We’ve all heard alarming reports about increases in childhood obesity and we see it happening right here in our own community. Regardless of weight, kids who eat nutritious and are physically active are generally healthier, do better in school, sleep better, have better self-esteem, are less likely to be depressed and enjoy a whole host of better, have better self-esteem, are less likely to be depressed and enjoy a whole host of benefits. So what can we do about it? 

Research shows that the following habits can help you and your family stay healthy, maintain a healthy weight, and feel great.

- Be physically active every day (hiking at Whiskeytown is one great option!)
- Eat a wide variety of fruits and vegetables
- Limit consumption of soda and sugar-sweetened beverages
- Reduce time spent watching TV
- Make healthy choices and limit portion sizes, especially when eating out

We are all influenced by our surroundings and often too busy to go out of our way to eat healthy and be physically active. Research shows that people are more likely to be active and eat healthy when convenient, enjoyable, affordable options are easily available. Be an action hero - think about things you might be able to do to help others make healthy choices. For example, replace donuts with a healthy snack at staff meetings, keep a bowl of fresh fruit on your kitchen counter, cook healthy meals for your family, coach a sports team, advocate for a playground or bike lanes...it's different for everyone but anyone can play an important role.

Healthy Shasta is a local partnership dedicated to helping families add more physical activity and healthy eating to their lives. We joined forces out of concern for rising rates of childhood obesity and chronic diseases such as type II diabetes. We are committed to long-lasting community changes to help make healthy choices easier. For more information (including local trail maps, family-friendly recipes and farmers market schedules) visit www.healthyshasta.org or call (530) 229-8243.

By Amy Pendergast, MPH, CHES, Healthy Shasta, Redding, CA

The National Park Centennial Challenge

In 2006, the National Park Service will be 100 years old. Many believe that national parks are one of America’s best ideas, born from the spirit and values that founded this country. The national park idea didn’t come from the European “old world,” where many of the best places were reserved or owned by the wealthy and powerful. It came instead from a new country where “Of the people, by the people and for the people,” was a founding principle. From its origins in this new nation, the idea has spread throughout the world.

What does it say about the citizens of a country who, through their government, are willing to set aside the most beautiful and significant places for all to enjoy as national park sites? What does it say about all who want to give something back, to support, and share these best places with everyone?

How does setting aside and taking care of our most special places speak to the shaping of our children’s current and future values? What message do our actions today send to our children tomorrow?

As the National Park Service approaches the 2006 Centennial, we have an opportunity to consider how our national park sites meet our needs today – and how we want our parks to serve our needs for the next 100 years. To do that, a 10-year National Park Service Centennial Challenge has begun. It started in the spring of 2007 with a series of nationwide listening sessions conducted by the Secretary of the Interior and the Director of the National Park Service. The government will be asking the people what we think and what we want our National Parks to be. Where it goes from here is up to all of us!

The Whiskeytown Nugget

The official newspaper of Whiskeytown National Recreation Area

Be an Action Hero

By Amy Pendergast, MPH, CHES, Healthy Shasta, Redding, CA

We’ve all heard alarming reports about increases in childhood obesity and we see it happening right here in our own community. Regardless of weight, kids who eat nutritious and are physically active are generally healthier, do better in school, sleep better, have better self-esteem, are less likely to be depressed and enjoy a whole host of better, have better self-esteem, are less likely to be depressed and enjoy a whole host of benefits. So what can we do about it?

Research shows that the following habits can help you and your family stay healthy, maintain a healthy weight, and feel great.

- Be physically active every day (hiking at Whiskeytown is one great option!)
- Eat a wide variety of fruits and vegetables
- Limit consumption of soda and sugar-sweetened beverages
- Reduce time spent watching TV
- Make healthy choices and limit portion sizes, especially when eating out

We are all influenced by our surroundings and often too busy to go out of our way to eat healthy and be physically active. Research shows that people are more likely to be active and eat healthy when convenient, enjoyable, affordable options are easily available. Be an action hero - think about things you might be able to do to help others make healthy choices. For example, replace donuts with a healthy snack at staff meetings, keep a bowl of fresh fruit on your kitchen counter, cook healthy meals for your family, coach a sports team, advocate for a playground or bike lanes...it's different for everyone but anyone can play an important role.

Healthy Shasta is a local partnership dedicated to helping families add more physical activity and healthy eating to their lives. We joined forces out of concern for rising rates of childhood obesity and chronic diseases such as type II diabetes. We are committed to long-lasting community changes to help make healthy choices easier. For more information (including local trail maps, family-friendly recipes and farmers market schedules) visit www.healthyshasta.org or call (530) 229-8243.

By Amy Pendergast, MPH, CHES, Healthy Shasta, Redding, CA

The National Park Centennial Challenge

In 2006, the National Park Service will be 100 years old. Many believe that national parks are one of America’s best ideas, born from the spirit and values that founded this country. The national park idea didn’t come from the European “old world,” where many of the best places were reserved or owned by the wealthy and powerful. It came instead from a new country where “Of the people, by the people and for the people,” was a founding principle. From its origins in this new nation, the idea has spread throughout the world.

What does it say about the citizens of a country who, through their government, are willing to set aside the most beautiful and significant places for all to enjoy as national park sites? What does it say about all who want to give something back, to support, and share these best places with everyone?

How does setting aside and taking care of our most special places speak to the shaping of our children’s current and future values? What message do our actions today send to our children tomorrow?

As the National Park Service approaches the 2006 Centennial, we have an opportunity to consider how our national park sites meet our needs today – and how we want our parks to serve our needs for the next 100 years. To do that, a 10-year National Park Service Centennial Challenge has begun. It started in the spring of 2007 with a series of nationwide listening sessions conducted by the Secretary of the Interior and the Director of the National Park Service. The government will be asking the people what we think and what we want our National Parks to be. Where it goes from here is up to all of us!
Whiskeytown's Native Pigeons

by Tricia Ford, Fee Program Manager

I must admit that even as an enthusiastic birder, I never really appreciated pigeons until I nearly fell off a cliff into Brandy Creek.

A few years ago in late spring, I had to get away from my computer and decide to test our trail guide directions on the lower Brandy Creek Trail. I ended up on a side trail and quickly lost my bearings, finding myself on a steep slope above a sheer rock wall that dropped about thirty feet into a slot canyon where the creek roared through.

Suddenly I lost my footing on the wet grass and began to slide toward the cliff, halting my descent only by grabbing the branches in a thicket of poison oak.

A biologist fits a band-tail with a radiotransmitter device to monitor its movements.

The possibility of being dashed on the granite below was not pleasant. I swallowed my pride and used my park radio to call for help.

As I waited to be rescued, I took a good look around me. I wasn't alone – Band-tailed Pigeons filled the pine trees above me, placidly observing my predicament. Once they grew accustomed to my presence, they began a low hooting. Their calls and the sound of the water crashing through the chasm gradually replaced the sound of my heartbeat thudding in my ears as I calmed down and actually began to enjoy my precarious perch above the creek.

Within the hour I was found, escorted safely down the slope by a ranger, a totally bruised ego, a wet backside, and a newfound awareness of pigeons. (I'm among the lucky ones immune to poison oak.)

When you think about pigeons, what comes to mind? Probably the ever-present birds of the cities, whose presence is usually unwelcome because of the mess that they tend to make at their roosting sites. Did you know that these city birds are not native to North America? They were introduced from Europe in the early 1800s, and eventually spread across the continent. Their official name is “Rock Dove” because they once nested on the rocky cliffs of England. Now they nest on the ledges of buildings, bridges, towers and barns in all American towns and cities.

North America has only three species of native pigeons. One of these species, the Band-tailed Pigeon, is common at Whiskeytown in all but the coldest months of the year. They can often be seen high in the tops of the numerous species of oaks, pines and fir in the park, feasting on the acorns, pine, and fir nuts.

Artists in the Park

Cathy Jennings, Artist-in-Residence - 2007

Artists have been drawn to the beauty of the national parks, creating works that have inspired many people to see and experience our shared natural heritage. Whiskeytown National Recreation Area’s Artist-in-Residence program was established to generate new works of art that capture the beauty and significance of the park. Professional artists are invited to become part of the well-established tradition of artists working in the park. Visual artists, musicians, composers, writers and performers may apply.

This year, two artists were selected to participate in a two-week residency at the park. Our 2007 Artists-in-Residence were artist and photographer Marissa Carlisle from Napa, California. In addition, Lynn Cunningham from Davis, California and Debee Holland Olsen from Weaverville, California were selected to participate as “Visiting Artists” for 2007. At the Whiskeytown Visitor Center, you can find a changing display of art and photography exhibits by local artists. Look for public events showcasing special artist workshops, demonstrations, art exhibits and more.

For information, write to the Artist-in-Residence Coordinator, PO. Box 188, Whiskeytown, CA 96095. Or call (530) 242-3421 for more information about Whiskeytown and the Artist-in-Residence program.
**New Concessionaire at Oak Bottom**

The National Park Service has awarded a one-year contract to Forever Resorts for the management of Oak Bottom campground and marina. The new concessionaire has established its offices in the campground store and has opened a new second store in the parking lot at the marina, where boat rentals will continue.

Forever Resorts has operated properties in national parks, recreation areas, national forests, and other vacation destinations since 1981 and encompasses 65 properties worldwide. The company has significant experience in lodging, food service, retail operations, marinas, houseboat manufacturing and rentals. It has a long history of commitment to a healthy environmental policy. By 2007 twenty-five Forever Resorts properties, including its corporate headquarters, were accepted into the EPA National Environmental Performance Track program by demonstrating their environmental excellence.

---

**A Perfect Day for Kayaking**

by Elizabeth Perry, Data Miner, Inventory & Monitoring Program

“Stop paddling us to the right!” Sometimes I would shout this and sometimes my husband would, as we tried to correct our path and slowly make our way around Whiskeytown Lake on an August afternoon.

After my husband finished his Army service last summer and joined me in Redding, we were constantly looking for fun and cheap things to do to spend time with each other again. Going on a guided (and free) kayak tour of Whiskeytown Lake sounded like a great way to get outside and try something new.

The park ranger was really friendly and helpful. We learned about water and kayak safety before heading out. Then we carefully pushed out and attempted to paddle into deeper water. It was a little challenging at first as we made awkward semi-circles and tried to figure out a good technique. Five minutes into it though, we were laughing and rowing pretty well for a first attempt.

“Float up!” the ranger would yell and the group would bring our kayaks together, grabbing one another’s boats. While we were all together, the ranger told stories of the area’s history. In one of these talks, we were near the long metal buoys. I had seen these from highway 395 and always assumed they were some sort of delineation between swimming and boating areas. I would have never guessed their true purpose. These buoys have long curtains hanging under them, forcing the cold water from the tributaries to the bottom of Whiskeytown Lake and out into the Sacramento River. By keeping this water cold as it enters and leaves the lake, it helps keep the Sacramento River at a temperature suitable for fishing and boating areas. I would have never guessed their true purpose. These buoys have long curtains hanging under them, forcing the cold water from the tributaries to the bottom of Whiskeytown Lake and out into the Sacramento River. By keeping this water cold as it enters and leaves the lake, it helps keep the Sacramento River at a temperature suitable for salmon. I was really impressed by these “fish curtains.”

We stopped at various sandy spots and coves along the way for different views and to walk around and take pictures. At one point, we all stopped paddling and silently watched three herons. A few minutes later, we were near the old bridge over the Brandy Creek Trail near the old “A-Frame Dam” by Whiskeytown maintenance crews. The new bridge crosses Brandy Creek and will improve accessibility year round and make it easier for trail use.

The Lemurian, an all-volunteer, not-for-profit organization, provided a $2,500 donation towards supplies and materials through the Friends of Whiskeytown. Whiskeytown has played host to the organization and its classic cross-country mountain bike race for the last couple of years.

---

**WHAT IS A ZEBRA MUSSEL?**

The Zebra Mussel is an exotic species of bivalve that has caused ecological and economic havoc in many areas of North America. The goal of the Zebra Mussel Prevention Program is to stop this nuisance species from becoming established. Zebra Mussels are inadvertently spread by boaters as they move their boats from one water body to another.

**WHAT CAN YOU DO TO HELP?**

1. Don’t be the Problem: Before Launching...Before Leaving - Remove ALL plant and animal material from boat, trailer, and other equipment.
   - Drain ALL water from boat and motor, away from water bodies.
   - Help raise awareness: - Find out how many of your friends know about zebra mussels.
   - Read this page, then give it away.
   - Learn more at www.100thMeridian.org

---

**WHEN TO LAUNCH YOUR BOAT**

**WHAT TO KNOW BEFORE LAUNCHING YOUR BOAT**

1. Leave it as you find it.
2. Trash your trash, manage your dog, (pick up poop).
3. Stick to trails.
4. Leave it as you find it.
5. Be careful with fire.
6. Keep wildlife wild - don’t feed the wildlife.
7. Respect other visitors, share our trails, yield to others.

**Leaves No Trace is a national education program which promotes minimum-impact practices for non-motorized recreation. The goal of the Leave No Trace program is to promote responsible use of public lands through education, research and partnerships.**

For more information visit the Leave No Trace program website - [www.LNT.org](http://www.LNT.org)

---

**Bridges Over Brandy Creek**

A new trail bridge has been completed on the Brandy Creek Trail near the old “A-Frame Dam” by Whiskeytown maintenance crews. The new bridge crosses Brandy Creek and will improve accessibility year round and make it easier for trail use.

The Lemurian, an all-volunteer, not-for-profit organization, provided a $2,500 donation towards supplies and materials through the Friends of Whiskeytown. Whiskeytown has played host to the organization and its classic cross-country mountain bike race for the last couple of years.

**WHAT CAN YOU DO TO HELP?**

1. Don’t be the Problem: Before Launching...Before Leaving - Remove ALL plant and animal material from boat, trailer, and other equipment.
   - Drain ALL water from boat and motor, away from water bodies.
   - Help raise awareness: - Find out how many of your friends know about zebra mussels.
   - Read this page, then give it away.
   - Learn more at [www.100thMeridian.org](http://www.100thMeridian.org)

---

**Whiskeytown Volunteers-In-Parks**

If you would like more information about volunteering, call the park Volunteer Manager at (530) 242-3421, or check out the park’s website at [www.nps.gov/whis](http://www.nps.gov/whis). Applications may be obtained at the Visitor Center or by writing Volunteer Manager, Whiskeytown NRA, P.O. Box 188, Whis- keytown, CA 96095.

---

**New trail bridges will help prevent some of the erosion caused by walking and riding through the water and wet areas.**

---

**What is a Zebra Mussel?**

The Zebra Mussel is an exotic species of bivalve that has caused ecological and economic havoc in many areas of North America. The goal of the Zebra Mussel Prevention Program is to stop this nuisance species from becoming established. Zebra Mussels are inadvertently spread by boaters as they move their boats from one water body to another.

---

**Whiskeytown Volunteers-In-Parks**

If you would like more information about volunteering, call the park Volunteer Manager at (530) 242-3421, or check out the park’s website at [www.nps.gov/whis](http://www.nps.gov/whis). Applications may be obtained at the Visitor Center or by writing Volunteer Manager, Whiskeytown NRA, P.O. Box 188, Whiskeytown, CA 96095.

---

**WHAT CAN YOU DO TO HELP?**

1. Don’t be the Problem: Before Launching...Before Leaving - Remove ALL plant and animal material from boat, trailer, and other equipment.
   - Drain ALL water from boat and motor, away from water bodies.
   - Help raise awareness: - Find out how many of your friends know about zebra mussels.
   - Read this page, then give it away.
   - Learn more at [www.100thMeridian.org](http://www.100thMeridian.org)

---

**WHEN TO LAUNCH YOUR BOAT**

**WHAT TO KNOW BEFORE LAUNCHING YOUR BOAT**

1. Leave it as you find it.
2. Trash your trash, manage your dog, (pick up poop).
3. Stick to trails.
4. Leave it as you find it.
5. Be careful with fire.
6. Keep wildlife wild - don’t feed the wildlife.
7. Respect other visitors, share our trails, yield to others.

**Leaves No Trace is a national education program which promotes minimum-impact practices for non-motorized recreation. The goal of the Leave No Trace program is to promote responsible use of public lands through education, research and partnerships.**

For more information visit the Leave No Trace program website - [www.LNT.org](http://www.LNT.org)
TO REPORT AN EMERGENCY CALL 911

Ranger Guided Programs

Whiskeytown offers a variety of ranger-guided activities and programs for everyone. All programs are subject to change. Please call the Visitor Center at 426-1225 for current information.

Kayak Tours

Daily tours. Reservations required. Hop on a kayak built for two and explore some of the more quiet coves around Whiskeytown Lake while you learn more about the park. You must register in advance by calling (530)242-3862.

Puppet Show

Thursday 8:00 pm-9:45 pm (From June 21 to August 30)

Both adults and kids are invited to join a cast of zany characters in a lively and entertaining program about how to safely enjoy Whiskeytown. Meet at the Oak Bottom Amphitheater.

Evening Programs

Friday and Saturday 9:00 pm-10:00 pm (From June 16 to August 4 then 8:30 pm-9:30 pm from August 10 to September 1)

Spend the evening with a park ranger and learn more about Whiskeytown NMA through talks, a slide show, or other activity. Various topics include history, wildlife, and current issues related to protecting the park’s natural and cultural resources. Meet at the Oak Bottom Amphitheater.

Camen House Tour

Friday, Saturday, Sunday 2:15-3:00 pm (From June 21 to August 30)

Join Charles Camden and learn how he and his partner Levi Tower reshaped the landscape during the California Gold Rush. Meet across the footbridge at the Tower House Historic District.

Gold Panning

Friday, Saturday & Sunday 3:15 pm

Meet at the Oak Bottom Amphitheater.

Junior Firefighter

Saturday 11:00 am-12 noon

Discover the important role that wildfire plays in our national parks. Learn how firefighters manage fire to ensure the health and protection of the parks and ecosystems. Meet at the Oak Bottom Amphitheater.

Junior Ranger Kayak

Sunday 10:00 am

Jump in a tandem kayak to explore the natural wonders of Whiskeytown Lake. Register in advance by calling (530)242-3862.

Take A Hike!

Weekends

Take a hike with a ranger to one of several Whiskeytown’s spectacular waterfalls. Waterfall hikes include trips to Whiskeytown, Boul- der Creek and Brandy Creek waterfalls. Call (530)242-3862 to obtain up-to-date information about each weekend hike and to sign up for the tour.

Whiskeytown has hot and dry summers and wildfire is always a concern. Enjoy your visit to Whiskeytown but please keep fire safety in mind.

Fires

- Fires at Whiskeytown are only allowed in fire grates in designated areas, such as picnic areas and campgrounds. This may be suspended during high fire danger.
- Check at the Visitor Center for fire restrictions or area closures.
- When building a campfire, keep it small and manageable inside the fire grates. Don’t add large or green material that will take hours to burn down.
- Make sure your fire is dead out before leaving the area. It should be cold to the touch.
- Consider alternatives to campfires, such as using lanterns for light, during periods of high fire danger.

BBQ’s

- If you are using a portable stove or BBQ, make sure the area is clear of grasses and other fine fuels. Prevent stoves from tipping and starting a fire.
- If you are using coals, make sure they are completely cool before disposing of them in the trash. Do not dump them on the ground or in the lake or creeks.
- Practice Leave No Trace Principles – pack out what you pack in, including cigarette butts.
- If you see smoke, fire or suspicious activities, note the location and report it to a park ranger or call 911.

Camping at Whiskeytown

Oak Bottom Campground offers $18/night lakeside tent sites, $16-night tent sites, and $4-night RV sites. During the winter season, all sites are $8/night. Specific sites may be reserved by calling the campground at (530) 359-2497.

Primitive Tent Campgrounds are available only on a first-come-first-served basis. Permits are available at the Visitor Center. Rates are $4 per night.

Brandy Creek RV Campground offers sites on a first-come-first-served basis. Summer rate is $14/night and winter rate is $7/night.

Dry Creek Group Tent Campground offers two campites (tents only) at $75/site/night. Each site holds a maximum of 50 people. The campground is open from April 1 to October 31. You may make reservations up to one year in advance by calling 877-444-6777 or by using the website www.recreation.gov.

Whiskeytown Group Picnic Area offers three group day-use picnic areas at a rate of $40 or $50 per site depending on which site is reserved. The picnic area is open from April 1 to October 31. You may make reservations up to one year in advance by calling 877-444-6777 or by using the website www.recreation.gov.

Note: Campers must purchase a daily, weekly, or annual pass for their vehicle in addition to their campsite fee.

America the Beautiful – $80

Covers all National Park units and other federal recreation areas with entrance fee. Valid for one year from month of purchase.

Senior Pass – $10

Lifetime pass for U.S. citizens and permanent residents who are 62 years or older.

Other passes accepted at Whiskeytown:

- Golden Ages, Access, and Eagle Passports
- National Park Passes
- Lassen Volcanic National Park Annual Pass
- Junior Ranger Annual Passes

Access Pass – Free

Lifetime pass for U.S. citizens and permanent residents who are permanently disabled.

See the Whiskeytown Nugget

Be on the lookout!

All residents of the north state know that there is a strong presence of marijuana cultivation on this area’s federal lands, and this goes for Whiskeytown as well. If you see anything that you feel is unusual, get a good description of individuals, vehicles, and license plates and report it immediately to Whiskeytown Ranger groups through their dispatch office at 242-3431.

Help the rangers of Whiskeytown and keep yourself safe by reporting any suspicious activities you see while you are recreating in Whiskeytown.