

LOCAL EXTRA



THURSDAY
MAY 12, 2011

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MITCHELL ROSEN

THE HARDEST JOB IS PARENTING

When my children were young, my wife worked as a nurse on the weekends. She worked 12-hour shifts so it was my job to take care of our son and daughter from the time they awoke on Saturday morning until they went to bed Sunday night. It gave me a glimpse into being a parent that every father should have.

I realize there are many single dads who already understand what it means to be the sole caretaker of a child, but for me it was eye-opening. I was used to going to work, coming home at night and then spending time with the kids. I was not accustomed to having absolutely no time for myself and not even being able to go to the bathroom without a knock on the door.

Perhaps the most important thing I learned was that being a full-time parent is the single hardest job on the planet. It is also the most rewarding, but I won't get schmaltzy here; taking care of a 1-year-old daughter and 4-year-old son is nonstop. Now I can look at the couple who comes for marriage counseling and tell the father who boasts his job is so much harder than the cushy job of his wife who gets to stay home with the kids and say "You're wrong. Her job is 10 times harder than yours."

Most families don't have the luxury of being able to afford one parent staying home full-time. In the sitcoms of the 1950s this was the rule, not the exception. "Father Knows Best," "Donna Reed," "The Dick Van Dyke Show," "Ozzie and Harriet," you name it, the roles were etched in celluloid. Dad went to work and mom stayed home. There was a brief period following World War II when it was economically possible to exist on one salary. It only lasted a short time and now, as we all know, even two salaries often falls short of what is needed to get by.

Unless you have been the sole caretaker for an infant, preferably two, it is impossible to understand what the term 24/7 really means. There is no such thing as time off. If you have two kids, it is a rare occurrence they both nap at the same time. More than one child means the parent never gets time off.

Not too many dads try and pull the "I work hard all day and I'd love to have your life staying home, playing with the kids, shopping and watching TV." But every once in a while I'll have a couple in my office and the husband will try and trump her with "My life is so much more demanding than yours." The reality is whether it is the father or the mother, any parent who is a single parent has my undying admiration.

Mitchell Rosen, M.A., is a licensed marriage and family therapist with practices in Corona and Temecula. Contact him at features@PE.com.

Norco base will be open to public

CEREMONY: Naval Surface Warfare Center to hold observance Saturday for Armed Forces Day.

SUBMITTED TO THE PRESS-ENTERPRISE

The region's Navy base will be open for public visitation during the Inland Empire Armed Forces Day Celebration on Saturday from 10 a.m. to 2 p.m.

The annual event will kick-off

with an opening ceremony at 10:15 a.m. that will include remarks by Naval Surface Warfare Center, Corona Division Commanding Officer Capt. Jay Kadowaki and U.S. Rep. Ken Calvert, R-Corona; a Naval officer commissioning; a welcome-home tribute to a local Marine just returning from combat; a special tribute to the fallen; and a flyover of vintage military aircraft.

In addition to paying tribute to

America's service members, the base will celebrate the Centennial of naval aviation with guest of honor retired Rear Adm. Allen E. "Boot" Hill, of Riverside.

Hill was one of four naval aviators participating in the highest altitude, first all-jet dogfight during the Korean War against eight Chinese MiG-15s. He will be available to talk about his Navy career and sign autographs.

The event will also feature

hands-on science exhibits for kids, tours of the Navy's premiere science laboratory, camouflage face-painting, and military hardware displays, including Humvees and combat weapons.

The officer commissioning will enter B. Shane Anderson of Corona, a volunteer youth pastor at Harvest Church in Riverside, into the U.S. Navy Reserve as lieutenant, junior grade, for the Navy

SEE **BASE/C3**

WINGED BABY SURVIVES

Experts advise against fostering birds but if you do, be informed

BY JENNIFER WHITAKER
THE PRESS-ENTERPRISE

Six weeks ago, Moreno Valley resident Pauline Anderson, 72, was watering flowers in her yard when her cat, Billy Bob, brought her a tiny surprise — a baby bird.

"He had no feathers, he was just bare, pink skin when the cat got him," said Anderson's son-in-law, Mark Henry.

Anderson's family didn't know what to do with the big-mouthed baby, but they knew they couldn't let their cats eat him, so they called their vet, who got them in touch with some experts.

It took a month and a half of daytime feedings every three hours, but now the baby, dubbed "Dudehopper" by the family, is half a foot long, beak to tail, and flies onto Anderson's shoulder when she opens his cage.

Anderson said it's a lot like raising children: "Let me tell you, when he gets hungry, he let's you know."

She said the bird, most likely a European starling, also recognizes her and even talks to her.

Bird rehabilitator Penny Rechsteiner, of Mentone, was on their vet's list of experts.

Rechsteiner said they were right to call a professional early on, as most people, even animal lovers, may not do the right things.

Her first piece of advice, if the baby is not in immediate danger and has feathers: leave it alone. Keep your pets inside and watch to see if its parents are nearby — if so, they'll feed it.

"They put a lot of love and time

SEE **BIRD/C3**



JENNIFER WHITAKER/THE PRESS-ENTERPRISE

"Naked" with no feathers and in the grips of the family cat, little starling Dudehopper was in dire need of help when Moreno Valley resident Pauline Anderson began caring for it.

Riverside Community Hospital honors nursing staff

BY RICH LINTON
SPECIAL TO THE PRESS-ENTERPRISE

With a theme of "Welcome to the Magical Kingdom of RCH, Where Nursing Dreams Come True," Riverside Community Hospital recently awarded its highest accolades to 10 nursing employees.

To celebrate National Nurses Week and to recognize the May 12 birthday of Florence Nightingale, the founder of modern nursing, the hospital distributed nomination ballots to all of its employees in April for voting.

Each of the 10 categories were described with Disney-esque titles such as Mary Poppins: "Practically



RICH LINTON/SPECIAL TO THE PRESS-ENTERPRISE

Nurses at Riverside Community Hospital received special recognition as the hospital marked National Nurses Week.

Perfect in Every Way," Customer Service is his/her specialty.

Several hundred people who

attended the event listened as CEO Patrick Brilliant was the first of

many hospital administrators who

thanked the nursing staff for the vital and important roles they play in the treatment of patients at the hospital.

The 2011 Nursing Awards finalists are:

- Dean Horieh: "Belle"— Love for Learning
- Mei Huang: "Mary Poppins"— "Practically Perfect in Every Way," Customer Service is Her Specialty
- Teresa Malak: "Snow White"— Protector and Patient Advocate
- Hermie Dalistan: "Snow White"— Protector and Patient Advocate

SEE **NURSES/C3**



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SELECT A SAUCE

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Meat

Add Meatballs, Sausage or Chicken for a little more!

AWARDS PROGRAM: RAMONA HIGH SCHOOL STUDENTS



SUBMITTED TO THE PRESS-ENTERPRISE

Members of the Magnolia Center Rotary got to know their student representatives from Ramona High School in Riverside at the Rotary Youth Awards Program last month in Crestline. The eight students introduced themselves, talked about current goals, spoke of the camp and how it enhanced their lives, and talked about their goals after high school. Back row from left, Andy Guzman, Eduardo Sandoval and Mario Garcia; front row from left, Stephania Neuro, Madeline Le, Miriam Valle-Mancilla, Patricia Doan and Daisy Bailon.

DATEBOOK

SUBMIT INLAND COMMUNITY EVENTS AT WWW.INLANDSOCAL.COM. CLICK ON "SUBMIT AN EVENT"

DAILY DATEBOOK

CORONA

ARTS AND CRAFTS

ARTIST OF THE YEAR EXHIBITION,

Today, 11 a.m. Art House Gallery At Heritage Park, 510 W. Foothill Parkway, Corona. 951-735-3226.

GAMING AND TECHNOLOGY

FAMILY GAMES DAY, Friday, May 13, 4 p.m. Eastvale Public Library, 7447 Cleveland Ave., Corona. 951-273-2025.

MUSIC

SPRING CONCERTS, Friday, May 13, 7 p.m. Dos Lagos Amphitheater, Lakeshore Dr. Corona. 951-277-7601.

WORKSHOPS AND CLASSES

ICAP - INFORMATION AND REGISTRATION MEETING FOR FALL 2011 CLASSES, Today, 4:30 p.m. Northpoint Evangelical Free Church, 988 W. Ontario Ave., Corona. Free. 951-273-0153.

MORENO VALLEY

COMMUNITY

MVUSD COMMUNITY ADVISORY COMMITTEE, Today, 6:30 p.m.

North Ridge Elementary School, 25101 Kalmia Ave., Moreno Valley. Free. RSVP: 951-653-4745, 951-231-3308.

DANCE

BALLET FOLKLORICO, Friday, May 13, 7 p.m. Moreno Valley Conference and Recreation Center, 14075 Frederick St., Moreno Valley. \$10. 951-368-8653.

NORCO

ACTIVISM

SPRING INTO AWARENESS: THE POWER OF PREVENTION, Today, 5 p.m.

Nellie Weaver hall, 3737 Crestview Dr., Norco. Free.

FAIRS AND FESTIVALS

15TH ANNUAL HIGHLAND COUNTRY FAIR AND CAR SHOW, Friday, May 13,

3:15 p.m. Highland Elementary School, 2301 Alhambra St., Norco. Free entry; car show \$20. 951-738-1704, thehighlandpta@yahoo.com.

ARTS AND CRAFTS

MOSAICS CLASS, Friday, May 13, 7

p.m. Trend Showroom, 14528 Meridian Parkway, Riverside. lianame@orsoni.com.

CARS

NIGHT, Friday, May 13, 5 p.m. Tuxie's Drive-In, 6030 Magnolia Ave., Riverside. Free.

COMMUNITY

HEALTHY EATING COOKING CLASSES,

Today, 3:30 p.m. Family Service Association's Catering for a Cause facility, 6060 Magnolia Ave., Riverside. Free. Register: 951-779-9623.

3RD ANNUAL RED DAY, Today, 9

a.m.-1:00 p.m., Shamel Park, 3650 Arlington, Riverside. 951-329-9119

RIVERSIDE REPUBLICAN WOMEN

FEDERATED, Friday, May 20, 11:30 a.m. Victoria Club, 2521 Arroyo Drive, Riverside, \$25, RSVP by Tuesday, May 17, www.riversiderepublicanwf.org.

NATURE

ASTRONOMY NIGHT, Friday, May 13, 6

p.m. Hidden Valley Nature Center, 11401 Arlington Ave., Riverside. \$3. 951-785-7452.

PERFORMING ARTS

"SCOTLAND ROAD", Friday, May 13, 7

p.m. Calvary Baptist Church, 1718 N. Orange St., Riverside. Pre-sale: \$8 Adults, \$7 Child/Senior Door: \$10 Adults, \$8 Child/Senior. 951-398-1105.

ROCKY HORROR SHOW, Friday, May 13,

7 p.m. Landis Performing Arts Center, 4800 Magnolia Ave., Riverside. 951-222-8100.

WORKSHOPS AND CLASSES

TOASTMASTERS COMMUNICATION

WORKSHOP, Today, 7 p.m. Hope

Lutheran Church, 2882 Arlington Ave, Riverside. \$25 for six weeks. 951-787-8135 or 951-780-7984.

REDLANDS

COMMUNITY

COLLEGE AND PROFESSIONAL SINGLES,

Saturday, May 21, 6 p.m. dinner at The Tartan, 24 E. Redlands Blvd., Redlands. Information: Eileen 951-689-7454.

RIVERSIDE

ADOPTABLE PET: ALL BREED DOG RESCUE

Animal's name: Wednesday

Breed: Jack Russell Terrier mix

Age: 10 months
About the animal: Wednesday has been spayed, vaccinated, micro-chipped and Frontlined. She loves other dogs and loves to play, is curious about cats and is good with kids. She is a kind and sweet-natured pooch. She has a great personality and is very smart. She's an indoor lapdog.

Agency: All Breed Dog Rescue. Application, agreement, home inspection and adoption fee of \$175 to cover costs are required.

Location: Corona

For more information: 951-212-7709



SUBMITTED TO THE PRESS-ENTERPRISE

SETTING IT STRAIGHT

ABOUT CORRECTIONS: Because The Press-Enterprise endeavors to publish as accurate a newspaper as possible, it appreciates being notified of any factual errors in the newspaper. Please telephone the metropolitan desk at 951-368-9460, or write to Metropolitan Editor, The Press-Enterprise, P.O. Box 792, Riverside, CA 92502-0792, with complaints about this section of the paper.

If you remain dissatisfied please contact The Press-Enterprise Editor Maria De Varrenne, e-mail at corrections@PE.com; fax 951-368-9024; mail care of The Press-Enterprise, P.O. Box 792, Riverside, CA 92502-0792, or phone 951-368-9404.



SUBMITTED TO THE PRESS-ENTERPRISE

Anderson has been raising the bird for six weeks on a diet of mealworms, mashed breadcrumbs, eggs and pears.

BIRD

CONTINUED FROM C1

into caring for their babies, and like students going off to college, these fledgling babies will be well-missed if they disappear into your home," Rechsteiner said.

If, like Dudehopper, the baby is naked and cannot survive on its own, the natural thing to do would be to take it in and give it some water.

Don't.

"Baby birds get their hydration from their food; their bodies cannot assimilate plain water," she said.

Different species of birds have different diets, so Dudehopper's hard-boiled eggs, applesauce and breadcrumbs may not be ideal for all babies, which is why Rechsteiner said it's important to seek skilled advice.

"Baby birds get their hydration from their food; their bodies cannot assimilate plain water."

PENNY RECHSTEINER, OF MENTONE, A BIRD REHABILITATOR

Dudehopper, who can now fly several feet, is almost ready to return to the wild. The family plans to release him when he can fly strong enough to "keep him out of trouble," Anderson said.

Reach Rechsteiner, the bird rehabilitator, at 909-794-1871.

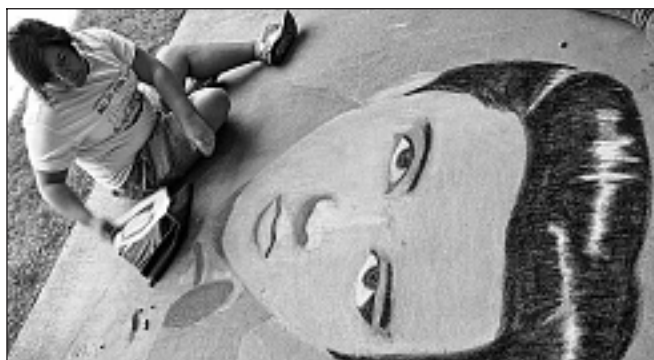
Reach reporter Jennifer Whitaker at 951-368-9282 or jwhitaker@PE.com



SUBMITTED TO THE PRESS-ENTERPRISE

Aubrey Sawicki reproduces a drawing by artist Roy Lichtenstein for her final semester project in a drawing class. The projects for instructor Eileen Doktorski's class were created on walkways at the center of the college's San Jacinto campus.

DRAWING ON PUBLIC ESTEEM



Guadalupe Alonzo uses chalk to reproduce an Elvis Presley drawing, titled "The King," for her final semester project in a drawing class.

THE PRESS-ENTERPRISE

Mt. San Jacinto College drawing students showed their talents Tuesday by creating their final semester projects on concrete pathways in the center of the college's San Jacinto campus.

The assignment from instructor and Art Department chairwoman Eileen Doktorski was to work individually or in a group to reproduce an image enlarged from a small drawing.

They have taken chalk to pavement before. The exercise is aimed at increasing the students' comfort level working in public and keeping an artistic focus despite external distractions, according to a college news release.

Their work incorporates approaches to drawing including tonal gradations in light and dark, perspective and how to scale up from a smaller image.

BASE

CONTINUED FROM C1

Chaplains Corps, making him the newest Reserve chaplain in the Navy.

The event is free and open to the public. Visitors age 16 and older must have

a photo identification to be admitted to the base.

Cameras are permitted at the installation, although they will not be allowed into certain areas of the event. For more information, visit www.navy.mil/corona or contact Public Affairs Officer Troy Clarke at

951-273-5137.

Public access will be via the base's Fourth Street gate, located in Norco, two blocks west of the intersection of Fourth Street and Hamner Avenue.

Submitted by Naval Surface Warfare Center, Corona Division, Public Affairs Office.

NURSES

CONTINUED FROM C1

■ Rhonda McGaughan: "Snow White" — Protector and Patient Advocate

■ Charlotte Wesley: "Snow White" — Protector and Patient Advocate

■ Carol Blount: "Cinderella" — The essence of hard

work while still being able to maintain a positive attitude

■ Cara Garcia: "Simba" — A leader everyone wants to follow, able to stand up for what is right even in the times of adversity

■ Willie Glass: "Pinocchio" — You have proven yourself brave, truthful, and unselfish

■ Theresa Torres: "Jiminy Cricket" — A student who

shows leadership, motivation and a passion to learn

"We recognize our nurses during this special week to recognize the hard work and dedication our nurses and staff contribute to our hospital daily," said spokeswoman Cherie Russell.

Rich Linton is a Press-Enterprise correspondent. He can be reached at newsnowphotos@yahoo.com