



THANK YOU! Spotlight



Thank You! to the Verne C. Johnson Family Foundation for their generous \$50,000 donation to the FH Coalition. This donation will expand and enhance the Coalition's work in the community.

Verne C. Johnson
Family Foundation

CONGRATULATIONS!

to our most recent
\$100 Safe Homes
Network sports

What Parents Should Know About E-Cigarettes

Electronic cigarettes, or e-cigarettes are smoked much like a traditional (tobacco) cigarette except that they include a battery-operated delivery system and a cartridge that contains liquid, the carrier of nicotine along with an atomizer that convert the liquid into a mist. When inhaled, the nicotine in the mist gets absorbed almost instantly and is transported into the brain via the blood stream.

The fallacy surrounding e-cigarettes is that because it is not made up of tobacco like a traditional cigarette, the vaporized mist is less harmful to the body. However, the cartridges may contain nicotine and nicotine is a highly addictive drug that leads to measurable changes in the brain and body. Exposure to even small amounts of nicotine for a brief period of time can set the path for lifelong addiction for a teen.

The marketing of e-cigarettes is not for adults only since some contain enticing flavors such as bubble gum or chocolate which makes them that more appealing to children.

So What Can Parents Do?

When you see an opportunity to talk to your teen, ask if they have heard about e-cigarettes. If not, casually educate them on the risks associated with smoking e-cigarettes. If your teen is using them or knows someone who is, offer support in a non-judgmental way. You can also call 1-800-QUIT-NOW for free advice on how to stop smoking tobacco and e-cigarettes.

(Holger Link, MD,MRCP OHSU Doernbecher Children's Hospital)

2016 Essay Contest Winners!

Congratulations to all of the High School Essay Contest

promotion drawing winners!



Girls Soccer Coach, Marie Cooper (L) alongside winner FHHS student, Courtney Wise after their game on January 14th.



Maria Perreault, Coalition Program Manager (on right) presents a check to Karen Mogler after the Boys last home soccer match held January 22nd.

Be on the lookout for our next Safe Homes Network promotion!

Winners! We received 171 essays throughout the community and awarded first, second and third places along with 14 Honorable Mentions!



From L to R: McKenna McCue (2nd place), Nataly Gruender (1st place) and Noah Ohnsorg (3rd place).



All 14 Honorable Mention winners along with the top three finalists (also pictured above).

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