

POVERTY SIMULATION COMES TO HOOD RIVER COUNTY

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On March 15th, sixty five people got a small taste of what it is like to live in poverty. A group of organizations and businesses partnered to put on a Poverty Simulation in Hood River County. Both Klickitat and Wasco Counties hosted Poverty Simulations too.

The simulation was designed to help people better understand the realities of poverty. It lets participants look at poverty from different perspectives. Then they can consider and talk about how our community can better support all its members. The simulation was attended by staff members of human service agencies and local civic and community leaders.

Participants had the stressful task of providing shelter and meeting other family needs on a limited budget during four 15-minute “weeks.” The simulation was designed to help people who interact with low income families on a regular basis to better understand the realities faced by these families. The simulation was also meant to create a broader awareness of poverty among policymakers, community leaders and others.

During the debrief session after the simulation, our discussion focused on how the community can work towards changes that will decrease barriers for those who are experiencing poverty. Two follow up meetings are planned to address this.



Hood River County Poverty Simulation

Friday, March 15 @ 9am-12pm

Hood River Alliance Church

2650 Montello Avenue, Hood River, OR 97031



KNOW THE FACTS ABOUT E-CIGARETTES

By Ross McLeod, Prevention & Education Specialist
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According to the CDC,¹ tobacco use is the greatest cause of preventable death. Even though many people today know that cigarette smoking is dangerous, a new group of people is getting hooked on smoking because of e-cigarettes. Electronic cigarettes (or e-cigs) are meant to make users feel like they are smoking a cigarette. They release a flavored vapor that looks and feels like tobacco smoke and also has nicotine.

Research^{2,3,4} shows that not all e-cigs (vapes) are the same. First of all, the vapor from e-cigs is not just water! Each type of vape liquid/vape juice is made up of an unknown mix several different chemicals that can have harmful effects on the body and brain. Certain e-cig brands have a higher rate of addiction because the amount of nicotine in them is not regulated.

Lastly, did you know...? Aerosolization (vape) devices can also be modified to be used with many kinds of liquids or with marijuana.⁵ This makes its effects even more dangerous. It is important that we know the facts about e-cigs and to be aware of the way it can affect the body and mind. When we do, we can make the best possible choices for a healthy life.

1. Centers for Disease Control and Prevention. Quitting smoking among adults - United States, 2001- 2010. *MMWR* 2011. 60(44):1513
2. Benowitz NL, Hukkanen J, and Jacob III, P. Nicotine chemistry, metabolism, kinetics and biomarkers. *Handb Exp Pharmacol* 2009. 192:29-60.
3. Goniewicz ML, Gupta R, Lee YH, et al. Nicotine levels in electronic cigarette refill solutions: a comparative analysis of products from the United States, Korea, and Poland. *Int J Drug Policy*. 2015;26(6):583-588.
4. Benowitz NL, Porchet H, Sheiner L, Jacob P., 3rd Nicotine absorption and cardiovascular effects with smokeless tobacco use: comparison with cigarettes and nicotine gum. *Clin Pharmacol Ther* 1988. 44(1):23-28.
5. Henningfield JE, Miyasato K, Jasinski DR. Abuse liability and pharmacodynamic characteristics of intravenous and inhaled nicotine. *J Pharmacol Exp Ther* 1985. 234(1):1

TELL YOUR CHILDREN: GET SMART ABOUT MARIJUANA

By Nadia Busekrus, HRCPD Jesuit Volunteer, Health Media Club Coordinator
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Did you know that more and more research is finding connections between marijuana use and mental illness as well as violence? In the new book *Tell Your Children*, author Alex Berenson reviews research and writings about using marijuana from the past 200 years. He shares evidence that there has been a growing number of people who have to go to the Emergency Room or are committing violent acts or experiencing psychosis after getting high on marijuana. Psychosis is “having false thoughts or seeing or hearing things that aren't there” according to the National Institute on Drug Abuse for Teens. In *Tell Your Children*, Alex Berenson encourages families and communities to start talking more about the effects of marijuana.

Do you want to talk with your family about marijuana but do not know how? The Partnership for Drug-Free Kids has a great guide for parents and educators that you can check out [here](#). You can also contact us with any questions you may have about marijuana, other drugs, or healthy living!

A NEW YEAR OF HEALTH MEDIA CLUB

By Nadia Busekrus, HRCPD Jesuit Volunteer, Health Media Club Coordinator
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Even with several snow days this quarter, the Health Media clubs have gotten a lot done! At Hood River Valley High School, we spent many hours planning and putting on a *Baile Para Todos* (Dance for Everyone). Several local businesses generously donated in support of the baile. We want to thank Ixtapa, Lake Taco, La Michoacán, Lake Taco, Puerto de Angeles III, Fiesta El Botanero, Hood River Taqueria, Taqueria Los Amigos, Victor Villalobos and Ryan's Juice for their contributions of delicious tamales, desserts, and sponsorship for the live *banda* that performed. Many thanks to the banda too - Los Amigos de la Sierra! We also did a Superbowl Sticker Shock, putting stickers that said "Real Fans Don't Drive Drunk" on thousands of cases of beer.

At Hood River Middle School, we recognized National Drug & Alcohol Fact Week with a scavenger hunt, bingo game, and "chalking" facts about substances on the sidewalks around the school. Right now the 8th graders are making a film and the 6th and 7th graders are designing and creating posters about the ingredients in e-cigarette smoke and how it can affect the body and brain.

The Wy'east Health Media Club has been very busy too! We visited the El Río studio station and spoke on live radio about National Drug and Alcohol Fact Week. Over the past two months we planned and put on Wy'east Cares Week. Students helped film promotional videos and the whole school got to join our activities. Our new year of Health Media Club is off to a great start!

WHAT ARE WE DOING ABOUT UNDERAGE DRINKING?

By Ross McLeod, Prevention & Education Specialist
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Over the past three months, the Hood River County Prevention Department has been working on reducing underage drinking. In January, we did Alcohol Retailer Reward and Reminder. Alcohol Reward and Reminder is an activity meant to make sure that alcohol sellers are checking identification before making any alcohol sales. We want to make sure that alcohol is not being sold to minors. This activity can involve up to 58 alcohol retailers throughout Hood River County.

The number of retail locations that did not check ID (30%) was an increase from the previous check (11%), and this might have been because more retailers were checked in January than during our last Alcohol Reward and Reminder session.

Also, together with Superior Server Education Company, Oregon Liquor Control Commission (OLCC), and the Oregon State Police we are planning a Responsible Server Training that will take place on April 9, 2019.

UPCOMING EVENTS

APRIL:

- 3 - Alcohol, Tobacco & Other Drug Coalition Meeting (China Gorge)
- 5 - “A Voice for the Voiceless” - Child Sexual Abuse Prevention presentation with Erin Merryn (Bowe Auditorium @ Hood River Valley High School)
- 18 - Toddlers 2 Teens Workshop (Mid Valley Elementary School)
- 19 - Día de los Niños Family Celebration (Mid Valley Elementary School)
- 20 - Family Safety Fair (Jackson Park)
- 23 - Healthy Active Hood River County Coalition Meeting (Providence)

MAY:

- 1 - Alcohol, Tobacco & Other Drug Coalition Meeting (China Gorge)
- 6 - Odell Hispanic Prevention Coalition Meeting (Hood River Electric Co-op)
- 18 - Familias Unidas Summit (Wy'east Middle School)

JUNE:

- 5 - Alcohol, Tobacco & Other Drug Coalition Meeting (China Gorge)
- 10 - Odell Hispanic Prevention Coalition Meeting (Hood River Electric Co-op)
- 25 - Healthy Active Hood River County Coalition Meeting (Providence)



Please reach out to our office with any questions, comments, suggestions, or concerns. You can reach our main office line at 541-386-2500.

We look forward to connecting with you!