



# PRAIRIE RIDGE

## PREVENTION SERVICES

*"CLEAN MIND; CLEAN BODY; CLEAN SPIRIT; DRUG FREE"*

## Newsletter

Vol. 9 Issue 6  
June 2014

### A Ban on E-Cigarettes: What does this mean?

By Penny McCaslin, Health Promotion Associate/Tobacco Program Coordinator

On May 23<sup>rd</sup> Governor Branstad signed into law a bill banning the sale of electronic cigarettes (e-cigs) and other emerging nicotine products to people under the age of 18 in Iowa. To the general public, this may sound like a good idea. The thought of keeping any kind of cigarettes out of the hands of youth is usually considered progress. Unfortunately, the law leaves a lot to be desired in the way of public health initiatives. It does not prohibit vending machine sales, eliminate free samples, allow for stronger local control, or classify the products as tobacco.

*Unfortunately the law leaves a lot to be desired in the way of public health initiatives. It does not prohibit vending machine sales, eliminate free samples, allow for stronger local control, or classify the products as tobacco.*

By not classifying these new products as tobacco, the law protects their manufacturer from tobacco tax while excluding them from the Smoke-Free Air Act (SFAA). This is a tobacco company's dream! But it is not so dreamy for Iowans because it undermines the protection of our workforce, youth and everyone else in public places who may potentially be exposed to e-cig and other "new product" emissions. Over 170 municipalities, including New York City, Chicago, and Los Angeles have all expedited efforts to include e-cigs in their smoke-free air laws. North Dakota, New Jersey, and Utah have statewide protection.

Individuals considering the use of e-cigs should remember these products have not been fully studied, so the potential risks are unknown. Preliminary studies show nicotine and other potentially harmful chemicals are being inhaled during use. Parents need to be concerned about the use of these devices. They can lead young people to try other tobacco products. Remember, nicotine is the addictive component that will likely result in further use of some kind. This could include conventional cigarettes or chewing products which are known to cause disease and lead to premature death. Keep your home and vehicles smoke-free by not allowing e-cigarette use indoors.

Businesses, municipal agencies, schools, and other organizations are encouraged to continue a smoke-free workplace by updating their tobacco use policies to include all nicotine products, except those regulated by the FDA as Nicotine Replacement Therapy (NRT). If you have any questions, contact your local health department.

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*Newsletter is funded  
through  
The Iowa Department of  
Public Health.*



## How could TIPS benefit me?

Did you know...if you are not checking I.D.'s and you fail a compliance check, it is a \$750 fine for the seller/server? If you are a seller or server; think before you sell alcohol.

### What is TIPS?

TIPS (Training for Intervention ProcedureS) is a program that provides education and training for the responsible service, sale, and consumption of alcohol. The TIPS responsible alcohol training and certification program is designed to prevent intoxication, underage drinking, and drunk driving by enhancing the fundamental "people skills" of servers, sellers and consumers of alcohol.

### Who can take the TIPS class?

Anyone who sells or serves alcohol can take a TIPS class. This includes, but is not limited to the following:

- bar or restaurant employee
- grocery store or convenience store employee
- volunteer at the local "celebration days" events for your town (i.e., beer garden volunteer)
- casino employee

### How long does the class take?

For the ON-PREMISE class (bars and restaurants) where people consume alcohol at the location, the class takes 5 hours.

For the OFF-PREMISE class (grocery stores and convenience stores) where people do not consume the alcohol at the location, the class is 3-3 ½ hours.

For the CONCESSIONS class (volunteer shift at your local summer festival or RAGBRAI beer garden), the class is 3-3 ½ hours.

#### Upcoming ON-PREMISE training in your area:

**United Methodist Church in Northwood, 6/23/14,  
9:00am-2:00pm**

1000 First Ave N, Northwood, IA 50459

**United Methodist Church in Northwood 6/23/14,  
1:00pm-6:00pm**

1000 First Ave N, Northwood, IA 50459

**Garner VFW, 6/30/14, 2:00pm-7:00pm**

315 Center St., Garner, IA 50438

**Lake Mills Youth Center, on 7/15/14, from 9:00am-2:00pm**

227 W Main St., Lake Mills. IA 50450

**Main Street Pizza in Lake Mills, on 7/20/14, from  
4:00pm-9:00pm**

210 W Main St., Lake Mills, IA 50450

**Garner VFW, 7/21/14, from 9:00am-2:00pm**

315 Center St., Garner, IA 50438

#### Upcoming OFF-PREMISE training in your area:

**Lake Mills Youth Center 6/18/14, 9:00am-12:00pm**

227 W Main St., Lake Mills. IA 50450

**Lake Mills Youth Center 6/18/14, 1:30pm-4:30pm**

227 W Main St., Lake Mills. IA 50450

**United Methodist Church in Northwood 6/23/14,  
9:00am-12:00pm**

1000 First Ave N, Northwood, IA 50459

**United Methodist Church in Northwood 6/23/14,  
3:00pm- 6:00pm**

1000 First Ave N, Northwood, IA 50459

**Britt Library 6/24/14, 1:00pm-4:00pm**

132 Main Ave S, Britt, IA 50423

**Library in Thompson 7/1/14, 9:00am-12:00pm**

142 Jackson St, Thompson, IA 50478

**Library in Thompson 7/1/14, 1:00pm-4:00pm**

142 Jackson St, Thompson, IA 50478

For more information, to sign up for a class or to inquire about a different date not listed, please contact Amy Schutte Ring at [aschuttering@prairieridge.net](mailto:aschuttering@prairieridge.net) or Meagen Wentz at [mwentz@prairieridge.net](mailto:mwentz@prairieridge.net) to ensure we have enough space and books. You can also reach us both at 641-424-2391.

### Upcoming Events

**July 12th, 2014 Youth Diversion Program at Prairie Ridge, Mason City.**

*The program will be from 8:00am-4:30 pm Saturday.*

**July 12th & 14th, 2014 Adolescent Prime for Life at Prairie Ridge, Mason City.**

*The program will be from 8:00am-4:30pm. Saturday. Monday 1:00pm-5:00 pm*

For more information, please contact the Prairie Ridge Mason City Office at 641-424-2391 or TOLL FREE at 1-866-429-2391.

### In the next issue...

What are safe summer festival practices?

