

DFCA Essay

I have been a member of the Drug Free Clubs of America for all of my high school years. I joined the club my freshman year in 2017. I joined because everyone else did and because my parents kind of forced me to. Looking back now I realize that it was a good thing. During that first year, DFCA was probably at its peak in activities as well as membership but my friends and I kind of thought that we were too good for it. I thought the drug tests were a chore and I really got tired of peeing in a cup. The rally was okay but it really did not mean much except that I got out of school for a day and free food which is always a winner for me! What stands out from the rally in my memory is the seniors getting into it by giving speeches and jumping and dancing and just having a good time. I wanted that too, so I looked forward to sophomore year.

Sophomore year I was ready for soccer and DFCA. But things took a turn. I started to hang with the wrong crowd and I did not really even recognize the club's existence other than to pay the \$10 and join. I felt like I was in a cave and I was never going to get out of it. I was depressed and just wanted nothing to do with anyone or anything. I lost my character and who I am as a person and that really scared me. I knew that I had to find myself once again. About half way through my sophomore year I kind of reestablished myself and started to go back to being me. Unfortunately by that point all the DFCA events were over with. This was a turning point for me and I was ready to go into junior year with a better attitude and better friend choices.

Junior year was going great. I felt like myself and I had found a great group of friends to surround myself with. Soccer was great and I had my best stats so far in high school. I was involved highly in DFCA, surrounding myself with that crowd and really getting into the club. Dancing and singing and having a good time made me feel like those cool seniors I had seen way back during my freshman year. It was a great time at the rally and I had a lot of fun playing corn hole and chatting with friends from other schools. Things were going great. Then it was as if it was taken out of my grasp completely. The pandemic hit all of us like a 18 wheel semi. We really did not see it coming. It put a lot of people in a bad place. Depression, which led to drugs, especially in my community was greatly evident now that Covid 19 had hit our town. For me the pandemic closures and restrictions allowed me to focus on bettering myself. I was able to spend more time with my family and reflect on my faith. I made new friends and grew closer to God. This pandemic had a positive impact on my life. I turned 18 in July and was given the opportunity to run in the BuckFifty. It was fun and we raised money for the program. It had greater importance to me because of what we were doing it for.

Going back to school in the fall was very exciting for me considering I had been somewhat isolated at home for months and months and months. It felt like an eternity. But senior year was looking promising. I had the best soccer season ever and I am now a Drug Free Ambassador. I am involved in the program as much as I can be. Due to the restrictions of the pandemic we cannot give our students the full experience like I had. But there's still a light! We got awesome t-shirts this year and we still had our Drug Free Fridays. Mrs. Rinehart, our advisor, has set an awesome example and she has a great attitude even though it has been difficult this year. I am once again running the BuckFifty with my dad and several of my teachers from school. I look forward to this because I am making memories with my teachers outside of the classroom. It makes me feel good to know that I am playing a part in raising money to help my school in future years. I hope that things get back to normal for our student body next year. DFCA has helped many students to stay away from drugs and other problems. I am extremely grateful for what the organization has done as are countless others. Thank you Drug Free Clubs of America.