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I am almost 76 yrs old and am a former smoker. I quit 4 plus yrs ago, being a 2 to 3 pack a day smoker...I couldn't even go through the night without a cig, was awake at 2AM every night to have a "fix" to get through the night. I started when I was about 13...Menthol was a big draw at the beginning, but I soon switched to Lucky Strikes and then to Marlboros...as I thought the filter would prolong my life...and possible even save me. As I stated, it just got worse. On a trip to the Museum of Science one year, I noticed the display case on the way in...It contained two lungs. One from a smoker and one from a non smoker. It was then that I realized what was happening to my lifeline, and decided I did not want to actively participate in my own death and decided to quit. It took over a year before I had what it took to do so and it was the HARDEST thing I have ever done in close to 76 years. ..BUT I kept the picture of the two lungs in my mind and kept thinking about how I was helping my death progress...plus I couldn't go ANYWHERE without a lighter and at least 2 packs of cigs.

I also have 3 very close friends who were not able to quit and I am the medical POA for 2 of them...They are all on Oxygen and must carry the tank with them everywhere they go. Some years back, I had another friend on Oxygen who tripped over the long line in her house and died from the injuries of the fall a few months later.

NOW I have a grand niece who got hooked on flavored vaping and was then a couple yrs later diagnosed with type 1 Diabetes. She will graduate from college this weekend. I have talked to her about quitting...and she always had an excuse...and now she says that since she will die early from the diabetes she is going to enjoy her addiction. She would have never picked up a cig, as she was aware of both me and her grandmother's struggle to quite. BUT AT 15 or 16 DID NOT THINK FLAVORED VAPES WAS THE SAME AS CIGS. She didn't really know it contained nicotine, and now cannot quit...I could actually outlive her, as the nicotine along with the diabetes will take her life LONG BEFORE she should leave this earth. It saddens me and should sadden all of you...as she is a VERY smart and talented woman with so much to offer this state. She has a major in biology sciences ...AND even with that knowledge, she cannot (yet) break the addiction. And because of the vapes, she actually uses it much more. A little puff every time there is a break in the conversation or life!!! And now, one of her brothers is dabbling with it. And you all know that an old grump like me cannot really tell an 18 to 20 yr old kid anything that goes against what they believe is OK. THEY do not see the real future yet...

It pains me to see and hear about so many kids starting this because it taste good...It is wrong to allow this stuff to be sold. I do know other states, I believe NJ is one, has banned the flavored vapes and that is most certainly the logical and pro active and smart thing to do in Maine

BTW, I am one of the lucky ones...I was part of a study several years ago at CMMC for former smokers and had a couple cat scans a year apart, and my lungs have healed to almost normal...STILL, I do think all those years of smoking will shorten my life by some. And I don't want to go.