



Photo courtesy Tom Myers Photography

This postcard, showing the Sacramento waterfront and barges loaded with wheat, was postmarked Sept. 5, 1921. The following information appears on the reverse: "Shipping Scene Sacramento River. Sacramento is navigable 300 miles of its length and to ocean steamers from its mouth to Sacramento City a distance of 120 miles." This picture shows the M Street Bridge in the background. The Tower Bridge replaced this bridge in 1935.

Postcards: 'It's important to remember'

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hundreds of educational books and magazines, and Hallmark cards.

He has more than 600,000 slides all cataloged in banker-made cabinets out of his home in Land Park.

"The slides we have are different from what the photo agencies have. We have more natural appearing scenes," he said. "Some slides start at \$1,500 and go up from there."

Myers first venture of documenting history was when he was shipped to Korea in the 1940's. There he took snapshots of his combat engineer unit, the 45th Infantry Division. "I always had a camera around my neck, not for the Army, just for me. I took photos of tanks hitting mines, mil-

itary personnel in camps, and the unique scenery. It's just so easy to forget what came before us, but it's important to remember. Everything we face today, we have faced before."

Those 600 "permanent" photos of the Korean War he took now sit in an archive at the Smithsonian in Washington D.C. Myers

started taking photos with a manual 35mm Canon, 45 years later, he is still using a Canon, but to help keep up with the times, he's using a digital.

Myers will be signing his new book, "Postcard History Series: Sacramento" at The Shack off of Folsom Boulevard on January 30 from 4-7 p.m.

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You and your teen

Parenting and your past

By STEVE DEBENEDETTI-EMANUEL

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Growing up, my father talked once in a while about his college days in Milwaukee. He helped pay his way through school by working at a brewery where the happy hours were free, started at break times, and continued after work. Were there times when he drank too much and rolled home in a particularly giddy mood? Probably, but in the end your guess is as good as mine.

I can remember wanting to ask more questions, particularly after I started bending and breaking rules as a teen. But I never did because of some sort of unspoken rule that it wasn't OK to ask him such personal questions. The line was clear: parents were parents and kids were kids.

We all know that times have changed. Teens have 24-hour access to information, including as many juicy details as they can stomach. If they're getting daily updates on Tiger's sexual escapades, then it's not a leap for them to want to know all there is to know about their parents' pasts. In fact, many teens believe that the Freedom of Information Act was written with them in mind.

Keep in mind that your teens are curious and want your guidance, and it's your job to do your best to prepare them for adulthood and making responsible decisions. It's appropriate to share information about your past, but you need to think about what and why you share. As you consider how to respond, there are several thoughts to keep in mind.

Be aware that we all have events from our past that feel uncomfortable or shameful. If you're hesitant or not ready to answer their questions, by all means don't. Tell your teens that they're asking good questions, but you're not going to answer them. Then hold firm and don't give in to their persistent questioning.

It's also important to answer only the question that's asked. Anticipating and answering questions that haven't been asked can have unintended consequences. If your daughter asks you if you ever knew anybody who got pregnant by accident, answer briefly and then wait patiently for her next question. If you get anxious and keep talking, you could blurt out information like, "Yeah, it happened to a friend and she dropped out of high school. I'm worried that this is going to happen to you, too."

By making this assumption, you'd miss a valuable opportunity to help your daughter. Perhaps her concerns are really about her friend, and you've both drawn an incorrect conclusion and missed an opportunity to provide important information. And if she is pregnant, she's going to need ongoing support, not negative predictions for her future.

Finally, be clear on why you're answering questions. If you share personal information as a way of opening up a dialogue and teaching a lesson, do so carefully. However, if you're answering and finding yourself enjoying the memories, rather than focusing on what you hope your teen will learn, stop. Your teens are asking because they're curious and want to learn from your experiences. They're really not interested in your "glory days."

Looking back, I wonder if I might have made different choices had I known more about what my father did and the mistakes he made. I'll never know, but I am aware that today's parents have many opportunities to share valuable information and influence their teen's choices. Just be clear on what and why you're sharing.

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.