

“Don’t Worry, Be Happy”

9 August 2017
by Carol Bower Foote

“In every life we have some trouble, but when you worry you make it double. Don’t worry, be happy.” - so wrote musician Bobby McFerrin in the catchy 1988 tune that made him a household name. “And worries, as we know, can be more exhausting than physical labor.” (Meister Eckhart, circa 1310) Natural as it is for we humans to ruminate, especially over things we cannot control or foresee, worrying consumes energy and doesn’t provide much return on investment. Planning, patience, meditation or prayer, seeking support, positive thinking, or affirmative action are more life-giving options. The volunteers at RioVision work to translate worry into energy that generates something positive for our community.

Excitement is building for the August 19th HOG AUGUST BITES street fair into which a cadre of dedicated volunteers have poured their energy. Details of the day’s events will be published in the 8/16 papers, but for your planning... the event runs from 10am-9pm. The cook off chili-tasting is scheduled to run from noon to around 3pm, and the rib contestants will be submitting their entries for judging by 2pm (rib contestants will not be selling their ribs, but a BBQ food vendor will be there). Car show judging runs from 10am-1:30pm so this may be the best time to view the show cars. Kids games will run from 10am-3pm. Chalk art, water slides, and bounce houses are available for the kids. The Saturday Farmers Market will open near Front and Main during its usual hours. The Visitor Center and Art Gallery will be open that day from 10-5pm, with a tented art display out front as well. Live bands are playing noon to 8pm, plus music at the Farmer’s Market and youth-run Radio Rio in the morning and late evening. Adults can enjoy beer and margaritas. Arts and crafts vendors, food, and beverages will please all ages. Family-oriented street fairs are gaining in popularity across the country and have always been a source of wonderful entertainment in Europe. What a pleasure it would be to see our Rio Vista downtown streets filled with people of all ages enjoying each other, a beautiful day, and fun things to see, taste, hear, and do!

Your participation in this delightful event supports the Rio Vista High School Boosters’ Capital Campaign to replace vans used for youth and staff transportation to/from activities at Rio Vista High School. RioVision is proud that the Boosters chose Hog August Bites as the venue to kick off their campaign, sharing our mutual goal to support youth in our community. Don’t worry, come downtown on August 19th and support our high school.



Hog August Bites T-Shirts (in a large range of sizes) and aprons (one size fits all) are available for purchase at the Visitor Center on N. 2nd Street and on display in Fosters’ window. Quantities are limited; come get yours to help us spread the word! There are also a few spaces left for Hog August Bites rib and chili contestants, and for the car show. Details and entry forms are at <http://discoverriovista.com/events/hog-august-bites/>.

The planter box gardens installed by RioVision at RE: Church and maintained by the Trilogy Garden Club are slowly coming into harvest with tomatoes, squash, and green beans. Master gardener, Harish Chinai, is hopeful that the club will soon be picking fresh vegetables to supply the Rio Vista Food Pantry (who can always use volunteers to help out. Call 707-374-5706 or go to riovistafoodpantry.org). Don’t worry, help feed your neighbor. -- “Don’t worry, be happy now.”