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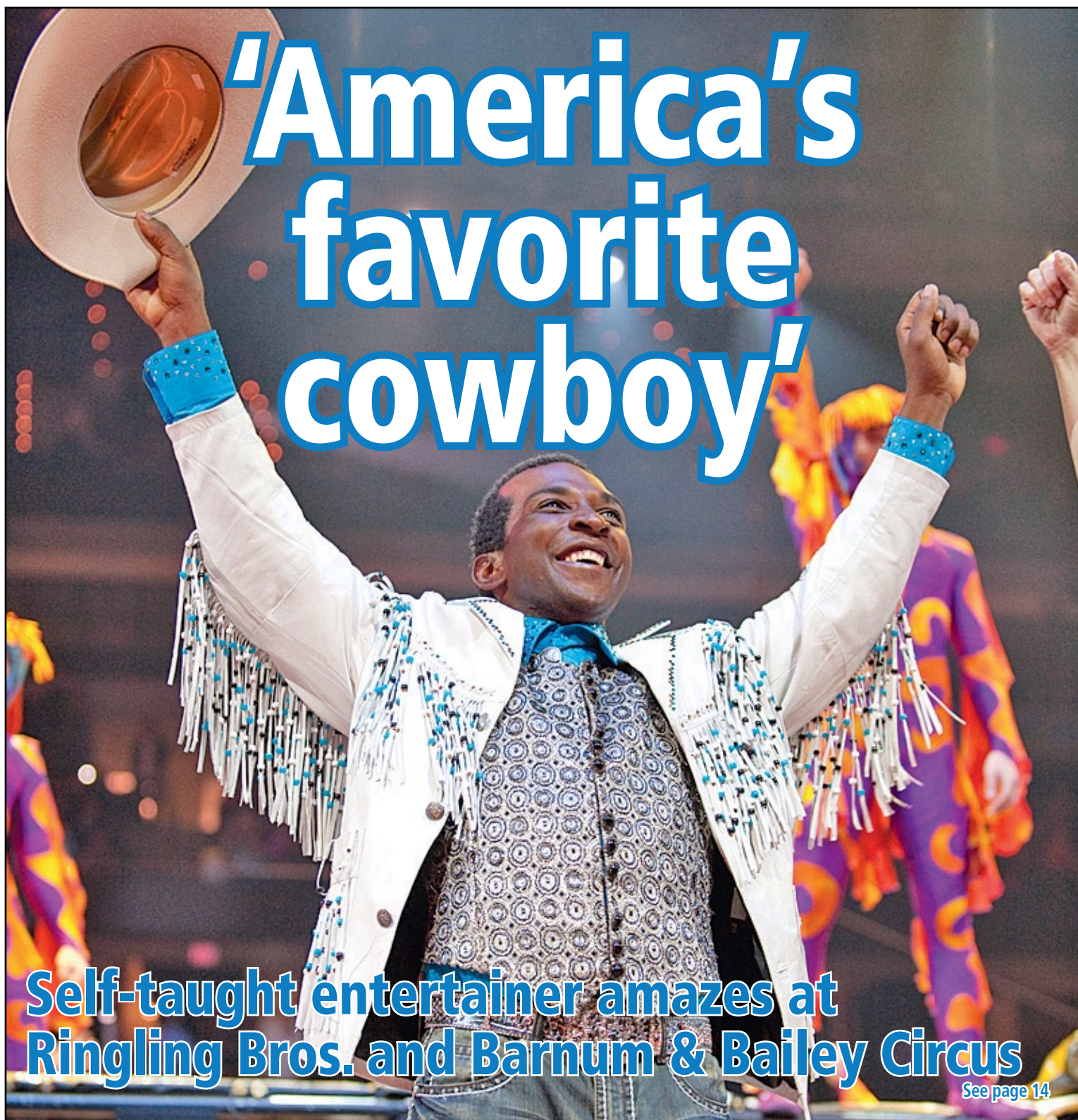
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Alumni of Lincoln Junior High School sought for 70th reunion

By SUSAN LAIRD
 Land Park News editor
susan@valcomnews.com

Alumni from the winter and summer classes of 1940 at Lincoln Junior High School in Sacramento are sought by the reunion committee so the group can celebrate their 70th reunion.

Some 60 graduates attended the school, according to Herbert Yee, president of the Class of 1940.

"This might be our last reunion," he said. "There are fewer and fewer of us left."

Classmates, spouses and family members are encouraged to attend the festivities, which will be held on Sept. 18. Lunch will be served at the Macau Café in Land Park.

"We are charging only \$10 for expenses only," Yee explained. "The lunch will be paid from funds left over from previous reunions."

There will be time to share memories of "Miss Hopley, the school principal for grades one through six, and of Dr. Arthur Poster, who was our principal for the higher grades," Yee said. "For gym, we had Bert Schappell. He was



Photo courtesy of Herbert Yee

Do you know anyone from the Lincoln Junior High School Class of 1940? If you do, the class reunion committee wants alumni to contact them. Herbert Yee, seated, Frank Wong, standing, and the other members of the reunion committee are planning the group's 70th anniversary reunion, which will be held on Sept. 18 in Sacramento.

my basketball coach. The Japanese and the Chinese students had their own teams then."

Reservations should be sent to the Lincoln Junior High School Reunion Committee, 1301 Normandy Lane, Sacramento, CA 95822.

The Macau Café is located at 4406 Del Rio Road in Sacramento.

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Local author to lecture on 'Sacramento's Chinatown'

By ART GERMAN
Arden-Carmichael News writer

September 2010 is bound to be a very busy month in the life of long-time Greenhaven/Pocket area resident Lawrence Tom as he begins an intensive local speaking schedule to promote his newly-published book, "Sacramento's Chinatown."

At least eight public library presentations are scheduled for him in September at branches throughout Sacramento County, including talks at the Belle Cooledge library in South Land Park (Sept. 18 at 3 p.m.), and the Robbie Waters branch in the Pocket area (Sept. 23 at 6:30 p.m.). Other dates include Sept. 8 at the McClatchy library in the Midtown area and Sept. 15 at the main library downtown.

The 73-year-old Lawrence Tom wrote the text and assembled the 200-plus photos in his book with his younger brother, Brian Tom, an Oakland-area resident who graduated from UC Berkeley

Sacramento was known as 'Yee Fow,' which translates to 'second city.'

and the UC Davis School of Law. The younger Tom practiced law for 25 years and served as an administrative law judge.

The book marked their second collaboration to compile the story of Chinese immigration to Northern California, which began with the Gold Rush in the mid-19th century. Their first book, "Marysville's Chinatown," was published in 2008.

The Tom brothers were born in Marysville, which in the early gold rush days was an important way-station for Chinese newcomers flocking to the gold fields.

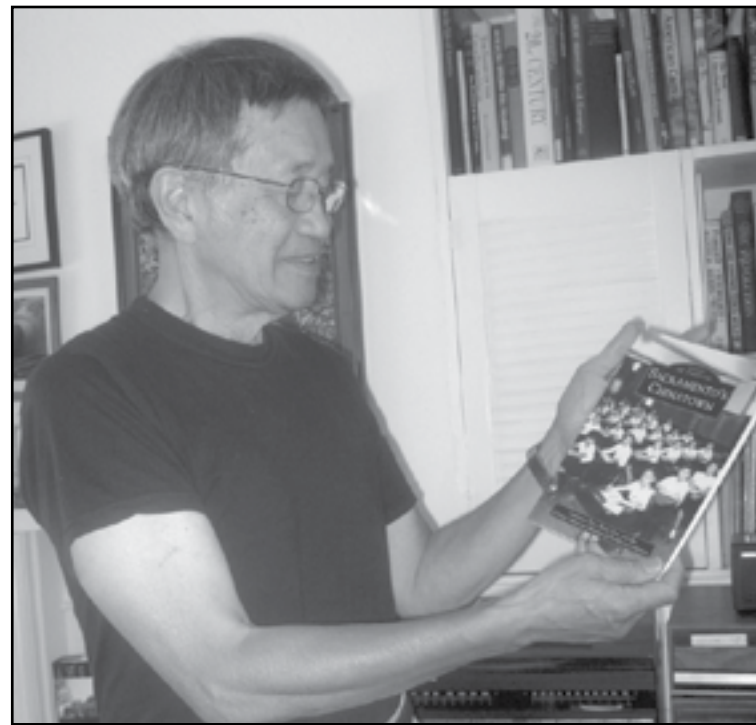
Lawrence Tom moved to Sacramento in 1957, when he enrolled at Sacramento State and emerged with a degree in business administration. He then settled

down in the capital, married and raised a family. He spent 40 years in state government, mostly as a career executive with CalTrans, and close to half a century with his family as a Greenhaven resident.

Tom said the early-day immigrants, most of whom came from southwestern China centering around Guangdong province and the Hong Kong area, were attracted by stories of gold discoveries, "and like most of those who emigrated to America, were seeking a better life for themselves."

Among the early-day Chinese, Tom said, Sacramento was known as "Yee Fow," which translates to "second city." The "first city" was San Francisco, where the immigrants

See Chinatown, page 6



Land Park News photo/Art German

Local author Lawrence Tom will be lecturing at Sacramento branch libraries during the month of September. The topic will be "Sacramento's Chinatown," the history of the local Chinese community from the 19th century up to the present day.

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Chinatown: Descendants of original settlers now live throughout region

Continued from page 5

made their first landfall, he added.

The book also reviews the intensive discrimination that early-day Chinese immigrants encountered when they arrived here, including the enactment of laws in California that barred them having the same legal protections as other newcomers to the U.S. Tom said the anti-Chinese discrimination continued in one form or another until the mid-20th century.

Tom said a number of Chinese organizations are currently

working together to establish a Sacramento Yee Fow center as an historical memorial for the days long gone by.

"We hope the book will generate a greater interest from the public in increasing awareness of the history of the Chinese pioneers in California and the Sacramento area," he said.

Tom noted that the original Chinese community along I Street between 2nd and 6th streets was mostly torn down over the years and redeveloped,

and that descendants of the original settlers now live throughout the community.

"This book is dedicated to the Chinese of Sacramento," Tom said, "who for over 150 years have turned adversity into opportunities and in the process have succeeded in building better lives for their families and future generations."

The book is profusely illustrated, with many scenes of life in Sacramento during the 19th century, followed by more recent photos depicting the role of Chi-

nese-American soldiers and sailors during 20th and 21st century wars, plus the role of local community leaders in business and politics among descendants of the 19th century Chinese immigrants. Many of the book's photos will be shown as slides during the library presentations.

"Sacramento's Chinatown" was published by Arcadia Publishing, a South Carolina-based firm that specializes in books that expand readers' knowledge of America's people and their places in history.



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CHP: Don't forget the kids in the car

Special to Arden-Carmichael News

As the summer heat continues, the California Highway Patrol (CHP) has a warning for the motoring public: Never leave a child unattended in a vehicle.

"Vehicles heat up quickly, even with a window rolled down a couple of inches," said CHP Commissioner Joe Farrow. "Even on a seemingly cool summer day, temperatures inside a vehicle can reach deadly levels within minutes."

This year in the United States, according to statistics from the Department of Geosciences at San Francisco State University, there have been more than two dozen incidents involving children left alone in vehicles resulting in at least 26 fatalities; one of those deaths occurred in California in April involving a 7-month-old Antioch girl. The National Highway Traffic Safety Administration says heat stroke, a form of hyperthermia, is the leading cause of non-crash vehicle deaths for children under the age of 14.

"It only takes a few minutes for tragedy to occur," added Commissioner Farrow. "If you see a child left unattended in a hot vehicle, call 911 immediately."

California law prohibits anyone from leaving a child six years of age or younger unattended in a motor vehicle without the supervision of someone who is at least 12 years old. A violation of the "Unattended Child in a Motor Vehicle Act," also known as "Kaitlyn's Law," will result in a fine; but more importantly, it could result in the permanent injury or death of a child.

Know your neighbor

Carmichael nurse helps declare county 'Voices of Meningitis Week'

Special to the Arden-Carmichael News

In preparation for the back to school season, Carmichael resident Rose Kwett, RN, joined representatives of the Sacramento Board of Supervisors and California School Nurses Organization to declare "Voices of Meningitis Week" in Sacramento County to help raise awareness of the dangers of meningococcal disease and the importance of vaccination.

Meningococcal disease is a serious bacterial infection that can cause meningitis and take the life of a child in just a single day. School nurses nationwide are urging parents to help protect their children against meningococcal meningitis by getting them vaccinated.

Kwett joined Voices of Meningitis, a national educational campaign of the National Association of School Nurses, in an effort to help raise awareness of this devastating disease in Sacramento County.

"I lost my daughter MaryJo to meningococcal disease just before her 16th birthday," she said. "I believe MaryJo would still be here today if she had been vaccinated against this disease."

At the age of 15, MaryJo was a vibrant and intelligent girl who celebrated life and was off to a seemingly bright future; then catastrophe struck. One morning, MaryJo began to feel sick - complaining of a sore throat and feeling weak. Later that afternoon, MaryJo developed a blotchy, purplish rash, a tell-tale sign of meningococcal disease, and was rushed to the hospital. Despite best efforts to save her, MaryJo died within 13 hours of her first symptoms.

"This disease is so scary because early symptoms are similar to those of common viral illnesses. I'm a registered nurse and I still was unable to tell that something was terribly wrong with my daughter until it was too late," Kwett said. "I know firsthand how quickly meningitis can take a life. Other parents need to know that meningitis can happen to anyone at anytime."

The Centers for Disease Control and Prevention recommends vaccination for preteens and teens 11 through 18 years of age and college freshmen living in dormitories. Vaccination has been available for years and is a safe and effective way to help protect against meningococcal disease.

Since MaryJo's death, Kwett has made it her mission to raise awareness of meningitis. She conducts presentations at schools in northern California through her work with Meningitis Awareness Key to Prevention and Voices of Meningitis.

Visit www.VoicesOfMeningitis.org to learn more and to hear from other families who have been affected by this disease.



Students from Norwood Junior High School, educators and public leaders participate as Sacramento County declares "Voices of Meningitis Week" to raise awareness of the need for teens and preteens to get meningitis vaccines.

Photo courtesy

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Almost a lawyer: Fox 40's Jim Crandell reflects on broadcasting career

By NOAH WINN
Arden-Carmichael News photographer

What is your favorite sports moment ever?

"Wow, there is a lot to choose from. The one that sticks out the most is when Hank Aaron was chasing The Babe (715) it was magical."

Your fans send you lots of emails and Twitters. How does it feel to have such loyal fans?

"It really makes you feel good to know that people want to tune in and watch you. It's very humbling, and

nice to that people care. I take pride in my work and I love to make people laugh, and make sure they have smile on their face when the broadcast is done."

What was the most bizarre story/memorable story you had to cover?

"It was 1991 and it was me and a camera man, we were covering what looked like to be a hostage situation. It was the Good Guys hostage situation. It was frightening. It was probably the most memorable moment."

You love the city of Sacramento and the city loves you. If you weren't here in Sacramento covering sports, where do you think you would be right now?

"I would probably be in Madison, Wis., practicing law. When I was in school that's what I wanted to do initially, but I got into the radio/television career path and it just stuck."

What do you think about the current arena situation of the Sacramento Kings?

"I stand mildly optimistic. There are a lot of elements that are keeping the Kings here. One of them is Kevin John-

son. He is helping out tremendously. The Kings' intentions are to stay. They don't want to go; they love this city. The Malloofs are businessmen and for businessmen to have patience is excellent, because they could have sold the Kings or taken them to another city a long time ago. A while ago, I told the Malloofs to leave, that nobody is going to get an arena deal done. The Malloofs are holding strong. They love this city and I believe they don't want the Kings to leave. As for the plan itself, I love the rail yard plan. The city would just thrive and business would love it."

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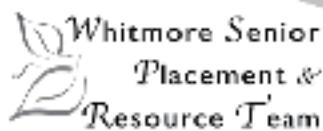
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Janey Way Memories



Swimming at Glen Hall Pool



By **MARTY RELLES**
Arden-Carmichael News columnist
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In the dog days of August, when temperatures topped the century mark, the Janey Way gang sought relief from the searing heat. This was before the days of back yard swimming pools and central air conditioning, and public facilities offered the only real option. So, we jumped on our bikes and trekked two miles to Glen Hall Pool in River Park.

The city of Sacramento built Glen Hall pool on Carlson Drive adjacent to the American River in the early 1960s. It featured a neat brick covered building and a fenced, L-shaped pool. Though the pool had no heating system, summer temperatures warmed it to a crisp 75 degrees. Voilà, it offered the perfect solution to the hot summer sun.

The pool opened at 8 a.m. for swim lessons only, then closed at noon for lunch. It re-opened at 1 p.m. for afternoon swimming. So, at 12:30 p.m., on most days, we hopped on our bikes and began the long journey to the pool. We turned right on M Street, then right again on 56th Street and pedaled over to H Street. There, we stopped at Hoskins Five and Dime to fortify ourselves with nickel candy. After that, we boarded our bikes, and rode out H Street, through the railroad underpass to Carlson Way and headed up Carlson all the way to its end at the levee bordering the American River. That is where the pool stood.

After the long, hot ride there, the pool must have looked like an oasis, with its powder blue colored cement bottom filled with cool, refreshing water. We dismounted our bikes, ran into the lobby, paid our 25 cent admission, changed into our swim attire and headed straight for the water.

The pool featured a 25-yard long swimming section ranging from three feet deep on the low end to five feet deep on the high end. Adjacent to the high end, a diving pool projected out toward the levee. It included two diving boards: a low board and a high board. We did swan dives, summersaults and one and one half gainers from the low board. Off the high board, we did can openers and cannon balls. There, the splash was the thing. When you did a can opener, you jumped straight out, leaned slightly back and held your knee up to your chest with both arms. When your feet hit with water, you waited for it to careen off your back and thrust into the air. A good dive yielded a splash which rose well above the high board. A successful can opener impressed your friends and drew "ahhs" from all bystanders.

In the swim pool, we played such games as tag, hide and seek and Marco Polo. We spent most of the three hour swim session in the refreshing water, taking breaks only to sun ourselves on the cement deck or buy ten cent Cokes from the refreshment stand. By 4 p.m., we were refreshed and ready for the long trip back home – which included a stop at the malt shop on Carlson Way for a slush – a syrupy shaved ice concoction which came in flavors like cherry, lime and root beer. When we finished our slush, we jumped on our bikes and completed the long ride home.

Summers on Janey Way were long and care free, and our afternoon swims at Glen Hall Pool offered the perfect solution to the hot summer temperatures. The great times we had there are just another happy Janey Way memory.



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Gender: Male Hair: Medium
Age: 7 years

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Gender: Female Hair: Short
Age: 1 year

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Gender: Male Hair: Long
Age: 2 years, 6 months

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Breed: DSH Color: Grey
Gender: Male Hair: Short
Age: 5 years,

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Breed: DLH Color: Chocolate Tabby
Gender: Female Hair: Long
Age: 4 years

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Gender: Male Hair: Short
Age: 10 months

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Gender: Male Hair: Long
Age: 3 years

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Gingerbread #120183

Breed: Siamese Color: Seal Point
Gender: Female Hair: Short
Age: 4 years

Gingerbread may be 4 years old, but as far as she knows she is still a kitten. It takes no time for her to find toys and begin to entertain herself and everyone watching. Whether it's toys, string toys or balls, she is all over it.

* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.

Sacramento fine arts watercolorists 'Go with the Flow 2010'

By MARC MALONEY
Arden-Carmichael News writer

More than 200 Sacramento-region watercolorists are expected to enter their paintings in "Go with the Flow 2010," a juried watercolor open exhibition that begins Sept. 7 at the Sacramento Fine Arts Center in Carmichael. The exhibition is presented by the Watercolor Artists of Sacramento Horizons (WASH) and is one of the organization's two major annual exhibitions.

Watercolorist Dale Laitinen will serve as juror for this year's exhibition. A signature member of the National Watercolor Society and Watercolor West, Laitinen is a graduate of Modesto Junior College and San Jose State University who earned a bachelor's degree in art with a painting concentration. He is a past juror for national and regional exhibitions including Watercolor West, the Kentucky Watercolor Society, the Utah Watercolor Society, the Watercolor Society of Oregon, Red River Watermedia Show, Magnum Opus, and many others.

This year's exhibition will be the fourth under the direction of show chairwoman Patty Waggoner, who said she expects to spend at least a week at the Sacramento Fine Arts Center getting everything set up for the show.

"I've learned you need to send the signup sheets out many times and to start contacting sponsors early," she said.

One of the most challenging parts of setting up is the not-nearly-as-ominous-as-it-sounds "hanging day," when volunteers hang works of art entered in the exhibition on the arts center's walls. Overseeing previous exhibitions has given Waggoner a keen eye for the finer details of hanging paintings.

"There's an art to hanging," she said. "You learn to know what looks good together, and to try to not put (works by) the same artist on the same wall."

Waggoner said her favorite part of being associated with the exhibition is seeing artists gain confidence from entering.

"We encourage any artist who wants to enter to do so," she said. "Even if you don't think you're ready yet, you might surprise yourself and get a work in the show. For an artist to have family and friends view their work in a show, that's the end-all and be-all for an artist."

WASH's history dates to 1978, when watercolorists Jan Miskulin and Nancy Haley first discussed the need for a watercolor society. After Miskulin's watercolor class enthusiastically endorsed the idea, the group was formed and began meeting - electing Miskulin as its first president. In 1987, WASH was invited to become a member of the Sacramento Fine Arts Center by Marjorie Long, a past president of WASH.

Miskulin recalled the goals of the early members of WASH.

"We were just a bunch of artists who wanted to get our



Courtesy photo
Northern Minnesota native Dale Laitinen will serve as juror for this year's "Go with the Flow 2010" art show that begins Sept. 7 at the Sacramento Fine Arts Center. Laitinen has lived, moved, and traveled across the American West, experiences that figure prominently in his work. The signature of a Laitinen painting is the use of a long view with the natural forms of the topography presented foremost. His works emphasize the interaction between the natural landscape and manmade structures like roads, dams, canals, and powerhouses. Pictured is Laitinen's "Afternoon at Ridge Lake."

work out in the community," she said. "We really didn't have a home; we had to get space from about a half-dozen public venues." These accommodating venues included Fidelity Savings, Home Savings, the John E. Moss building, and Crockery Bank.

Over the years, Miskulin has seen WASH and its members endure various ups and downs.

The society's membership, which peaked at around 200 members, has declined of late. One thing that has remained constant has been Miskulin's zeal for art and its creation.

"It's my passion, and I can't ever remember not doing it," she said by telephone from her studio. "At the moment, I'm sitting here in my studio, surrounded by paintings, trying to

decide which one to enter" into this year's exhibition.

"Go with the Flow 2010" runs from Sept. 7 to Oct. 2 at the Sacramento Fine Arts Center, 5330-B Gibbons Dr. in Carmichael. Gallery hours are Tuesdays from 11 a.m. until 7 p.m. and Wednesdays through Sundays from 11 a.m. until 3 p.m. For more information, visit www.sacfinearts.org.



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Kevin Johnson speaks to local business leaders on the economy, needed improvements

By **BENN HODAPP**
Arden-Carmichael News writer
benn@valcomnews.com

Sacramento Mayor Kevin Johnson visited East Sacramento's Cook Realty and the Rotary Club of East Sacramento last week to address any questions that the citizens had on their minds. At the meetings he fielded questions about tourism, Sacramento's lackluster downtown and the arena proposal among others. The overall theme of both meetings was one of improvement.

On the morning of Tuesday, Aug. 10, he addressed the workers at Cook Realty. Johnson told the realtors to have faith that the uptick in the housing market is coming. But in order to get that much needed improvement in the local economy, Johnson sees a number of things lacking in Sacramento's current state.

"I want to create a strong downtown core," he said. "I look down J, K and L streets and it's embarrassing."

The area leaves a lot to be desired both aesthetically and economically, according to Johnson. He said that in order to improve the downtown area, Sacramento needs to be able to lure

big business. He proposed that the way to draw more people to Sacramento is to improve local schools.

Johnson spoke glowingly of the improvements in his childhood neighborhood of Oak Park, using it as an example of an area that has improved its school system. At the Rotary Club meeting on Thursday, he said that this November's school board elections can play a vital role in changing the school situation.

"If we can get the right people (on the school board), we can change everything," he said.

According to Johnson, Sacramento will never shed its "cow town" label until these things are fixed. He wants Sacramento to become a "destination city" rather than just the halfway point between San Francisco and Lake Tahoe.

"Other major cities are 5-10 years ahead of us right now," he said. "Sure, we have a good quality of life and there are a lot of trees and all that, but we are capable of so much more."

He pointed to Downtown Plaza being "40 percent vacant" and that there are holes in the ground with nothing going on around them downtown. He believes strongly that a new arena



Arden-Carmichael News photo/Stephen Crowley
Sacramento Mayor Kevin Johnson signs a children's book that will be donated to a local branch library in his name by the Rotary Club of East Sacramento. Rotary Club President George Gomes looks on.

na/events complex can and will bring people to the capital city.

ARCO Arena has fallen into disrepair and simply does not have the power to draw big musical acts to Sacramento, according to Johnson. He stated that being the capital of one of the most powerful economies in the world and having the oldest arena in the NBA does not speak

well of the city. But he knows that simply building an arena for the sake of building an arena is not the way to go about it.

"If you're going to do it, do it right," Johnson said at the meetings.

He doesn't want the complex to simply be better than ARCO Arena.

See Johnson, page 13

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Sacramento Mayor Kevin Johnson spoke to area business leaders at Cook Realty and the Rotary Club of East Sacramento last week. The overall theme of both meetings was: Sacramento can do better.



Frank Cook, president of Cook Realty, speaks with Sacramento Mayor Kevin Johnson about the current state of the economy and the real estate industry.

Johnson: 'We are capable of so much more'

Continued from page 12

na. He wants it to be state of the art.

"We can do big, we can do bold," he said. "It's hard to get people to see that."

The newest plan in place would have the California State Fair move from its home at Cal Expo out to the current ARCO Arena lot in Natomas; Cal Expo would then be sold and developed over several years and the new arena would sit in the railyard land downtown.

The arena, which Johnson is confident can be had in the next three years, would play a vital role in strengthening the downtown area that he calls embarrassing as it stands now.

Putting the arena on city-owned land at the railyard would cut a substantial amount of cost from a land acquisition aspect, and Johnson assured everyone in attendance that the arena will be built with the taxpayers in mind.

Much of both events was spent answering questions from the audience. The "strong mayor" question was raised at each event, which Johnson was more than happy to explain to everyone. He said that the current system of government in Sacramento does not allow the mayor to have any authority. He even referred to himself as a figurehead at one point and as a "glorified councilmember" at another.

His main concern is that there is no accountability in the way the city is

run now. He said that there is no one to blame for the state of the downtown area because everyone just blames each other without any real accountability.

There are a lot of things wrong with Sacramento as it stands now, but Johnson remains confident that a turnaround is indeed possible. Whether or not Sacramento ever becomes the tourist attraction that San Francisco and Lake Tahoe are, Johnson stands firm in his assertion that we can get much better as a city.



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'America's Favorite Cowboy' to entertain at circus at Arco Arena Sept. 9-12

By LANCE ARMSTRONG
Arden-Carmichael News writer
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The 140th edition of the Ringling Bros. and Barnum & Bailey Circus is coming to Arco Arena on Sept. 9-12 and among the many features of "The Greatest Show on Earth" will be performances by Andre McClain, who is known in the circus world as "America's Favorite Cowboy."

Those who have never had the opportunity to observe Andre's performances, however, should be advised that Andre is far from a one-dimensional entertainer.

In an exclusive interview with the *Land Park News*, Andre explained that he is much more than a cowboy performer.

America's favorite cowboy

"Of course, I am America's favorite cowboy," Andre said. "I've done a lot of things around the United States as far as the rodeo, going from a kid riding in the rodeo and into performing and being this Roy Rogers-type of guy. Everything I do was self-taught. I do quite a bit of different things. I do trick roping, I do whips, I do fancy gun twirling, action shooting and trick riding. A lot of people out there, a lot of cowboys,

a lot of western entertainers; they do one thing or the other. They either do trick roping or they do trick horses or they do country singing. That's what separates me from everybody else. I do a little bit of everything."

When Andre brings his act to Sacramento this September, he will also be bringing many years of experience along with him.

Raised in Kansas City, Mo., Andre is part of the three generations of cowboy history in his family.

When asked when he first rode a horse, Andre responded, "I started riding when I was around four (years old) and I started riding mutton busters – we called it – when I was about seven years old. I was riding small steers, like a kids' rodeo."

Self-motivated

In being very self-motivated, Andre taught himself to twirl a lasso as a child by practicing with his mother's clothesline and water hose.

Remembering these days, Andre said, "It's so funny. I would get spanked almost every other week. But it was still worth it."

Andre, 33, said that he also started riding bucking horses during his youth.



Photo courtesy of Ringling Bros. and Barnum & Bailey
Circus cowboy Andre McClain will be among the featured entertainers at the Ringling Bros. and Barnum & Bailey FUNundrum!, which will be held at Arco Arena Sept. 9-12.

"A friend of my dad had 37 wild mustang horses and I used to go over to his place and help him break mustangs," Andre said. "Back then, you wore them out, then you would get on them and buck them out. That's one thing that always encouraged me to rodeo and ride bucking horses in rodeos."

Andre, who grew up as one of six children, received his first experience competing in a rodeo in the Bill Pickett Invitational Rodeo, America's first all-black touring ro-

deo, which was founded in 1984 by his father, Lu Vason.

Save a car, ride a horse

So connected was Andre to horses during his youth that he even rode a horse to high school, which even in Kansas City was not something that other students would do.

Chuckling after being asked to discuss this experience, Andre explained that

See Cowboy, page 15

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Cowboy: Learned to twirl a lasso by practicing with his mother's clothesline and water hose

Continued from page 14

he has fond memories about these times.

"It was great," Andre said. "I rode every day (to Paseo Academy of Performing Arts). Nobody else in the city did this. The ride from my house to school was maybe three miles. I would get up in the morning, have breakfast, clean him up and get him ready for the ride. My day really started at like 4 or 4:30 in the morning. I would ride him to school right down the city streets and tie him to the soccer fields (at the school). And while everybody had their fancy cars or were riding the bus, I would pull up on my horse. One day, I got written up by the gym teacher for my horse using the bathroom in the soccer field. I still have that write-up. It was crazy. I walked in (to the gym teacher's) office and said, 'Come on. You can't be serious.'"

Following his rodeo days, Andre began training trick horses, an activity that would lead to his employment with the circus.

Andre said that he attributes a pair of individuals to his drive to achieve high levels as a cowboy entertainer.

"I watched a guy, named (Nathaniel) 'Rex' Purefoy, out of Kansas City and he had the western duds, the fan-

cy saddles, he did trick roping and whips, gun twirling and all this stuff. I said, 'You know what? That's what I want to do.'" Andre recalled.

Additionally, Andre said that he is extremely thankful to his mentor, Kenneth Barrett, who bought him his first rope, so he could retire his mother's clothesline and water hose.

"(Barrett) was always about me pushing myself and telling me, 'You can be anything you want to be' and 'you can do anything you want to do.' That's what I believe and that's what I try to encourage in people and kids. There's no such thing as I can't and I want people to know that you can always do the things you want to do. You just focus and work hard."

Hard work pays off

And Andre's hard work surely paid off, as he was eventually hired by the circus.

But auditioning for Ringling Bros. and Barnum & Bailey Circus, in order to obtain his current position, was not a simple task, Andre explained.

"On my way (from Denver, where he was residing at the time) to audition for Ringling, my truck's trailer broke down (in Oklahoma)," Andre said. "I called my brother and he came over and picked up the horses

and took them over to a friend of his. I rented a car and jumped in the car and drove to Austin, (Texas) to audition. I was so embarrassed. I pulled up and I had no horses. All I had was a rope and a whip and a voice.

"I stood in the middle of the ring and I said, 'Ladies and gentlemen, children of all ages, I'm Andre McClain and this is my horse, Jonas.' It was my invisible horse, Jonas. I had no horse. I sat up on him, I did my tricks, I did my singing, everything. They cracked up laughing through the whole thing and as soon as I finished and explained to them what happened, (the circus' producer Kenneth Feld) just came to me, shook my hand and said, 'Hey, if you want this position, you've got it. We'll send a contract to you.'"

Nearly eight years after joining the circus – a move that he refers to as "going from the greatest show on dirt to 'The Greatest Show on Earth' –

Andre said that he continues to enjoy every one of his 500 days per year working at the circus.

"Oh, it's great (working for the circus)," said Andre, whose involvement with the circus also includes various announcing during the show and working with exotic animals such as camels, llamas and even a Watusi cow. "It's a blast for me. I probably have just as much fun as the audience, so it's a fun time for me. I wouldn't trade this in for anything in the world."

Guests have the opportunity to meet Andre and other circus entertainers at Arco Arena prior to the start of each circus program.

Meet the stars

All-access shows, which will be held one hour prior to show times, allow ticketholders to meet the circus stars, receive autographs, view animal training and see an elephant paint

a picture. A sign-up to win the painting at the beginning of the show will also be held during the pre-show event.

Andre personally invites the community to attend this year's circus, which is being referred to as "FUNundrum!"

"This is truly the biggest show that you'll see and I encourage everyone, anybody to come out," Andre said. "It's truly amazing and it's action-packed throughout the show. We're coming to shut Sacramento down. I love the city of Sacramento. The arena there is great and the area that we play in is great. We just plan on coming there, having a great time and having one big party for all the people of Sacramento. And that's what it's going to be."

For additional information about this year's edition of the Ringling Bros. and Barnum & Bailey Circus, visit the Web site www.ringling.com.

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Land Park resident discusses his lifelong passion for art

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

At the lower right hand corner of a large mural that covers the majority of the exterior wall at the front of Sacramento State University's Lassen Hall is the signature of artist, Ed Rivera. And although this work is his best known local art piece, it represents only a part of the story of this Sacramento artist.

Rivera, who is a Land Park resident and a former Sacramento Police Department officer, has certainly drawn much attention for his mural on this university building, which houses the office of the university registrar, the academic advising and career center, a testing center and other services.

After all, the artwork was painted on the building as the resolution to a controversy, which received much widespread media coverage, including coverage in Mexico.

As the story goes, during a six-month period in 1970, Rivera, who is a native Sacramentan of Mexican descent, had painted a previous mural on panels that were placed on the front, exterior

wall of the same building, which then housed the school's library.

In a discussion with *The Arden-Carmichael News*, Rivera, 67, recounted his memories of a dreadful time back in 1976, when he found out that the mural, which had been presented as a gift, had been removed from the building.

The missing mural

"Somebody came by and said, 'Ed, you know your mural is not up there any more,'" recalled Rivera, who was a student at Sacramento State during the 1960s. "I said, 'You're kidding.' I went down there (to the Sacramento State building) and it was stark white. They tore the panels down and called that a 'beautification (project)'. We immediately went (to the school) and said, 'Hey, you can't do this. We gave this to the community and the state college as a figure of solidarity, peace and culture. What did you do here?' And then the movement started with Joe Serna, (Rivera and others) and the community rose up and said, 'You can't do that.'"

Fate of 'La Cultura'

The mural, which was named 'La Cultura' ('The Cul-

ture') and had been created as a tribute to Mexican culture, had taken months of negotiations and fundraising and the support of the Chicano community to become a reality.

But in just six years, the artwork was removed and disposed of, except for pieces of the mural, which Rivera said had been cut up and given a new life at the school.

"They made shelves out of (parts of) the panels," Rivera said. "I saw my artwork on shelving in different parts of the college."

The protest movement relating to the removal and destruction of the mural led to a September 1976 letter of apology from then-Sacramento State President James Bond.

Two months later, Henry Lopez, executive director of the Sacramento Chicano community organization, Concilio, wrote a letter to Bond demanding that the university finance a new mural, repay the \$800 used in community donations that paid for the old mural, produce a public apology from the school and submit a written statement



Photo courtesy of Ed Rivera

This 1998 "Day of the Dead" artwork by Ed Rivera was created through a method of cutting linoleum and pouring black ink in the cutout areas.

about the university's policy regarding the mural.

Responding to Lopez's letter on Feb. 9, 1977, Bond once again apologized for the removal of the mural and extended an offer to have a new mural paid for by the university.

Rivera said that Bond recommended that the mural be painted inside the building to protect it from the outside elements. But after visiting the building's interior, Rivera rejected this recommendation.

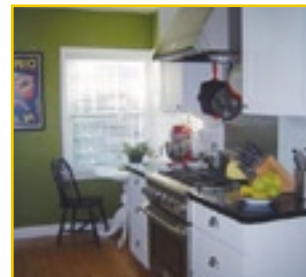
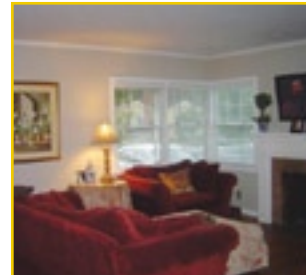
Arrangements were eventually made for Rivera to repaint the mural in a different style on the front of the building. But this time, the mural was painted directly onto the wall.

'Rebirth of the La Cultura'

On Oct. 30, 1978, a dedication ceremony at the building, which had been converted into the Student Services Cen-

See Artist, page 17

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Artist: Rivera's works include large mural at Sacramento State University

Continued from page 16

ter, was held in honor of the completed mural. The event, which celebrated "The Rebirth of the La Cultura," included speakers, music, poetry and folk dancing.

The 96-foot-wide by 24-foot-tall mural, which depicts the Mexican community's American Indian-Spanish heritage, features major symbols of the Mexican culture, including an image of the Aztec ruler, Montezuma, an eagle with a serpent in its beak, the Aztec calendar and an ear of corn.

The mural, which is painted with permanent, water-based acrylics, also includes a pair of frogs moving forward, which Rivera said represents the constantly moving forward and never looking back progression of the Mexican people.

A concise description of the mural is located just inside Lassen Hall.

In 1999, Rivera returned to the campus to provide a touch-up paint job to the then-fading mural and to place a protective finish over the work.

Protected art

Unlike the building's original mural, today's mural is protected, Rivera explained.

"That (current) mural, they cannot take it down for 50 years after I die," Rivera said. "If they're going to take it down, they have to notify the next of kin, which would be my son (John, who was

named after Rivera's favorite author, John Steinbeck). So, it's there for a long time."

Rivera added that even 50 years after his passing, negotiations could be made to preserve the mural and have it touched-up with some fresh paint by an assigned artist.

The Sacramento State mural is but one of Rivera's murals that have appeared on public buildings.

Rivera also painted murals for the Washington Neighborhood Center at 400 16th St. and the Legal Aid Society at 920 9th St. in Sacramento and Boalt Hall at the University of California, Berkeley. Unfortunately for Rivera, not all of his murals exist today.

Diverting from the story of his murals, Rivera said that his love for art began at a very young age, as he watched his father, who was a pastry chef, decorate a cake with the image of an eagle.

Fascinated how his father could create something so artistic with his hands, Rivera gained an instant appreciation for art.

This appreciation led to Rivera's study of art at Sacramento High School under the direction of art instructor, John Moore.

After attending Sacramento City College and Sacramento State, Rivera attended the prestigious San Francisco Art Institute for three years. And while at the art institute, he studied under renowned artists such as Richard Dieben-

korn, Elmer Bishoff, Nathan Oliveira, James Weeks, Julius Hytovsky and Frank Lobdell.

Although he eventually became a police officer, serving in this position from 1967 to 1996, Rivera never lost his love for art.

To the contrary, this love grew, as Rivera continued to create art and gain recognition in the art world throughout his time with the police department.

Prolific artist

During his time as an artist, Rivera has created hundreds of paintings and although he has painted such art images as local architecture, landscapes and sailing scenes, the majority of his work features pre-Columbian, Aztec and Mayan images.

Explaining his deep connection to this form of art, Rivera said, "I really feel I'm part pre-Columbian, Aztec, Mayan culture."

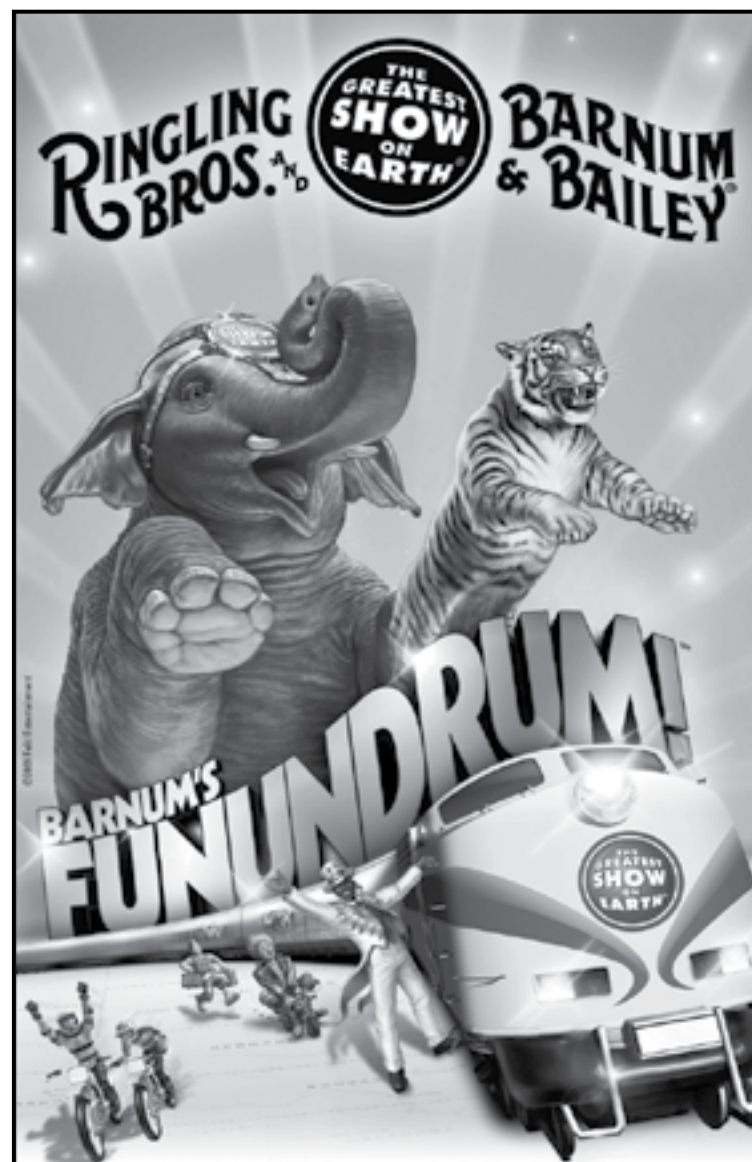
Additionally, Rivera, who participates in occasional art shows, but said that he otherwise advertises by "word of mouth" only, refers to himself as a "tool of what the Hispanic community is about."

"I'm just a tool," Rivera said. "I just happen to have the talent as a painter. I'm fortunate

I can do this. I enjoy painting. It's my life."

Rivera, who credits his mentor, artist Benny Barrios, for showing him not just how to paint, but showing him the life of an artist and what it takes to be an artist, said that he is among a select group of artists.

"There are a few of us (artists), we just don't live art, we breathe art," Rivera said. "Everything is art. We don't see things the way other people see them. We see things in an art view. We see things way, way differently. For me, art is like breathing. You have to breathe. You have to do art."



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AUGUST

Big Band Dance

Aug. 26, Sept. 2: Dance to the rhythms of the Big Band era. Every Thurs. \$5 admission. 1:15 p.m.–3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Community sing-along

Aug. 26: Harmonize on old hymns and folk songs, just for pleasure. Shower singers welcome. Free. 6 p.m.–8 p.m. Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd., Sac. (916) 457-4527

Food Addicts Anonymous

Aug. 26: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Rotary Club of East Sacramento

Aug. 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.–1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

Aug. 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Aug. 26: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

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Rotary Club of Point West

Aug. 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Aug. 27: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.–12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Food Addicts Anonymous

Aug. 28: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Urban Farm Stand

Aug. 28: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays from 9 a.m.–1 p.m. www.soilborn.org

Kitten adopt-a-thon

Aug. 28: It's "kitten season" – Happy Tails Pet Sanctuary is partnering with Extra Space Storage to find loving, permanent homes for Sacramento's homeless kittens. 10 a.m.–2 p.m. Extra Space Storage, 3000 B St., Sac. www.happytails.org

Screen on the Green

Aug. 28: "Aladdin" (G). Movie begins at sundown. Glenn Hall Park, 5415 Sandburg Dr., Sac. www.sacscreenonthegreen.com

Co-Dependents Anonymous

Aug. 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Aug. 29: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.–11 a.m., every Sun. \$8. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Fairytales Town Troupers

Through Aug. 29: "A Princess of Stars aka. Sleeping Beauty in Space" presented by the Fairytales Town Troupers. Sat. & Sun. matinee performances at 12:30 p.m. and 1:30 p.m. Admission \$1 per person in addition to paid park admission. Children age 2 and under free. Fairytales Town Children's Theater, 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytaletown.org

Alzheimer's & Dementia workshop

Aug. 30: Teepa Snow will lead a workshop to help families recognize the differences between dementia and forgetfulness. Free. 9 a.m.–12 noon. Aegis of Carmichael, 4050 Walnut Ave., Carmichael. RSVP to (916) 972-1313 as space is limited. www.Aegisof-Carmichael.com

Co-Dependents Anonymous

Aug. 30: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Free Admission Days at the Zoo

Aug. 30: Bring the entire family and enjoy free admission to the Sacramento Zoo. Bring a new unwrapped school supply item for the Sacramento Zoo's Back-to-School Supply Drive. 9 a.m.–4 p.m. 3930 West Land Park Dr., Sac.

Hatha yoga

Aug. 30: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.–4 p.m. Hart Senior Center, 915 27th St., Sac. (916) 808-5462. Meets every Mon. Repeats Wed., Fri.

Rotary Club of South Sacramento

Aug. 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Aug. 30: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Aug. 30: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

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Big Band Dance

Aug. 31, Sept. 7: Dance to the rhythms of the Big Band era. Every Tues. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Dance Movement Therapy Classes

Aug. 31, Sept. 7, 14, 21, 28: Cancer patients and survivors are invited to dance movement therapy classes taught by Nandi Szabo, a registered dance movement therapist. Free. Tuesdays through Nov. 9. Two times available: 10:30 a.m.-12:30 p.m. or 6:30 p.m.-8:30 p.m. Sutter Cancer Center, 2800 L St., Sac. Call (916) 529-1079 or email zoefotoni@comcast.net to register.

Medicare counseling

Aug. 31, Sept. 7, 14, 21, 28: Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appts. every Tuesday with John Gallapaga, call (916) 376-8915 to schedule. For appts. in Spanish, call Marta Erismann at (916) 231-5110.

Rotary Club of Arden-Arcade

Aug. 31, Sept. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Aug. 31, Sept. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m. Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

by Take Charge California @ Your Library. Free. 12 noon. West Meeting Room, Central Library, 828 I St., Sac. (916) 264-2920

Senior Wednesday Club

Sept. 1, 8, 15, 22, 29: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Myrt (916) 348-8114

Tea and Talk Book Club

Sept. 1: Adults, bring a tea cup, sip tea and discuss this month's featured book, "Zeitoun" by Dave Eggers. Free. 10 a.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 264-2920, www.saclibrary.org

Toastmasters

Sept. 1, 8, 15, 22, 29: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Disabled American Veterans

Sept. 2, Oct. 7, Nov. 4, Dec. 2: Ray Clark Chapter No. 35 of the Disabled American Veterans. First Thursdays, 7 p.m., Veterans Memorial Building, Carmichael Park, 5750 Grant Ave., (corner Fair Oaks Blvd. & Sue Palm Dr). All disabled veterans invited to attend. (916) 635-7608

Chalk It Up Sacramento

Sept. 4: Art, kids' creative corner, food, live music, beer garden, crafts, fun for the whole family. 10 a.m.-6 p.m. Fremont Park, 16th & Q streets, Sac. www.ChalkItUp.org

'Willy Wonka'

Sept. 5: Movie night at Fairytale Town featuring "Willy Wonka & the Chocolate Factory." Outdoor theater, lawn seating only. No outside food or beverages. Admission \$5, Fairytale Town members receive 2-for-1 admission, children ages 2 and under are free. Tickets available online, www.fairytaletown.org. 3901 Land Park Dr., Sac. (916) 808-7462

Recorder music group

Sept. 7: The Sacramento Recorder Society meets under the baton of Hanneke van Proosdij, a Bay Area early-music specialist. Newcomers welcome. 7 p.m.-9:15 p.m. Please bring your instrument, a pencil and a music stand. (916) 391-7520, www.sacreorders.org

Watercolor art show

Sept. 7-Oct. 2: "Go with the Flow 2010" juried art show, sponsored by the Watercolor Artists of Sacramento Horizons (WASH). Free. 11 a.m.-7 p.m. Tues.; 11 a.m.-3 p.m. Wed.-Sun. Special 2nd Saturday opening Sept. 11 from 5:30 p.m. - 8:30 p.m. Sacramento Fine Arts Center, 5330-B Gibbons Dr., Sac. Patty Waggoner (916) 361-3331

Wine social

Sept. 7: Wine social to benefit the Sacramento Children's Home, featuring the Michael-David family of wines. Hors d'oeuvres, lunch (choice of Chicken Cordon Bleu or Chipotle Caesar Salad with Grilled Chicken Breast) and dessert (Chocolate Cream Cake Royale). \$20 per person. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Reservations a must. (916) 452-2809

Forensic genealogy

Sept. 8: Colleen Fitzpatrick will speak on "Forensic Genealogy: CSI Meets Roots, a Modern Approach to Family Research." Sponsored by the Root Cellar - Sacramento Genealogical Society. Free. 7 p.m.-8:30 p.m. Citrus Heights Community Clubhouse, 6921 Sylvan Rd., Citrus Hts. Sammie Hudgens (916) 481-4930 www.rootcellar.org

History of Sacramento's Chinatown

Sept. 8: Lawrence Tom, author of "Sacramento's Chinatown," will discuss one of the oldest Chinese communities in America and share photos. 6:30 p.m. Free event. Copies of the book will be available for

signing and purchase. Ella K. McClatchy Library, 2112 22nd St., Sac. (916) 264-2920, www.saclibrary.org

Referrals Plus

Sept. 8, Oct. 13, Nov. 10, Dec. 8: Women in business helping each other in our businesses. 12:15 p.m.-1:30 p.m., second Wednesdays. Primrose Sacramento, 7707 Rush River Dr., Sac. Kollen Powers (916) 691-3085, www.referralsplus.org

Senior Health Fair

Sept. 8: Sacramento area YMCA hosts the 9th annual Senior Health Fair. Basic hearing tests, lung function tests, blood pressure checks, door prizes, more. Free. 9:30 a.m.-11:30 a.m. 2021 W St., Sac. Pat Wolfe (916) 452-9622 x101 patw@sacymca.org

Mission Oaks Computer Club

Sept. 9: The Mission Oaks Computer Club will meet from 1 p.m.-3 p.m. Meeting topic will be "The Future of Newspapers," presented by Cosmo Garvin. Problem solving clinic to follow. First-time visitors welcome. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 366-1687, www.missionoakscomputerclub.org

Sacramento Walking Sticks

Sept. 9, Oct. 14, Nov. 18, Dec. 9: The nation's largest American Volkssport Assn.-affiliated walking club. Meets second Thursdays, 7 p.m. SMUD Customer Service Center, Forestview 1 meeting room, 6301 S St., Sac. Refreshments served. If you'd like to walk three miles before the meeting, meet at 5 p.m. in front of the SMUD Customer Service Center building. Bring money for dinner after the walk. Gale at 364-5063 or www.SacramentoWalkingSticks.org

Movie Night in the Park

Sept. 10: Annual District 4 Movie Night in the Park. "Toy Story" will be the feature presentation. Bring folding chairs, blankets. Complimentary popcorn, sno-cones. No alcohol permitted. Free. Movie begins at dusk (about 7:45 p.m.). Reichmuth Park, 6135 Gloria Dr., Sac., Visit Councilmember Rob Fong's webpage at www.cityofsacramento.org

Wine, Beer & Food Extravaganza

Sept. 10: Enjoy open tastings from area vintners and craft breweries, along with a bevy of foods and desserts in the Quad at Christian Brother's High School. 6 p.m.-10 p.m. Outdoors under the stars. For reservations, visit www.cbhswinetasting.com

Bariatric Surgery Informational Seminar

Sept. 11, Oct. 2, Nov. 6, Dec. 4: Learn all about what bariatric surgery is and is not. 10 a.m.-12 p.m. Bruceville Terrace Multipurpose Room, 8151 Bruceville Rd., Sac. Rondi Crowley (916) 423.5909.

Basic vegetable gardening tips

Sept. 11: Urban gardener James Bridges will discuss how to determine a garden site, preparation of the soil, tools needed, watering and fertilizing. He will offer a general overview on biodynamic square foot gardening techniques and answer questions. Free. 2 p.m. Arden-Dimick Library, 891 Watt Ave., Sac. (916) 264-2920, www.saclibrary.org

Jensen Garden workdays

Sept. 11, Oct. 9, Nov. 6, Dec. 4: Friends of the Jensen Botanical Garden garden workday. 9 a.m.-1 p.m. Bring work gloves, hand pruners and your lunch. Come join with other volunteers to keep the garden beautiful all year. 8520 Fair Oaks Blvd., Carmichael. Tracy Kerth (916) 485-5322 ext. 23, tracy@carmichaelpark.com

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Game dates and times subject to change. * denotes a.m.

ALB Albuquerque Isotopes	COL Colorado Springs Sky Sox	FRES Fresno Grizzlies	IOWA Iowa Cubs	LV Las Vegas 51s	MEM Memphis Redbirds	NASH Nashville Sounds	NEW New Orleans Zephyrs	OKC Oklahoma City RedHawks	OMA Omaha Royals	POR Portland Beavers	RENO Reno Aces	RR Round Rock Express	SL Salt Lake Bees	TAC Tacoma Rainiers	HOME GAME	AWAY GAME	OFF DAY
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Helping younger teens to cope when siblings leave for college

By STEVE DEBENEDETTI-EMANUEL
Arden-Carmichael News columnist
steve@rivercitycounseling.com

In my last article, I wrote to parents about how they can cope with the feelings that arise when their child leaves for college. In this article, I'm going to focus on how parents can help their younger teens cope when their siblings leave for college.

Several years ago, I counseled "John," a junior in high school. His parents brought him in because he'd left drugs on his bathroom counter and was generally dishonest. They were confused because he'd been a "perfect child" until a few weeks before.

Almost immediately, he became tearful and told me that his older brother "Dan" had just left for college. He'd been blindsided by all sorts of difficult feelings and made poor choices trying to cope. Part of what was difficult was that his parents seemed so caught up in their own feelings that they didn't seem to notice that he was also struggling.

In fairness to his parents, John didn't hang a banner over the front door telling them that he was struggling.

Instead, the opposite seemed true. By the time Dan's flight touched down, John had commandeered his brother's bedroom and celebrated by having friends over for an Xbox marathon. However, underneath the bravado was a sad teen. Had his parents anticipated this, they could have done some things prior to Dan's departure.

The effects of upcoming transition can be minimized if teens spend quality time together. Instead of encouraging this, they'd allowed Dan to work all summer and stay most nights at friends' houses. Had they been aware of how much John would miss his brother, they could have encouraged the two of them to hang out more frequently.

Before departure day, it's important to talk with your younger child about what changes to expect and what issues could arise. As the new "oldest child," it's reasonable to expect him/her to be more responsible and take over some of your college-bound teen's responsibilities. At the same time, it's also reasonable to increase privileges. Had this honest dialogue occurred, it's likely that John and his parents would have begun the transition being on

the same page and had an easier time adjusting.

When it's time for your teen to head to college, it's helpful for the entire family to "drop him/her off." As John's parents weren't aware of how he was feeling, Dan's father took him to school, while John and his mother stayed home. Had they gone together, John would have been able to see where Dan was living and tour the campus. This could have left him feeling more involved in Dan's experience and helped them stay more connected.

Once home, recognize that your younger teen is going to have strong feelings. Be understanding of what he/she is experiencing, while reminding him/her that certain behaviors are unacceptable. When John's parents realized this, they were more understanding about the choices he had made, while at the same time giving him appropriate consequences. Although John wasn't happy, his behavior improved.

Furthermore, encouraged your younger child to contact his/her older sibling regularly. When they did this, John reacted by getting annoyed, as he didn't want to appear

vulnerable by admitting that he missed his brother. However, when he started texting Dan frequently and keeping in-touch on Facebook, John admitted to feeling better and being more of a part of what Dan was experiencing.

Although you may face some resistance, also encourage your older teen to come home regularly. Doing so will help keep the family connected (and maybe help with some homesickness.) Although he wasn't always happy to miss socializing with his friends, Dan came home four times during his freshman year, which seemed to help everybody.

When teens leave for college, families are forced to adjust, and difficulties are challenging to avoid. Just as you are likely to be struggling, keep in mind that your younger teen will also be having strong feelings. By remaining aware of this and taking steps, both prior to and after departure day, some of your younger teen's struggles should be minimized.

In my next article in this series, I'm going focus on what parents can do to help families adjust when their teens stay at home, rather than leaving for college.

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Mary Schueet and her tortoise, Sweet Pea, posing proudly.



Turtles swimming outside of the newly renovated Belle Cooledge Library. Did you get fooled? The turtle in the foreground is made of stone.



Anna and Alejandra, 17 months old, are enchanted by the baby tortoises.



Leland Lee, 6, examines the tortoise exhibit inside the library's meeting room.

Faces and places

Totally turtles and tortoises

Regional turtle and tortoise aficionados turned out for the annual Turtlerama held on Aug. 21 at the Belle Cooledge Library. Visitors to the event participated in lectures, enjoyed educational

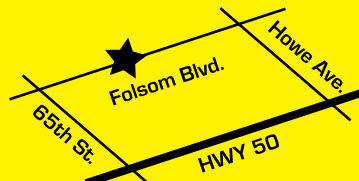
displays and met lots of live turtles and tortoises. Owners of these delightful creatures learned how to properly care for their hard- or soft-shelled friends. Those interested in learning more

about the Sacramento Turtle and Tortoise Club are encouraged to visit the club's Facebook page.

Arden-Carmichael News photos by Danny Kam



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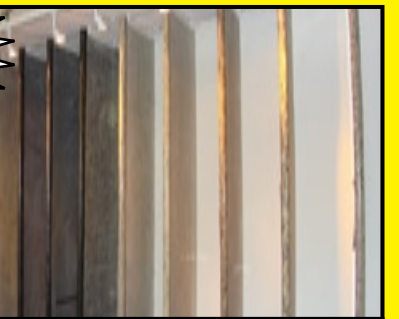


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