

# Teen smoking rises; deaths will triple

The president of the American Heart Association called attention to two alarming trends in tobacco use. Smoking is on the increase among U.S. teens, and smoking-related deaths around the globe are expected to triple in the coming century.

"Anyone who sees these statistics should be very concerned," says American Heart Association President Dr. Lynn Smaha, referring to data included in the 2000 Heart and Stroke Statistical Update.

Already, smoking is blamed for about one in five deaths from cardiovascular diseases, Smaha says. An estimated 430,700 Americans die each year from smoking related illnesses.

"Smoking costs U.S. residents an estimated \$130 billion annually in medical care. This includes costs related to smoking during pregnancy, which has been associated with low-birth-weight babies. Other costs include lost workdays, lost productivity from early death and disability, and the costs of fires caused by smoking," he says.

The World Health Organization reports that global mortality from tobacco use is projected to rise from 3 million deaths per year in 1990 to 10 million a year by 2025. "That's an alarming trend that should get the world's attention," Smaha says.

## WHO lists risks

According to the World Health Organization, the risk of coronary heart disease decreases by 50 percent in the year after a smoker kicks the habit and, within 15 years, an ex-smoker's relative risk of dying from heart disease approaches that of a long-time non-smoker.

"Smoking is a risk factor that people can control. Therefore it's a logical place to focus our attention in our efforts to reduce deaths from heart disease and stroke in the coming century," Smaha says.

Of particular concern is the rise in cigarette smoking among teenagers. An estimated 4.1 million U.S. adolescents ages 12 to 17 are smokers.

During 1988-1996, there was a

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**Dr. Lynn Smaha**  
—president, American Heart Association

30-percent increase in the number of U.S. teens ages 12-17 who acquired the smoking habit. The number of those teenagers smoking on a daily basis increased by 50 percent.

"That means that each day, more than 6,000 young people try a cigarette for the first time and more than 3,000 become daily smokers," Smaha says. "If those trends continue, about 6 million of these teenagers will eventually die from a smoking-related disease," he says.

## Habit starts early

"These trends are particularly worrisome because about 80 percent of adult tobacco users began their habit before they turned 18," Smaha says.

In addition, an estimated 43 percent of U.S. children under the age of 12 are exposed to environmental tobacco smoke in the home. In 1996, an estimated 15 million children and adolescents under age 18 were exposed to environmental tobacco smoke in the home, the report says.

In a survey of U.S. non-smoking, working adults age 17 and over, nearly 48 percent reported being exposed to tobacco smoke either at home or on the job. The report adds that "the risk of death from coronary heart disease increases by up to 30 percent among those exposed to environmental tobacco smoke either at home or at work."

For over two decades, the American Heart Association has worked to advance policies and regulations that support clean indoor air.



STAFF PHOTO BY BILL REED FOR THE OBSERVER & ECCENTRIC

**Of Mice and Men:** The Farmington Players present John Steinbeck's award-winning drama weekends in February. Above, George, played by Thomas Adams, reacts as Curly's wife, played by Kathleen Warner, flirts with Lenny, played by John Boufford. Opening night is a benefit for the Capuchin Soup Kitchen. Tickets to the Feb. 4 event cost \$50 and include dinner and afterglow. Regular performances begin at 8 p.m. Saturday, Feb. 5. Tickets are \$12. Call the Players Barn at 553-2955 for more information.

## First Artist in the Corridor exhibit opens Monday

The brilliant colors and vibrant brush strokes of artist Evanthia Samra will enliven the walls of the Farmington Hills and Farmington city halls launching the year 2000's first Art in the Corridor exhibit.

Beginning Jan. 24, the galleries will be open to the public from 8:30 a.m. to 4:30 p.m. Monday through Friday and at all other times when the two city halls are open for events.

A meet-the-artist reception

will begin at 6:30 p.m. Jan. 24 before the Farmington Hills city council meeting. Members of the

public will be able to speak with Samra about her paintings. Refreshments will be served. The Farmington city hall is on the southwest corner of Orchard Lake and 11 Mile roads.

Samra's works span a wide

variety of media, including oil, acrylic and watercolor. She has found much inspiration in her bright palette in the subject of flowers, which abound in her

paintings in a style Samra identifies as abstract expressionism.

Designated the Farmington

Artist in Residence for 1992, she shares the prestigious award with other well-known artists including John Glick and Howard Weingarten. Her paintings are in private collections across the country.

The Art in the Corridor exhibits are sponsored by the Farmington Area Arts Commission and facilitated by the Farmington Hills Special Services department as part of a joint effort to celebrate the quality

of art in the community.

For more information, call Nancy Courmoudeos, cultural arts coordinator, at 473-1856.

artistic offerings available in the Farmington area.

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you?**

Observer & Eccentric

HOME TOWN  
Newspapers

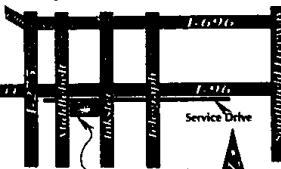
**JobFair  
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Burton Manor Livonia Wednesday March 29 11 a.m. - 6 p.m.

We continue to receive many positive comments about our first three Job Fairs and want you to experience personally how effective they are. If you've participated in the past, you've already discovered their value to your recruitment program. We're pleased to offer you this opportunity to be part of our fourth Job Fair and save at the same time!

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## HomeTown Heroes™ OF OAKLAND COUNTY

Your Observer & Eccentric, Mirror, and HomeTown Newspapers, in conjunction with The Volunteer Place, have established the HomeTown Heroes™ awards to recognize, encourage and reward outstanding volunteers who have given selflessly of themselves to support,

nonprofit organizations in Oakland County.

The Volunteer Place will be North Oakland County's new one-stop shop for volunteer recruitment and placement, coming Fall 2000.

HomeTown Heroes™ will honor volunteers in six categories: Seniors (65 and over), Youth (18 or younger), Board/Committee, Direct Service, Faith-based and Business. The business award is sponsored by Crain's Detroit Business.

Nominees and awardees will be recognized at a luncheon on March 29 at the Townsend Hotel in Birmingham.

### NOMINATION FORM

**NAME OF NOMINATOR:** \_\_\_\_\_

**IF GROUP, CONTACT PERSON:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**DAYTIME PHONE:** \_\_\_\_\_ **FAX:** \_\_\_\_\_

**CATEGORY FOR WHICH YOU ARE NOMINATING THE VOLUNTEER:**

Senior (65 and over)  Board/Committee  Direct Service  Faith-based  Business  Youth (18 or younger)

**NOMINEE:** \_\_\_\_\_

(Must volunteer for an Oakland County non-profit)

**ADDRESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ (If senior, just note over 65)

**DAYTIME PHONE:** \_\_\_\_\_ **SCHOOL (if applicable):** \_\_\_\_\_

**PLACE(S) OF VOLUNTEER SERVICE:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**YEARS OF SERVICE:** \_\_\_\_\_ **AVERAGE NUMBER OF HOURS PER MONTH:** \_\_\_\_\_

**TYPE OF WORK PERFORMED:** \_\_\_\_\_

\_\_\_\_\_

On a separate sheet, please describe, in 100 words or less, why you have nominated this individual for a HomeTown Hero™ Award. Entries must be typewritten. CAUTION: The 100-word limit will be strictly applied. Anything beyond the hundred-word limit will not be presented to the nominating committee ("and", "an", and "the" will not be counted as words).

Entries must be received by Friday, February 25, 2000.  
Mail forms to: HomeTown Heroes™ Awards—THE VOLUNTEER PLACE  
c/o 114 Orchard Lake Rd, Pontiac, MI 48341 or Fax to (248) 859-7112

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