



Lisa Lieberman.

LOCAL

VOLUME III

**A Bundled Selection of
Articles by Lisa Lieberman
Local Press**

Foothills town is talking turkey

LISA LIEBERMAN

Special to The Sentinel

THREE RIVERS — Thanksgiving has come and gone, and there's still no sign of the Three Rivers turkeys.

For years, the Three Rivers turkeys lived charmed lives, surviving everyday dangers of dogs, cars and children. But now no one seems to know what has happened to them; whether they've been eaten by coyotes, shot by hunters or are simply in hiding during the holiday season.

"We miss the turkeys," said Sharon Reische.

"I'm sure they'll be back. They usually don't come around during this time of the year. They're smart birds, and I've had long talks with them about Thanksgiving."

Wild turkeys were released by the Fish and Game Department in foothill areas throughout the San Joaquin Valley 10 to 15 years ago as game birds and because "people like to see turkeys in the wild," according to Jim Crew, a wildlife Biologist for the Fish and Game Department in Springville.

"They're really beautiful birds," said Crew. "They've got long, slender necks and beautiful

iridescent wings. Some people just want to protect and feed them, and that's unnatural for birds coming from the wild. When they become tame, it's dangerous for them, because they can pick up all kinds of domestic diseases."

Sage Lee said that she couldn't help but befriend the turkeys when they came right up to her door to visit.

"They'd come religiously every morning and wake us up like an alarm clock, and I'd feed them by hand," Lee said. "Then they would come in the

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them. Once, I was honking my horn at them, and there were cars behind me and cars coming up the road. So I got out to chase them away, and they (the birds) were just looking at me like, 'Is this lady crazy?'"

Elaine Theveny, owner of the Sequoia Trailer Park, says that the turkeys often roost on the trailer roofs.

"They sound like a herd of elephants when they roost," claims Theveny.

She was surprised by how high a turkey could fly.

"Once I saw one fly up to an outside electric wire. When he figured out he could sit on it, he started swinging on it. He seemed to be having a pretty good time," she said.

The turkeys' timing, said Theveny, has always been pretty predictable.

"They'd come and go at the same time and circle around (the trailer park) like a track team," she said.

Although some people are afraid of the large birds, Theveny hasn't had any problems with them at her

park.

Bill Douglas wasn't so lucky. He was attacked by two turkeys a few years ago as he walked down his driveway to get the newspaper.

"There were three toms and two hens," said Douglas. "As soon as they saw me, they approached at a rapid rate and started making this roadrunner sound. Then they got closer and closer.

"At first, I thought they were kind of cute, but then they got too close, and I had to wave them back. Then one of them jumped on me and I had to retreat into the carport and beat them back with a roll of plastic."

Although it was a shock, Douglas said that even around Thanksgiving, he doesn't bear the turkeys any ill will. "They didn't draw any blood, and actually I kind of liked watching the turkeys."

Turkeys are generally harmless for humans, said Crew, but they can become violent when they are routinely fed. Accustomed to free vittles, they can get irritable when they inevitably run across a person

who has no food to give them.

Reports of turkey attacks are rare, though, and members of the Three Rivers flock are considered to be more friends than foes.

Generally, the turkeys stick together. But a few years ago one turkey decided to strike out on his own. He put down stakes at the Sequoia Motel.

"Gibblet," said Jim LaMar, the owner of the motel, "made his decision to stay when he came one day with a flock of turkeys and never left. He adopted us.

"We didn't adopt him."

Even without the protective cover of his flock, "Gibblet" learned to survive for a long time, says LaMar. "He was a good watch-turkey. He always used to chase off the other turkeys."

At first, "Gibblet" was chased by LaMar's cats. "But after a while, they learned not to mess with him," said LaMar.

For years, Gibblet spent restful days eating cat food, grains, and Grapenuts, (his favorite), and sleep-

“

He (Gibblet the turkey) liked to roost on automobiles. And when people drove off, he used to chase them.

”

—Jim LaMar

ing under the porch with the cats.

“He was a bit shy toward people, though,” said LaMar. “You could feed him out of your hand, but you couldn’t pet him.”

Although turkey mythology has it that the birds are so stupid they’ll breath rain, LaMar said that Gibblet was smart enough to fly up into the trees when coyotes came around. And when kids chased him, Gibblet ran away.

“Sometimes when they (the kids) stopped chasing him, Gibblet would turn around and chase them back,”

said LaMar.

Although generally an emotional-ly stable bird, “Gibblet” would get confused at times.

“He liked to roost on automobiles. And when people drove off, he used to chase them. He must have thought they were his mother,” said LaMar.

“One day I was headed out, and I saw a shadow flying over me. He was trying to block the driveway. I guess he just didn’t want me to leave.”

Despite Gibblet’s devotion to the family, one spring a few years ago he flew the coup when a harem of hens roosted nearby.

“He took off with them,” said LaMar. “He came back one day to say good-bye, but we haven’t seen him since.”

Although LaMar was fond of Gibblet, he wasn’t overly sentimental about him.

“He wasn’t exactly part of the family, but we wouldn’t have thought of eating him.”

{ Eat well }

restaurant and food news

Vegans gather, give thanks

Raw food advocates take their message to the table

By Lisa Lieberman
Special to {Talk}

Ritchie Cruz — like most Americans — used to go to family functions and eat until he was about to burst.

"I would eat so much, I'd feel awful the next morning," Cruz says.

Now, as a raw vegan, Cruz doesn't have that problem at holiday feasts. With the raw vegan diet, he eats as much as he wants without worrying about calories. He even feeds his 4-year-old son chocolate mousse for breakfast on a regular basis. Well, avocado chocolate mousse.

"It tastes just like real chocolate mousse," says Cruz, who makes it with cacao beans for flavor, agave nectar for sweetener and avocado for texture.

Raw veganism is a diet that excludes all foods of animal origin as well as all foods cooked above 118 degrees Fahrenheit. That means no eggs, milk or cheese, and almost no processed foods of any kind.

Last Saturday, Cruz hosted a raw vegan Thanksgiving potluck in Visalia, attended by about 15 people from around the Valley. The goal was to replicate a traditional Thanksgiving dinner as much as possible without any animal products. So, instead of mashed potatoes made with cooked potatoes, there was cauliflower and cashew "mashed potatoes" ground up in a food processor and served with fresh portabella mushroom sauce. In place of turkey, there was "turkeyless turkey" made with carrots, caraway seed, cashews, onions, oil and sea salt. There was even a pumpkin pie made with uncooked pumpkin, agave nectar for the filling, and walnuts, almonds and cashews mixed up with coconut butter for the crust.

To the uninitiated, eating raw vegan might seem like more trouble than it's worth.

For Cathie Garnier, a Fresno vegan who attended the recent potluck, a healthy diet pays in the end.

For years, Garnier would get cold sores from

constantly eating too much candy and sugar around the holidays. Then, she says, her immune system would get suppressed, she'd get sick and end up at the doctor's office.

"There's just so much viral stuff going on around the holiday because of the way people eat," Garnier says.

Guy Graham, 27, who also attended the Visalia potluck, became a raw vegan nine months ago. He refers to himself as a "walking miracle."

He's had several car accidents, broken his hip, his clavicle, almost died a couple of times, was in a coma once, had sclerosis in his leg and used to get seizures three to 12 times a day.

"I didn't really think raw veganism was for me, but I tried it and my sclerosis went away. My memory got better, my mind got

clearer and I stopped having seizures," Graham says.

For the past several months, Graham and Cruz have been hosting monthly raw vegan potlucks, which are open to the public.

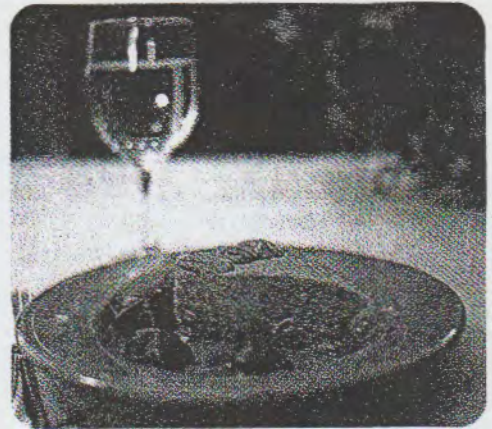
"There are so many Valley kids who don't know about all the fruits and vegetables we grow here," says Garnier, who hosts her own Fresno potlucks. "But kids can tell you everything that's on a McDonald's menu."

One of Garnier's favorite things to eat — many children, she says, would be excited to know — is ice cream. She takes frozen bananas, berries and apples and runs them through a juicer. Most juicers, she says, come with a blade with a blank screen that makes pasta or peanut butter.

"You can run the frozen fruit through the juicer with this blade and the fruit comes out like soft ice cream."

For people interested in raw vegan foods, Garnier recommends starting out slowly.

"There are so many raw cookbooks out there, that if you get the wrong one, it's easy to get overwhelmed," Garnier says. "The whole idea is that raw food is supposed to be simple, fresh and easy to prepare."



Gifts from the heart of the Valley

BY LISA LIEBERMAN

When it's time to start thinking about gifts for the holidays, it's good to know there's an abundance of handmade, high-quality gifts available from Tulare County artisans.

In Three Rivers, a town of 2,500, the per-capita number of artists probably exceeds that of any other Valley town. Among the many arts and crafts available in Three Rivers are pottery, stone sculpture, handmade furniture, jewelry, wooden bowls, hand-woven ware, painted furniture, gourds, holiday cards and oil and acrylic paintings.

People are buying fewer gifts than they used to but at the same time are looking for durable, items of quality that will last a lifetime, said Nikki Crain, a hand weaver in Three Rivers.

"A lot of people are drawing names with their family and friends and spending a little bit more money for one really good quality item," Crain said.

To promote their wares, Three Rivers artists have begun opening their studios to the public the first Saturday of every month, drawing people from all over the Valley.

Many artists provide refreshments and entertainment including dancers, live music and storytellers.

A group of seven Three Rivers artists have formed the Art Co-op at 41707 Sierra Drive open daily where visitors can buy a variety of jewelry, etchings, sculptures and paintings.

What follows are some of what's available from some of the artists:

■ PAINTINGS

Nadi Spencer is one of the founding artists of the Three Rivers Art Co-op. She has worked in acrylics and watercolor for the past 30 years, with work ranging from landscapes of the Sierra Nevada to 60-foot-long murals. In addition to her vibrant water color paintings of Western-style themes and impressionistic style landscapes, Spencer especially loves doing murals in children's bedrooms. These include colorful images of dinosaurs, castles, fairies and other fantasy-themed paintings.

She also sells smaller gift items, perfect for the holidays, which include mugs and cards, and T-shirts printed with images of her paintings. A gourmet vegetarian cook, she recently came out with "recipe greeting" cards which include artistic photos of her dishes on the outside of the cards and the recipes inside the cards. Two of her favorite recipes are avocado orange chocolate truffles and pumpkin soup.

"I believe people should create a lifestyle that allows them to make a living doing what they love. I've done that. And I think that was the most valuable gift I have given my girls — showing them it's possible — and what a great life it is!"

Artist: Nadi Spencer: Studio is at 41838 Sierra Drive, telephone 561-4373, email: nadispenencer@yahoo.com.

Nesi Mesman practices a unique art of combining words with drawings and paintings. She especially likes painting Polynesian images and writing stories about her culture. One such painting tells the story of a dance that young women

THREE RIVERS ART

To learn more about Three Rivers artists and the First Saturday events, visit www.threeriversartstudiotour.com or www.1stSaturdaytr.com.

perform when they get married. In the traditional dance, women coated themselves with coconut oil and performed a dance as a way of proving their virginity.

"If by the end of the dance the oil shined through, that proved that the girl was a virgin. If it didn't shine through, it would show that the girl was not a virgin and the husband's family could call off the marriage," she said.

In other paintings, Mesman depicts mothers with children and Polynesian warriors preparing for battle.

Artist: Nesi Mesman's art is found at the Three Rivers Art Co-op, 41838 Sierra Drive.

■ HANDWOVEN TEXTILES

Nikki Crain learned her craft 26 years ago when she offered to house a weaver's loom for a friend who didn't have room for it in her house. "I started out not knowing anything except that I wanted to learn," Nikki says.

Now, Crain works in her own studio with nine looms which she uses to make an assortment of baby blankets, placemats, table runners, towels, mug rugs, scarves and afghans. A favorite step



who commissioned a metal-working artist to create ornaments, then had to have rods engineered to hold them.

Mayeda credits a team of volunteers who have worked together over the years to work out the many logistics of each event.

The result is an evening that keeps the focus on the fun and festivities.

"Barbara is one of the hardest-working volunteers I've had a chance to work with," said chamber president Glenn Morris. "She has a full-time job of her own and still devotes hundreds of hours to this project. It's not like she's taking home a big prize for this. She has found a way she can really give something to a lot of groups at the same time."

This year's auction was different than the rest in several respects. Money was raised for trees in advance. In addition to those donations, the trees were sold at live auction for more money. On top of that, each charity made the presentation about its own tree and organization. Mayeda said she thought that in this tough economy it would help bring more personality to the charities and their trees.

As one of the long-standing members of the Christmas Tree Auction committee, Mayeda is known for her perennial Christmas spirit and activity.

In some circles she's known as the Christmas Tree Lady because of her year-round interest and activity on behalf of the event. She's always on the prowl for a bargain that can be used for a tree decoration, and she clips coupons to help finance the obsession.

"It's not uncommon for me to ask [my friend and committee member] Barbara [Strong] to come over in the middle of the summer so I can ask her if we should go this way or that way or come up with

something new on a decorating scheme."

She shops more than a year in advance. Often, she decorates her Christmas trees at home in the style she would like to use in the following year's auction. While decorating a Santa Claus-themed tree at her home in early November, Mayeda opened up a closet full of decorations for next year's tree with a royal theme that includes the Christ child and angels. Yet she doesn't consider herself an expert in Christmas tree decoration.

"I can have the vision, but it's very hard for me to put the stuff on the tree. I can tell people what not to do," she said. "I tell people 'Don't buy small ornaments,' and that you will need 1,500 lights on a Christmas tree. Most artificial trees come pre-lit with 700. That's not enough."

Strong said her friend may not focus on the details, but Mayeda certainly knows the ins and outs of tree-decorating strategy.

"I think she has the construction of a Christmas tree down pat," Strong said. "When we are working on the look of the tree, we only decorate a quarter of it. When it's time to take it to the Visalia Convention Center for the auction, the decorations are divided up and packaged in quarters. It makes it easier that way."

Mayeda said she gives herself January and February off each year from thinking about the Christmas tree auction. But then it's time to start planning again.

"Where else can you go for 30 different charities under one roof and sample food and wine from all the restaurants? It's the only night when women can truly get dressed up if they wish. All the stores around town enjoy that," she said. "To come into the convention center with all the trees lit up, there's nothing like it. It's magical." ■

HOW THE AUCTION HELPS YOUNG LIVES

Young Lives is affiliated with Young Life, a non-denominational Christian organization for teen-agers. Young Lives works specifically with young parents. The organization counts on the proceeds of the Christmas tree auction to cover some of its operational expenses. This year the group hopes to raise at least \$15,000.

"Barbara does a great job helping charities get a vision for what this fundraiser can mean for their organization," said Ann Pacheco, a member of the fundraising committee. "She works hard to treat all the charities equally. She wants to make sure everyone's expectations are met."

"Where else can you go for 30 different charities under one roof and sample food and wine from all the restaurants? ... To come into the convention center with all the trees lit up, there's nothing like it. It's magical."

— BARBARA MAYEDA

in the weaving process is dyeing her own yarns, she said.

She is well known for her mug rugs — miniature rugs used as coasters. Mug



rugs, which run \$12 for a set of four, make an especially good hostess gift during the holidays, she said.

Artist: Nikki Crain, 561-4048.

■ WOODWORK

Jim Mathias has been turning wood ever since he was 8 years old. Now, at age 70, he is a master wood-turner with students from all over the country who study with him.

He jokingly refers to himself as the “Mathias firewood modification shop,” which only means that if a tree falls down anywhere in town, he will have it removed and turn



Artist Wendy McKellar

the wood into bowls, vases, plates, pens, and almost anything else you can think of. In his years of woodturning, Mathias has had 13 lathes in his shop at one time and has worked with more than 100 types of wood, including Manzanita, oak, olive, black walnut, red gum eucalyptus and iron wood.

Artist: Jim Mathias, 561-3333.

■ HAND-PAINTED FURNITURE

Wendy McKellar is probably best known in the Central Valley for her life-size murals and faux painting. But she and her son, Ryan Johnson, recently opened the Color Spot in Three Rivers, which features hand-painted furniture and guitars.

McKellar uses a wood-burning technique to sketch images into the furniture and then hand paints the pieces. One of the pieces includes an old oak, hand-painted rocking chair she was given years ago when she was pregnant. She describes her collection of painted bowls, birdhouses, coffee tables and armoires as “happy and whimsical.”

“A lot of people come in here and say, ‘It’s so happy in here.’ I think that’s because the pieces are so colorful,” McKellar says. “These pieces just add a little pop of color and brightness to whatever room they’re in,” she says.

Artist: Wendy McKellar,

3rdtimesacharm@wildblue.net ■

Church ^{March 29} reading its Bible

► Fellowship Bible Church members hold 24-hour-a-day, 4-day Bible marathon.

By LISA LIEBERMAN
Special to The Californian

If, as Shakespeare wrote, people are just actors on the stage of life, then there is no better script to follow than the Bible, according to Joe Brown.

Brown is associate youth pastor at Fellowship Bible Church, which is hosting its third annual, four-day continuous reading of the Bible. The event started Wednesday and runs until Easter Sunday-morning services.

The 24-hour-per-day marathon starts with the beginning of the Bible at Genesis and goes to the end of the Bible with the book of Revelations. Church members will take turns reading the Bible out loud in half-hour segments.

Brown, who first got the idea to do the Bible marathons from his jogging Bible audiocassette tapes, says that reading the "world's best-seller" out loud is an ideal way to honor God, who is both the creator of the Bible and the ultimate audience of those who practice it in daily living.

"The word of the Bible is alive," says Brown. "And when you are saying it out loud, it comes to life.

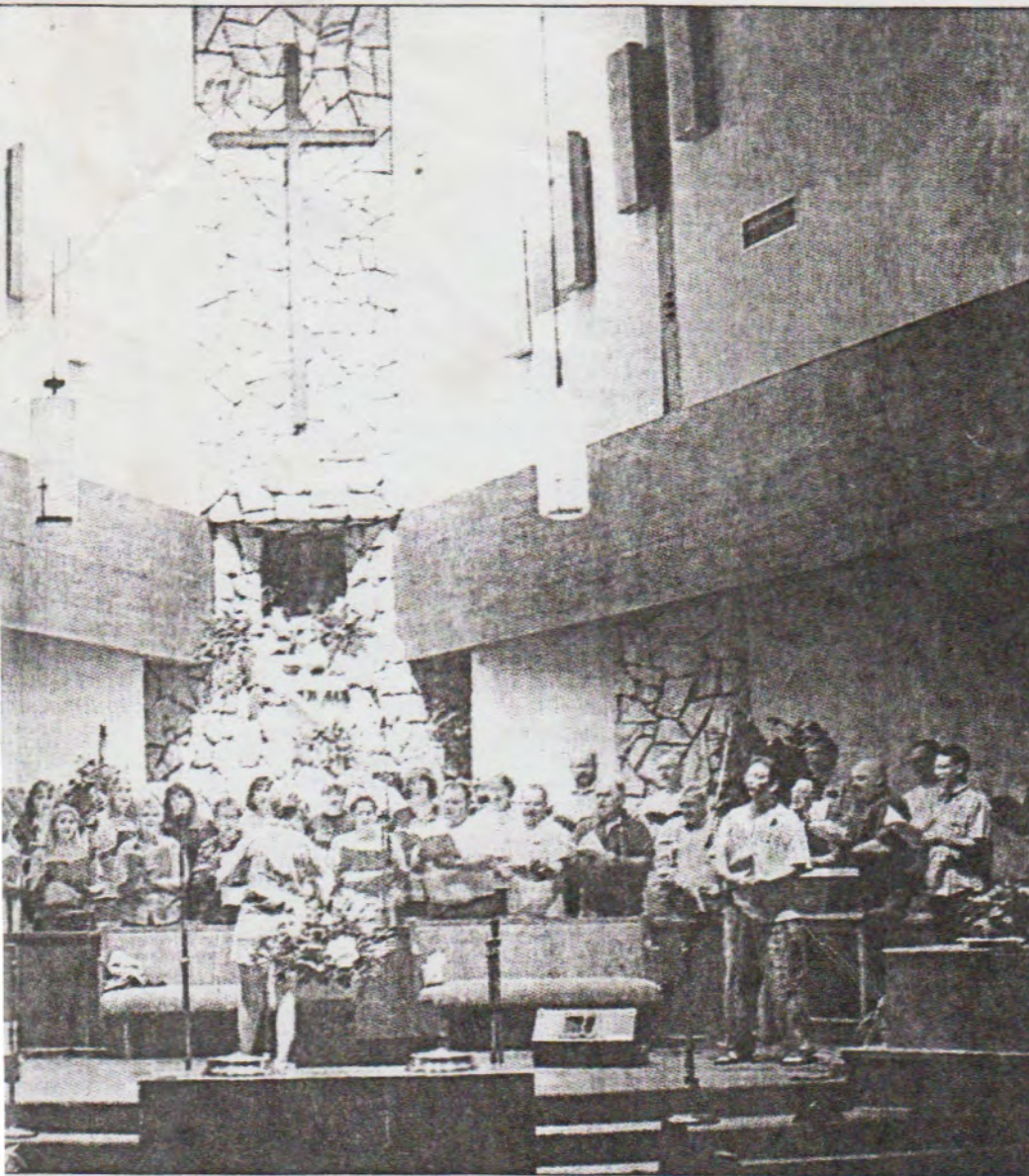
"It's like those who rehearse during drama practice. When you say the lines out loud, the words are easier to memorize and it sinks in at a deeper level because you physically hear it, even if it is only your two ears that are hearing it."

Reading the Bible out loud before Easter is also an ideal way to practice Lent, which requires people to give something up, according to Brown. This is especially true, says Brown, when people have to get up at 2 a.m. to read aloud to an empty church.

"There are going to be times when someone is reading and there is nobody else in the church to listen. At first it feels kind of weird reading out loud when no one's listening, and that it's a race to get it over with, but then it's amazing the power that the word of God brings."

For Shari Epps, a 17-year-old senior at West High School who studies drama, reading out loud to herself

Please turn to BIBLE / E4



ED HOMICH/THE CALIFORNIAN

rehearse for Sunday's Easter pageant.

► Church stages one of several pageants, plays for Easter holiday.

By RICK BENTLEY
Californian staff writer

April Wasden looked around the large Christ Cathedral sanctuary. The facility had been a warehouse before its recent transformation.

She took a few steps toward the edge of the stage and shouted, "Have we lost Jesus?"

That's not such an unusual question to ask in church, but in this case, Wasden actually was looking for a missing actor.

Seconds later, Rick McPherson

ran from the back of the room and returned to the stage.

Jesus was back.

Wasden returned to directing the rehearsal for "By the Way of the Cross," one of several pageants and plays being staged in Bakersfield to mark the Easter holiday.

The White Lane church has been staging an Easter production for the past nine years. This will be the second consecutive year Wasden has brought together more than 100 actors and dancers for this play, written from the viewpoint of one of the thieves crucified with Jesus.

"You can read the Bible for the story of Jesus and the crucifixion. We have tried to take a different view on the story," Wasden

Please turn to PAGEANTS / E4

Easter stage

ed into groups for rehearsals

tral role.
 year's play requires being able
 st to changes.
 have used a burro in previous
 out couldn't get it last year. The
 was on vacation," Wasden said.
 st Cathedral will hold its ninth
 Easter Musical and Drama "By
 y of the Cross" at 6 p.m. today
 today at 2301 White Lane.
 more information, call 834-3311.
 local plays and pageants aren't
 do to Easter weekend. The per-
 ces started Thursday.
 ma Baptist Church, 5446 Taft
 y, was one of the local church-
 staged an early production.
 church has alternated the past
 ears between "The Living Last
 Drama" and an Easter musical.
 year's "Last Supper" presenta-
 s held at 7 p.m. Thursday.
 y Hampton, Panama Baptist
 a minister of music, said he
 ed the production before he
 to his current church.
 e hourlong drama brings to life
 onardo da Vinci painting, "The
 pper."

"It is what the Disciples were think-
 ing during the last supper based on
 Biblical writings," Hampton said.

"The performers are not moving and
 come to life one at a time."

The cast for the Panama Baptist pro-
 duction numbers only 14, far less than
 Christ Cathedral's.

East Hills Christian Church will pre-
 sent a choral production with a cast
 size in the middle.

"There are about 45 people involved
 in our production," said David
 Prentice, East Hills senior minister.
 "The focus of the production is on the
 obedience of Christ unto death. It deals
 with the fact he was willing to do what-
 ever he had to do for mankind's great-
 est need: which is be the Savior."

East Hills, 2500 Fairfax Road, pre-
 sents an Easter pageant each year, but
 this will be its first performance of "I
 Claim the Cross."

The presentation will be at 10:45
 a.m. Sunday. For information, call 871-
 2213.



East Hill's Mary Holmes conducts choral rehearsal for pageant. ED HOMICH/THE CALIFORNIAN



Epiphany Church, programs.

ment created a 330-seat per-
 e space by placing church
 rising platforms, creating a
 d installing computer-con-
 trol and sound system.
 result was a theater with rare
 that includes a hand-carved
 wood interior, stained-glass
 and a 60-foot ceiling.
 both agreed from the begin-
 t we would do the least
 of changing of the space as
 said Mike Podretti, the

BIBLE: Some were hams; some suffered stage fright

Continued from E1
 was actually more enjoyable than
 reading to an audience, she said.

"It's more personal. There's no one
 there to judge. It's just me and God,"
 said Epps.

Luckily, said Brown, God isn't too
 harsh of a critic of live performances.
 According to Brown, God has equal
 amounts of patience for the most elo-
 quent of speakers as well as for young
 7- and 8-year-olds, for whom he had to
 turn on the microphone "just in case
 God wasn't listening" as the young-
 sters stumbled over long passages
 with difficult-to-pronounce names
 sprinkled with "begats."

Erin Beard, 14, and Jackie Babb,
 16, who slept over at the church last
 year and this year filled in for some
 adults who missed their time slots,
 said they enjoyed the chance to read
 to other teens and especially liked the
 challenge of trying to draw an audi-
 ence late at night when everyone was
 sleeping.

"You can't just say the lines, you
 have to really get into them," said
 Beard. "Even if you're dead tired and
 crabby and it's 3 a.m., you have to
 really get into them. If you show your
 enthusiasm, other people will see it in
 you, and get into it, too."

"You have to make it fun for every-

**"You can't just say the
 lines, you have to really get
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 dead tired and crabby and
 it's 3 a.m., you have to
 really get into them."**

—Erin Beard
 church member

one, but you have to make it fun for
 yourself first," added Babb.

While many teens hammed it up,
 some others experienced bouts of
 stage fright just before going on.

Stephen Moffett, 12, who is reading
 for the second year in a row, said that
 last year the idea of reading out loud
 for half an hour seemed "creepy."

"My mom told me to just imagine
 everyone (in their underwear), but I
 said, 'no way.' I just imagined no one
 was there and it went OK."

For Robin Harkleroad, who has

participated in the marathon for the
 past three years, there was no differ-
 ence between reading the Bible o-
 loud in front of an audience and read-
 ing it to herself.

"There was something profound
 about the effect of standing up at 2
 a.m. all alone with not a soul in sight.
 And it was all dark, except for this
 light shining on the Bible. When I read
 into the microphone, it sounded like I
 was singing in the shower. It felt like I
 was Charlton Heston reading the law
 of God to the Israelites."

One of the benefits of reading the
 Bible from start to finish, said
 Harkleroad, was that instead of just
 studying a few select verses on
 Sunday mornings, church members
 had the chance to discover parts of
 the Bible they didn't know existed.

"The Bible has something for every-
 one. There's blood and gore, there's
 romance, murder mysteries, science
 fiction, miracles. Even if the Bible
 wasn't considered as a reverential
 document, it's still great entertain-
 ment."

VALLEY BAPTIST CHURCH

Come Worship With Us This
 Sunday Morning As We Celebrate
 Our Bibles Savior



Teens rest in an outer room of the St. John's Lutheran School gym after a night of fasting that included a trip to a shelter to feed the homeless.

LARRY PRUETT/SPECIAL TO THE CALIFORNIAN



Mychal Tepker, left, and Erin Thompson, both 14, look on as others take part in a volleyball game during the 30-hour fast.

Fast Friends

Daylong famine makes teens hungry to help

By LISA LIEBERMAN
Special to The Californian

On a typical day, Sean Doolan, a freshman at Stockdale High School, consumes an average of five eggs, two pieces of toast, two or three bowls of cereal, burritos, cookies, Skittles, macaroni and cheese, and a 32-inch chocolate milkshake. And that's not to mention dinner.

Not bad for your average 6-foot-4 freshman.

But last Saturday, Doolan knew what it was like to be hungry, truly hungry — maybe for the first time in his life. Doolan, along with about 30 other junior high and high school students, participated in a 30-hour overnight "famine," sponsored

by St. John's Lutheran Church in Bakersfield.

The "famine," which lasted from noon Friday until 7 p.m. Saturday, was part of an annual program from World Vision, an international Christian relief and development agency, designed to give teen-agers a chance to raise money to fight world hunger.

According to World Vision statistics, there are almost a billion people suffering from hunger in the world, 177 million of whom are children. Last year, the teen-agers who participated in World Vision raised an estimated \$7.5 million. This year, the students at St. Lutheran's raised approxi-

mately \$800 — enough to feed about 1,600 hungry children for one day.

But the program wasn't just a fund-raising event. "We didn't want to just talk about hunger. We wanted them to feel what it was like," said Nancy Goldsmith, the project coordinator at St. John's.

The students played basketball and volleyball and listened to Christian rock music to help pass the time. Early Saturday morning, they cooked and served — but did not eat — breakfast at the Bakersfield Homeless Center.

By the 29th hour of the "famine," Doolan was

Please turn to FAST / D11

ment of pain in that person's life. Other unhappy spouses hang on to the hope that their faithfulness in the marriage might actually lead to a change in their mate's heart, but that hope is not always rewarded, Whiteman said. "God never promises that he will bring your spouse back. He just promises that whatever happens, he'll be there."

The religious spouse may even find his or her faith to be a contributing factor in the breakup.

Whiteman said cases in which one spouse's religious conversion becomes a "bone of contention" happen occasionally, but the partners hardly ever admit that is the cause. "Usually the unbelieving spouse talks more in terms of jealousy — 'You care more about that church than you do me.'"

FAST: Students know hunger after 30-hour session

Continued from D10

hungry, very hungry. Visions of chocolate and pizza and cookies and doughnuts danced in his head.

"I knew I was going to be hungry, but I didn't know I was going to be this hungry," he said.

By Saturday afternoon, Doolan was lying down on the floor. By 6 p.m., while still trying not to think about food too much, he was counting down the minutes until the pizza party, which would mark the end of the famine at 7 p.m.

"I'd seen homeless people with cardboard signs saying, 'Please help. Will work for food.' But I didn't know how bad it was," Doolan said. "Usually people who aren't homeless don't know what it's like, because they're not homeless."

"It's not that bad for us, because we know there's an end and we get to eat pizza and go home and eat extra cinnamon rolls," he said.

"We really take (food) for granted," added Mychal Tepker, a high school freshman, who raised \$247 this year. "We know where our next meal is coming from and that there's food on the shelves. But what if the food wasn't there?"

Even though the teens experienced hunger in a controlled atmosphere, knowing that mom and dad with their stocked refrigerators were just a phone call away, many still said they got a real taste of hunger.

"It was painful and hard," said Lainey Schallock, a seventh-grader at Tevis Junior High.

Caroline Witt, an eighth-grader, said that on a scale of 1 to 10 of hunger she felt a "10." "It hurts in my chest and in my stomach. It hurts all over."

During the "famine," the teens saw videos of hungry children in developing countries. According to World

Steve Grissom, president of Divorce Care, a Wake Forest, N.C.-based divorce recovery program used in churches, agrees. "Christians have inside of them a spiritual presence in the form of the Holy Spirit guiding them in right and wrong. When they don't follow that leading by God, there is a stronger internal conflict than otherwise."

Catholics have the added burden of worrying about the process of annulment if they expect to marry again in the church. And although divorced Catholics can receive Holy Communion — unless they remarry without an annulment — they must wrestle with guilt for going against the church's strong teachings on the indissolubility of marriage, according to Beth Butler, a religious counselor who works at

help heal the wounds of divorce, while still stressing the importance of marriage and preaching family values.

But Whiteman said the moral stigma attached to divorce has caused many churches to drag their feet in setting up ministries for divorced members.

"I tell them I don't condone child abuse either, but if there's someone hurting from that, I want to provide help for them," he said.

Johnny Burleson, one of the counselors at Divorce Care headquarters, said churches have to be careful to nurture the divorced Christian while condemning the practice of divorce.

His ministry's weekly programs don't take a victimization approach: "It's not a support group. It's a recovery and healing ministry," he said.

Vision statistics, 34,000 children die each year of hunger-related causes.

"They told us that a child dies every time you take a breath. 'That's enough to make (you) not want to breathe,'" Tepker said.

One of the hardest parts of the "famine" for Doolan was serving breakfast to homeless children.

"There were some kids standing in line who looked like they couldn't wait to eat," said Doolan.

Stephanie Williams, an eighth-grader at Tevis Junior High, said cracking open and cooking eggs at the homeless shelter and knowing she couldn't have any made fasting more difficult.

"It was strange because we were serving the food, and usually (the manager of the shelter) said the servers get to eat after they serve," said Williams.

After her experience with hunger, Williams, 14, said she would like to try spending the \$12 per month it would cost to adopt a hungry child overseas.

"It would make me feel really happy to know that I'm saving someone's life so they don't die of starvation or sickness. If I just set aside a few cents a day, I think I can make it. But if I don't have enough money at the end of the month, I know always have friends who can help me out."

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Middle Ages attracts middle school — for a day

By Lisa Lieberman

ENTERPRISE STAFF WRITER

Life in the Middle Ages as it should have been was a lot different than what it actually was.

During the Middle Ages (between 500 and 1500), there were no cures for diseases like measles and mumps.

People commonly died by the age of 40. Estimates say that the Bubonic Plague wiped out between a third and a half of Europe's population in a 50 year time span. And winters were so cold in Central Europe that peasants often brought goats and other livestock into their fireless one-room cottages to keep from freezing.

On the other hand, it was also the age of damsels in distress, and knights and shining armor. The nobles lived lavishly, throwing parties and feasts and owning their own private militias to carry out personal vendettas.

The Middle Ages had its good and bad points.

It was the good points that the Society of Creative Anachronism (SCA) was intent on bringing to seventh-graders at Abraham Lincoln School (ALMS) last week.

The SCA is an organization dedicated to the recreation of all facets of Medieval and Renaissance life, including arts, science, combat and speech.

Two knights and three ladies, dressed in suits of armor and old-fashioned dresses, demonstrated Medieval arts, crafts, and combat techniques to the students. This local SCA group came from Barony of Nordwache (North Watch) area from Lemoore, Fresno, Visalia and Selma.

"These demonstrations really



THE ENTERPRISE / Lisa Lieberman

Jousting was one of the featured entertainments at Abraham Lincoln Middle School by the Society for Creative Anachronism.

bring history to life for the kids," said Rosalie Meinke, the seventh-grade teacher at ALMS who helped organize the event.

Meinke said that the students loved everything, but especially enjoyed watching the fighting between the knights.

Back in the Middle Ages, knights fought for their ladies' honor, explained Paul Gieri, one of the visiting knights.

Knights were always prepared for battle, which is why they kept their swords ready at their sides and their right arms free, even when walking down the aisle to get married, said Gieri.

Gieri also explained that the original purpose of the handshake was for knights to show each other that they were empty-handed and carried no weapons.

"Salutes were so that knights could raise their masks to show their faces to each other when

they approached each other on horseback, so that they would know whether they were friends or foes," said Gieri.

During combat, knights wore 40-50 pounds of armor and fought until the death or until one person couldn't get up, said Gieri.

The CSA knights have a more genteel philosophy: They use imitation swords and fight until one person feels that he has been ousted by the other.

"It's up to each person to decide when he/she has been killed," said Margaret Smith, another CSA member.

If a person refuses to die, even though he's obviously been killed many times over, the CSA will ostracize him for bad sportsmanship, said Smith.

At all CSA fights, marshals mediate the events. In the Middle Ages, the marshals protected onlookers from fighting knights.

These days, marshals protect fighters from each other.

"We try to keep them from tripping over holes in the dirt," said Ginger Gieri, a marshal.

"It's what life in the Medieval Ages should have been like," said Paul Gieri.

There's also a lot more social mobility in the CSA than there was in the Middle Ages where people were born, lived and died in the same classes. When people join the CSA, they choose how high they want to start out on the totem pole.

"Most people want to be nobility, but some of them want to be peasants," said Ginger Gieri.

Deciding to be king or queen is another matter. The group generally has a tournament every six months to determine who gets to be the ruler. Even women get to fight.

"Back then, women couldn't do very much. We changed that because it wouldn't be very fun otherwise," said CSA member, Jeri Bullins.

Hence the name Creative Anachronism: the ability to change things at will, regardless of time or geography.

While all CSA members get the chance to move up the vertical ranks and become lords, knights, and ladies, they also choose which personas they want to play. Some people adopt European, Greek or Roman styles while others choose to be Samurais or Mongolians.

"Some people choose two or three personas. There's one woman who dresses up Welsh during the day and turns into a Middle Eastern woman who dances by the firelight at night," said Bullins.

THE LIVES OF TEENAGE MOTHERS



Bobbi Barlow, 18, of Hanford, grew up most of her life in foster care homes, and would like to do more for her daughter.

On a warm, sunny, spring day Angela, 17, and her 1 1/2-year-old daughter stand barefoot on the curb in front of their Hanford home waiting for the ice cream truck.

Angela is just one of hundreds of teen-age moms in Kings County, which has the highest pregnancy rate per capita in the state. According to Diana Clark, executive director of the Crisis Pregnancy Center in Hanford, 99 out of 1,000 teen-age girls between 15-19 gets pregnant in Kings County each year.

For Angela, after a full day of cooking, cleaning, changing dirty diapers, fixing any

“
I just wish I would have
waited... and I got everything
together first, so I could cope
with the life I have now.”

— Bobbi Barlow, Hanford

cuts or bruises, playing with and bathing her two small children, the tinkling bell of the ice cream truck outside presents a welcome relief.

Mother and daughter hold hands as they wait patiently for the truck, which has just passed their house, but will return shortly

after it reaches the road's dead-end in a few blocks.

As it pulls up, Angela fishes a few coins from her small purple-threaded change purse and buys two "Superbomb" popsicles; one for her daughter and one for herself.

"I like to buy ice cream for them whenever I can, whenever I get the money," says Angela about her kids. "I like to spoil them."

Inside the house, Alissa swirls the purple and yellow popsicle around the living room, occasionally popping it in and out of her

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mouth. Angela busies herself picking up the pieces from Alissa's "Taco Bell" lunch from earlier in the day, and wipes the popsicle juice from Alissa's hands and face.

"I hate it when they get sticky hands," says Angela. "They're always putting their hands all over me. It really bugs me."

Sprawled on the living room couch in her mother's house, dressed in a T-shirt and a pair of cut-off jeans, Angela talks about her life. As she speaks, she watches her mother walk in and out of the room doing laundry. Occasionally the phone rings, and is for her. Angela breaks off the interview to gossip a moment with a girlfriend.

Aside from the two small children, Angela's life appears like that of any other teen-age girl.

But life is a far cry from what it used to be before Angela got pregnant for the first time two years ago. If Angela had found her parents' rules and admonitions oppressive then, she now finds her obligations to her two children even more restraining.

She used to spend her days going to school, her afternoons and evenings with her friends, going to the mall or the movies and dating. Now she goes to school when she can — when she can get a babysitter — she rarely goes on dates, and only occasionally goes out with her friends.

"Everything is different now," says Angela. "I used to be able to go out with my friends and have fun. Now, I hardly get to go out, and when I do, I can only stay out for a few hours because I know I have to get home to the kids. Life is pretty boring."

Money is tight, too. Angela is not supported by her ex-boyfriend, the state or by her parents, except for room and board and the occasional

spending money her parents give her. Most of her clothes for herself and the children come from the Crisis Pregnancy Center. Whenever she has money, it usually goes for diapers.

"I used to have all kinds of cute outfits, and hair pins, and every kind of shoe imaginable to match. Now I hardly ever get new clothes. Yesterday I got \$5," which went for diapers, Angela says.

Like many of her friends, Angela had romantic dreams about getting pregnant. She thought a baby would make her boyfriend love her more and bring them closer together as a couple.

"I planned the first one (baby). The second one was an accident, and I was really mad at myself for that."

"I was in love with my boyfriend. I guess it was love at first sight and I wanted to settle down. I thought that if I had a baby, we would spend all our time together."

But now two years and two babies later, Angela is barely on speaking terms with her ex-boyfriend. When they do speak occasionally on the phone, they mostly argue about money.

"Sometimes he brings over diapers, but I don't let him see the kids, because he doesn't pay child support. It doesn't seem fair. He gets to work at his job and spend his money on himself, and he gets to have fun, while I get all the responsibility."

Angela says she doesn't plan on having any more kids, but according to Clark, the pattern is that once teen-age girls have one child out of wedlock, about 65 percent have at least one more.

"The mindset of these (single teen-aged moms) is that they want to be loved. They're afraid to be left alone or dumped. And so they'll

take the first guy that comes along, and keep repeating the same behavior and have more children," said Clark.

Having two children is more than twice as difficult as having one, says Angela.

"One was easier. I could still go out with one. But I can't bring two of them out with me," says Angela who, at 100 pounds, is trying to gain weight by drinking powdered milk. "When one cries, the other one cries. And when one gets a bottle, the other one will try to take it away." Angela tries to tell her girlfriends, as well as her younger 13-year-old sister, with whom she shares a bunk bed, not to have children too early. Many of her friends don't listen.

"Some of them plan to have kids at the same time as their friends so they can be pregnant at the same time." Their boyfriends, meanwhile, usually end up "going out on them," says Angela. "You would be surprised at what people do."

Angela's 16-year-old friend, "Mary," (not her real name) also has two children, 1 1/2 years old and three months. She says both her children were accidents, but because she and her family don't believe in abortion, she had both of them.

Mary lives with her family in Hanford and is on welfare. Mary says she is lucky to have the support of her grandmother who has had 20 grandchildren.

"I have to give her credit," says her grandmother. "She's doing a good job and is a good mother. But I knew it was going to be hard for her — being a teen-aged mother and still having all those years ahead of her. She can't have as much fun because she has to take care of those babies."

Mary is the oldest of four children and is used to taking care of

youngsters, including her little brother who is 3 years old.

"Sometimes I feel like I have three kids," says Mary. "But it's different with my own kids, because I know that I don't have to take care of my brother. But when my own kids are crying, I know I can't walk away from them. Sometimes I'd like to, but I don't."

Having two kids and trying to go to school is a struggle, says Mary. "I never thought I would have kids. I never thought it would happen to me, but it did. Now, I want to set a good example for my kids," says Mary who one day hopes to go to college to become a secretary.

For Bobbi Barlow, an 18 year-old mom now two months pregnant with her second child, motherhood has taught her a lesson in self-discipline and focussing her goals.

Barlow grew up bouncing around from one foster home to another, aimless about what she wanted to do with her life. When she became pregnant at 15, she was even more confused.

"I didn't know what to do. I didn't care about myself. So I thought, 'How about the baby?' I didn't want her to grow up in foster care the way I did."

So, Barlow, who currently receives social security benefits, decided to finish high school through the Cyesis program offered through the Kings County Office of Education. After graduating, she plans to attend San Joaquin Valley College to study in the medical field, and hopes to earn enough money to buy a home of her own in a few years.

Many of the girls in the Cyesis program have become good students in light of their increased responsibilities. But, says 16-year old Kristi Alexander, the mother of a two-month old infant, "The baby comes

first. I always thought that having a baby would be easy, but whenever I'm at home, I'm changing laundry doing house cleaning, and taking care of the baby. I don't get to go out much anymore. It's like I gave up my life of being a teen-ager."

Having a baby at such a young age has both its frustrations and its rewards.

"My biggest reward," says Barlow, "is seeing my daughter happy

and healthy. My biggest frustrations are the times when I'm really tired, and it's been one of those days when the baby's in a bad mood and tired, and wanting you to (play), but I'm too tired."

Barlow says she doesn't wish she didn't have her daughter. "I just wish I would have waited, at least until I got through high school, and I got everything together first, so I

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could cope with the life I have now." While some teen-age moms are fortunate to have supportive families and a determination to make the best of their situations, many young mothers, out of frustration, turn to drugs and fall into the "welfare trap" of thinking the state owes them a living, says Clark.

"The girls start to deteriorate, and become welfare oriented. It starts out as a temporary situation, but the scary part is that they think, 'this is my due,' and continue on welfare indefinitely," says Clark.

"It's sad because I've seen so many sweet girls become hardened this way."

Angela is going to be turning 18 this year. She is going to be out on her own, foraging for a place to live, a job, and a means to get around.

Angela has no job skills, and life isn't going to be easy. "It's hard finding a baby-sitter, even to go to school," says Angela. "If I got a job at a fast food restaurant, I would have to pay even more for a baby-sitter."

Angela could go on welfare and get a government subsidized apartment. Angela would like to break

free from her old way of life and make a fresh start in a new place. She would like to leave behind her old friends that helped get her into trouble in the first place and hopefully find a new boyfriend to help raise her kids — one who preferably has a car and a job.

But chances are things won't change any time soon.

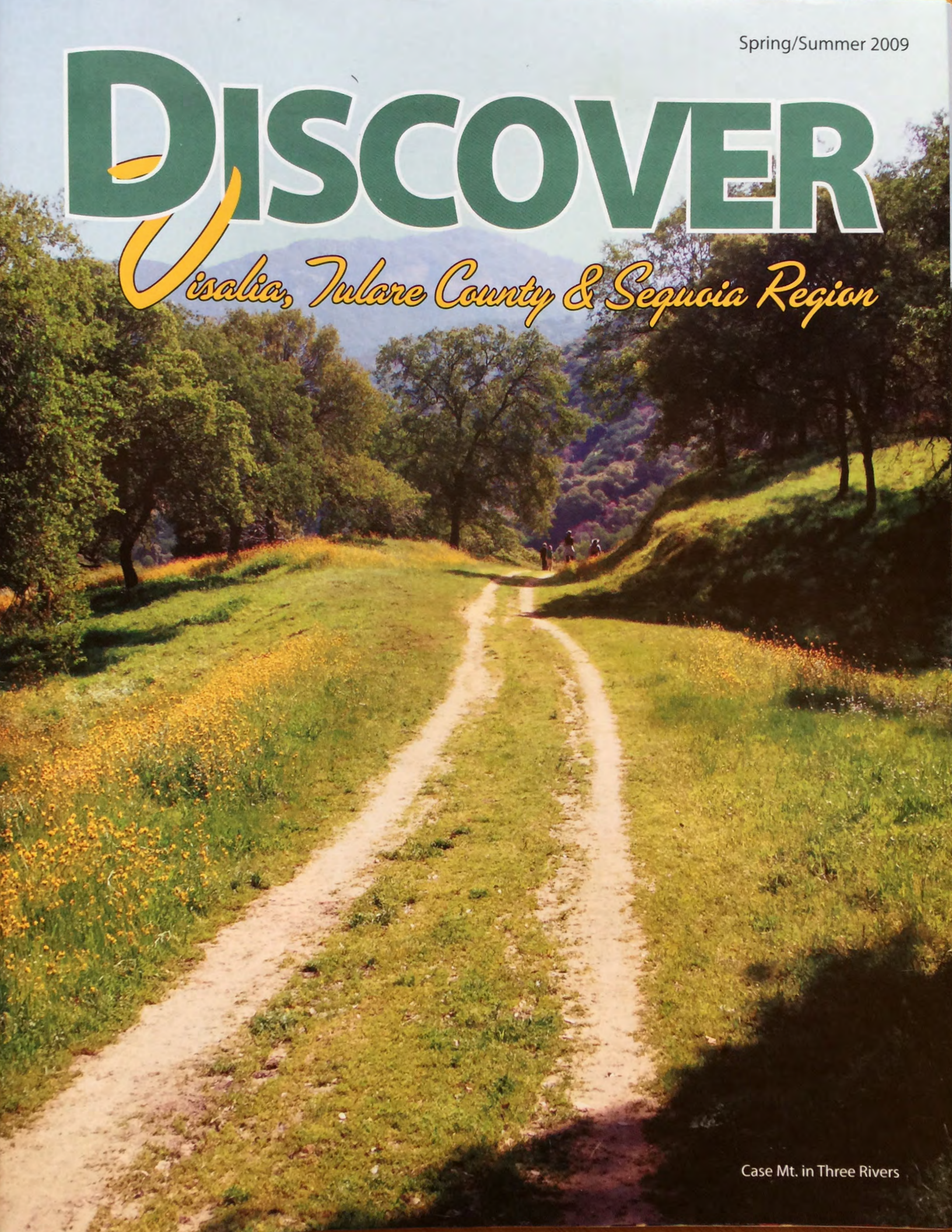
"It's hard to get away and do something different when you have two kids," she says.

"I love my kids. And I love the cute things they do. But if I had it to do over again, I would wait until I was married."

Spring/Summer 2009

DISCOVER

Visalia, Tulare County & Sequoia Region



Case Mt. in Three Rivers

Visit Three Rivers

by Lisa Lieberman



North Fork Kaweah River Photo by Ryan Oliver

Three Rivers was named after the three forks of the Kaweah River which crisscross the town. If you follow the forks up far enough, eventually you'll reach the Sequoia National Park.

South Fork

One road relatively untraveled is the South Fork. Take this 60 to 90-minute, twisting-turning drive up to the end of South Fork. Be sure to drive slowly. At the end of this road, take a hike up Lady Bug Trail.

This approximately three-to-four-mile hike doesn't



The smallest Post Office in the country. Photo by Richard Houts

disappoint, especially in the spring and summertime when the ladybugs in their full regalia literally cover the plants and trees along the river.

If you're driving up South Fork in the summertime, stop along the road and try sampling some of the region's native blackberries.

North Fork

On a different day, take a trip up the North Fork and check out Flora Bella Farms and the Kaweah Post Office. Flora Bella Farms grows organic citrus, tomatoes and vegetables, as well as a plethora of other fresh fruit and vegetables.

A little further up the road is the Kaweah Post Office, the second smallest post office in the country. After more than 120 years, the post office, which can barely fit three people in the whole building at a time, is still fully operational. In addition to sending and receiving mail, local residents have a book exchange at the Kaweah Post Office.

For another taste of Three Rivers history, take North Fork all the way to the end where you'll run into the Old Colony Road which was built by the original founders of Three Rivers who



had hoped to transport timber up and down the road.

For a look at the more modern Three Rivers, drive by the old Apple House, also on North Fork, which serves as a studio for resident artists.

Every spring, the community sponsors an artists tour where for a small donation, locals and visitors can get a map of many of the artists' homes in Three Rivers and visit them in their studios for a day. If you're into the arts, try visiting the Cort Gallery on Highway 198 in the middle of town.

See **Three Rivers** on page 54

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Watercolor by Three Rivers artist Lorraine Young

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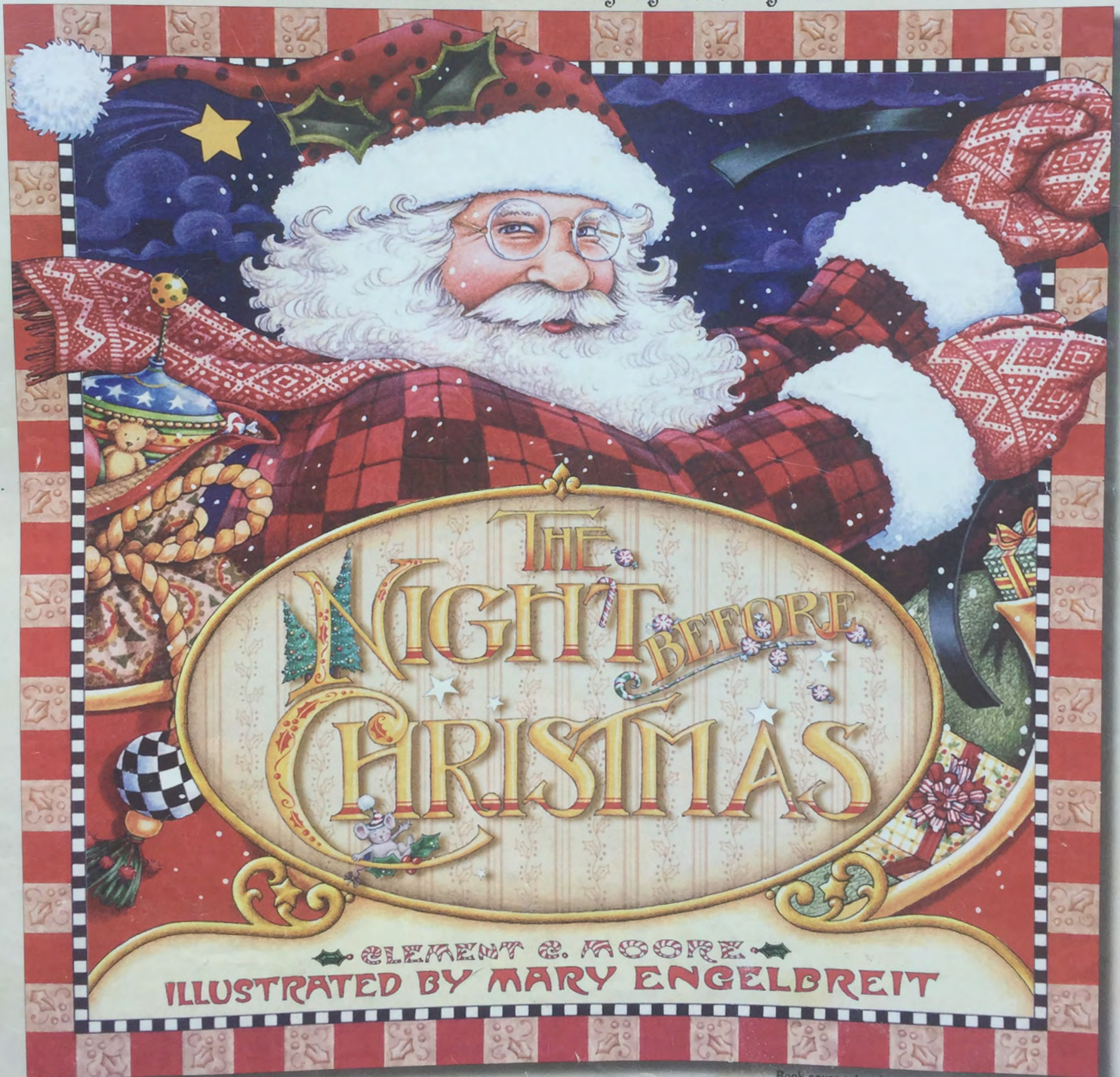
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Museums & More

SPECIALTY SHOPS PRODUCT NEWS

Fall 2002 Home for the Holidays

An exclusive interview with Mary Engelbreit- Page 10



By Lisa Lieberman, Museums & More Correspondent

Agricultural art packs them in

Tulare Historical Museum in California creates traveling Art of Agriculture exhibit

Most curators know that the way to draw crowds into the museum is to find a way to tie special exhibits in with the unique interests and history of the local community it serves.

The Tulare Historical Museum, in Tulare, Calif. found a way to do this with its traveling Art of Agriculture exhibit.

Located in the heartland of California agriculture, Tulare County produces a healthy chunk of California's \$30 billion agricultural income.

"That's why we thought local residents would have an interest in an agricultural art exhibit," said Ellen Gorelick, director-curator of the Tulare Historical Museum.

The traveling art exhibit, which ran from May 30-July 21 and attracted more than 700 visitors, depicted the bold, visual art of fruit and vegetable crate labels that were developed by produce growers from the 1880s through the 1940s, Gorelick said.

"These labels were a kind of enticement to call attention to a particular vendor's fruit and vegetables. It was also a way to promote California farming," Gorelick said.

With the completion of the transcontinental railroad in 1880, California producers who primarily sold their produce to local markets began to export their produce out East. Growers relied on colorful labels as a form of advertising in eastern markets.

"Brightly colored crate labels became a means of distinguishing one packer's shipment from his neighbors'. They were also a mark of a grower's success," Gorelick said.

All labels were registered with the Department of Agriculture and told buyers not only the brand name, but the grade and quality of the produce they were purchasing.

"There was a rare humor among many of the labels. Some seasons were bad, and therefore the fruit inferior, so there were labels with sad looking dogs with names like Mutt,

Mongrel, and Fido," Gorelick said.

As the first shipments of California citrus began arriving in St. Louis in 1877, labels became more sophisticated, catching the eyes of produce buyers.

While the labels were costly to produce, many packinghouses had their own in-house artists or hired Los Angeles or San Francisco lithographers to design and print unique images for their product.

According to some history buffs, these labels made with stone lithography and rare inks were some of the first commercial art in the country.

The Tulare Historical Museum was able to procure the traveling art exhibit through the California Exhibit Resource Alliance (CERA), which works with smaller museums throughout the state.

The traveling art exhibits, which change about every two months, add interest and flair to the museum, keep visitors coming back to the museum, Gorelick said.

As a way to benefit both the museum and the artists, the museum sells art exhibits on display at the artists' requests.

"We'll keep 20 percent of the sales and pay the tax for the artists. The artists will keep the rest. It's a win-win for the artists and for the museum. Their work gets exposed to the public and people get a chance to see it and maybe buy it," Gorelick said.

Some art exhibits have been so

successful that one artist was able to sell \$18,000 worth of paintings after an exhibit.

In the recent agricultural art exhibit, most of the art labels, which were procured through CERA, came from the National Steinbeck Center in Salinas.

Since many of the labels depicted agricultural scenes from Salinas,

Gorelick wanted to add a splash of Tulare County history to the exhibit by augmenting it with local Tulare County agricultural labels as well. Some of these labels were put on display along with the Salinas labels while other Tulare County labels were sold in the museum's gift shop.

Since Tulare County is one of the largest citrus producers in the world, citrus labels were a big component of the museum's local agricultural labels.

When the first California oranges went out East, the paper labels on the ends of the wooden crates announced "California Oranges" to eastern buyers. It is said that during the 70-year era of citrus labels, over 8,000 distinct designs were developed and used on more than two billion boxes of oranges and lemons.

Some of the more famous labels from Tulare County and throughout California made their way to such elite places as the Waldorf Hotel in New York, Gorelick said.

"The sad part of this history is that we don't know who a lot of the artists were. They were considered commercial artists back then, so they didn't sign their work," Gorelick said.

Three different forms of labels evolved over the 70-year period in which labels were in fashion. From 1885-1920, the labels evoked scenes of naturalism. Advertising images of brand or family name dominated the look of labels from 1920-1935. And from 1935-1955, the labels took on a commercial art form with representations of current events such as the Olympics, war and fashion trends, Gorelick said.

Label art reached its peak in the period of 1910-1940. But label art declined with the onslaught of World War II when wood shortages forced packers to ship in cardboard boxes. By the early 1950s, cardboard boxes virtually replaced wooden boxes and signaled the beginning of the end for crate labels, Gorelick said.

Since the 1950s about 90% of the unused labels were destroyed.

"The fate of many of the labels is that they were destroyed. But the ones that are still around are considered antiques, and some of them sell for hundreds of dollars," Gorelick said.

"We haven't had anything quite like this exhibit before. And it's really perfect for us considering we're one of the number one agricultural valleys in the world. This has been a good exhibit for people to come out and see, because it's something they can relate to, and it's something in their own backyard," Gorelick said.



Ellen Gorelick, director-curator of the Tulare Historical Museum.

