

START THE HOLIDAYS OFF RIGHT BY KICKING THE HABIT

SPECIAL POINTS OF INTEREST:

- > Kick the Habit
- > December and January calendar of events
- > L.E.A.D. Conference article in Rankin County News

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The holidays are a great time to spend with family and friends, exchange gifts and enjoy holiday treats. In addition, it is a time to reflect on the past year and make resolutions for the upcoming year. If you are a tobacco user, make plans to become healthier by deciding 2012 is the year you become tobacco-free. Whether you are a smoker or a smokeless tobacco user, there are many benefits to quitting. "Nicotine is an incredibly addictive drug and the cravings and withdrawal symptoms can overpower even the strongest will," said Roy Hart, Director of the Office of Tobacco Control at the Mississippi State Department of Health (MSDH). "Those who seek and receive

professional help are twice as likely to quit for good." Nearly 509,000 Mississippi adults smoke cigarettes and 69,000 Mississippi kids under the age of 18 will die prematurely from smoking. Every year, over 500 Mississippians die from the exposure to secondhand smoke. Seven and a half percent of Mississippi adults and more than 16 percent of Mississippi male high school students use some form of spit or chewing tobacco. "Many people mistakenly believe that using spit or chew tobacco is healthier than lighting up," said Hart. "This isn't true. There are actually 28 known cancer-causing

chemicals in spit tobacco." Hart said using spit tobacco may increase a person's risk of cancers of the lip, tongue, cheeks, gums and mouth. In addition, there is also some evidence that spit tobacco may cause cancer in organs other than the mouth. "Tobacco use remains the single largest preventable cause of disease and premature death in the United States," said Tawni Basden, director of the Mississippi Tobacco-Free Coalition of Rankin, Scott and Simpson Counties. "The best way to protect yourself is to stop using tobacco products immediately. Make a plan, enlist the help of family and friends and seek professional help." For help with quitting tobacco use, visit the Mississippi Tobacco Quitline website, www.QuitlineMS.com, or call the Mississippi Tobacco Quitline at 1-800-QUIT NOW.

DECEMBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Jackson Prep (1-2) Brandon Parade Prep	2 Lake Middle Brandon Parade	3 Breakfast with Santa
4	5 Documentation	6 DREAM Staff Meeting Brandon High School (1-3) Job Corp @ 5	7 Lake High (10-12) Brandon High (1-3) AOP @ 4	8 Sebastopol Teams (9-3)	9 Scott Central (9-1) CRUDUP-WARD @ 4	10
11	12 Simpson Central TATU Kiddie Kollege	13 Simpson Central TATU Simpson Achievement Magee Elem	14 Magee Elementary (8:30-12:30) REZ YMCA @ 4	15 Klub Kid @ 3:30	16 DREAM (11-2)	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Top—Tobacco presentation at Jackson Prep School



Left—Brandon Christmas Parade Float with the BMYC. Polar Express theme. Threw out coalition candy with tobacco-free messages.



Top—BMY C Breakfast with Santa. Pictures are BMYC elves working the event.

JANUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Holiday	3 Back to Work :)	4 DREAM Staff Mtg @ 9 MOHCA Conference Call @ 10 BMYC Officer's Mtg @ 2	5 Kiddie Corral Preschool @ 9 MOHCA PR @ 2	6 Jan @ 11	7
8	9 BMYC @ 7:30 Kiddie Kollege @ 4	10 Kiddie Corral @ 8:30 SCS TATU @ 10 Simpson Achievement @ 2 Maggee Elem Afterschool @ 3:30	11 SCS TATU @ 10	12 Maggee Elem Teams 8-1 Meeting with Mayor Steve Womack @ 1 BMYC Officers @ 3	13 Morton High School Presentations Lung Health Conference Call @ 12 CRUDUP-WARD	14 MAAP Certification Board Meeting @ 10
15	16 MLK Holiday	17 USM Program Evaluation @ 2 MOHCA EC Conference Call @ 3-4:40	18 Sebastopol Attendance Center Teams 9-3:30	19 DREAM Board Meeting Presentation REZ YMCA	20 Lake High and Elementary Teams @ 10-12	21
22	23 Lake Middle School Teams @ 10-12 Simpson Central Family Health Fair @ 6	24 Meeting with the Braves @ 10 a.m. Klub Kid @ 3:30	25 Scott Central Teams @ 9-1 Rankin AOP @ 4	26	27 S.M.A.R.T. Training in Ridgeland	28
29	30 DREAM day to document January	31 Flowood Chamber Luncheon MOHCA Mtg @ 4				

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This program is funded by a grant from the Mississippi State Department of Health.

We are on the web, Facebook, and Twitter:

www.mtfc-rss.ms



To locate another Mississippi Tobacco-Free Coalition visit:

www.tobaccofreems.org

Students learn leadership skills at L.E.A.D 2011 Conference

Local students attended the L.E.A.D. (Leadership, Engagement, and Activism Development) Conference sponsored by Generation FREE at the Jackson Trade Mart Building) on October 20, 2011.

More than 300 students came together to learn how they can create change in

their communities through being youth leaders and activists. The students participated in engaging breakout sessions to further develop skills that will help them combat youth tobacco use and influence positive health decisions for everyone in the community.

For more information on

Generation Free and tobacco prevention programs, contact Tawni Basden with the Mississippi Tobacco-Free Coalition of Rankin, Scott and Simpson Counties at 601-933-9174 or visit www.generationfree.com. This program is funded by the Mississippi State Department of Health.



BRANDON HIGH SADD AND FREE TEAM AT LEAD



BRANDON MAYORS YOUTH COUNCIL AT LEAD 2011



FLORENCE HIGH SCHOOL AT LEAD 2011



PELAHATCHIE HIGH SCHOOL AT LEAD 2011