

# Chulatarian



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**ROTARY CLUB  
OF CHULA VISTA**

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**The weekly newsletter of the Rotary Club of Chula Vista**

**Chartered February 16, 1926 - Club Number 908 - District 5340  
Meets Weekly, Noon, 4475 Bonita Road, Bonita (Chula Vista Golf Course)**

**STEPHANIE JAMES  
BOYS & GIRLS CLUBS OF SOUTH COUNTY  
Friday, September 5, 2025, Noon**



Stephanie James is the President & CEO of the Boys & Girls Clubs of South County. She will share what is new and programs they have undertaken.

The Boys & Girls Clubs of South County is dedicated to providing a safe and harmonious environment for youth of all backgrounds and to help them develop qualities needed to become responsible citizens and leaders.

The Boys & Girls Clubs of South County is a youth development agency whose primary mission is to improve the quality of life of young people as participating members of our community. The Boys & Girls Clubs of South County bases its program on member and community involvement and is responsive to the influences of the total environment.

It provides youth with relevant, everyday care and diversified individual and group services, with special interest in meeting the needs of low-income members. These services are designed to enhance the social, educational, health, vocational, leadership and character development of our membership.

The Boys & Girls Clubs of South County is a guidance-oriented, non-profit, non-sectarian organization dedicated to the mental, moral and physical development of boys & girls.

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## MEETING HIGHLIGHTS FOR AUGUST 22, 2025

President Ben Koala called the meeting to order. Cheryl Shields gave the invocation. Songmaster Chuck Bevan selected “This Land is Your Land” as the song of the day. Members and guests enjoyed friendship and lunch.

Upon reconvening, President-elect Rasha Roshdy introduced guests and visiting Rotarians. President Ben reminded members of our 100th Club Anniversary coming up in February and asked that everyone bring a friend to our meetings to reach the goal of 100 members this year.

He reviewed activities and programs coming up on the calendar.

President Ben asked the Club for approval to submit Assistant District Governor Mora de Murguia as a nominee for District Governor. The motion was approved by unanimous acclamation.

Betty Waznis provided the Jim Biddle News at Noon. This week’s sponsor was Mark Scott. The drawing winners were: Bob Bliss, Nancy Kerwin, and Krystina Torres.

District Governor Luis Carranza, a member of the Rancho Santa Fe Rotary Club, shared his vision for the District this year. He encouraged us to “Not Miss the Bus” a theme inspired by his giving up his seat on a bus in Baja and finding his way into town on his own. He was teased about missing the bus but actually it was an act of kindness to enable two other Rotarians to continue on the trip, putting himself aside. DG Luis encouraged us to each perform 100 acts of kindness. It could be opening a door, checking on a neighbor, a kind word. We can all uplift the world in many ways—large and small.

Our District will be participating in a multi-district conference next April 2026 (April 24-26), which will be held in Chula Vista—at the new Gaylord Resort. He invited our Club to help out and also participate.

Several Clubs will be celebrating 100 years of service this Rotary year including our Club, La Mesa, El Cajon and Coronado. Club 33 will be 115 years. Thank you for the inspiring talk DG Luis!

### **MARK YOUR CALENDARS:**

Tuesday, September 9, Noon—La Bella’s—International Committee

Friday, September 12, 8:30 a.m.—St. Mark’s Food Distribution

Saturday, October 25—Christmas in October

Friday, October 31—Golf Tournament Fundraiser—Location TBD



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## JIM BIDDLE NEWS AT NOON by Betty Waznis

LIVE



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THIS WEEK'S  
SPONSOR

With Betty Waznis

Hello, everyone, and welcome to today's edition of the Jim Biddle News at Noon. Today brought to you by Mark Scott and Encore Realty.

Last month, the Chula Vista City Council voted unanimously to promote current Assistant City Manager Tiffany Allen to City Manager, following current City Manager and fellow Rotarian Maria Kachadoorian's announcement earlier this year that she would retire in October. Allen, who has worked a varied career in Chula Vista government since 2001, will take the reins on Oct. 3. She will oversee continued redevelopment of the bayfront, completion of close to 13,000 housing units in several developments underway in the Otay Ranch area and finishing a comprehensive plan to attract more high-paying jobs to Chula Vista.

AOL says it's officially pulling the plug on its dial-up internet service on Sept. 30. AOL, formerly America Online, introduced many households to the world wide web for the first time when its dial-up service launched decades ago, rising to prominence in the 90s and early 2000s. You may remember the series of beeps and buzzes heard over the phone used to connect your computer online. The company also became known for its ["You've got mail"](#) catchphrase that greeted users checking their inboxes.

Eventually, broadband and wireless did away with dial-up for most people today. Still, a handful of consumers have continued to rely on internet services connected over telephone lines. An estimated 163,000 US households were using dial-up alone to get online in 2023, representing less than 1 % of all homes with internet subscriptions. Other relics of the internet's earlier days continue to disappear. Microsoft [retired Internet Explorer back in 2022 and video calling service Skype](#) earlier this year. AOL continues to offer its free email services, identity protection and other tech support.

A new study from Harvard Medical School suggests lithium, a natural mineral found in the brain, could play an important role in Alzheimer's disease. Researchers discovered that when lithium levels drop, the brain loses key protections, speeding up damage linked to memory loss. In experiments with mice, scientists gave very small doses of lithium orotate—much less than what is used to treat bipolar disorder. The treatment restored memory, reduced the harmful plaques and tangles that block brain signals, and helped cells clear out waste. These results hint that lithium might not only slow but even reverse Alzheimer's-like damage. Alzheimer's currently affects more than 7 million Americans, with cases expected to rise sharply by 2050. Existing drugs only manage symptoms; none stop or cure the disease. Because lithium is inexpensive and the doses required are tiny, researchers hope clinical trials could move forward quickly. Scientists caution, however, that people should not take lithium on their own, since the treatment has not been tested in humans. Even so, experts say the findings provide fresh hope for earlier detection and more effective treatments and may one day extend to other brain diseases like Parkinson's.

The Padres weren't able to prevail over the Dodgers in the three-game series in LA last weekend but won 3 of 4 against the Giants in a series that finished yesterday. Wednesday's game included this high-flying catch by Fernando Tatis Jr. Next up - Dodgers again, 3 games here in Petco Park starting tonight at 6:40.

Today's sponsor, fourth generation San Diegan and past Chula Vista Rotary President Mark Scott has been married to Stacey for 25 years. Daughter Carly (24) is Bellingham, WA and son Jacob (22) in his last semester at LSU Geaux Tigers in Baton Rouge, Louisiana. Stacey works with Mark in the family property management business and real estate sales business on Bonita Road. Mark has been on the Bonita-Sunnyside Fire Protection District for the past 20 years and chairs the fire dispatch center at Heartland Communications Fire Authority.

This concludes today's edition of the Jim Biddle News at Noon. Today sponsored by Mark Scott and Encore Realty.



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## MEETINGS HIGHLIGHTS—August 22, 2025



District Governor Luis Carranza met with the Board of Directors prior to the regular meeting. L-R: Past President Jesse Fernandez, Mike Green, Secretary Bill Torre, DG Luis, President-elect Rasha Roshdy, Assistant DG Mora de Murguia, President Ben Koala and Bernard Hernandez. Board members not pictured: Treasurer Risa Baron, Kathleen Carroll, Jan Mellinger and Jeanette Badal.



News sponsor Mark Scott pictured with (l-r): Bob Bliss (wins again!), Nancy Kerwin (wins a lot!) and new member to be inducted Krystina Torres.



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## SAVE YOUR CALENDARS & PUZZLE BOOKS



Remember to gather the calendars you will not use (that are often sent from groups we contribute to) and these puzzle books that come in the local newspaper. We will donate them to the Veterans' Home on our Holiday decorating day where they will be put to good use by the residents there. Thank you Rotarians (and Beverly Sumwalt who is coordinating this project).

**SEPTEMBER IS**

**BASIC EDUCATION AND LITERACY MONTH**

*"Education is a social process. Education is growth. Education is not a preparation for life; education is life itself."*

**John Dewey**

**Rotary**

**TAKE ACTION: Join Rotary, Get Involved**

Rotary International logo and icons for various Rotary programs: Peace, Health, Environment, Community, Education, and Service.

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**HAPPY BIRTHDAY DEAR ROTARIAN!**



**Eric Rimmele - September 1**

**Soraya Martinez - September 3**

**Bob Bliss - September 4**

**Steve Brodbeck - September 4**

**Jeanette Badal - September 20**

**Gus Slovinsky - September 22**

**GOOD-BYE POLIO  
THANKS ROTARY**

