

## *An Open Letter to Youngsters and Parents of Youngsters who are Smoking, Dipping or Chewing Tobacco -- or Considering It*

Readers of this website know that Mary Weston is the pseudonym of an award-winning journalist and mother whose child's life was seriously endangered by his youthful abuse of alcohol and drugs. (See "USING IS ABUSING: THE DARK SIDE OF DRUGS".)

In *TOBACCO: THE FASHIONABLE POISON*, Mary, a former US Navy Medic and nursing student, reveals her own decades-long struggle with one of the nations' most dangerous and widely used drugs—Nicotine.

**Mary:** Nicotine works on your brain's pleasure zone; within ten minutes, you have a nicotine high. Have you ever walked into an Alcoholic Anonymous or Narcotics Anonymous meeting? You need a gas mask. As drug addicts fight to relieve themselves of their addictions, they nurse another one as addictive as cocaine or heroin. Why? Because nicotine is as effective a mood-changer as cocaine or heroin.

I recall days as a single working mother when a cigarette seemed the only solution to my stress. Now I know that that nicotine is a stimulant *and* a sedative. Up you zoom; down you crash. Minutes after a "nicotine high", I'd crash and feel more stressed. The answer? A serious craving for more nicotine. While a smoker, I was struggling like a fly caught in tar paper.

Today, so many youngsters are smoking, dipping or chewing that even little girls in middle school are getting nicotine highs – and nicotine withdrawal shakes.

In this book, I "sock it to em" and I don't pull any punches. I show and tell how it's very hard to avoid the billion dollar tobacco campaigns out to recruit new tobacco addicts. I spell out their game strategies and I don't forget to dot the "I's."

In this book, I take aim at all the reasons folks -- especially our so impressionable and therefore helpless youth -- smoke, dip and chew their way to the mortuary. I offer facts, case stories, and medical information that tells exactly how nicotine and other chemicals neatly tucked into our cigarettes makes us lose years off our lives. Each chapter includes An Action Page, designed to help parents and youth to understand tobacco, nicotine use and solutions to nicotine addictions.

In one case, I offer the tragic true story of teenager Sean Marsee. I share with the readers his story, and his last message before he died at age 19 after chewing "spit" tobacco since he was 12. I offer his mom's words.

Google Oklahoma high school athlete Sean Marsee's photo online, then buy this book. Use it to open family discussions about its contents. Use the Action Pages

to help your family focus on ways to understand, prevent and end youthful tobacco use. Buy one for your PTA.

Chapter Seven and Eight summarize a kaleidoscope of prevention tips and cessation methods.

If you are smoking and want to quit, it's all laid out for you here. If you are thinking of becoming a smoker, a dipper or using "spit" tobacco, read this book first. Any smart person weighs all the options before they make important decisions. No decision could be more important than one that threatens your appearance, your health and how long you live. It also threatens your budget big time.

There are those who would like to raise the tax on cigarettes because history has shown that kids stop smoking when cigarette prices go up. Too bad those that must vote this into law don't choose to do so.

That said, I urge that you take good care of You. Read this book before lighting up. Sometimes in life, we only have one opportunity to turn around before doing something disastrous. I pray that my words will make a difference for you and for everyone you love -- and everyone who loves you. *Mary*