

# Independent Living

Franklin County DSS

April 2011

## Tips For Transition from High School to College

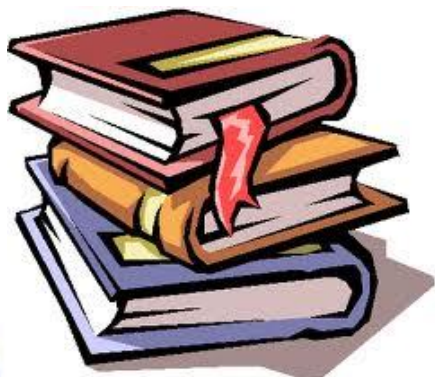
By: Vanessa Glass

Be prepared. Have everything planned and ready before you get to your dorm. Make a list of what to buy or bring from home and use it when packing and unpacking. It will assure you that you haven't forgotten anything.

Decided on classes. If you know your major, try planning the your first year or two. It will help you feel like you have something to work toward. However, if you haven't decided what to study, try getting the general education requirements that are needed. These can help you decide your major.

Know the campus. Take a tour of the campus during your decision-making process. You will be comfortable with the environment and you can do a quick review when you get on campus

Get involved. Join a club, volunteer, or get a job. If you feel like you belong to something, you will feel more comfortable in your new environment.



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# Facts About Smoking..

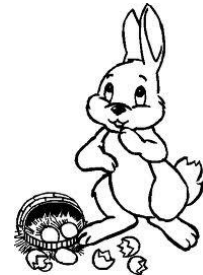
## What's in cigarettes?

Cigarettes contain disgusting things that you would never think about putting in your body. For example, cigarettes contain tar, carbon monoxide and chemicals like DDT, arsenic and formaldehyde (a gas used to preserve dead animals).

The tobacco in cigarettes also contains nicotine--the drug that makes smoking addictive. All of these things are bad for your body. Nicotine raises your risk of heart attack and stroke. Tar and carbon monoxide cause serious breathing problems. And you know tobacco smoke causes cancer.

## Is chewing tobacco as bad as cigarettes?

Yes. Both cigarettes and chewing tobacco are toxic to your body. You may hear more about the harm cigarettes do to the body, but chewing tobacco can also hurt your health. Chewing tobacco can cause sores and white patches in your mouth, as well as diseases and cancers of the mouth, gums and throat. Chewing can give you bad breath, discolor your teeth and cause tooth loss. And one chew contains 15 times the nicotine of a cigarette (meaning the risk of addiction is much higher).



## Steps to make quitting easier:

- Pick a stop date.** Choose a date 2 to 4 weeks from today so you can get ready to quit. If possible, choose a time when things in your life will change, like when you're about to start a break from school. For example, quit after final exams, not during them.
- Make a list of the reasons why you want to quit.** Keep the list on hand so you can look at it when you have a nicotine craving.
- Keep track of where, when and why you smoke.** You may want to make notes for a week or so to know ahead of time when and why you crave a cigarette. Plan what you'll do instead of smoking.

**Steps to make quitting easier (continued):**

**Throw away all of your tobacco.** Clean out your room if you have smoked there. Throw away your ashtrays and lighters--anything that you connect with your smoking habit.

**Tell your friends that you're quitting.** Ask them not to pressure you about smoking. Find other things to do with them besides smoking.

**When your stop date arrives, STOP.** Plan little rewards for yourself for each tobacco-free day, week or month. For example, buy yourself a new shirt or ask a friend to see a movie with you

## Muddy Buddies By:Chex

**9 cups** Corn Chex, Rice Chex, Wheat Chex, or Chocolate Chex

**1 cup** semi sweet chocolate chips

**1/2 cup** peanut butter

**1/4 cup** butter or margarine

**1 teaspoon** vanilla

**1 1/2 cups** powdered sugar



**Into large bowl, measure cereal; set aside**

**In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2-gallon resealable food-storage plastic bag.**

**Add powdered sugar. Seal bag; shake until well coated. Spread on waxed paper to cool. Store in airtight container in refrigerator.**

## Contact Information

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"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place." - By Nora Roberts