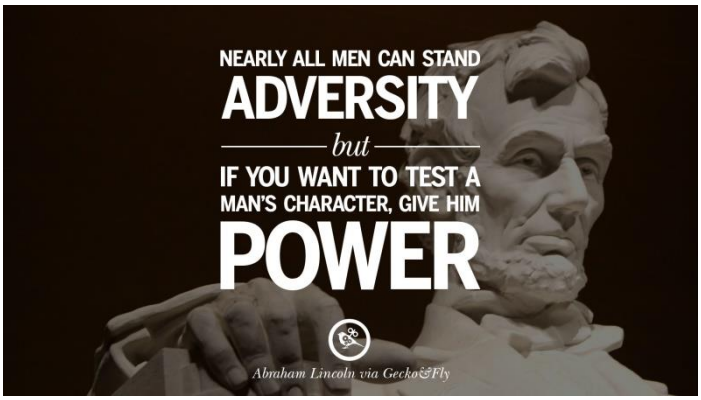
Let's Connect!

July 1, 2020 Issue #7

Alpine County Behavioral Health Services

Phone (530)694-1816
1-800-318-8212

Wishing all a safe & happy 4th!



DID YOU KNOW?

The bald eagle was chosen as the national symbol of the United States in 1782, because of its long life, great strength and majestic looks, and also because it was then believed to exist only on this continent.

5 reasons why these majestic birds are so cool.

1. BALD EALES ARE STATE-LY.
   These birds are native to North America. While most live in Alaska and parts of Canada, you can find them in every state across the United States except Hawaii.

2. THE MAKE TWIG MANSIONS.
   Bald eagles tend to build durable nests that they use for several years. Every year they add more twigs, leaves, and branches to their treetop pads—which means the nests can get ginormous. One in Ohio was over 8 feet wide, 12 feet tall, and weighed nearly 2 tons!

3. BALD EAGLES USE THEIR FEET AS UTENSILS—AND THEIR THROATS AS CUPBOARDS.
   These birds catch prey such as hares with their razor-sharp talons. Because they don't chew, they use their beaks and talons to slice the meal into easy-to-swallow chunks. Sometimes they store grub for later in a throat pouch that can hold a pound of meat.

4. THE BIRDS TRANSFORM INTO ROWBOATS.
   A bald eagle sometimes floats on water while hunting for fish. After nabbing a fish, the bird may grasp the prey with its feet and use its wings as oars to row back to shore.

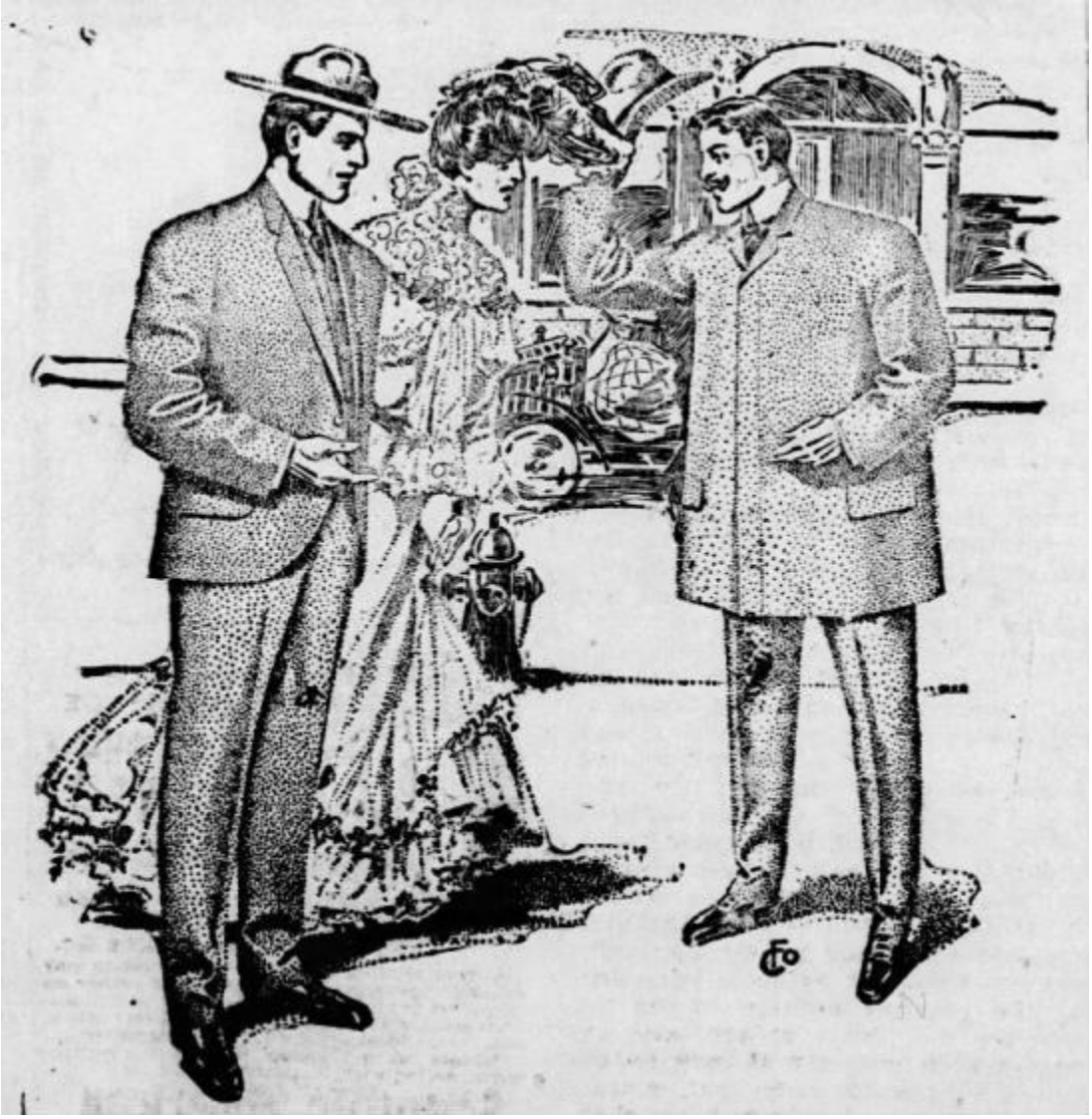
5. A BALD EAGLE HAS SUPERMAN-LIKE VISION. A bald eagle's eyesight is far sharper than a human's. Some scientists estimate that if you had the eyes of an eagle, you'd be able to see an ant crawling on the ground from the roof of a ten-story building.

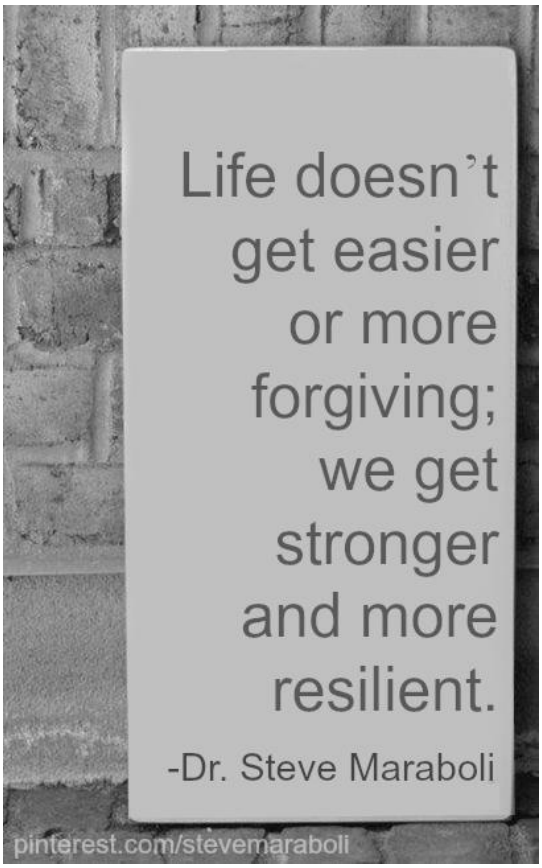
50+ Club Zoom Gathering Thursday July 9, 2020

"The History of Tenacity: How Our Ancestors Coped,"
Presented by Karen Dustman who 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 at noon.
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





YOGA

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

NEW YOGA ZOOM LINKS BEGINNING Tuesday July 7, 2020

Tuesday & Thursday 5:30-6:30pm Brent Grueter

https://zoom.us/j/93349130989?pwd=SHNFb0NEMGprZVZDRG8yRFoyRUUvdz09 or dial 1-669-900-9128

Meeting ID: 933 4913 0989
Password: 108283

Monday & Wednesday 9:00-10:00am Alex Mannos

https://zoom.us/j/92366446965?pwd=c3VsNXcxSEZWb1IrQW50VXd6ajkxdz09 or dial 1-669-900-9128

Meeting ID: 923 6644 6965
Password: 813785

Included in this issue are:

1. We're creating a virtual "Wall of Words" about Mental Health for an upcoming newsletter and we want to hear: *what mental health means to you?* Please email abroadhurst@alpinecountyca.gov or call 694.1816.
2. It can be short, it can be long, it can be a poem, it can be a song…. All who submit something **by July 15** will be put in a drawing to win a prize. Answers wil be included in newsletter issue #9 on July 29, 2020.

3. **ANSWERS** to Brain Teasers in last issue of newsletter June 26, 2020
4. 5 Lessons in Life by Dr. Suess
5. 4 **Brain Teasers**
6. 3 **Riddles**
7. 2 **Recipes** for you to try at home (on following pages)
8. 1 New **coloring pages** (on following pages)

Last Issue (June 29) Brain Teaser ANSWERS

1. Chinese Proverb *"When words reach the tip of your tongue, hold back half of them"*

2. Aruba, Benin, Burma, Chile, China, Egypt, Gabon, Ghana, Haiti, India, Italy, Japan, Libya, Malta, Nepal, Niger, Palau, Qatar, Samoa, Spain, Sudan, Syria, Tonga, and Yemen.

3. Possible answers include *eye, eve, ewe, mom, wow, noon, deed, peep, sees, solos, stats, kayak, civic,* and *racecar.*

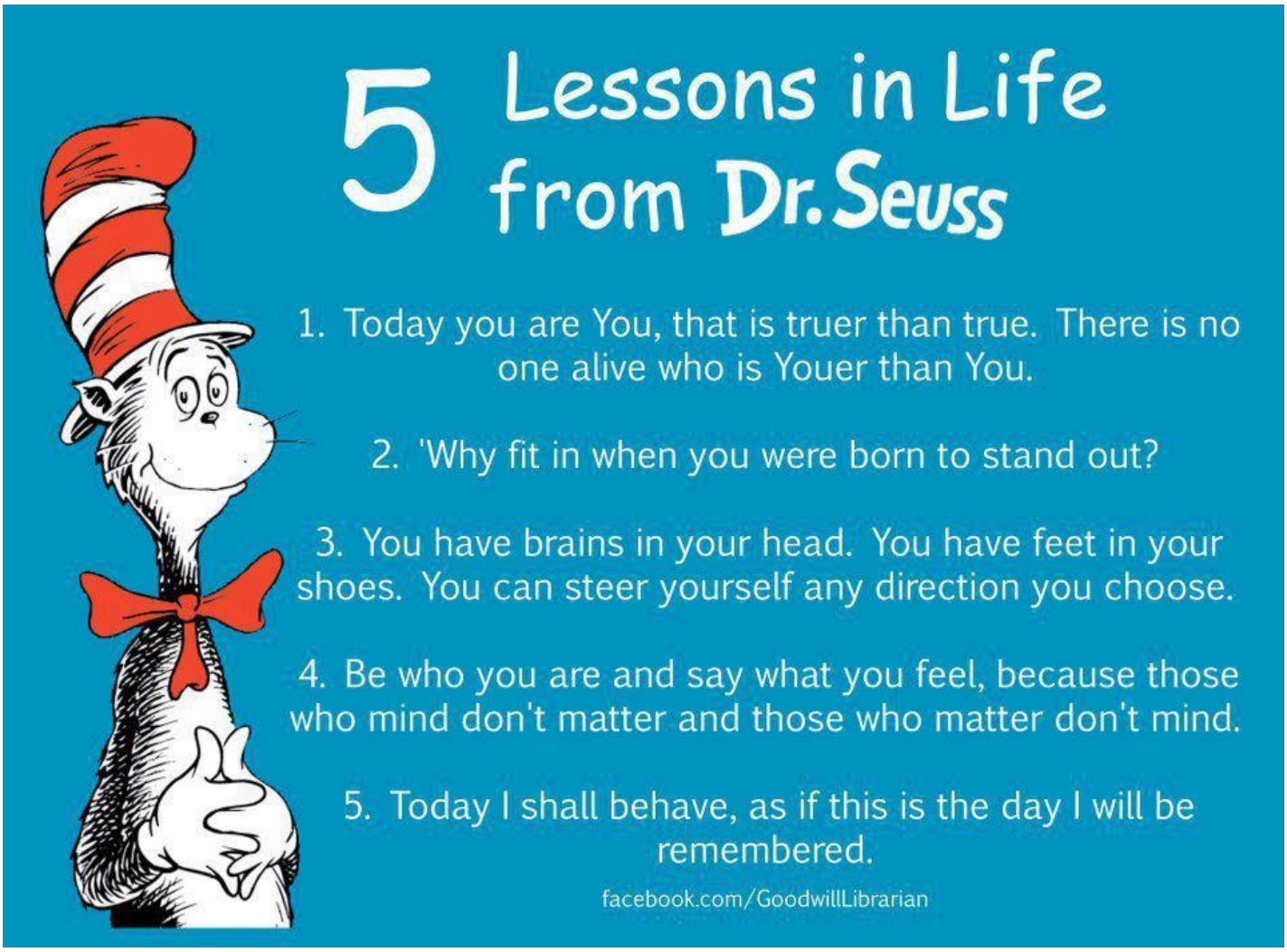
4. Words include *embed, embellish, embitter, emblazon, embolden, embrace, embroider, embroil, embryo, emcee*, and others.

5. Sample outcome: *Ann saw colorful peacocks and parrots at the Detroit zoo.*

6. A) boar B) colt C) badger

7. Possible answers include *sassafras, suspicious, sinusitis, sassiness* and *senseless.*

8. Caulifower



4 NEW BRAIN TEASERS (submit answers to abroadhurst, by July 14)

1. There are 16 letters in CONGRATULATIONS. But if you count each different letter just once, there are only 11 unique letters. Can you rearrange those 11 letters to spell two words that mean *RADIANT* and *FREIGHT*?

2. Put these 10 syllables together to spell 5 common words.
   let, nap, long, man, snip, date, fur, scar, par, kin

3. Name a word that rhymes with *baker* that is not spelled with a k.

4. Which month of the year comes first in alphabetical order? Which month ofthe year comes last in alphabetical order?

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

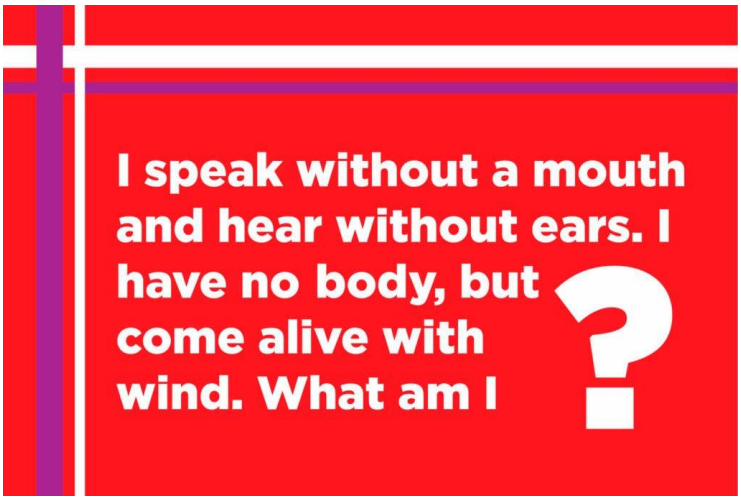
Crisis Text Line: Text MHFA to 741741 for free 24/7 crisis counseling

Lifeline Crisis Chat: 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

3 RIDDLES (submit answers to abroadhurst, by July 14)

#1



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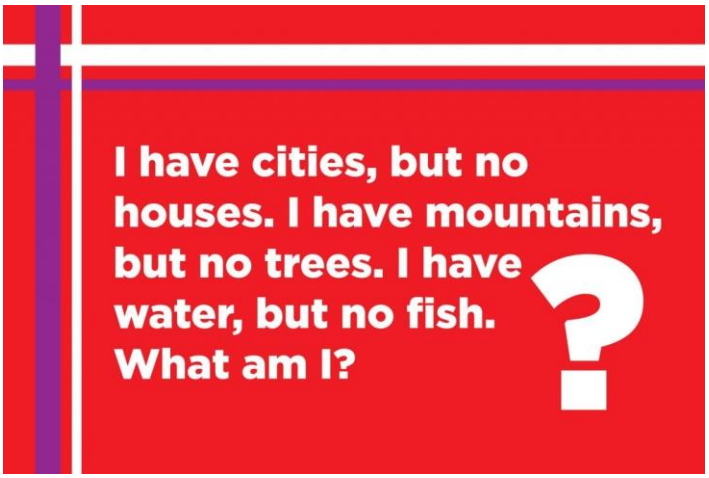

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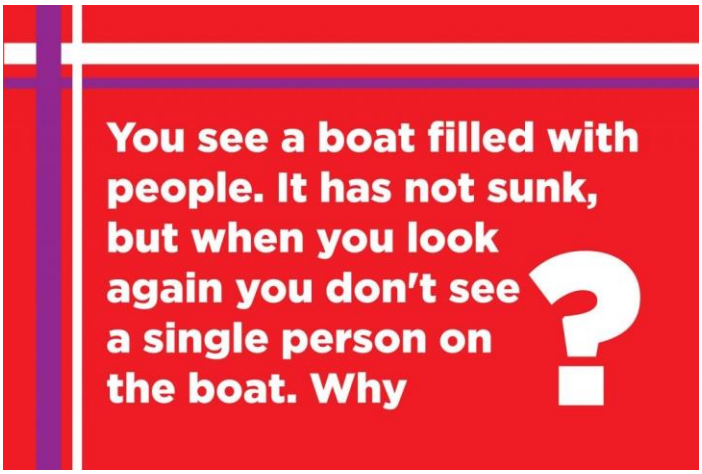


We'd love to hear what **YOU**, our Alpine County community members, would like to see in this newsletter. We'd also like to showcase the talents we harbor here in our area. If you would be willing to share a "how to..." lesson, a poem or short story, artwork or something else, please contact us!

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

This is a fun newsletter to reach out and help you keep your mind healthy and engaged. We will be emailing out the next issue July 15, 2020. No copies will be mailed while staff continues to work from home, feel free to forward on or print and share a copy.

Stuffed Jalapeno Firecrackers

Ingredient

- [ ] 12 jalapeno peppers, halved lengthwise
- [ ] 1 (8 ounce) package cream cheese, softened
- [ ] 1 pinch Cajun seasoning, or to taste
- [ ] 12 slices jalapeno bacon, cut in half
- [ ] 24 toothpicks

Instructions

- [ ] Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- [ ] Fill the jalapeno peppers with cream cheese. Sprinkle the Cajun seasoning on top, then wrap each stuffed jalapeno with a slice of bacon. Secure with a toothpick. Arrange the wrapped jalapeno peppers in a single layer, face down on a broiler rack.
- [ ] Broil in the preheated oven until the bacon becomes crisp, 8 to 15 minutes on each side.

Nutrition Facts

Per Serving:

178.7 calories; 7.5 g protein; 2.2 g carbohydrates; 45.9 mg cholesterol; 420.5 mg sodium.

CRUST:

- 2 cups crushed pretzels
- 3/4 cup melted butter
- 3 TBSP sugar

FILLING:

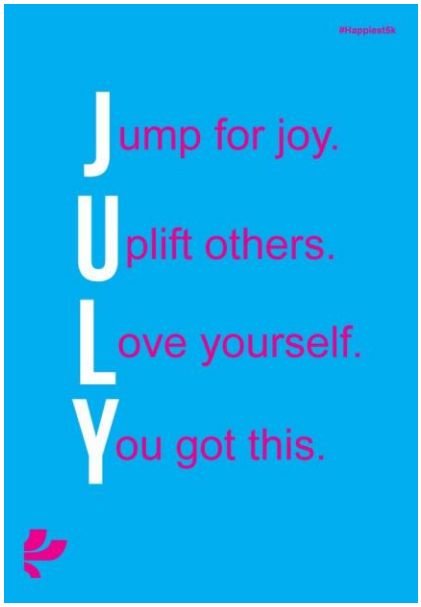
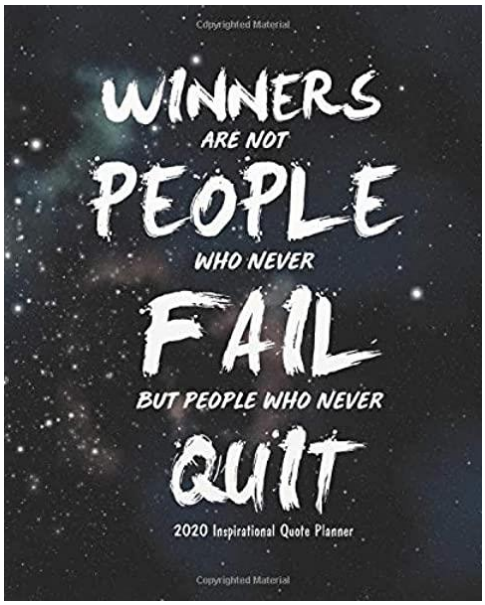
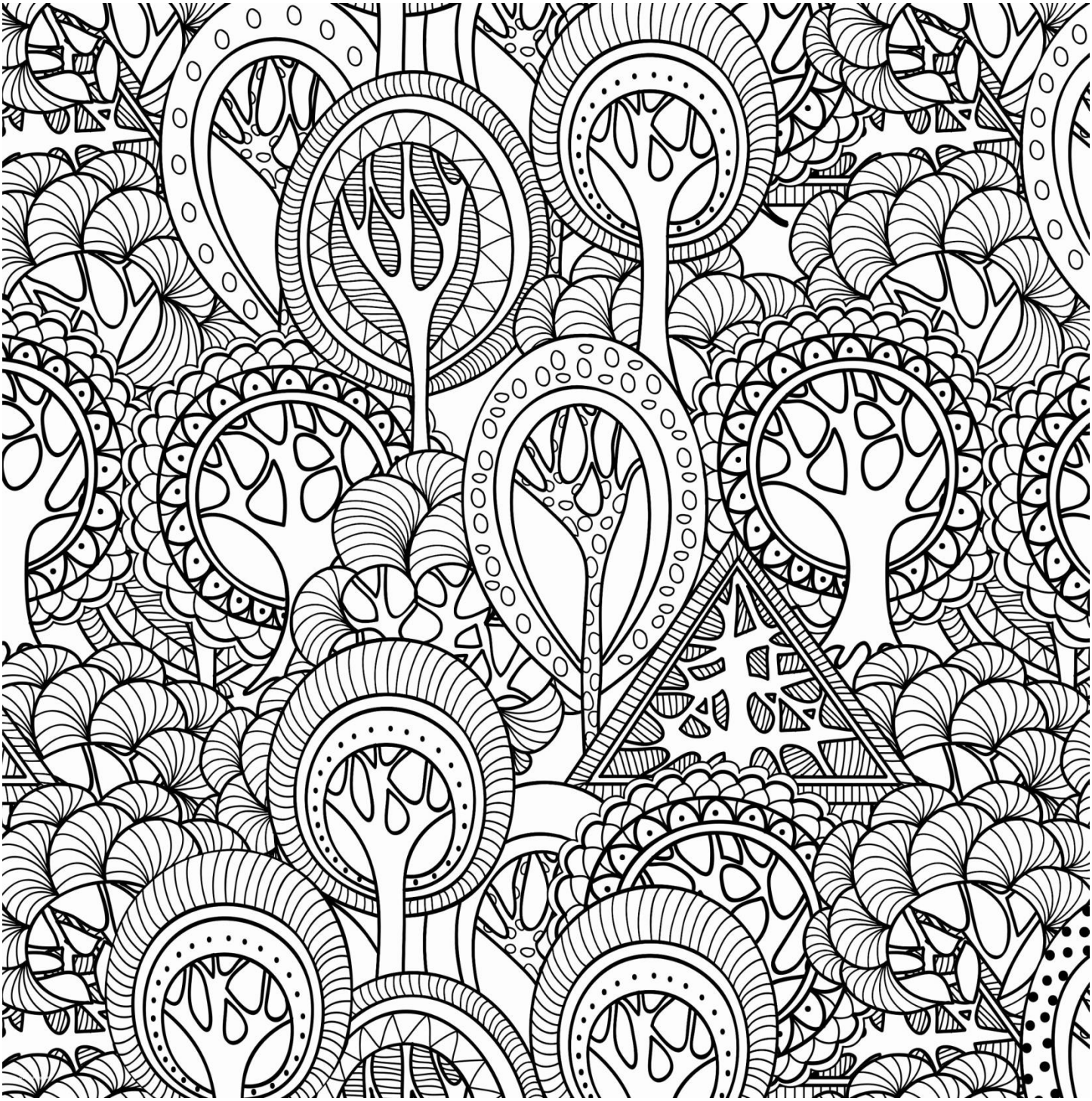
- 1 3-oz box Strawberry Creme or Vanilla pudding mix
- 1 8-oz tub whipped topping*
- 1 8-oz Strawberry Greek yogurt
- 2 cups fresh or frozen berries

TOPPING:

- 1 3.4-oz box strawberry, raspberry or cherry Jello
- 1 cup boiling water
- 2 cups fresh or frozen berries

STEP-BY-STEP INSTRUCTIONS

1. Preheat oven to 400 degrees F. Spray a **9×13 pan** with non-stick spray.
2. Combine crushed pretzels, sugar and melted butter in pan. Gently stir to combine and spread around pan evenly. Bake for 10 minutes and cool completely.
3. Pour 2 cups of berries into a medium sized mixing bowl. Scoop in the yogurt. Sprinkle the pudding mix on top and stir until completely incorporated. Fold in whipped topping.
4. Transfer mixture to 9×13 pan, spreading on top of baked pretzels, making sure mixture reaches all of the edges. Set pan in fridge to keep cool while you mix the jello.

5. Combine 1 cup boiling water with box of jello. Stir until jello is completely dissolved. Let sit 10-15 minutes, until jello cools slightly. Pour on top of whipped topping layer. Arrange remaining fruit so that it covers the entire surface of the salad. (They'll be set in with the jello once it cools.)
6. Cover salad and refrigerate at least 3-4 hours, until salad is completely cooled and set. **Cut squares to serve.** Store leftovers in fridge.

*In lieu of pre-made whipped topping, you can use 2 cups homemade whipped cream. See below for instructions.