

ALASKA LEGISLATURE COMMITTEE FILES 1991-1992 8672
7412 SENATE HEALTH EDUCATION & SOCIAL SERVICES

PUBLIC OPINION MESSAGE

DEAR: SENATOR MCHARD

NAME: TERESA D. STONE
TITLE: EHS COORDINATOR - KANA
ADDRESS: 402 CENTER ST.
CITY: KODIAK ZIP: 99615
PHONE: 436-5725
BILL NO: SD 154

SUBJECT: HEPATITIS B SHOTS FOR SERVICE PROVIDERS
MESSAGE: I WOULD LIKE TO ENCOURAGE YOUR SUPPORT FOR THIS BILL. THERE IS A GREAT NEED FOR THIS PROTECTION AMONG THE VOLUNTEERS AS WELL AS PAID EMPLOYEES. I HAVE WORKED AS AN EMS VOLUNTEER FOR SEVERAL YEARS. I AM CURRENTLY THE KODIAK ISLAND EMS COORDINATOR. THANK YOU FOR YOUR SUPPORT.

POMID: 09163257
DATE: 91/04/08
TIME: 16:32:57
LIONAME: KODIAK LIO

COPIES: REPRESENTATIVE SENATORS

DAVIDSON	ZHAROFF
	KEPTTULA
	CONROBT
	DUNCAN
	ADAMS
	UEHLING
	HOFFMAN
	SHULTZ
	STURGULENSKI
	FISCHER
	COTTEN

PUBLIC OPINION MESSAGE

DEAR: SENATOR MENARD

NAME: MEPRICK PEICE
TITLE:
ADDRESS: 175 BLUE FOX RUN
CITY: FAIRBANKS ZIP: 99712
PHONE: 457-2600
BILL NO: SB 194

SUBJECT: HEPATITIS B SHOTS FOR SERVICE PROVIDERS
MESSAGE: HEPATITIS B IS A DEADLY DISEASE THAT KILLS OVER 2000 HEALTH CARE WORKERS ANNUALLY. WORLDWIDE IT KILLS 2 MILLION PEOPLE ANNUALLY. BY COMPARISON HEPATITIS KILLS FAR MORE PEOPLE THAN THE WELL PUBLICIZED AIDS VIRUS. IN ALASKA EMS PERSONNEL ARE AT A RISK OF BEING EXPOSED TO, AND CONTRACTING HEPATITIS B. IT IS TIME THAT LEGISLATION SUCH AS SB 194 BECAME LAW. THANK YOU. EOM/CS

FOMID: 07124643
DATE: 01/04/02
TIME: 12:46:43
LIONAME: FAIRBANKS LIO

COPIES: SENATORS

ADAMS
COLLINS
COTTEI
DUNCAN
ELIASON
FAHRENKAMP
FISCHER
FRANK
HALFORD
HOFFMAN
JONES
KERTTULA
PEARCE
FOURCHOT
PODEY
SHULTZ
STURGOLEWSKI
UEHLING
ZHAROFF

T/C NO: 91-04-095
 DATE: APRIL 19, 1991
 SPONSOR: SENATE HESS
 SUBJECT: SB 194, MULTIPLE BILLS
 MODERATOR: DONNA GRENIER
 SITE: VALDEZ

PARTICIPANT LIST#1

FINAL STATS

 TESTIFIED

NAME/REPRESENTING	ADDRESS	PHONE	BILL NO.
1. CHARLES LUNDFELT FIRE CHIEF	MAY WISH TO TESTIFY LATER		SB194

 OBSERVED

NAME/REPRESENTING	ADDRESS	PHONE	BILL NO.
1.			

TESTIFIED:
 UNABLE:
 OBSERVED:
 TOTAL:

START TIME:

END TIME:

S B

195



Official Business

Alaska State Legislature

Senate

SENATOR VIRGINIA COLLINS

Pouch V
State Capitol
Juneau, Alaska 99811

MEMORANDUM

TO: Senator Arliss Sturgulewski, Chair
Senate Health, Education & Social Services Committee

FROM: Senator Virginia Collins *VC*

DATE: March 18, 1991

RE: Senate Bill 195, "An Act creating the Alaska School
Counseling Program Grant Fund."

I respectfully request that at your earliest convenience you schedule the above-referenced bill for a hearing.

This bill would create a \$1 million school counseling program grant fund to provide assistance to school districts to implement and expand the model Alaska School Counseling Program for public school students in grades K through 12. The program was recommended by the Governor's Interim Commission on Children and Youth.

30 states are adopting this counseling program model. Pilot projects have been on-going for two years in Alaska and the pilot program has expanded from 12 to 34 sites. Funding has been minimal for these projects.

The \$1 million fund would be used primarily for training costs and for updating counseling materials since many counselors in Alaska have very outdated materials. The special training is the key to this program.

If you have any questions, please call Marveen at 465-2828.



Official Business

Alaska State Legislature

Senate

SENATOR VIRGINIA COLLINS

Pouch V
State Capitol
Juneau, Alaska 99811

SPONSOR STATEMENT

Senate Bill 195

Senate Bill 195, "An Act creating the Alaska school counseling program grant fund."

This bill creates a school counseling program grant fund for public school students in grades K through 12. Grants would be given to school districts to implement and expand the model Alaska School Counseling Program developed in 1988 under the sponsorship of the Department of Education. The funding would consist of legislative appropriations and public or private donations made to the fund.

Pilot projects have been ongoing for two years in Alaska and the pilot program has expanded from 12 to 34 sites. Feedback from teachers indicates improved student performance and classroom behavior. The Alaska program was developed by a professional task force and the success of the pilot projects has been the result of positive administrative support within the participating districts.

The program is comprehensive, curriculum-based, and is designed to assist individuals with total development on a K-12 basis. It is preventive, rather than remedial in nature. The purpose of the program is to focus and revitalize school counseling in Alaska to be more responsive to the challenges which children, young people, and parents face today and into the future. Individual acquisition of knowledge and skills has been and will continue to be a major goal of public education. In addition, parallel efforts to assist students to grow socially and emotionally as well as intellectually and physically are essential.

Support for this concept has come from the Governor's Interim Commission on Children and Youth, the Alaska School Counselor's Association, the Alaska Association of Elementary School Principals, the Alaska Association of Secondary School Principals, the Alaska Association of School Administrators, the Alaska State Vocational Association, the Lake and Peninsula School District, the National Education Association, and NEA-Alaska. Thirty states are currently involved in adopting the program.

I would appreciate your support of Senate Bill 195.



EVERY DAY 2,989 AMERICAN CHILDREN SEE THEIR PARENTS DIVORCED.

EVERY 26 SECONDS, A CHILD RUNS AWAY FROM HOME.

EVERY 47 SECONDS, A CHILD IS ABUSED OR NEGLECTED.

EVERY 8 SECONDS OF THE SCHOOL DAY, A CHILD DROPS OUT.

EVERY DAY, SIX TEENAGERS COMMIT SUICIDE.

(Source: Children's Defense Fund, 1990)

A SCHOOL COUNSELING PROGRAM

DEFINITION

The Alaska program definition for School Counseling is:

School counseling is an integral part of the total educational program. It is developmental by design and includes sequential activities organized and implemented by certified school counselors with the support of teachers, administrators, students and parents. A school counseling program shall include:

1. Counseling Curriculum
2. Individual Student Planning
3. Responsive Services
4. System Support

The program addresses the needs of all students by helping them to:

- * Acquire knowledge of self and relating effectively to others.
- * Develop competencies in career/vocational planning and exploration.
- * Achieve educational success.



Alaska State Legislature

SENATE

SENATOR VIRGINIA COLLINS

Official Business

P.O. Box V
State Capitol
Juneau, Alaska 99811

Dear Senator,

Senate Bill 195, "An Act creating the Alaska school counseling program grant fund," is before you today.

In a recent survey of 5000 Alaskan students, the following statistics were released:

- * One out of six youths report they have attempted suicide.
- * 25% of all females respondents and 8% of all male respondents reported sexual abuse.
- * 75% of females and 67% of males reported being sexually active by their senior year.
- * Over 20% of Alaska's teenage girls have been pregnant and more than 1 in 4 have been pregnant multiple times.
- * Nearly half of 10-12th grade males and one third of the females report drinking and driving.
- * Nearly 40% of all youth have been involved in violent behaviors.

Alaskan youth are faced with choices and problems no group earlier has ever had to confront.

Senate Bill 195 creates a school counseling program grant fund for public school students in grades K through 12. The program is comprehensive, curriculum-based, and is designed to assist individuals with total development on a K-12 basis. It is preventive, rather than remedial in nature.

Grants would be given to school districts to implement and expand the model Alaska School Counseling Program developed in 1988 under the sponsorship of the Department of Education. The funding would consist of legislative appropriations and public or private donations made to the fund.

This concept has received support from the Governor's Interim Commission on Children and Youth, the Alaska School Counselor's Association, the Alaska Association of Elementary School Principals, the Alaska Association of Secondary School Principals, the Alaska Association of School Administrators, the Alaska State Vocational Association, the National Education Association, and NEA-Alaska. Thirty states are currently involved in adopting the program.

I would appreciate your support of Senate Bill 195.

Sincerely,

Senator Virginia Collins



NEA-ALASKA

AFFILIATED WITH THE NATIONAL EDUCATION ASSOCIATION

ANCHORAGE REGIONAL OFFICE

1411 W 33RD AVENUE
ANCHORAGE, ALASKA 99503
(907) 274-0536
FAX: (907) 274-0551

JUNEAU OFFICE

105 MUNICIPAL WAY SUITE 302
JUNEAU, ALASKA 99801
(907) 586-3090
FAX: (907) 586-2744

FAIRBANKS REGIONAL OFFICE

2118 CUSHMAN STREET
FAIRBANKS, ALASKA 99701
(907) 456-4435
FAX: (907) 456-2159

Alaska School Counseling Program Grant

RE: SB 195

NEA-Alaska believes that the shortage of school counselors in Alaska public schools is perhaps the greatest weakness in our schools. The problem is especially acute in the primary through eighth grades but is certainly serious in all of our schools.

We believe the number of counselors should be no less than one for every 250 elementary students, or major fraction thereof, or every 175 students of combined grades K-12 or major fraction thereof. In every case there should be at least one certificated school counselor in every school.

It is important that our school counselors have training in drug and alcohol abuse, suicide prevention, crisis intervention and related mental health areas--as well as other guidance skills required by their duties.

The Department of Education should have the financial and technical support needed to implement and expand the model school counseling program developed and piloted by the Department as a result of recommendations of the Governor's Interim Commission on Children and Youth.

It is good public policy to provide funding for the department for grants to school districts to implement counseling programs--including personnel and materials. Each school district should be encouraged to apply for the grants.

NEA-Alaska believes such grants are only a stop-gap measure and should not be construed as meeting the state obligation to provide adequate counseling services for the schools. A far better social and educational policy would be to provide additional funding on a yearly basis to each school district for counselors on a formula as stated above. Such funding should be in addition to the current foundation allotment.

We believe improved counseling services in our Alaska Public schools will greatly enhance the learning of our students and help our children better work through many of the social and educational problems maturing youngsters face in our rapidly changing environment.

LE114/Counseling/dl



**ALASKA
SCHOOL
COUNSELOR
ASSOCIATION**

April 1, 1991

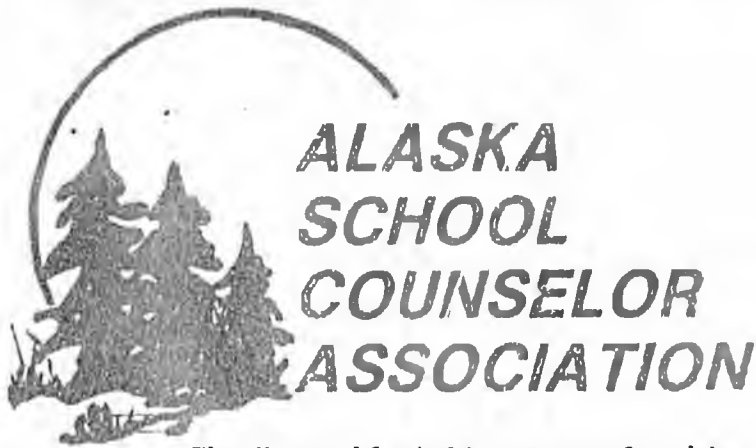
Dear Senator Sturgulewski:

I am an elementary counselor at Denali Elementary School in Anchorage and I am also a member of the Executive Board of the Alaska School Counselor Association. I am writing to ask for your support of Senate Bill 195- the act creating the Alaska School Counseling Program Grant Fund. The elementary counselors in Anchorage have been an active part of the Alaska Program Pilot Guide which Ursula Major has been doing for the past two years, and I feel that a K-12 counseling program is vital for every child in our state.

Thank you very much for your consideration in this important matter.

Sincerely,
LaRue Davenport

P.S. You have an open invitation to visit our school at any time.



Rod Poole, Gov't Relations Chair
Alaska School Counselor Association
c/o Sitka High School
1000 Lake Street Extension
Sitka, AK 99835
January 7, 1991

The Honorable Arliss Sturgulewski
P. O. Box V-Legislature
Juneau, Alaska 99811

Dear Senator Sturgulewski:

As Government Relations Chair for the Alaska School Counselor Association, I am pleased to write to you with an update from our organization. Enclosed you will find a legislative proposal which is reasonable and positive, an effort to make school counseling more available to more of Alaska's children and teens.

Since I have been sending legislative packets for five years now from ASCA, you are already aware that our state is involved in a counseling pilot project program. If you are new to the legislature, this information may not be familiar to you. From the time that the state Board of Education adopted the Alaska School Counseling Program Guide as the official state model on May 2, 1989, interest has grown rapidly. The model guide is now being piloted in about two dozen schools around the state. A copy of the Alaska School Counseling Program brochure is also enclosed for you and your staff to review. You will find this informative.

You will also want to know that ASCA has engaged the services of Ms. Wanda Cooksey as our professional representative in Juneau during the 1991 legislative session. With her educational experience and legislative staff experience, she is uniquely qualified to speak to school counseling concerns.

No doubt you are aware that the Governor's Interim Commission called for initiating, expanding, and funding school counseling programs K-12 for Alaska. ASCA Executive Board and membership, Alaska State Vocational Association Executive Board and membership, Elementary and Secondary Principals and Superintendents have all gone on the record calling for K-12 school counseling programs in Alaska. NOW is the time to take concrete steps in that direction. We hope you will give serious consideration to our legislative proposal for the sake of Alaska's next generations.

Sincerely,

Rod Poole, Counselor, Sitka High School

cc: Cindy Folsom, ASCA President
Alecia Lybrand, ASCA President-Elect
Robbi Nadeau, ASCA Past President
Wanda Cooksey, ASCA Professional Representative in Juneau

PUBLIC OPINION MESSAGE

DEAR: SENATOR STURGULEWSKI

NAME: ROD POOLE
TITLE: COUNSELOR SITKA HIGH SCHOOL
ADDRESS: P.O. BOX 2266
CITY: SITKA ZIP: 99835
PHONE: 747-6384

BILL NO: SB 195

SUBJECT: COUNSELING SERVICES GRANT FUND

MESSAGE: I AM ASKING YOU TO VOTE FOR SB 195, THE COUNSELING GRANT BILL, AT THE SENATE HESS HEARING ON APRIL 5TH AT 8 A.M.. THIS BILL WILL ENCOURAGE GREATER USE OF THE EXCELLENT K-12 ALASKA SCHOOL COUNSELING PLAN. THANK YOU FOR YOUR CONSIDERATION.

POMID: 12134958
DATE: 91/04/02
TIME: 13:49:58
LIOMAME: SITKA LIO

COPIES: SENATORS

COTTEN
FISCHER
HOFFMAN
HENARD

3-30-91

Dear Senator Sturgulewski:

I am writing to urge your support for S. B. 195 at the hearing on 4-5-91. This bill would encourage wider use of the model K-12 school counseling plan which was developed two years ago by Alaskan school counselors and administrators and unanimously approved by the Alaska Board of Education on May 21 1989.

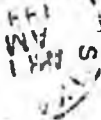
Senator, I work as a counselor at Sitka High School. We are one of the pilot sites currently utilizing the model plan. Using this program, we have made some improvements in our school counseling at SHS. You will be interested to know that Ursula Major Elementary School in Anchorage is in the second year of using the K-12 model. Over thirty schools around the state are involved in the project.

99835

Sitka, AK

P.O. Box 206

Rod Poole



Mr. Rod Poole

Our children and teens
deserve quality school counseling
programs as well as better access
to school counseling. Voting for
S.B. 195 will be a big boost for
counseling all over Alaska. Thank
you for your support.

Sincerely,
Rod Poole,
Gov't Relations Chair,
Alaska School Counselor
Association

WHY NOT HERE?

by Rod Poole, Government Relations Chair

Alaska School Counselor Association
December 3, 1990

There is a very strong legislative movement nationally towards providing funding for K-12 counseling programs in school districts across the nation. Congress is currently considering funding an Elementary School Counseling Demonstration Act to encourage hiring of additional school counselors around the nation in accordance with good standards of professional school counseling procedures.

In Alaska, the Governor's Interim Commission called for the hiring of more school counselors around the state. The Elementary/Secondary Principals, Superintendents, Alaska State Vocational Association and Executive Board, and Alaska School Counselor Association and Executive Board have all called for K-12 school counseling programs statewide.

We have a terrific school counseling pilot program going currently around the state in an ever-growing number of sites. Currently a small amount of money is channeled to some of the pilot sites through the Office of Adult and Vocational Education to provide training for site counselors and principals to gear up to put the model plan into use in as many schools as possible. This model plan was developed by a task force of counselors and administrators in 1988 and 1989. After the model was approved unanimously by the State Board of Education on May 2, 1989, as the official state counseling model, the pilot project got underway full-steam.

I propose that the state legislature in Alaska set aside a specific amount of money, \$ 1,000,000, through the Department of Education budget, either within the regular DOE budget or as a separate incentive grant to be offered to districts which either want to 1) hire more school counselors or 2) want to pay to provide pilot program training for their current counselors and principals. If the grant were to be awarded to hire a new counselor, then it could be issued in the amount of perhaps \$ 40,000.00 or \$ 50,000.00 per site to help defray the cost of hiring the new staff person. Local districts would have to pay the rest, whether salary or benefits, retirement contribution, or whatever the local contract required. Districts that participate in the grant application process would have to agree to structure their programs in accordance with the official model program.

Recent Events in the K-12 Counseling Movement in Alaska
by Rod Poole, ASCA Government Relations Chairperson, 1-7-91

February of 1987, 1988, 1989, 1990--Proclamation of School Counseling Week in Alaska, to coincide with national week.

Jan., 1988--Governor's Interim Commission on Children and Youth calls for state "to initiate and expand school counseling programs in grades K-12, especially at the elementary level."

Feb., 1988--Office of Adult and Vocational Education funds development of K-12 counseling model for Alaska. Task Force is selected, starts work in Juneau, second meeting in October, 1988.

October, 1988--Alaska School Counselor Association meeting in Anchorage unanimously adopts resolution for Alaska to establish and fund K-12 counseling programs statewide. Same resolution is adopted by Elementary/Secondary Principals and Alaska State Vocational Association in Oct., by Superintendents in November.

February, 1989--final meeting of Task Force group, completion of comprehensive K-12 Alaska School Counseling Program Guide.

May 2, 1989--Alaska State Board of Education unanimously adopts National School Boards Association resolution calling on local school boards to support comprehensive guidance and counseling programs K-12. The Board also unanimously adopts and accepts the Alaska School Counseling Program Guide as the official model for Alaska and encourages its use in Alaska schools.

May, 1989--Legislature funds a full-time statewide counseling coordinator position for the first time since the mid-70's.

September, 1989--selection of 7 official pilot sites for the implementation of the Alaska School Counseling Program Guide.

October, 1989--formal training for all pilot sites in Soldotna with about one dozen schools actually represented.

March, 1990--Dr. Christine Jensen begins work as full-time counseling coordinator for Alaska.

September, 1990--pilot project training in Juneau and Mat-Su for new groups of pilot schools.

October, 1990--training for second year pilot sites in Anchorage. ASCA membership unanimously approves proposal for legislature to set up state grants to get districts to hire school counselors and put state model into practice in more pilot sites.

November, 1990--ASCA Executive Board contracts with Wanda Cooksey to be the ASCA professional representative to 1991 legislature.

January, 1991--ASCA legislative proposal to all 60 legislators.

April 2, 1991

Senator Arliss Sturgulewski
P.O. Box V
Juneau, Alaska 99811

Dear Senator Sturgulewski,

I am writing to you in support of Senate Bill 195 "an act creating the Alaska school counseling program grant fund" to be heard by the Hess committee this Friday.

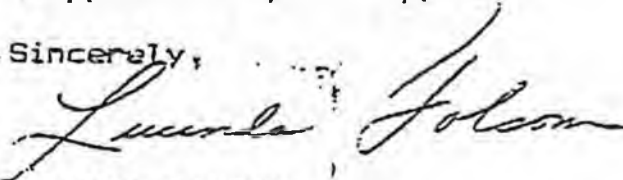
As President of the Alaska School Counselor Association, I have had the opportunity to meet with educational professionals from all over the state. Again and again I have heard people express concern over the lack of adequate counseling services in many parts of Alaska. Often, in rural areas, one counselor may have to serve six or seven schools on a rotating basis. It is hard to implement and continue a viable counseling curriculum without sufficient personnel and/or resources.

In 1989 the Alaska School Counseling Pilot Program was initiated through Carl Perkins grants. I was fortunate to be working at one of the original pilot sites, North Pole High School. This program has a set scope and sequence as part of a developed counseling curriculum. As a result of participating in this school counseling program, students will acquire and apply knowledge of self and others, develop competencies in careers/life planning, and achieve educational success. In addition to reaching more students, the Program provides for parent input, administrator evaluation and accountability. In order to bring more schools on line with this Program, there must be funding available to make the transition.

As counselors, we are key components in schools to help students become contributing members of society and to be employable! Our students need the best counseling programs we can give them - they are our future. More funding is needed to provide these services to ALL Alaskan students. I feel Senate Bill 195 will help us tremendously in achieving these goals.

I appreciate your support.

Sincerely,


LUCINDA FOLSOM
ASCA - PRESIDENT



ALASKA
SCHOOL
COUNSELOR
ASSOCIATION

April 2, 1991

Senator Arliss Sturgulewski
Alaska State Senate
P.O. Box V
Juneau, Ak. 99811

Dear Senator Sturgulewski:

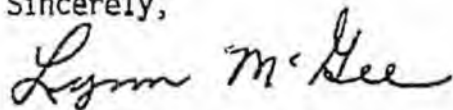
I wish to urge the support of Senate Bill 195, "an act creating the Alaska School Counseling Program Grant fund." I am currently serving as the project director for a pilot project utilizing this new Alaska School Counseling Program, and I have already seen the benefits to students involved in this developmental type of counseling. To be brief, the Program gives a structured approach to school counseling, making better use of counselors' time, reaching more students in group and classroom situations, and in general, creating a preventive mode of counseling instead of merely a reactive approach.

This type of school counseling program, curriculum based, is nationally acclaimed, with many states utilizing it statewide, and seeing the same positive results that our pilot project schools in Alaska have seen. In addition to reaching more students with counseling curriculum, the Program provides for parent input, administrator evaluation, and accountability. However, in order to bring more schools on line with this Program, there must be some funding available to make the transition. Each school will have different needs, but first and foremost, the counselors and administrators need to attend training sessions, which will necessitate travel funds, and there will be a need for grant money for purchase of curriculum items, and other expenses as the individual schools evaluate their needs.

As a former President of the Alaska School Counselors Association, I have seen the wide diversity of school counseling programs in this state, and the difficulty involved in making counseling available to all students across the state. I admire those counselors who persevere in providing services in the midst of very challenging situations. I feel our students need the very best school counseling programs we can give them, and I feel this Senate bill will bring more schools on line to utilize the new Program.

I appreciate your support.

Sincerely,



Lynn McGee, Counselor
North Pole High School

MEMO

March 29, 1991

TO: Senator Arlis Sturgelewski.

FROM: LeeAnn Crumbley, Ed. D. *LAC*
Principal, Nunaka Valley School
Anchorage, Ak.

SUBJECT: Senate Bill 195

I urge your support for SB 195, Alaska School Counseling Program. As you no doubt are aware, Anchorage School District began an elementary school counseling program two years ago by placing counselors in nine high-need elementary schools. The plan was to add to the number each year until all district elementary schools had counselors. Funding problems and budget cuts, as well as changes in the school board, have prevented the expansion of the program beyond the initial nine schools. The need is district-wide!

You deal daily with the problems people in our changed society are facing -- and those people send their children to us in the school systems. We see increasing numbers of children trying to cope with increasingly complex pressures. The new buzz word to describe these students is children "at-risk." That is exactly what they are. You know all of the reasons. They include single parent or blended families, poverty or near-poverty, substance abuse in the home, no roots or extended families, stresses felt by racial or cultural minorities, transiency, various types of abuse of children. The list goes on. Add to that the growing number of ADD (Attention Deficit Disorder) students, Fetal Alcohol Syndrome and Fetal Alcohol Effect students, and crack babies and the composite picture of an elementary school changes dramatically from even 10 years ago.

My staff and I deal with these children daily. We don't sit on our hands waiting for the day when we will be a school with a counselor. We've put programs in place to attempt to meet the demanding needs of these students, without neglecting other students or allowing the at-risk youngsters to completely disrupt the educational process. Frustration at failing to adequately meet the needs of the at-risk students and frustration at the time we spend on the seemingly futile task are feelings we deal with daily.

Many parents are just as frustrated and lack the means to get private help. Some simply don't recognize or admit the problems. School counselors, who are also certified teachers, are proving to be worth "their weight in gold" at the schools fortunate to have been in the first wave. Again, I urge your support for SB 195 and then for SE 196 to provide a funding source for counselors for schools.

I am sending the same letter to five of you because I don't have the time to write five different letters. I'm involved in an inservice designed to help teachers provide the kind of classroom environment and management that enhances positive self-concept in students.

Thank you.

Gloria H. Thorson, M. Ed.
4611 Shelikof
Anchorage, AK 99507
(907) 562-1745

Honorable Arliss Sturgulewski,
Senator
State of Alaska
Box V
JUNEAU, AK 99811

April 2, 1991

Dear Senator Sturgulewski:

The purpose of this letter is to urge your support for S.B. 195. This is significant and important legislation. Elementary Counseling is quite vital to the educational process. Especially, with the many youth in our Elementary schools today who have low self esteem.

Counseling is providing the bridge between the school and the community. It has been my experience these past 12 years that the Counselor is an integral part of the educational staff. The Counselor is the one who the youth can confide in and seek assistance. The Counselor is the one who is also the individual who has direct contact with the parents. This contact helps bring the parents into the school in a non-threatening manner and environment.

This ability of the Counselors, helps to increase parent awareness. This in turn fosters parental support. We all know how vital parental support is, not only for the child, also for the educational community. In short -- **Counseling WORKS !!!!**

Sincerely,

Gloria H. Thorson

Box 2653
Sitka, AK. 99835

April 1, 1991

Senator Sturgulewski -

I'm writing to ask your support of Senate Bill 195. As a counselor in Alaska for 9 years I can say that without counselors "in the trenches" in the schools we will never obtain strong prevention programs that see results.

I read continually about the governor's task force or other political organizations recommending long-term programs for school age children. The reality is that few districts have been able to afford K-12 Counseling. As a middle school counselor I realize that children have already formed patterns and attitudes by the time they are in 6th grade. My job becomes reactionary because of the lack of programs that are not in the primary grades. Counselors are professionals who can see to it that comprehensive drug abuse prevention is in place.

Your support of this Bill would be an investment into the future for all Alaskans. Sincerely, Nancy Marger-Groverstein

Apr 2, 1991

Dear Mr. Hurgulewski,

I am a student at UAA
finishing my Master's Degree
in Counselor & Guidance. I am
delighted to hear about Senate
Bill # 195 to create a grant
fund for the Alaska School
Counseling Program. I look forward
to seeing more counseling available
for today's youth! Thank-you
so much for your support
in this necessary cause.

Sincerely,
Shelley W. Berry
Anchorage, AK

David & Shelley Berry
3051 Rosalind Loop
Anchorage, Alaska
99507

Dear Aulis Shuglewski, April 4

I am writing to you to ask for your support of Senate Bill 195, introduced by Virginia Collins, creating a grant fund for the Alaska School Counseling Program.

As a teacher and counselor in Alaskan schools for 12 years, I have become acutely aware of the need to provide early guidance education to prevent subsequent problems resulting from poor self-esteem and the consequences of growing up in an alcoholic and dysfunctional home.

I appreciate your efforts to provide real meaning to the often heard adage "Alaska's children are our future."

Please urge full Senate support for SB 195.

(no address listed)

Respectfully,
Susan Haines

4/9/91
Anchorage
#FK 28517

Dear Senator Stungenberg, I
am an elementary school
teacher for ASD at Uta
Mayer Elem. on Fort Richardson.

There is my first year as
an elementary teacher after
having worked for several years
with grade level paraprofessionals,
nurses, and pregnant
adolescents. My experience with
adolescents has led to my
conviction that we must
start earlier with children.
Prevention and early intervention
is a must.

I am asking that you please
support the Senate Bill 195
The issues with children are
burdens to school appear to
impede the learning process
at every level.

I will be attending a
meeting in June on the 12th of April
Should there be any chance

to meet with you I
would welcome the chance
to elaborate on this issue.

Again I urge your
support for this bill.

Sincerely,
Kathy Ontig
2506 W 27th #3
Anchorage AK
99517

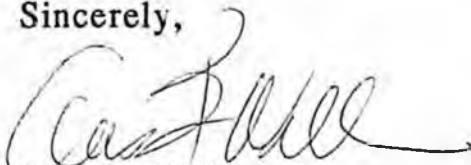
April 4, 1991

To: Arliss Sturgulewski
Paul Fischer
Sam Cotton
Lyman Hoffman
Kurt Menard

This letter is to offer my support in reference to Senate Bill 195. I encourage and rally your support of the Alaska Counseling Program Grant Fund throughout the state of Alaska. As a parent of four children in the Anchorage School District and an employee for the same, and also a student in the Guidance and Counseling Program at the University of Alaska, Anchorage campus. I am quite acquainted with the need for funding to provide for counseling services throughout Alaska. With the necessary funding, and services provided, our concentration or goal can truly be prevention and not so much emphasis on cure.

Again, I encourage your support to make this a reality in our children's lifetime.

Sincerely,



Avis B. Williams

3204 Doil Drive
ANCHORAGE, AK
99507

April 4, 1991

Dear Arliss Sturgelowski,

I am excited about Bill 195.

Counseling in our schools is a growing need particularly in the elementary schools. Only 9 elementary schools receive counseling services in Anchorage and every school without counselors has asked for these services.

Bill 195 will help provide counselors.

I urge your support of Bill 195.

Sincerely,

Lynn C Berkow

LYNN & JAY BERKOW
3400 KOROVIN BAY CIRCLE
ANCHORAGE, AK 99515
U.S.A.

April 2, 1991

Dear Senator Sturgulewski,

I go to Gladys Wood Elementary School and I'm concerned about some of the kids going to my school.

Many of us have big emotional problems and need help. We need someone to talk to and someone to help us work out our problems. We need a school counselor.

We already have someone who comes in one day a week. That's not enough. We need someone to come in and be there for us any time we need them.

I think a school counselor would have helped a friend of mine a few years ago.

When I was in the third grade (I'm in sixth grade now) I had a split class. There was a fourth grader in my class, I can't tell you his name. One day after lunch he ran away from school. The principal had to call the police to find him. Well he had had some very bad family problems. I think that if given a choice, he would have gone to

see a counsellor, rather than
running away.

There are quite a few kids
in my class this year that need
some help now.

One boy in my class breaks
into tears and runs to hide
in the bathroom everytime you
raise your voice at him.

A few kids in my class are
not easy to get along with and
have no friends. I think that
if they had a counsellor to
talk with and make friends with,
they would have an easier
time being with people.

All I'm asking is that you
hire a few more people, put them
through training, and give them
to different schools.

After all, the future relies
on the children of today.

Yours Truly,
Christie J. Watson

P.S. The reason I can't tell
you the boy's name is I don't
think he would want anyone
else to know.

NIKISKI JR/SR HIGH SCHOOL

"Home of the Bulldogs"

Pouch 12000 - Nikiski, Alaska 99635

Phone: (907)776-3456

Clifford D. Koivisto, Principal
Donald P. Giaze, Assistant Principal

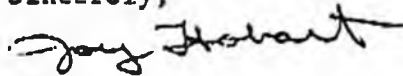
Carol Tauriainen-Ernst, Counselor
Joy Hobart, Counselor

Dear Senator Sturgelewski,

SB 195 is essential in maintaining the effectiveness of educational counseling in Alaska through the Alaska School Counseling Program. I urge you to pass out of committee SB 195.

Thank you for your consideration in this important matter.

Sincerely,



Joy Hobart

Post-It™ brand fax transmittal memo 7671		# of pages > 1
To Sturgelewski	From Hobart	
Co. Senate	Co. Nikiski High	
Dept.	Phone 776-3456	
Fax # 465-3810	Fax # 776-3486	



Soldotna High School

425 W. Marydale Ave.
Soldotna, AK 99669
(907) 262-7411
FAX (907) 262-4288

Ken Meacham
Principal
Mark Norgren
Assistant Principal
David McCard
Athletic/Activities

Kenai Peninsula Borough School District

April 3, 1991

To: Senator Sturgelewski, *Chair*

From: Dennis Dunn, Counselor

Subject: Senate Bill 195

I am writing to urge you to pass out of your committee Senate Bill 195, an act creating the Alaska School Counseling Program Grant Fund. Our district has been involved with the Alaska School Counseling Program and have found it to be effective program.

Thank you for your time and consideration.

Sincerely,

Dennis Dunn, Counselor

Funded by

Funds for this project are provided through the Carl D. Perkins Vocational Act of 1984, administered through the Department of Education, Office of Adult and Vocational Education, and coordinated by South East Regional Resource Center.

Contact

For more information on this project contact:

Project Coordinator
Suzan VanBeaver

Public Relations
Heidi Rocheleau

S.E.R.R.C.
210 Ferry Way, Suite 200
Juneau, AK 99801



Alaska School Counseling Program

Purpose

The Alaska School Counseling Program provides help to school districts in developing, implementing, and evaluating comprehensive K-12 school counseling services.

Why

From a school board, administrative, teacher, counselor, parent and student perspective there has been a lack of definition as to what a counseling program should consist of in Alaska.

Who Developed the Guide?

The Alaska School Counseling Program Guide was developed by a task force of 12 school counselors and counseling coordinators, lead by an acknowledged national counseling leader, Dr. Norm Gysbers.

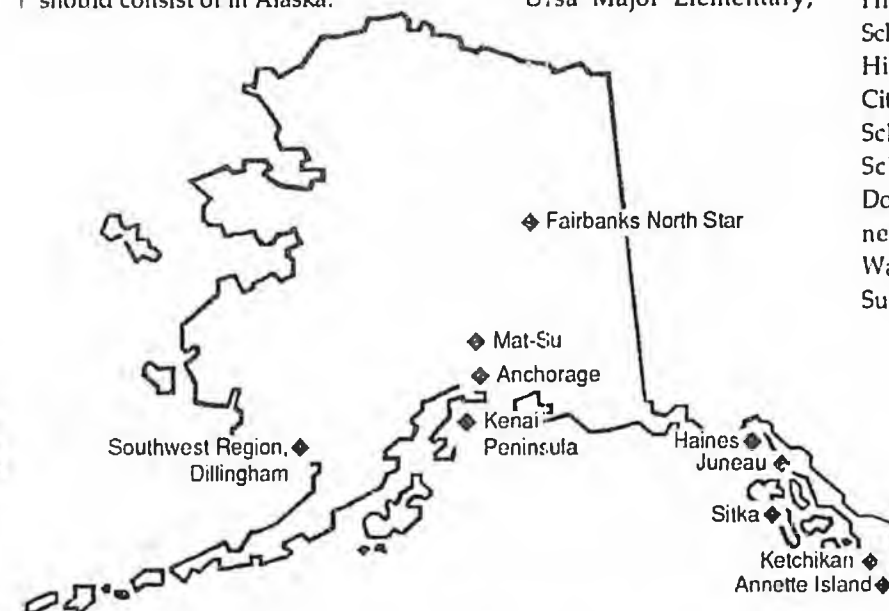
Pilots

12 pioneering schools, seven of whom were selected as funded pilot sites and five who volunteered, implemented and tested the ASCP in 1989. 1990 successfully brings them into their second year. Additionally, seven new sites have been selected to begin their first year of implementation.

Second year sites include: Ursa Major Elementary,

Anchorage School District; Metlakatla K-12, Annette Island Schools; North Pole High School, Fairbanks North Star Borough School District; Schoenbar Junior High School, Ketchikan Gateway Borough Schools; Homer High School, Kenai Peninsula Borough Schools; Kenai Central, Kenai Peninsula Borough Schools; Nikolaevsk High School, Kenai Peninsula Borough Schools; Seward Jr/Sr High School, Kenai Peninsula Borough Schools; Sitka High School, Sitka Borough Schools; Southwest Region Itinerant K-12, Southwest Region Schools.

First year sites include: Chugiak High School, Anchorage School District; Service High School, Anchorage School District; East High School, Anchorage School District; Dillingham High School, Dillingham City Schools; Haines High School, Haines Borough School District; Juneau Douglas High School, Juneau Borough Schools; Wasilla High School, Mat-Su Borough Schools.



Teamwork Spells Success

Below: Basic Elements of the
Alaska School Counseling
Program

basic elements

ascp

Curriculum Development

1989 showed successful results. Alaska's school counselors, in collaboration with state and national agencies have successfully produced the following needed counseling materials:

- *AKCIS Learning Handbook*
- *Counseling Curriculum Materials Matrices*
- *School Counseling Program Sample Needs Assessment*
- *Scope and Sequence for Counseling Curriculum*

Listed below are groups and agencies who have worked for the success of the Alaska School Counseling Program:

- *ASCP Pilot Sites*
- *AOICC (Alaska Occupational Information Coordinating Committee, Department of Labor)*
- *South Central Summer School Academy*
- *NOICC (National Occupational Information Coordinating Committee)*
- *Department of Education, AKCIS, EPS, OAVE*
- *ASCA (Alaska School Counselors Association)*
- *South East Regional Resource Center*

Basic Elements of ASCP

PROGRAM

Structure, Processes & Time

- **Structural Components**
 - Definition & Philosophy
 - Facilities
 - Advisory Council
 - Resources
 - Staffing Pattern
 - Budget

- **Components and Sample Processes**
 - Counseling Curriculum
 - Structured Groups
 - Classroom Presentations
 - Individual Student Planning
 - Advisement
 - Assessment
 - Placement
 - Responsive Services
 - Personal Counseling
 - Crisis Counseling
 - Referral
 - System Support
 - Program Management
 - Consultation with Teachers
 - Community Outreach
 - Public Relations
 - Parent Outreach
 - District Committees
 - Research and Development
 - Staff and Community Relations

- Time

Content

- **Alaska Model Domains**
 - Knowledge of self and others
 - Career/Life
 - Educational Success

Resources

- **Resources**
 - Human
 - Counselors
 - Teachers
 - Administrators
 - Parents
 - Students
 - Community Personnel
 - Business Personnel
 - Political
 - Policies
 - Rules
 - Laws

	Percentage		
	ES	M/JH	HS
Guidance Curriculum	35-45	25-35	15-25
Individual Planning	5-10	15-25	25-35
Responsive Services	30-40	30-35	25-35
System Support	10-15	10-15	15-20

National Focus

In 1989, NOICC (National Occupational Information Coordinating Committee) selected Alaska as one of 10 states to implement the National Career Development Guidelines. As a result, the national student competencies were infused into the new ASCP counseling curriculum, Scope and Sequence. A Learning Activities Handbook for AKCIS was also reinstated to provide curriculum activities, grades 7-12, for all the goals listed in the ASCP Scope and Sequence, Area II, Developing Competencies in Career/Life Planning.

Scope and Sequence

Dr. Christine Jensen,
Department of Education,
(907) 465-2841

Learning Activities Handbook

Jan Smith,
Department of Education,
(907) 465-4685

Alaska School Counseling Guide
Vocational Education Library,
Department of Education,
(907) 465-4685

S B

2 0 3

STATE OF ALASKA
1991 LEGISLATIVE SESSION

BILL NO. SB 203

Revision Date: _____ Department Affected: _____
 Title: That alcohol warning signs also warn of danger from smoking during pregnancy. BAU: Alcoholic Beverage Control Board
 Component: _____
 Sponsor: Sen. Sturgulewski & Sen. Menard
 Requestor: Sen. HES Committee COMPONENT SERIAL NO.

0	1	0	0
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Expenditures/Revenues: (Thousands of Dollars)

OPERATING	FY 92	FY 93	FY 94	FY 95	FY 96	FY 97
PERSONAL SERVICES	-0-	-0-	-0-	-0-	-0-	-0-
TRAVEL	-0-	-0-	-0-	-0-	-0-	-0-
CONTRACTUAL	2.0	.8	.8	.8	.8	.8
SUPPLIES	.2	.1	.1	.1	.1	.1
EQUIPMENT	-0-	-0-	-0-	-0-	-0-	-0-
LAND & STRUCTURES	-0-	-0-	-0-	-0-	-0-	-0-
GRANTS, CLAIMS	-0-	-0-	-0-	-0-	-0-	-0-
MISCELLANEOUS	-0-	-0-	-0-	-0-	-0-	-0-
TOTAL OPERATING	2.2	.9	.9	.9	.9	.9

CAPITAL	-0-	-0-	-0-	-0-	-0-	-0-
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REVENUE	-0-	-0-	-0-	-0-	-0-	-0-
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FUNDING: (Thousands of Dollars)

GENERAL FUND	2.2	.9	.9	.9	.9	.9
FEDERAL FUNDS	-0-	-0-	-0-	-0-	-0-	-0-
OTHER	-0-	-0-	-0-	-0-	-0-	-0-
TOTAL	2.2	.9	.9	.9	.9	.9

POSITIONS:

FULL-TIME	-0-	-0-	-0-	-0-	-0-	-0-
PART-TIME	-0-	-0-	-0-	-0-	-0-	-0-
TEMPORARY	-0-	-0-	-0-	-0-	-0-	-0-

Estimate of current year impact: This note intends that funds be appropriated for FY 92.

ANALYSIS: (Attach a separate page if necessary.)

See attached cost analysis for initial and annual issuance of signs to liquor licensees and permittees.

Prepared By: Patrick L. Sharrock *Patrick L. Sharrock* Phone: 277-8638
 Division: Alcoholic Beverage Control Board Date: March 19, 1991

Approved by Commissioner: *[Signature]*
 Agency: Department of Revenue Date: 3-22-91

Distribution (by preparer): Legislative Finance, Legislative Sponsor, Requestor, OMB, & Impacted Agency(ies).

Alaska State Legislature



311 C STREET, SUITE 550
ANCHORAGE, ALASKA 99503
(907) 561-7615

While in Juneau
P.O. BOX V
JUNEAU, ALASKA 99811
(907) 465-3818


SENATOR
ARLISS STURGULEWSKI

Senate

MEMORANDUM

April 30, 1991

TO: Senator Fred Zharoff, Chairman
Senate Rules Committee

FROM: Senator Arliss Sturgulewski 
Senate District F

RE: Hearing and Calendaring Request for SB 203 "An Act requiring that signs warning of possible danger from drinking alcohol during pregnancy also warn of possible danger from smoking cigarettes during pregnancy."

I respectfully request an early hearing and calendaring of SB 203 which was referred to the Rules Committee yesterday. This bill passed out of the Senate HESS committee with 3 "do pass" and 1 "no rec" and out of the Senate Finance Committee with 6 "do pass" and 1 "no rec."

I have enclosed a sponsor statement and packet of information on SB 203. If you have any questions regarding this legislation, please contact me or Betty Hargrave on my staff.

Thank you.

Alaska State Legislature



SENATOR
ARLISS STURGULEWSKI

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ANCHORAGE, ALASKA 99503
(907) 561-7615

While in Juneau
P.O. BOX V
JUNEAU, ALASKA 99811
(907) 465-3818

Senate

Sponsor Statement on:

SB 203 "An Act requiring that signs warning of possible danger from drinking alcohol during pregnancy also warn of possible danger from smoking cigarettes during pregnancy."

Senate Bill 203 was introduced at the suggestion of the American Lung Association of Alaska. This bill would amend state law to add "or smoking cigarettes" to the signs warning pregnant women that drinking alcoholic beverages during pregnancy can cause birth defects. A 1990 report from the Surgeon General states, "If all women quit smoking during pregnancy, about 5 percent of deaths among newborn infants could be prevented."

I have enclosed supportive testimony presented to the Senate HESS Committee from Dr. Anne Morris and Dr. Kenneth Kesler as well as statistical information provided by Alfred Zangri, Chief of the Bureau of Vital Statistics, Department of Health and Social Services.

Enclosed is a copy of Sec. 04.21.065(a) noting which license or permit holders are required to post the warning signs.

Patrick L. Sharrock, Director of the Alcoholic Beverage Control Board, has provided a letter stating the board has no objection to the legislation. Also enclosed is a Fiscal Note for SB 203 prepared by Mr. Sharrock.

Earlier this year, the Anchorage Municipal Assembly passed the enclosed Ordinance 91-23 pertaining to posting warning signs for pregnant women. These signs include a smoking warning. I have also enclosed a letter of support from Dr. Helen Beirne, Director of the Health & Human Services Department, Municipality of Anchorage.

Enclosures

Alaska State Legislature



SENATOR
ARLISS STURGULEWSKI

3111 C STREET, SUITE 550
ANCHORAGE, ALASKA 99503
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Senate

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Enclosures

Alaska State Legislature



3111 C STREET, SUITE 550
ANCHORAGE, ALASKA 99503
(907) 561-7615

While in Juneau
P.O. BOX V
JUNEAU, ALASKA 99811
(907) 465-3818


SENATOR
ARLISS STURGULEWSKI

Senate

MEMORANDUM

May 3, 1991

TO: All Senators

FROM: Senator Arliss Sturgulewski 
Senate District F

RE: SB 203 "An Act requiring that signs warning of possible danger from drinking alcohol during pregnancy also warn of possible danger from smoking cigarettes during pregnancy."

I would appreciate your support for SB 203 which is before us today.

Senate Bill 203 was introduced at the suggestion of the American Lung Association of Alaska. This bill would amend state law to add "or smoking cigarettes" to the signs warning pregnant women that drinking alcoholic beverages during pregnancy can cause birth defects. A 1990 report from the Surgeon General states, "If all women quit smoking during pregnancy, about 5 percent of deaths among newborn infants could be prevented."

During the committee process, testimony was received from the medical field and the state chief of the Bureau of Vital Statistics confirming that smoking cigarettes during pregnancy can cause birth defects. The fiscal note attached to this bill is relatively small and I feel well worth it if one baby is spared either death or birth defects.

Again, I would appreciate your favorable vote on SB 203.

Alaska State Legislature



SENATOR
ARLISS STURGULEWSKI

311 C STREET, SUITE 550
ANCHORAGE, ALASKA 99503
(907) 561-7615

While in Juneau
P.O. BOX V
JUNEAU, ALASKA 99811
(907) 465-3818

Senate

MEMORANDUM

April 10, 1991

TO: Senator Pat Pourchot, Co-Chairman
Senate Finance Committee

FROM: Senator Arliss Sturgulewski
Senate District F

RE: SB 203 "An Act requiring that signs warning of possible danger from drinking alcohol during pregnancy also warn of possible danger from smoking cigarettes during pregnancy."

Senate Bill 203 is now in the Senate Finance Committee and I respectfully request an early hearing for the bill. Senate Bill 203 was heard and passed out of the Senate HESS Committee on April 9, 1991. It does have a Fiscal Note of 2.2 for FY 92.

I have enclosed a sponsor statement and packet of information for Senate Finance Committee members. If you have any questions on SB 203, please do not hesitate to contact me or Betty Hargrave on my staff.

Thank you for your consideration of this request.

Enclosures

*Al Zarznie - Health & SS
Chief - Rends.*

*Anchorage
King County*

TO: Melissa Fouse
FROM: Eric F. Myers
DATE: 4/20/91
SUBJ: Tobacco Warning Signs and Federal Preemption

I spoke briefly to Senator Sturgulewski regarding the attached materials because I expect the same issue may arise with your legislation respecting alcohol/smoking signs. As I indicated to Senator Sturgulewski, the alcohol/smoking signs and the warning signs provided for by HB 34 are different and complimentary.

Please call me when you get a moment (4998). Thanks.

attachment

DIVISION OF LEGAL SERVICES

LEGISLATIVE AFFAIRS AGENCY STATE OF ALASKA

P.O. Box Y, Juneau, Alaska 99811
(907) 465-3867 or 465-2450
FAX (907) 465-2029

Deliveries to: 240 Main Street
Court Plaza, Room 500
Mail Stop 3101

MEMORANDUM

April 17, 1991

SUBJECT: Tobacco warning signs - (CSHB 84(L&C))

TO: Representative Kay Brown

FROM: Michael F. Ford *M.F.*
Legislative Counsel

You have asked for our review of a memorandum that concludes that the tobacco warning sign required under sec. 10 of CSHB 84(L&C) is preempted by federal law. It is our conclusion that this legal analysis is misapplied to the warning sign required by CSHB 84(L&C).

The legal authority cited by the memorandum would preempt an attempt by the state to alter the package, labeling, or advertising warnings placed on tobacco products. However the warning sign contained in CSHB 84(L&C) is not attached to the cigarette package or label and is not associated with cigarette advertising. The memorandum cites no authority to support the conclusion that this specific form of cigarette warning sign has been preempted by federal law.

The memorandum also states that several other states have declined to require this type of warning sign. The fact that other states have declined to require this form of warning does not preclude this state from doing so.

Please contact me if you have further questions.

MFF:pl
91-269.plm

PATTON, BOGGS & BLOW
2550 M STREET, N.W.
WASHINGTON, D.C. 20037
202-457-6000

TELETYPE UNIT
TELEPHONE 457-6225

March 28, 1991

MEMORANDUM

Re: Federal Preemption of Alaska House Bill 84

I. INTRODUCTION

The Alaska Legislature has pending before it House Bill No. 84, which would require merchants to post at the point of sale a sign with the following warning: "WARNING: Tobacco products are highly addictive, a cause of lung disease and cancer, and may cause complications during pregnancy. The sale of tobacco products to persons under age 19 is illegal." This memorandum outlines the factors a court is likely to consider in striking down the proposed bill as unconstitutional because it has been preempted by enactment of Public Law 99-252, the Comprehensive Smokeless Tobacco Health Education Act of 1986. (Because the warning covers cigarettes, it also has been preempted by enactment of the Comprehensive Smoking Education Act of 1984, which governs the sale, distribution, and advertising of cigarettes.)

II. BACKGROUND

Under the supremacy clause of Article VI of the Constitution, when Congress passes legislation it may displace or preempt state law. As articulated by the Supreme Court, "[t]he scheme of federal regulation may be so pervasive as to make reasonable the inference that Congress left no room for the State to supplement it. . . . Or the State policy may produce a result inconsistent with the objective of the federal statute." Rice v. Santa Fe Elevator Corp., 331 U.S. 218, 230 (1947).

The legislative history of Public Law 99-252 unmistakably evidences a Congressional desire to provide the public with consistent, uniform warnings about smokeless tobacco products. Section 7 of the Act provides in relevant part:

(b) State and Local Action.--No statement relating to the use of smokeless tobacco products and health, other than the statements required by section 3, shall be required by any State or local statute or regulation to be included on any package or in any advertisement (unless the advertisement is an outdoor billboard advertisement) of a smokeless tobacco product.

As made clear throughout the legislative history, Congress specifically intended to preclude states from imposing different warning or labeling requirements on smokeless tobacco product packages and in print advertising, in part to ensure that consumers received consistent health information about the use of smokeless products. As Representative Waxman emphasized in describing the preemption provision to his colleagues:

[T]he pending actions of several State legislatures to enact potentially conflicting labeling requirements requires swift, preemptive action by Congress.

* * *

Swift enactment of Federal legislation at this time will assure a more timely and comprehensive dissemination of health information.

* * *

The scope of the preemption includes the wording of the warnings as well as the format in which they are displayed.

Congressional Record, H 247-49 (daily ed. Feb. 3, 1986).

Representative Richardson succinctly made the same point: "The measure preempts any different warning labels that States may require on smokeless tobacco product packages." Id. at H 251.

III. ANALYSIS

Based on the clear intent of Congress, a court undoubtedly would rule that the Alaska Legislature may not require an addiction point of sale warning. First, Congress appears to have made every effort to preempt the field entirely with respect to warning labels and health information provided to consumers. Like the warnings on packages and in the print media, the point of sale warning apparently is intended to provide health information to the public. Of particular significance, Congress specifically declined to require an addiction warning in enacting the federal legislation and has consistently refused to do so since then. Rather, in 1986 Congress decided to require all product packages and print advertisements to contain one of three warnings on a rotating basis: "WARNING: THIS PRODUCT MAY CAUSE MOUTH CANCER"; "WARNING: THIS PRODUCT MAY CAUSE GUM DISEASE AND TOOTH LOSS"; and "WARNING: THIS PRODUCT IS NOT A SAFE ALTERNATIVE

TO CIGARETTES". States have no authority to require anything else, either in advertisements or at the point of sale.

Second, to the extent that Congress did not preempt the entire field, it was explicit in identifying those areas that it did not intend to limit state action through enactment of the bill, such as billboard advertising. Thus, a state, for example, may restrict the use of billboards near schools even though it may not mandate the placement of a different health warning. (Of course, to be lawful any state-imposed restrictions must meet other constitutional tests, such as those established under the First Amendment.)

Third, the legislative history is bereft of any suggestion that Congress intended to permit states or local instrumentalities to require inconsistent or different warnings in any other form or format. As Representative Waxman emphasized, "[t]he scope of the preemption includes the wording of the warnings as well as the format in which they are displayed." Congressional Record, H 249 (daily ed. Feb. 3, 1986). The state of Texas specifically rejected such a point of sale warning in 1989. Similarly, the State of California effectively respected Congressional intent in declining to require the industry to print warnings under Proposition 65. It determined that a federal warning provides "clear warning" under Proposition 65, which provides that no person shall knowingly expose any individual to chemicals "known to the state to cause cancer" without first giving "clear and reasonable warning." All

other states as well have declined to require any form of addiction warning.

Finally, in addition to specifying the precise wording and format of warnings, Congress gave to the Federal Trade Commission--not states or local instrumentalities--the authority to implement the regulations governing the placement of warnings in advertisements. See 51 Fed. Reg. 40005, 40006 (Nov. 4, 1986). The regulations govern both the content and format of the warnings. Since the proposed warning would be inconsistent with the FTC regulations, the Legislature may not require merchants to post it.

The decision by the U.S. Court of Appeals for the Third Circuit in Cipollone v. Liggett Group, Inc., 789 F.2d 131 (3d Cir. 1986), cert. denied, 107 S. Ct. 907 (1987), supports the conclusion that such state legislation would be found to conflict with the provisions of Public Law 99-252. In Cipollone, the defendants argued that Congress had preempted the field entirely with respect to health warnings on cigarette packages and in advertisements. The court agreed with the plaintiffs that Congress had not explicitly preempted their state common law claims. As the court noted, however, that does not end the analysis: Congress often preempts state law by implication. In concurring with the defendants' position, the court stated that the federal legislation "represents a carefully drawn balance between the purposes of warning the public of the hazards of cigarette smoking and the interests of (a) national economy."

Id. at 187. In the court's view, this balance would be upset by either "a warning other than that prescribed in [the Act] or a requirement or prohibition based on smoking and health 'with respect to the advertising or promotion' of cigarettes." Id. Therefore, the court held that state law claims relating to smoking and health that result in liability or noncompliance with warning, advertisement, and promotion obligations other than those prescribed in the Act conflicted with, and thus had been preempted by, the federal law. (The Supreme Court recently agreed to address this issue and we expect it to uphold this decision and those by other courts of appeal that support it.) Given the similarity between the provisions of the federal smokeless tobacco labeling statute and the federal cigarette labeling statute, this decision of the court of appeals is likely to be of particular significance to a lower court in reviewing proposed state legislation.

IV. CONCLUSION

In the view of the Smokeless Tobacco Council, in enacting the Comprehensive Smokeless Tobacco Health Education Act of 1986 Congress sought to ensure that the public receives consistent warnings about the perceived dangers of using smokeless tobacco products. Enactment of inconsistent state legislation would conflict with and undermine the purposes of the federal legislation. A court undoubtedly would rule that, because Congress has preempted the field with respect to warning requirements, the Alaska Legislature may not require an additional

point of sale warning. As a result, the Legislature risks having
a court throw out the good parts of the bill along with the bad.

PATTON, BOGGS & BLOW

STATE OF ALASKA

WALTER J. HICKEL, GOVERNOR

DEPARTMENT OF REVENUE

550 W. 7TH AVE
ANCHORAGE, ALASKA 99501-6698

ALCOHOLIC BEVERAGE CONTROL BOARD

March 28, 1991

The Honorable Arlis Sturgulewski, Chair
Health, Education and Social Services Committee
Alaska State Senate
P. O. Box V
Juneau, Alaska 99811

RE: SB 203

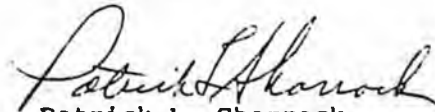
Dear Senator Sturgulewski:

Betty Hargrave, of your office, asked that I provide you with the Alcoholic Beverage Control Board's position concerning SB 203.

The board has no objection to the legislation and, upon enactment, will provide new signs to appropriate licensees.

Thank you for the opportunity to comment.

Sincerely,



Patrick L. Sharrock
Director, ABC Board
277-8638

PS/cl

91-49



Tom Fink,
Mayor

Municipality of Anchorage

Department of Health and Human Services

825 "L" Street
P.O. Box 196650 Anchorage, Alaska 99519-6650



April 29, 1991

Senator Arliss Sturgulewski
Room 427, Capitol
P. O. Box V
Juneau, Alaska 99811

Dear Senator Sturgulewski:

SUBJECT: SB 203

I urge you to support SB 203. Section 1 (AS 4.21.065b) refers to a sign warning pregnant women that drinking alcoholic beverages and smoking cigarettes during pregnancy can cause birth defects. Information from numerous researchers and health professionals document this fact. C. Everett Koop, M.D., Surgeon General U.S.P.H.S., 1981-1989 stated "The benefits of smoking cessation are significant. Sensitive and supportive cessation and maintenance efforts can help pregnant smokers to quit. In addition to saving thousands of infants' lives, you will spare numerous children from having excessive respiratory and ear infections and from the burden, even pain, of having to compensate for a slower beginning in life, whether as a result of low birthweight or a birth defect. Researchers have also demonstrated that babies born to mothers and fathers who do not smoke are less likely to become smokers."

If there was any confusion on the Municipality of Anchorage, Department of Health and Human Services' stand on this issue I hope this clears it up.

Thank you for your support of this bill.

Sincerely,

Helen D. Beirne, Ph.D,
Director, Health and Human Services
Municipality of Anchorage



Municipality of Anchorage



Department of Health and Human Services

825 "L" Street

P.O. Box 198650 Anchorage, Alaska 99511-6650

Tom Fink,
Mayor

April 26, 1991

To: Senator Pat Pourchot, Co-Chair, Senate Finance Committee
 Senator Jay Kerttula, Co-Chair, Senate Finance Committee
 Senator Jim Duncan
 Senator Al Adams
 Senator Lyman Hoffman
 Senator Dick Schultz
 Senator Rick Uehling

From: Diana Weber, Substance Abuse Prevention Coordinator
 Municipality of Anchorage
 Department of Health and Human Services

Re: SB 203

I would like to draw your attention to an inaccurate statement in SB 203.

Section 1 (AS 4.21.065b) refers to a sign warning pregnant women that drinking alcoholic beverages and smoking cigarettes during pregnancy can cause birth defects. In fact, smoking cigarettes during pregnancy has been shown to cause low birth weight. There is no evidence that it also causes birth defects.

343-6718

STATE OF ALASKA

DEPT. OF HEALTH AND SOCIAL SERVICES

STEVE COWPER, GOVERNOR

BUREAU OF VITAL STATISTICS
P.O. BOX H
JUNEAU, ALASKA 99811-0675
PHONE: (907) 465-3392

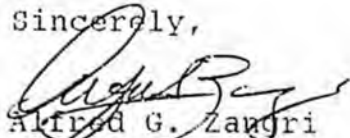
April 9, 1991

Honorable Arliss Sturgulewski
Senator
State of Alaska
Room 127, Capitol

Dear Senator Sturgulewski;

As you requested I have enclosed a summary of the information I presented in testimony to the HESS committee this morning.

Sincerely,


Alfred G. Zangri
Chief

MATERNAL CONSEQUENCES

1980 - Surgeon General identified the following adverse affects on the fetus from smoking:

- nicotine, hydrogen cyanide, carbon monoxide and other poisonous cross the placenta
- oxygen deprivation
- deficits in behavior and cognitive development may occur

1988 study by National Committee to prevent Infant Mortality found that;

- a. annually 2,500 U.S. infant deaths are attributable to mothers' smoking
- b. the ones who don't die are at increased risk of:
 - retardation
 - birth defects
 - learning disorder
 - chronic lung disorder

Alaska Data -- 1989 births

Overall, in Alaska, 6% of our births result in low birth weight babies; yet they account for 57% of our infant deaths

38.5% of Alaska low birth weight babies are born to the 24% of moms that report smoking on the birth certificate

Alaska mothers have the following low birth weight rates:

-smoking mothers	81/1000
-non-smoking mothers	31/1000
-mothers using smokeless tobacco	55/1000

AMERICAN LUNG ASSOCIATION of ALASKA

April 25, 1991

VIA FAX

To: Members of the Senate Finance Committee: Senators Kerttula, Pourchot
Dunoon, Adams, Hoffman, Shultz & Uehling

From: Walter L. Hays, Executive Director *WLF*
American Lung Association of Alaska

RE: SB 203

SB 203 was introduced by Senators Sturgulewski and Menard at our request.

It is a simple and effective measure that would help extend the important message about the dangers of smoking and pregnancy.

According to the 1990 report of the Surgeon General (The Health Benefits of Smoking Cessation), "if all women quit smoking during pregnancy, about 5% of deaths among newborn infants could be prevented." Alaska data for the year 1989 indicates that a full third of the low birthweight outcomes of babies born during that year were directly related to maternal smoking.

I would call your attention to the materials in your packet that were presented to the Senate HESS committee when this bill was considered by Anne Morris MD and Kenneth Kesler MD. As a neonatologist, Dr. Kesler has done an excellent job in summarizing for you the considerable health risks that smoking places on the pregnant woman and her unborn child.

You will note that the Department of Health and Social Services has also testified in support of this legislation and that the Alcohol Beverage Control Board has indicated that the cost of providing new warning signs state-wide would be nominal indeed.

Similar warning signage has been in place in San Mateo County (CA) and in King County (WA) and the city of Seattle for the past two years. I checked recently with Tobacco-Free America, the legislative clearinghouse on tobacco and health issues sponsored by the American Heart Association, the American Cancer Society and the American Lung Association; they informed me that to the best of their knowledge no other state has yet enacted such comprehensive warning sign legislation. We in Alaska have the opportunity to pass model legislation in this important area of public health.

I urge your strong support for SB 203.



*Mr. Dept
Alaska Native
Health Bd*

SMOKING AND PREGNANCY

My name is Dr. Kenneth Kesler Address 3340 Providence Dr. Ste 366, Anchorage, AK. I am a Neonatologist which is a Pediatrician trained to deal with sick or prematurely born infants. I have reviewed medical literature regarding the effects of cigarette smoking on both the mother and fetus during pregnancy and have lectured for the Alaska Lung Association on this topic.

The number of women in the reproductive ages who smoke has increased from 5% in 1920 to nearly 40% today. There is great interest in the effects of smoking on pregnancy and since 1966 over 2000 articles have been written on this subject, most of which have demonstrated adverse effects of smoking on the mother and fetus. I will try to briefly describe 12 of those effects to you.

1. Two major components of cigarette smoke are carbon monoxide and nicotine, both of which cross the placenta and invade the fetus when the mother smokes. Increased carbon monoxide levels in the fetus and mother decreases the amount of oxygen delivered to the fetus. If a woman is a moderate smoker the effect on the fetus is similar to decreasing 40% of the fetal blood flow.

Nicotine accumulates to high levels in the fetus and results in decreased blood flow to the fetus. This effect of nicotine on the placenta is very similar to effect of cocaine.

2. Increased number of cleft lips, heart defects and severe brain abnormalities have been reported among infants born to women who smoke.
3. Spontaneous abortions are more frequent among women who smoke.
4. There is an increase in the number of pregnancies complicated by placenta problems such as separation of the placenta from the uterine wall which may result in fetal distress or death.
5. The incidence of premature rupture of membranes is doubled in women who smoke.
6. There is a higher rate of stillbirths and neonatal deaths among women who smoke. Some have estimated that maternal smoking is strongly associated with 4600 infant deaths in the United States per year.
7. There are over 50 studies confirming the trend that women who smoke have babies of lower birth weight. Dr. Michael Kramer in association with the World Health Organization demonstrated that "In the developed country, the most important single factor, by far, is cigarette smoking" accounting for nearly one third of all low birth weight infants (meaning infants who weigh less than 5 1/2 pounds).

REFERENCE LIST - SMOKING AND PREGNANCY

1. McIntosh ID; Smoking and pregnancy: I Maternal and placental risks (and) Smoking and pregnancy:II. offspring risks, Public Health Review 12:1-63, 1984
(These two articles are excellent reviews of the most important effects of smoking on the mother, fetus and newborn and sites the literature to support them.)
2. Quigley ME, Sheehan KL, Wilkes MM, Yen SSC; Effects of maternal smoking on circulating catecholamine levels and fetal heart rates. Am J Obstet Gynecol 133:685, 1979
3. Peterson DR; The sudden infant death syndrome-reassessment of growth retardation in relation to maternal smoking and the hypoxia hypothesis, Am J of Epidemiology 113:583, 1981
4. Khoury MJ, Gomez-Farias M, Mulinare J; Does maternal cigarette smoking during pregnancy cause cleft lip and palate in offspring?, American Journal of Diseases of Children 143:333, 1989
5. Lichtensteiger W, Ribary U, Schlumpf M, Odermatt B, Widmer HR; Prenatal adverse effects of nicotine on the developing brain, Progress in Brain Research 73:137, 1988
6. Remmer H; Passively inhaled tobacco smoke: a challenge to toxicology and preventive medicine, Archives of Toxicology 61:89, 1987
7. Werner EJ, Stockman JA; Red cell disturbances in the fetomaternal unit, Seminars in Perinatology 7:139, 1983
8. Kramer MS; Intrauterine growth and gestational duration determinants, Pediatrics 80:502, 1987
9. Suzuki K, Minei LJ, Johnson EE; Effect of nicotine upon uterine blood flow in the pregnant rhesus monkey, American Journal of Obstetric and Gynecology 136:1009, 1980
10. Naeye RL; Influence of maternal cigarette smoking during pregnancy on fetal and childhood growth, Obstetrics and Gynecology 57:18, 1981
11. Rush D, Callahan KR; Exposure to passive cigarette smoking and child development. A critical review, Annals of the New York Academy of Science 562:74, 1989
12. Bergman AB, Wiesner LA; Relationship of passive cigarette smoking to sudden infant death syndrome, Pediatrics 58:665, 1976
13. Butler NR, Goldstein H; Smoking in pregnancy and subsequent child development, British Medical Journal 4:573, 1973
14. Naeye RL; Relationship of cigarette smoking to congenital abnormalities and perinatal deaths, American Journal of Pathology 90:289, 1973

CORRECTION

**THIS DOCUMENT
HAS BEEN REPHOTOGRAPHED
TO ASSURE LEGIBILITY**

*Mr. H. H. H.
Alaska Native
Health Bd*

SMOKING AND PREGNANCY

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Limited information is available on smoking during pregnancy in Alaska. I reviewed the information for a recent 3 years period in the Newborn Intensive Care Unit at Providence Hospital. Of the nearly 900 admission 28 % of the mothers admitted to smoking during pregnancy. (These numbers are probably artificially low because they are based on self reporting.)

8. The risk of delivering a baby prematurely (more than 1 month) may be nearly 2 times higher among smoking mothers. The costs of caring for premature infants is extremely high. In 1983 it was estimated that over 3 billion dollars was spend on infants admitted to Intensive Care Nurseries in the United States per year. **Prematurely born infants may require intensive care for several weeks with a hospital bill in Alaska of \$500.00 to \$1,500.00 per day.**
9. Breast milk contains nicotine and may produce mild to severe symptoms in the newborn and some cases of nicotine poisoning have occurred in babies breast-fed by mothers who smoked heavily.
10. Some preliminary evidence suggest that children born to women who smoke are at higher risk for various cancers when they are adults. This effect of smoking during pregnancy will probably not be scientifically proven for many years because of problems related to designing an adequate study.
11. Some studies have demonstrated various deficiencies in school performance among children born to mothers who smoke which is independent of confounding variables.
12. Nicotine is transferred to growing children in households where smoking occurs. This results in a two fold increase in the rate of Sudden Infant Death Syndrome. Also the incidence of pneumonia and bronchitis are increased in children where the parents smoke.

I have not had time to site the references for the above information. I have made a list of some of these references from journals such as the New England Journal of Medicine, the American Journal of Obstetrics and Gynecology, Pediatrics, and The British Medical Journal which are attached.

No one should leave here with a misunderstanding of the impact of smoking on the fetus and newborn infant. The effects are not trivial. They are significant and may be severe even lethal to the fetus.

This Bill with the signage amendment should be considered carefully. If we are to have an impact on the well being of the unborn, society must address the human behaviors which can adversely affect the fetus and seek methods to alter those behaviors. Smoking and its effect on the fetus is perhaps one of the best documented and easily targeted of these behaviors. I urge you to give sericus consideration to Senate Bill 203.

REFERENCE LIST - SMOKING AND PREGNANCY

1. McIntosh ID; Smoking and pregnancy: I Maternal and placental risks (and) Smoking and pregnancy:II. offspring risks, *Public Health Review* 12:1-63, 1984
(These two articles are excellent reviews of the most important effects of smoking on the mother, fetus and newborn and sites the literature to support them.)
2. Quigley ME, Sheehan KL, Wilkes MM, Yen SSC; Effects of maternal smoking on circulating catecholamine levels and fetal heart rates. *Am J Obstet Gynecol* 133:685, 1979
3. Peterson DR; The sudden infant death syndrome-reassessment of growth retardation in relation to maternal smoking and the hypoxia hypothesis, *Am J of Epidemiology* 113:583, 1981
4. Khoury MJ, Gomez-Farias M, Mulinare J; Does maternal cigarette smoking during pregnancy cause cleft lip and palate in offspring?, *American Journal of Diseases of Children* 143:333, 1989
5. Lichtensteiger W, Ribary U, Schlumpf M, Odermatt B, Widmer HR; Prenatal adverse effects of nicotine on the developing brain. *Progress in Brain Research* 73:137, 1988
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8. Kramer MS; Intrauterine growth and gestational duration determinants, *Pediatrics* 80:502, 1987
9. Suzuki K, Minei LJ, Johnson EE; Effect of nicotine upon uterine blood flow in the pregnant rhesus monkey, *American Journal of Obstetric and Gynecology* 136:1009, 1980
10. Naeye RL; Influence of maternal cigarette smoking during pregnancy on fetal and childhood growth, *Obstetrics and Gynecology* 57:18, 1981
11. Rush D, Callahan KR; Exposure to passive cigarette smoking and child development. A critical review, *Annals of the New York Academy of Science* 562:74, 1989
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13. Butler NR, Goldstein H; Smoking in pregnancy and subsequent child development, *British Medical Journal* 4:573, 1973
14. Naeye RL; Relationship of cigarette smoking to congenital abnormalities and perinatal deaths, *American Journal of Pathology* 90,:289, 1978

15. Naeye RL, Ladis B, Drage JS; Sudden infant death syndrome: a prospective study. *American Journal of Diseases of Children* 130:1207, 1976
16. Meyer MB; Maternal smoking, pregnancy complications and perinatal mortality. *American Journal of Obstetric and Gynecology* 128:494, 1977
17. Kline J, Stein ZA, Susser M, Warburton D; Smoking: a risk factor for spontaneous abortion. *New England Journal of Medicine* 297:793, 1977
18. Naeye RL; Abruptio placentae and placenta praevia: frequency, perinatal mortality, and cigarette smoking. *Obstetrics and Gynecology* 55:701, 1980

Members of the Senate HESE Committee:

My name is Anne Morris. I am a pulmonary physician in private practice in Anchorage. I am Past President of the Alaska Thoracic Society, the medical arm of the American Lung Association of Alaska. In this capacity I have served on the board of the American Lung Association of Alaska for the past twelve years. I have also served on the board of the national organization.

I am here to speak in support of SB 203 as one who sees each day patients whose life, health and happiness have been ruined by smoking and the deadly toll of nicotine addiction.

I want to urge your support for this change of language in the required warning sign about the dangers of alcohol and pregnancy. Let me share with you the summary findings of the 1990 Report of the Surgeon General (The Health Benefits of Smoking Cessation). These are findings from the chapter on Smoking Cessation and Reproduction - the section on Benefits For the Fetus. I quote from the summary of the report.

"Smoking is probably the most important modifiable cause of poor pregnancy outcome among women in the United States... the elimination of smoking during pregnancy could prevent about 5% of perinatal deaths, about 20% of low birthweight births, and about 8% of preterm deliveries in the United States. In groups with high prevalence of smoking (e.g. women who have not completed high school), the elimination of smoking during pregnancy could prevent about 10% of perinatal deaths, about 35% of low birthweight births and about 14% of preterm deliveries." (I have appended a copy of this five paragraph summary from the report to these written remarks.)

Some of the most gratifying work we do at the American Lung Association is with our "Smoke Free Family" program when we are able to help pregnant women overcome nicotine addiction for their own health and the welfare of their unborn child.

Dr. Kenneth Kessler, an Anchorage Neonatologist, has prepared a superb statement on the impact of cigarette smoking on both the mother and the fetus. Dr. Kessler could not be here today but has asked that I share this information with you. A copy of his testimony is in your packets. I call your attention to item 1 -- the effect of nicotine on the placenta is very similar to the effect of cocaine; item 3 - spontaneous abortions are more frequent among women who smoke and item 8 - premature infants may require intensive care for several weeks with hospital bills in Alaska from \$500 to \$1500 per day. (Need I remind you as persons concerned with fiscal management - that someone is paying that bill. If 35% of our population is uninsured, then it is the state and public and private charity that is picking up the bill for these babies at risk.) You will note that Dr. Kessler has given you a reference to eighteen (18) current scientific studies on this subject.

This concern has led our Association to ask our legislative leaders to set forth new warning signage. It is modeled on action that was taken by King County (Washington) by rule in December of 1988 and the city of Seattle by ordinance in July of 1989. Their actions were based on similar action taken in San Mateo County (CA) some months before. Recent contact with leadership of the King County Health Department by our Association reports overwhelming acceptance of these pro-health decisions.

This proposed ordinance is quite simple but its effects can be quite profound. If it will help one pregnant woman break the disease of nicotine addiction that is poisoning both her and her unborn child, then we will have made positive progress. But it will not be one woman, it will be many. The end result will be healthier pregnancies and a reduction in premature deaths and critical care for nicotine addicted, low birthweight babies. It will strengthen our communities and save tax and charity dollars.

Yesterday, our Association contacted the executive director of Tobacco-Free America, the legislative clearing house on tobacco and health issues sponsored by the American Heart Association, the American Cancer Society and the American Lung Association; they informed us that to the best of their knowledge no other state has yet enacted such comprehensive warning sign legislation. We in Alaska have the opportunity to pass model legislation in this important area of public health.

As our elected officials, you are custodians of the public good; this includes the public health. I urge your passage of this bill that is a positive step forward -- simple, effective pro-health, pro-family legislation that will help conserve our most precious resource -- Alaska's children.

Anne Morris MD
10630 East Tree Drive
Anchorage, AK 99516
907/346-2897

smoking. Smoking cessation reduces the risk of respiratory infections such as pneumonia, which are often the immediate causes of death in patients with an underlying chronic disease.

The important role of health care providers in counseling patients to quit smoking is well recognized. Health care providers should give smoking cessation advice and assistance to all patients who smoke, including those with existing illness.

Benefits for the Fetus

Maternal smoking is associated with several complications of pregnancy including abruptio placentae, placenta previa, bleeding during pregnancy, premature and prolonged rupture of the membranes, and preterm delivery. Maternal smoking retards fetal growth, causes an average reduction in birthweight of 200 g, and doubles the risk of having a low birthweight baby. Studies have shown a 25- to 50-percent higher rate of fetal and infant deaths among women who smoke during pregnancy compared with those who do not.

Women who stop smoking before becoming pregnant have infants of the same birthweight as those born to women who have never smoked. The same benefit accrues to women who quit smoking in the first 3 to 4 months of pregnancy and who remain abstinent throughout the remainder of pregnancy. Women who quit smoking at later stages of pregnancy, up to the 30th week of gestation, have infants with higher birthweight than do women who smoke throughout pregnancy.

Smoking is probably the most important modifiable cause of poor pregnancy outcome among women in the United States. Recent estimates suggest that the elimination of smoking during pregnancy could prevent about 5 percent of perinatal deaths, about 20 percent of low birthweight births, and about 8 percent of preterm deliveries in the United States. In groups with a high prevalence of smoking (e.g., women who have not completed high school), the elimination of smoking during pregnancy could prevent about 10 percent of perinatal deaths, about 35 percent of low birthweight births, and about 15 percent of preterm deliveries.

The prevalence of smoking during pregnancy has declined over time but remains unacceptably high. Approximately 30 percent of U.S. women who are cigarette smokers quit after recognition of pregnancy, and others quit later in pregnancy. However, about 25 percent of pregnant women in the United States smoke throughout pregnancy. A shocking statistic is that half of pregnant women who have not completed high school smoke throughout pregnancy. Many women who do not quit smoking during pregnancy reduce their daily cigarette consumption; however, reduced consumption without quitting may have little or no benefit for birthweight. Of the women who quit smoking during pregnancy, 70 percent resume smoking within 1 year of delivery.

Initiatives have been launched in the public and private sectors to reduce smoking during pregnancy. These programs should be expanded, and less educated pregnant women should be a special target of these efforts. Strategies need to be developed to address the problem of relapse after delivery.

The Health Benefits of SMOKING CESSATION

*a report of the
Surgeon General*

1990

Executive Summary



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Centers for Disease Control
Center for Chronic Disease Prevention and Health Promotion
Office on Smoking and Health
Rockville, Maryland 20857



The Health Benefits of Smoking Cessation:

A Report of The Surgeon General, 1990

At A Glance

The Health Benefits of Smoking Cessation: A Report of the Surgeon General, 1990 systematically reviews the health benefits and consequences of smoking cessation.

For decades the Surgeon General has been reporting the bad news about smoking—that smoking causes lung cancer and other diseases. Now Surgeon General Antonia C. Novello, M.D., has some good news.

Quitting smoking carries major and immediate health benefits for men and women of all ages, even those in the older age groups. Benefits apply to healthy people and to those already suffering from smoking-related diseases.

According to Dr. Novello: "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives."

Good News—Quit for Life!

People who quit smoking live longer than those who continue to smoke:

- After 15 years off cigarettes, the risk of death for ex-smokers returns to nearly the level of persons who have never smoked.
- Male smokers who quit between ages 35 to 39 add an average of 5 years to their lives. Female quitters in this age group add 3 years. Men and women who quit at ages 65 to 69, increase their life expectancy by 1 year.


More Good News . . . Quit for Health!

Quitting smoking decreases the risk of lung cancer, many other cancers, heart disease, stroke, chronic lung diseases, and respiratory illnesses:

- The risk of lung cancer for ex-smokers drops to as much as one-half that of continuing smokers, after 10 years. The risk continues to decline with additional years of staying smoke-free.
- After 1 year off cigarettes, the excess risk of heart disease caused by smoking is reduced by half. After 15 years of abstinence, the risk is similar to that of persons who have never smoked.

- In 5 to 15 years, the risk of stroke for ex-smokers returns to the level of those who have never smoked.

- Ex-smokers who have been off cigarettes for many years are less likely to die of chronic lung diseases, such as emphysema, than those who continue to smoke.

- Ex-smokers have better health status than current smokers. Ex-smokers have fewer days of illness, fewer health complaints, better self-reported health status, and reduced rates of bronchitis and pneumonia.
- 

Quitting Is Good Medicine.

Even for smokers who are sick, quitting can help.

For people with . . .

Heart Disease

Peripheral Artery Disease
(poor circulation to the legs)

Ulcers

Quitting smoking . . .

Reduces the risk of repeat heart attacks and death from heart disease by 50 percent or more.

Improves ability to exercise and increases overall survival.

Reduces the risk of recurrence and improves short-term healing.

There Are Unique Benefits for Women who Quit.

- If all women quit smoking during pregnancy, about 5 percent of deaths among newborn infants could be prevented.
 - Women who stop smoking before becoming pregnant or during the first trimester of pregnancy reduce their risk of having a low birthweight baby to that of women who have never smoked.
 - It takes female smokers longer to get pregnant than nonsmokers. Women who quit smoking before trying to get pregnant are as likely to get pregnant as women who have never smoked.
-

Some Consequences of Quitting Are . . .

- Nearly 80 percent of those who quit smoking gain weight, compared to 56 percent of continuing smokers.
- Short-term consequences of nicotine withdrawal include: anxiety, irritability, frustration, anger, difficulty concentrating, and restlessness. Possible long-term consequences are urges to smoke and increased appetite.

But at the Same Time . . .

- The average weight gain after quitting smoking is just 5 pounds, and only 3.5 percent of those who quit gain more than 20 pounds after quitting.
- Nicotine withdrawal symptoms peak in the first 1 to 2 days after quitting and subside rapidly during the following weeks. With long-term abstinence, ex-smokers are likely to enjoy favorable psychological changes such as enhanced self-esteem and increased sense of control.
- People who quit smoking are more likely than current smokers to exercise regularly. Exercise may help new quitters to stay off cigarettes and avoid or minimize weight gain.

The Bottom Line:

The health benefits of quitting far exceed any risks from the average 5-pound weight gain or any adverse psychological effects that may follow quitting.

Special Update: Pregnant Women

About 30 percent of women who are cigarette smokers quit after learning they are pregnant, with greater proportions quitting among married women and especially among women with higher levels of educational attainment. However, about 25 percent of pregnant women in the United States smoke throughout pregnancy.

More than 38 Million Ex-smokers!

More than 38 million American adults have quit smoking, and nearly half of all living adults who ever smoked cigarettes have quit. Between 1966 and 1987 quitting increased among men and women, among blacks and whites, and among all educational subgroups.

Quitting Isn't Always Easy.

Most ex-smokers cycle through the quitting process several times before becoming long-term quitters. At least one-third of smokers who stay off cigarettes for 1 or more years may eventually relapse. However, relapse becomes less likely as ex-smokers stay off cigarettes for longer periods of time.

Who Are Today's Quitters?

Various groups are quitting at different rates. Here is the breakdown:

- Women are more likely than men to try to quit smoking. However, an equal proportion of men and women have been off cigarettes for 1 to 4 years. Men are more likely than women to have been off cigarettes for 5 or more years.
- Blacks are more likely than whites to try to quit smoking. However, whites are more likely than blacks to have been off cigarettes for 1 or more years.
- Younger smokers (ages 20 to 44) are more likely than older smokers to try to quit smoking.

- People with any college education are more likely than those without any college education to both try to quit smoking and to stay off cigarettes for 1 or more years.

Helpful Hint . . .

To help limit weight gain after quitting: eat a well-balanced diet and avoid the excess calories in sugary and fatty foods; satisfy cravings for sweets by eating small pieces of fruit; have low-calorie foods on hand for nibbling; drink 6 to 8 glasses of water per day; and build exercise into your life by walking 30 minutes a day or doing the physical activity of your choice, such as running, cycling, swimming, or gardening.

If you cannot walk outside, walk at your local mall. Talk with your physician about an exercise program that is right for you.

Facts at a Glance . . .

From the *1990 Surgeon General's Report (1990 SGR)* and Other Sources:

- More than 38 million Americans have quit smoking cigarettes (*1990 SGR*).
- More than 50 million Americans continue to smoke (*1990 SGR*).
- A recent poll showed that almost two-thirds of smokers say they would like to quit (*Gallup Poll, May 31, 1990*).
- Only 19% of people who have ever smoked have **never** tried to quit (*1990 SGR*).
- Each year about one-third of adult smokers—19 million people—quit for at least 1 day (*Journal of the National Cancer Institute, In Press*).
- Each year about 1.3 million smokers quit successfully, representing less than 10% of those who try to quit (*JAMA May 23/30, 1990*).
- Smokers often try to quit more than once before they succeed. 70% of ex-smokers made 1 or 2 quit attempts; 22% made 3, 4 or 5 quit attempts, and 9% quit 6 or more times before succeeding (*1986 Adult Use of Tobacco Survey*).
- One study shows that Hispanics are quitting at lower rates than the general population (*JAMA January 6, 1989*).
- About 90% of successful quitters do so on their own (*JAMA May 23/30, 1990*).
- With good smoking cessation programs, 20% to 40% of participants are able to quit smoking and stay off cigarettes for at least one year (*1988 SGR*).
- 30% to 40% of smokers either do not believe that cigarette smoking increases the risks of various diseases or do not believe that quitting smoking reduces the risks (*1990 SGR*).

Both full copies and summaries of *The Health Benefits of Smoking Cessation: A Report of the Surgeon General, 1990* are available. For more information about the Report or to order a free summary, write to:

Office on Smoking and Health
Centers for Disease Control
5600 Fishers Lane
Park Building, Room 1-16
Rockville, Maryland 20857
(301) 443-5287

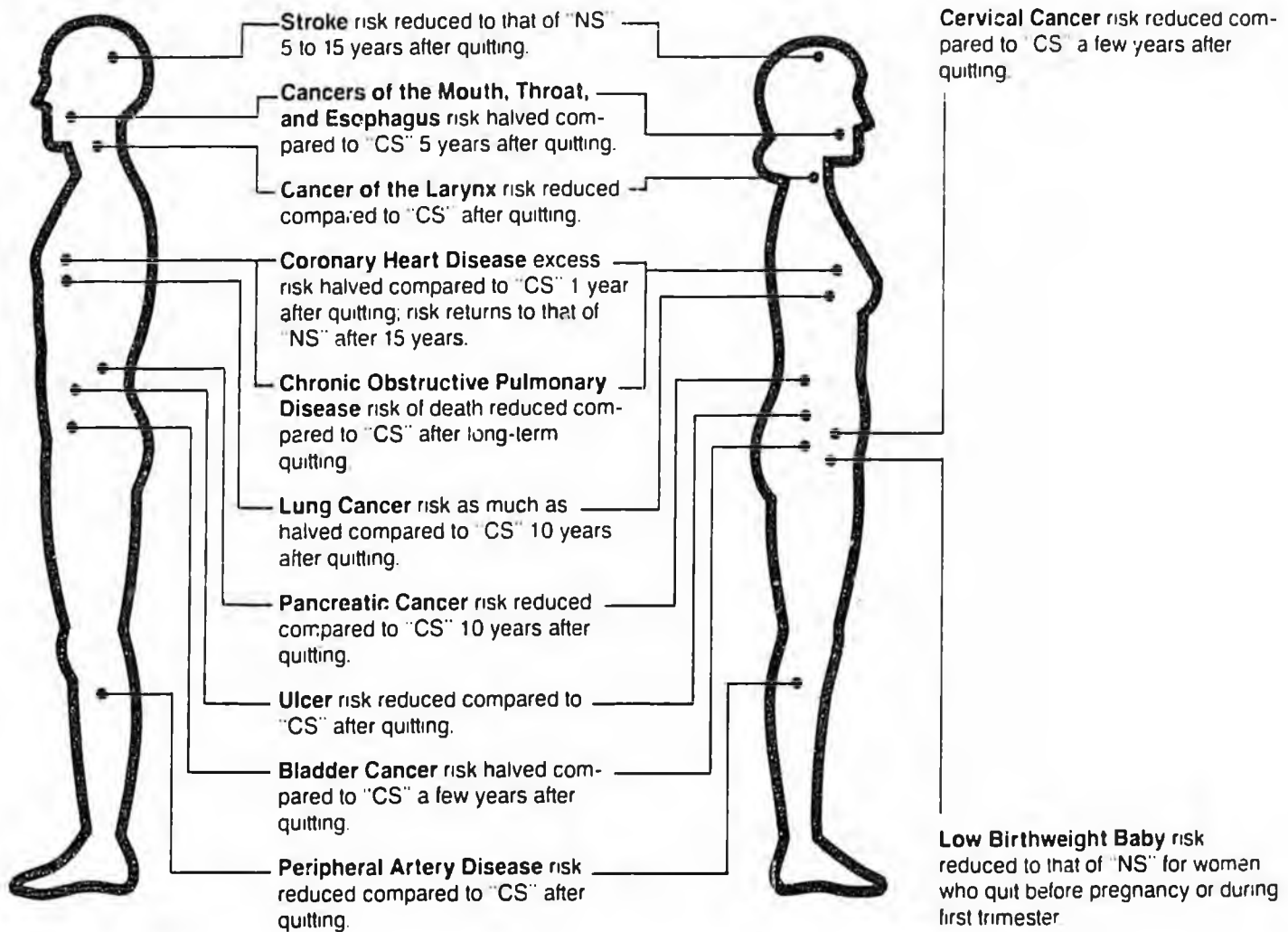


Benefits of Smoking Cessation

Key

"CS" refers to continuing smokers,

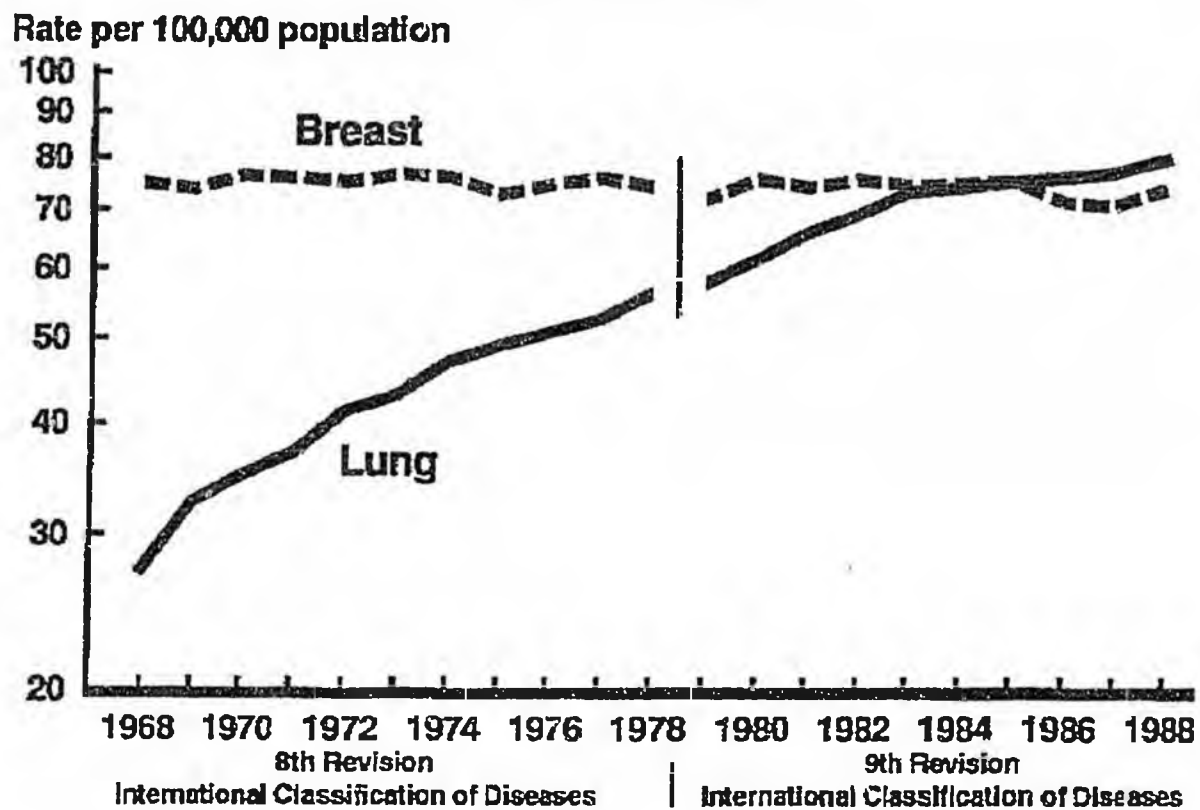
"NS" refers to never smokers.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 Public Health Service
 Centers for Disease Control
 Center for Chronic Disease Prevention and Health Promotion
 Office on Smoking and Health
 Rockville, Maryland 20857



Death rates for women 55-59 years of age: U.S. 1968-88



SOURCE: NCHS, National Vital Statistics System, 1968-88

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210



Alaska State Legislature

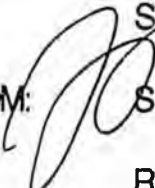
SENATE

Official Business

P.O. Box V
State Capitol
Juneau, Alaska 99811

MEMORANDUM

TO: Senator Arliss Sturgulewski, Chair
Senate Health, Education & Social Services Committee

FROM:  Senator Steve Frank

RE: Request for Scheduling SB 210 - Approp: Long-Term Care Facility - Fairbanks

DATE: March 20, 1991

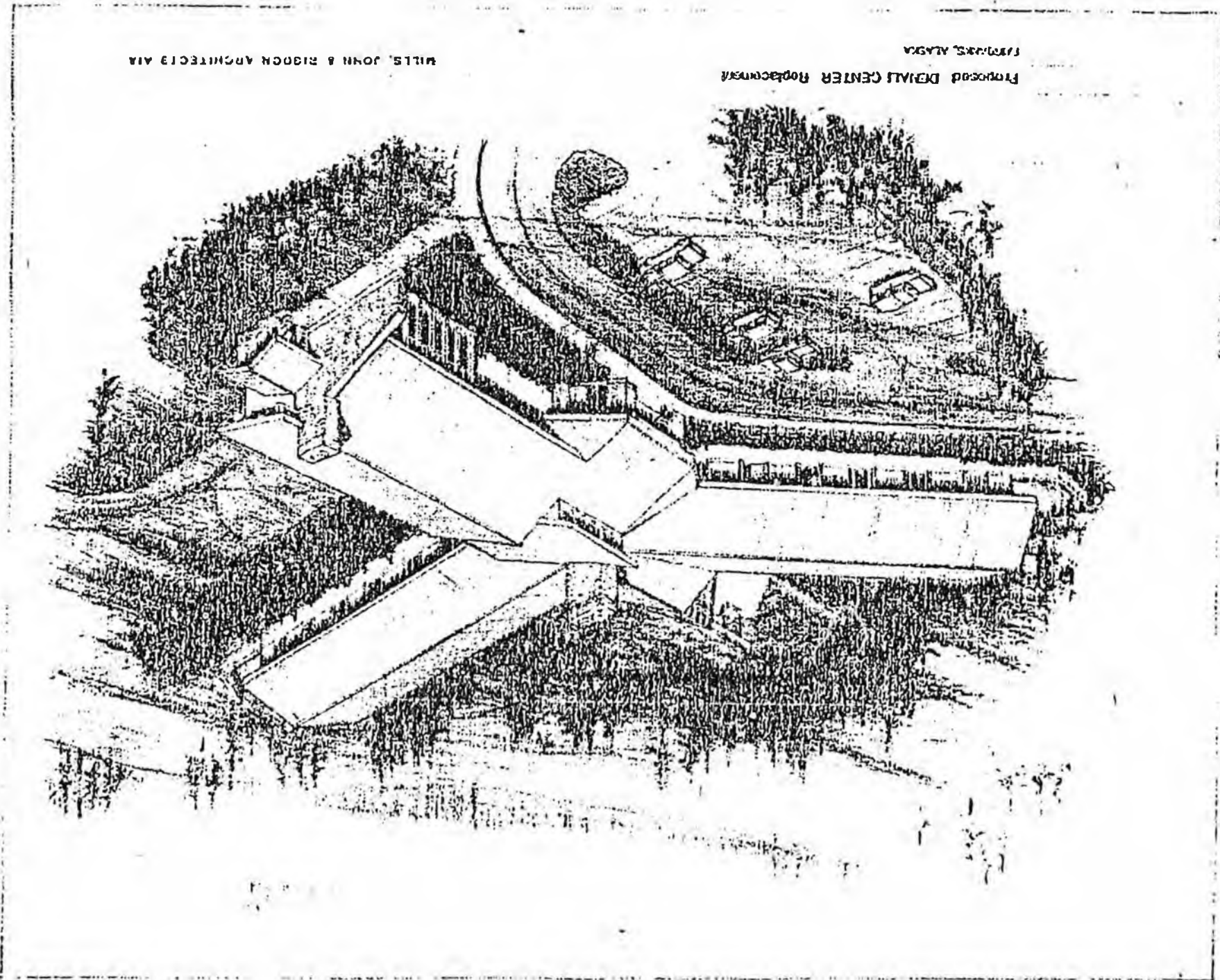
I am writing to request that you schedule SB 210 for a hearing at your earliest convenience.

This bill would allow for construction of a new 90 bed, long term care facility in Fairbanks. Denali Center, the existing facility, is antiquated in its layout and design as well as being too small. For example, it lacks things such as a medical examination room, something that most similar facilities have.

About 40% of Denali Center's residents are from outside of Fairbanks. And approximately 80% and 10% of the residents pay with Medicaid and Medicare, respectively.

Thank you for your consideration.

*Comments may
raise #2MM*



Proposed DEVALI CENTER
FARMERS, ALASKA

WILLS, JOHN & RIBOGN ARCHITECTS AIA

Denali Center is ...

- a private, not-for-profit nursing home facility owned by *The Greater Fairbanks Community Hospital Foundation, Inc.* and operated by *Lutheran Hospitals & Homes Society.*
- not just "an old peoples home", it is home to infants, children, and adults who need skilled care - that is, short-term to long-term resident nursing home care.
- a place that serves people who are too sick to live at home, but too well to need a hospital environment.
- a regional facility serving Interior and Northern Alaska with over 40% of the residents coming from villages outside of the Fairbanks area.
- a facility where payment for resident's care is :
 - 50% - Medicaid (State of Alaska)
 - 10% - Medicare (Federal)
 - 6% - Other insurance
 - 4% - Private pay

DENALI CENTER SERVICE AREAS



The Problem....

- **Denali Center is an inadequate facility:**
 - there are often 3 people to a room
 - up to 6 people share a bathroom
 - there is little space for activities
 - there are only two private rooms
 - there is no private space for a family gathering, telephone calls, a medical consultation, a birthday party
 - no personal care areas to administer medication, for diagnosis
 - no space for staff preparation work or break areas
 - it is an old, poorly designed building
 - the physical plant is 19 years old
 - it can not be remodeled because of asbestos in the walls & floors
 - there is major heat loss because of the 2x4 construction
 - building does not meet 1990 building standards
 - inability to equip better telephone service & access for residents
 - there is not enough room to stock medical and housekeeping supplies and inadequate storage for kitchen goods.
 - no transportation entrance for residents so they can board the van inside
 - not enough room for rehabilitation services
 - the activity room is used as a dining room 3 times a day

- **Denali Center provides 80 sq.ft of personal space per resident or 250 sq.ft./resident total building space.**
 - most nursing homes provide 400 - 650 sq.ft./resident total building space.
 - the ONLY storage space for resident's personal belongings is a 2'x21" closet

- **Nursing home services will be in greater demand as the population ages.**

- **The needs of the Fairbanks area and the surrounding communities of Interior and Northern Alaska are not being well served by the existing Denali Center.**

What We Need...

- **A new facility that provides the following:**
 - a capacity to serve not less than 80, but not more than 100 residents
 - privacy in the residents rooms
 - adequate outdoor space
 - common areas for social activities
 - a culturally sensitive design
 - comprehensive rehabilitation services & equipment with easy access
 - structural design to enhance delivery of services
 - flexible design able to readily adapt to expansion of services
 - accommodations for staff work areas and break areas
 - specific design components to address the needs of the terminally ill
 - a location that would be conducive to sharing existing services & systems
 - specific design components to address the needs of residents suffering from Alzheimers disease who qualify for nursing care. This could include the design of a specific program area dedicated to this purpose.

The Task Force heard testimony that non-medical services for Alzheimers patients were sorely needed. Many Alzheimers clients would be served by assisted living and other available community support such as adult day care and specialized foster care. Currently, funding is only available for nursing home care of Alzheimers patients with other medical problems. This is an area that needs further investigation.

- **A further exploration of an 'assisted living' facility with a capacity of 25-50 units.**

This could be a campus approach or a separate site. Assisted living is a level of residential care less intensive than a nursing home. It provides an intermediate step from one's own home to the nursing home, and vice versa.

- **The problems will not diminish with time.**

As the population ages, these services will be in greater demand.

- **The present facility was poorly designed by the original owner.**

As a result, remodeling the facility would not resolve many of its problems - and it would cost nearly as much as a new facility. There is asbestos in the walls and floors.

- **Nursing homes play a crucial role in reducing health care costs.**

By providing a cost effective alternative to lengthy and unnecessary hospitalizations.

- **There is wide community support for a new facility.**

Some of the Fairbanks community groups and state-wide organizations that have passed resolutions in support of a new nursing home facility in Fairbanks:

Alaska Federation of Natives
AARP - American Association of Retired Persons
Arctic Alliance for People
Delta Chamber of Commerce
Doyon Limited
Fairbanks City Council
Fairbanks Native Association
Fairbanks North Star Borough
Fairbanks Retired Teachers Association
Greater Fairbanks Chamber of Commerce
Interior Alaska Economic Development Council, Inc.
Main Street Fairbanks
Midnight Sun Lions
Tanana Chiefs Conference
Individual contributions are made regularly

- **A capital campaign drive will begin by the Task Force**

This is to raise money for a new Denali Center. The City of Fairbanks has donated land that is being recommended to the architect as a priority site.

- **A new Denali Center will cost approximately: \$10.8 Million**

Our Plan....

"Partnership for Progress "

Capital Campaign for Denali Center

- **We began, through the Hospital Foundation, the process of hiring an architect/engineering firm for design and cost information.**

- **We will identify & pursue sources of Federal support**
 - Federal program support
 - Grants
 - Other funds

- **We will identify & pursue sources of State support**

- **We will identify & pursue sources of Local support**
 - City / Borough
 - Businesses
 - Individuals

- **We will identify & pursue sources of Corporate support**

- **We will identify & pursue sources of Foundation support**

Support is there...

The following groups have passed resolutions or made contributions in support of a new Denali Center in Fairbanks:

Alaska Federation of Natives

AARP - American Association of Retired Persons

Arctic Alliance for People

Delta Chamber of Commerce

Doyon Limited

Fairbanks City Council

Fairbanks Native Association

Fairbanks North Star Borough

Fairbanks Retired Teachers Association

Greater Fairbanks Chamber of Commerce

Interior Alaska Economic Development Council, Inc.

Main Street Fairbanks

Midnight Sun Lions

Tanana Chiefs Conference

Individual contributions are made regularly

SERVICES for the ELDERLY in FAIRBANKS

Community-Based Services	Home-Based Services	Intensive Home and Community-Based Services	Services in a Residential Care Setting	Most Intensive Institutional Services	Acute Care
<p>Congregate Meals - Senior Center 452-1735 - Breadline 456-8317 - Food Bank 452-7761</p> <p>Transportation - Senior Center 452-1735 - MACS 456-3279</p> <p>Info / Referral / Personal Advocacy / Employment Services - Senior Center 452-1735</p> <p>Physical Fitness - Mary Siah Center (FNSB) 452-1451</p> <p>Independent Apartments for Elderly - Golden Towers 456-1852 - Southhall Manor 451-6426 - Golden Ages</p> <p>Family Caregiver Support Groups - Alzheimers Family Support Group - Hospice of Tanana Valley 474-0311</p> <p>Other Community Programs - Foster Grandparents / Senior Companion / RSVP 452-6417 - Alaska Legal Services 452-5181 - Love, Inc. 452-5683 - Adult Learning Center 452-6434</p>	<p>Home Delivered Meals - Senior Center 452-1735</p> <p>Transportation Escort - Outreach Workers for TCC & North Slope Corp. 451-6682</p> <p>Shopping Assistance - none</p> <p>Homemaker / Chore Services - Homemaker Prog. of AK 452-2975</p> <p>Personal Care Attendant - Access Alaska 479-7940 - Homemaker Prog. of AK 452-2975 - Medicaid Personal Care Attendants</p> <p>Congregate Housing - none</p> <p>Home Repair/Renovation - none</p> <p>Home Health Aide - FMH Home Care 451-3517 - State Home Health Care 452-6406</p> <p>Senior Companion Volunteers - Senior Center 452-1735</p>	<p>Adult Day Care - Fairbanks Resource Agency 456-8901</p> <p>In-Home Respite - Fairbanks Resource Agency 456-8901</p> <p>Adult Foster Care - State Div of Family & Youth Services 452-1844</p> <p>Senior Group Homes - none</p> <p>Home Health Skilled Nursing - FMH Home Care 451-3517 - State Home Health Care 452-6406</p> <p>Hospice Volunteers - Hospice of Tanana Valley 474-0311</p>	<p>Pioneers' Homes Residential Care - Fairbanks Pioneers Home 456-4372</p> <p>Assisted Care - Four beds at Fairbanks Pioneers Home 456-4372</p>	<p>Pioneers' Home Nursing Care - Fairbanks Pioneers Home 456-4372</p> <p>Private Nursing Care - Denali Center 452-1921</p>	<p>Inpatient Hospital Stay - Fairbanks Memorial Hospital (FMH) 452-8181</p>