



# NyE Communities Coalition January 2011



## WebMD® Top Stories of the Year 2010

By [Daniel J. DeNoon](#)

Every day brings health news, but only a few stories capture our imagination.

In 2010, these stories ranged from the semi-comic to worrisome to tragic. Some held our interest for months. Some were red-hot Internet items that everyone talked about for a day or so.

Many of the stories that most moved us were about celebrities whose sudden brushes with serious illness or death brought home to us our own vulnerability, and motivated us to protect our own health and that of our families.

Quite a few of the year's most important health stories reflect the times in which we live. They looked at how economic stress affects our sleep, our diet, and our relationships. They looked at the changing world in which our children are growing up. And they helped us learn to recognize dangers we can avoid and to cope with those we can't.

Here are WebMD's picks for the five stories that made the biggest impact on our readers' lives. For better or for worse, they changed the way we live and the way we think about our health.

### 1. Bedbug Invasion

They were supposed to be gone, a throwback to the times of Dickens.

But way back in 2003, exterminators told WebMD that they were getting about 50 times more calls about bedbugs than in previous years.

This year, it became official: Bedbugs have successfully invaded the U.S. A survey of U.S. pest control companies confirmed that bedbugs are biting from coast to coast -- and the news got under America's skin. Blame international travel and the elimination of pesticides like DDT, which can destroy the critters.

Tell the truth: Haven't you been checking your sheets for telltale specks, or searching for lentil-sized bugs in the seams of your box springs? When you check into a hotel, do you leave your luggage on the tile floor of the bathroom while you check the bed for signs of infestation?

The good news about bedbugs is that they don't carry diseases. The bad news is that it's really hard to get a good night's sleep if you're trying not to let the bedbugs bite -- and that it's hard to get rid of the icky critters.

### 2. Fatigued Nation

The nation's long recession took its toll in 2010. It's unfair, but the loss of a job may weaken one's health. Stress goes up, insurance goes away, relationships are strained. For those lucky enough to remain employed, we may feel we have to do three times as much to keep our jobs, and the mere threat of joining the jobless is enough to keep us up at night.

Continued on page 6

Jingle Bells and Firework shells 4



### Inside this issue: pg#

Calendar	2
Community Outreach	
Community Christmas Dinner	3
Chocolate Buffet	4
AmeriCorps-ner	5
Top stories of the Day continued	6
Developmental Assets	
Managing Board	7
Bogg's Begglers	



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2	3	4	5	6	7 <b>Holiday Task Force</b>	8
9	10	11	<b>Community Outreach</b>	<b>Nevada * Marijuana Summit</b>	14 <b>Teacher In Service Day</b> Day 2	15
16 	17 <b>MLK School Holiday</b>	18 <b>Managing Board</b>	19 <b>General Coalition</b>	20	21 <b>Teen Night</b>	22
23	24 <b>APEC YO!</b> 	25	26	27	28	29
30	31	<p>"I have the audacity to believe that people everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality, and freedom for their spirits." Martin Luther King Jr.</p>				

- 7th Holiday Task Force - 9:30 Central Valley Baptist Church
- 12th Community Outreach - 11:30 Oasis Outreach 1061 E 2nd ST A
- 13th Nevada Marijuana Summit - Las Vegas \*
- 14th Nevada Marijuana Summit - Las Vegas \*
- 17th Martin Luther King Day
- 18th Managing Board meeting NyECC office 8 AM
- 19th General Coalition Meeting 8:30 Career Connection - 1541 E Basin Room 4
- 21st Teen Night 5:30 to 8 Pm Community Library sponsored by St Martin's in the Desert and NyECC
- 24th YO! Youth Organization meeting 5:30 PM NyECC office
- 17th APEC meeting - 11:30 NyECC office

\* FYI: The Nevada Statewide Coalition Partnership will host a Marijuana Educational Summit focusing on marijuana in relationship to the community, environment, enforcement, business, economy, prevention, treatment, and legislation. The conference will aid in the understanding of the drug, and possible outcomes from legalization. Due to limited space and security concerns, attendance at the Summit is by personal invitation only.



# Community Outreach Update



The Community Outreach committee meets monthly to discuss the economic problems of the people of Pahrump and tries to find solutions. There are three sub-committees that address the issues of:

**Homeless Services:** to identify and improve access to food/basic needs resources in the community.

**Working Poor:** Increase family participation and stability and secure a site for shelter for children/families (either transitional housing or low-income housing).

**Systems Change:** Identify and engage key stakeholder in the community to change systems that maintain poverty to ones that eliminate poverty.

This year there were two resource forums held with participants from many organizations that offer assistance. At the October 2nd forum, free flu shots were given to over 800 people.

The next meeting is January 8, 2011 at 11:30 AM. It is held at Oasis Outreach, 1061 E 2nd Street A in Pahrump (across from the Moose Lodge). The gracious folks at Oasis provide a wonderful lunch. They don't expect payment but donations are appreciated.

You are welcome to join us and provide your ideas.



The **Holiday Task Force** is doing it again. A delicious dinner will be served to people on Christmas day at the Bob Ruud Community Center. Over 500 were served at Thanksgiving and at least that many are expected at Christmas

There will be deliveries to the home bound and people without transportation will be picked up. A beautiful Christmas tree donated by Loyd and Julie Platson and center pieces will be given as door prizes. AmeriCorps members will help set up and decorate the center.

Wings of Love will again provide the music. Toys for Tots coordinator Richard Hoery will make sure each child receives a Beanie Baby. Homestead Café is doing the cooking.

Event chair Linda DeMeo, does a great job of coordinating help and getting funds from the community. One of her diligent "elves" is Billy Orum of Shepherd of the Valley Lutheran Church. His church donated \$1,600 for each holiday dinner.

Additionally, Billy pounded the pavement and secured other donations and also gift certificates to be used as door prizes.

All the Holiday Task Force members work very hard for these events and deserve our thanks.

Happy diners at Thanksgivings →

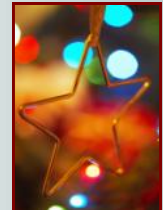




Director Stacy Smith welcomes everyone and asks all to share the year's successes.



## Chocolate Buffet-December 15, 2010



The annual Chocolate Buffet was enjoyed by over 50 guests.

In addition to delicious treats, everyone enjoyed the white elephant gift exchange and sharing good news.



For me?



# AMERICORPS-NER



Member Andrew Gonzales is very busy packaging and delivering backpacks with food for children in Beatty, Amargosa and Pahrump. He started the deliveries before the Thanksgiving weekend . Through grant funding, the food is ordered from the Three Square Corporation.

Each backpack is filled with: cereal, chocolate milk, juice, sunflower seeds, crackers, canned beans, granola bars, applesauce or peaches and fruit snacks. He delivers 215 to Manse, 60 to Amargosa and 40 to Beatty. He hopes to continue through February at Manse and through July or August for the other two communities.

Without these supplies many of the children would get little nutrition over the weekend.

Each of the **AmeriCorps** members took a turn at face painting at the CCA children’s party on December 4th. On December 11th at the Jingle Bells and Fireworks Shells Community event they face painted and also served popcorn in reusable cups with anti smoking messages.



Thanks to a training conducted by Linda Fitzgibbons, each was prepared to do various Christmas icons such as snowmen, holly, Rudolph, snowflakes, Christmas trees and other fun designs.



## 2. Fatigued Nation continued...

And that's a major health threat that we're learning more about every year. Yes, health has many components. But Americans tend to forget that getting enough sleep is one of them. One in five of us suffers daytime sleepiness -- and more than 1 in 10 suffers actual sleep deprivation.

That's making us very tired. It's also bad for our health. A slew of studies reported in 2010 hammer home that point.

One alarming study finds that the common practice of sleeping less than seven hours a day increases the risk of heart attack and stroke. And sleeping less than five hours a day doubles this risk.

It's bad enough that stress makes many of us want to eat too much. This may lead us to go on a diet. But it turns out too little sleep makes it harder to lose weight.

The same thing goes for catching a cold. Stress weakens the immune system -- and so does too little sleep.

And talk about a vicious circle. Not only can the stress of job loss make you lose sleep, but too little sleep could make you lose your job. In a 2010 survey, many Americans report that their lack of sleep affects their job performance.

## 3. Return of Whooping Cough

Thanks to vaccination, the once-common childhood plague called whooping cough became extremely rare in the U.S. But once again, a foe we thought long vanquished came back with a vengeance. So when kids started coming down with the disease -- officially known as pertussis -- doctors who had never seen a case were slow to recognize it.

That changed dramatically in July, when the CDC reported that six California infants died in the state's worst whooping-cough outbreak in 50 years. By year's end, the outbreak had claimed 10 infant lives and California conducted a massive vaccination campaign. Slowly, it has started to show up in other states, too, and we can't predict when the spread will stop.

Experts said that unvaccinated children were partly to blame for the epidemic, along with adults who had waning immunity because they never got a booster shot. Later in the year, the CDC's vaccine advisory panel broadened its recommendation for Americans of all ages to get booster shots with the Tdap (tetanus-diphtheria-acellular pertussis) vaccine.

Could you recognize the "whoop" of whooping cough? Check out WebMD's audio guide to coughs. And for everything you need to know about this killer disease, WebMD provides a Q&A with the CDC's pertussis expert.

## 4. Consequences of Concussions

Football is a game of violence. The players are our gladiators, and for decades, we celebrated the players that could take a hit and just "shake it off." Our children were schooled in the sport's toughness. With bowl games both college and Super drawing near, attention is focused on the growing awareness that concussions can mean serious brain damage for professional and college football players.

But it's not just a problem for big-time athletes, a series of 2010 reports shows.

In January, Canadian researchers found that about a third of kids diagnosed as having a "concussion" actually suffered traumatic brain injury. They warned that parents should not be reassured if they're told their child "just suffered a concussion."

Concussions in youth sports seem to be getting more common. The number of children treated for sports-related concussions has doubled in the last decade.

And even if a head impact doesn't result in the diagnosis of concussion, there could be trouble. A small but scary study found that high school football players who endure multiple impacts to the head may suffer brain damage -- even if they were wearing approved football helmets. Another found that repeated head traumas may raise the risk of symptoms seen in amyotrophic lateral sclerosis (ALS), or Lou Gehrig's disease. It's causing many parents to think twice about letting their kids play football, not willing to take the risk.

The pros are trying to put rules in place to stem the tide of injuries, but until the mentality becomes commonplace for all ages, football will be under tough scrutiny.

**5. Understanding Health Care Reform** was the last topic. For the full article please visit WebMD and go to their "Most memorable Stories".

[http://www.webmd.com/news/year-in-health/default.htm?ecd=wnl\\_nal\\_A\\_120610](http://www.webmd.com/news/year-in-health/default.htm?ecd=wnl_nal_A_120610)

**What kids need to succeed - asset #20 - Time at Home ..Kids go out with friends “with nothing special to do” two or fewer nights each week.**

- Set limits on how often kids can go out with their friends during the school week. Have a family meeting to determine what seems reasonable and fair, starting with a basic guideline of four nights at home.
- Be firm about the four nights at home, but not inflexible. Encourage your children to get involved in creative activities, youth programs, and service to others. Distinguish between having “something specific to do” and having “nothing special to do.”
- Make time at home fun for everyone. Spend time together doing things you all enjoy. Play favorite games, have a family video night, read, take walks or bike rides.
- Monitor where your children go and who they’re with even when they’re teenagers.
- If your teenager has a part-time job, limit it to 15 hours a week or less during the school year. Studies have shown that teenagers who work more than 15 hours a week have more problems than those who work fewer hours.
- Always allow your children to invite friends over on some of their “at home” nights. Examples: Maybe the science study group could meet at your house, or your kids friends could watch videos.
- Limit the amount of time your children spend at home alone. Plan to be home with them as much as you can. Sit down to dinner together. Be available to help with homework or just talk.
- Make your home a warm and inviting place for all family members- somewhere your kids want to be. If you feel that family members argue too much or have trouble communicating, seek outside Help. Family counselors are expert in helping families to get along better.

NyE Communities Coalition Managing Board

President	Tom Metscher, Chief Juvenile Probation Officer - Nye County Juvenile Probation serving Nye and Esmeralda County Youth
Secretary	Julie Platson, Chaplain, Nathan Adelson Hospice and Priest, St. Martin’s Episcopal Church
Treasurer	Tina Simpson, Maple Star
Past Pres.	Linda Fitzgibbons - Nye County School District: Pre-K Program, Grant Site Representative, Parent Involvement, and Homeless Liaison
Member	Bob Baker, Retired military, United Way of Pioneer Territory
Member	Antoinette Rabb - Woman to Woman
Member	Marsha Kenyon, Nevada Federal Credit Union
Member	Sierra Fitzgibbons, PVHS Student
Member	Jake Smith, PVHS Student



Committee Chairs

Community Outreach Committee.....	Pastor Ron Fairbairn	Holiday Task Force.....	Jackie Wondra
Substances of Abuse Task Force.....	Marlene Richter	Evaluation Committee.....	Linda Fitzgibbons
Children’s Health Task Force.....	Tina Simpson	Coalition Meetings.....	Tom Metscher

2280 E Calvada Suite 103  
 Pahrump, NV 89048  
 Phone: 775-727-9970  
 Fax: 775- 727-9971  
 E-mail: info@nyeccc.org

**Boggs Bogglers By Jacob Boggs**

**December Bogglers Solution:**

**XQQQME**

**Excuse Me!**

**January Bogglers:**

**stefrankin**