



ALPINE THREADS

Community and Family Life in the California Alps

Winter 2021

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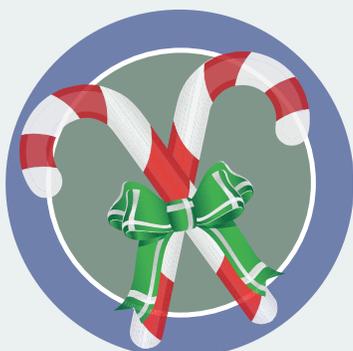
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*Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.*



What's Happening at the Alpine County Library

Curbside services are now available!

Call ahead or email us here at the Library to request items and schedule a time for pick up. Items available for pickup include Books, Audiobooks, Magazines, Musical instruments, Exercise Kits, Disc Golf Sets, Yoga Bag, Family Fun Night bag and Chromebooks. Curbside pick-up is available Wednesdays and Saturdays 9am to 5pm. Bookmobile deliveries are also available on Wednesdays to Sierra Pines, Hung-a-l-el-Ti, Mad Dog Café and Kirkwood (weather permitting) Call (530)-694-2120 or email library@alpinecountyca.gov

**The Alpine County Library invites you to celebrate
this holiday season with Kids' Learning Kits!**

Available to all Alpine County children ages 4 to 10, the Library will be giving out Dino Kits throughout the month of November and Super Sleuth Mystery kits through the month of December. Each kit comes with a book, toy, craft, and activity sheets. Call or email the library to arrange a curbside pick-up while supplies last. Call (530)-694-2120 or email library@alpinecountyca.gov

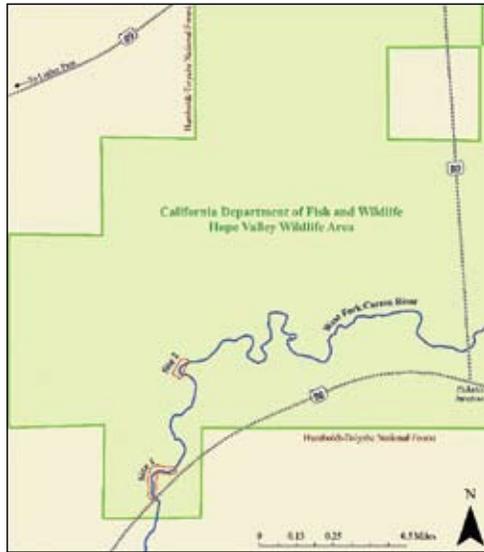


Alpine Watershed Group's Hope Valley Bank Stabilization Project

By Mo Loden, Watershed Program Manager



Alpine Watershed Group (AWG) officially wrapped up the long-awaited Hope Valley bank stabilization project this past October. This project is a small piece in the bigger puzzle of reconnecting the West Fork Carson River with its adjacent floodplain. Hope Valley endured decades of grazing that created environmental impacts that persist today. AWG with project engineers, Waterways Consulting, Inc., and construction crew, Hanford Applied Restoration and Conservation, completed bank stabilization at two reaches aimed at repairing approximately 450 feet of river bank in Hope Valley. We are pleased to report that the project was executed with the utmost attention to detail, and we are grateful to have worked with such an experienced and dedicated team.



[Project Locations]

The project area is located downstream of the “4th crossing” bridge in lower Hope Valley. The “4th crossing” is a reference to the Emigrant Trail, but today is more commonly known as where Highway 88 crosses over the West Fork Carson River. The project area consists of two meanders—Project Site 1 is the first meander approximately 300 feet downstream of the Highway 88 bridge, and Project Site 2 is approximately half a river mile further downstream at the log crib/2015 American Rivers restoration site. Both project areas are located on California Department of Fish and Wildlife land.

The project was a highly collaborative effort. A technical advisory committee that included representatives of Friends of Hope Valley, California Department of Fish and Wildlife, the US Forest Service, Carson Water Subconservancy District, American Rivers, Washoe Tribe of Nevada and California, Lahontan Regional Water Quality Control Board, Alpine County Board of Supervisors, and AWG worked together throughout the project design process. The restoration approach decided upon was a light-touch, low-impact, and low-risk design. Many ecological restoration projects are planned with natural materials that are intended to function for some time and then eventually break down and become a part of the system. This project does exactly that and aims to help stabilize the banks so a more normal rate of erosion can take place and the river doesn't continue incising on itself. The science and art of meadow restoration is continually evolving, and the lessons learned from each project contribute to the design of future restoration projects.

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[Project Site 1]

At Project Site 1 restoration techniques mimic an abandoned oxbow feature. A bench was created behind the failing bank and filled with live sod blocks, willow stakes, and live willow shrubs. Most live willow shrubs and some live willow stakes were installed at seasonally-low groundwater level which is a key to willow success. The design plans for a more stable and capable streambank behind the current failing bank. The river will continue eroding the failing bank, and in the meantime the willows and sod in the newly created floodplain

(continued)

bench will have time to establish and serve as good habitat for birds and amphibians in the interim and eventually become vital fish habitat when the erosion pushes back that far. Currently, a public exclusionary fence is installed around Site 1's perimeter to protect the sensitive habitat area. The fence will likely remain in place through next year until vegetation is well established.

At Project Site 2, updates were needed to divert stream energy from scouring behind the 2015 American Rivers project, a log crib structure. A basic approach of installing slash (conifer cuttings) at the ends of this reach will add stability. Minor excavation at the downstream end of the reach occurred to smooth out the bend and accommodate the introduction of new vegetative material. Again, when possible, live willow stakes were installed at seasonally-low groundwater level within the slash areas. Sod was salvaged from the meadow toe during excavation and placed near the waterline below the slash to further assist with bank stabilization. Willow fascines are willow cuttings bound together in an alternating fashion; these were installed near the waterline below the sod and slash. The fascines provide protection for the newly placed sod, and new willows may sprout from the fascines. Live willow stakes were strategically placed along the waterline and also installed within the entire log crib structure at approximately a 5-foot on center placement.



[Project Site 2]

AWG will conduct post-construction monitoring over the next four years to assess if any adaptive management is necessary. You can stay apprised of the project via AWG's project webpage: <https://www.alpinewatershedgroup.org/hope-valley-restoration-and-aquatic>

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For more information or if you have questions, please contact AWG Watershed Program Manager Mo Loden at awg.mo.loden@gmail.com.



Announcing Alpine County's Community Health Improvement Plan

In 2018, Alpine County Health and Human Services (ACHHS) took the first step in identifying and addressing priority public health issues by conducting a Community Health Assessment. ACHHS is now building off this assessment to create a Community Health Improvement Plan (CHIP) to develop **long-term goals, strategies, and activities to address public health concerns in Alpine County**. A completed CHIP will be available to the public by the end of 2021.

We Need Your Help!

Public participation is key to developing a CHIP that represents the needs and priorities of our entire community. ACHHS, along with a contracted organization Social Entrepreneurs Inc., will provide progress updates and make requests for feedback as the plan is developed over the next year. To stay up to date on the project and to share your thoughts on key elements of the CHIP, please visit alpinecountyca.gov/551/CHIP regularly or email chip@alpinecountyca.gov to be added to a listserv and receive regular updates about how you can participate.

Dental Health for Children with Special Needs



Common Special Needs Conditions

The **Academy of Pediatric Dentistry** defines special needs children as those with chronic physical, developmental, behavioral or emotional conditions. They usually have limitations on daily activities, and require more extensive dental and medical services. Cleft lip or palate, Down syndrome, neurological disorders, cerebral palsy, and vision and hearing impairments are common medical conditions requiring special dental care, as well as learning and developmental disabilities.

Oral Conditions

Down syndrome and other genetic disorders can cause delays in tooth eruption, sometimes up to two years according to the **National Institute of Dental and Craniofacial Research**. These children may also have malformed or extra teeth erupt, or congenitally missing teeth. And crowding and poor alignment in general can leave children prone to gum disease and tooth decay because their teeth are difficult to keep clean. In cases of severe intellectual disability or cerebral palsy, children may habitually grind their teeth, making them flat as they gradually break down the enamel.

Tooth decay and gum disease can also be a result of a child's impaired immune systems and connective tissue disorders. Many of the medications they're eligible for contain sugar or cause dry mouth, which is especially conducive to tooth decay. Certain medications can also cause an overgrowth of the gum tissue, so be sure to ask your doctor about side effects.

Home Care and Nutrition

Start your infant's home care routine as soon as you come home from the hospital by wiping his or her gums with a wet gauze pad. Once teeth have erupted, brush his teeth at least twice a day with a soft toothbrush, and floss daily. Ask your dentist when to start using fluoride toothpaste and how much to use. If your child can't rinse or gags easily, you can brush with a fluoride rinse which can improve your child's defenses against tooth decay. Only do this with older children.

Serving nutritious meals and restricting sugary or starchy foods can help baby teeth develop properly and limit exposure to the decay that causes acid attacks. Keep healthy snacks in the house, and save special sweet treats for during meal time. Brush your child's teeth after eating or have him drink or rinse with water to neutralize the acids from those sugary foods.

Finding A Dentist

Dentists recommend children have their first dental visit before the age of one, and this is especially important for special needs children. Many general and pediatric dentists are equipped to treat children with physical or behavioral disabilities. If you're not sure which dentists in your area are up to the job, call your local dental society or contact the **Special Care Dentistry Association** for suggestions. During these first visits, the dentist can evaluate your child's dental development and help you create the most appropriate home care routine for your family.



There is ample opportunity for children with special needs to get good dental health care. By working closely with your child's dentist to put a prevention plan in place, many potential dental problems can be avoided entirely.

Excerpted from 2020 Colgate-Palmolive Company article "Dental Health Care for Children with Special Needs"

<https://www.colgate.com/en-us/oral-health/developmental-disabilities/dental-health-care-for-children-with-special-needs>





SB 793: Flavored Tobacco Products Sales Restriction

WHAT'S HAPPENED? In response to decades of death and disease caused by the tobacco industry with its flavored tobacco products, California lawmakers answered the calls of Californians by passing Senate Bill (SB) 793 on August 28, 2020, which was signed into law that same day by Governor Newsom. SB 793 amended the Health and Safety Code to add Section 104559.5 which prohibits store sales of most flavored tobacco products, including vapes, menthol cigarettes, and tobacco product flavor enhancers. Violations of the law are an infraction, punishable by a fine of \$250. The law does not criminalize an individual for purchasing, using or possessing flavored tobacco products. Additionally, the law provides explicit authority for local jurisdictions to continue to enact stronger local policies.

BIG TOBACCO'S RESPONSE: Tobacco industry giants RJ Reynolds and Altria have filed a referendum to place a measure on the California state ballot to block the new law from taking effect on January 1, 2021. The tobacco industry has until late November/early December to gather the needed signatures to qualify the referendum for the November 2022 ballot.

1. SB 793 is a landmark bill signed into law that will save the lives of Californians – especially the lives of kids and the African American/Black community - from the tobacco industry's deadly products.

- o SB 793 goes into effect January 1, 2021 and ends the sale of most flavored tobacco products in stores, including vapes and menthol cigarettes.
- o Tobacco retailers are responsible for complying with the law.
- o It is not a crime for individuals to purchase, use or possess flavored tobacco products for personal use, and they may not be penalized.
- o As a result of the tobacco industry's predatory targeting, among African Americans who smoke in California, 70% use menthol cigarettes. Compared to 18% of white adults who smoke.
- o Many other communities, such as the LGBTQ community, will be protected from the predatory tobacco industry's flavored products. As a result of tobacco industry targeting, nearly half of LGBT adults who smoke in California use menthol cigarettes, compared to only 28% of straight adults who smoke.
- o More than half (54%) of youth ages 12-17 years who smoke cigarettes use menthol cigarettes.



2. SB 793 protects African American/Black Californians lives by not criminalizing menthol cigarettes users, and corrects the fatal flaw made in a 2009 federal Tobacco Control Act that got rid of flavored cigarettes but allowed menthol cigarettes to continue to be marketed and sold.

- o Big Tobacco lobbied Congress hard to keep their deadly products on the market and to target African Americans/Black communities.
- o If menthol cigarettes had been included in the 2009 Tobacco Control Act, up to 237,000 Black deaths would have been prevented by 2050.
- o Not only does SB 793 save Black lives from Big Tobacco's deadly targeting of its menthol cigarettes, it protects communities of color from tobacco-related police harassment by focusing on tobacco retailers, their employees, or individuals who possess flavored tobacco products with the intent to sell. It does not criminalize those who use or purchase these products.
- o Now, more than ever before, when COVID-19 is disproportionately impacting the African American/Black community, we must protect black lives from the predatory tobacco industry's products that cause more severe outcomes of COVID-19.

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3. SB 793 eliminates the tobacco's industry's biggest access point for kids to get flavored tobacco products – retail stores.

- o In California, there's one store that sells tobacco for every 293 kids, and over 25% of tobacco retailers are within 1,000 feet of a school.
- o The tobacco industry hooks kids on vaping by using fun flavors that sparks curiosity and makes tobacco taste good. That puts kids at risk for a lifetime of nicotine addiction, health problems, and permanent brain changes. 97% of kids who vape use flavors.
- o A National study found that 44.5% of African Americans and 44% of women would quit smoking if menthol cigarettes were no longer sold.
- o SB 793 comes in the wake of the youth vaping epidemic, in which teen vaping skyrocketed 218% in the last two years among middle schoolers and 125% among high schoolers, and last year's (2019) mysterious vaping related outbreak that caused a serious lung illness in mostly young people, resulting in hospitalizations and numerous deaths.
- o National reports show that convenience stores make more money from prepared food, snacks and packaged beverages than tobacco, and purchasing these items, not tobacco, is the primary reason customers shop at convenience stores.



RISK AND PROTECTIVE FACTORS FOR TEENAGE SUBSTANCE ABUSE

When considering which teenagers are at the most risk of developing an addictive disorder, you must keep two things in mind:

risk factors – those things that may contribute to the development or worsening of problematic substance abuse

protective factors – those things that may lessen the danger or aid in recovery

The National Institute on Alcohol Abuse and Alcoholism lists several risk and protective factors that may play a role:

What are Some of the Biggest Risk Factors That Contribute to Teenage Substance Abuse?

- **Genetics** – Children with biological parents who abuse drugs or alcohol tend to initiate substance use earlier in life and have higher rates of abuse.
- **Home Environment** – Children learn to model their behaviors and coping mechanisms after what they are exposed to, including dysfunctional behaviors such as substance abuse.
- **Parental alcohol/drug use** – Children form expectations about the role that drugs or alcohol play by observing their parents.
- **Peer pressure** – Like parents, a child's peers influence their behaviors. Research has shown that early childhood exposure to substance abuse among one's peers can hasten the initiation of use.
- **Trauma** – Childhood exposure to traumatic experiences such as sexual, physical, or emotional maltreatment is a strong predictor of future substance use.

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“For young children already exhibiting serious risk factors, delaying intervention until adolescence will likely make it more difficult to overcome risks. By adolescence, children’s attitudes and behaviors are well-established and not easily changed.”

– The National Institute on Drug Abuse

Which Protective Factors Help Reduce the Likelihood of Teenage Substance Abuse

Healthy and proactive parental interaction is the biggest and most important protective factor for children of all ages – from preschool to high school. Best of all, the sooner that interaction happens, the greater positive impact it will have.

Other factors that can reduce the risk of teenage substance abuse include:

- **Parents who do not use drugs or abuse alcohol** – If you are struggling with an addictive disorder, seek professional treatment for yourself.
- **Stability at home** – Your home should be your child's safe place.
- **Responsible parenting** – That meets ALL of your child's needs – financial, security, cognitive, emotional, and social.
- **Clearly-defined and consistent discipline** – Your child needs to know the boundaries of acceptable behavior.
- **Parental monitoring of your child's social life** – You should always know where your child is, what they are doing, and who they are associated with.
- **Engagement in positive activities** – Your child should have positive, healthy outlets for their energy and interests.
- **Open discussions about drugs and alcohol** – Be willing to talk to your child about the dangers of substance use.

What Should I Do If My Teenager Is Using Drugs or Alcohol?

STAY CALM!

Your actions and reactions can determine if your child successfully recovers from their disease of addiction. Here are some do's and don'ts:

- **DON'T** ignore the problem. It will not go away or get better on its own.
- **DON'T** take them at their word – promises, begging, or even threats.
- **DON'T** attempt to handle this by yourself.
- **DO** get help from professionals who specialize in teenage addiction recovery.
- **DO** educate yourself about the disease of addiction.
- **DO** stay positive and patient.



If you need help:

Alpine County Behavioral Health Services is here to support the health and well-being of you and your children. If you have concerns that your children may be using alcohol and other drugs, don't hesitate to contact us. If you or a family member would like help with alcohol and/or drug abuse, please reach out. If you would benefit from substance use prevention materials, please feel free to contact us.

Misty Dee- AOD Program Specialist

40 Diamond Valley Road, Markleeville, CA 96120 | 530-694-1816

Resources: 1. The National Institute on Drug Abuse (NIDA) has a research based guide for parents; "Preventing Drug Use among Children and Adolescents." www.drugabuse.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!



Alpine Threads Editorial Board

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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

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Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

Pumpkin Poblano Chili

~ Prep Time: 10min, Cook Time: 40 mins, Servings: 8 ~

Ingredients

- 1 Tbsp. olive oil
- 1 ½ lbs. 93% lean ground turkey
- 1 medium yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 poblano chile pepper, seeded and chopped*
- 2 cloves garlic, minced
- 1 Tbsp. ancho chile powder
- 1 tsp. ground cumin
- ½ tsp. fine sea salt
- 1 (28 oz.) can crushed tomatoes, undrained
- 1 (15 oz.) can black beans, drained and rinsed
- 1 cup low-sodium chicken broth
- 1 cup solid-pack pumpkin
- 2 cups peeled, seeded, and chopped fresh pumpkin or butternut squash
- 1 recipe Spicy Pumpkin Seeds



Directions

1. In a 4-quart. Dutch oven, heat olive oil over medium heat. Add turkey, onion, bell pepper, poblano chile pepper, garlic, ancho chile powder, cumin, and sea salt. Cook for 10 minutes or until turkey is no longer pink and vegetables are tender, stirring frequently.
2. Add tomatoes, black beans, chicken broth, solid-pack pumpkin, and fresh pumpkin or squash. Bring mixture to a boil. Reduce heat and simmer, covered, for 30 minutes.
3. Serve chili warm with Buttermilk Cornbread Poppers and topped with Spicy Pumpkin Seeds.
4. Spicy Pumpkin Seeds: Preheat oven to 350°F. Place ½ cup raw pumpkin seeds on baking sheet. Coat with non-stick cooking spray. Sprinkle with ½ tsp. cayenne pepper and toss to coat. Bake for 5 to 7 minutes or until toasted.

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



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