



ALPINE THREADS



Community and Family Life in the California Alps

Fall 2021

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



..... October is Domestic Violence Awareness Month

The awareness color is purple, so when you see purple around Alpine County, remember what it is for!



P is for people who can be victims of domestic violence – it can be anyone. Domestic violence knows no race, religion, gender, or economic status.

U is for unsure. If you are unsure if you or someone you know is experiencing domestic violence, give us a call at **530-694-1853** and let's talk about it.

R is for ready to talk... or leave. Not everyone who experiences domestic violence is ready to talk about it, or is ready to leave right now. They are experts in what keeps them safe right now, but it is important for them to know that other options, like housing assistance through Live Violence Free, are available.

P is for plan for safety. If leaving isn't the safest option right now, we understand. Studies tell us that leaving can be 7 times more dangerous than any other time in the relationship. In this case, it is important to create a safety plan. We can help you with this.

L is for love. Everyone deserves healthy relationships and to give and receive healthy love!

E is for educate. Educate yourself about domestic violence and encourage those around you to do the same. Go to www.OneConversationTahoe.org to learn more and become a #OneConversation Champion!

.....
Live Violence Free is located at 100 Foothill Road Suite A in Woodfords.
Our business hours are Monday – Friday 8am-4pm, but we do have a
24-hour crisis line: 888-750-6444.





There's No Better Time to Stand By Your Watershed Than After a Fire

By Kimra McAfee, Executive Director



A watershed is an area of land that drains all the streams and rainfall to a common outlet such as the outflow of a reservoir, mouth of a bay, or any point along a stream channel.

—US Geological Survey

In Alpine County, we are fortunate to have the Alpine Fire Safe Council and the Alpine Biomass Collaborative (ABC) working to reduce the risk of catastrophic wildfire. The Alpine Fire Safe Council provides community leadership, resources, and a forum to improve wildfire preparedness in eastern Alpine County. ABC



is a collaborative group that works to unify partners to promote forest and watershed health. Alpine Watershed Group (AWG) is also dedicated to preserving and enhancing watershed health, but when the issue is fuels management, we follow the other groups' lead—we fully support their work because we know that a wildfire greatly impacts watershed health. In the aftermath of the Tamarack Fire, AWG Watershed Program Manager Mo Loden and I have been striving to learn, to listen, and to determine our next steps.

At this point in time, we don't have all the answers. Our Board members, Mo, and I have reviewed the US Forest Service Burned Area Emergency Response (BAER) Report. We are talking with other watershed groups with experience in wildfire recovery, and with partners who we might work with on projects or who might have funding.

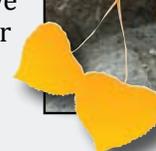
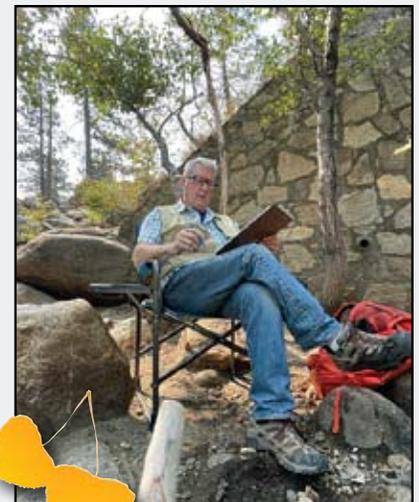
We know you, our community members, also have a lot on your minds right now, especially since fire season isn't over yet. There is one commonality for everyone reading this: We all live in a watershed. Maybe your watershed includes areas that recently endured high soil burn severity. Maybe your watershed did not burn, but it has trees stressed from drought that are more susceptible to burn.

If you haven't followed or been involved with Alpine Watershed Group in the past, we hope that you will fit us into your life from here forward. You can:

- Sign up for our email newsletter: www.alpinewatershedgroup.org/email-bulletin
- Attend our bimonthly meetings: The next one will be Tuesday, November 9, 5:30 p.m.; details will be at www.alpinewatershedgroup.org and in our newsletter.
- Email me at awg.kimra@gmail.com
- Email Mo Loden at awg.mo.loden@gmail.com
- Call Mo and me anytime with your ideas, observations, or offers to help: (530) 694-2327
- Follow us on Facebook: [AlpineWatershedGroup](https://www.facebook.com/AlpineWatershedGroup)
- Follow us on Instagram: [alpinewatershedgroup](https://www.instagram.com/alpinewatershedgroup)
- Watch our videos on YouTube: [Alpine Watershed Group](https://www.youtube.com/AlpineWatershedGroup)

I don't have to tell anyone that has been here that Alpine County's watersheds are incredibly special places. And a watershed group is a really cool entity—a community organization dedicated to stewarding those places through monitoring, restoration, and environmental education. Together, we can help the Upper Carson River watershed recover, and we can have fun together as we work to conserve the headwaters of the Carson, Mokelumne, Stanislaus, Upper Truckee, and South Fork American rivers in Alpine County.

Stay safe and take good care.



RISKS OF OPIOID MISUSE DURING PREGNANCY

Untreated opioid use disorder during pregnancy can have devastating consequences for the unborn baby. Fluctuating levels of opioids in the mother may expose the fetus to repeated periods of withdrawal, which can harm placenta function.

Other direct physical risks include:

- neonatal abstinence syndrome (NAS)
- stunted growth
- preterm labor
- fetal convulsions
- fetal death

Other indirect risks to the fetus include:

- increased risk for maternal infection (e.g., HIV, HBV, HCV)
- malnutrition and poor prenatal care
- dangers from drug seeking (e.g., violence and incarceration)



What is Neonatal Abstinence Syndrome?

Neonatal abstinence syndrome (NAS) occurs when an infant becomes dependent on opioids or other drugs used by the mother during pregnancy. The infant experiences withdrawal symptoms that can include (but are not limited to) tremors, diarrhea, fever, irritability, seizures, and difficulty feeding.

*****Buprenorphine and methadone** have both been shown to be safe and effective treatment for opioid use disorder during pregnancy. While HAS may still occur in babies whose mothers received these medications, it is less severe than it would be in the absence of treatment. Research does not support reducing medication dose to prevent NAS, as it may lead to increased illicit drug use, resulting in greater risk to the fetus.

If you or someone you care about is pregnant and has an opioid use disorder:

Ask your healthcare provider about treatment options, or contact
Alpine County Behavioral Health Services for assistance.

530-694-1816

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.



Alpine Kids UPDATE

- **Edie and Skip and are moving to Gardnerville** and are still committed to the Alpine Kids Ministry. Edie can be reached on her cell phone (775) 781-1416.
- **If you need a 2021/2022 membership form**, call and Edie will mail one to you. The application has been reduced to 2 pages and the cost is still \$40 per year for the entire household. Kristy Vann will take the lead with assistance from Cody and Tyler. Teens are enrolling now!
- **If Turtle Rock Park is open by Saturday, November 20th**, we will be having Turkey Bingo. Everyone needs to wear a mask.

Membership applications and donations can be sent to:
CVUMC/Alpine Kids Ministry, 1375 Centerville Lane, Gardnerville, NV 89410



The Dirt on Cigarette Filters

By Erica Forzley

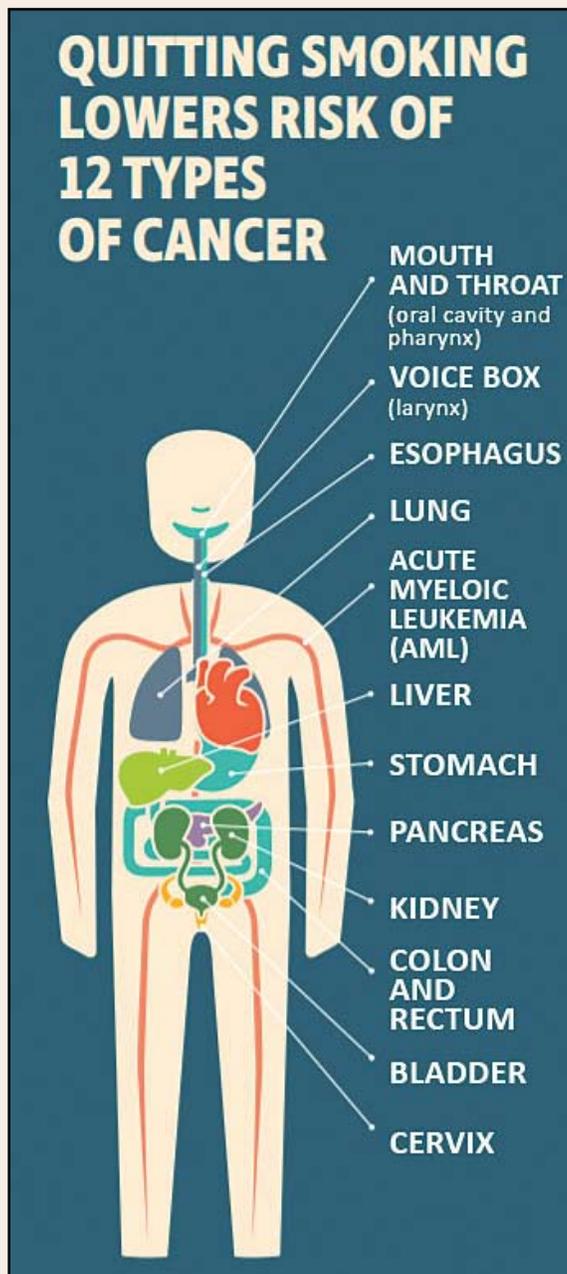
Contrary to popular opinion, cigarette filters are not biodegradable. When exposed to sunlight and moisture they break into smaller plastic pieces^{5,6}. Once cigarette butts are broken down into smaller pieces, they are even harder to remove from the ground. These plastic filters leach out chemicals harmful to earth, and, 50 of these chemicals cause cancer in humans⁵.

Pesticides are chemicals that increase size of tobacco crops and protect them from pests and disease¹. In fact, on the list of plants that require the most pesticides, tobacco ranks sixth³ however, harm workers and people who smoke¹. Pesticides used by tobacco growing operations are unregulated, much of tobacco production occurs in

countries with lower environmental stands and less capacity to enforce standards than the United States¹. Heavy metal are found in cigarettes, these come from application of pesticides to tobacco plant fields². Chemicals are added after the tobacco is harvested also.

As anyone who eats junk food knows, chemicals can taste delicious! The purpose of menthol is to numb the throat, making tobacco more palatable. A cigarette is smoked, chemicals are retained in the filter and then absorbed into the ground. Some of these chemicals include heavy metals that are hazardous to the environment like lead and mercury^{6,2}.

Cigarette butts are the most common debris item collected along waterways during the Ocean Conservancy's yearly International Coastal Cleanup⁴. Researchers conducted a study on marine worms called rag worms, exposed them to leached cigarette filter toxicants in seawater and observed⁶. Their ability to burrow in sediment, work that keeps other organisms alive, was impaired. In addition, they absorbed around 98 times the amount of nicotine that is delivered to a human⁶. Saving yourself from cigarettes will save the earth!



References

- ¹Hexum, T. & Kingston, H. (2019). Commercial Tobacco, Health, & the Environment: The Problems. Public Health Law Center.
- ²Koutela, N., Fernandez, E., Saru, M. & Psillakis, E. (2020). A Comprehensive Study on the Leaching of Metals from Heated Tobacco Sticks and Cigarettes in Water and Natural Waters. Science of the Total Environment, 714 (136700). DOI:10.1016/j.scitotenv.2020.136700.
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- ⁴Slaughter, E., Gersberg, R., Watanabe, K., Rudolph, J., Stransky, C. & Novotny, T. (2011). Toxicity of cigarette butts, and their chemical components, to marine and freshwater fish. Tobacco Control, 20 (1), i25-i29. DOI: 10.1136/tc.2010.040170
- ⁵WHO Framework Convention on Tobacco Control. (2016). New Marking on Tobacco Products Filters Containing Plastic in the European Union. New marking on tobacco products filters containing plastic in the European Union – WHO FCTC Implementation Database (untobaccocontrol.org)
- ⁶Wright, S., Rowe, D., Reid, M., Thomas, K. & Galloway, T. (2015). Bioaccumulation and biological effects of cigarette litter in marine worms. Scientific Reports, 5 (14119), 1-10. DOI: 10.1038/srep14119

Focus on Healthy Teeth!

Greetings to all Alpine County residents with teeth...but especially to all those growing children out there! There are plans in the works for a coordinated effort with Alpine County Public Health, First 5, and Alpine County Unified School District, including Bear Valley. The goal is, to provide fluoride varnish applications to all those teeth that need protecting in our community. To accomplish this goal, we would like to host up to three events at all schools this school year in our county. The dates for these services are still in the works but stay tuned and contact Hillary Jolly, Public Health RN at 530-694-2146, extension 223 for updates and information. Hillary will also plan to attend the playgroup at the Hung-A-Lel-Ti Firehouse on November 10th and hopes to meet some of the youngest in our community and work with their guardians and parents on keeping those growing teeth healthy!

For now, here is a great bit of information on fluoride varnish. Here's to taking care of our teeth and our county!



Fluoride Varnish: What Parents Want to Know

Healthy gums and teeth are important to your child's overall health. The American Academy of Pediatrics recommends that all infants receive oral health risk assessment by 6 months of age. Once your child has a tooth, your pediatrician may recommend that your child receive fluoride varnish treatments to help prevent tooth decay.

What is Fluoride Varnish?

Fluoride varnish is a dental treatment that can help prevent and slow down tooth decay. Fluoride varnish treatment in combination with a healthy diet, brushing with fluoride toothpaste, and seeing a dentist regularly will help decrease the chances of your child having tooth decay.

Is Fluoride Varnish Safe?

Yes. It is used by dentists and doctors all over the world to help prevent tooth decay in children. A very small amount of varnish is used. The varnish hardens quickly after it is applied to the teeth.

How is Fluoride Varnish Applied?

Fluoride varnish is either painted on or rubbed on with a finger. It is very sticky but quickly hardens. Fluoride varnish, nor the application, harms or hurts your child; but, young children may still cry before or during the application.

Why is a Pediatrician Applying Fluoride Varnish? (A Nurse can also apply varnish)

Pediatricians and their clinical staff are trained to apply fluoride varnish because many young children do not see or have access to a dentist until they are older. If your child is seeing a dentist, they may only see a dentist once or twice a year. Your pediatrician can apply fluoride varnish in addition to the dentist.

After Application Care Instructions:

Your child can eat and drink right after the fluoride varnish is applied; but, try to refrain from giving your child crunchy food or hot liquids for 6 hours. Do not brush or floss teeth for 4-6 hours.

Fluoride Varnish Facts:

- Varnish can be applied up to 4 times per year by your pediatrician – starting from the time the first tooth erupts up.
- Varnish is not permanent and is recommended to be re-applied at frequent intervals.
- Varnish may temporarily dull teeth, but your child's teeth will return to normal after brushing.
- Varnish application takes less than 5 minutes and can be done at any visit.

Good Dental Health Care is Achieved By:

- Getting regular dental care by a dentist
- Getting the recommended amount of fluoride
- Engaging in regular brushing and flossing
- Eating healthy

Resources: American Academy of Pediatrics – Healthchildren.org
Centers for Disease Control and Prevention – Division of Oral Health – Children's Oral Health (A Nurse can also apply varnish)
REV 2/18

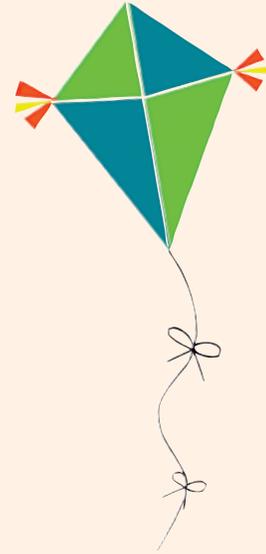




Looking for something fun for the whole family this Fall?

Check out these Autumn Activities:

- Make a family holiday card photo
- Pick some apples; make apple pie, muffins, cider ~ oh so yummy!
- Try some indoor camping on a blustery day
- Count the geese as they fly south
- Make a scarecrow
- Visit a pumpkin patch or corn maze; carve a pumpkin
- Hand make holiday cards
- Fly a kite! ~ Excellent windy days in Fall for kite flying
- Pick up & decorate pine cones or make a pinecone bird feeder
- Bake cookies ~ what's your favorite? I like oatmeal-raisin
- Go for a long sightseeing drive
- Walk through your favorite park and look for the seasonal changes
- Go kayaking or paddle boarding while the water is still warm
- Take a hike!
- Find and explore the smaller lakes in the area; when was the last time you went to Fourth of July lake?



- Go fishing
- Disc golfing is still excellent
- Play family or neighborhood football
- Plant bulbs for spring flowers
- Make a batch of stick-to-your-ribs chili
- Teach or learn to knit or crochet or bead
- Always remember what you're thankful for

Fall is a great time for family fun!



The Child Abuse Prevention Council (CAPC) and Health & Human Services (HHS) are planning for the 2021 HOLIDAY FOOD BAGS & GIVING TREE GIFTS for families in need this upcoming holiday season.

Cash donations may be made directly to HHS via cash or check (made out to HHS) or to purchase a gift for a child from the Amazon Wish-list simply scan the QR code at right. We are grateful for the generous contributions from individuals, families and local businesses making this program a success year after year. We are asking all donations be made by December 3, 2021. Holiday Meal Applications will be available November 1, 2021. For more information/questions, call CAPC Coordinator, Amy Broadhurst, at 530.694.2235.



Milestones Matter!



Help your child grow and thrive, discover what to look for at each stage, from infancy through preschool. From birth to age 5, children are learning and growing by listening and watching the world around them. There is nothing more thrilling than watching your child reach each step of development. There are differences in when children show their progress, if you are ever worried check with your pediatrician.

Skills like taking their first step, smiling for the first time, and waving “bye bye” are developmental milestones. Children reach milestones in how they play, learn, speak, act and move (crawling, walking, etc.). Short videos that take you through several ways you can help stimulate your child’s healthy development and how to identify different milestone moments along the way are available at <https://www.first5california.com/en-us/videos/from-the-experts-watch-me-learn-watch-me-grow/>

Tools for tracking milestones are FREE from the Centers for Disease Control and Prevention (CDC): Milestone Tracker app and checklists for all ages 2 months to 5 years of age can be found at <https://www.cdc.gov/ncbddd/actearly/milestones/index.html> plus hard copies of the Milestone Moments Booklet are available from First 5 Alpine, to request one to be mailed, call 530.694.1334 or stop by 75 Diamond Valley Rd, M-F: 8-5pm to pick up a copy.

Milestone Moments

Learn the Signs. Act Early.

Learn the Signs. Act Early.

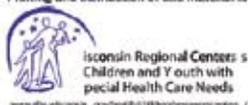
www.ActEarly.wisc.edu



Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

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You can follow your child’s development by watching how he or she plays, learns, speaks, and acts.

Look inside for milestones to watch for in your child and how you can help your child learn and grow.

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!

VEGETABLE SALAD WITH TANGY AVOCADO DRESSING

Ingredients

Serves 4

- 8 cups Romaine Lettuce shredded
- 1/2 cup Cucumber peeled and chopped
- 1/2 cup Jicama peeled and chopped
- 1/2 cup Peas thawed if frozen
- 1/4 cup Red Onion finely chopped
- 1 Avocado peeled and pitted
- 1/2 cup Orange Juice
- 2 tablespoons Lime Juice
- 1/2 teaspoon Garlic Salt



Directions

1. Toss lettuce, cucumber, jicama, peas, and onion together in a large bowl.
2. In a blender container, add avocado, orange and lime juices, and garlic salt; cover with a tight fitting lid, and blend until smooth.
3. Add dressing to salad and toss well to coat. Serve immediately.

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

A DRIVE THROUGH FLU SHOT CLINIC

is tentatively scheduled at Alpine County Health Department on October 13th.

CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS



Alpine Threads is brought to you by Alpine County Tobacco Control, a Prop 99 funded program.

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