



ALPINE THREADS



Community and Family Life in the California Alps

Summer 2014

IN THIS ISSUE...

Choice for Children	2
Ranch Partnership to Protect the West Carson River	3
Creek Day 2014	3
First 5 Alpine	4
Live Violence Free	5
Emergency Preparedness for Seniors	5
Healthy Stores for a Healthy Community	6
E-Cigarettes	6
Color Blast is Almost Here!	7
Child Abuse Prevention Guidelines	7
Quick Snapshot of what's going on at the Library.....	7
Healthy Eating, in a SNAP!	8

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



SIX SUPER STEPS to Safe Food in the Summer

The warmer weather conditions may be ideal for outdoor picnics and barbecues, but please follow these suggestions to Fight BAC!® (foodborne bacteria) and reduce the risk of foodborne illness this summer.

- 1. Wash, Wash, Wash Your Hands.** Always wash your hands with warm water and soap before and after handling food. Sing Row, Row, Row Your Boat twice to get a sense of how long you should wash.
- 2. Marinating Mandate.** Always marinate food in the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Reserve a portion of the unused marinade to use as a sauce.
- 3. Hot, Hot, Hot.** When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- 4. Temperature Gauge.** Use a food thermometer to ensure that food reaches a safe internal temperature.
- 5. Stay Away from that Same Old Plate.** When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless it has been washed. And in hot weather (above 90° F) foods should never sit out for more than one hour before going in the refrigerator.
- 6. Icebox Etiquette.** A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun. Keep drinks in a separate cooler from foods. The beverage cooler will be opened frequently while the food cooler stays cold.

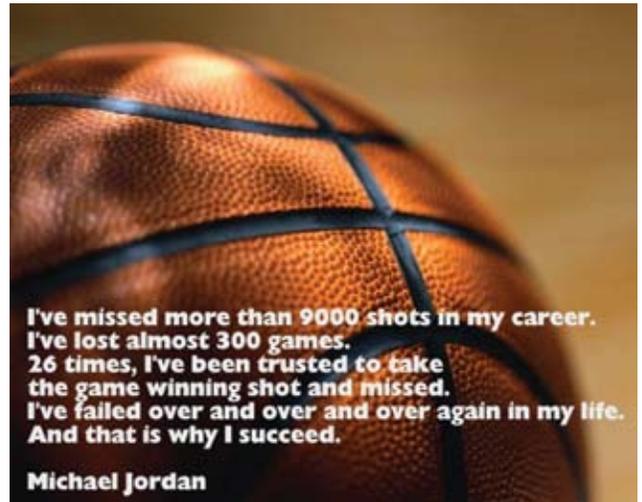
If you have more questions or concerns about food safety, go to The Fight BAC!® Web site at www.fightbac.org





In our Parenting in 3 workshop we learned about the Think-Feel-Do Cycle. How we view ourselves effects how we feel and in turn effects our behavior. When children try something and fail, what they think about themselves and how they feel will effect whether or not they continue trying.

Children need to learn that in order to succeed they need to keep trying and that failure is normal. As the Michael Jordan quote explains, continuing to believe in your ability and continuing to try will bring success.



To help children work past a “failure” event our Active Parenting materials suggested these strategies:

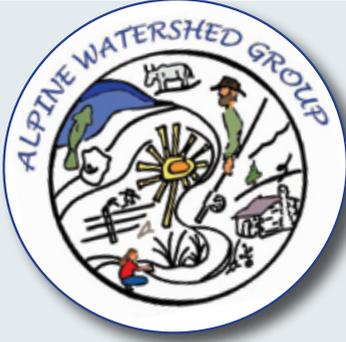
Stimulate independence in your child by allowing them to complete tasks they are capable of developmentally. We were challenged in the workshop to make a list of things we currently do for our children that they can do for themselves. Examples might be sorting laundry, folding laundry, putting laundry away. We were also cautioned not to expect perfection as our children will be learning new skills and competency may take time. Our instructor also made it clear that new skills need to be taught. Children don't innately know how to fold clothes, so it that is a task you feel your child is developmentally capable of, offer them many opportunities to learn how to fold clothes with you. We can also stimulate independence by avoiding over protection by allowing our children to experience natural consequences. So if your child breaks a toy due to negligence, you wouldn't replace it or if your child refuses wearing a coat, you do not insist on them wearing one or bring one along- as long as it isn't dangerously cold. The idea is to avoid jumping in and rescuing our children with any and every issue that arises. Minor discomfort and disappointments are valuable learning opportunities for our children which stimulate independence.

Build on your child's strengths by using the BANK method. Breaking tasks into Baby Steps. When teaching your child a new task or skill, work on the project together allowing them to complete an additional step each time. Acknowledge what your child does well and has learned. Nudge them to try the next step. Keep encouraging them by reviewing how much they have improved and how hard they try.

Show confidence in your child. Give your child responsibilities, involve them in family decisions and ask their opinion and advice when appropriate. Expect that your child will be successful and they will feel your unspoken confidence in them.

Value your child today. Appreciate your child's unique abilities and be sure they know how much you love, value and appreciate them no matter what they are able to do and how they behave.

Using the above strategies will help your child develop positive self thoughts and feelings of worth which will help them continue trying and eventually succeed.



Ranch Partnership to Protect the West Carson River

By Shane Fryer, Watershed Coordinator, Alpine Watershed Group

Through the Rivers and Ranches Project, the Alpine Watershed Group and Ace Herford Ranch are coordinating efforts to protect the water quality of the West Fork of the Carson River in Alpine County. The project will implement ranch

improvements which reduce the sediment and nutrient input into the river. The project is being funded by the Agricultural Water Quality Grant Program under the State of California's Proposition 84 bond. The intent of the Rivers and Ranches Project is to aid landowners in implementing management practices which reduce the discharge of pollutants from grazing operations into surface waters.

Work on the Ace Herford Ranch will include a variety of practices. Wetland and riparian enhancements will trap and filter nutrients. Improvements to fences and ditches will help to better utilize pastures and protect sensitive environments. Repairs to wells will provide off-site water for cattle and limit the need to access the river. Tree and shrub plantings will reduce erosion and trap nutrients. Water quality will be monitored before, during and after implementation of the management practices to determine which are the most effective.

Other Rivers and Ranches Project partners include the Sierra Business Council, Lahontan Regional Water Quality Control Board, U.C. Davis and the Natural Resources Conservation Service. Ranching is an integral part of Alpine County. A long-term focus on land stewardship and grazing practices will support a secure food supply, protect the water quality of our rivers, and preserve the open space we cherish.

Please contact the Alpine Watershed Group at 530-694-2327 for more information about this program and other watershed group activities, or visit our website www.alpinewatershedgroup.org.



Creek Day 2014

Help Restore Alpine County's Watersheds



August 23rd

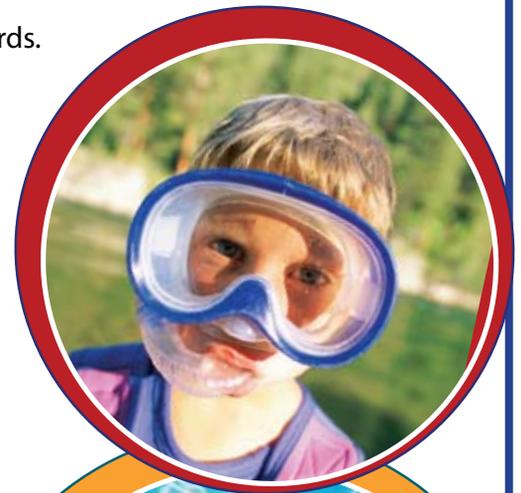
Alpine County's 15th Annual Markleeville Creek Day will take place on Saturday, August 23rd from 9am – 2pm. Interested volunteers will meet at the Markleeville Library Park at 9am and join one of the various restoration projects throughout the watershed. Projects will include invasive weed removal, stream bank stabilization, and willow planting. **This event is free and all are welcome!**

The Alpine Watershed Group hosts this annual event in partnership with a variety of local agencies and community groups, including Alpine County, Friends of Hope Valley and the Carson Water Subconservancy District.

For more information, please contact the Alpine Watershed Group at **530-694-2327** or go to our website: www.alpinewatershedgroup.org.

Warmer temperatures and sunny days mean many Californians seek out cooler spots to spend the time like lakes and pools. Making sure children are safe in, out and around the water is the priority of every parent and caregiver. First 5 Alpine County would like share steps that every parent can take to make sure their child stays safe when seeking out water to stay cool:

- Children need **constant supervision** around water. Since as little as one inch of water can be a drowning threat, parents can keep the pool or spa area fenced and turn over buckets so water doesn't accumulate. Even keeping lids to toilets closed can help keep kids safe.
- While cute, **flotation devices can't always keep children safe.** Inflatable toys or swimming aids can suddenly shift position, lose air or slip out from underneath.
- Before diving, have an adult **check water depth** and underwater hazards.
- Choose swimming areas **away from boats, jet skis or fishermen.**
- Swim at beaches without large waves or powerful undertow. Check to **make sure lifeguards are nearby.** Be careful around rivers. Fast moving undercurrents can still appear as calm surface water.
- When on boats, have children **wear a U.S. Coast Guard approved life vest** at all times.
- To prepare for water emergencies, parents and caregivers should **attend a CPR course**, focusing on rescue techniques for infants and children.
- Enroll children in **swimming or water safety courses.** Even though children with early swimming experiences are better equipped to handle water emergencies, it's still important to supervise your children regardless of their swimming abilities.
- Keep a **list of emergency numbers** like a child's pediatrician and local paramedics handy and visible in the home.



While these tips will not guarantee a child's safety around water at all times, they will help parents be more prepared for an emergency and more capable of identifying potential problems. Nothing can ensure a child's safety more than a parent's careful eye and constant attention.

About First 5 Alpine County

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages 0 to 5.

CONGRATULATIONS TO ALL OUR 2014 GRADUATES!



No matter what road you are now choosing to travel knowing how to keep yourself safe from sexual assault as a young adult is one of the most important things you will need on your journey. Globally, 1 in 3 women will be sexually assaulted in her lifetime and 1 in 6 men will suffer as well. As with any violent crime, there's nothing you can do to guarantee that you will not be a victim of sexual assault. However, common sense, situational awareness and trusting your instincts will reduce the risk of sexual assault. The tips below may help decrease the potential chance of sexual assault:

1. If you consume alcohol, do so in moderation.
2. Do not leave your beverage unattended or accept a drink from an open container.
3. When you are with someone, communicate clearly to ensure he or she knows your limits and/or expectations from the beginning. Both verbal and nonverbal (body language) communication can be used to ensure the message is understood.
4. If you go on a date with someone you do not know very well, tell a close friend what your plans are.
5. You have the right to say "No" even if you:
 - a. First say "Yes," and then change your mind
 - b. Have had sex with this partner before
 - c. Have been kissing or "making out"
 - d. Are wearing what is perceived to be "provocative" clothing
6. Always have extra money to get home. Have a plan for someone you can call if you need help.
7. If you feel uncomfortable, scared or pressured, say "Stop it" or leave and call for help.
8. When you go to a party, go with a group of friends. Arrive together, watch out for each other and leave together.
9. Be aware of your surroundings at all times.
10. Do not allow yourself to be isolated with a person you do not know or trust.
11. Travel with a friend or in a group.
12. Walk only in lighted areas after dark.
13. Keep the doors to homes and cars locked.
14. Know where the phone is located.



If you are sexually assaulted, remember that it is not your fault. Contact your local law enforcement or your local sexual assault crisis center immediately for support. Live Violence Free is available 24 hours a day on our toll free crisis line at 24 Hour Crisis Line: (888) 750-6444. During business hours we can be reached at (530) 694-1853. **You are not alone!**

Adapted from: <https://www.safehelpline.org/ways-to-reduce-your-risk-of-rape-in-the-military>.

EMERGENCY PREPAREDNESS FOR SENIORS



The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

There are common sense measures older Americans can take to start preparing for emergencies before they happen.

Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

For more information, read Ready.gov's Preparing Makes Sense For Older Americans or visit the Red Cross website.

Reprinted from www.ready.gov/seniors



Stores play a critical role in our health

Tobacco is still the No. 1 cause of preventable death and disease in California. Each year, nearly 34,000 California adults die from smoking. That is nearly 30 times the population of Alpine County! So, it can be tempting to imagine that our little corner of the state is somehow less affected. The truth is that 13.8% of all adults in California smoke, but 18.2% of adults in Alpine County do.

These statistics were gathered as part of the Healthy Stores for a Healthy Community campaign, a statewide collaboration between tobacco use prevention, nutrition, and alcohol prevention partners to improve the health of Californians through changes in community stores and to educate people how in-store product marketing influences consumption of unhealthy products.

It is a challenge to apply the results of this survey and the goals of this campaign directly to Alpine County, as we are severely limited in our local retail choices. The majority of our shopping dollars are spent outside our county and state. So, it is the aim of this article to raise consumer awareness and recognition of the marketing tactics that are being used against us and our children.

- Over the years, the tobacco industry has funneled BILLIONS, not millions, into convenience stores to promote their products. It's no coincidence since convenience stores are popular with kids and research shows their ads influence kids to smoke.
- Companies selling soda, candy, chips, and other unhealthy foods spend \$1 million an HOUR to market them, which has a huge impact, particularly on kids. They consume more of it, more often because it's promoted heavily to them.
- E-cigarette companies are now targeting youth through marketing the same way traditional cigarette companies did before they faced advertising restrictions. They are using appeals like celebrities and cartoons. It is alarming to see the increase in popularity and use of e-cigarettes, especially when very little is known about them. E-cigarettes are not a proven alternative to smoking.

These are just a few of the strategies that companies with deep pockets and no interest in your good health employ. Take a look around. Stop and notice how many unhealthy messages are surrounding our kids. Take notice of what is being promoted to you and speak up! Working together, we can decrease the power of tobacco, junk food, and alcohol companies and help improve access, purchase, and consumption of healthy, affordable foods! Stores and retailers are not the enemy. They are our partners in providing health and life in our communities.

Want to help promote these or other positive ideas about health in our community? The **Alpine County Health & Wellness Coalition** meets regularly to do just that. Call Erin Dobyns at (530) 694-2146 for more information.

Adapted from information provided by:
www.healthystoreshealthycommunity.com | www.healthystoreshealthycommunity.com/documents/main/Sources.pdf

KNOW MORE...

*e-cigarettes

What are e-cigarettes?

They are battery-powered electronic nicotine delivery systems that heat special liquids comprised of a base solution such as propylene glycol or glycerin, nicotine derived from tobacco, and flavorings. Smoking e-cigarettes is also called "vaping."

Is there cause for concern?

E-cigarettes have **not** been proven harmless. Presently, they are unregulated products and quality control in their manufacturing is inconsistent and the delivery of nicotine varies significantly. E-cigarette vapor, which has **not** been proven safe, emits carcinogenic chemicals¹ and other toxins into the environment.

How are e-cigarettes impacting youth?

Awareness of e-cigarettes among young people is very high, ranging from 89% for those ages 13-17 to 94% for young adults ages 18-21. Use is also high, with 14% of those ages 13-17 and 39% of those ages 18-21 reporting having used e-cigarettes.²

E-cigarette companies are aggressively marketing to young people through celebrities, sponsoring youth-oriented events and concerts, social media, and free samples.³ E-cigarette ads appeal to kids with flavors like Cherry Crush, Gummi Bear, and Cotton Candy. These flavorings are banned in traditional cigarettes. In the last two years, the big tobacco companies (Altria, Reynolds, and Lorillard) have become deeply invested in the e-cigarette market.

Adapted from the **Partnership for Prevention** and **Action to Quit Position Statement** on E-Cigarettes © May 2014

References
1 Kosmider L, et al. "Carbonyl Compounds in Electronic Cigarette Vapors – Effects of Nicotine Solvent and Battery Output Volt-age". Nicotine Tab Res (2014) doi: 10.1093/ntu078. Available here: <http://ntr.oxfordjournals.org/content/early/2014/05/14/ntr.ntu078.full?sid=b6d1c0da-e303-4aaf-9754-6bef9f8c39a4>
2 Legacy for Health. "Vaporized: E-Cigarettes, Advertising, and Youth". Available here: <http://legacyforhealth.org/content/download/4542/63436/version/1/file/LEG-Vaporized-E-Cig-Report-May2014.pdf>
3 "Gateway to Addiction? A Survey of Popular Electronic Cigarette Manufacturers and Targeted Marketing to Youth." Available here: http://www.durbin.senate.gov/public/index.cfm/files/serve/?file_id=81d14ff7-f2f6-4856-af9d-c20c0b138f8f



Connections

Where Tahoe Youth & Family Services' Mentors Stay Connected

Excerpts

www.tahoeyouth.org

Color Blast is Almost Here!

Mentors Needed!

Community Involvement

Are you part of a club, business, group, or faith-based organization that would be interested in learning more about our mentor program? Do friends or family members want to give back to the community through Mentorship or support of the program? We would be happy to make a presentation to your group about our mentor programs, and what it takes to be a mentor!

Contact Emily or Betty today!



If you have not already signed up to participate at the TYFS Color Blast fun run! It is a 5K untimed event open to all ages and stages of runners and walkers! Bring your mentee out for a great time and lots of laughs and color. Not a runner? It's okay! Come join the mentoring color zone and be apart of the run by tossing color on others. Contact Emily with any questions regarding the event at Emily@tahoeyouth.org.

Saturday July 26th —Color Blast 5K Fun Run at Genoa Town Park

Come have a blast and get covered in a rainbow of colors while getting a bit of exercise. Mentees and Mentors are encouraged to volunteer or participate.

August 7th Wild Island in Reno

Meet at 11:00am at the entrance, we will stay until we are ready to go home! Bring a beach, sun block, and a towel!

Please check your email for other events that come up throughout the month.



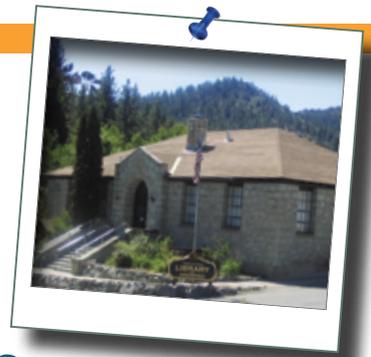
Other happenings around town: July 4th Lights on the Lake Fireworks show; Taylor Creech—Rainbow Walk, SLT Sundays, Tuesdays, and Fridays 10:30am July-August; Live at Lakeview Summer Music Series El Dorado Beach, SLT Thursdays 4:30-8:30; Movies in the Park, Heritage Park, Gardnerville, July 18th Despicable Me @ Dusk.

Please email, call in or fax your July & August hours & In Kind donations to your Mentor Coordinator by the end of each month. Your reports are needed for our grants. Thank you for your help!

Betty Hathaway: betty@tahoeyouth.org • Emily Bennett: Emily@tahoeyouth.org
Alpine County office: (530) 694-9459



Please share your summer pics and stories with us! Follow us on Facebook.



Quick Snapshot of what's going on at the Library this Summer

Summer Reading Program

Thursdays 10:30-12:00
at the Markleeville Library

Music in the Park Summer 2014

Sunday, July 20th at 5:00 pm

STEVE SPURGIN

Saturday, August 2nd at 5:00 pm

BIG MEADOW BLUEGRASS

Saturday, August 16th at 5:00 pm

ACOUSTIC SOLUTION

Saturday, September 6th at 4:00 pm

CIANA

NEW GRANT DATABASE!

Come to the Library to search for your next (or first) grant opportunity. Ask us about "Grant Station"!

WE NEED MORE FRIENDS!

The Friends of the Library are seeking new members! If you like to plan and organize community events and enjoy creating/running fundraising events PLEASE contact Rita at the Library (530-694-2120).

*It's a great way to
support your library -
and your community!*



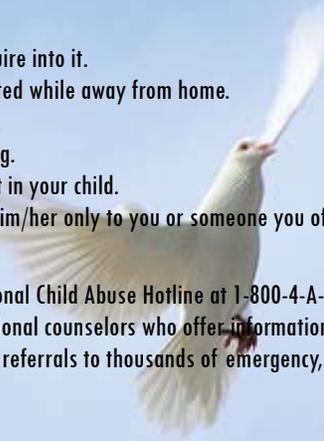
Each day more than five children die as a result of abuse or neglect. On average, a child abuse report is made every 10 seconds for a total of approximately 3.3 million child abuse reports annually. Childhelp has developed the following child abuse prevention guidelines to help keep your child, or a child you care for, from becoming a statistic.

CHILD ABUSE PREVENTION GUIDELINES

- Never discipline your child when your anger is out of control.
- Participate in your child's activities and get to know your child's friends.
- Never leave your child unattended, especially in the car.
- Teach your child to use their voice to allow them to prevent abuse in their own life.
- Ask questions; for example, when your child tells you he or she doesn't want to be with someone, this could be a red flag.
- Listen to them and believe what they say.
- Be aware of changes in your child's behavior or attitude and inquire into it.
- Teach your child what to do if you and your child become separated while away from home.
- Teach your child the correct names of his/her private body parts.
- Be alert for any talk that reveals premature sexual understanding.
- Pay attention when someone shows greater than normal interest in your child.
- Make certain your child's school or day care center will release him/her only to you or someone you officially designate.

To learn more about child abuse prevention, call the Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD® (1-800-422-4453). The 24/7 hotline is staffed with professional counselors who offer information about child abuse prevention as well as crisis intervention, literature and referrals to thousands of emergency, social service and support resources.

Thank you to the ChildHelp.org website for this article.



CALLING ALL RACERS!

The Annual Bear Valley Soap Box Derby FUNdrive & Country Faire will be Saturday, August 30th, 2014.

Check details and register at:

www.bearvalleysoapboxderby.com

Amusements for all ages include:

A zip line, climbing wall, euro bungee, water wars, petting zoo and more! End the day with a farm-to-table inspired meal, awards ceremony, silent auction & live music.

This is a fundraiser for the Bear Valley Parents Group and Summer Day Camp.



Alpine Threads Editorial Board

First 5 Alpine

100 Foothill Rd.
PH: 530-830-2845
www.first5alpine.com

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.alpinecountycal.org/calendar
- www.first5alpine.com
- www.alpinecounty.com

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 new 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!

Kids are home for the summer. What is there to do? Many families find that summer is a great time to get kids to eat their fruits and veggies. They are cool and moist and full of nutrients. This simple recipe for fresh veggies, with a light dip, is easy to prepare. Older kids can learn about the importance of safely using a knife to cut up veggies and all kids can learn about the different kinds of veggies. All fruits and veggies should be washed with cool water, even if the skins are removed before eating.

Hope you enjoy this refreshing snack!

Veggies and Dip

*Kid
Friendly!*

Dip

- 1/2 cup fat free sour cream
- 3 tablespoons chopped green onions
- 1/3 cup prepared salsa
- 1/2 teaspoon garlic salt

Suggestions for Veggies

- Red, yellow or green bell pepper
 - Celery
 - Cucumber
 - Broccoli flowerets
 - Cauliflower flowerets
 - Jicama
 - Snap pea pods
 - Baby carrots (about 12 carrots)
 - Grape tomatoes
- Or any other veggies you like*

Dip Preparation

Put sour cream, salsa, green onions, and garlic salt in a small bowl. Stir well.

Veggie Preparation

Carefully cut the bell pepper in half lengthwise. Use your hands to remove the stem and seeds. Cut the peppers into strips. Remove leafy tops from celery stalks and cut celery stalks into sticks. Slice cucumbers in small rounds. Break up broccoli and cauliflower flowerets to bite sized pieces. Peel and slice Jicama into strips (like celery sticks). Serve the veggies with the dip.



For more recipes, borrow SNAP-Ed cookbooks from the Library and the Woodfords Indian Education Center or call 530.694.2235 or email bthornburg@alpinecountycal.org



California Smokers' Helpline
1-800-NO-BUTTS

*Alpine Threads is
published with funds from
the Alpine County Tobacco
Control Program.*

Standard Rate
U.S. Postage Paid
Permit No. 3
Markleeville, CA 96120

ECRWSS
POSTAL CUSTOMER