



# Walking a Good Path

2001 Calendar

Absentee-Shawnee Tribe of Indians of Oklahoma Agdaagux Tribe of King Cove Agua Caliente Band of Cahuilla Indians of the Agua Caliente Indian Reservation Ak Chin Indian Community of the Maricopa (Ak Chin) Indian Reservation Akiachak Native Community Akiachak Native Community Alakak Village Allakaket Village Alturas Indian Rancheria Anvik Village Apache Tribe of Oklahoma Arapahoe Town Alaina Village Algaaciq Native Village Arctic Village Aroostook Band of Micmac Indians of Maine Asa'carsarmiut Tribe Assiniboine and Sioux Tribes of the Fort Peck Indian Tribe of the Wind River Reservation

Reservation Aqasuk Village (Yukon) Augustine Band of Cahuilla Mission Indians of the Augustine Reservation Bad River Band of the Lake Superior Tribe of Chippewa Indians of the Bad River Reservation Barona Group of Capitan Grande Band of Mission Indians of the Barona Reservation Bay Mills Indian Community of the Sault Ste. Marie Band of Chippewa Indians, Bay Mills Reservation Bear River Band of the Rohnerville Rancheria Beaver Village Berry Creek Rancheria of Waiat Indians of California Big Lagoon Rancheria of the Big Pine Band of Owens Valley Paiute Shoshone Indians of the Big Pine Reservation Big Sandy Rancheria of Mono Indians of California Big Valley Band of Pomo Indians of the

# Walking a Good Path

## Introduction


*For many Native people of the Americas, life is a journey. From the first breath to the last, life takes a winding course of twists and turns. Many Native ancestors believed that walking a good path was a measure of character, and an honorable way to live. Today many forces lure people away from the good path. Drug abuse and addiction have found a way into Native culture, injecting unnatural and harmful elements into the souls of Native people, their families, and communities.*

*This calendar sends the message that now is the*

*time for Native communities to walk the good path together. It starts with sharing information*

*about drug addiction and how to prevent it. Knowing*





*the types of drugs most frequently abused and their harmful effects is among the first steps in educating people about the high risks involved with taking drugs. But, most importantly, the message is one of hope. Drug addiction can be treated; people can heal. And, through preventive measures, drug abuse can be stopped before it starts.*

*The message of hope underlies the images represented each month. Although*

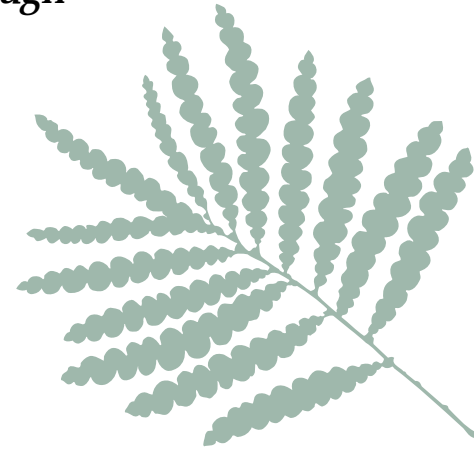
*statistics rank Native American and Alaska Native youth high for use of illicit drugs,*

*there are countless examples of Native people who excel by living healthy and productive lives. Twelve images of such*

*people, along with quotes from American Indian youth*

*who have chosen to walk without drugs, are reflected in this*

*2001 calendar, **Walking a Good Path.***





Montana Curyung Tribal Council Cuyapaipe Community of Diegueno Mission Indians of the Cuyapaipe Reservation Death Valley Timbi-Sha Shoshone Band of California Delawarean Nation Delaware Tribe of Indians Douglas Indian Association Dry Creek Rancheria of Pomo Indians of California Duckwater Shoshone Tribe of the Duckwater Reservation Eastern Band of Cherokee Indians of North Carolina Eastern Shawnee Tribe of Oklahoma Egegik Village Eklutna Native Village Ekwok Village Elem Indian Colony of Pomo Indians of the Sulphur Bank Rancheria Elk Valley Rancheria Ely Shoshone Tribe of Nevada Enterprise Rancheria of Maidu Indians of California Emmonak Village Evansville Village



Flanrdrean Santee Sioux Tribe of South Dakota Forest County Potawatomi Community of Wisconsin Potawatomi Indians Fort Belknap Indian Community of the Fort Belknap Reservation of Montana Fort Bidwell Indian Community of the Fort Bidwell Reservation of California Fort Independence Indian Community of Paiute Indians of the Fort Independence Reservation Fort McDermitt Paiute and Shoshone Tribes of the Fort McDermitt Indian Reservation Fort McDowell Mohave-Apache Community of the Fort McDowell Indian Reservation Fort Mojave Indian Tribe of Arizona, California & Nevada Fort Sill Apache Tribe of Oklahoma Galena Village Gila River Indian Community of the Gila River Indian

# January

February 2001

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## Courage to Resist

To some people, happiness does not come easily, so they may actually “medicate” themselves by taking illegal drugs. Others may use drugs to fit in, take a risk, or try something new. Most drugs give most users a sense of feeling good, usually by artificially overstimulating the parts of the brain that control pleasure. But repeated voluntary drug taking, or drug “abuse,” can switch without warning into involuntary drug taking, or drug “addiction.” Drug addiction is a brain disease. It can turn people who use drugs when they want to into people who crave drugs constantly. A person becomes compulsively driven to use drugs just to feel normal because the drugs have altered brain function. Most people need treatment to stop the spiraling cycle of addiction. For American Indians, this often includes a return to spiritual ways.

S	M	T	W	T	F	S
	1 New Year's Day	2 ☾	3	4	5	6
7	8	9 ○	10	11	12	13
14	15 Martin Luther King, Jr., Day	16 ☾	17	18	19	20 Inauguration Day
21	22	23	24 ●	25	26	27
28	29	30	31			

*“A life without drugs is rich with love and humanness. That is why I have chosen the path I have.”*

— Keith Edgar  
Odawa-Potawatoni





Reservation Grand Traverse Band of Ottawa & Chippewa Indians of Michigan Greenville Rancheria of Maidu Indians of California Grindstone Indian Rancheria of Wintun-Wailaita Indians of California Guidville Rancheria of California Gulkana Village Hannahville Indian Community of Wisconsin Potawatomi Indians of Michigan Havasupai Tribe of the Havasupai Reservation Healy Lake Village Ho-Chunk Nation of Wisconsin Hoh Indian Tribe of the Hoh Indian Reservation Holy Cross Village Hoonah Indian Association Hoopla Valley Tribe Hopi Tribe of Arizona Hopland Band of Pomo Indians of the Hopland Rancheria Houlton Band of Maliseet Indians of Maine Hualapai Indian Tribe of the Hualapai



Indian Reservation Hughes Village Huron Potawatomi, Inc. Huslia Village Hyaburg Cooperative Association Igitig Village Inaja Band of Diegueno Mission Indians of the Inaja and Cosmit Reservation Inupiat Community of the Arctic Slope Ione Band of Miwok Indians of California Iowa Tribe of Kansas and Nebraska Iowai Tribe of Oklahoma Iqumuit Traditional Council Ivanoff Bay Village Jackson Rancheria of Me-Wuk Indians of California Jamestown S'Klallam Tribe of Washington Jamul Indian Village of California Jena Band of Choctaw Indians Jicarilla Apache Tribe of the Jicarilla Apache Indian Reservation Kagyak Village Kaibab Band of Paiute Indians of the Kaibab Indian Reservation

# February

March 2001

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S	M	T	W	T	F	S
				1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28 Ash Wednesday			

## We Are One

Community involvement is important to preventing or overcoming drug abuse problems, especially in American Indian communities. It makes it easier to seek help from people trained in drug abuse prevention who are Native people themselves. Many tribes have the expertise and resources to develop their own prevention programs geared toward their community, issues, culture, families, and spiritual ways. Among American Indian and Alaska Native communities, this approach could be called a "tribal," "cultural," or "Native" approach. To be successful in preventing drug abuse, the entire tribe must be involved in living the message and sharing accurate information.

*"To me, being drug free means that I am a pure person, I am smart, and know the consequences of using drugs."*

— Chris Camudo  
Layna Pueblo



Kaktovik Village Kallispel Indian Community of the Kallispel Reservation Karuk Tribe of California Kasha Band of Pomo Indians of the Stewarts Point Rancheria Kaw Nation  
Oklahoma Kenaitze Indian Tribe Ketchikan Indian Corporation Keweenaw Bay Indian Community of L'Anse and Ontonagon Bands of Chippewa Indians of the L'Anse Reservation  
Kialagee Tribal Town Kickapoo Traditional Tribe of Texas Kickapoo Tribe of Indians of the Kickapoo Reservation in Kansas Kickapoo Tribe of Oklahoma King Island Native  
Community Kiowa Indian Tribe of Oklahoma Klamath Indian Tribe of Oregon Klawock Cooperative Association Knik Tribe Kokhanok Village Kootenai Tribe of Idaho Koyukuk







Native Village La Jolla Band of Luiseno Mission Indians of the La Jolla Reservation La Posta Band of Diegueno Mission Indians of the La Posta Indian Reservation Lac Courte  
Oreilles Band of Lake Superior Chippewa Indians of the Lac Courte Oreilles Reservation of Wisconsin Lac du Flambeau Band of Lake Superior Chippewa Indians of the Lac du  
Flambeau Reservation of Wisconsin Lac Meux Desert Band of Lake Superior Chippewa Indians of Michigan Las Vegas Tribe of Paiute Indians of the Las Vegas Indian Colony Lesnoi  
Village Levelock Village Lime Village Little River Band of Ottawa Indians of Michigan Little Traverse Bay Bands of Odawa Indians of Michigan Los Coyotes Band of Cahutila



# March

April 2001

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18	19	20 Spring Equinox	21	22	23	24
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## Seek Wisdom

The best way to prevent drug abuse is to learn about the health risks involved and other problems associated with taking drugs. The most serious health risks among drug abusers come from infections and diseases, namely HIV and AIDS, hepatitis B and C, tuberculosis, sexually transmitted diseases, and other viral or bacterial infections. These risks can come from sharing unclean equipment to inject drugs or from having unprotected sex with someone infected.

*“I respect my body and I don’t want to destroy it over something as meaningless as drugs.”*

— Kimberley George  
Cherokee Nation  
Youth Council





Mission Indians of the Los Coyotes Reservation Lovelock Paiute Tribe of the Lovelock Indian Colony Lower Brule Sioux Tribe of the Lower Brule Reservation Lower Elwha Tribe  
Community of the Lower Elwha Reservation Lower Sioux Indian Community of Minnesota Midewakanton Sioux Indians of the Lower Sioux Reservation in Minnesota Lummi Tribe  
of the Lummi Reservation Lytton Rancheria of California Makah Indian Tribe of the Makah Indian Reservation Manchester Band of Pomo Indians of the Manchester-Point Arena  
Rancheria Mantey Hot Springs Village Manokotak Village Manzanita Band of Diegueno Mission Indians of the Manzanita Reservation Mashantucket Pequot Tribe of Connecticut

Match-e-be-nash-she-wish Band of Potawatomi Indians of Michigan McGrath Native Village Mechoopda Indian Tribe of Chico Rancheria Menominee Indian Tribe of Wisconsin  
Mentasta Traditional Council Mesa Grande Band of Diegueno Mission Indians of the Mesa Grande Reservation Mescalero Apache Tribe of the Mescalero Reservation Mellakatia  
Indian Community, Annette Island Reserve Miami Tribe of Oklahoma Micoosukee Tribe of Indians of Florida Middletown Rancheria of Pomo Indians of California Minnesota  
Chippewa Tribe Mississippi Band of Choctaw Indians Moapa Band of Paiute Indians of the Moapa River Indian Reservation Modoc Tribe of Oklahoma Mohegan Indian Tribe of

# April

May 2001

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1 Daylight Saving Time Begins	2	3	4	5	6	7
8 Palm Sunday Passover Begins	9	10	11	12	13 Good Friday	14
15 Easter	16	17	18	19	20	21
22 Earth Day	23	24	25	26	27	28
29	30					

## Hope Through Values

Healing from drug addiction can be a lifelong journey. People in treatment for drug addiction learn ways to control their condition so they can lead normal and productive lives. The ultimate goal of treatment is to help people stay off drugs for life. But the immediate goals are to reduce drug use, help people function normally, and help them prepare for a life without drugs. Medical detoxification may be needed to begin treatment, but by itself is not treatment. Treatment programs that incorporate Native values and practices—such as respect, prayer, discipline, patience—provide greater opportunities for maintaining a drug-free life.

*“I have never used illegal drugs because I was brought up to respect my culture, my family, my elders, and myself.”*

— Jessica Whitener  
Cherokee





Connecticut Mooretown Rancheria of Maidu Indians of California Morongo Band of Cahuilla Mission Indians of the Morongo Reservation Muckleshoot Indian Tribe of the Muckleshoot Reservation Muscogee (Creek) Nation Naknek Native Village Narragansett Indian Tribe of Rhode Island Native Village of Akutan Native Village of Aleknagik Native Village of Ambler Native Village of Atka Native Village of Barrow Inupiat Traditional Government Native Village of Belkofski Native Village of Brevig Mission Native Village of Buckland Native Village of Cantwell Native Village of Chignik Native Village of Chignik Lagoon Native Village of Chistochina







Native Village of Chitina Native Village of Chuathbaluk (Russian Mission, Kuskokwim) Native Village of Council Native Village of Deerling Native Village of Diomedea Native Village of Eagle Native Village of Esk Native Village of Ekuk Native Village of Elm Native Village of Eyak (Cordova) Native Village of False Pass Native Village of Fort Yukon Native Village of Gakona Native Village of Gambel Native Village of Georgetown Native Village of Goodnews Bay Native Village of Hamilton Native Village of Hooper Bay Native Village of Karatak Native Village of Kartuk Native Village of Kasiguk Native Village of Klana Native Village of Klipuk Native Village of Kivalina Native Village of Kluti

# May

June 2001

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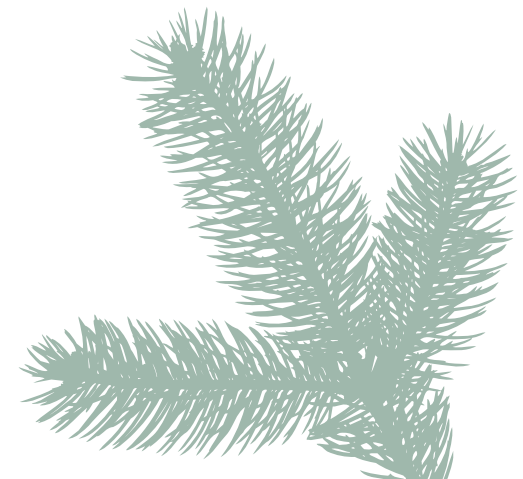
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13 Mother's Day	14	15 	16	17	18	19 Armed Forces Day
20	21	22	23 	24	25	26
27	28 Memorial Day	29 	30	31		

## Healing Ways

Drug addiction treatment can be described as breaking a big task into manageable pieces. This is usually through counseling, but medications also can be used in the treatment of certain drug addictions to stabilize a person, reduce cravings, and help the body to heal through remaining drug free. Addiction is a complex illness. No one treatment works best for everyone. Treatment should be matched to a person's unique needs. Also, good outcomes depend on adequate lengths of stay in treatment.

*“Being drug free isn’t as much a choice as a way of life, and the start of a great future.”*

— George Hiney, Jr.  
Tohon Obdum



Kaah Native Village of Kobuk Native Village of Kongiganak Native Village of Kotzebue Native Village of Koyuk Native Village of Kwigillingok Native Village of Kwinhagak  
Native Village of Larsen Bay Native Village of Marshall Native Village of Mary's Igloo Native Village of Mekoryuk Native Village of Minto Native Village of Narwalek Native  
Village of Napaimute Native Village of Napaktiak Native Village of Napaktiak Native Village of Nelson Lagoon Native Village of Nightmute Native Village of Nikolski Native  
Village of Noatak Native Village of Nurtqsut Native Village of Nunapitchuk Native Village of Ouzinkie Native Village of Paimiut Native Village of Perryville Native Village of



Pilot Point Native Village of Pitkas Point Native Village of Point Hope Native Village of Point Lay Native Village of Port Graham Native Village of Port Heiden Native Village of  
Port Lions Native Village of Rudy Native Village of Saint Michael Native Village of Savoonga Native Village of Scammon Bay Native Village of Selawik Native Village of  
Shakttoolik Native Village of Sheldon's Point Native Village of Shishmaref Native Village of Shungrak Native Village of Stevens Native Village of Tanacross Native Village of  
Tanana Native Village of Tatitlek Native Village of Tazlina Native Village of Teller Native Village of Tetlin Native Village of Tuntutulak Native Village of Tununak Native Village of







# June

July 2001

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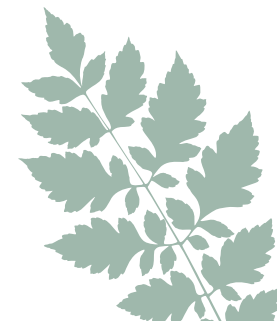
## Sometimes Sacred

Nicotine is an addictive substance found in products made from tobacco leaves, such as cigarettes and cigars. It is absorbed through the skin and lining of the mouth and nose, or by inhaling into the lungs. The body's immediate reaction is an adrenaline surge, which suddenly releases glucose as it increases blood pressure, respiration, and heart rate. Nicotine also may have a calming effect, depending on a person's nervous system and the dosage. Frequent use, as in repeated cigarette use, greatly increases the chances of becoming addicted. In the case of cigarettes, toxins in the smoke greatly increase a person's chances of getting lung and heart diseases such as cancer, chronic bronchitis, and emphysema. "Tobacco" used for sacred purposes in traditional American Indian prayer and healing does not contain nicotine; it is made from the bark of a tree.

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				Flag Day		
17	18	19	20	21 	22	23
Father's Day				Summer Solstice		
24	25	26	27	28 	29	30

*"I never needed drugs in my life to be cool, fit in, have fun, or pollute my body."*

— Brian Frejo  
Pawnee Tribe/Seminole



of Iyonek Native Village of Unalakleet Native Village of Unga Native Village of Venetie Tribal Government Native Village of Wales Native Village of White Mountain Navajo Nation Nenana Native Association New Kofiganek Village Council New Stuyahok Village Newhaten Village Newtok Village Nez Perce Tribe of Idaho Nikolai Village Nimitchik Village Nisqually Indian Tribe of the Nisqually Reservation Nome Eskimo Community Nondalton Village Nooksack Indian Tribe of Washington Noorvik Native Community Northern Cheyenne Tribe of the Northern Cheyenne Indian Reservation Northfork Rancheria of Mono Indians of California Northway Village Northwestern Band of Shoshoni Nation



of Utah (Washtakie) Nulato Village Nunakauyarmiut Tribe Oglala Sioux Tribe of the Pine Ridge Reservation Omaha Tribe of Nebraska Oneida Nation of New York Oneida Tribe of Wisconsin Onondaga Nation of New York Organized Village of Grayling Organized Village of Kake Organized Village of Kasan Organized Village of Kwehluik Organized Village of Saxman Orutsararmut Native Village Osage Tribe Oscarville Traditional Village Otee-Missouria Tribe of Indians Ottawa Tribe of Oklahoma Paiute Indian Tribe of Utah Paiute-Shoshone Indians of the Bishop Colony Paiute-Shoshone Indians of the Lone Pine Community of the Lone Pine Reservation Paiute-Shoshone

# July

August 2001

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22	23	24	25	26	27 ◐	28
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## Catching Your Breath

Inhalants are chemical vapors from common household solvents and aerosol sprays, such as glue, spray paint, ink, lighter fluid, gasoline, and cans of whipped cream. When inhaled deeply, some of these vapors can produce a sense of euphoria. Unfortunately, most can be extremely toxic. High doses of inhalants force the body and its organs to be starved of oxygen, creating erratic heartbeats and loss of breath similar to the experience of drowning. In the short term, inhalants may cause heart palpitations, delirium, breathing difficulty, dizziness, and headaches. Long-term effects include irreversible damage to the nervous system, irregular heart rhythms, muscle weakness, headaches, nausea, nosebleeds, decreased sense of smell, abnormal kidney and liver functions, incontinence, violent behavior, and dangerous chemical imbalances in the body. [Street names: bang, oz, whippets, locker room]

*“It was...a decision between me and my brother to get clean. Life is a lot clearer.”*

— Patrick D. Cherokee





Tribe of the Fallon Reservation and Colony Pala Band of Luiseno Mission Indians of the Pala Reservation Pascua Yaqui Tribe of Arizona Paskentia Band of Nomlaki Indians of California Passamaquoddy Tribe of Maine Pauloff Harbor Village Pauma Band of Luiseno Mission Indians of the Pauma & Yuima Reservation Pawnee Nation of Oklahoma Pechanga Band of Luiseno Mission Indians of the Pechanga Reservation Pedro Bay Village Penobscot Tribe of Maine Peoria Tribe of Indians of Oklahoma Petersburg Indian Association Picayune Rancheria of Chukchansi Indians of California Pilot Station Traditional Village Pimoleville Rancheria of Pomo Indians of California Pit River Tribe Platinum







Traditional Village Poarch Band of Creek Indians of Alabama Pokagon Band of Potawatomi Indians of Michigan Ponca Tribe of Indians of Oklahoma Ponca Tribe of Nebraska Port Gamble Indian Community of the Port Gamble Reservation Portage Creek Village Potter Valley Rancheria of Pomo Indians of California Prairie Band of Potawatomi Indians Prairie Island Indian Community of Minnesota Mdewakanton Sioux Indians of the Prairie Island Reservation Pribilof Islands Aleut Communities of St. Paul & St. George Islands Pueblo of Acoma Pueblo of Cochiti Pueblo of Isleta Pueblo of Jemez Pueblo of Laguna Pueblo of Nambe Pueblo of Picuris Pueblo of Pojoneque Pueblo of San Felipe Pueblo

# August

September 2001

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## The Learning Path

The part of the brain that controls learning and memory can be affected by marijuana. The active ingredient in marijuana is THC (delta-9-tetrahydrocannabinol). From smoked marijuana, THC is absorbed into the body and acts upon certain nerve cells. In the short term, marijuana use may result in a sense of well-being. Frequent marijuana use, however, may lead to memory loss and learning disabilities, distorted perception, difficulty in thinking and problem solving, loss of coordination, increased heart rate, and anxiety and panic attacks. Some findings suggest that regular marijuana use, particularly smoking, also may play a significant part in the onset of cancer. [Street names: weed, ace, hay, grifa, black mo, tea]

*“The way smoking weed made me feel was dumb, slow. I had a bad feeling of not knowing what I was saying.”*

— Mia C.  
Laguna Pueblo





of San Ildefonso Pueblo of San Juan Pueblo of Sandia Pueblo of Santa Ana Pueblo of Santa Clara Pueblo of Santo Domingo Pueblo of Taos Pueblo of Tesuque Pueblo of Zuni  
Puyallup Tribe of the Puyallup Reservation Pyramid Lake Paiute Tribe of the Pyramid Lake Reservation Oagan Tayagungin Tribe of Sand Point Village Oawalangin Tribe of Unalakleet  
Ojapaw Tribe of Indians Quartz Valley Indian Community of the Quartz Valley Reservation of California Quechan Tribe of the Fort Yuma Indian Reservation Oulicute Tribe of the  
Oulicute Reservation Quinault Tribe of the Quinault Reservation Ramona Band or Village of Cahuilla Mission Indians of California Red Cliff Band of Lake Superior Chippewa Indians

of Wisconsin Rampart Village Red Lake Band of Chippewa Indians of the Red Lake Reservation Redding Rancheria Redwood Valley Rancheria of Pomo Indians of California  
Reno-Sparks Indian Colony Resighini Rancheria Rincon Band of Luiseno Mission Indians of the Rincon Reservation Robinson Rancheria of Pomo Indians of California Rosebud  
Stoux Tribe of the Rosebud Indian Reservation Round Valley Indian Tribes of the Round Valley Reservation Rumsey Indian Rancheria of Wintun Indians of California Sac & Fox  
Nation Sac & Fox Nation of Missouri in Kansas and Nebraska Sac & Fox Tribe of the Mississippi in Iowa Saginaw Chippewa Indian Tribe of Michigan Isabella Reservation Saint

# September

October 2001

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## Aware of the Heart

Cocaine is a strong and dangerous stimulant. It affects the brain by causing a buildup of the chemical dopamine, which on initial use can result in a feeling of intense pleasure (“rush”). Derived from the coca plant, cocaine has two chemical forms—a water-soluble powder that can be sniffed or injected, and a freebase form (“crack”) that has been processed into crystalline chunks that are heated and then smoked. Use of either form can result in chaotic heart rhythm and heart attacks, strokes and seizures, muscle twitches, and abdominal pain and nausea. Because of the risks of erratic heartbeat and stroke, cocaine use can be fatal, even the first time. [Street names, cocaine: coke, c, snow] [Street names, crack: brick, candy, hail, kryptonite]

S	M	T	W	T	F	S
						1
2 ○	3 Labor Day	4	5	6	7	8
9	10 ◐	11	12	13	14	15
16	17 ●	18 Rosh Hashanah Begins	19	20	21	22 Autumnal Equinox
23 /	24 ◐	25	26	27 Yom Kippur Begins	28 Native American Day	29
30						

*“I am aware of what drugs can do to my body, mind, and spirit. I am proud to be strong and drug free.”*

— Shoneen Alexander Cherokee







George Island Saint Paul Island Salt River Pima-Maricopa Indian Community of the Salt River Reservation Samish Indian Tribe San Carlos Apache Tribe of the San Carlos Reservation San Juan Southern Paiute Tribe of Arizona San Manuel Band of Serrano Mission Indians of the San Manuel Reservation San Pasqual Band of Diegueno Mission Indians of California Santa Rosa Band of Cahuilla Mission Indians of the Santa Rosa Reservation Santa Rosa Indian Community of the Santa Rosa Rancheria Santa Ynez Band of Chumash Mission Indians of the Santa Ynez Reservation Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Reservation Santee Sioux Tribe of the Santee Reservation of Nebraska

Sauk-Suiatte Indian Tribe of Washington Sault Ste. Marie Tribe of Chippewa Indians of Michigan Scotts Valley Band of Pomo Indians of California Seldovia Village Seneca Nation of New York Seneca-Cayuga Tribe of Oklahoma Seminole Tribe of Florida Dania, Big Cypress, Brighton, Hollywood & Tampa Reservations Shinglope Midewakanton Sioux Community of Minnesota (Pfor Lake) Sheep Ranch Rancheria of Me-Wuk Indians of California Sherwood Valley Rancheria of Pomo Indians of California Shingle Springs Band of Miwok Indians Shingle Springs Rancheria (Verona Tract) Shoalwater Bay Tribe of the Shoalwater





# October

November 2001

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## Self-Awareness

Processed from the morphine found in certain types of poppy plants, heroin is either injected or inhaled. In the brain, the drug actually is converted to morphine. Initially, heroin abusers typically report feeling an intense surge of pleasure, which depends on how much heroin is taken and how quickly it enters the brain. The rush, however, is usually accompanied by dryness in the mouth, and heaviness in the legs and arms. Slowed breathing, confusion, no awareness of pain, or spontaneous abortion might also occur. Heroin abusers and addicts are at very high risk for becoming infected with viruses such as HIV and hepatitis C and bacterial infections, and also for developing collapsed veins, abscesses, infected heart lining and valves, arthritis, and rheumatoid problems. [Street names: bomb, brea, parachute, smack]

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21	22	23	24 	25	26	27
28 Daylight Saving Time Ends	29	30	31 Halloween			

*“Because I don’t use, I push myself and excel in whatever I want to do.”*

— Mat Pendleton  
Lower Sioux Community



Bay Indian Reservation Shoshone Tribe of the Wind River Reservation Shoshone-Bannock Tribes of the Fort Hall Reservation of Idaho Shoshone-Paiute Tribes of the Duck Valley Reservation Sisseton-Wahpeton Sioux Tribe of the Lake Traverse Reservation Sitka Tribe of Alaska Skagway Village Skokomish Indian Tribe of the Skokomish Reservation Skutumpah Valley Band of Goshute Indians of Utah Smith River Rancheria Snoqualmie Tribe Soboba Band of Luiseño Mission Indians of the Soboba Reservation Sokaogon Chippewa Community of the Mole Lake Band of Chippewa Indians South Naknek Village Southern Ute Indian Tribe of the Southern Ute Reservation Spirit Lake Tribe Spokane Tribe of the








Spokane Reservation Squaxin Island Tribe of the Squaxin Island Reservation St. Croix Chippewa Indians of Wisconsin, St. Croix Reservation St. Regis Band of Mohawk Indians of New York Standing Rock Sioux Tribe of North & South Dakota Stebbins Community Association Stillaguamish Tribe of Washington Stockbridge-Munsee Community of Mohican Indians of Wisconsin Summit Lake Paiute Tribe of Nevada Sугаміш Індіан Трібу оу Пауорт Мадісон Резервешн Susanville Indian Rancheria Swinomish Indians of the Swinomish Reservation Sycuan Band of Diegueno Mission Indians of California Table Bluff Reservation - Wiyot Tribe Table Mountain Rancheria of California Takotna Village

# November

December 2001

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S	M	T	W	T	F	S
				1  American Indian and Alaska Native Heritage Month	2	3
4	5	6	7	8 	9	10
11 Veterans Day	12	13	14	15 	16	17
18	19	20	21	22  Thanksgiving	23	24
25	26	27	28	29	30 	

## Moving Ahead

Methamphetamine is a very toxic stimulant that affects the central nervous system. It is a white, odorless, crystalline powder that can be dissolved in liquid and injected, snorted, or swallowed, and also comes in a crystalline chunk form ("ice") that is smoked. Methamphetamine stimulates the release of high levels of dopamine, a chemical in the brain that affects mood and body movement. Abusers of this drug typically appear agitated and sometimes become aggressive and violent. The drug may cause memory loss, heart and brain damage, confusion, insomnia, nausea, and vomiting. Users also are at risk of increased body temperature and convulsions, which can be fatal. Long-term effects include severe movement disorders similar to Parkinson's disease, paranoia, hallucinations, mood disturbances, weight loss, and damage to blood vessels in the brain which can lead to strokes. [Street names: chalk, crank, crypto, lemon drop]

*“Warriors don’t use drugs, fools use drugs...I am a Warrior, not a fool.”*

— Jerred Andrew Stubben (Ahgaha Ahido)  
Chippewa-Ponca





Telida Village Te-Moak Tribes of Western Shoshone Indians of Nevada Thiophiocco Tribal Town, Oklahoma Three Affiliated Tribes of the Fort Berthold Reservation  
Tohono O'odham Nation of Arizona Tomawanda Band of Seneca Indians of New York Tonkawa Tribe of Indians of Oklahoma Tonto Apache Tribe of Arizona Torres-Martinez Band  
of Cahuilla Mission Indians of California Traditional Village of Togliak Tulalip Tribes of the Tulalip Reservation Tule River Indian Tribe of the Tule River Reservation Tuluksak Native  
Community Tunica-Biloxi Indian Tribe of Louisiana Tuolumne Band of Me-Wuk Indians of the Tuolumne Rancharia of California Turtle Mountain Band of Chippewa Indians of North








Dakota Tuscarora Nation of New York Twenty-Nine Palms Band of Luiseno Mission Indians of California Twin Hills Village Ugashik Village Umkumtuit Native Village United  
Auburn Indian Community of the Auburn Rancharia of California United Keetoowah Band of Cherokee Indians of Oklahoma Upper Lake Band of Pomo Indians of Upper Lake  
Rancharia of California Upper Sioux Indian Community of the Upper Sioux Reservation Upper Skagit Indian Tribe of Washington Ute Indian Tribe of the Uintah & Ouray Reservation  
The Mountain Tribe of the Ute Mountain Reservation Ute Ute Gwattiu Paiute Tribe of the Benton Paiute Reservation Viejas (Baron Long) Group of Capitan Grande Band of Mission

# December

January 2002

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Hold On to Joy

S	M	T	W	T	F	S
						1
2	3	4	5	6	7 	8
9	10 Hanukkah Begins	11	12	13	14 	15
16	17	18	19	20	21 Winter Solstice	22 
23  30	24  31	25 Christmas	26	27	28	29

“Club drugs” are drugs that are often used at night clubs and all-night dances, although their use is spreading to many other settings. Ecstasy (street names: X, Adam, E, clarity) produces stimulant and mild hallucinogenic effects, and dramatically increases heart rate, blood pressure, and body temperature. Chronic use or high doses can cause memory loss, muscle breakdown, and kidney and cardiovascular system failure. Rohypnol (street names: rophies, roofies, forget me) is also called the “date rape” drug because it is odorless, tasteless, dissolves easily in drinks, and can incapacitate a victim for 8 to 12 hours. It decreases blood pressure; causes drowsiness, dizziness, and confusion; and makes victims unable to recall what happened. GHB (street names: scoop, G, liquid Ecstasy, Georgia home boy) is used in low doses to relieve anxiety, but overdoses can result in vomiting, loss of reflexes, difficulty in breathing, or coma. It is also abused for the purpose of increasing muscle mass.

*“I want to make my mom proud—also my family and my tribe.”*

— Mat Pendleton  
Lower Sioux Community



# Resources

## Government Agencies:

### National Institute on Drug Abuse (NIDA)

6001 Executive Boulevard  
Rm. 5213, MSC-9561  
Bethesda, MD 20892-9561  
Ph: 301-443-1124  
www.drugabuse.gov  
www.clubdrugs.org  
www.steroidabuse.org

### Indian Health Service (IHS)

Office of the Director  
5600 Fishers Lane  
Rm. 6-05  
Rockville, MD 20857  
Ph: 301-443-3593  
www.ihs.gov

### Office of the Assistant Secretary - Indian Affairs

Office of Alcohol and Substance Abuse Prevention  
MS-2554  
1849 C Street, N.W.  
Washington, DC 20240  
202-219-0844  
www.doi.gov/bia/as-ia.htm

### National Clearinghouse for Alcohol and Drug Information (NCADI)

(Offers publications and videos on drug abuse, prevention, and treatment.)  
P.O. Box 2345  
Rockville, MD 20852  
1-800-729-6686  
(TDD: 1-800-487-4889)  
www.health.org

### Center for Substance Abuse Prevention (CSAP)

5600 Fishers Lane, Rockwall II  
Rockville, MD 20857  
Ph: 301-443-0373  
www.samhsa.gov/csap/index.htm

### Center for Substance Abuse Treatment (CSAT)

5600 Fishers Lane, Rockwall II  
Suite 618  
Rockville, MD 20857  
Ph: 301-443-5052  
www.samhsa.gov/csatsat.htm

### CSAT's National Drug and Alcohol Treatment Routing Service

(Offers alcohol and other drug abuse-related information and/or referrals to people seeking treatment programs and other assistance.)  
Ph: 1-800-662-HELP (4357)  
Español: 1-800-662-9832  
TDD: 1-800-228-0427  
www.samhsa.gov/ufds/welcome\_m.htm

### National Institute on Alcohol Abuse and Alcoholism (NIAAA)

6000 Executive Boulevard, Willco Building  
Bethesda, MD 20892-7003  
Ph: 301-443-3860  
www.niaaa.nih.gov

## Native American Organizations and Urban Indian Centers:

### American Indian Center of Chicago

Ph: 773-275-5871

### American Indian Center of South Carolina

Ph: 803-790-8214

### American Indian Clubhouse of Los Angeles

Ph: 213-202-3976

### American Indian Community House (New York City)

Ph: 212-598-0100

### American Indian Education Center (Cleveland)

Ph: 216-281-8480

### American Indian Health Council

Ph: 818-901-3501

### AIM Support Group of Ohio & Northern Kentucky

Ph: 606-586-7210

### American Indian Prevention Coalition

Ph: 602-532-7202

### Baltimore American Indian Center

Ph: 410-675-3535

### Council of Three Rivers American Indian Center (Pittsburgh)

Ph: 412-782-4457

### The Denver Indian Center

Ph: 303-936-2688

### Fort Erie Native Friendship Center

(Buffalo, New York, area)

Ph: 905-871-8931

### Odawa Native Friendship Center

(Ontario, Canada, area)

Ph: 613-722-3811

### Pelathe Community Resource Center (Lawrence, Kansas)

Ph: 785-749-0703

### San Diego Native American Health Center

Ph: 619-234-2158

### White Bison, Inc.

6145 Lehman Drive, Suite 200  
Colorado Springs, CO 80910  
Ph: 719-548-1000

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