

Fall  
Weekly

# Reader

Volume 94, Issue 156, December 18, 2014

The Plano Rotary Club  
www.PlanoRotary.com

## UPCOMING MEETINGS

### December 18

Tim Hoch -  
"50 Rules for Parents and Grandparents"

### December 25

No Meeting  
Christmas Holiday

### January 1st

No Meeting  
"New Years"

## DECEMBER BIRTHDAYS

Vance Bryson	Dec 03
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
Lori Roberts	Dec 20
Jim Cooper	Dec 23
Herbert Hoie, Sr.	Dec 23



## Alcohol, Si! Yogurt, NO!

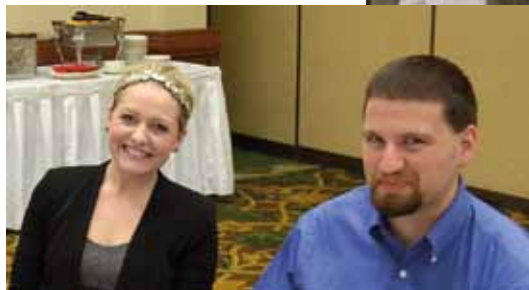
### PDG SECRET SANTA

complained that he had to look up "perpetually hirsute countenance" (hairy face) in a recent *Weekly Reader*, and, knowing that Ean keeps a lexicon handy, *Sainted Editor* admitted that he had salted the Bulletin intentionally. Ean agreed that "assaulted" would be a better term. In compensation for that transgression:



**See Earnest. See Earnest run. See Earnest run the meeting. Run, Earnest, run! Run the meeting, Earnestly.**

*President Wonderful* opened the meeting at 12:14 calling upon *Lori Phantom Crotchettienne Roberts* for the "brief version" prayer and *John Ernst* for the "long version" Pledge. He thanked new member *Justin Roche* for Greeting and called *SERGEANT BARBERA* to his tasks.



Nathan welcomed *Austin Rogers* (stumping for N. Tx Pioneers' Pancake Breakfast) and *Sarah Crilley* also from *Pioneers* (stumping for yet another protégé, today's speaker, Dr. Gerald Edelman).

Larry Bisno introduced Veteran Services Officer *Zac Migura* to whom he urged us to send any vets in need of an ombudsman. Nathan declined to fine the service announcement, but instead he turned to *Lynette Pieper* as the latest victim of his **INSIDE THE ROTARIAN STUDIO**.



She was born in Loreauville, Louisiana to a family including a sugarcane farmer father. He, by the way, held THREE State Lightweight Boxing Championships and his cousin held another; those were the only four boxing championships won by *Loreauville High School*. Her nickname was "Meg," which her father told her meant "pitifully skinny" in Cajun French. After playing everything "terribly" in the same high school, Lynette went to the *University of Southwestern Louisiana* (now the *University of Louisiana, Lafayette*). There her Finance major led to a job with a restaurant holding company in Chicago that was bought out by *Pillsbury*. When their operations moved to Minnesota, Lynette jumped ship, opting for the warmth of Texas.

Putting her on the spot, Nathan asked, "Why work for *KIRK*?" to which Lynette made the only job-saving reply possible, "He's a great boss!" Nathan surmised, "I guess Christmas Bonuses haven't been paid

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yet.” Then he went on to the Lightning Round, her Favorites:

Movie: **Steel Magnolias**. 1<sup>st</sup> car: *Mazda*. “Any restaurant in Louisiana.” Soda: *Water!*

She’s been a Rotarian since June but she was our Executive Secretary for three years. Her favorite Rotary Moment: Citizenship Banquet. If she couldn’t work for **KIRK**, she’d like to be a Major Event Manager. (**Jo** and **Jessica** could coach her there.)



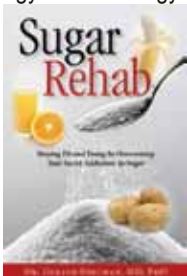
Ean waddled to the podium to present his protégé, **Alan Feigenbaum**, with his 7-year attendance pin. **Rick Kasmiskie** got a certificate with his 20-year pin. And Ean strode proudly to **LB the Good**, presenting him with a 32-year attendance pin.

**LB THE RADIANT** asked if Ean would do the same for him, and Ean replied, “I only do that for the Good **LB**.”

Earnest called our attention to the Angel Tree Event from 11 am to 2:30 at Fairview Farms on December 13<sup>th</sup>. He’d like everyone to participate...and donate. \$50 will earn you a gift. He came back to the topic to praise **Camille Ussery**, **Doyle Dean**, and others for their spearheading the event. He also asked us to RSVP to **Karen** for the Rotary Dinner at the **Haggard Party Barn** (to which we’re to bring new coats).

Program Chair **David McWhorter** arose, finishing the cookies in his mouth, to introduce a talk on Sugar Addiction.

Dr. Gerald Edelman received a B.A. from *Denver University*, a Ph.D. in Cellular and Molecular Biology at the *University of Southern California*, and an M.D. from the *University of Colorado*. Dr. Edelman has been practicing Hematology and Oncology for 22 years.



Dr. Edelman has been in the Dallas area since 1993. He has extensive publications and experience in new Cancer Drug development. He has written a book called “*Sugar Rehab*” available on (the e-commerce) *Amazon* and his website, <http://www.drjerrys.com>

Dr. Edelman told us that his ambitious mission was to get “several of you to transform your lives.” No pressure.



He asked us to be his apostles and carry his gospel of the dangers of hidden sugar across an obese land. “*Carry the message to your grandchildren*,” he intoned in a Messianic way. (Sainted Editor can’t be too hard on him since I was 235 pounds when you met me and am now 50 pounds lighter by having expunged lemonades from my diet.)

### DIET

He went all **Mythbusters** on diet, exhorting us to “*think simply about diet*.” Take the time to invalidate common errors like “**Organic** is healthier for you.” There are no credible studies that show those who consume exclusively organic foods live longer. They only live poorer since “*organic*” entitles vendors to jack up the price. He applauds “*organic*” as encouraging a more sustainable planet, but its health claims are bogus.

His claims, on the other hand, that we are “*overwhelmed with sugar*,” are immediately obvious from the ingredients label on any processed food. (The effort not to be required to label sugar as THE major ingredient has led some processors to list smaller amounts of sugar, corn syrup, fructose, dextrose, agave, etc. separately in the list of diminishing representation. But if you KNOW that “*sugar*” means ALL of them, you won’t be fooled.) Dr. Edelman doesn’t oppose ANY sugar (your brain runs exclusively on glucose, after all), but he decries its massive presence in our diets.

Then he took on the “*low fat*” and “*calorie counting*” myths. He says the problem is “*Your brain cells think they’re smarter than all the other cells in your body. That’s neurosis!*” His simple mantra is

“*Sugar makes you fat.*”

Your body is especially damaged when blood sugar spikes and again when it troughs. “*Your liver can handle only so much*” before it has to turn the rest to fats. In that process, the spike in sugar concentration in your vasculature system leads to inflammatory chemicals “*which lead to disease*.” When an overworked liver finally completes its chores, the concentration troughs lead to “*a sugar valley*” which triggers an addictive craving for...wait for it...**MORE SUGAR**. Most addicts (by which he means all of us) are unaware it’s even happening.

“*60-80% of Americans are fat.*”

Obesity = arthritic, joint pain, lugging all that body mass around.

Obesity = over 50% of cancers, colon, breast, etc.

Obesity = cardiovascular disease, stroke, etc.

Finally, Obesity = **DIABETES**.





"60% of kids are obese," and he misspoke the BMI (body mass index) as being 22; it's actually 25+ for "overweight" and 30+ for "obese." But he recommended a simpler measure: men's waistline and women's buttocks, causing some men in the audience to think of their significant others, "I'll measure yours if you'll measure mine."

His diet rule is

## Don't buy anything with more than 2 grams of sugar per serving.

And, of course, count ALL forms of sugar. And assuming you have your physician's blessing. And it's easy to implement: "most non-processed foods are OK." Except potatoes and corn, "but you can eat your carrots," Alice.

You can "act normal" with such a rule. All it takes, for example, is "substitutions" in restaurants and sugar substitutes. "Which are poisons," said Phantom Crotchettienne soto voce, but he'd heard her! She'd touched a hot button.

He cautioned her to think:

1. Who said that?
2. Why are they saying that?
3. Where's the validation?

He held up a packet of Splenda and told us that there "are no studies" linking it to a disease. And "insulin levels don't spike with Splenda." It's been on the market in various forms for 20+ years and our "longevity is longer than before." (Of course, he's not guilty of post hoc ergo propter hoc reasoning.)

And aspartame (Equal) must be avoided only by the small segment of the population that cannot metabolize that amino acid. Rats survived a 2000x dosage (by weight ratio).

He recommended Stevia for sweetening and Splenda for cooking.

### EXERCISE

Don't bother with aerobics, he cautioned. Weight training is better for you. You don't



pound your joints that way. He says it is the most efficient kind of exercise, and suggested "make it a ritual" 20-30 minutes a day, 4-5 days a week.

He said that following his prescription leads to an "80% foundation for wellness." And he decried the use of supplements as unnecessary.

Although he was over the hour (as prompted by Sainted Editor tapping an imaginary watch), he moved into Show and Tell where he pummeled us with the sugar content of common processed foods which was only interrupted by someone's comment that alcohol makes you fat. *Au contraire*, Dr. Edelman insisted, "Alcohol is not a sugar, so enjoy."

He said, "I love JACK DANIELS in moderation." There's 80-90 calories in a shot, and he suggested trying it with a Diet Coke chaser. Although "bars have very few diet mixes," Alcohol actually "drops blood sugar levels," and promotes longevity "because it chills you out."

In response to a suggestion of a tax on added sugars, Dr. Edelman said that the libertarian within him prevented him from asking the government to tell him what to do.

He left us with the thought that juice dispensers in schools be replaced with Diet Coke machines! Some libertarian.

Earnest marveled that he had kept even Howard Shapiro in the hall past 1 pm! Then he presented the "coveted" calendar, cautioned us to bring Coats for Cops to the Holiday Dinner, led us in the Four-Way Test, and retired from the field at 1:09!



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