

## HC DrugFree is keeping Howard County In the KNOW!!!

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**We Look Forward to Working with All Howard County Teens!**



**Advisors:** Ms. Joan Webb Scornaienchi, HC DrugFree's Executive Director, and Ms. Debra O'Byrne, Howard County Public School System administrator, look forward to working with your teens!

Encourage all Howard County high school teens to join HC DrugFree's Teen Advisory Council (TAC) where they will have a safe place to learn about risk taking and healthy alternatives, discuss what is happening in and around our community, and much more. Questions? Call 443-325-0040 or email Admin@hcdrugfree.org.

The next two TAC meetings will be held on Monday, **November 18** and Monday, **December 16** from 5:30 p.m. to 7:00 p.m. at The Barn (The Columbia Association's Teen Center) located in The Oakland Mills Village Center.

**TAC is open to all Howard County high school students (public, private and home school)**, but students must RSVP to Admin@hcdrugfree.org for each meeting. TAC follows the HCPSS school cancellation policies. Registration forms can be found on the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/>. Refreshments provided.

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### **Blog (Written by a Howard County College Student)**

When I was a freshman in high school, Juul had not yet been founded. The most nicotine my freshman class was exposed to was in cigarettes, which most of us agreed were dangerous and disgusting.

We had just gone through three years of middle school health classes educating us on the dangers of smoking and how it could affect not only the internal functions of our bodies, but also our outward appearances. Major ad campaigns such as CDC's "Tips from Former Smokers" commercials convinced us that trying cigarettes was never going to be worth the long-term effects that would come with smoking. It definitely wasn't thought of as cool to smoke cigarettes; we were disgusted inhaling any amount of smoke from strangers or people we knew because we viewed it as something that would make us ugly, foul-smelling, and undesirable.

Today, many high school freshmen have changed their outlook on nicotine for the worse because of the invention and promotion of the Juul. Juul's early ads included bright colors and designs paired with images of pretty young people smiling, posing, and jumping around. Today's freshmen have grown up with social media as a major influence in their lives, so although Juul deleted its Instagram in 2018 over criticism for advertising to young people, freshmen are still constantly being influenced by pictures and videos of famous people and their own friends Juuling online. Despite being illegal for anyone under the age of 21, Juuls have become so accessible to young people that many of them are using casually and on a daily basis.

High school freshman are only seeing one side of the story here; they haven't been informed about the dangers of consuming nicotine and the other chemicals inside of Juul pods the way my freshman class was informed about the dangers of cigarettes. The movements to educate people about the harmful effects of Juuls are still trying to gain attention on a national level, so the majority of the criticism freshmen are hearing about Juuls is coming from their parents, who they're struggling to listen to in the midst of their rebellions. It's important for these young people to get information from older people they trust, like siblings, teachers, or friends, in order to start breaking the stigma that Juuling is cool and has no real consequences.

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## **Who Can Buy Tobacco Products?**

HC DrugFree cautions on the many possible unknown dangers of vaping products and solutions - even those purchased in retail stores or online. There may be many increased risks if purchasing these solutions from friends or others selling them. To be safe, we urge parents to dispose of your children's vaping devices and solutions...and talk to all youth about the many possible dangers.

As of October 1, the legal age to purchase tobacco products including vapes is 21 in Maryland with the exception of active-duty military who are at least 18 years old.

The state classifies the following items as tobacco products:

- cigarettes
- cigars
- pipe tobacco
- chewing tobacco
- snuff/snus (pronounced "snoose," like "loose")
- electronic smoking devices and filters
- rolling papers
- pipes and liquids used in electronic smoking devices (regardless of nicotine content, including accessories and components)

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## **New Stamp Coming in October 2020**

Drug Free USA Forever Stamps will go on sale next October. The stamp will feature a

white star with lines of red, light blue, and darker blue radiating from one side of each of the star's 5 points, suggesting the unity necessary at all levels to effectively address drug use.



The Postal Service supports efforts to educate youth about the dangers of illegal drugs. We all can do our part by helping to raise awareness whenever possible.

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### **Woman Lost Her Son to Heroin, but Didn't Have \$200,000 to Help Her Daughter**

Nan Warren's first daughter died at the age of 2 from medical issues, and in 2005, her son died from a heroin overdose. Her battle to keep her other daughter from dying too has been costly emotionally and financially.

Unlike other families, Ms. Warren didn't have \$200,000 to commit to treatment and helping her daughter stay alive. Unfortunately, this story isn't abnormal in the U.S.

[Click here](#) to read this family's story.

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### **Acceptance: A Key Ingredient To Stress Reduction**

People try to deal with daily stress in a variety of ways, including meditation and mindfulness practices. To read about a new study that suggests practicing acceptance is the most effective mindfulness approach, [click here](#).

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### **Depression And Sleep: Understanding The Connection**

According to Johns Hopkins Medicine, depression and sleep are closely linked. People with insomnia may have a tenfold higher risk of developing depression than people who get a good night's sleep. Among people with depression, 75% have trouble falling asleep or staying asleep.

Tell your doctor if you:

- have trouble falling asleep
- feel tired during the day
- have physical pain, discomfort or other complaints that prevent you from getting a good night's sleep

[Click here](#) to read more.

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## Donate To HC DrugFree Or Sponsor An Event

HC DrugFree depends upon the generosity of individuals, PTSAs/PTAs, organizations and businesses in the community to support our free services to the community. Please donate today. Any size gift is welcome. Consider contacting us to sponsor an event or make a one-time or monthly donation. Thank you for your support.

HC DrugFree is a 501(c)(3). [Donate online](#) or mail checks to HC DrugFree.

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## Help Is Available 24/7 In Howard County

HC DrugFree encourages you to contact Grassroots Crisis Intervention if you need help. They offer a 24-hour crisis hotline, walk-in crisis counseling, a mobile crisis team, substance use services, emergency shelter, and more. Call 410-531-6677 or go to 6700 Freetown Road (next to Atholton High School) in Columbia, 21044.

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