



THE QUARTERLY FIX

Chicago STOP Smoking Research Project

What's the Update on C-STOP?

Director's Note



Happy Holidays once again from the Chicago STOP Smoking Research Project! As 2009 is winding down, we at C-STOP have had a strong and productive year. We will complete enrollment in CSTOP in about six months. We would like to enroll more men smokers, so please help spread the word to your fathers, brothers, uncles, and male friends and co-workers.

In this edition, we'll update you on CSTOP, smoking bans on college campuses and the decline of pubs in Britain.

Have a wonderful winter!

Dr. Andrea King
Principal Investigator

INSIDE THIS ISSUE:	
STUDY UPDATES	1
SMOKING BANNED	1
DECLINE OF BRITISH PUBS	2
ODDBALL LAWS	2

Monthly Recruitment Achievements

Each month, we set a goal to recruit at 10 or more smokers who want to quit for CSTOP. The past two months, my staff has been hard at work and surpassed this goal for two consecutive months. In September, we enrolled 18 participants, and in October we enrolled 17 participants. Thanks to everyone for your commitment and courage to quit smoking!

Ride the CTA with C-STOP

This past summer and fall,

many of you may have seen our study advertisements on the CTA Red Line trains. Over 600 smokers have contacted us from this source. This month, we initiated advertisements on CTA bus routes in the city and the South side of Chicago. We hope you'll see the ads and encourage anyone you know to call us.



Community Outreach

Our team has been on the move! We recently gave away quit kits at Chicago's District

2 Firefighters Union. Also on November 20th, we hosted a booth at UCMC for the 32nd Annual Great American Smokeout. This nationwide event is designed to encourage smokers to quit for the day. We were joined by the Northwestern Memorial Smoking Cessation Program & Pfizer to give out informational pamphlets and provide free nicotine replacement samples, courtesy of GlaskoSmithKline. There was also a drawing for a free turkey! Over 150 persons took part.

Smoking Ban Tightens Up on College Campuses

The smoking ban has been in effect for nearly a year—public buildings, restaurants and bars in cities all over the country have adopted the "Clean Air" act. Now students and faculty of Pennsylvania colleges are beginning to feel the pressure.

On September 11th, The Pennsylvania State System of Higher Education (PASSHE) implemented a stricter ban for all Pennsylvania public colleges and universities. The new ordinance outlaws smoking on all campus property, including residence halls and parking lots, inside and outside campus buildings, and university-owned sidewalks.

Outraged students and faculty promptly responded by collecting hundreds of signatures for petitions and having daily "smoke-ins" in protest of the ban. Steve Dugan, a freshman at Clarion University, calls enforcing legislature on smoking "an infringement on our fundamental right to personal choice." Students also argued that the ordinance compromises campus safety for those who desire a late night cigarette: "Do we really want an 18-year-old girl walking by herself off-campus at 2am?"

School officials stated the new policy was necessary, given the statewide smoking ban passed this June. Even despite the uproar, others

have welcomed the smoke-out with open arms. Clarion College gathered over 500 students and faculty sign petitions supporting the institution of the ban, while anti-smoking coalitions all over the US had been pushing for stricter regulations on tobacco use on university and college campuses.

The American Lung Association estimates that ~130 schools have enforced campus-wide bans. Other schools have outlawed cigarette vending on campus or have created designated smoking areas. PASSHE is the first full school system to prohibit smoking. Sourced by: <http://www.time.com/time/nation/article/0,8599,1844634,00.html>

The Decline of the British Pub

RESEARCH STAFF

Principal Investigator
Andrea King, PhD

Study Physician
Tracie Wilcox, MD

Research Assistants
Michelle Carpentier
Megan Conrad
Ayodele Gomih
Ryan Stachoviak
Constantine Trela

Therapists
April Jones, PsyD
Sandi Rueger, MA
Carol Southard, RN, MSN
Julia Wernke, PhD

Diagnostic Interviewers
Patrick McNamara

Data Management
Catherine Southard, MS
Toni Harris

The British 'public house' (or pub) has been a staple of British society for over 1000 years. As the hub of local society, the pub has acted as both sanctuary and meeting place. However, shifting economic times appear to be threatening this beloved institution.

Increases in the price of beer (a 9% increase this year with future increases promised) has resulted in the lowest rate of

consumption in the country since the Great Depression. In addition, local, family-owned pubs have been bought out by corporations only interested in short-term profits. A recent smoking ban has appeared to further decrease pub patronage.

Although some pub owners have attempted to adapt by adding supplemental income sources (expanded food menus, general stores, etc.), the decline continues.

The decline of the British pub raises the question with many Brits as to whether or not (in our increasing environment of e-mail, text messaging, and automated telephone customer service) community interpersonal relations may be falling by the wayside.

Source: Newsweek, Oct 20, 2008



(From left) **Michelle Carpentier, Ayodele Gomih, and Toni Harris** pass out quit kits at C-STOP's Great American Smokeout booth on November 20th

Know someone who wants to quit smoking?

CALL US!

Phone: (773) 834-8654

Toll free: 1-877-CSTOP-911

For more information about the Chicago STOP Smoking Research Project, please visit:

<http://stopsmoking.uchicago.edu>



ODDBALL STATE LAWS...

Barnyard Ban: In Zion, Illinois, the law prohibits owners from giving a lit cigar to their domestic animals...

"Do Not Feed the Animals": New Jersey passed a law banning zoo-goers from feeding the animals cigars or whiskey...

Lighter Faux Pas: In Marceline, Missouri, minors are allowed to legally purchase rolling paper and tobacco cigarettes but are banned from buying lighters.. Good thing it's practically impossible to obtain matches...

No Sunset Leisure: Newport, New Jersey forbids pipe smoking after sunset...

Monkey See, Monkey Don't: In South Bend, Indiana, it is illegal to make a monkey smoke a cigarette...

Source: http://EzineArticles.com/?expert=Jennifer_Jordan

