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Municipal Alliance hosting educational seminar on smoking devices, Nov. 20

By **The Messenger-Gazette**

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The Bernards Township Municipal Alliance Against Substance Abuse is hosting an educational program on smoking devices on Nov. 20, titled, "What Are You Really Smoking?" in Basking Ridge.

This program is intended to educate the public on dangerous new-age smoking devices like electronic cigarettes, vape pens and hookah sticks, as well as present research on the harmful effects of tobacco, marijuana, and synthetic marijuana on the human body and brain.

This program is intended to teach both professionals and community members about the harmful effects of smoking on a person's body. The program will take place on the night of the Great American Smokeout, a day designated by The American Cancer Society to encourage smokers to make a plan to quit, or to plan in advance to quit smoking on that day. The Great American Smokeout has taken place on the third Thursday of November for many years.

According to www.cancer.org, "Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 42 million Americans still smoke cigarettes — a bit under 1 in every 5 adults. As of 2012, there were also 13.4 million cigar smokers in the US, and 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco."

In addition to tobacco, "What Are You Really Smoking" will cover electronic smoking devices, marijuana, and K2 (synthetic marijuana). Both electronic smoking devices and marijuana use is prevalent in the Bernards Township community and nationally. Electronic smoking devices in particular have become very popular among adolescents. "There is little to no regulation on these new products," says Kaitlin Kordusky, Municipal Alliance Grant Coordinator, "It's so important that the public stays aware of the damaging items they're putting in their body. I hope through this program we'll be able to teach the public that electronic smoking devices are harmful instead of helpful and that smoking products in general are foreign and toxic to the human body."

"What Are You Really Smoking" will be presented by speakers from [New Jersey Global Advisors on Smokefree Policy \(GASP\)](#) as well as Daytop in Mendham. [GASP is a non-profit organization with a mission of promoting smokefree air and tobacco free lives.](#) Daytop New Jersey delivers comprehensive substance abuse

treatment and education programs to adolescents and young adults.

RSVP is required for this event due to limited seating. To reserve your seat, please contact Municipal Alliance Grant Coordinator, Kaitlin Kordusky at 908-204-2523 or email KKordusky@bernards.org.

For more information, please contact Municipal Alliance Grant Coordinator, Kaitlin Kordusky at 908-204-2523 or email alliance@bernards.org.

http://www.nj.com/messenger-gazette/index.ssf/2014/11/municipal_alliance_hosting_educational_seminar_on_smoking_devices_nov_20.html