



WINTER Weekly

Volume 179, Issue 244, December 8th, 2016

Reader

The Plano Rotary Club
www.PlanoRotary.com

UPCOMING MEETINGS

Dec 8
Thomas Class, Sr.
Dallas FBI Special Agent

Dec 15
NO MEETING
HOLIDAY PARTY

Dec 22
NO MEETING/HOLIDAY

Dec 29
NO MEETING/HOLIDAY



DECEMBER BIRTHDAYS

James Lowe	Dec 03
Earl Simpkins	Dec 03
Nathan Barbera	Dec 09
Johnny Lewis	Dec 10
Kenny Wilson	Dec 11
Jamee Jolly	Dec 13
Nancy Humphrey	Dec 19
Jim Cooper	Dec 23
Herbert Hoxie, Sr.	Dec 23
Wanda Russell	Dec 29



The Eyes Have It Not

BOB BOTTIS eyed the squash soup suspiciously then opined, "Squash is easier to drink than it is to eat," and poured himself a healthy cup.

King David declared the games begun at 12:12, summoning **Blair Ritchey** for the Prayer and a "blandly-dressed" **Hubert**



Aaron for the Pledge. **Sainted Editor** has **Hubert** and **John Caldwell** to thank for volunteering to edit the *Weekly Reader* while he and his spouse gallivanted about India for a month.

SERGEANT KRAMER had one (count him, one) Visiting Rotarian to introduce: **Jim Adams** (Richardson). **Doyle Dean** had brought former member **Paul Weaver** back to the fold, at least for the length of the meeting. There was some confusion about who was responsible for the *Three Minutes of Fame*, but, in the end, **Scary Bob Epstein** was given a reprieve until next week.

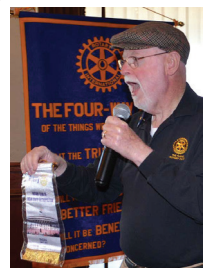


Service Awards went to **Alan SPIRIT-WARE Feigenbaum** (9) and **Ray Huffines** (32), but **Mark Geller** (41) didn't get his until he deigned to show up late causing **Kelly Palmer** to wonder if his habitual appearances constituted only 20 years.



Earnest Mr. Wonderful Burke rose to thunderous applause ("Thank you, Dr. Parr") to read us the December Birthday List then enlisted **King David** to sing them **HB2U**.

Sainted Editor was called to submit his lone Rotary Banner, all he had to show for four weeks in India. This, he explained, was not for want of Indian Rotary Clubs but rather for the Indian penchant for holidays. 18 holidays are recognized by the national government, and each is celebrated for at least a week. But **Diwali** and the **Hindu New Year** both fell this year in the month of his visit, and Indian Rotaries were canceled left and right, leaving him with only **Delhi South Rotary** to visit.



Camille Ussery thanked the Club for its generosity with regard to our **Angel Tree**. She noted that **Walmart***, the real beneficiary of the event, had this year made a financial contribution, and was helpful during her shopping spree. Were we so moved, she had provided donation envelopes on all our tables. The party occurs at 2 pm on December 17th and will feature **Ean SECRET SANTA** and **MS. GLAUS** (Jan). **King David** invited us to attend, calling it "a real eye-opener" for the poignancy of the recipients.

continued on page 2



Rick Horne rose to notify us of the **1st Annual Brews & Blues Festival** Coordination Meeting that we missed at his home the previous night. And it told him that the **FABBF** required more volunteers. Having lost our most energetic members to *Plano East Rotary*, he has to build a fire beneath the remainder. Specifically, he requires drafting talents for a map layout, required by the City, and help with his Food & Beverage

Committee. Talent is being handled by KNON FM 89.3 which is lining up 4 local and 1 national headlines AND donating two months worth of free on-air advertising.

King David chimed in to the effect that **FABBF** is a golden opportunity to create awareness of Rotary within the community. He warned, “*Volunteer or be drafted, because we need 100% participation.*” (Beatings will continue until morale improves.)

Although **AWOL**, **Carrolyn Moebius** still got her message across via a Presidential Spokesperson that there’ll be no December 15 luncheon meeting of Rotary because we’ll meet that evening at the **Haggard Party Barn** for our **Annual Holiday Party**; entrance price: a new coat or two. Also, there will be no December Board Meeting (usually the 3rd Thursday morn) because of this substitution. The Board next meets on January 19th.

SPIRITWARE mounted the podium for a précis of the following résumé (note the appropriate readers):

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 children’s behavior issues could be vision-related. (Yes, it’s ironic that a vision specialist’s résumé is in 8-point type, but that only echoes her handouts which were in 6-point type.)



Dr. Patrick, who is President of the *Northeast Texas Optometric Association* (TOA), 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.

Dr. Patrick currently serves on the Board of Directors of the *Texas Optometric Association* as 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.

As a participating provider for *InfantSEE*, Dr. Patrick provides a comprehensive ocular health and vision development assessment to children between the ages of six and 12 months to detect potential eye and vision problems as a complement to the routine eye screening conducted in a pediatric well-care visit.

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 contributions to optometry and the vision care profession. In 2012, Dr. Patrick completed her Board Certification requirements and anticipates adding this credential to her résumé when the *American Board of Optometry* convenes in the fall.

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 *Allan Lion’s Club* annual mobile eye clinic.

Her topic today was “*Eat Right for Clear Vision & Healthy Eyes*,” and she dived right in with the chastisement that “*few people take action to avoid vision loss.*” She delivered on her promise of “*a 20-minute talk*,” beginning with statistics that over half of all people worry about vision loss but the same number fail to get an annual eye examination. (When were Americans ever troubled by disconnects with reality?)

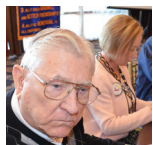
As her preliminary scare tactic, she had loaned to our tables, cards with slides showing the many types and causes of vision loss, most age-related. With that stick came a carrot (good for night vision) in the form of her 6-point list of Essential Vitamins & Minerals for eye health and their location in the foods you eat. As a sop to those of us with presbyopia, she offered to email us the list, “*which you can blow up*” as much as it takes, if we will but provide her a proper email address on the associated sheets. (Spam alert.)



She enlisted our help in ensuring that our (great) grandchildren receive an eye exam at age 6-12 months to ensure proper eye development. They should be examined again at ages 3 and 5 for “*early intervention*” as required. After that, once a year until they’re 21, then every 2 years until age 40, at which it becomes annual again. She asked for a show of hands for annual exams and was modestly pleased with the result.

With the statement, “*Diet impacts eyes*,” (and you don’t want to be hit in the eye with a diet) she elucidated that overall body health influences eyes, and good body health results from a proper diet. Reluctant as she was to admit it, there are shortcuts. The Federal Department of Health and Human Welfare conducted two **Age-Related Eye Disease Studies**, the latest (AREDS2) in 2013, which concluded that a supplemental formula developed earlier had to be revised by losing beta-carotene (sorry, carrots!) and adding zeaxanthin (kale, spinach & chard have the most). ARET’s lutein & zeaxanthin are both carotenoids, so, YEA, carrots. Vitamins A, Bs, C, D, E, lycopene (tomatoes), CoQ10, and Ω -3 fatty acids round out the list.

ARET was a longitudinal study of 3,680 seniors (55-80) over 13 years (2001-2013), and it's continuing (as long as they do). It identified 7 critical components: C (antioxidant), E (DNA repair mechanism), Ω -3s (anti-inflammatory), Lutein/Xeaxanthin (anti-macular degeneration), Zn/Cu (transport of nutrients), CoQ10 (mitochondrial health), and B-complex (glucose management for brain function).



Herb Hoxie asked if they'd be of any help for hearing loss, and he was stealing her thunder; she'd come to that.

While all the right foods equates to good health in general, aging brings medications which, in turn, vitiate the good effects of micronutrients. Cardio-vascular meds, for example, reduce vitamin D. Statins reduce CoQ-10. The 7 critical components are all subject to vitiation by meds for the aging. So it's important to obtain enriched sources (or use supplements).

Yeah, the FDA insists upon 9 servings of fruits & veggies daily, but real people average only 5. Special needs attend to special diets; vegetarians need more CoQ10. Cancer patients need more D. Smokers need extra A. Seniors need 500mg C and 1000IU D3. And so it goes.

Even water is therapeutic; we need 8 glasses a day for plumping up our cells and reducing blood pressure (not to mention kidney stones). If you don't quit smoking, all this is 50% worse. And for *Deity's* sake, wear sun glasses (with high UV ratings). Moderate your alcohol: pace one beer with one glass of H₂O. And walk around the block at least twice a day!

Watch your waistline: ≤ 40 " for men and 35" for women (of average height). And, it goes without saying, get an eye exam (and a complete physical!) once a year.

If you've smoked 1 cigarette a day for a year "**AT ANY TIME IN YOUR LIFE**," you have destroyed eye-sensitive proteins and have a 30% increased chance of lung cancer. Tell your doctor, so (s)he can prescribe supplements properly.

"Eyes last a lifetime. Treat them well, and they will."

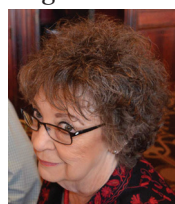
John Caldwell pounced on that **AT ANY TIME IN YOUR LIFE** statement and was told that means that you "*have a smoking history.*" It means that your DNA has been changed, and, since mutant cells produced mutant cells, those changes "*stick with you forever.*"



Apparent recovering nicotine addict **Alex Johnson** asked if there was a way to alter the DNA back. He didn't get the an-

swer for which he was hoping.

Janice Allman asked the loaded question about eye vitamin supplements. Dr. Patrick said that *Ocuvite*, *PreserVision*, and *I-Caps* all contain different (proprietary, surprise, surprise) formulae which incorporate about ~80% of what your eyes need. (Bausch & Lomb's *PreserVision*, for example, leaves out A, B-complex, D, Ω -3s, and lycopene, presumably on the theory that you're getting those in other supplements. So read the labels *carefully*!)



A persistent Alex asked about DNA effects from alcohol and was told cell contents are damaged but not DNA. Did he sigh in relief?



That prompted **Kelly Palmer** to ask whether alcohol would counter the effects of smoking. Dr. Patrick gave that question all the attention that it deserved.

King David handed out one more Desk Organizer, thanked **Earl Simpkins** for his birthday check, led us in the 4-Way Test, and belled us out early at 12:53.



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Thank you Kenny Wilson

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Angel Tree

Please consider joining us with your support of your personal time or financial resources to help make the holidays brighter.



Party - Saturday Dec 17th at 2:00pm at BTH Bank at 1801 Preston Road
Plano 75093

Please email Camille.ussery@bthbank.com if you would like to volunteer your time.