

SPOT TITLE: Tammy W. Vignette
LENGTH: 1:11
AD-ID: VCDC1428000
AS-RECORDED SCRIPT:

ART CARD: THE REALITY OF SMOKING
A Former Smoker's Story

We see Tammy walking in a hallway, opening up a drawer.

TAMMY: My father was 100% Native American. Our tribe is Little Traverse Bay Bands of Odawa Indians.

Cut to Tammy sitting in a chair and speaking to camera. She is wearing a blue button up blouse.

Super: Tammy W., 50
Tribal Member
Little Traverse Bay Bands of Odawa Indians

Cut to Tammy reaching for something in a pantry.

TAMMY: It's a big family...

Cut to a close up of Tammy speaking to camera.

TAMMY: ...we like to take care of each other.

Cut to Tammy getting a jar out of the pantry. She takes cut up pineapple out of the refrigerator.

TAMMY: It's been made so easy for people to keep smoking.

Cut to Tammy speaking to camera.

TAMMY: I know my grandfather did, my father did. It's just something we did.

Cut to Tammy setting a container of fruit on the counter.

Cut to Tammy talking to camera.

TAMMY: It's the one thing we could afford.

Cut to Tammy pouring the fruit into a bowl. She then walks through the home eating her fruit.

TAMMY: I eat healthy, I exercise.

Cut to a close up on Tammy's face as she stares into the distance.

TAMMY: The only bad thing I did was smoke.

Cut to Tammy walking downstairs and out the door. She is wearing running apparel. We see her walk through a park.

TAMMY: That day I got up and I ran 10 miles and I'm like no it doesn't feel right something hurts, something's not I can't, couldn't get that full breath.

Cut to Tammy speaking to camera.

TAMMY: I was like something's not right. I went to my doctor.

Cut to Tammy outside stretching.

TAMMY: Do all the tests and they're like...

Cut to a close up of Tammy speaking to camera.

TAMMY: ...you're 98% blocked.

Cut to Tammy outside stretching.

TAMMY: We're gonna have to do open heart surgery.

Cut to an image of Tammy in a hospital bed hooked up to tubes and machinery.

TAMMY: End up flat lining three times in there...

We see an image of Tammy's face as she lies in the hospital bed.

TAMMY: ...had a stroke in there.

Cut to Tammy speaking to camera. She is visibly emotional.

TAMMY: I can't forget my mom's eyes and her face and her telling me Tammy come back to me. I said, "Mommy I promise you I won't make you bury me if I have a choice".

ART CARD: You can quit. For free help, visit CDC.GOV/QUIT

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