



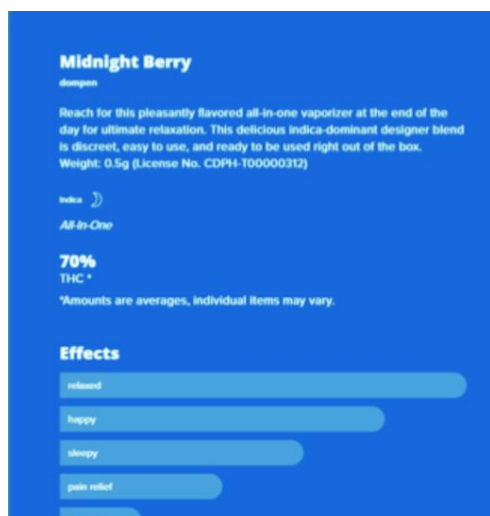
## Marijuana Concentrates - A Trend Catching Parents Off Guard Here's What You Need To Know

1 out of 4 teens in Maricopa County now regularly uses marijuana. What's more shocking is that 80% of those teens say they use marijuana concentrates. The finding comes from the 2018 Arizona Youth Survey. If you don't know what a

marijuana concentrate is, you're not alone. A marijuana concentrate has a very high THC (Tetrahydrocannabinol) content, the main psychoactive compound in marijuana. It comes in many forms. The concentrates can be found in oil form like the pods used in vaping nicotine. The concentrates may also be in a mass form (dab) that looks like honey, butter or wax. The concentrates range from 25% THC to 90% THC.

Selling equipment to vape marijuana in its leaf, dab or oil form is a booming business. Pax Labs has introduced the Pax 3, pictured above, which they describe as the "Apple i-Phone" of vaporizers as it allows the user to vape both dry leaf and wax concentrates. It includes a free Android or IOS app to control temperature, play free games and lock the device.

Another company sells an all in one vaporizer with the marijuana oil cartridge pre-loaded. This one is 70% THC and it promises relaxation, happiness and pain relief.



The Pax 3 and Dampen are just two examples of the many types of devices offered online to teens.

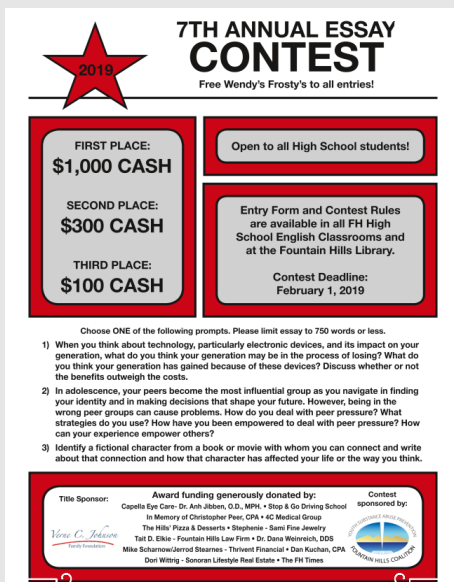
So what's the big deal with concentrates? It turns out that the brain of an adolescent or young adult is still growing and therefore on a mission to increase efficiency and to develop critical skills related to problem-solving, impulse control, anticipating consequences and more. Marijuana can get in the way of this development causing brain circuits to wire in a less optimal way.

How can you recognize use, especially if there is no smoke and telltale smell?

Vaping can be difficult to detect as there is no smoke, minimal odor (although you may catch a whiff) and the vapor produced dissipates rapidly. However, just like smoking, vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite and shifts in behavior and mood. Sometimes there is a noticeable change in friends and a decrease in activities that were once enjoyed. You may also find vaping paraphernalia such as devices that look like flash drives, small jars that contain dabs and pods or cartridges that contain THC oil. There is a lot of high-tech-looking equipment that can accompany vaping so be on the lookout and don't be afraid to ask questions.

[CLICK HERE](#) to view a new vaping guide that details how you can talk with your child to help prevent marijuana use.

## 2019 High School Essay Contest Off and Running



**2019 7TH ANNUAL ESSAY CONTEST**  
Free Wendy's Frosty's to all entries!

**FIRST PLACE: \$1,000 CASH**  
**SECOND PLACE: \$300 CASH**  
**THIRD PLACE: \$100 CASH**

Open to all High School students!

Entry Form and Contest Rules are available in all FH High School English Classrooms and at the Fountain Hills Library.

Contest Deadline: February 1, 2019

Choose ONE of the following prompts. Please limit essay to 750 words or less.

- 1) When you think about technology, particularly electronic devices, and its impact on your generation, what do you think your generation may be in the process of losing? What do you think your generation has gained because of these devices? Discuss whether or not the benefits outweigh the costs.
- 2) In adolescence, your peers become the most influential group as you navigate in finding your identity and in making decisions that shape your future. However, being in the wrong peer groups can cause problems. How do you deal with peer pressure? What strategies do you use? How have you been empowered to deal with peer pressure? How can your experience empower others?
- 3) Identify a fictional character from a book or movie with whom you can connect and write about that connection and how that character has affected your life or the way you think.

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In Memory of Christopher Peer, CPA • 4C Medical Group  
The Hills' Pizza & Desserts • Stephanie - Sami Fine Jewelry  
Tat D. Eble - Fountain Hills Law Firm • Dr. Dana Weisbach, DDS  
Mike Schumow/Jerrod Stearns - Thirend Fincauci • Dan Kucian, CPA  
Dori Wilgig - Sororan Lifestyle Real Estate • The FH Times

Contest sponsored by:  
Fountain Hills Library

Our 7th Annual High School Essay Contest began January 7th and runs until Friday, February 1st. Students have the opportunity to win \$1,000, \$300 or \$100 respectively, placing as the top three finalists along with 14 honorable mention \$50 winners.

The contest is open to all high school students currently living in Fountain Hills.

Thank you to all of our local essay contest sponsors who have made this

event possible: Verne C. Johnson Family Foundation (Title Sponsor); Dr. Anh Jibben, OD - Capella Eye Care; Stop & Go Driving School; In Memory of Christopher Peer, CPA; 4C Medical Group; The Hills' Pizza & Desserts;

Stephenie-Sami Fine Jewelry; Tait D. Elkie - Fountain Hills Law Firm; Dr. Dana Weinreich, DDS, Mike Scharnow/Jerrold Stearnes - Thrivent Financial; Dan Kuchan, CPA; Dori Wittrig - Sonoran Lifestyle Real Estate and the Fountain Hills Times.

A special Thank You to our FHHS English teachers: Mr. Sunshine, Mrs. Julian, Mr. Keating, Dr. Santicola and Ms. Brown for their partnership in offering the essay contest to students.

Click [HERE](#) for Contest Flyer  
Click [HERE](#) for Essay Coversheet/Rules

## Above That Club Meets Above That 2

FHMS Above That Club members were able to meet a few high school Above That 2 Club Council members on January 14th. While enjoying a pizza luncheon, students viewed a video on the harms of vaping/e-cigarettes and learned how the mission of the middle school club is continued at the high school level and campus. Both clubs are offered to all students once a month during the lunch hour when ways for teens to stay healthy are discussed.

