



*Director's Note:*

*As the summer draws to a close and we have settled into our new space we hope the success of the study will carry through to the new season.*

*In this issue of the Quarterly Fix the C-STOP staff member highlighted is Rachel Rigg. We will also discuss recent updates to the Illinois smoking ban legislation and the various opinions that surround it, and take a look at some interesting facts about smoking frequency around the world.*

*Andrea King MD*

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## Our New Space

As many of you may already know, our lab and office renovations have been completed as of June 30, 2007. We will remain in this new space on the third floor (#M360 and #M355) for the remainder of the study.

Our new space allows better interaction for our staff and provides a more comfortable setting for study participants. We hope this space makes for a more enjoyable experience in the study.



Above is a picture of one of our three new interview and experimental rooms; it is equipped with computers, brand new furniture, and an internet connection.

## Meet Rachel Rigg

In each newsletter, we will highlight one lab member and help you get to know him or her a little bit better. This month we highlight Rachel Rigg.

Rachel began working as a C-STOP research assistant in August of 2006. The first participant she worked with was subject #1007.

Since then, Rachel has worked with a number of the C-STOP subjects in fulfilling the many elements of her job. Many of you may have interacted with Rachel in a telephone or an in-person interview.

In addition to those responsibilities, Rachel maintains in-

ventory and supplies, trouble-shoots computer problems, manages scheduling, and maintains the website.

In all her duties, the aspect of her position that she enjoys most is, "getting to meet and talk to so many different people who want to quit smoking, and help them achieve their goals."

Originally from Houston, Texas, Rachel has also lived in Austin, Texas, San Diego, California, and now Chicago!

She completed her undergraduate education at Rice University in Houston and has just graduated from the University of Chicago with



a Masters degree in Psychology and Social Sciences (MAPPS Program).

Rachel's favorite hobbies include "cooking and learning about food and nutrition," as well as "collecting ideas." She was also a member of her high school debate team and played the viola.

**More Interesting facts:**

- Favorite Food: Thai Red Curry
- Favorite movie: Before Sunrise
- Country she would most like to visit: France
- Favorite Color: Blue

# Illinois Smoking Ban

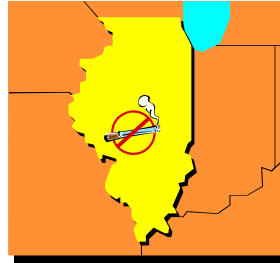
On Monday July 23, 2007, Illinois Governor Rod Blagojevich signed the document that will extend the Illinois smoking ban to nearly all public places across the state effective January 1, 2008.

This legislation follows similar bans that currently exist within 44 Illinois communities. This will make Illinois the 19th state to implement a state-wide ban.

Once enforced, the law will prohibit smoking in most businesses, all public buildings, and government vehicles. Smoking will also be banned in restaurants, school dormitories, and private homes out of which businesses open to the public are run.

Opinions about the ban are strong and various. While some see it as a

necessary health regulation, others view it as a restriction of civil liberties.



Restaurant owners seem particularly concerned with the new legislation. Owner of Jimmy's Grill in downtown Naperville, Jim Bergeron voiced, "It is not good for the industry because it targets the regulars who make up the bulk of our profit margin."

Still others, such as cancer survivor Barb Nation, celebrate what they see as the end of a "30-year battle."

The American Lung Association performed an interesting survey, polling 607 Illinois citizens in February of 2005. Their results found that nearly eight out of ten residents support the smoke free policies.

The survey did show some good news for restaurant owners in finding that nearly a quarter of diners felt they would dine out more frequently after the smoking ban while only 12% stated they would dine out less often.

Sources:

- [www.chicagotribune.com/news/chicago/070723no-smokingjul23,0,2350027.story](http://www.chicagotribune.com/news/chicago/070723no-smokingjul23,0,2350027.story)
- American Lung Association State-Wide Survey Performed by FAKO and Asst. Retrieved July 20, 2007 from <http://www.smokefreeillinois.org/pdfs/ALASatewideAnalysis.pdf>

**Know someone who wants to quit smoking?**

## Contact Us

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# Smoking Frequency Around the World

Ever wonder what smoking is like around the world? Which countries smoke the most? The least? Here is an interesting map from 2007 that allows us to see some of this data.

Some of these facts may surprise you. For instance, the smoking prevalence in Asia (30-39%) is higher than in any other continent. In terms of individual countries, the highest smoking rates (50%+) were observed in Yemen and The Republic of Guinea. On this side of the Globe in North and South America, Chile ranks as the country with the highest smoking rate (40-49%).



The map to the to the right was obtained from Newsweek July 9, 2007. Pg 57.