MESSAGE FROM SHERIFF HERNÁN DEZ

As vast as many of you probably believe, sheltering in place can get very old. I greatly appreciate everyone who has been willing to stay put during the severe winter weather. Our deputies, who have been working side by side with state leaders, have been working non-stop to help those who were stranded. The community has stepped up to help, and we are so grateful for each and every one of you.

In honor of Black History Month, the TCSO will host a series of events to recognize the contributions of African Americans to law enforcement. The first event of the month will be the building bridges program, where officers will speak to at-risk youth about the value of education and the importance of making healthy choices. The following week, a panel will discuss the role of African Americans in law enforcement in Texas. The last event of the month will be a community forum where officers will engage in dialogue with members of the community about race and policing.

A special message from the Sheriff will be released on February 1st, and the TCSO will host a community event on February 28th.

Please visit our event calendar at www.tcsheriff.org to learn more about these events.

FEELING THE CHILL

According to the National Teen Dating Violence Awareness and Prevention Month website, young people are at increased risk of being in a violent relationship during the winter months. The website provides resources for those who may be in a dangerous situation and encourages people to speak out.

In order to address this issue, the Sheriff's Office has developed a program that will provide training to all new deputies on how to identify signs of domestic abuse and how to intervene when necessary. The program will also include training on how to support survivors of domestic abuse and refer them to appropriate resources.

For 24/7 support, please call the National Teen Dating Violence Hotline at 1-866-333-8457.

EYEBROW PLUGS

A recent study has found that people who regularly pluck their eyebrows are 25 times more likely to have a heart attack than those who don't. The study also found that men who pluck their eyebrows are twice as likely to have a heart attack as women who do the same.

The average age of law enforcement officers who experience a heart attack is 46, down from 49 a few years ago. The American Heart Month campaign is focused on raising awareness of heart health among law enforcement officers and the public as a whole.

American Heart Month is a time to encourage people to make changes to their lives in order to improve their heart health. The campaign includes a number of activities, such as the Heart Walk, which is held in Austin on February 14th. The walk raises funds for heart research and awareness.

ADVANCED RAISING THE CHAIN

The Sheriff's Office is developing a new program to help increase the number of officers coming out of the academy. The program will provide training to new officers and offer mentorship opportunities to help them get acquainted with the community.

The program will include a series of workshops that will cover topics such as community policing, crime prevention, and crisis intervention. The workshops will be facilitated by experienced officers and will be open to all new officers.

The Sheriff's Office is committed to ensuring that its officers are well-trained and well-supported. The new program will help to achieve these goals and ensure that the Sheriff's Office continues to provide top-quality service to the community.