



Fresno Fatherhood Collaborative

Happy Mother's Day

By: Alicia Austin-Townsend, POPS Program Manager

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May is the month where we celebrate mothers. Mother's play a vital part in the lives of their children as the nurturing a child starts in the womb. I know that my mother has always been one of the superheroes that I looked up to at various points and times. I had several influencers growing up who have made a great impact in my journey to adulthood and while I recognize and show appreciation for them throughout the year, it is

nice to have a day that is set aside just to celebrate motherhood.

My mother, or "Ma" as my sister and I call her (coincidentally her initials are the same) has been the stand alone force of stability, trust, dependability, and caring in my life. My mother raised both me and sister alone as a single parent and made sure that we never missed out on anything. In addition serving as the

provider and nurturer in our house hold, she also worked to make sure that we had positive male figures involved in our lives even though at many times there was no father-figure in the home.

She understood the importance of a father's role in a young girls life so she actively worked make sure we had access to positive male figures whether it was an uncle, grandfather, community or church

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Spotlight: Pablo Montanez

By: Maria Else, POPS Local Conservation Corps Case Manager

IN THE POPS SPOTLIGHT



Photo: POPS LCC Participant Pablo Montanez

Pablo Montanez entered the POPS program the summer of 2012, and has come a long way since then. When asked how life had been before entering the program Pablo stated, "Before entering the POPS program I was married, with three kids, not attending school, and unable to keep a job." It was Pablo's son who would motivate him to change.

One day as Pablo walked his oldest son to school, he asked him, "dad do you go to school, or college?" Although Pablo was ashamed to tell his son he had not graduated he still told him the truth. They made a deal; Pablo let his son know he would go back to school, and do good as long as his son kept doing the same. The

conversation that took place made Pablo think about the example he wanted to set for his children. He decided to enroll in Fresno EOC Local Conservation Corps/ YouthBuild Charter School, and attended an orientation to join the POPS program.

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POPS Collaborative Partners

- County of Fresno Veterans Services
- San Joaquin Valley Veterans/
WestCare
- Department of Child Support Services
- **Fresno EOC**
Employment & Training
Local Conservation Corps
Sanctuary & Youth Services
- Fresno Housing Authority
- Fresno Street Saints
- First 5 Fresno County
- Marjaree Mason Center



A Message From Shawn

- Shawn Riggins, Fresno EOC Local Conservation Corps Director

I often hear people say men who constantly talk about, and praise their wives, do so out of guilt, implying they have something to be guilty of.

As a child growing up who constantly heard my father, Dr Chester Riggins, talk about his wife/first love, Lillian Riggins, my birth mother who died when I was 2, and my stepmother, Anna-Marie Riggins, his “Silver Fox”, from the pulpit of St. Rest Baptist Church, I had a great teacher.

As this month celebrates Mother’s Day, I am here to celebrate my wife, Andrea Lee-Riggins. Although she has never borne children from her own body, she is the best mother I know. Not many women will unconditionally love and raise the child of another woman, without reservation. While being a great mother, she is also the smartest woman I know. This month Andrea graduates from Fresno State with her Doctorate Degree in Nursing.

As Stevie Wonder sings, “I was made to love her, worship and adore her”

Happy Mother’s Day, Baby!

My Daughter has ADD

By: Jon Hart, Education and Community Outreach Specialist



Should I put my child on medication for ADHD/ADD? This can be a very frightening, and uncertain question for parents, struggling with a child, who has ADHD/ADD.

My Daughter was diagnosed with ADD at 11. I was told that she would need medication to control it. But I waited and waited, wanting medication to be the last resort. I also did all the ADD diets, I structured her homework time,

with little stimuli, and also had her counselor work with her on alternative methods. I looked at myself, and wondered: “What could I be doing different to help her?” After a few months of starting school, her teacher felt it might be a good idea to try and put her on medication immediately. Again, I waited and continued to send her to the counselor and started her on another ADD diet, and structuring her home life. But at a parent-teacher conference, I was told that she was “very unfocused”, and her grades were falling rapidly. I was fearful, and I felt I had failed my child by not setting her up to succeed. I spoke to her doctor and to the counselor and I finally decided to put her on medication. I had no idea there were so many ADD/ADHD meds on the market.

Within one week I was getting emails from my Daughter’s teacher, saying she is “very focused”, and doesn’t need any reminders to stay on task. Within a month, her GPA jumped from a 1.5 to a

2.75 and still rising. I have modified the days she takes her medication, with authorization from her doctor to taking the medication only on the days she has school. I continue with her diet, structure at home, exercise, counseling, and her medication.

Although fearful in the beginning, that fear has subsided. Deciding whether or not to put a child with ADHD/ADD on medication can be a difficult decision for parents. When deciding whether or not to put your child on medication, Jerome Schultz, Ph.D., learning disabilities and ADHD expert and clinical director of the Learning Lab in Cambridge, Massachusetts, says to first consider the following questions:

Has my child been helped by non-medication approaches? Self-calming techniques, deep breathing and yoga often can help children with ADHD/ADD.

Happy Mother's Day, continued from page 1



member, school counselor or coun-
cilerperson. Today my mother continues
to support her girls by traveling coast
to coast helping each of us pursue our
dreams still as adults.

Now that I am a mother to two bounc-
ing boys I have the honor and privilege
of loving and nurturing my children
much like my mother has done for me
only I have help from my husband to
support me and for that I am very
thankful. Watching my mother work so

hard as a single mother has made me
that much more appreciative of having
husband who is an exemplary father
who is committed to partnership in rais-
ing our family with me. I am thankful for
my mother's understanding of the im-
portance of a positive male role model
especially in the life of a young girl. My
mother even supported me in my at-
tempts to reconnect with my biological
father at the age of 21 and despite their
differences they worked together to give
me the wedding of my dreams.

It is because of my mother that I have
learned the importance of forgiveness,
respect for myself and others, providing
a nurturing and loving environment for
my family. This month I will formally
recognize my mother but each day I
make sure that I show my appreciation
by honoring the values and principles
that she has instilled in me. I know that
she takes pride in watching her children
grow and flourish and knowing that she
played an integral part in our growth
and development. Thanks Mom!

Spotlight: Pablo Montanez, continued from page 1

Right away Pablo noticed that everyone
from teachers to program staff were
helpful, and wanted to see him
succeed. Pablo credits the POPS and
Recycling staff for assisting him with
navigating through obstacles he faced,
making him feel a sense of belonging,
and equipping him with the knowledge
to be a more effective father, student,
and employee. Since Pablo has been
here he has completed 24/7 Dads,
received student of the month, and
"Whatever It Takes" field awards,

obtained his CPR, and Forklift
certifications. Currently Pablo is
employed with FedEx as a result of his
efforts to improve his life. Aside from
becoming a better role model I asked
Pablo what was the most valuable thing
he's learned as a result of being in the
POPS program and he had the following
to say: "I learned about spending
quality time with kids, listening to them,
play and interacting with them, doing
things that would create fun
experiences that my kids will always

remember like family vacations, and
events." As for Pablo's son who asked
the question that would change the
course of his life Pablo stated, he is
doing very good in school, getting A's
and B's just like his Pops."

My Daughter has ADD, continued from page 2

Has the school tried to teach my child to
be more attentive and less active?

Is the decision to put my child on medi-
cation the result of behavioral observa-
tions over time and in different settings,
such as in school and at home?

When is my child at his or her best?
Fishing with his uncle or playing video
games? Help the physician understand
how pervasive or selective the problem
is.

Does my child have other conditions
that can be mistaken for hyperactivi-
ty? Children exposed to toxic chemi-
cals or who have undiagnosed learning
disabilities and low-level anxiety disor-
der may produce similar behaviors.

For more information you can go to :
[http://school.familyeducation.com/
learning-disabilities/treatments/](http://school.familyeducation.com/learning-disabilities/treatments/)





Upcoming Events...



BIKE RE-CYCLE

MUST BE A POPS PARTICIPANT TO PARTICIPATE!
 BASIC BIKE REPAIRS INCLUDE: (One Bike Per Participant!)

- Bike Tube Replacement or Patching
- Bike Tune Up & Broken Chain Repair
- Brake Adjustment & Replacement of Basic Brake Pads
- Replacement of Handle Bar Bearings
- Installation of Front and Back Lights for Night Time Cycling

BBQ, Raffles, and Free Bike Helmets!!!

FOR MORE INFO CONTACT:
 Cole Scroggins, Sanctuary Outreach to the Streets (SOS Youth Outreach Worker)
 (559) 498-8543 ext. 237 or cole.scroggins@fresnoeoc.org



Save the Date



Daddy 'N' Me Day 2014

A Fun Day Connecting Fantastic Fathers and Their Kids

Chuckchansi Stadium
 Fresno Grizzlies Home Game
 Father's Day: June 15, 2014
 Game Time: 5:05 PM

100 Free Tickets available for
 POPS Father's and Families
*****First Come First Serve*****

FREE GAMES– Family friendly activities
FREE CRAFTS & PROJECTS– Make cool stuff with your kids
FREE Raffle Drawing– Stop by the POPS table for a chance to win



FOR MORE INFORMATION OR TO SIGN UP:
Jon Hart, POPS Community Outreach Specialist
(559) 264-1048 or jon.hart@fresnoeoc.org

Schedule of Events

- CHOICES Anger Management Monday's at EOC NYC- from 3:30 to 5:30 PM (Open Enrollment). CHOICES
- CHOICES Anger Management at WestCare (Closed Group)- Tuesdays from 10:00 AM to Noon.
- 24/7 Dad Classes at Fresno EOC NYC (Open Enrollment)- Tuesday and Thursday from 3:30 to 5:30 PM.
- Love Notes Healthy Relationship Classes at EOC NYC- Tuesday and Thursday from 3:30 PM to 6:00 PM.
- 24/7 Dad Classes at Fresno Rescue Mission MAY 6, 8, 13, 15 from 2:00 PM-5:00 PM.

MAY 2014

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 24/7 DAD Love Notes	2	3
4	5 CHOICES	6 24/7 DAD 24/7 Dad SA CHOICES W Love Notes 24/7 Dad RM	7 24/7 Dad EPU	8 24/7 DAD Love Notes 24/7 Dad RM	9	10
11	12 CHOICES	13 24/7 DAD 24/7 Dad SA CHOICES W 24/7 Dad RM	14 24/7 Dad EPU	15 24/7 DAD 24/7 Dad RM	16	17
18	19 CHOICES	20 24/7 DAD 24/7 Dad SA CHOICES W	21 24/7 Dad EPU	22 24/7 DAD	23	24
25	26 CHOICES	27 24/7 DAD 24/7 Dad SA CHOICES W	28 24/7 Dad EPU	29 24/7 DAD	30	31



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