

# ALPINE THREADS

Community and Family Life in the California Alps

Fall 2016

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*Masthead photo courtesy of Alpine County resident Judy Wickwire, taken at this year's Alpine Aspen Festival.*



## JOIN US FOR SONGS & POETRY

OCTOBER 19TH, 2016

1:00-3:00PM AT ALPINE TANF OFFICE



### It's storytelling telling time!

Share creation stories, life experiences, or words you want to pass on. Read your favorite passage from a book, or share your poetry, short stories or tell us about your artwork.

### Everyone is welcome!

Bring your favorite songs, and stories! Share your knowledge and love.

Drums, rattles, and clapper sticks are welcomed.

For more information contact:  
Melanie Smokey (775) 450-4421 or  
Shandra Morgan (530) 694-2555

## COME AND VISIT WITH US!





# Things To Do Before Applying For A Job

## TIPS FOR A SUCCESSFUL JOB SEARCH

### Study the job inside and out.

In the days leading up to your interview, the job description for the position you're applying to should become your best friend. Study it closely to get a better sense of the skills the hiring manager is seeking.

### Research the company.

Although you'll learn a lot about the organization during the interview, be sure to do some investigating beforehand. Familiarize yourself with the company's mission statement and culture by checking out its website and social media platforms. Companies are working increasingly hard to hire not only the right employees, but the right people. Being a good cultural fit can go a long way in securing a job.

### Tap into your network of contacts.

Speaking of social networks, don't forget to make use of your own collection of contacts. Reach out to your school's alumni to see whether anyone has experience in your field of interest. Or, if you know someone employed by the company you're interviewing with, arrange an informational session with him or her. If all goes well, that person will probably put in a good word for you.

### Prepare questions for the hiring manager.

A successful interview will feel more like a conversation than a one-sided interrogation. It's important to have additional questions ready. Ask for more detail about your potential role, the company and the interviewer's experience at the organization.

### Follow-Up

Following up with the company after you apply is a critical step in the job search. Following up projects your level of interest and commitment to the position at hand. A call to the hiring manager can bring your name and resume to his/her attention, and separate you from the hundreds of resumes still to be reviewed while showing you understand the importance of timely follow-through.



americanjobcenter

**Alpine Connections Career Center**  
**Renaë Lynch, Workforce Development & Eligibility Specialist**

75-A Diamond Valley Road  
Markleeville, CA 96120  
(530) 694-2235, Ext. 227  
rlynch@alpinecountyca.gov

## Fall Safety Tips

- Drive Safely As It Gets Darker
- Use Caution With Space Heaters
- Use Fireplaces Safely
- Service Your Furnace
- Get Your Flu Shot
- Change the batteries in smoke detectors and carbon monoxide detectors when you turn clocks back





# 2016 Markleeville Creek Day Results

By Hannah Drummond, Alpine Watershed Group

On Saturday, September 10th, 85 individuals participated in the 17th Annual Markleeville Creek Day, hosted by the Alpine Watershed Group. This volunteer work day is held every year to complete projects that improve the health of Alpine County's watersheds. This year included attendees of all ages and representatives from a variety of local and regional organizations. After meeting in Markleeville on Saturday morning, groups dispersed to seven different project sites within the East and West Carson River Watersheds. Thanks to our amazing volunteers, we were able to complete the following:

- 30 native perennials planted in the Grover Native Plant Demonstration Garden
- 810 lbs of invasive weeds removed
- 250 willow stakes, 150 potted willows, and 40 cottonwoods planted
- 20 native trees protected from beaver
- 3,500 sq. feet of slope seeded and stabilized with jute matting
- 20 pounds of native seed spread
- Improvements to Elizabeth Coyan Park including picnic table staining, stairway cleaning, and tree trimming
- 60 lbs of trash removed from our local waterways

We would like to thank our partners who supported the event or helped lead projects, which include Alpine County, Alpine Garden Club, Alpine/ Upper Carson Weed Management Group, American Rivers, California State Parks, California Conservation Corps, Carson Water Subconservancy District, Friends of Hope Valley, Great Sierra River Cleanup, and the Sierra Nevada AmeriCorps Partnership. The day could not have been a success without the support from our sponsors. Thanks to Broadbent Associates Inc., Alpine County Chamber of Commerce, Nature's Bakery, CA Off-Highway Motor Vehicle Grant Program, Phoenix Pharms, and Greenhouse Garden Center for making it possible for us to provide tools and supplies. AWG is very appreciative of everyone who dedicated their time to make this year's Creek Day the largest turnout ever! More photos can be found on the Alpine Watershed Group's Facebook page.



## ALPINE ASPEN FEST A HUGE SUCCESS!

**The third annual Alpine Aspen Festival was a huge success thanks to the perfect combination of beautiful weather, vibrant aspens trees, enthusiastic speakers and activity leaders, and hundreds of excited festival goers.** We are grateful for all the support we have received from our community, businesses, organizations, agencies, and volunteers. The Festival would not have happened if not for the generous financial support of the River Wranglers, Carson Water Subconservancy District, Sierra Nevada Conservancy, Sierra Business Council, Friends of Hope Valley, our numerous supporters, and staff time of the Alpine Watershed Group.

During the Aspen Festival, we held 30 workshops, hikes, events, and tours alongside 14 environmental and community group outreach booths. An estimated 850 people of all ages from as far away as England and as close as Woodfords participated, along with over 100 canine visitors as well. The addition of local food and beer vendors this year really added to the fun atmosphere.

A strong and passionate community is key to the success of the continually growing Alpine Aspen Festival. Over 50 volunteers, representing more than 30 organizations, ranches, businesses, agencies, and themselves, worked together to put on the popular and fun festival.

For more information about ongoing opportunities to get involved with the Alpine Watershed Group as a volunteer or donor, please visit [www.AlpineWatershedGroup.org](http://www.AlpineWatershedGroup.org) or call 530-694-2327.

*The Alpine Watershed Group is a nonprofit organization working to preserve and enhance the natural system functions in Alpine County's watershed for future generations. The group works by inspiring participation to collaborate, educate, and proactively implement projects that benefit and steward the County's watershed.*

## ◆◆◆ In Support of Tobacco-Free Event Policy ◆◆◆

**California has made great strides in tobacco control this year.** With new laws that include electronic smoking devices in the definition of tobacco products, raise the age of purchase to 21, and close loopholes in smoke-free workplace laws, more Californians are being protected from the harmful effects of tobacco than ever before.

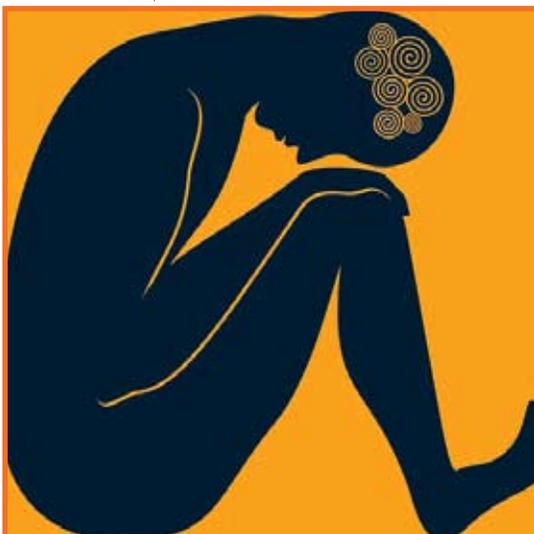
We can take even more steps locally and personally, by planning, supporting and attending tobacco-free events. In Alpine County, we enjoy some of the cleanest air one can breathe. And many local businesses and organizations have made a commitment to keeping it that way for their patrons with smoke-free outdoor dining policies, smoke-free ski resorts, and more and more tobacco-free events. This year, the Alpine County Friends of the Library continued their tobacco-free commitment at events all summer long. The Kirkwood Summer Festival and Bear Valley Music Festival have both adopted tobacco-free policies, joining more than 500 California events or organizations that have adopted policies to create smoke-free areas or prohibit smoking.



Organizations that declare their events tobacco-free recognize that tobacco use and exposure to secondhand smoke cause death and disease and impose great social and economic costs, as evidenced by the following:

- **More than 438,000** people die in the United States from tobacco-related diseases every year, making it the nation's leading cause of preventable death
- **Secondhand smoke** is responsible for an estimated 38,000 deaths among nonsmokers each year in the United States, which includes 3,000 lung cancer deaths and 35,000 deaths due to heart disease
- **The Surgeon General** has determined that secondhand smoke contains hundreds of chemicals that are known carcinogens or poisons, including formaldehyde, polonium-210, benzene, lead, cadmium, and nickel
- **The California Air Resources Board** has declared secondhand smoke a toxic air contaminant, the same category as the most toxic automotive and industrial air pollutants for which there is no safe level of exposure
- **The California Environmental Protection Agency** has included secondhand smoke on the Proposition 65 list of chemicals known to the state of California to cause cancer, birth defects, and other reproductive harm
- **Tobacco use begins young:** most new cigarette smokers were between the ages of 12 and 17 when they smoked their first cigarette, and the average age of first smokeless tobacco use is 16.7 years old
- **Smoking incurs over \$9 billion** worth of medical costs per year in California and \$8.5 billion in lost productivity due to premature deaths
- **Smokefree events protect** the 86.7% of Californians who are nonsmokers

*The Alpine County Tobacco Control Program can help businesses and organizations with their smoke and tobacco free policies. Call (530) 694-2146. Need help quitting? Call the California Smokers' Helpline at 1-800-NO-BUTTS.*



Despite common misconceptions that an individual with mental health issues must be "crazy" or "violent", the truth is... they are our mothers, fathers, children, siblings, best friends, work mates and even celebrities. Yes, they are even US! And they all share one thing in common, the stigma of having a mental health issue, leaving one to suffer in silence and alone, feeling like "I'm the only one".

**AFRAID TO ASK?** Don't be. We are here for you.  
Make the call and choose to change your life!

**Alpine County Behavioral Health Service**  
**(530) 694-1816**

**\*NEW WALK-IN HOURS:** Monday, Wednesday, Friday 11am-12pm  
(No Appointment Necessary)



John Fisher, Executive Director ~ First 5 Alpine County

According to 2009 U.S. Census Bureau data, over 24 million children live apart from their biological fathers. That is 1 out of every 3 (33%) children in America. Nearly 2 in 3 (64%) African American children live in father-absent homes. One in three (34%) Hispanic children, and 1 in 4 (25%) white children live in father-absent homes.

In 1960, only 11% of children lived in father-absent homes.

## The Consequences

Children who live absent their biological fathers are, on average, at least two to three times more than their peers who live with their married, biological (or adoptive) parents to:

- Be poor
- Use drugs
- Experience educational problems
- Experience health problems
- Experience emotional problems
- Experience behavioral problems
- Be victims of child abuse
- Engage in criminal behavior

*National Fatherhood Initiative. National Fatherhood Initiative is a registered 501(c)(3) non-profit.*



## Spend Time with Your Children

How a father spends his time tells his children what's important to him. If you always seem too busy for your children, they will feel neglected no matter what you say. Treasuring children often means sacrificing other things, but it is essential to spend time with your children. Kids grow up so quickly. Missed opportunities are forever lost.



## Be a Role Model

Fathers are role models to their kids whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect, and what to look for in a partner. Fathers can teach sons what is important in life by demonstrating honesty, humility and responsibility.

## Discipline with Love

All children need guidance and discipline, not as punishment, but to set reasonable limits. Remind your children of the consequences of their actions and provide meaningful rewards for desirable behavior. Fathers who discipline in a calm and fair manner show love for their children. Catch your children being good and praise them. Experts say that the quality of praise is more important than the quantity: if praise is sincere and genuine, and focused on the effort, not the outcome, you can give it as often as your child does something that warrants a verbal reward.

First 5 Alpine encourages all parents and caregivers to learn about local resources that can help their young children. For more information, please call 530.694.1149 visit [www.first5alpine.com](http://www.first5alpine.com).



### About First 5 Alpine

*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.*

## Welcome Our New Public Health Nurse!

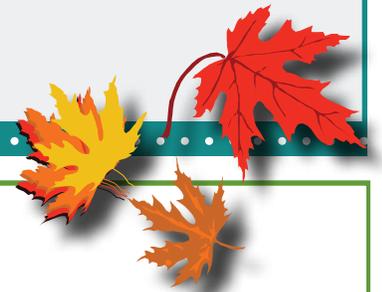


As a new employee I would like to take a moment to introduce myself... I am the new public health nurse with Alpine County Health and Human Services. My name is Stefanie Bischoff. I have been a registered nurse for 10 years. I have worked primarily in hospitals on OB/maternity units with a couple years of experience working in public health with all age groups. I am pleased and excited to be a part of Alpine County's health department.

It's that time of year again. Flu season is here! I encourage all Alpine County residents to receive their Influenza (flu) vaccine. Prevention is the best line of defense against illness. We will not be providing flu mist this year due to it being proven ineffective in preventing flu in the past three years according to the CDC. We do have plenty of flu shots available. Please stop by the health department clinic to receive your flu shot. The clinic is open on Mondays and Wednesdays from 8-5. Call (530) 694-2146 for an appointment. Same day appointments are often available.

Another option for getting your flu shot is coming to our drive-thru flu clinics on Tuesday October 18th or Wednesday October 19th from 4-6 pm both days. All you need to do is stay in your vehicle and drive thru our Health and Human Services parking lot as our staff comes to assist you.

I look forward to meeting new faces and helping all county residents stay healthy.



### LEGAL SERVICES OF NORTHERN CALIFORNIA (LSNC)

Legal Services of Northern California (LSNC) is a non-profit law firm that provides free legal assistance. LSNC Health may be able to help you get and keep health insurance, and deal with insurance premium and share of cost disputes, medical debt, coverage of medical treatment (procedures, medication, medical equipment, etc.), seeing doctors faster, and In-Home Supportive Services (IHSS).

LSNC Health may be able to provide help regardless of your income or assets if you meet our eligibility requirements. For free help call (888) 354-4474.

## Sometimes new foods take time.

Kids don't always take to new foods right away.

Offer new foods many times & in different ways & be patient with them.

Choices  
for Children  
[530] 694-2129

It is normal for children ages 2-6 years to develop aversions to new or novel foods, peaking at around 3 years of age and declining (sometimes slowly) over time. Exposing babies and toddlers to a variety of new foods in anticipation of this 'food neophobia' can boost the number of familiar foods they have to choose from during this phase. If you currently have a child who is refusing new foods, don't give up. Studies have shown that parents, on average, offer a new food only 3-5 times before giving up while research shows children need an average of 8-15 exposures to a new food. Serve the new foods alongside familiar and accepted ones. Be patient with them and don't force them to taste the new foods. Coercing tasting or "Just one bite" is more likely to result in the development a negative attitude toward the food than if they are given neutral exposures and time.



## Young Leaders Group

An afterschool group where boys & girls grades 6-8 can come together to learn leadership skills, help make our community a better place, being positive role models to others, how to communicate effectively, and all doing this while having fun! Through activities and games Young Leaders will be enhanced by learning to lead productive lives by learning to empower themselves & others, to be proactive, promote self-esteem, social skills, mentoring skills, problem solving & decision making, and positive coping skills.



### The Program is FREE!

Starting October 18th the Group will meet on Tuesdays from 3:00-4:00, after school at DVS.

*R.S.V.P or if you have any additional questions call/email:*

**Betty: (530) 694-9459 / Betty@tahoeyouth.org or**

**Izabel: Izabel@tahoeyouth.org**

Follow us at [www.facebook.com/tahoeyouthandfamily](http://www.facebook.com/tahoeyouthandfamily)

**Hope to see you there!**

## girls group



- Girls Group is where girls can share feelings, struggles and similarities to serve as a sounding board for one another. We will discuss and participate in a variety of discussions dealing with issues common to all GIRLS. The lesson plans and activities are preventive and proactive to empower, promote self-esteem, social skills, mentoring skills, problem solving and positive coping skills.

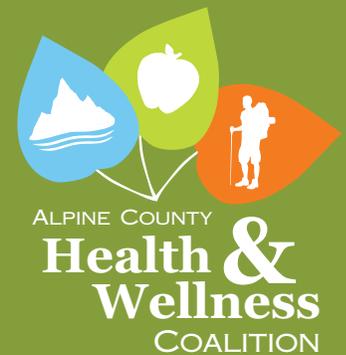
**Beginning Wednesday, October 19th ~ Hope to see you there!**



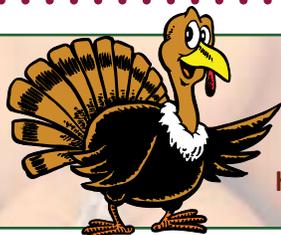
*R.S.V.P or if you have any additional questions call/email:*

**Betty: (530) 694-9459 / Betty@tahoeyouth.org**

**Izabel: Izabel@tahoeyouth.org**



**Our mission:**  
**Building strong community partnerships promoting healthy living through outreach, advocacy and education.**



### 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!



## 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](http://www.alpinecountyca.gov/calendar)
- [www.first5alpine.com](http://www.first5alpine.com)
- [www.alpinecounty.com](http://www.alpinecounty.com)
- [www.alpinewatershedgroup.org](http://www.alpinewatershedgroup.org)

### ATTENTION LOCAL ORGANIZATIONS & AGENCIES!

If you'd like to share your website link send it to Gina at [gina@originalmatteoni.com](mailto:gina@originalmatteoni.com) and we'll add it to our new column.

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*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!

## Spaghetti with Turkey Meat Sauce

*Top your pasta with this healthy version of a classic Italian dish.*

### Ingredients

- Nonstick cooking spray
- 3/4 pound lean ground turkey
- 2 (14.5 oz) cans diced tomatoes, juice reserved
- 1 green bell pepper, finely chopped
- 1 cup finely chopped onion
- 2 cloves garlic, finely chopped
- 1 teaspoon crushed dried oregano
- 1 teaspoon ground black pepper
- 1 pound spaghetti noodles

### Preparation

1. Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.
2. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.
3. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano and ground black pepper. Bring to boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.
4. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.



*Prep Time: 10 minutes | Cook Time: 30 minutes | Yield: Serves 8*

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

CALIFORNIA  
SMOKERS' HELPLINE  
**1-800-NO-BUTTS**



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

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