



## To Be A "Nic" Addict

An anecdote on vaping



### Blowing Puffs And Bubbles

A student releases a "cloud" of e-cigarette smoke. "I vape because it's relaxing and it's much help when it comes to being anxious. I've been doing it since middle school," an anonymous student said. According to the Wall Street Journal, about three million high school students vaped in 2018. Photo courtesy anon.

## Pill Spill

Drug & alcohol use

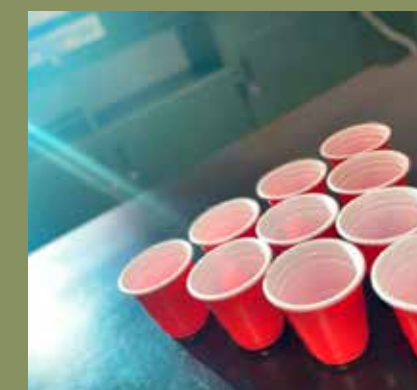
**T**here was no doubt that the teenage experience involves drugs and alcohol. As a teenager, the exploration of the mind and perception could be a significant part in the discovery of identity. Substances were viewed in various manners by kids all around the halls, and teachers have their personal opinions on the matter as well. "Drugs and alcohol kill brain cells. I think kids should do their absolute best to stay away from it. They will be exposed and most likely try it, but they need to be aware that their inhibitions will be completely lowered," Health and Body Works teacher Ms. Rochelle Garcia-Ellis (Staff) said. Substances were impactful in the community, whether students had personal experiences with them or had family ties. "My grandfather was an alcoholic and wasn't really present in my mom's life until her twenties. Now, he's been sober for 20 years," an anonymous student said. Ms. Ashley Nance (Staff), the Sports Medicine teacher and athletic trainer, also voiced her opinion on the overall use of substances. "I don't think teens or adults should use drugs or alcohol under any circumstances," Nance said. There were several opinions on the topic; some agree, some disagree. Overall, drugs and alcohol had an effect on the lives of many even if it was indirect usage of the substances. People's addiction and usage of mind-altering things could have life-altering effects to themselves and those around them.

## A Split Second

Students discuss alcohol and drug use



**Enjoy The N-Joy** In the palm of the student's hand lays an N-Joy, another type of e-cigarette. "I like catching a buzz," an anonymous student said. For many students who participate in vaping, they discussed the light-headedness effect of a vape. Photo by L. La Frombois



**The Red Cup** Red solo cups are often a symbol of alcohol. "Though I drink sometimes, I feel like it shouldn't be used to alter your mood, it could literally kill you," an anonymous student said. Teens were more likely to become alcoholics by starting young and with family history. Photo by L. La Frombois



**Medication Nation** Pills are spilled out onto the counter. "For many people, I hope that these medications are helpful, but I would also like to see other forms of aiding mental illness within our current society," Toni Elton (12) said. About 70% of people in the U.S. were on prescribed medication. Photo by T. Elton