Activism increases with new abortion laws

As many states such as Kentucky, Georgia, Mississippi, Ohio, Alabama and Missouri pass more restrictive laws on women’s reproductive health, local teens and others are increasing engagement in fundraising, protests.

By Isabela Gamez
Copy Editor

Recent changes in abortion laws in Kentucky, Georgia, Mississippi, Ohio and elsewhere in the United States have stirred emotions and an increase in teen activism around reproductive health care.

“The idea of Roe vs. Wade being repealed just scared me so bad...the idea of women not having full control over their bodies,” said Pilar Edilia, an incoming senior at Tucson High Magnet School. She decided to make her voice heard. Drawing from the days when abortion was illegal and some women inserted coat hangers in their vaginas to induce miscarriages, Edilia said she knew she wanted to use a coat hanger symbol and wanted a way to raise money.

She met up with a group of friends to make coat hanger earrings out of paper clips, selling them at Tucson High for $5 a pair. Edilia raised $200 in just four days and donated the proceeds to Planned Parenthood.

“I wanted a way for kids who can’t vote to have a voice and get involved,” Edilia said.

Edilia Fife, another incoming senior at Tucson High, is friends with Edilia and heard about the earrings. She bought a pair; donating $5 to Planned Parenthood.

“It’s really important that women have a voice and a choice when it comes to their body,” Fife said. “Men in power shouldn’t have a say when it comes to women’s bodies because they can’t ever fully understand.”

Fife took part in the local women’s march on Jan. 20. She said she thought it was an amazing experience and she enjoyed “everyone coming together and supporting diversity, equality, and equity in our society.”

Equity is an issue in the abortion arena. Not everyone has access to abortion in Arizona.

Planned Parenthood Tucson was one of several clinics that lost its label as a Title X clinic when President Trump signed legislation. Title X is a federally funded family planning program allowing low-income men and women to receive birth control, cervical cancer screening and other services at no or low cost. Without this, many low-income people are not able to get access to the health care they need.

Planned Parenthood is the only clinic in Tucson where a woman can get an abortion up to 15 weeks into her pregnancy.

“It’s very demeaning for the person who wants to receive health care” to be excluded.

Markets produce opportunities for selective consumers

By Elijah Perez
Senior Photographer

You might have to shop around if you are looking for a star fruit or a jicama. Not all things are equal in the produce sections at local supermarkets.

Distribution of produce in Tucson-area markets largely depends on where in the metropolitan area a store is located. Produce managers and those who work in produce distribution to retail stores agree the availability of much produce depends on the ethnicity in store neighborhoods.

If you want to buy a nice ripe mango, El Super on the southside is the place to go, but if you are looking for a good exotic mushroom Aji’s in the Catalina Foothills is the store for you.

Christopher Ciruli, chief of operations for the Fresh Produce Association of the Americas, with offices in Nogales, Arizona, said retailers often order food for individual stores, so not all stores carry similar fruits and vegetables. This isn’t just a modern business model, Ciruli said, but can be seen historically.

Most of the first local grocers in Tucson were “oriental markets” that served Asian residents who were cooking.
The Minds Behind the Lines

MEET THE 2019 STAFF OF THE CHRONICLE

SAVANNAH PEÑA
Editor-In-Chief
A senior at Tucson High Magnet School, 17-year-old Savannah is a member of the varsity swim team and has been a part of Tucson High’s mariachi since freshman year.

JACQUELYN GUTIERREZ
Editor-In-Chief
Jacky Gutierrez is 17 and a senior at Pueblo High School. Though she was diagnosed with Type 2 diabetes a year ago she changed her lifestyle and cured her condition. Because of her experience, she wants to become a pediatric oncologist.

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Managing Editor
Amanda is a 16-year-old soccer player at Tucson’s Sahuarita High School, where she takes journalism. She is a member of the National Honor Society, and she plans on playing tenor drums in marching band next school year.

FAITH CHADWICK
Online Editor
Faith, 17, is a senior at BASIS Peoria who is passionate about creative writing and photography. Faith participates in Spanish Honor Society, the Student Service Initiative, Model United Nations and other activities.

KEVIN CAZARES
Assistant Online Editor
Kevin, 16, is a movie enthusiast and a junior at Pueblo High School. He will travel to Panama next year with his school, and he enjoys playing video games and American football.

KRISTEN BIA
Copy Editor
A 14-year-old sophomore at Ganado High School, Kristen has grown up in the Navajo Nation. She lives by not thinking about the past or future, but moving forward.

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Isabela, better known as Isa, is 17 and attends Tucson High Magnet School. Isa is passionate about singing and she participates in her school choir as a soprano.

ISARI MARTINEZ
Copy Chief
Isari, 16, is a senior at Pueblo High School. She seeks adrenaline and thrill anywhere she goes. She has a close relationship with her mother and has been collecting chopsticks since she was 10.

ELIJAH PEREZ
Senior Photographer
Elijah Perez, an introverted and curious 14-year-old, attends Pueblo High School in Tucson. His idol is Freddie Mercury of Queen, and he lives by the motto “keep moving forward.”

WORKS

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Managing Editor
Social butterfly Mireya, who is almost 17, attends Castile High School in Queen Creek as a senior. She thoroughly enjoys volunteering and is on the varsity cheer team.

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ODALYS MARTINEZ
Design Chief
Born in Bisbee, Odalys is a dual citizen of the U.S. and Mexico, and although she lives in Agua Prieta, Sonora, she attends Douglas High School. She has a fraternal twin sister, and she plans to pursue her passion for journalism in college.

EMMA SCHNEIDER
Designer
Emma Schneider is a 13-year-old incoming freshman and anime fanatic at The Gregory School in Tucson. She was born in Portland, Oregon, and has been writing a creative novel recently.

MENDREL FAYUANT
Reporter
Mendrel, 16, is a member of the Tohono O’odham Nation and a junior at Baboquivari High School. He is always accessible to those in need of someone to talk to, and he enjoys off-roading on his dirt bike.

June 2019
Health & Wellness

Meet the 2019 Staff of the Chronicle

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Shoes you currently wear may impact your future soles, heels, toes

A LINE OF FASHION-FORWARD Josef Seibel shoes is displayed on shelves at Alan’s Shoes, 5632 E. Speedway Blvd., in Tucson. Alan’s offers a wide variety of arch-support shoes and soles to accommodate the needs of customers seeking to improve their foot health.

“Without an additional insole, these shoes are not well suited to all day use for most people,” said Leahy, who specializes in podiatric medicine.

Campbell and Leahy highlight the common myth that arch supports are only necessary for alleviating pain that is already present. Regardless of whether your feet are flat or arched, prevention efforts as simple as well-structured shoes are vital to eradicating tension that can accumulate into misaligned biomechanics and latent conditions such as tendinitis and plantar fasciitis.

At Tucson's Hanger Clinic, which specializes in prosthetics and orthotics, certified pedorthist Justin Hill warns against novel companies promising quick solutions. “A lot of places that say they can correct a bunion or a hammertoe are very gimmicky and don’t really do a lot,” Hill said. “An orthotic is something that definitely can cause real change.”

Maxwell Breakesy, a sales associate from Alan’s Shoes, a local company offering a variety of supportive shoes for a variety of ailments since 1982, emphasizes the importance of wearing arch supports from an early age. “Even if it’s just a small amount of cushioning from Dr. Scholls,” said Breakey, “it’s the small things that really make a huge difference later on. Wearing a nice quality shoe is vital to proper foot function.”
Businesses reduce single-use plastic

By Amanda Mourelatos | Managing Editor

Plastic is a common, synthetic material used for almost everything, but some places in Tucson are starting to change that for the better of our environment.

Plastic may seem ideal because it's cheap and convenient, but it is a substance that never breaks down, harming wildlife and contaminating the air we breathe.

"Plastic is a very useful material," said Emily Rockey, director of sales and marketing for Tank’s Green Stuff, a company that is reusing materials for garden and lawn. "It can be very destructive, as well, if we don’t handle it properly and value it.

Awareness is growing about the buildup of plastics in the environment, and some individuals, businesses and governments are working to limit the use of single-use plastic products, such as straws, coffee stirrers, soda and water bottles, food packaging and shopping bags.

Businesses such as Woopoly, a shop that sells macarons and pastries on East University Boulevard, have switched to paper straws and are packaging to-go items in paper products.

"We try hard to make everything as sustainable as possible," said Ashley Raouj, Woopoly manager.

Woopoly made the change to paper straws in April. For customers dining in, they also provide washable dishes instead of single-use products.

Other businesses are also aiming to create less waste for the landfills.

At Tank’s, the staff takes landscape trimmings that would consume space in landfills and makes them into an organic compost product, which customers can purchase and use as a potting mix, Rockey said.

Tank’s keeps 100,000 cubic yards of green leaves out of the landfill every year, and they expect production rates to triple when their fourth site is opened, Rockey said.

"We don’t have an endless amount of space (for landfills)," Rockey said. "We should use our space wisely."

Another local business that’s helping to preserve the environment by reducing waste is the Food Conspiracy Co-op, on North Fourth Avenue.

Nick Super, the team lead for the front end at the Co-op, said reducing or recycling has a “ripple effect.”

"Every little bit that everybody does kind of spreads and expands," Super said.

The Co-op sells various types of reusable products instead of plastic, including cloth bulk or produce bags, glass jars, take-out containers, Hydro Flasks and metal straws. They also sell bamboo products, such as forks, knives, toothbrushes and straws, which will decompose when thrown away.

One of Super’s major concerns is using glass over plastic. He suggested people try to buy products in glass instead of plastic and use reusable mugs, cups and straws.

While it’s wonderful to recycle, the first step is to reduce, said Gina Murphy-Darling, founder and CEO of Mrs. Green’s World, a platform designed to educate and inspire readers about a healthy, sustainable lifestyle.

Murphy-Darling said people should pick one thing to reduce. It’s easy to reuse plastic bags around the house, for example, she said.

MANY RETAIL STORES, RESTAURANTS and other Tuscon businesses are selling products that are alternatives to single-use plastic, such as the metal straws at the Food Conspiracy Co-op, 412 N. Fourth Ave.

Ditch the straw like Murphy-Darling did or buy glass products like Super. Buying reusable products and avoiding single-use plastic are simple first steps to help preserve the environment.

Recycling is not the answer; we must reduce our waste, beginning with plastic, sources said.

"Look at the problems we’re having in Tucson with recycling. People can’t even get it straight," Murphy-Darling said.

The city of Tucson has been considering cutting back on curbside recycling service as well as ceasing to recycle glass and plastic.

"It’s a political hot potato with recycling right now," Murphy-Darling said.

Even though plastic is such a cheap and easy substance to use, that doesn’t change how it affects our environment and ourselves.

Murphy-Darling said plastic is in the blood cord of infants and in biodegradable pieces of breast cancer tissue.

Microscopic plastic fragments have been found in the digestive systems of people all over the world and are in the air we breathe, the meat we eat, the blood streams of our bodies, and filling the oceans, she said.

"People don’t know we’re absorbing it through our water supply, through our storage of it in plastic containers, through buying things that are stored in plastic," Murphy-Darling said.

Climate change prompts Tucson action

By Jacquelyn Gutierrez | Editor-in-Chief

Arizona might be best known for the Grand Canyon, copper and saguaro cacti, but its rainfall Tucsonians might see even less rain in the future, according to Michael Crimmins, a professor of soil, water and environment at the University of Arizona.

Crimmins, an associate professor and climate science extension specialist, has worked with counties across Arizona to implement drought preparedness by targeting those who will be affected first.

After reviewing scientific research, Crimmins said that monsoon season might target those who will be affected first.

Like Crimmins, many scientists, businesses and individuals in Tucson are working to spread awareness about the effects global warming has on the community and to educate visitors on steps to take to save the environment.

Despite the cool May this year, Tucson’s temperatures overall have been warmer than other years, much of which can be contributed to climate change, scientific research shows.

A 0.3-degree rise in annual average temperature made Arizona the nation’s third-fastest-warming state from 1970 to 2019, according to an analysis by Climate Central, a nonprofit organization comprised of scientists and journalists who study and report on changing climate trends.

"The warming temperatures in Tucson have had an impact on water use," Crimmins said. "The warmer temperatures are bringing more of a demand on water use, so this causes impact on local resources."

The Sustainability Program, a local program created by the City of Tucson, assists other city departments in looking for different ways to reduce the city’s footprint as well as Tucson’s energy waste and fuel costs by making greener purchases and identifying and utilizing best management practices internally according to the city website.

Other city programs that seek to impact the environment positively include: resilience planning, sustainable food systems, water sustainability, urban landscape planning, green infrastructure development and maintenance.

Project Harvest is a local project that aims to inform community members through education and research about harvested rainwater, as well as soil and plants.

Monica Ramirez-Andreotta, an environmental scientist and director of Project Harvest at the University of Arizona, said, "I try to look at people trying to do the right thing, like harvest rainwater, but we don’t want that effort to be diminished by bottles containing BPA. It’s crazy because I had no idea about any of this at her age."

Similar to Project Harvest, the Sonoran Institute’s mission is to connect people and communities with the natural resources that provide and sustain them. Helping people in the North American West build the communities they want to live in with commerce, community and conservation.

Climate change is a long-term problem with severe consequences for the future, with effects becoming more apparent and alarming.

Three years ago, the potentially disruptive impact of heat-trapping emissions from burning fossil fuels and rain forests became front-page news, Crimmins said.

"There’s a change in our environment every day, bringing on a new challenge for Arizonans as they keep up the struggle with a possible water outage," he said.

One action being taken by several organizations, such as the Tucson Water Department and Watershed Management Group, is the creation of Arizona Project WET. The group provides informational festivals, water scene investigations and advising, as well as a school water audit program.

The goal is to empower and change the minds of not only children but adults, said Kerry Schwartz, director of Arizona Project WET.

"Every action we take now, it helps lessen the longer term impact,” Schwartz said.

Amanda Mourelatos | The Chronicle

Jacquelyn Gutierrez | The Chronicle

THE GREENEST BUILDING” ON the University of Arizona campus, the Environment and Natural Resources 2 building is home to extensive research on climate change. Water harvesting tanks catch rain in the courtyard and around the building.

pollution.”

Kathy Harris, an active volunteer for Project Harvest, said she first found out about Project Harvest at her daughter’s school library.

“ar project are very well-informed sixth graders,” Harris said. “I mean, she’s the one that told me to stop using water
Prevention skin cancer’s best treatment

By Kevin Cazares
Assistant Online Editor

Hollywood celebrity Hugh Jackman, social media influencer Khloe Kardashian, and high-ranking CNN journalist Cooper Cooper all share a common experience. All have had the spotlight in front of the cameras, sure. But they also all have gone through the process of recovering from skin cancer.

The three celebrities have openly shared their progress through their social media platforms, and each of them advocates for regular skin checkups by dermatologists.

Skin cancer is rapidly increasing in numbers. According to skin cancer.org, more people are diagnosed with skin cancer every year than any other cancer. The Centers for Disease Control and Prevention reports that in 2015, 80,442 cases of skin cancer were reported in the U.S. and 8,885 people died because of skin cancer.

In Arizona, 20 in every 100,000 people were diagnosed with skin cancer in 2015.

An Expert
In an interview Dr. Baldassarre Stea, with the Department of Radiation Oncology at Banner UMC, said, “Basal skin cancer is the most common form of cancer but is the least painful and least noticeable.”

He also said that there is another form of skin cancer called melanoma, which is considered to be the most dangerous form of skin cancer.

Stea said the older a person gets, the more likely they are to develop skin cancer.

“Body tolerance is dependent to your age and how healthy you are,” he said. “The more tolerance your body has, the more your body can fight back against the infection reaching the brain; and the less tolerance your body has the faster and painful the infection can reach the brain.”

Stea said the sun is not the only culprit. He warned against the dangers of tanning beds, saying they are far worse than outdoor tanning.

“Tanning beds should have many warnings to let people know that they will for sure get skin cancer the more times they go and get a tan. Tanning beds are like cigarettes. The more and more you smoke your chances for lung cancer will go up,” he explained.

A survivor
One skin cancer survivor said he faces struggles every day and has daily routines to comply with after having contracted cancer and to reduce his chances of future cancers.

The survivor, a 48-year-old man who lives in Tucson, said he was able to spot his cancer at an early stage. After treatment, he has to take special precautions now. He has to wear jackets, long sleeves, pants, and sunglasses to protect my skin and be out in the sun,” he said.

He was first diagnosed in 2014, and his recovery process took him two to three years of using multiple types of lotions and creams.

To prevent further spread of the illness, he had treatments to excise cells on his hands and his face. The process includes a surgical knife cutting layer through layer until the tumor was removed, then the wounds were slowly stitched up.

A survivor of skin cancer shows what remains after treatment on his hand.

Kevin Cazares | The Chronicle

He has multiple scars left from his surgeries and still occasionally puts on lotion.

During the time the man was recovering he missed out on many moments, parties, outdoor activities and small get-togethers.

How do I know so much about this man’s condition? It’s because the man who survived skin cancer is my father, Hernan Cazares.

Finding a cure
Many doctors around the globe are trying to find treatments to skin cancer other than surgery.

The types of medicines that have been tested and proven to work are called immunotherapy and interferon drugs, used to treat squamous cells.

Experts and survivors often are active speaking about different ways to avoid getting skin cancer. Many celebrities who have had the illness have been openly speaking and supporting charities and fundraisers to help find other cures to skin cancer.

Abortion
Jump from Page 1

because of their economic status, marital status or other reasons, said Genesis Cubillas, Raíz organizer for Planned Parenthood.

In addition to the federal funding challenges, the state of Arizona requires a long list of steps be taken before a woman is able to get an abortion: First, by law, the person has to wait 24 hours, get a sonogram and fill out a questionnaire with invasive questions.

According to KGUN 9, Gosha Ducey recently signed a bill mandating that doctors ask the particular reason a person is getting the abortion.

While some think young women are not appreciative of the struggles women had before Roe v. Wade, many teens, like Edilia and Fíle are concerned and are becoming involved.

“I feel that teens really have a better perspective on being their authentic selves and letting other people be their authentic selves,” Cubillas said, “and on having a right to their body, a right to their identity and wanting to save the planet.”

Emily Morel, a senior at University High School and a paid intern at the El Río Community Health Center, teaches sex education to teens and takes part in the Regional Health Access Project, a grant-funded project that provides teens with accessible health care.

At the clinic, teens may attend a sex education session, followed by access to free, confidential birth control, including IUDs and other contraceptive options. Teens can find out about the El Río services at tables set up at community events and through social media like Instagram.

Morel has learned a lot from her health care activism. “It helped me learn to be more outspoken,” she said. “It taught me to be a better sex ed teacher and to always show up to something.”

She added, “Even though I’m not the most privileged person I still have privilege in my voice and that really stuck with me.”

According to CNN, lawmakers in Missouri, Mississippi, Kentucky, Georgia, and Ohio have passed fetal heartbeat bills, which forbid abortion after a heartbeat is detected. As many as 10 more states are considering similar legislation.

ON LEFT, A WOMAN speaks to a client arriving for reproductive health care. On right, student journalist Isabela Gamez talks with protestors.

Christiana Lincowski | The Chronicle

Christiana Lincowski | The Chronicle

ON LEFT, A WOMAN points and speaks to a client arriving for reproductive health care. On right, student journalist Isabela Gamez talks with protestors.
Sixteen teens from around the state explore the University of Arizona campus and North Fourth Avenue in the 2019 UA Donald W. Carson Camp.

TOP LEFT: Photographer Christiana Lincowski looks for her next image to capture for the newspaper and online site while exploring neighborhoods near the University of Arizona (photo by Victoria Grijalva).

TOP CENTER: Neon letters beckon passersby looking for pizza on North Fourth Avenue (photo by Victoria Grijalva).

MIDDLE LEFT: A busy schedule affords a few moments of relaxation during journalism camp for new friends Faith Chadwick and Savannah Peña (photo by Christiana Lincowski).

MIDDLE: Macarons are stacked up at Woops! Bakeshop, a store on East University Boulevard that calls itself “a little slice of Paris” (photo by Amanda Mourelatos).

BOTTOM, LEFT TO RIGHT: Students got up close and personal with Pancho Gila, a lizard brought with other reptiles by retired professor and herpetologist Cecil Schwalbe (photo by Christiana Lincowski). A student lets Moonshine, a foot-long desert nightsnake, crawl all over her hand (photo by Amanda Mourelatos).
GOOD TIMES

Journalism Diversity Workshop for Arizona High School Students, with help from Dow Jones News Fund and UA Office of Inclusion and Multicultural Engagement
By Emma Schneider

Summer has rolled around in Southern Arizona once again and the temperatures are rising — along with the dangers of dehydration.

Mary Tusconans have probably experienced going about their business on a warm summer day and finding they have either run out of water or are just not drinking enough to stay hydrated.

The first signs of dehydration are a dry mouth, increased thirst, decreased urine output, dizziness, a headache and fatigue, according to eMedicineHealth. Severe dehydration can lead to reduced sweating, sunken eyes, shriveled skin, low blood pressure, an increased heart rate, fever, delirium and unconsciousness.

The worst cases can end in a coma or even death.

Robert Martin, 82, a retired commodities trader, said he went to the hospital in October 2018 to get IV fluids because he became dehydrated. At the time, it was only about 80 degrees — warm but not hot by Tucson standards.

When Martin became dehydrated, he said, he was confused, fatigued and lethargic. He wasn’t even outside when he became dehydrated. He was sitting inside of his house. Being so tired and confused led Martin to seek medical help. When he arrived at the hospital he thought something else was wrong with him, and he was surprised to discover the culprit was dehydration.

“Every year we have Nursing staff at Tucson Medical Center hooked up fluids via IV as soon as they find out his problem. He just hadn’t taken in enough water considering the dry air,” said YouTube Gaines, an intern in the interpretation department at Saguaro National Park.

Suggested drinking water in small amounts every 15 minutes, plus avoiding sugary, caffeinated and alcoholic drinks.

Rebecca Knope, a registered nurse who enjoys hiking, said education about dehydration is critical in the desert. Knowing the dangers and solutions can be the first step in preventing extreme illness from dehydration. She stressed that people should bring a lot of water on their hikes.

“Wear a light white, long-sleeved shirt, and pour water on the shirt to keep moisture on your skin,” Knope said.

Another great idea, Knope said, is to wrap a wet rag around your neck while hiking to keep yourself from overheating.

“It can be bad to drink ice water when you are dehydrated because it can cause you to throw up,” Knope said, further exacerbating dehydration.

Dehydration is a key concern at Canyon Ranch Wellness Resort and Spa, a resort in northeast Tucson for people who want to eat well, unwind and exercise — which means bike riding and hiking among other outside activities.

Susan Watkins, Canyon Ranch hiking guide, said she drinks plenty of water before hiking.

Watkins said she wears a wide-brimmed hat, long pants and long-sleeved shirts to protect herself from the heat and sun.

Watkins said she often brings a source of protein, such as an egg, or something salty because when you’re dehydrated you lose a lot of salt from your body.

“Each staff member carries a packet of electrolytes with them to pour in water in case someone gets dehydrated,” Watkins said. “I generally try to keep an eye on our guests.”

Adults aren’t the only ones susceptible; children are also prone to dehydration.

According to an article from the Mayo Clinic about dehydration, symptoms for children include dry mouth and tongue, no tears when they cry, no wet diapers for a long period of time, sunken eyes and cheeks, sunken soft spot on top of the skull, and lack of interest or irritability.

Dehydration can be treated by drinking water; diluted juice and sports drinks with electrolytes, such as Gatorade.

Watkins said Sabino Canyon has a new sign about water intake that encourages people to drink lots of water to prevent dehydration.

A person fainted on one of her hikes in Sabino. Watkins said she solved the problem by pouring water on the person’s head to cool them down. Dehydration often leads to heat stroke, and death can result.

Watkins also said planning activities early in the day is smart; going out and getting back inside before the hottest part of the day reduces some of the risks of heat stroke because of cooler mornings; leave the house before the sun rises and get back before it gets too hot.

Before going out, even if it isn’t going to be hot, bring a water bottle or two, bring towels to dampen skin, and most importantly, when you run out of water, turn around or fill up your bottle.

Do not continue to hike or walk when there isn’t any water left in the water bottle. That can sometimes be the breaking point for something going really wrong on a hike.

Emma Schneider | The Chronicle

Hydrate! Or suffer consequences!

By Isari Martinez

Sex education — the teaching of all things related to sexual health — has always been controversial for schools, and the subject continues to be debated, especially over what should be taught and when.

“What we discuss with our high school students is different from what we talk about with our elementary students,” said Kristel Ann Foster, a school board member in the Tucson Unified School District. “We want to make sure it’s comprehensive and inclusive and also age appropriate.”

Ideally in elementary school, students learn about body development. In middle school, students study health and sexuality, and healthy relationships are studied in high school.

Daniel Laney, a student from Cholla High said he experienced learning sex education from elementary to high school left much to be desired.

“We were mainly doing bookwork,” Laney said.

Liza Puig, a former student at Tucson High Magnet School and Lanie’s mother said when she was in elementary they had a “Brown Bag Class,” which referred to a bag that had feminine products in it.

Her high school sex ed classes only taught about the reproductive system, contraceptive choices and STDs.

“It was just plain, pretty basic,” Puig said. “I think it was pushed more in high school, because the sexuality was becoming more open then.”

TUSD has appointed a family life curriculum committee to update the content and materials, and the school board is expected to vote on their recommendations this month.

“I don’t think the curriculum is very up to date, and I don’t think there is a consistency across the district because we have (not had) professional development regarding this curriculum in a long time,” Foster said.

According to Miriam Almader, who works in counseling at the University of Arizona, when students aren’t taught correctly before they come to college, they may not be armed with adequate sexual health and safety knowledge to make the best decisions and choices.

Christiana Lincowski | The Chronicle

STUDENTS NEED ACCESS TO GOOD SEX EDUCATION, NOT JUST CONTRACEPTIVES, experts say.

This can put them at increased risk for health issues or risky sexual encounters, she said.

“In my professional opinion, one of the misconceptions young college students may have is that sexuality is a very personal and confusing topic,” Almader said.

“We can learn healthy ways to express our thoughts and emotions regarding sexuality.”

Christiana Lincowski | The Chronicle

Sex education launches healthy lives

Students need to build knowledge about sexual health and relationships to make the best decisions and choices as youth, and as adults. Learning healthy ways to express emotions about sexuality is vital.

CAMPUS HEALTH SERVICES, AT the University of Arizona, offers free condoms every Friday, from noon to 2 p.m.
### Border wall threatens ceremonies

The Tohono O'odham Nation lies on both sides of the U.S.-Mexico border. Most of the nation opposes a border wall, especially because of the challenges posed to spiritual rituals, such as the Salt Pilgrimage.

*By Mendrel Fayuant*  
**Reporter**

The Tohono O'odham people have been living in the southwestern part of Arizona for as long as history is documented. But the Tohono O'odham Nation, which straddles the U.S.-Mexico border, is now at the center of a modern controversy: whether to allow a wall to be built between the two, or to continue the sacred journey from one side of the “fence” essentially were cut off from family members on the other.

A portion of this land was occupied by the Tohono O'odham people which they handed off to the United States. A century later the Tohono continue with their ceremonies, with an official nod when the American Indian Religious Freedom Act was passed in 1978. Since then they have been allowed to continue their practices in peace.

But some say that these practices are being put in jeopardy with the push for a border that is more structural and militarized.

When former President George W. Bush signed the Secure Fence Act in 2006, the Tohono O'odham people on one side of the “fence” essentially were cut off from family members on the other.
Hope lies in recovery for UA students

By Odalys Martinez

Design Chief

Drug and alcohol misuse is a serious issue on a national scale in the United States, and the reasons young adults get hooked is a central area of concern.

University of Arizona employee Joe Casillas and two friends shared that their substance abuse disorders started at a young age. Now the three help others who seek sobriety.

Casillas, who works with a campus recovery group, began drinking at age 14, and years of tough experiences with alcohol and drugs followed until he got into recovery.

His grandmother had an addiction as well as serious depression, and she ultimately committed suicide when he was 2 years old. He initially abstained from using alcohol and drugs because of his grandmother’s story, but curiously about a new experience led him into addiction by the 32-year-old.

Teens turn to using alcohol, drugs and substances for many reasons, whether out of peer pressure, to cope with a traumatic event, in response to media’s influence, or, simply, for fun.

“First it’s fun, then it’s consequences and fun, then it’s only consequences,” explained Rohith Boyilla, a UA student who also works with others on recovery. His experience began because a family member suffered from mental illnesses, and he started using alcohol as an escape, until it got out of control.

Rachel Abraham, a graduate assistant who works in the UA’s health promotion and prevention services, said mixing substances at a young age can lead to plenty of health problems later, mainly because the teenager brain isn’t fully developed.

To fully understand this, Abraham explained that our body produces serotonin. Taking serotonin supplements would make our brain stop producing the chemical naturally which would make the user have cravings.

Similarly, when substances are introduced into the body, serotonin levels can be affected leading to a chronic depression. John Fritsche, a recent UA grad who participates in recovery, said in college, many assume that everyone drinks in college to start and also indicate a third of students have only one or two drinks a month.

Casillas attended Catholic school before college. He was so well prepared for college, he said, that the first three years were somewhat of a repetition of what he’d learned before, giving him time to party.

He said he could’ve done so much more in school and he could have avoided unsavory experiences, such as being close to death multiple times, being beaten by a gang suffering from a brain bleed, getting a DUI, going to jail, getting kicked out of a nursing program twice, and making countless trips to hospital and rehab centers.

“One more thing I would say is that many teenagers are fully aware of the consequences that misusing substances and consuming alcohol and drugs can lead to,” he said.

Fritsche advises teens who feel curious about trying drugs, Abraham advises them to look for alternative joys in life that can cause the same adrenaline rush.

Fritsche advises teens who feel curious about trying drugs to educate themselves about the drugs and substances they are taking because he said he didn’t understand the full severity when he started.

For students who do succumb, there’s help available. Finding help is possible. Sources in recovery said they once felt hopeless and now feel they are on a successful path.

Casillas’ recovery path started by wanting to be sober. He followed all of the steps in rehab and got a job in low-level management there.

At age 19, he felt motivated to attend school and eventually complete his undergraduate degree. Now he works to help others get to the same sober place.

“Whatever you can do to help people who are struggling, for some reason, I think it’s that sense of purpose, duty. It helps me remember where I’ve been but also makes the mistakes I’ve done in the past and the pain I’ve caused count for something,” he said.

Fritsche advises students who are thinking of taking drugs or alcohol to find someone to talk to about what is going on, to find ways to help.

“One guy who might be struggling has to know they are not alone,” he said.
Vaping among youth is sounding alarms

By Victoria Grijalva

Vaping products were created to help adult smokers quit tobacco, but studies now show adults aren’t the only ones using e-cigarettes, and concerns are escalating about widespread vaping among young people and the dangers that follow.

The Centers for Disease Control and Prevention and The Morbidity and Mortality Weekly Report in 2018 on tobacco use and vaping among middle and high school students, which showed that 19 percent of girls and 23 percent of boys are active vaping.

Pima County officials recently said vaping among youth has reached an “alarming” level. The 2018 Arizona Youth Survey reported that 48 percent of Pima County youth have tried an e-cigarette or a vape at least once in their lives.

According to “Know the Risks: e-cigarettes and young people,” an educational program in the U.S. Surgeon General’s Office, the brain is still developing in teenagers and young adults, up until age 26. Using e-cigarettes and vaping increases “the possibility of addiction and long-term harm to the brain development and respiratory health,” according to the “Know the Risks” webpage.

The surgeon general’s program also reports, “Even breathing e-cigarette aerosol that someone else has exhaled poses potential risks.”

E-cigarettes and vapes affect the part of the brain that controls attention, learning, mood and impulse control, according to the Centers for Disease Control and Prevention.

Vapes often come in flavors that appeal to teens (mint, cherry), and teenagers are more likely to get addicted, making them four times more likely to smoke tobacco.

Often teens are caught up in the fad and do not pay attention to reports that tobacco e-cigarettes and vaping expose users to chemicals and carcinogenic compounds and can cause lung damage.

“Popcorn lung,” one such danger, is a condition that damages the most narrow passageways in the lungs and causes inflammation.

Teens also may be unaware or uninterested that vaping can weaken a person’s immune system, damage blood vessels, and increase heart rate and blood pressure. In April the U.S. Food and Drug Administration announced vaping can cause seizures.

Vaping is an act of inhaling and exhaling the vapor produced by a heated nicotine liquid of an electronic cigarette, similar to smoking an actual cigarette without the tobacco and paper.

While some tobacco companies have said vaping is safer than smoking actual cigarettes, it was reported recently that smoking just one of the popular e-cigarettes called JUUL can equal the effects of up to 20 cigarettes.

“The big tobacco companies are making big money,” said Kaye Godby, project coordinator at UA Campus Health’s health promotion and preventive services division.

The mentally ill and young people are targeted and hurt the most, she said.

Godby and Campus Health try to prevent use and addiction to vaping by posting on social media. One message they are pushing right now is the fact that “vaping isn’t actually utilizing water vapor; at the name suggests, but aerosol. Also, the chemicals can be more dangerous than nicotine, especially in the flavoring.

Vapes and e-cigarettes were created to replace actual smoking. They have the same purpose to inhale nicotine but in a safer way. Actual cigarettes’ purpose was to burn nicotine leaves and give a smoker a kick.

The liquid produced in vapes is mostly propylene glycol and vegetable glycerin. A vape product may look like a regular cigarette, but it has no tobacco, no paper, no filter and does not burn. Vaping helps some give up cigarettes or quit smoking altogether.

Anthony Atkism, a 19-year-old vaper from Tucson, shared his story about how he started vaping. “I started vaping a little over a year ago. The nicotine helps me for the stress of school and it keeps my brain focused on one thing.”

While reports say teenagers and young adults still smoke actual cigarettes, e-cigarettes and vaping have caught on because they are easier to hide from parents, adults, or in schools or public places with non-smoking designations.

Local governments have followed national organizations with campaigns to sound the alarm about vaping among teens and young adults.

One local example is “The REAL DEAL on Vaping,” a campaign launched by Pima County in March aimed at educating teens, parents, guardians, educators and health care providers about vaping’s dangers.

REAL DEAL program coordinator Lee Itule Klasen said they are beginning an all-out campaign to reach teens with solid information about e-cigarettes and vaping.

“This campaign is supposed to give a reality check to our teens and support them,” Itule Klasen said.

The old methods of posters in the schools have given way to reaching students on social media with images and links to valuable information. Other efforts in the campaign include tool kits for parents and a TV commercial that will air on FOX.

The coordinators also hope the campaign also reaches primary physicians so they can educate their patients about vaping.

TUSD, university team up so students can ‘Talk it Out’

By Mireya Borgen

Students enrolled in the Tucson Unified School District and their families can now access free mental health counseling available via a partnership between the district and the University of Arizona in a new program called Talk it Out.

“Mental health is really important so that students can thrive in their lives in school,” said Lia D. Falco, a faculty member in the UA College of Education’s counselor education program.

At nearly no cost to either the school district or the student, Talk it Out will make mental health counseling available to the 47,255 students enrolled in TUSD, as well as to their families, extended families and caregivers, by using the expertise of master’s students in the UA’s counseling program.

Falco, who had a large role in creating Talk it Out, said the goal was to be able to provide accessible mental health counseling to students and families.

“There’s a big need,” she said. The consequences of mental health issues are beginning to be addressed throughout the nation, and Talk it Out is one resource to help students cope with anxiety, depression, anger or other concerns.

The National Alliance on Mental Illness found that 37 percent of students ages 14 and older who have a mental health issue end up dropping out of school.

“We wanted to remove as many barriers as we can,” said Terri Howard, program coordinator for TUSD’s family resource centers.

Cost often is an obstacle for students and their families in getting adequate care, Falco and Howard said, but Talk it Out removes that barrier.

Many mental health services fail to provide accessibility because of fees that are too high for many or waiting lists to get into programs that insurance might cover.

“If you’re in a situation where you have access or your insurance is provided by the state, you have access to a multitude of services through community mental health,” said Amanda Tashjian, who is director of the UA master’s program in counseling.

However, the wait list to get into those services might be two to three months,” she said, “depending on which system and what your needs are.”

Talk it Out is not only for services for diagnosed mental health issues; students and their families can use the program even if their need is just for one or two sessions, Howard said.

Tashjian and Falco supervise the program. Master’s students enrolled in the UA’s counseling program will provide counseling to students and families as part of the required practicum for their degree.

TUSD and the UA pooled their resources for Talk it Out.

“This is actually happening out of the goodness of everyone’s hearts,” Tashjian said. “Space is the biggest thing. The two entities that tend to cost money are supervision and space.”

Falco said that TUSD is providing space and time, and the UA is providing personnel in the form of the graduate students.

The Talk it Out program was a long time coming, Falco said it took two years to plan, including a pilot program at TUSD’s Palo Verde Family Resource Center.

Falco explained that the pilot helped the program work out wrinkles, such as scheduling, and it began with just a few practicum students.

“We are just now functioning at full capacity,” Falco said.

Full capacity means that Talk it Out has 10 UA counseling students working at three TUSD family resource centers for the year-round program.

“Students that we’ve been seeing range in age from 5 years old all the way up to 18 years old,” Falco said.

One sign of success, Falco said, is “we’re getting a lot of referrals.”

The program is continuing to grow, and Tashjian said they hope it will be a model for other school districts.

By Victoria Grijalva

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CBD: a treatment for chronic pain

By Kristen Bia
Copy Editor

Cannabidiol, or CBD, is a drug extracted from marijuana that has gained the attention of the public recently with some people singing its praises for reducing pain. Since passage of the 2014 Farm Bill, cannabis plants for research purposes and production of CBD products have risen. The bill allowed hemp and cannabis plants to be grown in states where medical and recreational marijuana is legal, such as Oregon and New York.

CBD is a naturally occurring chemical compound, one of 113 cannabinoids in cannabis plants. CBD is legal in all 50 states, though with strict regulations. CBD can’t have a THC percentage over 0.3 percent, or it is considered marijuana.

According to Dr. Lyn Parдержан, a certified medical marijuana doctor in New York, cannabinoids are natural anti-inflammatory drugs that help to prevent psychological and physical disease. While CBD is found in both hemp and marijuana plants, it is only extracted from hemp plants because of its high production of CBD whereas marijuana has a higher production of THC.

THC is the psychoactive drug that allows you to get high, whereas CBD allows your body to fall into homeostasis, a parasympathetic state of healing,” said Steven Parks, an employee at Your CBD Store, on North Campbell Avenue in Tucson.

Hemp farms use both types of cannabis plants. CBD is legal in all 50 states, though with strict regulations. CBD can’t have a THC percentage over 0.3 percent, or it is considered marijuana. Because it is a natural alternative, Hunt said. “Western medicine” or synthetic drugs on a person’s physical being.

“Medical marijuana” or CBD, while having the same effect on the CB2 cannabinoids, which have an affect on pain and inflammation in joints because of its high production of CBD whereas marijuana has a higher production of THC.

“The focus was education in the beginning, and it still is even though we’ve gotten so much busier,” said Thomas Hunt, operations manager at the Downtown Dispensary on East Sixth Street.

Education was owner Moe Asnani’s main purpose when he opened the dispensary in 2013. He said.

“The more educated people are about the use of medical marijuana the more they can appreciate the medicinal value, Hunt said. “The good thing about marijuana is that it creates this homeostasis between a person and nature because sometimes we just pass through life without feeling what’s going on, and marijuana helps you have more of a central feeling with nature and with life.”

Hunt said.

Marijuana has been found to help reduce pain and inflammation in joints because of the CBD, cannabinoids which have an affect on a person’s physical being. Medical marijuana may replace harsh “Western medicine” or synthetic drugs because it is a natural alternative, Hunt said. Joshua Case is a prime example of the positive effects of medical marijuana.

The 21-year-old from Michigan has been using medical marijuana since he was 16. Case first got his medical marijuana card in 2014 in Grand Rapids, Michigan, because of his rheumatoid arthritis after his doctor suggested it could help.

Case said synthetic drugs left him with distressing side effects; he often felt depressed, sleep deprived, and he experienced a loss of appetite.

“We just tried to do everything we needed to do so I could feel better and be happy again,” said Case.

Hunt said medical marijuana allows patients to abstain from the perpetual cycle of using multiple medications that only mitigate the symptoms. Medical marijuana provides a single, natural alternative, he said. Prior to getting his medical card, Case was using many other drugs to try to alleviate the excruciating pain he felt. He used drugs like Tramadol, oxycodone and morphine for pain, which are all strong, addictive drugs.

“I cut out so many other meds when switching over,” Case said. “A big thing in high school for me was that I couldn’t sleep or eat. And I’d throw up because of how bad the pain was, and the opioids didn’t help me.”

Case and Hunt said medical marijuana has positive impacts and there is no such thing as overmedicating a person on this perplexing drug and its effects.

“People just aren’t educated enough to say, ‘That doesn’t make any sense, why would I want to take another pill that is going to have five different side effects to fix one thing and end up taking more pills to fix those side effects?’” Hunt said.

Shawn Portillo is also a medical marijuana user. The 21-year-old began using medical marijuana to help with stress and anxiety when he was 17. Using marijuana, he said, has improved his concentration and has helped him with physical injuries he got from motorcross racing and wrestling.

Portillo said that medical marijuana has also helped him sleep better, which has been an issue for him because of his ADHD. “The benefit of smoking for me is it helps with my mental health and with multiple injuries. I think it’s definitely better for you than alcohol and tobacco,” Portillo said. “I’ve been able to sleep better, concentrate better and be a happier person.”

Kaye Godby, a project coordinator at the University of Arizona who works with poly-drug users, said she believes there is still not enough research and information on medical marijuana.

We don’t have enough research and we’re kind of shooting in the dark. The way they prescribe marijuana is the equivalent of you going into a pharmacy and the pharmacist saying ‘Pick whatever one you want,’” Godby said. “There’s just so many things that could go wrong with it.”

Godby said using medical marijuana can be just as dangerous as taking synthetic drugs, but drugs approved by the Food and Drug Administration have been studied and approved to help with certain conditions. “When you go to get this product someone’s already tested your weight and what happens with your weight and they know a lot of things, and they try really hard to match your needs with the dose they’re prescribing,” Godby said. “In the case of medical marijuana, we know nothing and yet we allow the consumer to choose their medication.”

Hunt, Case and Portillo say society has painted a negative picture of marijuana users. “The stereotypical stoner effect is that we’re always happy even though it is a stigma, maybe it is true because we tend to be more positive and less stressed,” Hunt said.

“I feel like I’ve been categorized as a partier or troublemaker,” Portillo said. “When I’m in reality I use medical marijuana to help me calm my nerves and sleep better.”

Marijuana distributors value education

By Savannah Peña
Editor-in-Chief

Since medical marijuana was approved by Arizona voters in 2010, many of Tucson’s dozen dispensaries have turned to educating users about medicinal benefits rather than simply distributing their product.

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