



HISTORIC rideaway is a step back in time  
Spotlight

time for diesel tolls in Valley Page A3

# The Fresno Bee

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## Feed costs push dairies to brink

Milk prices not enough to cover their expenses.

By Robert Rodriguez  
The Fresno Bee

Skyrocketing feed costs and weak milk prices are forcing growing numbers of California's dairy farmers to sell their herds or file for bankruptcy. The situation has become so

dire that at least one dairy cooperative is launching a crisis hotline for despondent dairymen and their families.

"Things are ugly and getting uglier," said Riley Walter, a Fresno bankruptcy attorney representing many financially distressed dairymen.

In the past eight months, 28 San Joaquin Valley dairies have filed for bankruptcy in the U.S. Bankruptcy Court's Fresno office, up from 24 in 2011 and 10 in 2010.

Most bankruptcy filings this year have been since April, and many more are expected, Walter said.

"This is devastating to so

many families," Walter said. "And it is not over."

Court records show that farmers — several who have multiple dairies — owe more than \$100 million to lenders, feed companies and other dairy suppliers, putting some suppliers at financial risk as well.

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## Housing offers homeless a chance

New Fresno apartment complex to open by November.

By George Hostetter  
The Fresno Bee

The Renaissance at Santa Clara soon will open its doors — and that's when Fresno begins its biggest gamble on solving the city's massive homelessness problem.

The Renaissance at Santa Clara is an apartment complex for the chronically homeless. At \$11 million and 70 units, it's the biggest and most expensive taxpayer-supported homeless housing project in the city.

Located across from the Poverello House south of downtown, the project could be finished by October and greeting its first tenants in November.

Community leaders see nothing but good things coming from it.

"This is a sign that we can take a bad situation, make it better and get momentum to do even better things," Mayor Ashley Swearingin said.

Fresno Housing Authority Executive Director Preston Prince, whose agency is spearheading the project, said the community needs only to look in the mirror to grasp who will be helped. "The people we house are Fresnoans — our brothers and sisters or our kids who have fallen on hard times."

The project's location at G and Santa Clara streets means the Renaissance at Santa Clara will be a high-profile test of the current thinking among some local homeless advocates.

A good home, they believe, is the first step in turning around lives. Get a solid roof over their heads, then tackle the booze, drug, money or illness challenges.

And as anyone knows who has spent time in the south part of downtown, G

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WEIGHING US DOWN | THE VALLEY'S OBESITY CRISIS

## THE SECRET TO THEIR WEIGHT-LOSS SUCCESS!

Valley children show obesity can be overcome.

Jared Pittenger, 10, points to the nutritional label T-shirt from the camp he attended, a six-week free Healthy Lifestyles Fitness Program in Fresno, and shows a photo of himself before he lost weight. He has lost 10 pounds, and his family is trying to help him lose more.



JOHN WALKER/THE FRESNO BEE

By Barbara Anderson  
The Fresno Bee

Bouncing higher and higher on a trampoline, Breanna Bond reached out, touched her toes and flashed her mother a grin almost as wide as her outstretched arms.

The midair move marked another fitness milestone for the 10-year-old Clovis girl, who seven months ago weighed 186 pounds and was so out of shape she struggled when stooping to tie a shoe.

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Fresno, Hanford events to discuss obesity.  
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More than 50 pounds lighter and limber, Breanna showed off her trampoline skills on a recent afternoon. "Look, I'm going to do a flip," she said, turning upside down and landing on her feet.

"She just inspires me every day," Breanna's mother, Heidi Bond, said of her daughter's efforts.

In the central San Joaquin Valley, where more than 40% of fifth-, seventh- and ninth-graders are overweight or obese, it's easy to overlook the children who have toned up and slimmed down. But they're proof that childhood obesity can be beat, and they have lessons to share.

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CRAIG KOHLRUSS/THE FRESNO BEE

Breanna Bond, 10, has lost 56 pounds in seven months by watching what she eats, exercising and enjoying a lot more physical activity. Her family also is eating healthier.



Sisters Jackson Whittle, 13, left, and Bhayli Whittle, 10, attended a health and fitness camp this summer and are applying what they learned to help them continue to lose weight and inches. For example, they swim nightly with their father.

MARK CROSSE/THE FRESNO BEE

## Presidential race likely to be a bumpy one

By David Lightman  
Bee Washington Bureau

WASHINGTON — The presidential race is on, full blast, and it's now clear this election will be a stark choice between two candidates with dramatically different visions of how to govern America.

The race could offer voters the starkest choice since 1964, said Dennis Goldford, a professor of politics at Drake University in Des Moines, Iowa.

That's when Republican conservative Barry Goldwater, with his message of a leaner government and more personal responsibility, challenged President Lyndon Johnson and his

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# Events to focus on Valley obesity

Local panelists to discuss the topic.

The Fresno Bee

Organizations in Fresno and Kings counties are bringing people together this month and next to discuss obesity and ways to address it.

On Aug. 28, the public is invited to a 10-minute overview of the HBO special, "Weight of a Nation," from 7:30 to 9 a.m. at Fresno State. The preview will be followed by a panel discussion.

The Kings County Department of Public Health and the Kings County Diabetes Coalition will co-host a viewing of the video at 5:30 p.m. Sept. 26 at the Longfield Center in Hanford.

"Weight of the Nation," a four-part documentary series, features people who are obese telling their stories, as well as interviews with health experts. Kaiser Permanente joined with HBO and leading health organizations to present the documentary.

The Fresno overview of the video will be followed by a panel discussion about obesity.

"Out of this meeting, we hope to have a commitment to come up with a comprehensive strategy to address (obesity) as a community," said Deborah Nankivell of the Fresno Business Council.

Panelists include Fresno State President John Welty; Michael Hansen, superintendent of the Fresno Unified School District; Dr. Ken Ellzey of Kaiser Permanente-Fresno; Brian Angus, executive director of the Economic Opportunities Commission; and Genoveva Islas-Hooker, coordinator of the Central California Regional Obesity Prevention Project.

The event is free, and a light breakfast will be served.

Pre-registration to attend the viewing and panel discussion is required by Tuesday. To register, visit [weightofthenation.eventbrite.com](http://weightofthenation.eventbrite.com).

The Kings County event also will include discussions about childhood obesity.

A healthy meal will be provided that models the MyPlate created by the U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.

The first 100 registrants to call will be able to participate in the event. Activities for children will be available on site. They will be provided by the city of Hanford.

To register for the Kings County event, call (559) 852-4504.

## OBESITY

Continued from A12

reaching 186 pounds by age 9. Now, at 130 pounds and 5 feet, 1 inch, she has 15 more pounds to go to reach her goal weight of 115, Bond said.

It doesn't take many extra calories to cause a weight gain, said Kelly Eichmann, a registered dietitian in Clovis. "Even as small as 200 calories more than you need every single day can (add) about 20 pounds of fat-weight gain in a calendar year."

### Exercise part of plan

Portion control coupled with exercise is key to losing weight, nutrition experts say. An inactive girl between ages 9 and 13 needs only about 1,600 calories a day, Eichmann said. For a sedentary boy, it's 1,800. Active girls need 2,200 calories a day and active boys 2,600.

But the definition of "active child" comes as a surprise to some parents, Eichmann said. It means at least 60 minutes a day of moderate physical activity or the equivalent of walking more than three miles per day at 2 to 4 mph, she said.

The fitness camp got Jared Pittenger moving.

"We did a lot of exercise at the camp, like 15-second drills and ultimate crunches," he said. "But my favorite part was when we played dodge ball."

Dodge ball was No. 1 among most campers, according to Pam Hoffman of the city parks department. The camp's activities also included nontraditional games, such as volleyball played with beach balls and a grocery-cart shopping race. Many of the campers had never participated in sports, Hoffman said. "So we had to make them fun."

The campers also were taught Zumba dancing twice a week and got cardiovascular and strength training. Camp counselors exercised alongside the campers.

To keep Jared active after camp ended earlier this month, his mother has been walking with him three days a week. "We can't expect our kids to change if we're not going to do it," she said.

Kay Jackson said her daughters have become inspired to exercise since they attended the fitness camp this summer. And she plans to join a Zumba class and take the girls.

Both of Jackson's daughters, considered severely overweight, made strides at camp. Her oldest daughter lost 10 pounds. Bhayli didn't lose weight but lost an inch and a half off her waist. With growing children, weight loss is not always the most important measure of success, according to health experts.

Thirteen-year-old Jackson said the camp taught her "exercise can be fun and not something like a chore that you have to do."

Bhayli said she likes going outside and playing now more than watching television, and when she plays games on the Xbox, they involve running. And she likes swimming with her father every night, she



Breanna Bond jumps on a trampoline at SkyWalk Trampoline Arena in Madera. The 10-year-old Clovis girl, who seven months ago weighed 186 pounds, had been so out of shape she struggled when stooping to tie a shoe.

CRAIG KOHLRUSS/THE FRESNO BEE



MARK CROSSE/THE FRESNO BEE

Clockwise from left, Bhayli Whittle, 10, Kay Jackson, John Whittle and Jackson Whittle, 13, gather in their backyard pool. Bhayli and Jackson swim every night with their father.

said.

Bond said she's had to adhere to a strict exercise routine right along with Breanna to keep the 10-year-old on her weight-loss track. But that can be tough, she said, because she'd never

"exercised a day in my life."

And don't expect children not to complain, Bond said.

Breanna balked when the family began taking a 3.8-mile walk four nights a week. The walks chafed her

legs and she struggled to keep up.

Breanna said she wanted to quit. "I could barely move when I was heavier."

This summer, mother and daughter walked six days a week for 50 minutes at a time and ran for 10 minutes. They walked another 25 minutes in the evening and ran for 10 minutes. Breanna also did two other activities five days a week. The recent bouncing at SkyWalk Trampoline Arena counted as one of those.

And she's joined a competitive cheer team — some-

thing she never considered at her heavier weight.

Breanna still occasionally grumbles about exercising, but Bond doesn't budge. She has motivation to keep her daughter moving. Breanna's paternal grandfather died at a young age of diabetes.

"I want to see Breanna be a mom," she said. "I want her to be a grandma. I don't want her to die early."

► The reporter can be reached at (559) 441-6310, [banderson@fresnobee.com](mailto:banderson@fresnobee.com) or [@beehealthwriter](http://@beehealthwriter) on Twitter.

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