

Dear Sir or Madam:

I am writing to ask you to vote NO on SB 990.

I was a pack and a half a day smoker for 16 years. Throughout those years, I have tried to quit multiple times using traditional methods like the patch, medication, and even cold turkey. When I smoked, I used to get bronchitis at most, 4 times a year. I had to see a doctor for antibiotics to get rid of my bronchitis, because of my filthy habit. Yet, despite the consequences, I continued to smoke. Why did I go back to smoking when it was hurting my health, you say? Because, these so-called "proven" methods did not satisfy the behavioral aspect of my nicotine dependency. My most successful attempt was from trying to quit cold turkey for four years, but I craved a cigarette (not the nicotine) every day for those four years. Since starting the use of my ecig a year ago, I haven't had a thought to smoke one cigarette. Since what I was blowing out of my mouth is just merely water vapor, there is little to no smell. If there is a smell, it is pleasant. Many times, my family have craved to eat some yogurt after smelling the vapor from my ecig! I've had many strangers comment on how great I smelled when using my ecig as well as not having the smell of smoke on my clothes and hair. There is no side-stream smoke from an ecig since there is no combustion. I don't have to throw any cigarette butts on the ground anymore, because there's nothing to throw away. My batteries are rechargeable. I've even stepped down on my nicotine consumption from 24 mg to 6 mg as well! I haven't gotten sick with bronchitis which has saved me in health costs. I also do not have a smoker's cough anymore. I am able to smell other people smoking or even that someone is a smoker...something I wasn't able to do when I was a smoker. I experienced the same health benefits from using an ecig as I have when I quit cold turkey.

It would be nearly impossible to enforce a ban on indoor use on ecigs. Plus, by not allowing people to use ecigs indoors, smokers who have yet to convert over to using an ecig to stop smoking will not have a chance to experience all of the health benefits I (and many others) have experienced after we started using ecigs. The best way to get a smoker to stop smoking is to allow them to experience an ecig first hand. By proposing an indoor use ban, you are basically killing smokers by not allowing them to learn about a method that has been proven to be more effective than traditional NRT products. Surveys of thousands of users indicate that the majority of those who switch, completely replace tobacco cigarettes with the ecig, reducing their health risks by 98-99%. Please go to <http://www.casaa.org> for all of the studies on ecigs and other smokeless products.

Thank you for taking the time to read my letter.

Sincerely,

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