

Rotary



BE THE INSPIRATION  
2018-2019

## UPCOMING PROGRAMS

**Aug 23rd**

**Bob Gibbons**

"Commercial Real Estate Developments in Plano & Collin County"

**Aug 30th**

**TBD**

**SEP 6**

**NO NOON MEETING**

**ENDPOLIONOW**

## AUGUST BIRTHDAYS

Camille Ussery	Aug 10
Mike Jobe	Aug 15
Sarah Watkins	Aug 20
Jeffrey Beckley	Aug 21
Michael Robnett	Aug 24



# SUMMER Weekly

Volume 252, Issue 317, August 23rd, 2018

# Reader

The Plano Rotary Club  
[www.PlanoRotary.com](http://www.PlanoRotary.com)

## THE EYES HAVE IT



**H**ERE'S looking at **YOU**, **Salvador Dali!** Creepy watch faces and disembodied eyes pepper his paintings (and his film: *Un Chien Andalou*). Today's talk was decidedly more tame. (Sainted Editor apologizes to Salvador's spirit for PhotoShopping his "Eye.")

**Carolyn the Petite** softly recommended our attention at 12:15, calling upon (today's photographer) **Blair Ritchey** for the Invocation and **Tamara Dreger** for the Pledge. She credited **Joe Camenara** with Greeting and called the **Once and Future(?) SERGEANT Kramer** ("Back by popular demand," he said) to the podium.




Jason had only one "important guest" to recognize, and **Jo Via** introduced her grandson, **Cooper Jackson**, to applause.

Jason also had an announcement. It seems that with the creation of the *Plano East Club*, there have arisen vacancies in the **FANTASY FOOTBALL LEAGUE**. We are to see Jason if we are in desperate need of humiliation.

**CAPTAIN KIRK** was awarded a Rotary Service pin for 14 years of perseverance.

President **Moebius** read us the **Birthday List** for August and bade us try yet again to sing HB2U.

**Johnny Lewis** presented a flag from the *Evanston Rotary* which he attended after he and **Sharon** took  backwards (from LA to Chicago).



**John Caldwell** announced our many service projects beginning this Saturday with repairs to the *Plano Children's Medical Clinic* at 9 am. On August 29<sup>th</sup>, we are to help out at the *North Texas Food Bank*; **Terry Weiner** coordinates that effort. In September, there's the **Mayor's Peanut Butter Drive** to raise awareness of poverty (and nut allergies) in Plano. John said that 25% of *PISD* students attend Title I schools and qualify for free lunches. Finally, October 20, we are to pack food for the holidays.

**Roy Reeves** had two socials to tell us about. After our Food Bank efforts on 29 August, we can reward ourselves with beer and socialization with *N. TX Pioneer* Rotarians. But before that, we can attend an Adult Beverage **CRAYOLA AFTER DARK** in conjunction with *Plano Metro*. We are cautioned to "bring ID."



**Alex Johnson** advised us to attend the 5810 Awards Ceremony 6:30 at **Rutledge Haggard's Party Barn** because we're nominated to more than one category. But he cautioned "today is the last day to buy tickets."

**Olin Jaye** introduced the speaker.

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Olin described the *Allen-Fairview* Rotarian as “a refugee from LA,” who has spent the last 30 years in Texas; thus she’s “almost a native.”

As a therapeutic optometrist, **Dr. Carey Patrick’s** passion is helping people see clearly—especially young children and babies, who don’t realize the world isn’t naturally fuzzy—and helping parents understand their child’s behavioral issues could be vision-related.

Dr. Patrick is President of the Northeast Texas Optometric Association (TOA) and earned her Doctor of Optometry degree from the *University of Houston*. She is active in the American Optometric Association (AOA) and its Pediatric and Binocular Vision Council and Cornea and Contact Lens Specialty Section.

She currently serves on the Board of Directors of the TOA, is chair of the TOA Third Party Insurance Committee and former chair of the TOA Public Health Committee where she coordinates statewide participation of doctors for *InfantSEE*, *VisionUSA*, glaucoma, diabetes, children’s vision, and low vision recovery programs.

Dr. Patrick won national recognition as the Outstanding Graduate Professional in 2002 for her research and treatment of aniseikonia, a condition in which the shape and size of the ocular image differ in each eye.

She has twice been nominated for fellowship in the American Academy of Optometry, the professional organization which recognizes outstanding contributors to optometry and the vision care profession. She is now Board Certified by the American Board of Optometry.

Dr. Patrick serves on the Board of Directors of the Allen-Fairview Chamber of Commerce, is a founding member of the Fairview Economic Development Council, and volunteers with the Allen Lion’s Club annual mobile eye clinic.

She must have been an Arts & Humanities major in college; she read her talk off notes. Us hard science guys lecture from slides instead. But at least it kept her on message. Her topic was “*Eating Right for Healthy Eyes.*”

Dr. Patrick noted that current eye exam practice is to check patients for a variety of “*common health conditions*,” not just visual acuity. She had placed visual problem demo cards on each of our tables, through which we were to experience the results of common visual diseases. Perhaps if one of the samples looks normal, we got a hit!

Naturally, she cautioned us about the importance attached to taking “*care of your eyes.*” In another handout, we were admonished to eat our leafy greens to garner the proper micronutrients naturally as opposed to in vitamin pill form (which the body absorbs not as well).

Her third handout was an option to pass her our emails for helpful spam. Those of us, who spend all our free time deleting “helpful spam” from our inboxes, chose to ignore it.



Dr. Patrick polled us on annual eye exam with dilation and retinal checks and declared us to be her highest percentage crowd. (And she’s spoken to AARP meetings!)

Then she tackled the meat of her program: dietary impact on vision. She quoted from a study of quinquagenarians on up; John Caldwell blurted out, “*That’s us!*” She retorted, “*I didn’t say that.*”

The study was a 2K page, small print wonder, designed to challenge the very subjects studied. It covered nutrient guidelines for staving off macular degeneration, that insidious condition that degrades the very center of your vision! The study recommended seven vitamins and minerals to which she’d add an 8<sup>th</sup>.

1. Vitamin **C** promotes corneal health and helps the cornea heal from the insulting vicissitudes of life.
2. Vitamin **E** figures in DNA and cell membrane repair; it slows macular degeneration.
3. Essential **fatty acids**.
4. **Lutein** and its facilitator, **Zeaxanthin**.
5. Vitamin **B** complex for healthy red cells and to fight age-related hearing loss & autism.
6. **Zinc** and its facilitator **copper** aid in the transport of Vitamin **A** to the eye.
7. **CoQ-10** for mitochondrial health. (Mitochondria are cells within our cells which manage oxygen and produce ATP [adenosine triphosphate] which all cells use for energy. Mitochondria have **separate** DNA marking them as cellular invaders [without whom we wouldn’t survive 3 seconds]. It’s useful for tracking female ancestry!)
8. Vitamin **D3** implicated in the battle with breast cancer, lupus, and migraine.

The “*body does not manufacture many of these*,” so we must supply them from our diets. (A notable exception is D, which is made from the reaction of skin to UV light. The first Europeans had to bundle up against the cold, shutting down their supply of sunlight and vitamin D; that’s why they lost their skin pigmentation...to maximize its production via the small exposure remaining.)

Our geriatric medications “*bleach*” out many of these vitamins...**statins** in particular but also

- **Beta blockers**
- **NSAIDs** (aspirin, ibuprofen, etc.)
- **Birth control** meds lead to dry eyes!







Then she frightened us with the notion that a “healthy diet” is insufficient. We must go beyond the FDA recommendations:

- 9-12 servings of fruits & veggies (4 oz. each). A whole orange is 2 servings, but still most folks only manage 5.
- DRINK WATER...lots of it (1 gal./day or until urine becomes **straw colored**; if it goes CLEAR, cut back!)
- Flaxseed or fish oil (for fatty acids)
- A balanced form of B complex
- Vitamin C from rose hips
- Lutein+Zeaxanthin (AREDS 2)



And stop smoking! One cigarette/day changes your DNA; even your stem cells get recoded! Smokers have 30% higher risk for macular degeneration. Worse still, vitamin A (essential for vision) “is bad for smokers,” so just don’t.

Use alcohol in moderation. “*Drink one glass of water per alcoholic beverage.*”

Get 10-15 minutes of exercise daily. (Get your pulse up to 115-120 BPM at our age.)

Get an eye exam every year.

A healthy blood pressure is ~**120/80** (with the diastole [2<sup>nd</sup> #] being the critical one). There’s a 10% increase in the risk of heart disease for every additional 20/10 change in BP.

“As long as you treat them nicely, your eyes will last you your lifetime.”

Olin casually remarked that “the [Plano Rotary] *President and incoming President like grapes...in liquid form,*” to which Dr. Patrick responded, “*Make it red.*”

John Caldwell asked about cod liver oil as a vitamin E source (clearly loathing it), and Car-ey suggested fish oil or krill instead. (If it’s good enough for whales...)

**Howard Matson** asked about his vein occlusion, and Dr. Patrick recommended CoQ-10. He must’ve been displeased to learn “*scotch isn’t on the spectrum.*”

**Carolyn the Petite** gave Dr. Patrick our (**16 Mb**) “credit card” **USB** drive, and Olin questioned why she didn’t get a bottle of wine. **Sainted Editor** suggested “*because it was white wine.*”



Carolyn then invited us all to witness her daughter’s rendition of **Roxie** in the play *Chicago* showing at Courtyard Theater. She offered to sweeten the fine bucket with Brag Bucks but they would pale in comparison to those required for **Larry Bisno**, who has been married to **Tanya** since July 7<sup>th</sup>.

President Moebius then promised to e-blast us all with data on the World Polio Day events to be live-streamed by RI. She also mentioned that our Candidate Forum for State Offices would take place in October. Plano Metro will host the local race candidates.

Lastly, she’s trying to set up fellowship events with other Rotary Clubs beyond our Christmas get-together.

In her haste to be gone, **Carolyn the Petite** pranged the bell before the Four-Way Test but then also after, for good measure, at 12:51.

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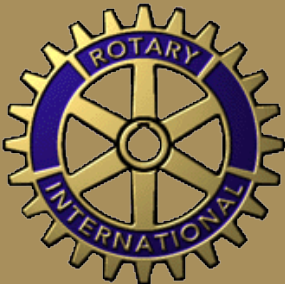
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Thank you Kenny Wilson

**The Plano Rotary Club**  
**P.O. Box 864316**  
**Plano, TX 75086**



**Guests & Visiting Rotarians**

**Proposed Member**

<b>Guest</b> Cooper Jackson	<b>Guest of</b> Jo Via
<b>Visting Rotarian</b> none	<b>Home Club</b>

<b>Member:</b> Janelle Twyford-Silvis
<b>Proposed by:</b> Robert Reed
<b>Classification:</b> Photography

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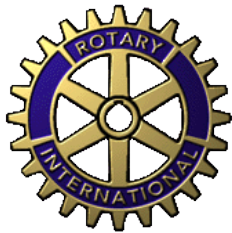
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## 5th Annual Plano PEANUT BUTTER DRIVE

In partnership with The City of Plano, the NTFB will be collecting plastic, regular-sized peanut butter jars. **Plano Rotary Club will be collecting jars of peanut butter during all meetings during the month of September.** The city wide goal is to collect **50,000 pounds!** #spreadthehopeplano

