Date	Theme Bucket	Post Copy	Link	Visual
Thursday 3/1	Celebratory Post	Congratulations to the Confederated Tribes of the Umatilla for passing T21 in January! As a sovereign nation, the CTUIR took action to reduce the use of commercial tobacco products to improve the health of the Tribal community. Check out p. 3 of the Confederated Umatilla Journal to learn more. http://bit.ly/2Hlrg71 @CTUIR @keepItSacred	http: //bit.l y/2Hl rg71	<section-header><section-header><text><text><text><text><text></text></text></text></text></text></section-header></section-header>
Friday 3/2	Corrective Statements	While the tobacco companies were fighting in the courts, nearly 80,000 people in Oregon died from causes linked to tobacco.	http: //bit.l y/2F VCFs T	THAT'S AX THE AMOUNT OF PEOPLE THAT FIT IN THE MODA CENTER, BUT YOU WON'T FIND A CROWD CHEERING FOR THAT.
Sunday 3/4	Events and Key Dates	"The more you see smoking on screen, the more likely you are to see youth smoking cigarettes in real life. There's a causal relationship between the two."	<u>http:</u> //cnn .it/2sj 2aCp	THE OLD ADAGE, "LIFE IMITATES ART" MAY BE MORE ACCURATE THAN WE REALIZE.
Monday 3/5	Partner Post	It's no coincidence that military service members, like other groups profiled by the tobacco industry, smoke at higher rates than the general population.	http: //bit.l y/2Bi cVYh	NA

Thursday 3/8	Events and Key Dates/Cessatio n	"When I use my strength in the service of my vision it makes no difference whether or not I am afraid." — Audre Lorde #PressforProgress Call 1-800- QUIT-NOW or visit	www .quit now. net/o rego n/	HAPPY INTERNATIONAL WOMEN'S DAY FROM SMOKEFREE OREGON
Friday 3/9	Disparities	72 percent of Big Tobacco's customers live in lower- income communities. See how they have targeted some of the most vulnerable Americans. @truthorange	<u>http:</u> //bit.l y/2ok chBx	NA
Monday 3/12	Cessation	"I never thought that at only 45 it [cigarette smoking] would give me a heart attack." Call 1- 800-QUIT-NOW or visit www.quitnow.net/oregon/	http: //bit.l y/2n QULV e	NA
Wednesday 3/14	Partner Post	The more you know.	<u>http:</u> //bit.l y/2E <u>8CDx</u> <u>1</u>	NA
Thursday 3/15	Join the SF Community	Since 2009, officials in Happy Valley have focused on providing safe and healthy public spaces for residents to enjoy. #BeTheChange	<u>http:</u> //bit.l y/2FY S3Vi	NA
Friday 3/17	Cessation	"Ireland now has more quitters than smokers." Call 1- 800-QUIT-NOW or visit www.quitnow.net/oregon/	<u>http:</u> //bit.l y/2C <u>M3fD</u> D	NA
Monday 3/19	Youth	This is no coincidence.	<u>http:</u> //bit.l y/2FY HzoO	NA

Wednesday 3/21	Events and Key Dates	Today is National @kickbuttsday! This campaign empowers youth to stand up, speak out and seize control against Big Tobacco. Find out how you can get involved: http://www.kickbuttsday.org/a bout/. #iKickButts	http: //ww w.kic kbutt sday. org/a bout/	LET'S KICK SOME BUTTSI
Thursday 3/22	Real Cost	Woven into the fabric of rural Oregon over decades of aggressive marketing. Tobacco companies pitch smokeless tobacco as a safe alternative. It's not.	http: //bit.l y/1w gnnS W	THE AMOUNT OF NICOTINE ABSORBED FROM SMOKELESS TOBACCO CAN BE 3 TO 4 TIMES GREATER THAN THAT DELIVERED BY A CIGARETTE.
Friday 3/23	Environment	When you breathe secondhand smoke, you take in nicotine and other toxic chemicals.	<u>http:</u> //bit.l <u>y/1В</u> <u>u8G0</u> <u>Y</u>	HOW MANY CHEMICALS ARE FOUND IN SECONDHAND SMOKE? A. B. C. 700,000 500 1,500
Monday 3/26	Cessation	#DYK: In as little as 1 month after quitting tobacco, lung function begins to improve. Call 1-800-QUIT-NOW or visit www.quitnow.net/oregon/	www .quit now. net/o rego n/	LESS COUGHING AND SHORTNESS OF BREATH AND A NEW ENERGY FOR YOUR FAVORITE ACTIVITIES.

Wednesday 3/28	Real Cost	Only smoke now and then?	http: //cbs n.ws/ 2BZd 8wu	LIGHTING UP JUST ONCE A DAY IS LINKED TO A MUCH HIGHER RISK OF HEART DISEASE AND STROKE.
Thursday 3/29	Disparities	"The smoking disparity didn't emerge spontaneously, and similarly, it won't slink into the distance without concentrated effort." #ThursdayThoughts	<u>http:</u> //bit.l y/2C <u>1ro7</u> V	NA
Friday 3/30	Environment	Learn about other smokefree places in your community and how you can get involved. @chemeketacommunitycolleg e	http: //bit.l y/1IX rKeS	CHEMEKETA COMMUNITY COLLEGE IS A SMOKEFREE CAMPUS!