

This Week

**Lisa Abdishoo
 Levson, MD, CEO,
 Los Angeles
 Christian Health
 Centers**

**Program Host:
 David Campbell**



Lisa Abdishoo Levson, MD has been the CEO of the Los Angeles Christian Health Centers (LACHC) since 2006.

She is a graduate of UCLA Medical School, and did her Residency in Internal Medicine at Cedars-Sinai Medical Center. Upon finishing her residency, she immediately began her career at LACHC.

Los Angeles Christian Health Centers opened in 1995 with a handful of staff but a big vision to render hope and healing through healthcare to the thousands of homeless and low-income residents living in Los Angeles County. Today, 120 staff members serve the County's most vulnerable populations from their two full-time health centers on Skid Row

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Scout's Honor
 by Charlie
 Wilson,
 President

Five Healthy Habits to Instill in Children

Taken from Parenting Solutions by Victor Parachin – Scouting Magazine, September 2001

Children who start to practice healthy habits early in life are much more likely to continue those habits through their teen years and into adulthood. "Young children haven't had a real opportunity to develop a concrete preference in their likes and dislikes, as well as their behaviors, so it is easier to start them off on the right foot than it is to stop a bad habit later in life," says Lawrence Balter, a New York University child psychologist and author.

With mom and dad playing the key role in educating their offspring in healthy habits, here are five important ones that parents should instill in their children:

- 1) Regular Hand-Washing** – The simplest way to avoid infection as well as reduce colds and flu bugs is by washing your hands, say medical experts.
- 2) Safety Belts** – "If seat belts were medicine, they'd be wonder drugs," says Chuck Hurley, spokesman for the National Safety Council. "Instead they're like aspirin – so common that people forget how beneficial they are in preventing

death and serious injuries."

- 3) Daily Exercise** – Sadly, today's children are among the most under-exercised and overweight youths in the nation's history. According to the National Health and Nutrition Examination Survey (NHANES), conducted by the National Center for Health Statistics, one in five American youths, ages 12 to 17, is overweight. Increasingly, researchers are growing alarmed because childhood obesity has escalated alarmingly in the past decade.
- 4) Healthy Nutrition** – The Cancer Research Foundation of America (CRFA) urges parents to teach good nutrition to their children because developing healthy dietary habits in childhood

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Greeters

September 29
Kimmit Haggins

October 06
Anthony Hill

October 13
Boyd Hudson

Program Review

The Liberal Arts Education Now Missing at Most Colleges Alive and Well at Providence Christian



Our speaker on September 22 was Jim Belcher, PhD, who is President of Providence Christian College, located in Pasadena. The college, founded in 2005, is a WASC accredited, 4-year liberal arts college. The school's mascot is the Sea Beggar,

which Belcher described as the name given to former Dutch pirates who looked out for the interests of the common man.

Belcher studied political philosophy at Georgetown. He also attended Fuller Seminary. In 2010 he took a year off – for the first six months he studied at Oxford College in England, then he took another six months to travel around Europe with his Wife and four children. After that he and his family relocated to South Florida. He eventually ended up in Pasadena, California as President of Providence Christian College. One of the reasons he and his family were drawn to Pasadena was that his Wife had grown up in this area.



Best book.

Our speaker is also an author of numerous books including, *Deep Church: A Third Way Beyond Emerging and Traditional*, for which he won Christianity Today's Best Book Award and the Leadership Journal's 2010 Golden Canon Award. His most recent book is titled *In Search of Deep Faith: A Pilgrimage into the Beauty, Goodness and Heart of Christianity*, which was chosen as Christianity Today's Best of the

Belcher spoke with passion about the value of an old fashioned, liberal arts education, which provides students with a tremendous foundation for later post-graduate studies of all types, including engineering, business and medicine. He provided an historical perspective of liberal arts studies, advising that all the early colleges in the US were started by churches and referred to it as *the age of piety*, with biblical truth at the center. After 200 years, education entered

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September Education & Literacy

Program Chair, David Campbell

September 29 - Lisa Abdishoo Levson,
MD, CEO of the Los Angeles Christian
Health Centers since 2006

October

Economic & Community Development

Program Chair, Ray Carlson

October 06 - To be Announced
October 13 - To be Announced

Congratulations



Birthdays



09/17 - Dennis Mehninger

09/18 - Allison Casci

09/19 - Bob Collinge

09/22 - Etta McCurry



Anniversaries



09/00 - No Anniversaries

Done and To Do



Some of you may remember that, in my last Chairman's Column, I showed you two fonts that I was considering to take the place of the font that I had used for many years.

The choice has been made, and the new font is Edwardian LT, which has four weights – light, medium, bold, and extra bold, with each weight having an italic version. The previous font – Belwe – had three weights, but no actual italic version. This wasn't a problem when I was using PageMaker 6.5,

because Windows XP allowed it to create an italic on the *fly*, something that is impossible using Windows 7 Pro and InDesign CS6. And it has been time consuming to mark the text I wish to be italic and then go to a specific menu and give it a 12-degree slant.

An added convenience is that the *true italic* shows up in the editing box, which the manually slanted type did not, meaning I had to check each instance and make sure it had been slanted. Look closely, and you will see a difference in the design of lower case letters a, f, y, m and n, etc between the regular type and the italic.

What's next to be done? I will be studying the coding on our website to see if I can detect why some archives work, but the *Sparks* one does not. For this, I will be staring at code and asking our host to point me in the right direction. ○

This Week

Continued from p. 1

and in Boyle Heights. They also provide comprehensive medical care at 10 part-time satellite clinics hosted by their community partners throughout Downtown Los Angeles and Watts.

In 2015, LACHC has cared for 9,544 patients through 29,371 medical exams, 5,415 dental visits and 4,317 mental health sessions. In addition to comprehensive healthcare, patients find kindness and compassion within their clinics. ○

Scout's

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greatly reduces their cancer risk in the future.

5) Proper Safety Equipment – Children love outdoor activities such as scootering, skateboarding, biking, and in-line skating. To prevent injuries and even loss of life, they must be instructed and motivated to wear the proper safety equipment.

Parents who are diligent and disciplined in teaching these and other healthy habits are most likely to see their children continue them into adulthood. ○

Program

Continued from p.2

the age of secularism. Finally, starting in the 1960s, education transitioned to the age of instrumental reason – when education became predominantly science based.

Our speaker described a generation of students who are *academically adrift*, whose primary motivation has become getting a credential. As a consequence, this has become a time of grade inflation, with little reading or writing going on in the classroom, and he has observed that there is a huge erosion of ethics and a high level of depression. As a result, college counseling services are being overrun. There is a new sexual standard: a *hook up* culture, binge drinking and the sexualization of college women. He likened this current college reality as similar to life described in the book *Brave New World*.

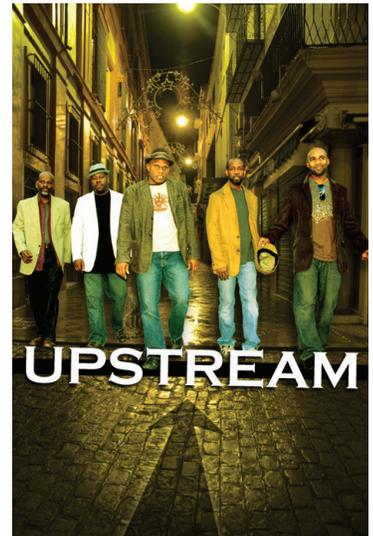
The solution – as Jim Belcher sees it, and which he is incorporating into the Providence Christian College curriculum – is a resumption of ethics, morality. Thus, the school puts an emphasis on personal identity and a world perspective, personal character development, high academic standards, importance of writing and speaking well, developing in students the importance of being life-long learners and being responsible citizens of the world around them.

Ninety percent of the students at Providence Christian College live on campus. The school is *deeply Christian*, with a liberal arts program. The students also have the opportunity as they progress to focus on areas of concentration such as business and entrepreneurship, which clearly pleased Altadena Rotarian Ray Carlson. ○

Returning in October New Second Saturday Concert Series

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 deserts from Sweeter Than Honey.



UPSTREAM has been spreading their message of love and positivity through their exhilarating Caribbean Music, namely, Reggae, Calypso, Soca and Steel Drum Music. www.upstreammusic.com. This concert is sponsored by Los Angeles County Supervisor Michael D. Antonovich. **October 8**

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 14**



Aaron Atkins: Into the Cole. A one man show, inspired by Nat King Cole. Atkins performs "Mona Lisa" with a twist of hip hop. A contemporary blend of jazz, urban and R&B. His new song, "God Made Women Beautiful" was just considered for a grammy. More at www.IntoTheCole.com. **December 3 (First Saturday)**



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, '70s, '80s, '90s and all the way to the present with a few originals thrown in the mix. www.Facebook.com/SplishSplashBand. **April 8**



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