

LIFE

The Fresno Bee

Tuesday, September 28, 2010

**One step at a time**

The affair has ended, but so has the trust. Amy advises a reader take it one step at a time in learning to trust again. Page D2

► Fun & Games. Pages D2-D3
► Television. Page D4**D****Emotions endure, and we learn by watching***From CentralValleyMoms.com, a blog where moms connect, share, laugh and help one another.***Blog of the week:** "What I meant to say" by By Traci Arbios

This year I was part of a panel at the Central California Women's Conference about how to balance work with your personal life.

The day I was invited to be on the panel, I started envisioning what the questions would be like, and what life-changing information I'd want to share. When the day came, my answers burst forth ... including none of the nifty tidbits I had intended to share. But the tidbits are too good to keep to myself.

■ Emotions outlast memories. Researchers at the University of Iowa conducted a test on

patients who suffered from amnesia. About 10 minutes after viewing a short, sad movie, participants were quizzed about the film they'd just seen. As expected, the amnesiac participants couldn't remember they'd just watched a film, let alone its content. Yet, when asked how they felt, participants reported feelings of sadness. The study was then repeated with a happy film, and the results were similar, though the feelings of happiness didn't last quite as long as the feelings of sadness.

■ We learn by seeing, too. Remember the saying, "Monkey see, monkey do?" Blame it on mirror neurons — nerve cells that react when an animal performs an action, and also when that animal observes another performing that same action. Basically, these neurons (which are believed to exist in humans and are behind our ability to empathize) are what allow us to learn by mirroring — imitating — others. The kicker is, these neurons react whether we're aware of it or not.

What does this have to do with balance in your life?

Imagine yourself reading a scary book at bedtime. You fall into a deep sleep and have a creepy dream about the book. When you wake, you can't remember your dream, but you feel bothered.

Now imagine that you walk into your kitchen, and your negative output is being viewed by another. Your 8-year-old, perhaps. Or your spouse. Without them knowing it — without you knowing it — their mirror neurons are busy at work, learning. Imitating. Empathizing. Monkey see, monkey do. And now everyone is in a crummy mood.

The better news here, though, is how easy it is to flip this on its head. Surrounding yourself

See **MOMS**, Page D4**March on out and catch Mucca Pazza**

Marching band mixes eclectic music with cheerleaders.

By Mike Osegueda
The Fresno Bee

When you take a traditional marching band and mix it with a little bit of punk rock spirit, the result is Mucca Pazza.

This enormous band of 20-30 musicians and cheerleaders (depending on the show) are playing in Visalia tonight and Fresno on Wednesday.

It's a bit like Band Geeks Gone Wild, the way Mucca Pazza gets on stage with mix-matched uniforms and genre-jumping sounds.

Wild and rambunctious, the band's

Show info

■ Mucca Pazza with El Olio Wolof, 9:30 p.m. today at The Cellar Door, 101 W. Main St., Visalia. \$10. Details: (559) 636-9463.

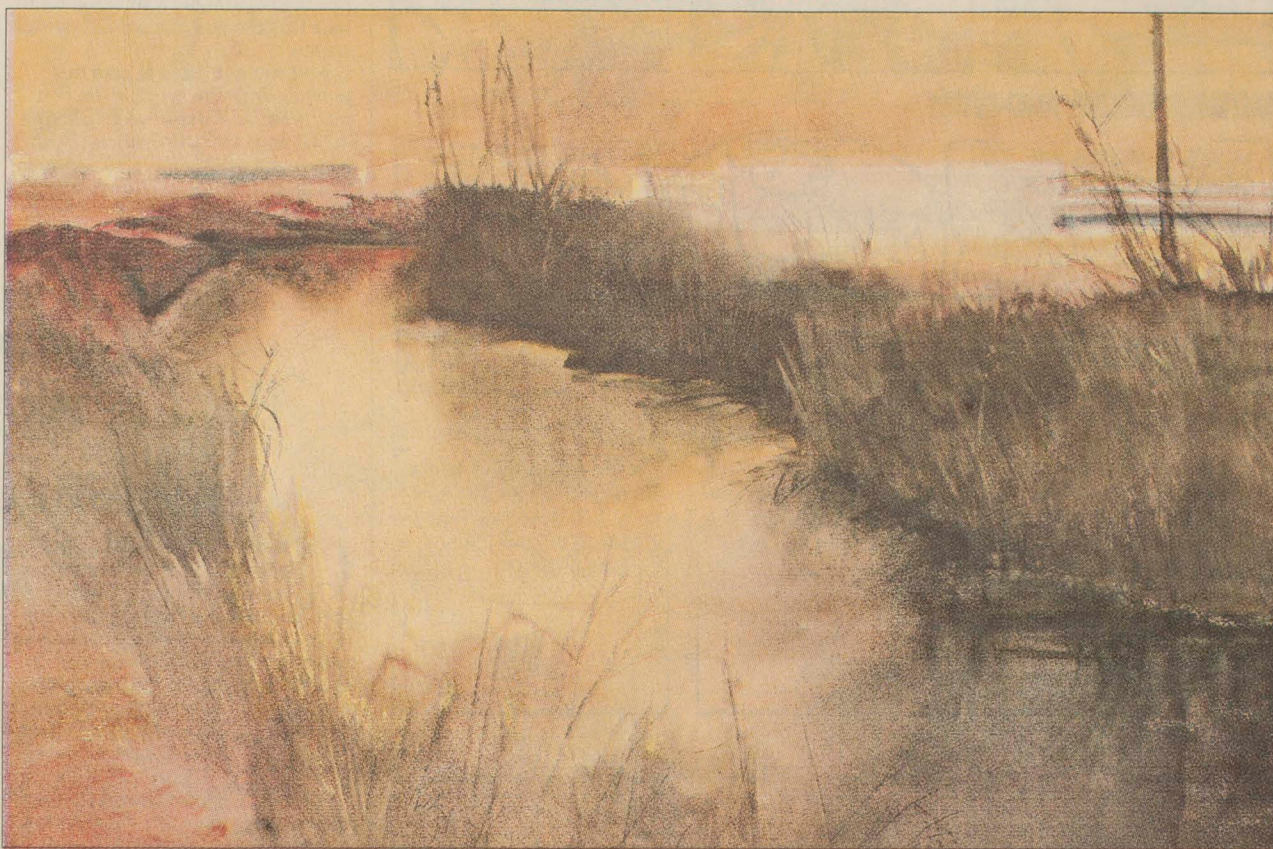
■ Mucca Pazza with The New Up and It'll Grow Back, 9 p.m. Wednesday at Audie's Olympic, 1426 N. Van Ness Ave. \$10. Details: (559) 233-3733.

performances have taken them to the "Late Show with Conan O'Brien," Lollapalooza and the Chicago River, where it played while floating in canoes. We talked to band director Mark Messing to learn more about Mucca

See **MUCCA PAZZA**, Page D4

ERIC HARVEY BROWN/SPECIAL TO THE BEE

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ROLLIN PICKFORD: 1912-2010

PHOTOS SPECIAL TO THE BEE

One of artist Rollin Pickford's favorite works, "The Last Ditch," above, was painted during the 1970s at Nees and Milbrook avenues.

Lighting the way

Valley painter documented changing landscape and inspired other artists.

By Donald Munro
The Fresno Bee

If you're a control freak, painting watercolors probably isn't for you. For Rollin Pickford, a gentle and prolific artist whose nearly 10 decades of documenting Fresno allowed him to watch this city change in monumental ways, there was always a carefree acceptance of the role that chance plays in everyday existence. He used to assign the paint itself a sort of culpability when it came to his works, often downplaying his own prodigious talent when it

MORE INSIDEFind out how to leave an online remembrance of Rollin Pickford at fresnobeehive.com.

came to the notoriously difficult artistic task of working with the medium.

"I believe wonderful things can happen if you have watercolors and paper," he used to tell Patti Handley, one of the members of the founding board of directors of the Fresno Art Museum, as if the pigments themselves were acting

See **PICKFORD**, Page D4

Artist Rollin Pickford works on a painting. Son Joel Pickford says his father was a patient painter, seemingly dawdling on a scene, but "somehow, at the end of the day, he'd gotten a heck of a lot done."

Burns' 'Baseball' gets into extra innings

Steroids scandal, Red Sox success create the need to update the '94 documentary.

By Rick Bentley
The Fresno Bee**LOS ANGELES** — It took the Boston Red Sox winning the World Series in 2004 to get Ken Burns to make a sequel to his nine-part documentary "Baseball."

Burns' 1994 documentary — the most watched series on public television with more than 45 million viewers — looked at baseball from its start to the players' strike. It included some very lean years for Burns' Red Sox.

The Red Sox 2004 victory, its first since 1918 — along with the home-run explosion powered by Barry Bonds, the impact of Latin players and the steroids scandal — were enough to persuade Burns to revisit the world of baseball. The result is "Baseball: The Tenth Inning," a two-part, four-hour series that debuts at 8 p.m. tonight on KVPT (Channel 18.1).

Burns found this examination of



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Filmmaker Ken Burns stands outside Fenway Park last week in Boston.

baseball far more complicated because of the affect of steroids on all of the major story lines. Particularly difficult was chronicling 1998, when Mark McGwire and Sammy Sosa broke the season home-run record. Those players were later tainted by connections to performance-enhancing drugs.

"If you do it from the convenient perspective of hindsight, then it has no meaning. How do you recapture some of

Show info

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More onlineHear Ken Burns talk about the steroid era of baseball at fresnobee.com/seven.

that joy and, at the same time, be mindful that you're setting the traps for a tragedy?" Burns says. "And then of course, we had to verify who was actually using if we were going to say they were using; how much was innuendo; how much was leaked material."

"When Mark McGwire finally this year decided he was ready to talk, we had to work that in so that we could be as sort of up-to-date as possible. But you realize there is this vast middle area of unknowing that will always be there."

"The Tenth Inning" offers background, history, risks and rewards of steroids in baseball. However, Burns says the ultimate theme of the documentary is the resiliency of the game.

See **BURNS**, Page D4**FALL TV HIGHLIGHTS**■ **What's new tonight:** "No Ordinary Family," 8 p.m. KFSN (Channel 30.1): A family (Julie Benz, Kay Panabaker, Michael Chiklis, Jimmy Bennett) must deal with new superpowers.■ **How good is it?:** "No Ordinary Family": This series needs to focus more on the family elements. It was the family formula that made a similar series, "Smallville," a hit. **Grade B-**■ **Returning shows:** "The Good Wife," 10 p.m. KGPE (Channel 47.1).■ **Best battle:** "No Ordinary Family" is going to have a tough time finding an audience in the 8 p.m. time slot because "NCIS" has locked up older viewers and "Glee" is a hit with the younger set. Plus "The Biggest Loser" draws all ages.■ **What they had to say:** "I'm a father of two. My children have watched the pilot and absolutely loved it, and if you want to see some violence, watch my previous show. If you compare that, which is clearly adult, hard-hitting content, to the violence in this show, there's quite a chasm there, and I think it's very palatable for children," says Chiklis of "No Ordinary Family."■ **Tomorrow:** "Law & Order: Los Angeles" launches on NBC.

— Rick Bentley, The Fresno Bee

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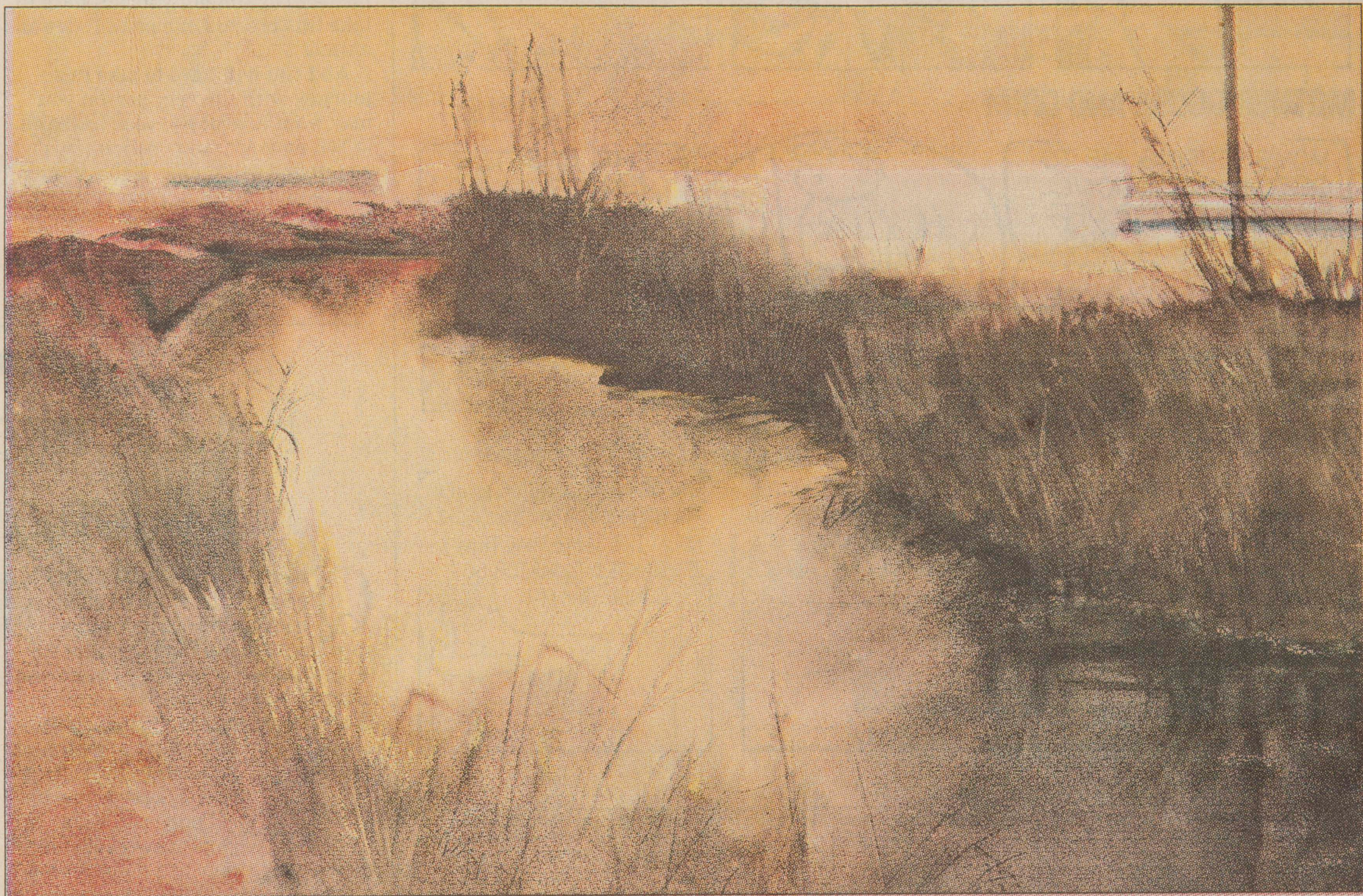
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■ **How good is it?:** "No Ordinary Family": This series needs to focus more on the

the band's sound?

"It's a new and improved marching band. We've included some of the musical inventions of the 20th century — electric guitar and a way of amplifying instruments that were once too

here have you recruited the Mucca Pazza band members from? It seems like being the band requires a certain sort of musician.

"Yes, it does require a certain sort! You have to be willing to march and play; at the same

person will most likely ...

"Learn a musical instrument and join the band!"

► The reporter can be reached at mosegueda @fresnobee.com or (559) 441-6479. Read his blog at fresnobeehive.com.

media, the fans.

"People in San Francisco don't want to talk about Barry Bonds being a bad guy. To them, he's a good guy, even though to the rest of us — and I think it's borne out in the film — he's shown for what he is."

And we'll also be able to include hell freezing over and a month of Sundays hitting the calendar," Burns says.

► TV and movie critic Rick Bentley can be reached at rbentley@fresnobee.com or (559) 441-6355.

PICKFORD

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of their own volition. "It's wonderful to see what the paint can do."

Mr. Pickford, who died Sunday at the age of 98, made thousands of paintings of the Valley over a long and sterling career, in the process inspiring dozens of other area artists.

"Rollin was the inspiration for more watercolors in the Central Valley than anyone," says Corky Normart, another celebrated area artist who painted with Mr. Pickford for years.

Mr. Pickford, who was described as the "Painter Laureate of the San Joaquin" by former Fresno Bee art critic Bette Tambling Casperian, left his mark in many ways. He was a founding

member of the Fresno Art Museum and its precursor organization, the Fresno Art League. He helped develop a regional variation of the California watercolor style that one observer dubbed the San Joaquin Valley School of Watercolor.

And he was known as a patient instructor to several generations that came behind him, including members of the Tuesday Group, a longtime loose association of watercolor artists who paint outdoors.

"I think he'll be remembered as being a kind and generous individual with his time," says Linda Cano, executive director of the Fresno Art Museum. Among the well-known names who benefitted from his expertise: Marie Bickford, Robin Gay McLine, Elaine Lynn,

Millie Pepper and Betty Bonner.

His son, Joel Pickford, himself a well-known local photographer, notes that his father's patience extended to his own painting style. He'd often seemingly dawdle on a scene, walking around a lot, perhaps just munching on an apple, and then, "somehow, at the end of the day, he'd gotten a heck of a lot done."

His son says people often asked him how long it takes to paint a watercolor, and he'd answer "40 years and two and a half hours."

Born in Fresno in a shingle-sided house near the corner of Calaveras and Divisadero streets, Mr. Pickford was only allowed to take one art class at Fresno High School by his parents.

By the time he reached

college, he knew what he wanted to do. He attended Fresno State College for two years before graduating from Stanford University.

But it was in the fields and wide open spaces of the Valley that Mr. Pickford really achieved his art education. In the 1940s and 1950s through to the first half of the 1960s, he and painters Lanson Crawford and Tom Valiant helped start and sustain a regional watercolor movement. Distinguishing this Valley style more than anything was a sense of the spatial and temporal rhythms of agriculture: the checkerboard patterns of fields, the long straight lines of fences and roads, the fecund abundance of the soil.

His works are represented in more than 1,700 public and private art

collections. A 1998 book, "California Light: The Watercolors of Rollin Pickford," was published in 1998. That year his work was featured in a six-decade retrospective of his watercolor work at the Fresno Art Museum.

In 2000, the documentary "Master of Light: The Life and Watercolors of Rollin Pickford" was broadcast on Valley PBS.

In the 1960s he started experimenting by combining other media with watercolors — including Chinese ink sticks, crayons, even leaves — and his work grew more abstract and darker.

Then his style shifted again in the 1970s to a more luminous effect, as if the light — manifested in transparent washes — itself had become an integral part of his palette. He'd tell his students: "Let

the water do it.

One of his favorite works, titled "The Last Ditch," was painted at the corner of Nees and Milbrook avenues.

Mr. Pickford is survived by his wife, Glenna, his sister, Patricia, son Jeffrey and daughter-in-law Stella, son Loren and daughter-in-law Sheila, son Joel, daughter Melissa and son-in-law John, and five grandchildren and four great-grandchildren.

There will be no memorial service. The family asks that remembrances be made in Mr. Pickford's name to the Fresno Art Museum.

► The reporter can be reached at dmunro@resnobee.com or (559) 441-6373. Read his blog at fresnobeehive.com/author/donald_munro.

TUESDAY EVENING

MOVIES

		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
13	7.1 KAIL	Family Guy	Family Guy	Smarter (N)	Smarter (N)	Deal or No Deal	Deal or No Deal	Judge Judy	Judge Judy	Law & Order: Special Victims Unit	
191	7.2 KAIL	Rockford Files (TVPG)		Ironside (TVPG)		I Spy (TVY)		Adam-12 (TVPG)	Dragnet (TVPG)	Alfred Hitchcock Hour (TVPG)	
8	18.1 KVPT	Steves Europe	Gardening	The Tenth Inning: The sport of baseball rebuilds itself. (N) (TVPG)				The Tenth Inning: The sport of baseball rebuilds itself. (Part 1 of 2) (TVPG)			
628	18.3 KVPT	Naturaleza: Es un zorrillo (7:02)		Acceso Total (8:02)		Estudio Billboard: Jenni Rivera (9:02)		Cuenta Atras (10:02)		Trátame Bien (11:02)	
2	21.1 KFTV	Llena de Amor (HD) (N)		Hasta que el Dinero (N)		Soy Tu Dueña (HD) (N)		Aquí y Ahora (HD)		News	Noticiero (N)

MOMS

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with positivity also has an emotional effect that outlasts the memory of its origin; it makes you feel happy beyond the memory of the act itself. Your

attitude has an effect on others.

And balance? When we're happy, we experience reduced stress. Reduced stress means we deal with life's challenges better. And dealing with life on an even keel is how

we find balance.

So, monkey: Surround yourself with positive people and watch a funny movie. You'll feel better, and so will those who come in contact with you, whether they realize it or not.