



Around Tulare County

DELIVERING INFORMATION ABOUT TULARE COUNTY

APRIL 2019

Revenge to Redemption: Reaching the Next Generation



When we seed love, we breed success. That is why we cannot define success by money and material things; rather, success is priced in the lives we're able to help – the lives we're able to inspire! I believe our next generation can steer this County to great things if we set the foundation to do so. As employees and/or residents of Tulare County, you continue to change minds, shape hearts and open doors for our future leaders.

Despite the challenges that try to hold us back: poverty, crime,

and hardship on our streets; your efforts make way for broken chains and improved quality of lives for all. Because of this, I am reminded of Danny who quickly learned to adapt to his environment and used hatred to cope with the world he lived in.

For him it began at the age of 8, hate for the bullies that tripped him in the cafeteria, the school employees who never intervened, and his parents who led him to believe that domestic violence in his home was due to him. This hatred eventually led him to be incarcerated for 20 years of his life. He spoke of his desire as a child to belong and be socially accepted.

A desire many of our youth struggle with during their adolescent experience. He warned of the dangers of how joining a gang fulfilled the false sensation of belonging. His warning was to be

proactive and to seek methods to engage our youth. Danny shared how he traded in his prison jump suit for his professional suit and tie. He explained how he no longer hated, but instead learned to love people.

It truly is the love for people that will uplift our county and country. And I admire John Legend's words when he said, "The reason I'm here, the reason I've had such a wonderful journey so far, is that I've found love. Yes, love; opening your mind and your heart to love."

Above all else, what I've learned when working with our next generation of Tulare County youth, is the fact that most of our youth are eager to receive this simple act of care. This is often absent in the home and in our community. Let us strive to develop this compassion across our region.

Teach young people that they are not only significant, but how to work well with others, and you will find them empowered to bring transformation far beyond their own lives and into their community. Adults who are willing to learn from and work with youth who have been taught these things will bring about change in the world.

This is Tulare County, and this is how legacies are created and sustained!

In service,

Eddie Valero, District Four
Tulare County Board of Supervisors

Celebrating Mental Health Month with a Focus on Stigma Reeducation

May is Mental Health Month, and the Tulare County Health & Human Services Mental Health Branch and our partners are raising awareness about the connection between physical and mental health by holding events throughout the county.

"Prevention, early intervention, education, and engagement are key in addressing mental health issues," says Donna Ortiz, Deputy Director of Mental Health Integrated Services.

Maintaining mental health involves a balanced diet; regular exercise and sleep patterns; emotional awareness; developing a sense of self-worth and coping skills that promote resiliency; and connections to family, friends, and the community. For some residents, moving toward wellness also involves the assistance of medical staff and counselors.

A healthy lifestyle can help prevent the onset or worsening

of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity, and other chronic health problems. Exercise can improve mental wellness, control weight, and assist with getting a good night's sleep—which is important for mental resiliency and reduction of stress. Staying engaged and making healthy lifestyle choices can have a positive impact for overall well-being.



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Local Schools Restore Ag Equipment for County Museum

The Tulare County Museum has housed our local history for seventy years and is the home to many prized artifacts.

While at its core, the Museum will continue to preserve and promote a shared understanding of Tulare County's past and its place in the future, staff are working to expand the strategy for doing so. This includes hosting events, creating new exhibits, and undertaking restoration projects. Past restoration projects include the Bank of Visalia Clock Tower, Southern Pacific Caboose, Masonic Façade, and the Main Street Gallery.

In 2015 the Tulare County Museum began working in partnership with the Tulare County Historical Society to

create a plan to enhance the agriculture equipment display on the museum grounds. The two key Historical Society members, Carl Switzer and Don Vieira, worked with Amy King, museum curator, to form a working group that would drive this project.

Don and Carl were able to attend a meeting with a large group of Agriculture Mechanic teachers at local high schools to tell them about the project and how they might be involved. In an exciting development, the Museum delivered pieces of equipment to nine high schools who have been working this school year to research and restore them!

We look forward to this being an annual partnership with our local schools to bring our collection of antique equipment back to its original glory.



Golden West High School Ag Mechanic students pictured above.



El Diamante FFA Members pictured left with equipment being restored for the Tulare County Museum.

MENTAL HEALTH continued

Community members are encouraged to attend some of these events during Mental Health Awareness Month:

Tuesday, April 30, 9:00 a.m.: Board of Supervisors Proclamation, 2600 W. Burrel, Visalia

Wednesday, May 1, 11:00 a.m.–5:00 p.m.: Porterville Mini-Conference to address culture of poverty, suicide prevention, alcohol and other drugs, commercially sexually exploited children, LGBTQ, and a foster youth panel; to be held in the Porterville College Theater

Friday, May 3, 5–8:00 p.m.: The Arts Consortium and My Voice Media Center are hosting the annual lived

experience artistic showcase in the form of an open mic night! Register at the door to share your talent!

Friday, May 3, 7:00 p.m.: Mental Health Awareness Night at the Rawhide; will include information booths and a baseball hat giveaway to the first 500 people in the door. Tickets are available for purchase through the Rawhide box office.

Saturday, May 4, Cinco de Mayo Parade in Porterville: The Porterville Mental Health Clinic and Youth Services partners with the South County One-Stop Center, South County Mobile Services, and the Crossroads Transitional-Age Youth Housing program to host a float in the parade.

Family Resource Centers' Children's Art Shows (Spanish language):

◦ **May 8, Earlimart, 3–6:00 p.m., 114 N. Front St., Earlimart**

◦ **May 10, Woodlake, 4:30–7:00 p.m. at the Woodlake Plaza**

◦ **May 15, Visalia, 3–6:00 p.m., Parenting Network, 330 N. Johnson St., Visalia**

◦ **May 15, Lindsay, 2–4:00 p.m., 400 E. Hermosa, Lindsay**

◦ **May 17, Cutler-Orosi, 5:30–7:30 p.m., 40802 Road 128, Orosi**

◦ **May 22, Porterville, 1:30–4:30 p.m., 770 N. Main St., Porterville**

AROUND TULARE COUNTY

Around Tulare County is published once a month as a service to the public. Unless otherwise noted, articles are written by County staff. For additional information, contact Carrie Monteiro.

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