



ALPINE THREADS



Community and Family Life in the California Alps

Summer 2015

IN THIS ISSUE...

HHS Emergency Preparedness Office	2
Alpine Watershed Group	3
First 5 Alpine	4
Live Violence Free	5
Choices for Children	5
TYFS Summer Groups Calendar	6
TYFS Dine-In & Drop-In	6
Know More About Flavored Tobacco	7
Healthy Eating, in a SNAP!.....	8

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



The Happiness Advantage

Up your Daily Happiness Potential ~ Positivity in the Present

The most commonly held formula for success is broken. Conventional wisdom dictates that if we only work harder, we will be more successful, and, if we are more successful, we will be happier. However, recent discoveries in the field of positive psychology have shown that this formula is actually backward. **Happiness fuels success**, not the other way around.

Experts say that you won't find true joy in a paycheck or miracle wrinkle-remover. According to happiness researcher Sonja Lyubomirsky, PhD, of UC Riverside, life circumstances account for only 10% of happiness, about half depends on our genetic "set-point" and the remaining 40% of our happiness is influenced by what we deliberately do to make ourselves happy. Next time you need to turn around a bad day at work or pick up a drabby afternoon, try one of these proven tips to lift your mood and make you smile.



- **De-Clutter!** Rid your closet of clothes that don't flatter you ~ who needs that baggage? Clean out your medicine cabinet; purge old make-up. Dispose of expired medications and if you are unsure, toss it if it smells bad, looks off-color, or has separated. Get rid of junk mail, old flyers; do the same to your email inbox. Disorganized heaps of paper & lists of unread emails (even the spam!) can make you anxious.
- **Do a good deed.** Give away usable items you no longer want. Research shows that people who volunteer and help out others improve their own happiness. Random acts of kindness are essential to our well-being. They liberate us from self-obsession, selfishness and isolation.
- **Touch nature.** Open your shades and let the sunshine in! Take a walk around the block or through a wooded path. Studies show that people who get more light exposure during the day have fewer sleep problems and less depression.
- **Put on a happy face.** Laugh, smile, chat up a neighbor. Smiling and just looking like you're having a good time will make you happier. Socializing with a cheerful person in your office or neighborhood increases the likelihood of your happiness. A hearty laugh produces a chemical reaction that instantly elevates your mood, reduces pain and stress and boosts immunities.
- **Throw away your ex** ~ or at least pictures and mementos that make you sad. Instead, break out your kids' baby albums or pictures from your favorite vacation spot. To keep your spirits high at work, upload your favorite pics and keep them as a rotating screensaver or in an electronic rotating frame.

FROM THE ALPINE COUNTY **HHS EMERGENCY PREPAREDNESS OFFICE**

Well, that was close.

Markleeville residents can breathe easier knowing that the Washington Fire is no longer a threat to their homes and businesses. But, the threat was terribly real for a while there. Were you prepared? Every year in the United States, people are caught unprepared to care for themselves and family members in the aftermath of a disaster such as a wildfire, flood, tornado, or other incident. Following a major incident, supplies will likely be in high demand and short supply- and help may take hours or days to arrive. Having a plan in place for “what if” is the best thing you can do to care for yourselves and your loved ones should the need arise. It is recommended that all households assemble an emergency supply kit and keep it ready, updated, and accessible at all times.

Below are checklists that can be used to help in assembling your emergency supply.

Recommended items to include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Additional items to consider adding to your Emergency Supply Kit...

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the Emergency Financial First Aid Kit - EFFAK (PDF - 977Kb) developed by Operation Hope, FEMA and Citizen Corps to help you organize your information.
- Emergency reference material such as a first aid book or free information from this web site. (See Publications)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children



For more information on emergency preparedness visit www.ready.gov



Our mission:
**Building strong
community
partnerships
promoting
healthy living**

ALPINE COUNTY FRIENDS OF THE LIBRARY
is pleased to present

MUSIC in the park 2015

Sunday, July 12, 5 pm
RUSSEL KETENJIAN
Blues, ballads on a middle eastern oud

...
Saturday, July 25, 5 pm
THE CALIFORNIA SONS
Americana/Bluegrass quartet

...
Saturday, Aug. 8, 5 pm
STEVE SPURGIN
Singer, songwriter, guitarist

...
Saturday, Aug. 22, 5 pm
ALL HAT, NO CATTLE
Country music with a zesty local flavor

...
Saturday, Sept. 5, 4 pm
TEN DOLLAR PONY
Acoustic indie folk rock

**MARKLEEVILLE
COMMUNITY PARK**
PERFORMANCES ARE FREE, DONATIONS WELCOME
THIS IS A TOBACCO FREE EVENT

Rivers and Ranches Education Day

By Sarah Green, Alpine Watershed Group



On May 18th, the Alpine Watershed Group (AWG) and Ace Hereford Ranch hosted the student body of Diamond Valley Elementary in Markleeville, California for a day of Rivers and Ranches Education. During this education event, 70 students visited the Ace Hereford Ranch and participated in activities that covered topics such as water monitoring, native plants and watershed protection.



The intent of the Rivers and Ranches Program is to aid ranches in implementing grazing practices which reduce the run off of bacteria from fields and into surface waters. This program is sponsored by the Sierra Business Council and the Lahontan Regional Water Quality Control Board. A long-term focus on land stewardship will support a secure food supply, protect our rivers, and preserve open space.

AWG believes getting the community engaged in outdoor education and connecting them with their local rivers fosters a deeper appreciation of Alpine County's watershed. The Alpine Watershed Group's involvement in the Sierra Nevada AmeriCorps Partnership has greatly expanded our watershed education capacity over the past two years.

Upcoming Alpine County Events



2015 MARKLEEVILLE CREEK DAY – Restoration Work Day in the Upper Carson

The Alpine Watershed Group's 16th Annual Markleeville Creek Day will take place on **Saturday, September 12th from 9 a.m. – 3 p.m.** Participants will meet at the Markleeville Library Park at 9 a.m. and join one of several restoration projects throughout the watershed. Projects will include invasive weed removal, stream bank stabilization, willow planting, and the development of a native plant demonstration garden. We are encouraging everyone to RSVP for this year's event - contact Nicole Lutkemuller at 530-694-2327 or awg.nicole@gmail.com.

ALPINE ASPEN FESTIVAL - Explore Your Watershed

The Alpine Watershed Group and Friends of Hope Valley are hosting the 2nd Annual Alpine Aspen Festival on the weekend of **October 10-11th**. This year's festival will be nestled in the heart of Hope Valley, California. The event will offer workshops, tours and hikes which allow participants to learn about cultural history, ranching, geology, ecology, and watershed restoration efforts. The goal is to raise awareness of the role mountain streams and meadows play in providing water for Western Nevada and California's Bay Delta. Please go to www.AspenFest.Org and sign up today!



For more information about the Alpine Watershed Group, please contact us at 530-694-2327 or visit our website - www.alpinewatershedgroup.org.



Making Exercise “Fit” Your Family

John Fisher, Executive Director ~ First 5 Alpine County

Forming healthy habits starts during a child’s early years and lasts a lifetime. A study conducted by the National Institute of Child Health and Human Development found young children who are overweight during their early years are more likely to be obese later in life. Raising healthy children is more than eating nutritious foods and watching portion size, it also includes encouraging physical activity.

Exercise is fun, especially when the whole family is involved. In the spirit of National Physical Fitness and Sports Month, First 5 Alpine offers age-appropriate exercises for children to stay active with their families.

Children Up to One Year Old

It is important for babies to play and be active. Physical activity helps babies develop their muscles and encourages them to explore the world around them.

- Place your baby on his or her stomach for “tummy time” to help build neck and core muscles and prepare for crawling
- Practice crawling with your baby outside on a blanket
- Stretch your arms and wiggle your toes together

Children One to Two Years Old

When toddlers are active, they learn about their bodies, fine-tune their basic motor skills and sleep better at night. Physicians recommend toddlers participate in an hour and a half of daily activity for healthy development.

- Play follow-the-leader, making sure to hop, jump and crawl along the way
- Toss a ball with your toddler and practice coordination skills
- Playfully chase your child in the house or on the playground and hug your toddler when you catch him or her

Children Three to Five Years Old

At least two hours of physical activity a day helps young children build their muscles as well as their imaginations. By exercising together, both you and your child stay physically fit and spend quality time as a family.

- Dance to music
- Play your favorite childhood games, such as hopscotch, leap frog and hide-and-seek
- Go on a walk or hike to explore the outdoors

For more family exercise activities or to learn about First 5 Alpine programs and services, call 694-1149.

.....
First 5 Alpine has partnered with First 5 California to offer additional parenting tips through its free, comprehensive resource, *Kit for New Parents*. To order your free Kit, call (800) KIDS-025 or contact First 5 Alpine at 530-694-1149.



Alpine County Public Health is now on Facebook and Twitter. Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!



LIVE VIOLENCE FREE (LVF) in Alpine County is committed to promoting a violence free community through education and advocacy to address domestic violence, sexual assault and child abuse. If you have been the victim of domestic violence, sexual assault, or stalking and your legal issue is directly related to the abuse you have experienced, the legal program may be able to help you.

Live Violence Free may be able to represent you regarding issues of protection orders, child custody & visitation, child support, immigration, and housing. Services include legal advice, legal representation, document preparation, safety planning, court accompaniment, legal advocacy and translation services in Tagalog and Spanish. No appointment is necessary. Please come in to our business center in Alpine County or in South Lake Tahoe to speak with an Advocate.

You can reach us at the two business center locations which is 100 Foothill Road, Markleeville, CA 96120, (530) 694-1853 or at our South Lake Tahoe location at 2941 Lake Tahoe Blvd, South Lake Tahoe California, (530) 544-2118.

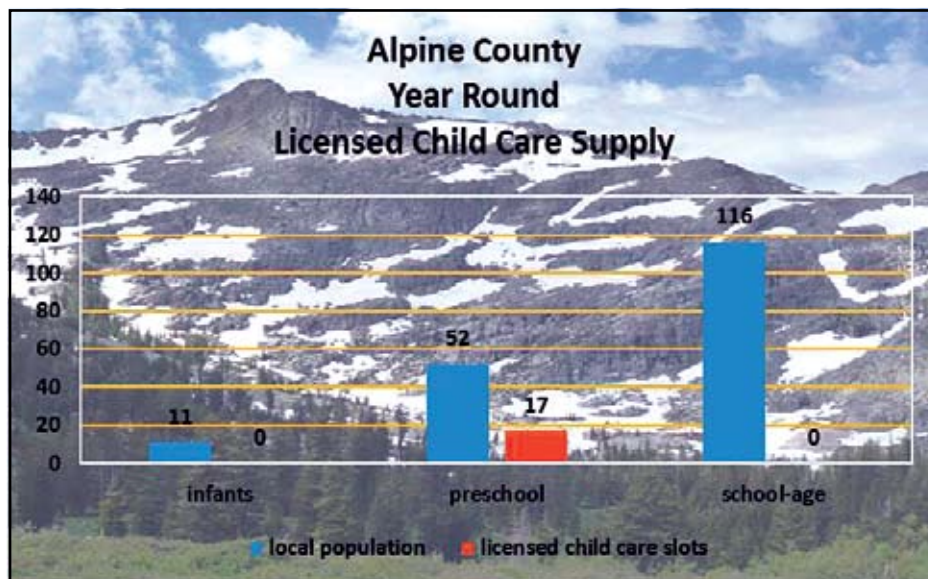
If you are a survivor, it is not your fault. Live Violence is here to offer support, resources and information.

Our 24/hour crisis line is (888) 750-6444



Consider Becoming a Family Child Care Provider

Several years ago, Alpine County was home to 4 licensed child care centers and 2 family child care homes. Over that time period, our licensed family child care slots have dwindled to one active licensed facility. The Alpine Early Learning Center is run by the County Office of Education and supplies 100% of the total, active licensed slots in our county. The center has licenses to care for 17 children two through six years. The chart below shows the local population and compares the availability of year round licensed child care.



Diamond Valley Elementary currently offers a free after-school program for its students but there is a great need for child care for school-age children when school is not in session. Obtaining a license to care for children in your home is a fairly easy and inexpensive process and allows you to care for up to 8 children at a time. Current family child care providers in the Tahoe area are charging an average of \$5/hour per child, depending upon the age. If you are interested in opening a family child care home to help fulfill this need and to provide your family additional income, call our office and we will walk you through the process - every step of the way 530-694-2129.



T A H O E
YOUTH & FAMILY
 S E R V I C E S
A SAFETY NET OF SERVICES FOR YOUTH AND FAMILIES

Summer Groups Calendar



July



August

<p>Tuesday July 21 1:30-4</p> <ul style="list-style-type: none"> • Swim Center • Ice Cream 	<p>Wednesday July 22 2-3</p> <ul style="list-style-type: none"> • Guitar • Ukulele
<p>Tuesday July 28 10am-4pm</p> <ul style="list-style-type: none"> • Beach Day 	<p>Wednesday July 29 2-3</p> <ul style="list-style-type: none"> • Guitar • Ukulele
<p>Tuesday August 4 1:30-4</p> <ul style="list-style-type: none"> • Board Games • Ice Cream Sundaes 	<p>Wednesday August 5 2-3</p> <ul style="list-style-type: none"> • Guitar • Ukulele
<p>Tuesday August 11 10am-4pm</p> <ul style="list-style-type: none"> • Last Group • Beach Party 	<p>Wednesday August 12 2-3</p> <ul style="list-style-type: none"> • Guitar • Ukulele

Life Skills Group is an evidence based curriculum designed to promote positive youth development .

- Helps kids to resist drugs & alcohol abuse.
- Personal Self management skills:
 - * Problem solving skills
 - * Reduce stress & anxiety
 - * Anger managing skills
- General social skills:
 - * Communication
 - * Overcome shyness

Interested in learning guitar or ukulele?

This is Your Chance!

Rides available from
 Markleeville/ Woodfords
 @ Hung-A-Lel-Ti @1:30pm

Please
Contact Betty
at
(530) 694-9459



Dine-In & Drop-In

with Tahoe Youth & Family Services at the Firehouse

Are you living on your own? Homeless? Couch surfing? Need some extra help?

We offer help with supportive services and finding needed resources. You can also come by and get some food, clothing, hygiene supplies, or just relax.

Join Tahoe Youth & Family Services

The last Friday of each month from, 4-7pm for a FREE DELICIOUS DINNER!

for youth, ages 14-24 years old

Meet staff & learn about our Supportive Services available to the Community



Alpine County
 Behavioral Health Services

SAVE THE DATE!

SATURDAY, SEPTEMBER 26TH
TURTLE ROCK PARK

ALPINE COUNTY HEALTH FAIR &
DRIVE THRU FLU SHOT CLINIC

FLU SHOTS AT NO COST!

Both the
MARKLEEVILLE GENERAL STORE
and the **LAKE ALPINE RESORT**
can be congratulated for their
knowledge and compliance
with the laws protecting youth
from tobacco.

During a recent State-mandated
compliance check, clerks at
both stores knew to ask for
identification and to refuse the
sale of cigarettes to the underage
decoy. Both stores employ
courteous and conscientious staff
who understood and upheld the
required regulations.

Well done and keep up the good work!

KNOW MORE ABOUT FLAVORED TOBACCO...

Cigarettes vs. Little Cigars

Six years ago, the Family Smoking Prevention and Tobacco Control Act banned the sale of flavored cigarettes in the US. These are cigarettes with characterizing fruit, candy, and clove flavor – cigarettes that have special appeal to children. It should be noted that though menthol flavoring is not included in this ban, it presents the same dangers.

This ban applies to cigarettes, but not little cigars, even though flavored little cigars are nearly the same size and shape as cigarettes – many even have filters, just like cigarettes. Unfortunately, little cigars are not regulated by the same laws (aimed at protecting youth) as cigarettes:

- ✓ Self-serve cigarette displays are against the law. Self-serve little cigar displays are not.
- ✓ By law, cigarette packs may not be less than 20 count, and may not be broken up to sell as singles. Little cigars are often packaged in flashy, colorful packs of one or three, often displayed alongside candy, and costing about the same as a candy bar.

40 percent of
middle and high school
students who smoke use

flavored little cigars or

flavored cigarettes



According to the American Cancer Society, almost all tobacco use begins during youth and young adulthood. If young people can remain tobacco-free until age 18, most will never start smoking. Flavored cigarettes are against the law because they appeal to children – but flavored cigars aren't. Among cigar smokers, those who used flavored little cigars were more likely than other cigar smokers to have no intention of quitting.¹

In an effort to protect youth, many cities and counties are pursuing regulations like minimum pack sizes and even bans on the sale of flavored tobacco products.

¹ <http://www.cancer.org/cancer/news/flavored-tobacco-products-appeal-to-youth>

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.alpinecountyca.gov/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!

Summer Coleslaw with Fruit

For the heat of summer, I thought that something cool, crunchy and sweet might hit the spot. I found this great recipe on the website for SNAP-Ed, which is a California Public Health program. The program aims to spread the word about healthy eating, especially eating more fresh fruits and vegetables, in an inexpensive way. So, I hope you enjoy this refreshing idea.

Ingredients

- 4 cups shredded green cabbage
- 1 1/2 cups grapes, each grape cut in half
- 1 cup shredded carrots
- 1/2 cup drained, canned crushed or chunked pineapple*
- 3 tablespoons light mayonnaise
- 1 tablespoon honey**
- 1 teaspoon cider vinegar or lemon juice
- 1/8th teaspoon cinnamon

Experiment with other fresh fruits such as raisins, berries or Mandarin oranges.

*Choose canned fruit packed in 100% juice
**Do not give honey to children under the age of one.

Preparation

1. Combine all ingredients in a medium bowl
2. Stir well to mix ingredients
3. Chill for 15 minutes before serving
4. Serve and Enjoy!!



Makes approximately 6 servings | One serving equals approx. 1 cup | Prep time: 10 minutes

For questions or comments, contact Becky Thornburg at Alpine County, Health and Human Services. You can call 530.694.2235 or email bthornburg@alpinecountyca.gov



California Smokers' Helpline
1-800-NO-BUTTS

Alpine Threads is brought to you by Alpine County Tobacco Control, a Prop 99 funded program.

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

ECRWSS
POSTAL CUSTOMER