



**Cyndi Powers**, center, with some of this year's Not On Tobacco students.

## FHS teens get help to stop smoking

By Mary Weimer

For the second year in a row, Cyndi Powers of the Muskegon Community Health Project, conducted the ten-week program known as Not on Tobacco (N-O-T) at Fruitport High School.

For ten years, Cyndi has been sharing this smoking cessation program throughout Muskegon County. One of the most dramatic of her demonstrations is when she displays a set of diseased pig lungs — something she shared with 4,034 teens last year alone.

The ten one-hour N-O-T sessions begin with the facts about smoking and quitting. Discussions range from the reasons people smoke and understanding about addictions in general, to healthier choices for dealing with stressors.

According to the U.S. Surgeon General's official 2012 federal report, one in five high school teens smoke. That means that every day, more than 3,800 United States individuals under 18 smoke their first cigarette; and more than 1,000 of them become daily smokers.

Students in the N-O-T program are given a "quit date," as a goal. On average, most smokers make seven attempts at quitting before they experience any success.

Beyond the goal of quitting, N-O-T forces teens to think about the changes they need to make to better their lives. Mercy Health Partners has donated pedometers to encourage walking at least 10,000 steps each day. Healthy food choices are offered for lunch.

N-O-T is the most widely researched and available program to help teens stop smoking. Since 1998, approximately 200,000 U.S. teens have participated in N-O-T, and 97 percent said they liked being in the program.

Teens also have the opportunity to build a positive relationship with an adult role model. They are free to share their problems and concerns with an adult they can trust.

The Fruitport teens I spoke with were meeting for their final session of Not On Tobacco. Their close relationship with Cyndi Power was evident, as they were open and honest about her and about the program. Many indicated they had shared what they learned with family and friends; and even if they aren't completely successful at quitting, at least they think more about trying to quit. And they now have the ability to encourage each other as well as other teen smokers.

I found it interesting that the quitting tips are different for boys than for girls because they have different reasons for smoking and need different strategies for quitting.

Now that the N-O-T sessions are over for this year, the students have just one goal: Commit to Quit!

## District library announces the addition of Mango Languages

(Submitted by the Muskegon Area District Library)

The Muskegon Area District Library is pleased to announce that it now offers the Mango Languages online language-learning system free to its patrons. Each lesson combines real-life situations and audio from native speakers with simple, clear instructions.

Users learn actual conversations, breaking down complex linguistic elements within an audio-visual framework that draws important connections and builds on information they have already learned.

Mango is available in two versions. One is Mango Complete, a 100-lesson course that is designed to provide a deep understanding of a language and its culture. The second is Mango Basic, which teaches everyday greetings, goodbyes and helpful phrases in a short period of time and is designed to appeal to a beginner in a new language. There are more than 40 foreign language courses available and 16 English as a Second Language (ESL) courses.

"We are thrilled to add our library to the list of libraries which have added Mango to their resources," said Steve Dix, library director. "Some people need to learn a second language for business or travel reasons. Students can use Mango as a supplement to their school studies. Others just want to learn a language because they think it would be interesting. No matter the reason, learning the language should be fun. With Mango, it definitely is."

To learn more about Mango and get a preview of what the program has to offer, go to the library website at madl.org.

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