

**Mission Statement**

The mission of the Delaware County Tobacco-Free Coalition is to improve the health and quality of life for all Delaware County residents by preventing, reducing, and/or eliminating tobacco use and exposure to tobacco smoke pollution. For more information, visit [www.tobaccofreedelco.com](http://www.tobaccofreedelco.com).

**Show your Support!  
Attend a Tobacco-Free  
Coalition Meeting!**

**2009 Meetings/Events:**  
July 2 at 9:30 a.m.  
August 6 at 9:30 a.m.  
Coalition Picnic: Aug. 26 - see pg.2  
September 3 at 3 p.m.



**DELAWARE COUNTY  
TOBACCO-FREE COALITION**  
c/o Holcomb Behavioral Health Systems  
126 East Baltimore Ave., Media, PA 19063  
Phone: 484-444-0412 - Fax: 484-444-0421  
Aria M. Burgess, Editor  
[tobaccofreecoalition@holcombbs.org](mailto:tobaccofreecoalition@holcombbs.org)  
[www.holcombprevention.org](http://www.holcombprevention.org)  
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of Southeastern PA, an affiliate of the  
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**About Smoke-Free FOCUS**

*Smoke-Free Focus* is the newsletter of the Delaware County Tobacco-Free Coalition. Published three times per year, *Focus* seeks to inform and educate the general public on current issues surrounding tobacco prevention and cessation. *Focus* also aims to highlight agencies and events that contribute to the mission of the Tobacco-Free Coalition.

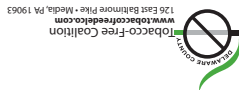
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All content contained in this newsletter is the intellectual property of its author, agency, and/or individuals who have contributed to the publication.

**You Can Make a Difference...**

TO ANONYMOUSLY REPORT TOBACCO SALES TO MINORS IN DELAWARE COUNTY, CALL 1-888-99-SMOKE

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# Smoke-Free FOCUS

SUMMER 2009

[www.tobaccofreedelco.com](http://www.tobaccofreedelco.com)

**World No Tobacco Day Essay Contest Reading!**



Both winners who came to the reading were interviewed live on Brandywine Radio!

Would the sight of black lungs on the side of a pack of cigarettes keep you from smoking? Students from Delaware County schools were asked to participate in a World No Tobacco Day Essay Contest with "Tobacco Health Warnings" as the topic. The subject reinforced the need to step up graphic warnings on tobacco packages to discourage consumers from using any form of tobacco products. The essayists took the opportunity to make a stand against the dangers of tobacco use.

Essay contest winners shared their concepts in compelling 200 word essays. The winners were: First Place, Collin Mallee from St. Gabriel's School in Norwood, PA; Second Place, Victoria Meinhart from St. Mary Magdalene's School in Media, PA; and Third Place, Jordan Scargall from St. Gabriel's School in Norwood, PA.

The following are excerpts from the three winning essays:  
*"One person's voice can inspire thousands to speak up and fight against the use and exposure of tobacco."* - Collin Mallee

*"Communities need to have programs that will educate people and maybe they won't be tempted to smoke."* - Victoria Meinhart

*"We need labels that not only deter, but help create a stronger mindset against drugs altogether."* - Jordan Scargall

The Essay Contest Reading took place on Tuesday, June 2nd from 6:30pm - 7:30pm at Holcomb Behavioral Health Systems in Media, PA. The winners had the opportunity to read their winning essays aloud for the audience. Brandywine Radio broadcasted the event live on the internet. Radio Show Host, Lambert Tolbert, interviewed Collin Mallee and Jordan Scargall for the broadcast.

The winners received certificates and prizes for their achievement. Congratulations to all who participated and to our three winners! Look for more information on our website (listed to the right) about the Great American Smoke Out Essay Contest coming Fall 2009. Your words may encourage others from becoming tomorrow's tobacco victims. ■

**Upcoming Coalition Picnic!**

Come out and see what the Coalition does to help create a healthier Delaware County! See page 2 for more details.

Call: 484 - 444 - 0412. Ask for Aria.  
or e-mail:  
[info@holcombprevention.org](mailto:info@holcombprevention.org)

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Mission Statement



**Tobacco-Free  
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## Come to the Delaware County Tobacco-Free Coalition Picnic at Ridley Creek State Park!



Come one, come all to the Delaware County Tobacco-Free Coalition Picnic! The picnic, first ever held by the Coalition, will take place on Wednesday, August 26, 2009 from 5:30 - 8:30 p.m. at Pavilion 11-A at Ridley Creek State Park. We welcome the attendance of community members who would like to learn about the work the Coalition does in Delaware County!

The mission of the Delaware County Tobacco-Free Coalition is to improve the health and quality of life for all residents of Delaware County by preventing, reducing, and/or eliminating tobacco use and exposure to tobacco smoke pollution.

Since its inception in 1997, the Delaware County Tobacco-Free Coalition has concentrated on reducing and eliminating exposure to tobacco smoke pollution in Delaware County through awareness campaigns, publications,

and community events. More specifically, the Coalition's present focus is on reducing tobacco smoke pollution in restaurants, homes, cars and workplaces. The Coalition's efforts also

include encouraging and educating schools, daycares, and community centers about the importance of proactive, smoke-free policies. In addition, the Coalition works with youth to help counter the false marketing of tobacco companies; meets with lawmakers on the importance of smoke-free laws and regulations; and, last but not least, invests every individual with the knowledge that tobacco products are a serious threat to health, and that help is available to those who desire to quit.

Don't miss this opportunity to network and learn more about what you can do to help Delaware County become healthier! RSVP to Aria Burgess at 484-444-0412 by Wednesday, August 20th. Hope to see you there! ■

### Butts Cleanup Once Again a Success!

In an encore to last year's cleanup, local students partnered with the Media community to raise awareness on the hazards of tobacco use as well as its negative impact on the environment.

On April 22, 2009, more than twenty five high school students donated their time and their hands in a special cleanup effort on the streets of Media, PA. The students worked for an hour collecting discarded cigarette butts along length of State Street, as well as the neighborhood around Barrall Park.



Many local youth volunteered their time to help with the Media cleanup event!

The students amazingly collected over 4,000 non-biodegradable cigarette butts! The youth will be holding another clean-up in Media later this summer. If you are interested in helping out, please call Aria at 484-444-0412.

### (Cleanup continued)

The Cigarette Butts Cleanup was coordinated by BUSTED!, Pennsylvania's statewide youth-led, anti-tobacco campaign.

Supported by the Health Promotion Council (HPC) with funding by the Pennsylvania Department of Health, the cleanup project was a collaborative effort among the Borough of Media, the Media Borough Business Authority, the Delaware County Tobacco-Free Coalition, and Holcomb Behavioral Health Systems in Media, PA.

Thanks to all who helped and supported the cleanup efforts! ■

### Want to become a volunteer for the Coalition?

Can you deliver materials?

Work at Health Fair tables?

Assist with letter writing campaigns?

Help assemble Smoke-Free Homes & Cars kits?

Make a difference?

If this sounds like something that you'd like to volunteer for, please email Aria at: [info@holcombprevention.org](mailto:info@holcombprevention.org)

Thank you for your support!



These signs are available to Delaware County community organizations with outdoor public spaces, such as parks, playgrounds, etc. The signs are designed to discourage smoking and protect children from secondhand smoke exposure. Please call 484-444-0412 to request a sign.

Words of Wisdom: "If you can imagine it, you can achieve it. If you dream it, you can become it."

### Start your Summer off right! Try these FREE Quit-Smoking Classes:

#### Family & Community Service of Delaware County Individual Counseling Sessions:

The "Warm Chicken" quit smoking program (as opposed to cold turkey), offers free individual counseling sessions to Delaware County residents who want to quit smoking. Sessions are held in Media and Clifton Heights. For information, or to schedule an appointment, please call Denise Moser at (610) 566-7540 x248.

#### Already Quit? Quit for Life Support Group:

July 6, 20, August 3, 17, 31 7pm  
Riddle Memorial Hospital  
1068 W. Baltimore Pike  
Media, PA 19063  
Healthcare Center 1  
Conference Room

#### Crozer Keystone Health Systems Pathways to Freedom Summer Classes:

July 21, 28, August 4, 11, 18, 25 5:30 p.m.  
Chester YWCA  
2 E. 7th Street  
Chester, PA 19013

To register for Crozer's Orientation Classes please call 610-447-6009

#### Looking for more free quit smoking resources?

Then try these!

PA Free Quitline: 1-877-Quit-Now  
or  
DeterminedToQuit.com

#### Main Line Health Systems Smoke FREE Summer Classes:

July 9, 16, 23, 30, August 6, 13 6:00 - 8:00 p.m.  
Riddle Memorial Hospital  
1068 W. Baltimore Pike  
Media, PA 19063  
Ground Floor Meeting Room  
(Located under Emergency Room)

To register for Main Line Health's programs, please call 1-866-CALL-MLH

