

Truth Matters

By Allison Mulvehill

Imagine a student, bright and excited to finish high school and enter the adult world. A promise of popularity was given from a vape, but the first breath turned into more, and later into a hospital room and a ventilator. Those who survive are lucky, yet even some of the the lucky ones are left with a life sentence of decreased lung function. Suddenly, there's no more cheering until you're out of breath at a football game, because you're already out of breath from walking the stairs. No more skiing down the slopes at high altitude without feeling like you can't breathe. Even if you survive, vaping can limit your future forever.

It's not fair. We were fooled by the lies that vaping was safer than smoking, that it was cooler, but they were just that: lies. We now know the truth, but our generation is already paying the price.

We already have enough obstacles and distractions trying to limit our generation. Don't let a tiny device turn your strong and powerful voice into one that pauses to catch their breath, before you've even had the opportunity to use it.