



ALPINE THREADS



Community and Family Life in the California Alps

Winter 2016

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*Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.*



Visit Alpine County America's **Job** Center

Are you out of work or looking for greater career opportunities?

Looking for work is a challenge. Our counseling and placement staff can help prepare you for this task and make the process of looking for work a much more rewarding experience.

Whether you are looking to attend a workshop to help improve your job skills or inquiring about a position, we are here to help plan your successful path to employment. Our comprehensive services include:

- ✓ **CalJobs online resource center for job search and other job tools**
- ✓ **Career assessments-finding jobs that match your interests and skills**
- ✓ **Current job market analysis**
- ✓ **Veterans Services**
- ✓ **Computer development workshops**
- ✓ **Unemployment Insurance information**
- ✓ **Information and referrals to additional community service agencies**
- ✓ **Reference library for resume writing tips, interviewing and job search skills**
- ✓ **Information on latest job trends, application techniques and follow up to potential employers**

Our career center can also help you search for school or training programs, On-the-Job Training (OJT), or a Work Experience (WEX) position. The OJT and WEX programs help individuals gain skills in the work environment while earning a wage.

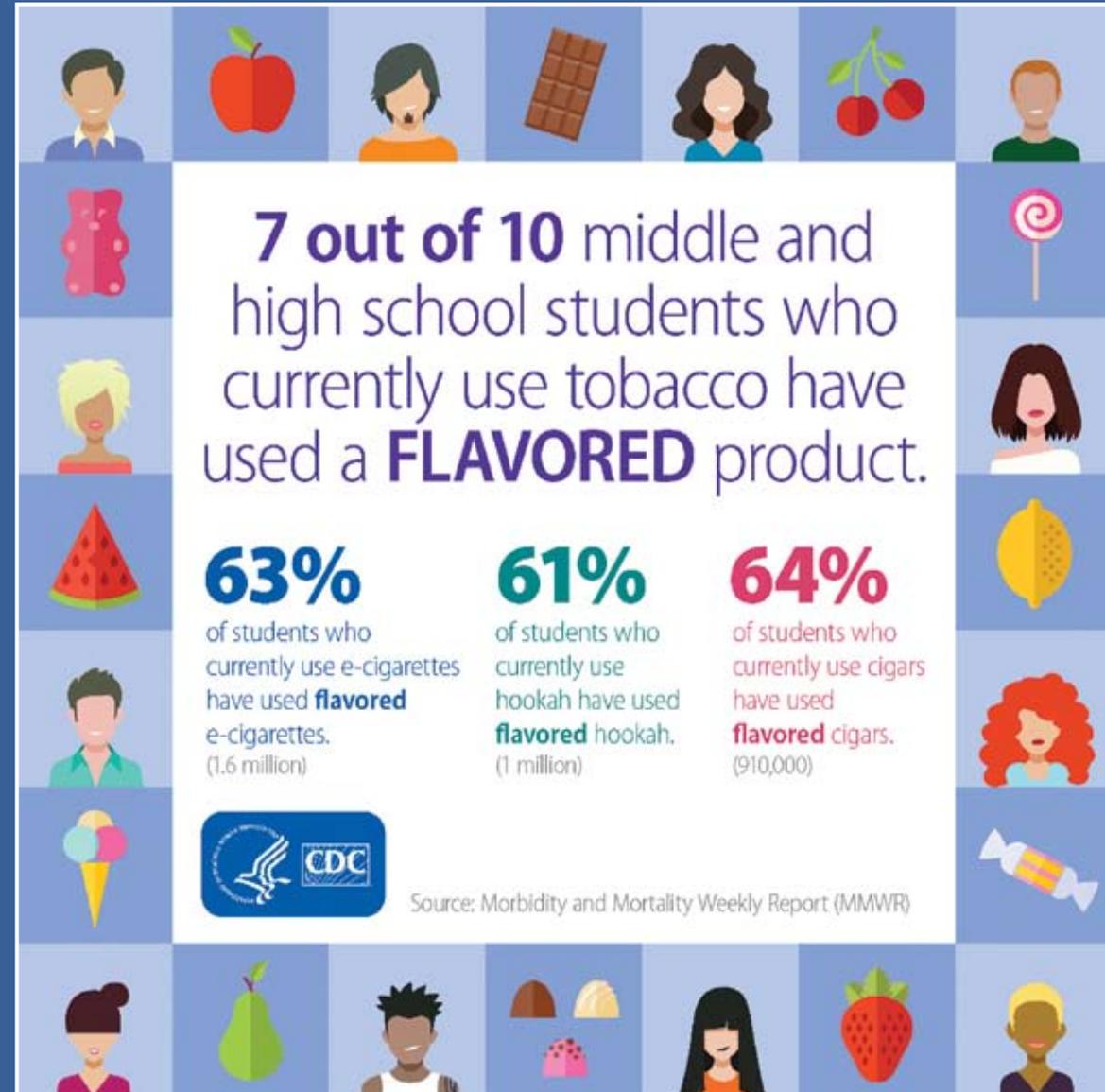
For individuals with an entrepreneurial spirit, we can connect you with business counselors to help with developing a business plan and helping to connect you with resources to start your company.



Alpine Connections Career Center

75 A Diamond Valley Road, Markleeville, CA 96120

Rena Lynch, Workforce Development and Eligibility Specialist
(530) 694-2235 Ext. 227 or email rlynch@alpinecountyca.gov



7 out of 10 middle and high school students who currently use tobacco have used a **FLAVORED** product.

63%

of students who currently use e-cigarettes have used **flavored** e-cigarettes.
(1.6 million)

61%

of students who currently use hookah have used **flavored** hookah.
(1 million)

64%

of students who currently use cigars have used **flavored** cigars.
(910,000)



Source: Morbidity and Mortality Weekly Report (MMWR)

Need Help Quitting?

Call the California Smokers' Helpline:
1-800-NO-BUTTS

Alpine County Tobacco Control
(530) 694-2146

A Prop 99 funded program

In 2009, the federal government banned sweet and candy flavored cigarettes that were enticing children to smoke.

So, tobacco companies introduced sweet and candy flavored cigars, cigarillos, hookah shisha, chew, and dissolvable tobacco products, often marketed in brightly colored, flashy packages. These all contain nicotine, which is highly addictive. Cigars and cigarillos are often sold in small packs or as singles, which can be cheaper than a candy bar. Low price and flavors that conceal the taste of tobacco can and do entice youth. By attracting youth, tobacco companies are replacing their long-term customers who are dying or quitting.

According to the most recent data from the Centers for Disease Control and Prevention (CDC) less than 13% of California adults and less than 20% of Nevada adults smoke.* By reducing the numbers of youth who take up smoking, these numbers will continue to decline. Many cities and counties are taking on this issue by restricting the sale of flavored tobacco products, enacting minimum pack sizes and minimum pricing. Another step you can take is to create and support TOBACCO-FREE events in your community.

*www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/

Alpine County Public Health is now on Facebook & Twitter

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!





Alpine Connections Parenting Services



Live Violence Free in Alpine County is pleased to present a parenting support program which offers age specific, easy to understand parenting techniques and strategies you can use today.

As a parent, grandparent or a relative, we know the challenges of raising children. Do you have concerns about the highly sexualized and violent world we live in and how it affects your kids? Do you find it difficult at times to talk with your child or teen about personal boundaries and body safety?

Whether you are parenting small children, adolescents or teens, Alpine Connections would like to help you find the answers you're looking for and brainstorm new parenting ideas.

Parenting services are provided in home visiting, group or individual sessions, whichever is most comfortable for you. The program consists of using the Systematic Training for Effective Parenting (STEP) curriculum for a period of 8 weeks. Each participant will receive a completion of parenting program certificate.



Additional services are provided based on availability and funding to assist with strengthening families and creating a strong supportive network.

If you are interested in participating, please call the office at (530) 694-1853 or stop by at The Learning Center building at 100 Foothill Road, D-4, Markleeville, CA 96120. **Our toll-free, 24-hour hotline is (888) 750-6444.**



ALPINE COUNTY
**Health &
Wellness**
COALITION

Priority Focus Areas:

NUTRITION - A healthy community values healthy eating. Getting together makes us feel good, and with healthy potluck contributions, so can the food we bring!

OUTDOOR RECREATION - A healthy community values healthy activity, and taking advantage of the natural beauty and open space in our County to get active outside.

PREVENTION - A healthy community values living longer and stronger, without the use or abuse of alcohol, tobacco, and drugs; and without violence, injury and preventable illness.



Support

TOBACCO-FREE Events

For a healthy community

No Smoking, Chewing or Electronic Smoking Devices



Need help planning tobacco-free events? Contact us.

Alpine County Tobacco Control
A Prop 99 funded program

The Long Awaited El Nino - and Flu – Have Arrived!

Richard O. Johnson, M.D., MPH
Alpine County Public Health Officer

Key Points:

- Evidence shows that our influenza season has begun, with activity increasing both locally and nationally.
- However, the season has started slowly, with activity still sporadic and at low levels.
- This year's vaccine is a close match for the types of flu in circulation.
- **THERE IS LOTS OF VACCINE – contact your healthcare provider, pharmacy, or Alpine County Public Health Clinic at (530) 694-2146**

Influenza is Dangerous for Children

Children are especially vulnerable to severe outcomes from influenza infections. Children that are particularly at high risk from flu include:

- Infants 6 months of age and younger. Because vaccination is not approved for this age group, it is critical that their close contacts (family, caregivers, etc.) be vaccinated.
- Children 6 months to 5 years of age; and
- Children 6 months to 18 years of age with chronic health conditions such as **asthma, heart disease, neurologic conditions, diabetes**, and those with weakened immune systems or are on long-term aspirin therapy.

Sadly though, even many healthy children are hospitalized and die from the flu. In an assessment of the 2012-13 flu season, 40% of the 105 pediatric fatalities across the US had no recognized chronic health condition that would put them at risk for developing serious flu-related complications. In that same assessment, it was revealed that 90% of the pediatric fatalities that season were not vaccinated!



Public Health
Prevent. Promote. Protect

MENTOR PARTY!

Let's have some FUN!

It's FREE!

ALL Mentors & Mentees Welcome!

LUNCH

When:

Saturday

January 23rd, 2016

11:00am-12:00pm

Where:

Pizza Farm

(across the street from the Bowling Alley)

BOWLING

When:

Saturday

January 23rd, 2016

12:00pm – 4:00pm

Where:

Silver Strike Lanes

(Please meet us there!)



Please RSVP!!

Questions? Contact Betty at

Betty@tahoeyouth.org / (530) 694-9459

Don't
forget
SOCKS!

WINK'S SILVER STRIKE LANES

1281 Kimmerling Road #8, Gardnerville, NV 89460



Celebrating National Children's Dental Health Month

John Fisher, Executive Director ~ First 5 Alpine County

February is National Children's Dental Health Month, which is a good time to remind families about the importance of good oral health care early in life. Tooth decay is the number one childhood illness, but also the most preventable. Since dental health is an indicator of overall health, it's important to take care of our children's teeth and establish healthy habits early.

Pregnancy

Healthy teeth and gums start even before your baby is born.

- Babies' teeth begin to develop between the third and sixth months of pregnancy, making it important for pregnant mothers to take care of their teeth and bodies with a well-balanced diet and good brushing habits.
- Hormonal shifts during pregnancy can wreak havoc on a mother's mouth and cause pregnancy gingivitis, which results in red and swollen gums that can bleed easily.
- Research suggests a link between preterm, low-birth weight babies, and gingivitis, so see your dentist for regular checkups to ensure a healthy mom and baby.

Good Habits Start Early

Establishing healthy habits early leads to a lifetime of healthy teeth and bodies.

- You can start taking care of your baby's mouth within the first days after birth by regularly wiping their gums with a wet cloth.
- Once those teeth begin to appear (typically around 6 months), you can begin to brush them with a soft-bristled brush and water.
- Make sure to brush your toddler's teeth twice a day using a small drop of toothpaste. When they have at least two teeth that touch, you can start to floss.
- And visit your dentist for a checkup before your baby's first birthday.



Stay Away from Sweets

Sugary beverages can harm teeth and possibly lead to a lifetime of health issues.

- Tooth decay can impact a child's overall quality of life, inhibit their cognitive and social development, and compromise their growth, function, and self-esteem
- Even baby teeth are susceptible to cavities. Maintaining healthy baby teeth is important for children to be able to chew their food and develop language skills.
- To avoid "baby bottle mouth," avoid putting anything other than breast milk, formula, or milk in their bottles and do not put them down to sleep with a bottle.
- Children who drink sugary beverages, like soda, have nearly double the risk of tooth decay and an increased risk of obesity and diabetes. So help them stay away from sugary beverages and drink milk and water instead.

Make Brushing Fun

In order to encourage daily brushing habits, make brushing fun for your kids.

- Make your own toothpaste with a little bit of baking soda and water. Or have them pick out a flavored one they like.
- Have them brush their teddy bear's teeth so they see the toothbrush as a fun toy to use every day.
- Try singing a song to the tune of "Row, Row, Row Your Boat." Brush, brush, brush your teeth, get them nice and clean...

About First 5 Alpine

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life.

Restoration Begins on the East Fork of the Carson River

By Shane Fryer, *Alpine Watershed Group*



The Alpine Watershed Group (AWG) in partnership with Humboldt -Toiyabe National Forest, Bureau of Land Management and Alpine County has begun stream bank stabilizations and restoration efforts along the East Fork of the Carson River. All eight sites in the East Carson River Restoration Project area are located within the Highway 4 corridor. This project fulfills a portion of the East Carson River Strategy, which was developed by the Carson Ranger District of the Humboldt-Toiyabe National Forest (USFS) in 2007. Work on the East Carson River is being funded through grants from California State Parks' Off-Highway Motor Vehicle Recreation program and the Sagebrush Chapter of Trout Unlimited.



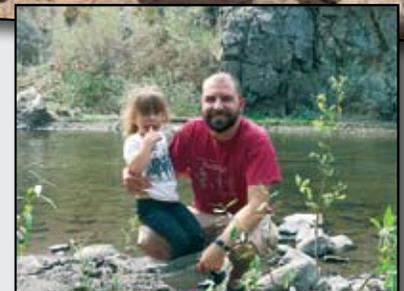
The purpose of the restoration project is to improve riparian habitat along degraded sections of the East Carson River, which have incurred impacts from years of vehicle encroachment. Riparian or stream-side vegetation provides shade and helps to keep the river cool. Cold water is vital to a healthy fishery. Lush riparian vegetation also inhibits erosion, while helping trap silt and sediment. Finally riparian vegetation provides needed habitat for wildlife including birds, fish and some mammals. The overall project goal is to improve the sustainability of vehicle use and recreation within the eight identified sites, while improving the condition of riparian habitat and the quality of the East Carson River's water.



In October 2015 restoration work began on two East Carson River sites with support from the California Conservation Core. The first site was Curtz Mill Flat, which is located downstream of the Highway 89 turnoff to Monitor Pass. This location is the historic site of the now removed Curtz Mill. Silver ore was once crushed here into a fine powder, and shipped out to be smelted. The site is currently popular with both fly fishermen and campers alike. For the restoration, native willow and cottonwoods were planted along the river bank, while boulders were placed around the large landing to keep vehicles within designated areas. A short length of double track path was blocked with rocks to keep vehicles from directly entering the river.

The second restoration site is approximately a mile below Curtz Mill Flat. The site was formerly a stream crossing for a prior mining claim on USFS land. The double track was a non-designated road and in poor condition. This restoration site will be the only location to undergo a complete road-to-trail conversion. Like the Curtz Mill Flat site, the restoration involved native willow and cottonwood planting, along with boulder placement to keep vehicles out of the river. A new trail and camping area was developed to allow for tent setup and fishing access.

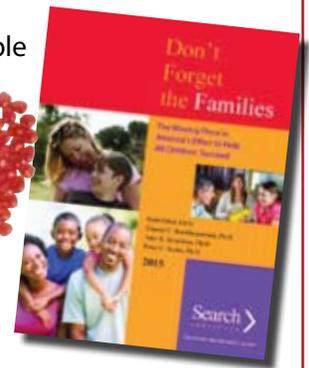
The project will involve work on three other sites this spring. Similar restoration techniques will be used at these sites. This is an important project that will benefit Alpine County residents and visitors alike. Restorations will increase habitat for fish and improve the sustainability of motorized use, while furthering the protection of this state-designated Wild and Scenic River. If you would like more information about the project or are interested in becoming a partner, please contact Shane Fryer at awg.shane@gmail.com, or visit AWG's website: www.alpinewatershedgroup.org.



Search Institute recently released results of a parental involvement study entitled, "Don't Forget the Families". They surveyed 1,085 families of children 3-13 years old from a variety of households. In this document they make a case for strengthening family relationships as a strategy for helping children succeed academically and in life. They show an association between families who provide developmental relationships with their children to their children's academic and life success.

Search Institute shares the areas in which to focus to create close connections with young people to help them develop the character strengths needed for success in life.

1. **EXPRESS CARE:** Show that you like me and want the best for me
2. **CHALLENGE GROWTH:** Insist that I try to continually improve
3. **PROVIDE SUPPORT:** Help me complete tasks and achieve goals
4. **SHARE POWER:** Hear my voice and let me share in making decisions
5. **EXPAND POSSIBILITIES:** Expand my horizons and connect me to opportunities



The report showed that families from all backgrounds showed support across race, ethnicity, education, household income, immigration status, sexual orientation, and community size.

However, supports were given less to older children and boys, by parenting adults who were stepparents and by families that were struggling financially.

Take a look at the research summary on www.search-institute.org to see descriptions of each of the five supportive behaviors: express care, challenge growth, provide support, share power, and expand possibilities.

And to get ideas on what types of activities to do to support each area, check out "*Bringing Developmental Relationships Home: Tips & Relationship Builders for Families.*"

Our agency is well acquainted with Dr. Gerald Newmark's "Five Critical Emotional Needs" and feel it pairs nicely with Search Institute's findings and suggestions for strengthening relationship. Take a look at a few of our posts on Raising Emotionally Healthy Children at choices4children.blogspot.com.



Thursday, January 28th – Alpine Children's Center's Alpine Kids Board Meeting 5:00pm

Sunday, February 7th – Hunan's dinner at 4:30pm, Swim Center 6-8pm (RSVP by January 25)

Saturday, March 5th – Monster Truck Show (RSVP is already closed for this event)

Thursday, April 7th – Rainbow Awards Dinner at Turtle Rock Park 6pm. Open to all community members.



Contact Edie Veatch
alpinekids@live.com
(530) 694-2934



Thank you for your Generosity!

The Alpine County Child Abuse Council and Alpine County Health & Human Services Department thank all the community members and businesses who donated to the 2015 Holiday Food Drive.

With generous gifts of new, unwrapped family games, books and paper bags, as well as monetary contributions ranging from \$10 to \$300, we were able to provide a full holiday meal and family games to a total of 282 persons this year, which included 96 children.

Remember to join your Diamond Valley student for

Lunch on Wednesdays from 11:30-12:20

Call Lisa Allen for details or transportation 694-1319



Alpine Threads Editorial Board

First 5 Alpine

100 Foothill Rd.
PH: 530-830-2845
www.first5alpine.com

Alpine County Health and Human Services

75 B Diamond Valley Rd.
PH: 530-694-2146
FAX: 530-694-2252

The Learning Center and Local Child Care Planning Council

100 Foothill Rd.
PH: 530-694-1148

Website Links

- www.alpinecountyca.gov/calendar
- www.first5alpine.com
- www.alpinecounty.com

ATTENTION LOCAL ORGANIZATIONS & AGENCIES!

If you'd like to share your website link send it to Gina at gina@originalmatteoni.com and we'll add it to our new column.

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Disclaimer: This wellness-focused publication is not intended to provide timely news and/or personal, political or discriminatory statements. Alpine Threads Editorial Board reviews all content.



ALPINE THREADS

75 B Diamond Valley Rd.
Markleeville, CA 96120
Phone: (530) 694-2146

Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

This Simple Cooking with Heart Latin recipe features fruits and veggies as well as a variety of flavorful spices served with whole-grain corn tortillas.

441 Calories • 419 mg Sodium • \$4.92 Per Serving

~ Turkey Picadillo ~

- 1 lb. ground turkey
- 1 Tbsp. olive oil
- 2 medium onions
- 1/2 cup seedless raisins, soaked in water
- 2 small unpeeled apples
- 1 can pickled jalapeño pepper
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground cumin
- 1/4 tsp. ground cloves
- 10 pimento olives, left whole
- 1/4 small cabbage, about 2 cups
- 1 tomato, cut into half-inch dice
- 1/2 small canned, no-salt-added, or, low-sodium, diced tomatoes
- 4 Tbsp. fresh cilantro
- 2 oz. low-fat, shredded jack cheese, about 1/2 cup
- 8 corn tortillas, warmed on grill, in oven or in microwave
- 1/2 cup almonds

Preparation

1. Sauté the ground turkey in a skillet on medium heat until brown, drain the fat and discard.
2. Add the olive oil to the same skillet then add soaked raisins, cut apples, finely chopped pickled jalapeño pepper, cinnamon, cumin, cloves, olives, half of the chopped onions, and if using, chopped almonds.
3. Reduce heat to low, cover and cook for 25 minutes, then remove from heat.
4. While the picadillo is cooking, put the other half of the chopped onion in a small bowl or cup to use as garnish for your tacos
5. Cut up the tomato and put it in another small bowl.
6. Put the chopped cabbage, cilantro and shredded cheese into individual bowls.
7. When the picadillo is ready, transfer it to a serving bowl.
8. Serve with warm tortillas. You can use fresh or frozen corn tortillas, wrapping them in a kitchen towel and microwaving them or heating them one at a time on a dry skillet.
9. Keep tortillas warm and soft by wrapping them in a kitchen towel and taking them out one at a time as needed.
10. Let everyone build their own tacos by adding the tomato, cabbage, cilantro, cheese and onion.



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For more recipes, borrow SNAP-Ed cookbooks from the Library & the Woodfords Indian Education Center.



Alpine Threads is brought to you by Alpine County Tobacco Control, a Prop 99 funded program.

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