



# NyE Communities Coalition March 2011



## The Myths of Marijuana.

Last month we started the discussion about Marijuana by summarizing all of the presenters at the Statewide Marijuana Summit. This month will focus on the myths and the realities of marijuana as summarized from the presentation by Alice Mead, JD, Director of Pharmaceuticals.

Ms. Mead is currently working with a United States Pharmaceutical Company in England, doing research on marijuana for medicinal purposes. Based upon their research they have discovered a variety of myths and realities about marijuana.

The reality is marijuana has never been widely used as a medicine. Crude marijuana extracts and tinctures can't compete with the medicinal effectiveness of modern opiates and new synthetic medicines.

Unlike marijuana, the path for medicinal opioids (such as morphine) and opium to get high (heroin) became clear in the 1800's when morphine was identified, isolated and processed in a manner where the potency could be standardized. The development of marijuana as medicine was not stopped by the Drug War or Marijuana Taxes – it was the technology, and even through the early 1900's the science was not developed to extract the THC from marijuana.

There is a general misbelief that the US Federal Government is suppressing research and that it's impossible to take a cannabis (marijuana) product through the FDA process. However, Ms. Mead's project is funded by a United States Government Grant.

There are some that believe that Marijuana is a naturally growing plant – it's organic – so it's better for you than tobacco. What research has found is that the Marijuana that is growing today is extremely dissimilar to the marijuana that grew a century ago. There used to be a ratio of 1 part THC to 1 part CBD. The CBD reduces the negative effects of THC – the anxiety, paranoia, euphoria (the high) and the other non-desirable – from the medical perspective - effects. The ratio of today's Marijuana is 1 to trace. Basically, the protective component of the Cannabis plant has been bred out – because it dampens the high.

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# March 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 MDT Meeting	3	4	5
6	7 YO Meeting	8	9 Community Outreach	10	11 HTF Meeting	12
13 Daytime Savings	14 APE Committee	15 Managing Board	16 NyECC Meeting	17	18	19
20 Seeds Of Hope 10K Run!	21	22	23 Kick Butts Day!	24	25 HTF Meeting	26
27	28	29	30	31		

- 2nd MDT Meeting Tonopah - Tonopah Community Center 1:30pm
- 7th Youth Organization Meeting - WestCare 1161 Loop Rd B 3:30pm
- 9th Community Outreach - Oasis Outreach 1061 E 2nd Street A 11:30am
- 11th Holiday Task Force - Central Valley Baptist Church 3170 S Blagg Rd 9:30am
- 14th APE Committee Meeting - NyECC Office 11:30am
- 15th Managing Board Meeting -
- 16th NyECC General Meeting Career Connections 1541 E Basin #4
- 20th Seeds of H.O.P.E. 10K/5K walk/run Betty Loop - Registration starts 6:30am . Run starts at 8:00am
- 23rd Kick Butts Day! (Kick Butts event will be held following Seeds of H.O.P.E. Run on 20th)
- 25th Holiday Task Force Meeting - Central Valley Baptist Church 3170 S Blagg Rd 9:30am

*Join us for the March 16th General Coalition Meeting - Nye County District Attorney Brian Kunzi will be speaking about his vision and the role of the DA in our communities.*

*Wednesday March 16th 8:30am at Career Connections 1541 E Basin Room #4.*

*Call 775-727-9970 for more information*





## Seeds of H.O.P.E.!

Healthy  
Organizations  
People &  
Environments!

2nd Annual 10K/5K  
Walk/Run

March 20, 2011

Come join us on Betty Loop for a fun time! Registration begins at 6:30am - Run starts at 8:00am. Sign up in person at the NyECC office until March 16th, on race day or you can register on-line at [www.nyecc.org](http://www.nyecc.org). Bring application to registration table on Race Day.

Monies raised at this event will be used for prevention activities in Nye and Esmeralda Counties.

For more information call:

**Laura Oslund at 775-727-9970**

Thank you to Nye County Sheriff's Office for all of their support!



# AMERICORPS-NER



Jake Trice, Youth Leadership Facilitator and AmeriCorps Volunteer, held a Y.O. meeting on February 7, 2011. This was the first meeting in which the Y.O. group combined with WestCare's Methodologies group. The purpose of this meeting was to help unite the Y.O. and Methodologies groups using icebreakers and games. This was followed by an agenda of upcoming events and community outreach opportunities.

Upcoming Events include Kick Butts Day on March 20th following the Seeds of H.O.P.E.! 10K/5K walk/run. Youth and other volunteers will clean up cigarette butts under the playground equipment at Petrack Park. There will also be a Pledge Wall where participants will pledge to stay tobacco-free, to quit if they are current users or to help someone else quit.

For more information on these and other Y.O. projects contact:

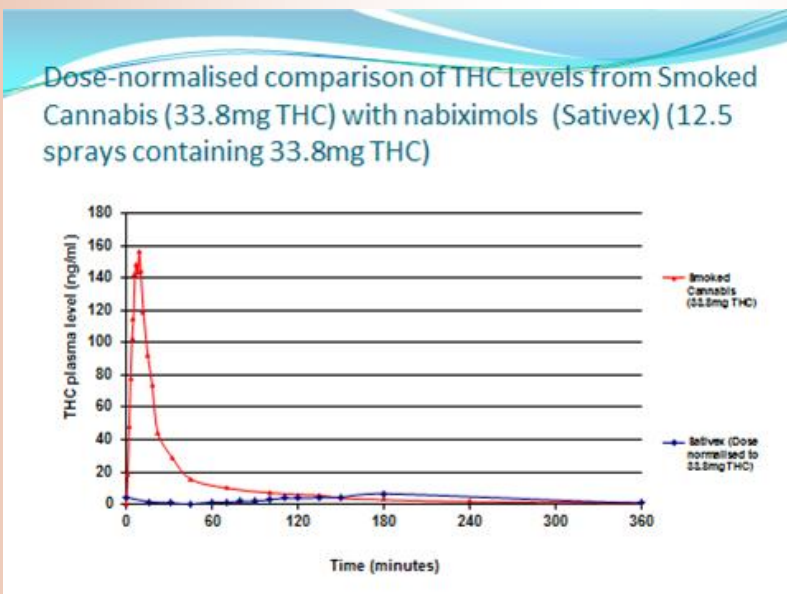
Jake Trice at 775-727-9970

Don't forget the March 7th Y.O. Meeting at WestCare 1161 Loop Rd B 3:30pm

The Myths of Marijuana (continued from page 1).....

You may hear that marijuana has to be smoked (or vaporized) for patients to control their symptoms and titrate the medication. The research has shown that taking cannabis orally, inhaling it and smoking it all cause the THC levels to rise too much and

too soon which can produce psychoactivity and increases drug abuse liability. They have found that a nasal spray is the most medically viable means of ingestion.



This graph shows in red the effect that smoked cannabis has on the brain - the blue line is a medically viable dosage of nasally sprayed Sativex (cannabis).

# To Your Health



## Instructions

How can something that tastes so amazing be so very simple? Guests show up unannounced and you with nothing to put on the table? No problem. You can whip this dish together in under 15 minutes.

### Ingredients

3 medium zucchini, ends trimmed, and sliced into 1/8-inch rounds  
1 tbsp. lemon zest  
½ cup Kalamata olives, pitted and very finely chopped  
Olive oil  
Juice of 1 lemon  
½ cup basil, julienned  
Sea salt

Arrange the zucchini in an overlapping pattern either on a rectangular or circular platter. Scatter the lemon zest and olives evenly over top. Carefully drizzle with olive oil (use a light hand here, otherwise it will get soggy), and then squeeze lemon juice over the zucchini. Sprinkle with sea salt and scatter the basil over top.

Inspired by "*Bon Appétit*" Total Servings: 4 **Nutritional Information Per Serving**

Calories: 48

Carbohydrates: 7.7 g

Cholesterol: 0 mg

Fat: 2.1 g

Fiber: 2.4 g

Sodium: 278 mg

Protein: 2.1g

Sugar: 3.0 g

For more recipes go to [Foodily.com](http://Foodily.com) Find more WebMD recipes on the [Recipe Finder](#)

## Diet Minders

A small project has been launched in which multiple individuals of various ages, genders, and physical lifestyles are participating in a Nutrition/Fitness activity to become more aware of their current lifestyle and, if they feel the need, to alter it. Each individual has been given a personal "Diet Minder" to keep track of their daily food and water intake. Measurements of specific calories are in the diet minder such as protein, carbohydrates, sodium and so on. There is also a small section in the book to keep track of exercise activities or activities that can substitute for exercise. So far a small portion of the participants have benefited from the "Diet Minder."

**What kids need to succeed - asset #22- Kids are actively engaged in learning.**

- Talk with your children about school and learning. Ask them everyday what they did in school, what they learned, what they liked about school, what they didn't like about it. Stay in touch with school experience.
- Make learning a family affair. Learn more together about your children's favorite subjects. Involve them in your hobbies and interests. Learn a new skill together.
- Help your children stay alert in school by ensuring that they eat well and get enough sleep.
- Make it a point to attend school conferences and special events.
- Help your kids explore all the options available at their school. They may not be aware of interesting opportunities.
- Provide a positive learning environment in your home. Limit TV-watching time; have books, magazines, and newspapers available; eat dinner as a family and discuss current events.
- Take it seriously when your child expresses boredom or frustration with school or mentions other problems (even small ones). Talk with the teachers right away.

NyE Communities Coalition Managing Board

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Coalition Meetings.....Tom Metscher



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**Boggs Bogglers By Jacob Boggs**

**March Bogglers:**

**way or weigh**

**February Bogglers solution:  
Split Second Timing**

Visit us  
on the web at  
www.nyecc.org