

Suburban Life

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Survival in workplace; non-smokers heat up

By Shirlee Rose Iden staff writer

"Smoke gets in your eyes" goes the ballad, an oldie and goodie from pre-World War II days. Today, those who object to smokers around them know that smoke, even second hand smoke, gets into not only their eyes, but their nasal passages, their lungs and their throats. "Smoking can cause nasal congestion, spontaneous abortions, decreased weight of newborn infants, sore throats, irritated eyes and aggravated allergies not to mention cancer and emphysema," said Dr. Bruce Dubin. "Each year 370,000 deaths are attributed to cigarettes. Now we know we

have to double that if we include second hand smoke."

DUBIN, AN expert in smoking cessation programs, participated in a forum on "Survival in the Workplace: An Issues and Answers Forum for the Non-Smoker" sponsored by the American Lung Association at the Michigan Inn, Southfield.

Testifying on the challenge of living and working in a smoking environment were a legislator, a former legislator, the director of the Michigan Public Health Department, a restaurateur, and one of the nation's foremost non-smoking advocates.

Donna Shimp, once a three-pack-a-day smoker, had to give up smoking be-

cause of her health. Employed by New Jersey Bell Telephone Co., she challenged her employer in court and won the right to a smoke-free work environment.

"My case set a precedent," she said. "But I was forced to go to court for the same protection the sensitive machinery at Bell was already getting."

SHIMP says it was either her or the smoke. She got legal assistance from the local law school, officials such as Luther L. Terry, former U.S. Surgeon General, and others who concurred that tobacco smoke is harmful to everyone and smoking is a privilege, not a right.

Back in 1981, 12 states had passed statutes restricting or prohibiting the

sale of cigarettes and tobacco products, says Gloria Smith, Michigan Director of Public Health.

"THOSE LAWS were passed for social reasons, because cigarette smoking was thought of as not a nice thing to do, but by 1979, they had all been repealed. Our recent anti-smoking campaigns came in the 1960s and 1970s because the dangers to non-smokers became apparent. They came as attempts to protect health."

Smith says the state has jurisdiction on smoking in just four areas, food services, homes for the aged, hospitals, and nursing homes. "Food places must provide non-smoking areas, and others have to have restricted areas," she said.

"Since 1980, we have had only 35 complaints while licensing thousands of establishments. And we do investigate when a complaint is made."

SMITH contends public smoking is being seen more and more as deviant behavior, but she believes the cost of enforcing smoking restriction laws would be prohibitive. "We need voluntary compliance," she said.

A direct blow for survival in the workplace has been landed in California where about 20 communities have recently passed restrictive laws against smoking. In San Francisco, a \$500 fine is levied against those who fail to conform to smoking restrictions.

State Rep. Justine Barns of Westland, in her first term in the legislature, has introduced House Bill 5210. Her bill calls for no smoking in public places, except for designated areas, and calls for a \$25 fine.

A PUBLIC hearing on her bill, the Clean Indoor Air Bill, will take place at 10:30 a.m. Thursday, May 3, in Lansing.

"My father and brothers were coal miners, and there was legislation passed to protect them. Yet there's none for you and I in the work place," she said.

"We've had legislation for clean air outdoors and clean water, now it's time to clean up the air, indoors. I do, as a non-smoker, have rights."

Thomas Glass of Southfield, panel moderator, admitted the issue of smok-

ing rights is one that has no easy resolution.

"Last weekend I went to the movies at the Americana with my wife and I was ticked that they had a promo that said "no smoking" and also stated the management would prosecute to the limit of the law.

"Then I noticed someone smoking and I admit, I thought about reporting them but I didn't."

SHIMP insisted, "If you don't like someone smoking near you, say so. A non-smoking worker may inhale the equivalent of 27 low tar cigarettes a day. Tobacco smoke is not necessary to the performance of any job."

Barns says a healthy workplace bill will give people a tool. "This is not an easy or popular issue to take after. I'm the pol, I have to carry it, but I need you," she told the large audience.

"I went out on a limb for this because there's been a decrease of adult smokers in recent years. Just about 33 percent smoke. That means one-third of people are controlling our lives in public and workplaces."

FORMER LEGISLATOR Patrick Harrington of Monroe County, an attorney and lobbyist, agreed the issue is not lacking in controversy. "I think smoking is a privilege more than a right," he said, and cited the hidden issue of revenues. "Government benefits from the taxes on cigarettes."

Harrington pointed out that involuntary smokers are a new dimension to the problem and due to the cost of doing business, depleting work output and productivity.

"We should consider providing incentives to employers like lowering health care costs where smoking is banned. This is a less controversial approach."

THE RESTAURANT business has been regulated since 1976. John Woods, vice president and general manager of Machus Enterprises, says his company has let consumers decide how much non-smoker area is desired.

The more alcohol is served, the less demand there is for non-smoking



Dr. Bruce Dubin is a Farmington Hills resident who has lectured extensively on the control of air pollution, smoking cessation and help for asthmatics. He specializes in treating asthma patients in his Madison Heights office.

areas," he said. "Females demand more non-smoking areas than men."

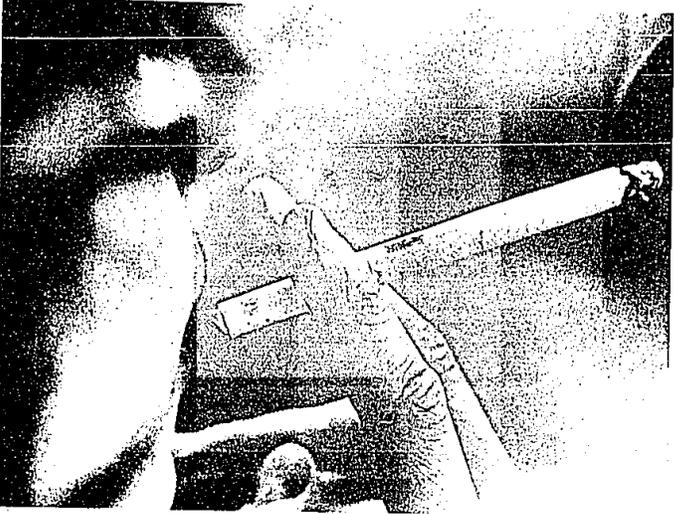
But he also pointed out that although low demand for non-smoking tables can lose revenue for restaurants, the 1976 law has worked well.

Second hand smoke is no laughing matter for some. A former firefighter and paramedic in Oakland County was fired because of an allergy to smoke.

"I HAVE a civil rights and a workmen's comp suit going right now," he said, refusing to give his name. "I was fired for my 'best interest' according to my employer."

Shimp says up to 40 million people are bothered by smoke and others are acutely allergic.

"Bobby Kennedy once referred to the war against smoking years ago," she recalls. "He said more people were killed by cigarettes than all the wars we've fought. We do have a right to a smoke-free atmosphere."



Baritone to sing in Grace Chapel

Steven Kimbrough, an international opera star and baritone, will appear in a free concert Sunday, April 1 in Grace Chapel Presbyterian Church, Grace Chapel meets in Wm. Tyndale College, 12 Mile and Drake Road. Kimbrough will sing at the 10:45 a.m. service.

He recently returned from a run of "Man of La Mancha" in Vienna which was filmed by Austrian television.

Kimbrough has been a member of the Bonn, Germany Opera Company for 15 years and previously served as professor of Old Testament History at Princeton University. He recently released a new recording of Franz Schreker Lieder on the Acanta Label, which established his reputation among the world's finest interpreters of art songs.

He is equally at home in musical comedy which he performs in the U.S.

The baritone made his debut in 1987 at New York's Carnegie Hall. He later went to Europe and distinguished himself in leading roles such as Marcello, Count Almaviva, Dandini and Don Giovanni.

In 1978, Italian critics hailed his voice and mastery in the role of Gregor Mittenhofer in the first Italian language performance of H.W. Henze's "Elegy For Young Lovers" at the Teatro Regio in Torino.



Steven Kimbrough

The American Opera Auditions winner, fluent in several languages, also portrayed Hazi in the first production of "Kismet," a German version heard in Vienna.

Last year, he starred in a German production of "Oklahoma," which was televised live in Austria. This year he is producer of the recording of Jerome Hines's Opera, "I Am The Way."

Chiropractic offers self-help information

Sufferers can learn to alleviate lower back pain through a self-help clinic offered by Dr. Bruce Lowen, at 7:30 p.m. Thursday, April 5 in Farmington Branch Library.

A free seminar is designed to educate individuals on the cause and home treatment of lower back ailments. Lowen will discuss daily body awareness techniques, massage, stretching and strengthening exercises and proper exercise equipment to prevent low back pain. He will also demonstrate and allow seminar attendees to use the newest device in inversion therapy, the Orthopod.

The Orthopod unit allows users to work with the forces of gravity in an inverted position with complete com-

fort. It is a device for unilateral and bilateral back as well as abdominal exercises which are essential in building a strong back. The system does not place any strain on feet, ankles or knees, unlike other gravity-traction devices, according to Dr. Lowen.

Most lower back pain is caused by lack of flexibility and movement, poor posture, weak abdominals, stiff back muscles and hamstrings, accidents and stress stemming from work or emotional pressures, says Dr. Lowen. Yet 80 percent of all back disorders can be reversed through knowledge, exercise and stretching.

All clinic attendees will receive an instructional book on back pain prevention.

Young musicians ask 'Where's the Beef?'

Where's the beef?

That's a question that's been posed by a man seeking the presidential nomination, the chairman of the board of General Motors, and millions of other Americans.

Allan Nahajewski of Livonia said his musical group, Woodwork, has come up with its own answer to the question popularized in an advertising campaign by the Wendy's hamburger chain.

Woodwork recently wrote, copyrighted and recorded a song entitled, "Here's the Beef."

"It's a toe-tapping, sing-along type of song," said Nahajewski, who is the band's keyboard player and saxophonist. When not making music, he is a sales promotion specialist for Blue Cross and Blue Shield of Michigan.

WOODWORK recorded the song last month and mailed cassettes of the song to several radio stations. A tape sent to WCXI disc jockey R.T. Griffin was forwarded to a record company representative, who is interested in having the song recorded by a professional band based in Reno, Nev., Nahajewski said.

"Here's the Beef" was written by the band's songwriter and namesake, Brian Wood of Highland, Mich. Wood is a singer/guitarist who has written more than 100 songs, including one that won a special commendation in a national country music songwriting contest. He wrote his first song, "The Peanut Song," at age 8.

Three years ago, Wood and Ann Morrow wrote a song about the Detroit Lions entitled, "Hold That Line." The song was played on WJR-Radio and was featured on Channel 7 news and Channel 2's "Morning Magazine."

Besides Wood's originals, the band plays pop songs, country songs and oldies. In addition to Nahajewski and Wood, Woodwork includes vocalist/guitarist Roger Dresden, bass player Mike Nagle, vocalist/guitarist Buck Buchanan and drummer Ken Glynn. Phil Hoekstra is the band's recording engineer.

The band appeared in several summer festivals in Oakland and Livingston counties last summer and most recently appeared at J.P.'s Lounge in Brighton.

THE GROUP will perform "Here's the Beef" in concert for the first time later this month at Musical '84, a benefit for Michigan Christian College.

Alumnae plan lunch

Saint Mary's College Detroit Alumnae Club will host its spring luncheon Saturday, May 19, in Detroit Golf Club with cocktails at 11 a.m. followed by the luncheon and a "Spring Fashion Coordination Program."

Cost for the event which includes door prizes and complimentary discounts at a local clothing retailer, is \$15. All alumnae, current students, incoming freshmen and their mothers, as well as friends of Saint Mary's are invited.

For more reservation information, call club vice president and co-chair Judy Gavor, 851-0622.

The benefit will start at 7:30 p.m. Saturday, March 31, at the Allen Park Civic Center, 16050 Southfield Road.

Cassette tapes of the song are available by sending a \$2 money order to: Beef, 30898 Dalhousie, Livonia 48150. The song also will be included in the group's upcoming LP cassette, "Rough Cuts," scheduled to be released at the end of the month.

Nahajewski said he is aware that other songs on the "Where's the Beef" theme have been recorded, and the group is willing to challenge any and all comers to a "beef off."

The whole thing is enough to change his eating habits, he said.

"I haven't had a burger in six years," he admitted. "I'm a vegetarian."

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