



 **CEDERICK MAIKA'I ALONZO**
(LIFE TIME RESIDENT OF MOLOKAI)

I was first introduced to tobacco when I was about 14 years old, when my parents, cousins, and all of their friends were smoking. Being a teenager you always want to be part of, but the consequences to smoking was kind of harsh. Smoking became a habit when I was 15. I worked at the pineapple fields and at work everybody smoked. I didn't know that smoking caused all kinds of health issues. At the time we were not worried about the health risks and hazards. I smoked for 30 years and didn't start thinking about quitting till the last 5 years. I always thought about what it would take for me to quit. Smoking is hard to quit and took me about 2 times before I stopped.

I continued to smoke until I was diagnosed with cancer. I told the doctor about my family history and my father who smoked till he died from cancer. The doctor told me that I had the same thing in my throat that my father had at the same spot. He mentioned the percentage of me surviving was 23% and I knew that wasn't a good number. After recovery and many tests and cat scans, they came back negative and I had to go through chemo and radiation. It was a harsh reality, but you know what, today I'm smoke free and drug free. Being smoke free feels very, very good.

Ka Ho'olua Leo Momi



KATHY LYNN & STACY HORNER

(6 YEAR RESIDENT OF MOLOKAI)

I work at Na Pu'uwai's Clinical Services as a Community Health Worker and assist in the diabetes program. I started smoking at the age of 16 because it was the phase or the cool thing to do. It didn't become a habit till I after high school, around the age of 20. I smoked off and on for about 20 years. I quit several times, stopping for 3 years then went back to smoking. Now me and my husband have been smoke free for about 6 months now. I knew it was bad but it made me feel good so I still continued. Even though I knew my family history and my grandfather died of lung cancer, it still didn't cure me into not smoking, because of it's addiction.

My advice would be to those trying to quit, keep trying and never give up. When it's the right time and you have got your mind made up, don't give up. A support group really helps too. You will soon be happy because you can taste food better and smell better. Secondhand smoke is worst. When I smoked I could never smell it on me but now when I pass someone who just smoked I can smell them and I wonder if I smelled like that. We say sorry to everyone who had to smell the smoke. We want to live longer for our kids and our grandkids, to watch them graduate and see them going on.

MARK NAGAMINE

(11 YEAR RESIDENT OF MOLOKAI)



I started smoking in school by friends, but I never really started until I was in the military. I smoked for 30 years and every time we had a break or sat down then it was time to light it up. Everyone waited for that time. I knew that smoking would affect my health because my dad died when I was 13 from a massive heart attack. My dad was a 3 pack a day smoker and died at the age of 50. That was the reason I really didn't start smoking in high school, and did it just to look cool.

I wanted to quit a lot of times, like when I was in the military and had long runs. I was in the military for 8 years and have a history of heart problems in my family. I would quit for a year and then go back. Most of the time I quit just for a day or two. My mother just passed away 10-11 months ago at the age of 83. She never smoked a cigarette in her life but died of lung cancer. After the autopsy the doctor said it could have been caused by second hand smoke.

I have been smoke free about 3 and a half years. The difference about smoking and not smoking for me is more money in my pocket, I can taste the food, and it has freed up time for me to do things I like to do like fishing. It's been a lot better and I'm not stuck to one thing, always thinking where I'm going to get my next smoke or how much it will cost. Financially and spiritually free, and since I'm a single parent I have more time to spend with my daughter. It also helps me as I grieved for my mom. I am the youngest of four. She drove till she was 83, she also used to run a mile, and we were really close. Before she died the doctor told us the cancer had spread and she had a year to live. It made her so happy to see me quit. Everyone around you is affected in some way. Nothing may happen in a year or two but it will. I was selfish and thought I was only hurting myself and no one else, but I wasn't.

*"Find out what you love. Do it because you love it.
Stick with it. Start now."*

-Barbara Sher