



Spring  
Weekly

# Reader

Volume 149, Issue 209, March 31, 2016

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

## UPCOMING MEETINGS

**Mar 31**

Duncan Webb

"Transportation in Collin County"

**Apr 7**

Bo Daffin

"Collin County CAD"

**Apr 14**

Holly Reed

"High Speed Rail in Texas"

## MARCH BIRTHDAYS

Marshall Johnson Mar 10

Myrtle Hightower Mar 11

Jamie Schell Mar 18

Louise Davis Mar 31

Bruce Glasscock Mar 31



## My Aching Head

We gathered on March 23 in the proper meeting room which we occasionally get to use, with views of a beautiful day in the fifties on the golf course, following the hailstorm from the previous night. **Chris Parr** sat happily without his keyboard. Like Webster's Dictionary, he was Morocco-bound. However he was so accustomed to being a part of the infrastructure of the meeting that he seized the opportunity to play photographer.

**Kelly Palmer** belled us to order at 12:17.

**Blair Ritchey** was called upon for the prayer as usual. The club enthusiastically pledged to the flag. **Nathan Barbera**, our occasional Sergeant-at-Arms, returned to take the microphone. He asked **Ray Huffines** if the big hail sale had begun. **John Caldwell** rose to introduce **Mike Adams**, a Plano Chamber of Commerce Ambassador (ribbon-cuttings) and a real-estate broker and **Gabrielle Shiha**, publisher of the Willow Bend Neighbors with a circulation of 5000. Nathan introduced visiting dignitary and Plano West Rotarian ADG **Lisa Leach**. As he relinquished the podium he admonished President Paperweight to speak into the microphone. It was good advice but about nine months late.

**Rick Horne** took the floor to proudly announce that his youngest son, Zach Horne, a product of PISD, Clark High, Plano East Senior High School and Notre Dame with majors in Finance and Korean had been awarded yesterday a Fulbright Scholarship teaching English in Korea.

Announcements followed by **Larry, Dave and John**.

**Larry Bisno** announced that on April 3 a progressive dinner fundraiser for the Plano Children's Medical Clinic will occur at the Shops of Legacy, and tickets are available. In fact, one of the sponsors was not sending people to the dinner so those tickets were available to us. Larry promptly had Rotarians put their name in the bucket for a drawing.

**John Caldwell** told us that on April 9 a Four-Way Speech competition will be held, and there is still time to claim a spot as a judge.

**Dave McWhorter** announced, on behalf of DG Bill Dendy, that on June 23 the District



5810 governor's installation dinner, honoring the new DG and incoming club presidents such as Dave, is scheduled at the Frontier's of Flight Museum at Love Field. Tickets are available for \$58.10. No explanation was offered for the

odd amount. Only 400 tickets are available, so a head-count within a week was requested. Ean asked from the floor if Dave would be installed at that time, and upon Dave answering yes, Ean pointed out that we should be there to support Dave.

President Paperweight reminded us of an all-Plano Rotary Clubs plus Chamber of Commerce combined meeting to hear about high-speed rail on April 14.

Collin County Community College is having a Founder's Day celebration. A Tree of Life Ceremony honoring **Tino Trujillo** will be held at the Spring Creek Campus on Wednesday, April 6, at 10:30 a.m. Tino was a founding board member of the college.

Without further ado, Kelly turned the podium over to **Mary Jo Dean** to introduce our program. Uncharacteristically, she was greeted with general applause. Mary Jo presented



continued on page 2

**Martha Anne Grimm, M.D.** to us. Dr. Grimm in a 1997 M.D. recipient from the University of Arizona. Dr. Grimm is certified in Emergency Medicine with 19 years experience. She is currently an emergency medicine physician on the medical staff at Texas Health Presbyterian Hospital Plano with certificates in many specialties, and as of 2014 medical director of Texas Health Ben Hogan Concussion Center Plano. She is a director of the Collin County Children's Advocacy Center. In her spare time she is a wife and mother to two active boys. Dr. Grimm is passionate about concussion education.

Dr. Grimm thanked Mary Jo for the introduction and in turn introduced her assistant, Iwaz Barwani, PA-C, Physician Assistant, who was enjoying the delicious Gleneagles buffet and seemed startled to shift to managing the power point presentation "right now." Iwaz is a native-born

American lady, but she admitted to Kurdish ancestry.

Dr. Grimm's presentation dealt with concussions. She admitted that neurologists generally did not like to treat concussions, which are more

about trauma. Only a few doctors specialize in concussions except where the victims are elite athletes. Most of the reason for the unpopularity is various criteria for diagnosing a concussion, little to be done to cure a concussion except rest and sleep, and great difficulty in getting insurance reimbursement for concussion treatment.

Dr. Grimm took the initiative to convince the management of Presbyterian to create a clinic for concussions, and they quickly responded in only 9 months. Concussions are easy. If it looks like a concussion, it probably is a concussion. The problem is that it is invisible, like diagnosing depression. In the literature, some thought you had to see vomiting, loss of consciousness, seizure, pretty severe symptoms to diagnose concussion, but at that point you are way beyond minor concussion. There is no generally accepted definition for concussion, and no agreement about a scale of severity.

Dr. Grimm puts the threshold at an injury that alters the chemicals and pathophysiology of the brain. 90% of concussions are not diag-



nosed. Only 10% of concussions result in unconsciousness. Only 3% show up on CT or MRI. Big bleeding and swelling are rare. Pupil size change is observed only in the most severe cases. The number one indicator is a slight loss of memory, especially about the traumatic event. The victim may remember it at the time but fail to remember it the next day. Yet the effects of a concussion may still be felt a year later. Balance is another indicator. Everyone "feels fine" after a trauma, and they want to return to play, so the victim's testimony is suspect. Some sports now are creating base-line information at the start of the season for comparison to the post-trauma functioning. However, many of the procedures for base-line establishment are suspect. In some cases, athletes deliberately sandbag the base line.

Dr. Grimm asked if any of the Rotarians were biochemistry majors. The question was answered by nervous laughter and "not in this room."

Minimum criteria are changing and are not uniform. Twenty years ago, a "bell-ringer" or dazed athlete was told to suck it up and get back out there. No tools exist to make sufficiently sensitive exam at the time of the injury. Everyone is looking at the elite athlete or teenage athlete, and no attention is given to the 40-year old sports enthusiast. Concussions are not limited to sports. Most concussions are from falls, motor vehicle collisions, being struck by falling objects or assault, and only fifth place is held by sports. The most dangerous sports are football, hockey, lacrosse, rugby and soccer. The largest number of concussions are in women's soccer, possibly because women do not develop strong neck muscles and are more susceptible to whiplash injuries. Boxing is designed to create concussions in a KO or TKO.

80% of concussions do not happen on the sports field. 80% have improved after 7 to 10 days, but children's brains heal more slowly. On average, children appear to heal in about 21 days. The children may recover more completely, but they take longer.

It is not even necessary for you to have a hit to the head to suffer a concussion. Movement of the brain within the skull as a result of severe rotational forces can cause a concussion.



There appears to be a genetic proclivity to concussion.



Many groups have special vulnerability, including redheads. Alzheimer's patients generally don't hurt; they are often unaware even of a broken hip. Different people perceive pain differently. Helmets are designed to avoid fractures, lacerations and big bleeds, but they do not protect the brain from concussion, and they were never designed to do that.

Diffusion Tensor Imaging (DTI) is one

technology being researched that allows testing with possibly valid results. But it is still being developed and tested.

Treatment options are limited. The best options currently are quiet, dark rest and sleep, which is often resisted by the patient. Reducing exposure to screens (TV, Computer, etc.) appears desirable, especially within four hours of going to sleep. Obviously this is a very difficult idea to sell. Sleep may be more difficult as a result of concussion, so



treatment may be offered to improve sleep. A medically induced coma might be optimum for treatment, but it is

not ethical or legal.

Despite the risk, it is not possible or even desirable to eliminate contact sports, although that is being done to some extent. The Ivy League has decided to eliminate

hitting in practice recently. A number of concussions appear to correlate with early dementia and early-onset Alzheimers.

Dr. Grimm's power point presentation was much more dense with information than her talk. We were fortunate that she skipped through many slides. Clearly this is an area of medicine that is developing, but there is a lack of agreement and uniformity about testing for concussion, as well as a dearth of treatment.

Kelly acknowledged the educational presentation with the gift to Dr. Grimm of one of our lethal, magnetic paper

weights. He led the audience in his own version of a concussion test, involving outstretched arms each touching first one's own nose and then the nose of a neighbor.

Then he led the assembly in a recitation of the Four Way Test and rang the bell for adjournment.



#### Guest

Gary Sullivan  
Carson Schubert  
Christian Adriaanse  
Tarun Thirumavalavan  
Deepanjli Donthula  
Garrett Hayes  
Drew Walker  
Gabrielle Shiha  
Greg Mechler  
Wendy Wicker  
Frank Stanesic

#### Guest of

Karla Oliver  
Karla Oliver  
Karla Oliver  
Karla Oliver  
Karla Oliver  
Karla Oliver  
John Caldwell  
John Caldwell  
David McWhorter  
Chris Henry

Kathryn Leisz  
JD Cummings  
Paul Oltman  
Cody Thomas

Carrolyn Moebius  
John Caldwell  
John Caldwell  
John Caldwell

#### Visiting Rotarian Home Club

Dale Sheldon John Knox Village  
Pompano, FL  
Jim Adams Richardson

**Proposed Member:** Pradeep Samudra

**Proposer:** Jerry Aris

**Classification:** Small Business Owner

#### Plano Rotary Club Board of Directors 2015-2016

##### President

Kelly Palmer

##### President Elect

David McWhorter

##### Secretary

Larry Bisno

##### Treasurer

Rick Horne

##### Past President

Earnest Burke

##### Sergeant at Arms

Nathan Barbera

##### Membership Chair

Randy Wright

##### Membership Vice Chair

Debbie Watson

##### Service Chair

Bob Pikna

##### Service Vice Chair

David Bowman

##### Public Relationship Chair

Mary Jo Dean

##### Public Relationship Vice Chair

Camille Ussery

##### Club Admin Chair

Olin Jaye

##### Club Admin Vice Chair

Phil Dyer

##### Foundation Chair

Jamie Schell

##### Foundation Vice Chair

Jamee Jolly

##### New Generation Chair

Alex Johnson

##### At Large

Kyle Walters

##### Business Secretary

Karen R. Sheldon

##### Bulletin Editor

Chris Parr

##### Bulletin Photographer

Robert Epstein

##### Bulletin Designer

Emily Hillman

Alphagraphics

##### Printing by Alphagraphics

Preston & Spring Creek

The Plano Rotary Club

PO BOX 864316

Plano, TX 75086

# Support Our Advertisers

**ACE FENCE-DFW**  
Pam Little

"a fence to you,  
a reputation to us."

pam@acefences.com  
1400 Capital Ave.  
Plano, TX 75074

(972) 578-5775  
Fax (972) 578-1005

**Allison's AutoCare**

David Allison

1214 Avenue K  
Plano, TX 75074

972-423-0434  
www.allisons.com

**alphagraphics**  
increase your reach

**KENNY WILSON**  
OWNER

Richardson  
Phone: 972.234.3033  
Fax: 972.231.6968  
us103@alphagraphics.com

Plano  
Phone: 972.867.9216  
Fax: 972.867.9216  
us408@alphagraphics.com

**AMERICAN NATIONAL BANK OF TEXAS**  
Your Bank. For Life.

Casey W. Stewart  
Market President

972.309.0001 ext. 5937  
214.863.5937 direct  
214.863.6160 fax  
caseystewart@anbtx.com

Plano Banking Center  
1101 E. Plano Parkway, Suite E.  
Plano, TX 75074  
Allen Banking Center  
720 S. Greenville  
Allen, TX 75012  
www.anbtx.com

**THE AUTO SHOP**  
Since 1981

Professional Automotive Repairs including:  
Air Conditioning • Inspections • Clutches • Transmissions • Differentials  
Engine repairs • Factory Scheduled Maintenance • Tune-Ups • Electrical • Brakes

**Jerry P. Kezhaya**  
President

www.TheAutoShop.com

2560 East Plano Parkway  
Plano, Texas 75074

972-578-0588 - T  
972-881-0998 - F

**HUFFINES**  
Since 1924

**PLANO**

**HUFFINES**  
CHEVROLET

1001 Colt Rd @ Plano Pkwy  
Plano  
(972) 867-4000

**HUFFINES**  
HYUNDAI

909 Colt Rd @ Plano Pkwy  
Plano  
(972) 867-5000

**HUFFINES**  
CHRYSLER Jeep  
DODGE RAM

4500 W. Plano Pkwy @ Ohio  
Plano  
(972) 867-6000

All Service, Body and Parts Departments Open All Day Saturday

**J. Marc Lewis & Associates**  
CORPORATE AND PERSONAL TAXATION

J. Marc Lewis JD, LL.M., EA  
Enrolled to practice before the IRS

Lakeside Commons  
5045 Lorimar Drive  
Suite 280  
Plano, TX 75093

marclinc@airmail.net  
Tel. (972) 618-8224  
Fax (972) 618-2021

**Rick Maucieri**  
President

**Grant Leighton**  
Associates  
PO Box 865066  
Plano, Texas 75086  
972.422.0169 Voice  
972.881.9373 Fax  
rickm@glandscape.com

**GRANT LEIGHTON**  
Professional Landscapers

**RICARDO KASMISKE**  
Realtor®

Office: (972) 732-6000  
Fax: (972) 732-6003  
eFax: (972) 468-7547  
Mobile: (972) 743-5324  
ricardokasmiskie@kellerwilliams.com  
www.theonlinetrust.com

**KELLER WILLIAMS**  
REALTY

18363 Preston Road, Suite 150  
Dallas, TX 75252

Each Office Independently Owned and Operated

**COLLIN COLLEGE**

You are cordially invited to a private ceremony  
dedicating a tree to the life and legacy of  
Founding Trustee Fortino "Tino" Trujillo.

10:30 a.m.  
Wednesday, April 6, 2016  
Founders' Day

Spring Creek Campus  
Living Legends Conference Center Lawn

Reception to follow in the Living Legends Conference Center.

RSVP to rjones@collin.edu or 972.758.3805.

**Fortino "Tino" Trujillo**  
Founding Trustee



**Joint Rotary & Plano Chamber Program**  
**Dallas → Houston**  
**in under 90 minutes!**

**Thursday, April 14**  
**12:00 - 1:00 PM**

Texas Central Partners is a private, Texas-based company developing the high-speed passenger railway and associated facilities. Texas Central and its affiliated entities are responsible for the system's design, finance, construction, operation, and maintenance. Once high-speed rail is operating between Dallas and Houston, travel between Texas' two largest metropolitan regions will no longer be a chore, but, rather, a productive, relaxing, and enjoyable experience on the fastest, safest, most reliable, comfortable, and convenient form of intercity travel in the U.S.

**Together We Care!**

**SUNDAY, April 3, 2016**  
Steps at Legacy in Plano  
Starting at Noon's 12  
5:30-8:00pm  
Progressive Dinner, Dining and Giveaways  
With Proceeds Benefiting:

**Plano Children's Medical Clinic**  
**Health Services of North Texas**  
Co-Chairs Kristi Nelson, NBC 5 DFW Anchor,  
Pujan Patel and Trang Dang-Le DFW Realty  
TICKETS: \$10 PER PERSON  
CONTACT: Lucy Nino  
lucynino@planochamber.org  
www.planochamber.org

**HEALTH SERVICES**  
of North Texas

**liz fechtner**  
manager

972-422-4466 | liz@urbanrio.com

**urbanrio**  
cantina & grill

1000 e. 14th st. ste. 100 | plano, tx 75074  
www.urbanrio.com  
Find us on Facebook and Twitter!

**Gleneagles Country Club**  
5401 W. Park Blvd.  
Plano, TX 75093

This event is reserved for members of the Plano Chamber of Commerce, their invited guests, and Plano Rotarians only.  
Rotarians: Attend as you would a normal Rotary meeting.  
Plano Chamber Members: \$25  
Register online at planochamber.org by Friday, April 8.

Presented By **PLANO CHAMBER**