

Smoke Free Kent Newsletter

Clean Indoor Air Campaign

HARM PRINCIPLE:

“THAT THE ONLY PURPOSE FOR WHICH POWER CAN BE RIGHTFULLY EXERCISED OVER ANY MEMBER OF A CIVILIZED COMMUNITY, AGAINST HIS WILL, IS TO PREVENT HARM TO OTHERS”

John Stuart Mill
ON LIBERTY, 1864

Greetings supporter! I hope that the above quote grabbed your attention! Doesn't it apply beautifully to second hand smoke issues?

Please remember that the time spent reading the information below is going towards a wonderful and worthy cause...preventing harm to others!

I hope that you will find this newsletter educational and motivational! I believe that we all want to make a difference in this world, and this campaign is a perfect opportunity for YOU to make a difference. Tobacco use is the **leading cause of death** in Portage County, Ohio, and the United States. Second hand smoke exposure causes illness, disease, and death to thousands.

In an effort to reduce the incidences of so many preventable tragedies, please consider the following challenge:

In what ways can you **contribute your gifts to make a difference** and help prevent future harm to others?

We need your help! Please find a way to continue to support a Smoke Free Kent! Believe in the 'power of one' and help to make your community and this world a better place! Be the change that you want to see in your community!

What's Happening?

- Eric Vaiksnoras will be the **new Smoke-Free Kent Grassroots Coordinator** smokefreeE@gmail.com He is very passionate about the issue and looks forward to contributing to this vital campaign. Alita Rogers alitarogers@yahoo.com has moved on to assist with the Smoke Free Ohio Campaign. We will miss her and we thank her for all her hard work!
- A big thank you also goes out to KSU Grassroots Coordinator Heather Hopkins. Heather has been working hard on KSU's Clean Indoor Air Campaign. She is

gaining much needed support on campus to continue the momentum for a Smoke-Free Kent!

- **The Surgeon General will be releasing a report titled ‘The Health Consequences of Involuntary Exposure to Tobacco Smoke’** in a news conference at 10:00 a.m. on **Tuesday, June 27th**. This will be the 29th report of the Surgeon General in the last 42 years about tobacco, and is an update to the 1986 report on secondhand smoke. It is the first report since the Women’s Report of 2001 to address secondhand smoke issues. The report will include 600 pages and eleven chapters!!! **There will be six major conclusions highlighted from the report, and it will address issues such as toxicology, health consequences and how to control exposure to secondhand smoke.** Highlight sheets from the content within the report will also be made available upon release of the report on the Surgeon General’s website, as well as CDC’s website. A low-literary consumer piece entitled ‘What it Means to You’ and a business piece entitled ‘Save Lives, Save Money: Make your Business Smoke-Free’ will also be available. These materials will be posted online at www.cdc.gov/tobacco/ at 10:00 a.m. on June 27.
- The Portage County Tobacco Prevention Coalition has published the **3rd edition** of the **Portage County Smoke-Free Dining Guide!** All of the restaurants listed in this guide offer smoke-free dining! **Guides are available at** Chambers of Commerce, Health Departments and libraries throughout Portage County. We are in the process of posting the latest 3rd edition of the guide at www.pctpc.org (there is currently an older version available under the ‘dining guide’ link). You can also call 330-677-4124 x28 to request one! We thank the owners and managers of the restaurants listed for their decision to offer smoke-free dining in our community! Please support their decision and patronize often!
- Throughout the summer we will be present at numerous community events to advocate for a Smoke-Free Kent! **Advocacy, education, and community outreach are all essential to change!** Keep an eye out for us and be sure to stop by our booth to say hi and learn more!

How Can You Get Involved?

Yeah, I know...this is the tough part. Many of us are concerned about the effects of second hand smoke, but too often the caring stops at simply being concerned. This surely doesn’t make you a bad person, it just doesn’t help or address the issue that you are concerned about! Unfortunately, **being concerned is not enough!** You need to let others know of your concern! Now there are many ways in which one can do this. I have listed some effective and conventional ways below to help get you started! Please do not be limited by my examples! Be creative and find ways in which you can let others know of your concerns and support for a Smoke Free Kent! I guarantee that any contribution you make will make you feel great because you will become part of a much needed change! **Act on your concern...become a part of change!**

- As stated above, we will be present at numerous community events this summer to advocate for a smoke-free Kent. **We are looking for bright and charming**

volunteers to interact with the community and help gain support.

Actually...even if you are not bright and charming, we would still love to have your help! The first event that we will be attending will be the Heritage Festival being held on Sat. July 1st (9am-8pm). **We are looking for volunteers who are able to work a 2hr. shift between the hours of 11am-8pm.** We would like to have at least 2 people at our table at all times throughout the day. If you are available and interested **please contact Eric Vaiksnoras to schedule a shift** (see contact info below).

- **Write or email Kent City Council** to let them know that you support a Smoke Free Kent! Even if you do not reside in Kent, please explain that you would visit Kent establishments more often if they were smoke free! An October 2005 survey of voters attitudes in Kent shows that, by a margin of two-to-one, Kent voters support prohibiting smoking in all Kent workplaces—including bars, restaurants and bowling alleys. **These officials represent you...let them know how you feel so they can appropriately do so!**

<p><i>Mayor and President of Council</i></p> <p>John Fender</p> <p>Fender@kentohio.org</p>	<p><i>KENT CITY COUNCIL WEBSITE</i></p> <p>http://www.kentohio.org/gov2/council.asp</p>	<p><i>Clerk of Council</i></p> <p>Linda Copley</p> <p>Council@kentohio.org</p>
<p><i>Council at Large</i></p> <p>William Schultz</p> <p>Schultz@kentohio.org</p>	<p><i>Council at Large</i></p> <p>Michael DeLeone</p> <p>deleone@kentohio.org</p>	<p><i>Council at Large</i></p> <p>Rick Hawksley</p> <p>Hawksley@kentohio.org</p>
<p><i>Council Member-Ward 1</i></p> <p>Garret M. Ferrara</p> <p>Ferrara@kentohio.org</p>	<p><i>Council Member-Ward 2</i></p> <p>Carrie Gavrilloff</p> <p>Gavrilloff@kentohio.org</p>	<p><i>Council Member-Ward 3</i></p> <p>Wayne A. Wilson</p> <p>Wilson@kentohio.org</p>
<p><i>Council Member-Ward 4</i></p> <p>John M. Kuhar</p> <p>Kuhar@kentohio.org</p>	<p><i>Council Member- Ward 5</i></p> <p>Edward Bargerstock</p> <p>Bargerstock@kentohio.org</p>	<p><i>Council Member- Ward 6</i></p> <p>Beth Oswitch</p> <p>Oswitch@kentohio.org</p>

- **Write a letter of support to the editor of these local newspapers—be sure to include your name, address and phone number:**

Record Courier, PO Box 1201, Ravenna, OH 44266, editor@recordpub.com

The Akron Beacon Journal; Voice of the People, ABJ; PO Box 640, Akron, OH 44309-0640, vop@thebeaconjournal.com

The Daily Kent Stater; Kent State University; Kent OH 44242, stater@kent.edu

- **Educate yourself** to learn as much as you can about the numerous ways **a smoke free community can benefit us all!** Here are a couple of great websites to get you started!
www.smokefreekent.org
www.pctpc.org

Thank you for your support! I would love to hear from you! Send any questions, thoughts, comments, observations, advice, quotes, opinions, ideas,...to:

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