



# Smoke-Free News

VOLUME 3, ISSUE 4

SEPTEMBER 5, 2008

## Trash and Treasure in the Park details

**Saturday September 27, 2008**

**Cannon Falls:** 8:30 - 10:00 AM  
Hannah's Bend Park

**Kenyon:** 11:00 AM - 12:30 PM  
Depot Park

**Saturday October 4, 2008**

**Red Wing:** 9:00 - 10:30 AM  
Colvill Park - Pavilion #1

**Rain or shine!** Please dress for the weather. Gloves and trash bags will be provided.

**T-shirts:** The first 10 people to register at each park will receive a free Citizens for a Smoke-free Goodhue County t-shirt. (*Sorry - limited sizes*)

Drinks and snacks will be provided to all registered participants. Register at the park during the event.

## New meeting schedule

Many thanks to those of you who have attended our meetings and contributed your ideas. Your participation is vital to our success. For Fall 2008 - Spring 2009 we will meet in September, January, and April. For each of these months, the same agenda will be repeated at several locations around the county. You can get all of the details about our meetings at: [www.smokefreegc.org](http://www.smokefreegc.org), or call Tom Wolff (651) 385-6142.

## Trash and Treasure in the Park

Join us for a morning of community service and fun. October 1<sup>st</sup> will be the One Year Anniversary of smoke-free air in all workplaces and public places in Minnesota.

Support for the smoke-free law has been very strong in all of our communities. We want to celebrate this anniversary by doing something to give back to the community. We are asking all supporters of smoke-free air to participate.

Our parks are important community

assets. Let's take an hour or so to give our parks some special attention while we celebrate the anniversary of a smoke-free Minnesota. Three parks have been selected. While looking for trash you can also hunt for treasure. A special Fresh Air Medallion will be concealed in each park. The person who finds the medallion during the clean up will win a \$25 gift certificate to the restaurant of his or her choice. (*See side bar for details.*) Hope to see you in the park!

## [www.smokefreegc.org](http://www.smokefreegc.org) has new look and new features

There has never been a better time to visit the Citizens for a Smoke-free Goodhue County Web site. We want this to be your first source for information about issues concerning tobacco and health. We also want this to be a place where you can connect with other supporters of smoke-free air.

The most obvious change is our new Message Board. This is a place where everyone can post comments. You can respond to the posted topic or bring up a topic of your own. If you have never posted a comment on a message board, don't worry. It's easy! This new feature will help us all to stay in touch with each other. We can't take smoke-free air for granted. There is still organized opposition that would like to

weaken or repeal our smoke-free law.

The other most obvious change is a new page: Get Help Quitting. Our partner, Goodhue County Public Health Service now has funding to promote quit-smoking resources available to county residents. We are helping them to get the word out that help is available to anyone who is thinking about quitting smoking. (*See related story on Page 2.*)

We have also deleted some pages that had become obsolete like our Guide to Smoke-free Dining. Thanks to your support, and the support of the vast majority of Minnesotans, smoking and no-smoking sections are now a thing of the past.

## HOW TO CONTACT US

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**We're on the Web**  
[www.smokefreereg.org](http://www.smokefreereg.org)

### There's never been a better time to stop using tobacco!

QUITPLAN® Services announces the QuitCash Challenge™. A tobacco user who quits could win \$5,000! There are other great prizes. If you know someone who is ready to quit using tobacco, the deadline to register is September 30, 2008. Official rules and online registration at: [www.quitcash.com](http://www.quitcash.com)

**Here's 5,000 more reasons to quit smoking.**



Quit smoking and you could  
**win \$5,000.**  
Enter before October 1st at [www.quitcash.com](http://www.quitcash.com)

presented by **QUITPLAN**

## CSFGC partners with Public Health Service to connect smokers with help to quit

Citizens for a Smoke-free Goodhue County is helping our partner Goodhue County Public Health Service to get the word out to anyone in our county who is thinking about quitting smoking. Now everyone can get free help to quit. Those with health insurance coverage can usually get free help to quit through their health plan. Everyone else can get help from QUITPLAN® Services, a free service of ClearWay Minnesota.

Studies show that a person is much more likely to succeed in an attempt to quit smoking if he or she gets help. Help is available just by picking up the phone. Telephone quit lines have been proven to get results.

People who use smokeless tobacco, like chewing tobacco, suff or snus, should also get help to quit. Smokeless tobacco can be just as addictive as smoking.

Most tobacco users need to try more than once before they succeed in quitting. Getting help from a professional to design an individual quit plan improves the odds for success. The plan may include over-the-counter medication such as nicotine gum, patches or lozenges or prescription medication.

If a tobacco user isn't sure where to get help to quit, a great place to start is to call QUITPLAN® Services at 1-888-354-PLAN.