



Interns from the Columbus chapter present their action plan at the youth summit held in March.



Family group time at the youth summit.



Members of the Cleveland AAYAT chapter gather for a picture at the youth summit.

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Congratulations to the Kathleen Nguyen Memorial Scholarship Winner, Stephanie Yen!!

In July of 2005, AAYAT was saddened by the tragic loss of former intern, Kathleen Nguyen of Dayton. In her memory, the Kathleen Nguyen Memorial Scholarship fund was created to award \$500 scholarship to a graduating high school senior who demonstrates outstanding leadership in tobacco advocacy. Congratulations to this year's winner, Stephanie Yen of Irvine, California.

the bill was negative — that it limited the freedom of Californians and the ID checks invaded privacy. Following our discussion, he realized that the emphasis of the bill was not to limit the freedom of Californians, but rather to protect the youth of California.



What projects that you did, would you recommend for other teen groups?

I recommend our "Life is Much Sweeter Without Cigarettes" Piñata: Make a piñata of a cigarette or a cigarette box filled with candy & prizes and use at Relay for Life, carnivals, or fairs.

Do an anti-tobacco school campaign. Pass out pins, stickers, postcards; put up posters and make announcements over the PA system.

Make a tobacco cemetery and pick out an area in school or at relay to put up the tombstones. (Write the name, life span, and cause of death on the tombstone) At Relay for Life, you can line the tombstones along the track so walkers can read them as they walk. If you want to recruit more youth, add the contact info of your group on the tombstones.

If you could give one piece of advice to other youth who are interested in getting involved in tobacco advocacy their community, what would that be?

Get involved and don't be afraid. Make friends and have fun doing your activities. This keeps you going and motivated.

Special thanks to the Dayton Chapter for all their hard work in coordinating the selection of this year's scholarship winner. For more information about the Kathleen Nguyen Memorial Scholarship, please contact, Betty Lacey, Regional Coordinator of the Dayton chapter at bettylacey@att.net.

spotlight

Congratulations to our graduating seniors!

Hans Li

Dublin Coffman High School

Malavika Srinivasan

Beavercreek High School

Michelle Palmer

Centerville High School

Zenas Kim

Centerville High School

Elaine Chan

Centerville High School

Chris Nguyen

Brecksville-Broadview
 Heights High School

Stephanie graduated Irvine High School in Irvine, CA and will be attending the University of California, Los Angeles to pursue a degree in Molecular, Cell & Development Biology. Her other interests include: art, cooking, playing beach volleyball and other outdoor sports, and going to the beach.

What inspired you to be active in anti tobacco advocacy?

I first was introduced to anti-tobacco advocacy through an invitation to attend the Orange County Teens Kick Ash Conference in my sophomore year. The conference taught me leadership skills, advocacy strategies, and provided materials and contact information. This leadership conference led me to realize that I could directly make a difference in the lives of teens. Ever since then, I have been speaking out against tobacco.

What's been your most satisfying moment?

Flying to Sacramento on Legislative Day to talk to my legislators is my favorite form of anti-tobacco advocacy. Not only do I represent a community, I get to represent the youth in my community. Youth have an image of being ignorant, apathetic, and reckless, but when one goes to Sacramento to discuss core issues, the legislators listen. One of my most satisfying moments was in a meeting with my legislator regarding the limitation of Internet tobacco sales. His initial impression of

SmokeFreeOhio Needs Your Help Join AAYAT in helping to make a Smoke Free Ohio!

Did you know that after only one hour of exposure to secondhand smoke changes occur to your heart that put you at an increased risk of a heart attack? In fact, because your risk rises in such a short period of time, the CDC (Centers for Disease Control & Prevention) advises people with heart disease or at risk of heart disease to completely avoid all places that allow smoking.

That's just one of the reasons that SmokeFreeOhio is working to bring smoke-free public places to all Ohio citizens. Secondhand smoke also causes cancer and lung diseases and keeps the elderly, young people and people with illnesses from enjoying dinner or a night of bowling with their friends and family. SmokeFreeOhio's smoke-free public places law would protect everyone's right to breathe smoke-free air.

The SmokeFreeOhio campaign is now entering the last phase necessary to qualify for the November ballot, but they need your help. Volunteers are needed to gather the 100,000 signatures of Ohio voters required to qualify for the ballot.

Gathering signatures is easy and almost anyone can help. You can collect signatures from your friends, family, coworkers and neighbors. If you would like to assist, visit www.SmokeFreeOhio.org or call 1-888-ACS-OHIO. They'll provide you with petitions and instructions for making sure your signatures count.

4th Annual AAYAT Leadership Summit

If someone were to have walked into the Conference Center of Mohican State Park during the weekend of March 17-19, 2006, they might have seen a group of teens hanging out, playing cards, listening to music, or talking amongst themselves. While this may have looked like a typical "party weekend" to the casual observer, it was definitely far from it. Several Asian American teens gathered from cities around the state, including Cleveland, Akron, Dayton, Cincinnati and Columbus, to attend the 4th Annual AAYAT Leadership Conference to learn about promoting tobacco awareness in their communities. The main goals of the conference were to teach youth about leadership, advocacy and the harmful effects of tobacco.



During the conference, everyone participated in a myriad of workshops and activities. There were also other activities like swimming, football, volleyball, and playing cards. One of the main workshops was called "The Journey" in which teams of five to six people worked together in a simulation to raise funds and brainstorm new events to educate teens about tobacco in their community. In other workshops, speakers explained how to get involved in the community and how teens can help stop the spread of tobacco use. Through trials and tribulations, joy and happiness, everyone left the conference with a sense of accomplishment and a renewed enthusiasm.

– David Zhou, Dayton Intern

Kick Butts Day – Dayton Style

What another great event! This April, Centerville SADD members and the Dayton AAYAT chapter joined together to hold another successful Kick Butts Day Event. Held at Centerville High School, fellow AAYAT interns created a tablecloth for students to sign during lunch. On the tablecloth was a catchy slogan, "Don't get hooked on tobacco," and then it was beautifully decorated with fish cutouts. Along with the tablecloth, the interns also created a banner titled "the black wall of tobacco" on which students would write people who they have known who either died from tobacco or were affected by tobacco on heart cutouts that were stuck on the banner. The banner was then passed along to Kettering High School and is currently being circulated around the area.

Furthermore, the interns created pledge cards for the students to sign. On the pledge card, students promised to never smoke and in return received free small gifts such as lollipops with a no smoking symbol on it as well as free stickers, temporary tattoos, and buttons. On every 52nd pledge card there was a small 52 on the bottom left corner of the card and each student who received these cards would win a bigger prize such as a trucker hat, t-shirt, Frisbee, or a special button. Many students were very enthusiastic about winning and the table attracted hundreds of students crowded all throughout lunch. Overall, Kick Butts Day was another great success.

– Annie Lee, Dayton Intern

AAYAT at the Asian Festival

The twelfth annual Asian Festival was held on May 27, 2006 at the Franklin Park Conservatory in Columbus. The festival's purpose is to inform the public about diverse Asian cultures and to celebrate their differences. The Columbus Chapter, in cooperation with the Cleveland Chapter, set up a booth next to the Health Expo. The booth was filled with exciting games, as well as information about tobacco and our organization.



The AAYAT members distributed pamphlets and brochures regarding the dangers of tobacco and how to quit in various languages. We also created a presentation, named, "Marlboro Man: A Physical Examination," depicting the effects of tobacco use on different parts of the body (diseased organs), along

with a display revealing the chemicals and common household products found in cigarettes. Throughout the day, we passed out AAYAT wristbands and "No Smoking" lollipops that we affixed with AAYAT's website address. We set up two games for youth to get involved and win prizes while interns collected signatures for SmokeFree Ohio petitions. The Columbus Chapter's Mentor in Training, Hans Li, dressed in our custom-made cigarette costume attracted attention to encourage more voters to sign SmokeFree Ohio petitions and visit our booth. Towards the end of the day, we performed a skit in memory of those that have died as a result of a tobacco related disease. Each of us read a letter from a family member of one of these victims, while another intern wrote a name down on a display board every eight seconds as a memorial to these unfortunate deaths. The AAYAT Chapters at the Asian Festival were able to reach over 200 people at this event and it was a worthwhile experience for everyone involved.

– Kunal Parikh, Columbus Intern

Newsletter and Media Supports

Editorial Development: Jennifer Brindle, Joseph Hau, Office Management: May Chen and Staff Members, Contributing Writers: Statewide Interns and Members, Design and Graphics: JacQ Davis, Media Review: Surendra Bir Adhikari, PhD and Beth Schieber, OTPF, Funded By: The Ohio Tobacco Prevention Foundation, Advisory & Distribution: State and Regional Advisors.

An AAYAT Meeting – Online?

Recently, the Dayton Area Chapter of AAYAT tried a new type of meeting – online! The online meeting that the group did on AIM (AOL Instant Messenger) was very experimental. Instead of heading to a meeting together at Betty's house, everyone headed to their computer and logged onto AIM for a chat session in cyberspace to discuss the latest chapter projects. It was successful, but only under some conditions.

Here are some suggestions that you might want to keep in mind when planning an online meeting:

- Many people type fast in IM, so you should to build up your skills in typing.
- AIM users and other instant messenger services have screen names that are hard to recognize in the buddy list. Members should change or make a new screen name with their name somewhere in it so that other members can easily recognize them.
- Comments should be kept to the topic being discussed.

We found that the online meeting helps members come together when they don't have a ride or that they are out of town. The Dayton AAYAT group liked using AIM for a meeting and is planning to do it again soon. Try It!!! You'll like it!!!

– Mary Woo, Dayton Intern

Helpful Resources

stand – www.standonline.org

Asian Pacific Partners for Empowerment, Advocacy and Leadership (APPEAL)

– www.appealforcommunities.org

truth campaign – www.thetruth.com

Campaign for Tobacco Free Kids

– www.tobaccofreekids.org

Ignite – www.ignitegeneration.org

Centers for Disease Control and Prevention

– www.cdc.gov/tobacco

World Health Organization

– www.who.int/topics/tobacco/en