

Interested in joining our Alcohol, Tobacco, and Other Drug Prevention Coalition? Call 501-354-4589 Or dholland@communityserviceinc.com

# Conway and Perry County

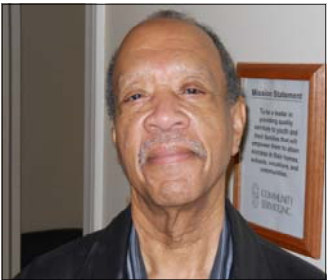
Conway and Perry County  
January 2010

## Volunteer Appreciation Luncheon Huge Success

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**Raymond Chambers  
Conway County  
ATOD Prevention  
Coalition**



### Co-Chair

Raymond Chambers is the new Co-Chair of the Conway County ATOD Prevention Coalition. Raymond has served on the coalition for many years and brings community service knowledge to the coalition. You can contact Raymond at: 501-354-0709 or [rchambers@suddenlink.net](mailto:rchambers@suddenlink.net)

The Conway County ATOD Prevention Coalition hosted its first Volunteer Appreciation Luncheon at the Ozark Conference Center in Solgohachia on December 18, 2009. Local and state volunteers attended and heard keynote speaker Dr. Carolyn Dresler speak about tobacco prevention and cessation efforts in Arkansas. Dresler focused on Skoal Snus and the Electronic Cigarette, explaining media tactics used by the tobacco industry to insure a buying market for their products.

### Picture Highlights of a great day!



## **Stay Informed. Stay Healthy: Arkansas's Roadmap for Chronic Disease Prevention**

(Little Rock, AR) **A series of Regional and State Chronic Disease Forum meetings will take place across Arkansas this spring.**

A collaboration of programs and agencies will be traveling across the state to gather public input on Chronic Disease issues in Arkansas. These Forum meetings will assist Arkansas in furthering its integrated approach to chronic disease prevention and management while intersecting the state's efforts with pertinent Healthy People 2020 goals and objectives. The focus of these Forums will be to have a strong emphasis on public participation to address the need to be more inclusive and accommodating to all areas of the state, to attract more public engagement, to receive better guidance and direction on establishing strategies to meet the plan's goals and objectives, and to encourage community feedback and participation. Meeting reports and public comments will be analyzed to ensure Arkansas Chronic Disease Plan goals align with Healthy People 2020 Goals and Objectives. This information will then lead to a more focused and targeted Chronic Disease State Plan with defined metrics.

**Registration for the series of Regional and State Chronic Disease Forum meetings will begin in January. Information gathered from these meetings will be presented at the State Chronic Disease Forum and incorporated into the development of the Arkansas 2010 Chronic Disease State Plan.**

**By attending the forum meetings, participants will:**

- Understand the purpose and intended use of the Arkansas Chronic Disease State Plan.
- Understand how the Chronic Disease State Plan will relate to the Healthy People 2020 vision and mission statements as well as its overarching goal.
- Provide local public comment to assist in identifying cross-cutting issues found in that area of the state.
- Gain knowledge of the guidelines and processes for implementation and evaluation.
- Provide input on technical assistance needs for their community.

**Please mark your calendar to attend any of the following forums across the state:**

- Northeast Region-Jonesboro, March 17
- Southwest Region-Hope, March 22
- Northwest Region-Harrison, March 24
- Southeast Region-Monticello, March 26
- State Chronic Disease Forum-North Little Rock, April 8

**There is not a charge for these Forum(s), but registration is limited. To include your name on the mailing list or for more information, please contact Lewis Leslie at (501) 661-2831 or [charles.leslie@arkansas.gov](mailto:charles.leslie@arkansas.gov).**

Funding to evaluate the Healthy People 2020 Disease Prevention and Health Promotion agenda was awarded to Arkansas through a grant sponsored by the United States Department of Health and Human Services. Additional funding was also provided by the Lifestage Health Branch and Tobacco Prevention and Cessation Program at the Arkansas Department of Health.

Information submitted by Pat Brown.

## **Conway/Perry County Tobacco Grant Work Plan Activities\* 2009-2010**

### **January 2010:**

1. Assess the participation of coalition members .
2. Educate parents on ACT 13 through posters posted at local daycares.
3. Re-assess the number of tickets written by local law enforcement on the violations of ACT 13.

### **February 2010:**

1. Educate school districts wellness committees and school administrators of the importance of a comprehensive tobacco policy.

### **March 2010:**

1. Educate parents and community members on the importance of a comprehensive school tobacco policies.
2. Advocate for school districts to adopt a model comprehensive tobacco policy.
3. Educate UACCM student groups on tobacco cessation programs.
4. Educate UACCM Health Services and other school officials on the 1-800-QUIT-NOW line, fax back referral program and online cessation programs.

### **April 2010:**

1. Brochures provided on ACT 13 to parents who are residents of the Conway/Perry County Housing Authority
2. Provide brochures on ACT 13 to Conway County DHS office and Health Dept.
3. Educate tobacco merchants through the Arkansas Tobacco Control Board merchant education program.
4. Educate residents of the Conway/Perry County Housing Authority on the 1-800-QUIT-NOW line and other cessation resources.
5. Deliver brochures on the 1-800-QUIT-NOW line and other cessation resources to residents of the Conway County Housing Authority, DHS and Health Department.
6. Support cessation programs through posters, fliers, etc.
7. Advocate and support cessation programs with fax back referral sheets, posters, etc.

### **May 2010:**

1. Attended 3 community events by May 2010 and provide education to community on the importance of tobacco prevention.
2. Conduct training to committee on how tobacco media influences youth.
3. Recruit new members from 3 events
4. Conduct the smoke-free home and car campaign with 146 participant commitments required.
5. Educate parents. 5 PRESENTATIONS on the effects of secondhand smoke and Act 13.

\* This list includes major activities planned for this time period. For more information about the detailed work plan for the Community Tobacco Grant, contact Dianne Holland at [dholland@communityserviceinc.com](mailto:dholland@communityserviceinc.com).


# January 2010

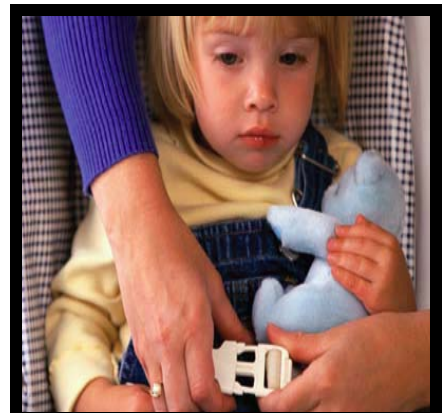
**Conway County ATOD  
Prevention Coalition  
meeting January 22.  
Time and location will be  
sent out later.**

**Come join us. There is a  
place for you to**

**Volunteer !**

Sun      Mon      Tue      Wed      Thu      Fri      Sat

December 27	December 28	December 29	December 30	December 1	December 2	
						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19 <i>Plumerville/ Menifee ACT 13 Training</i>	20 <i>County/ State/ Highway ACT 13 Training</i>	21	22 <i>Conway- County ATOD Prevention Coalition meeting</i>	23
24	25	26 <i>Perry County ACT 13 training</i>	27	28	29	30



- Act 13 prohibits smoking in all vehicles when a child under six years of age and under 60 pounds is secured by a child passenger safety seat.
  - Act 13 is a primary offense; a vehicle can be pulled over and the driver may receive a ticket for violating the law.
  - Any first offenders may have their fine removed by proving current enrollment into a program to quit using tobacco (tobacco cessation). Call 1-800-QUIT-NOW.
- “Our Children Deserve Clean and Healthy Air”**

**Do you depend on nicotine? No? Wonderful! Then share with others...**

Knowing how addicted you are to nicotine can help you quit. It can help you decide if you need extra support, such as joining a quit-smoking program or taking medication to help you quit. Take the test below.

How soon after you wake up do you smoke your first cigarette?	Less than 5 minutes= <b>5</b> 31-60 minutes= <b>3</b>	6-30 minutes= <b>4</b> After 1 hour= <b>2</b>
Do you smoke more frequently in the hours just after waking than you do the rest of the day?	Yes= <b>5</b>	No= <b>3</b>
Do you find it difficult not to smoke?	Yes= <b>5</b>	No= <b>3</b>
Which cigarette would you most hate to give up?	The first one in the morning= <b>5</b> Any other= <b>4</b>	
How many cigarettes do you smoke a day?	10 or less= <b>3</b>	11-20= <b>4</b> 21-30= <b>5</b> 31 or more= <b>10</b>
Do you smoke when you're so sick that you are home in bed?	Yes= <b>10</b> No= <b>0</b>	



## Understand what your score means.

If you score even a single point, you may be dependent on nicotine. The higher you score, the more dependent you are. Remember: no matter what you score, you'll have to work hard to quit.

Source: Heatherton, TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerstrom Tolerance Questionnaire. *British Journal of Addictions*. 1991; 86: 1119-1127.

**1-800-QUIT-NOW 1-800-784-8669**

## New Law bans flavored cigarettes... abcnews.com



(Steve Helber/AP-Photo)

Anyone selling cigarettes flavored with cloves, fruit – anything but menthol – is a criminal under a ban that marks the first assault in a new war on tobacco.

The law, enacted this summer and kicking in on September 22, 2009, directs the FDA to crack down on candy and fruit-flavored cigarettes that public health officials say turn children into life-long nicotine addicts.

In this photo made August 18, flavored cigarettes are on display at a tobacco store in Richmond, VA....

These flavored cigarettes are a gateway for many children and young adults to become regular smokers," FDA Commissioner Dr. Margaret Hamburg told reporters. The FDA has sent a letter to tobacco companies warning the agency will take action against those who continue to make, distribute or sell flavored cigarettes in violation of the law. Border agents have been instructed to block imports of flavored cigarettes.

Dr. Lawrence Deyton, head of the FDA's new Center for Tobacco Products, said they are favored by teens. "Studies show that 17-year-old smokers are three times as likely to use flavored cigarettes as smokers over the age of 25," Deyton said. Tobacco companies sweeten their cigarettes because "flavors make cigarettes and other tobacco products more appealing to youth," he added. Deyton read what he called "a historic memo" from one tobacco manufacturer, outlining plans to directly target children by making "a cigarette that's obviously youth-oriented" and by featuring "flavor which would be candy-like but give the satisfaction of a cigarette." Calling tobacco addiction a "public health catastrophe," one of the Obama administration's top officials, Assistant Secretary for Health Howard Koh, put the cigarette industry on notice that this is just the beginning of a "new chapter in public health efforts at tobacco control." The law will require tobacco companies to register with the FDA. And Deyton said the agency will soon require those cigarette makers to turn over information about the "constituent components of tobacco products." The FDA will work with CDC scientists to investigate the safety of those ingredients.

## 10 Resolutions That Show Your Kids You Care

1. Teach your children to trust you by seeing you as a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you – and do whatever you can to meet those needs.
4. Listen to your teens, a lot. Avoid interrupting.
5. Teach your children about ethics, values and principles they can apply in choices and decision making.
6. Help them discover the feeling of gratitude, not just to say thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
8. Answer your teen's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
9. Be understanding when they have a difficult time and let them know you will love them no matter what.
10. Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

[Timetotalk@drugfree.org](mailto:Timetotalk@drugfree.org)

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## Come join the Perry County HHAT Team...

**PERRY COUNTY**

**A Place  
To Hang  
Your Hat**

**H**OMETOWN

**H**EALTH

**A**DVOCATE

**T**EAM

213 Houston Ave  
Perryville, AR 72126-9539  
P 501-889-5105  
F 501-889-5107

Chair: Darlene Spinks  
Vice Chair: David Baker  
Secretary: Greg Spinks  
Treasurer: Jan Moore  
Christy Campbell  
Email:

[Christy@qualityoflifecouncil.org](mailto:Christy@qualityoflifecouncil.org)



Come and join our team. We have 15 committees focused on making our community the best it can be. **There is a place for you to volunteer!**

**Our next meeting will be February 17, 2010, at the Perryville DHS office, from 10 a.m.-noon. Lunch will follow.**

The Perry County city, county and state police officers will be trained on ACT 13 on January 26 at City Hall starting at 1 p.m.

### Committees:

**UACCM**—Lynn Baker

**4-H and Extension Office**—Heather Runyan

**Single Parent Scholarship**—Svetla Dimitrova

**ATOD—Substance Abuse**—Terry Love/Dianne Holland

**Hometown Health**—Michele Barlow

**Education/Youth**—Randy Ohlde

**Grants**—Jan Moore/Christy Campbell

**Senior Care**—Karen Taylor

**Workforce Development**—Martha Boyer  
**Youth Advisory Board**—Martha Boyer

**Recycling**—Jacob Shesley/Carmen Box

**East End District Committee**—Alicia Simmons/Myra Graham

**Chamber of Commerce/community Development**-K.Hightower/Howard

**Perryville Youth Association (PYA)**—Ben Rives

**Angel Food Ministries/Partners for Progress**—Frankie Reynolds/David Baker/Cindy Langston



I wish for you an endless supply of optimism;  
a way to find shooting stars, dandelions, four leaf clovers and  
pots of gold in every situation...all of it summoned in a moment's notice.

I wish for you, days with nothing to do and nowhere to go;  
being perfectly peaceful without an objective or an agenda.

And I wish for you, days jammed with people and purpose;  
being wonderful expectant as you make your "to do " list ever longer.

I wish for you a chance to change the world and make a difference;  
and a chance to be changed by the world and to make peace  
with knowing that some things will never change.

I wish for you the gifts that come from failing and from seeing the frailties  
in our own humanity when we fall short of our goals. For it is only then that  
we can celebrate our successes and the victories that are sweeter  
because they don't arrive effortlessly.

I wish for you the love of another so strong that you can occasionally be weak;  
a love that protects your heart with so much safety, you can afford to keep it open  
and receive all the blessings that sometimes elude us  
when we don't feel secure enough to be who we really are.

I wish for you a chance to be productive, to feel needed...  
I hope you will work so hard and care so much that at the end of the day  
you are blissfully depleted and yet filled to overflowing with the kind of satisfaction  
that only comes from knowing you have done your best.

I wish for you intimate faith that the way you live forever is through the lives you  
touch and the way you love. The memories that we leave behind create a soul print  
so unique the world will never be the same because we were here.

I wish for you a constant stream of time shared with friends and family  
basking in support and gratitude...moments that rest easily in your heart  
and are retrieved whenever we need a gentle reminder  
that our lives matter and we are not alone.

*(Leeza Gibbons 2009)*  
Submitted by Greg Spinks.