

Did You Know

- The Environmental Protection Agency has classified secondhand smoke as a Class A carcinogen—a substance known to cause cancer.
- Secondhand smoke is the third leading cause of preventable death in this country, killing 53,000 non-smokers in the U.S. each year. For every eight smokers the tobacco industry kills, they take one non-smokers with them.
- Non-smoking sections do not eliminate non-smokers' exposure to secondhand smoke; the smoke does not remain in the smoking section. (U.S. Surgeon General 1986).
- Non-smoking restaurant workers inhale the equivalent of 1 1/2 to 2 packs of cigarettes a day where smoking is allowed.
- Smoke-filled rooms can have up to six (6) times the air pollution as a busy highway (Centers for Disease Control 1993).
- Cities which have passed 100% smoke-free policies have found no effect on restaurant sales.

What's in Cigarette Smoke

There are over 4,000 chemicals—including

Cancer Causing Agents

Nitrosamines
Crysenes
Cadmium
Benzo(a)pyrene
Polonium 210
Nickel
P.A.H.s
Dibenz Acidine
B-Nathylamine
Urethane
N. Nitrosomonicotine
Toluidine

Metals

Aluminium
Zinc
Magnesium
Mercury
Gold
Silicon
Silver
Titanium
Lead
Copper

Hydrogen

Gas Chamber Poison

Formaldehyde

Preserver-Body

Cadmium

Rechargeable Batteries

Acetone

Nail Polish Remover

Acetic Acid

Vinegar

Ammonia

Floor/Toilet Cleaners

Arsenic

Poison

Carbon Monoxide

Car Exhaust Fumes

DDT/Dieldrin

Insecticides

Vinyl Chloride

Makes PVC

Ethanol

Alcohol

Hexamine

Barbecue Lighter

Methane

Swamp Gas

Methanol

Rocket Fuel

Naphthalene

Mothballs

Nicotine

Insectide/Addictive Drug

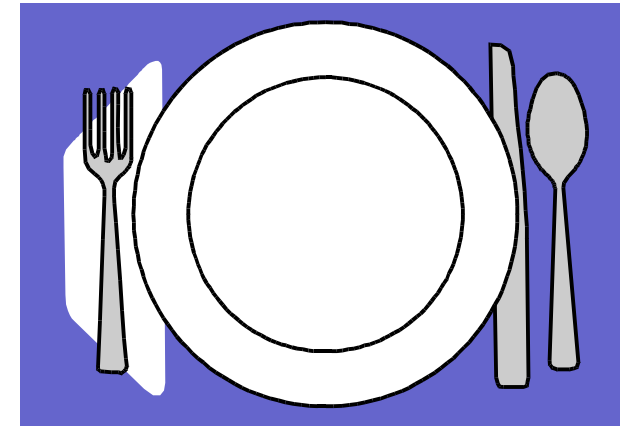
Nitrobenzene

Gasoline Additive

Stearic Acid

Candle Wax

A GUIDE TO SMOKE- FREE DINING IN MACKINAC COUNTY



For more information about Smoke-free
Environments contact the
LMAS District Health Department
Tobacco-Free Michigan Project
(906)643-1104

To become listed in the Michigan
Smoke-free Dining Guide,
Please fax/call (248) 547-2600

ST. IGNACE

Chee Peng Chinese
416 N. State St.
(906) 643-4723

Colonial Inn Coffee Shop
90 N. State St.
(906) 643-6900

Java Joe's
959 N. State St.
(906) 643-8061

Suzy's Pasties
1020 West U.S. 2
(906) 643-7007

Burger King 930 West U.S. 2 (906) 643-2600	Subway 904 West U.S. 2 (906) 643-8741
--	---

McDonald's West U.S. 2 (906) 643-8973	Subway 624 N. State St. (906) 643-6904
---	--

Bentley's B-N-L Café 62 N. State St. (906) 643-9031	Big Boys West U.S. 2 (906) 643-1555
--	---

Show Your Support of
Smoke-free restaurants
By patronizing
These establishments.

MACKINAC ISLAND

Café Monet
Main St.
(800) 462-2546

Grand Hotel Dining Room
Grand Ave
(906) 847-3331

Woods Restaurant
101 Stonecliffe Rd
(906) 847-3331

CEDARVILLE

Cheryl's Place
Hodeck St.
(906) 484-2384

NAUBINWAY

Cap'n Carl's Galley
West U.S. 2
(906) 477-1055

BREVORT

Wildwood Pasties
4037 West U.S. 2
(906) 292-5565

HESSEL

Hessel Home Bakery
2928 Highway M-134
(906) 484-3412

CURTIS

Chet & Pats Ice Cream
Main St.
(906) 586-6120

Pizza Stop
Main St.
(906) 586-6622