

Travis Johnson  
509 Burning Tree Dr  
Arnold, MD 21012

My name is Travis Johnson, I am 34 years old, and I have been vaping flavored nicotine products for the past six years. I started vaping to help me quit smoking cigarettes, which I had been using for nearly 12 years; and almost instantly, I no longer craved a cigarette. With all the options for flavors and the huge assortment of devices allowed me to choose how to replace and reduce my nicotine consumption. I personally love sweet, creamy flavors like strawberry shortcake and fruit loops. The ability for me to personalize my experience really allowed vapes to cater to my specific tastes. By hitting the pleasure centers of my brain with just the right kind of flavor and just the right amount of airflow and just the right heating rate, I was very quickly able to reduce the amount of nicotine that I was consuming. Nowadays, I only use flavored vape e-liquids below 0.3 percent nicotine by volume. I have tried gums, which didn't work, and patches, which irritated my skin so painfully I couldn't continue using them; I didn't think vaping would work to help me either, but I was wrong. Since starting vaping my breathing and lung capacity have improved drastically. I, no longer, cough up nasty crap during my morning shower, and I don't get winded nearly as quickly. Vaping has even improved my general health. I used to get sick 3-4 times a year, basically aligning with every season change, and since I have quit smoking cigarettes and started vaping, I think I have only gotten a cold maybe 3 times in the last 6 years. I didn't start smoking cigarettes because I was enticed by a flavor, I smoked because I enjoyed how nicotine made me feel. Don't tell me that kids are only vaping for flavors, that's never been why kids start smoking, it's a ridiculous notion. Cigarettes are available on nearly every corner in this state, and 7,500 people are dying from cigarette related disease every year; so, clearly, this isn't motivated by a public health concern. Even by the CDC's own admission, the health crisis from last year was specifically associated with the use of illicit, unregulated THC-containing hash-oil cartridges. Nicotine vaporizers have continued to prove themselves as a safer alternative to smoking at every turn. The CDC even demonstrated the flavors aren't even the main reason that kids vape. Start punishing the parents and illegal underage consumers, because the consenting adults are benefitting from flavored vape products by being able to re-adjust our nicotine habits to alleviate our addictions. Thank you chair and council members for allowing me to speak today.