

### Options Clinic Awards Part of Capital Project

In June, Options Clinic published the Notice to Contractors for part of the capital campaign renovation project. The notice included bid specifications for remodeling the laboratory, six exam rooms, and the creation of an additional exam room. On July 14, 2005, Options Clinic held the public bid opening. There were a total of four bids submitted. The low bidder was Peter Nelson and Sons, Inc. With their bid, we are able to completely remodel the lab and six exam rooms as well as create an additional exam room. Money to support this part of the project comes from the Community Development Block Grant (\$58,600: January 2005), La Crosse Community Foundation Grant (\$10,000: May 2005), Gundersen Lutheran Medical Foundation (\$7,500: July 2005), and Options Clinic and Board of Director contributions (\$50,000: June 2005).

Construction for this portion of the project should begin in October of this year, possibly sooner.

Thanks to everyone who made this phase of the project a reality!!



### Community Education Department Receives Grants for Programs

For the past 5 years, the Community Education Department has been providing an abstinence program to the La Crosse School District's sixth grade health classes. The Children's Miracle Network of Gundersen Lutheran has recently funded this program for the third year in a row. The Abstinence Encouragement Program provides 550 sixth grade students and their parents from all three middle schools (Logan, Lincoln, and Longfellow Middle Schools) with information on abstinence, pressures from society, and resisting peer pressure.

The Women's Fund of the La Crosse Community Foundation has awarded Options Clinic a grant to provide Mother-Daughter Nights: Talking About the Tough Stuff. This program will provide 60 mothers and 60 daughters with skills to improve communication; information about puberty, sexuality and reproduction, exercise and nutrition, and abstinence; resources available at Options Clinic for both mothers and daughters; and mother/daughter relationship building skills.

For more information about these programs or the Community Education Department, call 608.775.8381 or look us up on the web at [www.optionsclinic.org](http://www.optionsclinic.org).

### Staff Anniversaries

*Please join us in celebrating our staff's employment anniversaries!!*

Erin Behlen      1 year

### Many Believe 'Light' Cigarettes Less Harmful

But they kill just as easily as stronger brands, experts say.

TUESDAY, July 19 (HealthDay News) -- "Light" can still be lethal: According to researchers, about 25 percent of smokers share the erroneous belief that so-called reduced-exposure tobacco products -- "light," herbal or reduced-nicotine cigarettes -- are less dangerous than regular cigarettes.

"These data suggest that smokers are confused and misled by cigarette marketing, even when such marketing does not include overt health messages," researchers at Roswell Park Cancer Institute in Buffalo, N.Y., wrote in the August issue of the Journal of Preventive Medicine.

To read the rest of the article, <http://www.healthywomen.org/content.cfm?L1=2&L2=8&NID=1>.

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