccine schedule in your country. Any time you delay a vaccine, you're increasing your child's vulnerability to disease.

Can I let my child get the chickenpox instead of getting the vaccine?

Although chickenpox is a mild disease that many parents will remember from childhood (the vaccine was introduced in 1995), some children will develop serious cases with complications that can be fatal or cause permanent disabilities. The vaccine eliminates the risk of complications from the disease, and prevents children from infecting their siblings, friends and classmates.

What is the recommended vaccine schedule?

Immunization schedules vary by country depending on which diseases are most prevalent. You can find an overview of the recommended vaccines and approximate dates from your local health department or doctor.



THE

Frankfortarian

**THE OFFICIAL BULLETIN OF THE
ROTARY CLUB OF FRANKFORT**

P.O. Box 93, Frankfort, KY 40602

The weekly meeting of the Frankfort Rotary Club
airs on Cable 10 at 7pm Monday and 9am Tuesday

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 Rotary Club Decatur
 President, Rotary International
 Otha Ray Stearman – Greensboro
 Governor of District 6710

NEIGHBORING CLUBS

Monday:	Eminence-Henry County Public Library.....	12:00 noon
	Owenton-Smith House.....	12:10 p.m.
Tuesday:	Lexington Sunrise-Shriners Hospital.....	7:00 a.m.
	Georgetown-Galvin's on Main (Downtown) ...	12:00 noon
	Shelbyville-Centenary United Methodist	12:00 noon
Thursday:	Lawrenceburg-Anderson Public Library	12:00 noon
	Lexington-Fasig Tipton	12:00 noon
	Louisville-Galt House.....	12:10 p.m.

**The Rotary Club of Frankfort Meets Every
Wednesday at the Capital Plaza Hotel
From 11:45 a.m. Until 1:00 p.m.**

**Frankfort Rotary Club website:
<http://www.frankfort-rotary.org>
 District website www.rotarydistrict6710.org
 Rotary International www.rotary.org/**

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THE
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ROTARY CLUB
OF

FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 3717 • ORGANIZED DECEMBER 1922

Service Above Self

VOL. NO. XLIV

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July 31, 2019

Next Week's Speaker...

Rotary 6710 District Governor **Otha Ray Stearman** will be the speaker next week. DG Stearman is looking forward to hearing about our club's activities and sharing the latest information from the District and Rotary International. Stearman also wants to remind us that RI President Mark Maloney has encouraged us to include our family members and spouses in all that we do and this is a great opportunity for them to learn more about Rotary.



DG Stearman

Raffle

Thanks to Bill Leroy for donating this week's raffle item.

Rotary



Make-ups Needed for July 24

John Avent
Kristin Cantrell

Steve Dooley
Paula Rutledge

Attendance Percentage: 56%

Make-ups for July 31

Houston Barber
Chris Boni
John Browning
Will Coblin
Michael DeCourcy
Chuck Dickinson
Jennifer Dobbs
Annette Dupont-Ewing
Alex Fitzgerald
George Gill
Polly Green
Teresa Hockensmith
Joyce Honaker
Zachary Horn
Carmen Inman
Harry Kirch

Wendy Kobler
Mark Kopp
Cathy Lindsey
Sam Marcus
Judy Mattingly
Melinda Nunley
Chris Olds
Brenda Rice
Curt Sayre
Tony Sholar
John Sower
Steve Stewart
Kwang Suh
Jim Terrell
Tom Utterback
Amzie Wenning



Congratulations to Barry Holder, Jr. (right) for receiving his 35 year perfect attendance pin. Terry Shockley made the presentation.

Parents' most frequently asked questions about vaccines

from unicef.org

What are vaccines?

Vaccines are products that are usually given in childhood to protect against serious, often deadly diseases. By stimulating your body's natural defenses, they prepare your body to fight the disease faster and more effectively.

How do vaccines work?

Vaccines help your immune system fight infections more efficiently by sparking your immune response to specific diseases. Then, if the virus or bacteria ever invades your body in the future, your immune system will already know how to fight it.

Are vaccines safe?

Vaccines are very safe. Your child is far more likely to be hurt by a vaccine-preventable disease than by a vaccine. All vaccines go through rigorous safety testing, including clinical trials, before they are approved for the public. Countries will only register and distribute vaccines that meet rigorous quality and safety standards.

Why should I vaccinate my child?

Vaccines save lives. Measles vaccines alone are estimated to have prevented over 21 million deaths between 2000 and 2017.

Vaccines will help protect your child against diseases that can cause serious harm or death, especially in people with developing immune systems like infants.

It's important to vaccinate your child. If not, highly contagious diseases such as measles, diphtheria and polio, which were once wiped out in many countries, will come back.



Can my baby handle all of these vaccines?

Yes. Many parents worry that multiple vaccines will overload their child's immune system. But children are exposed to hundreds of germs every day. In fact, a common cold or sore throat will put a greater burden on your child's immune system than vaccines.

But these diseases are not present in my community. Why do I still need to vaccinate my child?

Yes. Although the diseases may be eliminated in your country or region, our increasingly interconnected world means that these diseases could spread from areas where they are still present.

What is herd immunity?

If enough people in your community are immunized against a certain disease, you can reach something called herd immunity. When this happens, diseases can't spread easily from person to person because most people are immune. This provides a layer of protection against the disease even for those who cannot be vaccinated, such as infants.

Herd immunity also prevents outbreaks by making it difficult for the disease to spread. The disease will become more and more rare, sometimes even disappearing entirely from the community.

Can a vaccine cause my baby to get sick?

Vaccines are extremely safe and serious side effects are rare. Almost all sickness or discomfort after vaccination is minor and temporary, such as a soreness at the injection site or mild fever. These can often be controlled by taking over-the-counter pain medication as advised by a doctor, or applying a cold cloth to the injection site. If parents are concerned, they should contact their doctor or health care provider.

Continued on back page