



ALPINE THREADS

Community and Family Life in the California Alps

Winter 2022

IN THIS ISSUE...

- Alpine Watershed Group 2
- Delta-8 THC Has Serious Health Risks 3
- Health Benefits of Quitting Smoking Over Time 4
- Catalyst Community 5
- Burn Safety at Home 6
- Alpine Kids 6
- Live Violence Free 7
- Healthy Eating, in a SNAP!.... 8

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



FOOD COMMODITIES at Health and Human Services

Did you know that we have a Food Pantry for Alpine County residents?

Food commodities include canned and frozen vegetables, canned fruit, bread, hot and cold cereal, milk, juice, eggs, meat, soup, cheese, butter and more. Pantry bags are pre-bagged for convenience. You may drop by Alpine County Health and Human Services during their regular business hours (8am-5pm, closed at lunch between 12-1pm).

There is no household income restriction. Since this is provided as a courtesy we encourage residents to limit their commodity pick-up to once a month, with the exception of emergencies. All that is required is completion of a short application, for our files. Then, one of our staff members will assist you by bringing groceries out to your vehicle.





The Wonders of Watershed Volunteerism

By Kimra McAfee, Executive Director

While Alpine County's population is small, its volunteers are a mighty force! After more than a year of scaled-back volunteer involvement—limited to Alpine Watershed Group's fabulous River Monitors doing water quality monitoring on their Carson River watershed sites—being able to resume large community workdays felt ever so good.



Creek Day on September 18 was touch and go with public land closures and hazardous air quality as the Caldor Fire followed on the heels of the Tamarack Fire. The 49 volunteers picked up loads of trash along the highways, hauled out more than a ton of green waste between sprucing up Markleeville and the Hope Valley fishing platform access

route, removed invasive Canada thistle, installed sod plugs, and more. Check out the detailed list of accomplishments and the long list of event partners and sponsors at www.alpinewatershedgroup.org/creek-day.



Then on November 20 and 21, AWG was thrilled to assist with coordinating the first community-based Tamarack Fire restoration work in the Musser and Jarvis watershed. This drainage supplies 70% of Markleeville's water and was severely burned in the Tamarack Fire. With less than a week's notice, 46 volunteers showed up the weekend before Thanksgiving—some for a few hours, some all day long on both days. They contributed 284 hours raking and spreading native grass seed in rough conditions, and chinking in soil behind the logs that CalFIRE California Conservation Corps (CCC) crews felled for erosion control on the steep, burned slopes. AWG looks forward to monitoring the outcomes of this work to inform future post-fire restoration work.

I am so grateful for all of these folks who so freely gave of their time for watershed stewardship work. Many of the volunteers were Alpine County residents, but we also had volunteers from South Lake Tahoe, northern Nevada, and even Washington state!

I also must commend two extraordinary volunteers, even with their humility asking for the larger group of volunteers be in the spotlight. The Musser and Jarvis Restoration Weekend would not have happened without the legwork, persistence, planning, and leadership of Markleeville Water Company (MWC) Chair Mary Young and her tireless husband, Bill Young. Mary coordinated with the US Forest Service, who manages the land worked on. She applied for the funding from the Alpine County Chamber of Commerce Tamarack Fire Assistance GoFundMe drive, which paid for the seed and the erosion control wattles. Thank you, GoFundMe donors—this \$5,000 was the first funding received to help restore this watershed.



These workdays are just the beginning. We as a community have a lot of discussions, planning, and on-the-ground work ahead of us after the Tamarack Fire. Please stay tuned through AWG's website (www.alpinewatershedgroup.org) and newsletter. Thankfully, AWG has two new staff members to assist. Below is the contact information for our staff. We look forward to working alongside you in 2022!

.....
Kimra McAfee, Executive Director – awg.kimra@gmail.com
Rachel Kieffer, Watershed Coordinator – awg.rachel@gmail.com
Sierra Riker, AmeriCorps Member, Monitoring & Outreach Specialist – awg.sierra.snap@gmail.com
AWG Office – (530) 694-2327



Delta-8 THC Has Serious Health Risks

CDC Health Advisory: Increases in Availability of Cannabis Products Containing Delta-8 THC and Reported Cases of Adverse Events

The purpose of this **Health Alert Network Health Advisory** is to alert public health departments, healthcare professionals, first responders, poison control centers, laboratories, and the public to the increased availability of cannabis products containing delta-8 tetrahydrocannabinol (THC) and the potential for adverse events due to insufficient labeling of products containing THC and cannabidiol (CBD).

5 THINGS TO KNOW ABOUT DELTA-8 TETRAHYDROCANNABINOL - DELTA-8 THC

- 1. Delta-8 THC products have not been evaluated or approved by the FDA for safe use and may be marketed in ways that put the public health at risk.**
The FDA is aware of the growing concerns surrounding delta-8 THC products currently being sold online and in stores. These products have not been evaluated or approved by the FDA for safe use in any context.
- 2. The FDA has received adverse event reports involving delta-8 THC-containing products.**
From December 2020 through July 2021, the FDA received adverse event reports from both consumers and law enforcement. Adverse events including vomiting, hallucinations, trouble standing, and loss of consciousness have been reported from ingestion of gummies and brownies.
- 3. Delta-8 THC has psychoactive and intoxicating effects.**
Delta-8 THC has psychoactive and intoxicating effects, are likely expose consumers to much higher levels of the substance than are naturally occurring in hemp cannabis raw extracts.
- 4. Delta-8 THC products often involve use of potentially harmful chemicals to create the concentrations of delta-8 THC claimed in the marketplace.**
The natural amount of delta-8 THC in hemp is very low, and additional chemicals are needed to convert other cannabinoids in hemp, like CBD, into delta-8 THC. Concerns with this process include: use potentially unsafe household chemicals and potentially harmful by-products (contaminants) due to the chemicals used in the process. If consumed or inhaled, these chemicals can be harmful. Manufacturing of these products may occur in uncontrolled or unsanitary settings.
- 5. Delta-8 THC products should be kept out of the reach of children and pets.**
Manufacturers are packaging and labeling these products in ways that may appeal to children (gummies, chocolates, cookies, candies, etc.). These products may be purchased online, as well as at a variety of retailers, including convenience stores and gas stations, where there may not be age limits on who can purchase these products.

You can contact the FDA online www.fda.gov or by phone 1-800-332-1088.



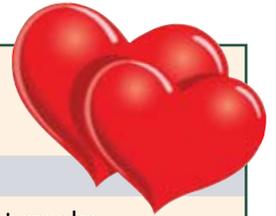
Alpine County Public Health is now on Facebook & Twitter

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!



HEALTH BENEFITS of Quitting Smoking Over Time

Over time, people who quit smoking see many benefits to their health. After you smoke your last cigarette, your body begins a series of positive changes that continue for years.



Time after quitting	Health benefits
Minutes	Heart rate drops
24 hours	Nicotine level in the blood drops to zero
Several days	Carbon monoxide level in the blood drops to level of someone who does not smoke
1 to 12 months	Coughing and shortness of breath decrease
1 to 2 years	Risk of heart attack drops sharply
3 to 6 years	Added risk of coronary heart disease drops by half
5 to 10 years	Added risk of cancers of the mouth, throat, and voice box drops by half
	Risk of stroke decreases
10 years	Added risk of lung cancer drops by half after 10-15 years
	Risk of cancers of the bladder, esophagus, and kidney decreases
15 years	Risk of coronary heart disease drops to close to that of someone who does not smoke
20 years	Risk of cancers of the mouth, throat, and voice box drops to close to that of someone who does not smoke
	Risk of pancreatic cancer drops to close to that of someone who does not smoke Added risk of cervical cancer drops by about half

Reduced risks refer to cessation in comparison to continued smoking.

This material was developed by the Center for Disease Control and Prevention (CDC).

HEALTH BENEFITS OF QUITTING SMOKING

 **IMPROVES** health and **INCREASES** life expectancy

 **LOWERS** risk of 12 types of cancer

 **LOWERS** risk of cardiovascular diseases

 **LOWERS** risk of chronic obstructive pulmonary disease (COPD)

 **LOWERS** risk of some poor reproductive health outcomes

 **BENEFITS** people who have already been diagnosed with coronary heart disease or COPD

 **BENEFITS** people at any age - even people who have smoked for years or have smoked heavily will benefit from quitting

You're Invited!

The 3rd Wednesday of each month through May 2022



Alpine Abundance Parent Cafes

Held at The Washoe Indian Education Center (WIEC)

January 19, 2022 5:30 - 7pm Responding to Stress	February 16, 2022 1:00 - 2:30pm Community Support & Resources for Your Job as a Parent	March 16, 2022 5:30 - 7:00pm Understanding Emotions
---	---	--

These are new events that provide an opportunity for parents to come together and have important conversations around improving their families, using the 5 Protective Factors as a framework. Our intent is to draw upon the “abundance” of parental knowledge to help each other by sharing our self-care strategies, building on the strengths we already have, and by learning more about our child’s physical, social, and emotional development. Children are supervised in an activity while the adults have meaningful conversation.

Please RSVP to 530.694.2129 or dhutson@catalystcomm.org

Parents and Caregivers and their Children are all welcome!

Light snacks will be provided.

Children and adults have opportunities to earn incentives for attending.



Brought to you by:



Burn Safety at Home

Many ordinary things in a home — including bath water, food and electrical outlets — can cause childhood burns. To prevent burns at home:

- **Reduce water temperature.** Set the thermostat on your hot water heater to below 120 F (48.9 C). Aim for bath water around 100 F (38 C). Check the temperature of bath water with your hand before putting your child in the bath.
- **Avoid hot spills.** Don't cook, drink, or carry hot beverages or foods while holding a child. Keep hot foods and liquids away from table and counter edges. Don't use tablecloths or place mats, which young children can pull down. Turn the handles of your pots and pans toward the rear of the stove and use back burners when possible. Don't leave the stove unattended when you're cooking.
- **Establish 'no' zones.** Block access to the stove, fireplace, space heaters and radiators. Don't leave a child unattended in a room when these items are in use.
- **Keep hot devices out of reach.** Store items designed to get hot, such as clothes irons or curling irons, unplugged and out of reach.
- **Test food temperature before feeding young children.** Be careful with food or liquids warmed in a microwave, which might heat foods unevenly. Never warm a baby's bottle in the microwave.
- **Choose a cool-mist vaporizer.** They prevent steam burns.
- **Address outlets and electrical cords.** Cover unused electrical outlets with safety caps. Keep electrical cords and wires out of the way so that children don't pull on or chew on them. Replace frayed, broken or worn electrical cords.
- **Choose fire-resistant fabrics.** Check labels to make sure mattresses and pajamas meet federal flammability standards.



Keep your family safe: Fire safety and burn prevention at home. American Academy of Pediatrics.
<http://patiented.solutions.aap.org/handout.aspx?resultClick=1&gbosid=156453>. Accessed June 11, 2019.



CVUMC/Alpine Kids Ministry
1375 Centerville Lane
Gardnerville, NV 89410

Contact Edie
(775) 781-1416

Family Outings

People do not have to live or work in Alpine County to become a member of Alpine Kids. Membership cost is \$40 a year; renewals are all starting July 1 no matter your enrollment date.

Members only Kids' Family Outing Saturday, January 22nd Hunan's
4:30 - 5:30. Swim Center 6:30 - 8:30.

February events will get booked soon. Please feel free to contact Edie to request updates or with questions.

Did you know?



January is Positive Parenting Awareness Month! Here are some tips and information about the Triple P Parenting Program offered in Alpine County!

▶ Children may express their emotions in different ways than adults. **The pandemic has been a scary and different time for so many families.** Your child might be expressing this through anger, clinginess, sadness, outbursts, and other abnormal behaviors for your child. Validate your child's feelings and discuss appropriate ways to express them.

Tracking your child's problem behaviors can help you identify certain times of day or activities that cause your child to act out. This can help you recognize different tools from your toolbox to use to help your child modify their behaviors and be more successful.

▶ If your child struggles with tasks such as running errands, **try practicing the outing first.** This will help your child know what to expect on outings!

Triple P does not tell you how to be a parent. **It is more like a toolbox of ideas** like the ones above. You choose the strategies you need. You choose the way you want to use them.

It is all about making Triple P work for you!

▶ With Triple P, **any parent can participate.** There is no need to qualify for any other Live Violence Free program or service.

With Triple P, **your sessions can be in office or virtual, and each session is individually scheduled with your practitioner.**

▶ **Get started with Triple P today!** Call Briana or Sara with Live Violence Free at **530-694-1853** or send us an email at **alpine@liveviolencefree.org**



Alpine Threads Editorial Board

First 5 Alpine

75 Diamond Valley Road
PH: 530-694-2235 ext. 227
[www.alpinecountyca.gov/523/
First-5-Alpine](http://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](http://www.alpinecountyca.gov/523/First-5-Alpine)
- www.alpinecounty.com
- www.alpinewatershedgroup.org
- [www.alpinebiomasscommittee.
wordpress.com](http://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!

THREE BEAN CHILI

~ Serves: 6 ~

Ingredients

- 1 tablespoon Vegetable Oil
- 1 Onion diced
- 2 cloves Garlic finely chopped
- 2 Zucchini diced (fresh or frozen) or
2 Summer Squash diced
- 1 cup Corn fresh or frozen
- 2 Bell Peppers diced
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon Salt (feel free to use less)
- 1 tablespoon Chili Powder
- 1 teaspoon Ground Cumin
- 16 ounces Pinto Beans low-sodium, drained and rinsed
- 16 ounces Black Beans low-sodium, drained and rinsed
- 16 ounces Red Beans low-sodium, drained and rinsed
- 30 ounces Diced Tomatoes low-sodium
- 1 tablespoon Molasses (feel free to use less)



Directions

1. In a stockpot, heat vegetable oil over medium heat. Add onion and garlic then cook until soft (about 2 minutes). Add zucchini or squash, corn, and bell peppers then cook until soft (about 5 minutes). Stir in remaining ingredients and bring to a boil.
2. Reduce heat, cover, and simmer for 20-25 minutes, stirring occasionally.
3. Serve immediately or cool completely then store in the refrigerator or freezer.

*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**