



February 13, 2014

## This Week

**Captain Steven R. Morgan,**  
*United States Navy,*  
*Centurian of the*  
*First Amendment*  
**Program Host:**  
**John Frykenberg**

Captain Steve Morgan was born and raised in Los Angeles, California as the youngest of four children to Richard and Mary Morgan. After graduating from Eagle Rock High School in 1967, he entered the US Air Force Security Service and deployed to Peshawar, Pakistan for 15 months. He returned to Kelly Air Force Base, Texas for a two-year assignment, and, while finishing his Air Force duty, he became active in community outreach activities to teenagers in San Antonio, Texas.

Upon leaving the Air Force, Morgan returned to Los Angeles to finish his education and earned a BA from Pacific Christian College, an M.Div from Talbot Theological Seminary and a PhD from the University of Southern California. While serving as

*Please turn to This Week p. 3*



*Dollars & Sense*  
 by President  
 Dennis Mehriinger

## The Death Penalty . . . Revisited

Should the death penalty apply to criminals who have been convicted but are later proven to be innocent?

This seems to be a noncontroversial question to which all debaters on both sides of the death penalty argument can agree that the answer should be "No."

It was just eleven years ago that Republican Governor George Ryan commuted the death sentences of all 163 prisoners on death row in Illinois to Life Imprisonment without parole. It was just five years ago when over 30 death penalty cases in Houston, Texas were overturned but, unfortunately, 18 of the convicted had already been executed.

Now, fast forward to 2014 to Brooklyn, New York and we had Antonio Yarbough and Sharif Wilson freed after more than twenty years in prison for three murders they did not commit. They were just two prisoners of many hundreds who pinned their hopes on the election of new Brooklyn district attorney Kenneth P. Thompson. Little more than a month after taking office, Thompson is grappling with a grow-

ing wrongful death penalty scandal that could dwarf all previous scandals.

*Daunting* is the best description of the political quagmire that has been created by this scandal. His predecessor Charles J. Hynes was credited for creating a conviction integrity unit after several convictions had been questioned over the last ten years. However, he was sharply criticized for moving too slowly, defending prosecutors and police accused of misconduct and clinging to every conviction even after the evidence had been discredited by DNA tests.

We have seen it over and over again in Chicago, in Houston, in Los Angeles and

*Please turn to Dollars & Sense, p.3*

## Greeters

February 13

**David Smith**

February 20

**Wilbert Smith**

February 27

**Santosh Srivastava**

# Program Review



This past week we enjoyed an overview of Hypnosis and outs of Hypnotherapy presented by Ted Moreno, C.Ht., certified hypnotherapist. It was Moreno's second visit to our Club in his quest to correct the misconceptions about hypnotherapy and show it is an honorable profession, not just a parlor trick.

If you find yourself zoning out as you read this article, I have succeeded in my effort to hypnotize the reader. As he in-

## A Painless Way to Change

formed us, we all get hypnotized several times a day: Such as when you are driving and end up at your destination without really remembering the drive; or while watching TV; or, as one Club member said, while your Wife is talking to you. When you go into a trance-like state you have been hypnotized.

Hypnosis is the power of suggestion that we are receptive to, such as the difference between a homeless man asking for our ID versus a policeman asking for our ID. The request from the policeman is clearly more suggestible.

In his practice, Moreno uses hypnotherapy techniques to assist clients in modifying behavior. There are four areas that he specializes in: quitting smoking, losing weight, stress reduction and motivation. As an example he discussed a smoker who grew up in a home in which a parent smoked. Such a person is already suggestible to the pleasures of smoking. In order to help such a person quit smoking, he creates in the client the suggestibility of the negative aspects of smoking, e.g., costly, smelly, may impede the dating process, inconvenient in having to go some distance to smoke or having to do without when you really want a cigarette.

We were told that we are very suggestible from ages 0



to 8 years. Then we start using the *conscious mind* — questioning things. The *subconscious mind* is very suggestible and takes up about 88 percent of our mind. The *conscious mind* makes up the other 12 percent. Therefore often the challenge is to overcome the suggestibility of the subconscious mind. Very rarely can a person quit smoking *cold turkey*. The subconscious mind equates smoking to too many positive associations such as smoking with coffee, first smoke of the day, stress reducer, etc.

Hypnotherapy creates a state of sug-

*Please turn to Program, p.3*

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### Rotary Club of Altadena - #7183

Chartered: February 14, 1949  
P.O. Box 414, Altadena, CA 91003  
www.altadenarotary.com  
Meets: Thursday, 12:10p  
Altadena Town & Country Club  
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## February

### World Understanding Month

#### Program Chair, John Frykenberg

February 13 - Captain Steven R. Morgan, US Navy; Centurian of the First Amendment

February 20 - Kenneth A. Wagner, Ph.D., Professor Emeritus of Political Science, California State University, Los Angeles will be discussing the Constitution, the President and the Presidency

February 27 - Club-Level 4-Way Speech Contest - Program Host: Kevin Moore

## Congratulations



### Birthdays



02/02 - Julie Gustafson  
02/07 - Freddy Figueroa  
02/08 - Mike Zoeller  
02/10 - Julius Johnson  
02/14 - Ruth Reeder  
02/16 - Joan Frykenberg  
02/28 - Wendy Davis Noll



### Anniversaries



02/03 - Susan & Don Applegate  
02/17 - Ed & Mona Jasnow



By now you have seen an Email telling you whether you belong to the Winter, Spring or Fall project team. Mike Noll will be leading the Winter team. I will be the captain of the Spring team and Quick will be heading up the Fall team.

Mike's plan is to move a playhouse from

## This Week

*Continued from p. 1*

Pastor to Young Adults at Lake Avenue Congregational Church in Pasadena, he was also commissioned as a Chaplain in the US Navy Reserve. Morgan was mobilized to active duty in 1991 for Operation Desert Storm and saw duty in Bahrain and Saudi Arabia. He was mobilized a second time in 2003 and served at Port Huemene, CA and was also part of a medical inspection team in Iraq. He has also had extensive duty at the US Naval Academy as well as assignments in Naples, Italy and London, England.

Morgan is currently single and a resident of Pasadena, CA when not traveling in his current assignment as Chaplain to the 12<sup>th</sup> Marine Corps Recruiting District. He has been active in several community groups, including the Huntington Hospital Bioethics Committee, the Pasadena Tournament of Roses, and is the founder of The Outdoor Classroom, and environmental science study program for elementary age students in Pasadena.

We look forward to hearing from the Captain as our guest speaker on February 13.

Sparks - Altadena Rotary Club Newsletter

## Hands-on Projects Taking Shape

his backyard to a location on the 5 Acre campus. We will be preparing the site and setting up and re-roofing the playhouse. Mike and his team are now working through the steps, figuring out materials and budget and should have a workday on the calendar soon.

I have had a chance to survey the Eliot Middle School lunch area, and a project

## Program

*Continued from p.2*

gestibility with the goal of changing the subconscious mind. The therapist suggests how stopping smoking will resolve negative aspects of smoking, e.g., money you will save, no smell around the house, etc. Hypnotherapy creates the goal of what you **do** want rather than what you **don't** want.

Then Moreno told us how to self-hypnotize. Last half hour before go to bed at night or first half hour after get up, read a set of goals that are important to behavioral changes you would like in your life, and do this for 30 days. Use the present tense in outlining these goals, e.g., I am or I am becoming ... . Handwrite the goals, rather than print. Cursive goes into the subconscious mind whereas printing is a left brain function and does not. In self-hypnosis sit in chair, close your eyes, take deep breath, say to self "I am now going into self-hypnosis", then go over in your mind your goals and finally have an end point - "I am now waking up".

Tony Hill

installing additional tables and benches looks like it will work for Spring. I have pictures of the area for my committee and the names of the vendors (with price lists) that PUSD uses. Our basic job will be to coordinate with the PTA and pool our funds with theirs. We will then look at what we can purchase with our combined budgets and order the tables and benches along with the materials we will need to install them on site. The work day will be digging out and pouring the footings for the benches and drilling and anchoring the tables.

Quick now has the Email addresses for his team. He will be contacting them to begin planning our Fall project shortly.

Thanks for all you do, Altadena Rotarians. I am looking forward to seeing some tangible service in our local community over the next 12 months.

## Dollars & Sense

*Continued from p. 1*

now in Brooklyn, the deliberate overuse of the death penalty by aggressive prosecutors. How many more innocent people will be murdered by the state while our society clings to this outmoded method of punishment?

**SUPPORT  
SIERRA MADRE  
FUNDRAISER**

SEE PAGE 6



# MONEY by Linda Wilkes MATTERS

## ***Economic Update***

### ***In The News***

***February 3, 2014***

The Commerce Department announced that gross domestic product — the total output of goods and services produced in the US — increased at an annual rate of 3.2 percent the fourth quarter of 2013. This follows a 4.1 percent pace of growth in the third quarter of 2013.

New home sales fell 7 percent in December to a seasonally adjusted annual rate of 414,000 units. November's initial reading of 464,000 units was revised to 445,000 units. On a year-over-year basis, new home sales were 4.5 percent higher than December 2012. At the current sales pace, there is a 5-month supply of new homes on the market. An estimated 428,000 new homes were sold in 2013. This is 16.4 percent above the 2012 figure of 368,000.

The Mortgage Bankers Association said its seasonally adjusted composite index of mortgage applications for the week ending January 24 fell 0.2 percent from the previous week. Purchase volume rose 2 percent. Refinancing applications decreased 2 percent.

Pending home sales, a forward-looking indicator based on signed contracts, fell 8.7 percent in December. On a year-over-year basis, December pending home sales were down 8.8 percent.

The Standard & Poor's/Case-Shiller 20-city housing price index — on a non-seasonally adjusted basis — fell 0.1 percent in November after a 0.2 percent increase in October. On a year-over-year basis, prices rose 13.7 percent when compared

with November 2012.

Orders for durable goods — items expected to last three or more years — decreased \$10.3 billion, or 4.3 percent, to \$229.3 billion in December. This follows a revised 2.6 percent increase in November. Excluding volatile transportation-related goods, December orders posted a monthly decrease of 1.6 percent.

Initial claims for unemployment benefits for the week ending January 25 rose by 19,000 to 348,000. Continuing claims for the week ending January 18 fell by 16,000 to 2.991 million. The less volatile four-week average of claims for unemployment benefits was 333,000.

Upcoming on the economic calendar are reports on construction spending on February 3, factory orders on February 4 and international trade on February 6.

### ***Mind Your Money***

#### ***Increasing Home Prices***

#### ***Boost Renovation Business***

Increasing home prices and an improving economy are positive signs for those planning to renovate their homes.

A Houzz *report* revealed a significant drop in the percentage of homeowners who said they are postponing renovation. Compared to a year ago, those planning to delay remodeling dropped by eight percentage points. And only 11 percent said they would need to take out a line of credit to finance their home renovations.

Over the next two years, in a *select all that apply* questionnaire, 10 percent of those surveyed were planning to build a custom home; 40 percent were planning to remodel or build an addition to their house; and 84 percent were planning to

decorate or redecorate.

The top-five renovation projects planned in the next two years were bathroom renovation/addition (28%); kitchen renovation/addition (23%); flooring/paneling/ceiling replacement (18%); patio or landscape addition/replacement (18%) and windows/doors addition/replacement (15%).

In terms of dollars spent, over the last five years, those surveyed spent an average of \$28,030 on kitchen renovations and \$10,422 remodeling bathrooms. Nearly four in 10 home improvement dollars have gone into kitchens in the last five years. The cost of kitchen renovations varied from a high of \$54,942, a mid-range of \$22,390, and a low of \$7,133.

The cost of bathroom renovations varied from a high of \$25,018, a mid-range of \$10,422, and a low of \$2,896.

The top factors driving the desire to renovate were to improve the look, feel and layout of the home (83%); increase home value (54%); improve storage and efficiency (42%); increase energy efficiency (34%); and incorporate new technologies for the home (18%).

The best way to renovate a home is with a renovation loan. They're available for purchase and refinancing and provide substantial savings because they allow homeowners to avoid making improvements with more expensive consumer credit. If you would like more information about renovation loans or have any questions about how such a loan may benefit your clients, please call me today. ☺

Find Linda Wilkes on line: <http://www.myprospectmortgage.com/lwilkes>



Happy  
65<sup>th</sup>

Birthday

Altadena  
Rotary

Est.  
February 14, 1949



The Rotary Club of Sierra Madre  
Invites you to renew your vows of marriage on  
Friday, February 14th  
at 5:30 P.M.

The Villa at Alverno High School  
200 North Michillinda Avenue, Sierra Madre, CA 91024

*Proceeds from this Sierra Madre Rotary event will benefit our Water Project in Tanzania.*

----- detach and return with check -----

Name of Couple: \_\_\_\_\_ Number of Years Married: \_\_\_\_\_

Phone number: (\_\_\_\_) \_\_\_\_\_

May Rotary publish your name as a participant in this event? YES NO

\$30.00 per couple renewing vows.....\$ \_\_\_\_\_

\$10.00 per guest (\$10 x number of guests)=.....\$ \_\_\_\_\_

I/We cannot attend, I/We would like to donate.....\$ \_\_\_\_\_

Total.....\$ \_\_\_\_\_



**Please make check payable to Compassionate Rescue**

**P.O. Box 683, Sierra Madre, CA 91024**

**Compassionate Rescue supports Sierra Madre Rotary's International Water Project in Tanzania.  
Compassionate Rescue is a non-profit, tax-exempt charitable organization under Section 501(c)(3) of  
the Internal Revenue Code. Donations are tax-exempt as allowed by law.**