

Olin Relay Team In The Running

It was their first race and they finished fifth in an eighteen team field. Their time was less than a minute from taking the third place award. The race was the fourth annual Corporate Fitness Relay Race sponsored by the Hendersonville YMCA.

Olin Sponsored the team and will support other Olin employees interested in starting a team to compete on the corporate race circuit. Each team has four members. Each runs a 2500 meter leg for a total of 10,000 meters. All must be full-time employees and one team member must be a



The Olin Relay Team from left to right: Gib Cambell, Trish Breen, Janette Moore (coach), Philip Hudson, Benny Mooney.

woman.

There is no age limit, but there is a masters division where all team members must be over 40 years old. ☺

Ask Us

In each PROFILE Tuck and Don from TREND Occupational Counseling Service will answer your questions about the Olin Employee Assistance Program. If you have a question write:

EAP COUNSELOR, 318-A Fourth Avenue, Hendersonville, N.C. 28739



Don Haehnel Tuck Tanner

Dear Tuck & Don:

I got into a discussion with a friend of mine over which is worse for you — alcohol or pot. He says pot is worse and I say alcohol is. I quit drinking almost entirely a year ago because I was getting drunk too much and laying out of work and getting in some other trouble (DWI arrest and family troubles). I really missed the high I got from drinking so a friend offered me some pot. I tried it and liked it. I've been smoking it ever since. It's not physically addicting, so I can smoke as much or as little as I want. It makes the work shift go a lot smoother. As a matter of fact, the people I work with say I'm a lot less moody and a lot easier to get along with since I stopped drinking and coming in with a hangover. I know what booze can do to you, because my daddy was an alcoholic. Give me pot anytime.

Reformed Drinker

Dear Reformed:

I hesitate to use the word "reformed" in your case because all you have done is substitute one drug (marijuana) for another drug (alcohol). Your original question regarding which is worse — alcohol or pot is kind of like asking if you'd rather be hit by a truck or a train. Either way you can end up just as dead. We certainly know a lot more about alcohol than we do marijuana. Many of the longterm effects of marijuana won't be known for some time, but the information we do know regarding marijuana clearly outlines its dangers. Let me try to answer some often-asked questions about marijuana so you can decide how safe a switch you made.

Q: Do people ever react badly to marijuana?

A: Yes. The most common adverse reaction to marijuana is a state of anxiety, sometimes accompanied by paranoid thoughts. These can

range from general suspicion to a fear of losing control and going crazy. Over 1,000 emergency room visits relating to marijuana use were reported in one year.

Q: Does marijuana affect the heart?

A: Yes. Marijuana use increases the heart rate as much as 50 percent and can bring on chest pain in people already experiencing poor blood supply to the heart.

Q: Can marijuana cause cancer?

A: There are cancer-causing agents in marijuana. However, it will be a few more years before we know for sure how much risk a marijuana smoker faces.

Q: How does marijuana affect job performance?

A: That may depend on the individual's tolerance, how much they smoked and how long ago they smoked it. Marijuana delays a person's response to sights and sounds — so that it takes longer for the individual to react to dangerous situations. The ability to perform in sequential tasks can also be affected. As a result, the marijuana smoker's biggest problem (which becomes everyone's problem) is when faced with unexpected events. The greater the demand, the less able the marijuana smoker will be able to handle it. The worker who doesn't feel high may still be under the influence.

Q: How long does marijuana stay in the body after it is smoked?

A: When marijuana is smoked, THC, its active ingredient, is absorbed by many tissues and organs in the body. THC has been traced in blood and urine tests for up to a month after marijuana has been smoked.

Q: How does marijuana affect the lungs?

A: Scientists believe that marijuana can be particularly harmful to the lungs because some users inhale the unfiltered smoke deeply and hold it in their lungs as long as possible, thereby keeping the smoke in contact with lung tissue for prolonged periods. In one study it was found that smoking five joints a week, over time, impairs the lungs ability to exhale air.

There is lots more that could be said about how marijuana lowers hormone levels in both men and women, about the possible chromosome changes resulting from marijuana use, and the dangers of smoking marijuana during pregnancy.

By switching from alcohol to pot, you have not given up a dangerous drug for a safe one. It is more like you have jumped from the frying pan into the fire. The problem, as I see it, is in your need to be high. This tells me that getting high is giving you something that is missing from your life when sober or straight. If these needs or problems could be worked out, you would not have to rely on drugs of any kind. I would suggest you talk to someone about this. A good place to start would be with one of Olin's EAP counselors. ☺

Our Support For The Arts Receives Award

The Ecusta Paper and Film Group received the 1983 North Carolina Governor's Business Award in the Arts and Humanities. It goes to companies that have made outstanding and comprehensive efforts to support a broad range of regional art activities.

The award cited our policy of supporting cultural programs which give employees a double opportunity to experience a variety of high quality cultural programs. This double opportunity is the chance to be a participant in cultural programs as well as be in the audience.

In the area of music Olin donated \$4,000 to the Brevard Music Center and sponsored two free concerts. The Brevard Chamber Orchestra received \$500 and our sponsorship of newspaper and radio advertising announcing the free concerts. Other recipients of support included the North Carolina Symphony, The Asheville Community Concert Association and the Asheville Symphony Orchestra.

Ecusta support for the visual arts includes \$1,000 to the Asheville Art Museum, \$500 to the North Carolina Museum of Art and \$750 to the Folk

Art Center. Local artists received commissions for illustrations for company public relations projects.

Theater benefited from a \$1,000 donation to the Vagabond School of Drama and support to the Flat Rock Theater, Brevard Little Theater and the Asheville Community Theater.

The scope of Ecusta's broad support led to:

- A \$750 contribution to the county library
- Sponsorship of French Broad River Week
- \$1,000 for the preservation of the Silvermont Residence
- \$1,000 to the North Carolina School of the Arts
- \$1,000 to the North Carolina Governor's Council on Arts and Humanities
- Advertising in the North Carolina Arts Journal
- Support to the Brevard Festival of the Arts

"This support," noted Mac Morrow, Manager, Public Relations, "represents a continuing and growing program to improve the opportunities for our employees and friends to enjoy living in the mountains of Western North Carolina." ☺

WE TAKE TIME FOR THE ARTS



A 1983 RECIPIENT OF THE NORTH CAROLINA GOVERNOR'S BUSINESS AWARD IN THE ARTS AND HUMANITIES



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