



Stop Before It Is Too Late

By Casey Schomer

REMEMBER back when drugs changed my life. I was sixteen years old, and a decision came into my life. Someone offered me a curse: a very addicting and powerful drug. I had used drugs and alcohol often, and I found them fun and exciting. So, I figured why should this one be different?

When I first tried the drug, I wondered what all the hype was about. After a little while, the drug kicked in. The feeling the drug gave me was so strong, I instantly liked it and knew it would be my new drug of choice. Little did I know, I was about to go on a ride for the worst.

Meth changed me. I went from an outgoing likeable kid to a loner. I spent long periods of time alone in my room, cleaning, drawing, or whatever my mind was wrapped around at the time. I didn't see what the drug was doing to me and I did not care. High after high... ups and downs. My life was a roller coaster ride and the scare was what my life was becoming. The admission ticket was the puddle I would smoke. The price was my future, family and goals. Everything seemed to disappear the moment it came into my life. I never expected meth would take me as far as it did. I lost many things that are hard to get back; things like trust and respect from my loved ones

and friends. More and more, the drug consumed me. Weaker and weaker I got. I lost weight and became very pale. I looked horrible.

Sometimes I would stay up for days. Sometimes weeks. The more meth I used, the less I saw of my family or friends. My values and beliefs changed. I put drugs before everything else. My life was going nowhere but toward a dead end. I did not think I was ever going to quit. Then, an angel returned into my life. My ex-girlfriend saw how meth was affecting me, and her. She began to cry, and I cried too. I promised her I would stop and get my life back on track.

I realized quickly that it was easier to say than do. I gave her my word, and I was determined to keep it. She stood next to me even when times got really hard. She never gave up and she was ready for a bad day or a struggle. We took one day at a time. Eventually the temptations became less frequent. I no longer wanted the drug. But I had to completely avoid it, which seemed nearly impossible. Where I come from, it is easier to find meth than alcohol, or so it seemed to me. I cut ties with almost everyone and got a new phone number. My contact list was gone and at times, I called numbers that I thought were right, only to get the wrong number.

I told my best friend my number as a secret. With the support of my ex-girlfriend, and my best friend, I was able to walk away, or more like crawl away, from the powerful grip. I began eating again and started to exercise regularly. Progress was pretty slow at first, and it took a long while before I got back to normal. Then, I came to despise it.

I am lucky I stopped before it was too late. I didn't have to get involved with the law or hospitals in order to set meth down and walk away. I didn't think I could do it, but I did. I am a survivor. I fought the disease and won. This feeling alone gives me strength and motivation to get through any other struggle.

This method does not work for most people. I would not suggest trying to quit on your own. Users and addicts need help. I recommend finding a sponsor to help support and guide you on the journey back. I have learned that life is full of struggles and hard times without drugs or alcohol. Staying away from drugs and alcohol is the best advice I can give. Drugs are nasty, and before you realize it, they have consumed your life. They did nothing for me but to tear me down. I have learned that life is good without mood altering substances and I can have fun doing sober activities. The momentary fun is not worth the price with drugs, and I hope people of all ages can hear my message and learn from it. Drugs are dangerous and controlling. Many teens and adults around the world face the same challenge. I only hope they stop before it is too late and they lose everything. 🙏

ALERT SCHOLARSHIP

Casey Schomer is a current student and is from Wyoming. **Alert Magazine** congratulates him for winning the Alert Scholarship and we encourage him in the pursuit of his academic goals. We would also like to encourage future seniors to participate in our scholarship program.