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Happy Tails Pet Sanctuary fills a special nitch

see page 5

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What goes into making lunch for students at a high school?

Behind the scenes at Kit Carson International Academy

By Mirella Bennett/Sacramento School Beat

The manager of the cafeteria at Kit Carson, Stefanie Gunnels, usually starts her shift at 6 a.m. in order to provide students with healthy food for the school day. When she gets to work she gets right to cooking, baking, packaging, or heating a breakfast for the students.

Gunnels is in charge of kitchen management such as ordering the incoming food, inspecting said food, and overseeing kitchen staff.

While many students often overlook the school lunches, a lot of work is put into the preparation and distribution of them by many hard working cooks, bakers and staff.

"Every person who works here is responsible for every single thing in this kitchen", says Gunnels, "They all have to know how to do it."

Everything students at Kit Carson eat at the cafeteria has to be measured out into proper serving sizes by the staff. Big boxes of foods such as fruit are brought to the cafeteria and it is up to the workers to put them into smaller bags in serving sizes for the students.

State law requires that students get a certain amount of food categories such as meat, starch, and fruit. Everything the students get are measured out in proper serving sizes by the staff.

The workers in the cafeteria have to put in a lot of attention to make sure all the food is safe for consumption as well. In order to make sure everything meets the standards for food consumption, cafeteria workers must keep everything clean and ensure all food prepared is at the proper temperature. Gunnels and others must make sure all foods served are within date code and that the servings are proper sizes.

At Kit Carson the cafeteria receives around 350 servings of food every day from Central Kitchen. Shipments of meals arrive daily and other foods such as fruits and vegetables arrive weekly. An inventory specialist works in the main office at Central Kitchen who receives Stefanie's count of estimated meals. This count is then divided into two or three for the breakfast items and then the meals are told to Stephanie.

Here, Gunnels will check what is on hand at Kit Carson and adjust the meal amounts. When the staff get the materials from Central Kitchen, they make it and send back information to the company.

People in nutrition services come up with lunch menus for all the schools served by Central Kitchen. They often go to the school's cafeteria staff and ask questions about what food they should send for the students. "We're always absolutely willing to send messages and talk to you guys because we're here to serve you guys, we want to make you guys happy," says Gunnels.

She continued to say that if students would like to try anything out or have any suggestions, the meal providers are always willing to listen and to feel free to contact her about it.

While lunch ladies often have a bad reputation in the media, school personnel say there are many hard-working adults and cafeteria workers who put a lot of time and energy into making meals for students because of their care for children.

Gunnels said,, "I've always loved children, I've had a soft spot in my heart for them."

Mirella Bennett attends Kit Carson International Baccalaureate High School in Sacramento. This article has been reprinted with permission from Sacramento School Beat. Visit sacschoolbeat.com for more local education stories.



Princess Vue, a student at McClaskey Adult Center, comes three times a week to help in the kitchen at Kit Carson.







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Know your neighbor: Master woodcarver Nelson Krouse

By Alison Cook



Featured CWA carver Nelson Krouse:

Nelson grew up in Sacramento. He graduated from Sacramento High where he knew the late Mike Whitworth. They reconnected in CWA and shared many stories, some even true, during carving sessions at Shirley's Shop. At times it sounded like a real-life version of the "Happy Days" TV show with Mike as Fonzie and Nelson as Richie Cunningham. Nelson seemed to be the one who got Mike into trouble with the principal who caught him smoking, and Nelson escorted him from GYM class to the principal's office. During his free period, Nelson worked in the Principal's office. We will miss their banter, with Mike's passing last fall. Nelson studied accounting at Sac State and went to work with Wells Fargo. When They moved their office to San Francisco in 1974, Nelson got a job with the County of Sacramento as an Audit Appraiser until his retirement in 2000. His auditing skills were put to work for the club when he served as treasurer.

Nelson's wife Gloria studied nursing at the University of Iowa. She visited Sacramento to see her brother, and she and Nelson met in church where Nelson was



singing in the choir with Gloria's sister-in-law. Instead of her original plan of a short visit, Gloria ended up moving to Sacramento (after she met Nelson, of course). Nelson and Gloria got to know each other on a church ski trip to Tahoe. They were married on November 23, 1963 just a few days after President Kennedy was assassinated. After a short honeymoon trip to Carmel, they settled in Sacramento. Gloria got a job as a Public Health Nurse. They have two children -Julie, a phlebotomist for Quest Lab who lives in Sacramento, and Mike, a building contractor in Portland who has two children. After Nelson and Gloria's children were born, Gloria became a school nurse in the San Juan District until her retirement in 1997.

Nelson learned about CWA and carving almost accidentally. In the early days of the club the annual show was held at Country Club Shopping Mall. Nelson discovered CWA on a shopping trip to the mall. He picked up a brochure at the show, and then went to a meeting and was hooked. He joined CWA in 1978, just a few years after the club was founded. Like many of our members Nelson fell in love with caricature carving. For subject matter, he picked clowns and cowboys. While these two genres seem quite distinct, Nelson says that many of the techniques apply to both.

See Krouse on Page 4



Krouse:

Continued from page 3

One that does not is painting the carvings. Most caricatures, like Nelson's cowboys, are painted with a light wash of acrylic paints and then finished with an oil based antiquing mixture to subdue the colors. Clowns, on the other hand, require vivid colors, so Nelson uses a system he developed for layering the paint on in heavier coats and omitting the antiquing step. He has shared his knowledge and skill in both areas through presentations to club members at meetings and in one-on-one mentoring sessions with new carvers.

Nelson is dedicated to perfecting his craft and he has taken many seminars from world class carvers—some in Sacramento when the club brought them here ---and some in other places. On several occasions. he and Gloria traveled to Crete Nebraska for the Doane Experience, a week-long carving seminar. Gloria learned caning and basket weaving while Nelson worked on his carving skills.

Nelson's contributions to our club have been significant. He has been President (twice), Treasurer (twice), secretary and show chairman. He has also joined other members in carving demonstrations at the State Fair.

He told me about changes in the club over the years. When he joined meetings were at Jonas Salk Elementary School. Eventually, they needed more space and moved to the SMUD building on 65th street. Eventually, the club met at Arden Park Recreation and Park District Community Center. Early on club meetings had 30 to 35 people on carving days and 60-70 when there was a speaker. Currently, we draw about 20 or so for regular meetings, carving days, and for speakers. Many of our members, including Nelson, believe that this drop-off has a number of causes. One is that our long-time members eventually stop carving. They are not being replaced by younger people. They often have many other interests, including online games. If you view, as Nelson does, carving as a three-dimensional art form, not just a hobby, there is a passion associated with your work. That passion for carving was more evident in earlier years than it is now.

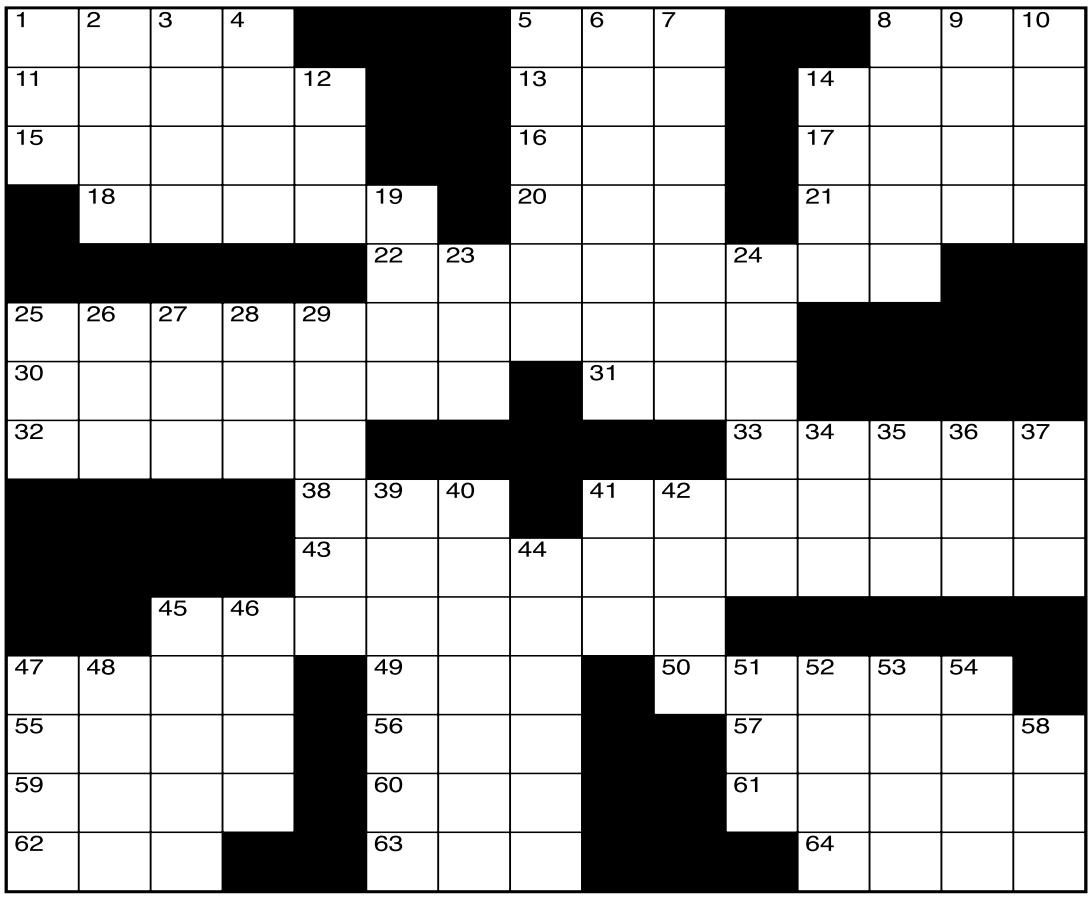
One incident has followed Nelson throughout much of his carving time. One of the CWA carvers who was quite tall, well over six feet, had a workbench that was also tall. During a carving class at his shop, Nelson was working at a lower table with his back next to the tall workbench. As he turned his head the height of the taller bench was just right to cut his ear. The small cut stopped bleeding quickly, and all was well----sort of. When a carver has a new cut it immediately raises suspicion that he cut himself with a knife.

When other carvers started teasing him about cutting his ear, Nelson pointed out that he was left-handed, and his right ear was cut. To emphasize his point, he reached up with his left hand and pointed to his left ear, forgetting that he had a knife in that hand.

Sure enough, he cut his left ear. This situation, both ears cut, was too much for his fellow CWA members to remain silent about. One CWA member shared the story, with embellishments I'm sure, at the Doane carving seminar. That was where I heard about the ear incident when I revealed, that I was from Sacramento. One year, during the talent night, Nelson was called to the stage and presented with carving earmuffs to supplement the protective carving gloves we all wear. The word spread and at Nelson's retirement party all attendees had band-aids on both ears, supplied as they entered the party. All this teasing and recognition is a testament to the high regard that fellow carvers and his former co-workers have for Nelson.

The way Nelson has handled it with such grace and good humor is a testament to his delightful personality. I'll leave the last word to Nelson: "I put my pants on like the rest of the CWA members, I'm just a simple guy learning to adjust to my new season in life."

CROSSWORD



CLUES ACROSS

1. Scream loudly
5. Antidepressant (abbr.)
8. The bill in a restaurant
11. Oblong pulpits
13. Adult female chicken
14. Abnormal breathing
15. Financial obligations
16. Belonging to a thing
17. Winged
18. Peoples
20. College hoops tournament
21. An informal body of friends
22. Region of the world
25. In an early way
30. Connected by kinship
31. Type of tree
32. Official order
33. Foundation for an idea
38. Small, faint constellation
41. Book lovers
43. Vegetable
45. Cabbage variety
47. A way to heal
49. Illuminated
50. Dish that features a stick
55. Insurance-related costs (abbr.)
56. Solid water
57. Soldier's gear
59. "Uncle Buck" actress Hoffmann
60. Former measure of length
61. Arabic name meaning "spring"
62. Doctors' group
63. Actress Susan
64. Appropriate

CLUES DOWN

1. Cool!
2. Hebrew unit of measure
3. Swedish rock group
4. College army
5. Black eye
6. One who stopped working
7. Teach a value
8. Rhythmic patterns
9. "MASH" actor Alda
10. "Friday Night Lights" director
12. Midway between south and southeast
14. Indian musical pattern
19. Fulfill a desire
23. Water soaked soil
24. Brass instrument
25. Before
26. Popular color
27. Peyton's little brother
28. Partner to cheese
29. Put onto
34. "Much __ about nothing"
35. A way to mend
36. Anger
37. Soviet Socialist Republic
39. Mobilized
40. Resembles an earlobe
41. Cut of meat
42. Nigerian people
44. Recently
45. Square stone building at Mecca
46. Adhere to orders
47. Adventure story
48. Marine bivalve mollusk
51. Retrospective analysis (abbr.)
52. Actor Pitt
53. Tibetan village
54. A way to change by heating
58. A beam of sunshine

Happy Tails Pet Sanctuary fills a special nitch

By Pat McConahay





Little Mimi was barely a whip of a dog – all skin and bones – when she came to Happy Tails Pet Sanctuary. She had a broken tail and she could barely walk. A month after arriving in the home of her foster family she began to put on weight and learn to walk. The little Chihuahua is now a fat, sassy "diva". Moira, a cat, was clinging to life when she was rescued after being abandoned in a Sacramento park. In spite of the odds, Happy Tails staff and volunteers helped her make an astounding recovery.

Mimi's and Moira's stories illustrate the efforts the East Sacramento animal shelter goes to to save the life of an abandoned animal. They also show what sets Happy Tails apart from other rescue organizations. "We take cats and dogs other shelters may not deem adoptable because they are elderly, sick or have behavioral problems," said Pat McConahay, who sits on the board of directors and is an adoption counselor. "We nurse them back to health so we can find them their perfect forever homes."

Happy Tails was founded in 1993 by Melinie diLuck who wrote an article about abandoned animals. Inspired by that experience, she and a small group of volunteers started the first shelter in Sacramento (primarily for cats) with a no-kill philosophy. No-kill means animals are not euthanized if they have a manageable health condition, or simply to make space for more "adoptable" animals. "I picked the name Happy Tails because I envisioned cats with their tails up in the air because they're happy," diLuck said. Not only are they content because they get top-notch care, but because they don't live in cages. They roam freely, play, eat and sleep in a series of rooms at the center.

There is also a sanctuary where hard-to-adopt cats can live out their days in a caring and safe environment. The rescue organization also partners with other shelters to foster dogs that need a little more TLC to become adoptable. (a few lines about dog adoption program)

On average, Happy Tails finds loving homes for more than 600 cats and dogs each year, and it cares for even more. Before adoption every animal is examined by a veterinarian; spayed or neutered; tested for common diseases and fleas; vaccinated; and microchipped for identification.

Happy Tails is a non-profit that relies solely on donations, grants, bequests and fundraisers. There are only three paid staff – a center manager and two veterinary technicians. Most of the work is done by a legion of dedicated volunteers like Aria Galletti who has been part of the Happy Tails family for about four years. "I can see how hard everyone works to give the animals their best lives both through the sanctuary and in finding their perfect home," Galletti said.

Volunteers do a variety of tasks from cleaning rooms to feeding the cats and fostering the dogs. Youth volunteers 12-years-old and older who need community service hours, or who just want to help the animals, are also welcome to volunteer. All volunteers must attend an orientation and additional training is provided.

For more information about Happy Tails Pet Sanctuary visit our website at happytails.org.





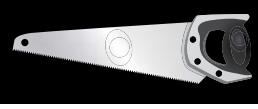
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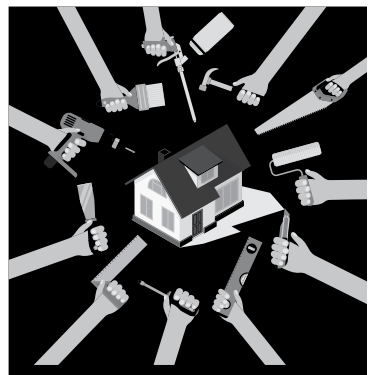
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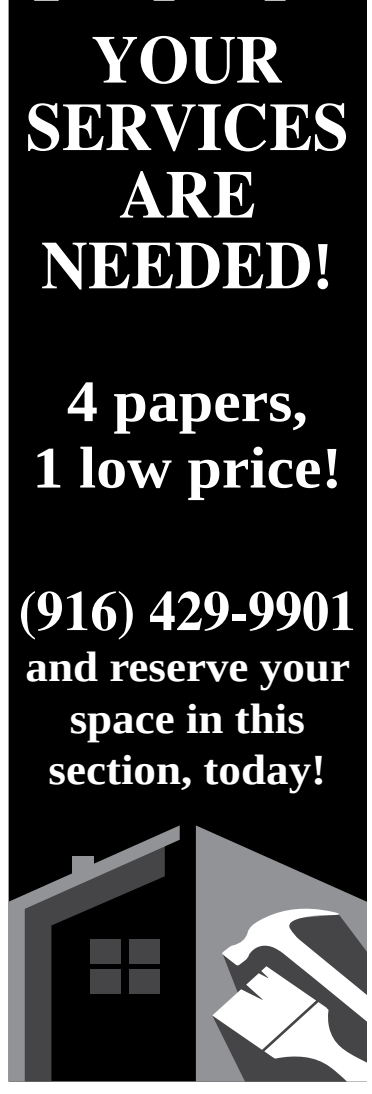




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