



# WESTMORELAND YOUTH IN TOBACCO PREVENTION

Westmoreland County Cooperative Extension  
Greensburg, PA 15601

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www.westmorelandtobaccofree.org



Dr. Jeffrey Wigand, "The Insider," helps Westmoreland youth prepare for workshop presentations.

## YOUTH QUEST 2005 "MISSION ELIMINATION"

In April, Westmoreland youth joined over 600 students from across the state in Harrisburg. Students rallied at the Capitol steps to tell legislators that they are taking a stand against "big-tobacco". Youth also attended an advocacy workshop and met with their senators and representatives to explain how youth are involved in tobacco prevention. Call Anne if you are interested in joining BUSTED! and Teens Against Tobacco Use (T.A.T.U.).



Monessen CTC gives a presentation at the workshop in Harrisburg. Pictured from left: Abria Hairston & Jonathan



## "NO PUFF DADDY" VISITS NEW KENSINGTON SCHOOLS

Sterlen Barr, a motivational rap artist, visited New Kensington in April. He gave a high-energy presentation using facts, humor, and personal stories to encourage youth to stay tobacco free. Students left the presentation feeling excited and energized.



Youth visit with Senator Regola. From left: Jen Provenza and Heather Cole.



## WHAT'S COMING UP?

Practice your public speaking skills and win prizes at the Westmoreland Fair. Winners receive cash awards for their anti-tobacco presentations. Contest date is August 24. Call Anne for information and topic ideas.

## WORLD NO TOBACCO DAY Essay Contest

Governor Rendell proclaimed May "Protect Our Children From Tobacco Smoke Pollution" month, the theme for the World No Tobacco Day essay contest. Six schools and 300 students participated. The finalists are: Elizabeth Vasinko, Tara Valore, **Christ The Divine Teacher School**; Cayla Ray, **Derry Area**; Lindsay Belford, Chris Crownover, **Laurel Valley**; Rachel Polinski, **Mary Queen of Apostles**; Jesse Jamison, Ashlyn Yaley, **Wendover Middle School**; Holly Starenchak, **West Hempfield Middle School**.

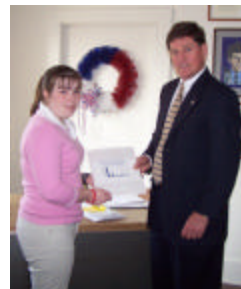


## EARTH DAY 2005

Over 400 visitors stopped at our display to learn about tobacco pollution and to create tobacco free pledge bracelets and smoke free room door knob hangers. Thanks to all who helped with this event!

## YOUTH VISIT LEGISLATORS

Lyndsey Androstic (bottom right), member of T.A.T.U., met with Representative James Shaner. She reported on doing compliance checks and how she got involved in T.A.T.U.



Jodi Lenhart (left), T.A.T.U. member, presented Representative Stairs with a packet of information.



Amber Griest with the Litter Bug at Earth Day 2005.

# You Can Help Someone Get Ready To Quit Share This Information With Them:

## Quitting Takes Practice

### Get Ready To Quit!

**Step** Outside your car or home to smoke until you quit.

**Store** the tobacco in an out of the way place such as the trunk of your car or in a closet.

**When the urge comes, do the 4 D's!**

**Delay** at least 5 minutes. Meanwhile,

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

**Drink** a glass of water. It helps flush the nicotine from your system.

**Do something** Chew cinnamon gum, go for a walk, clean out a drawer. Just start doing something!

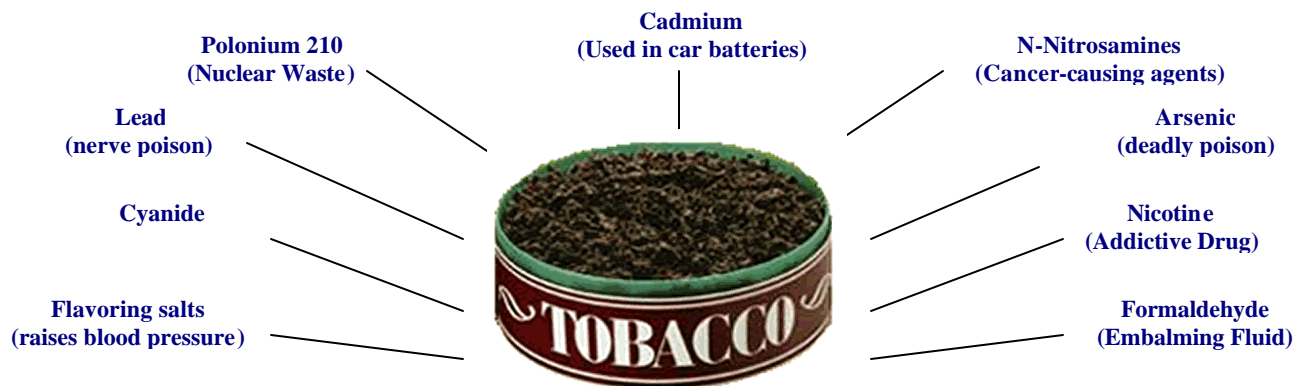
**FOR HELP TO QUIT, CALL**

In Westmoreland County: 1-888-NO-HABIT

or PA FREE Quitline: 1-877-724-1090

Funded by the Pennsylvania Department of Health through Westmoreland Drug & Alcohol Commission

## CANCER IN A CAN



**BEAT THE NICOTINE ADDICTION! CALL 1-888-NO-HABIT.**

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Sources: W.R Spence, MD; American Academy of Otolaryngology