



Let's Connect!

June 26, 2020

Phone (530)694-1816

Hello, Alpine County Family!

DID YOU KNOW?

Every year, during the month of June, the LGBT community celebrates in a number of different ways. Across the globe, various events are held during this special month as a way of recognizing the influence LGBT people have had around the world. *Why was June chosen?* Because that is when the Stonewall Riots took place, way back in 1969.

What is LGBT or Gay Pride?

It is a movement that celebrates sexual diversity. For lesbian, gay, bisexual and transgender (LGBT) people it is a way of protesting about discrimination and violence. It promotes their dignity, equal rights, self-affirmation and is a way of increasing society's awareness of the issues they face.

All people should
be treated equally,
regardless of who
they are or who
they love.

For assistance with your mental health contact Alpine County Behavioral Health Services

Phone: (530)-694-1816 or 24/7 Crisis Line (800)-318-8212

Website: www.alpinecountyca.gov

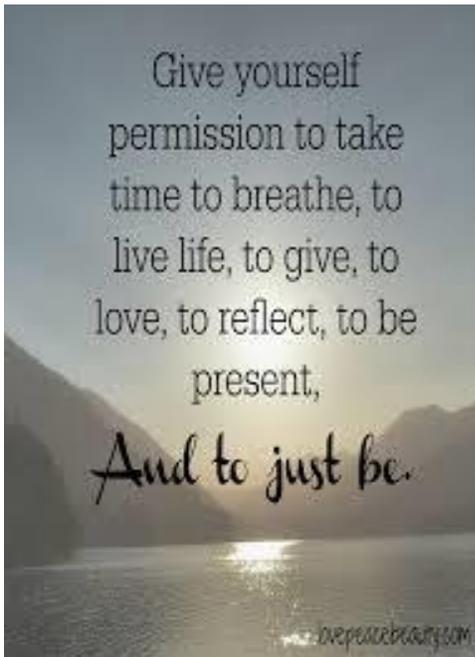
Other resources for mental health help:

[National Suicide Prevention Lifeline](#): Call 1-800-273-TALK (8255) for free 24/7 support

[Crisis Text Line](#): Text MHFA to 741741 for free 24/7 crisis counseling

[Lifeline Crisis Chat](http://crisischat.org): Visit crisischat.org to talk online with crisis centers around the United States

[The Trevor Project](#): Call 866-488-7386 or text "START" to 678678 for mental health support specialized for the LGBTQI community



Beginning July 7, 2020 Behavioral Health will be offering 4: 1 hour Zoom yoga classes weekly:

Monday & Wednesday 9-10am

Tuesday & Thursday 5:30-6:30pm

To receive the link to the classes, call our office at 530-694-1816 and provide your email address.

(No yoga class on Thursday July 2, 2020)

SAVE THE DATE

Thursday July 9, 2020 at noon for the next 50+ Gathering on Zoom.

Karen Dustman is presenting "The History of Tenacity: How Our Ancestors Coped," She encourages people to write down their *own* family stories of tenacity and resilience. They're great stories, good lessons to hand down and we are all looking forward to hear what others have to share. All welcome to join on July 9th.

Link to log on:

<https://zoom.us/j/97889962502> or if you prefer to call in:

1-669-900-9128, Meeting ID: 978 8996 2502

This is a fun newsletter to reach out and help you keep your mind healthy and engaged. We will be emailing it out next month on Wednesdays July 1, 15 & 29. No copies will be mailed while staff continues to work from home, feel free to forward on or print and share a copy.

We'd love to hear what **YOU**, our Alpine County community members, would like to see in this newsletter. **We'd also like to showcase the talents we harbor here in our area.** If you would be willing to share a "how to..." lesson, a poem or short story, artwork or something else, please contact us!

Call or text 530-721-7941, call 694-1816, or email abroadhurst@alpinecountyca.gov.

Included in this issue are:

1. Links for inspiration, meditation, music:

https://www.youtube.com/watch?v=D_9rAxvDOko Another Pep Talk from Kid President

<https://www.youtube.com/watch?v=itZMM5gCboo> 15 min Meditation for Self Love

<https://www.youtube.com/watch?v=6dxFIXZ4kBw&list=RDQMrJ8kvQC2tdo&index=1> Powerful Shaman Drumming Native American Music

<https://www.who.int/news-room/detail/09-04-2020-children-s-story-book-released-to-help-children-and-young-people-cope-with-covid-19> Children's Story Book Helps Children Cope with COVID-19 My Hero is You

2. **ANSWERS** to Mysteries in last issue of newsletter June 12, 2020 (and May 26 Hidden Words)

3. **8 Brain Teasers**

4. Kindness Rocks

5. **2 Recipes** for you to try at home (on following pages)

6. 3 new **coloring pages** (on following pages)

Last Issues Mysteries ANSWERED HERE

Mystery #1 Game Show Answer: You ask either man the following question: "If I asked the other guy which door has the money, what would he say?" and then choose the opposite door. Work it out: If you ask the question to the liar, he will lie about the 'correct' answer, so you must choose the opposite door. If you ask the truth teller, he will tell the truth about the lie, so you can choose the opposite door as well.

Mystery #2 Stolen Ring Answer: As soon as the police got to the "crime scene," they knew that Nicole has most likely staged the break-in. The glass from the broken window was all outside of the house, meaning that it had been broken from the inside.

Answers to Hidden Word Brain Teasers in May 26, 2020 newsletter: Hidden Word #1: CARNIVAL Hidden Word #2: PANTHER

8 BRAIN TEASERS

1. Unscramble each word in this Chinese proverb:

henW sword careh het pit fo rouy gouten, dolh kacb flah fo hetm.

2. What countries of the world can you list that are spelled with exactly five letters?

3. A *palindrome* is a word that is spelled the same both forward and backward. Examples include *radar* and *level*. List at least five more palindromes of three or more letters.

4. Without using a dictionary, list at least 5 words that come between *embassy* and *emerald* alphabetically.

5. Writer's Challenge! Compose a sensible sentence that contains all of these:

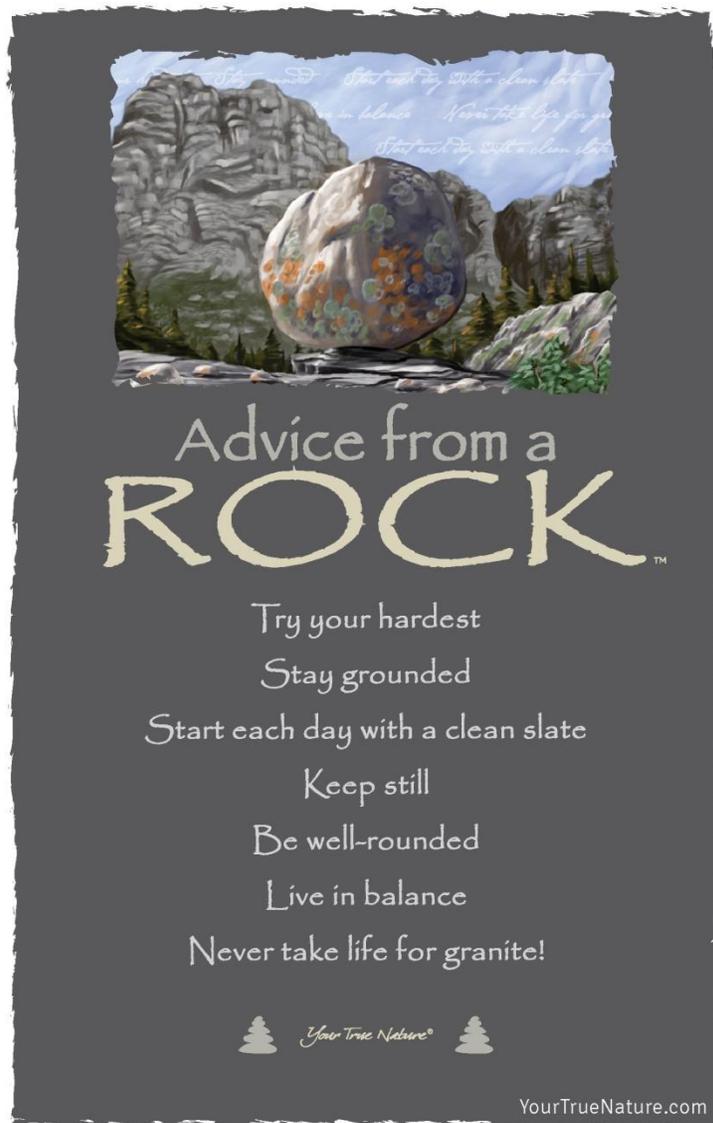
- Two different plural nouns
- The name of a city
- Your first name
- An adjective that begins with C

6. Try these word transformations!

- A) Change one letter in ROAR to spell an animal.
- B) Change one letter in COAT to spell another animal.
- C) Change two letters in BUDGET to spell a third animal.

7. What words can you spell that start with S, end with S and have at least one S somewhere in the middle, and are *not* plurals?

8. What vegetable is spelled with five different vowels?



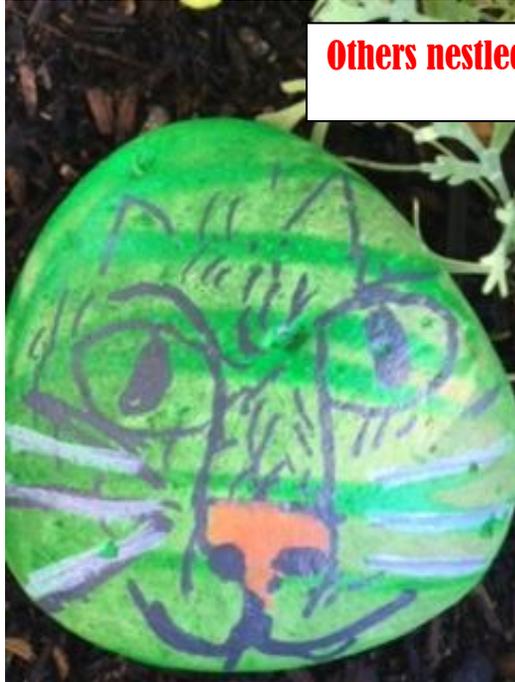
ALPINE COUNTY ROCKS!



Chris' final rock from May



Others nestled in a garden close by.....



Creating
Kindness Rocks
with Kids



Crazy for Coconut Smoothie



1 cup coconut milk

1 cup water

1 banana

1 cup fresh or frozen pineapple

$\frac{1}{4}$ cup coconut

1tbsp Maca powder

1 scoop plant-based protein

1 cup ice

Mix all ingredients in blender & enjoy!

Calories: 405, Fiber 7.2g, Sugar: 22g

Yummy Honey Chicken Kabobs



Honey chicken kabobs with veggies. You can marinate overnight and make these kabobs for an outdoor barbecue as a tasty alternative to the usual barbecue fare! Fresh mushrooms and cherry tomatoes can also be used. (This can also be done in the broiler)

Prep:15 mins, Cook:15 mins Additional: 2 hrs Total:2 hrs 30 mins Servings:12 Yield:12 servings.

Ingredients

- ¼ cup vegetable oil
- ⅓ cup honey
- ⅓ cup soy sauce
- ¼ teaspoon ground black pepper
- 8 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 cloves garlic
- 5 small onions, cut into 2 inch pieces
- 2 red bell peppers, cut into 2 inch pieces
- 12 eaches skewers

Directions

- Step 1

In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better).

- Step 2

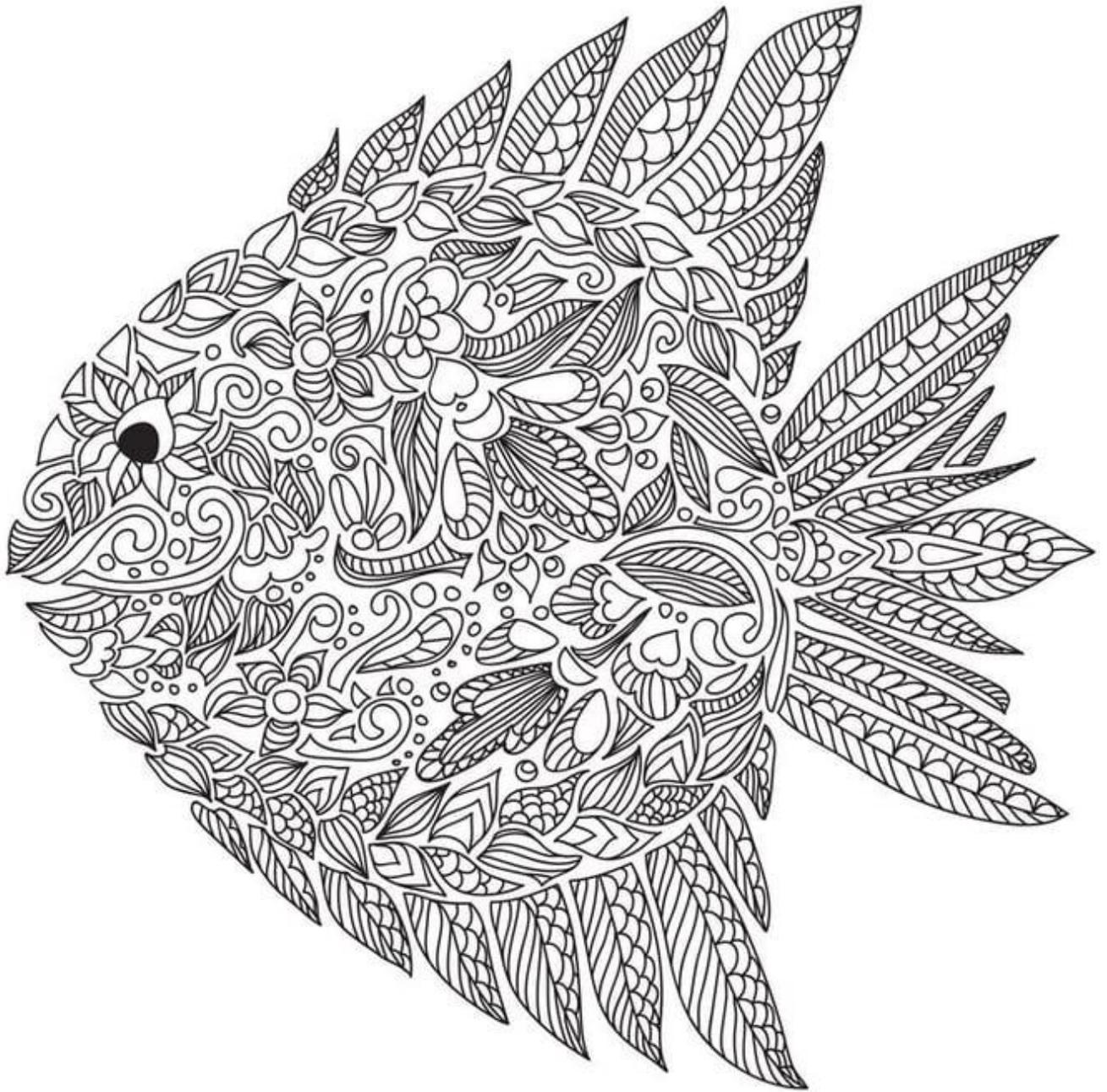
Preheat the grill for high heat.

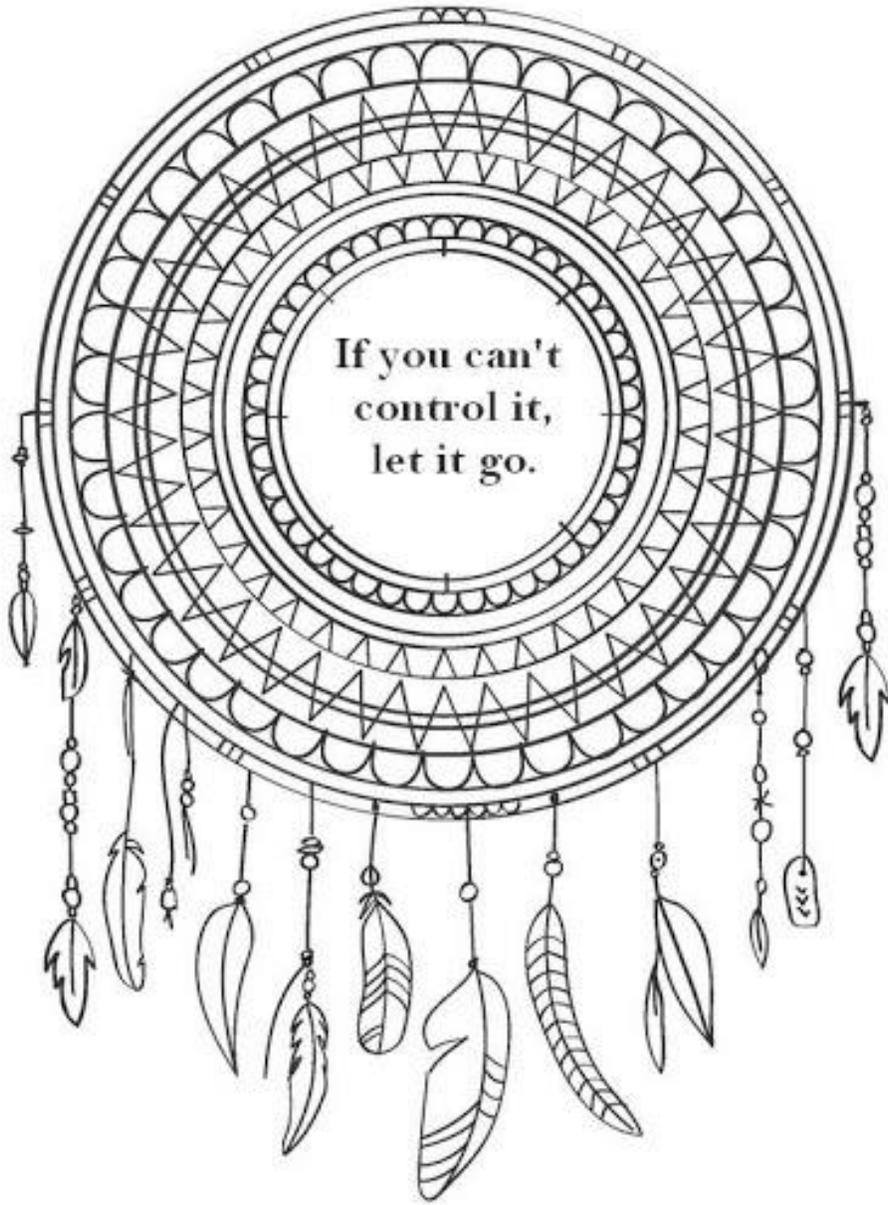
- Step 3

Drain marinade from the chicken and [vegetables](#), and discard marinade. Thread chicken and vegetables alternately onto the skewers.

- Step 4

Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently.







*Love
conquers
all...*