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REALITY CHECK

of Hamilton, Fulton & Montgomery Counties

Newsletter
Winter 2010

Reality Check Needs Your Help!

Reality Check is part of the New York State Tobacco Control Program, which is in risk of suffering a major cut in funding for 2010. This cut could possibly mean a lessening of services related to keeping tobacco influence away from youth in Hamilton, Fulton & Montgomery Counties. So what can you do to keep TCP active in this community?

Show your support by visiting our website and share your story about how tobacco has affected your life!

HFM Reality Check Launches New Website!

www.realitycheckhfm.com is still the website for HFM Reality Check, but its had a major overhaul. Working with Anthem Design, out of Amsterdam, Justin & Sarah designed a site that was more up to date and also gave the opportunity for youth and community members to interact with the site. "Share Your Story" is the highlight of the website, where people can share their stories about how tobacco use has affected their lives. So go and check it out!

Community Events Update



RC Youth "Stick It to Em"

Reality Checkers Out!

On November 6th, 2009, Reality Check youth members did a "Stick It to Em" event at Checkers Out Speedway in Johnstown. "Stick It to Em" is when the youth collect subscription cards from magazines that have tobacco ads in them and then put a sticker telling them to stop advertising tobacco! Then Reality Check mails them in, which costs the companies postage when sent back to them! After doing this action, the youth ate some pizza and raced on Checkers Out indoor go-kart track!

2009 Great American Smoke Out

The 2009 Great American Smoke Out was a very busy one for Reality Check. 4 Schools in Fulton & Montgomery counties participated with doing events related to GASO, which were Gloversville Middle School, Broadalbin-Perth High School, Fonda-Fultonville High School and Mayfield Jr./Sr. High School. At Gloversville Middle School, the students participated in a poster contest that surrounded the theme of "I Would Rather ___ than Smoke!" 4 winners were picked and they each won an FYE gift card! Reality Check was at GMS giving out wristbands and information about the effects of tobacco use. At Broadalbin-Perth High School, the students from their SADD group made chalk outlines of bodies and put tobacco facts in them. Finally, Mayfield Jr./Sr. High School did a Tobacco-Free week where they handed out tee shirts that said "I Would Rather ___ than Smoke" and had the students fill in the blanks! Reality Check was there to give away prizes and information about how to quit smoking!

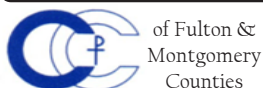


GMS poster contest winners

BIG TOBACCO FACT:

Big Tobacco spends an estimated \$429.6 million per year to advertise their product which kills 24,500 people a year in New York.*

*Source: <http://www.tobaccofreekids.org/reports/settlements/toll.php?StateID=NY>



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BPHS SADD members
"Chalk the Walk" for GASO.

