



THE GOLD COUNTRY TIMES

The Art, Music, and People of the Gold Country

Vol 8. No. 96

MAY 2009

FREE

Wheelchair Athlete “Takes a Great Lemon Ride” To Raise Awareness for Alex’s Lemonade Stand Foundation For Childhood Cancer

WYNNEWOOD, PA – In an effort to raise awareness for childhood cancer from coast to coast, world class wheelchair athlete Kenny Herriot will cycle across America in partnership with Alex’s Lemonade Stand Foundation for Childhood Cancer (ALSF) beginning Monday, April 27–Sun, June 7, 2009.

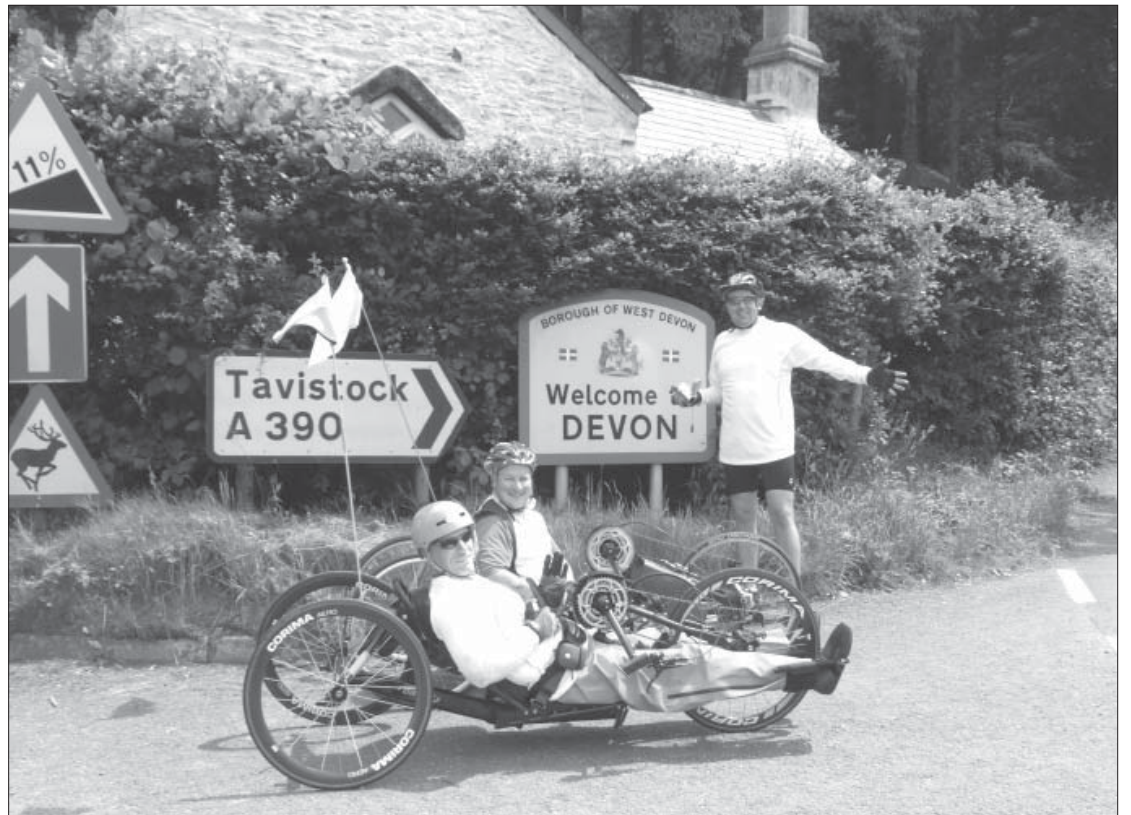
Pushing himself to his physical limit, Herriot, who is paralyzed from the waist down, will begin his journey in San Francisco and finish in New York City, to garner attention for childhood cancer, the number one disease killer of children under the age of 15 in the United States.

On April 27, he cycled from South Point of Golden Gate Bridge to Sacramento, CA (143 miles); continued on April

28th from Sacramento, CA to Hams Station, CA (80 miles). From there he travels to several stops in Nevada, then onto Utah. With planned stops in 15 states and the District of Columbia, the cross country trek will span 6 weeks and 3,500 miles in total. Herriot will travel between 80 and over 100 miles per day during his most ambitious journey to date.

Along with his athleticism, Herriot will also display his motivational speaking skills, making public appearances throughout the journey to discuss the importance of funding childhood cancer research, and how easy it can be to help by holding lemonade stands or other events through Alex’s Lemonade Stand Foundation.

Alex’s Lemonade Stand Foundation (ALSF) emerged



from the front yard lemonade stand of cancer patient Alexandra “Alex” Scott (1996-2004). At the age of 4, Alex announced that she wanted to hold a lemonade stand to raise money to help find a cure for all

children with cancer. Since Alex held that first stand, the Foundation bearing her name has evolved into a national fundraising movement, complete with thousands of volunteers across the country carrying

on her legacy of hope. To date, Alex’s Lemonade Stand Foundation, a registered 501(c)3 charity, has raised more than \$25 million towards fulfilling Alex’s dream of finding a cure, funding over 80...*Continued on page 16*

Calaveras County Offers Breaks to Visitors

Calaveras County, located in California’s Gold Country and High Sierra, is hoping that a new discount program will entice more visitors to spend some time there. How are they doing this in these tough times? Through a VIP campaign. VIP stands for Visitor Incentive Program “...and of course it’s for very important people – our visitors” states Lisa Mayo, Executive Director of the Calaveras Visitors Bureau. “We know times are tough. We also know people need a break from the everyday stress of life. If we can help by giving people a tool to make it a little more affordable to get away and enjoy life, then that’s what we’re going to do.”

Over thirty businesses have joined the VIP program and are offering up discounts to visitors. That number continues to grow. How do you take advantage of this program? Simply stop in the Calaveras Visitors Center in Historic Downtown Angels Camp any day of the week and ask for your VIP Card. You’ll receive a card that you can conveniently put on your keychain as well as a listing of those businesses participating in the program and the discounts they offer. Show your key card at the participating businesses. Participating businesses include wineries, sporting goods stores,

outdoor adventure companies, specialty shops, restaurants, lodging and the famous Calaveras County Fair & Jumping Frog Jubilee. For more information or to request a Calaveras Activities Guide, please contact the Calaveras Visitors Bureau at 800-225-3764 or visit online at: www.GoCalaveras.com.

Celebrity Chef Tyler Florence Celebrates National Public Health Week

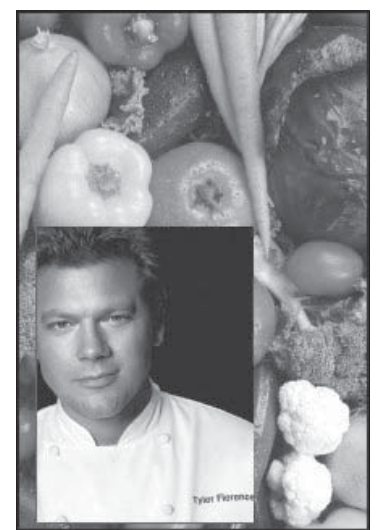
By James Roberts

SACRAMENTO - Whole wheat, honey pancakes with fruit topping and expert advice on “how to eat right when money’s tight” were on the menu in Caesar Chavez Park in downtown Sacramento in April in celebration of National Public Health Week.

The noontime event was hosted by the California Department of Public Health’s

nutrition education and assistance program Network for a Healthy California and the Women, Infants and Children (WIC) Nutrition Program featured a wonderful food demonstration from Tyler Florence of the Food Network, as well as remarks from Dr. Mark Horton, Director of the California Department of Public Health (CDPH), A.G. Kawamura, Secretary of the California Department of Food & Agriculture, and John Wagner, Director of the California Department of Social Services. Also present were local “Champion Moms” who offer tips and inspire others with their stories.

Standing on a covered stage in front of the statue of Caesar Chavez while misty rain fell, Dr. Horton spoke of the obesity epidemic in California, and emphasized healthy choices in diet and lifestyle. Secretary Kawamura, himself a farmer, addressed the abundance and diversity of agriculture in California and Mr. Wagner talked about assistance available from



the Department of Social Services, including an upcoming increase in Food Stamp benefits. “On April 1, food stamp benefits increased 13.6 percent as part of the American Recovery and Reinvestment Act of 2009,” said John Wagner. “This gives low-income families additional means to purchase healthy food at more than 19,000 retailers and grocery stores and many of the 183 farmers’ market locations across the state.”

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