



ALPINE THREADS



Community and Family Life in the California Alps

Winter 2017

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Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.



Helping Young People on a Journey to Health

Each person must journey through childhood and adolescence to arrive at adulthood. The journey may look a bit different for each individual. Everyone is born into a specific family context consisting of particular cultural and physical backgrounds. The environment from which each individual comes from and the environments that they encounter will influence their health along their journey. The resources accumulated, the people they encounter, and with whom they associate will make-up the individual person and influence their journey. Each young person is impacted by the choices they make, how they respond to the roadblocks they encounter, and their resiliency to overcome challenges along the way. Prevention strategies focused on individuals aim to help young people grow and develop healthy lives free from substance abuse.



Enhance a child’s protective factors by ensuring:

- Engagement in safe and supervised activities
- Close ties with your friends and family
- Connections with your community
- Strong support for education

Excerpt from *Prevention Tactics*, Vol. 9, Number 13, 2015 (Community Prevention Initiative – CPI)



Pre-Teen Vaccines



With the month of February just around the corner, I would like to promote Pre-Teen Vaccine Week, a California Department of Public Health observance celebrated February 12-18, 2017. What vaccines should your 11-12 year old receive to protect them from dangerous preventable diseases? These will be discussed further in this article including new recommendations by the CDC regarding the Human Papilloma Virus (HPV) vaccine. "The federal Advisory Committee on Immunization Practices (ACIP) currently recommends that 11 and 12 year olds receive HPV, Tdap, meningococcal, and seasonal flu vaccines."

The California Department of Public Health (CDPH) states that "HPV is so common that most sexually-active men and women will get at least one type of HPV at some point in their lives, most often in their teens or early 20's." The HPV vaccine protects against cancers of the cervix, genitals, anus, mouth and throat as well as genital warts in females and males. The vaccine to protect against HPV is given in a 3 dose series over a period of 6 months.

New recommendations by the CDC are that only a two dose vaccination series is required if the first dose was given at age 14 or younger. The second dose in the series is due 6 to 12 months later. Teenagers age 15 or more still need to complete the 3 dose series as previously advised. The HPV vaccine was first introduced in 2006. It is proven to be very safe and effective. The vaccine works best before infection with the virus and studies show the body's immune system responds more strongly to the vaccine in the preteen years than later. It may be given to children as young as age 9 and up to age 26.

In addition to the HPV vaccine, pre-teens should also receive Tdap. Tdap stands for Tetanus, Diphtheria, and Pertussis. Tetanus and Diphtheria diseases are not as common as Pertussis. Whooping cough is the other name for Pertussis, a widespread contagious respiratory disease causing severe coughing attacks leading to vomiting, broken ribs and often times hospitalization. "A whooping cough booster shot (Tdap) will protect your child against the ongoing threat of whooping cough and meet the 7th grade immunization requirement for school entry. Whooping cough remains widespread in California" (CDPH).

One dose of meningococcal vaccine is recommended for all 11 and 12 year olds. A booster is also recommended at age 16. Meningococcal disease is a serious bacterial infection in the blood and in tissues surrounding the brain and spinal cord which causes permanent neurological disability or death. It is spread through close contact, such as kissing, coughing and sharing drinks and has been found in crowded living quarters such as college dormitories.

Ask your child's physician about getting these very important vaccines. Alpine County Health Department has these vaccines available to children with Medi-Cal insurance. Please call the clinic at (530) 694-2146 and set up an appointment to protect your child from these preventable diseases. Remember to "be wise and immunize."



Clinic Corner

Did you know that the current flu virus has killed 3 people and hospitalized many people in California so far this season?

The predominant type found this season has been Influenza A H3N2, which is the most serious. If you have not done so already there is still time to stop by the Alpine County Health Department Clinic and receive your flu shot. Flu activity peaks from December to February and can last as late as May. It's not too late to vaccinate to keep you and your loved ones healthy. Please call (530)694-2146 to schedule an appointment.



Flavored Tobacco Entices Youth Electronic Cigarette Use is on the Rise

For the second consecutive year, e-cigarettes were the most popular [smoking] product among youth. FDA's newest statistics indicate that more than 3 million middle and high school students were users of e-cigarettes in 2015, representing 540,000 more consumers than in 2014. New flavors appear to be one of the main reasons why teens are getting hooked on this product. In 2013-2014, 81% of the current e-cigarette youth users, pointed to the appealing flavors of e-cigarettes as one of the main reasons of why they started using them, stating that they used e-cigarettes "because they come in flavors I like." This is even more concerning when we see how quickly this market is growing. In a report released in January 2014, researchers found that every month, an average of 240 new flavors are added to the e-cigarette market.¹

Sustained efforts to implement proven tobacco control policies and strategies are necessary to prevent youth use of all tobacco products. In April 2014, FDA issued a proposed rule, which when finalized, would give FDA jurisdiction over products made or derived from tobacco, including e-cigarettes, some or all cigars, pipe tobacco, and hookah tobacco. Regulation of the manufacturing, distribution, and marketing of tobacco products by FDA, coupled with full implementation of comprehensive tobacco control and prevention strategies at CDC-recommended funding levels could reduce youth tobacco initiation and use.²

In 2016, California took a few huge steps forward in tobacco control by classifying e-cigarettes as tobacco products and increasing the purchase age from 18 to 21. Communities like Alpine County can go even further by taking a stand against products aimed at enticing youth by adopting policies that protect kids, such as restricting tobacco sales in proximity to schools and playgrounds or banning the sale of flavored tobacco and/or e-cigarettes and e-liquids. For more information, contact the Alpine County Tobacco Control Program at (530) 694-2146.



¹ O'Neill Institute for National & Global Health Law. "Vaping flavor: Dangerous trends in youth consumption of e-cigarettes." ScienceDaily. ScienceDaily, 9 August 2016. www.sciencedaily.com/releases/2016/08/160809095819.htm.

² Singh T, Arrazola RA, Corey CG, et al. Tobacco Use Among Middle and High School Students — United States, 2011–2015. MMWR Morb Mortal Wkly Rep 2016;65:361–367. DOI: http://dx.doi.org/10.15585/mmwr.mm6514a1.

LIVE VIOLENCE FREE HAS MOVED!

Our Mission: *Live Violence Free is committed to promoting a violence free community through education and advocacy to address domestic violence, sexual assault and child abuse.*

Our Alpine County office has recently grown in multiple ways. We have moved from our room in The Learning Center to the old church building just down the walkway. We now have additional space for trainings, meetings, groups, counseling sessions, and much more. Our food closet has expanded too – and we have a supply of diapers, wipes, and other necessities. For those in need of electricity or gas, utility assistance is also available.

We also added a **new staff member – Briana.** She is excited to be working full-time in the office and is looking forward to engaging with the community.

Our Support Group day has changed, and is now Mondays from 12-1pm. This is for individuals who have current or past abuse, suspected abuse, and/or childhood trauma.



Contact us

100 Foothill Road, Suite A
Markleeville, CA 96120

24-Hour Crisis Line:
(888) 750-6444

Phone:
(530) 694 –1853

MISTY Direct line:
(530) 285-4693

BRIANA Direct line:
(530) 694 –4511

John Fisher, Executive Director ~ First 5 Alpine County

February is National Children's Dental Health Month, which is a good time to remind families about the importance of good oral health care early in life. Tooth decay is the number one childhood illness, but also the most preventable. Since dental health is an indicator of overall health, it's important to take care of our children's teeth and establish healthy habits early. First 5 counties provide various dental programs to help children and families find dental homes and get the care they need, so check out your county's First 5 today.

Pregnancy

Healthy teeth and gums start even before your baby is born.

- Babies' teeth begin to develop between the third and sixth months of pregnancy, making it important for pregnant mothers to take care of their teeth and bodies with a well-balanced diet and good brushing habits.
- Hormonal shifts during pregnancy can wreak havoc on a mother's mouth and cause pregnancy gingivitis, which results in red and swollen gums that can bleed easily.
- Research suggests a link between preterm, low-birth weight babies, and gingivitis, so see your dentist for regular checkups to ensure a healthy mom and baby.



Good Habits Start Early

Establishing healthy habits early leads to a lifetime of healthy teeth and bodies.

- You can start taking care of your baby's mouth within the first days after birth by regularly wiping their gums with a wet cloth.
- Once those teeth begin to appear (typically around 6 months), you can begin to brush them with a soft-bristled brush and water.
- Make sure to brush your toddler's teeth twice a day using a small drop of toothpaste. When they have at least two teeth that touch, you can start to floss.
- And visit your dentist for a checkup before your baby's first birthday.

Stay Away from Sweets

Sugary beverages can harm teeth and possibly lead to a lifetime of health issues.

- Tooth decay can impact a child's overall quality of life, inhibit their cognitive and social development, and compromise their growth, function, and self-esteem
- Even baby teeth are susceptible to cavities. Maintaining healthy baby teeth is important for children to be able to chew their food and develop language skills.
- To avoid "baby bottle mouth," avoid putting anything other than breast milk, formula, or milk in their bottles and do not put them down to sleep with a bottle.
- Children who drink sugary beverages, like soda, have nearly double the risk of tooth decay and an increased risk of obesity and diabetes. So help them stay away from sugary beverages and drink milk and water instead.

Make Brushing Fun

In order to encourage daily brushing habits, make brushing fun for your kids.

- Make your own toothpaste with a little bit of baking soda and water. Or have them pick out a flavored one they like.
- Have them brush their teddy bear's teeth so they see the toothbrush as a fun toy to use every day.
- Try singing a song to the tune of "Row, Row, Row Your Boat." Brush, brush, brush your teeth, get them nice and clean

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. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages 0 to 5. Please contact John Fisher at 530.694.1149 if you have more question about our programs.

Watershed Education Opportunities in Alpine County

By Sarah Green and Sarah Muskin, Alpine Watershed Group



The Alpine Watershed Group (AWG) has been steadily expanding our role in community watershed education. AWG's mission is to preserve and enhance the natural system functions of Alpine County's watersheds for future generations. The five watersheds originating in sparsely populated Alpine County provide water to approximately 5.3 million users downstream in Nevada and California. Our organization strives to connect water users to their headwaters by promoting public awareness of watershed health and community involvement in stream and landscape stewardship. Although we primarily engage adults in water quality monitoring and stream restoration activities, we have been aiming to involve youth in these activities as well.



natural world. These interests may spark lifelong passions or interests. Yet our youth can make a difference in the health of watersheds today by getting involved in AWG workdays or monitoring efforts. By encouraging students to be involved in studies that involve real-world science and land-use policies, we give them the tools to understand natural systems, to make scientific observations, and, furthermore, to become educators in their own communities.

Through programs like Project Wet, Trout in the Classroom, Stewardship Through Education, and field days with local experts, AWG has made learning about watershed systems and functions fun and interactive. We are developing outdoor-based activities and presentations for school classrooms or other youth groups this year and always appreciate community suggestions and involvement. Our Sierra Nevada AmericCorps Partnership Education (SNAP) and Outreach Coordinator, Sarah Muskin, would like to hear from you. We are planning on supporting a Diamond Valley School classroom to participate in Trout in the Classroom. We are also available to conduct classroom presentations about healthy forests and fuels management.

If you are an educator or youth program coordinator and would like to be involved or have input, please contact Sarah Muskin at awg.snap.ed@gmail.com or 530-694-2327. You can also visit our website at www.alpinewatershedgroup.org to learn more!



TELLING OUR STORIES

Native Life Skills Empowerment Classes through Education and a cultural based curriculum

Classes will be held at the Alpine Native TANF office **the third Wednesday of each month** through June 2017.



Next Class: January 18th

February 15th, March 15th, April 19th, May 17th and June 21st

Join us Monthly from 1:00pm-3:00pm

Per your request: we will cover topics such as storytelling, Washiw history and language, nutrition and the brain, food is our medicine, community involvement, advocating for your families, connecting with our children, healthy relationships, and identifying resources.

We will feed our minds and bodies with healthy snack and refreshments.

For more information please contact Shandra Morgan, Program Coordinator at the Alpine TANF office at (530) 694-2555.

**COME AND LAUGH WITH US!
LET YOUR HANDS TELL THEIR STORY THROUGH CRAFTS!**

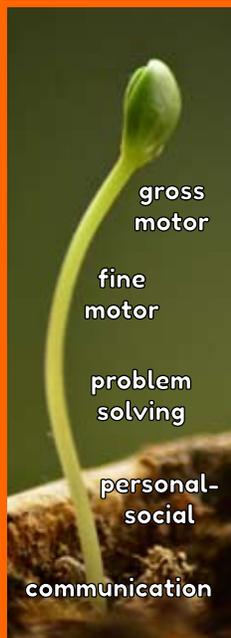
Help Me GROW

As a parent you want what's best for your child,

Because children learn & grow at different rates, monitoring your child's development can be confusing.....even for the most attentive parent.

That's why First 5 Alpine & Choices for Children are providing FREE individual & confidential child development screenings to help guide parents through the crucial first five years.

Answer 30 questions on 5 areas of development using the reliable & validated "Ages & Stages Questionnaires".



Contact our offices for more information:



530-694-1149

530-694-2129

first5alpine@gmail.com

rbrothers@choices4children.org

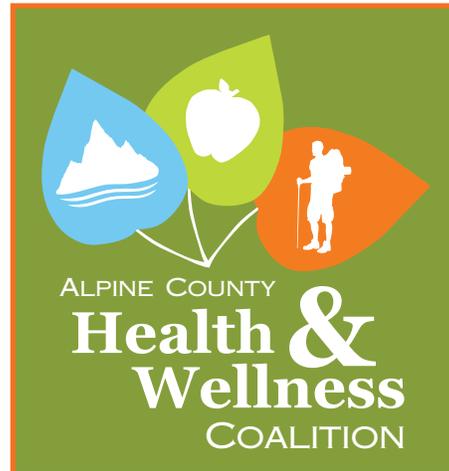
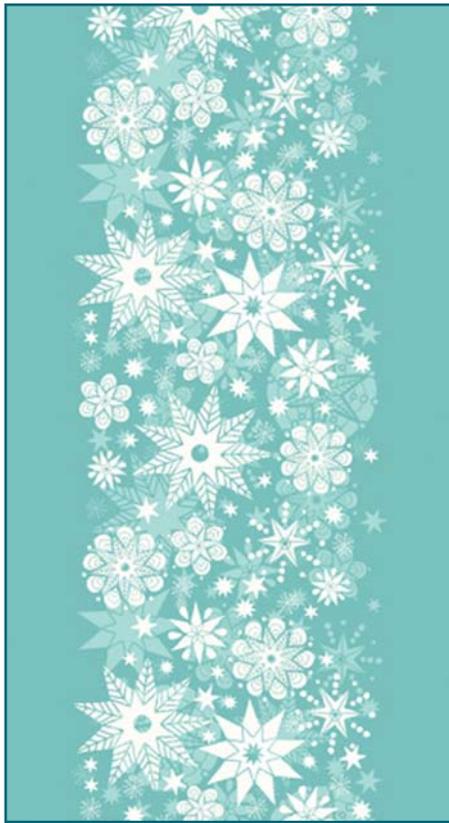
The more you know...the better they grow.

You're invited to Celebrate...National Mentoring Month. It's a

BOWLING PARTY FOR MENTEES AND MENTORS

Come join us!

WHEN: January, Saturday the 28, 2017 @ 12:00pm
 WHERE: Wink's Silver Strike Lane
 WHAT TO BRING: Good Attitudes
 DRIVING
 DIRECTIONS: 1281 Kimberling Rd #8 NV 89460
 RSVP TO: Betty@775 7811675



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

Ski DUCK

Presented by Tahoe Youth & Family Services

FREE to Join!!



Dear Families,

Girls Project has some upcoming field trips! Once a month we will be offering the girls a chance to go skiing or snowboarding for FREE at Kirkwood Ski Resort. Space is limited so please let us know as soon as possible if your daughter is interested. All equipment and snacks will be provided. The girls will need to bring their own lunch. Transportation is provided as well but space is limited so please return the permission slips as soon as possible or call to reserve a spot. Permission slips may also be dropped off at our main office: 1021 Fremont Ave. (across from the bowling alley). Thanks so much!!

Sincerely,
The Girls Project



9:00am-3:30pm at Kirkwood Ski Resort

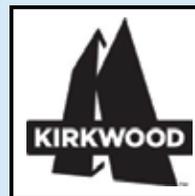
Sunday, January 29th | Sunday, February 26th
Sunday, March 26th | Sunday, April 9th

WHAT TO WEAR? To ensure your child stays comfortable in the cold mountain conditions, please be sure they bring the following: *(notify us if you need help with any items)*

- Winter jacket
- Snow pants or water/snow-resistant shell
- Water-resistant Gloves or Mittens (NOT cotton)
- Goggles or Sunglasses (inexpensive sunglasses with UV protection are fine)
- Hat/Beanie (a helmet will be provided)
- Sunscreen. It's easy to sunburn on the hill, even in winter. Please apply sunscreen in the morning.

If you have any questions, please contact Dee Dee at dgooding@tahoeyouth.org
Office phone:541-2445 Ext. 103 Cell 530-318-2520

We look forward to your child's participation in this exciting program!



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
- www.first5alpine.com
- www.alpinecounty.com
- www.alpinewatershedgroup.org
- www.alpinebiomasscommittee.wordpress.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 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!

~ Chicken and Sausage Jambalaya ~

Ingredients

- 2 tbsp vegetable oil
- 1/4lb chicken sausage, cut into 1/2" slices
- 1 onion (about 1 cup), chopped
- 2 bell peppers (about 1 1/2 cups), chopped
- 1 cup corn, fresh or frozen
- 1/2 cup celery (about 2 stalks), chopped
- 1 clove garlic, finely chopped
- 1 3/4 cups low-sodium chicken broth
- 5 tomatoes, chopped or 8 oz. low-sodium canned, chopped tomatoes, drained
- 1/4 cup tomato sauce
- 1 bay leaf
- 1/4 tsp chili powder
- 1/2 tsp red pepper flakes
- 1/4 tsp dried oregano
- 1 cup uncooked instant brown rice
- 1 boneless, skinless chicken thigh (about 3/4lb), cut in 2 inch strips

Preparation

1. In a stockpot, heat vegetable oil over medium-high heat. Add sausage, onion, bell pepper, corn, celery, and garlic. Stir together and cook 5 minutes or until vegetables are tender.
2. Stir in chicken broth, tomatoes, bay leaf, chili powder, red pepper flakes, and oregano. Bring to a boil.
3. Reduce heat and simmer uncovered for 10 minutes, stirring occasionally. Stir in rice. Cover and simmer for 10 minutes, stirring occasionally.
4. Add chicken, cover the pot and simmer 5 additional minutes until chicken is cooked and rice is tender.
5. Remove from heat and let stand, covered for 10 minutes. Remove bay leaf before serving.



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

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SMOKERS' HELPLINE
1-800-NO-BUTTS

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