



Umbrella Summer Schedule

There will be no print edition of The Umbrella for July and there will be NO August Umbrella. The Umbrella will return in September with both a digital and print edition. Have a safe summer.

Summer Bible Study

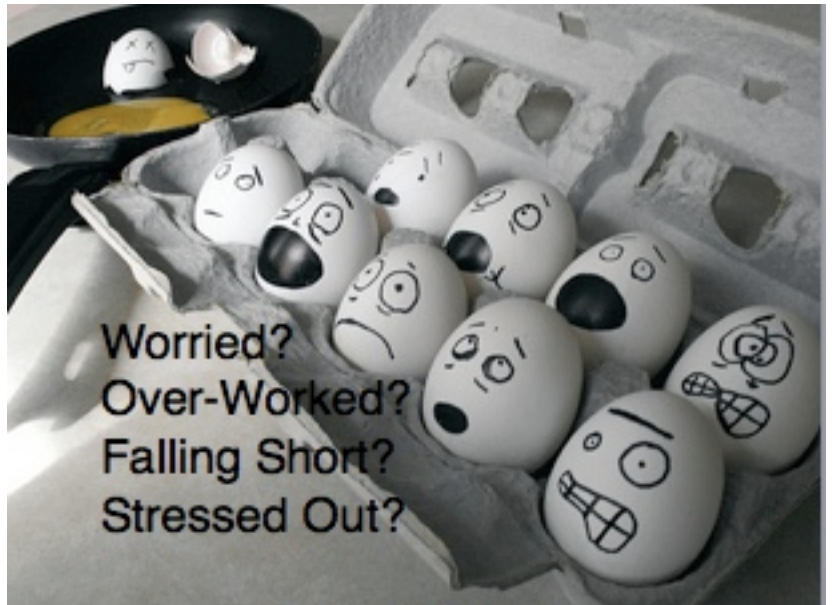
Jesus said, "Come to me all of you who are weary and carry heavy burdens and I will give you rest." (Matthew 11:28) Join us on Thursdays this summer at the Ono-Igo Community Church as we see if this promise of rest is still relevant for us today. The study starts at 6 p.m.. There will be snacks and coffee available or you can bring your own food.

We will be looking at the Bible and using a book, ***The Radical Pursuit of Rest*** by John Koessler.

We look forward to seeing you.

Books will be available at the meetings.

Call the church if you need more info



Worried?
Over-Worked?
Falling Short?
Stressed Out?

Summer Bible Study

The Radical Pursuit of Rest
by Moody Institute Professor John Koessler
Thursdays July 7- August 4, 6pm
Call ahead for childcare.

Ono-Igo Community Church
396-2277 or 396-2420

Ono Grange

396-2322

Grange Meetings are held on the second Wednesday of each month. The next meeting is **July 13th.**

Women of the Grange meets at 6 p.m.

Junior Grange meets at 6 p.m.

General Grange Meeting starts at 7 p.m.

Bunco is on July 20th. Potluck Starts at 6. Game starts at 7. 18 yrs and older.

Neighborhood Watch

Neighborhood Watch meets **July 9th** at the Igo School. **Meetings start at Noon.**

Ono-Igo Community Church

396-2277

Sunday Service Times.--- 9:30 a.m. Casual Service

11 a.m. Traditional Service

*******Tuesday Night Dinners have been Discontinued*******

Igo Store

396-2292

Open Everyday. French Fry Friday starts at 6p.m. Breakfast every Sunday at 8 a.m.

Call the store for more info

Ono Store

396-2300

Every Friday evening at 7 pm, live Blue Grass music by The Lost Boys, a very popular local group with amazing talent. They have been drawing crowds.

On the first and third Saturday nights at 7 pm we have Acoustic Jam. Everyone is invited.

On the second and fourth Saturday nights at 7 pm we have Karaoke with Cal Hodges as DJ. Singing, dancing, good times.

On the third Saturday each month at 3 pm we have a group birthday party for all those born during that month.

On the nights that we have entertainment, we are open 'til 11 or 12 pm.

In addition to our famous burgers, we now serve pizza.



The Umbrella is a community-run newsletter published with the intention of highlighting local events, local businesses, local groups, and local people. If you would like to contribute a story please contact Ed at 396-2277.

KEEPING YOUR HOT DOGS COOL

By Chic Miller

Summer is upon us and with it will come triple digit temperatures. We'll all be doing our best to stay cool, and so will our family pets. But, they will definitely need our help. When those temperatures soar, your dog will need shade, fresh cool drinking water, and a shallow wading pool.

Walks are best taken in early morning and evenings. Dogs are most comfortable walking on cool grassy ground. Walking your pet on sidewalks, parking lots or gravel can severely burn the pads of your dog's feet. Those temperatures easily reach 140°. My blood absolutely boils when I see a dog being taken for a walk on hot pavement, while their owners are wearing shoes to protect their own feet from being scorched. When you see a dog prancing along, it's not because they're enjoying the walk. It's because their feet are frying! I have no problem asking dog owners to slip off their shoes and walk barefoot with their pet to experience what that ground really feels like. This is animal abuse. Speak up!

The back of a pickup may seem like a "cool" place for your buddy to ride, but the bed of that pickup can reach 130°. Your pet deserves to ride in the cab with you, in air conditioning. More preferably, he should be left at home where it's cool.

Of course, your pet wants to go everywhere with you, but in the summer heat a quick trip to the store could become a deadly ride. Left in the car for just a "few" minutes, temperatures can quickly rise to become a 120° oven, even with the windows slightly open. It could take only an unexpected distraction or a quick chat with a friend for your dog to bake!

Vets treat many cases of heat stroke during the hot summer months, due to dogs being left in autos. Symptoms are rapid frantic breathing, a bright red tongue, slobbering, staggering, and vomiting. Kidney, liver and brain damage, coma, and death could follow if left untreated. If you find a dog suffering from these symptoms, remove them from the heat and start cool down measures. Start by applying water to head, neck and between the legs. Use a fan and wet towels when possible. Of course, transport to a vet ASAP. Puppies, senior dogs, all short nosed breeds and especially overweight dogs have less tolerance to extreme heat.

It is against the law to leave a dog in an unattended auto in the heat. Penal Code 597.7. If you find a dog in an auto or bed of a pickup in distress, call Shasta County Animal Control at 245-6065, Anderson Animal Control at 245-6526, City of Shasta Lake Animal Control at 275-7480, or Tehama County Animal Control at 527-3439. Log these numbers in your cell phone now! A new bill will soon be passed in California, allowing Californians to smash a car window to save an animal's life without facing civil lawsuit. Meanwhile, I will continue to carry my trusty hammer at all times!

Please, whenever possible, leave your dog at home where he will be safe, cool and sheltered from the sweltering summer heat. Have a cool summer.

Questions? Comments? Call Chic Miller.

Chic Miller 530-347-0544
Bella Vista Farms Animal Sanctuary
4301 Lower Gas Point Road Cottonwood, CA 96022



Substance Abuse Defined

by
Michele Domine

Part I

Substance abuse (alcohol, illicit drugs, pharmaceutical drugs taken without medical prescription or overview, nicotine, gambling)

First let's define what is abuse: 2 points from the following list over a 12 months period will define the use of mind altering substance and gambling an abuse. Abuse vary from mild to extreme.

The new DSM V (the medical description of mental illnesses) describes a problematic pattern of use of an intoxicating substance leading to clinically significant impairment or distress, as manifested by at least two of the following, occurring within a 12-month period:

1. The substance is often taken in larger amounts or over a longer period than was intended.
2. There is a persistent desire or unsuccessful effort to cut down or control use of the substance.
3. A great deal of time is spent in activities necessary to obtain the substance, use the substance, or recover from its effects.
4. Craving, or a strong desire or urge to use the substance.
5. Recurrent use of the substance resulting in a failure to fulfill major role obligations at work, school, or home.
6. Continued use of the substance despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of its use.
7. Important social, occupational, or recreational activities are given up or reduced because of use of the substance.
8. Recurrent use of the substance in situations in which it is physically hazardous.
9. Use of the substance is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance
10. Tolerance, as defined by either of the following:
 11. a. A need for markedly increased amounts of the substance to achieve intoxication or desired effect.
 12. b. A markedly diminished effect with continued use of the same amount of the substance.
11. Withdrawal, as manifested by either of the following:
 1. a. The characteristic withdrawal syndrome for that substance (as specified in the DSM- 5 for each substance).
 2. b. The substance (or a closely related substance) is taken to relieve or avoid withdrawal symptoms.

Part II will view details of each substance.

Part III will overview the treatments available

**Don't Forget Bunco Night at the Grange
Wednesday, July 20th
Potluck starts at 6. Game starts at 7pm.
Come on out and have some fun.
18 years and older please.**

Thoughts To Ponder:

Those of us that think we are in control of our lives have a great imagination. If our federal, state and local laws do not dictate what we can or can not do then it is our employers, our kids, our spouses, we ourselves making a list of things, that we think need to be done, that we can not forget to do.

Life use to be pretty simple but routines are no longer normal. If people are not busy on their phones, making us believe they have an emergency of some sort because they have stopped, are standing or parked right in front of us and not moving, they swerve in front of us speeding to get to where they are going.

What on earth can be that earthshaking that we have phones fixed to our heads and ears and have become so rude that we forget there are other people still moving around us. There are moments when I think a cell phone would have been nice, but those are rare, compared to the times I cherish not having one.

Jerry Schock

06-24-2016

Become a Local Firefighter

**Serve Your Community
Help Make This a Safer Place to Live**

Igo-Ono Fire Company

**For Information Call...
225-2418 or 396-2314 or 396-2400**

