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NEWS RELEASE

A Small Town Perspective on Vaping

Millersburg, OH –

In a small town like ours, where there's not much to do, vaping has somehow become the "cool" thing to do. But the truth is, it's doing way more damage than people actually think it is.

At first, vaping seemed harmless; it was supposed to be "better than smoking", and it looked cool, interesting, and modern. But now, we know that's not really the case. Some of my friends who started just for fun now can't go for more than an hour without hitting their vape. They get anxious, cranky, and distracted in class, growing more and more addicted to it.

The worst part? Most of us don't even know what's in these things. Sure, they say it's just nicotine, but there are chemicals in there that no one can even pronounce. And don't get me started on the ones that claim to be nicotine-free, it turns out, a lot of them still have it. People are getting hooked without even realizing it.

I have seen classmates who were once star athletes now struggling to keep up during practice. Some are spending all their money just to feed their habits. And a few even got caught and suspended, all because they didn't think of vaping as a big deal.

The thing is this isn't just happening in big cities. It's right here in our town, in our school, and with our friends. We act like it's normal, but it's not. Maybe it's time we started asking ourselves if this trend is really worth it, because from everything that I have seen it is the complete opposite, only making things worse.

Submitted by a concerned Holmes County Youth