



## Coast Guard HR Flag Voice 119

### THE GREAT AMERICAN SMOKEOUT AND TOBACCO CESSATION

Thursday, November 16, 2000, marks the American Cancer Society's 24<sup>th</sup> annual Great American Smokeout. The purpose of the Smokeout is to educate and encourage smokers to quit for a twenty-four hour period. This event, which takes place every third Thursday in November, is the most popular day of the year in which people try to give up smoking...including New Year's Day. As explained in recent ALCOAST 429/00, the Coast Guard's goal for the Smokeout is to raise awareness regarding the health benefits of stopping tobacco use and support members who wish to stop using it. In conjunction with the Great American Smokeout, I am urging everyone to consider cessation of all tobacco products. Statistics prove that eliminated and even reduced tobacco use results in better health, fewer days of illness, fewer health complaints, fewer lost productivity days and reduced rates of bronchitis and pneumonia. All these benefits result in a more healthy and productive workforce.

I would like to remind everyone about a shocking fact regarding cigarette smoking-it is the leading cause of cancer deaths in the United States. It is also a fact that smoking is the single most preventable cause of premature death and an estimated 430,700 Americans die each year from diseases directly linked to smoking. With events like the Great American Smokeout, we can help lower that number. A study of the results of last year's Smokeout revealed that 21% of smokers (approximately 10,080,000 people) participated in Smokeout activities and of those people, 6% reported that they were smoking less or not at all 1-5 days after the Smokeout.

I would like to recognize numerous Coast Guard members who have come forward and made the commitment to stop smoking and/or using tobacco products for November 16, or have already been smoke/tobacco-free from as little as a few weeks to 22 years! Their names and units are listed as follows:

#### District 1

CIV Ron Chapman (ISC Boston)  
 CIV Phil Glynn (ISC Boston)  
 CIV Deborah Ribaudo (ISC Boston)  
 PO Michael Tollinchi (CCGD1)  
 CIV Dennis Hood (ISC Boston)

#### District 5

#### District 11

YN1 Ann Ladd (Group San Francisco)  
 YN1 Marianne Randolph (MSO San Francisco)  
 YN1 Kimberly Daniels (TRACEN Petaluma)

#### District 17

BM1 Mike Doll (CGC SWEETBRIER)  
 SK3 Alan Plaster (ISC Ketchikan)

CWO John Cavanaugh (NAVCEN)

LT William Broome (NAVCEN)

ET3 Derrick Johnson (NAVCEN)

LT Daniel Mades (NAVCEN)

QMCM Steven Hamilton (NAVCEN)

LT Robert Berger (NAVCEN)

LT James Elbe (NAVCEN)

CWO Richard Infantino (NAVCEN)

CIV Lottie Johnson (NAVCEN)

CIV Christine Dey (NAVCEN)

YN1 Robert Midkiff (NAVCEN)

YN1 Jose Tulier (GANTSEC)

CIV Connie Sova (CCGD7)

CIV Bernie Dukes (D7 OAN)

CIV Evelyn Smart (D7 OAN)

SN Amber Gray (CGC THETIS)

TC2 Jeff Doramus (CGC THETIS)

MK3 Seth Eury (CGC THETIS)

ET3 Galen Bangs (CGC THETIS)

SA Ryan Conlon (CGC THETIS)

GM3 Dakota Clark (CGC THETIS)

ET3 Matt Hampton (CGC THETIS)

TC3 Pete Washalski (CGC THETIS)

MK3 Damien Russo (NESU Miami)

MK3 Phillip Blackwell (NESU Miami)

CWO James Olson (NESU Charleston)

CWO Don Hensley (NESU Charleston)

MKC Tim Zartman (NESU Charleston)

MK2 Linda Pearson (NESU Charleston)

DC2 Joseph Ander (NESU Charleston)

SK3 Richard Goodman (NESU Charleston)

EM3 Ashley Hayden (NESU Charleston)

PA1 Roger Wetherell (CCGD17)

CPO Edward Haen (ISC Ketchikan)

PO Dave Anderson (CGC ALERT)

CPO Robert Gebhart (MSO Anchorage)

ETCS William Rowe (NAVCEN)

MLC and HQ Units

CWO Dick Averill (CGHQ)

PO Michael Dudinyak (MLCPAC)

CIV David Carmody (MLCPAC)

### District 7

CIV Phil Haskins (ISC Miami)

YN3 Bridget Donohue (ISC Miami)

YN2 Robert Burroughs (ISC Miami)

CIV Myrta Sabater (ISC Miami)

CIV Darryl Smith (ISC Miami)

PO Deborah Davenport (Group Miami)

CWO Anthony Palmer (Group Miami)

BM2 Mike Sealey (AtoN St. Petersburg)

MK2 Ricky Gooch (AtoN St. Petersburg)

SA Jairin Elvi (AtoN St. Petersburg)

MST3 Cody Howard (MSO Savannah)

MK2 Lewis Gilliard (MSO Savannah)

MK2 Kevin Newman (MSO Savannah)

LTJG Pete Simonds (MSO Savannah)

YN2 John Rutter (MSO Savannah)

BM3 Richard Hogan (MSO Savannah)

MST2 Garrett Wickham (MSO Savannah)

CIV Juan Betencourt (ESU Miami)

CIV Nate Roper (ESU Miami)

CIV Richard Torrens (ESU Miami)

CIV Phil Martinez (ESU Miami)

EM3 Jason Barnett (NESU Charleston)

CIV Joel Turner (ESU Miami)

SN Brandon Kuske (CGC NANTUCKET)

CIV Jim Clark (ESU Miami)

FS2 Murray Clingerman (CGC NANTUCKET)

BM3 Clark Williams (STA Islamorada)

LTJG Matthew Brown (CGC NANTUCKET)

GM2 Aaron Williams (Group Mayport)

BRAVO ZULU to all these Coast Guard men and woman and those who will be quitting but are not on the list. I commend you all for taking the first step towards a healthier, tobacco-free lifestyle; it's the hardest one, yet with your commitment and help of others, you can continue your success each day, week, month and year after year.

Regards,

FL AMES

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