



BE THE INSPIRATION
2018-2019

UPCOMING PROGRAMS

May 9th
David Stallings Vanderpool
Live Beyond – Helping Others

May 16th
John Israel
Mr. Thank You

May 23rd
Ben Harris
West Nile Disease can happen to Anyone
Damn those Mosquitos

May 30th
Judge Chris Hill
State of the County Collin County update



MAY BIRTHDAYS

Huffines, Samuel	May 01
Priest, John	May 05
Parr, Chris	May 06
Matson, Howard	May 11
Palmer, Kelly	May 20
Dean, Mary Jo	May 27



WINTER Weekly

Volume 274, Issue 339, May 9th, 2019

Reader

The Plano Rotary Club
www.PlanoRotary.com



MULTIPLE threat man that he is, **Blair Ritchey** (1) gave the invocation, (2) served as Greeter, and (3) was *Photographe du Jour*. I guess that makes him a (literal) triple threat.

President du Jour **Jeff Beckley** opened the meeting at 12:16, calling upon the aforementioned Blair for Invocation/Greeter and conjuring up **Mary Jo Dean** for the Pledge. **Rick Horné** stood in for **SERGEANT NANCY** and, in response to ironic applause, said, "Thank you very little."

Having no Visiting Rotarians to introduce, he moved on to **Howard Matson's** guest, **LaNell Morold**, whom Howard announced would be rejoining the Club after a decade hiatus. She will take the coveted Management Consultant-Property Acquisition, and Title Coordination classification slot. She's back from a White House gig. **Maria Mott** welcomed **Najdi Rafaty**.



Picking no favorites, Rick chose his sponsored member, **Eric Eisenhard**, the 6' 6" basketball coach to highlight in *3 Minutes of Fame*, a dozen short of the **Andy Warhol** standard. He graduated from *SUNY Cortland*, taking an advanced degree from *Cal Berkeley*. (Probably on a basketball scholarship, or so the facilitator promised his parents.) He is currently a (déjà vu) Wealth Manager with *Raymond James*. He joined Rotary "to spend more time with Rick Horne." (Flattery with get you anywhere, Eric.) He has been a coach for 14 years, having lived in his van for half a year when 21. It must have been crowded: rock-climbing buddy **Jimmie Free Solo Chen** was there with Eric in the

High Sierras. Eric's favorite band is *Van Halen*. His first car was a '92 Nissan Pathfinder. He confirmed *SUNY Cortland* to be in the Finger Lakes District.

Jeff then awarded pin appendages for years of Rotary Service: **Pradeep Samudra** (3), **Rick Grady** (3), and **Charles Milby** (24).



Jeff read the *Birthday List* (page left), commanding that we chant HB2U to all the April *Birthday Boys* and *Girls*. He had the nerve to suggest we applaud for our "awful rendition." Well, at least we didn't waterboard anyone!



He didn't improve his record by commanding **Johnny Lewis** to perform *1 Minute of Rotary Foundation*. Johnny told us of the 300 disasters in over 100 countries that were mitigated by our contributions to *Shelter Box*. The units contain tents, food, water, lights, saws, etc. Distribution is done by "boots on the ground," local Rotarians.

Blair Ritchey announced room at his table for the **LEGENDS OF LEADERSHIP LUNCHEON** from 11:30-1:30 on May 1st. This aids the International Student Foundation. But since that's past as you read this, you may donate but not attend. ☺



CAPTAIN KIRK noted that our **STUDENT CITIZEN OF THE YEAR BANQUET** is running \$3K short of breaking even, even though he got a good deal from *Collin College* for the two-night event. So we are all encouraged to buy tables or seats for at least one night, either May 21st or 22nd. See **KIRK**.

Rick Horne touted our **SUMMER FOOD DRIVE**, “*Sam’s Gift*,” held annually. Last year, *Plano Rotary Club* donated \$1,500 plus foodstuffs to the drive which continues food support that *PISD* handles during the school year. Please bring non-expired canned foods by mid-May to be delivered on May 23rd.



With announcements and charitable opportunities out of the way, **Mary Jo Dean** was called upon to introduce a cardiologist from her *Presbyterian* hospital, **Dr. Ashesh Parikh**. Dr. Parikh became interested in cardiology at an early age because some of his family members suffered from heart disease. His hobby is collecting tickers, not only hearts but also watches. Professionally, his focus is on prevention, so his topic was **PREVENTION OF CAD**, which is not, as *Sainted Editor* suggested, “*Computer-Aided Design*,” but rather “*Coronary Artery Disease*.”

His rapid-fire PowerPoint™ flew by faster than *Sainted Editor* could type, and neither Mary Jo nor he could persuade the good doctor to forward it for this record. Yes, you have just been forewarned that *Sainted Editor* isn’t the perfect scribe. Go figure.

Dr. Parikh first enumerated the risk factors for CAD:

1. Age: >45 for men and >55 for women
2. Close family history: mother, father, or siblings
3. Race
 - a. African-American
 - b. Asian

Next he indicated risk factors one could control:

1. Obesity
2. High blood pressure
3. Diabetes
4. Kidney disease (renal failure)
5. Stress and sleep deprivation

Then he raced through “*non-traditional risk factors*:

1. Blood CRP (which a quick check on Google was found to mean a protein made in the liver in response to inflammation in the body; presumably, Dr. Parikh was re-

ferred to the immune system’s reaction to build-up of plaque in the coronary [and other] arteries)

2. Homocysteine (an amino acid made by the body from animal protein; too high a blood concentration of it is indicative of CAD problems)
3. Uncaptured!

Some of the risks are measured through LDL (low density lipoprotein); if it’s high, cholesterol isn’t being scavenged in the liver so will build up on the vessels. Indeed new lipid guidelines are in effect, presumably lowering the acceptable LDL levels. (Oddly enough, HDL, high-density lipoprotein, is OK.) But the numeric values need to be taken with a grain of salt (which, by the way, increases blood pressure); they need to be evaluated in the light of your risk factors, like being a smoker.

Screening is done for an ASCVD (atherosclerotic cardiovascular disease: non-fatal myocardial infarction or stroke), especially if, before the age of 70, you’ve had a cardiovascular event or are diabetic. The screening involves a CAT scan to obtain a “*calcium score*,” a measure of calcium deposits in the vessels and valves of the heart, indicative of blockage. Clearly, you “*want a score of zero*,” but if **400+** is found, you are at very high risk to infarct. Dr. Parikh cited an example of a score of 8,400 (!) that called for immediate open heart surgery, but the patient had no symptoms.

A baby aspirin (83 mg) is indicated if you have already had a heart attack or stroke OR have three or more risk factors for either. (Aspirin, a miracle drug, has more than 100 biological effects, most not understood. The effect one’s looking for here is lubrication of the platelets, making them easier to pass through small or blocked blood vessels. Of course, hemophiliacs shouldn’t dose up since they already bleed easily.)

Alternately, one can attack the problem of hardening of the arteries directly with statin drugs (simvastatin and its far more expensive brand name provisions). It interferes with the bodily cycles that produce cholesterol (a good thing, but you can have too much of a good thing!). With statins, there is “*a small risk of diabetes*,” but “*studies have shown that*” these patients would have developed diabetes in the absence of the drug. (If you are on statins [and who in the Geriatric Club of Plano isn’t?], you should be taking Co-Q10 as a prophylactic against some of its depredations. —the Good Dr. **Maribelle Davis**’ posthumous advice)

In Q&A, **Olin** asked about the salutary effects of scotch and bourbon; Ashesh admitted to being “*a big fan*” of one glass of alcohol daily.



Undeterred, Olin suggested a serving size of 16 ounces! Dr. Parikh put on his parental cap and intoned the caveat *“in moderation. Two ounces is fine. Binge drinking is not OK.”*

President Pro Tem Jeff presented Dr. Parikh with our coveted (teeny tiny) business card flash drive, thanking him for the talk.

Johnny Lewis led the group in recognizing a pair of Paul Harris **PLUS** recipients: **Janelle Twyford-Silvis** was one but was



AWOL today. However, **Rutledge Haggard** was present to receive our adulations for his Paul Harris **PLUS FOUR!** Likewise, **Mark Waterbury** was AWOL; he *“hasn’t made two meetings in a row.”* **Janis Allman** was sought to receive her honor but she was nowhere to be found.



Jeff then called **Karen Sheldon**, our hard-working Executive Secretary, to the podium to receive a Paul Harris pin donated by

the Club (via PHF points). She asked, *“I don’t have to give a speech?”*

Ric Kasmiskie, in a cliché of retirement, is moving to Phoenix. He told us, *“I’ll miss you guys!”* Then he asked for recommendations for connections in Phoenix. It has a lively bar scene, Ric!



Jeff confirmed that the Club will miss Ric as well. But, it being that time, Jeff turned to the Four-Way Test and belled us out at 12:58, noting the Board meeting to follow.



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Thank you Kenny Wilson

The Plano Rotary Club

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Guests & Visiting Rotarians

Guest

LaNell Morold
Najdi Rafaty

Visting Rotarian

None

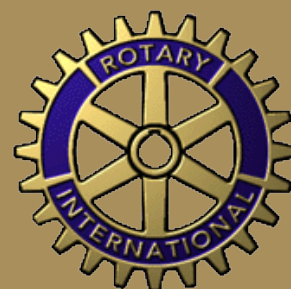
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bring a guest with
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NEW MEMBERSHIP PROPOSALS



Proposed Member: Varun Joseph

Proposed by: Larry Flannery

Classification : Preventative, Restorative & Cosmetic Dentistry

Dr Varun Joseph established his dental practice in 1981. He received his DDS at the University of Texas Health Science Center San Antonio School of Dentistry. He was appointed to the University of Texas System Board of Regents by Gov. Abbott. He also serves on the Board of the Dallas Academy of General Dentistry. He has volunteered for several charitable efforts to include Habitat for Humanity, the Samaritan Inn & Ronald McDonald House.