



# ALPINE THREADS

Community and Family Life in the California Alps Fall 2022

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*Masthead photo courtesy of  
Alpine County photographer  
Todd Branscombe.*  
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## October is Domestic Violence Awareness Month .....



**This year, we are aligning with the national theme of #Every1KnowsSome1 to highlight the fact that domestic violence can happen to anyone and is more prevalent than people realize.** Think about it – do you know someone who has experienced domestic violence? Having informed conversations about domestic violence requires understanding what it is—that it’s much more than physical abuse—and why ‘just leaving’ isn’t so simple for survivors. Supporters like you can help educate your friends, families, and communities, and get these conversations started!

On Thursday, October 20th, join us in wearing purple to show your support to all the survivors in our lives. Here’s more information about our services using the word PURPLE!

**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](http://www.OneConversationTahoe.org) to learn more and become a #OneConversation Champion!



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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.**



## More kids are swallowing batteries. Here's how to keep your children safe.

**Button batteries are everywhere: remote controls, key fobs, greeting cards, kitchen scales, tea light candles, watches, toys and hearing aids.** And, increasingly, they are making their way into the bodies of children, causing discomfort, injury and, in some cases, death.

When such batteries lodge in the esophagus, the tube that connects the throat to the stomach, they can cause serious damage in as little as two hours. While larger lithium cells are of more concern because they are more likely to be caught in a child's esophagus, smaller non-lithium button batteries can cause severe injury, especially in children younger than 1.

Mark Chandler, senior research associate at Safe Kids Worldwide noted that "in recent years, particularly in the last decade ... devices that are commonly found around the home just continue to get smaller and smaller, and that means that the types of products that are powered by button batteries have become more plentiful," Chandler said parents often aren't aware of how many devices in their home are powered by button batteries and the significant risk that the batteries can pose to children.

### Safety Tips for Parents

- Make a sweep of your home; you may find button batteries in surprising places, including some children's electric toothbrushes.
- Keep any devices powered by button batteries and any loose batteries out of reach and out of sight of children.
- Purchase button batteries packaged in ways that aim to reduce the chance of a child getting into the package and ingesting them. Some battery packages need to be cut open, Duracell sells button batteries with a bitter coating designed to discourage kids from swallowing them.
- Examine your button-battery-powered devices to make sure the battery compartment is as safely secured as possible. Devices that secure the cover with a screw are generally considered safer to have around children.

The researchers concluded that existing prevention efforts are not doing enough to cut down on battery-related emergency room visits, and they called for "regulatory efforts and adoption of safer [button battery] designs by industry to reduce or eliminate ingestion injuries in children."

On Aug. 16, President Biden signed a bill, **Reese's Law** (named after a child who died after ingesting a button battery), that will set those regulatory efforts into motion. The legislation directs the CPSC (Consumer Product Safety Commission) to develop new safety standards regarding button or coin batteries that will require safer packaging, more visible warning labels — including on the batteries themselves — and more secure compartments on devices that hold the batteries, to prevent access by children 6 or younger. The agency has a year to issue the standards.

Most cases don't result in severe harm, and button batteries can pass through a child's gastrointestinal system. But when a button battery becomes lodged in a child's esophagus, the consequences can be severe. Moisture in the mucus membranes can trigger an electric current that causes a chemical reaction; injuring the adjacent tissue (the current creates hydroxide, which causes alkaline burns).

### What to do, if your child does swallow a battery or is found near an open electronic device that is missing a battery.

- Call the Poison Help Line (800-222-1222), which will connect you to a local poison control center. They will ask for and document important information regarding the battery (including size and imprint code) and may tell you to



(continued)

head for the nearest emergency room for further evaluation. They will also want to know how old your child is, how long it has been since the battery was swallowed and what symptoms the child is experiencing, in order to help establish a treatment plan.

- Do not try to make your child vomit.
- Make note of symptoms such as wheezing, drooling, vomiting, bleeding, abdominal pain, difficulty swallowing, chest discomfort, coughing, choking or gagging, decreased appetite or refusal to eat, or fever.
- Do not give your child anything to eat or drink.
- If a magnet is swallowed along with the battery, this can potentially lead to more severe injury. Call poison control and head to your nearest emergency department.
- If it's been less than 12 hours since the battery was swallowed and your child is older than 12 months, you can give them commercial honey — two teaspoons every 10 minutes for up to six doses — on the way to the ER. This will coat the battery and prevent the generation of hydroxide, delaying burns to adjacent tissue. However, it is not a substitute for removing the battery, because this helps slow but does not eliminate the risk of tissue damage.
- In cases where a child has a battery lodged in their nose or ear — which can also damage tissue — look for pain or discharge. Do not administer nose or ear drops before a complete examination by a physician; these fluids can potentially lead to worsening damage.

Information for this article gathered from Elizabeth Chang's article in the Washington Post on August 29, 2022  
*More kids are swallowing batteries. Here's how to keep your children safe.*



## CITIZEN SPOTLIGHT | CAROL HANNAGAN

By Erica Forzley



**Carol Hannagan speaks humbly; she is a Markleeville resident and first came to the area on a camping trip to Grover's Hot Springs with friends soon after graduating college.**

Then, while serving on Search and Rescue, she fell in love with the area between Wolf Creek and the Pacific Crest Trail. She has a strong relationship with the land. Her Native American heritage instilled in her a belief that there is spirit in the land, rocks, and trees. She teaches people how to respect nature.

Her background is in environmental education; she now leads women's sacred circles, backpacking, leave no trace principles, and survival training. Her business is based out of Markleeville, and people come from all over to be led by Carol in the wilderness.

Changes that people who go into the wilderness with her experience are phenomenal, and she gives credit to mother earth for healing people; she creates the arena, and nature heals. People report feeling a sense of wholeness, belonging, peace, and a quiet mind. At the end of her wilderness trips, Carol asks participants to apply what they've learned to come up with one concrete step they can take back home.

In addition to her nature-based business, Carol raises and trains dogs for Canine Companion for Independence with the mission to provide Service Dogs, free of charge, to people with disabilities. She also serves on the Chamber of Commerce Board of Directors and wrote a book titled "The Sacred Journey - A Quest For Vision Discovering The Soul's Destiny." Like many people in Alpine County, Carol hopes people patronage businesses to make up for losses during the recent fires and debris flow.

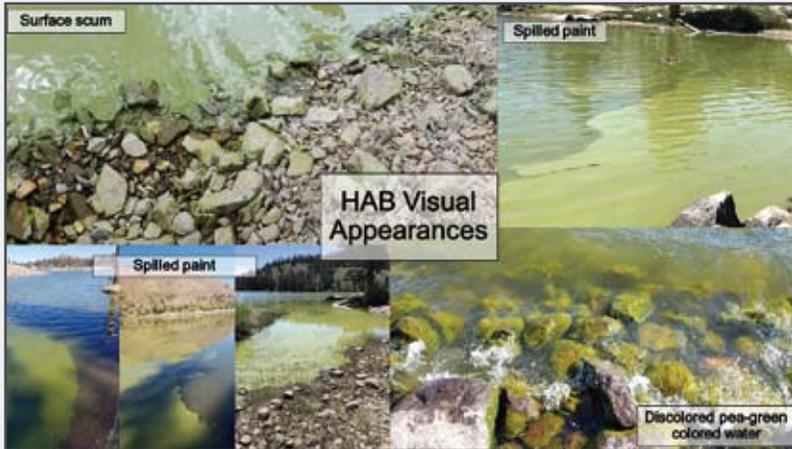


# What You Might Find in Your Watershed Wanderings

By Kimra McAfee, Executive Director



As you enjoy Alpine County’s breathtaking beauty this fall, Alpine Watershed Group (AWG) would like to alert you to some of the things you may find.



## Harmful Algal Blooms

We want to make sure that county residents and visitors, as well as their dogs, stay safe when visiting local lakes. For the past four years, AWG has been helping the Lahontan Regional Water Quality Control Board with sampling for harmful algal blooms, or HABs, at Red Lake. South Tahoe Public Utility District regularly collects samples to assess for HABs at Indian Creek Reservoir. Please look for posted signs when recreating at any freshwater lake or pond, and follow their guidance. If the water smells bad, looks discolored, or has foam or scum on

the surface, avoid contact. When in doubt, stay out! Google “California Harmful Algal Blooms” to connect to the CA HABs Portal and its many resources.

## Faith Valley Meadow Restoration Project

American Rivers, in partnership with the Humboldt-Toiyabe National Forest’s Carson Ranger District, is working on the first phase of the Faith Valley Meadow Restoration Project adjacent to Blue Lakes Road. Work is expected to continue through October, and during the work some dispersed camping sites are closed. Please use caution, and do not block construction vehicles. The purpose of this project is to reverse or halt channel incision, improve habitat, and improve recreation experiences. The work being done this year includes constructing a grade control structure at the downstream end of the project and a subset of the beaver dam analogs.

## West Fork Carson – Fuels Reduction, Aspen, and Meadow Restoration Project

Around Hope Valley, you may see various contractors doing fuels reduction work. The National Forest Foundation (NFF) procured funding from California Department of Fish and Wildlife and Sierra Nevada Conservancy to accomplish this work on Humboldt-Toiyabe National Forest lands in partnership with the Carson Ranger District. The objective of this project is to improve forest health by reducing fuels, enhancing aspen stands, and restoring meadows. AWG was brought on as a partner to do aspen monitoring both before and after the work. The data we collect will help determine the success of aspen regeneration and reestablishment following conifer removals.



*AWG is thrilled to expand our monitoring program to include aspen monitoring. We love contributing to the body of research on one of the natural treasures that draws visitors to Alpine County.*

If you have questions or want to get involved in watershed stewardship, please contact AWG at (530) 694-2327, email me at [awg.kimra@gmail.com](mailto:awg.kimra@gmail.com), or visit [www.alpinewatershedgroup.org](http://www.alpinewatershedgroup.org).



# SEPTEMBER IS *Suicide Prevention* MONTH

by Ewa Czarna



**In 2020 suicide was 12th leading cause of death in the United States, claiming lives of nearly 46,000 people.** Suicide is 3rd leading cause of death in children ages 10 to 19. Nearly 1.2 million adults attempted to take their own life.

These alarming statistics often leave people feeling intimidated and vulnerable. Reality of mental illness and suicide seems scary and taboo to many. The conviction that there's close to nothing an average person can do about it isolates people who struggle even more, and adds to already amplified stigma. The truth is that you and me, your neighbor down the street and a clerk you talked to at the grocery store yesterday, can do a lot to help. We all are equipped to prevent suicide in our families and local communities by reaching out to people who desperately need support. Helping someone who's suicidal stay alive is not easy but it doesn't require any kind of diploma. We just need to learn how to do it.



People who are thinking about taking their own life usually don't want to die. They just want the pain they're feeling to end. That is why they send "invitations" to people around to help them stay alive. Some of those invitations, known as suicide warning signs, can be obvious-threats or comments about killing themselves, or saying goodbye. Other invitations may not be so evident and include, for example, talking about feeling hopeless, trapped or being a burden to others. Social withdrawal, dramatic mood swings, preoccupation with death, impulsive, reckless or aggressive behavior, increased alcohol and drug use or giving possessions away are other forms of invitations to help sent out by someone who is suicidal.

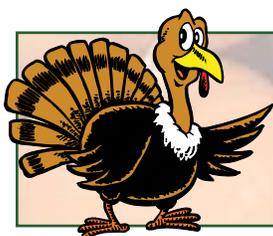
How does one answer such invitations? Taking action is always the best choice.

- Tough questions have to be asked directly: "Are you thinking about suicide?" or "Do you have the means to take your own life?" Ask until you get a clear answer you believe.
- Remove means of suicide like a gun or stockpiled pills from a person's home.
- Never leave a suicidal person alone but don't try to handle the situation without help. Tell a family member or a friend about what is going on.
- Get help from a trained professional as quickly as possible and let him or her handle the situation from there. Use local resources available at Behavioral Health Services in Alpine County. You can also call 988 and speak to one of the professionals from Suicide and Crisis Lifeline serving people across the U.S. since July 2022.
- If you believe you are in danger or someone is in immediate risk of attempting suicide don't hesitate to call 911.

Remember this: suicide is everyone's business but we are not responsible for any actions a suicidal person may take. Our responsibility is to stay informed, aware and ready to help which subsequently will create an environment free of suicide in our community.

Keep your eyes peeled for suicide awareness and mental health wellness events and resources in your community as Suicide Prevention Network is thrilled to serve Alpine again!

For more information on the Suicide Prevention Network, email Ewa [ewa@spnawareness.org](mailto:ewa@spnawareness.org) or visit [www.spnawareness.org](http://www.spnawareness.org)



**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!





## DRIVE-THRU FLU CLINIC

A drive-through flu shot clinic is scheduled at

**Alpine County  
Health Department on  
Wednesday, October 19th.**

Plans for Bear Valley are pending.

For more information,  
see the public health briefs at  
[www.alpinecountyca.gov/516/COVID-19](http://www.alpinecountyca.gov/516/COVID-19)

# HARVEST FESTIVAL



Diamond Valley Elementary School  
is scheduling a

**Harvest Festival  
Friday, October 21, 1-6 pm**

at Diamond Valley Campus



There will be  
a haunted house,  
games, information  
booths, and more!

Planning is in progress.

*Open to the public!*



**Saturday, November 19th**

**Yearly Fundraiser: Turkey Bingo at  
Turtle Rock Park from 6 to 9 pm**

- We need volunteers and raffle prize donations.
- For more information call, text, or email Edie Veatch at 775-781-1416 or [alpinekids@live.com](mailto:alpinekids@live.com)
- All proceed will be used for Family Outings and the Teen Program.



**Saturday, November 26th**  
**Breakfast and movie at  
the church at 8:30 a.m.**

CALIFORNIA  
**INDIAN**  
LEGAL SERVICES

## ARE YOU BEING EVICTED?

## ARE YOU LIVING IN UNINHABITABLE CONDITIONS OR FACING OTHER HOUSING ISSUES?

**HELP IS AVAILABLE THROUGHOUT  
INYO, MONO AND ALPINE COUNTIES**

**NO-COST LEGAL SERVICES FOR  
INCOME-QUALIFIED PEOPLE**

**CALL US AT (760) 873-3581**

**OR VISIT [WWW.CALINDIAN.ORG/REST](http://WWW.CALINDIAN.ORG/REST)  
FOR SPECIFIC LOCATIONS AND HOURS**



# ALPINE COUNTY BEHAVIORAL HEALTH SERVICES

## Substance Abuse and Prevention

*"The strongest people are not those who show strength in front of us, but those who win battles we know nothing about."*

### LOCATIONS

Services are available throughout Alpine County in Markleeville, Kirkwood, Bear Valley, Woodfords, and Hung-A-Lel-Ti.

#### Alpine County Behavioral Health Services Clinical Services

40 Diamond Valley Road  
Markleeville, CA 96120

Phone: (530) 694-1816

**24-Hour Crisis Line: (800) 318-8212**

Fax: (530) 694-2387 TDD: 711

Patient's Rights Advocate:  
(530) 470-2722

Business Hours:  
Monday-Friday 8am-5pm

#### Behavioral Health Services Wellness Center at Hung-A-Lel-Ti

96 Washoe Blvd  
Markleeville, CA 96120  
Phone: (530) 694-1816

#### Bear Valley Behavioral Health Services

367 Creekside Drive, Bear Valley, CA.  
95223 Phone: (209) 753-2831 or (530) 694-1816

#### Access During Business Hours

For more information regarding services, access, eligibility, events and programs available, or how to get started at any of our locations, call Mon-Fri, 8am-5pm to speak with our ACBHS staff: (530) 694-1816



### Alpine County Behavioral Health Services employ's a Licensed Drug and Alcohol Counselor.



*Life stressors that increase addiction*

### OUR SERVICES

- Substance Use Evaluations
- Substance Use Level 1.0 treatment
- Referrals to Inpatient facilities
- Referrals to (IOP) treatment
- Brief Interventions
- Prevention Interventions

### As your substance abuse services provider, we have specific goals:

- Provide treatment to help you address substance use disorders
- Work with you and other health care providers to arrange for quality care for you.
- Be sensitive to your needs and respect your privacy.



*This is the crossroad to recovery*

### As the participant, you also have specific responsibilities:

- Keep your appointments as scheduled, or call if you cannot attend your appointment.
- Work on treatment goals with your Counselor.
- Work with us to choose the best treatment for you.
- Help us write your treatment plan through participation.



*You can get help to walk the road to recovery*

*The mission of Alpine County Behavioral Health Services is to provide safe, ethical and accessible services. Our work is focusing on de-stigmatization for those seeking SUD treatment and prevention services; increasing their engagement in treatment; and generating awareness of prevention, intervention, treatment and recovery services. This is a drug & alcohol free program.*

### Our website provides Prevention resources:

Web: [www.alpinecountyca.gov](http://www.alpinecountyca.gov) and click on Behavioral Health

## 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!

## Bison Wild Rice Burger

~ Servings: 6 ~

### Ingredients

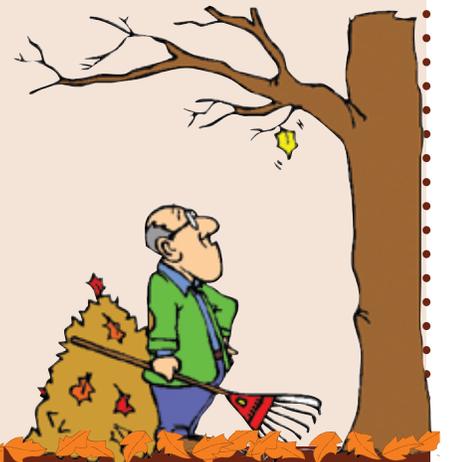
- 1 pound Ground Bison or 1 pound Ground Lean Turkey
- 1/2 cup Wild Rice cooked and cooled or 1/2 cup Brown Rice cooked and cooled
- 1 Egg lightly beaten
- 2 cloves Garlic minced
- 1/4 cup Parsley chopped
- 1 tablespoon Paprika
- 1/2 teaspoon Salt
- 1/4 teaspoon Black Pepper
- 6 Whole Wheat Hamburger Buns



### Directions

1. Combine meat, rice, egg, and flavorings in a large bowl. Stir until all ingredients are evenly mixed.
2. Divide meat into 6 portions and form into thin patties.
3. Prepare a grill or heat a heavy skillet over medium-high. Working in batches if needed, cook patties over until very well browned on the bottom, about 5 minutes. Flip them carefully with a spatula, then continue cooking until done, another 3 to 5 minutes. (Avoid overcooking bison, as it can toughen.)
4. Serve on whole wheat bun with desired toppings.

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



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