



Rotary Club of Altadena

# Sparks

OFF THE ROTARY WHEEL  
AN AWARD-WINNING NEWSLETTER



April 28, 2016

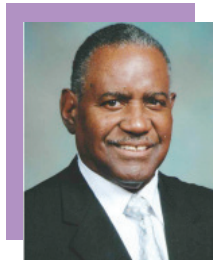
## This Week

**A Special Meeting at the Altadena Library  
A Tour of the Library and Plans for the Future  
Guest Program Host: Mindy Kittay**

Mindy Kittay, Head Librarian at Altadena Library, is hosting our regular April 28 meeting in the library's Community Room. We will get a private tour of the library, during which Kittay will be letting us in on the future plans for the library. This will include both structural and operation changes.

Because these changes will be taking place over time, she will be sharing the current schedule for what will be happening over this next year and the proposed schedule for subsequent changes and enhancements.

Since our winter/spring Rotary project is helping with the creation of an example of a low-water-use garden, she will also be giving us a tour of the garden's location and the placement of the benches and waste cans we are providing.



## Quietly Quick

by Steve Cunningham, *President*

### Five Methods to Banish Worry

by Professor William Lyon Phelps, Part 10 of  
*How to Stop Worrying and Start Living*  
by Dale Carnegie

**T**his article from Dale Carnegie's book *How to Stop Worrying and Start Living* is based on the notes that Dale Carnegie took during an extensive interview with William Phelps shortly before his death. They discussed Phelps' five methods for banishing worry.

**1.** When I was twenty-four years old, my eyes suddenly gave out. After reading three or four minutes, my eyes felt as if they were full of needles; and even when I was not reading, they were so sensitive that I could not face a window. I consulted the best oculists in New Haven and New York. Nothing seemed to help me. After four o'clock in the afternoon, I simply sat in a chair in the darkest corner of the room, waiting for bedtime. I was terrified. I feared that I would have to give up my career as a teacher and go out West and get a job as a lumberjack. Then a stranger thing happened which shows the miraculous effects of the mind over physical ailments. When my eyes were at their worst that unhappy winter, I accepted an invitation

to address a group of undergraduates. The hall was illuminated by huge rings of gas jets suspended from the ceiling. The lights pained my eyes so intensely that, while sitting on the platform, I was compelled to look at the floor. Yet during my thirty-minute speech, I felt absolutely no pain, and I could look directly at these lights without any blinking whatever. Then when the assembly was over, my eyes pained me again.

I thought then that if I could keep my mind strongly concentrated on something, not for thirty minutes, but for a week, I might be cured. For clearly it was

*Please turn to Quietly, p. 4*

## April Team

Jim Gorton • Mindy Kittay  
Julius Johnson • Gary Clark  
Mike Noll • Sterling Louviere

### Meeting Responsibilities

- Setup • Greeter •
- Flag Salute • Song •
- Inspirational Presentation •
- Happy Bucks • 4-Way Test •
- Takedown •

# Program Review

## Supporting Those Who Serve



That's what our Club does as it awards \$2,500 scholarships to military veterans who are attending college at PCC. This award is to help veterans in their efforts to transition from military to civilian life. The program was opened by PCC Professor, Dr. Harold Martin, who teaches a class called *Boots to Books*, which is specifically designed to

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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  
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help in this difficult transition.

The first awardee to speak was Ericka Sanchez. Sanchez comes from a family with a history of serving this country. Her grandfather served in Vietnam, and her brother joined the Marines right after 9/11. She enlisted before she graduated high school, and two weeks after graduation, she was sent off to boot camp in the Marine Corps. Shortly after, she was deployed for 7 months as part of a Military Police company in 2006 to the Al Anbar Province in Iraq. Although she was trained in logistics, when she deployed, she became one of the unit's machine gunners. She was the only female in a 12-man squad. Though



the military stated that women did not have combat roles, they really did.

That year, 16 military women were killed in Iraq. This had a great impact on Sanchez. When she returned, she had decided to pursue nursing. She had a hard time transitioning from her experiences in the Marine Corps. Sanchez felt disconnected and much older than other students. After becoming involved with the PCC Veterans Programs, she finally began transitioning from Marine to student, and is pursuing her desire to serve others.

Sanchez stated that it took weeks for her to complete the scholarship applica-

*Please turn to Program, p.3*

### April Magazine Month

Program Chair, David Smith

April 21 - PCC Veterans' Scholarships -  
 Chaired by Craig Cox

April 28 - Meeting location: Altadena Library -- Tour of project area to be given by Mindy Kitta

### Congratulations



#### Birthdays



04/13 - Alice Hudson  
 04/18 - John Frykenberg  
 04/29 - Mike Noll



#### Anniversaries



04/27 - Sterling & Olga Louviere



## Medicare at Age 76! Excerpted from *Health Journal*



Hospital Medicare admittance changed under Obama Care: You must be admitted by your primary

Physician in order for Medicare to pay for it! If you are admitted by an emergency room doctor, it is treated as outpatient care where hospital costs are not covered.

- At age 76 you are not eligible for cancer treatment \* (see page 272 ACA).
- Judge Kithil of Marble Falls, TX - highlights the most egregious pages of HB3200. (See pages 58 & 59.)
- Page 50/section 152 states that the bill will provide insurance to all non-US residents, even if they are here illegally.
- Pages 58 and 59: The government will have real-time access to an individual's bank account and will have the authority to make electronic fund transfers from those accounts.
- Page 65/section 164: The plan will be subsidized (by the government) for all union members, union retirees and for community organizations (such as the Association of Community Organizations for Reform Now - ACORN)
- Page 203/line 14-15: The tax imposed under this section will not be treated as a tax. (reasoning questionable)
- Page 241 and 253: Doctors will all be paid the same regardless of specialty and the government will set all doctors' fees.
- Page 272. section 1145: Cancer hos-

pitals will ration care according to the patient's age.

- Pages 317 and 321: The government will impose a prohibition on hospital expansion; however, communities may petition for an exception.
- Page 425, lines 4-12: The government mandates advance-care planning consultations. US citizens on Social Security will be required to attend an *end-of-life planning* seminar every five years. (Death counseling)

- Page 429, lines 13-25: The government will specify which doctors can write an end-of-life order.

**Notably, this bill does not apply to members of Congress.**

There is little anyone can do about these provisions of Affordable Health Care, other than **vote**, but awareness helps.

Warren Buffet asks that this information be disseminated broadly to aid Medicare recipients in planning for their health care needs. ○

## Program

Continued from p.2

tion, and she was surprised she won. She said she really appreciated the support that our Club gives to veterans.

The next awardee was Jose Soto, a local boy from South Pasadena. He enlisted immediately after high school. He wanted to join the infantry, but his colorblindness prevented that. He still was able to serve in the 1<sup>st</sup> Airborne Group for 8 years. Soto was deployed to Japan, the Philippines, and Afghanistan. He continued training throughout his time in the Army, going through various leadership schools from Jumpmaster School, Primary Leadership Development, and Advanced NCO training. He was promoted 6 times and was awarded several commendations and medals. Soto is currently the head cross-country coach at South Pasadena High School. Since 2009, he has been running a Leadership Development Program for bright young athletes.



Soto stated that he finally learned to respond to people who thanked him for his service by thanking them for their support. And, that's what he did for us ... several times.

*Please turn to Program, p.5*



## Down in the Mouth

For centuries, the mouth and the body have been disconnected — at least when it comes to health care. Through the Middle Ages and beyond, teeth fell under the care of barbers, who could shave a customer and pull a molar with equal skill. In the 1700s, French surgeon Pierre Fauchard published the *Treatise on Teeth*, establishing dentistry as its own science.

Across the channel in England, as physicians gained stature in the 19<sup>th</sup> century, surgeons and dentists engaged in a power struggle. In the modern United States, after medicine became linked to employer insurance and Medicare, the fissure between medicine and dentistry widened. Insurance coverage began at the throat

So when Salomon Amar, a periodontal specialist at Boston University, began exploring links between oral bacteria and heart disease in animal studies in the late 1990s, reactions were lukewarm. “Many cardiologists thought we were a bit crazy,” he says. Skepticism still abounds, but the same molecular tools that have dramatically changed understanding of the gut microbiome are now allowing scientists to

track and examine bacteria in the mouth. Advocates of a connection between the artery disease atherosclerosis and microbes are hoping to find convincing proof of their suspicions, while exploring links between ailing gums and other conditions, including cancer, arthritis, diabetes and even Alzheimer’s disease.

The work has profound implications for public health, given that more than 65 million American adults are thought to have periodontal disease, which occurs when bacterial overgrowth inflames the gums and can lead to erosion of gums and bone. If it turns out that periodontal decay drives other diseases, doctors would have a new — and relatively simple — means of prevention.

### ***Ponder This ... It may Pay To see Your Dentist Regularly***

Fifty percent of US adults over age 30 have periodontal disease. And it has been found that there is a

- 6 times faster cognitive decline among Alzheimer’s patients with gum disease than those with healthy gums, and a
- 2.5 times greater risk of several cancers

among nonsmokers with advanced gum disease than those with healthy gums

• • •

*This article is excerpted from an article that appears in the April 16, 2016, issue of Science News under the headline, “Down in the mouth.” Magazine issue: Vol. 189, No. 8, April 16, 2016, p. 18* ○

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## Quietly

*Continued from p. 1*

a case of mental excitement triumphing over a bodily illness.

I had a similar experience later while crossing the ocean. I had an attack of lumbago so severe that I could not walk. I suffered extreme pain when I tried to stand up straight. While in that condition, I was invited to give a lecture on shipboard. As soon as I began to speak, every trace of pain and stiffness left my body; I stood up straight, moved about with perfect flexibility, and spoke for an hour. When the lecture was over, I walked away to my stateroom with ease. For a moment, I thought I was cured. But the cure was only temporary. The lumbago resumed its attack.

These experiences demonstrated to me the vital importance of one’s mental attitude. They taught me the importance of enjoying life while you may. So I live every day now as if it were the first day I had ever seen and the last I were going to see.

I am excited about the daily adven-

Please turn to Quietly, p.5

Sparks - Altadena Rotary Club Newsletter

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## Combined New and Current Board Meeting/Vote scheduled for May 03 at 6p

Both the new board (Charlie Wilson’s) and current board (Steve C.’s) need to vote on/confirm the Committee Chairs, Secretary, Treasurer, and President Elect, etc. positions for Wilson’s term as president of the club (July 01 2016 - June 30 2017).

To make sure this occurs in a timely manner, Wilson has asked that the members of both BODs attend the next Altadena Rotary Board Meeting, scheduled for Tuesday, May 3, 2016 at 6p at the Altadena Library (Mindy Kittay’s office). ○

# Quietly

Continued from p. 4

ture of living, and nobody in a state of excitement will be unduly troubled with worries. I love my daily work as a teacher. The Excitement of Teaching. Teaching has always been more than an art or an occupation to me. It is a passion. I love to teach as a painter loves to paint or a singer loves to sing. Before I get out of bed in the morning, I think with ardent delight of my first group of students. I have always felt that one of chief reasons for success in life is enthusiasm.

**2.** I have found that I can crowd worry out of mind by reading an absorbing book. When I was fifty-nine, I had a prolonged nervous breakdown. During that period, I began reading David Alec Wilson's monumental *Life of Carlyle*. It had a good deal to do with my convalescence because I became so absorbed in reading it that I forgot my despondency.

**3.** At another time when I was terribly depressed, I forced myself to become physically active almost every hour of the day. I played five or six sets of violent games of tennis every morning, then took a bath, had lunch, and played eighteen holes of golf every afternoon. On Friday nights I danced until one o'clock in the morning. I am a great believer in working up a tremendous sweat. I found that depression and worry oozed out of my system with the sweat.

**4.** I learned long ago to avoid the folly of hurry, rush, and working under tension. I have always tried to apply the philosophy of Wilbur Cross. When he was Governor of Connecticut, he said to me; "Sometimes when I have too many things to do all at once, I sit down and relax and smoke my pipe for an hour and do nothing."

**5.** I have also learned that patience and time have a way of resolving our troubles. When I am worried about something, I try to see my troubles in their proper perspective. I say to myself; "Two months from now I shall not be worrying about this bad break, so why worry about it now? Why not assume now the same attitude that I will have two months from now?"

## Summing It All Up

To sum up, here are the five ways to banish worry:

1. Live with gusto and enthusiasm: I live every day as if it were the first day I had ever seen and the last I were going to see."
2. Read an interesting book: "When I had

3. Play games: "When I was terribly depressed, I forced myself to become physically active almost every hour of the day."
4. Relax while you work: "I long ago learned to avoid the folly of hurry, rush, and working under tension."
5. "I try to see my troubles in their proper perspective. I say to myself, "Two months from now I shall not be worrying about this bad break, so why worry about it now? Why not assume now the same attitude that I will have two months from now?" ○

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## Program

Continued from p.3

The final awardee was Shakiem (Gabriel) Smith. Right after high school, Smith



joined the Marine Corps. His mother was enthusiastic and said "go and become a man!" and, his mother was right. In his words, "It took him on a path from boyhood to manhood." It taught him discipline and responsibility and helped him to see the world in a different light. He had two deployments to Afghanistan. He was an Administrative Specialist supporting his unit. He received several campaign citations and awards for his service and a Combat Action Ribbon. He currently has a 3.25 GPA, and is majoring in computer information systems. He wants to work for the entertainment industry when he graduates.

He thanked the Club for its generous support. Ed Jasnow ○

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## May Meeting Team

The following members comprise the May Meeting Team: Dennis Mehringer, David Campbell, Boyd Hudson, Steve

Kerekes, and Roger Fennell. It will be interesting if this will be the first team to come up with a name for itself. ○





## Celebrity Sports Breakfast 2016

Friday, May 13, 2016 ♦ 7:00AM – 9:00AM  
1 North San Rafael Ave. Pasadena, CA 91105

*With Special Guest*

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\_\_\_\_\_ **\$500 Sponsor** - 1 event ticket if purchased by May 12, 2016

\_\_\_\_\_ **\$100 - 1 event ticket** if purchased by May 12, 2016. (\$125 at the door)

\_\_\_\_\_ **I cannot attend, but would like to make a donation of \$** \_\_\_\_\_

Please provide ad artwork (4.5”w x 7.5”h) in JPEG or PDF (High Resolution) to [diana.bates@scouting.org](mailto:diana.bates@scouting.org). **Ad Art Deadline, May 5, 2016.** For further information or questions, please contact Diana Bates at (213) 413-4403 ext. 313 or Cecilia Nazarian at ext. 311. Seating is limited. To make your reservation, please call the above number, return this form, or visit our website at [https://www.glaacbsa.org/Sports Breakfast](https://www.glaacbsa.org/Sports_Breakfast)

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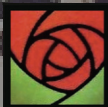
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