

This Week

Mary Nunez, Certified Classical Homeopath

Program Host: Sue Applegate

Mary Nuñez is a certified classical homeopath. She received her training from a 3-year program at the Los Angeles School of Homeopathy. Before practicing homeopathy, Mary worked as a registered nurse for 15 years in the Pasadena area. She holds a bachelors degree of science in nursing from Loyola University, Chicago. Her experience in western medicine brings her a unique perspective into modern day medicine and the potential role for homeopathy to aid in patients achieving their individual health goals.

Her journey into homeopathy began years ago when searching for answers to her daughter's health issues. Frustrated with the western system that did not address the core problem, she looked past her familiar comfort zone to seek new hope. Homeopathy worked. It transformed her daughters health from a place that once was so depleted, back into a vibrant state of energy and physical health.

Homeopathy is a form of medicine that has been around for over 200

Please turn to This Week p. 4



Stress-busting Tips to help You and Your Family relax in the New Year

Taken from Family Talk by Mark Ray – Scouting Magazine

IT'S A NEW YEAR. Days are shorter, and post-holiday to-do lists are longer. It's time for another semester of tests and term papers for the kids as parents recover from the holiday season.

Fortunately, you and your family can survive the start of 2017 – the entire year, really – by recognizing and managing stress, says longtime Scouter Carla-Krystin Andrade, PhD, PT. If you follow her advice, your family might not resemble a Norman Rockwell painting, but at least it'll feature more smiles than frowns.

Identify Stress

Stress is a state of emotional strain or tension, and Andrade is quick to point out that stress by itself isn't bad. "We need some element of excitement, variety and demand," she says. "Otherwise, life gets pretty tedious." The problem is when stress starts to have negative effects.

Stress can have physical, behavioral and mental/emotional effects. Physical signs can include muscle tension, headaches, altered sleep patterns and more. Behavioral

signs can include withdrawal, relationship problems and irritability. Mental/emotional signs can include forgetfulness, anxiety, hopelessness and depression.

The trick is identifying these signs in yourself and your kids, especially because they vary greatly from one person to the next. "There's actually a continuum from being depressed, withdrawn and isolated at one end to being anxious, angry and irritable at the other. There's no one emotion that you can associate with being stressed," she says.

Because stress wears so many disguises, Andrade recommends that family members

Please turn to Scout's p. 4

Greeters

December 08

David Smith

December 15

Mike Zoeller

December 22

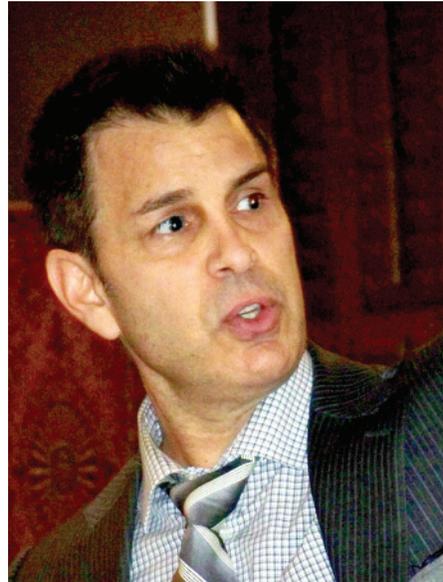
Christmas party - Evening Event

Program Review

Navigating the Overwhelming World of Social Security



That's what last week's speaker, Mark Basile, tried to help us with. As a financial counselor with Searchlight Financial Advisors of Beverly Hills, Basile clearly demonstrated that he was well qualified to lead us through the maze known as Social Security. He noted that we are always putting money



late as 70. If you took your benefits at 62, you could invest the early income. But, at 62, the Social Security Administration reduces your benefit \$1.00 for every \$3.00 you earn over about \$15,000, up to a maximum of 25 percent. This would be raised 6 percent per year until you reached your final retirement age (FRA). The key point to remember is that once you select a Social Security option, that amount is locked in forever.

Question 3: How much can I get? That depends on how much you've put into FICA.

Question 4: What are my spousal benefits? Mark went into great detail on this question, using the whiteboard to detail the travails of the much-married and divorced Spouse A. The ultimate answer is that a spouse gets half the benefit of the higher spousal amount if both are over age 66. This includes ex-spouses who were married at least one year. If the original spouse dies, all ex-spouses get \$2,000.

Question 5: Can I get benefits while
Please turn to Program, p. 4

aside for retirement with one goal in mind: making sure we have enough money to retire and do what we want. This question looms more importantly as 10,000 Baby Boomers a day reach age 66. He indicated that there are six questions that his clients always ask about Social Security:

Question 1: Will it be there for me? Mark stated that they are constantly tweaking the system – taxing benefits, raising the salary cap, and other methods to add money to the Social Security fund.

Question 2: Should I take it early? You can take Social Security as early as 62 and as

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Mike Zoeller Youth Projects
Ray Carlson Vocational
Tom McCurry Asst. Vocational

Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

December

Disease Prevention & Treatment

Program Chair, Susan Applegate

December 08 - Nancy Nunez - Homeo-
pathics
December 15 - Anthony (Tony) - Require-
ments, etc. to complete a tax-deferred
exchange
December 22 - Christmas Party - Evening
event

Congratulations

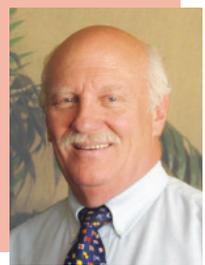
Birthdays

12/12 - Karen Gorton
12/15 - Jacque Foreman
12/18 - Olga Louviere
12/21 - John Casci
12/26 - Mona Jasnow
12/26 - Carol Zoeller

Anniversaries

No Anniversaries this month

Getting It Right



Pollsters obviously got it wrong on 11/8 Election Night! All the science, all the formulas, all the time spent, all apparently to no avail! (*Los Angeles Times* Pole excepted).

Rhom Emanuel, dealing with fears and anxieties of *losing*, promised Chicagoans that they would be *Safe* in Chicago. Wow! Last time I checked, 3600+ homicides in Chicago just this year alone (worse than Afghanistan). Still, it is nice to be promised a *safe space*. You would like a *safe space* ... Right?

I suppose pollsters carry some bias like the rest of us, and that translates into findings and poll results which please constituencies ... and results for which pollsters will be compensated; the not-so-honest pursuit of filthy lucre? ... Unconscious to be sure!

George Soros is not happy about spending many millions of dollars to buy an election that did not turn out the way he wanted it too. And Salman bin Abdulaziz Al Saud, King of Saudi Arabia who kicked in \$25 million to influence the campaign is not happy either.

The media, the establishment, the odds makers all got it wrong. They missed the deep dissatisfaction of 60 million Americans who clearly don't think much of the existing political culture, the direction of the nation, the assault on traditional values and faith issues, political correctness, unemployment, foreign policy, health care costs, ad infinitum. While this was not a majority of the population, the vote represented a vast ma-

majority of all geographic counties in the US.

Half the country clearly wants change; a change in direction, a change in governance, a change in outlook and outcomes all the way around. The rest of the country seems happy enough with food stamps, unemployment checks or Aid to Families with Dependent Children ... for as long as it lasts. As Maggie Thatcher said, *Socialism* is great 'til you run out of *other-people's-money*.

So where do we go from here in these *Divided States of America*? How could the pundits and the media have been so wrong and so mistaken or what O'Reilly terms the *Inclusion Delusion*? The *NY Times* apologizes to its readers for getting it wrong, promising now be more objective in its reporting. The paper's motto used to be *All the News that is Fit to Print*. Gone, I fear. Have we to expect nothing but a *Litany of Lies* in our future?

Lower taxes, repatriate profits, appoint originalists to the Supreme Court, fix inner cities, *drain the swamp* of corruption, give education back to the states, support free and fair trade, remember the forgotten minorities in the US, eliminate ISIS, deport criminals, fix the broken health care system and become energy independent; that in essence is the promise of the incoming Administration's platform.

Does the platform look that bad to you? So what are folk so upset about?

Burning cities, anger, violence, beatings, bussed in professional protestors earning \$18/ hour; is this what we have come too? How very sad and dangerous. And what a threat to Democracy. Is a totalitarian state

in our future ... governed by an *elite class* of politicians.

President Obama declared that the election of Donald Trump would be a personal insult and that his legacy would mean nothing if Trump won. Was he right? Does Obama's legacy now means nothing? Affordable Health Care may go away along with the Executive Orders. Government agencies may no longer be used as *political weapons* to be turned against anyone found disagreeable to the State. The Department of Injustice might even be redeemed and turned to the equitable enforcement of *law* without *special consideration* for some.

Bottom line: Either you are *joyful* with election results or you are *despondent*. Personally, you may not be able to *change much*. In cooperation with others, however, you may be an effective *change agent*. Certainly, with the encouragement of others, God has given us the capacity to reach out, listen to those with whom we disagree, honestly consider the concerns and views of others while truthfully expressing our own concerns ... and perhaps come to a place where we can get along within boundaries of mutual respect and toleration for those with whom we still disagree ..., but can accept as neighbors and even as friends.

Clearly the threats and hate must stop, and, if the law is violated and our rights are threatened, then the law must step in to charge and confine those who are no longer exercising their rights under the law by breaking the very laws which protects all of our rights. Obedience to law is liberty ... after all is said. ○

Scout's

Continued from p. 1

talk openly about their stress signs. This doesn't have to resemble a psychotherapy session, however. Instead, it can be as simple as saying things like this: "When I get stressed, I notice that I just want to stay in my room. If you see me locking myself in my room, can you just give me a bit of space and don't come banging on the door right away?"

Create Safety Valves

Next, Andrade recommends creating physical outlets for stress in your kids. "They experience stress very physically; they talk about wanting to smash things and punch things and kick things," she says. "A lot of us get very alarmed by that, but it's actually really natural."

Physical outlets could include strenuous exercise, throwing a ball in the backyard or even hitting a punching bag in the basement. "I had a punching bag in my home for years until my son got to his teen years," Andrade says. "We also had what we called the 'darn-

This Week

Continued from p. 1

years. It treats the patient on the emotional, physical and mental realms as these components are all connected in the health of an individual. One of the guiding principles of homeopathy is the *Law of Similars*. This means that a remedy that produces symptoms in a healthy person will cure those same symptoms when manifested by a person in a diseased state. When a person has symptoms including anxiety, sleep disorders, eczema, or heart palpitations, this is the body communicating that it is in an unbalanced state.

A homeopath collects the unique symptoms of the individual person and matches them with a remedy that is most similar in symptoms produced. This remedy is used to stimulate the persons own body into being the healing process. ○

it doll,' a little raggedy, faceless doll that he could bang and say 'darn it, darn it, darn it.'"

She also recommends "silent screaming," which, as it sounds, is screaming without making a sound. "It's one of those things that starts out very serious, but then it becomes playful," she says. "After a while, silent screaming feels a little ludicrous when you're not angry anymore."

Find Time to Talk

The bustle of the new year can pull family members in different directions. Andrade thinks parents should find time every day when the family can get together and just talk. This could be at bedtime, during dinner or at any other time that works for your family.

The key, she emphasizes, is to keep stressors at bay during that time. This isn't the time to talk about pet peeves, homework or messy bedrooms or to slip into lecture mode. "Throw out an open-ended question: 'What's the best thing that happened today?'" she says. "If they want to go on a rant, let them rant and listen. If they sit and eat in silence, it's not a problem at all."

Build-in Stress Busters

Finally, Andrade says, families should build group or individual stress-busting activities into their schedules. Possibilities include going for a hike, working on collections, reading stories together or doing crafts – anything that engages the hands and disengages the brain. "Listening to music

Program

Continued from p.2

working? You can get full benefits while working if you start to take them at your FRA. Otherwise, the 25 percent deduction that occurs at age 62 kicks in.

Question 6: How are benefits taxed? Mark showed a chart that revealed the different rates that Social Security benefits can be taxed, depending on other sources

is one of the stress-busting rituals in our household," she says. "My son plays guitar. He plays; we listen. There's no agenda."

Just as signs of stress can vary from one person to the next, so can the benefits of various stress busters. The last thing you want to do is adopt a stress buster that actually makes stress worse.

So what should you do if your preferred stress buster stresses your kids out, or vice versa? "Parents need to be sensitive to the fact that their idea of a really relaxing time may not be what the kid wants," she says. "If there's going to be a compromise, the parent compromises."

To make sure you're choosing right, Andrade recommends asking three questions as you evaluate stress busters: 1) Is it beneficial, or will it cause further problems? 2) Is it appropriate for the time, the place and the person? 3) Is it a short-term stress buster when you really need a longer-term solution?

Stress busters don't have to be time-consuming, either. Most people, Andrade says, can benefit from her three-step quick stress buster, which simply involves relaxing your shoulders, taking a deep breath and thinking of something positive (or at least neutral, like counting to 10).

But if you need more time to bust your own stress, don't worry. "It's hard to give yourself to people if you can't find yourself," Andrade says. ○

of income. The maximum amount is 85 percent of benefits after income of \$44,000.

This was a subject that is near and dear to most of the members of our club, as we are either on Social Security or rapidly approaching our FRA. Mark Basile cleared up a lot of misconceptions. Ed Jasnow ○

Second Saturday Concerts

Second Saturday's *Mostly!*
from 6:30 to 8:30 pm

Listen to great music as you sip beer and wine from The Ale House; savor grilled eats from El Patron; and sample delectable desserts from Sweeter Than Honey.



Kenny Sara and the Sounds of New Orleans returning to the Altadena Library playing New Orleans music along with various other styles and favorites. Raised in New Orleans, Kenny lives in Altadena with his wife.

www.kkaremusic.com. **November 12**



Young Dempsey Sprinkle in music from the 50s to 80s with dancing and you get that explosive concoction known as Young Dempsey – a band of “dudes” made up of Drewin Young, Josh Jones, Mac Lake and Marc Doten – that bring back that hot-rod nostalgic doo wop and country sound.. **December 3 (First Saturday)**

Todd Washington Trio will entertain with a mix of blues, folk, rock, soul and gospel. The band's lead singer, TMax, has performed with Chaka Kahn, Katy Perry, Earth Wind & Fire, Taj Mahal, Sarah Brightman, Michelle Shocked and other top artists. **January 14, 2017**



Louis Van Taylor Quintet. Louis has performed with Kool and Gang Band and The Gerald Wilson Orchestra. Louis played in June with JazzZone at the Library and it was fantastic – don't miss it! www.plazanoir.com/louis-van-taylor-2/ **February 11**

DeRumba Bringing the sound of the Spanish guitar to the beat of the gypsy rumba – these musicians are AMAZING! www.facebook.com/Derumba **March 11**



Splish Splash Band is an acoustic classic rock, folk 'n blues band made up of Pierce Brochetti and Dolores D'Angelo. They take you through time playing tunes from the '60s to the '90s and all the way to the present with a few originals thrown in the mix. www.Facebook.com/SplishSplashBand. **April 8**



Michael Haggins Band combines funk and smooth jazz with a taste of old school, having been inspired by Stanley Clarke, Isley Brothers, George Duke, Earth Wind & Fire, and many others. www.MichaelHaggins.com **May 13**



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Libraries

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www.AltadenaLibrary.org



*You are cordially invited
to our
Christmas Party*

*Thursday Evening
December 22, 2016*

6:00 to 9:30pm



*Pinocchio's
1449 N. Lake Avenue
Pasadena*



\$25 per Person

Register on Club Runner

*Plan to join your fellow Rotarians with
your Significant Other
for an evening of Fellowship and Merry Making
as we Celebrate the Holidays*

