



Increased Availability of Marijuana Means More Parent Questions for Pediatricians

According to the American Academy of Pediatrics*, pediatricians need to be able to speak directly with teens and their parents about the harmful effects of marijuana and cannabis products, especially in light of states that have passed laws allowing recreational marijuana. When visiting your child's physician, be sure to voice your concerns about societal changes that may negatively affect your child.



Following are answers to some questions posed by parents when consulting their pediatrician on the topic of teens and marijuana use:

Q: What are the adverse effects of using cannabis products when it comes to teens?

A: Many studies have documented adverse effects, including short-term impairment of memory, attention, concentration and problem-solving skills, as well as motor-control, coordination and reaction time.

Q: Are there special concerns related to marijuana-infused foods?

A: When marijuana is consumed in an edible or drinkable form, there is a slower rate of absorption in the body compared with inhalation. Consequently, it takes longer to feel the euphoric effects which leads some teens to then consume additional doses. This can cause significant toxic side effects when the effect of the product finally kicks in.

Q: How should a parent advise a teen on marijuana use if they had used it when they were younger?

A: Parents need to inform their children that marijuana products available today are 3-5 times stronger than what was available even a decade ago. Newer methods such as vaporization or "dabbing" (converting marijuana into a concentrate) increases the potency even higher, increasing the risk of toxic effects.

For more information on how to talk to your teen about marijuana, please email us at [FHCoalition](mailto:info@fhcoalition.org) and we will confidentially and discreetly send you a copy of the Marijuana Talk Kit or you can download it [HERE](#).

*AAP March 2017 Sheryl A. Ryan, M.D. FAAP

Fountain Hills High School Essay Contest Winners

Congratulations to our 4th Annual High School Essay Contest winner! Winners were announced during a luncheon held on February 14th where they received awards totaling \$2,400!

Please join us on Thursday, April 6th at 6:30PM when all 17 finalists will be recognized by the Mayor, Town Council and community members for their achievements!



Pictured L to R: 2nd place (\$300), Mikayla Anderson; 1st place (\$1,000) Noah Ohnsorg; and 3rd place (\$100), Laura Anderson



Pictured sitting: 1st, 2nd, 3rd place winners, standing/kneeling 14 Honorable Mentions (\$50).

Thank you to our Title sponsor, The Verne C. Johnson Family Foundation and all of our Gold and Silver sponsors who helped make the Essay Contest possible:

Gold Level: OnQ Financial-Kent Martinson, The Fountain Hills Times, Tait D. Elkie-Fountain Hills Law Firm, Stop & Go Driving School, Christopher Peer, CPA, Dr. Dana Weinreich, DDS, The Hills' Pizza & Desserts, Stephenie-Sami Fine Jewelry, Dori Wittrig-Sonoran Lifestyle Real Estate and Michael Scharnow/Jerrod Stearnes-Thrivent Financial

Silver Level: UMB and Go Divas Salon

FH Middle School and FH Charter School Poster Contest Winners!

Winners of the Above The Influence Middle School Poster Contest were announced February 23rd (FHMS) and March 9th (FHCS). Students in grades 6-8 were asked to draw posters without using words, to describe what "YOLO - You Only Live Once" means to them with regard to living life drug and alcohol free. Close to 100 posters were submitted and judged with winners receiving \$200 for first, \$100 for second and \$50 for third place. Honorable mention also received a prize.





FHMS 6th Grade



FHMS 7th Grade



FHMS 8th Grade



FHCS Grades 6-8

THANK YOU!



SPOTLIGHT



THANK YOU! to Papa Murphy's Pizza for their support of our Middle School Poster Contest. For the second year Papa Murphy's Pizza included the art work of our first place winners with very pizza order. Thank You! Papa Murphy's for sharing some amazing local artwork and celebrating our talented FH students!