

## **“If you are addicted, there is hope”**

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By: Shauna DeMeritt

Each day brings the opportunity of choice. These choices may seem small while others more important, but the decisions we make change lives. One NIC student's choice, each day, is not to use meth.

Brian Lux, 39, was born and raised in Spokane. He first tried meth at age 17. At the time, meth was not a prevalent topic in school or the media. Lux did not feel pressured or scared to try the drug.

"When you try the other drugs and come out unscathed you think you can take this and nothing is going to go wrong," Lux said. "I never questioned it."

Lux said he became a recreational user of the drug throughout his 20s. After losing his job at 30, he turned to the drug for his source of income, and his addiction became out of control. For three years he continued this pattern until he got caught. Lux served six years in prison and was paroled last year.

Upon release, Lux made the choice to change his life. He enrolled in college to pursue a degree in computer information technology.

"I just realized I'm getting too old and I needed to grow up," Lux said.

Lux became involved with the Idaho Meth Project after talking to volunteers and attending their meetings. He speaks at educational forums and reinforces the organization's motto, "Not even once."

"If you use it once you are putting your foot in the door to leave it open for all kinds of bad things to happen. It just takes the one time," Lux said. "All kinds of terrible things can happen."

Lux suggests that students educate themselves by attending forums about the drug. Open communication is key to raising awareness of the dangers and signs of meth use. He also encourages current users to make the choice to seek help.

"If you are addicted, there is hope. If you get help you can learn how to deal with it," Lux said.

The choices people make change their lives. Moving forward from past mistakes, Lux demonstrates the power of choice and how it is never too late to change.

For information, visit [www.idahomethproject.org](http://www.idahomethproject.org)