



# James Bowie High School

❖ Pride In Performance ❖

Monday, March 4, 2019

Greetings Bulldog Nation,

Over the course of the Spring semester, the Bowie administration, counselors, and nurse have seen a **concerning number of cases of Coricidin HBP being abused**. Coricidin (along with Coricidin HBP, a variety for high blood pressure) is an over the counter medication used for the common cold. It contains dextromethorphan, a commonly abused cough suppressant ingredient. It is our understanding that this medication is being used to obtain an altered state, or high. In researching this drug we have learned that when abused it causes brain damage and other serious health problems.

Coricidin is available over the counter at any pharmacy and is easy to purchase or shoplift. Coricidin tablets resemble Skittles, a common street name for the drug. Other street names include Triple C and Red Devil. Coricidin is sold in boxes of 24 tablets. It is common to ingest an entire box, to achieve a high lasting 4-6 hours. It is a popular belief that Coricidin is a safer 'high' because it is sold over the counter. On the contrary, Coricidin can become addictive when taken in quantities larger than the recommended dose. Side effects of abuse include vomiting, seizures, respiratory depression, loss of airway reflexes, mania, hallucinations, memory loss, loss of vision, arrhythmia, and the appearance of being inebriated. Ultimately, Coricidin abuse can cause brain damage and even death. Please be aware of this concerning trend and **speak with your student** about it.

## Understanding Addiction to Triple C and Its Effects

Dextromethorphan (DXM), found within Triple C, affects the brain and body:

- Stage 1: Inebriation: inability to walk straight, agitation, excitement, and lowered inhibitions.
- Stage 2: Deepened intoxication: slurred speech, mild cases of hallucination, and short term memory loss.
- Stage 3: A complete change in consciousness with heavy hallucinations, loss of vision and/or other senses, and complete loss of control over actions and behaviors.
- Stage 4: Can result in an out of body experience, with all physical senses being shut off completely. It can be compared to taking PCP, a highly dangerous and addictive synthetic drug..

(Ashwood Recovery, [www.ashwoodrecovery.com/blog/addicted-triple-c-means-life/](http://www.ashwoodrecovery.com/blog/addicted-triple-c-means-life/))

Is your Bulldog graduating this year? Let's make graduation night a night to remember with Project Graduation! **PROJECT GRADUATION is an all-night alcohol-free and drug-free lock-in for seniors immediately following the graduation ceremony.** All seniors are invited to participate in this Bowie tradition! We meet at the school after graduation and buses take us to the brand new [HIGH 5](#) on Anderson Lane where we party all night and have buses bring us back to Bowie.

**WHY SHOULD I SEND MY CHILD?** Go to sleep knowing your child is celebrating in a safe, supervised environment on statistically the deadliest driving night nationwide for high school seniors.

**WHAT IS THERE TO DO?** Your senior will have fun playing games, dancing, eating and winning prizes! Arcade – Silent Disco - Prizes - Bowling - Food - Pool - DJ & Dancing - Games - Karaoke – More

**WHAT IS THE COST?** The cost is \$150 per person if you register by March 15th. After that, the price increases to \$200 so DO NOT WAIT!! [Click here](#) to register online or for info on how to send a check.

**WHO ELSE IS GOING?** Ask your friends! Check the [PTSA website](#) and remind them to sign up TODAY.

**\*PLEASE NOTE: If we don't have 150 people registered by March 15, 2019, this year's event is in jeopardy of being canceled (in which case refunds will be given.)**

Sincerely,

Mark Robinson  
Principal  
James Bowie High School  
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*A Recognized School of Excellence*

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