



Great American Smokeout: November 20th

Thursday, November 20, is the 33rd Great American Smokeout, and the American Cancer Society continues its legacy of providing free resources to help smokers quit. The Great American Smokeout was inaugurated in 1976 to inspire and encourage smokers to quit for one day. Now, 39.8 percent of the 43.4 million Americans who smoke have attempted to quit for at least one day in the past year, and the Great American Smokeout remains a great opportunity to encourage people to commit to making a long-term plan to quit for good.

- Tobacco use remains the single largest preventable cause of disease and premature death in the United States.
- Each year, smoking accounts for an estimated 443,000 premature deaths, including 38,000 deaths among nonsmokers as a result of secondhand smoke.
- Half of all Americans who continue to smoke will die from smoking-related diseases.

*Source: American Cancer Society,
www.cancer.org

The American Cancer Society offers other free resources – through Quitline and at www.cancer.org/GreatAmericans – that can increase a smoker’s chances of quitting successfully, including tips and tools for friends, family, and coworkers of potential quitters to help them be aware and supportive of the struggle to quit smoking. Studies show the importance of social support in quitting smoking, as people are most likely to quit smoking when their friends, family, and coworkers decide to quit smoking. Popular online social networks such as Facebook and MySpace are also becoming support channels for people who want to quit, and American Cancer Society Smokeout-related downloadable desktop applications are

available on these networks to help people quit or join the fight against tobacco.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional Divisions and local offices in 3,400 communities. For more information anytime, call toll free 1-800-ACS-2345 or visit www.cancer.org. Missouri residents can call Missouri Department of Health and Senior Services Quitline, toll-free, at 1-800-QUIT NOW (1-800-784-8669).



Looking Forward:

National Collegiate Alcohol Awareness Week bacchusnetwork.org	October 18th-24th
Red Ribbon Week nfp.org	October 23rd-31st
Lung Cancer Awareness Month lungcanceralliance.org	November 1st-30th
Great American Smokeout acs2f.com	November 19th
3D Month (Drunk & Drugged Driving Prevention) nhtsa.dot.gov	December 1st-30th

TRAININGS

Smokefree Indoor Air Policy & Grassroots Training:

October 26, Jefferson City
For info/RSVP, email anr@no-smoke.org

Substance Abuse Prevention Specialist Training:

November 2-6, Jefferson Barrack
For info, call Jenny Armbruster 314-962-3456

In the News:

- ◆ The Youth Community Coalition (YC2) in conjunction with the City of Columbia Office of Volunteer Services in Columbia is hosting Plant the Promise project October 17th-25th . Project volunteers will coordinate area youth in planting 1000 tulip bulbs as a testament to the promise youth and children hold for the future of Columbia.
- ◆ ACT Missouri welcomed a new Executive Director, Charles (Chuck) Daugherty. Mr. Daugherty has over 25 years experience in prevention, intervention, treatment, and recovery services. Welcome, Chuck!
- ◆ The Council for Drug-Free Youth in Jefferson City also welcomed a new Executive Director, Joy Sweeney. Ms. Sweeney is a doctoral candidate in Organization Management and the current president of the Lewis and Clark Middle School PTO and the Jefferson City High School PTO. She was recently elected to the Jefferson City School Board. Welcome, Joy!

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Prevention Alliance of Randolph County Youth Community Forums

On October 20, 2009, Randolph County, the Prevention Alliance of Randolph County (PARC) will be holding the first in a series of Youth Community Forums at the Moberly High School. Students participating will be in grades 6-12. The purpose of the forums is to facilitate dialog between youth on the subject of underage drinking.

The "World Café" format will be used with a facilitator. Students will be divided into groups, each with a facilitator. According to the "World Café" format, each group will be given a different question related to underage drinking. The series of questions will build upon each other and serve as a way to hear what youth feel about underage drinking. When the questions have been answered, a youth member will report to the other groups

what they discussed and its outcome. This will give PARC an idea of concerns and beliefs on underage drinking in that community. As an incentive to attend the forum, each student will receive a backpack with a list of the 40 developmental assets in them. When students register, they will pick a ticket out of a container for a chance to win a MP3 player at the end of the event.

Additional Youth Community Forums are being planned for Cairo and Higbee. At the end of the series, PARC will receive and evaluate the data, which will assist them in determining what they can do to alleviate or reduce underage drinking in Randolph County.

Awareness Alert

A teen in Canton, Connecticut was recently found by EMTs with what was later determined to be a "severe case of frostbite to his eyes, mouth, throat and lungs" from huffing propane, which comes out of its container at 40 degrees below zero. View the entire article from the *Courant.com* at this link:

<http://www.courant.com/community/canton/hc-canton-propane-huffing-0924.artsep24,0,6598621.story>



More than 300 youth, parents, and chaperones attended the "To Write Love on Her Arms" event at the Lodge of the Four Seasons on September 12, 2009. Band *In the Crawlspace*, pictured.

Red Ribbon Week: October 23rd-31st

The Red Ribbon Campaign was started after the brutal murder of DEA agent Enrique (Kiki) Camarena in 1985 by drug traffickers. In honor of Camarena and his work, friends and neighbors began wearing red satin ribbons to represent an intolerance of the use of drugs. The National Family Partnership (NFP) organized the first nationwide Red Ribbon Campaign in 1988. The mission of the Red Ribbon Campaign is to present a united and observ-

able steadfastness toward the creation of a Drug-Free America.

This year's Red Ribbon Week will take place during the last week of October. NFP estimates that over 80 million people participate in Red Ribbon Week activities nationwide.

Please visit NFP's website for information about events in your area and resources. Their address is www.nfp.org.

Drug Czar Awards \$21 Million for Local Drug Free Community Coalition Efforts

(Washington, D.C.) – Gil Kerlikowske, Director of the Office of National Drug Control Policy (ONDCP), today announced the awarding of \$21 million in new Drug Free Communities (DFC) grants to 161 communities across the country. The Columbia Youth Community Coalition (YC2) was one of the grant recipients, and will receive \$625,000 over five years in DFC grant funds to involve and engage their local community to prevent and reduce alcohol and other drug abuse among youth. CHA Low-

Income Services serves as Fiscal Agent for the group.

"Efforts to keep our youth substance free are critical to developing a healthy community," said Becky Markt, Coalition Director. "The Drug Free Communities Program recognizes the potential of YC2 and Columbia citizens working together for the safety and health of children and youth. This funding will allow YC2 to continue bringing adults and youth together to help prevent and reduce substance use in the community."