



## Great American Smokeout

In honor of today being the 36<sup>th</sup> Great American Smokeout, here are some facts about quitting smoking from the American Cancer Society:

- Health benefits begin almost immediately. After 20 minutes, heart rate and blood pressure drop. After 12 hours, carbon monoxide levels in the blood return to normal. After 1 year, the excess risk of heart disease is half that of a continuing smoker's.
- When someone you love tries to quit, avoid judging, teasing, scolding or offering advice. Instead, ask how you can help, have faith in their efforts and celebrate each milestone!
- The average price of a pack of cigarettes is \$5.31 and the average U.S. smoker smokes 13 cigarettes per day ([NSDUH report](#)). At these numbers, a smoker would save over \$1,200 in just one year by quitting.
- Most people have to try several times before they are able to quit for good. If a loved one relapses, be supportive and encourage them to try again.

Visit the American Cancer Society's [Great American Smokeout](#) page or [Smokefree.gov](#) for tips and tools to help quit, suggestions for supporting a loved one trying to quit, information on health benefits and more.

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## News & Updates

Thank you to the teams who have sent in their October activity reports: Lake Erie PRIDE, PRIDE of Bethel Park, PRIDE of Newaygo County, Rochester PRIDE and South Gallia PRIDE! If your team struggles to remember or find time to fill out your report, consider assigning a team member to record the information during or right after each event. It should only take a minute or two per event and, at the end of the month, your report will already be complete and ready to send.

## From the Training Team

I know we've all been there. Getting frustrated at practice. Not being as pumped about your skits and dances as you used to be. Even \*gasp!\* can it be?? Not even excited about conference?! Well, don't panic. Everyone has had the unpleasant experience of their PRIDE magic starting to run out. But before you do anything drastic, there are some important things to let your mind cogitate on. First, think about why you have stayed with this organization as long as you have. Whether you've been here for 10 years or 2 months, we know that being on a PRIDE team is a lot of commitment and hard work. There has to be a very good reason why you've been with it this long. Then, think about how many people PRIDE helps. Think about how awesome it is to be a part of the nation's oldest and largest peer-to-peer drug prevention program and how good you feel knowing that every time you perform or present, you could be helping someone make healthier choices. And last, just sit back, close your eyes and think about the fantastic things being on your team has given you. Best friends across the country you would never have met otherwise. All those warm and fuzzies that you still re-read when you're feeling down. The opportunity to attend conference and be around hundreds of people passionate about the same thing that you are. Feel that warm sensation in the pit of your stomach and the slow smile spreading across your face yet? I thought so :) Hopefully, your PRIDE magic is always roaring full-force. But in case you ever need reinforcements, I hope this helps. -Taylor Montague

## Cigarette Warning Label Update

In June, the FDA previewed the new warning labels that would be required on all cigarette packaging by fall 2012. Tobacco companies filed a lawsuit claiming the requirement violated their First Amendment rights. Last week, a federal judge ruled in their favor, granting a temporary injunction against the new warning labels. The judge ruled that the companies will likely succeed in their lawsuit and stopped the label requirement until the lawsuit is resolved, a process that could take years.