

This Week

Claire Robinson and Michele Zack *The Need for more Green Space in LA County and a New Vision for Altadena's Triangle Park*

**Program Host:
 Sarah O'Brien**

Claire Robinson, from Amigos de los Rios, the nonprofit creator of the *Emerald Necklace* of green gems in *under-parked* areas of LA County, is working with local advocacy group Altadena Heritage to re-imagine the northwest corner of Altadena Drive and Lake Avenue. We will soon have an inviting park that includes Altadena history, instead of just a sloping piece of leftover land.

Robinson will discuss her 15-year effort to bring more green space to LA County, and Michele Zack – local historian and Heritage Board member – will focus on the new *civic plaza* for Altadena that the two groups are partnering on. The Altadena Triangle Park will help create a public center for our town that

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How to Help Children Avoid Drug or Alcohol Addiction

by Mark Ray – Scouting Magazine, May-June 2014

You don't have to look far to find chilling statistics about substance abuse among kids. According to University of Michigan research, half of American kids have tried an illicit drug before high school graduation, one in 10 high school seniors admits to recent extreme binge drinking (defined as having 10 or more drinks in a single sitting) and nearly 13 percent of eighth-graders say they've smoked marijuana in the past year.

Some kids even throw *pill parties*, according to Charles Pemberton, Ed.D., and the principal therapist at Dimensions Family Therapy in Louisville, Ky. "Everybody brings their pill of choice, and they go into a big vase. People just randomly take some," he says.

Not surprisingly, many of those kids end up in trouble. "We see kids in treatment who are 13 or 14 years old," says Richard Foster, PhD, executive vice president of treatment programs for Gateway Rehabilitation Center in Aliquippa, Pa. "We see them in our teen program, and 10 or 12 years later, they're

in our adult program and then they show up in our corrections program someday. It's sad to see the progression."

Fortunately, you can stop that progression from ever starting. And you don't have to lock up your kids – or your liquor and medicine cabinets – to do so. Pemberton and Foster offer some practical tips.

Address Underlying Issues

The first thing to understand is that peer pressure may lead to experimentation, but it doesn't lead to addiction. That requires deeper problems, according to Pemberton. "My belief is that they get relief from something," he says. "There's depression, there's anxiety, there's a trauma, there's a learning

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Greeters

January 26
Gary Clark

February 02
Theo Clarke

February 09
Steve Cunningham

Program Review

Nat Read Historian, Novelist, Comedian



Nat Read gave a very humorous and entertaining talk in which he gave us snippets of his long and interesting career (taxi driver in Chicago, reserve policeman in Los Angeles working gang suppression in Watts and undercover vice in Hollywood, Exchange student in the

USSR, Naval Reserve Captain, and many other facets).

He is an author (Don Benito Wilson: From Mountain Man to Mayor, a non-fiction work) and a novel (Speed Bumps on the Yellow Brick Road). His talents for writing and humor were very much on display as he discussed his novel, the story of a homeless man who lived in an abandoned

yacht, found a supply of great dress clothes, and wound up being treated as a successful businessman and invited into a Rotary Club with important and successful people. He contrasted the unreality of this novel with the non-fiction work on Don



Benito Wilson and how the improbable events of one of the founders of Los Angeles have many unbelievable similarities.

He inspired several club members to purchase the book on Don Benito Wilson to learn much more of the rich history of Los Angeles and the San Gabriel Valley. Read was given the honor by the Huntington Library to write the history of Don Benito Wilson, a forebearer of San Marino's own General George Patton.

Tom McCurry ○

Congratulations



Birthdays

01/14 - Bill Reeder
01/16 - Sarah O'Brien
01/27 - Ann Rider-Hill



Anniversaries

01/03 - Jim & Karen Gorton
01/04 - Mike & Carol Zoeller
01/22 - John & Joan Frykenberg

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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
2290 Country Club Drive • Altadena, CA
626-794-7163

Rotary Int. Pres.....John F. Germ
Dist 5300 Gov.....Luciano "Lu" de Sylva

Officers

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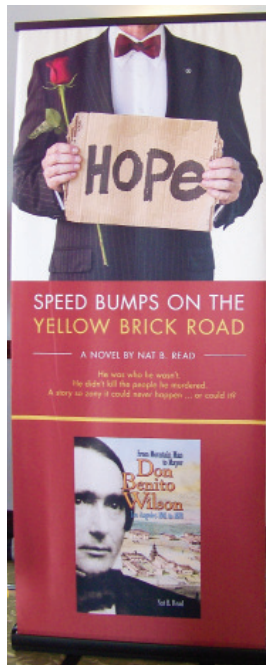
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January

Vocational Service

Program Chair, Sarah O'Brien

January 26 - To be Announced

February

Peace: Conflict Prevention & Reduction

Program Chair, Steve Cunningham

February 02 - To be Announced

February 09 - To be Announced

February 16 - To be Announced

February 23 - To be Announced

Rotary Community Corp. *Doing Service and Engaging More Community*



Rotary Community Corps (RCCs) are teams of men and women who work in partnership with Rotary clubs to improve their communities. Each RCC is sponsored by a Rotary club and, as with Rotaract and Interact clubs, the Rotary club acts as its partner in service.

Some RCCs are created to undertake a special project, while others tackle larger, more entrenched problems on an ongoing

basis. RCCs set their own goals based on their communities' specific needs. As representatives of the population being served, RCC members bring enthusiasm, creativity, and sustainability to the projects they design and implement. They offer community solutions for community challenges.

Membership in an RCC is open to any adult in the community who shares Rotary's commitment to service but is not a Rotary member. The RCC model is flexible and can mobilize volunteers from all walks of life. Meetings typically take place once or twice

per month and dues (if any are set) tend to be minimal. This flexibility encourages diversity in membership and allows members to focus solely on service projects. RCCs also provide their members with opportunities to collaborate with Rotarians and develop valuable leadership skills.

For more information on Rotary Community Corps and how to start an RCC with our club, visit www.rotary.org/rcc or contact our district RCC chair or Rotary International staff at rotary.service@rotary.org.

Form & Line by Jacque Foreman

On one Sunday – oh maybe three months ago, now – Bruce and I found some keys hanging on a chain link fence when we were on our regular walk. On the keys were several of the scanable cards used by companies like Rite Aid and also the Altadena Library. Altadena Library?

That's right! One of the scanable cards was from the library. Thinking that the library might be able to scan the card and find the owner and return his keys, I pocketed the keys until my return home.

When we got back home, I called Mindy Kittay – one of our members and the head librarian at the library – to make sure that I was correct. She told me that I was,

indeed, correct. If I had not been correct, I would have called the companies that were represented on the other two or three cards on the keys.

Kittay assured me that there was a good chance that the library could scan the card and return the keys to the owner. I said that I would bring the keys in on Monday since the library is closed on Sunday. Here is where Kittay went way beyond the call. She said that she would come and pick up the keys in about an hour and go into the library and scan the card and see if she could return the keys.

In this case that the card was too old, and the owner was no longer in their data

base with that number. But, it could have worked out differently.

I find those scanable cards to be a nuisance, but, if you use one or two of them often, or just enough to keep it active, you could get a treasure returned.

Returning Lost Items *Special Store/Membership Cards can Help*

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includes the Community Center, Sheriff's Station, Fire Station and burgeoning commercial node around Mariposa Street and Lake Avenue. Learn what good things are in store for Altadena in 2017 – and how you can get involved!

Scout's

Continued from p. 1

disability, there's something else there that they end up self-medicating."

If you think something's going on, talk with a pediatrician, school counselor, therapist or other mental-health professional about the problems you perceive. "Catching them early is key," Pemberton says.

Model Good Behavior

If the adults in your household drink responsibly, you don't need to go on the wagon to set a good example. In fact, says Foster, kids need to see adults using alcohol responsibly. (They certainly see enough irresponsible drinking on television and in the movies.) "It's important that kids grow up in environments where it's either not there at all or it's there and used responsibly," he says.

So should parents who imbibe wait to drink until the kids are in bed? Foster doesn't think so. "It's better to have it out in the open and be able to talk about it than to sneak," he says.

Modeling good behavior extends to prescription drugs. "We live in a world that answers a lot of questions with medication; in some ways it sends a bad message when kids see mom and dad take pills every day

and we never tell them what that's about," says Pemberton. "I don't want parents to say that medication is bad, but we need to spend the time to say medication is a tool and explain how that tool works."

Communicate Early and Often

Communication shouldn't end with prescription drugs, nor should it begin when kids reach their teens. "You can never start too early," Foster says.

And you can't talk too often, Pemberton says. Instead of having a big talk about substance abuse once a year, take advantage of teachable moments every week. "When you're watching TV and something happens [related to substance abuse], pause the TV and say, 'What just happened?'" he says. "The consistent conversations stick with people more than the in-depth conversation."

Pemberton had one of those consistent conversations recently when he had to show his ID to buy some superglue. "My Cub Scout was with me," he recalls. "It was the perfect opportunity to say, 'Do you know why they won't sell that without ID? It's because if you inhaled it, bad things could happen.'"

Some might argue that Pemberton planted an idea in his 8-year-old's head, but he disagrees. "The idea that if we don't talk about it, they'll never hear it is ludicrous. They've probably already sniffed the dry-erase markers at school (for fun, not to get high)," he says.

Look for Warning Signs

Despite your best efforts, your kids may still get in trouble. That means you should be on the lookout for physical and behavioral changes that could indicate a problem.

Physical signs can include weight change, a reduced energy level, or eyes that are red, bloodshot, dilated or glazed. Behavioral changes can include hanging out with a different crowd, having trouble in school or becoming withdrawn. "Parents just have to be more attentive as the kids get older and start to do things with more people in social settings," Foster says.

You should also watch for signs that your kids are hiding something. Energy drinks can counter the effects of illicit drugs. Dark glasses can hide bloodshot eyes. Spray cologne can cover up the smell of cigarettes. That doesn't mean a kid who uses a lot of Axe body spray is smoking, but you might start to wonder if he wears it all the time.

Get Help When Needed

Finally, get help soon if your child is drinking or using illicit drugs. "If parents catch it early enough, intervene and get the resources and help they need early on, the child can get back on the right track," Foster says.

And don't be too quick to point fingers. "Rather than saying, 'You have a problem,' say, 'I'm scared that there's a problem,'" Pemberton explains. "Then it becomes, 'Let's find a solution together' versus putting the child on the defensive." ○



Second Saturday CONCERTS



SECOND SATURDAYS
[mostly]
FROM 6:30 TO 8 PM
AT THE
ALTADENA
LIBRARY

Listen to great music as you sip craft beer and fine wine from The Ale House; savor wonderful dishes from El Patron and Guerrilla Chef Mateo; and sample delectable desserts from Sweeter Than Honey



UPCOMING EVENTS

Young Dempsey

Hot-rodded nostalgic Doo Wop and Country

December 3 [First Saturday]

Todd Washington Trio

Blues, Folk, Rock, Soul and Gospel

January 14, 2017

Louis Van Taylor Quintet

Jazz

February 11

DeRumba

Spanish Guitar to the beat of the Gypsy Rumba

March 11

Splish Splash Band

Acoustic Classic Rock, Folk 'n Blues

April 8

Michael Haggins Band

Funk and Smooth Jazz

May 13

The Satisfaction Band

Dance music Top 40, Latin Rock, R&B, Cumbias and Oldies

June 10



Altadena
Libraries

600 East Mariposa
Altadena | 626 798 0833
www.AltadenaLibrary.org

PTSA Beautification Day

Saturday, January 28, 2017

Lunch Provided

Check in: 8:00am

End of the Day: 2:30pm



RSVP

muirmustangspts@gmail.com

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