C. CAREY JORDAN, M.D.
Facial Plastic and Reconstructive Surgery

Carey Jordan, M.D., graduated from Louisiana State University Medical School in New Orleans in 1980. He went on to complete an otolaryngology-head and neck residency in San Antonio, Texas at the Health Science Center. During his residency he served under the nationally known facial plastic surgeon, Richard Holt, M.D. After Dr. Holt’s tutelage, Dr. Jordan completed two fellowships in facial plastic and reconstructive surgery. The first fellowship was with Ferdinand Becker, M.D. of Vero Beach, FL. Dr. Becker has an international reputation as an innovator and outstanding facial plastic surgeon. The second fellowship was with Claus Walter, M.D. now of Heiden, Switzerland. Dr. Walter is known as one of the pre-eminent facial plastic surgeons in all of Europe.

After completing the fellowships, Dr. Jordan moved to Beaumont, where he is actively engaged in the practice of facial plastic surgery. He also is a teaching clinical professor at The University of Texas Medical School at Galveston. Dr. Jordan has published numerous papers and given numerous lectures on the subject of facial plastic and reconstructive surgery. He is married to the former Samia Yvonne Maldonado of San Antonio, and they have three children — two girls and one boy.

Dr. Jordan is board-certified in the specialty of otolaryngology-head and neck surgery and facial plastic surgery. He is a full fellow of the Academy of Facial Plastic and Reconstructive Surgery. Among his other associations are The American Medical Association and The Texas Medical Association.

HAPPY BIRTHDAY!!!

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<th>D/B</th>
<th>Rotarian</th>
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<td>1-17</td>
<td>Albert McKinley</td>
<td>Beaumont, TX</td>
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<td>1-17</td>
<td>Bill McNinch</td>
<td>Philadelphia, PA</td>
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<td>1-19</td>
<td>Mary Allen</td>
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<td>Lum Edwards, Jr.</td>
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<td>Mo Kalbaugh</td>
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<td>1-21</td>
<td>Arden Loughmiller</td>
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<td>1-22</td>
<td>Fred Miller</td>
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<td>1-22</td>
<td>John Hawa</td>
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FOUNDATION FUNDING UPDATE

As of today, we have received $8,355 from members in our Thanksgiving Funding Program. This is not quite half the amount received last year.

Chairmen are requested to contact their committees and urge them to send in their $100 checks, made payable to The Beaumont Rotary Foundation, Inc. The total will be divided between our local Foundation and the Rotary International Foundation.

Your cooperation is very important. The Foundations are the vehicles used for our community service projects and for our International Projects through the R.I. Foundation. You can be sure that all your contribution will be spent on the projects. No overhead! All administrative work accomplished through the Rotary offices - at club expense.

When your Chairman contacts you this week, be ready with a POSITIVE answer and your check. GO FOR THAT GOLD SEAL ON YOUR BADGE!

LETTER TO THE EDITOR

For those of you who missed the Letter to the Editor in the Beaumont Enterprise on January 9, 1990, pertaining to Rotary — it was as follows:

Rotary Club has grown

The Ask Andy column on Dec. 30th gave information concerning Rotary International that was very much out of date.

As of October 31, 1989, the latest figures available, there were 1,079,081 Rotarians in 167 countries and geographical regions. More than 1,200 scholarships were approved for young people to study in countries other than their own in 1989-90.

The Rotary Club of Beaumont has the honor of being one of the largest clubs in Rotary International. Our club comprises 400 Beaumont civic and business leaders who represent a wide cross-section of the community. We are very proud of 77 years of service to our community.
Recent projects of The Beaumont Rotary Foundation, Inc. include expansion of the Family Shelter, renovation of the second floor of the Jefferson County Alcohol and Drug Abuse Treatment Center, and Camp Enterprise, a Freedom Foundation award-winning program that allows young people and community leaders to explore the nature, development and opportunities of the free enterprise system.

MARGARET CHERB
Executive Director
Rotary Club of Beaumont

PROGRAM REVIEW

Audio problems plagued the Hilton for the first several minutes of the meeting — bringing back memories of our days at the Red Carpet Inn. The Rev'd. Dean Calcote gave the invocation, followed by the Pledge of Allegiance by John Hawa. Numerous guests and visiting Rotarians were introduced by Lois Ann Stanton. Our newscaster was a “no show” and no explanation was made.

The January program chairman, Charles King introduced the speaker — Dr. Reginald Cherry, who noted he had not recognized several of his patients because “they had their clothes on”. Dr. Cherry told us about the farmer who had a heart that sometimes skipped a beat and the things he did till he sought medical help — this man’s own endeavor with a 6-volt electric fence later lead to the advent of the now-famous ‘pacemaker’.

There are two factors in preventive medicine: diagnosis and the ways to prevent what has been diagnosed. 52% of us in the room today will probably die of some heart ailment. Doctors can pinpoint 9 out of 10 persons in a greater risk group thru stress testing. Preventive medicine has truly come a long way.

Recommended cholesterol levels have changed over the years — twenty years ago a good level was 300, where as that is not now acceptable and 180 is considered much better. Also, your cholesterol should be divided by your HDL.

Exercise is important to all because it triggers the immune system. Several statistics were given on people with no exercise and people with moderate exercise (30 min. walking/4 days per week) — thus you could reduce risk of death by heart ailment by 37%. Nutrition is also very important as 6 out of 10 major deaths are related to lack of nutrition. Cereal and fibers were discussed along with the importance of them. Yams and orange vegetables are good to help prevent cancer. Also, the formula B2 & C2: Broccoli and Brussel Sprouts, Cabbage and Cauliflower — all for the better health.

In closing, Dr. Cherry answered numerous questions pertaining to good health. The audience was very attentive and very few left early.

DIETER’S PRAYER

Following last week’s program on preventive medicine and good nutrition, we thought you might appreciate the following, stolen from the Omaha, Nebraska, Rotary bulletin, The Weekly Whirl.”

Lord, grant me the strength that I may not fall Into the clutches of cholesterol. At polyunsaturates, I’ll never mutter, For the road to hell is paved with butter.

And cake is cursed and cream is awful And Satan is hiding in every waffle. Beelzebub is a chocolate drop And Lucifer is a lollipop.

Teach me the evils of hollandaise, Of pasta and gobs of mayonnaise. And crisp fried chicken from the South ... Lord, if you love me, SHUT MY MOUTH!!

"Everything was going fine, then I missed four meetings in a row."

ROTARY FOUR-WAY TEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?