

SD CLASSIC... GO GREEN!!!

By: Romy Batin

SD Classic Lions Club sponsored an E-Waste Collection Project to contribute to the LCI's 4 Global Service Action Campaign. They had already conducted their Tree-Planting Project on Earth Day (April 22, 2012) and this time it is the proper disposal of electronic wastes to save the environment.

The project was held at the parking lot of Home Depot on Marketplace Street (in the cross street of Imperial Avenue) from 9 am to 4 pm. Lion Remy and Lion Luz brought pancit and lumpia for the workers and the staff of Home Depot as a way of saying "Thank You" for helping us with this project. It was conducted for 2 days (June 2 & 3 – Saturday and Sunday). The response of the public was tremendous! The Home Depot customers who did not hear or read about the project inquired how long we will be there and finding that there will still be a collection the following day, planned on returning with their e-wastes; some returned the same day. Our very own Lion Romy Batin, volunteered to collect the e-wastes of his relatives and drove back and forth with their "trash". The process was very systematic; the "junks" were sorted as soon as they were received. TVs, computer monitors, CPUs, laptops, small appliances...etc. were sorted, piled and bounded to the height the truck will accommodate. When the amount is estimated to fill one truck it was loaded and hauled away so that the parking lot gets cleared. This project is very rewarding and we might plan on scheduling another one in the north county and one in the east county.



SD CLASSIC INSTALLATION AT MCRD

By: Alice Cruz

The San Diego Classic Lions Club held their 2012-13 Officers Installation last June 10, 2012 at the MCRD Recreation Center. It was well attended by their usual patrons and supporters who year after year had shown their support to the club. There were lots of foods that even the staff of the recreation center had take out boxes. Like last year, there was entertainment; Melissa Porcioncula delivered a very nice song rendition and the Emory High School Dance Club rendered a cultural dance presentation. They danced the "Tinikling" (Bamboo Pole Dance) and afterwards, there was audience participation to everyone's delight. Everyone was also amused in the parlor game, "Eggplant Race, the Battle of the Sexes". First was the race of 3 men then the 3 women. The winners from these two races battled each other to prove which sex reign supreme and.... OK, the men got it!!!

We now have the burden of being creative every year to fascinate our audience with our entertainments.

TIJUANA CAMPESTRE INSTALLATION AT CLUB BRITANIA

By: Luz Galindez

SD Classic and Tijuana Campestre Lions have been twin clubs since 2011 but they have been working side by side even before then. They support each others projects and events and have not wavered in doing so. Tijuana Campestre members attended the SD Classic installation in full force; however, due to the Campestre's installation being held on a week day, (June 21, Thursday) only Lions Luz, Manny and Remy can attend. Lion Alba Orr of SD Mission, who has also been a supporter of the feeding program in Tijuana picked Lion Luz up whereas Lions Manny and Remy were lost on the way to the event and eventually were not able to proceed anymore.

The installation went very well; the food was scrumptious and everyone very hospitable. We met different club officers in attendance and 2012-13 DG of B1, Mexico, Javier Cardenas, who is a member of Tijuana Campestre, installed the 2012-13 club officers.



Classic Health Watch

COMPUTER VISION SYNDROME (CVS)

Researched by: Arsenia Ubando, RN

According to the American Optometric Association (AOA), there are 70% of the approximately 140 million Americans who work on a computer on a daily basis who are affected by Computer eye strain . Eye strain and symptoms of computer vision syndrome (CVS) don't occur only in adults but millions of children as well. Prolonged computer use can stress a child's eyes and may affect normal vision development. If you spend more than two hours a day in front of a computer, you are likely to experience some degree of Computer Vision Syndrome. The CVS symptoms include:

- Headaches
- Loss of Focus
- Burning Eyes
- Tired Eyes
- Double Vision
- Eye Twitching
- Blurred Vision
- Neck and Shoulder Pain



Computer eye strain and computer vision syndrome are caused by our eyes and brain reacting differently to characters on a computer screen than they do to printed characters. Our eyes have little problem focusing on printed material that has dense black characters with well-defined edges. But characters on a computer screen don't have the same degree of contrast and definition. Words and images on a computer screen are created by combinations of tiny points of light (pixels), which are brightest at the center and diminish in intensity toward their edges. This makes it more difficult for our eyes to maintain focus on them. Instead, our eyes want to drift to a reduced level of focusing called the "resting point of accommodation" or RPA.

Our eyes involuntarily move to the RPA and then strain to regain focus on the screen. This continuous flexing of the eyes' focusing muscles creates the fatigue and eye strain that commonly occur during and after computer use.

To reduce your risk of computer eye strain and computer vision syndrome, consult optometrist or ophthalmologist who specializes in computer vision care. Depending on the outcome of the exam, your doctor may prescribe computer eyeglasses to help you work more comfortably at your computer. In addition to increasing comfort during computer use, recent studies have shown that computer eyeglasses can increase computer worker productivity, with cost savings to employers who provide the eyewear.



2012-13 President, Manny Deramos
presented a Leadership Award to
2011-12 President, Luz Galindez

Classic Humor...

Contributed by: Janette Magsanoc

What Religion is Your Bra?

A man walked into the ladies department of Sears and shyly walked up to the woman behind the counter and said, 'I'd like to buy a bra for my wife. ' 'What type of bra?' asked the clerk.

'Type?' inquires the man, 'There's more than one type???'

'Look around,' said the saleslady, as she showed a sea of bras in every shape, size, color and material imaginable. 'Actually, even with all of this variety, there are really only four types of bras to choose from.'

Relieved, the man asked about the types.

The saleslady replied: 'There are the Catholic, the Salvation Army, the Presbyterian, and the Baptist types. Which one would you prefer?'

Now totally befuddled, the man asked about the differences between them.

The Saleslady responded, 'It is all really quite simple. .

The Catholic type supports the masses; The Salvation Army type lifts the fallen;

The Presbyterian type keeps them staunch and upright; The Baptist type makes mountains out of molehills.'

The saleslady added, 'Not to confuse you sir, but there's more to know: A, B, C, D, DD, E, F, G, and H are the letters used to define bra sizes'.

A is for Almost Boobs. B is for Barely there... C is for Can't Complain!.. D is for Dang!...

DD is for Double dang!... E is for Enormous!... F is for Fake... G is for Get a Reduction...

and H is for Help me, I've fallen and I can't get up!...

A shopper who was listening to the conversation of the two yelled, 'You forgot the German Bra...

HOLTZEMFROMFLOPPEN

CUB "CJ" RECEIVES AN AWARD

By: Oliver Deramos

During the SD Classic Lions Club's Tree Planting Project last April 22nd (Earth Day), Lions Odette and Wes Bright with their son, Cub Charles Tyson (3 years old) participated. Cub "CJ" helped by watering the newly planted trees. During the 2012-12 Officers' Installation of the club on June 9, 2012 at MCRD, the family received a tree planting award from LCI... and yes, including Cub CJ. To the delight of everyone, Cub CJ proudly received his award with a big smile.



"Wow!!!
I played with
the water...
and look what
I got!!!"

