



*******FLAG VOICE 186*******

THE 2002 GREAT AMERICAN SMOKEOUT

The idea for the Great American Smokeout started in 1971 when Arthur P. Mullaney asked people in his community of Randolph, Massachusetts to give up cigarettes for just one day and donate the money they would have spent on cigarettes to a high school scholarship fund. Motivated by this event, Lynn R. Smith, editor of the Monticello Times in Minnesota, in 1974 spearheaded the state's first D-Day or Don't Smoke Day. The idea caught on, and on November 18, 1976, the California Division of the American Cancer Society succeeded in getting nearly one million smokers to quit for the day. That California event marked the first Great American Smokeout and the program went nationwide in 1977.

This year the American Cancer Society celebrates the 26th anniversary of the Great American Smokeout. This means 26 years of encouraging people to give up tobacco and commit to living a healthier life. Why such the national fuss over tobacco? According to the American Cancer Society:

- Smoking harms not only your health, but the health of your loved ones too. Secondhand smoke accounts for about 3,000 lung cancer deaths a year.
- Tobacco use is responsible for nearly one in five deaths in the United States.
- Tobacco use causes increased risk not only for lung cancer, but also for cancer of the mouth, larynx, pharynx, esophagus, pancreas, kidney, bladder, and uterine cervix.
- In 2002 alone, 170,000 cancer deaths will be attributable to tobacco use.
- Tobacco use accounted for an estimated \$53 billion in direct medical costs in one year alone.
- Although people seem to be more educated about the dangers of tobacco use, an estimated 47 million US adults currently continue to smoke.
- Over 1,100 people die each day from tobacco use.

Eliminating tobacco products from your life is not easy. It is not just one simple act, but a daily challenge to make a healthy life style choice. Last year almost 100 CG members were recognized for

their participation in this event. Again this year I would like to recognize the 98 Coast Guard members who have made the commitment to stop using tobacco products for Nov 21st or who have already fought the personal battle against tobacco and remain tobacco free.

District 1

FS1 Arthur Pfeil - Activities New York
PO Augustine - Activities New York
PO Uzeralanai Bynum - Activities New York
PO Stephen Clair - Activities New York
PO Maureen Olsen - Activities New York
PO Ken Walberg - Station New York

District 5

MK2 Daniel Sopka - CGC DEPENDABLE
MKC Kirk Shadrick - CGC DEPENDABLE
HS1 Marc Kagawan - CGC DEPENDABLE
PO Jaime-Lynn Scott - Station Barnegat Light
AMT2 Serzanin - Group Atlantic City
AMT3 McLaughlin - Group Atlantic City
AMT3 Heikes - Group Atlantic City
SK3 Gregory - Group Atlantic City
LCDR Dan Mades - NAVCEN
MCPO Stephen Hamilton - NAVCEN
LT Jim Elbe - NAVCEN
Cindy Smith - ISC Portsmouth
T.J. Arnold - ESU Portsmouth
Jack Sparagna - ESU Portsmouth
PO Sarah Richard -ISC Portsmouth
PO Raegan Arnold - ESU Portsmouth

District 7

YN2 Yolanda Hart - CGC GENTIAN

BMCM Hodges - Group Key West
Lois Alicea-Rivera - District Staff
BM1 Gustavo Tirado - COMSTA Miami
SN Jeremy Frizzell - COMSTA Miami
FS1 Johnny Morales - COMSTA Miami
Rose Vinci-Rodriguez - ISC Miami
ETC Ron Christie - Group Key West
MK1 Robert Gray - Group Key West
QM1 Don Whittle - Group Key West
EM3 Megan Martinez - Group Key West
ET3 Jonnie Davis - Group Key West
GM3 Errin Roberts - Group Key West
FS3 Brandon Duncan - Group Key West
Mary Ghent - ESU Miami
MCPO Randall Overton - ESU Miami
CWO Steiner - ESU Miami
Connie Sova - ISC Miami
Sandra Lynch-Maldonado - ISC Miami
PO Robert Fortier - Station San Juan
PO Wade Ross - Station San Juan
PO Oscar Diaz - Station San Juan
PO Eric Erce - ESD Miami
CPO Javier Perez - Air Station Miami
PO Jennifer Corns - Air Station Miami
EMC Michael Gleason - CGC CONFIDENCE
TC1 Patrick Hagan - CGC CONFIDENCE
ET1 Charles Coe - CGC CONFIDENCE
SN Jeremy Knapp - CGC CONFIDENCE
BM3 Jonathan Parsons - CGC CONFIDENCE
CWO Kenneth Rickard - ISC Miami

Phil Haskins - ISC Miami

PO John Melus - Station Miami Beach

PO Robert Cottrell - Station Miami Beach

PO Albert Cusson - Station Miami Beach

PO James Malcohm - District Staff

CDR Donald Goldstein - District Staff

LTJG Randall Brown - District Staff

Gayle Coyle - ISC Miami

PO Felix Rivera - District Staff

Bernard Dukes - District Staff

Evelyn Smart - District Staff

LT Carrie Stoffel - CGC OCRACOKE

CDR Luis Rondon - Base San Juan

SA Matthew Davidson - Station San Juan

SA Maria Gonzalez - Station San Juan

District 8

YN2 Casey Bredehoeft - ISC St. Louis

BM2 Kristopher Fraklin - MSO Louisville

MK2 Sean Sullivan - CGC WYACONDA

SN Chad Pietszak - CGC WYACONDA

CPO Stephen Snyder - RO Pittsburgh

District 9

LT William Morgan - Group Grand Haven

District 11

AVT1 John Eckholt - Air Station San Francisco

TC1 Robert Wood - Air Station San Francisco

District 13

BM1 Kevin Ziegler - Station Yaquina Bay
BM3 Jason Mackrill - Station Yaquina Bay
Terri Hostbjor - ISC Seattle
MK1 M. Weaver - CGC HEALY
LTJG Michael Rasch - Air Station Astoria
LT William "Billy" Rimbach - Air Station
Astoria
AST1 Eric Forslund - Air Station Astoria
LCDR Karl Moore - Air Station Astoria
YN2 Angela Lovett - Group Astoria
ASTC Thomas Smylie - Air Station Astoria
Anthony Mueller - Air Station Astoria
FS1 Ryan Obermeyer - ISC Seattle
Barbara Herry - ISC Seattle
BM3 Brandon Alani - Station Portland
QM2 D. White - MSO Portland
TT2 Phillip Cyphers - ESD Portland
MST2 Charity Keuter - MSO Portland
ET1 Michael Luna - ESU Seattle

District 17

Tim Clepper - MSD Ketchikan
CWO3 Kevin Williams - MSO Anchorage
PSCS Collins Hymel - MSO Anchorage
YN2 Lilachi Haywood - MSO Anchorage

Congratulations to all those on the list and other Coast Guard members who are not listed, but have also decided to stop using tobacco. You, your loved ones, your co-workers, and the Coast Guard are glad you did.

Although the Great American Smokeout is traditionally the most popular day of the year for people to try to give up smoking, the Coast Guard has a great network of personnel available to help tobacco users stop the health destructive use of tobacco at anytime throughout the year. I highly encourage you to call

your local ISC Health Promotion Manager at 1-800-872-4957, your local Coast Guard clinic, or LT Tanya Schneider, Health Promotion Program Manager (G-WKW-1) at 202-267-6624 for more information on the dangers of tobacco use and how to work towards a tobacco free life.

Regards, Ken Venuto



Flag Voice Contents

This page is maintained by [HR Webmaster \(CG-1A\)](#)