

## Summer Weekly

# Reader

Volume 36, Issue 100 September 5, 2013

The Plano Rotary Club  
www.PlanoRotary.com

### UPCOMING MEETINGS

#### September 5

Stephen Fagin  
"Assassination & Commemoration: JFK, Dallas & The Sixth floor Museum at Dealy Plaza"

#### September 12

Ean Sullivan  
"District Governor"

#### September 19

Lynn McClean, CEO  
Children's Advocacy Center of Collin County"

#### September 26

Robbie Robinson  
"Legacy" (1:10 end time)

#### October 3

Mitch Cottrell  
"From Email to Excel: How to Grow Your Business with Cloud Computing."

### SEPTEMBER BIRTHDAYS

Sullivan, Ean H.	Sept 04
Bawaja, Satinder	Sept 16
Aaron, Hubert	Sept 17

## FATAHOLICS ANONYMOUS

**L**ET'S SEE if you can identify this person from *Scary Bob's* photograph. *Sainted Editor* hasn't *PhotoShopped™* it except to crop.

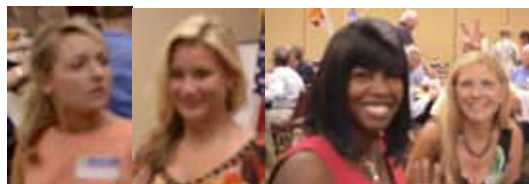
All the photos from today's meeting ended up like this. Apparently, *Scary Bob* had inadvertently set the focus to **MANUAL** and blithely shot as if it were **AUTOMATIC**. We'll get it fixed next week. (Note to *Scary Bob*:



flip the lever off **M** and see if your camera has a **PORTRAIT** setting. That will ensure that the closest object in your scene is well-focused.) Now had **LB THE RADIANT** been a drug-runner, *Scary Bob's* aerial camera would have had him in fine focus.

**PRESIDENT KIRK** rang **KIRK'S BELL** at 12:13, summoning the faithful to meditate upon the day's topic: **FAT SHAME**. In this **ERA OF OBESITY**, we were told a tale of woe of a recovering bulimic addict. (No, it's like drug or alcohol addiction: you're only recovering, never recovered. Bummer.)

**KIRK** cajoled **LB the Good** to give the Invocation while **Wally Reed** (also today's Greeter) led us in the Pledge. ("Thanks, *Bob!*") **Nathan Barbera** had returned to **SERGEANT-AT-ARMS** duty.



Nathan welcomed Visiting Rotarian **Sarah Crilley Hill** (N. TX Pioneers) and her guest, **Aren Garcia**. Cathy Tyler bade us welcome her guest, Euphemia Gous. **Reedy** fed daughter **April Spigner**. **KIRK** reintroduced aspiring members **Bev Kilmer** and **Gene Champagne**. From the TX-NM



border came Visiting Rotarian **Lonne Leslie** and wife **Ardith**.

Nathan picked on **Ken Roberts** for **INSIDE THE ROTARIAN STUDIO**. Ken could take it. Born "at an early age" on Chicago's Southside, his Dad drove a street sweeper. He went out for Track & Field at



**Illinois Institute of Technology**, and currently works as a Corporate Recruiter for .

His favorite movie: **ARMAGGEDON**. Favorite music: **The Rolling Stones** (which pleased Nathan no end). First car: used Mustang. Favorite drink? Toss-up between **Cabernet Sauvignon** and an aged Single Malt Scotch. In *Plano Rotary* for 17 years, his most memorable moments came in his year as President. Had he to choose between the *White Sox* and the *Cubs*, he'd go with the former. **KIRK** told him that the right answer is the latter.

Birthdays were acknowledged for **Sarah Watkins** (thanks for the check) and **Ean Sullivan** (where's yours?).



(Perfect) Attendance pins and plaques went to **Carrolyn Moebius** (3), **Camille Ussery** (5), **Patty Schwartz** (15), **Lenny**





shouted, "Give 'er a standing ovation!" and **Bob Bauer** (15).

Board member Chris Parr stumped for the *Friends of the*

*Library*, who each year donate \$100,000 to Plano's public libraries.

**Alice Hobbs** presented a banner from the Fairbanks' *Golden Park Rotary*. **Hubert Aaron** presented one from a more prosaic No. California *Arcata Rotary Club*.



**KIRK** acknowledged the 20 folks who showed up at the last Rotary Social and the half dozen or so who made it to Heroes on the Water, whose Executive Director is our own **Bob Pikna**. See **Lynette** for photos.



**HE** also mentioned the 9/11 event featuring a keynote address (there's no free lunch) by PDG **Helen Reiser**. Other announcements included our 1/11 Golf Tournament, the various *Citizen of the Month* opportunities, and a need for mentors for *Memorial Elementary*. **LB THE RADIANT** announced that last week was his 49<sup>th</sup> Anniversary. Nathan Barbera announced that the odd number of

participants (**Sainted Editor** concedes that all the participants are odd.) means that a 12<sup>th</sup> "player" has been added to the roster, the *Plano Rotary Club*, which, if it wins, will receive its prize into our Club's Foundation.

In a desperate effort to raise the Fellowship Quotient of the Club, **KIRK** asked for announcements from the floor of colleges to which members have this month packed off their progenies and garnered *Stephen F. Austin, Oklahoma Baptist, OSU, Wheaton, and UT Dallas*. Odd that no one piped up with *Collin College*.

Maybe **HE** was stalling to minimize the trauma of the Program because **KIRK** continued the announcements (a 9/19 golf outing at *Canyon Creek Country Club* after Rotary) and solicited reports of new grandbabies! (One born yesterday.) Then he REITERATED the need to support our own Golf Tournament, getting the date wrong (it's November 1).

Having seemingly exhausted meeting detail, he called **David McWhorter** to the podium to introduce the day's speaker: **Brian Cuban**, Dallas attorney and recovering bulimia addict. David edited Brian's press release to:

Brian Cuban is a 1983 graduate of Penn State University. He received his J.D. in 1986 from the *University of Pittsburgh School of Law*.

Brian is an Eating Disorder and Body Dysmorphic Disorder survivor as well as a recovering addict. He is a passionate advocate for eating disorder, body image, and anti-bullying awareness for both women and men. He is the author of "*Shattered Image: My Triumph over Body Dysmorphic Disorder*," currently available on Amazon and Barnes & Noble websites. *Shattered Image* recently reached #1 in sales in its category on Amazon.

(Fact check: it is currently 59<sup>th</sup> in the drug dependency category and 69<sup>th</sup> under eating disorders. 82,078<sup>th</sup> overall.)

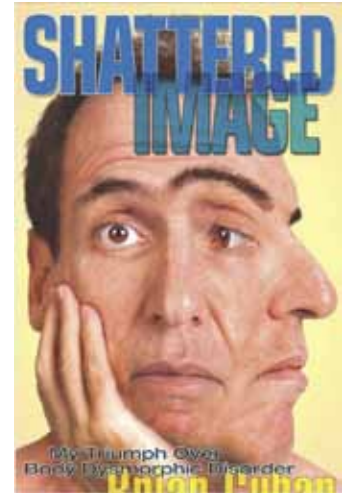
Brian is currently the segment host for "*Brian Cuban's Legal Briefs*" on EyeOpener TV. (Although why anyone would go on TV in his briefs, legal or otherwise, is beyond **Sainted Editor**.)

Brian also speaks on the 1<sup>st</sup> Amendment and Hate Speech in Social Media. He has appeared on *Fox News* and *NBC*, and has been invited to speak at prestigious venues such as *The Commonwealth Club, South by Southwest, BlogWorld 2009* and *2011, the Financial Planning Association Experience 2011, The Simon Weisenthal Center, The Anti-Defamation League, and Facebook Corporate* to mention a few.

Brian worried about making a presentation on eating disorders to a lunch group, but he needn't have as we hadn't yet purged. Indeed when he presents himself as a bulimic, the usual reaction is "*That's impossible. Men don't have eating disorders.*" (Patently absurd in an Overweight Nation.) So there's "*lots of stigma*" associated with the condition, but his story has a message: **Love Thyself**. And, through good parenting, teach your children how to love themselves.

He acknowledged that "*writing a book may help.*" His "*obviously had a happy ending.*"

Sarah Daughter-of-Jeff Crilley Hill fired up the PowerPoint™ presentation for Brian who showed us his family scrapbook complete with "*that shy little boy is me.*" He said, "*You play the cards you're dealt,*" and he was as destined to be shy as brother **Mark** (*Mavericks* Owner) was destined "*to be entrepreneurial.*" Their father, a veteran of WWII and Korea, inculcated into the brothers (3) that while "*girlfriends come and go,*" brothers stay brothers.







Indeed, although the brothers were all born in Pittsburgh, they live now within a mile of one another in Dallas. So Poppa was right. *“Not so much”* Mama. While Dad was personable, Mom was prickly. In casting about for a villain for his book, Brian seems to have found Mama. Hey, every good fairy tale deserves a monster! She was apparently afflicted with a fat-shaming mother herself, so she applied what she had learned to Brian. *“Words do a lot of damage.”*

He heard *“fat pig”* and *“dumb bunny”* from Mom as he scarfed down the Beefaroni™. The bullying continued at school, culminating in a *“physical assault,”* a pantsing of brother Mark’s hand-me-down disco trousers (prior to their pop culture popularity). *“Mark was always ahead of his time.”*

It’s a good thing that *“Al Gore hadn’t yet invented the Internet”* or his embarrassment would have been a viral YouTube® video.

The pantsing was *“a defining moment.”* To this day, he can point out the site of his humiliation. He took the bullying, domestic and abroad, to heart, believing in their message. As a freshman in college, he began to diet, and he didn’t stop even as he starved himself (500 calories/day) down 90 pounds from 260. Despite his success, every mirror lied to him. That was the dysmorphism talking. So he stayed bulimic for 27 years during which *“alcohol became my friend.”* Briefly, it would relieve the psychosis, but substitute its own.

Moving to Dallas, he moved onto stronger drugs that *“changed my perspective momentarily”* but moved him to put a .45 to his head. Fortunately, close friends saved him, and at the consequent psychiatric hospital, he had *“a moment of clarity:”* he would have to stop or risk losing his family.

While he lied to his psychiatrist, he came clean to his father, who took him in to help him. Eventually, he completed a 12-step program, and he’s now *“dealing with addiction.”*

It helped to learn to take risks. Disrobing at a swimming pool was such a risk until no one laughed. With that technique and the notion that everyone is loved, he cured an 11-year-old on his channel 33 show.

His grandfather boxed his Dad who used that technique on his brothers. *“Mark could take it,”* but it *“doesn’t work on shy kids. They lie.”*

He quoted research that shows that fat-shaming actually causes kids to GAIN weight. So he urged us not to use that, suggesting that we *“seek help if you don’t know what to say.”*

He offered to autograph any books we bought and sought to answer questions, the first of which, *“How did you overcome shyness?”* was easy. *“I didn’t. It’s no sin to be shy.”* He was gregarious here today because he believes he’s helping people.

**KIRK** offered Brian our clock and called upon **Cary Israel** for an announcement. Cary told us that Collin College has started the Hendrick Scholarship ball rolling with \$15,000 scholarship in the name of **Tino** and the memory of **Janie**.

**KIRK** said the cure for fat shame is *“to hang around fatter people.”* Then **HE** led us in the 4-Way Test and Belled us out at 12:56.



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*Guests & Visiting Rotarians*

**Guest**

Bev Kilmer

Aren Garcia

Cathy Tyler

Ardth Leslie

Gene Champagne

Euphemia Gous

April Spigner

**Guest Of**

Kirk Bell

Sarah Crilley Hill

Kirk Bell

Lonnie Leslie

Kirk Bell

Kathy Tyler

Reedy Spigner

**AWARDS:**

**2012 Best Community Partner**

Children’s Theatre  
(Sara Egelston Akers)

**Athena Award:**

Camille Ussery

**Visiting Rotarian Home Club**

Sarah Crilley Hill

Lonnie Leslie

North Texas Pioneers

Clovis, New Mexico

**Proposed Member**

Proposed member: Eugene Champagne  
Classification: Restaurant Management  
Proposed by: Kirk Bell

**Proposed Member**

Proposed member: Bev Kilmer  
Classification: Motivational Speaker  
& Author  
Proposed by: Kirk Bell

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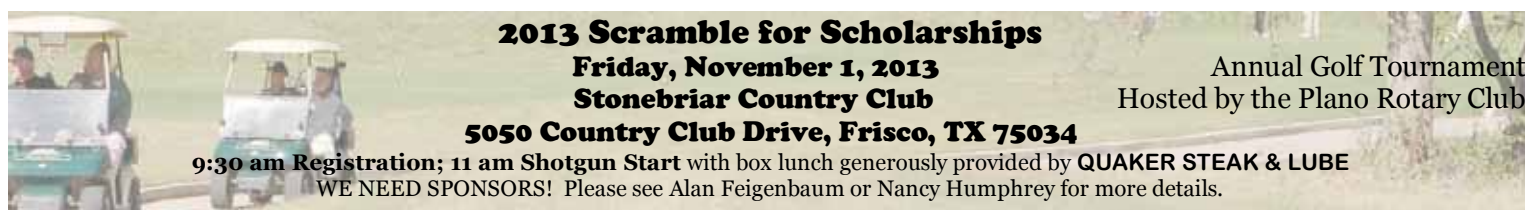
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**2013 Scramble for Scholarships**  
**Friday, November 1, 2013**  
**Stonebriar Country Club**  
**5050 Country Club Drive, Frisco, TX 75034**

9:30 am Registration; 11 am Shotgun Start with box lunch generously provided by **QUAKER STEAK & LUBE**

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Annual Golf Tournament  
Hosted by the Plano Rotary Club