



Fall
Weekly

Reader

Volume 49, Issue 112 December 19, 2013

The Plano Rotary Club
www.PlanoRotary.com

UPCOMING MEETINGS

December 19

"Memorial Elementary
Holiday Program"

December 26

Christmas -
No Meeting

January 2

"New Years Holiday"-
No Meeting

January 9

"Club Assembly"-
Kirk Bell

January 16

"MLK Presentation" -
MLK Holiday, January 20,
2014 - Earnest Burke

DECEMBER BIRTHDAYS

Bryson, Vance	Dec 03
Lowe, James	Dec 03
Simpkins, Earl	Dec 03
Barbera, Nathan	Dec 09
Lewis, Johnny	Dec 10
Wilson, Kenny	Dec 11
Jolly, Jamee	Dec 13
humphrey, Nancy	Dec 19
Roberts, Lori	Dec 20
Cooper, Jim	Dec 23
Hoxie, Sr., Herbert	Dec 23
Morgan, Chuck	Dec 27

Hyperbaric Hype

CERTAIN that *Scary Bob* was AWOL, Sainted Editor thrust his point-n-shoot into the astonished hands of his table companion, **Nancy Humphrey**, and declared her *Photographe de Jour*. Demurring to beat the band, she nonetheless "volunteered" at least until the Pledge when it became apparent to all that *Scary Bob* was in the house.

KIRK THE MAGNIFICENT did his **J. Arthur Rank** on the bell at 12:16, calling upon **LB the Good** for the Invocation and **Lynn McLean** for the Pledge. Skipping the acknowledgement of greeting, **HE** summoned **SERGEANT BARBERA** to task.



Nathan "Walks with Furry Face" welcomed **Bert Kraft** from *Plano Metro* but neglected **Sarah Hill** from *Pioneers*. **Larry Bisno** introduced **Jennifer Beck**, **Cathy Tyler** welcomed **Miles Crockett**. Nathan asked **Cary** if *Collin College* was canceled due to inclement weather. **Mike Robnett** introduced State Representative **Van Taylor**. Nathan told us of a player in the *Alabama-Auburn* game who asked, "Coach, have you got a second? I've got something to run by you." When the groans subsided, Nathan moved on.



Since his intended target had left the room, Nathan chose to embarrass **Howard Shapiro** with

. Nathan first complimented Howard on being "quite dapper" in his layered garments and boots. Turns out Howard's Dad was a "merchant, rancher, and entrepreneur." His parents apparently didn't think of him as a student. He attended *UT* and so predicts *UT* over *A&M* with "100%" certainty. He has recently celebrated his 40th anniversary to an impressive political figure. And if he couldn't be an attorney, he'd rather be a

football coach. Favorite movie: **GIANT**. Musician: **Willie Nelson**. Restaurant: **Tino's**. Been a Rotarian: 35 years. His favorite Rotary memory was of **Wayne Hendrick** bussing tables at a *Williams High School* chili supper.

KIRK told a story about a federal judge sweeping up on a volunteer job, so Wayne is not alone.

included **Vance Bryson**, **James Lowe**, **Earl Simpkins**, Nathan, **Johnny Lewis**, **Kenny Wilson**, and **Jamee Jolly**.

Bert Kraft accepted the floor to announce that he'd lapped his Dad, being a Rotarian for 32 years to his father's 31.

Alan Feigenbaum and **Nancy Humphrey** went to the podium to fête all who had made *Hendrick Golf Tournament* a

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EVERY
ROTARIAN
EVERY
YEAR



success including sponsors *Toyota of Plano*, *Huffines Automotive*, *State Farm*, *Fish Shack*, and others. Volunteers came in for their thanks as well. Alan honored **Wayne** and **Rutledge** as Founders and almost neglected to thank his partner in crime, Nancy.

Rotary anniversaries were celebrated for Alan (6), **Rick Kasmiskie** (19), and **WB Broach** (31!).



KIRK reminded us of the Holiday Party (a week ago) Wednesday at *Haggard's Party Barn*. **HE'S** hoping we will be "fashionably late," because Rutledge double-booked the evening. The kickoff for **Duncan Webb's** County Commissioner re-election campaign precedes our party IMMEDIATELY. Rutledge explained that it was a left-hand, right-hand problem. We were to have brought a new child's coat to donate.



Bruce Glasscock rose to tout **THE SNOWBALL EXPRESS** which occurred last Friday, as you read this. 900 (military fallen-hero family) kids were expected at *The Main Event*. We were asked to come welcome the families.

KIRK thanked all who girded up their loins to shop at **WALMART**★, especially **Doyle Dean** buying baby clothes. The Club spent the \$2,800 raised for those plus a large number of bicycles. **Camille** "had it laid out in a way that puts the Army to shame." **Scary Bob** wanted to know why it didn't put the Air Force (**KIRK'S** *alma pater*) to shame! **HE** promised adult beverages at the Wrapping Party at *Viewpoint Bank* (two) Wednesday(s) ago. And he warned us that we'd be alone if we attended the next week's meeting (and **HE** should know, having come to a canceled meeting in years past). There'd be **NO MEETINGS DECEMBER 12th, 26th, or JANUARY 2nd!**

David McWhorter introduced **Dr. Al Johnson** to speak on "*The Wellness Revolution: Take Your Health into Your own Hands to Feel, Think, & Live Better Than Ever Before*" (it's too late to do anything radically innovative that might have stayed the hand of the **GRIM REAPER** and did we mention that we just happen to own a Hyperbaric Chamber?).

Dr. Al Johnson, D.O. is a doctor of Internal Medicine & Women's Health with a special interest in chronic illness, allergy, and environmental medicine.

Dr. Johnson is a graduate of *William Jewell College* in Liberty, MO. He received his Doctor of Osteopathic Medicine at the *University of Health Sciences* in Kansas City, MO.

He will discuss how to have more energy, how to be allergy-free year-round, how to take charge of your life and find balance, and (through his) new medical technology.



Dr. Johnson complimented the Club on the exceptional projects he'd heard about today. Then he eviscerated Obamacare by innuendo, asking us if we were "frustrated by the whole process? Even M.D.s don't know what's happening." Nevertheless, he's come to our rescue with his **OUTPATIENT HYPERBARIC FACILITY** (plug plug).

He suggested, wisely enough, that we should all "learn about yourselves," and to discover all the "options for (treatment of) health conditions." "Medicine is helpful," he said, "but there's nothing like losing 10 pounds to reduce blood pressure" and "exercise to make a difference" in your health.

He challenged us to "look for the underlying causes" of health problems. "Is your house moldy? Damp? (Subject to) water leaks that could cause sinus problems?" Mold is known to produce toxins and "benzene ring compounds" that attack the nervous system. Symptoms are "difficulty thinking, poor memory, fatigue" and a general malaise. (We hadn't heard that last diagnosis since the Middle Ages. He did not, however, indict "aethers.") He asked us if our malaise was a function of place; the air quality (the aether) at work may be compromised by cleaning products or pesticides.

He cited statistics to the effect that seasonal allergies affect 50% of us here as opposed to 33% nationally (a tribute to our agricultural fecundity, no doubt). He called such sufferers "first reactors" to problems (canaries in mines).

He recommended that water leaks "get dried immediately" to avoid mold infestation. (A timely suggestion as the cold weather will burst not a few pipes.)

He offered a brochure on the "autism spectrum," because "it isn't one thing." He cautioned against exposure to (mandatory) shots since although mercury has been removed (as a preservative), still 1 in 75 are challenged by vaccines. He made a connection between Asperger's Syndrome and dairy & gluten in the diet.

Senior moments he put down to inflammation that affects both brain and heart. Microvascular disease means the blood supply is diminished, reducing the "main nutrient" for the brain, oxygen, O₂. (Actually, the main nutrient of the brain is glucose. But O₂ is needed to power cells by its oxidation.) Hyperbaric treatment increases [O₂] by 5-10 times.



He said that “*diabetic wounds call for hyperbaric*” treatment. It’s indicated, he implied, for disorders of the brain, the gut tissue, and bone trauma as well. Another brochure put those claims into print. “*Percussive traumas*,” such as IED wounds in veterans, respond to hyperbaric treatment. 80% of those treated, he claimed, are well enough to function on their own.



The trick is not just to increase the red blood cell carrying capacity but to enlist the blood plasma as an O₂ transport agent as well. His own short-term memory rose from 20 to 80% with such treatment. Rick Kasmiskie asked how he was introduced to this. The answer was *via* watching a physician treat a mother’s PMS with nutrients.

Turning again to environmental medicine, he claimed “*a large part of cancer*” is induced by our environment. 95% of lupus is too. Sarcoidosis (a form of cancer) is environmental. Solvent exposure damages brains, but they are healed with hyperbaricity. Cerebral palsy has been so treated for 15-20 years.

Patti Schwartz asked about “*other processes*” and was told about bacteria that coat themselves with a lipid (fatty) biofilm to evade the immune system. She asked how many doctors are treating people thus and received the answer, “*Just me.*”

John Priest inquired about insurance coverage. Dr. Johnson said that treatment for hearing loss is covered but the other applications are not. The sessions cost \$175 per hour.

The usual regimen of two 40-hour segments thus will run you \$14,000. Ka-ching!

He solicited a testimonial from satisfied patient and Rotarian **Dennis Fuller** who said he did it “*just to feel good.*” Someone asked if it was better than *Red Bull*? Dr. Johnson replied that it “*detoxifies tissues. Now you know why (Dennis) is so bright.*”

A third handout IDed plastics. He touted using only those marked “1.”

KIRK mused that this was “*another reason to drink more wine.*” Dr. Johnson advocated drinking European wines (fewer additives) and of alcohol content 13% or less (not fortified like ports or brandies). For such advice, he was awarded the coveted Rotary Clock.

KIRK announced his knee surgery was scheduled for this date, so we’d know to expect a hobble to come. **HE** said that **HE** had a Jewish doctor, being a smart Methodist.

After leading us in the Four-Way Test, **HE** dismissed the assembly at 1:07.



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Van Taylor

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Proposed member: Cathy Tyler
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