



SMOKING & TOBACCO

Best Sellers

Available in Spanish
See Pg. 59

1. Do not linger after a meal; get up from the table actively and engage in a positive activity.
2. Keep a cigarette "in a box" with you at all times. Many people choose gum, candy sticks or candy.
3. The favored activities or situations that you associate with smoking learn or reassociate at time of abstinence.

Fire Protection District
EMERGENCY
Emergency Dial 9-1-1

#2122 Pocket Slider
Interactive slide chart
Available in Spanish

Smoking & Tobacco - Major health issues have been linked to smoking: heart disease, cancer and lung disease. Discover ways to help you quit smoking.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

STOP SMOKING

Quitting Tips & Cost Calculator

1. Smoking is bad for your health, reducing life expectancy by an average of 7 years.
2. To protect you (family) from secondhand smoke.
3. A smoker who smokes a "pack-a-day" habit spends approximately \$1,700 a year on cigarettes.
4. Because you can! Over 10 billion Americans have already quit.

SMOKE-FREE AMERICA
www.SmokeFreeUSA.org

#2037 Pocket Slider
Interactive slide chart

Stop Smoking - When you stop smoking you are saving your health...but saving money is an added bonus. Helpful tips on dealing with cravings, withdrawal and more.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

Cost of Smoking

1 pack	1.00	1.00	1.00	1.00
10 packs	10.00	10.00	10.00	10.00
100 packs	100.00	100.00	100.00	100.00
1 year (365 packs)	365.00	365.00	365.00	365.00

Reverse side

Quit Smoking Today!

1. Smoking kills - it is the leading cause of preventable death.
2. Smoking reduces life expectancy by an average of 7 years.
3. Smoking makes you sick, now and in the future. Smoking takes more work than non-smoking.
4. Tobacco smoke contains over 4,000 different carcinogens that are known to cause cancer.
5. 30% of all cases of lung cancer can be attributed to tobacco.
6. The more you smoke, the more likely you are to develop asthma than children or non-smokers.
7. And your loved ones - over 40,000 non-smokers die each year from exposure to secondhand smoke.
8. You will feel better, smoking causes fatigue.
9. You will look better, smoking causes premature aging.
10. Tobacco use stains your skin, teeth & breath with a yellowish tint.
11. Smoking stains - even your gut, your clothes, car, house, and everything else including your will itself!
12. Almost 400,000 people die a year from tobacco-related diseases.
13. You will save money.
14. Women who smoke during pregnancy have higher instances of complications, stillborn babies and low birthweight babies.
15. Even after quitting your risk of heart attack drops.
16. Your risk of heart disease is half that of a smoker.
17. You have more time to spend with your family.
18. You have more time to spend with your friends.
19. You have more time to spend with your children.
20. You have more time to spend with your pets.
21. You have more time to spend with your hobbies.
22. You have more time to spend with your life.

TOBACCO FREE
Madison County

Go out for your peed!
For help to quit smoking call
the NY's Smokers' Hotline
1-800-NY-QUIT

#6006 Bookmark/Post Up
Just peel and stick!

Quit Smoking - There are countless reasons why you should stop smoking. This reminder is an easy way to remember to kick the habit.

250	500	1,000	2,500	5,000
\$.51	.47	.44	.41	.38

Set Up: \$35(G). Product Size: 3-7/8" x 8-3/4".
Imprint: 2-1/2" x 1-3/8". Production: 10 days.
See imprint colors on page 62.

Be Smart, Don't Start! Say NO to Smoking

VOICE
Strong Families, Bright Futures
www.voiceinc.org

FREE
2nd Color Imprint

Mix & match
Multiples of 100 pieces per title

Be Smart, Don't Start! Say NO to Smoking

SOME SMOKER DRUGGED AND MIXED UP ALL THE WORDS

Can you unscramble the words?

1. ssmoer
2. gsmoch
3. otabarh
4. drgsmo
5. fo dsoh
6. mlgayng
7. sm
8. lapp

#CB1016 Coloring Book
16-pages with complete storyline

Say NO to Smoking - With a lighthearted approach, kids learn that smoking is one of the worst things you can do.

250	500	1,000	2,500	5,000
\$.62	.57	.54	.48	.46

Set Up: \$35(G). Product Size: 8" x 10-1/2".
Imprint: 5" x 1-1/2". Production: 10 days.
See imprint colors on page 62.

NEW

Drugs, Smoking & Alcohol aren't for Me!

Reverse side

#BM8024 Bookmark
Informative bookmark

Drugs, Smoking & Alcohol aren't for Me! - Great techniques to remind our kids to avoid drugs, alcohol and tobacco.

300	500	1,000	2,500	5,000
\$.47	.39	.36	.33	.30

Set Up: \$35(G). Product Size: 2-3/4" x 8".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

Drugs, Smoking & Alcohol aren't for Me!

MONROE COUNTY SUBSTANCE ABUSE COALITION
MonroeDrugFree.org
734-242-1331



BINGE DRINKING

1. Binge drinking is heavy drinking over at least a two day period where a person consumes the equivalent of 4 to 5 drinks in a row.

2. Drinking for when a man drinks 5 or more and women drink 4 or more alcoholic drinks per day.

3. Increases risky behavior.

4. May occur during holidays like Mardi Gras, Halloween or during college or sports teaming events.

100% DRUG FREE AND PROUD OF IT!

PULL

#2058 Pocket Slider
Interactive slide chart

Binge Drinking - Binge drinking is a growing concern. Discover the short and long term effects as well as new treatment options.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51 SC

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

Best Sellers

DRUG & ALCOHOL ABUSE

1. Educate yourself. The more informed you are, the easier it will be to choose these issues.

2. Keep it relaxed - Avoid the "No Fun to See" approach.

3. Be assertive and open-minded. The idea is to earn a challenge. Listen to what you're told here to say.

4. Ask questions.

Kessler Institute For Rehabilitation

PULL

#2107 Pocket Slider
Interactive slide chart

Drug & Alcohol Abuse - The road to recovery begins with one step in the right direction. Learn more about finding help to achieve your goal.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51 SC

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

DRINKING & DRIVING WITH ALCOHOL LEVEL CALCULATOR

1 Drink
2 Drinks
3 Drinks
4 Drinks
5 & 6 Drinks
7 & 8 Drinks
9 & 10 Drinks

Men	.04	.08	.12	.16	.20	.24	.28
Women	.03	.06	.09	.12	.15	.18	.21

0.08 = Legally drunk in all states. 0.05 = Legally drunk in some states.

100 Bz. 120 Bz. 140 Bz. 160 Bz. 180 Bz. 200 Bz. 220 Bz. 240 Bz.

Allstate
You're in good hands.
Shelley Nelson
(503) 786-0274
shelley@allstate.com

PULL

#2036 Pocket Slider
Interactive slide chart

Drinking & Driving - is a dangerous combination. Learn how many drinks you can consume and DWI laws.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51 SC

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

Blood Alcohol Levels (BAL)

The following table provides information on the legal limits for BAL in various states. BAL is measured in grams of alcohol per 100 milliliters of blood. BAL is also measured in percent of alcohol in the blood.

0.02 - 0.05: Legal limit for most states.

0.05 - 0.08: Legal limit for most states.

0.08 - 0.10: Legal limit for most states.

0.10 - 0.15: Legal limit for most states.

0.15 - 0.20: Legal limit for most states.

0.20 - 0.25: Legal limit for most states.

0.25 - 0.30: Legal limit for most states.

0.30 - 0.35: Legal limit for most states.

0.35 - 0.40: Legal limit for most states.

0.40 - 0.45: Legal limit for most states.

0.45 - 0.50: Legal limit for most states.

0.50 - 0.55: Legal limit for most states.

0.55 - 0.60: Legal limit for most states.

0.60 - 0.65: Legal limit for most states.

0.65 - 0.70: Legal limit for most states.

0.70 - 0.75: Legal limit for most states.

0.75 - 0.80: Legal limit for most states.

0.80 - 0.85: Legal limit for most states.

0.85 - 0.90: Legal limit for most states.

0.90 - 0.95: Legal limit for most states.

0.95 - 1.00: Legal limit for most states.

1.00 - 1.05: Legal limit for most states.

1.05 - 1.10: Legal limit for most states.

1.10 - 1.15: Legal limit for most states.

1.15 - 1.20: Legal limit for most states.

1.20 - 1.25: Legal limit for most states.

1.25 - 1.30: Legal limit for most states.

1.30 - 1.35: Legal limit for most states.

1.35 - 1.40: Legal limit for most states.

1.40 - 1.45: Legal limit for most states.

1.45 - 1.50: Legal limit for most states.

1.50 - 1.55: Legal limit for most states.

1.55 - 1.60: Legal limit for most states.

1.60 - 1.65: Legal limit for most states.

1.65 - 1.70: Legal limit for most states.

1.70 - 1.75: Legal limit for most states.

1.75 - 1.80: Legal limit for most states.

1.80 - 1.85: Legal limit for most states.

1.85 - 1.90: Legal limit for most states.

1.90 - 1.95: Legal limit for most states.

1.95 - 2.00: Legal limit for most states.

2.00 - 2.05: Legal limit for most states.

2.05 - 2.10: Legal limit for most states.

2.10 - 2.15: Legal limit for most states.

2.15 - 2.20: Legal limit for most states.

2.20 - 2.25: Legal limit for most states.

2.25 - 2.30: Legal limit for most states.

2.30 - 2.35: Legal limit for most states.

2.35 - 2.40: Legal limit for most states.

2.40 - 2.45: Legal limit for most states.

2.45 - 2.50: Legal limit for most states.

2.50 - 2.55: Legal limit for most states.

2.55 - 2.60: Legal limit for most states.

2.60 - 2.65: Legal limit for most states.

2.65 - 2.70: Legal limit for most states.

2.70 - 2.75: Legal limit for most states.

2.75 - 2.80: Legal limit for most states.

2.80 - 2.85: Legal limit for most states.

2.85 - 2.90: Legal limit for most states.

2.90 - 2.95: Legal limit for most states.

2.95 - 3.00: Legal limit for most states.

3.00 - 3.05: Legal limit for most states.

3.05 - 3.10: Legal limit for most states.

3.10 - 3.15: Legal limit for most states.

3.15 - 3.20: Legal limit for most states.

3.20 - 3.25: Legal limit for most states.

3.25 - 3.30: Legal limit for most states.

3.30 - 3.35: Legal limit for most states.

3.35 - 3.40: Legal limit for most states.

3.40 - 3.45: Legal limit for most states.

3.45 - 3.50: Legal limit for most states.

3.50 - 3.55: Legal limit for most states.

3.55 - 3.60: Legal limit for most states.

3.60 - 3.65: Legal limit for most states.

3.65 - 3.70: Legal limit for most states.

3.70 - 3.75: Legal limit for most states.

3.75 - 3.80: Legal limit for most states.

3.80 - 3.85: Legal limit for most states.

3.85 - 3.90: Legal limit for most states.

3.90 - 3.95: Legal limit for most states.

3.95 - 4.00: Legal limit for most states.

4.00 - 4.05: Legal limit for most states.

4.05 - 4.10: Legal limit for most states.

4.10 - 4.15: Legal limit for most states.

4.15 - 4.20: Legal limit for most states.

4.20 - 4.25: Legal limit for most states.

4.25 - 4.30: Legal limit for most states.

4.30 - 4.35: Legal limit for most states.

4.35 - 4.40: Legal limit for most states.

4.40 - 4.45: Legal limit for most states.

4.45 - 4.50: Legal limit for most states.

4.50 - 4.55: Legal limit for most states.

4.55 - 4.60: Legal limit for most states.

4.60 - 4.65: Legal limit for most states.

4.65 - 4.70: Legal limit for most states.

4.70 - 4.75: Legal limit for most states.

4.75 - 4.80: Legal limit for most states.

4.80 - 4.85: Legal limit for most states.

4.85 - 4.90: Legal limit for most states.

4.90 - 4.95: Legal limit for most states.

4.95 - 5.00: Legal limit for most states.

5.00 - 5.05: Legal limit for most states.

5.05 - 5.10: Legal limit for most states.

5.10 - 5.15: Legal limit for most states.

5.15 - 5.20: Legal limit for most states.

5.20 - 5.25: Legal limit for most states.

5.25 - 5.30: Legal limit for most states.

5.30 - 5.35: Legal limit for most states.

5.35 - 5.40: Legal limit for most states.

5.40 - 5.45: Legal limit for most states.

5.45 - 5.50: Legal limit for most states.

5.50 - 5.55: Legal limit for most states.

5.55 - 5.60: Legal limit for most states.

5.60 - 5.65: Legal limit for most states.

5.65 - 5.70: Legal limit for most states.

5.70 - 5.75: Legal limit for most states.

5.75 - 5.80: Legal limit for most states.

5.80 - 5.85: Legal limit for most states.

5.85 - 5.90: Legal limit for most states.

5.90 - 5.95: Legal limit for most states.

5.95 - 6.00: Legal limit for most states.

6.00 - 6.05: Legal limit for most states.

6.05 - 6.10: Legal limit for most states.

6.10 - 6.15: Legal limit for most states.

6.15 - 6.20: Legal limit for most states.

6.20 - 6.25: Legal limit for most states.

6.25 - 6.30: Legal limit for most states.

6.30 - 6.35: Legal limit for most states.

6.35 - 6.40: Legal limit for most states.

6.40 - 6.45: Legal limit for most states.

6.45 - 6.50: Legal limit for most states.

6.50 - 6.55: Legal limit for most states.

6.55 - 6.60: Legal limit for most states.

6.60 - 6.65: Legal limit for most states.

6.65 - 6.70: Legal limit for most states.

6.70 - 6.75: Legal limit for most states.

6.75 - 6.80: Legal limit for most states.

6.80 - 6.85: Legal limit for most states.

6.85 - 6.90: Legal limit for most states.

6.90 - 6.95: Legal limit for most states.

6.95 - 7.00: Legal limit for most states.

7.00 - 7.05: Legal limit for most states.

7.05 - 7.10: Legal limit for most states.

7.10 - 7.15: Legal limit for most states.

7.15 - 7.20: Legal limit for most states.

7.20 - 7.25: Legal limit for most states.

7.25 - 7.30: Legal limit for most states.

7.30 - 7.35: Legal limit for most states.

7.35 - 7.40: Legal limit for most states.

7.40 - 7.45: Legal limit for most states.

7.45 - 7.50: Legal limit for most states.

7.50 - 7.55: Legal limit for most states.

7.55 - 7.60: Legal limit for most states.

7.60 - 7.65: Legal limit for most states.

7.65 - 7.70: Legal limit for most states.

7.70 - 7.75: Legal limit for most states.

7.75 - 7.80: Legal limit for most states.

7.80 - 7.85: Legal limit for most states.

7.85 - 7.90: Legal limit for most states.

7.90 - 7.95: Legal limit for most states.

7.95 - 8.00: Legal limit for most states.

8.00 - 8.05: Legal limit for most states.

8.05 - 8.10: Legal limit for most states.

8.10 - 8.15: Legal limit for most states.

8.15 - 8.20: Legal limit for most states.

8.20 - 8.25: Legal limit for most states.

8.25 - 8.30: Legal limit for most states.

8.30 - 8.35: Legal limit for most states.

8.35 - 8.40: Legal limit for most states.

8.40 - 8.45: Legal limit for most states.

8.45 - 8.50: Legal limit for most states.

8.50 - 8.55: Legal limit for most states.

8.55 - 8.60: Legal limit for most states.

8.60 - 8.65: Legal limit for most states.

8.65 - 8.70: Legal limit for most states.

8.70 - 8.75: Legal limit for most states.

8.75 - 8.80: Legal limit for most states.

8.80 - 8.85: Legal limit for most states.

8.85 - 8.90: Legal limit for most states.

8.90 - 8.95: Legal limit for most states.

8.95 - 9.00: Legal limit for most states.

9.00 - 9.05: Legal limit for most states.

9.05 - 9.10: Legal limit for most states.

9.10 - 9.15: Legal limit for most states.

9.15 - 9.20: Legal limit for most states.

9.20 - 9.25: Legal limit for most states.

9.25 - 9.30: Legal limit for most states.

9.30 - 9.35: Legal limit for most states.

9.35 - 9.40: Legal limit for most states.

9.40 - 9.45: Legal limit for most states.

9.45 - 9.50: Legal limit for most states.

9.50 - 9.55: Legal limit for most states.

9.55 - 9.60: Legal limit for most states.

9.60 - 9.65: Legal limit for most states.

9.65 - 9.70: Legal limit for most states.

9.70 - 9.75: Legal limit for most states.

9.75 - 9.80: Legal limit for most states.

9.80 - 9.85: Legal limit for most states.

9.85 - 9.90: Legal limit for most states.

9.90 - 9.95: Legal limit for most states.

9.95 - 10.00: Legal limit for most states.

Reserve side

Available in Spanish

Smart Kids Say NO to Drugs!

FREE 2nd Color Imprint

Johnson County Sheriff's Dept.
Sheriff Mike Reaco
EMERGENCY 9-1-1
"Secure Your Future-Be Drug Free!"

#CB1007 Coloring Book
16-pages with complete storyline

NO to Drugs - Why would anyone be dumb enough to take drugs, drink alcohol or smoke, which messes absolutely everything up?

250	500	1,000	2,500	5,000
\$.62	.57	.54	.48	.46 SC

Set Up: \$35(G). Product Size: 8" x 10-1/2".
Imprint: 5" x 1-1/2". Production: 10 days. See page 62.

Drug Free is the Way for Me!

NEW

FREE 2nd Color Imprint

Ministry of Culture and Social Rehabilitation
Department for National Drug Control
481-282-3049

#CB1035 Coloring Book
16-pages with complete storyline

Drug Free is the Way for Me - Learn about how to stay away from the dangers of drugs and alcohol.

250	500	1,000	2,500	5,000
\$.62	.57	.54	.48	.46 SC

Set Up: \$35(G). Product Size: 8" x 10-1/2".
Imprint: 5" x 1-1/2". Production: 10 days. See page 62.

Say NO to Alcohol

NEW

FREE 2nd Color Imprint

UT THE UNIVERSITY OF TENNESSEE MEDICAL CENTER

#CB1040 Coloring Book
16-pages with complete storyline

Say NO to Alcohol - Join Ollie and friends as they learn about the dangerous effects of alcohol.

250	500	1,000	2,500	5,000
\$.62	.57	.54	.48	.46 SC

Set Up: \$35(G). Product Size: 8" x 10-1/2".
Imprint: 5" x 1-1/2". Production: 10 days.
See imprint colors on page 62.