

This Week

The 4-Way Speech Contest Returns to our Club

This week, in lieu of a speaker, the Club will hold it's Annual 4-Way Speech Contest. This event is sponsored by Rotary District 5300. There will be four talented High School students competing to represent our Club at the next level of the Speech Contest.

After the competition on Thursday, the next round will be held at the Pasadena Rotary Club on Wednesday, March 13. The winner of that contest moves on to the Semi-final stage that will be held at the Montebello Rotary Club meeting on Wednesday, April 17, at noon. From there, the winning student competes at the District 5300 Annual Conference on Saturday, May 3 in Anaheim, where she or he will compete for a \$5,000 scholarship.

From the earliest days of the organization, Rotarians have been concerned with promoting high ethical standards in their professional lives. One of the world's most widely printed and quoted statements of business ethics is **The 4-Way Test**, which was created in 1932 by Rotarian Herbert J. Taylor (who later served as RI president) when he was

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Mardi Gras

Some Interesting Facts

Although I own property in New Orleans, I've yet to make it there for Mardi Gras celebrations!

This year Mardi Gras falls on Tuesday, March 5. It is known elsewhere as *Sbrove Tuesday* or *Pancake Day*. Here are a few interesting and fun facts about *Fat Tuesday* in the US, and its origin:

Louisiana is the only state in which Mardi Gras is a legal holiday! However, elaborate carnival festivities draw crowds from other parts of the United States during the Mardi Gras season as well, including Alabama and Mississippi. Each region has its own events and traditions.

Mardi Gras is a tradition that dates back thousands of years to pagan celebrations of spring and fertility, including the raucous Roman festivals of Saturnalia and Lupercalia.

When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess and debauchery of the Mardi Gras season became a prelude to Lent – the 40 days of fasting and penance between Ash Wednesday and Easter Sunday.

The origins of Mardi Gras can be traced to medieval Europe, passing through Rome and Venice in the 17th and 18th centuries to the French House of the Bourbons. From here, the traditional revelry of *Boeuf Gras*, or *fatted calf*, followed from France to her

colonies.

Mardi is the French

word for Tuesday, and gras is the French word for fat. In France, the day before Ash Wednesday came to be known as Mardi Gras, or *Fat Tuesday*. Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods – meat, eggs, milk, lard, cheese – that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting. The word carnival, another common name for the pre-Lenten festivities, also derives from this feasting tradition: in Medieval Latin, carnelevarium means to take away or remove meat, from the Latin *carnem* for meat.

There are claims that the original Mardi Gras began in the city of Mobile, Alabama in 1703. New Orleans would not be founded for another 15 years after this time. Others suggest that the first American Mardi Gras took place on March 3, 1699, when French explorers Pierre Le Moyne d'Iberville and Sieur de Bienville landed near present-day New Orleans, Louisiana. They held

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Greeter of the Week

March 07
Mike Zoeller

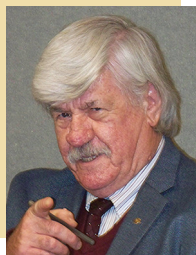
March 14
Ruben Alvarado

March 21
Sue Applegate

Program Review

“Teachers need to Learn how to Teach Books so they are Interesting to their Students”

Jervy Tervalon



Our guest speaker last week (February 28) was Jervy Tervalon, a local Altadena resident and a bit of a celebrity – at least in the literary world. He is an author of many short stories, essays and published

articles. But even more impressive, he has written six novels and two anthologies. One of his novels, *Understand This*, was his Master's thesis at UC Irvine. It won the 1994 New Voices Award from Quality Paper Books. It was a best seller. It is based on Tervalon's experiences teaching underprivileged children. His latest novel is *Monster's Chef*.

Tervalon is proud of the profession he has chosen, saying that “everything good that has come to me in life has come from writing, including my wife and baby daughter,” who charmed us all as she attended our Rotary meeting with her father. He credits his success in writing to receiving support and encouragement early on. His first writing was a poem that he wrote while a student at Jefferson Park Elementary School in LA. He received a lot of positive feedback, which led him to believe that he may have some talent here. While attending the University of Santa Barbara, where he received a BA in Literature, a friend – recognizing his potential – suggested that he should write and try to publish something. So he



wrote a story and sent it in to a publisher. Although the story was rejected by the publisher, the rejection notice came with so much positive feedback that it provided him with encouragement to keep trying ... which he did.

Tervalon taught for five years at Locke High School, which is in a very rough part of Los Angeles. While there, three students from the school were murdered and two others were shot. It was there that he began

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Sparks is published 48 weeks a year and is the official publication of the Rotary Club of Altadena. The deadline for submission of articles is Friday at 6p to current editor email, fax, or delivery.

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

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Dist 5300 Gov. John Chase

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David Smith..... International
To be Announced..... Asst. International
Tony Hill..... Youth Contests/Awards
Mike Zoeller..... Youth Projects
John Frykenberg..... Vocational
Editor, Design & Typesetting..... Foreman Graphics
Photography..... Jacque Foreman

March Water & Sanitation

Program Chair: Tom McCurry

March 07 - 4-Way Speech Contest

March 14 - To be Announced

March 21 - Dan Stover Music Contest

March 28 - Hoppy Price, JPL, Plans for the Mars Sample Return Mission

April Mom & Child Health

Program Chair: David Smith

Congratulations



Birthdays



08 - Jeri Cunningham

14 - Steve Cunningham

15 - Trish Robinson

15 - David P. Smith



Anniversaries



01 - Tom & Etta McCurry

13 - Steve & Sunny Wu Kerekes

30 - Dennis & Noriko Suzuki Mehringer

From the Concert Publicity Committee Flyer Ideas -- You can tell Us Which You Like and Why



The Last year I decided that we needed to have our own flyer

ground is light with black lettering and the other is dark with reverse (white) lettering. Look closely because the concert schedule is presented in two different ways. The proposed schedule has room for five concerts in August because this year there are five Saturdays in August. This fifth concert may or may not remain, depending on what the scheduling committee decides.

On Tuesday evening, March 05 at 6p, the Publicity Committee is meeting at Dr. David Campbell's office, 1955 N. Lake. One of the things that may be discussed is which of these flyers will be used, or if I should go back to the drawing board and come up with something different.

The *Concert in the Park* logo is one that I created last year. It was used on the weekly programs. and is likely to be continued this year and will be used on the flyers as well as the weekly programs. The weekly programs highlight the performance for that week.

In one of my next articles, I will let you know what has been decided so you will be in the circle of knowledge. ○

This Week

Continued from p. 1

asked to take charge of a company that was facing bankruptcy. This 24-word test for employees to follow in their business and professional lives became the guide for sales, production, advertising, and all relations with dealers and customers, and the survival of the company is credited to this simple philosophy. Adopted by Rotary in 1943, **The 4-Way Test** has been translated into more than a hundred languages and published in thousands of ways. It asks the following four questions about ...

the things we think, say or do:

•
Is it the TRUTH?

•
Is it FAIR to all concerned?

•
Will it build GOODWILL and BETTER FRIENDSHIPS?

•
Will it be BENEFICIAL to all concerned? ○

The Rotary Club of Altadena Presents

Concerts in the Park

In Cooperation with LA County Parks & Recreation

All concerts are FREE and start at 7:00 PM in the Amphitheater at Farnsworth Park, 568 East Mt. Curve Ave., Altadena, CA 91001 / For information: 626-123-1234
Visit: Our Concerts in the Park Facebook Page

23rd Annual Summer Concert Series Schedule - 2019

Kenny Sara and the Sounds of New Orleans.....	Saturday, July 06
Susie Hansen Latin Band.....	Saturday, July 13
Lisa Haley and the Zydekats (Americana/Cajun).....	Saturday, July 20
Mary Jane's Last Dance (Tom Petty Tribute).....	Saturday, July 27
Deja Vu (Rock & Roll Dance).....	Saturday, August 03
Upstream (Steel Drum Reggae and Soca).....	Saturday, August 10
Greg and the Gallows (Country/Americana).....	Saturday, August 17
The Blue Breeze Band (Motown, R&B, Funk).....	Saturday, August 24
To be Announced.....	Saturday, August 31

And ... For The Grand Finale ... Saturday, September 14
Whos Next in their Tribute to:
THE WHO
Presented by B & E Promotions & Sheriff's Support Group of Altadena

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publicizing our Summer Concerts rather than just using what had been used for years. It was August 2018 when I put the idea together. And I am showing the ideas to you here.

The background of the flyer is a full bleed - meaning that the color extends to the edge of the paper on all four sides. It was created from one of the photographs I took of the crowd at one of our last concerts in the 2018 season.

You will notice that one back-

The 2019 District 5300 Peace Conference -- A Perspective

by Jennifer Hall Lee and Sylvia Vega
with Additional Comments by Carina Jacob, Rotary Interact Mentor
and the Muir Interact Students who also attended

The Rotary District 5300 29th Annual Peace Conference was held on Saturday, February 23 at the University of LaVerne. Our club was a SILVER Sponsor. For Sylvia and me, this was our first Rotary District event.

Also attending from our club were Rene Amy, Doug Colliflower, and Mark Mariscal. We also had two Interactors from Muir High School, Jennifer Cuevas and Alejandra Anaya Diaz along with Muir HS Alumna and Interact Volunteer Adult Advisor, Carina Jacob.

The theme of the conference was **Peacebuilding: One Person at a Time**. The Peacemaker of the Year, Honoree and Keynote Speaker was the Honorable Ray LaHood. LaHood shared his thoughts on consensus building by utilizing three things that he believed are very important:

- Listening,
- Compromising, and
- Respecting others.

Other speakers included Dr. Thomas Le, Assistant Professor of Politics at Pomona College; Challenge Day leader Yvonne St. John-Dutra; Thomas D. Allison, Esq., Founder and President of Social Justice Ad-

vocacy; Ellen Chilemba, founder of Tiwale, a community organization supporting Malawian women; and Dr. Sarah Phillips (who also worked with Ray Carlson and John Frykenberg on *Vocational Service - Entrepreneurship Education* for many years) from the Rancho Cucamonga Rotary Club.

Each speaker presented information that engaged the audience with ideas about how to build peace. For our first Rotary District event, it was enjoyable and educational.

◊ ◊ ◊

Dr. Le shared his passion for strategies in realizing peace through the study of politics and governments, specifically North and South Korea, Japan and the United States. He interestingly discussed how our current discourse has been damaged by social media. He mentioned John Putnam's work on civic society as important reading.

◊

Dr. Allison's talk described his work bringing law enforcement and community together. He shared that we have more in common than we have differences.

◊

Ms. St. John-Dutra shared her story and how she works to create peace at schools.

She described the loneliness, separation and isolation that school age children can experience. One thought provoking question that opens up a discussion is, "What would I know if I really knew you?" She also impressed upon us to put down our phones and talk with people in person.

◊

Peacebuilding: Strategies for Making a Difference was Dr. Phillips's focus. She shared the importance of focusing on each other's strengths, learning from others as we interact with them, to have empathy and that differences and similarities affect all relationships and decisions.

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Following the speaker portion, the speakers were brought back for a panel discussion in which the members of the audience were able to submit questions. After the panel discussion, youth awards were presented followed by the *Art of Peace* Contest winners. Ray LaHood was awarded Peacemaker of the Year.

It was a pleasure to meet Rotarians from throughout the District, specifically Pasadena Rotarian Deborah Lewis, who I was told was a speaker at our club last year. ○



A Second Perspective

by Carina Jacob,
Rotary Interact Mentor

Rotary Interact Members from John Muir High School, Jennifer Cuevas and Alejandra Anaya Diaz, attended Rotary's 2019 Annual Peace Conference at the University of LaVerne.

As part of the Muir HS Alumni Association and serving as the Rotary Interact Mentor at the school, I attended the conference as well.

The speakers were very diverse! Both students felt inspired! They learned that, by speaking and showing a caring attitude with one person at a time, they can help create more peace in the world. Cuevas and Diaz were especially impressed by one of the speakers, Dr. Sarah Phillips. Phillips works with students in the Sacramento area. Her topic was *Peacebuilding Strategies for*

Making a Difference. She showed a film that displayed students and teachers showing love and caring for other students. The display of care and emotion helped make the campus at Colussus High School more peaceful.

As part of the Peace Conference, the High School youths spent some time away

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Sparks - Altadena Rotary Club Newsletter

Perspective

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from the Rotarians during the program hours. In one of the breakout sessions for the youth, Phillips had the students participate in a workshop where they sat in groups of three. Each person in the group had to finish the sentence, "If you really knew me, you'd know..." The students in the group felt closer to each other after the exercise.

Also, Denise Wadsworth from San Marino Rotary did some exercises with the students. She had the students list things they liked about their schools and how the schools could improve.

Cuevas and Diaz are very thankful to Altadena Rotary for sponsoring their attendance to the conference. ○



Those who attended the 2019 District 5300 Peace conference were: Back Row (l to 4) Doug Colliflower and Rene Amy, and in front (l to r) Mark Mariscal, Sylvia Vega, Jennifer Cuevas, Alejandra Anaya Diaz, Jennifer Hall Lee, and Carina Jacob.

In Tune

Continued from p. 1

a small celebration and dubbed their landing spot *Point du Mardi Gras*.

In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls and lavish dinners. When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a US state in 1812.

On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they'd observed while visiting Paris. Ten years later, the first recorded New



Orleans Mardi Gras parade took place, a tradition that continues to this day.

In 1857, a secret society of New Orleans businessmen called the *Mistick Krewe of Comus* organized a torch-lit Mardi Gras procession with marching bands and rolling floats, setting the tone for future public cel-

ebrations in the city.

Since then, krewes have remained a fixture of the Carnival scene throughout Louisiana. Other lasting customs include throwing beads and other trinkets, wearing masks, decorating floats and eating King Cake.

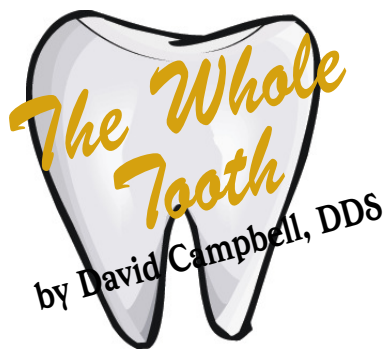
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"It has been said that a Scotchman has not seen the world until he has

seen Edinburgh; and I think that I may say that an American has not seen the United States until he has seen Mardi Gras in New Orleans!" ○

Mark Twain

Sources incl. History.com



A Simple, 10-Cent Tool could Save the Smile of Those Who are now Thirty and Younger

Do we still need dentists?

With the introduction of fluoride in the water, the number of people who have initial cavities in healthy teeth is decreasing every year. Yet, these developments have only benefited those who are under thirty.

The old silver filling and crowns require about as much maintenance as an automobile. We are blessed to have better services to help service these teeth, but the initial cavities of those over thirty were so large that many teeth are lost as the restorations develop leaks and recurrent decay. Today, those under thirty are receiving extremely small, less invasive fillings that are going to need very little maintenance as these young people age.

Minimally invasive procedures maintain tremendous amounts of healthy tooth structure that used to be lost because silver fillings had to be 3 mm wide just to stay strong. Today, the initial fillings are not only white and bonded, but they are only 0.5 mm wide. It is very similar to the heart valve surgical procedures that occur through the leg. The heart surgery is extensively more complicated than white fillings, but the minimal invasive approach reduces the damage to adjacent structures. So the cusps of the teeth

are stronger after a bonded white filling as in the less invasive heart ribs and chest com -

surgeries, the are stronger pared to open heart sur-

loose their teeth due to recurrent decay.

Today's Tooth Loss can be Prevented by a Simple, Repetitive Practice

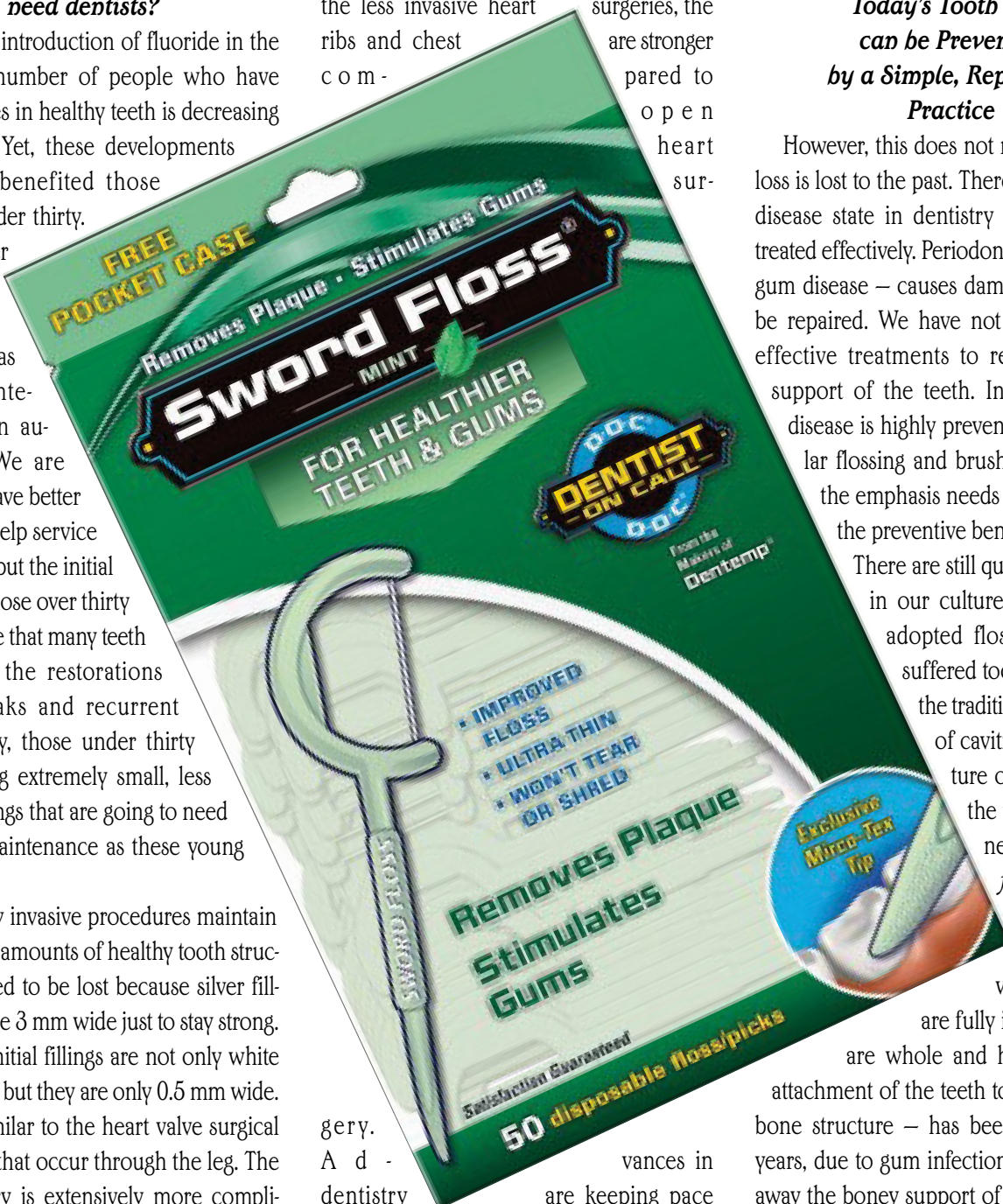
However, this does not mean that tooth loss is lost to the past. There is a frustrating disease state in dentistry that is still not treated effectively. Periodontal disease – the gum disease – causes damage that cannot be repaired. We have not developed any effective treatments to repair the bone support of the teeth. Interestingly, this disease is highly preventable with regular flossing and brushing. Of course, the emphasis needs to be placed on the preventive benefits of flossing.

There are still quite a few people in our culture who have not adopted flossing and have suffered tooth loss without the traditional destruction of cavities and the fracture of teeth. Most of the teeth lost to this new generation of fluoride youth (thirty and below) are lost while the teeth

are fully intact. The teeth are whole and healthy, but the

attachment of the teeth to the jaws – the bone structure – has been lost over the years, due to gum infection slowly melting away the boney support of each tooth. ***All this could be prevented by simply flossing.***

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gery. A d - vances in dentistry are keeping pace with ad - vances in medicine. Children are doing better, and likewise, the thirty-year olds today are never likely to

Tooth

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There are a few reasons why flossing has not been effectively adopted by our culture:

Many young people can get away without flossing. Their parents and dentists preach flossing, but many young people – especially males – try to skip it. There are many young people under thirty who can remain healthy without flossing. The age at which flossing becomes absolutely vital to healthy gums varies among people quite a bit. There is an inheritable resistance to gum disease as well. So, some of the more fortunate people have no consequences when they avoid flossing and often the young superhero egos of the jet set crowd will even share their ignorance that flossing isn't important. Sadly, many young women develop their first bouts of gum infection during their first pregnancies. Yet, even more sadly, are the young men who never notice that their bleeding gums are causing lasting damage to their teeth until their teeth are loosened and beyond treatment. At least

a pregnancy flare up of periodontitis cause superficial gum pain long before the long lasting bone support is lost.

Another reason that flossing has not yet reached the potential to eliminate the profession of dentistry is that dentist have not researched when flossing should be started. The age of flossing is sometimes preached to parents of new borns. While the true age – from my experience – is in the late teens, but most people really don't notice the hardened accumulation of plaque (tartar) until they are in their thirties. The common education includes flossing from 6 years of age on through adulthood. Yet, the acceptance of flossing is very weak until the late twenties. The neglect of flossing is very high in teens, and that particular neglect does not result in gum disease for most teens. Instead, the consequences for a lack of flossing don't arise until later ... in the late twenties and early thirties.

The success in fighting periodontitis has

come in very small improvements ... in the 10-cent flossing sticks. These little swords are not highly pitched by million-dollar pharmaceutical conglomerates. These little tools are so inexpensive and nearly ignored in the higher ivory towers of academic dentistry, because they are so simple. Yet, their benefits – in simplifying periodontal healing and maintenance – can alleviate the pandemic of dental tooth loss.

Sadly, there are no super bowl ads for these items. They are not difficult to find, but this unsung innovation has the potential to preserve smiles and nearly eliminate complex dental care for adults who adopt this dedication. Flossing sticks are just so easy to use. A year's supply can cost as little as 5 dollars. The only hitch is there is no campaign to spread their popularity. Thus I write:

***Please spread the word
and popularize
the flossing stick.*** ○

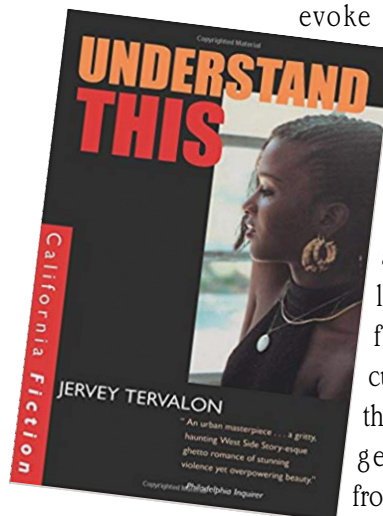
Program

Continued from p. 2

to realize that our public schools pay a ton of money to companies to develop and administer all sorts of testing of students, and that a much better result could be achieved if this money were instead spent on teaching children to read. His dream is to have a huge gathering of all elementary and high school teachers where they would be taught how to teach literature to children to make it an exciting, enjoyable experience rather than an ordeal. We need to get off the testing culture and instead engage children in actual reading of great literature. As an example he spoke of the huge impact *The Rhyme of the Ancient Mariner* had on him when he first read this epic poem. He described the experience as "riveting." He said how he had his students read *Indian Camp* to

get a reaction from them about what they were reading.

He believes that good books should evoke emotion



in the local community." Instead, he says, schools often select

in the reader. He says that, "When schools select books for the curriculum, they should get input from readers local commu-

books from a list provided by multinational companies that have no connection to the local community. He also believes that the training process of teachers has to change by teaching them how to teach a story so the students will be captivated by the content of the story.

On the subject of the writing for a living, Tervalon describes agents as very strange people. He has reached the conclusion that he would rather not write at all than write something that an agent has suggested. On a positive note, in his concluding his remarks, he said, "Books are here to stay, Ebooks are just not catching on. Publishers are still making money, and bookstores are adapting to find ways to appeal to the masses and remain in business."

Tony Hill ○

Second Saturdays



October 13*

Upstream
Reggae, Soca, Caribbean

November 10

Past Action Heroes
80s & 90s Covers

January 12

Pasadena Playboys
Country

February 9

JazzZone
Smooth Jazz, R&B

March 9

**The Allan Wasserman
Jazz Ensemble**
Jazz

April 13

Sangre Nueva
Salsa

May 11

The Leapin' Lizards
Rockabilly, Blues, Swing

June 8

Harbor Groove
Latin Rock

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*October 13th's Second Saturday Concert is sponsored by the office of Los Angeles County Supervisor Kathryn Barger.