

## This Week

### The Mystery of the Red Planet

**Program Host:**  
**Ed Jasnow**

Mars has been the object of fascination for as long as humans have looked to the heavens. We have sent more spacecraft to Mars than any other body in the solar system and found a planet that is more like Earth than any other known body in the Galaxy.

Who better to help unravel these mysteries than our speaker this week, Dr. Luther Beegle, the Deputy Manager of the Science Division at JPL. In addition to his duties as Deputy Manager, Beegle also serves as Principal Investigator on the SHERLOC instrument on the Mars 2020 mission, and as a research scientist on the Surface Sampling System on the Mars Science Laboratory.

Beegle received his BS in Physics from the University of Delaware in 1990, and his PhD in Physics from the University of Alabama at Birmingham in 1997. He is an experimental physicist by training and has extensive astrobiological science interests as well as experience developing instrumentation for space applications.

Prepare to be fascinated as Dr. Luther Beegle takes us on an exploratory tour of Mars.



## Helping Your Child avoid Obesity

From an article by Charles Downey, Scouting Magazine

**O**besity in children can lead to adult weight problems and chronic disease. But unwanted pounds can be taken off overweight kids wisely and without too much fuss – or kept off those otherwise likely to gain.

After the 8-year-old left his doctor's appointment, his mother read his prescription to him. It simply stated: "Play outside twice a week for 20 minutes." The prescription, it turned out, could be satisfied by walking, bicycling, in-line skating, or undertaking any number of other active childhood pastimes.

At the beginning, it was tough for the boy to huff and puff through those 20 minutes. After all, he was 50 pounds overweight. Still, as the months went on, the doctor's orders for outside play increased to an hour, five times a week.

The youth above is not rare. Experts agree that the number of children in the United States who weigh too much is too high – and growing.

According to the latest National Health and Nutrition Examination Survey, 11 percent of American kids aged 6 to 17 are

overweight – up from 5.4 percent in 1980.

By a more inclusive definition, as many as one in four children is too heavy: Sandra Hassink, director of the Weight Management Program at the duPont Hospital for Children in Wilmington, Del., cites figures that put childhood obesity at about 25 percent of American kids.

New research from a Tufts University Schools of Nutrition and Medicine study found that, in the third grade, 28 percent of boys and 30 percent of girls are overweight; by fifth grade, overweight boys have increased to 34 percent while the percentage for girls remains unchanged. And a recent article in the Journal of the American Medical Association (JAMA) found that the number of obese children

*Please turn to Scout's p. 4*

## Greeter of the Week

May 25

**Dennis Mebringer**

June 01

**Sarah O'Brien**

June 08

**David Smith**

# Program Review



Last week the Rotary club of Altadena hosted the JROTC contingents of Blair High School and the

Americanism Awards for both Blair and Muir High Schools. In addition, two students from Eliot Middle School were given \$500 Americanism awards: Victoria Atilano and Matthew Hernandez. The Club has been able

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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

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 Steve Kerekes, Pres. Elec.....Bus. 626-796-5000  
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 Ray Carlson.....Vocational  
 Tom McCurry.....Asst. Vocational

Editor, Design & Typesetting.....Foreman Graphics  
 Photography.....Jacque Foreman

## JROTC & Americanism Awards & Scholarships



*Newly equipped Color Guard*

to support these ROTC and Americanism award programs because of a bequest of \$1,400,000 granted to us by the American Legion Post of Altadena when it disbanded in 1996. A stipulation of the bequest directs that the grant be used to promote Americanism and, in particular, JROTC. Tom McCurry, who has coordinated this endeavor, has overseen the disbursement of \$25,000

this year to this end.

Several awards were granted to worthy cadets. Scholarships of \$3,000 each were given to four outstanding students: Giselle Garcia, Camilla Flores, Jacquelyn Perez and Dennis Mejia. Grants of \$300.00 each were awarded to nine additional Blair students:

*Please turn to Program, p. 3*

**May**  
**Water & Sanitation**  
 Program Chair, Ed Jasnow  
 May 25 - Dr. Luther Beegle, Deputy Manager, Science Division, JPL

**June**  
**Rotary Fellowship**  
 Program Chair, Dennis Mehringer

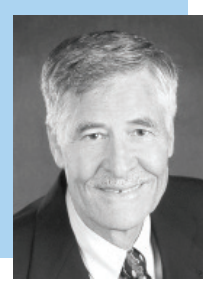
**Congratulations**

**Birthdays**

05/15 - Elsa Smith  
 05/18 - Craig Cox  
 05/30 - Susan Applegate

**Anniversaries**

05/18 - Tony & Ann Rider Hill  
 Roger & Kathleen Anne Fennell



Tom McCurry and the Altadena Rotary Club again hosted our annual JROTC awards presentations last week, and the club had a chance to be introduced to the 2017 version of these wonderful kids at Blair High School. Four students each received \$4,000 awards and nine students received \$300 each to reimburse them for costs incurred in applying to universities and colleges to continue their education.

The Blair students are members of the Army JROTC program and, in the past, we have also hosted Navy and Air Force JROTC programs at our awards ceremony. But, as you are aware, the Pasadena school system has discontinued the Navy and Air Force programs and only the Army program remains.

While the programs are in decline in

## Altadena's JROTC Awards Project

Pasadena, they are generally healthy around the country and offer high school students great leadership opportunities as part of their high school education.

Here's some general information on JROTC programs and their programs.

- The Army, Navy, Air Force, Marines and Coast Guard each operate their own versions of the program for high schoolers, which are offered at more than 3,000 U.S. high schools as an elective course.
- Citizenship, leadership, character and community service are the core tenets of high school Junior Reserve Officer Training Corps programs, with Leadership being the central objective.
- Students who participate in junior ROTC are not required to join the military after high school, and the program is not a military preparation class.
- But the programs do have a strong military influence. They are taught by retired military personnel and partially funded by the military. Course work includes military history and customs, and students are required to wear a uniform at least twice a month.
- Students also partake in physical fitness training and drill instruction as well, among other activities.
- In a junior ROTC class, students can build soft skills such as leadership, self-confidence and discipline - qualities that are necessary to thrive in any career.
- Junior ROTC can prepare students for post-high school success. Their instructors help their students navigate options for life after high school, including instructions on financial aid, financial planning and how to fill out application forms, helping to ensure they get to college and find scholarships. ○

## Program

*Continued from p.2*

Josue Arevelo, Violeta Ortega, Evelyn Rosales, AJoel Navarro, Fredy Garcia, Saul Jimenez, Angie Vargas, Charlotte Mitchell and Carolina Morejon.

### **Other Deserving Students**

Two awards were given for Americanism. Particularly inspiring was Ariana Rivas, the daughter of Mexican and Guatemalan immigrants, who, having risen from poverty, is now on the verge of entering nursing school. She wants to be a pediatric nurse.

Principal Ibarra remarked that ROTC helps the students to "get out of their com-

fort zone." Military training does far more than that. In my case it introduced me to Americans of all walks of life and cultures. It instilled discipline, determination, perseverance, and, with advanced training in the Army Medical Department, it gave me the ability to master challenges that earlier I would have thought insurmountable. That training is a firm first step toward Americanism that all of our soldiers, airmen, sailors, and marines take in service to our country.

But what is that service? What is Americanism? It is embodied in the remarks of

President Kennedy as he stood bare-headed on a cold January day: "Ask not what your country can do for you. Ask what you can do for your country." Let us hope and pray this Memorial Day that these fine young cadets will not have to make the ultimate sacrifice as others in this service have made.

In addition to the \$15,000 in scholarships and \$2,700s in college entrance fee grants, Altadena Rotary also donated \$4,593.91 for Color Guard equipment for the Blair High School JROTC unit. ○

*For photos please turn to Program, p. 6*

# Scout's

*Continued from p. 1*

grew by seven percentage points from the 1980s to the early 1990s.

But obesity and overweight don't have to be problems for most children. As with adults, extra weight on youngsters often results from a combination of poor eating patterns and a lack of physical exercise. With help from mom, dad, and other concerned adults, and some attention from health professionals, unwanted pounds can be taken off overweight children wisely and without too much fuss – or kept off those otherwise likely to gain.

## **Turning into Couch Potatoes**

For a child, getting exercise doesn't appear to be as easy as it used to be.

"Today's children just don't play outside like they did in years past," says William Klish, M.D., head of pediatric nutrition at both Baylor College of Medicine and Texas Children's Hospital in Houston.

Becky Gorham, a registered dietitian and

research nutritionist at the USDA Children's Nutrition Research Center at Baylor College of Medicine in Houston, Tex., says: "Overweight children need to get out of the house and exercise. Usually, obesity is not solely defined by calories consumed, but instead by inactivity."

The Centers for Disease Control found that daily participation in PE by high school students – which could help improve this situation – dropped from 42 percent in 1991 to just 24 percent in 1995. The organization also found that half of American young people aged 12 to 21 do not participate in any vigorous physical activity.

Moreover, lots of kids have become *couch potatoes* by routinely watching television, playing video games, or surfing the Internet for hours daily. Illustrating this, the JAMA article found that 26 percent of kids watch four or more hours of TV per day and that this same 26 percent have 20 percent more body fat than those who watch less than two hours of TV in a day.

What are some possible solutions? Encourage kids to walk to school (if it's safe) and to swim, bike, and play sports – which are fun and good forms of exercise; keep exercise equipment in the house and not in the garage; and look for churches or other organizations that offer after-school activities. The lead author of the JAMA article suggested families should look for more ways to be physically active every day. (One idea might be taking a walk after dinner.)

But all the experts agree: If you can do only one thing for an overweight youngster,

encourage him to trade television for sports and other outside activities.

## **Importance of Family Dinner**

Changes in two areas involving eating – snacking and the family dinner – can also make a difference in weight control. Youngsters, especially those who are home alone after school, can snack too much – and on the wrong kinds of foods. And, unfortunately, many families do not share a regular evening meal together.

"One of the primary causes of childhood obesity among our patients is that families no longer sit down together for dinner at a fixed time," says Klish. "Instead, children eat in front of the TV after *grazing* all afternoon. But, when everybody in a family sits down for dinner at a fixed time every night, fewer and healthier calories are consumed."

Families eat less when they dine together because they talk, and that slows the speed of eating, giving the stomach's fullness signals a chance to work. Even small amounts of food start sending satiety signals to the brain in 20 minutes.

## **Overweight puts Kids at Risk**

Overweight children can be plagued with depression, anxiety, and a lack of self-confidence. Additionally, scientists know that obesity puts children at increased risk later in life for more serious health woes like diabetes, hypertension, atherosclerosis, and skeletal problems in hips and legs.

It's not surprising that overweight children can have low self-esteem. Research shows that, as early as kindergarten, children tend to disapprove of obesity and view overweight classmates as less likable, capable, and able to control themselves.

## **Family involvement Helps**

Experts say a child loses weight best when the entire family is involved in the

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# Scout's

Continued from p. 4

process; that way, the child is part of a family focus on healthier eating rather than made to feel like "the one with the problem." If cookies or other fatty treats are forbidden to an overweight child, the entire family must forego them.

At the same time, everybody in the family is better off when consumption of high-fat foods like butter, meats, chicken with the skin on, chocolate, and ice cream is kept in check. Ideal loss for a too-plump child is no more than one-half to one pound per week.

### Gradual Dietary Changes

When a health professional guides the eating habits of an overweight youngster, he will often limit the child's daily fat intake to 30 percent or less. At that healthy rate, one cheeseburger with fries could consume the child's fat allotment for two days.

Fat puts more weight on the human frame because the substance is energy-dense. A gram of fat has nine calories while a gram of carbohydrate has only four.

So parents of excessively overweight youngsters are generally advised to encourage their children to cut back on high-fat dairy products, beef, pork, lamb, and highly sugared treats. (A notable exception is that, before age 2, a child's fat intake should not be restricted.)

Sometimes, dietary changes are barely noticeable to kids. According to Marilyn Day, a nutritionist at Children's Hospital in Denver, Colo., in about 20 percent of obese youngsters, weight loss can be achieved simply by cutting down on sodas, juices, and whole milk.

Experts say children can learn to like

healthy alternatives like fresh fruit, rice cakes, low-fat yogurt, bagels, and light popcorn. One researcher found 4-year-olds would accept vegetables and low-fat foods and snacks after trying them six or seven times. (Frozen grapes are popular because they are crunchy and sweet.)

When an overweight or obese child learns to reduce and maintain his weight through good nutrition and exercise, the loss is more likely to be permanent as he grows into young adulthood. And as the excess weight is lost, improvements often occur in his social life, grades, and self-esteem.



Left untreated, fat children are much more likely to grow into fat teens and then fat adults. And, in most cases, that just doesn't have to be.



## Grand Reopening, Summer Reading Kick-Off, & 50<sup>th</sup> Anniversary Celebration

**Saturday, June 10<sup>th</sup>**  
**10:00 AM - 9:00 PM**

**FEATURING:**  
Mad Science Program for kids  
Musical performance for all ages by CHROMA  
Elected officials Anthony Portantino, Kathryn Barger, and more  
Delicious lunch at 1960s prices sponsored by Altadena Rotary Club  
Hip-hop dance and spoken word poetry by Antics  
Special live appearance by Andy Vargas, lead singer for Santana with his band Souleros  
Second Saturday Concert with The Satisfaction Band



# GROWING UP 'DENA

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For more information, visit [www.altadenalibrary.org](http://www.altadenalibrary.org).

# Program

Continued from p.3



Nine of the eleven recipients of \$300 grants, flanked on the left by Mr. Ibarra, principal of Blair High School and on the right by Rotarian Tom McCurry



Victoria Atilano and Matthew Hernandez, students at Eliot Middle School, recipients of the \$500 Americanism Awards – flanked on the left by Mrs. Touloumian, school principal and on the right by Rotarian Tom McCurry

Ariana Rivas (top) and Emon Davis Dolly are the recipients of the Muir High School Americanism Awards of \$1000 each. They were introduced by



Dr. Nancy Gonzalez Heusser, School Counsellor.



*Congratulations to All*



## Dennis Mehringer named Our Rotary Member of the Year

Last weekend, President Charlie, President-Elect, Elect Sarah and Club Secretary Mark attended the District 5300 Rotary Foundation Award Dinner that was part of the District Conference in Palm Springs. President Charlie accepted on behalf of Dennis,



his award as being named Rotary Foundation Member of the Year. Only 25 of the

*Photo by Sarah O'Brien*

65 clubs in our district had award winners. Dennis will receive proper recognition on June 1st at our club's Rotary meeting so please plan to attend and congratulate him in person.

Now, why the honor you might ask. This past year, Dennis donated money to the Altadena Rotary Charities Fund (our Club's Foundation) in order to directly help our club members who currently are not Paul Harris Fellows (PHF). Some background information: A PHF is a Rotarian who contributes a minimum of \$1,000 to the Rotary International Foundation (RIF). The donation does not have to be in one year, the contribution can be small amounts over many years.

Currently, our club has 23 of our 34 members listed as Paul Harris Fellows. The financial gift from Dennis (and he has agreed to provide funding again this coming Rotary year) allows any member who is currently NOT a PHF to contribute only \$250.00 to our club's foundation (Altadena

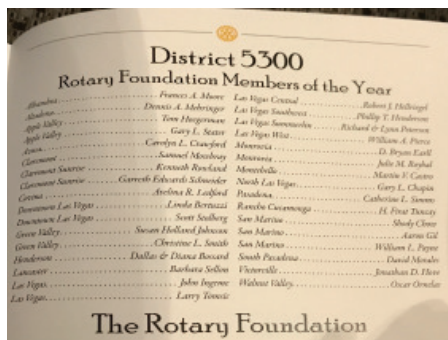


*Attendees to District Conference (l to r) Charlie & Regina Wilson, Sarah O'Brien, and Paula & Mark Mariscal*

Rotary Charities) and the gift from Dennis will match dollar for dollar. Dennis personally believes that our club can and should be 100 percent Paul Harris Fellows. Our club currently has enough credits (known as points and information for another article) with Rotary International Foundation to then match 500 dollars with 500 credits that will make a current club member become a Paul Harris Fellow. Our club will then forward the money to the RIF in the

member's name. The process is completed some weeks later when the club receives and then distributes to the new PHF member a certificate, a medal and a specialized pin that recognizes the PHF contribution.

There have been a few articles over this past year of the importance of the Rotary International Foundation so I won't go over the important work that they do. However, it is important to note that our club has at least two current members who have contributed more than \$10,000 (equivalent of 10 Paul Harris Fellows) to this fund. We also have more than a handful of PHF members who are credited with two or more. Personally, I am almost at the contribution level of my second PHF and will donate enough funding to reach that goal before June 30th. If you would like more information on your personal status level on contributions to the Rotary Foundation, please ask me or David Smith. *Please turn to On Mark p. 8*



*Dennis Mehringer's name on the Program Photo by Sarah O'Brien*

## Altadena Club represented at the District 5300 2017 Conference

*A Perspective from Mark Mariscal*

Last weekend, Rotary District 5300 held its annual Conference in Palm Springs. Club members Charlie Wilson, Sarah O'Brien, Ray Carlson and Mark Mariscal attended. Over the next few weeks, additional articles will be included in the SPARKS sharing different information and perspectives from each of the four representatives.

◁ ▷ ▷

Wow! Being at a conference with almost 200 Rotarians to discuss the great world of Rotary volunteerism and the many great programs we do was inspiring. In my 17 years, I have attended district and international conventions and/or meetings and never get tired of hearing of the great things Rotarians

do locally, in the USA and around the world.

At the conference, our club received recognition, and President Charlie will share that information at Thursday's meeting. However, a few other highlights included Ray Carlson making a presentation to the delegates regarding the important role he has as a member of the District's Vocational Committee. He specifically handles the Job Creation and Entrepreneurship program of the District.

One area I really enjoyed discussing with other District 5300 members was the importance of clubs helping each other in the local and international work that we do.

This year, there are 14 different inter-

national events and programs that are the focus of District 5300. And, of course, there are also international programs that district clubs fund with other clubs.

This opportunity reminded me of the importance of clubs not trying to fund projects alone but seeking support for District and Global Grants from a number of clubs in our district and throughout Rotary. It was also fun to discuss local rotary projects throughout the district.

For those who have never attended a District Assembly or District Conference, I encourage you to fit one of these into your calendar for next year (April and May of 2018). ○

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### Additional Photos Provided by Sarah O'Brien



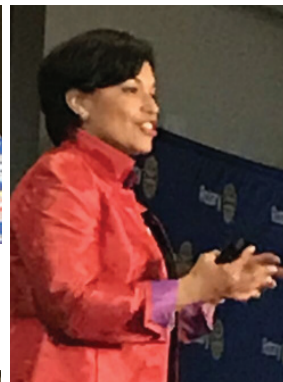
**Dan Stover Contest - William Suh on cello (Pasadena Club winner) performing Toccata Capricciosa by Miklos Rozsa. Other contestants played bamboo flute, piano and classical flute. William will continue his advanced cello studies by enrolling at New England Conservatory in the fall. He was supported by his family and all the contestants agreed that the contest had been a tremendous experience, helping them gain confidence and experience. Judges were: Marilyn Benachowski, Michael Rolland Davis and Sarah O'Brien.**



**Governor Luciano de Sylva with First Lady Hazel**

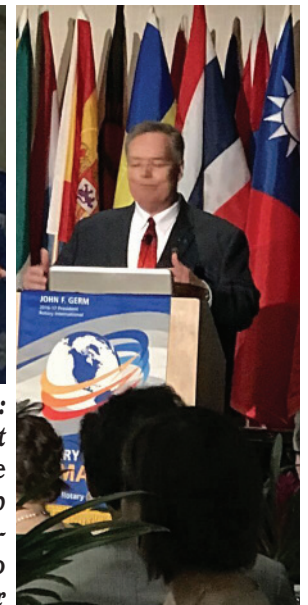


**Ray Carlson at his Job Creation/Entrepreneurship booth at District Conference**



**Inspirational speaker: Despite having her right leg amputated at age five, Bonnie St. John became the first African-American ever to win medals in Winter**

**Olympic competition as a ski-racer. Her dream began when she received a check for \$300 from her local Rotary Club which enabled her specialized training to begin.**



**Keynote speaker: Eric Grubb, RI President's Representative**





# Job Creation & Entrepreneurship

by C. Ray Carlson, District Chair, Job Creation & Entrepreneurship

## PUSD Press Release Rose City wins Business Plan Competition

Rose City High School Wins Rotary Business Plan Competition

For Immediate Release:  
May 19, 2017

Media Contact:  
Hilda Ramirez Horvath  
ramirezhorvath.hilda@pusd.us 626.396.3606



Rose City High School Wins Rotary Business Plan Competition

Pasadena, CA - Rose City High School student Hunter Smith won first place in the 2017 Rotary Business Plan Competition hosted by Rotary International District 5300 on May 4, 2017. He was among students from the Pasadena, Arcadia, and San Marino who presented their business plans before a panel of judges after competing at their local Rotary clubs. Hunter is part of the Career Exploration Options Academy, which serves students at two alternative education sites in the Pasadena Unified School District (PUSD).

Hunter won first place with his business plan for Ralleon Custom Built, a custom computer building and repair business. As part of his presentation that included a financial plan and market analysis, he displayed a computer that he built himself, complete with LED lights and a state-of-the-art water-cooled system.

Rose City High School Principal Brian Stanley said, "I am truly proud of each student who accepted the challenge and competed in this event, and of the staff who helped prepare them. Hunter's first place victory is a testament to his creativity and hard work, and to the dedication and expertise of school staff who worked closely with him to prepare for high-level competition. Hunter's experience in the business plan competition is invaluable as he pursues his dream to run a successful custom computer company."

The panel of judges rated student plans on viability and attention to detail on financial plans.

Hunter said, "I was so glad I spent the extra time preparing the market analysis for this round of competition. I was able to answer questions on the spot about things I didn't know until I worked on this project."

Photo: Rose City High School student Hunter Smith with Ray Carlson (right) of Rotary District 5300

To learn more about this project, please contact  
Michael Slominski, Work-Based Learning Coordinator  
351 S. Hudson Ave. Pasadena, CA 91101  
Office: 626.396.5620  
slominski.michael@pusd.us

About The Business Plan Competition  
For more information, please visit  
<http://district5300.org/service/vocational-service/business-plan-competition/>  
Or contact C. Ray Carlson, Chair, District Vocational Service, [crayc@me.com](mailto:crayc@me.com)

About Rose City High School CEO Academy  
The Career Exploration Options Academy (CEO) serves students at two alternative education sites in the Pasadena Unified School District. The Health Academy is hosted at the Center for Independent Studies, while the Building and Design Academy is hosted at Rose City High School. The Building and Design Academy offers a construction trades curriculum, a graphic and web design curriculum, and a business curriculum. The school engages in project-based learning and all students are required to take career preparation courses. The CEO Academy is a member of the NAF National Academy Foundation Program that emphasizes career readiness through integrated curriculum, work based learning, advisory board support, and program structure and development. For more information, please visit [rosecity.pusd.us](http://rosecity.pusd.us)

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Our Children. Learning Today. Leading Tomorrow.  
# # #



**Rotary**

**District 5300**



# ROTARY INTERNATIONAL DISTRICT 5300

HEREBY AWARDS THIS CERTIFICATE OF APPRECIATION TO

*C. Ray Carlson*  
*Job Creation & Entrepreneurship*

IN HONOR OF AND RECOGNITION FOR LEADERSHIP CONTRIBUTIONS  
THAT HAVE PROGRESSED THE GOALS AND AREAS OF FOCUS  
FOR BOTH THE DISTRICT AND ROTARY INTERNATIONAL

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MAY 2017

Luciano DeSylva  
District Governor 2016 -2017

# Second Saturday CONCERTS



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

**Todd Washington Trio**  
Blues, Folk, Rock, Soul and Gospel  
January 14, 2017

**Splish Splash Band**  
Rock, Jazz and Blues  
February 11

**DeRumba**  
Spanish Guitar to the beat  
of the Gypsy Rumba  
March 11

**Louis Van Taylor Quintet**  
Jazz  
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




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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: 626-798-6335  
 Visit: <http://www.altadenasheriffs.blogspot.com>

### 21st Annual Summer Concert Series Schedule - 2017

The Saline Fiddlers Philharmonic	Saturday, July 8th
The Down Beat Express	Saturday, July 15th
Bleeding Harp	Saturday, July 22nd
Whos Next	Saturday, July 29th
The Tuners	Saturday, August 5th
Upstream	Saturday, August 12th
Kings of 88	Saturday, August 19th
Nowhere Man	Saturday August 26th

**And... For Our Grand Finale... Saturday, Sept. 9th**  
**Hot August Night in their Tribute to :**  
**NEIL DIAMOND**

**Presented by B & E Promotions & Sheriff's Support Group of Altadena**

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Rotary Club  
Of Altadena



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