






Smokefree Oregon Facebook Calendar
December 2018


Date	Theme	Post Copy	Link	Visual
12/3	Cessation	<p>A gift idea that keeps giving: Quit smoking - for yourself, your family and friends.</p> <p>Visit www.quitnow.net or 1-800-QUIT-NOW</p> <p>#MotivationMonday</p>	www.quitnow.net	
12/4	Youth	<p>Think your kids don't have easy access to tobacco products? Find out how many stores within a mile of your child's public school sell Juul e-cigarettes, which are heavily marketed in flavors like mango and mint.</p> <p>#whatsforsale</p>	https://bit.ly/2zROXke	
12/5	<p>Youth</p> <p>Disparities</p> <p>The Real Cost</p>	<p>Cigarette advertising was banned in 1971, but there are few federal restrictions on e-cigarette marketing. See how e-cig manufacturers are repeating history with ads portraying e-cigs as modern, glamorous and sexy.</p>	http://stillblowingsmoke.org/	



12/6	The Real Cost	<p>#TBT to when Big Tobacco told us menthol was healthier than regular cigarettes, even claiming it could soothe sore throats. Today we know the truth - the tobacco industry uses menthol to target African American communities. Find out more about why banning menthol could help save lives. #HealthInequities</p> <p>Photo Credit: http://tobacco.stanford.edu/tobacco_main/main.php</p>	<p>https://tobaccofreeca.com/story-of-inequity/african-american-black/</p>	
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12/7	Youth	<p>It's illegal for Big Tobacco to advertise on TV, in newspapers and in magazines, but they can still get away with marketing in retail stores. Guess how much they are spending per HOUR to push their addictive products?</p> <p>A. \$500,000 B. \$1 million C. \$250,000 D. Big Tobacco isn't advertising in retail stores</p> <p>*Source: CounterTobacco.org</p>		

12/10	Cessation	<p>Did you participate in the #GreatAmericanSmokeout and #quitlikeachampion? Tell us your story - and help inspire others.</p> <p>#MotivationMonday</p>	www.quitnow.net	
12/11	Youth	<p>Wow....Juul e-cigarettes offered to pay schools to introduce their vaping "prevention" curriculum, which conveniently leaves out the harmful effects of vaping. We call it like we see it - and it looks like advertising addiction to youth.</p> <p>#TobaccoRacketeering</p>	https://bit.ly/2SyZybV	
12/12	Youth	<p>Teens from Providence's Rebels for a Cause were instrumental in getting Oregon's Tobacco 21 law passed. Learn more about their dedication--and all the other work that went into passing T21, in the latest edition of Northwest Public Health. (@nwpublichealth)</p>	https://bit.ly/2APrK2S	

12/13	<p>Disparities</p> <p>The Real Cost</p>	<p>#TBT to when Big Tobacco's advertising featured brides in their wedding gowns to represent elegance and tradition. Sure gives new meaning to "till death do us part."</p>	<p>http://tobacco.stanford.edu</p>	 <p>The image contains two vintage Chesterfield advertisements. The top advertisement features a bride in a white gown and veil, holding a pack of Chesterfield cigarettes. The text 'and its ABC for keeps' is written in a cursive font above the pack. Below the pack, the text 'ALWAYS BUY CHESTERFIELD' is prominently displayed in a bold, serif font. The bottom advertisement shows a bride in a white gown and veil, opening a blue suitcase. Inside the suitcase, a pack of Chesterfield cigarettes is visible. A speech bubble from the bride says 'Packed with Pleasure'. Below the suitcase, the text 'Yes, Chesterfields are packed with pleasure... for your smoking enjoyment. Their RIGHT COMBINATION... WORLD'S BEST TOBACCO gives you the three things that mean all the benefits of smoking pleasure: ... REAL MILDNESS... COOIER SMOKING BETTER TASTE' is written. At the bottom, the word 'CHESTERFIELD' is written in a large, bold, serif font, with 'RIGHT COMBINATION - WORLD'S BEST TOBACCO' written in a smaller font below it.</p>
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12/14	Youth The Real Cost	E-cigarettes are filled with toxic chemicals, yet many people think they're not harmful. Learn the truth about the health impacts of vaping.	https://bit.ly/2QAXi6v	
12/17	Cessation	Is 2019 the year for you or a loved one to quit tobacco? Here are some tips to support you. Free help is always available at www.quitnow.net or 1-800-QUIT-NOW.	https://smokefree.gov/tols-tips	
12/18	Youth	Juul claims it doesn't market e-cigarettes to youth, but their launch parties and advertising say otherwise.	https://read.bi/2Ecm5rH	
12/19	Disparities	Big Tobacco has long preyed on American Indian traditions, twisting sacred use of tobacco to market deadly commercial products. #HealthInequities @TobaccofreeCA	https://bit.ly/2FZ6Zrm	
12/20	Youth	New decade, same tricks. Big Tobacco continues to target kids using branding and flavors like "Gummy Bear". Learn more about how Juul and other e-cigarette	https://bit.ly/2qtXXbu	

		companies are using old tricks to reach kids today.		
12/21	Environment	Think e-cigarettes are better for the environment? Think again. They contain plastics, electronics, heavy metals, and nicotine residue - and could have long-term environmental impacts.	https://reut.rs/2zcX0bl	
12/24	Cessation	<p>Can you guess one New Year's resolution that appears in the top ten list each year? Quitting tobacco.</p> <p>This resolution is one of the toughest--and the one with the most lasting benefit.</p> <p>Help is always available at www.quitnow.net or 1-800-QUIT-NOW. #MotivationMonday</p>	www.quitnow.net	
12/26	Environment	So many people appreciate Oregon for its environment—the fresh air, our bountiful farms, the places where we play and explore. What do the emerging environmental harms of e-cigarettes mean for our state's natural beauty?	https://bit.ly/2rjpcWb	

12/27	Disparities	<p>Big Tobacco has spent decades exploiting LGBTQ communities, pumping \$\$\$ into community and pride events. So it's not just a coincidence that LGBTQ communities have one of the highest rates of tobacco use. Learn more about the industry's deceptive practices and say, "no more."</p> <p>#HealthInequities</p>	https://bit.ly/2Lribv2	
12/28	Cessation	<p>We've heard so many amazing quit stories from our Smokefree Oregon community over the years. With 2019 around the corner, please share your story to help provide inspiration and support for others who are looking to take this journey. Thank you!</p>	www.quitnow.net	
12/31		<p>Happy New Year's Eve! If you're heading out to celebrate tonight, be safe—and celebrate the fact that Oregon restaurants and bars have been smoke-free since January 1, 2007!</p>	www.quitnow.net	