

To be tobacco free Harding students get the lowdown on harmful effects of smoking

By Carol Knight

Special to My Life

Harding Academy Southwind, located on Shelby Drive, had a special kickoff to Red Ribbon Week, which is a national effort to encourage students to keep their bodies healthy and to take a stand against drugs.

Mad Science of the Mid-South presented a “Be Tobacco Free” assembly.

The fun and interactive demonstrations graphically showed tobacco’s effects on the body. Throughout the program, students were asked, “What do you want to be?” to which they responded, “Tobacco free!”

The youngsters were presented the facts about the health risks of smoking so they can make informed decisions later in life.

Carol Knight is principal of Harding AcademySouthwind.



Mackenzie Cavagnaro and Nathan Pomerenk of Collierville help illustrate how much money a year is spent on tobacco products.



Monica Norris, the chief Mad Scientist, shows the effect of smoking on the lungs.



Alissa Hawes of the Germantown area helps with a demonstration adding “nicotine” to the mix of pollutants smoking puts in our lungs.



Chief Mad Scientist Monica Norris gives an illustration of the “slime” that smoking leaves in the lungs.