

# CVIT COUNSELOR



*Connection*



## WHAT'S THE BIG DEAL WITH VAPING?

Lung cancer is known to be caused by smoking cigarettes, right? So people that only vape are free from the dangers that face people who smoke cigarettes, right? Wrong...

## WHAT'S INSIDE?

**IS VAPING SAFE?**

**STUDENT SPOTLIGHT--  
LINDSEE FREEMAN**

**LUNG CANCER  
AWARENESS MONTH**

**MENTAL HEALTH  
MOMENT**

**CONGRATS ARE IN  
ORDER FOR WILDLAND!**

**UPCOMING EVENTS**

**HOSA HAPPENINGS**

The truth is, it took decades to truly learn what the consequences of cigarette smoking did to people's lungs. That's because a lot of the problems don't come up right away. It may take years, or even decades for us to realize how vaping can affect us.

One thing that has already been linked to vaping is called EVALI or "popcorn" lung. It was first discovered when workers in a popcorn factory developed breathing problems from their work with

diacetyl, a chemical that is also often found in vape liquids.

Some people also think that if they are only vaping THC, it's "safe" because it's more natural. However, in 2019, the University of Rochester reported that 11 out of 12 patients who were admitted to the hospital for something vaping related had used an e-cig with THC.



What am I thankful for?  
Each and every one of YOU!!!

-Mrs. D



So please don't be fooled when you hear that vaping is a "safe" alternative to smoking. There's no such thing!

*Congratulations*

Fun facts about *Lindsee*:

Fav Food: Hot Chips

Fav Colors: Blue and Yellow

Pets: Yes, both dogs and cats!

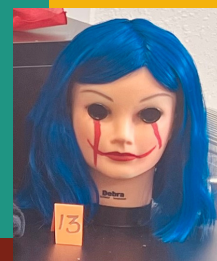
Dream Job: Cosmetologist



**STUDENT  
SPOTLIGHT:  
LINDSEE  
FREEMAN  
PROGRAM:  
2ND YEAR  
COSMETOLOGY  
INSTRUCTORS:  
SARA BREWER &  
ALISON ZACHE**

We asked her instructors, what makes Lindsee stand out? They said...

*"Lindsee is very talented," (peep her Coraline Halloween project!), "and she is a great student! She has near perfect attendance, she stays busy, works hard, and has a positive attitude."*



## IN NOVEMBER, WE WEAR WHITE

There is a lot of talk surrounding cancer these days, and it seems like there are some types of cancer that get more attention than others. However, DYK that lung cancer is still the most common type of cancer in the world?



### What causes lung cancer?

Lung cancer is caused when small particulates enter and stick to the lungs, and tumors result. **Most lung cancer is caused by smoking cigarettes**, however 10-20% of individuals with lung cancer NEVER smoke!

**Secondhand smoke** from others is dangerous and can lead to lung cancer. If you have loved ones who smoke, ask them to keep their smoke away from you, or better yet, help encourage them to quit! Check out [smokefree.gov](http://smokefree.gov) for resources to help you or someone you love quit smoking or vaping.

**DYK:  
Worldwide,  
more people  
die from lung  
cancer than  
prostate,  
breast, and  
colon  
cancers  
combined?**

### Upcoming Events!

NOVEMBER 22-24  
DECEMBER 5, 6, 11  
DECEMBER 7  
DECEMBER 7  
DECEMBER 14

THANKSGIVING BREAK  
LOCAL HOSA COMPETITION  
HOSA MEETING  
WOMEN IN STEM CONFERENCE  
LAST DAY OF THE SEMESTER!



## MENTAL HEALTH MOMENT

# MENTAL HEALTH

### IS...

- Important
- Something everyone has
- Intrinsically Linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

### ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



**YOUR REMINDER FOR TODAY:  
"MENTAL HEALTH IS HEALTH!"**

## HOSA HAPPENINGS

We don't mean to brag, but November was an awesome time to be a HOSA member. November 7th, we went to the Fall Leadership conference, where we got to hang out with almost 3000 HOSA members from all over the state. Everyone learned a ton in sessions about leadership, interviewing, mental health tips, and more!

Then, on November 17th, five of our officers and committee chairs traveled to West-MEC in Glendale to learn the ins and outs of being a strong leadership team, followed by the ultimate teambuilding challenge--the Mystery Manor escape room at Westgate. They slayed it of course!

Be sure to follow our Insta @ cvit\_hosa!



*Congratulations to our newly certified  
Wildland Firefighters!!*

Macario Araiza

Lex Barajas

Aiden Bejarano

Kristopher DeClay

Johnathan Denney

Arianna Gatewood

Hailey Guerrero

Teagan Mercier

Mikah Kitcheyan

Alana Mancha

Shelby Patterson

Gary Perkins

William Petty

Phina Roman

Jayven Salazar

AJ Schaible

Ryan Szpotowski

Natalie Termain

Jose Verdugo

Jacob Wilson

