



Becoming tobacco-free!

A publication for top employers in Westmoreland County

Westmoreland Cooperative Extension

RR 12, Box 202E, Greensburg, PA 15601 www.westmorelandtobaacoffee.org 724-837-1402

YOUR BOTTOM LINE

Join the honor roll of Westmoreland County companies that have chosen to go totally smoke free. Your company can do it, too! We can provide free information on how to change your smoking policy and become a tobacco-free environment benefiting your employees, customers, and your bottom line! We can also arrange free onsite how-to-quit classes for your employees. Call 724-837-1402.

HEALTH ALERT!

A good reason not to start smoking or to quit before getting pregnant:

- Researchers found that “women who smoked were 50 percent more likely to have a child with mental retardation of unknown etiology (an IQ of 70 or less) than were nonsmoking women.”

Source: CDC; PEDIATRICS, April 1996

A good reason to smoke outside until you quit:

- Spouses of smokers are at increased risk of heart and lung diseases.
- Children of smokers are at increased risk of ear infections, asthma, bronchitis, and pneumonia. Centers for Disease Control & Prevention

May Is “Protect Our Children from Tobacco Smoke Pollution” month. This annual event is sponsored by the Westmoreland Tobacco Free Coalition to help smokers make the choice to smoke outside their homes until they decide to quit. We can help give that message to your employees by providing a free speaker who will come to your site to talk about asthma, one of the illnesses triggered by exposure to tobacco smoke. We can also give you information to distribute to employees in pay envelopes or by email.

Schedule your wellness program now. Many topics are available. Among adults, the medical costs of smoking represented approximately 8% of personal health-care expenditures. CDC, MMWR, Apr. 12, 2002 Reminding smokers that their families will have fewer health problems from tobacco smoke exposure is good for your bottom line.

HOW TO QUIT TIPS!

Smoking and using chew tobacco are both an addiction and a habit. As you get ready to quit, make using tobacco uncomfortable.

- **Never** keep tobacco within easy reach. Keep your tobacco out of reach such as in the trunk of your car or in a closet.
- Smoke only outside your car or home.

Westmoreland County Courthouse Now Smoke Free!



Westmoreland County Commissioners took a tough stance on tobacco early this year by declaring the Westmoreland County Courthouse a smoke free public building. Kelly Gibson and Rebekah Staples, (l-r) representatives of the BUSTED! Board of Youth Advisors, presented a certificate of appreciation to Commissioners (standing l-r) Tom Balya, Thomas Ceraso, and (seated) Terry Marolt at the monthly Commissioners meeting in January.

PA FREE Quitline: Doubles Smoker’s Success Rate for Quitting

Help is only a phone call away.

1-877-724-1090

The Quitline provides callers both support and referral to cessation classes in their area. As many tobacco users have discovered, when it comes to quitting, having support is easier than going it alone. A smoker is entitled to up to five personalized counseling phone calls based on

their need.

"We at least double someone's chances of successfully quitting, based on research the past three years," said Joanne Pike, spokesperson for the American Cancer Society, a partner with the Pennsylvania Department of Health in providing the Quitline. Source: Tobacco Free Allegheny "Tobacco Free Times"

Westmoreland County Smoke Free Restaurants

Apollo

Gail's Ladylocks - Rt. 66

Belle Vernon

McDonald's

Wendy's

Pizza Hut - 50 Sara Way

Crabtree

Crabtree Bakery & Pizza Shop - Rt. 119

Delmont

Mama P's - 47 Greensburg St.

McDonald's - Rt. 22

Premier Pizza - 195 Sheffield Dr.

Rudy's Subs - Ice Drive

Subway - 195 Sheffield Dr.

Touch of Country - 1 W. Pittsburgh St.

Derry

4th Street Pizza Shop - 415 East 4th Street

Barkley's Derry Queen - 1276 W. 4th Ave.

Donegal

Caligiuris Dairy Mart-Jones Mills, Rt. 31

Dairy Queen Brazier - Rt. 31

Greensburg

Arby's - 970 East Pittsburgh St.

Bain's Deli - 9 E Pittsburgh St.

Burger King - Rts 30 & 119

Caffé Barista - 7 W. Otterman

Caruso's Pizza - 110 E. Pittsburgh St.

D & R Cafeteria - 125 Thelbold St.

Domino's Pizza - 420 E. Pittsburgh St.

Earnest Gourmet - 646 S. Urania Ave.

Everyday Gourmet Bakery & Bistro - 601E. Pgh.St.

Falbo's Pizzeria - 1606 Broad St.

Gloria Jean's Gourmet Coffee - Westmoreland Mall

Icon's Classic Restaurant & Grill - Rt. 30 East

Larry & Carol's Pizza - 655 E. Pittsburgh St.

Long John Silver's - 954 E. Pittsburgh St.

Lucky House - 37 N. Main St.

Lynch Field Dairy Queen - Rt.119N

McDonald's - Rt. 30

Mister Bones - 640 N. Main St.

Nicky's Dairy Delight - Rt. 217

Old Country Buffet - Rt. 30

Peking Garden - Rt. 30

Pizza Hut East/West - Rt. 30

Pizza Siena - 418 E. Pittsburgh St.

Royal Palace - Rt. 119 S.

Villa Pizza - 970 E. Pittsburgh St.

Wendy's - Rt. 30

Westmoreland Mall Food Court

Harrison City

Subway - Penn Crossing

Janet's Restaurant

Ralph's Dairy Queen - Rt. 130

Jeannette

Rose Garden - 464 Lincoln Way

Pizza Shoppe - Dolly Ave.

Latrobe

Bruster's - Rt. 30

Burger King - Rt. 30

Domino's Pizza - 100 Depot St.

Long John Silver's - Rt. 30

Subway - Rt. 981

Wendy's - Rt. 30

Leechburg

Bonnie's Soft Serve

Dairy Queen

De Vita's Pizza Villa - 1001 Leechburg Hill

Papa John's Pizza - Hyde Park Rd.

Ligonier

Abigail's Coffeehouse - on the Diamond

Brick Oven Pizzeria - Rt. 711 N

Diamond Café - on the Diamond

First Wok - W. Main St.

Ivy's Café - E. Main St.

Ligonier Tavern - W. Main St.

Road Toad - Rt. 30 W

Subway - 104 W. Church St.

Lower Burrell

Clementine's Family Restaurant - Rt. 56

East of Chicago Pizza - 2505 Leechburg Rd.

Hot Shots Café - 2803 Leechburg Rd.

Porto Fino Pizza & Gyros - 2791 Leechburg Rd.

The Daily Grind - 2769 Leechburg Rd.

Monessen

Armando's Pizza - 301 E. Donner Ave

Pep's Pizza - Schoonmaker Ave.

Subway - Donner Ave.

Mt. Pleasant

All American Pizzeria - Main St.

Dino's Pizza - West Main Street

Doughboy's Pizza - 644 W. Main St.

Fox's Pizza

Long John Silver's - 819

McDonalds

PJ's Pizza & Subs - 7 E. Main St.
Subway - Main St.

Murrysville

China Tastes - 3920 Wm Penn Hwy

Dairy Queen - 3986 Wm Penn Hwy

Hunan Kitchen - 4554 Wm Pn Hwy

McDonald's - 3820 Wm Pn Hwy

Pasqualino's Italian Eatery - 4608 Wm Pn Hwy

Subway - 4516 Wm Penn Hwy

Natrona Heights

Beaches Pizza - 1705 Union Ave.

New Florence

C&T's Pizza - 2136 Ligonier St.

New Kensington

Donna Rosa's Pizza - 2

Lite Bite Delight - 2300 Felderelli Sq.

Norwin Area

Arby's

Burger King

Dairy Queen

Herminie Dairy Queen

Italian Village Pizza

McDonald's

Pizza Hut

Quizno's Subs

Subway

Wendy's

New Stanton

McDonald's - Hempfield Plaza

Rostraver

McDonald's - Rts 170 & 201

Wendy's - 790 Rostraver Rd.

Scottdale

Lido Café - 314 Porter Ave.

Stahlstown

Maggie's Mercantile - Rt. 711S

The Brass Duck - Rt. 130

Sutersville

Country Custard Cottage - Sutter Rillton Rd.

Vandergrift

Burger King - 100 Washington Ave.

Lofti Softi - 411 Jackson Ave.

Youngstown

Pic-Nic Basket - 320 Main St.

Youngwood

Bruno's Pizza, Subs, & Salads

Fox's Pizza Den

Nicky D's - 427 N. 3rd St.

Youkon

Mc Shoaf's - Highway St.

Smoke-free chains-all locations:
Baskin Robbins, Boston Markets, Bruegger's, Brusters, Dunkin' Donuts, Chuck-E-Cheese, HOSS's Steak and Seahouse, Panera's, Starbucks, Taco Bell.