

COMMUNITY BRIEFS



Photo courtesy

COAT OF ARMS: K9 connection Adopt-A-Dog volunteers are ready to hit the town in efforts to land homes for dogs at Santa Monica's Animal Shelter.

Looking out for man's best friend

By Daily Press staff

Twelve new volunteers took part in K9 connection's two-hour Adoption Outreach Volunteering training class on July 15 to help rescue dogs at the city of Santa Monica's Animal Shelter.

On their own time, they will walk the abandoned shelter dogs, sporting orange-and-black adopt-a-dog jackets, to public places and parks to find someone willing to give the pets a new home.

"This is part of OPCC's, formerly Ocean Park Community Center's, newest program," says Glen Zipper, project operations manager. "The adoption service started in January and 90 percent of our dogs are adopted through the outreach effort. There's no substitute for actually meeting a dog on the street and getting to know him or her outside the shelter."

Seventy adoption volunteers have already signed up and many more are needed. Walking shifts are available seven days a week, and volunteers can conveniently schedule their walks by logging onto a special online calendar. Most volunteers come from K9 connection's online posting at Volunteermatch.org or word of mouth.

Adoption outreach is an adjunct of K9 connection's more comprehensive three-week program for at-risk 12- to 16-year-old youth, training homeless shelter dogs in basic obedience and teaching the teenagers to apply the same lessons they teach the dogs to their own lives. For more information, call (310) 264-5424 or visit www.k9connection.org.

Don't be reluctant to health yourself

By Daily Press staff

UCLA Healthcare offers free health educational talks in July and August. "Reducing Your Risk of Heart Disease." Learn how to live a heart-healthy lifestyle through dietary changes, stress management and exercise on Thursday, July 27, from noon to 1:30 p.m., at the Santa Monica Family YMCA, 1332 6th St.

"Travel in Good Health." Lynn Stephens, a UCLA family nurse practitioner, offers advice to ensure safe and healthy travel on Tuesday, Aug. 1, from 10 a.m. to 11:30 a.m., in the community room at Santa Monica Place Mall, Broadway and Fourth Street.

"ABCs of Hepatitis B and C." Dr. Steven-Huy Han, a UCLA gastroenterologist, presents an overview of Hepatitis B and C, including prevention and treatment options on Wednesday, Aug. 2, from 10 a.m. to 11:30 a.m., in the Marisa Leif Conference Room, 300 UCLA Medical Plaza on the UCLA campus in Westwood.

"Parkinson's Disease Primer." UCLA neurologist Jeff Bronstein provides an update on Parkinson's Disease, including its causes, treatments and the latest research findings on Thursday, Aug. 3, from 2:30 p.m. to 4 p.m., at the Westside Family YMCA, 11311 La Grange Ave. in West Los Angeles.

"Advance Healthcare Directives." Learn about the importance of having an advance healthcare directive and sharing it with loved ones on Wednesday, Aug. 9, from 11 a.m. to 12:30 p.m., Westchester Family YMCA, 8015 S. Sepulveda Blvd. in Westchester.

For reservations and directions, call (800) 516-5323.

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SURF REPORT

SURF CONDITIONS WATER TEMP: 70°

SWELL FORECAST (2-3 FT)
SURF LOOKS A LITTLE SMALLER WITH ONLY WAIST HIGH SURF MOST EVERYWHERE.

LONG RANGE SYNOPSIS
SW DIMINISHES OVER NEXT 48 HOURS, BUT THEN...
SW STARTS TO BUILD THIS WEEKEND...
SIGNIFICANT SW TO HIT CALIFORNIA BY THE 3RD...

TIDE FORECAST FOR TODAY IN SANTA MONICA

The Q-Line

PROUDLY BROUGHT TO YOU BY

Cream colored ponies and crisp apple strudels? Doorbells and sleigh bells and schnitzel with noodles?

Readers are often asked in this section to rant, vent and express themselves with vigor on a wide array of topics, some more controversial than others. This week, let's all take a sip of our drinks and chill a bit, as it's entirely too hot to get all heated. Take stock and wax poetic on what's good about Santa Monica; what brought us here to live in the first place, or remain here.

So this week, Q-Line wants to know:
What are the best things about living in Santa Monica? What are we appreciating out there?
Call (310) 285-8106 or type responses at smdp.com/forum and we'll print your answers.

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