



**Waunakee  
Rotary  
Club**

**Oct. 15, 2009  
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It might seem strange, but the position of our jaws can affect our overall athletic performance. A new appliance that changes the jaw position now available from Under Armour is improving how athletes perform.

Dr. Paul Insolera of the TMJ Center in Madison said the research conducted by Under Armour, which developed the appliance, is similar to the research done in his field – the treatment of the temporomandibular joint, or jaw.

Dr. Insolera has found that when a jaw is poorly positioned, it can cause not only jaw pain, neck pain and sleep apnea but poor posture, as well.

In such cases, the head tends to sit to the front of the torso, Dr. Insolera said, causing neck, spine and back problems.

Problems associated with TMJ can lead to serious diseases such as diabetes, Dr. Insolera said.

Sleep apnea also deprives the body of oxygen and the rest it needs, which can lead to cardiac problems.

When the jaw position is corrected over time with help from an appliance prescribed by Dr. Insolera, breathing is improved, along with posture. Patients who have their jaw corrected also see symptoms of acid reflux improve, Dr. Insolera said.

When athletes wear appliances while competing, they also increase their oxygen intake, and the results are dramatic, Dr. Insolera said.

Dr. Insolera said many years ago, it was found that weight

lifters' and wrestlers' performance also improved when they wore the mouth wear.

Under Armour's Performance Mouthwear is available with a prescription from any dentist. But Dr. Insolera, who is also a dentist, said he feels his involvement in orthopedics and TMJ issues qualify him in particular to prescribe the device.

**Other news:**

• Bill Tygum has organized a Euchre tournament for Nov. 5 at 6 p.m. at Rex's Innkeeper. Also, the Christmas party will be Dec. 17, at Rex's.

• Phil Willems reported that the ad sales for the Rotary in Lights brochure are going well. Club members will be contacted in person.

• Phil also mentioned that Joleen Henneman of the Village Center will help out with the Santa at the Depot event this year. Club members will bring their homebaked (or store bought) cookies for the event.

• Rotarians are invited to a party of sorts at Bill Erickson's house Oct. 15 immediately after the meeting. The occasion will be the repairing of light strands for the Rotary in Lights event.

Guests: Jim Ableidinger, guest of Mike Ableidinger; Kim Paul, guest of Bill Tygum; Sheila Williams, guest of Pat Durden.

Visiting Rotarians: None.

Birthdays: Oct. 21, Linda Olson.

Anniversaries: Oct. 19, David

**OFFICERS**

TOM REIS, PRESIDENT • BRENT ZIEGLER, PRESIDENT ELECT  
PHIL WILLEMS, CLUB SECRETARY  
BOB PULVERMACHER, RECORDING SECRETARY • AL DASSOW, TREASURER

**DIRECTORS**

DAN MUXFELD • JOHN CULLEN • LINDA OLSON

**Calendar of Events:**

- Nov. 5, Euchre tournament at Rex's, 6 p.m.
- Nov. 26, Thanksgiving breakfast
- Dec. 17, Christmas party at Rex's

and Candace May; Oct. 21, Ted and Cathy Pertzborn.

Prayers: Oct. 15, Susan Vergeront; Oct. 22, Leonard Allen; Oct. 29, Pat Durden.

Programs: Oct. 15, Genna Eaton, "Adopt a Family;" Oct. 22, Ben Ballweg on his China experience; Oct. 29, Travis Heiser and Sean Wayne classification talks; Nov. 5, Club Assembly.

Greeters: Oct. 15, Jim Brussell and Jonny Buroker; Oct. 22, Scott Cochems and John Cullen; Oct. 29, Allan Dassow and Lori Derauf.

**Just for laughs**

*Halfway through a romantic dinner at a cozy little restaurant, my husband smiled and said, "You look so beautiful under these lights."*

*I was falling in love with him all over again, until he added, "We've got to get some of these lights for home."*

**Make up  
meetings online**

It's easy to make up a meeting on the Internet. The site is [www.rotaryclubone.org](http://www.rotaryclubone.org). Print out the form and give it to Phil Willems, the club secretary.