The Effects of Nicotine on the Adolescent Brain

Tobacco industry predatory and insidious marketing tactics to youth seem to be endless, as the industry continues to introduce and promote flavored tobacco products that appeal, and are attractive, to youth. Flavors such as mango, mint, strawberry and vanilla mask the harsh taste of tobacco and the presence of nicotine, a chemical known to be as addictive as heroin.\(^1\) Especially dangerous is the appeal of these products to teens and young adults, who don’t fully understand the health harms of these products.

Nicotine is toxic for adolescents with developing brains, as they are more susceptible to both the addictiveness and harm of nicotine.\(^2\) Simply put, nicotine is brain poison for youth.

Because brain development continues until about the age of 25, nicotine can have negative impacts on teens and young adults. Nicotine actually changes adolescents’ brain cell activity\(^3\) in the parts of the brain responsible for attention, learning, and memory.\(^4\)

It can also worsen: anxiety\(^5\) • mood swings\(^6\) • irritability\(^7\) • impulsivity\(^8\)

These circumstances are familiar and already challenging during adolescence. While these effects would be bad for anyone, it’s especially bad for youth, who are still learning and developing habits.

While some of these behaviors can be just adolescent phases, nicotine-induced changes to the brain during adolescence can be permanent.\(^9\) Nicotine’s harm can lead to long-term effects on the ability to make decisions\(^2\) and can also leave teens with an increased risk of addiction to other substances.\(^10\)

There is nothing good about nicotine. To learn more about the harm of nicotine, visit www.flavorshookkids.org.

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\(^{7}\) Hughes JR. Effects of abstinence from tobacco: salivary symptoms and time course. Nicotine Tob Res. 2008;10(3):301-312. doi:10.1080/15582160701689191


There are hundreds of measles cases in 24 states in the U.S. as of May 17, 2019. The number of cases in California is rising quickly. Measles spreads through the air when someone who has it coughs or sneezes. Since measles spreads so fast, 90% of persons not vaccinated can get measles. The measles virus enters the U.S. by persons who travel from countries with measles outbreaks. The majority of measles cases in CA have been in adults.

**HOW TO PREVENT MEASLES**

1. Get vaccinated at least two weeks before travel abroad. There is a 99% decrease in measles cases when the measles, mumps and rubella (MMR) vaccine is widely used. Infants ages six through 11 months need one dose of MMR vaccine. Children age 12 months and older need two doses of MMR vaccine spaced 28 days apart. Teens and adults with no proof of immunity also need two doses spaced 28 days apart.

2. Know the signs and symptoms. Measles often appear 7 to 14 days after a person is infected. Symptoms begin with:
   - High fever.
   - Runny nose.
   - Cough.
   - Red and watery eyes.

   Three to five days later, a rash appears and the fever may spike. (By that time, the disease spreads to others.)

   If you have any of the measles symptoms, call your provider now. You can learn more at EZIZ.org.

3. Remind family and friends overseas to always get vaccinated before they travel or visit California.

   If traveling to or from areas affected by measles, be current on vaccinations. If you develop measles symptoms, stay away from other people and call your doctor. To learn more about measles cases in California, visit the California Department of Public Health website at: https://www.cdph.ca.gov/ProgramsCID/DCDC/Pages/Immunization/measles.aspx
In 2018, 52 children lost their lives - the most in over 20 years. And this year is off to a sad start with the sixth such death reported on May 6 in New Jersey, where the temperature that day was 69 degrees.

More than half of vehicular heatstroke cases from 1998 to 2018 were because an adult forgot about a child, according to NoHeatstroke.org. Among the trends the group discovered in these incidents:

- About 44% of the time, the caregiver meant to drop the child off at daycare or preschool.
- The end of the workweek—Thursdays and Fridays—saw the highest number of deaths.

You may be asking yourself: How does this happen? Families who lost a loved one thought the same thing at one point, but then the tragedy happened to them. Let this be your reminder to keep alert, avoid distractions, and put safeguards in place so your child is never left in the backseat.

**Tips for Adults With Kids in the Car**

- Place a briefcase, purse, or cell phone next to the child’s car seat so that you’ll always check the back seat before leaving the car.
- Keep a stuffed animal or another memento in your child’s car seat when it’s empty. Move it to the front seat as a visual reminder when your child is in the back seat.
- Set a rule for your child care provider; have them call you if your child doesn’t arrive as scheduled.

Vehicular heatstroke deaths don’t just happen when a child is forgotten. The second leading cause (26%) of such deaths are children getting into unattended vehicles. Get in the habit of always locking your car doors and trunk, year-round. The temperature inside a car can reach 110 degrees, even when the temperature outside is as low as 57 degrees.

**Tips for Keeping Kids Out of Cars**

- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Keep car keys out of a child’s reach.
- If a child is missing, quickly check all vehicles, including the trunk.

While all types of vehicular heatstroke deaths are preventable, the third leading cause of these deaths—knowingly leaving a child—is the most preventable. Never leave a child alone in a parked car, even with the windows rolled down or the air conditioning on. A child’s body temperature can rise three to five times faster than an adult’s.

**If you see a child alone in a vehicle:**

- Make sure the child is okay and responsive. If not, call 911 immediately.
- If the child appears to be okay, attempt to locate the parents or have the facility’s security or management page the car owner over an intercom system.
- If the child is not responsive and appears to be in distress, attempt to get into the car to assist the child—even if that means breaking a window. Many states have “Good Samaritan” laws that protect people from lawsuits for getting involved to help a person in an emergency.

*Remember:* Kids and hot cars can be a deadly combination. Don’t take the chance. **Always look in the front and back of the vehicle before locking the door and walking away.** Help spread the word on social media, #HeatstrokeKills #CheckforBaby

As of May 20th, eight children have died in hot cars this year.
On April 20, Alpine Watershed Group (AWG) teamed up with California State Parks and the California State Parks Foundation Park Champions Program for a day of restoration work at Grover Hot Springs State Park to celebrate Earth Day. This event attracted 68 volunteers from California and Nevada to beautiful Alpine County. Dividing into smaller groups, we removed invasive species from the Native Plant Demonstration Garden, cleaned up the summer campgrounds, removed trash from parking lots and trails, and removed invasive species from throughout the meadow. AWG would like to extend a special thank you to all of our volunteers for helping us maintain Grover Hot Springs State Park year after year. Our persistence is really helping to reduce the invasive species! AWG will be teaming up with California State Parks Foundation for several more cleanups this year, and we’d love your help.

STILL TO COME IN 2019
June 6-8 – Water Quality Monitoring
July 8 – Grover Weeding Workday
July 9 – AWG Meeting: Hope Valley Tour
August 8-10 – Water Quality Monitoring
September 10 – AWG Meeting
September 12-14 – Water Quality Monitoring
September 21 – Creek Day Workday
October 19 – Grover Revegetation Workday
November 12 – AWG Meeting

For details on all of our events, please see the calendar at: www.alpinewatershedgroup.org

If you are interested in volunteering with Alpine Watershed Group, please contact Taylor Norton at (530) 694-2327 or email awg.snap.rm@gmail.com with your name and the volunteer event(s) you are interested in attending.

Thank you for helping to preserve and enhance Alpine County’s watersheds!
Distracted Driving

Overview
Distracted driving is dangerous, claiming 3,166 lives in 2017 alone. NHTSA leads the national effort to save lives by preventing this dangerous behavior. Get the facts, get involved, and help us keep America’s roads safe.

What Is Distracted Driving?
Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that’s like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Consequences
Using a cell phone while driving creates enormous potential for deaths and injuries on U.S. roads. In 2017 alone, 3,166 people were killed in motor vehicle crashes involving distracted drivers.

Get Involved
We can all play a part in the fight to save lives by ending distracted driving.

Teens
Teens can be the best messengers with their peers, so we encourage them to speak up when they see a friend driving while distracted, to have their friends sign a pledge to never drive distracted, to become involved in their local Students Against Destructive Decisions chapter, and to share messages on social media that remind their friends, family, and neighbors not to make the deadly choice to drive distracted.

Parents
Parents first have to lead by example—by never driving distracted—as well as have a talk with their young driver about distraction and all of the responsibilities that come with driving. Have everyone in the family sign the pledge to commit to distraction-free driving. Remind your teen driver that in States with graduated driver licensing (GDL), a violation of distracted-driving laws could mean a delayed or suspended license.

Educators and Employers
Educators and employers can play a part, too. Spread the word at your school or workplace about the dangers of distracted driving. Ask your students to commit to distraction-free driving or set a company policy on distracted driving.

Make Your Voice Heard
If you feel strongly about distracted driving, be a voice in your community by supporting local laws, speaking out at community meetings, and highlighting the dangers of distracted driving on social media and in your local op-ed pages.

https://www.nhtsa.gov/risky-driving/distracted-driving
What better group of people to connect with than those who walk in our shoes? Sometimes in life events occur that fracture the very foundation on which we stand. Our life, as we have known it, is forever changed and we find ourselves in an unexpected struggle, first just to survive and then to move forward.

Our Suicide Loss Support Group provides healing support for people coping with the shock, excruciating grief and complex emotions that accompany the loss of a loved one to suicide. We hope you will find resources here to help you deal with, and eventually heal from, what may well be the worst pain you will ever feel.

It is important to know that people can, and do, survive the loss by suicide of a family member or a friend. They are forever altered and may never stop missing their loved ones, but they do survive and go on to lead meaningful and contributory lives.

Private appointments are always welcomed.

SLS is free of charge and open to anyone who has lost a loved one to suicide.

Contact:
Debbie Posnien
775.783.1510
debbie@spnawareness.org

These signs may mean someone is at risk for suicide:

**Behavior**
- increased use of alcohol or drugs
- showing rage, aggression
- acting recklessly, agitated, anxious
- withdrawing from activities
- isolating from family and friends
- sleeping too much or too little
- visiting or calling people to say goodbye
- giving away treasured possessions
- making arrangements, setting one’s affairs in order (will, legal issues)
- obtaining the means to complete suicide (stockpiling pills, buying a gun)

**Talk**
- wanting to die or kill oneself
- seeking revenge
- being a burden to others, worthless
- feeling trapped or experiencing unbearable pain
- having no reason to live
- feeling hopeless

**Mood**
- displaying extreme mood swings
- loss of interest
- rage
- irritability
- suddenly happier, calmer
Ongoing Programs

**Book Club**
Meets last Thursday of the month at noon

**Music in the Library**
Every Friday at 3pm

**Free Food Day**
Every 4th Wednesday from 1:30-3:30pm

**Spanish Club**
Wednesdays at noon

**Local Artist Receptions**
Call for details on current show, or to schedule a showing of your own!

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2019 Tobacco Free Events
at the Alpine County Library

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2019 Summer Reading at the Library!

**Thursdays at 12:00-2:00pm**

**June 27 | July 11, 18, 25 | August 1, 8, 10**

- Earn Reading PRIZES
- Learn about Science and Space Exploration
- Experiments and Crafts

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2019 Tobacco Free Events at the Alpine County Library

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WINE IN THE GARDEN

Saturday  
July 20  
4-8 p.m.

**Admission $20**

Includes a complimentary wine glass
Proceeds benefit the Alpine County libraries
Come enjoy wine, beer, hors d’oeuvres, live music and a raffle

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MUSIC IN THE PARK

Bring a picnic, blanket or lawn chair and the family

- **Sunday, June 23, 5 p.m.**  
  **Serenity Strings**  
  Eclectic music through the ages
- **Sunday, July 7, 5 p.m.**  
  **Beans Sousa with the Slade Rivers Band**  
  Local favorites, Country, Bluegrass
- **Saturday, July 27, 5 p.m.**  
  **Bison Bluegrass Band**  
  Free range, organic, locally grown
- **Sunday, August 11, 5 p.m.**  
  **Acoustic Solution**  
  Acoustic-Celtic-Reggae-World-Grass
- **Sunday, August 25, 5 p.m.**  
  **Sierra Sweethearts**  
  Sweet, sassy, fun, new CD

Performances are free, donations welcome

Location: Markleeville Park (next to library). More information call 530-694-2120. These are tobacco free events.
Healthy Eating, in a SNAP!

Tuna Boats

Using cucumbers instead of bread or crackers makes this meal refreshing and a great choice for warmer months.

Ingredients

- 2 Large Cucumbers
- 1 Lemon
- 2 Green onions
- 1 (6-ounce) can low-sodium tuna in water
- 1 (15.5-ounce) can white beans
- 1 tablespoon Canola Oil
- ½ teaspoon Salt
- ¼ teaspoon Ground black pepper

Preparation

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

For more recipes, borrow SNAP-Ed cookbooks from the Library and the Woodfords Indian Education Center.