



Kianna LaGuerre—4th Grade
North Warren Central School
“Tar Wars” Tobacco Free Poster Contest Winner

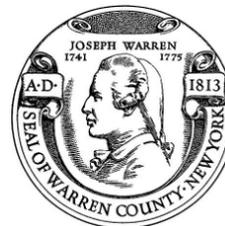
Warren County Health Services

2015 “Tar Wars”

Tobacco Free Poster Contest Winners

2016 Calendar

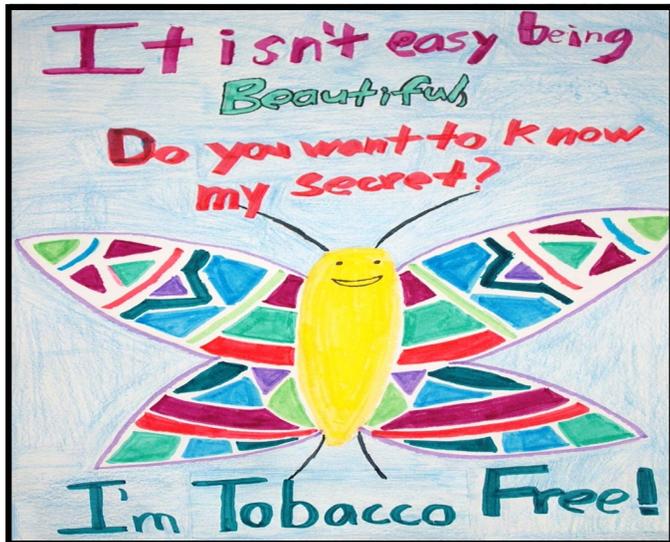
Working towards tobacco free
communities through education
and partnerships.



Special Thanks To

Stewart's Shops

For providing gift cards to our poster contest winners this year. Thank you for helping Warren County Public Health recognize those students that created the wonderful posters seen in this calendar.



Amelia Murray—5th Grade

St. Mary's/St. Alphonsus Regional Academy

“Tar Wars” 2015 Tobacco-Free Poster Contest Winner

Warren County Public Health

Our mission is to promote physical and mental health and to prevent disease, injury and disability

1-800-755-8102 — www.warrencountyny.gov/healthservices

American Academy of Family Physicians

The mission of the AAFP is to improve the health of patients, families, and communities by serving the needs of members with professionalism and creativity.

www.aafp.org

Tar Wars

A tobacco-free education program for kids from the American Academy of Family Physicians

www.tarwars.org

Resources for Tobacco Information and Cessation:

New York State Smoker's Quitline

1-866-697-8487 — www.nysmokefree.com

Glens Falls Hospital

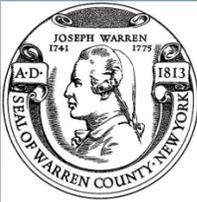
Tobacco Cessation & Education Services

1-866-765-1565 — www.glensfallshospital.org

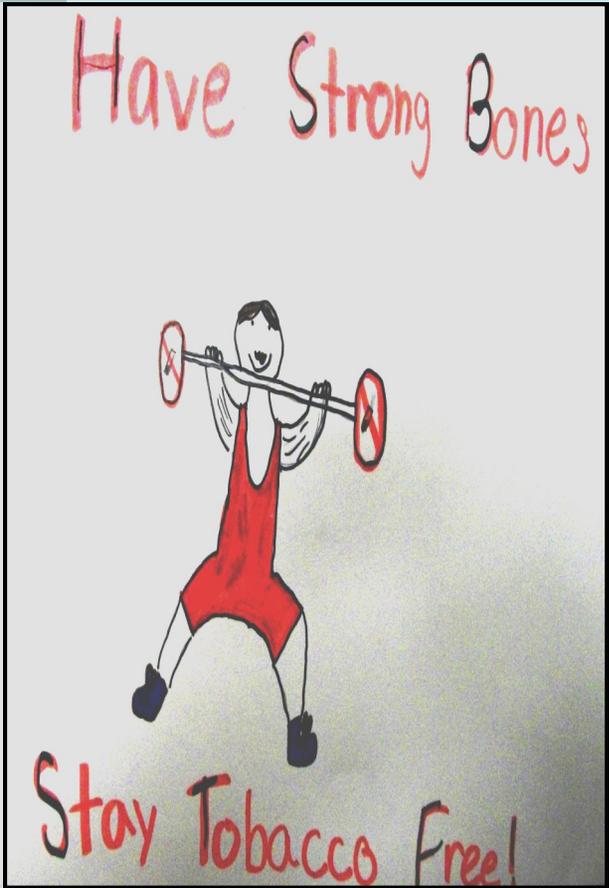
Campaign for Tobacco Free Kids

www.tobaccofreekids.org

“Tar Wars” Tobacco Free education program is presented in cooperation with the American Academy of Family Physicians & New York State Academy of Family Physicians.

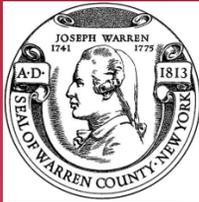


January 2016



Jane Trowbridge— 4th Grade
Bolton Central School
Tobacco Free Poster Contest Winner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Day	19	20	21	22	23
24	25	26	27	28	29	30
31	 <p>Smoker's lungs</p> <p>Non-smoker's lungs</p>					

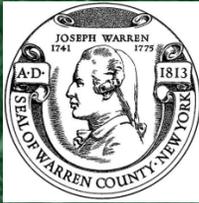


Lily Detrick– 5th Grade
Bolton Central School
Tobacco Free Poster Contest Winner

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Valentine's Day ♥	Presidents' Day					
21	22	23	24	25	26	27
28	29					

When quitting, the **Quit It Lite** app tracks the cigarettes you didn't smoke, the tar that didn't absorb into your bloodstream, and the money you didn't spend on tobacco products. The physical benefits of quitting are also displayed, based on how long you've gone without smoking.



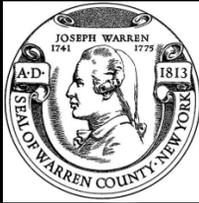
Ashley Bordeaux— 5th Grade
 Glens Falls Middle School
Tobacco Free Poster Contest Winner

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 <i>Kick Butts Day</i>	17  <i>St. Patrick's Day</i>	18	19
20	21	22	23	24	25	26
27 <i>Easter Sunday</i> 	28	29	30	31		

While adult and youth smoking rates have declined in NYS, the rates for smokers with lower incomes, lower educational attainment, or serious mental illness have not.

—Centers for Disease Control
www.cdc.gov



April 2016

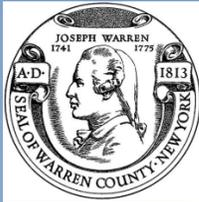


Hannah Johnson— 4th Grade
 Hadley-Luzerne Central School
 Tobacco Free Poster Contest Winner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Since 2002 the number of former smokers has exceeded the number of current smokers.

—Centers for Disease Control
www.cdc.gov



May 2016

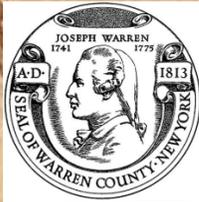


Lindsey Grey— 4th Grade
 Hadley-Luzerne Central School
Tobacco Free Poster Contest Winner

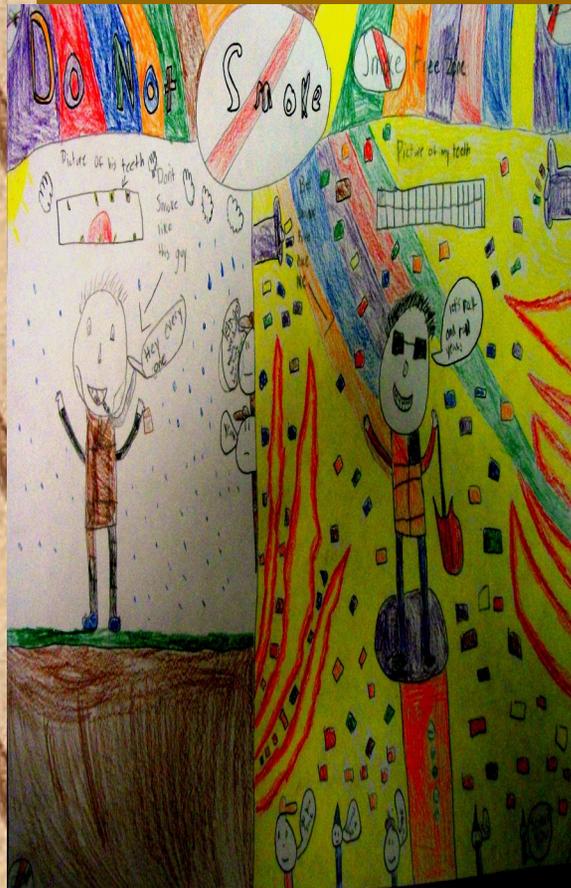
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
<i>Mothers' Day</i>						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
	 <i>Memorial Day</i>					

More than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States during it's history.

—Centers for Disease Control
www.cdc.gov



June 2016

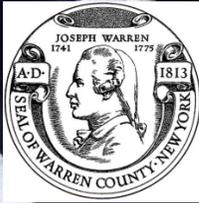


Dominic Selleck— 4th Grade
 Johnsbury Central School
 Tobacco Free Poster Contest Winner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19  Fathers' Day	20	21	22	23	24	25
26	27	28	29	30		

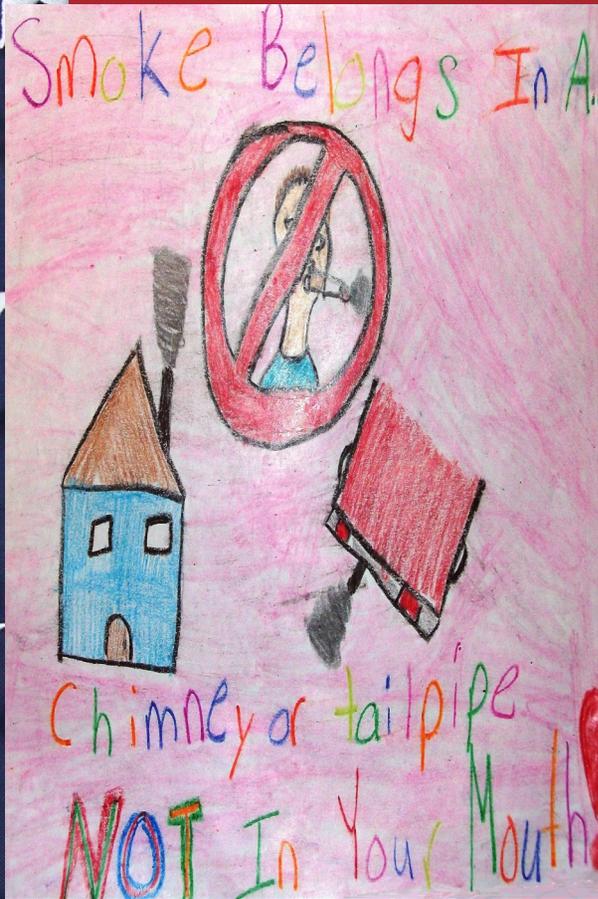
Call [1-800-QUIT-NOW](tel:1-800-QUIT-NOW) if you want help quitting. This is a free telephone support service that can help you stop smoking.

—Centers for Disease Control
www.cdc.gov



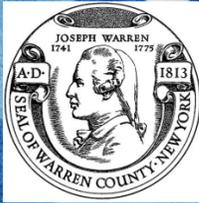
Sponsored by the American Academy of Family Physicians

July 2016



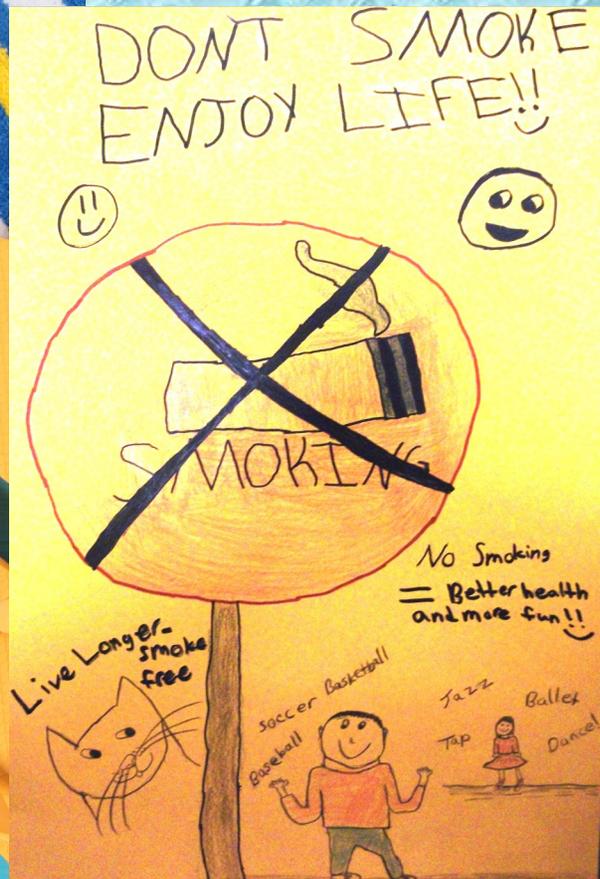
Aleesha Washburn-- 5th Grade
Johnsburg Central School
Tobacco Free Poster Contest Winner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Independence Day</i>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Sponsored by the American Academy of Family Physicians

August 2016

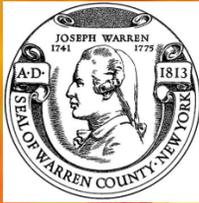


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Tiffany Cornelius— 4th Grade
Lake George Elementary School
Tobacco Free Poster Contest Winner

Total economic cost of smoking is more than \$300 billion a year, including nearly \$170 billion in direct medical care for adults and more than \$156 billion in lost productivity due to premature death and exposure to secondhand smoke.

—Centers for Disease Control
www.cdc.gov



September 2016

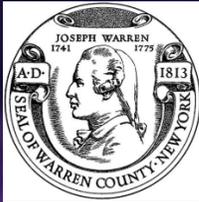


Hannah Wilson— 5th Grade
Lake George Elementary School
Tobacco Free Poster Contest Winner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <i>Labor Day</i>	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Each day, more than 3,200 people younger than 18 years of age smoke their first cigarette.

—Centers for Disease Control
www.cdc.gov

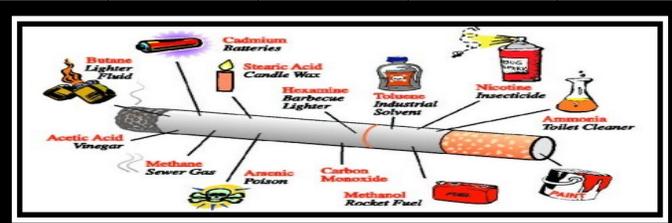


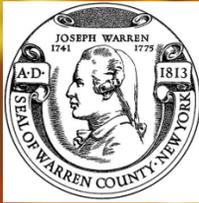
October 2016



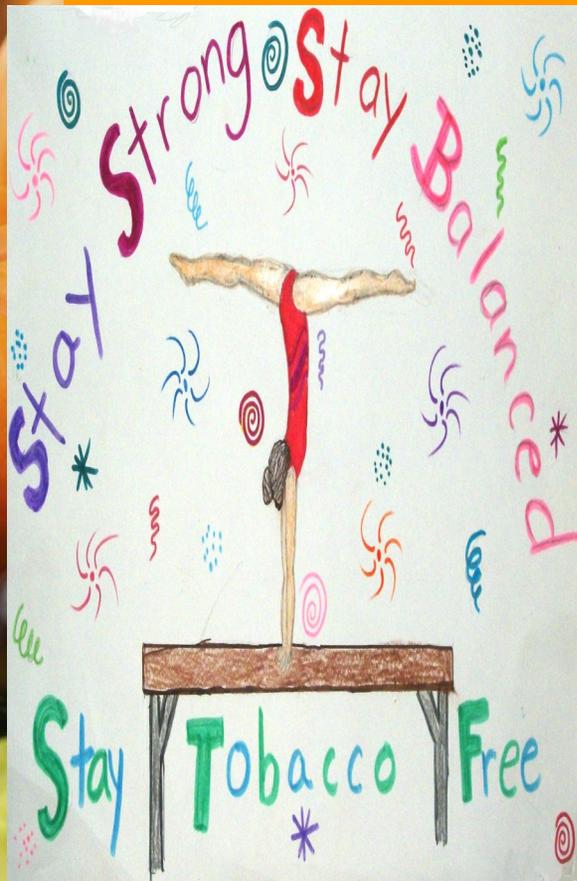
Kaida Brown— 4th Grade
 North Warren Central School
 Tobacco Free Poster Contest Winner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 <i>Columbus Day</i>	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 <i>Halloween</i>					





November 2016

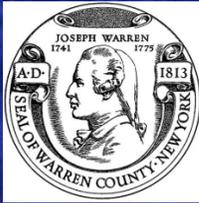


Jillian Murray— 4th Grade
 St. Mary's - St. Alphonus Regional Academy
Tobacco Free Poster Contest Winner

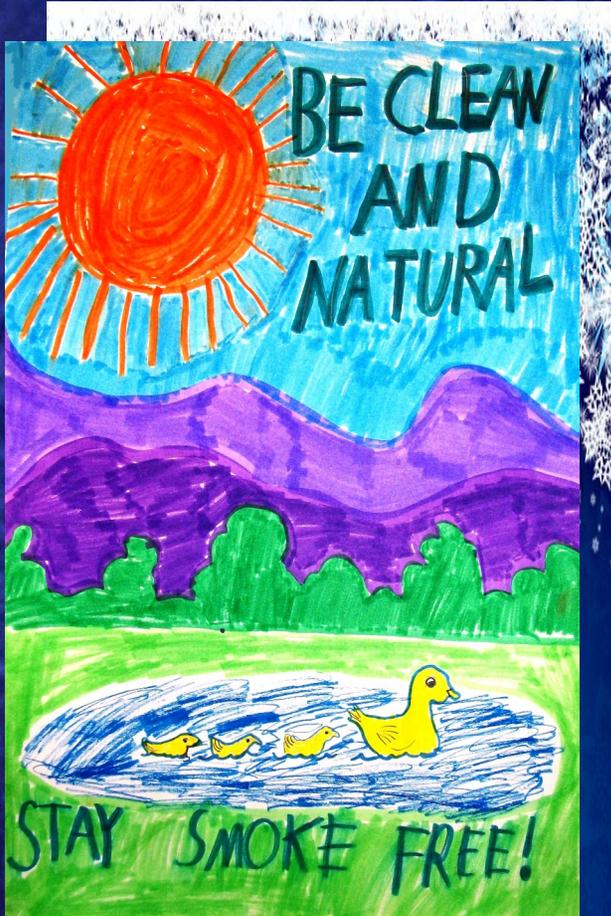
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 <i>Veterans Day</i> 	12
13	14	15	16	17	18	19
20	21	22	23	24 <i>Thanksgiving Day</i> 	25	26
27	28	29	30			

For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness, including cancer, heart disease, stroke, lung diseases, diabetes, emphysema, and chronic bronchitis.

—Centers for Disease Control
www.cdc.gov



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of Family Physicians



www.psdgraphics.com

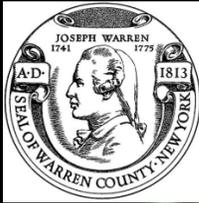
Sophia Nadi– 5th Grade
St. Mary's - St. Alphonus Regional Academy
Tobacco Free Poster Contest Winner

December 2016

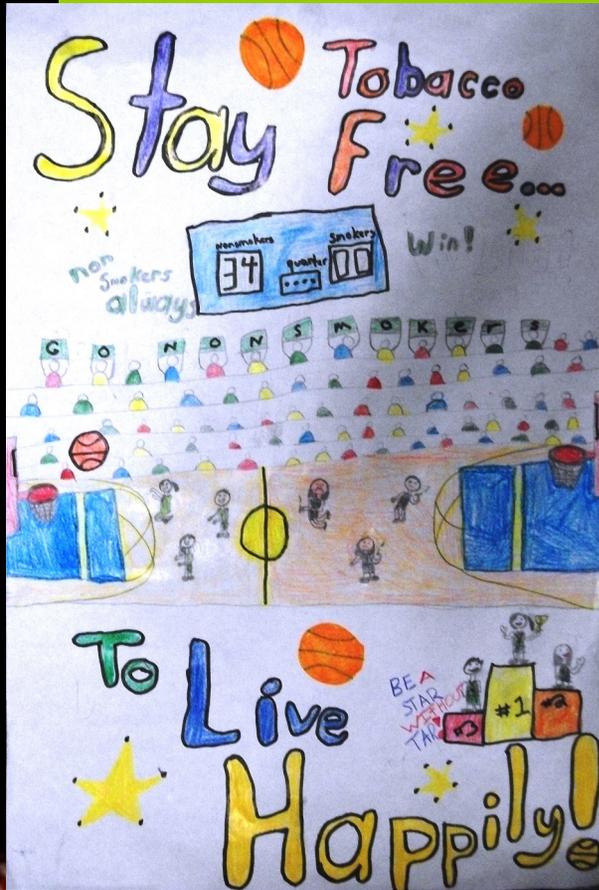
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day 	26	27	28	29	30	31 New Year's Eve

Among all nonsmokers in the United States, 1 in 4 is exposed to secondhand smoke.

—Centers for Disease Control
www.cdc.gov



January 2017

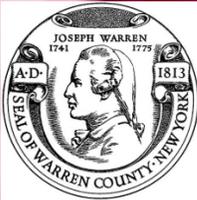


Kailey Bacon— 4th Grade
Warrensburg Elementary School
Tobacco Free Poster Contest Winner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
 New Years Day	8	9	10	11	12	13
15	16	17	18	19	20	21
	<i>Martin Luther King Day</i>					
22	23	24	25	26	27	28
29	30	31				

Smoking is responsible for 1,300 deaths every day.

—Centers for Disease Control
www.cdc.gov



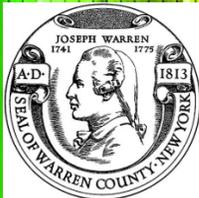
Kara Bacon— 4th Grade
 Warrensburg Elementary School
 Tobacco Free Poster Contest Winner

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 <i>Valentine's Day</i>	15	16	17	18
19	20 <i>Presidents' Day</i>	21	22	23	24	25
26	27	28				

There are over 7,000 chemicals in tobacco smoke and at least 69 of those chemicals are known to cause cancer.

—NYS Smokers' Quitline
www.nysmokefree.com



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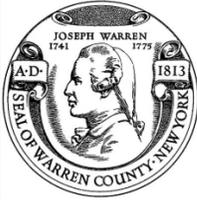
Cara Lane— 4th Grade
William Barton Intermediate
2nd Place
Tobacco Free Poster Contest Winner

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 <i>Kick Butts Day</i>	 17 <i>St. Patrick's Day</i>	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Every year, secondhand smoke kills 41,000 adult nonsmokers from heart disease and lung cancer, and 400 babies from SIDS.

—Centers for Disease Control



April 2017



Emma Barrett– 5th Grade
 William Barton Intermediate School
 Tobacco Free Poster Contest Winner

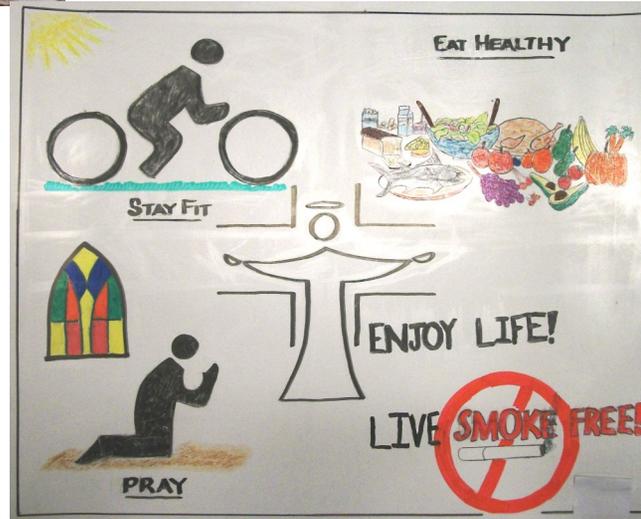
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
 Easter Sunday						
23	24	25	26	27	28	29
30						



Glens Falls City School District 4th Grade Tobacco Free Poster Contest Winners

Dan Aguilar- 4th Grade
Jackson Heights
Elementary School

Kate Crandall- 4th Grade
Kensington Road Elementary
School



Holly Walton- 4th Grade
Big Cross Street
Elementary School

