



## PRESS RELEASE

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### 2011 Healthy Shasta Action Heroes Announced!

- City of Anderson
- City of Redding
- City of Shasta Lake
- County of Shasta
- First 5 Shasta
- Head Start
- McConnell Foundation
- Mercy Medical Center
- Redding Rancheria
- Redding School District
- Shasta College
- Shasta Family YMCA
- Simpson University
- Turtle Bay Exploration Park
- University of California Cooperative Extension
- Whiskeytown National Recreation Park

SHASTA COUNTY – On Saturday, October 1<sup>st</sup>, Healthy Shasta announced the three Action Heroes selected for 2011 at Healthy Shasta’s annual Walk This Way at Turtle Bay event. Each Action Hero is being honored for their efforts in making healthy eating and physical activity choices easier for others. The 2011 Action Heroes are:

**Friends of the Coleman Fish Hatchery**, a volunteer organization, developed a beautiful new 2-mile trail along Battle Creek to encourage people to enjoy the outdoors while being active. The group is now able to incorporate a nature hike on the trail into the educational school tours they lead at the Coleman National Fish Hatchery, giving students an opportunity to get moving while they learn about local plants, animals and wetlands. The trail has proven so popular that they’ve added an additional day of school tours each week, encouraging students from kindergarten to college to explore nature. The efforts of this small group of volunteers, from spearheading letter writing campaigns with local students and writing grants to creating signs and physically building the trail, demonstrates their passion for connecting kids and adults with nature.

**Debbie Lungi**, Principal of Lassen View School in Redding, has been successful in making water, instead of sugary beverages, easy and refreshing for staff and students. Lassen View has replaced sugary punch at school events with ice cold water flavored with fresh cut fruit, vegetables and/or herbs. Student favorites include water flavored with strawberries or sliced lemons with oranges. This year Debbie took it a step further by replacing the soda machine in the staff lounge with a filtered water machine that supplies both hot and cold water. Staff also received reusable stainless steel water bottles featuring the school’s name and Panther mascot. Lassen View is also embracing many healthy changes, from expanded playground facilities to planting 45 fruit trees, from which the harvest will be used in the cafeteria.

**Wendell “Dub” Sanders** has a passion for basketball that is contagious. Seven years ago he created Dub’s Blacktop Classic basketball tournament at Martin Luther King Park in Redding. This alcohol, tobacco and drug free event spans 6 weeks, providing a positive and competitive atmosphere that encourages adults to be more physically active. Organized activities such as this also provide a safe and interesting draw for families to visit their neighborhood park. Wendell also stays busy coaching youth basketball teams, including Redding United Basketball (drawing students from multiple high schools), Shasta Magic High School Girls, and Liberty Christian High School.

Learn more about each Action Hero and tips for making a difference at [www.healthyshasta.org](http://www.healthyshasta.org). Banners featuring the Action Heroes are available for display at public locations and community events by calling 229-8243.

*Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play. Visit [www.healthyshasta.org](http://www.healthyshasta.org) for more information.*

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