

Book

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Communicating: Since yelling parents intimidate and a calm tone inspires, “When You Get Upset, Whisper”—and make sure your message is heard.

Manners Matters: Follow “The Bill Walton Rule,” from the Basketball Hall of Fame member who says, if you can’t be on time, be early. There is no excuse for being late.

No Lost Children: When a family or group travels together, obey “The Caboose Rule” by assigning an adult or older child to keep up the rear—and ensure that no little ones lag behind.

Disciplines And Punishments: “The 10-Second Rule” is at least how long you should wait before thinking about punishing your child for that “D” in English.

Pain Happens, Now What?: After your child experiences a little cut, bump, or a scrape, say “Squeeze My Hand As Much As It Hurts”; it is remarkable how being able to “show” you how much will help to ease his or her pain.

Play Sports, Period: When your children accomplish something great in their sports, tell the story in intimate detail and fill them with the belief that they can do it again and again, using “The ESPN Rule.”

Parking Lot Rules puts a fresh, new spin on parenting and other relationships with children, in an inspiring handbook full of heart and kindness, that will resonate with joy and meaning for parents and children everywhere. •

Lakers

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and the other a massive poke by a rather tall Dodger. Good for the kids.

Both young men now qualify for the all-important home run-hitting contest, which will be part of the closing day festivities on June 6. If any of the kids entered in the contest would like me to be their pitcher, contact me at franklyplank@gmail.com. We can work out the payment plan.

Didn’t get to attend the closing day festivities last season--was hanging out in Dallas for the in-laws’ 50th wedding anniversary. So I am rarin’ to go this year, hoping to help a kid win the coveted title.

Speaking of festivities... Happy belated birthday to *Eddie/Junior* Eddie, who happens to be the brother of column favorite *Dodger Girl*. *DG* threw a nice surprise party for *JE* Sunday night, which happened to be the same night *Amazing Amanda* got married. For some reason, *Plank* was not invited to the wedding.

Did you see where Halo hurler John Lackey, making his first start of the season last weekend against the Texas Rangers, was tossed from the game after making only two pitches? Unfortunately, both of those pitches were either behind or at Ranger lead-off hitter Ian Kinsler. Who had bombed two dingers the previous night in the Rangers’ win. Pitch one sailed behind the head of Kinsler. Pitch two plunked Kinsler in the ribs. Adios, Wackey Lackey. Which infuriated Angel manager Mike Scioscia, who charged out of

the dugout about as quickly as a middle aged portly guy can charge, and hectored with the home plate ump, who wasn’t buying any of Scioscia’s diatribe.

Lackey was ejected, the Angels had to bring righty Shane Loux out of the bullpen, and the result was a 5-3 Ranger win. The Rangers completed the early-season sweep with a 3-0 win on Sunday. Scioscia and the Angels complained that Lackey shouldn’t have been ejected because he was never warned by the umps after the first brushback pitch.

Not so fast, Mike. It says here that the umps made the correct call, that you can’t throw behind--and then at--a guy who hit two home runs the night before.

See how unbiased *Plank* can be? Sure, I pretty much live and-die with the Halos, but I am smart enough to know when the guys I support are, in my opinion, dead wrong. That is the difference between a fan (short for fanatic, you know), a supporter, a front-runner, and a bandwagoner. Don’t be one of the last two, folks. You are *very* easy to spot.

And finally, didn’t win a plugged nickel on The Preakness horsey race, leg two in the Triple Crown series. Seems that *NASCAR Guy* didn’t put together a wagering pool for the race, which was won by wonder-filly Rachel Alexandra. A filly is a girl horsie, for those new to racing. Rumor circulated that there wasn’t a pool available because Plank had won the Derby cash two weeks ago. I choose not to believe this salacious rumor. •

City Fun

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teachers like Braunecker. “We used to have more high school kids working for us, but now we have qualified teachers that want to work for us,” she said. “We would think that the community values the knowledge that these teachers bring to the table, and the relationship that they have with the students year-round.”

Leyman said the City will contract with other organizations and companies for some classes, particularly when the instruction is more specialized. He said the City hand-picks all beach program instructors and that everyone is given a background check and fingerprinted. “With the amount of staff, the resources and the sheer number of classes that we offer, it’s not possible without adding additional in-house staff,” Leyman said.

Recreational Equipment Inc., (REI) will offer classes including overnight backpacking, rock climbing and GPS navigation. “It’s just a great partnership in that they share our philosophy in people outdoors,” Leyman said. “We’re excited with that new partnership.”

Leyman added that the City has been offering summer programs for the last 45 years. He said many popular beach programs were started by the late Charlie Saikley, also known as the “Godfather of Beach Volleyball.”

Saikley worked for the Parks and Recreation department for more than four decades. He also ran the Manhattan Beach Open and was

credited with bringing volleyball to the beach. “[He] started a lot of these beach programs and started the six-man beach volleyball tournament,” Leyman said. “Aqualetics was one of the first programs he started.”

Leyman said Beach Aqualetics is already filled up for the summer. The popular kids’ program features body surfing, water safety, beach baseball and other activities in a casual environment. Most classes still have openings.

Hom emphasized that the City is committed to offering a compelling summer program for residents. “Were offering more classes than we’ve ever offered because the demand for them,” she said.

Leyman noted that the City recently passed a resolution, “Our Promise to Kids,” to foster youth sports and fitness initiatives, and that summer programs help further this mission. He said the City was recently found to have the lowest level of childhood obesity of 128 communities and cities in L.A. County. “It speaks levels to the involvement that people have in this community and how much people go out and recreate,” Lehman said. “We’re just very fortunate to work in a city that’s so supportive from all levels of the community and the council. This community is very involved and supportive of our recreation programs.”

For more information or to sign up for classes, visit www.citymb.info. •

Neptunians

from front page

in “dreamland America” as she puts it, of becoming a registered nurse.

Aside from the two endowment funds, money for these scholarships comes from the many fundraising events that the Neptunians have, including last month’s fashion show, a booth at the Hometown Fair, and in particular, the holiday gift wrap held at Christmastime in Manhattan Village.

Being the end of the season, it was also time for the installation of the incoming

Neptunian board of directors. Norma Hayos, State Financial Secretary of the California Federation of Women’s Clubs, graciously installed the new board members with a small gift to each member pertaining to their job. The next big event, Sunday, May 17, will be the club’s official 100th anniversary celebration with proclamations from City and State officials.

Karen Russo can be reached at kkrusso@aol.com. •

Frankly

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ball, then throw an interception.

Said footballer, fisherman and beer-pitchman Dennis Green, who used to coach the Vikings years ago: “Frankly, I was surprised that the Jets traded for him. The Vikings, coach Brad Childress, and those guys are 100 percent West Coast offense. That’s Favre. He would know their system better than any other player. He wouldn’t need as much training camp and offensive stuff. It just makes sense.”

And it really makes sense when you consider that the other two alleged QBs on the Vikings spring roster are Sage Rosenfels and Tarvaris Jackson. They would be better off resurrecting scrambling Fran Tarkenton than to start the season in September with one of those two fellas.

So it seems to come down to this. If Favre’s boo-boo goes away and his right shoulder comes back strong, he will probably try to delay reporting to the Vikings as long as possible. Hang out in Mississippi on his estate, play with his tractor, milk the cows, do whatever one does to pigs and chickens while on the farm, and take an occasional sip of moonshine. Maybe not the last one, but who knows?

Anyway, look for the old guy to resurface again come September, placing his hands on the behind of another guy, cradling the old pigskin and chucking picks when the Vikings open up their season on September 13 against the Browns and coach Mangini.

Here is another old guy who won’t just go away. Roger Roids Clemens resurfaced last week, trying to refute allegations made in a recent book about him. Basically rehashed his denials, beseeching folks to move on. Said

that his stepdad died of a heart attack, so that it would be “suicidal for me to think about taking any of these drugs.” Earth to Roger. Unless your stepdad was somehow a blood relative, which I doubt, his problems with the heart wouldn’t be hereditary, you dunce.

Clemens is currently under federal investigation for possibly (probably, definitely?) lying to Congress when he told the fellas on Capitol Hill that he did not use performance-enhancing drugs. Course he did mention to them that his wife apparently was a druggie, but what the hell? All is fair in love, right?

Finally, Diva Danica Patrick is set to go round and round the old Brickyard Sunday when she and Sarah Fisher represent the ladies at the 93rd running of the Indianapolis 500, which shockingly is set to take place in Indianapolis, Indiana. The little hottie Patrick is slated to start 10th in the field of 33 drivers.

Like to thank my wife, by the way, for bringing home a mag called *Shape*, in which Ms. Patrick does some bikini modeling for us oglers, and details her grueling “Swimsuit Shape-Up” routine. Gushed Ms. Patrick, who probably won’t finish the race, but *will* get pissed off and *will* blame someone else: “Racing makes me nervous, but getting into a bathing suit for this cover made me more nervous!” What pressure!

In case you care, Brazilian Helio Castro-neves won the pole position for the race, meaning that he will lead the 33-car field into turn one before the crashing and pit stops and the rain occur. Go get ‘em, Helio, who recently beat the government when he was acquitted of tax evasion charges. •





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