



ABC CLARION

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Drunk vs. Stoned

by Tanya Wang

People say: "Don't smoke anything at all", because it's bad for you. But they also say, "Don't drink alcohol, or at least don't drink too much that you get drunk," also because it's bad for you. But have you ever wondered, which one is "better"? Can you function better drunk or stoned?

Let's start with drinking and being drunk. Being drunk, also known as intoxication, happens when more alcohol is consumed and enters the bloodstream than the liver can metabolize. Ethanol is a central nervous system suppressant and is the cause of typical drunk symptoms. The early effects are on our mood, we begin to feel euphoric and our coordination is less controlled. Slurred speech, poor judgment, memory loss, vomiting, coma, and death can all be caused by the over consumption of alcohol. Alcohol poisoning is one of the largest risks associated with drinking alcohol. It's a very serious, and even deadly, result of drinking large quantities of alcohol in a short period of time. The amount of alcohol that could result in alcohol poisoning varies from person to person based on gender, age, body, weight, alcohol tolerance, and more. Death caused

by drunk driving is a huge danger as well. It's one of the most common causes of road deaths in the US. When people drink, they tend to gain a false sense of confidence and feel as though nothing bad could happen. Vision is blurred, perception is altered, and reaction times are significantly lower. There's also the topic of alcohol abuse. Alcohol is a habit forming substance that millions of people in the US are addicted to. Alcohol can cause extreme liver damage and can later lead to disease such as cirrhosis of the liver, as well as digestion and intestinal problems when heavily and regularly used. Another nasty side effect of alcohol and getting drunk? Hangovers. Hangovers are caused because alcohol causes dehydration, and water is usually not consumed during a night of heavy drinking. It can produce bad headaches, nausea, vomiting, and fatigue. Hangovers can last up to 24 hours!

Now for smoking marijuana and being "stoned". THC, or tetrahydrocannabinol, is a chemical found in marijuana that is responsible for its recreational effects. THC causes cells in the brain to release a chemical called dopamine that causes a euphoric

feeling. Marijuana is a natural and unaltered plant that works mainly by intensifying feels or experiences. This intensity can be either positive or negative. Marijuana can also make you somewhat drowsy, so sleep is a common activity among pot users. The smoke in marijuana contains carcinogens, which can be harmful for the respiration system. Headaches are common, usually when the effects of marijuana are wearing off. Very short term memory loss can also occur, as well as paranoia. You can become "stoned" by smoking, ingesting "edibles", or inhaling vaporized marijuana.

What's the difference between being drunk and stoned? Well first, being drunk causes memory loss, nausea, coordination problems, and judgment impairment, all of which can be very dangerous. Marijuana doesn't cause any of these effects, and the only impairment is a slight lack of hand eye coordination and altered sense of time. Hangovers are an inevitable consequence of alcohol consumption and they are painful, as well as inconvenient. They often cause the person experiencing them to make the "no more alcohol" proclamation. Marijuana has no residual effects, it doesn't cause any form of withdrawal or

Who Rescued Who?

by Audrey Zhou

I saw you in the streets
And I gave you shelter
Both you and I used to be alone
Now when I walk through the door
It feels like home
Tail wagging and waiting
With a tongue stuck out
Such wholehearted love towards me
There's nothing that you wouldn't do
Now who can truly say
Who rescued who

negative effects on the body after the original effects have wore off. As for overdosing, no one has died from the over consumption of marijuana so far, but alcohol poisoning is easy to obtain, and extremely dangerous. Another big difference? Marijuana is illegal in many places and treated as a drug.

Overall, I guess we can't really make a conclusion between which is better: getting drunk or getting stoned. I assume we can just say that neither is better and therefore DON'T GET DRUNK OR STONED!

When You're Sick....

by Oscar Chen

When You're Sick, nothing else matters.

The armies of pain and itchiness and runny noses are simply too much to overcome. Who cares about "life" right now? You're ready to surrender, but your illness is determined to make you suffer instead. And then you realize how ungrateful you were for your immune system in the past. Because with your body getting destroyed cell by cell, any other problems you thought you had now seem like stupid jokes!

When You're Sick, you're trapped in the moment.

Stuck in bed with a 102°F fever. Head split in two by a relentless headache. Nose stuffed and throat murdered. You would do anything to stop the constant desire to vomit. Only the present torture is on your mind. In the moment, there are no deadlines. It's just: Please, please, please! Don't make me throw up--End this immediately.

When You're Sick, crying uses up too much energy.

At least you still have energy to not die. Or not energy to die, and thus live in unbearable pain instead. ARGHH!!!!!! No one can possibly understand your damned

and wretched state, even though you don't want to appear to be a lazy bum. Your entire body trembles with aches and screams in protest. Yet you cough and groan onwards.

(These feels dominate all other emotions, right? *wheezes pitifully*)

When You're Sick, pleasure takes a back seat.

Sure, you might want to indulge in the hedonism you used to enjoy on a daily basis. But are you even able to? You are a soldier traumatized by war and no amount of therapy can alleviate your shock. In the fierce combat, retreating back to your home base alive rises above everything else. I mean, a dead person can't enjoy pleasure, ok?!

When You're Sick, your mind doesn't function properly.

As you have seen with this writing... Just kidding. But seriously, if your thought process doesn't flow, it's probably because that nose doesn't flow either. You have to deal with it and vent your frustration through a list named "When You're Sick." And you have more grievances than the Founding Fathers listed in the Declaration of Independence.

When You're Sick, you are unapologetic.

Society will judge you to be a good-for-nothing hypochondriac, but you couldn't give two coughs about that. You don't want to shoulder any responsibility. After all, the expectations can't be the same for a sick person. You can try your best to match healthy you, but you are forced to embrace your current self in the end. Don't worry and keep fighting!

When You're Sick, invincibility is the ultimate illusion.

Yeah, such is the life of a sick student who still has tons of homework to complete. You wish that the magic star in Super Mario would pop out of nowhere, but it's just as elusive as Princess Peach herself. There's no help aside from poppin' pills, which you definitely don't bother doing regularly. The funny thing is, you have it better than the sick in the past. At least you aren't prescribed cornbread, bacon, and whiskey like patients were by the clueless doctors in the Oregon Trail...

When You're Sick, constipation is the greatest consternation.

Let's not delve into the anxieties of the bowel and instead observe the sluggish ef-

fects of sickness on the daily flow of life. You feel like you are dragging through sludge and never going anywhere. Time in your world is slow-motion. Time in the real world is sped up. You are always behind, prevented from working properly. But keep pushing onwards. (No pun intended.)

When You're Sick, you hate life more than ever!

Life sucks. When you're sick, life sucks even more. Nothing seems to work out. You are simply exhausted by demands. Doesn't any help arrive? Or does everyone impose intolerable circumstances on you so you suffer more-- "Hello? Anyone?"

When You're Sick, you want others to support you.

You are sick, tired, and finally done with your first homework assignment. Obviously there will be no support for your late night heroics (with your homework, of course) Perhaps the only ones who sympathize are your parents and the reader who actually got this far.

But who cares? When You're Sick, nothing else matters.

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