



ALPINE THREADS



Community and Family Life in the California Alps

Winter 2018

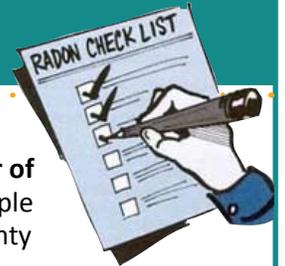
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*Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.*
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January is Radon Awareness Month



Carbon monoxide poisoning received attention this year in news media, but the toxic gas responsible for a large number of deaths is radon. January is Radon Awareness Month, and people can obtain radon test kits at **NO CHARGE** from the Alpine County Public Health Department in Woodfords.

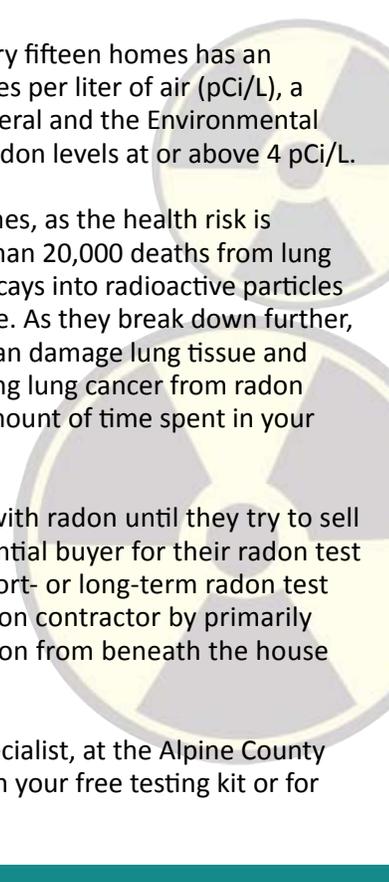
Radon is an odorless, colorless, radioactive gas. Radon is a naturally occurring radioactive gas released from rock, soil and water that can build up to dangerous levels inside homes, new or old, well-sealed or drafty. Radon gas enters most easily through common entry paths including earth floors, sump pump wells, floor drains, gaps in floors and around pipes, hollow concrete block walls or cracks in construction joints. Homes trap radon gas inside, especially during winter, where it can build up.

It is estimated that in Alpine County, one out of every fifteen homes has an elevated radon level. Radon is measured in picocuries per liter of air (pCi/L), a measurement of radioactivity. The U.S. surgeon general and the Environmental Protection Agency recommend fixing homes with radon levels at or above 4 pCi/L.

People should know the levels of radon in their homes, as the health risk is significant. It is estimated that radon causes more than 20,000 deaths from lung cancer in the United States each year. Radon gas decays into radioactive particles that can get trapped in your lungs when you breathe. As they break down further, these particles release small bursts of energy that can damage lung tissue and lead to lung cancer over a lifetime. Chances of getting lung cancer from radon depends on how much radon is in the home, the amount of time spent in your home and whether you are exposed to smoking.

Many homeowners do not know if they are living with radon until they try to sell their homes and are asked by an inspector or potential buyer for their radon test result. Testing is simple and inexpensive using a short- or long-term radon test kit. Homes that test high can be corrected by a radon contractor by primarily using a vent pipe system and a fan, which pulls radon from beneath the house and vents it outside.

Contact Dennis Lampson, Environmental Health Specialist, at the Alpine County Public Health Department at 530.694.2146 to obtain your free testing kit or for further information.





February is Teen Dating Violence Awareness Month: Wear Orange in Support of Healthy Youth Relationships!

Facts provided by a publication from the California Partnership to End Domestic Violence and presented to you by:

Live Violence Free

100 Foothill Road, Suite A
Markleeville, CA 96120

(530) 694 -1853

Call for more information and to learn more about how you can support healthy relationships for everyone!

.....
24-Hour Crisis Line:
(888) 750-6444
.....

Bullying

- Defined as: Verbal, physical, socially aggressive or unwanted behavior among young people when there is a perceived or real power imbalance.
- The Centers for Disease Control and Prevention found in a 2015 study that 16% reported some form of electronic bullying.
- 23% of 7th grade students experienced being made fun of for their looks or how they talk at least twice.

Similarities

- Students that were both bullied and bullied others were more likely than other students to experience physical and emotional adolescent dating abuse.
- The long and short-term consequences of bullying and adolescent dating abuse are similar, including both mental health and academic effects.
- Both increase the risk of depression, anxiety, and unhealthy behaviors for youth.
- Both have correlations to decreased achievement in school.

Adolescent Dating Abuse

- Defined as: Verbal, physical, emotional, sexual or technological conduct by a person to harm, threaten, intimidate or control a dating partner, regardless of whether that relationship is continuing or has concluded.
- According to the 2011-2013 California Healthy Kids Survey, 46% of 7th graders reported having a boyfriend or girlfriend and 8% of those students reported experiencing physical violence from their boyfriend or girlfriend.
- 1 in 4 adolescents experience dating abuse each year.

Want to Inspire? Become a Mentor!

Did you know...

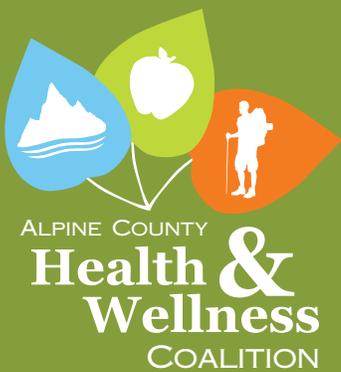
Only one hour a week can change a child's life forever!

Join our team of Mentors.

Training, support and group activities are provided. Local youth need you, help put a smile on a child's face.

Current trained Mentors can have lunch with their Mentees at Diamond Valley School.

For more information please call
Alpine Mentor Coordinator Betty Hathaway
(530) 694-9459



Our mission:

Building strong community partnerships promoting healthy living through outreach, advocacy and education.



The Family Bond Get Involved, Get Engaged!

Hannah Marzocco, Executive Director ~ First 5 Alpine County

A new year brings a new project to build community for parents and families.

First 5 Alpine, Live Violence Free, and the Early Learning Center have joined forces to offer a monthly fun, engaging learning opportunity for families in the community. The Family Bond project focuses on creating a gathering space for parents, caregivers, and providers to share experiences and learn how to be a more prepared and resilient parent or family leader as you are your child's first and most important teacher.

Beyond parenting strategies, the Family Bond adds a skill-building component to each session with the intention to provide self-care and cultural learning activities. These activities include cooking, cultural traditions, storytelling, art lessons, and tools to balance the busy life of adulthood and parenting with connection, creativity, and fun.

In fact, research by the University of Rochester confirms that people who more frequently engage in modes of self-expression and learning are more likely to have overall positive well-being and happiness. We are striving to increase our community wellbeing for both parents and children. The Family Bond offers a chance to get to know other parents, enjoy food, and come together to create a stronger village. As the African proverb says, "It takes a village to raise a child." We invite you to be part of our village for our children and for your wellbeing! The Family Bond begins on February 2nd at the Alpine Learning Center. Please call First 5 at 530-830-2845 for more information. Look forward to seeing you there!

Friendly Hello From First 5's New Executive Director



With the beginning of a new year, I am thrilled to begin a new chapter in my career as I fill the role as Executive Director for First 5 in our community. With my short time in Alpine thus far, what I've learned is that a small county can effect big change and it starts with all of us working together. I am amazed at our collaboration efforts and look forward to infusing current programs and services with further education and resources for parents and families with children 0-5.

At First 5, we know that child development starts in the prenatal stages. We are looking to enhance our prenatal education services and offer accessible ways to get informed and be ready for a new child. For the young ones already blossoming as infants and toddlers, we encourage parents to "talk, read, sing" every day to bond and build early learning skills. This simple practice proves to have positive lasting effects of children's ability to learn, grow, and thrive. Together, let's increase our activity and affection for our little ones as they adapt to the world around them.

First 5 is here for you; offering education, resources, and tools for expecting parents, families, and children. It is my goal to increase parent networks and bring innovative interventions so we can address what children most need to be happy and healthy (and smart!). I hope to get the opportunity to connect with everyone and am grateful to be serving your community. Feel free to visit, call, or email me for questions, ideas, or needs.

Respectfully,
Hannah Marzocco
100 Foothill Road, Room 3
530.830.2845
first5alpine@gmail.com



Like our new Facebook page @first5alpine

You are
inspiring
beautiful
courageous
amazing

National Compliment Day

What a wonderful way to brighten someone's day or to give credit for a job well done!

Give an extra compliment on National Compliment Day which is observed annually on January 24th.

A compliment has a powerful effect. It can instill confidence in a child, or validate someone's hard work. A compliment not only improves the receiver's mood, but it also says something about the giver. It tells them you noticed. Whether we recognize someone's achievement or their classic style, a compliment can go a long way.

To give a great compliment, first be sincere. People have a way of knowing when we are fake. If you don't mean it, it's worse than getting a thoughtless birthday gift.

Complimenting character versus a new haircut are different rewards. The first says you respect the person and the other tells them you paid attention. Sometimes the receiver needs to hear one or the other, or both.

Human beings like to be unique, original. Strive to compliment what makes a person stand out above the rest. Take the time to reflect on what you admire about the person.

How to Observe

Make sure to compliment someone and use #NationalComplimentDay to post on social media.

History

Kathy Chamberlin of Hopkinton, NH and Debby Hoffman of Concord, NH created National Compliment Day in 1998.

Compliments of National Day Calendar

Alpine County Public Health Department

WINTER SAFETY

BE PREPARED

1. **Build a Kit** <https://www.ready.gov/build-a-kit>
2. **Make a Plan** <https://www.ready.gov/make-a-plan>
3. **Be Informed** <https://www.ready.gov/be-informed>
4. **Get involved** <https://www.ready.gov/get-involved>

AVOID CARBON MONOXIDE POISONING

<https://www.cdc.gov/co/default.htm>

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe. (CDC website)

Sources:

- Furnaces, fireplaces and wood stoves
- Gas stoves
- Hot Water heaters (gas)
- Portable generators
- Gas and charcoal grills
- Automobiles/trucks
- Kerosene/portable heaters
- Chainsaws
- Pressure Washers and gas-powered tools

Common Symptoms:

- Headaches
- Dizziness
- Weakness
- Nausea/vomiting
- Chest pain
- Altered mental status

Remove self from area of exposure and seek immediate medical attention.

Place Carbon Monoxide Monitors on each level of a home and check functioning correctly when Smoke Detectors are checked monthly.



The Importance of Watershed Stewardship

By Julia Keane and Marina Vance, AWG AmeriCorps Members



In 2018, Alpine Watershed Group (AWG) is focusing on forging new and fostering current partnerships with community members and organizations to expand our outreach and education programs. AWG works to inspire students, professionals, and community members alike to share their love of Alpine County's natural resources through participation in watershed restoration projects and monitoring events.



Recently, AWG has partnered with Diamond Valley School's Advanced Learner Program. The Advanced Learner Program meets after school, once a month, and is open to all students who are interested. This year, AWG and DVS have partnered to create a program specifically focused on watershed stewardship and natural resources protection topics. Each month, AWG's Education and Outreach Coordinator, Julia Keane, will be presenting these topics through engaging educational presentations, hands-on learning activities, field trips, and more.

AWG has been working with the Woodfords Washoe community and the Washoe Environmental Protection Department (WEPD) to develop youth educational opportunities. Potential projects include watershed education presentations to the after-school program at Woodfords Indian Education Center and science-based activities run by WEPD staff on Earth Day.

AWG's renewed emphasis on education and outreach is thanks to the extra support provided through AmeriCorps. Twenty-eight AmeriCorps members are scattered throughout the Sierra Nevada for an 11-month service term restoring and monitoring impaired Sierra watersheds, educating and outreaching to Sierra residents and visitors on environmental issues, and recruiting and managing volunteers. Here in Alpine County, two Sierra Nevada AmeriCorps Partnership (SNAP) members are dedicating their time and passion for the environment towards the five headwaters of the Sierra.

One AmeriCorps member, Julia Keane, focuses on Education and Outreach in collaboration with a watershed education organization in the lower Carson River Watershed of Nevada. AWG is dedicated to fostering a relationship between the children of Alpine County and the watershed that surrounds them. The other AmeriCorps member, Marina Vance, focuses on the analytics of the acquired data through years of citizen science and continues to maintain the relationship between volunteers and AWG. Environmental education and citizen science go hand in hand as both strive to engage the public in understanding the natural world.



If you are an educator or youth program coordinator and would like to be involved or have input, please contact Julia Keane at awg.snap.ed@gmail.com or 530-694-2327. You can also visit our website at www.alpinewatershedgroup.org to learn more!

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!



TIPS FOR Weight Control



Change doesn't happen overnight. Focus on step-by-step changes. Two pounds is the most you should lose in one week without overdoing it.

Watch what you eat

- **Grocery shopping.** Eat before you go to the store. You will be less likely to buy more than you need. Also, make a list and stick to it. Shop in the fresh foods section of the store.
- **Cooking methods.** How you cook is just as important as what you cook. Broiling, baking, roasting and stewing are the best methods. Avoid frying.
- **Eat balanced meals.** Plan your meals to include a variety of foods, such as fruits, vegetables and whole grains. Limit the amount of fast foods and processed foods you eat.
- **Cut down on portions.** Reduce the amount of food you put on your plate. Use a smaller plate. Eat slowly, and stop eating when you are full.
- **Don't skip meals.** Eat breakfast every day. Your body needs fuel to help you through the day. Avoid high-calorie snacks like candy and ice cream.
- **Plan for difficult situations.** Eat a healthy snack before parties and other get-togethers. Avoid nibbling.

Rethink your drink

- **Limit alcohol.** It has plenty of calories and no nutrition.
- **Watch out for sugary drinks.** A 20 oz. soda is like eating 22 packs of sugar! Limit sodas, energy drinks and sports drinks. Fruit juice also has a lot of sugar. Eat whole fruit instead.
- **Drink more water.** Your body depends on water to work properly. Aim for at least 8 cups every day. Add a slice of fruit, cucumber or mint to give it flavor!

Exercise

- **10 minutes at a time.** Burn extra calories 10 minutes at a time. Aim for 30 minutes a day when you're ready. Be consistent and drink water.
- **Strength exercises really help.** Work out your major muscles, like your arms, legs and stomach. Canned foods can be used to do arm curls.



To learn more, contact California Health & Wellness at **1-877-658-0305** (for TTY, contact California Relay by dialing 711 and provide the 1-877-658-0305 number).

Every family has strengths, and every family faces challenges. When you are under stress- the car breaks down, you or your partner lose a job, a child's behavior is difficult, or even when the family is experiencing a positive change, such as moving to a new home- sometimes it takes a little extra help to get through the day.

Protective factors are strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and prevent child abuse and neglect. This tip sheet describes six key protective factors and some simple ways you can build these factors in your own family.

| Protective Factor and What it Means | What You Can Do to Build These Strengths |
|---|---|
| <p>Nurturing and Attachment: Our family shows how much we love each other.</p> | <ul style="list-style-type: none"> • Take a few minutes at the end of each day to connect with your children with a hug, a smile, a song, or a few minutes of listening and talking. • Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk to them about what you are doing, ask questions, or play simple car games- such as "I Spy" or "20 questions". |
| <p>Knowledge of Parenting and Child Development: I know parenting is part natural and part learned. I am always learning new things about raising children and what they can do at different ages.</p> | <ul style="list-style-type: none"> • Explore parenting questions with your family doctor, child's teacher, family, friends, or local family service agencies. • Subscribe to a magazine, website or online newsletter about child development, such as healthychildren.org • Take a local parenting class. • Sit and observe what your child can and cannot do. Choices for Children & First 5 Alpine can help you complete a developmental quiz to assess your child's development. • Share what you learn with anyone who cares for your child. |
| <p>Parental Resilience: I have courage during stress and the ability to bounce back from challenges.</p> | <ul style="list-style-type: none"> • Take quiet time to reenergize: take a bath, write, sing, laugh, play, drink a cup of tea. • Do some physical exercise: walk, stretch, do yoga, lift weights, dance. • Share your feelings with someone you trust. • Surround yourself with people who support you and make you feel good about yourself. |
| <p>Social Connections: I have friends, family, and neighbors who help out and provide emotional support.</p> | <ul style="list-style-type: none"> • Participate in neighborhood activities. Access our Alpine Family Events Calendar. • Join a play group or online support group of parents with children at similar ages. <i>Our local play group is each Wednesday at 12:00 pm at the Learning Center, 100 Foothill Rd.</i> |
| <p>Concrete Supports for Parents: Our family can meet our day-to-day needs, including housing, food, health care, education, and counseling. I know where to find help if I need it.</p> | <ul style="list-style-type: none"> • Make a list of people or places to call for support. • Pick up an Alpine Family Resource Guide available throughout the county. |
| <p>Social and Emotional Competence of Children: My children know they are loved, feel they belong, and are able to get along well with others.</p> | <ul style="list-style-type: none"> • Provide regular routines, especially for young children. Make sure everyone who cares for your child is aware of your routines around mealtimes, naps, and bedtime. • Talk with your children about how important feelings are. • Teach and encourage children to solve problems in age-appropriate ways. |

This tip sheet was originally created with information from experts in national organizations that work to prevent child maltreatment and promote well-being, including the Strengthening Families Initiatives. Some adaptations were made by Choices for Children by adding local resources. childwelfare.gov/preventing/promoting/parenting

Alpine Threads Editorial Board

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www.first5alpine.com

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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.alpinecountycal.gov/calendar
- www.first5alpine.com
- www.alpinecounty.com
- www.alpinewatershedgroup.org
- www.alpinebiomasscommittee.wordpress.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!

Hawaiian Turkey Sliders with Mango-Pineapple Salsa

Serves: 12

Salsa Ingredients

- 3/4 pound lean, ground turkey
- 1 ripe mango, peeled and diced
- 1 cup diced fresh (or canned in own juice) pineapple
- 1 small jalapeños, finely diced (optional)

- 3 tablespoons diced Bermuda or Vidalia onion
- 1 medium lime, juiced
- dash Sea salt
- freshly ground black pepper

Slider Ingredients

- 2 pounds ground turkey
- 1 clove garlic, peeled and crushed
- 3 tablespoons ketchup
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon gluten-free soy sauce
- 1 tablespoon dried cilantro
- 1 teaspoon onion powder
- 1/2 teaspoon dried oregano
- dash salt
- 1/4 teaspoon freshly ground black pepper
- 12 romaine or Bibb lettuce leaves
- 12 gluten-free rolls or whole-grain dinner rolls



Salsa Preparation

1. In medium, non-metallic bowl, stir together the mango, pineapple, jalapeños, onion, lime juice, salt, and pepper.
2. Cover and chill in the refrigerator until ready to use. (The salsa is best when made several hours to one day in advance.)

Salsa Preparation

1. In a large bowl, combine the turkey, garlic, ketchup, olive oil, soy sauce, cilantro, onion powder, oregano, salt, and pepper. Gently mix the ingredients until they are thoroughly combined.
2. Divide the mixture into 12 equal parts and shape each one into a ball that is slightly smaller than a tennis ball. Using the palm of your hand, gently flatten each into a patty.
3. Heat a grill or barbecue to medium-high heat. Grill the turkey sliders until cooked through, about 5 minutes per side.
4. Place one lettuce leaf on the bottom of each roll. Serve the sliders on the rolls, topped with a dollop of mango-pineapple salsa.

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



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