



February 28, 2019

Vaping and E-Cigarettes

Vaping is defined as using a device such as an electronic cigarette to inhale a heated aerosol. Most of the aerosols contain nicotine, and some vaping devices can be used to smoke drugs such as marijuana and cocaine. According to the Utah State Department of Health, the use of e-cigarettes among Utah's youth population grew to 11.1% which is about 2% below the national average. On December 18, Surgeon General Jerome Adams officially proclaimed that vaping among youth in the US is an epidemic.

Pros and Cons of Vaping

Companies claim that the original purpose for these devices was to help people reduce their dependence on regular cigarettes. Using e-cigarettes mimics the process of smoking a regular cigarette, and research shows that liquid nicotine is safer than inhaling tobacco smoke. However, not much is known about the effects of the other chemicals (such as

the flavors) that are present in vaping liquids, and some products have been found to contain harmful substances such as heavy metals and cancer-inducing compounds. Nicotine in and of itself is also highly addictive, and for those (such as a majority of teens) who are not vaping as a means to quit smoking, this exposure to nicotine could actually lead to dependency.



Why the Increase in Teen Use?

Many attribute the uptick in the use of these devices amongst teens to the way that vaping is advertised to the public. Juul, the largest e-cigarette manufacturer, is currently under investigation by the FDA for supposedly targeting teens through their marketing campaigns. Juul's social media platforms featured colorful

advertisements that highlighted unique, candy-like flavors and sometimes even featured celebrities. The harm associated with smoking cigarettes does not seem to transfer over to these newer devices as these marketing campaigns make vaping seem harmless and fun.

What's Next?

Surgeon General Jerome Adams is urging officials to take aggressive steps to curb the rate of e-cigarette use amongst young people. The governor of Utah wants to tax vaping products at the same rate as tobacco products as there is currently an 86% tax that applies to tobacco products but not their electronic counterparts. Utah Representative Paul Ray wants to introduce a bill that would direct funds from an e-cigarette tax towards local health departments that focus on curbing vaping amongst teens and catching retailers that sell to minors.

Weber County League of Women Voters: Presentation on Cottages of Hope

By: Susan Skordos (Weber League of Women Voters)



The League presented an informational meeting and tour of the Cottages of Hope, on February 11, 2019. Our presenter was the director, Jeremy Botelho. The goal of the organization is to help people attain financial stability, utilizing the “if you teach a person to fish” concept rather than offering only handouts. Financial counseling helps people prioritize budget items, getting rid of unnecessary expenses.

Cottages of Hope is funded primarily through grants and private donations. Jeremy explained that “Cottages” uses a SparkPoint Center (which is modeled after a concept in San Francisco) in order to guide patrons to areas of assistance that they need, with the focus on efficiency and effectiveness.

Patrons can get assistance with employment searches, budgeting, credit scoring, and income tax preparation. The organization is not engaged in social services, but focuses on helping people to become financially self-sufficient. They do refer individuals to other organizations in the SparkPoint Center for other types of help. The hope is to have services needed by participating members

available within the same facility resulting in immediate support.

Cottages of Hope began in 2008, and a tour of the facility demonstrated its continued growth as it aids a population that desperately needs the services it offers.





Watchdog

Weber League of Women Voters

~~March 2019~~ March 1999

99th Anniversary

In order to celebrate the 99th anniversary of the League, we wanted to take a look back at what some of our members were doing in the year 1999! Here are some highlights:

- ★ **Terri McCulloch** was working as an administrator at Ben Lomond High School and had just bought her current home after a divorce.
- ★ **Marcia Harris** and Bob had been retired for two years. With their children out of the house, they decided to take a trip to China and Tibet and visited their daughter who was studying acupuncture in Cheng Du.
- ★ **Lynn Carroll** was working part-time at McKay-Dee Hospital (at its former location) and was also volunteering at the Utah Schools for the Deaf and the Blind. She also enjoyed a trip to Prague with her husband.
- ★ **Myla Anderson** was fresh out of the womb.
- ★ **Di Allison** had finished the recertification of her teaching license through Weber State, celebrated her 55th birthday, started teaching 4th grade at Mountain View Elementary, and spent her free time fishing and hiking with Will and their pup Scout.
- ★ **Evelyn Bertilson** retired from teaching at South Ogden Jr. High and travelled to southern California to take care of her niece who had had a baby boy named Nic.
- ★ **Suzanne Dawson** had just moved to Utah from Connecticut with her husband Peter expecting to stay only for 5 years, but 20 years later they have retired here.
- ★ **Carole Lapine** had just been hired by WSU to write a proposal for a new computer literacy program. The proposal was accepted, and she was hired to run the program which started a new career for her in teaching.
- ★ **Lou Shurtliff** had just been elected and had started her first year in the Utah House of Representatives.

Questions or Comments?

Let us know what you'd like to see in the next Watchdog edition! If you need to contact us, email us at the following:
weberleague@gmail.com



Upcoming Events

- ❖ **Vaping and E-Cigarettes**
March 11, 2019 at 7pm
Weber County Library
2464 Jefferson
- ❖ **Women's Political Engagement**
March 23, 2019 at 2pm
Hug-Hus Café
1220 East 4800 South
- ❖ **Immigration**
April 2, 2019 at 11am
Weber State University
- ❖ **Recycling**
April 8, 2019 at 7pm
Weber County Library
2464 Jefferson

Don't forget to register to vote!

<https://secure.utah.gov/voterreg/index.html>

