



CHOOSE TO REFUSE!
Mt. Pleasant Junior High School

HIGHLIGHTING YOUTH IN TOBACCO PREVENTION

*Westmoreland Tobacco Free Coalition
Penn State Cooperative Extension
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Kelly Gibson and Rebekah Staples, representatives of the BUSTED! Board of Youth Advisors, presented a certificate of appreciation to Westmoreland County Commissioners Tom Balya, Thomas Ceraso, and Terry Marolt, seated. The presentation honored the commissioners for designating the Court House a SMOKE-FREE public place.

Have a friend who smokes or dips?

Many youth tell us they want to quit. Share these Tips to Quit Tobacco:

Do the 4 D's when the urge for nicotine hits:

Delay- put off lighting up or dipping for 10 minutes. Meanwhile,

Drink a glass of water. (Not cola.)

Deep breathe - 5 times, in through your nose and out through your mouth, slowly.

Do something else: walk, call a friend, chew cinnamon gum.

The urge usually passes.

Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce

What's coming in 2004?

FREE Virginia SLAM Concert: Wed. March 10th. See page 2. Share the poster and ask your school club or youth group to consider participating.

COME DANCE WITH US: March 13, 7 p.m., a 4-H Kickoff Dance for 4-H members BUSTED!, TATU, and friends at the Westmoreland Fair-grounds. Strobe buttons and fun tobacco prevention activities! Door prizes and dancing! Call Anne, now, if you want to attend the dance or help with activities.

Kick Butts Day: March 31. Plan a tobacco prevention activity, tell us about it, and earn \$100 for your group. Check our website listed above or call Anne at 724-837-1402.

EARTH DAY: April 24 St. Vincent College, Latrobe, 12-5 PM. We will spread the message that tobacco pollutes our lungs, our air, and our earth. There will be fun hands-on activities, puppet shows, and Samantha Skunk. Call Anne now to be part of the show!

WEEK OF THE YOUNG CHILD: April 17th Westmoreland Mall. Help us pick a time slot: 10-2, 2-6, or 6-9:30. Get creative to share the bad news about tobacco smoke with parents and kids under the age of 6. To get involved, call Anne!

This project is funded by the Pennsylvania Department of Health through Westmoreland Drug and Alcohol Commission.