

Press Release

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FOR IMMEDIATE RELEASE

CONTACT:

Dr. Sharon Harris: 516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition: The Great American Smoke Out

The American Cancer Society designates the Great American Smoke Out (GASO) on the third Thursday of November each year by encouraging smokers to use the date to plan their quit, or to go cold turkey quitting smoking that day. By quitting, even for one day, smokers will be moving towards a healthier life – one that can lead to reducing their risk of cancer related illnesses.

Once again the SAFE Glen Cove Coalition Parent, Youth and School Committee's, Coalition Co-Chair Mr. Anthony Gallo and Ms. Stacy Dacelien, Youth Coordinator, Tobacco Action Coalition (TAC) of Long Island collaborated to raise awareness of the need to educate students on the dangers of all tobacco products, reduce youth's exposure to tobacco marketing at their local retailers, and to protect the public from second-hand and drifting smoke outside while they recreate, dine or even on the worksite grounds.

On November 25th Ms. Dacelien provided prevention education and literature regarding smoke and lung health to Glen Cove High School students. During the week of November 18th, students enrolled in SAFE's Elementary and Middle School Life Skills Program facilitated by Ms. Monica Salinas, the Youth Bureau's After 3 program students and Ms. Amanda Sullivan's Middle School Health education students took part in a celebration of GASO by participating in a creative project by designing a puzzle piece with messages and artwork promoting a healthy, and smoke-free life. When the students assembled the pieces together a vibrant image was created to symbolize the importance of making positive choices and supporting a smoke-free community. This collaborative activity encouraged reflection, creativity, and teamwork, helping the students learn about the impact of smoking and the value of healthy habits.

Additionally, through a series of interactive activities and a powerful point presentation with resource materials provided by TAC students instruction centered on the dangers of nicotine, vaping, flavoring including menthol and the marketing strategies of the tobacco industry. According to CDC, nearly all people who smoke cigarettes begin in adolescence or young adulthood. Studies show that youth and young adults are more likely to try a menthol cigarette as their first cigarette, rather than a non-menthol cigarette. Those who first start with a menthol cigarette are more likely to continue smoking.

In 2023, 40.4% of middle school and high school students who currently smoked cigarettes reported using menthol cigarettes.

Menthol is not just an ordinary flavor; it is a manipulative method for the industry to make these products smother; easier to start and harder to quit. Elementary school students enjoyed Kahoot, a game-based learning platform, used as educational technology to expose these younger students to the content area learning utilizing games known as "kahoots".

The Coalition is promoting their "LIVE SAFE" campaign in the hope youth will embrace a healthy substance free lifestyle.

For Quit help the NYS Smoker' provides free and confidential services that include information, tools, quit coaching, and support in both English and Spanish. Services are available by calling 1-866-NY-QUITS (1-866-697-8487), texting (716) 309-4688, or visiting www.nysmokefree.com, for information, to chat online with a Quit Coach, or to sign up for [Learn2QuitNY](#), a six-week, step-by-step text messaging program to build the skills you need to quit any tobacco product. Individuals aged 13 to 24 can text "DropTheVape" to 88709 to receive age-appropriate quit assistance.

Please also visit the American Lung Association on their Website at: www.americanlung.org. The Lung HelpLine, is available via phone or online and is ready to assist teens between the ages of 13 -17 in quitting tobacco, including vaping. Call 800-LUNGUSA or chat online through their website at Lung.org.

SAFE is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. Its Coalition is concerned about tobacco use and vaping, especially the adverse effects of childhood brain development and seeks to educate and update the community regarding its negative consequences. To learn more about the SAFE Glen Cove Coalition please follow us on ww.facebook.com/safeglencovecoalition or visit the Youth and Tobacco and Vaping Facts and Myths Pages of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.