



# ALPINE THREADS



Community and Family Life in the California Alps

Spring 2022

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*Masthead photo courtesy of  
Alpine County photographer  
Todd Branscombe.*  
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## LEARNING SKILLS ON HILLS

**Six Alpine County youth from 10 to 17 years old graduated from Snowboard Outreach Society's (SOS) learn to ride program on a bluebird**



**day at Kirkwood, Sunday, March 6th.** This is a nation-wide program that builds leadership and character in youth. Four-hour ski lessons with caring instructors, and program days facilitated by staff and volunteers gave youth an opportunity to discuss their successes and challenges while building relationships with adults and peers. In addition, a curriculum on core values such as courage, integrity and compassion took place over the course of the program. Behavioral Health helped families pay for program fees and Dawn Riddle and Erica Forzley drove and mentored the youth.

At the end of the days, the children looked back on the experience as fun. One 10-year-old internalized the lesson about compassion; when asked if they would recommend this program to a peer, they replied, "I would tell them that if they want to do this program then they should do it, and if they don't want to do it then I would tell them that they don't have to." It was great to see children having fun and learning skills.

To learn more about SOS, see a list of their locations or to donate, visit [www.sosoutreach.org](http://www.sosoutreach.org)



## CITIZEN SPOTLIGHT | MARK SCHWARTZ



In 2016, Mark Schwartz's friend invited him to Markleeville to cycle in the Death Ride, which today is a 103-mile course with over 14,000 feet of elevation gain, hillier than a typical bike ride in hometown San Jose. No stranger to tackling challenges, Mark agreed. Charmed by his July stay at Carson River Resort, Mark and his wife, Pat Schwartz felt guided by intuition to move from San Jose to Markleeville and they did so in October of 2016. In July of 2017 he tackled the Deathride, which then was over 125 miles with about 15,000 feet of climbing, and did all five (5) passes. Not long after he convinced his mom, January Riddle, to move here also.

Mark advocates for biking (and the outdoors) in Alpine County through his blog, "California Alps Cycling" [www.californiaalpscycling.bike](http://www.californiaalpscycling.bike). There are two main purposes of California Alps Cycling, to attract cyclists to the area and to help locals better understand cyclists; what makes them tick, and what they have to offer. The more recreators who come to Alpine County to say, bike or fish, the more money is spent at businesses here. Mark wants roads and trails to become more bike friendly and he wants recreation trails to welcome horses also. Relative to a bigger town, people in Markleeville are valued as individuals, a power than can be harnessed to make a difference.

When Mark isn't biking miles that total 5,000-6,000 a year, working at his full-time job or on his blog, he is serving on local boards and committees. He serves on the Board of Directors of Markleeville Water Company, is a member of the Caltrans Bicycle Pedestrian Advisory Committee, is the President of the Alpine Co. Chamber of Commerce Board of Directors and is the Officer at Large of the Alpine Trails Association. There are common goals among these agencies and others, organizations and individuals. People from different entities are coming together to meet the potential that lies in Alpine County.

You can follow Mark on Facebook, Twitter and Instagram at California Alps Cycling (bikedalps is his handle for all three) or on his blog [www.californiaalpscycling.bike](http://www.californiaalpscycling.bike).



## Give your Input on Events!

Based on recent findings in the Community Health Improvement Plan, there is a desire among community members for social connection and healthy lifestyle events.

Please take 3 minutes to indicate your interest in attending activities. This survey will be open until May 1st, 2022.

**Thank you for your help!**  
<https://www.surveyanalytics.com/t/AIoTrZOrMl>



## 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!



# Food for the Soul: Planting Trees

By Kimra McAfee, Executive Director



**Happy spring!** While I am still hoping for more snowpack, I'm also excited to see bits of green emerging in the Tamarack Fire burn areas. Since last summer's fire, the recurring theme in so many of my conversations with community members has been everyone wanting to be able to do something to help. So when Forester Annabelle Monti with the Humboldt-Toiyabe National Forest asked Alpine Watershed Group (AWG) and Alpine Trails Association (ATA) if we'd like to co-host community workdays to plant trees, we jumped at the opportunity.



At time of press, the first community workday on April 9 will have already taken place. If you were able to help, thank you so much! If you were not able to make the first workday, or if you would like to help out more, there will be a second one in May.

AWG and ATA, in partnership with the US Forest Service, warmly invite you and your family to help plant trees on the second workday on Sunday, May 1, 9 a.m.-1 p.m. Due to restrictions on the number of volunteers allowed at some sites, an RSVP is required. Please visit [www.alpinewatershedgroup.org](http://www.alpinewatershedgroup.org) to register. Once the registration form and waiver have been completed, more information will be emailed to you.

Volunteers will be planting two-year-old tree seedlings that were donated to the US Forest Service. The species to be planted are Jeffrey pine, ponderosa pine, sugar pine, and incense cedar.

We try to make it appear effortless, but there's a lot of coordination and planning that goes into organizing community workdays. AWG is a small, lean nonprofit organization, but staff time is our biggest expense. A huge thank you to Trout Unlimited-Sagebrush Chapter for helping to fund AWG's work on Tamarack Fire recovery in the Upper Carson River watershed. We are also grateful to have support for these workdays from the Alpine County Tobacco Control Program.



In other post-fire news, on March 23 the Carson Ranger District hosted a Tamarack Restoration Project public meeting at Turtle Rock Park to update our community on their progress, and to get community input as they move forward with the required environmental review process for large-scale restoration work on US Forest Service lands. There will be more community meetings with the Forest Service as well as other agencies and organizations. Please stay tuned through AWG's website ([www.alpinewatershedgroup.org](http://www.alpinewatershedgroup.org)) and newsletter. Don't hesitate to reach out to your watershed group's staff with questions or ideas; our contact information is below.

*May you find hope, peace, and joy however you celebrate Earth Day this April 22 ... and throughout the year.*



.....  
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AWG Office – (530) 694-2327

# ORAL HEALTH



## Lift the lip and look inside once a month

Wash your hands, or wear disposable gloves.

Position the child's head on your lap, sit facing each other, or lie the child down on a couch or bed.

**Lift the lip and look at the child's teeth and gums. What do you see?**

### What should your child's teeth look like?

- Clean
- Unbroken surfaces
- Gums should be firm to the touch, not red and not tender or swollen



### If your child has tooth decay you might notice:



#### 1) White spots or white lines on the tooth.

This is early decay and you need to see an oral health professional.

#### 2) Brown spots or cavities.

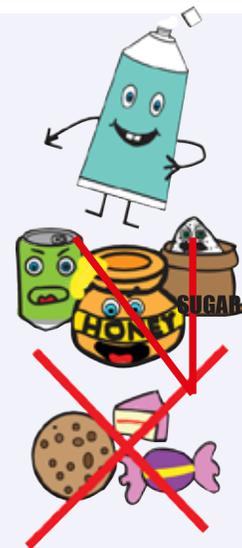
This is decay and you need to see an oral health professional urgently.

#### 3) Advanced decay or broken teeth.

This is severe decay and may cause your child pain. You should urgently see an oral health professional.

### How can you prevent oral diseases?

- Lift the lip monthly to check for early signs of tooth decay.
- Brush twice daily, for 2 minutes with fluoride toothpaste from the eruption of the first tooth, and spit out the toothpaste but do not rinse away the residue.
- Wipe the baby's mouth after each feed and before bed
- Make healthy food and drink choices, without added sugar.
- Don't put sweeteners (honey, sugar, fruit juices) in the child's bottle or sippy cup
- Choose fluoridated tap water to prepare foods and as the preferred drink.
- **Visit your oral health professional regularly and before the child's first birthday.**



Content developed by the Oral Health in Comprehensive Cleft Care Task Team: P. Mossey, Muthu MS, H. Zhu, M. Campodonico, L. Orenuga with thanks to the "Toothy Tigers". This is an FDI and Smile Train partnership with support from GSK.

# WELCOME BACK TO THE LIBRARY!

The library is very pleased to be able to offer services **IN PERSON** again.  
Regular Open Hours: Tuesday through Saturday from 10am – 4pm.



## Music Fridays:

**THE LIBRARY PLAYERS ARE BACK AT THE LIBRARY!** Everyone is welcome to come join this informal and good time at Friday afternoon jam sessions from 2 – 4pm.

## Saturday Mornings:

**COFFEE & TREATS!** Come by, say hello and grab a cuppa' – tea and water are also always available. Plus browse our shelves for books, DVD's, and other available resources from our list of Library of Things (Musical instruments, Chromebooks, Yoga-Wellness Bags, Pickle Ball Sets, and more). There's something for everyone, of all ages.

## Coming soon:

**TEDDY BEAR PARADE** Markleeville: 11am – 3pm on Saturday, April 30th  
Bear Valley: 2pm – 4pm on Friday, April 29th  
See Markleeville Event on Facebook

**MUSIC IN THE PARK** 5pm – 7pm this summer, more details to be announced soon. Save the dates: June 25, July 30, August 13, August 27, September 10

**WINE IN THE GARDEN** July 9th from 4pm – 8pm



*And let's not forget about our wonderful...*

## Zip Book Program:

The Zip Book program continues to offer patrons an excellent opportunity to order books that are not available already in our collection.

### HOW IT WORKS:

Zip Books is a statewide project funded by the California State Library. Print books under \$50, and audiobooks & Playaways under \$75, (not currently owned by either of our branches) are available for order through Amazon. Library patrons may order up to two (2) Zip Books a month which are delivered directly to their mailing address. Books may be kept for up to 2 months before being returned to the Library. Once returned, another Zip Book can be ordered (for a total of 2 Zip Books "out" at a time.)

Library Patrons simply fill out a request form online, or stop by the library to complete a request form in person.

*Order your Zip Book today!*



Liberty would like to remind primary residential customers facing financial hardship or uncertainty of the CARE Program. The CARE, or California Alternate Rates for Energy Program offers income-qualified customers a 20% discount on their monthly electric bill.

To find out more about this program or to see if you are eligible to apply, visit [libertyenergyandwater.com](http://libertyenergyandwater.com) and click on "Financial Programs" under the "My Account" tab or call one of our friendly customer service representatives at 1-800-782-2506. Applications are available online in English and Spanish.

Income eligibility requirements and guidelines are updated June 1st every year and can be found at [Libertyenergyandwater.com](http://Libertyenergyandwater.com) under Customer Service, Electric Financial Help.

#### Energy Saving Assistance Program

Income-qualified Liberty customers are eligible for energy efficient home improvements at no cost to them. Start conserving energy today by calling 1-866-812-5766 for guideline qualifications and scheduling.

#### Medical Baseline Program

Liberty offers an assistance program for residential customers who have special energy needs due to qualifying medical conditions. Qualifying customers receive an extension of their lower rate baseline allowance on their monthly energy bill and, when possible, advanced notice for a Public Safety Power Shutoff (PSPS).

#### Home Energy Assistance Program (HEAP)

HEAP provides an annual energy bill payment on behalf of the eligible applicant. For more information please call 1-866-675-6623.

Start saving today by calling 1-800-782-2506 for assistance program information or visit the "Financial Programs" tab at [Libertyenergyandwater.com](http://Libertyenergyandwater.com)

Our emergency phone line available 24/7 for outage reporting. Our **Liberty Emergency phone line** can be reached at **1-844-245-6868**. Additionally, during business hours 8-5 Mon-Fri, our **Liberty Customer Service phone line** is **1-800-782-2506**.

# You're Invited!

The 3rd Wednesday of each month through May 2022



## Alpine Abundance Parent Cafes

Held at The Washoe Indian Education Center (WIEC)

April 20, 2022 1– 2:30pm

**STRESS—Seeing Beyond Your Breaking Point**

May 18, 2022 5:30– 7pm

**ALL Are Welcome Here**

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](mailto: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:



## TAKE BACK RX PROJECT

### UNUSED PRESCRIPTION DRUGS

#### Where can you dispose of them safely?

Alpine County Public Health  
75 B Diamond Valley Rd.  
Markleeville, Ca.  
530-694-2146

#### Be part of the Solution

Before prescription Drug misuse finds your kids

Safe Storage

Lock up & Monitor your Prescriptions

Safe Disposal

#### ALPINE COUNTY BEHAVIORAL HEALTH SERVICES

40 Diamond Valley Rd.  
Markleeville, Ca. 96120  
530-694-1816  
[www.alpinecountyca.gov/192/](http://www.alpinecountyca.gov/192/)  
Behavioral-Health –Services

*Please call if you or a loved one suffers with prescription drug misuse.*

## FREE mattress recycling at Woodfords Fire House!



What: **FREE** Mattress Recycling

When: Thursdays 9:30am - 12:30pm or by appointment  
Call for more info: 775-265-8600

Where: 96A Washoe Blvd.  
Markleeville, CA 96120

MATTRESSES, BOX SPRINGS AND FUTON MATTRESSES SEPARATED FROM THE BASE ONLY. ALPINE COUNTY RESIDENTS ONLY. 10 UNIT MAX.



[ByeByeMattress.com](http://ByeByeMattress.com)



# APRIL IS CHILD ABUSE PREVENTION MONTH IN ALPINE COUNTY

## Happenings in Alpine during CAP Month



### Child Abuse Prevention Month Adoption

**April 5, 2022** ★ Board of Supervisors  
Adoption of resolution declaring April 2022 as Child Abuse Prevention Month in Alpine County.



### Forgotten Children's Memorial Flag Raising

**April 8, 2022** ★ 11:30 am ★ Alpine Health & Human Services  
Followed by Create the Good at Behavioral Health Services, includes lunch, a conversation about child safety, and take home kids' activity kits.



### Teddy Bear Parades

**April 29, 2022** ★ 2-4pm ★ Bear Valley Library  
**April 30, 2022** ★ 11am-3pm ★ Markleeville Library  
The theme is "Family Fun, Fitness, and Connectedness." Bring your favorite stuffed animal and join us for crafts, a parade, music and more.



### Wear Blue Fridays

**Every Friday in April 8, 15, 22, & 29**  
Submit pictures to [CAPC@alpinecountyca.gov](mailto:CAPC@alpinecountyca.gov) to be posted on county website and shared publicly.



### Kid's Art Contest

**All Entries Due by April 30, 2022**  
Theme is "My Favorite Way to Show Love." Open to children and youth K-12th grade.



### Visit One of the Little Free Libraries

**All Month Long**  
Grab a copy of *The Well Balanced Family* by Robert F Myer. Locations include: Bear Valley Lodge, Mad Dog Café, Markleeville Library, Post Office, Alpine Watershed Office and the Catalyst Community Office at the Learning Center.



### Pinwheel Gardens

**All Month Long** ★ **Countywide**  
Plant Forget-Me-Not seeds and pinwheels in your own garden to show support.

**Saturday, April 23 - Join us for 2 tours in Carson City!** From 10am-noon, families will enjoy a guided tour of the Stewart Indian School Cultural Center & Museum. There will be a scavenger hunt to identify rocks that were used to build the school. For those who cannot do the walking, the museum provides a wonderful experience. Join us for a day of fun! Lunch to be announced. At 2 p.m. we will tour the Nevada Railroad Museum. We will have a ride in the large motorcar. Paid for by donations.

**Monday, May 23 – Wylder Hotels and Sorensen's Café are hosting Alpine Kids for an evening of family fun.** Meet there between 5 and 5:30. The hike will begin at 5:30 and end at 6:30. At 6:30 we will be treated to a Barbeque dinner. You will need to wear your purple shirts so that the staff will know you are with the group. Please RSVP by May 15th so that staff knows how much BBQ to fix.

#### TEEN OUTINGS:

**Monday, April 11th: Cooking at the church after school.** Call Edie (775) 781-1416

**Saturday April 16th: Movie "The Secrets of Dumledore"**

*Please RSVP for all outings at least 10 days prior to the event.*

You need not be a member of Carson Valley United Methodist Church or any other church to participate in the Alpine Kids' Ministry. There are monthly family outings as well as monthly teen outings. Cost is \$40 per household each year. Contact Edie Veatch to find out more information about membership and to attend our Family and Teen Monthly Outings. (775) 781-1416 or [alpinekids@live.com](mailto:alpinekids@live.com)



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CVUMC/Alpine Kids Ministry 1375 Centerville Lane, Gardnerville, NV 89410 | Contact Edie (775) 781-1416

## 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](http://www.alpinecountyca.gov/calendar)
- [www.alpinecountyca.gov/523/First-5-Alpine](http://www.alpinecountyca.gov/523/First-5-Alpine)
- [www.alpinecounty.com](http://www.alpinecounty.com)
- [www.alpinewatershedgroup.org](http://www.alpinewatershedgroup.org)
- [www.alpinebiomasscommittee.wordpress.com](http://www.alpinebiomasscommittee.wordpress.com)
- [www.spnawareness.org/](http://www.spnawareness.org/)

### ATTENTION LOCAL ORGANIZATIONS & AGENCIES

If you'd like to share your website link send it to Gina at [gina@originalmatteoni.com](mailto: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!



## Mango and Black Bean Salad

~ Servings: 4 ~

### Ingredients

- 1 cup Black Beans (about 1 15-ounce can) rinsed and drained
- 1 1/3 cups Mango (about 2 small mangoes) peeled and pitted
- 1/8 cup Green Onions (about 2 green medium onions) sliced
- 1/8 cup Red Bell Pepper (about 1/2 a medium pepper) chopped
- 1 1/3 tablespoons Lime Juice
- 1 1/3 tablespoons Orange Juice
- 2/3 tablespoon Cilantro chopped
- 1/3 teaspoon Chili Powder
- 1/8 teaspoon Ground Cumin



### Directions

1. Mix together all ingredients in a large bowl.
2. Salad may be served right away but is best if covered and chilled for at least 1 hour for flavors to blend.

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



Standard Rate  
U.S. Postage Paid  
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Markleeville, CA 96120

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**POSTAL CUSTOMER**