



ALPINE THREADS

Community and Family Life in the California Alps

Winter 2019

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Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.



Secondhand smoke can cause serious health problems in children.

- Studies show that older children whose parents smoke get sick more often. Their lungs grow less than children who do not breathe secondhand smoke, and they get more bronchitis and pneumonia.
- Wheezing and coughing are more common in children who breathe secondhand smoke.
- Secondhand smoke can trigger an asthma attack in a child. Children with asthma who are around secondhand smoke have more severe and frequent asthma attacks. A severe asthma attack can put a child's life in danger.
- Children whose parents smoke around them get more ear infections. They also have fluid in their ears more often and have more operations to put in ear tubes for drainage.



Creating a Smoke-Free Environment

The following tips may help keep your children from being exposed to secondhand smoke:

- ♥ **Set the example.** If you smoke, quit today! If your children see you smoking, they may want to try it, and they may grow up smoking as well. If there are cigarettes at home, children are more likely to experiment with smoking—the first step in becoming addicted.
- ♥ **Remove your children from places where smoking is allowed,** even if no one is smoking while you are there. Chemicals from smoke can be found on surfaces in rooms days after the smoking occurred.
- ♥ **Make your home smoke free.** Until you can quit, don't smoke inside your home and don't smoke anywhere near your children, even if you are outside. Don't put out any ashtrays. Remember, air flows throughout a house, so smoking in even one room allows smoke to go everywhere.
- ♥ **Make your car smoke free.** Until you can quit, don't smoke inside your car. Opening windows isn't enough to clear the air and can actually blow smoke back into the faces of passengers in the back seat.
- ♥ **Choose a babysitter who doesn't smoke.** Even if the babysitter smokes outside, your children are exposed. Consider changing babysitters to find a smoke-free environment for your children.
- ♥ **Encourage tobacco-free child care and schools.** Help your children's child care or school, including outdoor areas and teachers' lounges, become tobacco free. Get your children involved in the effort to make schools tobacco free!

Thank you for not smoking

Sierra Nevada Snowpack and the Effect on Alpine County Watersheds

By Shauna Langan, Alpine Watershed Group



The Carson River watershed provides the water for Alpine County residents in the Woodfords and Markleeville areas. It's easy to take for granted this high quality drinking water. There are some simple ways we can protect this valuable resource. For instance, we can conserve water by taking shorter showers and only doing full loads of laundry. But there are some things we have no control over. The amount of water and snow we receive depends on the climate. We have no immediate control over fluctuating weather and the amount of rain and snow we receive in a given year.

Snow is something everyone in Alpine County is used to. As residents well know, the amount of snow the mountains accumulate depends on the year, and the amount of snow can be highly variable from year to year. California's random periods of drought make the snowpack especially unpredictable. One-third of California's water comes from the Sierra Nevada mountains. In Alpine County, the Stanislaus, Mokelumne, and American Rivers headwaters on the Sierra Nevada's west side contribute to this water supply. As the Carson and Truckee Rivers lead into Nevada they are not supplying water to other parts of California. So the amount of snow in Alpine County is important to many other Californians! In areas such as Southern California the amount of rain they receive is not enough to support the population that lives there. Though rain contributes to water supply, rain is not a form of precipitation which stays around and can supply the amount of people in California all through the summer and fall.

Snow, however, is a form of precipitation that can significantly impact year-round water supply. In Alpine County, our drinking water is mainly based on groundwater which is replenished by snowmelt and rain. Snow also has an effect on the organisms that live in the soil. Snow insulates the soil keeping the organisms from feeling the effects of the ever-changing weather. They have an insulated blanket that keeps the soil moist which most organisms prefer to be able to survive.

When we have a low snow year, not only do we have less water to be able to melt and replenish the watersheds, we also have premature melt. Snow starts to melt when it is warmer, and when there is less snow on the mountain, there is a smaller chance of keeping the snow cold enough to keep from melting. On average years snow in the Sierra Nevada melts in late spring and summer, giving Californians the water they need when we have no rain in our Mediterranean climate.

California is well known for its natural disasters, like earthquakes, wildfires, and floods. In the past, these hazards were taken into consideration when buildings were built. When the snow starts to melt, there is a high chance of flooding in certain areas. Even if you do not live in a designated flood zone, there can be a potential for flooding. Around the streams in the Carson River watershed there are areas that flood from the amount of snow melting or the amount of falling rain. Flooding can cause many issues with stream bank stabilization and impact habitats.

We may not have much control over the water cycle, but it is important to understand our water system and how watersheds work. You might not see the immediate impacts of your conservation and stewardship efforts. But never doubt that what you do to improve your watershed positively impacts the resources that we need for survival.

For more information visit these websites or contact Shauna at awg.snap.ed@gmail.com

"National Snow and Ice Data Center." Animals and Frozen Ground | National Snow and Ice Data Center, 2019, nsidc.org/cryosphere/snow/climate.html

"Snowmelt - The Water Cycle." Adhesion and Cohesion Water Properties, USGS Water Science School, 15 Dec. 2016, water.usgs.gov/edu/watercyclesnowmelt.html

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).

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FEBRUARY
is national
Teen Dating
Violence
Awareness
and
Prevention
Month
.....



Look out for the awareness color orange this month, as Live Violence Free will be reaching out to youth and young adults to raise awareness about this important topic.

Teen dating violence is a pattern of behavior in which one person uses intimidation, uses threats of or actual physical, emotional, or sexual violence in order to maintain power and control over his or her partner. Different types of abuse include physical, verbal, sexual, digital, and stalking.

Some statistics from breakthecycle.org:

- More than half of women (69.5%) and men (53.6%) who have been physically or sexually abused, or stalked by a dating partner, first experienced abuse between the ages of 11-24.
- For high school students, 1 in 3 of them experience physical or sexual violence or both from a dating partner.

Signs and symptoms:

Things to look for in a relationship that could be considered red flags can range from extreme jealousy such as controlling their behavior or violating their privacy, to more aggressive behaviors such as breaking or throwing possessions or physical violence.

How you can help:

If you or someone you know are concerned about a possible abusive relationship, it is important to listen to them and share resources about healthy relationships. Reassure them that they are worthy of respect and that any abuse they are experiencing is not their fault. For resources, questions, or someone to talk to, Live Violence Free is located at 100 Foothill Rd. and offers a **24/7 crisis hotline** at **(888) 750-6444**.



Alpine County Health and Human Services and the Health and Wellness Coalition invites you to:

Share your thoughts on the health needs of our community & enter for a chance to win a gift card!

Take the survey online at
tinyurl.com/HealthyAlpine

Working together for a
HEALTHY ALPINE

If you need computer/internet access, you can complete the survey at a county library or the OneStop Career Center.

For a hard copy of the survey, please contact:
vlua@resourcedevelopment.net

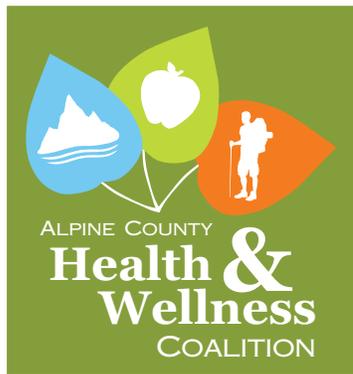
or
510-488-4345 x 117





LIVE HEALTHY!

Please join us at the monthly meeting the
3rd Thursday of every month
11:30am - 1:00pm at the
Early Learning Center



For more information please call

Alpine County Public Health
(530) 694-2146

Alpine County Behavioral Health
(530) 694-1816

The official coalition of the:

Alpine County Public Health Tobacco
Control and Nutrition Programs

Alpine County Behavioral Health
Substance Abuse Prevention Program

WHAT IS A COALITION?

A coalition is a group of people who join together for a common cause.

The Health & Wellness Coalition is committed to building strong community partnerships promoting healthy living.

WHO ARE WE?

Alpine County Health & Wellness Coalition

This coalition is made up of:

- Community-based organizations
- Alpine County departments
- Resident representatives
- Service agencies

WHY ARE WE WORKING TOGETHER?

Because we have a vision that Alpine County is a Healthy Community!

HOW WILL WE HELP THIS VISION COME TRUE?

Education – sharing information through presentations to community groups and newsletters like Alpine Threads

Outreach – being involved and active through participation in community events

Advocacy – supporting causes and policies that help people live healthier lives

WHEN DOES THE COALITION WORK TOGETHER?

Every time we can promote opportunities for healthy living! Each of our partners helps our community in unique ways. The Coalition meets monthly to discuss and plan ways to help us all work together, especially in our focus areas.

WHERE WILL I SEE THE COALITION IN ACTION?

All over Alpine County! Look for our logo to know that people are working together for a healthier community.

Influenza Activity Has Increased Significantly

Each year seasonal flu places a significant burden on the health of people in the United States. According to new data released by Centers for Disease Control and Prevention (CDC), during the 2018-2019 season (through January 5, 2019):

- between about 6 and 7 million people have been sick with flu,
- up to half of those people have sought medical care for their illness,
- and between 69,000 and 84,000 people have been hospitalized from flu.
- there have been 16 influenza-associated deaths among children so far
- flu activity is elevated and widespread throughout California and northern Nevada
- it is expected that flu activity will remain elevated for at least a few more weeks, but it is too early to predict when the peak will occur.

The most common circulating flu virus so far is Type A H1N1, which fortunately tends to cause milder disease than the Type A H3N2 strain which circulated last year. It is estimated that the current vaccine will prove to be approximately 60% effective against this strain, which is similar to the H1N1 strain from last year.

CDC continues to recommend flu vaccination for all people 6 months and older as the best way to reduce the risk of flu and its potentially serious complications, including death in children. People who are very sick or who are at high risk of serious flu complications and get flu symptoms should see a health care provider early in their illness for possible treatment with a flu antiviral drug in order to reduce severe outcomes of influenza.

Each year most influenza deaths occur among people who had no evidence of having received an annual influenza vaccine. It's not too late - call 530-694-2146 to get your vaccine!



Public Health
Prevent. Promote. Protect.

Valentine's Day Story Time at the Library!

Saturday, February 9th at 10:30am at the Markleeville Library!

We'll be reading a Valentine's Day story, doing a Valentine's Day inspired craft and of course, snacking on a special Valentine's treat! All ages are welcome so mark it on your calendars. You won't want to miss it!

Patron Display Nevada Gourd Society

Not your typical gourd décor! Come see this amazing collection of gourd artistry including baskets, animals, and jewelry! On display through March 2nd, 2019.

Alpine Sandbox

With volunteer instructor Melissa Green. Bring your (iPhone, Mac and all things Apple) questions and curiosity! Drop in basis-everyone welcome.

All workshops are from 9:00-11:00

**Saturday, Feb 9th | Saturday, March 9th
Saturday, April 6th**

Spanish Club

An informal, conversational way to improve your Spanish speaking skills. Meets Wednesdays at noon. Call the Library for more information 530-694-2120.

FREE FOOD DAY

New partnership with Live Violence Free LVF will be at the Markleeville Library every 4th Wednesday of the month (1:30-3:30) to distribute delicious fresh (and frozen) foods, as well as canned and dry goods.

Available to everyone!

Ongoing Programs

Book Club | Meets last Thursday of the month at noon
Music in the Library | Every Friday at 3pm
Free Food Day | Every 4th Wednesday from 1:30-3:30pm
Spanish Club | Wednesdays at noon

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 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
- www.alpinewatershedgroup.org
- www.alpinebiomasscommittee.wordpress.com
- www.spnawareness.org/

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!

Sweet Potato Apple Pie

~ Serves 8 ~

Ingredients

CRUST

- Nonstick cooking spray
- 1 tablespoon cold water
- 1 cup Whole wheat flour
- ½ teaspoon Salt (*Feel free to use less*)
- ¼ cup Vegetable oil
- 2 tablespoons cold, nonfat milk

FILLING

- 2 cups Sweet Potatoes (*about 3 to 4 medium sweet potatoes*), cooked with skin
- 1 ¾ cups Apples cored, with skin, chopped
- 4 Egg whites
- 2 tablespoons Nonfat milk
- ½ teaspoon Vanilla Extract
- 3 tablespoons Brown Sugar (*feel free to use less*)
- ½ teaspoon Ground cinnamon
- 1/8 teaspoon Ground nutmeg
- 1/8 teaspoon Ground allspice



Directions

1. Preheat oven to 375°F. Lightly spray an 8-inch pie dish with nonstick cooking spray.
2. Make several holes in each sweet potato with a fork. Place sweet potatoes in a microwave safe container and cover. Heat in microwave on high for 8 minutes or until sweet potatoes are soft.
3. In a bowl, mix cold water, flour, and salt. Stir in vegetable oil until mixed. Add milk and stir until mixed completely.
4. Place dough into the middle of prepared pie dish. Using the palm of your hands spread dough to cover the bottom of the dish and up the sides. Bake for 10 minutes and remove to cool.
5. While crust is cooling, combine cooked sweet potatoes, apples, egg whites, milk, vanilla, brown sugar, ground cinnamon, ground nutmeg, and ground allspice. Place in a blender container, cover, and blend until smooth.
6. Pour sweet potato and apple mixture from blender into cooled crust. Bake for 25 to 30 minutes or until center is set (test by inserting a toothpick into center; it should come out clean). Check pie halfway through cooking. If crust is becoming too brown, cover edges with foil.
7. Cool before cutting.

For more recipes, borrow SNAP-Ed cookbooks from the Library and 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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