

## Waianae Coast Comprehensive Health Center Youth Health Corps TeenBEAT Program

By Franalyn Galiza & Nadine Paguirigan

If you get hit from a stick, the most it will do is hurt you on the outside. But if you "hit" a "stick", it's going to hurt you from the inside out. The fact is, these "sticks" that hurt you from the inside out only end at one place. Loss to your nice brown skin, loss to your beautiful white teeth, loss to your wallet, and loss to the most precious gift of all, Life.

"Yea, there's 20 cancer sticks in each box, I wouldn't recommend touching anyone of them, from the moment you reach into your box of smokes, to the day you take your hand out and say no, that's enough, you realize that you been wasting your time, money, health, and life." --Anonymous

There are a lot of people out there that smoke for different reasons. No matter what reason, they all end up with pain.

"I only have one working lung in my body, that doesn't help me much

because of the work that I do, I work construction from eight to four every week day, and that's just enough to help me get by, it's not the cigarettes that made my life hard, it's my hard head thinking that got the best of me." --Anonymous

Some smokers learn that there are a lot of ways to quit. There are books, magazines, papers and the internet. Sometimes the answers come from the little things in life that make you happy to be alive.

"My kids, they came up to me one day and asked, daddy? Why do you smoke if it's bad for you? I told them that nothing bad will happen, then my daughter said, daddy do you know that my teacher said that people who smoke can die in 15 or 20 years. So daddy, will you be here to watch me graduate?" -- Anonymous

The best way to avoid all of these problems and conflicts is to just stay away from those "sticks."



## The Great American SmokeOut at Wai'anae High School

By: Sheryl Bisol and Kiani Fuller



On Thursday, November 16, 2006, the Waianae Coast Comprehensive Health Center's Youth Health Corps-TeenBEAT (Teens Being Educated About Tobacco) teens held the Great American SmokeOut at Wai'anae High School. The Great American SmokeOut gives smokers the opportunity to go "cold turkey". It is a day when all American smokers have the opportunity to not smoke for a day. The purpose of this event was to encourage Wai'anae High School's students and staff to choose not to consume tobacco for a day, or maybe even to quit altogether.

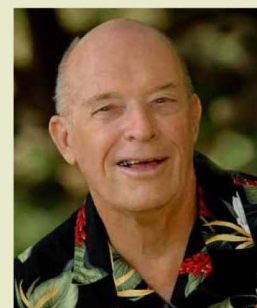
At Wai'anae High School, the members of the Youth Health Corps-TeenBEAT program shared tobacco education and quit-smoking tips with their fellow students. Students filled out tobacco surveys, received informational brochures about tobacco and smoking, and played games related to tobacco facts. Throughout the day, the Youth Health Corps-TeenBEAT participants did classroom presentations about the new Smoke-Free law in Hawaii that went into effect on November 16, 2006, the same day of the event.

This new law prevents smoking in public places, such as restaurants, bars, clubs, airports, stadiums, malls and buses and taxi's as well. No smoking is allowed within 20 feet of doorways, windows, and intake vents. If businesses don't follow this law they could be cited or fined up to \$500 or possibly shut down. Even smokers may be cited and fined \$50. This law helps non-smokers from being exposed to second hand smoke.

## Health Career Scholarships Available

Health Career Scholarship Applications for the Waianae Coast Comprehensive Health Center "Chuck Wothke Scholarship" is now available for Leeward Coast residents who are entering or currently enrolled in a post high school/college program focused on a career in health care. Applications are due April 30, 2007.

Email [wcchc@wcchc.com](mailto:wcchc@wcchc.com) or call 696-1456 for an application.



Chuck Wothke

*Wishing Everyone a Happy, Safe and Healthy New Year!*

## DINING PAVILION TEMPORARILY CLOSED FOR RENOVATIONS



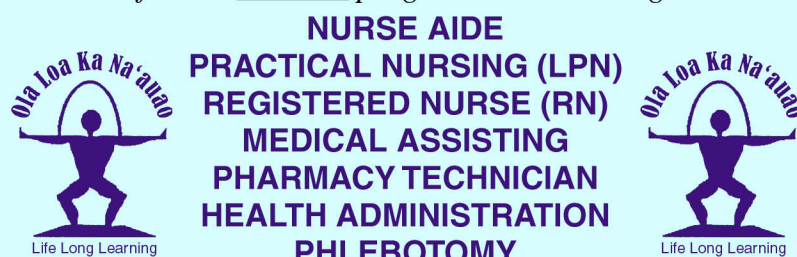
The Health Center's Dining Pavilion will be closed for renovations during the months of January and February. Renovations will include adding a private meeting room and adding storage space. When the Dining Pavilion reopens, the community can look forward to new special menus in one of the most beautiful dining settings on the island. Stay tuned for more information.

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