



Smoke Signals

Vol. 6/Aug 18, 2005

Remember the Date: Nov. 17, 2005

KFC & Pizza Hut Going Smokefree

People digging into buckets of chicken or munching slices of pizza soon won't be able to light up a cigarette at company-owned KFC and Pizza Hut restaurants.

Yum Brands, Inc., the parent of both chains, last Thursday announced its decision to snuff out smoking at the KFC and Pizza Hut restaurants it owns nationwide.

Louisville-based Yum said "No Smoking" signs will go up this week at the 1,200 KFC and 1,675 Pizza Hut restaurants across the country that are company-owned.

Franchise operators in the two chains will also be encouraged to join the initiative.



St. Luke's Walking Club Begins...

Wondering what to do on your smoking break now that you are a non-smoker?

Looking for a way to add more exercise to your schedule?

Need to relieve some stress?

Come join Arlene & Loretta for a walk around campus!

Monday - Friday
10 am - meet in the lobby
We will add a 2pm walk once the temperature drops!

NOTICE

Polk County EMS is going smokefree!
Smoking is prohibited in the building or on the grounds of Polk County EMS.

To clarify: There seems to have been some confusion regarding the smoking policy on the Gero-Psych Unit. The smoking policy applies to all employees of the hospital. Employees of Gero-Psych **WILL NOT** be allowed to smoke in the smoking room available to patients. The patients in this unit have very special needs and their smoking privileges will not be revoked.



The Cost of Smoking

According to the National Center for Tobacco-Free Kids, per-pack prices vary from about \$3.20 in Colorado and Kentucky to around \$6 in New York and New Jersey. The average is about \$4 per pack.

Using this number, a pack-a-day smoker burns through about \$30 per week, or approximately \$1,600 per year. That's a fat house payment or a nice vacation with the family. A 40-year-old who quits smoking and puts the savings into his 401(k) earning 9% a year would have an extra \$250,000 by age 70.

But only you know exactly how much you pay and how often. Plug your yearly tally into the [Savings Calculator](#) found at:

http://moneycentral.msn.com/Investor/calcs/n_savapp/main.asp

See what it'll cost you over the coming decades. It pays to quit!

FREE

FreshStart Smoking Cessation Classes for St. Luke's employees and volunteers

7 p.m. Tuesdays

Aug. 23, Aug. 30, Sept. 6 and Sept. 13

in the boardroom

call 894-2408 to register