

# Palo Alto Rotary Pinion

Date: January 11, 2016

Reporter: DON MORGAN

Editor: LYLE CONNELL

The meeting opened with **PRESIDENT KATIE** leading the Pledge. The Club warmly welcomed our main speaker Dr. Jamshid Ghajar and his colleagues Anna Viet and Maya Yutsis, and visiting Rotarians Kathy and Allan Koritzinsky of the Downtown Madison, WI, Club (here to thaw out), and Akram Piracma of the Islamabad Club. **NINA MOORE** introduced her guest Don Douglas, and **CHARLIE WEIDANZ** introduced his, Jamie Gershon.

Reporting for the We Care Committee, **DICK FREEMAN**, lacking further information, said only that former member John Busterud died on January 4th.



**NINA MOORE's** Opening Remarks reviewed the businessman origins of what became the Four Way Test, and said that for Rotarians the Test was quite distinct from business, rather a call to touch the life of others while we may.

**PRESIDENT KATIE** invited members to the 8:00 A.M. Board meeting at the Presidio Bank on January 13 (always exciting, she said).

**REBECCA GERALDI** explained what is in store for us at the January 18 Hands-On luncheon work session, and asked for volunteers to help at 11A.M. to set up the meeting (let her or **KATIE** know).

**TOM GRACON** invited attendance at the Rotary speech contest at the Palo Alto City Council Chambers on January 21 at 7P.M., and asked for potential participants.



**DICK BUSH** advised that the Club's annual crabfest will take place (with safe crabs from the Northwest!) on March 19 at the Mitchell Park Community Center.



**GLORIA HOM** asked for volunteers to make their homes available for the Club's informal parties on the last Friday of each month this year (very little effort involved).

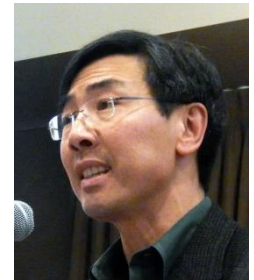
**REBECCA GERALDI** reappeared at the podium to receive her Blue Badge.



**KATIE** thanked **DERRICK BRITT** for serving as the sole Greeter today, **JACKIE SCHOELERMAN** at the Welcome Desk, **BILL OBERMAN** as cashier, **STEVE MADSEN** for room set up, and **DON MORGAN** and **LYLE CONNELL** for drafting and editing the Pinion.

Program: "The Fog of Concussion".

**DANA TOM** introduced Dr. Jamshid Ghajar, MD, PhD, FACS, Neurosurgery Professor, Stanford School of Medicine. Dr. Ghajar has studied and treated brain trauma for decades, presently at Stanford and Lucille Packard, and has started various organizations in that area, including the Brain Trauma Foundation. He noted that in view of recent publicity, Concussion Centers are the fastest growing medical facilities.



Despite uncertainty about what a concussion is, he developed guidelines to detect concussions, widespread use of which reduced deaths by 50%.



He is conducting a very large concussion study for the U. S. military. He has developed procedures and instrumentation to measure concussions. He emphasized that inability to maintain attention is the most common cognitive impairment. Attention is significantly impacted by injury and lack of sleep.

Unfortunately, many youths get much less sleep than they should, and their performance suffers. He also explained that concussions are caused by rapid rotation of the brain, with the front of the brain rotating significantly more than the back (rotating from the neck). Frontal collisions do not produce rotation or concussions, but side impacts do. Helmets are ineffective to avoid concussions as they do not restrict rotation, although they can avert other injuries. Using tennis as an example,

Dr. Ghajar said that there is a delay between perception of stimuli and processing of it, so that the tennis ball is not where you see it, but past there, so one must anticipate where the ball will be at impact with the racquet. In general, the brain operates 2.5 seconds in the future. Anticipation and processing abilities vary with age, 25-year-olds being best at both (and thus ideal employees). The amount of "jitter" in sophisticated eye tracking equipment serves to measure attention performance. Eye tracking is likely to come into widespread use to determine such things as who should drive cars, and how to improve the Facebook experience. When asked how best to help football players avoid injury, Dr. Ghajar was concise: "Get a good night's sleep."

## PROGRAMS & EVENTS

**January 18** Hands-On/Sleeves Up Project at the Meeting

**January 25**, Jeffrey Fisher, Professor of Law, Stanford University: "US Supreme Court"

February 1, Julie Lythcott-Haims, author, former Dean of Freshmen at Stanford: "Raising an Adult"