

Health Matters

Quit smoking for better health

In this column, Maria Elena Hallion, Ph.D., talks about the individual risks of smoking and its impact on others. An associate professor in the Exercise Science and Health Promotion Department of Cabrini College in Radnor, Pa., Dr. Hallion lives in Gibbstown.



Dr. Hallion

Quitting smoking is the single most important step that individuals can take to enhance the length and quality of their lives and the people around them who don't smoke. While it is well known that cigarette smoking leads

to early death, lung and heart disease, and various cancers, health experts are concerned about the health of smokers and the impact of their secondhand smoke that can cause the same health problems in those who don't smoke. The term secondhand smoke refers to smoke that comes from the lighted end of a cigarette, pipe or cigar or the smoke exhaled from a smoker. According to the U.S. Surgeon General, of the 20 million smoking-related deaths in the United States since 1964, 2.5 million were caused from exposure to secondhand smoke. Numerous options, such as nicotine replacement therapy, support programs, coun-

seling and self-help programs, are available today to help quit this difficult habit. One option the American Lung Association and the American Cancer Society warn consumers not to use is the e-cigarettes that deliver nicotine in aerosol form. Originally advertised as a quit smoking method, they are now a health concern along with the tobacco pipe Hookahs. Misleading media messages have resulted in a drastic increase in the use of these methods, especially among younger people. Remember it's never too late to quit smoking, and there is support for all who plan to make it a New Year's resolution. Start with talking to a health care provider. Also visit *smokefree.gov*, the American Cancer Society at *cancer.org* and the American Lung Association at *lung.org* or call 1 (800) quit-now.

Attention alumni of the Gibbstown Broad Street School

Plans are in the works to celebrate the 100th anniversary of the Broad Street School in Gibbstown in 2016. Committee members are seeking graduates who are 60 years old and older to be interviewed about their school experience, including favorite teacher, favorite memory, and any other interesting facts they would like to share about attending the school. Photos are also encouraged and should be sent to *dshirley@greenwich.k12.nj.us* or call the school at (856) 224-4900. A Facebook page on the event is coming soon.

Look for the next issue of The Record Today in March.

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Boy Scouts achieve highest rank

By Katherine L. Shawaryn

The life lessons learned to become an Eagle Scout continue to shape the future of two Gibbstown residents even after they completed all their requirements. Having achieved the highest rank in Boy Scouts, Nathan Flask and Praveen Vulimiri, are applying these lessons to jumpstart the next chapter in their lives. A 2015 Paulsboro High School graduate, Flask plans to study engineering at Gloucester County College in January. Vulimiri, a 2015 Bishop Eustace graduate, is currently a freshman at the University of Pittsburgh where he is studying mechanical engineering. Both had a court of honor ceremony to mark their milestone achievement that included completing an individual project



Courtesy photo

Mission accomplished — Above, Praveen Vulimiri poses in the outdoor seating area at the Greenwich Township Branch of the Gloucester County Library System where he logged in 162 hours to complete his Eagle Scout project.

that took about one year to complete. Flask was honored at Clonmell Methodist Church in Gibbstown on Oct. 10. Vulimiri was honored at the Greenwich Township

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A life lesson — Learning time management skills helped Nathan Flask build a memorial garden at the Repauno Pre-School Day Care Center in Gibbstown for his Eagle Scout project.

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