



# Tobacco Free Times

The Voice of the Tobacco Free Florida - Volusia County Partnership

Promoting healthy lifestyles through tobacco free living.

September 2015

## SWAT Students Working Against Tobacco

### SWAT Clubs ready for action!

With school back in session, Volusia SWAT clubs are making plans for a full calendar of meetings, activities and events for the school year. They participate in special "Tobacco Prevention Holidays" like the Great American Smoke-Out, and also other holiday happenings like community Christmas parades. Several SWAT members are planning to help out with the Coastal Cleanup on Sept. 19<sup>th</sup>. Here is the entire list of SWAT clubs as of this publication date:

- Basilica School of St. Paul (Daytona Beach)
- Creekside Middle School (Port Orange)
- Deltona High School (Deltona)
- Holly Hill School (Holly Hill)
- New Smyrna Beach Middle School (N.S. Beach)
- Ormond Beach Middle School (Ormond Beach)
- Pine Ridge High School (Deltona)
- Reign Homeschooling Academy (D.B.)
- Silver Sands Middle School (Port Orange)
- Southwestern Middle School (DeLand)
- Spruce Creek High School (Port Orange)
- Taylor Middle School (Pierson)
- Taylor High School (Pierson)
- Word & Praise Christian Learning Center (D.B.)

## Upcoming Events!



**INTERNATIONAL COASTAL CLEANUP**  
September 19<sup>th</sup>  
8:00 am - 12:00 pm  
Smyrna Dunes Park

This is an annual event to clean up the world's coastlines and collect data on what kind of trash and debris is found (cigarette butts are always the #1 culprit). There are several cleanup sites in Volusia County; our site is at Smyrna Dunes Park at the end of N. Peninsula Ave. in New Smyrna Beach. This is a great activity for kids! Please call 386-274-0603 to register.



**Red Ribbon Week**  
October 23-31

This year's theme is, "Respect Yourself. Stay Drug-Free." And, yes, Aretha Franklin's R-E-S-P-E-C-T is part of it! Activities are planned at schools, colleges & universities in Volusia.



**Be a Quitter. #QuitForGood**  
Everyone loves a Quitter. Quit and Tell.  
Quit for a day, quit for life.  
Quitting never felt so good.

Speaking of quitting, the Partnership and SWAT will be out in force on November 19<sup>th</sup> to raise awareness about tobacco and encourage tobacco users to **QUIT**.

### 3 FREE & EASY WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.  
**1-877-U-CAN-NO**  
1-877-822-6669



Online help quitting tobacco is only a few clicks away.  
[tobaccofreeflorida.com/webcoach](http://tobaccofreeflorida.com/webcoach)



Looking for local face-to-face help? Find classes near you.  
[tobaccofreeflorida.com/ahcc](http://tobaccofreeflorida.com/ahcc)

## Partner Highlight

### Volusia County SWAT Advisors

As the school year ended in June 2015, Volusia SWAT Coordinator, **Charles Bethune**, was already lining up SWAT Advisors for the 2015-2016 school year. Five advisors renewed their contracts and 9 more have come on board. We'd like to take this opportunity to thank last year's SWAT Advisors and welcome the new and returning Advisors.

Thank you SWAT Advisors 2014-2015:

- Michelle Baldwin-Moore
- Mikeeta Ephraim
- Elizabeth Etheridge\*
- Jana Ford Lanier
- Corey McCormack
- Jessica Opfer
- Yvonne Cook-Scott

\*Elizabeth Etheridge passed away in February 2015. We continue to miss her.

Welcome SWAT Advisors 2015-2016:

- Michelle Baldwin-Moore
- Benjamin Antwan Brown
- Mikeeta Ephraim
- Jana Ford Lanier
- Renae Lee
- Corey McCormack
- Jason McCoy
- Brandy Meadows
- Donna Cilento Mounts
- Kevin Myers
- Jessica Opfer
- Luz Santiago
- Catherine Sherman
- Valdrena Yisrael

## Join Us!

The Partnership generally meets on the 4<sup>th</sup> Monday of each month at 4:00 p.m. at the Health Department at 1845 Holsonback Drive in Daytona Beach. The next meeting will be on September 28, 2015. Please contact us for details.

## We also come to you!

The Partnership wants to bring the Tobacco Free Florida message to everyone. We do presentations for all ages and are happy to participate in health fairs and expos. For more information or to be added to the email list, please contact Kristen Mialki at 386-274-0601 or [Kristen.Mialki@FLHealth.gov](mailto:Kristen.Mialki@FLHealth.gov).