



Issue No. 9

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Activate Shasta!

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Don't Miss Walk This Way at Turtle Bay - Saturday, October 1st!

Come to Healthy Shasta's 6th annual Walk This Way at Turtle Bay on Saturday, October 1st from 9 am - 3 pm. Enjoy FREE admission to Turtle Bay, healthy cooking demos, smoothies powered by the Healthy Shasta Bike Blender, health screenings, kids' activities, special entertainment, and more.

Walk the Extra Mile by parking at Turtle Bay's McConnell Gardens West Gate (off North Market at Arboretum Drive) or walk the Dana to Downtown trail (trailhead at intersection of Hilltop and Dana Drive, by Members 1st) and receive a **Healthy Shasta water bottle** (while supplies last).

Also featured will be the announcement of the 2011 Healthy Shasta Action Heroes. For more information, please call 243-3180.



Schools Plan for Walk to School Day - Wednesday, October 5th

Several Shasta County Schools are coordinating Walk to School Day events on Wednesday, October 5th. School parent clubs applied for Safe Routes to School mini-grants to help plan and coordinate their events. Schools will have a remote drop off location where students can meet to walk to school together. Try walking or biking with your child to school on October 5th!

Shasta County schools participating in Walk to School Day 2011:

Alta Mesa
Anderson Middle School
Burney Elementary
Columbia Elementary
Cypress
Manzanita
Millville
Mistletoe
Mountain View
Shasta Lake School
Turtle Bay



6th Annual Community Creek Cleanup - Saturday, October 1st

Saturday, October 1st, 8 am - noon. The 6th Annual Community Creek Cleanup involves removing invasive vegetation within the Henderson Open Space, which sits along the Sacramento River just southeast of the Cypress Avenue bridge (behind the Hartnell Raley's). The goal of the cleanup is to provide a walking/biking sanctuary in the heart of Redding. **Many volunteers are needed!** For more information and to register, visit www.shastacreeks.com.

What to wear / bring:

- Closed toe shoes or boots are required
- Long pants and long sleeve shirt are strongly recommended
- Work gloves if you have them
- Water



Creek Art by Bruce Greenberg

Due to the nature of this project, please do not bring children under the age of 10. For a full day of fun, help clean up the creek in the morning, then head over to Walk This Way at Turtle Bay in the early afternoon.

Hawes Farm 1st Annual Farmhand 5k Fun Run - Saturday, Oct 15th

Don't miss this unique cross country run through farm fields, orchards, and wild California terrain on Saturday, October 15th. Runners may encounter farm obstacles such as hay bales, wooden planks, ditches, water holes, logs and more - adding to the challenge and fun! Pre-registered race participants receive a t-shirt, unlimited access to farm activities, and post race refreshments. Entry fee is \$12.50 before October 7th and \$15.00 after October 7th. Spectator passes are \$5 or \$12.50 for spectators who want to access farm activities after the race.

Visit www.historichawesfarms.com to register and for additional details.

Location: Hawes Farm, 21923 Dersch Road, Anderson, CA

Date: Saturday, October 15th

Same day registration: 7:30 am

Race check in: 8 am

Kids run (0.5k): 8:30 am

5k race start: 9 am



Healthy Students Initiative Update

Lassen View Elementary

Lassen View removed bark and installed Pour & Play rubberized surfacing for their preschool and Kindergarten playground to make it safer and more fun to play.

Bella Vista Elementary

Bella Vista implemented 2nd chance breakfast for 6th, 7th, & 8th graders in which they can participate in the school breakfast program during the morning break time. It is a huge success! Students who would not normally eat school breakfast (because it was before school) are now eating school breakfast.



September is Fruit & Veggie Month!

Learn how the *Half-Your-Plate* concept makes it easier to follow the new USDA Dietary Guidelines of filling half your plate with fruits & veggies at the [Fruits & Veggies - More Matters website](#). The website offers tips and advice to help you fill half your plate with fruits and vegetables. Information includes a recipe database with over 1,000 recipes (many of which can be made in 30 minutes or less) and a video center loaded with informational and entertaining short clips that offer fruit and veggie selection, storage, and preparation advice and techniques. A nutrition database is also available.



Healthy Shasta: Making the healthy choice the easy choice in Shasta County!



HEALTHY

SHASTA
Better choices. Healthy changes.