



AICA NEWSLETTER

The official bi-weekly newsletter of the
American Indian Council on Alcoholism, Inc.



FRIDAY, MARCH 22ND, 2024

Monday Wellness Series (Spots open still!)

March 25th, 2024
6:00 p.m. - 8:00 p.m.

Youth Easter Party

March 29th, 2024
1:00 p.m. - 4:00 p.m.

Creative Conversations for Youth *Cancelled*

Saturday, March 30th,
2024

Happy Easter to those who celebrate!

Sunday, March 31st,
2024

THE SCARY TRUTH ABOUT VAPING

SUMMARY BY MONICA H., AICA STAFF

Did you know, that some vapes have 20 times more nicotine than cigarettes? Did you also know that Native kids as young as 10-13 years old are using vapes? Native teens are nearly *twice* as likely to vape than their classmates, and these teens and their parents believe that vaping is not as bad as smoking. Unfortunately, the truth is - vaping affects the lungs, and earlier usage can result in heart problems, chronic lung disease, and asthma.

Why is vaping so attractive to young people? It is advertised like candy, with a nicotine kick. They are sold as a safer alternative to other forms of nicotine (which is a lie), and they come in many sweet flavors than entice young people. Although they may come in many, “yummy” flavors, these flavors are hidden in over 30 chemicals that are being inhaled with each puff, according to the FDA. Some of these chemicals can even damage your DNA, and negatively hurt a child’s brain development. These vapes are highly addictive and once someone has it, they want more.

Everyone should think twice before puffing on a vape, unless you are OK with inhaling lead, formaldehyde, and other toxic chemicals!

Source: [NativeWellness.life](https://www.nativewellness.life)

SPRING ALLERGIES?

SUMMARY BY MONICA H., AICA STAFF

Over the past few weeks you may have noticed your eyes watering, your nose running, and your throat feeling scratchy. These could be signs that you are suffering from seasonal allergies. It may seem early in the year for this, but spring came early this year just like it did last year. An early spring can mean that these unpleasant respiratory symptoms from allergy pain start earlier in the year. Spring allergies are also different than fall allergies; they are often caused by tree pollens, which start appearing in March and fade in May, and grass pollens, which start in April and lessen in June. By mid-summer, pollen counts start to decline. Fall allergies are primarily caused by blooming ragweed, which starts appearing around August. Some symptoms like a runny nose, congestion, or sneezing are also common symptoms for illnesses like the common cold or the flu. If these symptoms only appear when you are spending time outside, or if they last for a long time, they may be from allergies. Itchiness is generally due to allergies, but it can sometimes be caused by other illnesses; however, a fever is almost never caused by allergies. If you are unsure about what is causing your symptoms, you should go see your doctor. There are ways to treat allergies and can be as simple as avoiding your allergy triggers.

Source: <https://www.dispatch.com/>



AICA ANNOUNCEMENT!

Our Friday Speaker Series: Roots of Resiliency, scheduled for Friday, 3/22/24, was cancelled due to inclement weather. We will be rescheduling this speaker's presentation for a future date. Please keep an eye out for the updated event flyer!

Today's Little Chuckle

In memory of Shirley LaFleur 1941-2022

Why are Easter bunnies more tired when Easter is in April?



Answer: Because they have just finished a long March!