

CIVIC PRIDE

PET OF THE WEEK



MORRIS

Morris, a 3-year-old, orange tabby, has been neutered and is ready for a new home.

He loves attention and would make an excellent companion for an individual or family. If you are looking for a snuggly, purring blanket, Morris is your cat.

Come visit with this sweet guy today.

The regular cat-adoption fee is \$65, which includes the spay or neuter surgery, microchip, vaccinations and a free follow-up health check at your vet.

We have already started our annual "2 fur 1" offer where you can adopt a second cat or kitten for just \$10 more.

Please call (626) 792-7151 and ask for A205056 or come to the Pasadena Humane Society & SPCA, 361 S. Raymond Ave., Pasadena.

Our adoption hours are 9 a.m. to 4 p.m. Monday, Tuesday, Thursday, 9 a.m. to 5:30 p.m. Friday and Wednesday and 9 a.m. to 3 p.m. Saturday.

Directions and photos of all pets are updated hourly at www.phsspca.org.

VOLUNTEER DIRECTORY

SALVATION ARMY GLENDALE

The Salvation Army is looking for volunteers who can deliver meals for the "Meals on Wheels" service during a weekday lunch hour to homebound seniors. Volunteers are also needed to tutor children during after-school hours between 3 and 6 p.m. Other duties also include visiting seniors. For more information, call Maren Schneider at (818) 246-5586, ext. 121.

YWCA OF GLENDALE

The YWCA of Glendale is looking for volunteers to help staff its "New to You" thrift shop at the YWCA, 735 E. Lexington Drive, Glendale. Adults and teenagers 16 years of age or older are needed between 9 a.m. to 5 p.m. Monday through Friday and 10 a.m. to 2 p.m. Saturday. The most urgent need is between 9 a.m. to noon daily. High-school students may earn community service hours for their work. Duties include opening and closing the store, assisting customers, receiving and sorting donations and light housekeeping. Training sessions for prospective

volunteers will be held at the YWCA from 4 to 6 p.m. on the fourth Thursday of the month.

AHEAD WITH HORSES INC.

Ahead with Horses Inc. is looking for volunteers to help disabled and disadvantaged children who receive developmental therapy lessons on horseback. High-school students, this is an opportunity for you to earn your community service hours while helping others. A love for children and animals is appreciated. Ahead With Horses is at 9311 Del Arroyo Drive, Sun Valley. For more information, call Jennifer at (818) 767-6373.

GLENDALE MEMORIAL HOSPITAL

Glendale Memorial Hospital especially needs volunteers from 8 a.m. to 5 p.m. Monday through Friday. Volunteer opportunities include the gift shop, emergency department, 50 Plus, Messenger office and patient care areas. Volunteers receive free meals and parking. Training, orientation and TB screening is provided free of charge. For more information, call Wanda Sykes at (818) 502-2373.

Standing up for women

One of the two men on the YWCA board says his involvement in women's affairs seems right to him.

By Rachel Kane
News-Press

Nelson Nio is a man in a woman's world — and he feels right at home. The self-defense instructor, producer of feminist theatrical events and rape-crisis counselor from Brentwood has recently thrown himself into the fight for women's rights.

"I feel like I'm aligning everything that I do," Nio, 36, said. "I don't know. It just feels right."

Members of the Glendale YWCA's Board of Directors also felt Nio was right. In June, they elected him as one of two men to serve on the board. Men previously have not been accepted on the YWCA board.

Emily Germano, an ex-board member who worked with Nio on a production of *The Vagina Monologues*, a play he produced, recommended him and now he is the second vice president and chair of the Community Development Committee.

"Nelson's himself, he just amazes me," said Brooke Moore, president of the Glendale YWCA's Board of Directors.

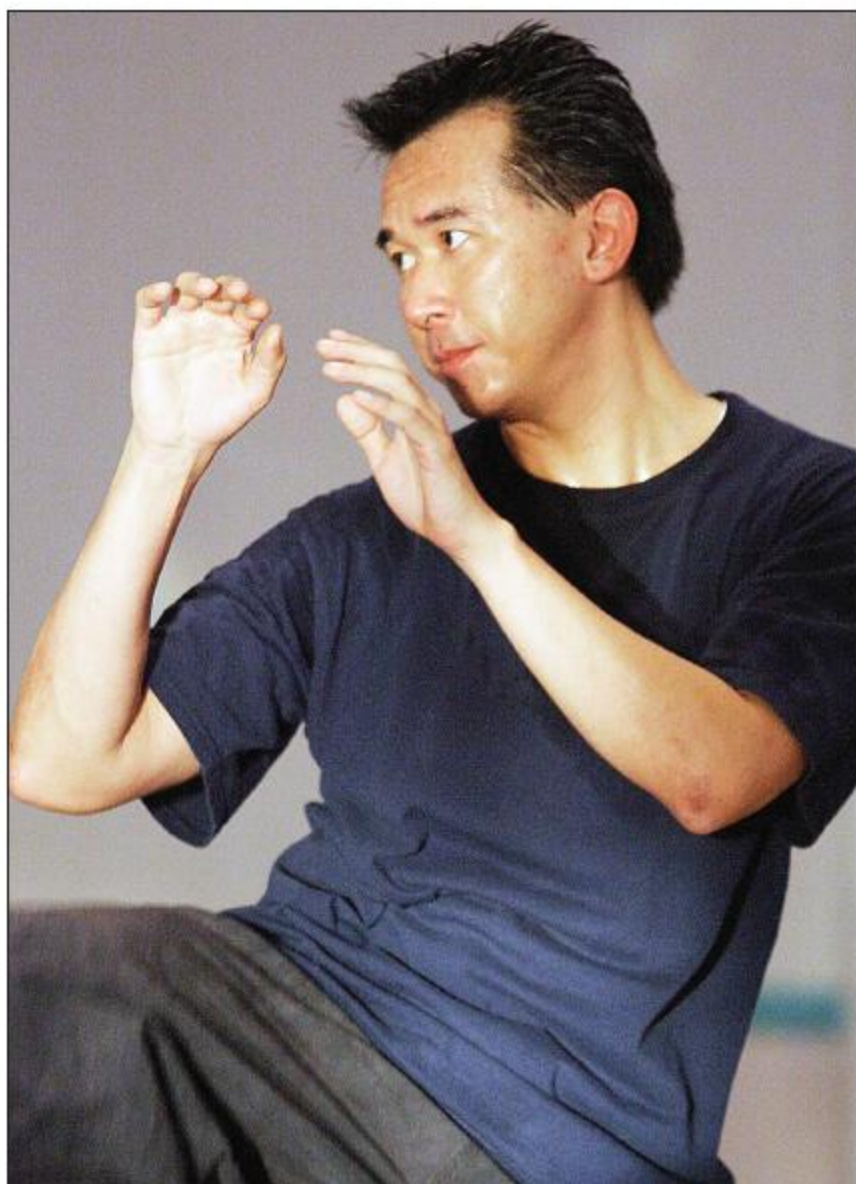
"He absolutely amazes me. He's such a gift to this organization. Nothing seems to ever daunt him."

Nio is also a state-certified sexual-assault-victim counselor and a member of the California Coalition Against Sexual Assault. He is also the founder of SHIELD, a martial-arts-based women's self-defense program.

"He's authentic, he's genuine and he kind of walks the talk," Moore said. "When he says he believes in something, he slams into action. He goes for it. And it's not often that you find people who do that."

Remaining enthusiastic about his work for women and fighting for female rights comes as second nature to Nio. His passion is spurred not only by national statistics suggesting high rape rates, but also by specific experience.

"About three years ago a friend of my co-worker was attacked in Costa Mesa," Nio said. "She was walking from her car to her apartment and he



TAMMY ABBOTT Glendale News-Press

Nelson Nio is one of two males on the board of the Glendale YWCA, the first time men have been involved on the board. He is a self-defense instructor and teaches classes at the YWCA.

grabbed her from behind, smashed her head against the wall, ripped her clothes, beat her up"

After news of the rape spread to Nio, he became much more aware of women's issues.

Since then he has organized two productions of *The Vagina*

Monologues, with proceeds benefiting local women's shelters and organizations.

His goals for the future course of the YWCA involve expanding the center's community access and letting women know what kind of services the YWCA provides.

Nio's next project is HER

"He absolutely amazes me. He's such a gift to this organization. Nothing seems to ever daunt him."

Brooke Moore
President, Glendale YWCA's Board of Directors.

Conference, a day of seminars and classes for women between the ages of 15 and 30, with topics like dating, self defense, politics, business, activism and healthy living.

"It's basically an empowerment event for young women," Nio said. "I think that's going to be exciting."

The HER Conference is scheduled for March 24 at Woodbury University in Burbank. Nio is also starting self-defense classes at the YWCA from 4 to 6 p.m. on Sunday.