



ALPINE THREADS



Community and Family Life in the California Alps

Summer 2021

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*Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.*
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The first three years of a child's life are the most critical for speech and language development.

That's because a baby's brain at this stage is best able to absorb language during this critical growth period. Speech and language play an important role in your child's development.



Speech and language are critical components of literacy.

Literacy includes reading, writing, speaking, and listening – and it's the foundation of a child's learning process. Speech refers to the sounds we make that form words, while language refers to how we communicate with others, like talking and writing. The best way to build both of these skills and develop your child's literacy is to talk, read, and sing with your child every day – from day one! Your baby loves listening to the tone and rhythm of your voice.

Looking at pictures in a book and listening to words – whether it's through a story or a song – exposes your child to vocabulary, word use, and picture identification – all of which encourage language development.

By talking, reading, and singing with your young child early and often, you will give him/her a strong foundation for future learning that will help set him/her up for success in school – and in life!

Instilling a love of reading in your child is one of the best gifts you can give them. The best part about reading aloud is that you don't need any special tools or a lot of money – it's just you, your child, and a book! Read every day to help build your child's vocabulary and prepare them for kindergarten and beyond. Talk. Read. Sing. It changes everything®

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books to children from birth to age five. First 5 Alpine and the Friends of the Library have partnered up to provide this program to children living in Alpine County. Once signed up, children will receive a book a month mailed to them until their 5th birthday, at no charge.

For more information or to sign your child up for this amazing opportunity, call the Markleeville Library 530.694.2120, complete registration form on-line at <https://www.alpinecountyca.gov/FormCenter/Library-Archives-8/Registration-form-44> or to have an application mailed to you call First 5 Alpine 530.694.1334.





No Butts About It

By Mo Loden, Watershed Program Manager



Did you know that cigarette butts are the most common type of litter found in the U.S. and worldwide? According to data from the Ocean Conservancy's annual International Coastal Cleanup, which coincides with AWG's Creek Day and the Great Sierra River Cleanup, cigarette butts have been the number one most picked up item every year since the cleanup

began over 20 years ago. In 2019, the Centers for Disease Control and Prevention estimated that approximately 14% of the adult population smoked cigarettes. So how is it that only 14% of the population is creating the number one most commonly found litter item across the country? A tobacco industry study conducted last spring found that 25% of adult smokers throw their cigarette butts on the ground because they "think it is a normal way to dispose of a cigarette." This dirty habit needs to become socially unacceptable for a long list of reasons.

Cigarette butt litter is not only a public nuisance decreasing the aesthetics of the places we live, work, and play in, but it is contaminating and harming our ecosystems. A major concern that every Californian can relate to is the threat of discarded butts starting wildfires. That alone should encourage everyone to properly dispose of cigarette butts. Cigarette butts may eventually break down, but that is not the same as biodegradable. The plastic in the filter plus nicotine, ethyl phenol, heavy metals, and other chemicals found in tobacco remain in the environment for many years after the cigarette butt itself has fallen apart. Improperly discarded cigarette butts leach hazardous chemicals into the soil and waterways that can be extremely toxic to aquatic organisms. In their "Toxicity of Cigarette Butts, and Their Chemical Components, to Marine and Freshwater Fish" study, San Diego State University (SDSU) found that just one butt per one liter of water was toxic enough to kill half of the fish. Some cigarette chemicals may bioaccumulate and cause other environmental risks as well.

Cigarettes aren't just hazardous to your health, they are hazardous to the environment. As SDSU's Dr. Thomas Novotny points out, cigarette butts should be considered hazardous waste under California law, but currently there are no labels warning smokers that the butts need to be disposed of as such. Many consumers are aware of other common household items that are classified as hazardous waste, and they have learned to properly dispose of such items, like batteries and leftover paint. So why aren't the same standards applied to cigarette butts?

Cigarettes have very few redeeming characteristics. This article only covers butt litter and doesn't include the other environmental devastations that tobacco products create, from the use of many toxic chemicals to make cigarettes and their packaging, to the newest threat of improperly disposing of e-cigarettes. They are understandably addictive due to the nicotine. So, whether or you are a smoker, non-smoker, former smoker, or currently trying to quit, we need to ban together to spread the word that disposing of cigarettes on the ground is not only environmentally damaging but also not socially acceptable. I think the best solution for tobacco product waste is to stop smoking, but if you can't, please find a trash can for your butts!

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Alpine Watershed Group is your local environmental organization dedicated to preserving and enhancing Alpine County's watersheds for future generations. We host public meetings on the second Tuesday of odd-numbered months. All are welcome to join us to learn about and discuss local environmental issues. Our next meeting is on Tuesday, July 13, at 5:30 p.m. We have been meeting via Zoom since the pandemic. Please visit www.alpinewatershedgroup.org, call (530) 694-2327, or email Mo Loden at awg.mo.loden@gmail.com for details or to sign up for our monthly email newsletter.

Cigarette butts are toxic to the environment.

Help keep our watershed healthy!



TOBACCO-FREE
Alpine County Tobacco Control Program





Happy Summer!

Live Violence Free is excited to reopen and ready to serve the Alpine County community.

Our office is currently open and available to provide our regular services which include: peer counseling, therapy, accompaniment, and parenting classes. We also have reopened our basic needs pantry and community members are able to come in once a week to get food items and various basic needs. Please give us a call at 530-694-1853 before stopping by so that we can best meet your needs.

At Live Violence Free, we believe that every body is beautiful. With summer months and hotter weather approaching, we want to encourage people to embrace and celebrate their bodies. Embrace and celebrate the body that you have, wear whatever makes you feel most comfortable, and enjoy all the wonderful summer activities that our community has to offer. We encourage you to love yourself and become the best possible you that you can become. Warm weather clothing is often used as an excuse for sexual violence. Clothing is never an excuse or an invitation for sexual violence. Every person has the right to wear the clothing that they feel most comfortable in without fear that their body will be harmed. If you or someone you know has experienced sexual violence, domestic violence, or child abuse, we are here to help. Please give us a call on our crisis line 7 days a week, 24-hour a day and a trained advocate will be there to support you.



Alpine County Public Health Clinic



Patience Wenck, RN, FNP, MSN, is our Family Nurse Practitioner at the Alpine County Health Department.

In November, she returned from a 6-month military deployment to Ft. Bliss in Texas to work on the government's COVID-19 response and is now seeing patients again at the clinic. We are grateful for those like her who serve our country and our community while putting their own health at risk during this COVID-19 pandemic.

Patience is seeing patients throughout the life span starting with infants. Care is available for both men and women with chronic conditions or acute minor issues. Preventive testing is done with Pap tests and blood tests to screen for a variety of issues. She commonly sees patients with conditions such as hypertension, diabetes, high cholesterol, and thyroid or hormone problems. Immunizations are provided for children and adults. Treatment is available for patients with infections such as strep throat, bladder infections and sexually transmitted infections. She also offers resources to help people quit smoking, can administer allergy shots, and provide birth control options. Referrals are facilitated for specialties not available in Alpine County.

The clinic is open from 8AM to 12PM and 1PM to 5PM on Tuesday and Thursday. To be seen at the clinic, residence in Alpine County is preferred but not mandatory. Call 530-694-2146 to schedule your annual visit, or to receive care for any medical conditions you may have, and to have your questions and concerns addressed.



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 Gardening

By Erica Forzley, Tobacco Prevention Program Coordinator

HARDY

Arugula
Broccoli
Cabbage
Chicory
Cilantro
Collards
Corn
Fava beans
Garlic
Kale
Kohlrabi
Leeks
Mustard
Onion
Oregano
Radish
Rhubarb
Rutabaga
Scallions
Spinach
Thyme

SEMI HARDY

Beets
Bok choy
Carrots
Cauliflower
Celery
Chinese cabbage
Endive
Lettuce
Parsley
Parsnip
Peas
Radicchio
Swiss chard

TENDER

Basil
Cucumber
Eggplant
Melons
Okra
Peppers
Pumpkin
Squash
Tomato

Many of us find solace in nature; tending a garden nurtures our spirit daily.

Body movements such as squatting and walking maintain physical health. There is also evidence that bacteria in the soil influences our brain and gut, thereby improving our mood. Step into a garden and breathe!

A challenge to growing plants in Alpine County is freezing nighttime and hot daytime temperatures. To protect plants from cold nights, first and last frost dates are calculated using data from years past. An estimate of the last frost date for both Markleeville and Bear Valley is June 30th and of the first frost, September 30th. Tender plants grow well between these dates.

Hardy plants can withstand temperatures from 25-28 degrees and semi hardy plants withstand temperatures from 29-30 degrees. See a comprehensive list of hardy, semi hardy and tender plants to the left. Choose plants with the shortest dates to maturity including leafy greens and root vegetables such as carrots, turnips, parsnips, radishes and beets. To maximize the seasons, plant semi hardy and hardy plants in the spring and again in the fall. When colder than expected nighttime temperatures are predicted, cover plants with a light covering. Use an old sheet or purchase inexpensive plant covering fabric from a hardware store.

If you start seeds indoors or in a greenhouse, put them outdoors, exposing them to the outdoor sun gradually. Start with two hours one day, then, gradually increase each day up to 6-8 hours. The plant roots will strengthen in response to the wind and a cuticle will form on the leaf in response to the sun.

Another challenge gardening at high elevations is soil nutrients and water retention. Use organic compost and water regularly, deeply and broadly as the root system expands out. Hilly areas will be drier, where drought resistant shrubs can be grown. Flat areas will be moister, vegetables and flowers can be grown. To retain moisture, mulch the soil. It breaks down with the help of fungi under the snow in the winter, providing additional compost!

When at a loss for what to grow, look to native plants like lupine and manzanita. Keep out the less welcome native habitants like ground squirrels with a homemade cage placed over your garden bed. **Happy gardening!**

Fanucchi, B. (2014, January 12). *The Effects of Altitude on Gardening in the Sierra*. My Mother Lode. The Effects of Altitude on Gardening in the Sierra | myMotherLode.com

Schlanger, Z. (2017, May 30). *Dirt Has A Microbiome, And It May Double As An Antidepressant*. Quartz. Exposure to the bacteria in soil can be good for mental health, and could treat depression and prevent PTSD — Quartz (qz.com)

Villager Nursery. (2019, November 7). *Q: How Do I Maximize Growth and Vigor of All the Plants in my High-Sierra, Mountain Garden?*





Coming up in Alpine County

The Alpine Kids Program opens on July 1st, 2021. For inquiries, contact Edie Veatch at alpinekids@live.com

Kids Fishing Day at Lake Alpine with Fish and Game Commission is on July 24th, 2021 from 11am to 2pm. Fish will be stocked for everyone, especially children to see. Free hot dogs and drinks will be provided to everyone who attends. This will be a tobacco free event.

Stargazing at Alpine County Airport is August 7th, 2021 from 6pm-1am, all are welcome. Bring a flashlight with a red cover, some will be provided at the event. The Reno Astronomy Club will provide telescopes. Barbeque food will be available for a fee, which will support Markleeville Enhancement Club kiosks. This will be a tobacco free event.

CONGRATULATIONS to our Class of 2021 Alpine County Graduates!

~ 8th Grade ~

Arianna Smith	Tesseira Danelle
Gabriel Lamas	Britt-Bluth
Owen Mecak	Callen Broadhurst
Rhea Robertson	Emmanuel Bennett
Keahi Cruz	Camryn McLelland
Dylan Dick	Ezra Galvez

~ High School ~

Angel Jardine	James Lamb
Crystal Bennett	Cameron Grant
Morgana Veatch	Mykalene Marshall
Miles Vann	

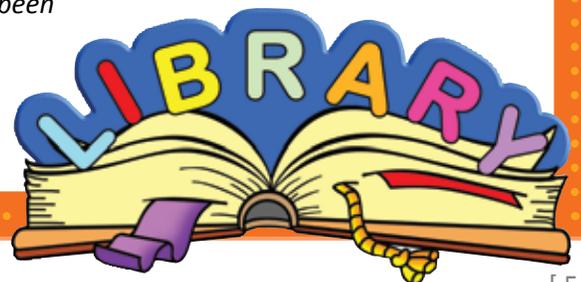


- **Summer Reading Virtual Program 2021!** **June 28-July 2 at 10 am.** This year's theme is Adventure Awaits. Kids can log on to our private Zoom meeting to listen to stories, make crafts and join in activities led by Library Staff. Supplies are limited so please contact the library to reserve a spot today! 530-694-2120
- **Music Fridays are being streamed online on our Facebook page!** **Every Friday from 2-4pm.** If you would like to join the Zoom meetings to play with our Library players, contact Chris at the library for an invite! cseal@alpinecountyca.gov
- **Curbside pick-ups, library browsing and computer use are now available by appointment!** **Tuesday-Saturday 9:30am-4:30pm** (subject to availability). Call the Library to set up your appointment; we'd love to hear from you! 530-694-2120

To all of our wonderful Markleeville Patrons,

This last year has been a challenging one for all of us and it has brought about a lot of changes in many people's lives. Due to changes in my own life, I have made the difficult decision to move back to my hometown in Montana. Unfortunately, because the library is not yet fully open, I will not be able to say goodbye to everyone face to face as I would like too. So instead I wanted to post this note telling everyone how much I will miss the town of Markleeville. I have enjoyed my time at your beautiful library and getting to know all of you. Thank you so much for your warm and welcoming spirit, it has truly been a blessing to be able to work here.

*Wishing all of you the very best,
Angie Groves, Library Assistant I*



The Facts about Kids and the Danger of Drowning



Alpine County
**Child Abuse
Prevention**
Council

THE PROBLEM

Almost 800 kids drown in the U.S. every year. 67% of these deaths occur during May – August.

Drowning Risk Varies by Age

- <1 year olds are **more likely to drown at home**
- 1-4 year olds are **more likely to drown in a pool**
- 5-17 year olds are **more likely to drown in natural water**

More than half (54%) of all child drowning deaths are among children ages 0 to 4.

PARENT'S MISCONCEPTIONS

Misconception 1

Nearly half of parents surveyed think that if a child was drowning nearby, they would hear it.



REALITY

Drowning is silent. There can be very little splashing, waving or screaming.

Misconception 2

1 out of 3 parents have left a child alone in a pool for two or more minutes.



REALITY

Drowning is quick. Once a child begins to struggle, you may have less than a minute to react.

Misconception 3

More than half of parents surveyed think that when present, a lifeguard is the primary person responsible for their child's supervision at the pool.



REALITY

Watching your child in the water is your responsibility. A lifeguard's job is to enforce rules, scan, rescue and resuscitate.

Misconception 4

60 percent of parents surveyed would not worry as much about drowning if their child has had swim lessons.



REALITY

Swim lessons are essential, but skill level varies. A review of children who drowned in a pool revealed that 47 percent of 10 – 17 year olds reportedly knew how to swim.



Water Survival Skills

1. Step or jump into water over your head and return to the surface.
2. Float or tread water for one minute.
3. Turn around in a full circle and find an exit from the water.
4. Swim 25 yards to the exit.
5. Exit from the water. If in a pool, be able to exit without using the ladder.

Water Safety Tips

- Watch your kids when they are in and around water, without distraction.
- Teach children to swim and the 5 water survival skills listed above.
- Learn CPR and basic rescue skills.
- Make sure pools have four-sided fencing at least 4 feet high.

The Alpine County Child Abuse Prevention Councils (CAPC) mission is to encourage and support interactive community based programs to ensure that children and families are safe and healthy. We are looking for more involvement, all welcome to attend our next meeting Wednesday August 4, 2021. Meetings are the first Wednesday of each month (no meeting in July) at 1:30pm Contact the CAPC Coordinator at 530.694.1334 for more information.

THINKING ABOUT A CHANGE?

Do You have Questions?

People may drink to socialize, celebrate, or relax. Alcohol often has a strong effect on people—and throughout history, people have struggled to understand and manage alcohol's power.

Why does alcohol cause people to act and feel differently?

How much is too much?

Why do some people become addicted while others do not?

The decision to change your drinking is up to you. Mixed feelings are normal. It can help to weigh your pros and cons. Don't wait to "hit bottom," as changing sooner rather than later is always better.

Pros & cons What are your reasons for and against making a change?

Ready or not? See what to do if you're not quite ready to change your drinking.

To cut down or to quit. Consider which is best for you.

Planning for a change. A "change plan" helps you solidify your goal and how you'll reach it.



Binge drinking is a pattern of drinking that brings blood alcohol concentration (BAC) to 0.08 percent or higher.

Heavy alcohol use is defined as more than 4 drinks on any day.

Drinking excessively, which includes binge drinking and heavy alcohol use, increases your risk of harmful consequences, including Alcohol Use Disorder.

Strategies for Cutting Down

Small changes can make a big difference in reducing your chances of having alcohol-related problems. Whatever strategies you choose, give them a fair trial. If one approach doesn't work, try something else.

Here are some strategies to try, and you can add your own at the end.

- ✓ **Keep track.**
- ✓ **Count and measure.**
- ✓ **Set goals.**
- ✓ **Find alternatives.**
- ✓ **Avoid "triggers."**

Support for Quitting

Choose your approach

One size does not fit all—choose the approach that's best for you.

Self-help strategies for quitting

Recognize risky situations, avoid them if possible, and cope if you can't avoid them.

Social support

Get help from family, friends, and support groups.

Professional help

Options now include medications your regular doctor can prescribe as well as counseling and intensive specialty programs.



If you or a family member struggles with alcohol abuse contact Alpine County Behavioral Health Services at (530) 694-1816.

Alpine Threads Editorial Board

First 5 Alpine

75 Diamond Valley Road
PH: 530-694-2235 ext. 227
www.alpinecountyca.gov/523/First-5-Alpine

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.alpinecountyca.gov/523/First-5-Alpine
- 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!

Cocoa Nut Butter Energy Bites

Ready In: 25 minutes Serves: 15

Ingredients

- 1/2 cup Peanut Butter or Almond Butter
- 1/4 cup Maple Syrup or Honey or Agave Syrup
- 1/4 cup Chia Seeds
- 1 cup Rolled Oats
- 1/3 cup Unsweetened Shredded Coconut
- 2 tablespoons Cocoa Powder

Directions

1. In a large bowl, mix all ingredients together, starting with ½ cup nut butter and adding more if the mixture seems too dry. Chill for 10 minutes.
2. Shape into small balls, about 1 inch in diameter, and enjoy!

<https://eatfresh.org/recipe/desserts-snacks/cocoa-nut-butter-energy-bites-new>

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



CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS

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