

# Rotary Club of Alamance

## Gold Club

Rotary International Presidential Citation  
100% Rotary Foundation Sustaining Member Club

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## Club News

### June 16, 2015 Meeting

President Sang Ho Lee conducted the meeting. Peter Barcus gave the invocation and led the pledge of allegiance to the flag.

### Guests and Visitors

- Graham Albright, an intern at Apple, Bell, and Johnson Accountants, visited as a guest of Dale Greeson. Graham is a junior offensive tackle on the Elon football team.
- Barbara Woodard, client manager at Greensboro Orthopaedics
- Jessica Klerlein, marketing manager at Greensboro Orthopaedics

### General Announcements

- President Lee mentioned recent and upcoming member birthdays, which are listed [here](#).
- President Lee read Susan Watson's name to the club for the first time after receiving her "green card" requesting admission from Randy Perkins. If anyone has an objection to her becoming a member, he or she should make that known to President Lee or another board member. Otherwise, she will become a member after her second reading next week.
- Charlie Cobb, former District Governor in West Virginia, presented Randy Perkins with a beautiful pin acknowledging that he has given enough money to Rotary International to become a Paul Harris Fellow five times over.



Good work, Randy! (Pictured, from left to right: Sang Ho Lee, Randy Perkins, Charlie Cobb, and Katie Dukeshire)

## Upcoming Programs

- June 23: Brad Moser
- June 30: Installation of New Officers and Board, Phil Moseley, ADG, presiding
- July 7 - Angela Parham

## Happy Clams

- Micah Fox was glad to be back to a regular meeting after the birth of his fourth child and only daughter - yet. Mac Williams suggested that we return his dollar since he will need every one he can get to take care of those kids.



### **Deva Reece: Husband, Father, ECU and Elon fan, Entrepreneur, Rotarian, and Paul Harris Fellow**

Deva Reece has been a member of our club since July 1, 2010. Before that he was part of the Breakfast Club, where he also served as president. Deva is a Paul Harris Fellow and the owner of Sir Speedy Printing Company on South Church St. in Burlington. He is married to Nancy, with whom he has two sons - Nathan and Elliott.

## Program: Dr. Ken Barnes - All about Concussions

Dr. Barnes joined Greensboro Orthopaedics in October of 2014. He is a board-certified physician with fellowship training in primary care sports medicine. He specializes in musculoskeletal sports medicine focusing on the diagnosis and treatment of musculoskeletal conditions and injuries and also has training in Internal Medicine and Pediatrics. Conditions he sees in the office may result from sports-related or traumatic injuries as well as degenerative joint conditions. Dr. Barnes has a special interest in sport-related concussion and non-operative fracture management. He routinely cares for patients from the pediatric to geriatric stages of life. Prior to joining Greensboro Orthopaedics, Dr. Barnes served as the Director of Sports Medicine and the Head Team Physician at Elon University. He also cared for patients at the Kernodle Clinic providing musculoskeletal sports medicine care to the Burlington and Alamance County communities. Dr. Barnes gained experience in Sports Medicine during residency at The University of Massachusetts, The University of South Carolina, College of the Holy Cross, The Springfield Falcons Hockey Club, and New England Orthopaedics. He has an extensive research background with regional, national, and international presentations and publications. Community involvement gives Dr. Barnes the opportunity to interact with his community and the chance to improve the accessibility of quality medical care. He has generously provided sports medicine care throughout his medical career volunteering as team physician at various high schools over his career. Dr. Barnes takes pride in giving back to his community. Dr. Barnes's expertise and experience are enormous assets to the Greensboro Orthopaedics Sports Medicine Outreach Program. Dr. Barnes is committed to providing high quality evidence based patient-centered care. He enjoys building positive relationships with patients and their families. His approach to patient care is couched in humility with a collaborative environment that focuses on providing options for care and encouraging the patient to be involved in the decision making process every step of the way. Dr. Barnes makes every effort to educate his patients about their condition and treatment options to allow them to make informed decisions about their care.

Dr. Barnes opened his remarks by saying that successfully diagnosing and treating concussions requires a high level of trust, honesty, and cooperation between physician, patient, parents, and coaches. He said there is more not understood about concussions than is known; although, we have come a long way in the last few years. A concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. These injuries are on the rise and occur most frequently in football and women's soccer.

There is no standardized test to

identify concussions, but regular diagnostic and rehabilitation protocols have been developed. There are no grades of concussions: either a person is concussed or not. One can suffer a concussion without losing consciousness. Sideline evaluations are the first step in assessing the injury. Dr. Barnes said that CT scans and MRIs should only be used when a severe injury is suspected. Anyone who suffers a concussion should be immediately removed from competition to avoid further trauma and what is called Second Impact Syndrome, which can be fatal. No pain killers beyond low dose Acetaminophen should be given, to prevent additional bleeding, should that be present. Recovery and rehab should be based on the individual and not be rushed. More caution should be taken with kids.



Dr. Barnes showed a video of the SIS injury that happened to Preston Plevretes, a football player at LaSalle, who is now severely brain damaged. The university eventually settled for \$7.5 million and cancelled their football program. The NCAA has instituted standard protocols for dealing with the issue since then. Dr. Barnes concluded by saying that concussion injuries present us with a complex problem which requires individualized treatment and conservative rehab.

During the Q&A period, Peter Barcus asked about the continued viability of high school football. Dr. Barnes thinks it will depend on how severely future litigation will drain the coffers of high school athletics. It is possible high school football will have to be dropped. Katie asked if there are nationwide protocols in place. Dr. Barnes said that the NCAA has put such into place, but high school athletics are all over the place, due in large to finances. Dennis Franks, Brad Moser, and Mac Williams asked questions regarding using helmets. Dr. Barnes believes that helmets can mitigate the severity of head trauma but not eliminate it. To answer Mac's question, he said he doubted that helmets will ever be used in soccer.

At the end of the presentation, President Lee presented Dr. Barnes with a plaque to show our appreciation for his coming to our meeting to present his program. Also pictured are Deva Reece and Sang Ho Lee.



## Card Drawing

Steve Carter's table held the winning ticket, but unfortunately Steve drew the wrong card. Only 44 cards stand between you, the jack of hearts, and the pot. Your odds are getting better every week.

## Closing

As is our custom, we all stood to recite the Rotary Four Way Test, which was led by President Lee, who afterward adjourned the meeting. Until next week...

# Club Related Dates

# District and Club Business

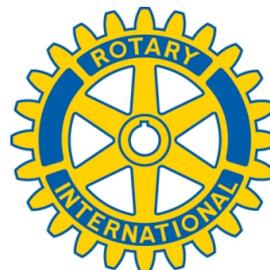
- **2nd Tuesday of Each Month** - For officers and committee chairs, 11 am until Noon.
- **June 30, 2015** - Installation of New Officers and Board

## Birthdays and Anniversaries

June	Birthdays	June	Wedding Anniversaries
5	Sam Powell	2	Pete and Martha Beck
9	Paul Mauney	5	Steve and Judy Carter
13	Betty Andrews	7	Chuck and Vicki Stedman
19	Don Jennings	17	Sid and Ann Little
22	Mac Williams	23	Mark and Judy LaFerriere David and Cathy Moore Brian and Patty Dement
23	Dale Greeson	24	Dale and Ellen Greeson
30	Randy Perkins	25	Philip and Rene Smith
		28	Bonnie and Jerry Whitaker

Want to see when you have program speaker responsibilities? Simply click on the Programs Schedule link below or the same link on the menu above.

## Programs Schedule



Meets on Tuesdays from Noon until 1 PM at 40 West Grill in the Ramada Inn in Burlington, NC

Club 6090, District 7690 Piedmont NC  
Chartered March 31, 1981

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