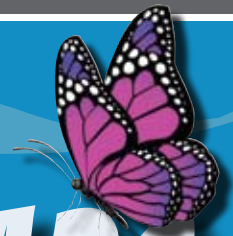




ALPINE THREADS



Community and Family Life in the California Alps

Spring 2020

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Suicide Risk and Protective Factors



Suicide risk factors are characteristics of persons or their environment that increase the likelihood of attempting or completing suicide.

Major risk factors include:

- prior suicide attempts;
- misuse and abuse of alcohol or other drugs;
- mental disorders, particularly depression
- and other mood disorders,
- access to lethal means;
- knowing someone who died by suicide, particularly a family member;
- social isolation;
- chronic disease and disability;
- lack of access to behavioral health care.

Risk factors can vary across groups with different characteristics (age, culture, sex, and other), for example:

- stress resulting from prejudice and discrimination (family rejection, bullying, violence) is a known risk factor for suicide attempts among lesbian, gay, bisexual, and transgender (LGBT) youth;
- the historical trauma suffered by American Indians and Alaska Natives (resettlement, destruction of cultures and economies) contributes to the high suicide rate in this population;
- for men in the middle years, stressors that challenge traditional male roles, such as unemployment and divorce, have been identified as important risk factors.

Suicide protective factors are personal or environmental characteristics or attributes that help protect people from suicide.

Protective factors are skills, strengths, or resources that help people deal more effectively with stressful events. They enhance resilience and help to counterbalance risk factors.

Major protective factors include:

- effective clinical care for mental, physical and substance abuse disorders; easy access to a variety of clinical interventions, and support for help seeking;
- connectedness to individuals, family, community, and social institutions;
- life skills (including problem solving skills, coping skills, ability to adapt to change, conflict resolution);
- self-esteem and a sense of purpose or meaning in life;
- cultural, religious, or personal beliefs that discourage suicide and support instincts for self preservation.

Suicide prevention seeks to reduce the factors that increase suicide risk while increasing the factors that protect people from suicide. Anyone can help prevent suicide. Pay attention to risk and protective factors, and learn the warning signs. Suicide is everyone's business.

START BY BELIEVING DAY is the first Wednesday of every April

Start by Believing Day provides an opportunity for communities across the country, and around the world, to unify with a single voice for those who have been the victims of sexual violence:

We hear you, and we are here to help.

On this day, we gather to end the silence and change the way we respond to sexual assault. We Start by Believing.



Are You Ready to End the Cycle of Silence?

Most victims of sexual assault do not report the crime to law enforcement. Many never tell anyone. Then, because so few assaults are reported, most perpetrators walk free. It's time to end this cycle. It all starts in your own community. When someone tells you they were sexually assaulted, make a pledge to Start by Believing. Then spread the word.

To complete a pledge, and/or learn more information, visit
www.startbybelieving.org



Or contact Live Violence Free:
100 Foothill Road, Suite A | (530) 694-1853



April is National Child Abuse Prevention Month

April is National
Child Abuse
Prevention Month

FIND TOOLS, TIPS, AND RESOURCES AT
WWW.CHILDWELFARE.GOV/PREVENTIONMONTH

 Child Welfare
Information Gateway

 Children's
Bureau



Please join us at these exciting Alpine County events in April:

- April 1, 18, 15, 22, 29** Play Group at the Learning Center at 12pm to 2pm
- April 1** Alpine Kids Rainbow Awards at the Bear Valley School
- April 2** Positive Indian Parenting presented by Washoe Native TANF
- April 8** Alpine Kids Rainbow Awards at Turtle Rock Park
- April 25** Teddy Bear Parade at the Main Library from 11am to 3pm

THIRDHAND SMOKE

Most people know that smoking and breathing secondhand smoke is toxic, but many have not heard about thirdhand smoke. Thirdhand smoke is the residue from tobacco smoke that collects on surfaces and becomes a source for long-term exposure to harmful pollutants.

The risks of tobacco exposure do not end when a cigarette is put out. Smokers expose themselves to a mixture of over 7,000 chemicals. Hundreds of these chemicals are toxic, and nearly 70 cause cancer. Even brief exposure to secondhand smoke can be harmful to health ^[1]. Thirdhand smoke does not blow away; it actually sticks to walls, windows, and furniture, or settles as toxic dust in homes and cars. It even sticks to clothing and hair, and residue builds up in the environment, becoming more toxic over time ^[2].

Thirdhand smoke is caused by the burning of tobacco products including cigarettes, cigars, and hookah. It is also possible for e-cigarette aerosol and smokeless tobacco to contaminate surfaces ^[3-5]. Removing thirdhand smoke is difficult, depending on the type of surface and the amount of thirdhand smoke that has settled there. Common cleaning methods such as vacuuming, wiping surfaces, and airing out rooms are not effective in removing thirdhand smoke ^[2].

Tobacco smoke can even contaminate areas considered to be smoke-free. For example, in hotels or apartment complexes, smoke particles can travel through cracks in the building or air ducts from a smoking area to a non-smoking area. People can be exposed to thirdhand smoke without knowing it, because over time the smell may go away, but harmful chemicals still exist ^[2].

Anyone who spends time in a place where smoking, vaping, or other tobacco use has occurred can be exposed to thirdhand smoke, but infants and children are particularly at risk. Thirdhand smoke can be absorbed through the skin or inhaled. It is possible for infants and toddlers to absorb thirdhand smoke residue when teething or playing with contaminated objects ^[2]. Exposure to thirdhand smoke may damage genetic material (DNA), and increase the risk for short- and long-term health problems including asthma and cancer ^[6].

Due to widespread success in eliminating smoking in workplaces and other public places, exposure to thirdhand smoke has decreased. However, thirdhand smoke may still persist in private spaces such as homes, cars, and other areas which are not protected by tobacco-free regulations. Protect yourself and your family from thirdhand smoke. Do not allow smoking or e-cigarette use in your home or car. The best way to protect against thirdhand smoke is to keep the places that we live, work, and play completely tobacco-free.

1. Centers for Disease Control and Prevention. Secondhand Smoke (SHS) Facts 2015; Available from: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/ind ex.htm.
2. Matt, G.E., et al., Thirdhand tobacco smoke: emerging evidence and arguments for a multidisciplinary research agenda. *Environ Health Perspect*, 2011. 119(9): p. 1218-26. 3. Kassem, N.O., et al., Children's exposure to secondhand and thirdhand smoke carcinogens and toxicants in homes of hookah smokers. *Nicotine Tob Res*, 2014. 16(7): p. 961-75. 4. Goniewicz, M.L. and L. Lee, Electronic cigarettes are a source of thirdhand exposure to nicotine. *Nicotine Tob Res*, 2015. 17(2): p. 256-8. 5. Whitehead, T.P., et al., Levels of nicotine in dust from homes of smokeless tobacco users. *Nicotine Tob Res*, 2013. 15(12): p. 2045-52. 6. Hang, B., et al., Thirdhand smoke causes DNA damage in human cells. *Mutagenesis*, 2013. 28(4): p. 381-91.



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!





Healthy Floodplains for a Healthy Flood Plan

Written by Helen Fillmore



Flooding is a natural part of all riparian systems. Like wildland fires, floods are a necessary disturbance in Alpine County. Their natural regimes are important, as they contribute to nutrient cycling and support healthy ecosystems for plants and animals. Healthy floods, however, require healthy floodplains. Floodplains are the lands adjacent to rivers and streams that flood during high flows from snowmelt and following heavy rains. They are necessary for improving water quality, for recharging groundwater aquifers, and for providing wildlife habitat.

For thousands of years, the Indigenous people in Alpine County—the Washoe people—lived along rivers and streams in family camps. They didn't build permanent structures and would move their camps to higher ground when they anticipated flood events. Recent settlers similarly appreciated the convenience of fresh water nearby, but they developed more permanent structures in our local floodplains to live and work in. They weren't entirely aware of how these structures would impact the natural functions of nearby rivers, or how the natural functions of nearby rivers would impact their structures.



Artwork by Diane Campbell

Despite many attempts throughout the years to mitigate flood impacts on infrastructure in downtown Markleeville, the natural flood regime of Markleeville Creek took its final toll in 1997. This large flood destabilized the river bank despite the floodwall in place. It threatened the main sewer line for the Markleeville Public Utility District (MPUD), and it prompted the U.S. Forest Service to at last relocate their offices from the Markleeville Guard Station to Turtle Rock Park outside of the floodplain. In 2004, restoring the floodplain for Markleeville Creek was identified as a high priority project in the final report of the Upper Carson River Watershed Stream Corridor Condition Assessment. It was listed again in 2007 in the Carson River Watershed Adaptive Stewardship Plan. Currently, Alpine County and Alpine Watershed Group await word on funding for a floodplain restoration project on Markleeville Creek through

a grant program from the California Natural Resources Agency Department of Water Resources. We look forward to working with community members and partner organizations on additional interpretive signage for the park. Interpretive elements and trails to access the creek will enhance the park experience for both Markleeville visitors and local residents.

The Markleeville Creek Restoration project is very timely, as hydrologists and climate scientists are observing an increasing trend of earlier snowmelt in the spring and are projecting an increase in flood events in the Sierras. Restoring the natural floodplain will give water a place to go during high flows, which helps to protect infrastructure nearby. Additionally, this restoration project can help improve water quality and ecosystem functions for the benefit of our entire community—humans, wildlife, and plants alike.

For more information on this project, contact Kimra McAfee at (530) 694-2327 or at awg.kimra@gmail.com. If you're interested in volunteering to help restore and protect our wetlands, please contact Helen Fillmore at awg.helen@gmail.com.

Resource: Cobourn, J., & Lewis, S. R. (2015). *Floodplain Protection Inventory for the Carson River*. University of Nevada, Reno, Cooperative Extension, Special Publication, FS-15-05. Retrieved from <https://extension.unr.edu/publication.aspx?PubID=2759>.

WAYS TO Reduce Stress

What is stress?

- **Stress is a natural reaction** of the body to any situation (good or bad) placed on it.
- **Stress is something we create.** If our minds create our stress, then our minds can also reduce our stress.
- **Watch for signs of stress.** Some signs of stress include changes in eating habits, getting upset easily, headaches, trouble sleeping or not getting along with others.

Ways to reduce stress

- **Accept that you are under stress.** Make a list of things that are stressful to you and focus on the things you can change. Let go of the things that are out of your control.
- **Take time to relax.** Take slow, deep breaths when you are feeling stressed. Find activities that help you relax such as taking a hot bath, reading or listening to music.
- **Get support.** Talk with your family and friends about your problems. Ask them for help if needed.
- **Laugh and have fun.** Laughter is the best medicine. You can watch a funny movie or spend time with people who make you laugh. Plan fun things to do.



- **If you have trouble sleeping** or feel sad most of the time, talk to your doctor and get help.

Live a healthy lifestyle

- **Exercise regularly.** Exercising can improve your mood. A 20-minute walk is perfect for reducing stress.
- **Eat healthy meals.** A balanced diet helps us stay healthy to better cope with stress. Keep healthy snacks around like fruits and vegetables for busy times.
- **Avoid alcohol, drugs and caffeine.** Drugs will make it more difficult to handle stress. Get professional help if you or a family member has a problem.

To learn more, contact California Health & Wellness at **1-877-658-0305** (for TTY, contact California Relay by dialing 711 and provide the 1-877-658-0305 number).



As you might guess, the number-one dental problem among preschoolers is tooth decay.

- 1 out of 10 two- year-olds already have one or more cavities
- By age three, 28% of children have one or more cavities
- By age five, nearly 50% of children have one or more cavities

Many parents assume that cavities in baby teeth don't matter, because they'll be lost anyway. But that's not true. Dental decay in baby teeth can negatively affect permanent teeth and lead to future dental problems.

Teaching Good Dental Habits

The best way to protect your child's teeth is to teach him good dental habits. With the proper coaching he'll quickly adopt good oral hygiene as a part of his daily routine. However, while he may be an enthusiastic participant, he won't yet have the control or concentration to brush his teeth all by himself. You'll need to supervise and help him so

that the brush removes all the plaque—the soft, sticky, bacteria- containing deposits that accumulate on the teeth, causing tooth decay. Also, keep an eye out for areas of brown or white spots which might be signs of early decay.

Tooth brushing

As soon as your child has a tooth you should be helping your child brush her teeth two times a day with a smear (size of a grain of rice) of fluoride toothpaste on a child-sized toothbrush that has soft bristles. There are brushes designed to address the different needs of children at all ages, ensuring that you can select a toothbrush that is appropriate for your child.

Dental Checkups

During regular well-child visits, the pediatrician will check your child's teeth and gums to ensure their health. If she notices problems, she may refer your child to a pediatric dentist (pedodontist) or a general dentist with an interest in treating the dental needs of children. **Both the American Academy of Pediatrics and the American Academy of Pediatric Dentistry recommend that all children see a pediatric dentist and establish a "dental home" by age one.**

As part of her dental checkup the dentist will make sure all teeth are developing normally and that there are no dental problems and give you further advice on proper hygiene. She also may apply a topical fluoride solution to provide extra protection against cavities. If you live in an area where the water is not fluoridated, she may prescribe fluoride drops or chewable tablets for your toddler. For more guidance on fluoride supplements, talk to your pediatrician.

Source: Caring for Your Baby and Young Child: Birth to Age 5, 6th Edition (Copyright © 2015 American Academy of Pediatrics)

What's Happening at the Alpine County Library

PO Box 187
270 Laramie Street
Markleeville, CA 96120
530-694-2120

Check out our new Wellness Bags! We've recently revamped our selection of Wellness Bags. Each Bag will now have a theme and with a wide variety of themes to choose from there is sure to be something for everyone. Some of the new Wellness Bag titles include: Kids Travel Bag; Yoga Bag; Family Fun Night; and a Quit Smoking Bag.

Reading Buddies at the Library Stuffed animals are paired with library books to check out together. Children can take home the books and the Reading Buddy and when finished reading, the books are returned to the Library, but the Reading Buddy is theirs to keep-- ready for their next Library adventure!

Important Dates As of **March 3rd** the Library is now open on Tuesdays from 9am until 5pm!
Easter Story Time! April 11th 1-3. Story, snack and Easter egg hunt!
Teddy Bear Parade April 25th 11-3. Activities and crafts for the kids and a free BBQ lunch sponsored by Alpine Kids!



Human Trafficking: Protecting Our Youth

What's Happening

Human trafficking is a form of modern slavery. It includes both sex trafficking and forced labor. Youth with difficult family situations or histories of trauma, including those in foster care, can be at greater risk.

States are required to consider any child who is identified as a victim of sex trafficking or severe forms of trafficking (as defined in the Trafficking Victims Protection Act) as a victim of “child abuse and neglect” and “sexual abuse.” The term “sex trafficking” means the recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of a commercial sex act. The term “severe forms of trafficking in persons” means sex trafficking in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such act has not attained 18 years of age.

Any child under age 18 engaged in commercial sex is a victim of sex trafficking even if the youth's participation is not forced or coerced. This includes:

- Prostitution
- Pornography
- Stripping

Human trafficking also includes forced labor. Common examples involve:

- Selling illegal drugs
- Hair and nail salons
- Begging
- Farm work
- Door-to-door sales crews (e.g., magazines)
- Au pairs and nannies
- Domestic work
- Restaurant work

What You Might Be Seeing

Cases of human trafficking have been reported in all 50 States. Victims can be children or adults, U.S. citizens or foreign nationals, male or female. Children as young as 9 years old may be at risk.

Signs that a child or youth may be involved in human trafficking include the following:

- Frequent, unexplained absences from school
- Running away from home
- Unexplained bruises or scars, withdrawn behavior, or anxiety/fear
- Knowledge of sexual situations or terms beyond what is normal for the child's age
- Signs of drug addiction
- Sudden changes in clothes, friends, or access to money
- Having a “boyfriend” or “girlfriend” who is noticeably older and/or controlling
- Expressing concern for family members' safety if he or she shares too much information
- Working unusually long hours and being paid very little
- Living at a workplace or with the employer, or living with many people in a small space

What You Can Do

- **Be aware of recruiting tactics.** Traffickers target victims through social media websites, telephone chat lines, afterschool programs, at shopping malls and bus depots, in clubs, or through friends and acquaintances. Ask questions about your youth's friends—especially new friends and those who appear to be significantly older. Monitor computer internet use and know where your youth hangs out. Traffickers may also be family members or even your child's friends.
- **Understand that trafficked youth are victims, not criminals.** If a person has been forced to commit illegal acts, he or she is a victim and is not guilty of a crime. Help the youth understand that he or she will not be punished for seeking help.
- **Report suspected trafficking.** The following are actions you can take if you think a youth may be involved in trafficking:
 - If the youth is in immediate danger, call your local police department or emergency access number (e.g., 911).
 - To report suspected human trafficking, call the National Human Trafficking Hotline at 1.888.373.7888, text BeFree (233733), or submit a tip online at <https://humantraffickinghotline.org/>.
 - To report a sexually exploited or abused minor, call the National Center for Missing & Exploited Children at 1.800.THE.LOST or report online at <https://www.missingkids.org/gethelpnow/cybertipline>.

Alpine Threads Editorial Board

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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
- www.alpinewatershedgroup.org
- www.alpinebiomasscommittee.wordpress.com
- www.spnawareness.org/

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 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!

Zucchini Muffins

Serves 12 - 40 minutes



Ingredients

- Nonstick cooking spray
- 2 Eggs
- ½ cup Applesauce
- ¼ cup Granulated sugar
- 1 teaspoon Vanilla extract
- 1 ¼ cups Whole wheat flour
- ¼ teaspoon Salt
- 1 teaspoon Baking soda
- 1 ½ teaspoons Ground cinnamon
- ½ teaspoon Ground ginger
- ¼ teaspoon Ground cloves
- 2 cups Grated zucchinis (about 2 small zucchinis)
- ½ cup Raisins
- 2/3 cup Toasted and chopped pecans or walnuts

Preparation

1. Place an oven rack in the middle of the oven. Preheat oven to 350° F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
6. Gently stir in zucchinis, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
9. Remove muffin pans from oven and let muffins stand for 5 minutes.
10. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.

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

CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS



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