

Artist: 'Pursue your passion. Good things will happen...'

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three-foot Peace rose on canvas, which hangs on the wall across from the elevators.

Special exhibit

Turner is also the co-chair of the Animal House Exhibit, which is showing now at the Sacramento Fine Arts Center at 5330-B Gibbons Dr. in Sacramento. It is an animal-themed show that is held once a year and covers a number of different types of art from photography to painting to sculpture to mixed media as well as a youth category.

This year, there were 210 entrants vying for the 100 available slots. According to Turner, the event boasts nationally renowned jurors and there is \$3,000 in cash prizes at stake. On Saturday, March 13, the event will hold its reception.

There will be painting demonstrations beginning at 2 p.m. Saturday, the Sacramento SPCA will be in attendance with dogs and cats that will be up for adoption at 3 p.m., and the reception itself starts at 5:30 and runs until 8:30 p.m. The reception concludes the show for this year.



Photo courtesy Richard Turner
"I can hardly even walk by a flower without stopping to look at it now," said photographer Richard Turner.

The show is open Tuesday through Friday from 11 a.m. to 3 p.m. and is open all day Saturday.

Turner is also starting a concert series at the Sacramento Fine Arts Center in which he will collaborate with both visual and performing artists to create what he calls "Art Song" by combining images with music. The series will hopefully be up and running by October of this year.

He will also have his works at the Sacramento Art Festival in October at the Sacramento Convention Center as well as

at the Blue Wing Gallery in Woodland in May 2011.

Being an artist can be a tough thing if it is what you do for a living. But Turner has a message for the struggling artist who wonders if it's worth it.

"Pursue your passion. Good things will happen if you do," he said. "Good things always happen. It might be money, it might not. But something good will happen."

For more about Turner and his work, visit his Web site at www.rturnerphotography.com.

You and your teen

Managing sibling rivalries

By STEVE DEBENEDETTI-EMANUEL
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Not long ago, I got a call from the parents of two adolescent girls. They were concerned because their younger daughter's grades had slipped significantly and her friends and behavior had changed drastically. They'd suspected that she'd begun using drugs, and after careful consideration made the choice to drug test her. When she tested positive they'd confronted her, and she admitted to smoking marijuana on a regular basis.

"Audrey" was about three minutes into her first session when she started sobbing as she told me about her older sister "Nancy." She was a top student and well loved by both peers and teachers. She also had a really nice boyfriend and had never gotten in trouble for much beyond breaking curfew by a few minutes.

It was clear that Audrey felt that Nancy was her parents' favorite. When they were out with friends and family, they'd highlight Nancy's successes. Although Audrey was extremely talented artistically and won awards at school and in local art contests, they'd say next to nothing about her accomplishments. Instead, they complained about her academic struggles and how they hoped she'd focus less on art and more on her "real" schoolwork. Over time, Audrey became jealous and resentful of her sister, and furious with her parents. It was at this point that she started smoking marijuana regularly.

As much as we'd like to think rivalries between siblings end about the time they graduate from their pull-ups, it's important for parents to realize that the competitions are alive and well during adolescence. Although it's impossible to prevent sibling rivalries altogether, parents can take steps to help minimize the negative effects of the struggles.

One vital step is to strive not to compare one teen's successes to another. If we focus on the skills and accomplishments of one child and give the other the message that they should work on developing the same skills, it's a set-up for ill will to develop between them. Had Audrey's parents complimented her for her accomplishments, rather than focusing on areas in which she wasn't as talented or successful as Nancy, Audrey's struggles could have been less severe.

It's also helpful to compliment your teen in public as frequently as possible. While she might roll her eyes and look uncomfortable, she'll eat-up the positive attention. Had Audrey felt that she, too, was a star in her parents' eyes, it's likely she wouldn't have been as affected by the positive attention they'd lavished upon Nancy.

Finally, spend quality one-on-one time outside your home with each of your teens. Let them know that they can speak freely about how they're feeling, and listen openly to the feedback you receive. Should they give specific examples of how they'd like to be treated differently, consider them carefully and make changes when possible. This would give them the message that their feelings are valid and important. It would also increase the likelihood that they'd be open to hearing about your concerns and following your suggestions.

Fortunately, Audrey's parents were receptive to my guidance and took steps to change how they treated her. They focused on celebrating Audrey for her artistic talents, rather than comparing her to her Nancy and criticizing her when she didn't match-up. This helped Audrey feel better, and the relationships with both her parents and sister improved significantly. Before long, she no longer felt the need to get high, and her grades started improving steadily.

Steve DeBenedetti-Emanuel is a licensed marriage and family therapist based in the Sacramento area. Steve's columns appear periodically in the Valley Community Newspapers. Ask Steve your questions - e-mail him at steve@rivercitycounseling.com.



Featured Property



SOLD by Wendi

1129 25TH AVE \$325,000	SOUTH LAND PARK SOLD
2808 MARTY WAY \$360,000	LAND PARK SOLD
2733 4TH AVE \$380,000	CURTIS PARK SOLD
5020 DEL RIO RD \$400,000	SOUTH LAND PARK SOLD
1200 57TH STREET \$450,000	EAST SACRAMENTO SOLD

**4916 SO. LAND PARK DR.
SOUTH LAND PARK
\$489,000**

Beautiful Mediterranean S. Land Park home featuring 3 bedrooms & 2 baths, living room & family room, gleaming wood floors, fireplace, dual pane windows, formal dining room, & a large backyard w/ lush landscaping & a fish pond. Additionally, there's a guest room/hobby room & bath off of the laundry. This property also includes a studio/workshop that is wired for 220 & plumbed. Located walking distance to the Sacramento Zoo, this home is amazing.



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