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Internal acceptance of your addiction requires a basic shift in the belief system – your innermost self (spirit).

Internal acceptance is a process of becoming, not an event that happens. You cannot plant a seed in the ground on Monday and expect to have a blossoming apple tree on Friday. Once the seed has been planted, it needs time to take root and become grounded in the earth. It also needs nourishment from the sun and the air and water for growth and maturity.

The apple tree in the picture blossomed at the C2C ranch this spring.

Most Popular RX Drugs



Fourteen of the fifteen most popular prescription drugs last year were cheap generics, demonstrating just how far the brand-name drug industry has fallen. The only branded drug that makes the list is Pfizer's cholesterol drug Lipitor. Prescription data is from IMS Health and prices are from drugstore.com; prices are for a typical monthly dose, or a typical course of antibiotics. (Read the related story here.)

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4th Annual Memorial Day Reunion at Living Springs Ranch by Leslie Carol Botha

COURAGE TO CHANGE RANCHES SUBSTANCE ABUSE RECOVERY USE YOUR BRAIN FOR A CHANGE Combining Science with Holistic Modalities in Addiction Recovery 719-541-4912 www.c2cranches.org redfeather7@earthlink.net

On May 31, Courage to Change held its 4th Annual Reunion for staff, clients, C2C board members, past clients, their families and friends and AA groups on the eastern plains of Colorado. The reunion was held at the Living Springs Ranch near Ramah – a wonderful western setting for a sober Memorial Day event. The reunion drew about 60 people – and a wonderful time was had by all.



The C2C staff and clients worked hard at making the event a success. Many hours were spent organizing and setting up for the reunion. On Sunday, staff and clients worked side by side in the C2C kitchen preparing salads and desserts for the event. The camaraderie and laughter shared was memorable for all involved.



We were blessed with a warm sunny day – even though the event was held indoors in the gathering room at Living Spring Ranch. Grills were set up outside for burgers, brats and hot dogs and a buffet inside was filled with food prepared by C2C as well as those who brought their own favorite dishes.



Big Valley String Band from Manitou Springs played bluegrass standards and some original tunes for the reunion. Their harmonies bring vitality and excitement to traditional mountain music and added so much to the festivities. C2C highly recommends this talented group of string musicians for any event.

The reunion was well attended by AA groups in Calhan, Simla, Hugo, Ellicott, Colorado Springs, Elizabeth, Loveland, and Fort Morgan. After the bounteous meal, AA people around the room introduced themselves and announced their sober 'birthdays.' Dates ranged from 3 days to 36 years! Afterwards a motivational

AA meeting was led by C2C co-founder and counselor, Ross Hilzer.

One of the most memorable parts of the afternoon was renewing relationships with past clients. We all shared hugs, and memories, laughter, tears and joy for their determination and success in applying the recovery principles they learned at C2C in their daily lives.

C2C is already making plans for a 5th Annual Memorial Day Reunion! We hope to see you there!



America's Most Popular Narcotic Drug



Forbes.com A narcotic painkiller tops Forbes' list of the most prescribed medicines. Matthew Herper

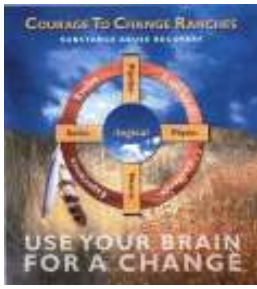
The most popular medicine in the U.S. was prescribed 128 million times last year, even as a panel of experts called together by the Food and Drug Administration recommended that regulators ban it.

The drug is Vicodin, a 40-year-old addictive medicine that combines the narcotic hydrocodone with acetaminophen, the active ingredient in Tylenol; the prescription tally also includes numerous generic versions. It is emblematic of the trend that emerges from our look at the most popular prescription pills: the death of the blockbuster drug.

Forbes' list of the 15 most popular drugs comes from IMS Health a company that tracks sales at the pharmacy level for drug companies. The list shows how medicine makers are rapidly losing their grip on the average consumer. Only one drug in the top 15, Pfizer's Lipitor, is a big-selling brand-name medication. The rest are cheap generic versions of one-time big sellers that have lost their patent protection and become commodities. Generic copies of Vicodin go for 30 cents a pill, compared to \$4 per pill for Lipitor.

Vicodin is a drug that is crying out to be replaced. Vicodin has a supporting role on the television show House, M.D. because the protagonist, a Sherlock Holmes-like doctor, is hooked on it. It is particularly dangerous because when patients develop a tolerance for the narcotic they start taking too much. This can lead to liver failure from overdoses of the acetaminophen component of the combo. Most of the 400 deaths due to acetaminophen poisoning each year result from misuse of the Vicodin or similar drugs. Last June an FDA advisory panel recommended banning Vicodin. The FDA is still deciding whether to take this advice.

"People are taking this as if they're taking a strong Tylenol," says Michel Dubois, director of pain medicine at New York University Langone Medical Center. There's nothing wrong with Vicodin after a surgery or tooth extraction, he says, but it's being used too often by primary care physicians with "minimal training" in dealing with chronic pain. "It has been trivialized, and it's wrong to trivialize this strong a pain medication," he says.



How American Indian Mother's Lost Their Children

By Renee Samson-Flood

The following excerpt is from Flood's book titled *Lost Bird of Wounded Knee: Spirit of the Lakota*.



Flood was nominated for a Pulitzer for her work on the original lost bird.

One day I went to a local hospital with another social worker. On the maternity ward, we found a young Lakota mother holding her baby boy. She had him wrapped up tightly in a warm blanket, and he was asleep. When the social worker barged in on the mother, she didn't look up.

A nurse came and pulled the curtain around us. "Are you having trouble finding a place to stay?" The worker began sympathetically. She gave me a knowing look and she thought the Indian girl hadn't noticed.

The girl was scared. Without looking, Indians can read body language like radar. "We just need a ride back to Rosebud," she said softly, still without looking up.

Now began the barrage of questions, each unconsciously calculated to destroy the young woman's self-esteem.

"How will you raise your child without money," the worker asked.

"What kind of life can you provide for him on the reservation?"

If you really love your boy, you'd give him a chance in life.

We have a long list of good people who can never have children of their own.

They have money, beautiful homes. Your baby would have everything; a good education, nice clothes, loving parents, opportunities you can never give him...."

When we got to the state car in the parking lot, I looked back up at the hospital window. There stood the young Lakota mother, her open palms on the window above her head. The worker handed me the baby, and I held him, still looking up at the Lakota girl watching us helplessly as we drove away with her precious child.

Meet C2C Counselor—Susan Cummings of the Northern Arapaho Lost Tribe—by Leslie C. Botha

Susan was born in Casper, Wyoming and is a Native American descendant of the Northern and Southern Arapaho and Southern Cheyenne. As an infant, she was adopted by a Scandinavian couple. Unfortunately, her adopted mother had a problem with alcohol and was also diagnosed schizophrenic.



When Susan was 5 years old her family moved to southern California. At age 12 she began abusing alcohol, and began sneaking her mother's prescription opiates. At age 21 she discovered cocaine – and lost everything – including her family's faith. This was the beginning of her *Trail of Tears* and a long, lonely road filled with sadness. Under pressure from her family and the court, Susan became "sober at gun point" at age 21. She remained a dry drunk until age 26.

During that time God appeared to Susan in a dream asking her, *What are you doing? Get up. There is so much work to be done.* After the dream, Susan became active in Co-Dependents Anonymous and Cocaine Anonymous. She returned to college to get a BA in Fine Arts.

At age 32, Susan returned to Wyoming to find her biological mother and her heritage. Her mother was not excited to see her – and Susan wondered; *Why did God do this to me?* Her Northern Arapaho tribe, on the other hand, considered her return a blessing and held a "Carry In" ceremony in her honor. About 70 tribal relatives attended the welcoming ritual. Afterwards, Susan's Sundance Grandfather, Anthony Sitting Eagle had a message for her – and spoke to her about the "Lost Tribe" – Native American children taken from their parents through adoption. He shared with Susan how important her return was to the Arapaho.

Susan found employment at a group home for the developmentally disabled. She also worked as a counselor and art teacher at the Prairie Institute where she used the White Bison Wellbriety curriculum to address Native Americans with addiction issues. In addition, Susan took on a graveyard position at a substance abuse recovery center and became a Certified Nursing Assistant so that she could work with detox patients. She then returned to Casper College to obtain her Certified Addictions Practitioner license for the state of Wyoming.

Afterwards Susan worked with Wyoming Department of Corrections inmates in a therapeutic community. She left because she did not like working in a locked facility.

At age 41, Susan came to Colorado to work at Arapahoe House in hopes of attending school at Naropa Institute in Boulder for Art Therapy for children. Instead she attended Metro State College to obtain her certification as an art teacher. Her plans still include attending Naropa for a Master of Arts (MA) in Transpersonal Psychology.

Last summer, Susan attended a Sweat Lodge at C2C – and fell in love with the ranch, the program and its prairie locale. Last fall she obtained her CAC III in the state of Colorado and is planning to obtain her LAC in the future.

One of Susan's passions and goals is to study indigenous diets from pre-Columbian times to assist Native Americans in reversing diabetes, and to support them in dealing with other addictions. Courage to Change is blessed to have Susan as a part of the staff. She has many attributes for the diverse population of client's that C2C serves.

Amphetamines Showed Dark Side



The Gazette
Montreal, Canada
By JOE SCHWARCZ, Freelance May 9, 2010

They were once hailed as the answer to depression, fatigue and weight control. But by the 1970s, the widely prescribed amphetamines had revealed a dark side. Physicians began to link the drugs to seizures, insomnia, heart problems and paranoid behaviour.

In most cases, these effects occurred when the drugs were taken in abusive amounts, and that was not a rarity given that amphetamines were capable of inducing a feeling of well-being. They were also capable of converting users to addicts.

Anyone who questions the addictive potential of amphetamines can take a little trip to the Lampang Elephant Hospital in Thailand. There they will see the tethered patients screeching desperately, thrashing about, trying to break free, apparently in search of drugs.

The elephants, their log-moving careers cut short, are now addicts, experiencing the trauma of withdrawal. Because pachyderms on speed work at a frenzied pace, their unscrupulous owners had doped them up with huge amounts of amphetamines. High on the drugs, the animals lost their normal concern for safety and developed all sorts of injuries making them useless as far as work was concerned. They ended up in the elephant hospital on a cold turkey regimen.

Granted, elephants aren't people, although they may be smarter than some. But we don't have to look to elephants to see the damage that amphetamine addiction can cause. Hearing sinister voices emerge from the toilet bowl is not one of life's pleasant experiences. Neither is there pleasure to be had from malnutrition, depression, memory loss, body sores, deepening wrinkles or insomnia. All of these conditions were well enough documented to reduce amphetamine prescriptions dramatically by the 1980s, putting a significant dent into the availability of the drugs. But now they are back on the streets, and with a vengeance!