

Quitting Tobacco with Support

Mississippi tobacco FREE

COALITION OF GRENADA, YALOBUSHA, AND CALHOUN COUNTIES

Barry Mason, a paramedic for Choctaw County EMS, started using smokeless tobacco at age 13. Before he knew it, he was hooked. He tried to kick the habit dozens of times, but always fell short. At age 30, he was determined not to reach another milestone while still using tobacco. Now, at age 47, he has quit for good.

"When I started at age 13, I was just trying to fit in with the rest of the guys. I started because of peer pressure," said Mason. "When my wife was able to quit smoking and had been tobacco-free for approximately a year, her encouragement helped me to finally quit. I had tried on my own but it would only last for a month or so."

Mason heard about the Mississippi Tobacco Quitline from a friend who had successfully stopped using tobacco. With sincere concerns about his health and the support of his friends and family, the Quitline turned out to be exactly what Mason needed to put smokeless tobacco down once and for all. "I could easily go through roughly 70 cans of chewing tobacco or snuff a month with a minimum of two cans a day or three cans at work," said Mason. "Ms. Pamela Luckett of the Quitline told me I had an addiction and it would be hard but she would be here for me."

The Mississippi Tobacco Quitline provides free assistance to any Mississippian who wants to break their dangerous habit. Callers can get help through phone calls, online access, and even

text messages. Mr. Mason considers the counseling services of the Quitline to be the most beneficial component. "Doctors don't provide counseling, support, and follow-up so that you can understand your addiction to tobacco. The Quitline provides that just that, and even tough love if needed," said Mason.

Experts agree that getting professional help can make a huge difference for those trying to quit smoking. "I started with the Quitline in 2010 and had 17 cavities when I quit tobacco. I was always worried about gum disease or possibly having cancer. I was blessed not to have either," said Mason. "The Quitline assigns one counselor to each caller, who works with them until they are ready to quit tobacco for good. Individual attention is very important and vital to the success of quitting." Mason laughs, "I still occasionally check the prices in the convenience store just to see how much money I am saving now. I could have been spitting a car payment on the ground every month."

Quitting can be made easier by calling the Mississippi Tobacco Quitline at 1-800-784-8669 (1-800-QUIT-NOW). Callers can join the free program and experts are available from 7 a.m. until 9 p.m., to discuss tobacco's impact on health, provide advice on successful cessation, and like Barry Mason, get free access to counseling and medications, with a little tough love if necessary, that can make quitting easier.

For more information about tobacco cessation information, visit www.tobaccofreems.org and "Like" us on Facebook at www.facebook.com/MSTobaccoFree. For more information contact MTEC Director Sue Mashburne at 662-226-2589 or email at smashburne@grenadak12.com.

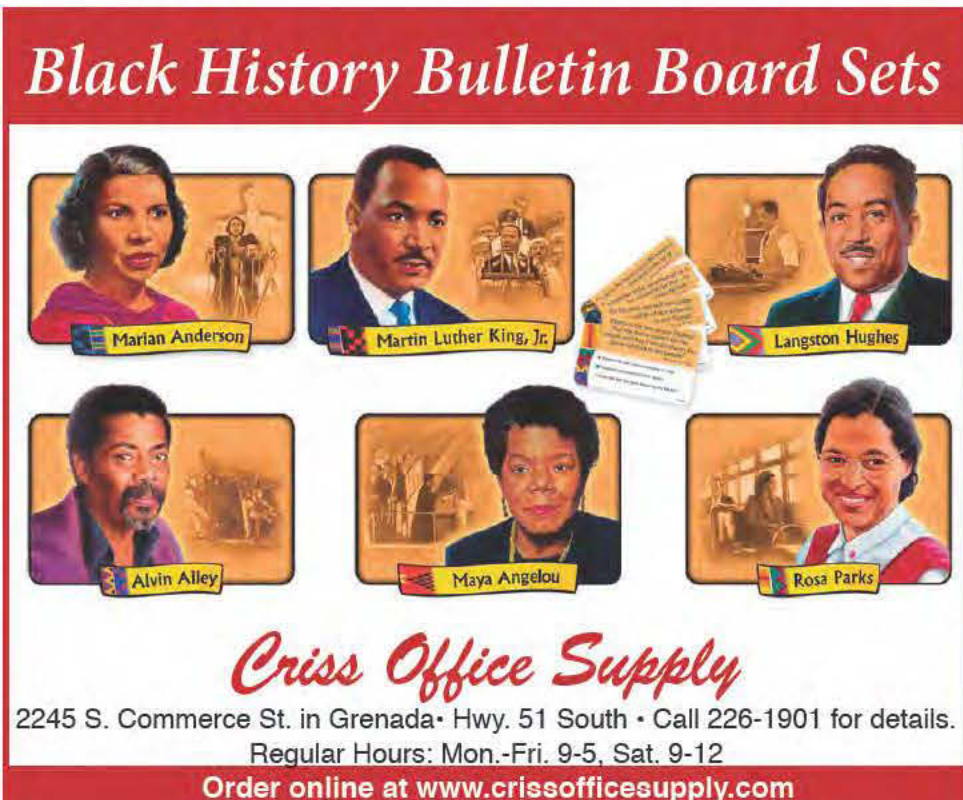


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GCTC Students Win at SkillsUSA Regional Championship



Automotive - First Place Open and Closing Ceremony - (l to r) E.J. Bolden, William Logan, TJ Bridges, Seth Salley, and Gavin Kolb Not pictured: Dakota Miller and Jakeddrick Robinson



Automotive - Ryan Brown - 1st Place - Job Interview; and Hayden Breland - 1st Place - Job Demo



Information Technology - Dylan Birdsong - 2nd Place Prepared Speech



Information Technology - Jacob Armstrong - 1st Place Extemporeous Speaking



Welding - Austin Simmons - 1st Place Job Demo; and Monroe Perry - 2nd Place Structural Welding



Welding - Calop Brown - 2nd place - Job Interview



Welding - (l to r) Terry Lyons, Charles Carson, and Coley Brooks - 3rd Place Welding Fabrication

By Kaye Dorroh
GCTC Instructor

On February 4, 2016, students from the GCTC Welding, Automotive, and Information Technology Programs attended and competed in the 2016 SkillsUSA Regional Championship at the Mississippi Delta Community College in Morehead, Mississippi.

In the category, Open and Closing Ceremony, automotive team members, E. J. Bolden, T. J. Bridges, Gavin Kolb, William Logan, Dakota Miller, Jakeddrick Robinson, and Seth Salley won first place by using the technical skills they learned to open and close an official SkillsUSA ceremony. Hayden Breland and Ryan Brown also won first place in their respective categories of Job Demo and Job Interview. Congratulations to these dedicated students and their automotive instructor, Mr. Ricky Jones.

Representing the welding program in the regional competition, Austin Simmons won first place in the Job Demo

category, Calop Brown placed second in the Job Interview category, and Monroe Perry placed second in the Structural Welding category.

The welding fabrication team, Coley Brooks, Charles Carson and Terry Lyons, won third place having just four hours to fabricate a cargo carrier from unfinished metal. Congratulations to these hard-working students and their welding instructor, Mr. Phillip McCarter.

Representing Information Technology, Jacob Armstrong placed first in the Extemporeous Speaking category. Jacob was given a random topic on which he had to speak for five to seven minutes. In the Prepared Speech category, Dylan Birdsong placed second with the topic of Career Success.

Information Technology Instructor Ms. Jennifer O'Brien stated, "We are so proud of these hard-working students for a job well-done, and we are excited to be taking them to the State Competition in a few weeks."