

Developing problems in developing minds

By: Autumn Poston @_autumn-poston_

Drug use among teens is arguably one of the largest problems surrounding high school. Teens are more susceptible to being pressured into drug use especially when surrounded by it on a daily basis. Many students have been affected by it whether it's from close friends or acquaintances. More freedom in high school also brings more opportunities to make decisions that will affect your future in either good or bad ways.

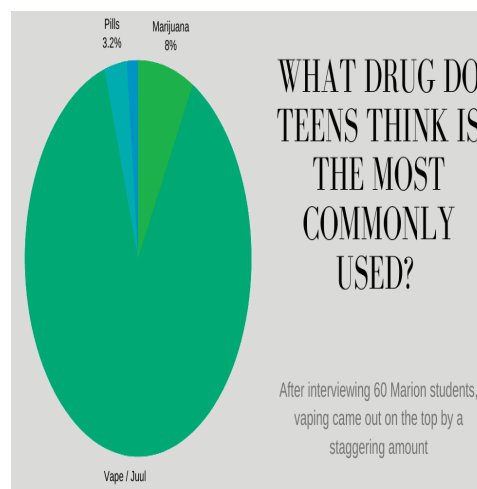
Unfortunately, there will always be drug use amongst high school students. There always has been. The numbers of teens doing these things haven't changed much in the past years but the numbers of people getting caught tends to fluctuate. Brian Davis, Marion's student resource officer since 2018 has had his fair share of dealing with teenage drug use. "You'll see a change due to offending students who graduate, others get a little better at hiding it, some quit, and unfortunately there are years where more students are influenced by their peers to do drugs or vape," said Davis. There are many ways drug use as teens can affect students' futures and presents.

A person's brain isn't fully developed until the age of 25. Because of this, drugs and other addictive substances tend to affect teens' brains more than adults. Addictive substances have effects on the body too which can cause student athletes to struggle through practice or games. Hannah Brase, 23', is a cross country runner who's lung health is a vital part of her athleticism, "For me personally, I'm a runner and I just can't kill my lungs. I don't want to destroy those," said Brase. Health reasons are a major part of why some people choose not

to do drugs or use nicotine related products.

E-cigarettes and vapes are a fairly new product on the market. Currently, there are few if any regulations surrounding them meaning that you can't fully know what is being put into your body. According to smokefree.gov, most e-cigarettes contain nicotine, formaldehyde, and acrolein. Formaldehyde is known to cause cancer and acrolein is a type of weed killer that can cause irreversible lung damage. Nicotine is what causes addiction. According to drugabuse.gov, 30.6 percent of teens who start using e-cigarettes will go on to smoking at some point in their life. This is why adults are urging teens to quit while they are ahead.

High school is a wild time for some students. It's a time where teens begin thinking about their future and this in itself can be stressful or scary to some. There are always other ways to have fun and relieve stress than turning to addictive substances. Even if you or someone you know are struggling with addiction, there is never a bad time to turn it around.



An infographic depicting what students think the most common drug is used amongst peers.

Unsung medical heros

By: Molly Dunne @mollydunne11

Many popular medical shows only show the exciting and overdramatized part of working at hospitals and don't show the people who most overlook, nurses. Financially nurses are definitely underappreciated and are looked as the people to do busywork by physicians. Nurses don't get the credit they deserve, so why do so many kids still want to go into nursing?

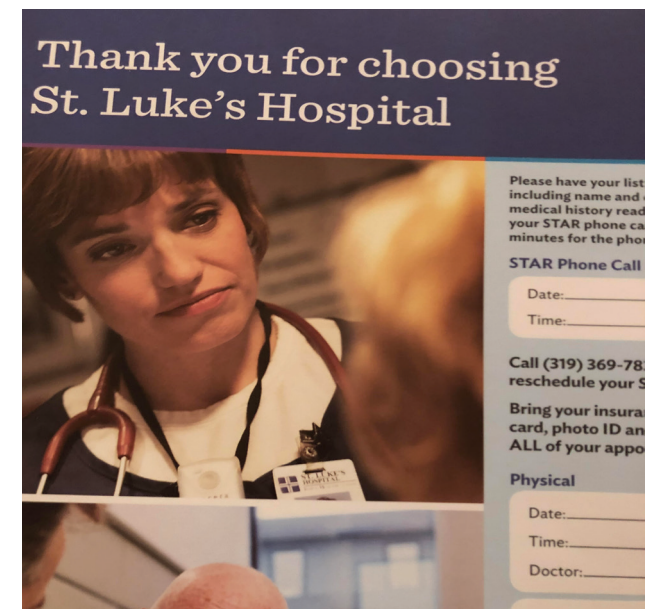
Grey's Anatomy and always wanting to help others is the main reason Kylie Kramer, sophomore wants to be an nurse. She thinks nursing is a very exciting job with many different things to do each day. "People think nursing is easy and they don't do anything; doctors get all the credit and nurses get none," Kramer said on what she thinks about when people say nurses are underappreciated. Kramer is still excited to go into nursing and plans on going to Kirkwood for two years and then transferring to Iowa for their nursing program.

Iowa is one of the lowest reimbursed states by Medicare which affects nurses in a major way; this means that nurses doing the same job in a different state can get paid a lot more. Christina Fortmann working at St. Luke's hospital as a staff and charge nurse is experiencing this. Pay at St. Luke's depends on what department you are in and how many years of experience you have. Fortmann's day to day activities include taking labs, making sure patients are safe for surgery, recover patients, communicating with surgeons about patients, assigning patients to doctors,

and many more activities. Many people don't see all the little things nurses do to make everything at the hospital run smoothly.

Fortmann thinks that sometimes physicians overlook nurses, but that is happening less or since she has gotten older she has gotten more respect. She thinks being appreciated really just comes down to the patients. "It may sound cliché, but my best days aren't my easy days. My best days are when I leave work knowing that I have made a difference to a patient or their family. Maybe acted as their advocate, helped them to make progress in their treatment, or maybe just made them laugh a little. Sometimes the little things are the big things," said Fortmann.

People still want to go into nursing even though they are underappreciated because they want to help others and do the right thing. Others are becoming more aware of nurses being treated differently and making changes to help. So the next time you see a nurse thank them for all the hard work they do that they don't always get credit for.



A pamphlet from St. Luke's hospital giving information to people who are leaving the hospital.