



# Jason Howard

## Died Age 25

## Drug Overdose

My name is Jessica Puckett and I lost my only sibling, Jason Howard on Sept. 30, 2005. Jason was one of my best friends. Our parents divorced when I was 9 and he was 6 so I felt like it was my responsibility to take care of him. When there was no one else in our lives we had each other.

Growing up he was so smart; he made straight A's until he started taking drugs in the 7th grade. It was a long, hard battle over the past 10-12 years with the mood swings, and being in and out of rehabs and jail for drug-related crimes.

He was a very caring person and would have given the clothes off of his back to someone in need. He just couldn't give up the drugs.

It will be 7 years on May 11, 1999, that we lost our mother, step-father, and grandparents in a car accident the day after my second child was born. Jason always blamed himself because they wanted him to drive them to see us, but he told them that he was sick so he could stay home and get high.

That was the last time he saw them. They were killed on the way home by a drunk driver who crossed the center line and killed our family. The only survivors were my 2 year-old son and the drunk driver. Jason's drug problem only got worse after that.

My grandfather owned a coal mine when we were growing up, so Jason had more money than he knew what to do with. He would spend as much as \$10,000 dollars at a time at a local drug dealer's house.

On Sept. 29th of 2005 he had agreed to check into a rehab the next morning, but the next morning my Dad found him dead in his bed. He had over dosed on four different drugs—more than twice the dose needed to kill someone. He was only 25.

He left behind our father, a nephew and niece, me and my husband. Anyone who knew him loved him and misses him so much.

I hope that this story will touch at least one person. We have to save one life at a time and that is my lifelong goal, to tell everyone that I can how much drugs hurt an entire family when they steal a family member away to soon!

*Remembering Lost Promise*