

Dear River Angels:

Did you know that access to nature can reduce stress and coloring can, too?!

So, in celebration of Earth Day, we'd like to encourage you to visit our river (www.lariver.org) and relax there with this coloring book we put together to say thank you for your ongoing riverly service!

Please share your masterpieces (#ColortheLARiver) and have a wonderful Earth Day weekend!

Thank You &
GTR (Go Team River!),

LARiverWorks



And, if you're interested, find out more:

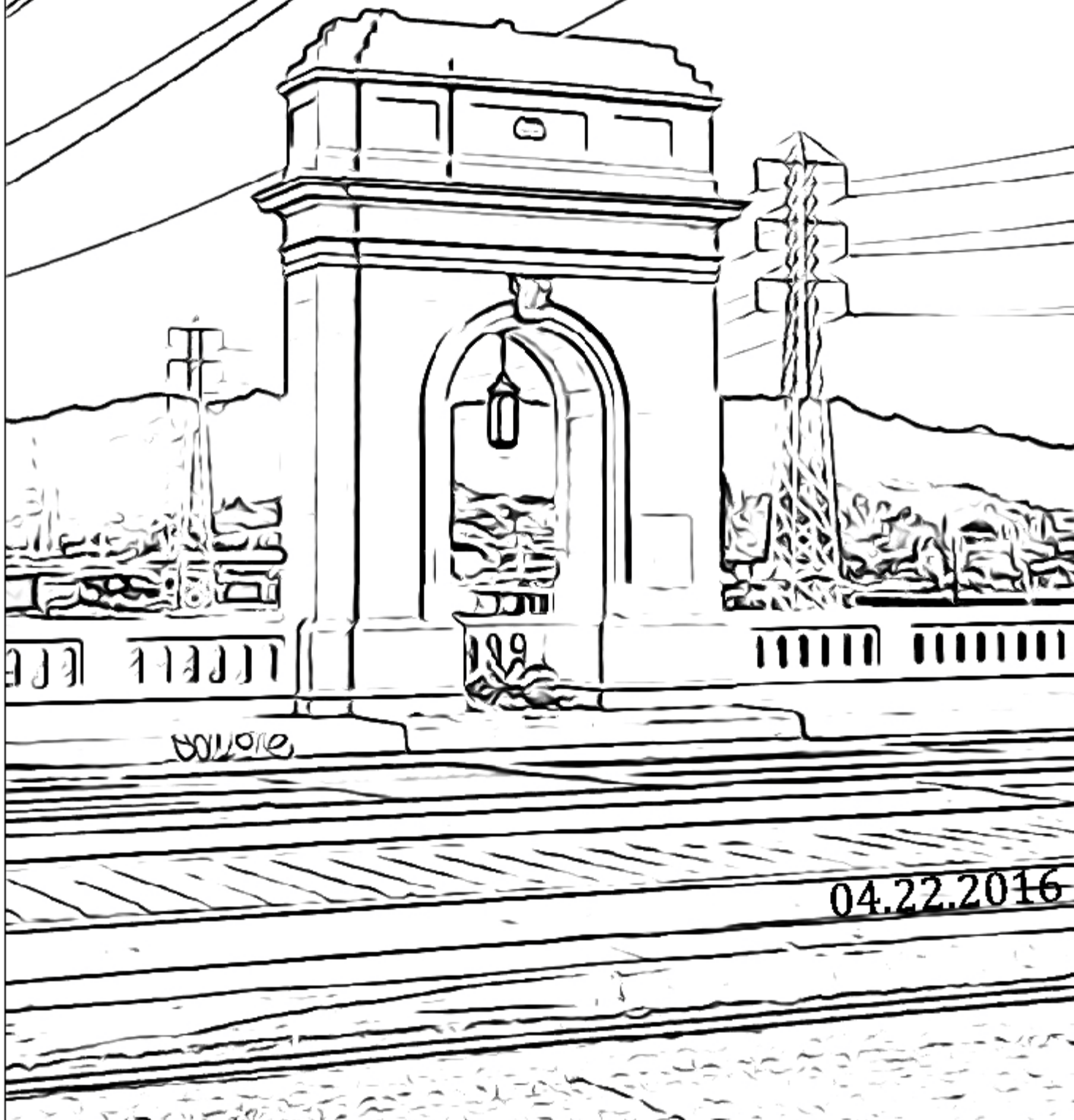
What impact do seas, lakes and rivers have on people's health?

<http://www.theguardian.com/sustainable-business/impact-sea-lakes-rivers-peoples-health>

The Therapeutic Science Of Adult Coloring Books: How This Childhood Pastime Helps Adults Relieve Stress

<http://www.medicaldaily.com/therapeutic-science-adult-coloring-books-how-childhood-pastime-helps-adults-356280>

COLOR IT RIVER



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04.22.2016

*In the confrontation between the river and the
rock, the river always wins...
not by strength, but by perseverance.*

Jean Louis Rodolphe Agassiz
(1807-1873)

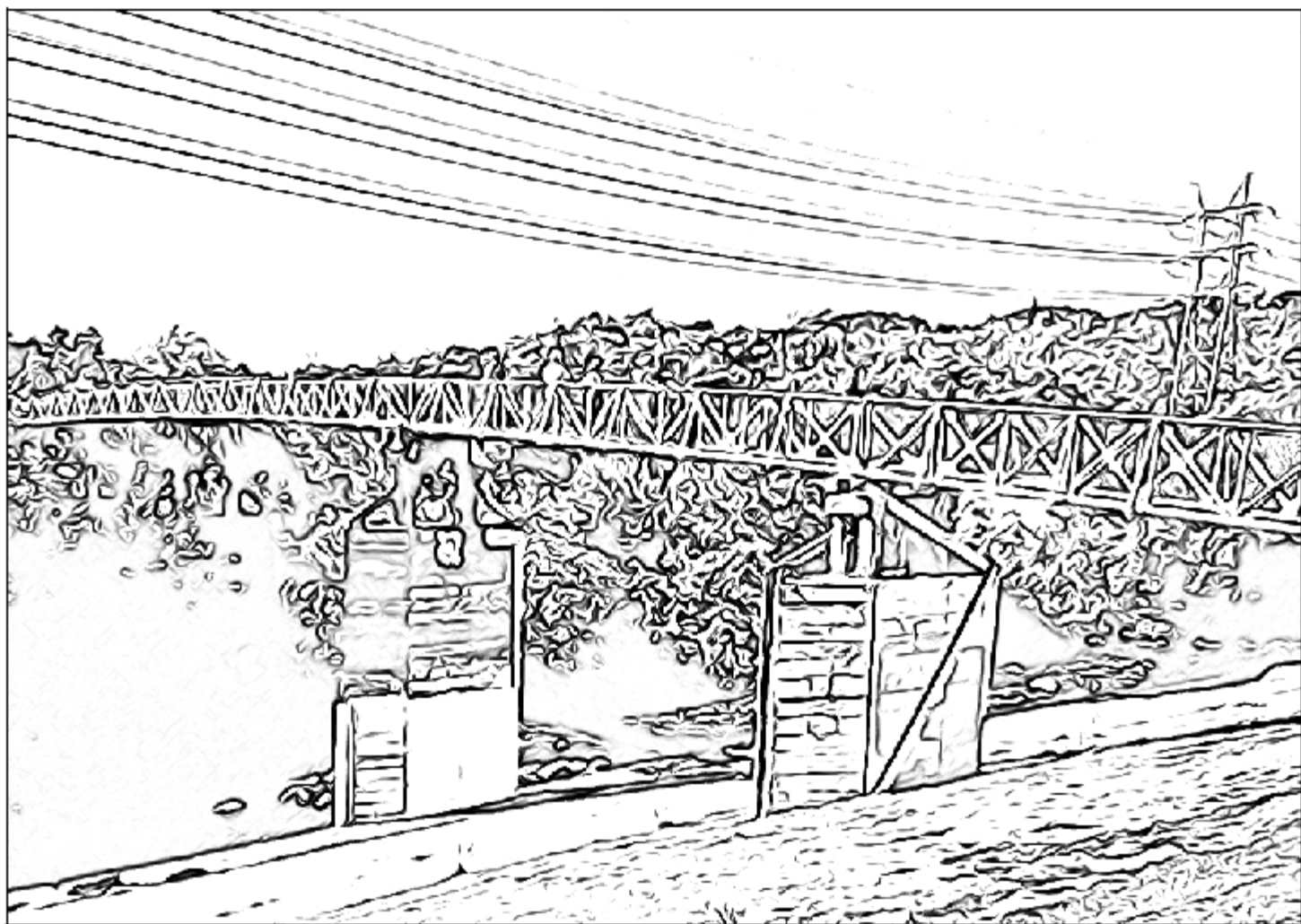


Choosing to save a river is more often an act of passion than of careful calculation. You make the choice because the river has touched your life in an intimate and irreversible way, because you are unwilling to accept its loss.

*David M. Bolling, How to Save a River:
Handbook for Citizen Action (1994)*

*We call upon the waters that rim the earth,
horizon to horizon, that flow in our rivers
and streams, that fall upon our gardens and
fields, and we ask that they teach us and
show us the way.*

Chinook Blessing Litany

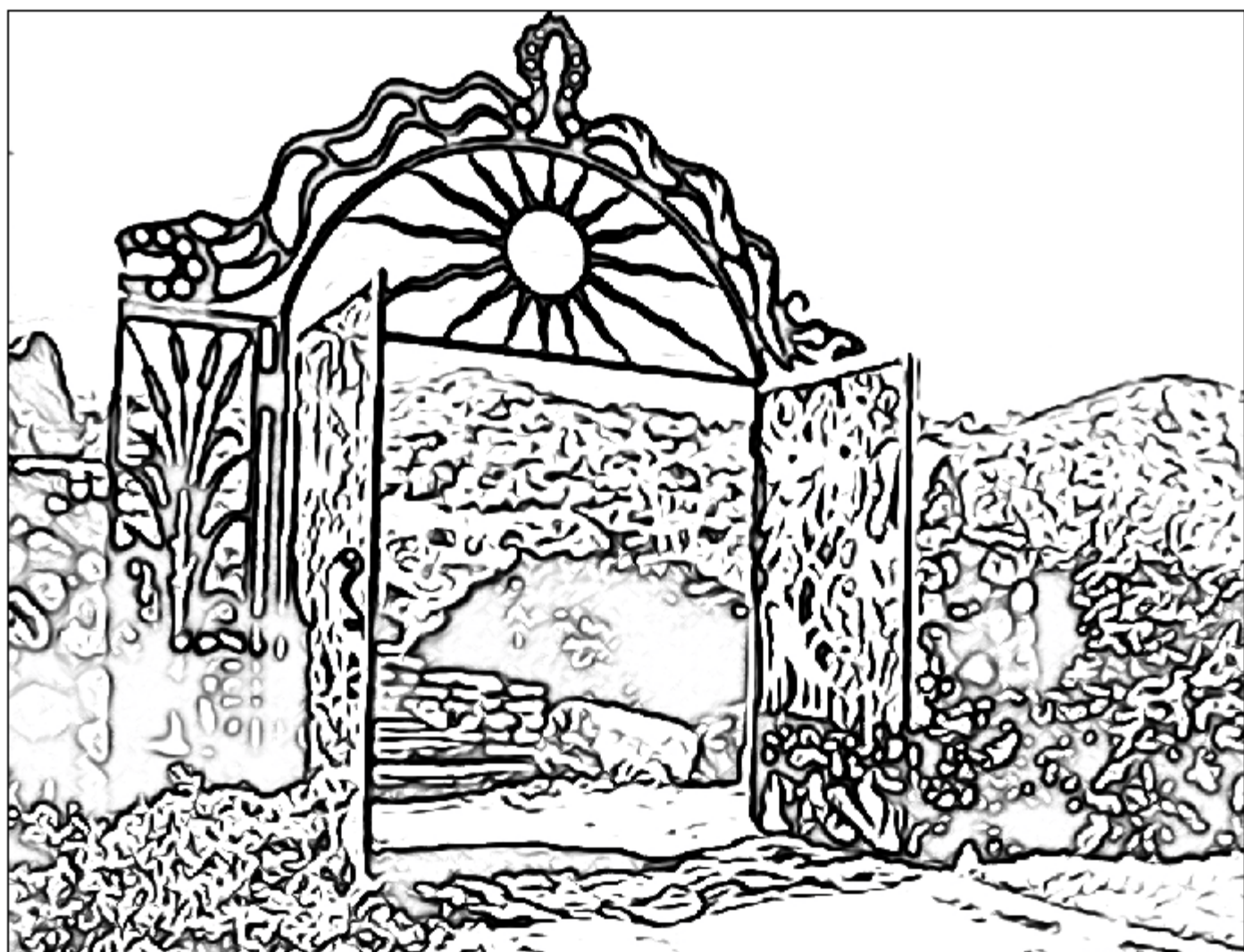


*Who hears the rippling of rivers
will not utterly despair of anything.*

Henry David Thoreau
(1817-1862)

Something will have gone out of us as a people if we ever let the remaining wilderness be destroyed, if we permit the last virgin forests to be turned into comic books and plastic cigarette cases; if we drive the few remaining members of the wild species into zoos or to extinction; if we pollute the last clear air and dirty the last clean streams and push our paved roads through the last of the silence, so that never again will Americans be free in their own country from the noise, the exhausts, the stinks of human and automotive waste. And so that never again can we have the chance to see ourselves single, separate, vertical and individual in the world, part of the environment of trees and rocks and soil, brother to the other animals, part of the natural world and competent to belong in it.

Wallace Steger
(1909-1993)



*We will be known forever
by the tracks we leave.*

Native American Proverb

*A river is the coziest of friends. You must love it
and live with it before you can know it.*

G.W. Curtis, Lotus Eating: Hudson and Rhine



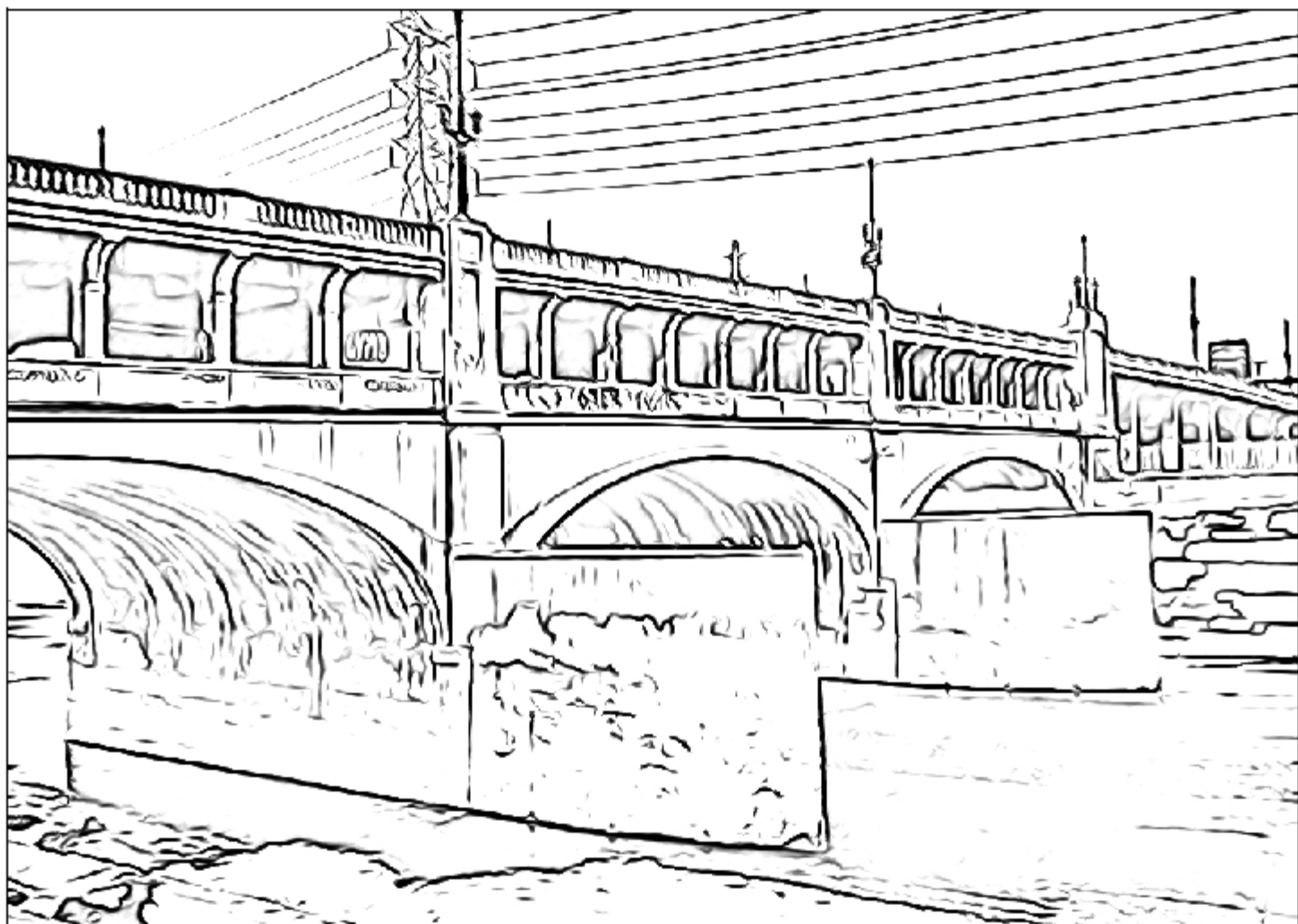
*Let us permit nature to have her way: She
understands her business better than we do.*

Michel Eyquem de Montaigne
(1533-1592)

*At the opening of a new riverfront park
I talk to a kindly homeless man who
Wants to know the name of the duck
That looks like a chicken.
We all worship
The river in our own ways, some with stale
tortillas
From the Salvation Army, others
With degrees in landscape architecture
From Cal Poly San Luis Obispo.*

Lewis MacAdams

(1944-)

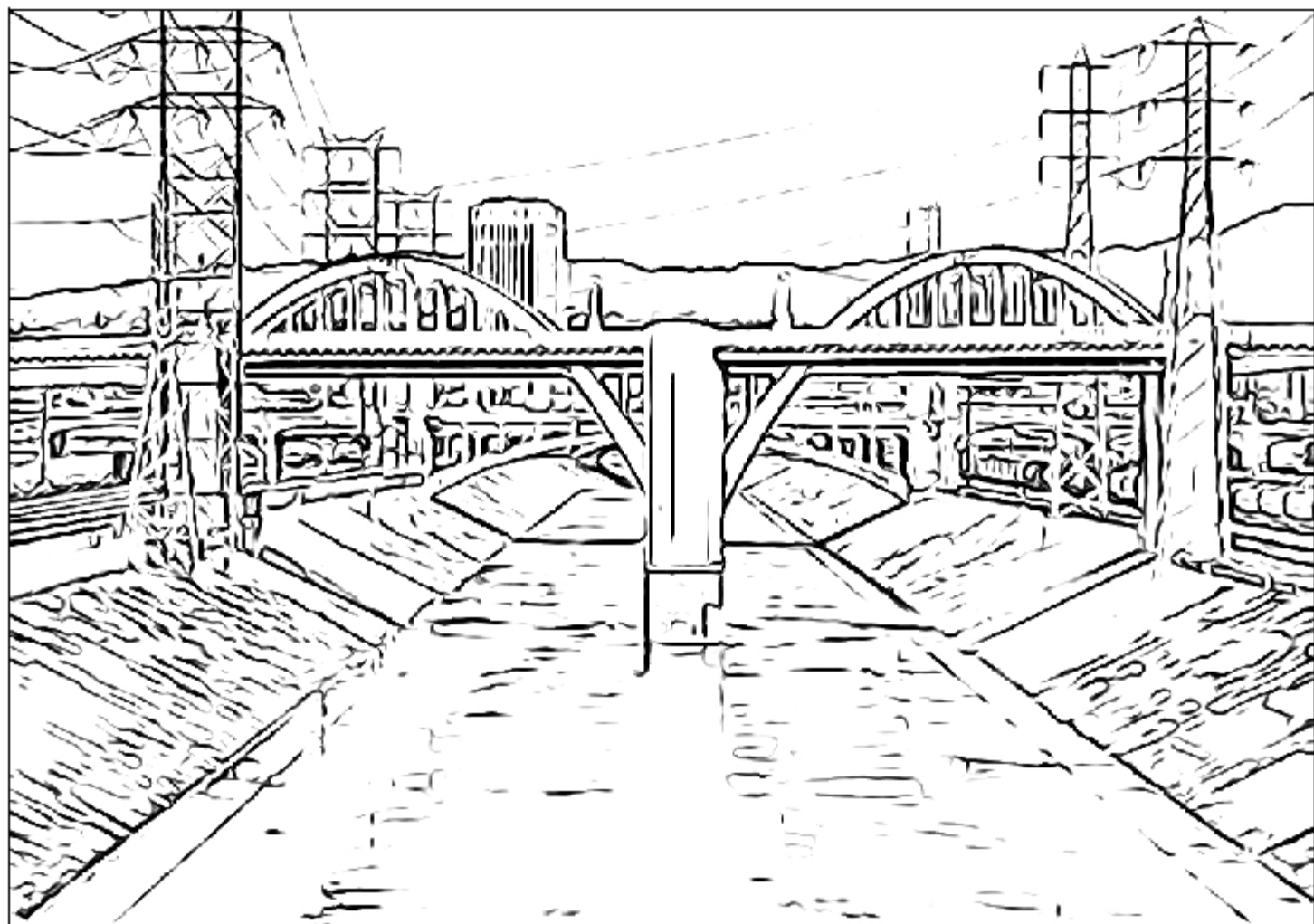


Have you also learned that secret from the river; that there is no such thing as time?" That the river is everywhere at the same time, at the source and at the mouth, at the waterfall, at the ferry, at the current, in the ocean and in the mountains, everywhere and that the present only exists for it, not the shadow of the past nor the shadow of the future.

Hermann Hesse (1877-1962), Siddhartha (1922)

*Anger was washed away in the river
along with any obligation.*

*Ernest Hemingway (1899-1961),
A Farewell to Arms (1929)*

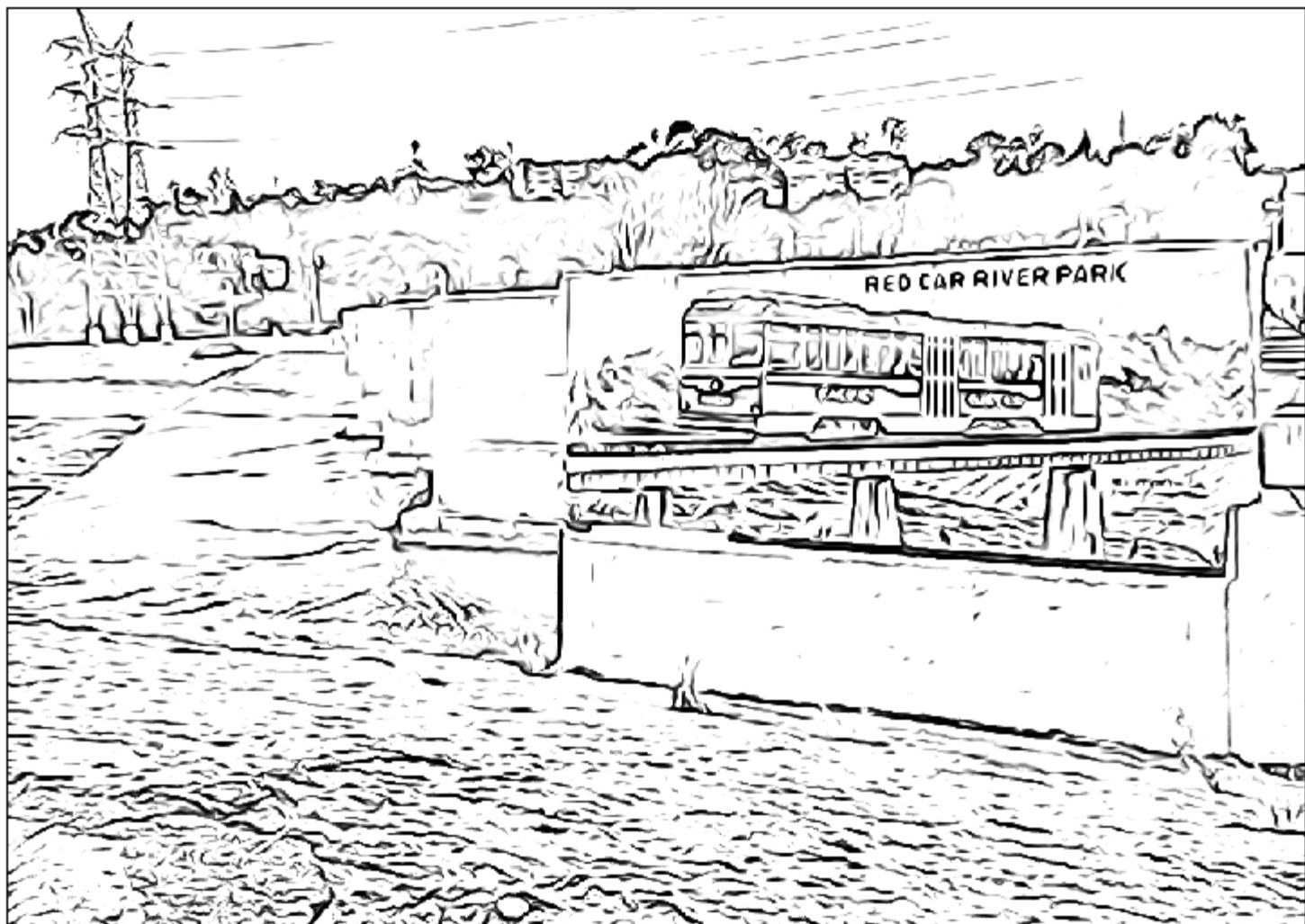


*Rivers know this: there is no hurry.
We shall get there some day.*

*A. A. Milne (1882-1956),
Pooh's Little Instruction Book*

*The care of rivers is not a question of rivers,
but of the human heart.*

Shōzō Tanaka
(1841-1913)

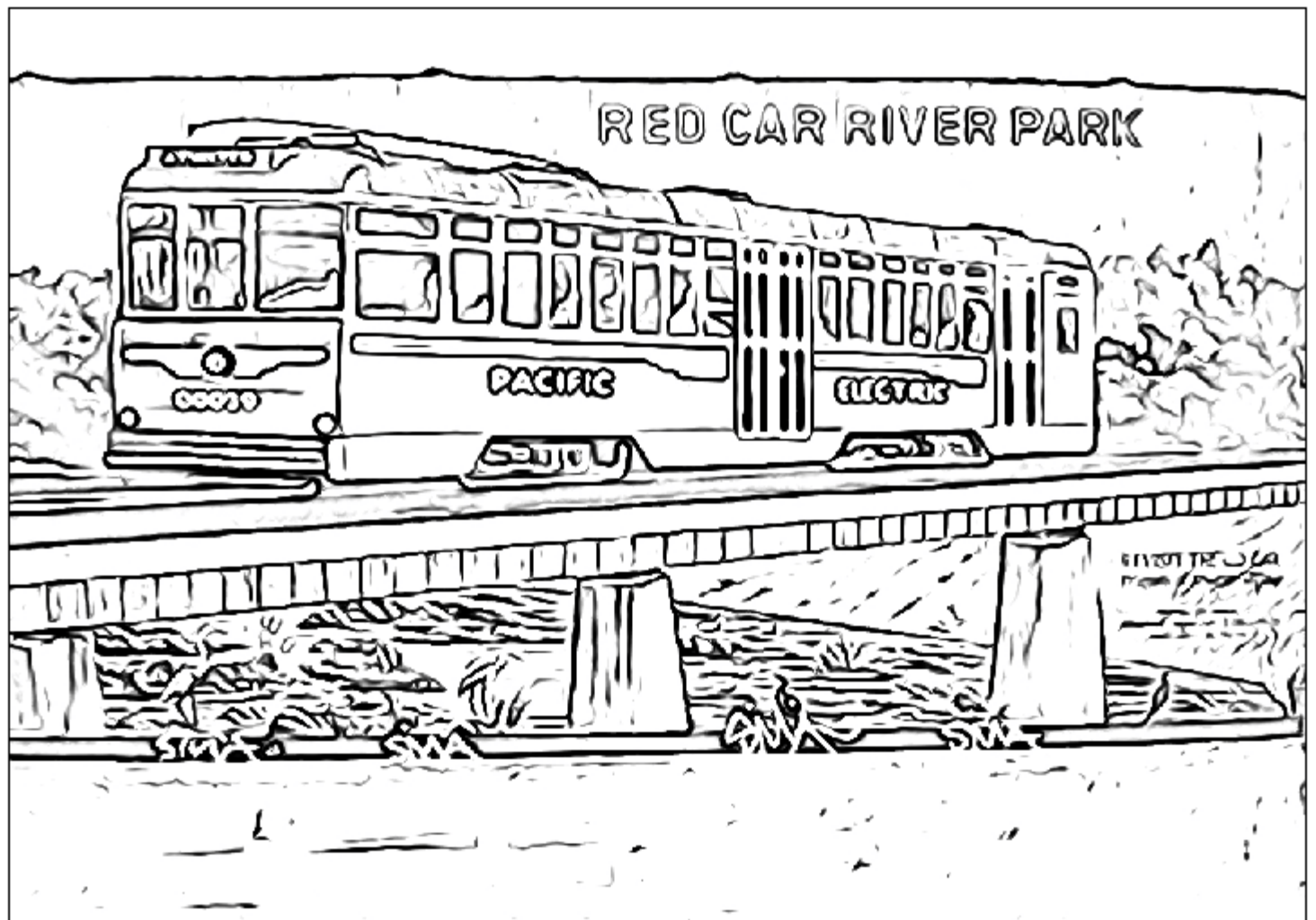


*I started out thinking of America as highways
and state lines. As I got to know it better,
I began to think of it as rivers.*

Charles Kuralt (1934-1997)

*The first river you paddle runs through the rest
of your life. It bubbles up in pools and eddies to
remind you who you are.*

Lynn E. Noel
(1995)

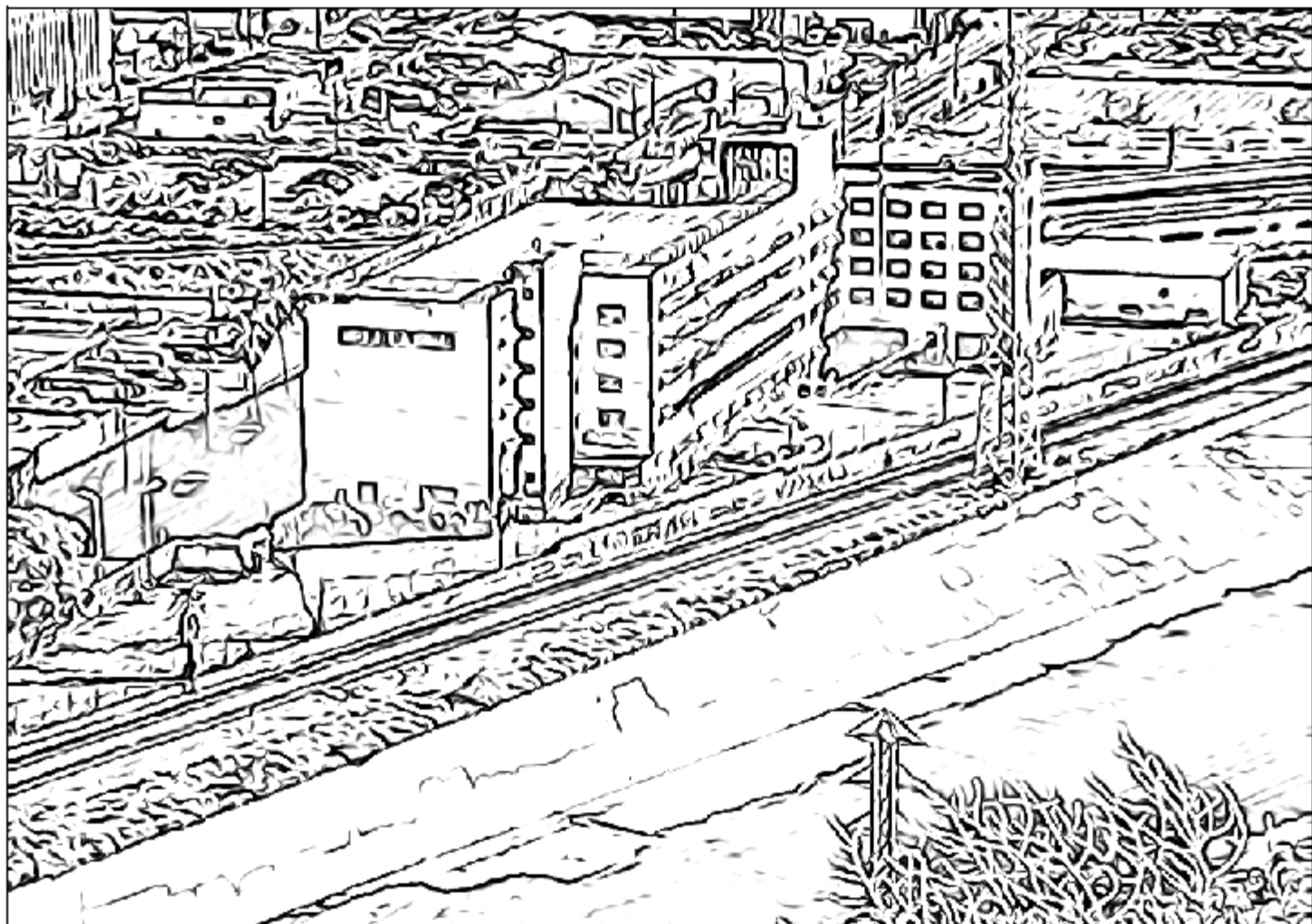


Time is a sort of river of passing events, and strong as its current; no sooner is a thing brought to sight than it is swept by and another takes its place, and this too will be swept away.

Marcus Aurelius
(121-180)

*As long as the moon shall rise,
As long as the rivers shall flow,
As long as the sun shall shine,
As long as the grass shall grow.*

*Native American expression
for terms of a treaty.*

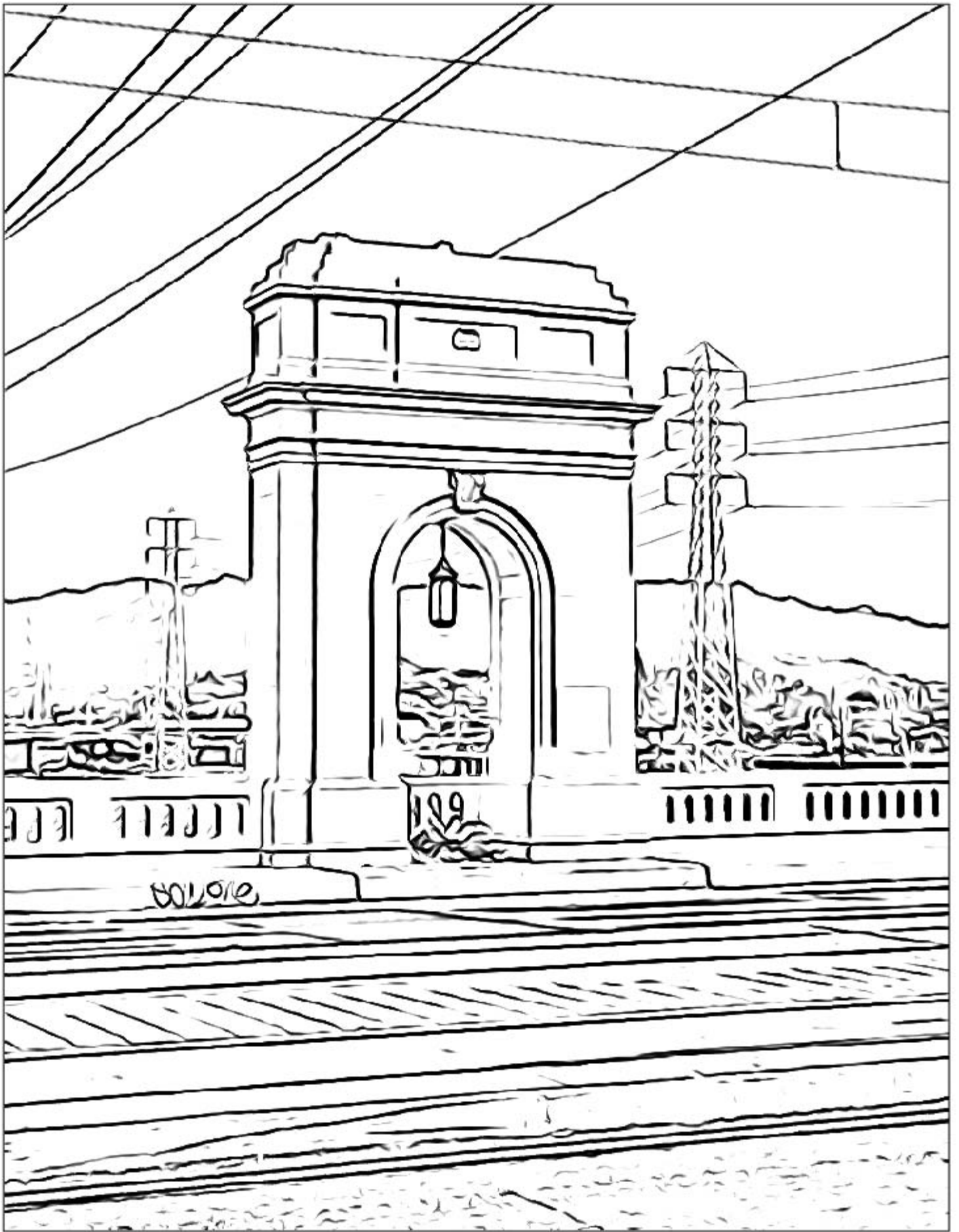


*Beside the rivering waters of,
hitherandthithering waters of,
Night!*

James Joyce
(1882-1941)

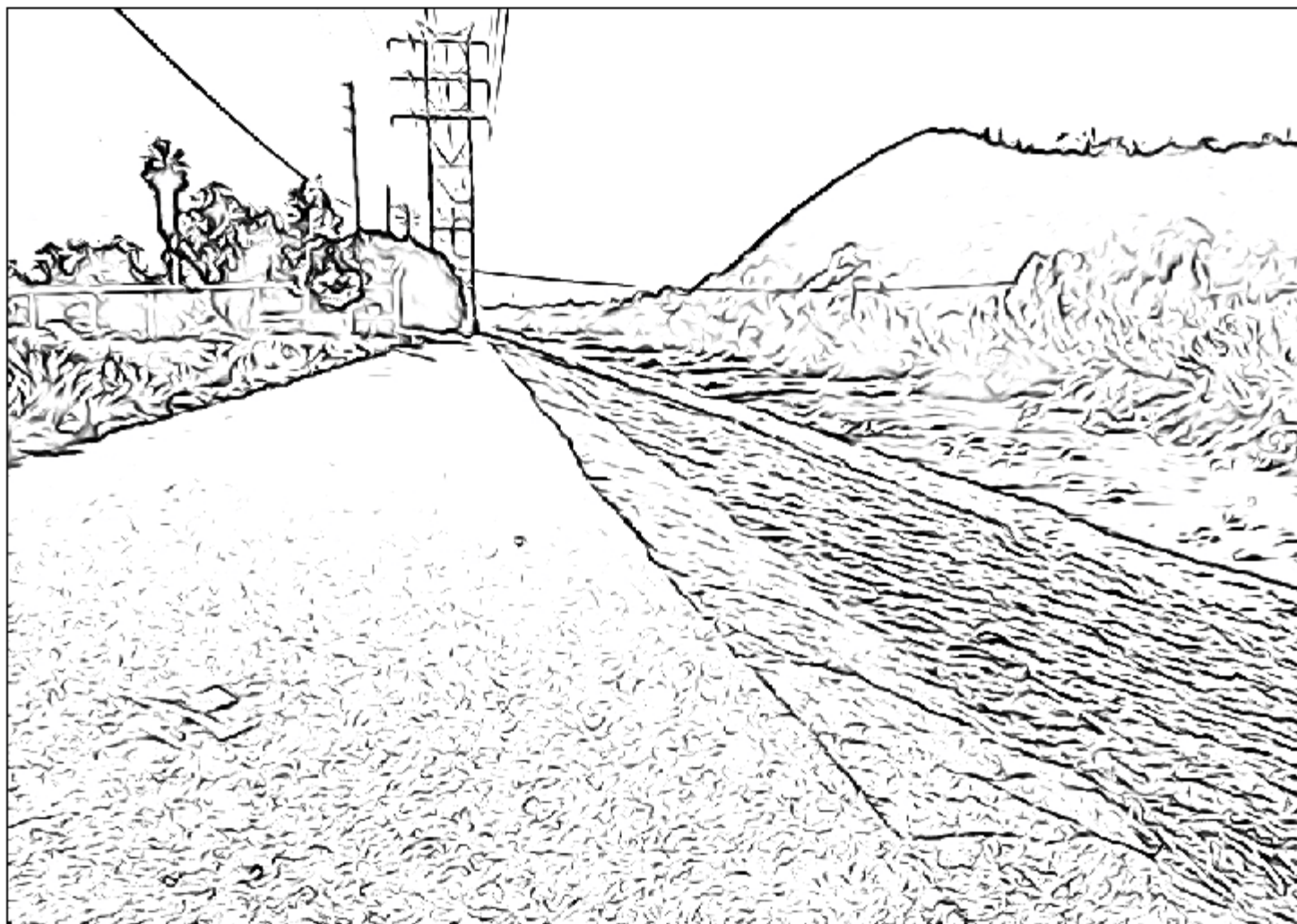
*As long as rivers shall run down to the sea, or
shadows touch the mountain slopes, or stars
graze in the vault of heaven, so long shall your
honor, your name, your praises endure.*

Virgil
(70-19 B.C.)



*Through you I drain the pent-up
rivers of myself,
In you I wrap a thousand onward
years.*

Walt Whitman
(1819-1892)

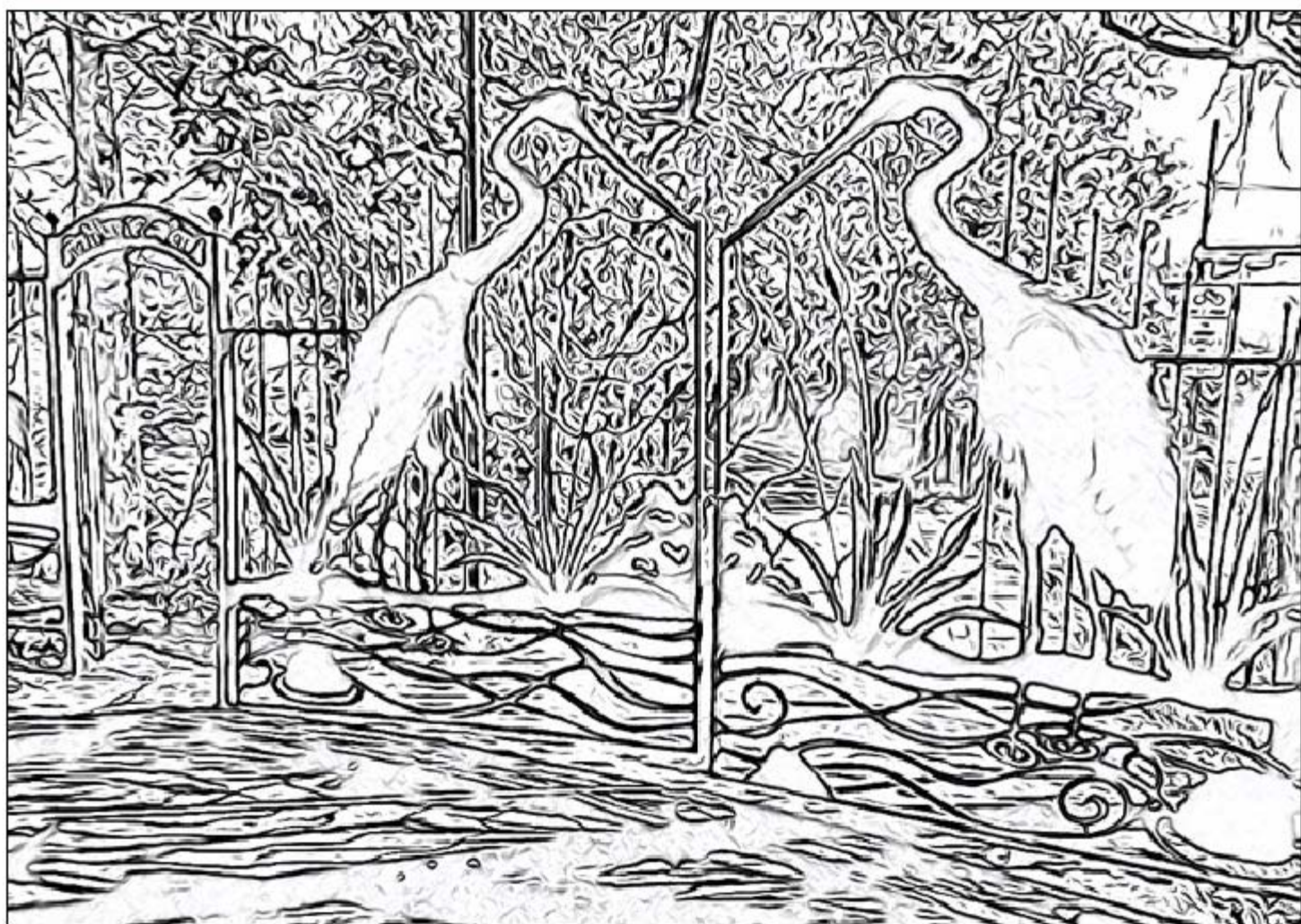


*He who does not know his way to the sea
should take a river for his guide.*

*Blaise Pascal (1623-1662),
Pensées (1669)*

*I've known rivers;
I've known rivers ancient as the world and older
than the flow of human blood in human veins.
My soul has grown deep like the rivers.*

Langston Hughes
(1902-1967)

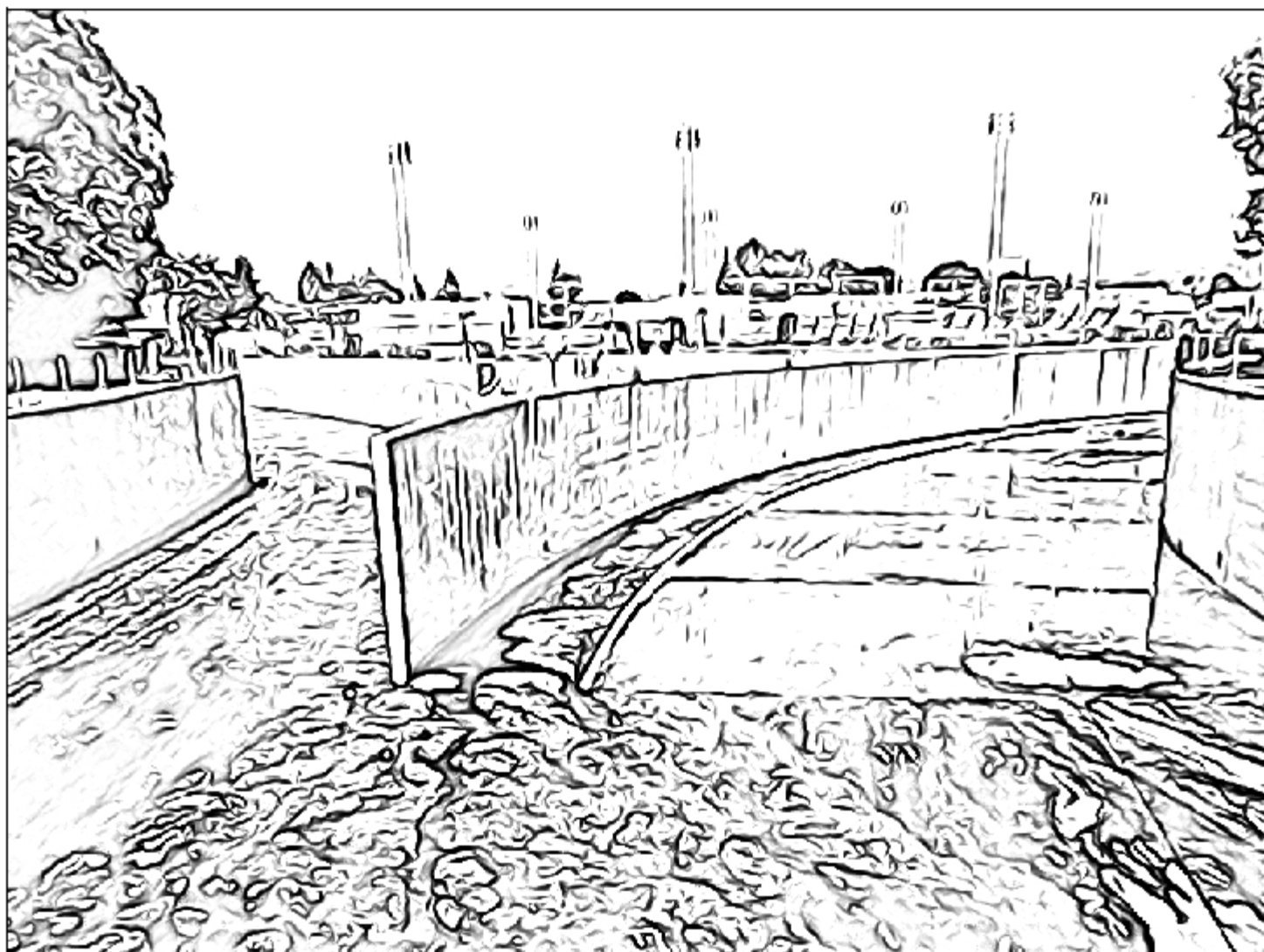


*Or like the snow falls in the river,
A moment white—then melts for ever . . .*

Robert Burns (1759-1796), Tam o' Shanter (1791)

In rivers, the water that you touch is the last of what has passed and the first of that which comes; so with present time.

Leonardo da Vinci
(1452-1519)

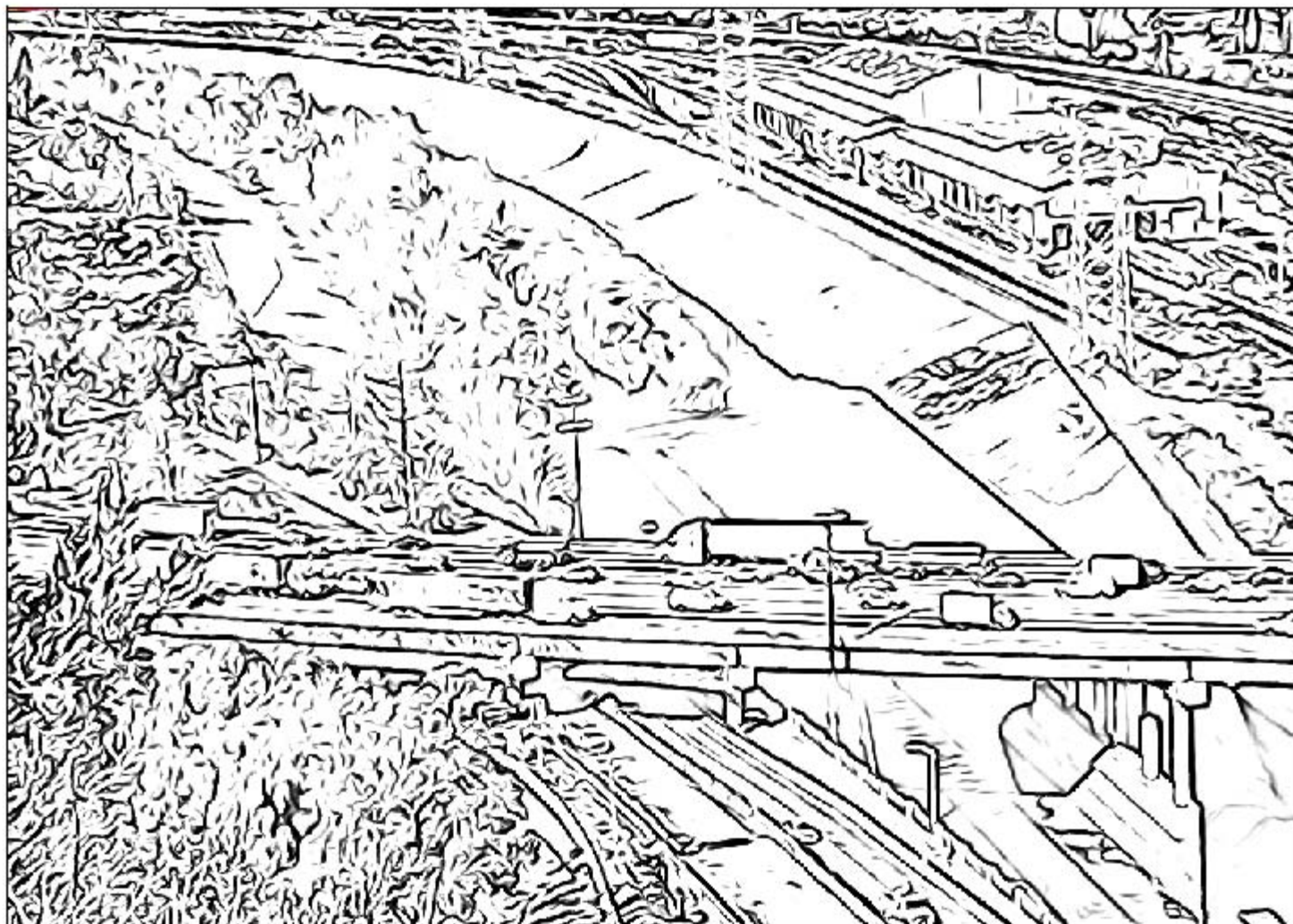


A river is more than an amenity—it is a treasure that offers a necessity of life that must be rationed among those who have the power over it.

Oliver Wendell Holmes, U.S. Supreme Court Justice, Speaking About the Delaware River
(1931)

I stand by the river and I know that it has been here yesterday and will be here tomorrow and that therefore, since I am part of its pattern today, I also belong to all its yesterdays and will be a part of all its tomorrows. This is a kind of earthly immortality, a kinship with rivers and hills and rocks, with all things and all creatures that have ever lived or ever will live or have their being on the earth. It is my assurance of an orderly continuity in the great design of the universe.

Virginia Eifert
(1911-1966)



There are indeed competing notions of restoration. But the river is 51 miles long -- and lined with as much possibility as concrete.

The Los Angeles Times
October 2, 2006

*All the rivers run into the sea;
yet the sea is not full.*

The Holy Bible: Proverbs, Ecclesiastes

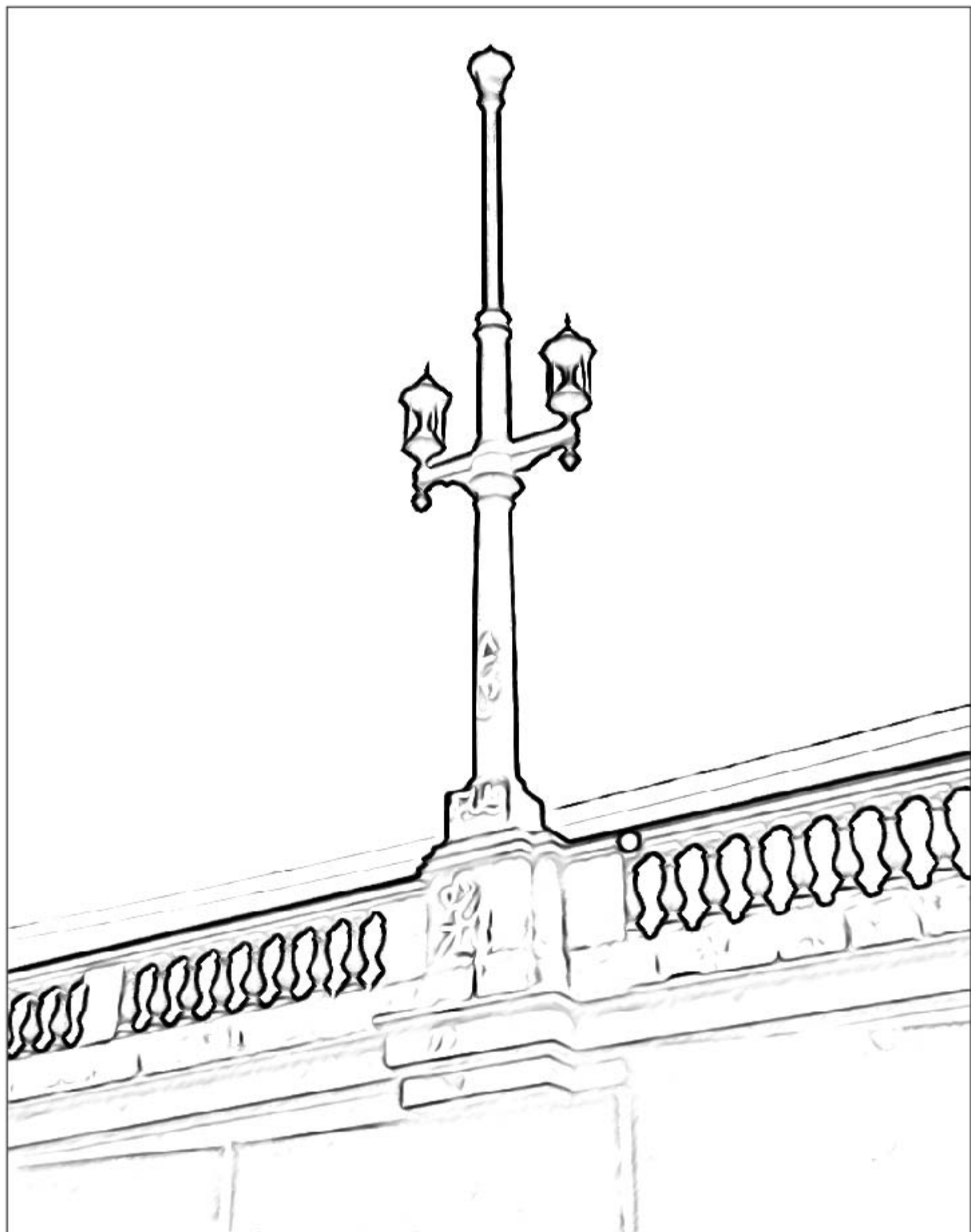


The stream sings a subdued music, a scarcely audible lilt, faint and fluid syllables not quite said. It slips away into its future, where it already is, and flows steadily forth from up the canyon, a fountain of rumors from regions known to it and not to me.

John Daniel, Oregon Rivers

Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wilderness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life!

John Muir
(1838-1914)



Rivers are inherently interesting. They mold landscapes, create fertile deltas, provide trade routes, a source for food and water; a place to wash and play; civilizations emerged next to rivers in China, India, Europe, Africa and the Middle East. They sustain life and bring death and destruction. They are ferocious at times; gentle at times. They are placid and mean. They trigger conflict and delineate boundaries. Rivers are the stuff of metaphor and fable, painting and poetry. Rivers unite and divide—a thread that runs from source to exhausted release. —

*Edward Gargan,
The River's Tale: A Year on the Mekong (2002)*



*A river seems a magic thing. A magic, moving,
living part of the very earth itself.*

*Laura Gilpin (1891-1979),
The Rio Grande: River of Destiny (1949)*

*It is with rivers as it is with people:
The greatest are not always the most agreeable
nor the best to live with.*

*Henry van Dyke (1852-1933),
Little Rivers (1895)*

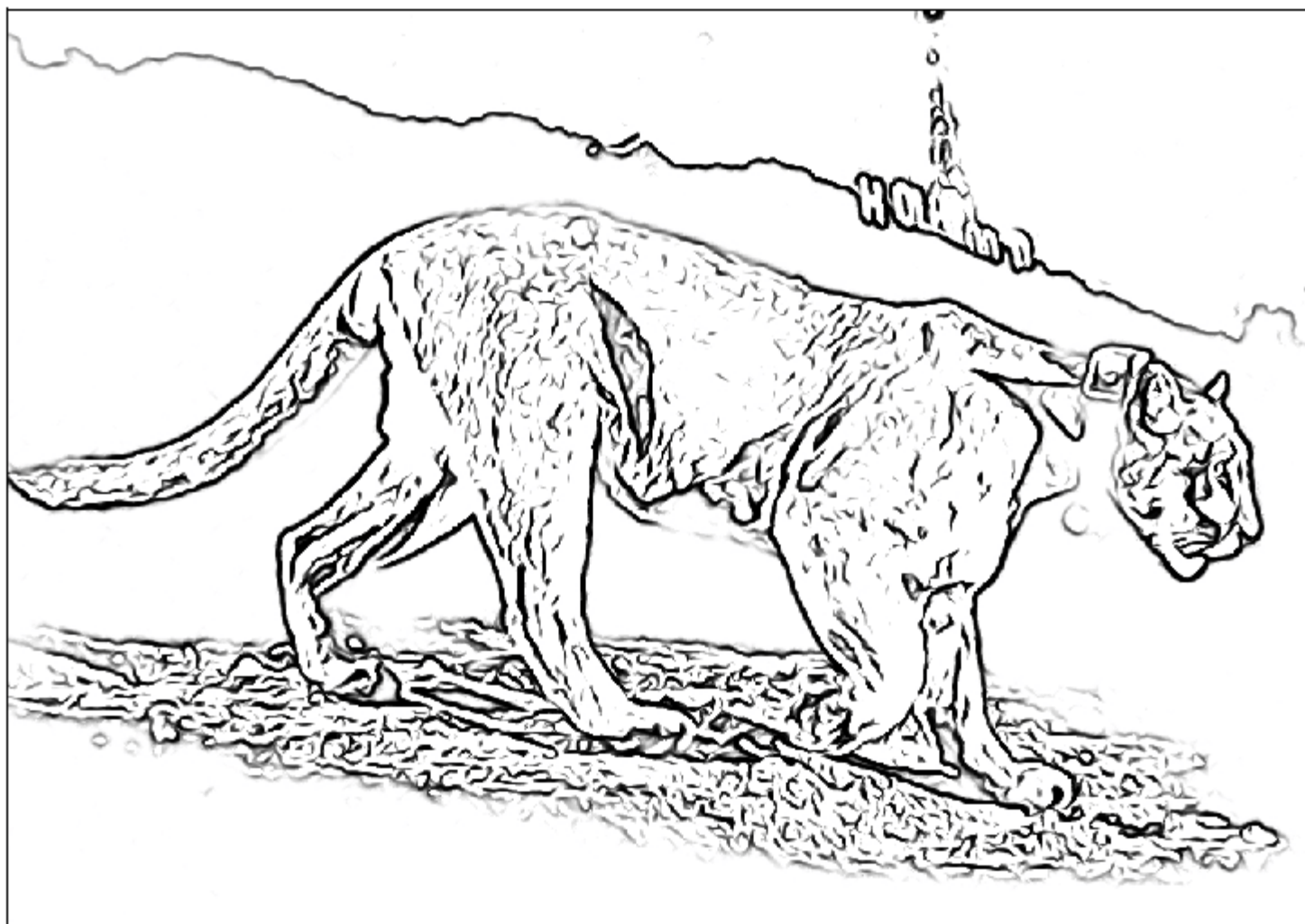


*Sometimes,
if you stand on the bottom rail of a bridge and
lean over to watch the river slipping slowly away
beneath you,
you will suddenly know everything there is to be
known.*

A.A. Milne (1882-1956), Winnie the Pooh

*...I do not know much about gods;
but I think that the river
Is a strong brown god - sullen, untamed and
intractable,
Patient to some degree, at first recognised as
a frontier;
Useful, untrustworthy, as a conveyor of
commerce;
The only a problem confronting the builder
of bridges.
The problem once solved, the brown god is
almost forgotten
By the dwellers in cities - ever, however,
implacable.
Keeping his seasons, and rages, destroyer,
reminder
Of what men choose to forget.
Unhonoured, unpropitiated
By worshippers of the machine, but waiting,
watching and waiting...*

*T.S. Eliot (1888-1965), *The Dry Salvages* (1941)*

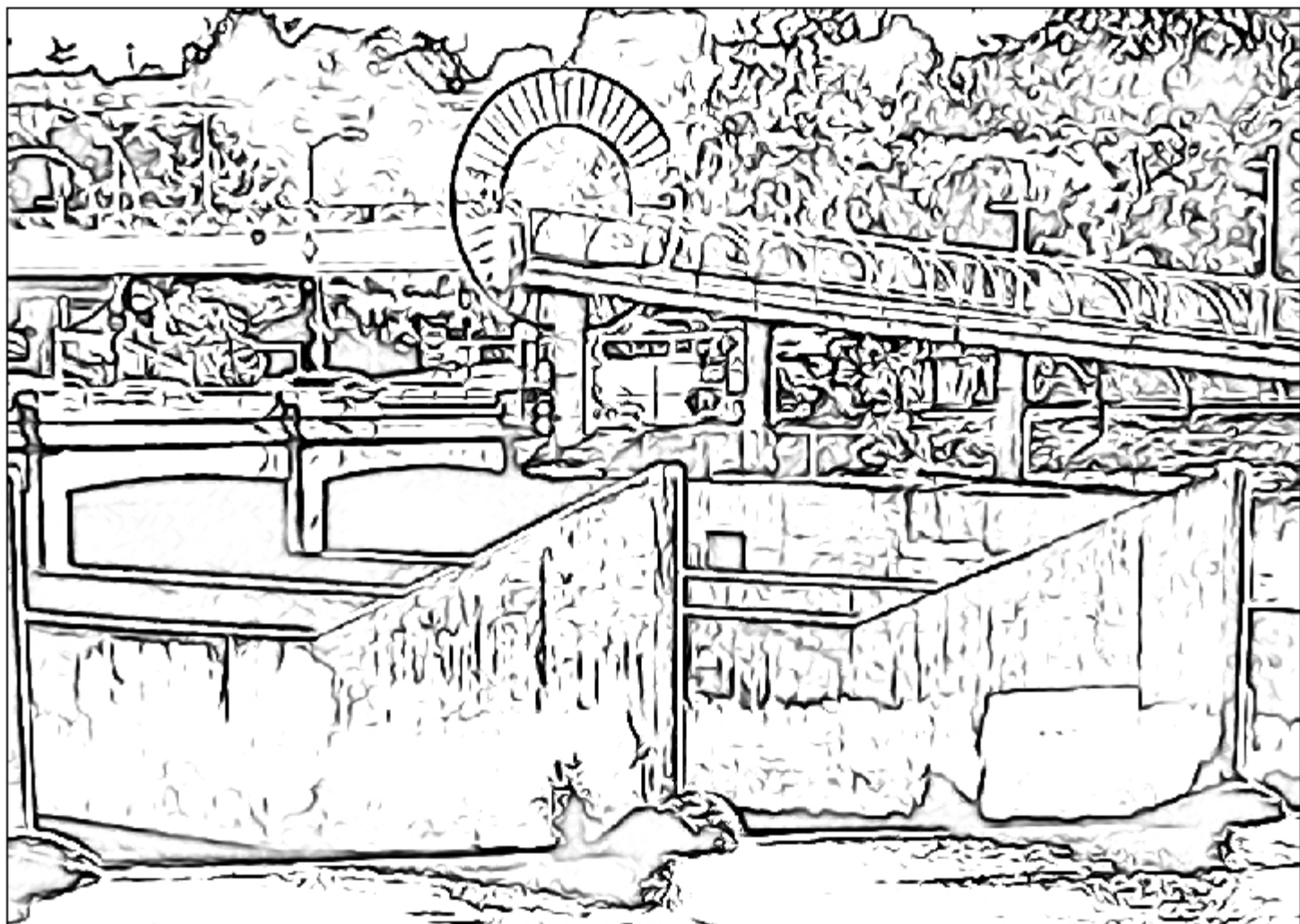


*The woods are made for the hunters of dreams,
The brooks for the fishers of song;
To the hunters who hunt for the gunless game
The streams and the woods belong.*

Sam Walter Foss
(1858-1911)

*Rivers hardly ever run in a straight line.
Rivers are willing to take ten thousand meanders
and enjoy every one
and grow from every one.
When they leave a meander,
they are always more
than when they entered it.
When rivers meet an obstacle,
they do not try to run over it.
They merely go around
but they always get to the other side.
Rivers accept things as they are,
conform to the shape they find the world in,
yet nothing changes things more than rivers.
Rivers move even mountains into the sea.
Rivers hardly ever are in a hurry
yet is there anything more likely
to reach the point it sets out for
than a river?*

James Dillet Freeman (1912-2003), Rivers

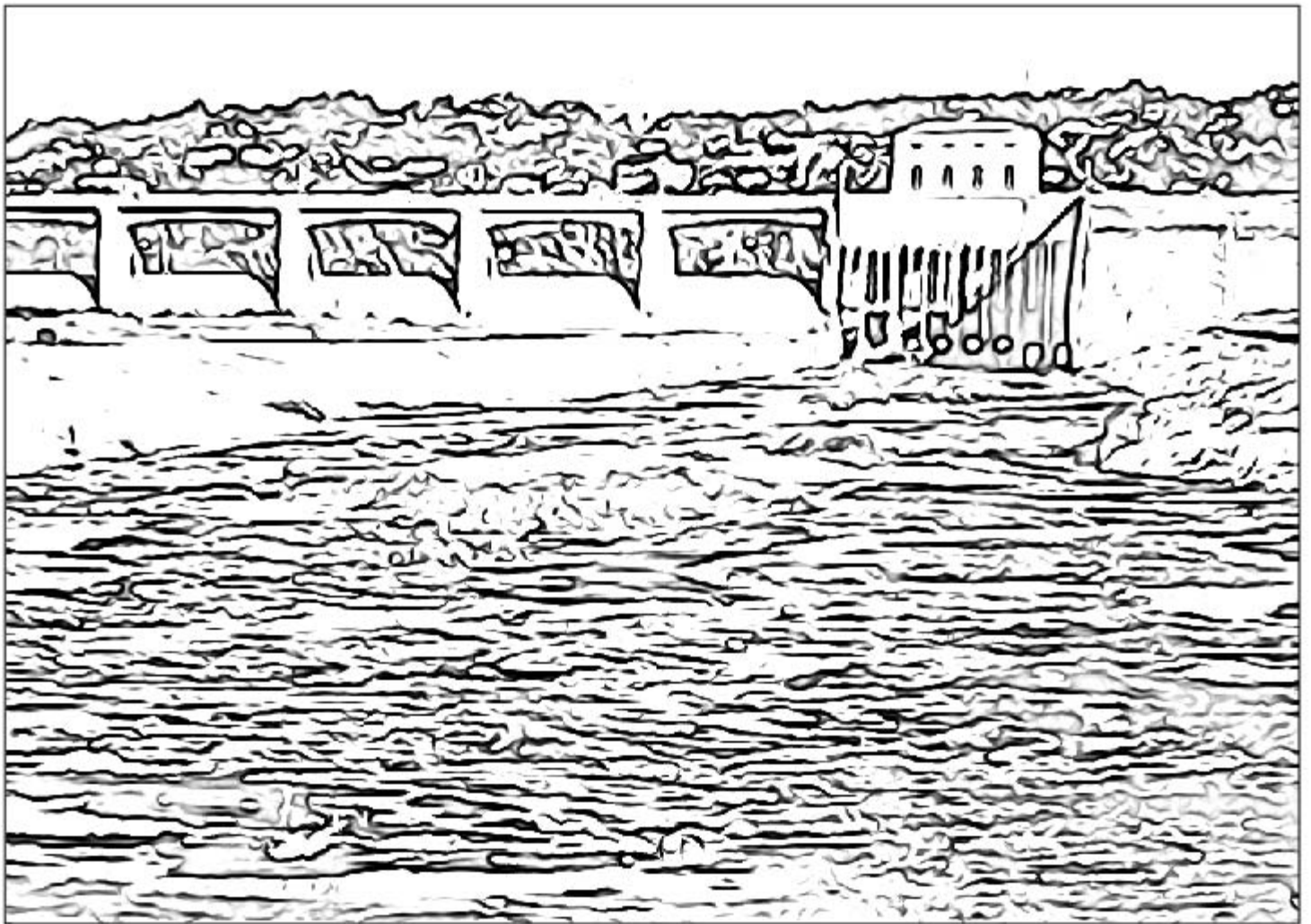


*We forget that the water cycle
and the life cycle
are one.*

*Jacques Cousteau, Oceanographer
(1910-1997)*

Who looks upon a river in a meditative hour, and is not reminded of the flux of all things? Throw a stone into the stream, and the circles that propagate themselves are the beautiful type of all influence.

*Ralph Waldo Emerson (1803-1882),
Nature (1836)*

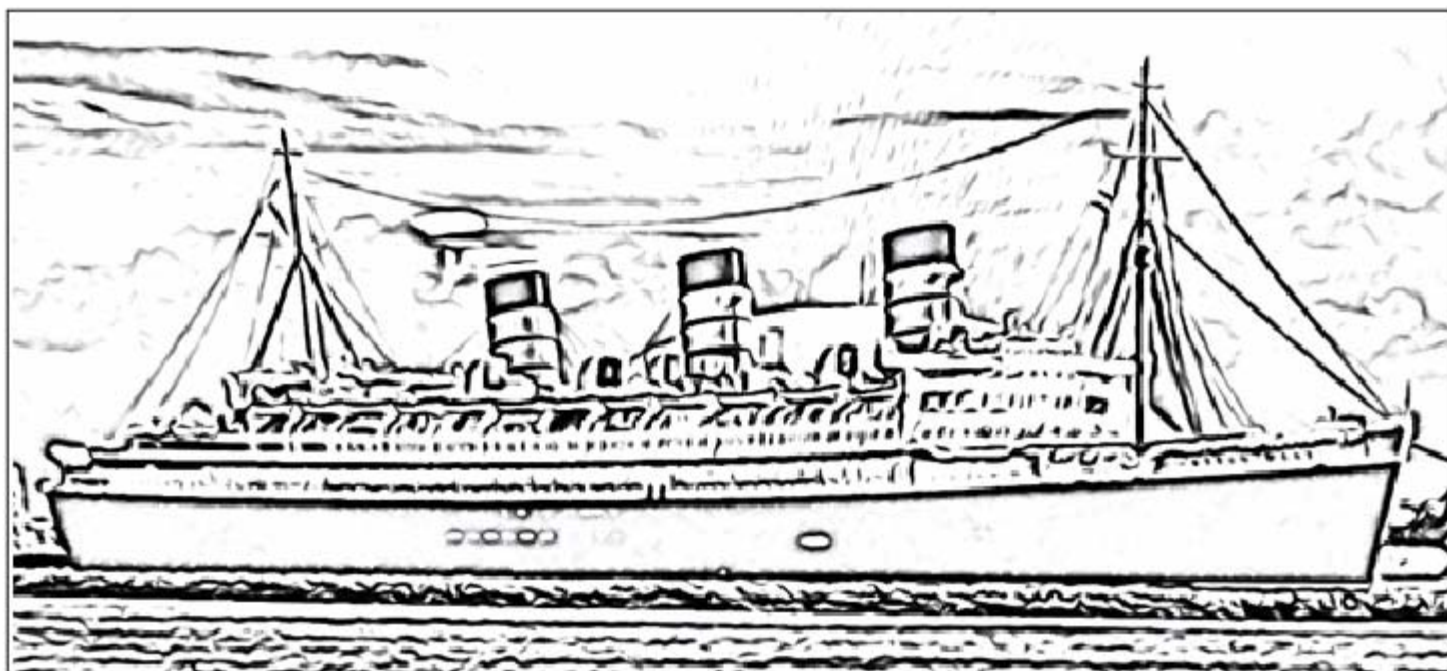


An unspoiled river is a very rare thing in this Nation today. Their flow and vitality have been harnessed by dams and too often they have been turned into open sewers by communities and by industries. It makes us all very fearful that all rivers will go this way unless somebody acts now to try to balance our river development.

President Lyndon Johnson's remarks on signing the Wild & Scenic Rivers Act, October 2, 1968

The river seems to be holding itself up before you like a page opened to be read. There is no knowing how the currents move. They shift and boil and eddy. They are swifter in some places than in others. To think of 'a place' on the flowing surface soon baffles your mind, for the 'places' are ever changing and moving. The current in all its various motions and speeds flows along, and that flowing may be stirred again at the surface by the wind in all its various motions. Who can think of it? Maybe the ducks have mastered it, and the little grebes who are as much at home underneath as on top and who ride the currents for pleasure.

*Wendell Berry (1934-),
Jayber Crow (2000)*



Night and day the river flows. If time is the mind of space, the River is the soul of the desert. Brave boatmen come, they go, they die, the voyage flows on forever. We are all canyoneers. We are all passengers on this little mossy ship, this delicate dory sailing round the sun that humans call the earth. Joy, shipmates, joy.

*Edward Abbey (1927-1989),
The Hidden Canyon: A River Journey (1977)*

*I have never seen a river that I could not love.
Moving water...has a fascinating vitality. It has
power and grace and associations. It has a
thousand colors and a thousand shapes, yet it
follows laws so definite that the tiniest streamlet
is an exact replica of a great river.*

Roderick Haig Brown
(1908-1976)



Your true pilot cares nothing about anything on earth but the river, and his pride in his occupation surpasses the pride of kings.

Mark Twain
(Samuel Langhorne Clemens)
(1835-1910)

The sea lies all about us. The commerce of all lands must cross it. The very winds that move over the lands have been cradled on its broad expanse and seek ever to return to it. The continents themselves dissolve and pass to the sea, in grain after grain of eroded land. So the rains that rose from it return again in rivers. In its mysterious past it encompasses all the dim origins of life and receives in the end, after, it may be, many transmutations, the dead husks of that same life. For all at last returns to the sea—to Oceanus, the ocean river, like the ever-flowing stream of time, the beginning and the end.

Rachel Carson
(1907-1964)

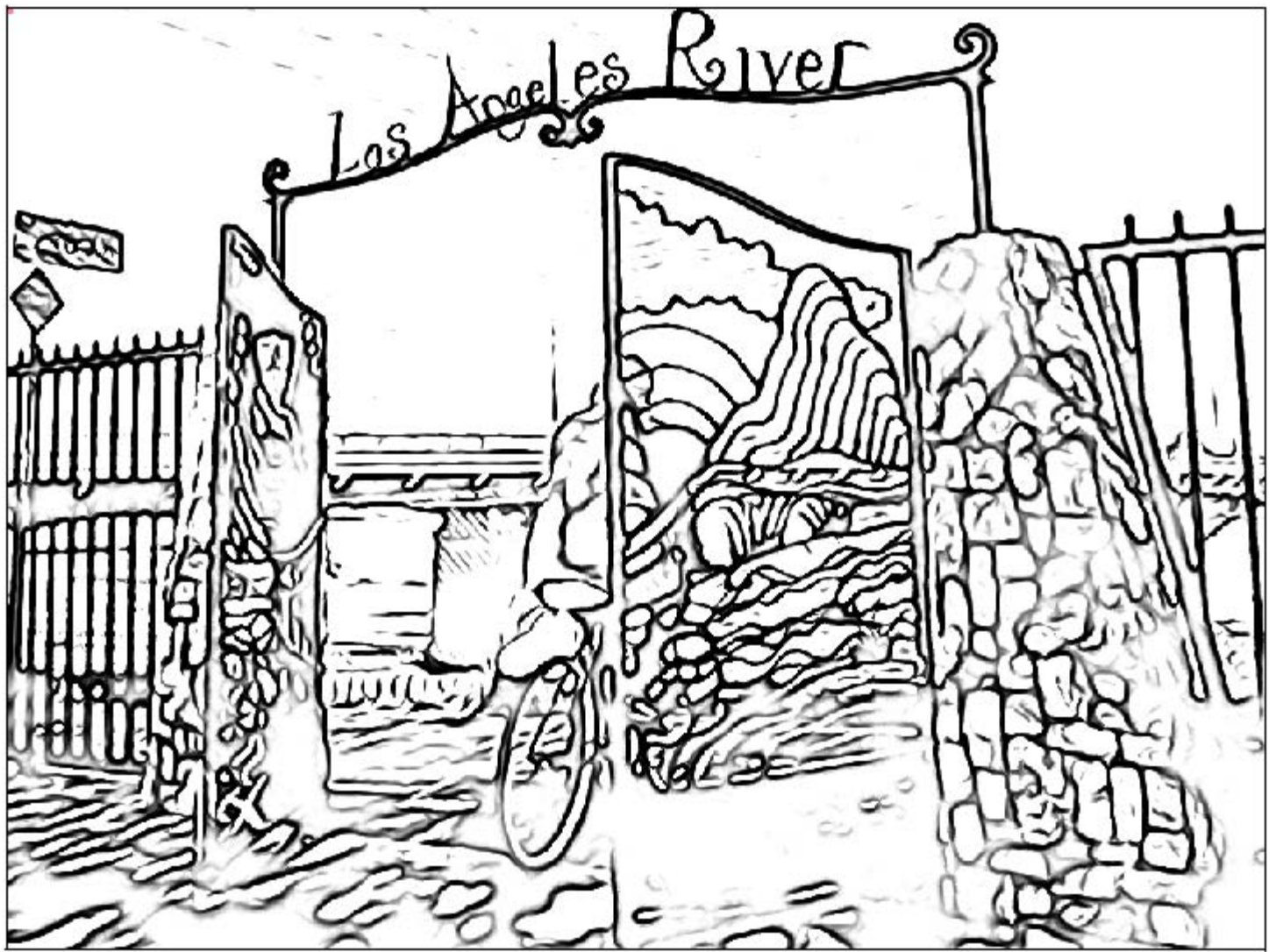


*The frog does not drink up the pond
in which he lives.*

Native American Proverb

*The way we treat rivers
reflects the way we treat each other.*

Aldo Leopold
(1887-1948)



*There is another alphabet,
whispering from every leaf,
singing from every river,
shimmering from every sky.*

Dejan Stojanović
(1959-)

Rivers have what man most respects and longs for in his own life—a capacity for renewal and replenishment, continual energy, creativity, cleansing.

*John Kauffman,
A Look At Our North Atlantic Rivers (1973)*

*I look forward to hearing the music of this river
for my entire life.*

I'm glad to help conduct it for a moment.

*I hope that we will see that this opportunity is not
just for a body of water that gave us our past and
our name and who we are.*

*The Los Angeles River's destiny is for us to find
each other, and for us to find the city, once again.*

Eric Garcetti

Mayor of Los Angeles, California

(January 26, 2016)

