

Air pollution damaging, Lung Association warns

In the summer months, most of us spend more time outdoors, especially during vacations. Unless the air looks dirty or smells bad, we believe we're breathing relatively clean air. That may not be the case, says the American Lung Association of Southeastern Michigan.

According to some experts, large portions of the entire atmosphere over sizable areas of the United States may be hazardous to health. Scientists are beginning to identify the chief culprits as fine particulates, which remain in the atmosphere for weeks and can be transported hundreds of miles on the winds. The particulates are invisible and are so small they slip through many air pollution control devices. Some are only one-fiftieth as wide as a single strand of human hair.

Although the lungs' defenses can remove larger particles, the smallest can bypass those defenses and make their way into the deepest areas of the lungs, the air sacs, where oxygen and carbon dioxide must be exchanged if human life is to survive. There the particles can irritate and damage delicate lung tissue.

Studies show that one of the most damaging pollutants is the sulfur oxide/particulate complex. The original

pollutants continue to undergo chemical changes in the outdoor air. Many resulting compounds are formed for short or long periods of time. The principal source of this type of pollutant is power plants that burn oil or coal.

In a 1979 survey of Michigan air quality by the Department of Natural Resources, Wayne County was found to suffer from excessive levels of several pollutants, including lead, suspended particulates and carbon monoxide. The Oakland County monitoring sites did not exceed the national primary health standards for any of the pollutants surveyed. Macomb County was found to be in violation of health requirements for ozone.

The American Lung Association has just issued "Your Health and Air Pollution," a 28-page publication. It discusses the effects of a variety of pollutants and their effects on the lung function of healthy people as well as those who already have lung and heart problems.

To work for more effective ways to keep the air cleaner during summer and every other season, contact the American Lung Association of Southeastern Michigan — the Christmas Seal people — at 961-1697. It's a matter of life and breath.



He's researching his subject

Gregg Zellen of Farmington Hills (right) tries to surmount a mountain of books as he studies the reaction of Cynthia Targosz during the Henry Ford Museum Theater presentation of "Needles and Pins," an 1880's farce featuring a distressed damsel, batty heiress and mismatched lovers. The play runs through Sept. 6 in Greenfield Village.

Chili cookoff Sept. 14

Chili aficionados will gather for the 1980 Michigan Championship Chili Cookoff Sunday, Sept. 14, from 11 a.m. to 4:30 p.m. at the Moon Lake Clubhouse in West Bloomfield.

"The International Chili Society has sanctioned the event. Society rules and regulations will be followed. The winner will represent Michigan in California in October at the world championship cookoff at the Paramount Movie Ranch," says Jim Lark, chairman and head chili.

Admission is \$12.50 per person including food and beverages. Proceeds will be donated to Father Tom Lumpkins Day House for homeless women and children.

Entertainment by Michigan Consolidated Gas blue grass band and a March band is featured. Awards will be given to the teams with the best cooking areas, costumes or support teams.

Hills library to host book talk for adults

The Farmington Hills Library is again organizing an adult "Great Books" discussion group to meet every other Thursday evening from 7:30 to 9:00 p.m. in the library at 32737 W. 12 Mile Road. The first session will select Thursday, Sept. 18, with the selection "Prometheus Bound" by Aeschylus.

Following each classical selection will be discussion of a contemporary short story by authors such as John Cheever, William Faulkner, Ernest Hemingway, Doris Lessing and others. The classical works include such works as: "The Medea" by Euripides, "The Canterbury Tales" by Chaucer, and "The Misanthrope" by Moliere.

Shrewbridge wins 4-year scholarship

A Farmington High School graduate is among the winner of the National Merit Scholarship's four-year grants.

Richard K. Shrewbridge of Farmington is among 1,900 winners of the four-year scholarship. He intends to major in pre-medicine at Michigan State University.

Shrewbridge is an Eagle Scout. He is a recipient of the Farmington Education Association Scholarship and the Soroptimist Youth Citizenship Award. He is a member of the National Honor Society and the marching and symphonic bands at Farmington High School.

Beat the chill

Heat the body, not the room. If it's cold outside and you're shivering inside, try calisthenics for five minutes every hour. Jumping jacks, running in place, or situps will heat you up quickly and may even start a good new habit.

Ad Good Thru Sat., Sept. 7, 1980.

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