



**'SPARKS' OFF THE ROTARY WHEEL**  
*An Award-Winning Newsletter*

**The Rotary Club of Altadena meets Thursdays at noon  
 at the Altadena Town and Country Club**

**Rotary Club of Altadena - #772**  
 Chartered: February 14, 1949, P.O. Box 414, Altadena, CA 91003  
 RI Pres: Stephanie Urchick, Dist. 5300 Gov: Michael Driebe



D.Vance Graphics

**THIS WEEK: STEVE SALINAS**

**Altadena Town and Country Club, Thursday at noon**  
 Speaker Chair: Mark Mariscal



Steve Salinas is 7th generation born and raised in Altadena. He attended Muir High School, threw newspapers, and became the bicycle mechanic at Steve's Bike Shop in 1985. He has now owned Steve's Bike Shop since 1997.

Married to Kari Salinas, they have two sons and one

daughter, along with many animals such as horses, chickens, dogs, etc.  
 For the past 10 years he has been the project lead on the restoration to flight for a WWII bomber B17 Airplane.



**AUGUST 29, 2024**  
**AUGUST IS: MEMBERSHIP AND NEW CLUB DEVELOPMENT**

**Officers**  
 President: Maricela Viramontes  
 Vice President: Dawn Digrius Smith  
 President Elect: Brad Roeber

Treasurer: Mike Noll  
 Bus: 626-657-2287  
 Secretary: James Gorton  
 Bus: 626-793-6215

**Directors**  
 Craig Cox  
 Maria Perez-Arton  
 Mark Mariscal  
 Sarah O'Brien  
 Lisa Rickard  
 Doug Colliflower  
 Brad Roeber

**Chairs**  
 Executive Club Secretary: Mark Mariscal  
 Membership: Maria Perez-Arton & Brad Roeber  
 Foundation: Steve Kerekes  
 Service Projects: Mike Zoeller

**Subcommittees**  
 Community Service: Craig Cox  
 Vocational Service: Steve Kerekes  
 Youth Contests, Scholarships, Awards: Mike Zoeller  
 Youth Activities: Tony Hill  
 International Service: Sarah O'Brien

## LAST WEEK: A HEADY EXPERIENCE!

### KRUPAL PATEL, M.D., M.Sc.

Assistant Clinical Professor, Division of Head and Neck Surgery

City of Hope National Medical Center, Duarte, CA

Speaker Chair: Mark Mariscal    Review: Steve Kerekes



<https://www.ecsforseniors.org/montecedro/>



This week's speaker was Dr. Krupal Patel, who is a head and neck surgeon at the City of Hope. He grew up in Saskatchewan Province in Canada and earned his medical degree at Saskatchewan's College of Medicine, followed by a residency and master's degree in head and neck surgery at Western University in

London, Ontario and a fellowship in microvascular surgery at Ohio State University's Wexner Medical Center.

Microvascular surgery is important in Dr. Patel's specialty. As he stated, even though the head and neck is a small area of the body, it has a lot of parts and is quite complicated to operate on. Dr. Patel identified six main areas of the head and neck on which he operates: the oral cavity, the nasal cavity, the nasopharynx (the area at the back of the nasal cavity), the oropharynx (the area at the back of the oral cavity), the larynx (voicebox) and the hypolarynx (behind and below the larynx).

He explained that the biggest risk factors in contracting cancer are alcohol and tobacco (within our control), as well as the human papilloma virus and genetic factors (outside our control). Most of the cancers are squamous cell carcinoma that form in the lining of the upper digestive tract. The symptoms of most cancers themselves over at least four to six weeks and include the following: voice change, trouble eating or drinking, weight loss, unusual new bumps and lesion(s) in the mouth. If you suspect that you have cancer of the head or neck, you should go see a dentist or ear, nose and throat doctor. They will first perform a non-invasive test which may include ultrasound, CT or MRI and, if it appears that you might have something, they will follow up with a biopsy.

Treatment can vary based on the type of cancer, whether it is likely to return, and age. The treatments are mostly of three types: radiation or



### Altadena Rotary Projects, Volunteer Opportunities and Events Calendar

Craig Cox

August 24, Sept 7 - Summer Concerts  
August 31 - Melodia Mariposa Concert

Please save the date for the next Rotary Community Pancake Breakfast - October 5, 2024  
8 -10.30 am.

September 14th: 12-4 pm  
Altadena Community Garden Annual Event

September 28th: 5-9 pm  
Altadena Library Foundation  
Taste of Dena Event


To register for any event go to DacDB, Login, elect the My Club, tab, go the the Calendar icon, and go to the date.

**\* VOLUNTEERS NEEDED FOR SUMMER CONCERT SERIES - check emails from Craig Cox**

chemoradiation, chemotherapy or immunotherapy, and surgery. He stressed that treatment will be best at a high-volume facility that deals with head and throat cancers and takes a multidisciplinary approach, such as City of Hope.

### Head and Neck Surgery

- We all excel in our individual tasks but we do not get the whole picture
- Multidisciplinary Team is crucial for good patient outcomes



After the surgery, there is often a need for therapy. The surgery may have impacted a person's ability to speak, swallow, or chew. Sometimes, items need to be reconstructed in order to successfully allow this to occur. Dr. Patel gave an example of tongue cancer. A portion of the tongue may have to be removed. In order to restore the tongue and its function, a piece of muscle from the forearm may have to be excised, molded and attached to the existing remnant of the tongue. For cancer of the jawbone, a portion of bone and tissue from the fibula may have to be excised, molded and inserted. The ways in which one portion of the body can be repurposed to serve another portion is quite extraordinary. Dr. Patel showed us a diagram of the various portions of the body where muscle and tissue are commonly removed and repurposed to replace a damaged organ in the head or throat.

He also indicated that food can play a vital role in increasing a person's risk of cancer of the head or throat. Highly processed foods, for instance, are not good. Tobacco is very bad, it actually changes the cells which line your mouth. Some spices, such as turmeric, actually act as anti-inflammatories and are believed to lower the risk of cancer forming. Overall, it was very mindful discussion of the terrible things that can happen to a person and how a team of doctors such as those at City of Hope can help alleviate that suffering. It was not a 'tongue-in-cheek' experience.



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President Maricela, Doug Nyland and Dr. Patel

### **Can you make a difference?**

By Mark Mariscal

This past Sunday, I was invited to the home of Jennifer Hall Lee to be part of a group that heard the story of her mother's involvement with the public, finding out the truth about Willowbrook on Staten Island on the East coast in the early 1970's. This institution housed what we call today as people with disabilities. Back then, the terminology used two words with the initials M.R. to describe children and adults with severe disabilities.



## SERVICE ABOVE SELF

By Maricela Viramontes, Club President



While sitting down (whew, a few minutes to myself!) I am thinking about sharing some words with all of you, and reflecting about the first two months of my year as Club President. To start, it has gone by so fast. My few minutes of sitting to write are really a dream. This is all done on the fly, as past presidents can attest to!

This past week at the meeting, I asked Jennifer Hall Lee (a former club member and one who is returning) to speak as part of the Inspirational minute. To my surprise, she read out of a 1947 Girl Scout Handbook about the importance of civic duty, the importance of sharing and caring for others and learning about of taking care of oneself. She had no way of knowing that I was leaving on Friday afternoon with my daughter and many other young 8–9-year-old girls on a two night camping trip in one of the local Girl Scout camps in Frazier Park area. Her words made me smile.

Our song was led by Zoot Velasco. He is actually a member of the Fullerton Rotary Club. But since he lives in Pasadena and spends much of his time in this area, he has been attending our club meetings and helping out at the Summer Concert Series. Both of these people believe - and demonstrate Service Above Self.

This week's speaker is a long-standing local businessperson. Steve Salinas from Steve's Bikes will be on hand to talk about running a small business that has thrived for more than 5 decades here in Altadena!

Next Saturday, our club is a co-sponsor of the Melodia Mariposa concert inside the Davies Building at Farnsworth Park. This free event requires registration. And of course, the following Saturday is the Culture Shock LA program that includes a battle of the DJs. There will be breakers and poppers and lockers - Oh My! I heard Mark tried to spin on stage last Saturday while serving as Master of Ceremonies. *Who knew his talents?*



Girl Scout camping trip attended by President Maricela and daughter Daniela over the weekend at Camp Lakota!

## FRIENDS IN DEED



Maricela presenting a check to Rabbi Joshua, President of Friends in Deed. W/Brad, Rabbi Joshua, Maricela, Maria and Paula.

Below, w/ Mark and Elizabeth Brooks (proposed new member).



## AUGUST 27 CONCERT FUN!

Below: Georgia Rutherford & daughter Natalie Salazar  
Georgia and her late husband have been supporting the summer concerts for 27 years!

