

# Remembering ADAM Inc.

## *Telling Our Story So No More Die*

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Through tragedy comes triumph. Out of the pain of loss comes the determination to see that no more families experience the needless death of a loved one due to drug use.

On the morning of May 19, 1998, Dennis and Debbie Fowler discovered the lifeless body of their eighteen-year old son Adam lying on his bedroom floor. Sometime during the night Adam died of a heroin overdose.

When Adam died, the Fowlers were introduced to a world they new existed, but never thought they were part of.

Illegal drugs have found their way into every part of society. They found their way into the Fowler's home and like it or not, they are finding their way into homes just like yours.

Adam's death gave birth to a mission. The pain of his loss compelled his parents to work toward ending the plague of drugs that has infested our communities.

In October 1998, six months after they buried their son, the Fowler's began Remembering ADAM Inc. a nonprofit organization dedicated to bringing about a radical awareness of the murderous outcomes of drug use.

From its inception, Remembering ADAM Inc. has worked tirelessly to educate the public on the seriousness of the drug problem and to

change the "it can't happen to me perception" a lot of us have when it comes to illegal drugs.

The truth is, drugs are out there. They are in our playgrounds and in our schools. They are right outside our door and no one, regardless of your station in life, is immune to falling prey to them.

Remembering ADAM Inc. works to educate our children on the dangers they face every day and to provide them with the information they need to make responsible choices when it comes to drugs.

Remembering ADAM Inc. is growing. Through grants and private donations Remembering ADAM continues on with it's mission to protect our children from becoming victim's of illegal drugs.

Donations to Remembering ADAM are used to expand our programs, which enable us to reach children, parents, and communities.

Won't you please help us carry on our mission? Please send your donation in the enclosed envelope.

With your help we can continue to tell our story so no more die!

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### **Is Marijuana Use Addictive?**

Long-term marijuana use can lead to addiction for some people; that is, they use the drug compulsively even though it often interferes with family, school, work, and recreational activities. According to the 2001 National Household Survey

on Drug Abuse, an estimated 5.6 million Americans age 12 or older reported problems with illicit drug use in the past year. Of these, 3.6 million met diagnostic criteria for dependence on an illicit drug. More than 2 million met diagnostic

criteria for dependence on marijuana.

Along with craving, withdrawal symptoms can make it hard for long-term marijuana smokers to stop using the drug.

"NIDA Research Report Series"

Today over half (54%) of youth have tried an illicit drug by the time they finish high school.

Three out of ten (29%) have used some illicit drug other than marijuana by the end of 12th grade.

*"Monitoring the Future/IBID"*

Alcohol use remains extremely widespread among today's teenagers. Four out of every five students (80%) have consumed alcohol (more than just a few sips) by the end of high school and about half (51%) have done so by the 8th grade.

*"IBID"*

**Inhalants**

- Bleach
- Ammonia
- Cooking spray
- White Out
- Lighter fluid
- Disinfectants
- Furniture polish
- Antifreeze
- Gasoline
- Aerosol sprays
- Felt tip markers
- Paint & paint thinners
- Spray solvents
- Hairspray
- Nail polish remover
- Air freshener
- Kerosene
- Glue
- Vegetable cooking spray
- Computer cleaning spray
- Ether
- Nitrous oxide
- Dessert topping spray
- Helium
- Rubber cement

**Making Parents Aware**

When it comes to drug abuse, education is the key to prevention. Not only do we need to educate our children, as parents we need to be aware of, and be able to identify the drugs that are out there and to recognize the warning signs that may signal our child is using.

"Getting Street Smart", is a parental awareness program sponsored by Remembering ADAM Inc.

The program is focused on making parents aware of the different types of illegal drugs, how to

identify them, and how to prevent their child from becoming involved with them.

"Getting Street Smart", stresses the importance of parents being involved in their children's lives. From knowing your neighbors to knowing who your children are hanging out with.

Prevention Specialist Debra Baker along with Debbie Fowler and Ron Portash a detective with the Cambria County Drug Task Force, educate adults on the drugs that are available in

their communities, what they look like, how they are used, street names, side effects, and much more. Every person receives a detailed packet of all the information discussed along with information about treatment facilities and prevention tactics.

To schedule a "Getting Street Smart" program in your community contact Remembering ADAM at 1-877-767-ADAM. or adam51998@direcway.com

**Prevention and Kids**

Remembering ADAM has developed a prevention education program for small groups of children. This program educates children while they have fun participating in a game show atmosphere.

Children are divided into three teams. Each team has a captain and is permitted one answer per question.

All questions pertain to tobacco, drugs or alcohol. Some questions are quite simple but others are more complex.

Using this method gives Remembering ADAM the opportunity to learn how much the children know and at the same time teach them facts and important information about the use of illegal substances.

Each team scores points for correct answers and at the end of the game the team with the most points receive prizes.

Children who have participated were anxious to play again.

To schedule an event for your group contact Remembering ADAM at 1-877-767-ADAM.

**Inhalant Abuse**

Inhalant abuse is the deliberate misuse of chemicals, which include a broad array of cheap and easily attainable household products, to reach an intoxicated state of mind or "high." Many adults do not put inhaling in the same category as alcohol and other drugs. In fact, some people tend to view inhalant "sniffing," "snorting," "bagging" (fumes inhaled from a plastic bag), or

"huffing" (inhalant-soaked rag in the mouth) as a kind of childish fad.

Abused products contain substances, which are quickly absorbed into the blood stream and carried directly to the brain. Minimal amounts may produce a feeling of light-headedness, dizziness and euphoria within seconds. Depending on the substance, the method of abuse and physical characteristics of

the abuser, these substances can cause anything from mild intoxication to unconsciousness. Inhalant use can cause a number of physical and emotional problems and even a one-time use can result in death. Inhalants frequently lead to more addictive and dangerous drugs such as crack or heroin.

"Office of PA Attorney General"

## Spring Fling 2004



Spring Fling 2004 was held at Revloc Park with 250 students attending.

Each year Remembering ADAM holds a picnic for high school students who have been involved in prevention activities throughout the school year.

Schools participating in this years event were Portage, For-

est Hills, Bishop Carroll, Greater Johnstown, and Cambria Heights.

Students received a Spring Fling tee-shirt, lunch, and door prizes. Activities were provided.

Spring Fling 2005 is scheduled for May 17 with hopes of having 500 students attend.

## Signs and Symptoms of Drug Abuse

### Home Life:

- Watered-down alcohol in the family liquor cabinet.
- Alcohol or marijuana smell on the child.
- Ignoring curfews
- Coming home intoxicated.
- Use of incense or room deodorizers to hide odors.
- Small pieces of screening missing from faucets.

### Physical Characteristics:

- Use of eye drops to reduce eye redness

- Sudden preoccupation with mouthwash
- Shortness of breath; chronic cough.
- Change in appetite; weight change; craving sweets.
- Runny nose
- Bloodshot eyes.

### Personality:

- Forgetting thoughts and ideas.
- Speaking in incomplete sentences.
- Loss of interest in hobbies and sports.

- Change in friends or friends that parents don't meet.
- Irritability; withdrawing from family.
- Unusual flare-ups of temper or explosive verbal anger episodes.
- Heightened secrecy about actions and possessions.
- Speech that is slurred
- Irregular thought patterns
- Strange and bizarre thinking, paranoia, suspiciousness.
- Depressed or suicidal thoughts.

“Office of PA Attorney General”

*Alcohol and drug abuse has been estimated to cost American businesses roughly \$81 billion in lost productivity in just one year—\$37 billion due to premature death and \$44 billion due to illness.*

*“Substance Abuse & Mental Health Statistics Sourcebook”*

*Use of OxyContin and Vicodin in the past year (2003) remained stable but at rates high enough to raise concern; Vicodin was the second most frequently reported drug among high school seniors, after marijuana.*

*“NIDA”*

*Conservative estimates note that for every \$1 invested in addiction treatment, there is a return of between \$4 and \$7 in reduced drug-related crime, criminal justice costs, and theft. When savings related to health care are included, total savings can exceed costs by a ratio of 12 to 1.*

*“Principles of Drug Addiction Treatment”*

*Crack is the street name for freebase cocaine that has been processed with baking soda. Someone who smokes crack can experience a high in less than 10 seconds. This, along with the fact that it is inexpensive and easy to produce, has led to the enormous popularity of this drug.*

*“National Institute on Drug Abuse”*

# HEROIN

## What is Heroin?



Heroin is an illegal, highly addictive drug. It is both the most abused and the most rapidly acting of the opiates. Heroin is processed from morphine, a naturally occurring substance extracted from the seedpod of certain varieties of poppy plants. It is typically sold as a white or brownish powder or as the black sticky substance known on the streets as “black tar heroin.” Although purer heroin is becoming more common, most street heroin is “cut” with other drugs or with

powdered milk, or quinine. Street heroin can also be cut with strychnine or other poisons. Because heroin abusers do not know the actual strength of the drug or its true contents, they are at risk of overdose or death. Heroin also poses special problems because of the transmission of HIV and other diseases that can occur from sharing needles or other injection equipment. “National Institute on Drug Abuse Research Report”

## How is Heroin Used?

Heroin is usually injected, sniffed/snorted, or smoked. Typically, a heroin abuser may inject up to four times a day. Intravenous injection provides the greatest intensity and most rapid onset of euphoria (7 to 8 seconds), while intramuscular injection produces a relatively slow onset of euphoria (5 to 8 minutes). When heroin is sniffed or smoked, peak effects are usually felt within 10 to 15 minutes. Although smoking and sniffing heroin do not produce a “rush” as

quickly or an intensely as intravenous injection, NIDA researchers have confirmed that all three forms of heroin administration are addictive.

Injection continues to be the predominant method of heroin use among addicted users seeking treatment; however, researchers have observed a shift in heroin use patterns, from injection to sniffing and smoking. In fact, sniffing/snorting heroin is now the most widely reported means of taking heroin among users admitted for treatment in Newark,

Chicago, and New York.

With the shift in heroin abuse patterns comes an even more diverse group of users. Older users (over 30) continue to be one of the largest user groups in most national data. However, the increase continues in new, young users across the country who are being lured by inexpensive, high-purity heroin that can be sniffed or smoked instead of injected. Heroin has also been appearing in more affluent communities.

“NIDA Research Report Series”



## Short-Term Effects of Heroin

Soon after injection (or inhalation), heroin crosses the blood-brain barrier. In the brain, heroin is converted to morphine and binds rapidly to opioid receptors. Abusers typically report feeling a surge of pleasurable sensation, a “rush.” Heroin is particularly addictive because it enters the brain so rapidly. With heroin, the rush is usually accompanied by a warm flushing of the skin, dry mouth, and a heavy feeling in the extremities, which

may be accompanied by nausea, vomiting, and severe itching.

After the initial effects, the abusers usually will be drowsy for several hours. Mental function is clouded and cardiac function slows. Breathing is also severely slowed, sometimes to the point of death. Heroin overdose is a particular risk on the street, where the amount and purity of the drug cannot be accurately known “NIDA Research Report Series”

## Long-Term Effects of Heroin

Heroin produces profound degrees of tolerance and physical dependence, which are powerful motivating factor for compulsive use and abuse. As with abusers of any addictive drug, heroin abusers gradually spend more and more time and energy obtaining and using the drug. Once they are addicted, the heroin abusers’ primary purpose in life becomes seeking and using drugs. The drugs literally change their brains.

Physical dependence develops with high doses of the drug. With physical dependence, the body adapts to the presence of the drug and withdrawal symptoms occur if use is reduced abruptly. Withdrawal may occur within a few hours after the last time the drug is taken. Symptoms of withdrawal include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps (“cold turkey”), and leg movements. Major withdrawal symptoms

Peak between 24 and 48 hours after the last dose of heroin and subside after about a week. However, some people have shown persistent withdrawal signs for many months. Heroin withdrawal is never fatal to otherwise healthy people, but it can cause death to the fetus of a pregnant addict.

Physical dependence and the emergence of withdrawal symptoms were once believed to be the key features of heroin addiction. We now know this may not be the case entirely, since craving and relapse can occur weeks and months after withdrawal symptoms are long gone. We also know that patients with chronic pain who need opiates to function have few if any problems leaving opiates after their pain is resolved by other means. This may be because the patient in pain is simply seeking relief of pain and not the rush sought by the addict.

“NIDA Research Report Series”

### Street Names for Heroin

Junk  
H  
Powder  
Horse  
White stuff  
Sugar  
Smack

### Packaging

Heroin is a powder sold in plastic bags measuring about 1 inch square. A waxy paper is folded to fit inside the plastic bag. Inside this folded paper is the heroin. The waxy paper is used so none of the heroin sticks to the paper.



A bag of heroin can be sold for as little as \$5.00. Heroin can be bought in a bundle, which is 10 bags of heroin, selling from \$50 to \$100.

## Methods of Heroin Use

- Injected into a vein (mainlining)
- Injected under the skin (skin popping)
- Injected into a muscle
- Smoked in a water pipe or standard pipe
- Mixed in a marijuana joint or regular cigarette
- Inhaled as smoke through a straw (chasing the dragon)
- Snorted through the nose in powder form

PA Attorney General

## Common Side Effects

- Respiratory failure
- Slowed and slurred speech
- “Nodding off”
- Constricted pupils
- Vomiting
- Slow gait
- Dry, itchy skin
- Euphoric state
- Impaired night vision
- Weight loss

“Office of PA Attorney General”



# Remembering ADAM

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## BOARD OF DIRECTORS

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## MISSION STATEMENT

*The Mission of Remembering ADAM Inc. is to bring a radical awareness of the murderous outcomes of drug use. Led by individuals who have a passion for telling their stories of personal tragedy and loss. The organization will aggressively establish opportunities for understanding so no more die.*

## VISION STATEMENT

*Our Vision is for every school in North America to have a comprehensive in-depth drug awareness program that reaches every student K-12. We envision whole families and communities becoming transformed from the numbing reality of the current drug culture. This transformation will lead to a new reality in that parents and children will not only be aware of the dangers of drug use, they will also find a whole new way of relating to the world around them. We envision a time when communities “push out the pushers,” usher in effective modes of communication, establish laws that will significantly and effectively decrease the flood of drugs into our communities, and return control of the “village” to those who seek to nurture and enrich life, rather than kill, steal and destroy.*