



In this issue:

Air study reinforces need for policy	1
Clean indoor air is a social justice issue	1
Importance of smoke-free environments	2
Musician jamming for smoke-free venues	3
USC Student President gives voice for campus	4
Columbia poll results show strong support	4

September 27, 2006

Sponsored by the
SC Tobacco Collaborative

MAKE IT HAPPEN!

Smoke Free Columbia
www.smokefreecolumbia.org • 803•939•0088

Blue Marlin air study reinforces need for smoke-free policy

When Columbia restaurateur Bill Dukes decided to have his Blue Marlin restaurant go smoke-free, he knew it was the right thing to do for his employees and customers. Yet, he was curious to learn more about the scientific data backing his choice. So he decided to have the air quality inside the popular Vista restaurant tested— both before the new policy took effect *and* after the restaurant was smoke-free.

Results were remarkable. The study measured the concentration of very small particles suspended in the air called particulate matter ^{2.5},

which are found in secondhand smoke and commonly used to test exposure.

The night before the restaurant went smoke-free, the average concentration of these tiny particles was 97.10 micrograms per cubic meter of air with a maximum concentration of 165.44 micrograms per cubic meter of air.

To put the numbers in perspective, the Environmental Protection Agency says the highest level of safe exposure to these particles is an average of 65 micrograms per cubic meter in 24 hours of exposure.

BLUE MARLIN, continued on page 2

CLEAN INDOOR AIR, A SOCIAL JUSTICE ISSUE

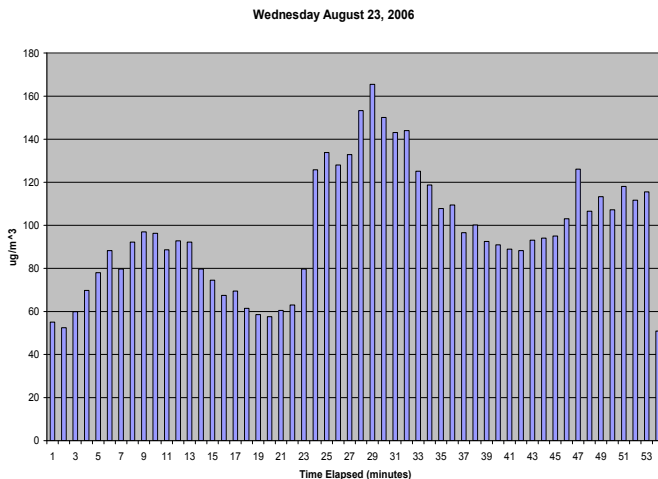
So often, with smoke free workplace and public place initiatives, smokers feel beleaguered and that they are being targeted by anti-smoking groups. Their contention is people should go to places that do not allow smoking. There is little consideration of workers in smoke filled environments. If there is one message that needs to be expressed over and over again is that is not about the smoker, it's about the smoke.

Workers health is being comprised by a small group of people who want to continue to smoke regardless of the harm that it causes to others. Indeed, patrons have a choice but most workers do not. These bar and restaurant workers are usually low wage earners, African American, Latinos, and young adults working as waiters,

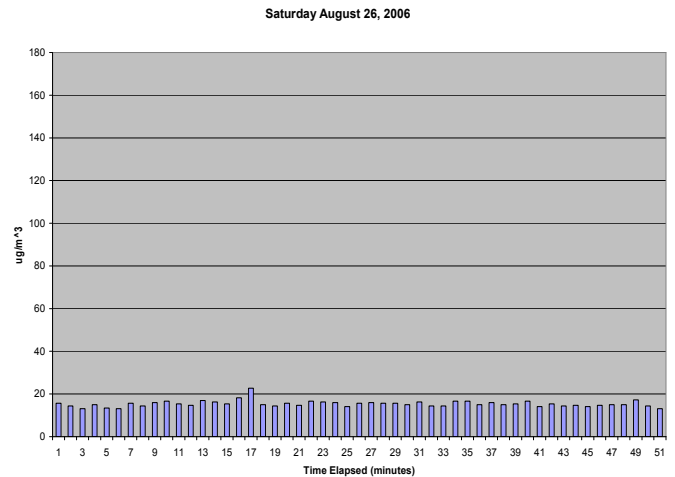
waitresses, bartenders, cooks, busboys and factory workers. They usually have no health insurance and are without paid time off and or sick leave. More importantly, they are our mothers, fathers, brothers, sisters and children who are left unprotected on the job.

Clean indoor air is a social justice issue. Everyone has the right to breathe clean air. No one should go to work everyday and have to be concerned about their health and safety. If workers are not able to protect themselves, then it is up to the community and those in position of power to make a difference to step forward and do what is necessary to protect ALL workers by supporting 100% smoke free indoor workplaces and public places.

Before Smoke-Free Policy



After Smoke-Free Policy



Air quality testing data at Blue Marlin before and after owner Bill Dukes' smoke-free policy was put into effect.

BLUE MARLIN, continued from page 1

Three days after the Blue Marlin's smoke-free policy took effect, air was measured again. This time, the average concentration of particulate matter was 15.38 micrograms per cubic meter of air with a high of 22.72 micrograms per cubic meter.

The smoke-free policy reduced average exposure to these tiny, dangerous particles by 84.16 percent.

Dukes reports that his business has increased so much since instituting the smoke-free policy at the Blue Marlin that he has had to hire an additional server. After seeing results of the air quality study, he decided to make his Harbison area restaurant Foxfire Grill smoke-free, too. His feeling that he was doing the right thing for the health of his employees and customers have been reinforced by scientific evidence.

SMOKE FREE ENVIRONMENTS IMPORTANT FOR CURRENT SMOKERS WHO WANT TO QUIT

There have been major gains in reducing exposure to secondhand smoke in the general population; however, those employees in the restaurant industry are still disproportionately exposed at the workplace.

Lead, arsenic, carbon monoxide, and ammonia are just a few of the over 4,000 hazardous chemical components of secondhand smoke that are released into the environment from the lighted end of a cigarette and when a smoker exhales. The thousands of cancer-causing chemicals, poisonous gases, and toxic metals found in cigarette smoke can cause illness and even death. They affect heart and lung functions as well as other major organs and body systems. People exposed can experience asthma attacks, wheezing, shortness

of breath, excessive coughing, and a burning sensation in the eyes.

Workplace smoking restrictions can significantly reduce smoking rates among young adults according to a study published in the *Journal of the American Medical Association (JAMA)*. Adolescents who worked in a smoke free workplace were found to be 32% less likely to smoke than adolescents who worked in a workplace with no smoking restrictions.

In another study, researchers found that a 100% smoke free workplace was associated with a 6% reduction in smoking prevalence and a 14% decrease in the average daily cigarette consumption of smokers relative to workplaces with weak or no smoking restrictions. These results were found to be true for all demographic groups and in nearly all industries.

Restaurant and bar workers deserve to be protected from the health dangers associated with exposure to the toxins and cancer-causing agents in cigarette smoke. Isn't their health just as important as everyone else's health?

**A pack a day.
And I don't even smoke.**

**Restaurant employees
deserve a smoke-free workplace.**



Demand a Smoke-free Columbia



DID YOU KNOW?

The Centers for Disease Control (CDC) recommends that people with heart conditions or high-risk profiles for heart disease avoid all indoor environments that allow smoking. More than 35,000 heart disease and 3,000 lung cancer deaths in nonsmokers each year are attributed to exposure to secondhand smoke, according to the CDC.

MUSICIAN JAMMING FOR SMOKE FREE VENUES

The musician featured in this story has asked that he remain anonymous.

I have been a professional musician for about 11 years. I haven't smoked for any of those 11 years. Yet, three to four nights a week I come home from performing smelling like a cigarette. I change my clothes but the smell is still there, it's on my skin, it's burning my eyes, and of course it's in my lungs.

I imagine if someone knew nothing of smoking, it would seem insane that a large group of people would go inside a small place with no ventilation, light a bunch of fires, and stand around in the smoke.

Stranger still, would be that these people continue this habit even as those around them begin to fall ill and die. It sneaks up so slowly, and it's catching up with me.

You can't feel the urgency until the symptoms appear, and at this point I've had more than my fair share. I've already mentioned smaller annoyances like the clinging smell and my burning eyes. There is also: waking up with a headache (with no drinking involved), not being able to breathe through one or both nostrils, and worst of all, spending a good portion of the next day suffering from sinus issues like constant sneezing and a running nose.

My lowest point was when I became chronically ill after touring with a band five to six nights a week for a little over six months. It weakened my sinuses to the extent that I became allergic to things that never affected me before and I was in a near constant state of allergy attack. I carried tissues everywhere, purchased prescription drugs (which rarely helped), and felt weak most of the time.

Those are only the physical effects that cigarette smoke has had on my career. Here are just a few of the other downsides to working in a

smoking filled environment:

- Damage to expensive musical equipment. Non-musicians might not know that used instruments (especially electronic devices) generally have a higher resale value when operated in a smoke-free environment.

- Smaller audiences and therefore less income due to the adverse conditions of a club. Or, because of conditions, some audience members will not be able to remain inside.

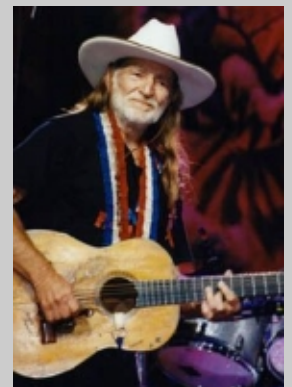
- Simply having to work in the type of environment that this habit creates, aside from long term health issues.

- On a more cosmetic side, having to clean your equipment frequently due to smoke residue. This residue will also diminish the tone of most acoustic instruments and can be very hard to clean off.

This issue affects me greatly, to the point that I've actually considering moving based partially on which locations were smoke free. It would dramatically increase my quality of life and the lives of all my fellow musicians, non-smokers and smokers alike.

Did you know?

Willie Nelson only performs in music venues that are free of secondhand tobacco smoke. More than ever before, musicians are including smoke free air as clause in their performance contracts.



VOICE YOUR SUPPORT FOR A SMOKE FREE WORKPLACE ORDINANCE AT THE UPCOMING PUBLIC HEARINGS!

10 am, Wednesday, September 27, 2006 at City Hall, 1737 Main Street
6 pm, Wednesday, October 4, 2006 at the Columbia Metropolitan Convention Center

COLUMBIA RESIDENTS SUPPORT A SMOKE FREE WORKPLACE LAW

Results of a November 2004 independent survey conducted by Institute of Public Service and Policy Research of the University of South Carolina indicate that there is strong support for a city ordinance that prohibits smoking in indoor workplaces and in indoor public places, including restaurants and bars. Overwhelming majorities are concerned about the health risks associated with secondhand smoke, believe it is important that the air their family and friends breathe is smoke free, and would more likely patronize smoke free restaurants.

By over a three-to-one margin (78.6 percent to 21.5 percent), City of Columbia residents would support a passage of a Columbia City law that prohibits smoking in indoor workplaces and in indoor public places, including restaurants and attached bars. Additionally, three-fourths of Columbia area residents said that making Columbia smoke free would be good for the City.

47 percent said they would be much more likely to go to a smoke free restaurant and 15 percent said somewhat more likely. If restaurants in the City of Columbia were smoke free, 36 percent of respondents said they would eat at them more often.

Finally, the survey shows that respondents would be more likely to vote for a City Council

member who supported a law that prohibits smoking in indoor workplaces and indoor public places, including restaurants and attached bars. More specifically, 51.6 percent of City of Columbia residents would be more likely to vote for such a Council member.

The Institute did a random telephone sample of 654 residents of the City of Columbia and Lexington and Richland counties age 18 and older.

Did you know?

The Surgeon General of the United States, working with a team of leading health experts, studied how breathing secondhand tobacco smoke affects the public. Research shows there is no safe amount of secondhand smoke. Breathing even a little secondhand smoke can be dangerous. Separate "no smoking" sections do not protect from secondhand smoke. Neither does filtering the air or opening a window.

USC STUDENT PRESIDENT SUPPORTS SMOKE FREE ORDINANCE



**USC Student
President Tommy
Preston Jr.**

University of South Carolina Student President Tommy Preston told faculty, staff and students in his "State of the Student Body" address Thursday, September 21 that he strongly supports the City of Columbia's proposed smoke free workplace ordinance.

"There are over 27,000 [students] here in Columbia being patrons in these restaurants and bars, and I can think of no other citizens in this city that can have more influence on this issue than us," said Preston. "It's time for students to be vocal. I hope that students on this campus will join me in encouraging City Council to support this initiative."

A Clemson, SC native, Preston is also strongly supportive of the University's new smoking policy. The university has not only banned smoking in all university buildings and vehicles, but also bans people from smoking 25 feet from the entrance of buildings on campus. "The implementation of USC's new smoking policy has grabbed the attention of citizens across the state," said Preston.

The University has placed a greater focus on students' health and safety concerns through the new Healthy Carolina initiative. This program is devoted to addressing a variety of health concerns on campus.