

CU Weekly **Summer 2024** SCHOOL & CAMPS Special Section

# THE SECRET POWERS OF SUMMER CAMP

Summer camp evokes different memories for everyone. Day camp experiences are much different than sleep-away camp, for example. Thankfully, there are plenty of experiences that our kids can enjoy, whether day camp, sleep-away camp or a combination of the two.

Though much has been said regarding the COVID pandemic, few disagree that kids suffered a jolt to their routines during lockdown. For example, graduations were altered if not canceled altogether and places where students typically assembled – at school, prom, etc. – were also canceled. Students were relegated to learning via computer, which worked well for some but was terrible for others.

As the pandemic drew to a close and communities were able to meet again in person, it was discovered that students especially did not return unscathed to their routines. Whether experiencing additional stress or lacking social skills, growing children may have missed out on some important milestones.

Summer camp is a way for kids to catch up on some of those milestones while honing skillsets. For example, camp – whether away or day – offers a chance for kids to make new friends, which helps to refine those damaged socialization skills. Research indicates when children don't participate in worthwhile activities their learning curve often decreases during the summer break. Also known as "summer learning loss," this decrease can be averted by having children involved in a camp experience. With so many activities offered, like music, sports and science, kids are kept active while learning abilities can remain elevated.

In addition, campers spend time outdoors – a definite plus when screen time seems to rule the day for many. Many kids develop a "nature deficit disorder" because they're indoors so much. Many summer camps offer a diverse outdoor experience. It can enhance a child's perception of the external world and consequently leads to healthy living.

At many camps, teamwork is encouraged. Whether helping each other to accomplish certain goals or at specific types of camps where teamwork is essential – like a sports



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camp – campers usually have a chance to bond with others. Whether playing, running, jumping, swimming, hiking or climbing – kids can enjoy ways to move. And who knows? Perhaps this attitude will make it home.

The pandemic took away from many a feeling of community. However, camps fortify those feelings of community by promoting a sense of belonging – an essential component to being part of a community.

Another component to being part of a healthy community is self-confidence. Camps can foster in campers a sense

of confidence by challenging them and, with the guidance of able counselors, they can learn new skills and perhaps even discover some hidden talents. Sadly, oftentimes the competitive atmosphere kids find at school can be intimidating. Consequently, they might not be involved in the activities offered. Summer camps, on the other hand, offer an opportunity for participation in non-competitive activities and experience a different sense of accomplishment



THE YMCA OF THE FOOTHILLS

# CAMPS ARE COMING!

**CAMP SIGN-UP DAY**

Saturday, March 2nd  
10am-1pm  
Crescenta-Cañada YMCA  
1930 Foothill Blvd.,  
La Cañada Flintridge

- Family Camp
- Resident Camps
- Day Camps
- Half-Day Camps
- Specialty Camps
- Preschool & Kindergarten Camps
- Onsite experiences such as reptile shows and ice cream parties
- Fun field trips such as Universal Studios, Disneyland, and Knott's Berry Farm
- Weekly swim days and more!



**ADVENTURE AWAITS**

[ymcafoothills.org/camp](http://ymcafoothills.org/camp)



# Summer 2024

## CU Weekly SCHOOL & CAMPS Special Section

### CALMING THE BRAIN AT FILTHY HABIT

By Mikaela STONE

Armand DesHarnais is sharing his love of ceramics through his business Filthy Habit, a pottery studio that opened a month ago at 1740 Broadview Drive in Spar Heights. DesHarnais discovered the joy of clay at the age of 18, appreciating his mentor's teaching that the process was more important than the results.

"The clay can relate what happened to it [and] that isn't something we have to fight," said DesHarnais.

DesHarnais models his creations after the Song Dynasty era China (960-1279 CE) style, which is known for simple, fluid designs brightly glazed in shades such as lavender and light green. His ultimate goal is to create beautiful, functional pieces that will become heirlooms. He himself has the ceramics his grandmother passed down to his mother and finally him. However, to DesHarnais, clay is not just beautiful. He connects throwing clay to understanding his own brain.

Growing up, he experienced the same question many with ADHD are asked to this day: Why can you focus on something fun but not what is important? For DesHarnais, that something fun was video games; while playing he received constant positive and negative feedback. Many people with ADHD suffer time blindness, which causes them to conceptualize time as fixed rather than constantly in motion, with themselves inhabiting only the present. This, combined with the fact that many with ADHD tend to think quickly and process stimuli slowly, makes planning for the long term difficult.

Like video games, clay provides constant feedback but instead calms one's thoughts. Shaping clay forces the artist to slow down, moving their hands at "a rate that would make a koala jealous."

Clay can tap into hyperfocus, in which the ADHD brain filters out all time, stimuli and extraneous thoughts to devote maximum brain power to the task at hand, resulting in a calm, meditative state. Taylor and Francis Online reported that throwing clay increased gamma power in the parietal lobe - one of the parts of the brain that is structurally different in people with ADHD.

Because of these structural differences, ADHD cannot be "cured." However, DesHarnais has found that there are times outside of his studio he can find that same calm focus and credits this to clay. He also finds that when his students, neurodivergent and neurotypical alike, look up from focusing on their clay, there is always a smile on their faces.

Call Filthy Habit today to see what summer opportunities are available.

### 365+ FUN FACTS

- It's impossible for most people to lick their elbow
- Africa is the only continent that spans all four hemispheres.
- Chess has more possible iterations than atoms in the universe
- Brown eyes are the most common eye color
- Biggest gummy bear weighed 26 pounds
- Opposite sides of the dice total seven.
- Empire State Building is struck by lightning 25 times each year
- A year contains 31,557,600 seconds
- Hummingbirds can fly backwards
- 25 yrs are spent sleeping in ones life
- The world's largest pizza, measured over 13k sq ft.
- A sneeze travels at about 100 miles per hour
- The human brain cannot feel pain
- 4 is the only number with the same number of letters in its name
- FOUR
- Monopoly has been played by over 480 million people
- Abraham Lincoln was the tallest US President
- Apples float in water
- Lightning bolts 5x hotter than the sun

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### LOCAL FCSF SCHOLARSHIP APPLICATIONS NOW OPEN



Pictured are 2023 scholarship recipients, from left, Jallen Merager, Ava Karapetian, Jeseung Park, Rebecca Gerola, Harry Kiminski, Jane Marriott, Siena Urquiza, Claire Robinson and Cyrus Khaffaji. Photo courtesy of Alice PEREZ

Attention graduating 2024 high school students! The Foothills Community Scholarship Foundation of La Cañada Flintridge, Inc., is accepting applications to March 15. Formerly known as the Community Scholarship Foundation of LCF, the volunteer group's mission is to inspire students by offering a criterion ranging from a minimum 3.0 GPA to a \$250,000 family income ceiling.

To qualify, a student must attend Crescenta Valley High School, Flintridge Preparatory School, Flintridge Sacred Heart, Hillside School & Learning Center, La Cañada High School and St. Francis High School. New this year, the scholarship eligibility has expanded to include home-schooled students who live in the attendance area of La Cañada High School and Crescenta Valley High School. Students are encouraged to apply whether they aspire to attend a university, junior college, trade school, vocational college or learning institution.

A joint scholarship and Distinguished Person Award celebration will be held on April 28 at the Community Center of La Cañada Flintridge to recognize the recipients.

Scholarship applications are available at [www.fcsflacanada.org/students](http://www.fcsflacanada.org/students). For additional information, contact FCSF President Trish McRae at (818) 568-6411 or FCSF Scholarship Director Linda Evans at (818) 653-0363.

### WHAT IS THE OLDEST SUMMER CAMP IN THE UNITED STATES?

Sumner F. Dudley, a young businessman, and seven boys from the YMCA in Newburgh, New York, go on a camping trip. By 1891, there were eighty-three campers. The camp became known as Camp Dudley and is the longest continually operating camp in the United States.

## EPIC SUMMER@

### MOMENTS Unforgettable Summer

Academic Camps | Day Camps | Specialty Camps | Sports Camps

Get ready for an epic summer filled with hands-on activities where your child can explore new skills, have a blast, and make new friends. We offer a variety of summer camps, from day camps, sports camps, and academic adventures to specialty camps, allowing you to create a unique experience and unforgettable memories. Campers enjoy sports, STEM projects, arts, crafts, music, dance, drama, and more.

Give them a summer filled with epic moments and unforgettable memories!

- Spaces Are Limited
- Sign Up Today
- All Families Welcome

Registration Opens February 2024  
[StratfordSchools.com/summer](http://StratfordSchools.com/summer)

SUMMER CAMPS Preschool THROUGH Grade 8

Altadena 2046 Allen Avenue (626) 794-1000  
Our other Southern California campus Mission Viejo

STRATFORD SCHOOL

OMASC

### Summer Doesn't End With This Issue!

Be sure to look out for two more CV Weekly Summer Camp Issues publishing next Thursday, March 7 and again on March 14. It's not too late to get your announcement in one of these popular special issues! Call Rachelle at (818) 248-2740 for rates and more information.

## ATTENTION EDUCATORS

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## Summer Fun is Serious Fun.

Spring Break Camps Available

### The Little Gym LA CAÑADA

Summer Camps (3-8yrs)  
Join us for awesome, themed, & interest-driven Daily Camps!

- Mon, Tues, Wed, Thurs & Fri
- 12:45pm-3:45pm

Flexible scheduling, allowing your busy family to include Camps in your children's Summer activities for several full weeks, a week, or even one Camp at a time. New adventures, activities, and arts & crafts in every camp!

Register Online at:  
[Camps.TLGLaCanada.com](http://Camps.TLGLaCanada.com)

Summer Classes (4mo-12yrs)  
We offer a wide variety of parent/child and gymnastic classes for children ages 4 months to 12 years!

818-249-4496 (voice)  
818-928-6808 (text)  
[TLGLaCanada.com](http://TLGLaCanada.com)  
[Camps.TLGLaCanada.com](http://Camps.TLGLaCanada.com)



# PARKER-ANDERSON SUMMER CAMP AT CRESTVIEW!

You choose the program. We bring the fun! Choose between Techkidz, Sports, Dance, Science, Spy Kids, and more!



## Choose your Adventure!

We customize unique, full-service camp experiences for communities that combine the fun and silliness of traditional summer camp with a huge variety of our signature enrichment classes and social interaction with friends.

**\$165**  
Online  
Registration

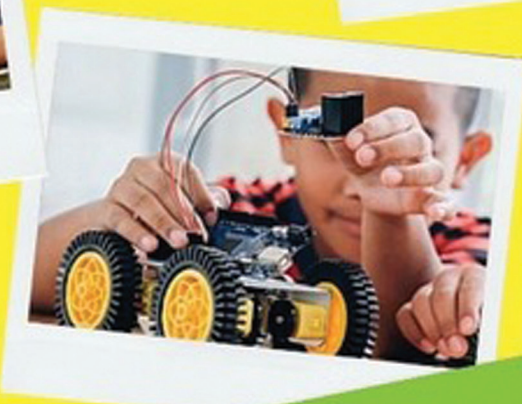
**JUNE 17TH  
THRU  
JULY 12TH**

**CRESTVIEW  
SCHOOL**

140 Foothill Blvd.  
La Canada, CA, 91011

**CONTACT US**

(818) 650-8676  
Parker-Anderson.org



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**SUMMER@STRATFORD ... THIS IS THE PLACE WHERE EPIC MOMENTS HAPPEN!**

We've designed the perfect camp for your child, complete with all the fun, enriching activities they love and the important safety measures and flexible hours you expect. And with many options to choose from, campers will have endless, epic moment experiences to keep them engaged and excited all summer long.

Academic camps are a wonderful way to enhance your child's love of learning while focusing on a specific subject. From math and robotics to literature and creative writing, we have something for every student. Campers work independently and in small groups to apply real-life experiences to lessons learned in the classroom.

Our day camp features a unique selection of indoor and outdoor activities and field trips will be on all programs. Each week, students in grades one through five jump into action as they explore science and nature, become involved in creative and performing arts, and participate in sports and games.

Inspirational specialty camps are packed with hands-on activities that offer experiences for campers to dis-



cover new skills and talents. Whatever your child's interests are, we have fun and unique activities for them to try!

Our rigorous sports camp promotes skill building, exposes children to new activities, and helps build healthy exercise habits. We bring sports specialists from around the area to help each camper improve, practice and play each sport.

Summer@Stratford – where campers can enjoy sports and games, exciting STEM/STEAM projects, arts, crafts, music, dance, drama and so much more. Just wait until you see what epic moments they're capable of! Find out more by visiting us online at stratfordschools.com/summer.

**FUN AND ENRICHMENT THIS SUMMER AT PARKER-ANDERSON**

Parker-Anderson Summer Camps customize unique, full-service camp experiences for families that combine the fun and silliness of traditional summer camp with a huge variety of signature enrichment classes and social interaction with friends. Programs include STEAM subjects, arts, sports, fantasy, cooking, chess and more. All students grades K-sixth are encouraged to sign up today at Parker-Anderson.org.



**facts about SUMMER**

The start of Summer is marked by Summer Solstice each year. Summer Olympics happen every four years. America's Independence Day happens every July 4th. More thunderstorms happen during the Summer months than at any other time of year. Astronomical Start Date June 20th. Astronomical End Date September 22nd.

Meteorological Start Date June 1st. Meteorological End Date August 31st. The largest ice cream scoop weighed 3010 pounds. There are 300 different varieties of watermelon. On 1st day of Summer in Alaska they play a baseball game that starts at 10:30pm and they do not use artificial light.

The Eiffel Tower grows taller in the Summer. The largest bonfire ever was the height of a 15 story building.

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**DID YOU KNOW?**

Raccoons may sound like cats, but you shouldn't cuddle them!



**THE LONGEST DAY OF THE YEAR IS IN SUMMER.**

The summer solstice marks the point when the Sun reaches its highest point in the sky. This is the longest day of the year and after this point, the days slowly begin to get shorter until the winter solstice which occurs around 21 December.



**DID YOU KNOW?**

Crickets can calculate the temperature.

**Stronger Swimmers Are Made in the Winter**

At British Swim School we offer:

- Swim lessons for all ages and skill levels.
- A focus on water safety and survival skills.
- Stroke improvement, confidence in the water, and fun!



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# SUMMER DAY CAMPS

## JUNE 10 - AUGUST 16, 2024

Except June 19 (Juneteenth) and July 4 (Independence Day)

Kool Dayz • Kinder • Travelin' Teens • Maple Starz  
Sparr-Tacular • Summer Blast • Summer Spectacular,  
and Summer Specialty Camps throughout Glendale

### REGISTRATION

**Glendale Residents MARCH 4 • 9:00 AM**

Proof of residency required

**General Registration MARCH 6 • 9:00 AM**

## SPARR-TACULAR SUMMER CAMP

### 12:00 - 6:00 PM

Operating on a weekly basis

### REGISTRATION

**Glendale Residents MARCH 4 • 9:00 AM**

Proof of residency required

**General Registration MARCH 6 • 9:00 AM**



## SUMMER SPECIALTY CAMPS

Skate Camps • Pacific Skate School • Yoga & Arts Camp  
Basketball Summer Break • Nature Camp • Tennis Camps

### REGISTRATION

**Glendale Residents MARCH 4 • 9:00 AM**

Proof of residency required

**General Registration MARCH 6 • 9:00 AM**

## STONE BARN NATURE CENTER

### 9:00 AM - 4:00 PM

Campers will gain appreciation for the nature in their own backyards through exploration in the Stone Barn Nature Center and the rugged 700 acres that Deukmejian Wilderness Park has to offer!

Interpretive Hikes • Nature Crafts  
& might even see a wild animal or three!



For more information and registration visit [GlendaleCA.gov/DayCamps](https://GlendaleCA.gov/DayCamps)



Community Services  
& Parks



@MyGlendaleParks

# BETWEEN FRIENDS

## Thursday Club Courtyard Sale Opens Early to Accomodate Rush



By Ruth SOWBY

Photos by Ruth SOWBY

At 7:50 a.m. on Saturday morning, Feb. 10, dozens of bargain hunters stormed the historic gates of the Thursday Club in La Cañada. The courtyard sale opened 10 minutes early to accommodate the crowd.

Customers weren't disappointed. Pre-owned luxury goods at bargain basement prices included antiques,

crystal, china, jewelry, holiday décor and toys. Vintage earrings were snapped up in minutes.

The items were collected over the last year by club members. It took a week to organize them, price them and place them on tables outside and inside the Clubhouse. Items were donated by members' families, friends and neighbors.

Early birds Dan McCarthy and son Felix, 5, discovered a Super Challenge

Road Race set for \$5. After looking on Craig's List, Dad found the Thursday Club's sale. Felix found the set. La Cañada resident Rosie Betanzos spent her money on jewelry, crystal, pottery and "Christmas stuff." She visited checkout several times, adding to her bounty.

Other customers prized a high fashion leather wallet for \$10, photo frames for \$1 and Barbie pink holiday ribbon for 50 cents. According to event

co-chair Gracella Gibbs, the sale, in its fourth year, will attract from 200 to 300 customers before closing at 2 p.m. Her co-chair (and current La Cañadan of the Year) Sheri Morton estimated that that sale would bring in about \$5,000.

The Thursday Club, 185 members strong, is a social, cultural and philanthropic organization. Sale proceeds support the Club's scholarship and debutante programs.

LEFT: Co-Chair Gracella Gibbs arranges donated serving pieces at the Thursday Club Courtyard Sale in La Cañada.

MIDDLE: La Cañada resident Rosie Betanzos has never missed a Thursday Club Courtyard Sale. Checking out, she has plenty of help from Club members.

ABOVE: Dan McCarthy and son Felix, 5, playing with his Super Challenge Road Race set, couldn't wait to bring it home. The set cost \$5 at the Thursday Club's Courtyard sale.

## USC Verdugo Hills Hospital Earns Accreditation

USC Verdugo Hills Hospital received its first-ever Practice Transition Accreditation Program (PTAP) accreditation from the American Nursing Credentialing Center (ANCC) for its outstanding nurse residency program, which helps transition novice nurses into

clinical practice. This six-month training program prepares residents to provide high-quality, evidence-based, patient- and family-centered care by providing the opportunity to work in a collaborative learning environment alongside experienced staff and to

develop critical thinking, clinical reasoning, leadership and interpersonal communication skills.

This recognition demonstrates the USC Verdugo Hills Hospital's excellence in transitioning recently graduated registered nurses to new practice settings and underscores

the hospital's commitment to nurturing and advancing nursing professionals who play a vital role in providing personalized, high-quality health care to the local Foothills community. Providing early career nursing professionals with a strong foundation is especially important as

the health care industry addresses a nationwide nursing shortage.

ANCC, a subsidiary of the American Nurses Association, uses evidence-based assessment criteria to evaluate health care organizations that promote nursing excellence and quality patient outcomes.

## La Cañada Thursday Club Hosts Informational Meeting about its Modern Debutante Program

Mothers (or fathers) of current high school sophomore girls are invited to attend an informational meeting about the Thursday Club's Modern Debutante Program on Monday, March 4 at 6:30 p.m. The meeting will take place at the Thursday Club, 4440 Woodleigh Lane. Club leaders will explain the requirements for Club membership and Program participation.

The 16-month Program begins in the girls' junior year of high school and continues through December of their senior year. Each participant

must complete 10 hours each of community service, charitable activities and cultural events. Personal development instruction is given at monthly group meetings and includes lessons in managing personal finances, nutrition (eating healthy in a college environment), public speaking, personal safety, stress management, personal correspondence and much more.

The Program culminates with a black-tie ball held in

late December when the Program participants are presented as adults.

For more information, email

Alison McQuay at [alisonmcquay@gmail.com](mailto:alisonmcquay@gmail.com).

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