



ALPINE THREADS



Community and Family Life in the California Alps

Spring 2019

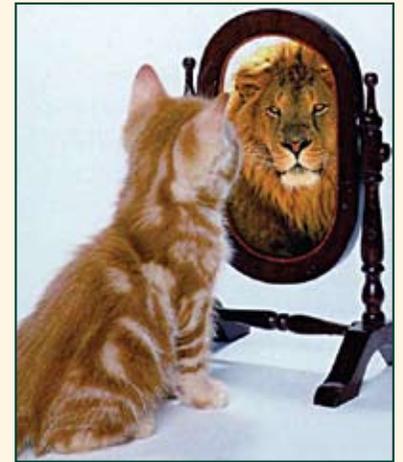
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Strength-Based Approach in Alpine County

What are some of your strengths? Too often this question is returned with a quizzical look. In a media saturated society that perpetuates painful self-scrutiny and unrealistic standards a simple shift in focus to what is right with an individual is a welcomed breath of fresh air. This is the exact paradigm shift that has been cultivated among the Behavioral Health Services team. Last year all BHS employees completed a Clifton Strengths Assessment which enabled each person to gain insight about their own unique qualities and how these strengths can be combined with those of other staff members to work together as a more cohesive team. This work reinforced a deep sense of appreciation for each other and sparked a movement to bring strength based practice to our community.



BHS employees participated in a year long learning collaborative with Mono and Inyo County that focused on strength based treatment which rests upon these tenants:

- **Individuals know themselves best**
- **Individuals are resilient**
- **Individuals have the ability to set their own goals**
- **Individuals will utilize their own strengths and resources to move toward wellness**

BHS staff received in depth training on how to engage community members using the Strengths Assessment, an exploratory tool that helps people identify goals in seven different life domains, as well as past and present personal strengths and resources that will help them be successful. Once an individual has chosen their top goal, a Personal Recovery Plan is created, which breaks the goal down into smaller more manageable steps. At each meeting, these steps can be revised and celebrated when completed to increase a person's sense of accomplishment and progress. A strength based approach, one that seeks to identify unique qualities that contribute to resiliency and triumph, is essential in developing healthy self-concept and thriving communities.

The Truth About Menthol Cigarettes



Menthol is a flavoring that can be derived naturally from mint plants or synthetically produced.¹ This cool, minty and fresh flavor is often used in products like lip balm, cough medicine, mouth wash, and candy.² Menthol is also used in cigarettes and **makes smoking more appealing to young and beginning smokers.**¹

A Public Health Threat

Easier to Inhale

The menthol flavor in cigarettes **masks the harsh taste of tobacco** and makes the smoke feel smoother and easier to inhale.¹



This **makes it easier for new smokers to start.**¹

Menthol also allows smokers to inhale more deeply, which causes harmful particles to settle **deeper inside the lungs.**²

Harder to Quit

Scientific studies show that the sensory effects and flavor of menthol can **make cigarettes more addictive.**³

Menthol smokers show greater signs of nicotine dependence and are **less likely to successfully quit smoking** than other smokers.^{4,5}



Increasing Menthol Use

Although cigarette use is declining in the U.S., use of menthol cigarettes has increased in recent years, especially among young people and new smokers.⁶

Approximately **19 million** Americans smoke menthol cigarettes, including over 1 million adolescents.⁶

While only 25% of all cigarettes sold in the U.S. are labeled as menthol, **90%** of all tobacco cigarettes actually contain some menthol.^{7,8}

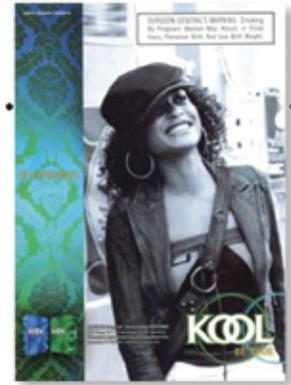


Disproportionate Marketing and Use

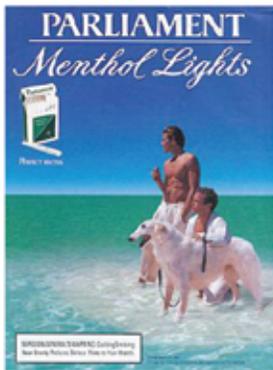
African American Communities

Tobacco industry documents reveal **aggressive menthol tobacco product marketing** and higher rates of discounts and promotions on menthol cigarette brands in African American neighborhoods.⁹

In California, **70%** of African American adult cigarette smokers smoke menthol cigarettes, compared to only 18% of white adult cigarette smokers.¹⁰



LGBTQ Communities*



The tobacco industry has also targeted the lesbian, gay and bisexual (LGB) community.

Nearly 50% of all LGB adult cigarette smokers in California smoke menthol cigarettes, compared to only 28% of straight adult cigarette smokers.¹⁰

* Data were not available for people identifying as transgender or queer.



Youth

57% of smokers in the U.S. age 12–17 smoke menthol cigarettes.¹¹

Protecting our Communities

A National study found that **44.5%** of African Americans and **44%** of women would quit smoking if menthol cigarettes were banned.¹²

Prohibiting the sale of menthol cigarettes is a critical step to preventing a new generation of Californians from becoming addicted to tobacco.



References

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Alpine Watershed Group UPCOMING EVENTS

By Shauna Langan, Alpine Watershed Group



Ambient Monitoring Dates

March 7-9, June 6-8, August 8-10, September 12-14

If you like the outdoors and science, consider collecting water quality data with our citizen based Ambient Monitoring Program. Collecting this data helps us assess the health of our watersheds and better plan for future restoration projects. Contact Taylor Norton at awg.snap.rm@gmail.com.

Group Meeting | Tuesday, March 12, 5:30-7 p.m.

Hung A Lel Ti Woodfords Indian Education Center

Please join us to hear from Kris Hartnett on the Alpine County Community Wildfire Protection Plan (CWPP) and Adjacent Lot Ordinance, AWG staff on the upcoming restoration project in Hope Valley, and a speaker from the US Forest Service on some of their meadow restoration projects.

Tool Sharpening Party | Thursday, March 21, 10 a.m.-noon

Looking forward to field season, we are throwing a tool sharpening party! Please come help us sharpen AWG's tools, and you are welcome to bring your own dull tools for a work-up.

Celebrate Earth Day at Grover Hot Springs State Park

Saturday, April 20, 8 a.m.- noon

We will be at one of our favorite Alpine County spots showing our love for Mother Earth this day. Please join us to remove invasive weeds, provide a campground clean-up, do meadow head cut remediation, and help with other state park maintenance. All are welcome to attend. No experience is necessary.

Intercalibration & Ambient Monitoring Training | Thursday, May 30

Intercalibration is an event designed to compare our water quality equipment and sampling methods with other organizations who also collect similar data. This event is especially important so we can assure all data collection is being done with the highest quality standards in a consistent matter. This is also a great way to begin learning the AWG river monitoring protocols or for current monitors to brush-up on your skills.



For more information visit our website www.alpinewatershedgroup.org or contact Shauna Langan at aug.snap.ed@gmail.com.

Sleep Requirements for Better Health

AGE	HOURS EACH DAY
0 to 3 months.....	14 to 17
4 to 11 months.....	12 to 15
1 to 2 years.....	11 to 14
3 to 5 years.....	10 to 13
6 to 13 years.....	9 to 11
14 to 17 years.....	8 to 10
18 to 64 years.....	7 to 9
65+ years.....	7 to 8



For more information, view the website:
National Sleep Foundation.

Tips for Healthy Teeth

It is easy to keep your teeth clean.

Follow these simple tips to have a great smile and healthy teeth.



Brush your teeth

- Brush your teeth at least two times a day: after breakfast and before bedtime. Another good time to brush is after eating snacks.
- Use a soft-bristled toothbrush and fluoride toothpaste. Brush the top and side surfaces of your teeth. Make sure to also brush at the gum line to get rid of all the plaque.
- Get a new tooth brush every three months. Get a new one sooner if the bristles lose their shape. A child's toothbrush can wear out sooner and needs to be replaced more often. An old toothbrush will not clean your teeth right.



See your dentist

- See your dentist at least twice a year to get your teeth checked and cleaned.
- Go to your dentist right away if you have any pain or notice a bad flavor in your mouth when you are not eating food.

Floss

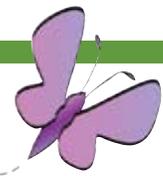
- Floss at least once a day to help remove plaque from between teeth and the gum line.
- Slide the floss up and down the sides of the tooth and under the gum line. Use a clean section of floss for each tooth.

Healthy Lifestyle

- Cut down on food and drinks that are high in acid, such as sodas. High acid can erode the outer surface (the enamel) of your teeth.
- Do not smoke. It stains your teeth, causes bad breath and increases your risk of getting tooth disease and oral cancer.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

Upcoming Events 2019



Wednesday, March 6th: Bingo & Dinner at Bear Valley Perry Walther Building 5:30/date changed from 2/6.

Saturday, March 23rd: Monster Trucks Reno/Sparks Livestock Event Center 7 p.m. (70 tickets) One bus from Health & Human Services 4:00 (56 seats). Dinner at Pizza Factory – Ironwood 4:30 p.m.

Wednesday, April 10th: Community Rainbow Awards Dinner Turtle Rock Park 6 p.m. Need Volunteers.

**** DATE CHANGE - Wednesday, April 17th: Community Rainbow Awards Dinner** Bear Valley Perry Walther Building 5:30 changed from 4/24. The date change will help with being able to have catering.

Saturday, April 27th: Annual Community Teddy Bear Parade at Markleeville Library Park 11 a.m. to 3 p.m. The Library Players will supply music through-out the day. Free activities & give-a-ways. Alpine Kids serving free hamburgers and hot dogs to all participants. Need volunteers.

Saturday, April 27th: Alpine County's Clean Up Day at Road Department 7 a.m. Burn Pile 4/20-5/26 8 a.m. – 4 p.m. (Sat., Sun. & Wed.) and Monday May 27th. Weather permitting at Turtle Rock Park.

Tuesday, May 14th: Native American Day at a Giants Game. They will be playing Toronto Blue Jays. Game time is 6:45 p.m. Bus Health & Human Services leaves NOON (56 seats). RSVP early.

Saturday, May 18th: "Crazy for You" Carson City Community Theater seating at 1:30 show at 2 p.m. Dinner will be \$10 gift card for - In & Out Burger, Jack In The Box, or Burger King. You choose when you RSVP.

**** DATE CHANGE Sunday, May 19th: Kids' Fishing Day Indian Creek** (Date Changed by Fish & Game) 9:00 – 1:00. Free hot dogs, and raffles. Some fishing supplies available. 16 and over need a fishing license.

Saturday, June 1st: Morning movie at Ironwood.

ALL ALPINE KIDS' OUTINGS ARE DRUG, ALCOHOL, and TOBACCO FREE.
"Families Playing Together Without Drugs & Alcohol"



Edie Veatch, Coordinating Director

60 Sage Ave, Markleeville, CA 96120 Email: alpinekids@live.com

Phone: (530) 694-2934 Cell: (775)781-1416



Suicide Loss Survivors (SLS) Loss Support Group

4th Thursday of every month, 6:00-7:30 pm

Barton Public Relations
2092 South Lake Tahoe Blvd. #400 - SLT, CA 96150

1st Thursday of every month, 6:00-7:30 pm

Suicide Prevention Network Office
1625 Hwy 88, Suite 203 - Minden, NV 89423

What better group of people to connect with than those who walk in our same shoes? Sometimes in life events occur that fracture the very foundation on which we stand. Our life, as we have known it, is forever changed and we find ourselves in an unexpected struggle, first just to survive and then to move forward. Special appointments are always welcomed. SLS is free of charge and open to anyone who has lost a loved one to suicide.

Our Suicide Loss Support Group provides healing support for people coping with the shock, excruciating grief, and complex emotions that accompany the loss of a loved one to suicide. We hope you will find resources here to help you deal with, and eventually heal from, what may well be the worst pain you will ever feel.

It is important to know that people can, and do, survive the loss by suicide of a family member or friend. They are forever altered and may never stop missing their loved ones, but they do survive and go on to lead meaningful and contributory lives.

Special appointments are always welcomed. SLS is free of charge and open to anyone who has lost a loved one to suicide.

This support group is hosted by:



**Suicide
Prevention
Network**

Contact:

Debbie Posnien

775.783.1510

debbie@spawareness.org



A Program of End Violence Against Women International
www.StartbyBelieving.org

#StartbyBelieving

Start by Believing Day
April 3, 2019

Join a global movement to support
survivors of sexual violence

April is Sexual Assault Awareness Month and April 3rd is Start by Believing Day.

Start by Believing is a public awareness campaign designed to end the cycle of silence and change the way we respond to sexual assault.

Many survivors will tell a friend or family member about what happened before they reach out to formal support (such as Live Violence Free). Here is a quick guide on how to respond if someone discloses to you:

ACTIONS TO TAKE

WHAT TO SAY

Start by Believing

"I believe you."
"I'm sorry this happened."
"I am here for you."

Be Supportive

"You can tell me as much, or as little as you want."
"It's not your fault."
"I'm glad you told me. I'm so proud of you."

Ask How You Can Help

"What can I do to support you?"
"I can stay with you tonight. Would that help?"
"Do you want me to go with you to the hospital or police station?"

Avoid "Why" Questions

Even with the best of intentions, "why" questions can sound accusatory and make survivors blame themselves.

For more information, including how you can be involved in this campaign, contact Live Violence Free at 530-694-1853, stop by the office at 100 Foothill Rd, or send an email to Briana: bneben@liveviolencefree.org



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

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www.first5alpine.com

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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.

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!

Spring Spread

A tasty dip for veggies or a fun spread on crackers or bagels.

Serves 4 - 10 minutes

Ingredients

- 4 ounces low fat cream cheese whipped or softened
- ½ carrot grated
- ½ red bell pepper finely diced
- 2 green onions finely diced
- 1 tablespoon fresh herbs chopped
- 1 teaspoon lemon or lime juice freshly squeezed



Preparation

1. Mix all ingredients with a rubber spatula until creamy.
2. Spread on a whole grain flour tortilla, roll up, then slice for mini pinwheel sandwiches.

Chef Tips

This is a great way to use up leftover herbs (such as dill, thyme, oregano, basil) and vegetables.

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



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