

# Thinking Of Kicking Smoking Habit?

The American Lung Association of North Carolina recently released a "Smoking and Health Statement" and a report of a new self-help smoking cessation program devised by the American Lung Association called "Freedom From Smoking."

The "smoking and health statements" was adopted by the Board of Directors of the American Lung Association of North Carolina at its fall meeting on October 22, 1980. An announcement containing the "Smoking and Health Statement" and the self-help program, called "Freedom From Smoking" was released January 19, 1981.

The statement affirms the fact that the association recognizes that "the evidence is overwhelming that cigarette smoking is a serious health hazard and that it is an important cause of pulmonary diseases such as chronic bronchitis, emphysema, lung cancer, and repeated lung infections."

The statement continues: "The effects of smoking can begin very early since one cigarette speeds the heartbeat, increases blood pressure, slows down or stops cilia action, and causes a drop in the skin temperature in the limbs."

"Harm that results from smoking is not confined to the smoker," The report adds. "Babies of mothers who smoke during pregnancy are more likely to be born undersized and subject to dying in early infancy; the health of children in a home where the parents smoke can be jeopardized by increasing the risk of more frequent bronchitis infections and by triggering attacks of asthma in susceptible children."

Further, "No one is immune to the effects of smoking. Cigarette smoking aggravates the effects of other risk factors in the environment. For example, workers in asbestos industries, in textile industries, and other industries who smoke have a much greater likelihood of developing lung diseases than those who do not smoke."

Citing economic factors, the statement adds: "Absenteeism among non-smokers is likely to be reduced; home fires which are often ignited by smoldering cigarette ashes would be reduced; and the reduction in the cost of medical care for smoking-related diseases would be tremendous."

In view of the above, the American Lung Association of North Carolina recommends:

- That all efforts be made by smokers to quit the habit.
- that children be discouraged from taking up the smoking habit.
- that a woman not smoke during pregnancy.
- that at the least, parents not smoke in homes when children are there.
- that at the least, non-smoking areas be provided in enclosed public facilities such as restaurants, hospitals, clinics and other health institutions; in lounges, bars, waiting rooms, government buildings and public facilities.

- that workers, particularly in high-risk industries, be encouraged to stop smoking.

- that, because of the economic importance to North Carolina and other states of the tobacco industry, encouragement and support be given to tobacco farmers to diversify into other profitable crops.

The "Freedom From Smoking" Program is a self-help program outlined in two component manuals which is designed to help people who want to quit smoking on their own. It was developed after four years of Christmas Seals supported research and it contains positive suggestions for kicking the habit in 20 days and suggestions for helping the smoker abstain for life.

Individuals wishing to kick the habit should contact the regional office of the American Lung Association of North Carolina (723-3395) and order the manuals. They are available for a \$5 donation.

## Clifton Graves

From Page 4

of the above loom ominously as potential "Irans", unless there is a serious overhauling of present U.S. foreign policy.

Unfortunately with the election of Reagan, and the selection of Al Haig as Secretary of State, the "overhauling" that is so desperately needed appears to be misdirected. For racist rhetoric (i.e. calling the Iranians "barbarians") will not do. Neither will padding the defense budget, nor reneging on the legal agreement with Iran ...

The world of the 1980's is far different from that of the 1950's. AS such, a humanistic-not-militaristic-foreign policy is a necessity. I concur with Rev. William Howard of the National Council of Churches in hoping that the

Iranian experience "will give rise to a new national self-understanding and a new conduct...one that will not put the people of the USA in constant opposition to popular struggles for freedom in so many parts of the world..."

Thus, America can choose to heed or ignore the lesson of Iran. Ignoring it would destroy any chance this country has to gain credibility with the rising nations of the third world; heeding it, on the other hand, could allow the U.S. to begin shedding its tarnished image as "international hypocrit". As Paul Robeson once said, "we must elect to fight for freedom or for slavery". If future "Irans" are to be averted, America would do well to start fighting on the side of freedom.

## Crime Up From Page 1

According to traffic reports most people in Winston-Salem were arrested for speeding, improper licenses, failing to stop at lights, improper parking and other non-hazardous infractions.

According to the report, this year, 220 people were arrested for fraud, compared to 200 last year.

### CRIMINAL ARRESTS

VIOLATION	1980	1979	CHANGE
Murder	2	1	+ 1
Negligent Manslaughter	0	0	0
Forcible Rape	3	5	- 2
Robbery	9	7	+ 2
Aggravated Assault	34	35	- 1
Burglary	34	47	- 13
Larceny	84	123	- 39
Vehicle Theft	10	11	- 1
Other Assault	138	152	- 14
Arson	0	3	- 3
Forgery	9	10	- 1
Fraud	220	200	+ 20
Embezzlement	5	18	- 13
Stolen Property	8	7	+ 1
Vandalism	33	43	- 10
Weapons	18	6	+ 12
Prostitution	0	0	0
Sex Offenses	0	1	- 1
Drug Totals	39	25	+ 14
Gambling Totals	1	5	- 4
Offense Against Family	23	24	- 1
Driving While Intoxicated	91	92	- 1
Liquor Laws	19	12	+ 7
Disorderly	20	22	- 2
Runaways	2	2	0
All Others	103	120	- 17
TOTALS	905	971	- 66

Winston-Salem crime statistics for the past two years show how crime has grown

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# W-S Arts Council Reaches Funds Goal

By Mari Wooden Staff Writer

"You Make It Happen" is the theme for the Winston-Salem Arts Council Fund Drive said Tog Newman, trustee and head of public relations for this year's drive, during the Board of Trustees monthly meeting Wednesday, Jan. 21.

The Arts Council's Fund Drive kick-off will be held Thursday, February 19, at the Integon Building from 5-7 p.m. Zeke Sanders and his Bluegrass Band will perform.

The fund drive campaign will hold a phon-a-thon for two weeks beginning February 23. McLean Trucking Company will donate use of their telephones.

There was concern over the fact that Forsyth county is pulling away from the Council of Governments (COG).

"The Arts Council wouldn't have gotten the \$1 million plus had it not been for the assistance of COG," said Milton Rhodes, Director of the Arts Council.

"State and federal government look to COG. It affects the entire region. I think there is a definite need for their services," said Richard Davis, trustee.

"I think the members of the Board of Trustees should get in touch with David Drummond, Richard Linville and Grady Swisher, the councilmen who voted in favor of Forsyth County's withdrawing from COG, added Rhodes.

Other business included the board's approval of Alderman Robert Northington, Jr. to fill the position of Alderman Vivian Burke who has resigned from the Arts Council's

Projects Pool Committee. The Winston-Salem LINKS, Inc. in conjunction with the North Carolina Cultural Arts Coalition, will sponsor a seminar "The Role of Art in the Black Community," Saturday, January 31 in the Hall-Patterson Communication Arts Building, Winston-Salem State University from 1-4 p.m.

Urban Arts will sponsor an International Ball which will be held at Brookstown Mill on April 18. Plans for the Mayfest are underway. Doug Herne is chairman.

Rhodes said the Arts Council for Explorer Scouts needs volunteers who can be available approximately four hours a month.

Harry Weiler, senior planner with the City-County Planning Board presented slide presentation, "Signs and the Visual Environment," to bring public attention to the need to establish a sign ordinance to balance commercial and community concerns. There will be a public meeting regarding this matter in late February.

Arts Council member groups monthly reports included:

P.M. Magazine (Channel 3) will do a segment on the Junior League's Infant Stimulation Project.

Katherine Memory representing SECCA said

that their offices hope to open the week of January 26, after being closed for approximately 1 month.

The Winston-Salem Little Theatre will be sponsoring "An Evening to Remember" on February 5. Anna Maria Alberghetti will be the featured guest.

The Arts and Crafts workshops will start the week of January 26.

The Winston-Salem Symphony had a very good season with the Nutcracker Suite selling nearly 9,500 tickets. The symphony's Pop Concerts began Sunday, January 25.

Applause and a standing ovation were given to Linwood Davis, Chairman of the Arts Council's New Dimension Campaign for successfully reaching the campaign goal for capital expenditures and operating needs for the Council for 3 years.

The Board unanimously approved Libby Book, Hazel Harvey and Erl Tronnes as members of the Arts Council Awards Committee.

The Piedmont Chamber Orchestra will present St. John's Passion on March 18, at Salem College.

Tog Newman, representing Friends of Dance stated that the organization has changed its name to the Friends of the N.C. Dance Theatre.

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