



ALPINE THREADS



Community and Family Life in the California Alps

Summer 2016

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Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.



TOBACCO-FREE IN ALPINE COUNTY

Alpine County Tobacco Control is working with groups around our beautiful area to support tobacco-free event planning. Groups and organizations that bring people together for community activities or fundraisers can update their policies to include a commitment to tobacco-free events. While groups that receive direct or indirect public funding and serve children and families are required by County Ordinance 657-04 to adopt a smoke-free policy (which includes electronic smoking), anyone can go further and declare their event completely TOBACCO-FREE.

Tobacco-Free Events are:

- ✓ **CLEANER** – no cigarette butt waste or chew spit.
- ✓ **COST LESS** – less litter means less clean up time and expense.
- ✓ **SAFER** – no exposure to secondhand smoke or aerosol from electronic smoking devices, both contain carcinogens. There is no safe level of exposure to secondhand smoke – even outside.

The Alpine County Tobacco Control Program recently conducted a survey about outdoor secondhand smoke with people in Markleeville, Woodfords, Bear Valley and Kirkwood. The results showed strong support for tobacco-free policies:



Thought secondhand smoke OUTDOORS was harmful to nonsmokers
(15% did not, 7% don't know)



Thought outdoor public events (festivals, street fairs, etc) should be smoke-free
(22% did not)



Were more likely to visit outdoor public places that do not allow smoking
(7% less likely, 32% neutral)

Congratulations to the Kirkwood Meadows Public Utility District Summer Festival, the Bear Valley Music Festival, and the Alpine County Friends of the Library for adopting and promoting tobacco-free policies.

For help with tobacco-free policies, contact the Alpine County Public Health Department's Tobacco Control Program at (530) 694-2146.

10 Tips to Grow a Healthy Eater

- 1 Be a good role model** Start early– the younger children are the more benefits they receive from have a role model who has healthy eating habits. Eat plenty of fruits, vegetables, whole grains & legumes and limit “junk” foods and added sugars. For more information on healthy eating visit www.choosemyplate.gov
- 2 Plan meals & shop together** Create a weekly meal plan, whether you shop in one trip or many. Having a plan for the week will ensure your family eats well, especially through evening commitments. Involve your children in the meal planning and shopping process so they learn healthy meal planning and shopping skills.
- 3 Cook together** Cooking meals gives you more control over what you eat in addition to offering an endless variety of healthy meal options. Teaching your children how to cook will give them a skill that will serve them well in life as they will be able to create an endless variety of healthy meals for themselves.
- 4 Offer the same foods to everyone & offer a variety** Avoid the time trap of becoming a short order cook. Children need to be exposed to new foods multiple times. Offer a variety of new foods in different ways over time and be patient. With time and exposure they will naturally learn to enjoy a larger variety of healthy foods.
- 5 Serve half the plate with fruits & vegetables at each meal** Nutrition experts currently recommend eating 5-9 servings of fruits & vegetables a day and only 1 in 10 American meets the minimum recommendation. Fruits & vegetables contain many plant nutrients that have powerful positive health benefits in addition to being rich in vitamins, minerals & fiber and being low in calories.
- 6 Trust your child’s hunger signals** Keeping a healthy weight is about calorie balance & our bodies have a natural ability to self regulate. Don’t interfere with your child’s innate hunger signals by limiting how much they eat. Plan regular meals and snacks but if your child is still hungry, offer them a healthy snack and trust their body’s signals.
- 7 Keep fresh fruits & vegetables in reach** Children generally choose foods that are familiar, easily available and ready to be eaten. Encourage your child to eat more fruits & vegetables by making them just as convenient as sugary snacks. Keep ready to eat fruits on the table or counter as well as ready to eat fruits & veggies in the fridge.
- 8 Focus on water** Sugar sweetened beverages are full of empty calories with no nutrition benefits. To help your children get the nutrients they need through healthy foods- focus on offering water as a beverage. Juice should be limited to 6 ounces a day since whole fruits and smoothies are a better source of the plant nutrients than juice.
- 9 Increase physical activity & decrease screen time** Be sure to balance structured physical activities with plenty of unstructured time outside that will naturally lead to physical play & offer more free play opportunities which children need to learn. Decreasing screen time will provide opportunities for children to engage in free play.
- 10 Reward with positive attention, not food** Avoid providing food as a reward or holding food back as a punishment. Keep food and love separate to avoid associating food with something other than nourishment and meeting a physical need.

<h2>10 Tips To Grow a Healthy Eater</h2>	<p>Be a good role model</p> 	<p>Plan meals & shop together</p> 	<p>Cook together</p> 
<p>Offer the same foods to everyone & offer a variety</p> 	<p>Serve half the plate with fruits & vegetables at each meal</p> 	<p>Trust your child's hunger signals</p> 	<p>Keep fresh fruits & vegetables in reach</p> 
<p>Focus on water</p> 	<p>Increase physical activity & decrease screen time</p> 	<p>Reward with positive attention, not food</p> 	<p>Have a nutrition question? Call our office 877-694-2129</p> <p>Choices for Children </p>



Live Healthy!
 ALPINE COUNTY Health & Wellness COALITION

Follow the Coalition and our Partners on Facebook:

- Alpine County Health & Wellness Coalition
- Choices for Children Alpine County
- First 5 Alpine
- Tahoe Youth & Family Services
- Alpine Trails Association
- Alpine Watershed Group
- Live Violence Free
- Alpine Kids
- Alpine County Public Health
- Alpine County Behavioral Health Services



CELEBRATE THE FALL COLORS AND THE SOURCE OF YOUR WATERS - FROM TREES TO TAP

Alpine Aspen Festival
 Alpine Watershed Group & Friends of Hope Valley

OCTOBER 8TH & 9TH 2016 - 10AM-4PM
 AT BLUE LAKES ROAD IN HOPE VALLEY, CA

FLY FISHING • HORSEBACK RIDING • PHOTOGRAPHY TOUR
 ASPENS • MINING HISTORY HIKE • PAINTING CLASSES

FREE ADMISSION! FREE LIVE MUSIC! FAMILY & DOG FRIENDLY!

VISIT BEAUTIFUL ALPINE COUNTY!
 RESERVE YOUR ADVENTURE TODAY
www.AspenFest.org

SPONSORED BY: River Wranglers, Sorensen's Resort, Carson Water Subconservancy District, Alpine County Chamber of Commerce, US Forest Service & Lahontan Regional Water Quality Control Board



TIPS FOR SUMMERTIME SAVINGS

Is your summer spending soaring as fast as the summer heat? Here are some great summer savings tips to help cool down costs and increase summer fun!

Save your loose change. Setting aside just fifty cents a day over the course of a year will allow savings on nearly 40% of a \$500 emergency fund.

Bring your lunch to work. You can enjoy your lunch outdoors and get some sunshine and happiness on a budget. If you love going to lunch with coworkers, plan for cost-sharing with coworkers to ease higher restaurant costs.

Shop for groceries with a list and stick to it. Consumers who grocery shop save money by buying only what is needed on the list and staying away from extra items.

Summers are great for free entertainment. Use local newspapers, Chamber of Commerce websites and other local websites to learn about film showings, sporting events, low-cost parks and music festivals that you and your family can enjoy on a budget. Local parks and recreation areas sometimes offer free music and movies in the park; you can even bring your own picnic items!

Borrow books from friends of family members. Summertime is a great time for children to read and visiting a library to borrow books can save hundreds of dollars a year. Reading is a great summer activity for all ages that is convenient and free!

Check for travel discounts. Sign up for airline points and research discount websites that offer summer discounted travel. Check out carriers like Southwest and Jet Blue that can possibly save you hundreds of dollars on your summer travel plans.



For more financial tips and tools, job search assistance, career and education planning, computer workshops and more visit us:

Alpine Connections Career Center
75-A Diamond Valley Road, Markleeville, CA 96120
530-694-2235 Ext. 227
rlync@alpinecountyca.gov



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!





Family Fun in the Sun

Keeping your Kids Safe This Summer

John Fisher, Executive Director ~ First 5 Alpine County

Summer is a great opportunity for families to spend quality time together. Whether it's playing in the park, hiking or building sandcastles on the beach, summer days can create memories that last a lifetime. But the hot season can also put young children at greater risk of injury.

To help parents protect their children from potential dangers, First 5 Alpine reminds parents and caregivers to always supervise young children and offers the following summer safety tips.

Be sun smart

A young child's skin is sensitive to the bright summer sun so be sure to avoid sunburns.

- Apply sunscreen with at least 30 SPF (sun protection factor) on your child's skin 15 minutes before going outside and apply again every two hours - especially right after your child has been in water or is sweating.
- Encourage children to play in the shade as much as possible, especially during peak sun hours between 10 a.m. and 4 p.m.
- Make sure your child wears lightweight clothing, a wide-brimmed hat and sunglasses that offer 100 percent UV (ultraviolet) protection.
- Keep babies younger than 6 months of age out of direct sunlight.

Watch out for water dangers

According to the Centers for Disease Control and Prevention, drowning is the second leading cause of death for children. As a parent, be water wise.

- Swim with your child in calm water without waves, and always know where the nearest lifeguard is before getting in the water.
- Don't completely rely on flotation devices like life vests or floating baby seats to keep children safe; they can shift position, lose air or slip out from under a child.
- Never leave children unattended near water as kids can drown in just a few seconds, even if they know how to swim. Remember to supervise your child near bathtubs, toilets and buckets of water, too.



Survey the playground

Kids love playing on swings and slides, but parents should first look for potential safety hazards.

- Playground equipment often warms up in the sun and can burn a child's skin. Before your child plays, touch the metal bars and surfaces to make sure they aren't too hot.
- Check playground equipment for rusted parts and loose splinters. These hazards could pinch your child's skin.
- Be careful on slides. Make sure your child holds the slide's rails when climbing the ladder or sitting at the top. Also look for split or cracked plastic that could break if your child sits on it.

Banish the bugs

Insects can be really annoying, their bite can be painful and even dangerous sometimes. Parents can help protect their child by using insect repellants.

- Only use products that are approved for children; follow the instructions carefully and wash off the repellent once your child is back inside.
- Avoid using scented soaps or lotions on your child because perfumes can attract insects.
- Dress your child in light-colored clothing - it doesn't tend to attract bugs.



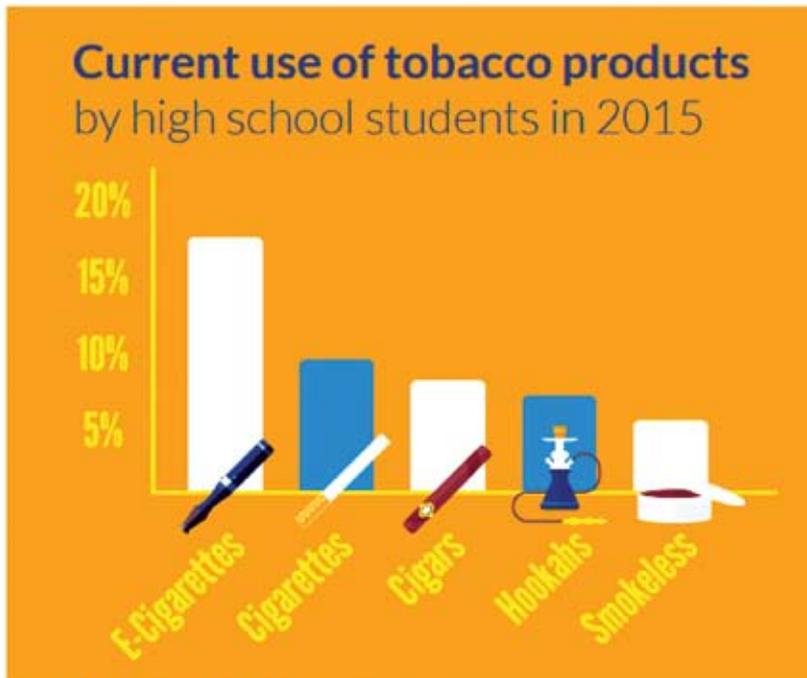
First 5 Alpine encourages all parents and caregivers to learn about local resources that can help their young children. For more information, please call 530.694.1149 visit www.first5alpine.com.

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.

Cigarette smoking overall among adults in the U.S. is down. But, youth smoking of e-cigarettes, cigars and hookah is up.

It is no surprise that all of these products feature enticing flavors that are banned for use in cigarettes.



What can communities do reduce youth use?

Limit or restrict sales of flavored tobacco

Increase the price of tobacco products

Adopt comprehensive smoke-free laws

Raise the minimum age of purchase to 21 years *

** As California has done as of June 9, 2016!*

YOUTH USE OF TOBACCO IN ANY FORM IS UNSAFE. *Tobacco use is not safe. Period.*
bit.ly/YouthTobaccoUse

Alpine County Tobacco Control Program, Prop 99 funded.
Need help quitting? California Smokers' Helpline
1-800-NO-BUTTS



Source: National Youth Tobacco Survey 2011-2015
Source: CDC Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion

FRIENDLY REMINDER:

Our local Health Clinic is open Mondays & Wednesdays from 8am-5pm
(closed for lunch 12-1)

Same day appointments often available, please call to schedule.

For Appointments / Billing questions or concerns please call 530-694-2146.

**Another helpful hint – Know your coverage. If you don't know your coverage, call your case worker or insurance company.*



BE PREPARED FOR WILDFIRE

Evacuation Tips

REMEMBER THE SIX "P'S"

KEEP THESE SIX P'S READY IN CASE IMMEDIATE EVACUATION IS REQUIRED:

- People and pets
- Papers, phone numbers & important documents
- Prescriptions, vitamins and eyeglasses
- Pictures and irreplaceable memorabilia
- Personal computer hard drive and disks
- "Plastic" (credit cards, ATM cards) and cash

For more information visit www.readyforwildfire.org

17th Annual

Markleeville Creek Day

Saturday, September 10th, 2016



Join the Alpine Watershed Group for our annual stream restoration work day!

Projects include stream bank stabilization, willow planting, invasive weed removal, storm drain stenciling, and more. Participants are invited to a celebration at the end of the day.

For more information, contact Hannah Drummond: awg.hannahd@gmail.com or call (530) 694-2327

Visit our website at alpinewatershedgroup.org



Suicide Prevention Network

When it hurts to live, it helps to talk.

Consider joining us in a group setting as you will find help, hope, comfort, understanding, support, in a confidential environment with others who are walking the same journey.

We offer...

Suicide Loss Support Groups (1st Thur./Month)
Teen Support/Advocacy Groups (1st & 3rd Wed./Month)

All groups are free

Transportation is available

CALL

Douglas office: 775-783-1510

Alpine Office: 530-694-1816

24 Hour Crisis Line: 800-318-8212

Suicide Prevention Hotline: 800-273-TALK

Email: alisa@spnawareness.org

**If you or someone you know is in immediate danger
Please call 911 NOW**

Depression is Treatable. Suicide is Preventable.



☀️ TYFS SUMMER GROUP ☀️ GETS UNDERWAY IN JULY!

Life Skills Group - An Evidence Based Curriculum Designed to Promote Positive Youth Development.

- ☀️ **Helps Kids to Resist Drugs and Alcohol Abuse**
- ☀️ **Personal Self Management Skills**
 - Problem Solving Skills • Reduce Stress & Anxiety • Anger Managing Skills
- ☀️ **General Social Skills**
 - Communication • Overcome Shyness

UPCOMING SUMMER SCHEDULE 2016

July 26th Grover Hot Springs Hike and Art Activity 1pm-4pm

August 2nd Beach Day, Lunch provided 11am-4pm

August 9th Create Plant Terrarium at the Learning Center 1pm-4pm

August 16th Beach Day, Lunch Provided 11am-4pm



RIDES AVAILABLE

Contact Betty for more information (530) 694-9459



Alpine Threads Editorial Board

First 5 Alpine

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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 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!

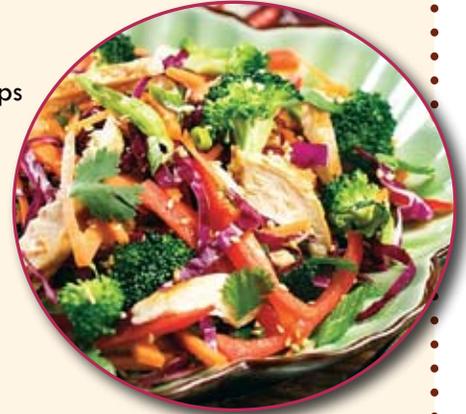
Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Makes 4, 1 cup servings. Prep time: 20 minutes

Ingredients

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- 1/2 cup fat free Asian or sesame salad dressing
- 1/4 cup 100% orange juice
- 1/4 cup chopped fresh cilantro



Preparation

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Nutrition information per serving: Calories 184, Carbohydrate 13g, Dietary Fiber 4g, Protein 22g, Total Fat 5g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 55mg, Sodium 456mg

For more recipes and other information, please contact

Amanda Hoover at Community Service Solutions, a partnership with Alpine County SNAP-Ed (530) 495-2700 or aahover@csssolutions.org



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