



NyE Communities Coalition

June 2011

One of our beloved coalition members Francine Winters, WestCare's Prevention Supervisor has announced that she will be leaving Pahrump, Nevada on June 3rd. She will be moving across the country where her husband has landed a job building and setting up sets on Broadway. Francine has been the one to always try and make a big difference in our community. The Methodologies Project and other programs were inspired with theatre and music. The programs demonstrated to youth how bad decisions such as drinking, drug



use, and smoking could have life long negative effects. She also taught youth about being positive and not giving up. She has been such a great help to the coalition as well.

Following in Francine's footsteps will be Tammy Jones. Tammy is a Certified Alcohol and Drug Counselor Intern at WestCare. She has helped as the Sound Technician for the Methodologies Project and will be taking over Francine's position. This means that projects are expected to continue as before.

Although we will miss her very much she will be able to relax and be close to her family that live on the east coast. Here's a couple of things we would like to say:

Stacy Smith- "I'm going to miss Francine so much – both personally and professionally. Francine has brought a lot of joy into my life. She's entertained me and comforted me. She's taken a project concept and made it into something I could never imagine. Best Wishes for your new adventures" - Stacy

Alexander Glynn- "Francine is the reason I joined with NyE Communities Coalition, and the reason I want to be positive and live to the fullest. Thank you and happy trails!"- Alexander.



Meet new NyECC staff members



French Onion Soup Recipe



Waterpipes at college

Inside this Edition

Calendar	2
Waterpipes	2
Suicide Grief Workshop	3
New NyECC Staff	4
To Your Health	6
Asset Building Board of Directors Boggs Bogglers	7

June 2011

SUN	MON	TUE	WED	THU	FRI	SAT
			1 MDT Meeting	2	3	4
5	6 YO Meeting	7	8 Community Outreach MT	9 Last Day of School	10	11
12	13 SATF	14	15 NyeCC MTG.	16	17	18
19	20	21	22	23	24	25
26	27 Nathan Adelson Workshop	28	29	30		

1st MDT Meeting Tonopah - Tonopah Community Center 1:30pm

6th Youth Organization Meeting - WestCare 1161 Loop Rd B 3:30pm

8th Community Outreach - Oasis Outreach 1061 E 2nd Street A 11:30am

15th Tri-Annual Coalition Meeting - Artesia Community Center, 6601 S. Fox Ave., Pahrump, NV

27th Nathan Adelson Hospice Workshop on Suicide Grief- Pahrump Library 701 East Street 10:30am

The Prevalence of Waterpipe Tobacco Smoking Among College Students

Currently, a number of studies identify waterpipe tobacco smoking, most commonly known as hookah, as an emerging trend among college students in the United States. However, the substance abuse field lacks evidence about the factors associated with the spread of waterpipe smoking in this population, such as perception of harm and commercial availability and use. In response to the lack of research, researchers Sutfin, E.L., et al. at Wake Forest Baptist Medical Center conducted one of the first studies investigating the prevalence of waterpipe tobacco smoke use among a large, multi-institution sample of college students. The study found that waterpipe smoking is nearly as popular with college students as cigarettes, particularly at institutions with nearby waterpipe smoking venues and among freshmen.

Wake Forest researchers conducted the study not only to estimate the prevalence of waterpipe tobacco smoking, but also to identify and assess the correlates associated with waterpipe tobacco smoking. Waterpipe smoking, most frequently involves the inhalation of flavored tobacco smoke through the passage of water, but also might be used to smoke marijuana and hashish. For community coalitions, the results of this study provide "a call to action" to identify their own waterpipe tobacco smoking problem in their communities.

Nathan Adelson Hospice
invites you to an
Interfaith Gathering for a
Workshop Focusing on
Suicide Grief



Date: Monday 6/27/11
Time: 10:30am-12:30pm

Suicide: The Aftermath
Understanding the Survivor
Experience

Presenter: Linda Flatt
From the Nevada Office of
Suicide Prevention

Workshop will be held at:

The Pahrump Community Library
701 East Street
Pahrump, NV 89048

Please RSVP by 6/23/11 to

Rev. Julie Platson or Pastor Ron Fairbairn
@ (775) 751-6700

New NyeCC Staff!!!

Liqun Zheng (right)

or Lolita in English has joined the Nye Communities Coalition as an Office Assistant. Lolita is from China and met and married her husband from the U.S. in China. His career brought them to the U. S., settling in Pahrump. Lolita is also a student at the Great Basin College working towards an Accounting Technician Certificate.

Prior to NyECC she worked as an Accountant for the International Hotel Management Group for 11 years. Lolita spent five years as an interpreter for the La-Z-Boy and others in the furniture industry. She received her green card last year and admits that there are a lot of things to learn but she also brings a global perspective to the coalition. If you haven't met Lolita yet please call or stop by to introduce yourself.

Tim Wigchers (left)

has joined the Nye Communities Coalition as the Communications Coordinator. Tim is a transplant from the Upper Midwest with family in the Pahrump Valley. For the past two years he has worked in tobacco control for the American Lung Association (ALA) in Minnesota focused on coalition building and advocacy, smoke-free housing policy and as part of a state-wide coalition working towards strengthening smoking and tobacco laws.



Prior to his time with ALA Tim spent seven years with Junior Achievement. JA is an organization that partners with the business community, educators and volunteers. The partnership works together to inspire young people to dream big and reach for their potential. JA uses hands-on, experiential learning programs that teach concepts about work readiness, entrepreneurship and financial literacy. Tim had responsibilities for programs and development for a territory larger than Nye County in northern Minnesota and Wisconsin.

During this time he held leadership roles on the Executive Committee of the Workforce Investment Board (WIB) in Duluth, MN. Tim also brings a lot of experience in marketing and special events to NyECC. Please stop by or call and welcome Tim into our community when you have the chance.

NyECC Tri-Annual Coalition Meeting

June 15th (10:00-2:00) **Lunch will be provided**

Artesia Community Center, Pahrump
6601 S. Fox Ave., Pahrump, NV

Bring your organizations mission and vision statement

We will be sharing in a World Café experience and explore ways to work together and support each other.

Please RSVP by June 10th: info@nyecc.org or (775) 727-9970

Continued from Page 2

In the study, researchers surveyed a random sample of 3,770 students from eight universities in North Carolina via a web-based survey. The universities included both public and private institutions varying in populations of 5,000 to over 40,000 students. From each university, the target sample included about 450 students equally divided by class year. The survey measured demographics, waterpipe tobacco smoking, harm perceptions, cigarette smoking, health-risk behaviors, and school-level variables, such as type of institution and presence of a commercial waterpipe venue within 10 miles of the campus.

The study suggests that waterpipe tobacco smoking is almost as popular with college students as cigarette smoking. Across the sample, the researchers found high rates of lifetime waterpipe tobacco smoking, with almost as many students reporting waterpipe tobacco smoking as cigarette smoking. For instance, 40% of the students reported ever having smoked tobacco from a waterpipe compared to the 47% of the students who identified as ever smoking a cigarette. The comparable popularity of waterpipe tobacco smoking to cigarette smoking might be attributed to the lack of perception of harm held by the college students. According to the study results, 55% of current waterpipe smokers incorrectly believe waterpipe smoking to be less harmful than cigarette smoking. These results indicate that waterpipe tobacco smoking should be regarded as an important public health concern equally as significant as cigarette smoking and underage drinking.



According to the study results, the rates of current waterpipe use range across the different universities from 6% to 30%. These varying results reveal a relationship between substance use and student access to waterpipe products in the surrounding communities of the universities. The results show universities with the highest rates of waterpipe tobacco use had one or more commercial venues in the community surrounding the campus. Two-thirds of students attending universities with a waterpipe tobacco venue in the community reported smoking in a commercial venue within the last month. Many states exempt waterpipe commercial venues from their smoke-free indoor air laws. One potential solution for decreasing waterpipe tobacco smoking would be the inclusion of waterpipe tobacco commercial venues in smoke-free indoor air policies.

Additionally, the study found freshmen more likely to currently smoke waterpipe tobacco than all other classes. These results may relate to freshmen typically being underage to purchase alcohol or enter a bar, but legal to purchase or consume tobacco products. Waterpipe commercial venues or hookah bars or lounges usually allow entry to those that are 18 years or older.

The study also identified a number of health-risk behaviors associated with waterpipe smoking, including cigarette smoking, marijuana use, and other illicit drug use. These health-risk behaviors overlap; however, the survey did not measure the age of initiation for each health-risk behavior so a time sequence cannot be established. Also, the identification of whether waterpipe tobacco smoking can serve as a gateway drug to cigarette smoking and/or marijuana use requires further research through a longitudinal survey.

Source: CADCA.org

Quick French Onion Soup



French onion soup is a favorite but it usually isn't substantial enough to make a complete meal. We've solved this problem by adding fiber-rich chickpeas to a broth flavored with sherry and three kinds of onions. Of course, we didn't forget the gooey topping, we've just made it a little lighter and a lot easier to prepare at home—simply top toasted whole-wheat bread with cheese and pour the soup on to melt it.

Servings: 6

Yield: 6 servings, 1 1/2 cups each

Total Time: 45 minutes

Prep Time: 45 minutes

Per serving: 374 calories; 10 g fat (4 g saturated fat, 4 g mono unsaturated fat); 20 mg cholesterol; 48 g carbohydrates; 18 g protein; 6 g fiber; 591 mg sodium; 555 mg potassium.



Photo by Ken Burns

Instructions

- 1 tablespoon extra-virgin olive oil
- 2 large sweet onions, sliced
- 2 cups chopped spring onions or leeks, whites and light green parts only
- 2 tablespoons chopped garlic
- 1 teaspoon chopped fresh thyme or 1/4 teaspoon dried
- 1/4 cup dry sherry (see Ingredient Note)
- 1/2 teaspoon freshly ground pepper
- 3 14-ounce cans reduced-sodium beef broth
- 1 15-ounce can chickpeas, rinsed
- 1/4 cup minced fresh chives or scallions
- 6 slices whole-wheat country bread
- 1 cup shredded Gruyère or fontina cheese

Heat oil in a large saucepan over medium-high heat. Add sweet onions and stir to coat. Cover, reduce heat to medium and cook, stirring often, until softened and starting to brown, 6 to 8 minutes. Add spring onions (or leeks), garlic and thyme and cook, uncovered, stirring often, until starting to soften, 3 to 4 minutes.

Stir in sherry and pepper; increase heat to medium-high and bring to a simmer. Cook, stirring often, until most of the liquid has evaporated, 1 to 2 minutes. Stir in broth and chickpeas and bring to a boil. Reduce heat to a simmer and cook until the vegetables are tender, about 3 minutes. Remove from the heat and stir in chives (or scallions).

Meanwhile, toast bread and divide it among 6 bowls; top with cheese. Ladle the soup over the bread and cheese and serve immediately.

What kids need to succeed - asset #25– Reading for Pleasure.

- Model reading for pleasure. Talk with your children about what you’re reading; make your enthusiasm for reading obvious to them. Explain how reading gives you pleasure while helping you learn about life and the world.
- Set aside a regular family reading time each day or week.
- Make reading aloud a family activity. Read to your kids as long as they’ll let you. When they’re old enough, take turns reading out loud to each other.
- Give your kids to many different types of reading material: books, newspapers, encyclopedias, almanacs, magazines. Give each other books and magazine subscriptions for birthdays and holidays. Put bookcases in your children’s rooms so they can fill them with their favorites books.
- Pay regular visits to the library. Children who are old enough to write their names should have their own library cards.
- Limit television watching.
- Read the same books as a family and talk about them afterward. Let your children choose some of the books yours family reads.
- Play word games (Scrabble, Boggle) together. Put magnetic words and letters on the refrigerator and write messages and poems to each other.
- When a movie based on a book is released (and it’s something your family wants to see), read the book first. Then go to the movie together or rent the video. Afterward, talk about how the two compare.

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@nyecc.org

Boggs Bogglers By Jacob Boggs

June Bogglers:



- 3. OUT**
- 2. OUT**
- 1. OUT**

**May Bogglers solution:
 Outnumbered 3 to 1**

Visit us
 on the web at
www.nyecc.org