



ALPINE THREADS



Community and Family Life in the California Alps

Summer 2019

IN THIS ISSUE...

Measles - It isn't Just a Little Rash	2
Know the Facts about Measles	2
Help! Too Many Children are Dying in Hot Cars	3
Alpine Watershed Group	4
Distracted Driving	5
Suicide Prevention Network ..	6
Alpine County Library 2019 Events	7
Healthy Eating, in a SNAP!....	8

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

The Effects of Nicotine on the Adolescent Brain

Tobacco industry predatory and insidious marketing tactics to youth seem to be endless, as the industry continues to introduce and promote flavored tobacco products that appeal, and are attractive, to youth. Flavors such as mango, mint, strawberry and vanilla mask the harsh taste of tobacco and the presence of nicotine, a chemical known to be as addictive as heroin.¹ Especially dangerous is the appeal of these products to teens and young adults, who don't fully understand the health harms of these products.



Nicotine is toxic for adolescents with developing brains, as they are more susceptible to both the addictiveness and harm of nicotine.² Simply put, nicotine is brain poison for youth.

Because brain development continues until about the age of 25, nicotine can have negative impacts on teens and young adults. Nicotine actually changes adolescents' brain cell activity³ in the parts of the brain responsible for attention, learning, and memory.⁴

It can also worsen: anxiety⁵ • mood swings⁶ • irritability⁷ • impulsivity⁸

These circumstances are familiar and already challenging during adolescence. While these effects would be bad for anyone, it's especially bad for youth, who are still learning and developing habits.

While some of these behaviors can be just adolescent phases, nicotine-induced changes to the brain during adolescence can be permanent.⁹ Nicotine's harm can lead to long-term effects on the ability to make decisions² and can also leave teens with an increased risk of addiction to other substances.¹⁰

There is nothing good about nicotine.

To learn more about the harm of nicotine, visit www.flavorshookkids.org.

1. U.S. Department of Health and Human Services. The Health Consequences of Smoking: Nicotine Addiction A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control, Center for Health Promotion and Education, Office on Smoking and Health, 1988.
2. Goriunova NA, Mansvelter HD. Short- and long-term consequences of nicotine exposure during adolescence for prefrontal cortex neuronal network function. *Cold Spring Harbor Perspect Med.* 2012;2(12):a012120. Published 2012 Dec 1. doi:10.1101/cshperspect.a012120
3. Benowitz NL. Nicotine addiction. *N Engl J Med.* 2010;362(24):2295-2303. doi:10.1056/NEJMr0809890 .
4. U.S. Surgeon General. Surgeon General's Advisory on E-cigarette Use Among Youth. e-cigarettes.surgeongeneral.gov. 2018.
5. Kutlu MG, Gould TJ. Nicotine modulation of fear memories and anxiety: Implications for learning and anxiety disorders. *Biochem Pharmacol.* 2015;97(4):498-511. doi:10.1016/j.bcp.2015.07.029
6. Etter JK, Ussher M, Hughes JR. A test of proposed new tobacco withdrawal symptoms. *Addiction.* 2013;108(1):50-59. doi: 10.1111/j.1360-0443.2012.03981.x
7. Hughes JR. Effects of abstinence from tobacco: Valid symptoms and time course. *Nicotine Tob Res.* 2007;9(3):315-327. DOI: 10.1080/14622200701188919
8. Froeliger B, Modlin LA, Kozink RV, et al. Frontoparietal attentional network activation differs between smokers and nonsmokers during affective cognition. *Psychiatry Res.* 2012;211(1):57-63. doi:10.1016/j.psychres.2012.05.002
9. Yuan M, Cross SJ, Loughlin SE, Leslie FM. Nicotine and the adolescent brain. *J Physiol.* 2015;593(16):3397-3412. doi:10.1113/JP270492
10. National Institute on Drug Abuse. Electronic Cigarettes (e-cigarettes). *drugabuse.gov*. Revised June 2018. Accessed April 10, 2019.



Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles Can Be Serious



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 or 2 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.



Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES



KNOW THE FACTS about Measles



There are hundreds of measles cases in 24 states in the U.S. as of May 17, 2019. The number of cases in California is rising quickly. Measles spreads through the air when someone who has it coughs or sneezes. Since measles spreads so fast, 90% of persons not vaccinated can get measles. The measles virus enters the U.S. by persons who travel from countries with measles outbreaks. The majority of measles cases in CA have been in adults.

HOW TO PREVENT MEASLES

1. Get vaccinated at least two weeks before travel abroad. There is a 99% decrease in measles cases when the measles, mumps and rubella (MMR) vaccine is widely used. Infants ages six through 11 months need one dose of MMR vaccine. Children age 12 months and older need two doses of MMR vaccine spaced 28 days apart. Teens and adults with no proof of immunity also need two doses spaced 28 days apart.
2. Know the signs and symptoms. Measles often appear 7 to 14 days after a person is infected. Symptoms begin with:
 - High fever.
 - Cough.
 - Runny nose.
 - Red and watery eyes.

Three to five days later, a rash appears and the fever may spike. (By that time, the disease spreads to others.)

If you have any of the measles symptoms, call your provider now. You can learn more at EZIZ.org.

3. Remind family and friends overseas to always get vaccinated before they travel or visit California.

If traveling to or from areas affected by measles, be current on vaccinations. If you develop measles symptoms, stay away from other people and call your doctor. To learn more about measles cases in California, visit the California Department of Public Health website at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>



HELP! TOO MANY CHILDREN ARE DYING IN HOT CARS

Tips for Keeping Kids Safe



Children dying from heatstroke in cars, either because they were left or became trapped, have reached a record number.

In 2018, 52 children lost their lives - the most in over 20 years. And this year is off to a sad start with the sixth such death reported on May 6 in New Jersey, where the temperature that day was 69 degrees.

More than half of vehicular heatstroke cases from 1998 to 2018 were because an adult forgot about a child, according to NoHeatstroke.org. Among the trends the group discovered in these incidents:

- About 44% of the time, the caregiver meant to drop the child off at daycare or preschool.
- The end of the workweek—Thursdays and Fridays—saw the highest number of deaths.

You may be asking yourself: How does this happen? Families who lost a loved one thought the same thing at one point, but then the tragedy happened to them. Let this be your reminder to keep alert, avoid distractions, and put safeguards in place so your child is never left in the backseat.

Tips for Adults With Kids in the Car

- Place a briefcase, purse, or cell phone next to the child's car seat so that you'll always check the back seat before leaving the car.
- Keep a stuffed animal or another memento in your child's car seat when it's empty. Move it to the front seat as a visual reminder when your child is in the back seat.
- Set a rule for your child care provider; have them call you if your child doesn't arrive as scheduled.

Vehicular heatstroke deaths don't just happen when a child is forgotten. The second leading cause (26%) of such deaths are children getting into unattended vehicles. Get in the habit of always locking your car doors and trunk, year-round. The temperature inside a car can reach 110 degrees, even when the temperature outside is as low as 57 degrees.

Tips for Keeping Kids Out of Cars

- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Keep car keys out of a child's reach.
- If a child is missing, quickly check all vehicles, including the trunk.

While all types of vehicular heatstroke deaths are preventable, the third leading cause of these deaths—knowingly leaving a child—is the most preventable. Never leave a child alone in a parked car, even with the windows rolled down or the air conditioning on. A child's body temperature can rise three to five times faster than an adult's.

If you see a child alone in a vehicle:

- Make sure the child is okay and responsive. If not, call 911 immediately.
- If the child appears to be okay, attempt to locate the parents or have the facility's security or management page the car owner over an intercom system.
- If the child is not responsive and appears to be in distress, attempt to get into the car to assist the child—even if that means breaking a window. Many states have "Good Samaritan" laws that protect people from lawsuits for getting involved to help a person in an emergency.

Remember: Kids and hot cars can be a deadly combination. Don't take the chance. **Always look in the front and back of the vehicle before locking the door and walking away.** Help spread the word on social media, #HeatstrokeKills #CheckforBaby

As of May 20th, eight children have died in hot cars this year.



Your Watershed Needs You

By Taylor Norton, AWG Restoration & Monitoring Coordinator



On April 20, Alpine Watershed Group (AWG) teamed up with California State Parks and the California State Parks Foundation Park Champions Program for a day of restoration work at Grover Hot Springs State Park to celebrate Earth Day. This event attracted 68 volunteers from California and Nevada to beautiful Alpine County. Dividing into smaller groups, we removed invasive species from the Native Plant Demonstration Garden, cleaned up the summer campgrounds, removed trash from parking lots and trails, and removed invasive species from throughout the meadow. AWG would like to extend a special thank you to all of our volunteers for helping us maintain Grover Hot Springs State Park year after year. Our persistence is really helping to reduce the

invasive species! AWG will be teaming up with California State Parks Foundation for several more cleanups this year, and we'd love your help.

STILL TO COME IN 2019

June 6-8 – Water Quality Monitoring

July 8 – Grover Weeding Workday

July 9 – AWG Meeting: Hope Valley Tour

August 8-10 – Water Quality Monitoring

September 10 – AWG Meeting

September 12-14 – Water Quality Monitoring

September 21 – Creek Day Workday

October 19 – Grover Revegetation Workday

November 12 – AWG Meeting



For details on all of our events, please see the calendar at: www.alpinewatershedgroup.org

If you are interested in volunteering with Alpine Watershed Group, please contact Taylor Norton at (530) 694-2327 or email awg.snap.rm@gmail.com with your name and the volunteer event(s) you are interested in attending.

Thank you for helping to preserve and enhance Alpine County's watersheds!

DISTRACTED DRIVING

Overview Distracted driving is dangerous, claiming 3,166 lives in 2017 alone. NHTSA leads the national effort to save lives by preventing this dangerous behavior. Get the facts, get involved, and help us keep America's roads safe.

What Is Distracted Driving?

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Consequences

Using a cell phone while driving creates enormous potential for deaths and injuries on U.S. roads. In 2017 alone, 3,166 people were killed in motor vehicle crashes involving distracted drivers.

Get Involved

We can all play a part in the fight to save lives by ending distracted driving.

Teens

Teens can be the best messengers with their peers, so we encourage them to speak up when they see a friend driving while distracted, to have their friends sign a pledge to never drive distracted, to become involved in their local Students Against Destructive Decisions chapter, and to share messages on social media that remind their friends, family, and neighbors not to make the deadly choice to drive distracted.

Parents

Parents first have to lead by example—by never driving distracted—as well as have a talk with their young driver about distraction and all of the responsibilities that come with driving. Have everyone in the family sign the pledge to commit to distraction-free driving. Remind your teen driver that in States with graduated driver licensing (GDL), a violation of distracted-driving laws could mean a delayed or suspended license.

Educators and Employers

Educators and employers can play a part, too. Spread the word at your school or workplace about the dangers of distracted driving. Ask your students to commit to distraction-free driving or set a company policy on distracted driving.

Make Your Voice Heard

If you feel strongly about distracted driving, be a voice in your community by supporting local laws, speaking out at community meetings, and highlighting the dangers of distracted driving on social media and in your local op-ed pages.

<https://www.nhtsa.gov/risky-driving/distracted-driving>



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!



Suicide Loss Survivors (SLS) Loss Support Group

1st Tuesday of every month, 3:30-5:00pm

South Lake Tahoe Library
1000 Rufus Allen Blvd., SLT, CA 96150

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

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 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.

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 a 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.

Private 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:*



Contact:

Debbie Posnien
775.783.1510
debbie@spnawareness.org

these signs may mean someone is at risk for suicide
risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change

behavior

- increased use of alcohol or drugs
- showing rage, aggression
- acting recklessly, agitated, anxious
- withdrawing from activities
- isolating from family and friends
- sleeping too much or too little
- visiting or calling people to say goodbye
- giving away treasured possessions
- making arrangements, setting one's affairs in order (will, legal issues)
- obtaining the means to complete suicide (stockpiling pills, buying a gun)

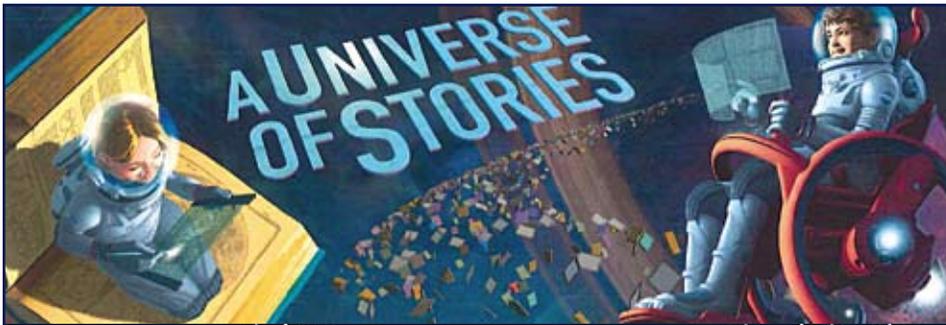
talk

- wanting to die or kill oneself
- seeking revenge
- being a burden to others, worthless
- feeling trapped or experiencing unbearable pain
- having no reason to live
- feeling hopeless

mood

- displaying extreme mood swings
- loss of interest
- rage
- irritability
- suddenly happier, calmer





2019 SUMMER READING AT THE LIBRARY!

Thursdays at 12:00-2:00pm

JUNE 27 | JULY 11, 18, 25 | AUGUST 1, 8, 10

- ★ Earn Reading PRIZES ★
- ★ Learn about Science and Space Exploration ★
- ★ Experiments and Crafts ★

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

Local Artist Receptions

Call for details on current show, or to schedule a showing of your own!

ALPINE COUNTY LIBRARY

PO Box 187 | 270 Laramie Street
Markleeville, CA 96120
530-694-2120

2019 TOBACCO FREE EVENTS

at the Alpine County Library

WINE IN THE GARDEN

Saturday
July 20
4-8 p.m.

Admission \$20

Includes a complimentary wine glass

Proceeds benefit the Alpine County libraries

Come enjoy wine, beer, hors d'oeuvres, live music and a raffle



MUSIC IN THE PARK

Bring a picnic, blanket or lawn chair and the family

Sunday, June 23, 5 p.m.
SERENDIPITY STRINGS
Eclectic music through the ages

Sunday, July 7, 5 p.m.
BEANS SOUSA with the **SLADE RIVERS BAND**
Local favorites, Country, Bluegrass

Saturday, July 27, 5 p.m.
BISON BLUEGRASS BAND
Free range, organic, locally grown

Sunday, August 11, 5 p.m.
ACOUSTIC SOLUTION
Acousti-Celti-Regga-Mericana-Grass

Sunday, August 25, 5 p.m.
SIERRA SWEETHEARTS
Sweet, sassy, fun, new CD

Performances are free, donations welcome

Location: Markleeville Park (next to library). More information call 530-694-2120. These are tobacco free events.

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.

.....
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!

Tuna Boats

Using cucumbers instead of bread or crackers makes this meal refreshing and a great choice for warmer months.

Ingredients

- 2 Large Cucumbers
- 1 Lemon
- 2 Green onions
- 1 (6-ounce) can low-sodium tuna in water
- 1 (15.5-ounce) can white beans
- 1 tablespoon Canola Oil
- ½ teaspoon Salt
- ¼ teaspoon Ground black pepper



Preparation

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

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.

Standard Rate
U.S. Postage Paid
Permit No. 3
Markleeville, CA 96120

**ECRWSS
POSTAL CUSTOMER**