

¡DÓNDE ESTÁN LAS DUDAS?

¡PONTE AL TIRO!
LISTEN UP!



"I'LL NEVER SMOKE! I FIND IT VERY HIGHLY UNACCEPTABLE. TO BE COOL I DON'T HAVE TO DO THAT... I FIND IT OFFENSIVE."



- Amanda Garza
Lamar Middle School

"LEAVES YOU WITH BAD BREATH. AND YOU GET EASILY ADDICTED AND YOU MAY END UP DOING ANYTHING FOR A PACK OF CIGARETTES. THAT'S WHY I DON'T SMOKE."



- Jose Espinoza
Memorial Middle School



"I HAVE TO STAY FIT, DO WELL IN SPORTS, HAVE STRENGTH, GET MUSCULAR... SO I DON'T SMOKE. AND I DON'T LIKE THE WAY IT SMELLS. WHEN SOMEONE SMOKES IN THE CAR, I ROLL THE WINDOWS DOWN... I CAN'T STAND IT!"



- Gustavo "Tavo" Peña
Lamar Middle School



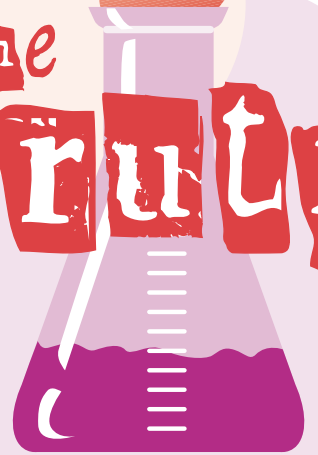
"I DON'T SMOKE BECAUSE MY LIFE DEPENDS ON THAT. I WANT TO LIVE A LONG TIME AND BE HEALTHY. SMOKING IS UNCOOL AND IMMATURE."



- Ashley Ramirez
Memorial Middle School



the truth



Know what Nicotine is? Well, let the experts tell us...

"...The primary reason [that people have for smoking] is to deliver nicotine into their bodies. Nicotine is an alkaloid derived from the tobacco plant. It is a physiologically active, nitrogen-containing substance. Similar organic chemicals include quinine, cocaine, atropine and morphine."

- PHILIP MORRIS, MAKERS OF MARLBORO, 1993

DID YOU KNOW...

... WHAT TOBACCO COMPANIES THINK ABOUT YOUTH? MIRA ESTO!

"If you are really and truly not going to sell to children, you are going to be out of business in 30 years."

- BENETT LEBOW, CEO OF BROOK GROUP LTD (MAKERS OF LARK & L&M CIGARETTES)



¡PONTE AL TIRO!

LISTEN UP!



"I DON'T SMOKE BECAUSE I'VE SMELLED IT AND IT SMELLS BAD...PUTTING IT IN YOUR MOUTH WOULD BE GROSS AND YOU WOULD HAVE BAD BREATH."

-Jessica Cantero

Memorial Middle School



TRIVIA CONTEST!

2 BIG WINNERS

You'll have two chances to win in this issue's trivia contest. We're giving away two top-of-the-line leather-and-canvas backpacks (lifetime guarantee) for winners. Just answer the following question...

Trivia question:

"DURING WARS, WHEN SMOKERS BECOME PRISONERS, AND THEY ARE PUT ON DAILY DIETS OF JUST 900 CALORIES (LESS THAN 1/3 WHAT A NORMAL PERSON EATS), HOW DO THEY GET THEIR CIGARETTES?"

HINT: Visit the Sin Fumar web page at www.sinfumar.org and check "Cigarettes vs. food."

Send your answer to sinfumar@bcm.tmc.edu, deposit it in the Sin Fumar box at the counselors' office or give it to one of the school counselors.

ANSWER TO LAST TRIVIA QUESTION: 70% of smokers wish they could quit or had never started!

VALENTINE WISDOM

WHAT IS THE BEST THING ABOUT DATING A NON-SMOKER?

"People who smoke smell and taste gross... yuk!"
Laura - 19, College Student

"People who don't smoke do not run out of breath that easily..."

Jose - 21, College Student

"People who smoke always smell like smoke. They always smell bad."

Grace - 18, High School Senior

WHAT'S THE BEST THING ABOUT KISSING A NON-SMOKER?

"Kissing isn't fun with a smoker."

Mayra - 22, College Student

"You don't have to worry about bad breath or an after taste..."

Raul - 18, High School Senior

"It doesn't taste like tar."

Jesse - 19, College Student

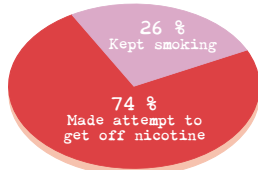


TOBACCO FACTS

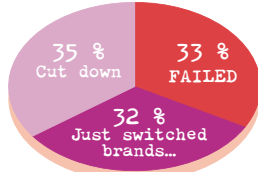
NEW SURVEY IN AUSTRALIA SHOWS HOW ADDICTIVE NICOTINE IS

A recently released survey of Australians' drug habits shows 74 percent of smokers make at least one attempt a year to wean themselves off nicotine. Of those who tried to give up smoking, 33 percent failed, 32 percent just switched to another brand, and the others cut their daily dose.

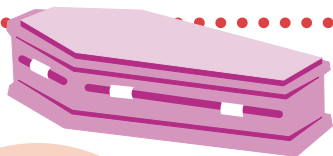
AUSTRALIAN SMOKERS AND NICOTINE



OF THAT 74 PERCENT...



Jokes:



WHAT'S THE RESULT OF SMOKING? ...COFFIN

A WARNING IN AN AIRPLANE LAVATORY:

"SMOKING IN THE LAVATORIES IS PROHIBITED. ANY PERSON CAUGHT SMOKING IN THE LAVATORIES WILL BE ASKED TO LEAVE THE PLANE IMMEDIATELY."

Watch for 'Sin Fumar' ads...

... on Time Warner Communications, KGNS, 'Laredos,' 'Laredo Sports Journal.'

Want to win a cool CD?

Listen to 106.1 FM and dedications on 98.1 FM.

QUITTING EARLY IS A SMART DECISION. VISIT...
[HTTP://WWW.TRYTOSTOP.ORG](http://www.trytostop.org)* OR
[HTTP://WWW.UNHOOKED.ORG](http://www.unhooked.org)*

JOIN OTHER COOL YOUNG PEOPLE LIKE YOU IN THEIR FIGHT AGAINST "BIG TOBACCO." CHECK "GET INVOLVED" ON WWW.THETRUTH.COM*

Sin Fumar is a program of Baylor College of Medicine in partnership with the Laredo Independent School District and Gateway Community Health Center.

Media Partners:
Time-Warner cable, Energy 98 FM, KGNS TV
'Laredos' newspaper, Laredo Sports Journal
Lamar Outdoor Advertisement

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¿DÓNDE ESTÁ LA VERDAD?

¡PONTE AL TIRO!
LISTEN UP!



"I DON'T SMOKE. WHY WOULD I DO IT? YOU DON'T GET ANYTHING GOOD OUT OF IT. WHEN SOMEONE IS SMOKING ON MY SIDE I CAN'T STAND IT... MY NOSE FEELS LIKE SOME ACID IS GOING UP."
- Jessica Duarte
Martin High School



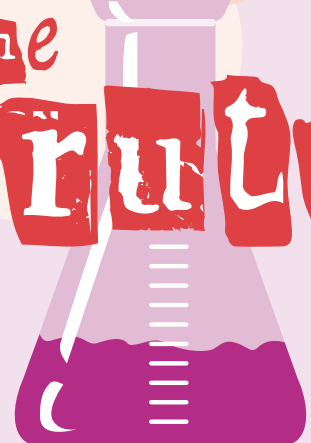
"I DON'T SMOKE BECAUSE IT AFFECTS YOUR LUNGS. YOUR TEETH GET YELLOW WHEN YOU SMOKE. AND SECOND HAND SMOKE NOT ONLY AFFECTS YOU, IT AFFECTS PEOPLE AROUND YOU."
- Ariel Saucedo
Martin High School



"I DON'T LIKE SMOKING... 'CAUSE OF THE WAY IT SMELLS. IT SMELLS NASTY, YOUR CLOTHES REEK, YOU FEEL NAUSEATED AND YOU COUGH."
- Claudia Crites
Martin High School



the truth



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"A cigarette for the beginner is a symbolic act. 'I AM NO LONGER MY MOTHER'S CHILD, I AM TOUGH, I'M AN ADVENTURER, I AM NOT SQUARE...' As the force from the psychological symbolism subsides, pharmacological effects take over to sustain the habit."

- PHILIP MORRIS (MARLBORO, VIRGINIA SLIMS AND OTHER BRANDS) REPORT TO THEIR BOARD OF DIRECTORS



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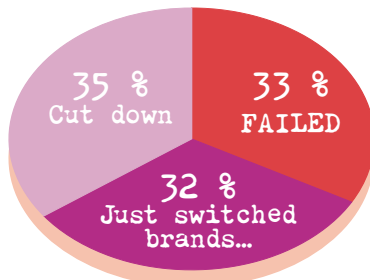
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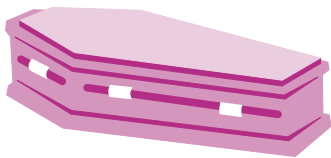
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