

Palo Alto Rotary Pinion

Weekly Newsletter

Date: February 21, 2011

Reporter: LYLE CONNELL

Editor: LYLE CONNELL

PRESIDENT MIKE led the Pledge.

VISITING ROTARIANS AND GUESTS

One visiting Rotarian: Sabine Decker from Augsburg Germany Members introduced their guests, as follows:

BOB SMITHWICK introduced his daughter, Cathye Smithwick; TOM GRACON introduced his wife, Helen Gracon.

Guests from Gunn Hi were introduced by KATIE SEEDMAN: Alicia Gregory, Wendy Qui, and Bo-Shiaw Hsu.

OPENING REMARKS

PIETER KARK focused his remarks on attention consciousness. He used an exercise looking at the walls of the room. We were looking for things we haven't noticed before. Following a certain sequence illustrated, one of the properties of attention, which can make things more real. Attention is the energy, which enables us to do and create. Improving our attention can help in getting things done and being creative.

INTERACT

Wendy Qiu and Bo-Shiaw Hsu represent the Interact students at



Gunn High School in Palo Alto. The primary purpose was stated as ethics and community service. Last year they raised around \$5000 to fund their service activities. This year they plan to raise \$7000. An astounding 4250

hours have been expended in community service in the last year. They thanked the Palo Alto Rotary Club for our support.

Interact in planning a YCS service day on March 3rd. The school allows them to take that day for a service project. Please volunteer to be an adult chaperone for this event.

ANNOUNCEMENTS

HAL MICKELSON auctioned off the special Palmera Gold Coffee package brought here last week by Mark Heyer. JUDITH STEINER was the lucky winner for \$20. SHERRI SAGER and ROSEANNE FAIRTY offered a dozen cupcakes, and GINNY LEAR was the lucky bidder.

ROSEANNE FAIRTY brought us up-to-date on the upcoming Fundraising Event. If anyone has some good wine to contribute, please give it to MIKE COUCH.

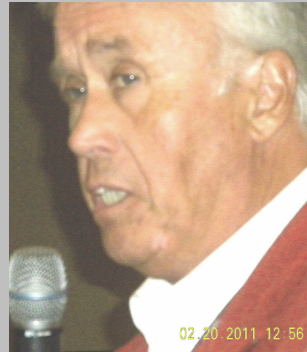
ELLIOTT WRIGHT announced a tree-planting project on March 19th and March 26th. There are 150 trees to plant. The 19th will be from 9:00 AM to Noon. However the 26th will be 9:00 AM to Noon, and 1:00 PM to 4:00 with lunch provided. Please sign up for this event.



PRESIDENT MIKE presented BILL LOVE with a membership in the Paul Harris Society.

THE PROGRAM

GEORGE FITZGERALD introduced the speaker, Doctor Hans Steiner, whose topic was: "ADD Driven to Distraction".



ADD (Attention Deficit Disorder) is a real attention problem that can show up in preschool students. At present it is not curable. Those who have it lack self-esteem and often exhibit risky behavior, including alcohol and drug abuse; and they often do not do well with the competitive demands of the computer age and multi-tasking. Contrary to a common belief, they

do not outgrow the malady.

Approximately 5 to 8% of the population can be afflicted. Dr. Steiner believes that ADD is over diagnosed and over treated. Effective treatment with fewer side effects is now available, but must be 24/7, and not just for school hours. ADD is cross cultural, and all over the world. Boys have more trouble than girls. Clearly there is an inheritance factor. Recent interventions, such as computer directed treatment and brain imaging systems, seem to hold promise for better evaluation and treatment in the future, but not now.

Dr. Steiner had some advice for parents and teachers. Keep the child in school. This requires an adjustment in the school system. Have the school tasks done in the home. And keep up the medication therapy. It is not a fix, but helps with coping.

FUTURE PROGRAMS

February 28 **Leeor Neta**, "A Second Chance for East Palo Alto Youth"

March 7 **Jay Thorwaldson** (PA Weekly), "Top Ten Stories of My Career"

March 14 **Cash Alae**, "Reflections on Iran"

March 21 **Chris Longhurst**, "Data-Driven approaches to improve health & healthcare"

Palo Alto Rotary - Meeting Information
www.rotarypaloalto.org