

RESOURCE GUIDE:

Alcohol and Drug Use During Pregnancy



UNIVERSITY OF
SOUTH DAKOTA
SANFORD SCHOOL OF MEDICINE

Center for Disabilities

A University Center for Excellence In Developmental
Disabilities Education, Research and Service



march  of dimes®



Department of Social Services
Prevention Program

This resource guide is a collaborative effort among the Center for Disabilities at the Sanford School of Medicine of The University of South Dakota, the South Dakota Department of Health, and the Prevention Program within the Department of Social Services. This guide was originally funded by a Community Grant from the South Dakota Chapter of the March of Dimes.

The *Resource Guide: Alcohol and Drug Use During Pregnancy* is available in alternate format upon request and is also available online at the Center for Disabilities website (listed under products) at www.usd.edu/cd .

The purpose of this guide is to provide a comprehensive statewide resource to increase awareness of the effects of alcohol and drug use during pregnancy, increase awareness of treatment facilities in South Dakota designed for pregnant women and women with dependent children and to increase awareness of referral services that are available to pregnant women who may use or are at a high risk of using alcohol or drugs.

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Chapter 1:

Alcohol and Drug Use During Pregnancy

Alcohol and drug use affects all body systems and can cause heart, lung, stomach, and psychiatric problems. When use occurs during pregnancy the mother is at risk for her placenta tearing, going into pre-term labor, and having a sudden heart attack or stroke. In addition, substance use during pregnancy can cause low-birth weight babies, which is the most common cause of infant death and disease. Using substances during pregnancy can harm your baby in a number of different ways.

Alcohol:

What is it?

Alcohol is a drug contained in beverages (drinks) such as beer, wine, wine coolers, or liquor. Alcohol may also be found in certain medications and other household products.

How does it affect you?

Alcohol is absorbed through the walls of the stomach and intestine then travels to the brain. After it reaches the brain, it slows down the brain's activity. The alcohol keeps passing through the brain until the liver has time to process it. The liver processes only about one-half an ounce of alcohol an hour. **Women process alcohol more slowly than men.**

How does it affect an unborn baby?

Alcohol use during pregnancy can cause the baby to be born early and/or Fetal Alcohol Spectrum Disorders (FASD). FASD is a full spectrum of birth defects caused by prenatal alcohol exposure. This may include mild and subtle changes such as a slight learning disability and/or physical disability or Fetal Alcohol Syndrome (FAS) which can include severe learning disabilities, growth deficiencies, abnormal facial features, and central nervous system disorders. **The only cause of FASD is alcohol use by a woman during pregnancy.**



Please note: Alcohol and other drugs are known to have harmful effects on your unborn baby. Any amount of these substances is considered unsafe during your pregnancy. The best option would be to avoid them altogether. Stopping use before you get pregnant is ideal, but stopping use at any point in pregnancy will help your baby.

Tobacco:

What is it?

Tobacco is a drug that can be smoked, chewed, and sniffed.

How does it affect you?

The main part of tobacco that causes addiction is nicotine. Nicotine is a stimulant (alert) and sedative (sleepy). It can make a person more alert but also change how the brain works. When smoked, the nicotine in tobacco is absorbed by the lungs and moves quickly into the bloodstream. It can also enter the bloodstream through the mouth and skin. Once there, it is circulated throughout the brain and acts directly on the heart to change heart rate, blood pressure, and the nerves that control breathing patterns.

How does it affect an unborn baby?

Tobacco use during pregnancy increases the risk of miscarriage, pre-term labor, stillbirth, low-birth weight babies, sudden infant death syndrome (SIDS), and lifelong health issues.

Methamphetamine:

What is it?

Methamphetamine is a drug that is available in many forms; generally, it is taken orally, by injection, or by smoking.

How does it affect you?

Methamphetamine activates systems in the brain and strongly affects the central nervous system. Prolonged use permanently destroys brain tissue. Over time, methamphetamine use can cause reduced levels of dopamine (a chemical in the brain) which can result in symptoms like Parkinson's disease, a severe movement disorder. It can also cause increased heart rate and blood pressure and irreversible damage to blood vessels in the brain which can produce strokes.

How does it affect an unborn baby?

Methamphetamine use during pregnancy restricts the unborn baby's growth resulting in babies with lower birth weight. Methamphetamine passes through the placenta which feeds the unborn baby. It can cause elevated blood pressure in the baby which could lead to prenatal strokes, heart, or other major organ damage. Some research has shown that unborn babies exposed during pregnancy have abnormalities of the central nervous, cardiovascular, intestinal, and urinary systems, as well as malformations of the extremities.

Inhalants:

What is it?

Inhalants are breathable chemical vapors. Examples of inhalants include paint thinner, fingernail polish remover, glues, and gasoline.

How does it affect you?

Nearly all inhalants work to slow down the body's functions. Use may lead to "sudden sniffing death" as well as death from suffocation due to the lack of oxygen in the lungs. Long-term use can cause severe, permanent damage to the brain, liver, and kidneys. Other side-effects include hearing loss, limb spasms, central nervous system or brain damage, liver and kidney damage, loss of oxygen in the blood, and bone marrow damage.

How does it affect an unborn baby?

Inhalant use during pregnancy may produce toxic effects on the unborn baby ranging from slow growth to death. Other effects may be similar to that of Fetal Alcohol Syndrome (FAS) such as severe learning disabilities, growth deficiencies, abnormal facial features, and central nervous system disorders.

Marijuana:

What is it?

A dry, shredded green/brown mix of flowers, stems, seeds, and leaves of the hemp plant Cannabis Sativa. It's generally smoked in a cigarette or pipe.

How does it affect you?

The main active chemical in marijuana is THC and it rapidly passes from the lungs into the bloodstream. Once there, the chemical moves to organs throughout the body, including the brain. It affects blood pressure and heart rate as well as reducing the ability of blood to carry the right amount of oxygen. Use can result in memory and learning difficulty, distorted thoughts, difficulty thinking and problem solving, loss of coordination, and increased heart rate.

How does it affect an unborn baby?

Marijuana use during pregnancy can affect the baby's responses to visual stimuli. The baby may also have tremors and a high-pitched cry, which can mean the baby has problems with neurological development. Children may also have more behavioral problems, deficits in decision-making skills, memory, and language understanding.

Chapter 2:

Treatment Programs in South Dakota Designed Specifically for Pregnant Women and Women with Dependent Children

In South Dakota, we are fortunate to have three treatment programs that focus specifically on pregnant women and women with dependent children. The programs are designed to provide pregnant and parenting women with the necessary skills to overcome addiction and foster belief in their ability to pursue education, work, and effective parenting skills.

Adult Women:

The following are residential programs for females 18 years and older who are pregnant and/or parenting females and their dependent children. Both programs provide coordinated substance abuse intervention and treatment, health care, and supportive services to pregnant and/or parenting women. Programs are located in Sioux Falls and Rapid City.

1. Behavior Management Systems

Program: Full Circle
 350 Elk Street Rapid City, SD 57701
 Phone: 605-343-7262 or 1-800-299-6023
 Link: www.behaviormanagement.org

2. Volunteers of America-Dakotas

Program: New Start II
 1309 West 51st Street
 P.O. Box 89306 Sioux Falls, SD 57109
 Phone: 605-334-1414 or 1-800-365-8336
 Link: www.voa-dakotas.org

Some of the services include:

- Basic life skills education
- Educational services (GED or diploma completion programs)
- After care prevention and support services
- Employment Services
- Quality child care
- Mental health counseling
- Physical health and medical care
- Case management

Adolescent Women:

This is an alcohol and drug program specifically designed for pregnant juveniles and their dependent children. It is a transitional/custodial care facility that provides in-house treatment and support services for women under age 18 and their dependent children.

3. Volunteers of America-Dakotas

Program: New Start
1309 West 51st Street
P.O. Box 89306
Sioux Falls, SD 57109
Phone: 605-334-1414 or 1-800-365-8336
Link: www.voa-dakotas.org

Some of the services include:

- After care prevention and support services
- Basic life skills education
- Educational Services (GED and diploma completion program)
- Quality child care
- Mental health counseling
- Physical health and medical care
- Case management



Women can be referred to any treatment program by law enforcement, social services, human services, tribal entities, physicians, attorneys, and others including family members. If you are interested in a specific program for yourself, please contact the agency by phone or ask a friend or family member for help in getting more information on any of the programs listed in this resource.

Chapter 3:

State and National Referral Sources

A.) Accredited Inpatient and Outpatient Treatment Facilities in South Dakota

Aberdeen Area Youth Regional Treatment Center

12451 Highway 1806

P.O. Box 680

Mobridge, SD 57601

Phone: 605-845-7181

www.ihs.gov/MedicalPrograms/behavioral/AAYRTC/index.cfm

Addiction Family Resources

608 5th Avenue

Belle Fourche, SD 57717

Phone: 605-892-3039

Avera McKennan Hospital Behavioral Health Services

Addiction Recovery Program

4400 West 69th Street

Sioux Falls, SD 57108

Phone: 605-322-4065 or 1-800-691-4336

Avera St. Lukes

Worthmore Treatment Center

Nadric Addiction Services

1400 15th Avenue Northwest

Aberdeen, SD 57401

Phone: 605-622-5800 or 800-952-2250 (Worthmore)

605-622-5960 or 1-800-952-2250 (Nadric)

Bartels Counseling Services, Inc.

3101 West 41st Street, Suite 203

Sioux Falls, SD 57105

Phone: 605-310-0032

Behavior Management Systems

(Full Circle)

350 Elk Street

Rapid City, SD 57701

Phone: 605-343-7262 or 1-800-299-6023

Big Brother Big Sister of the Black Hills

425 Kansas City Street
Rapid City, SD 57701
Phone: 605-343-1488

Dr. Mark Bontreger

525 5th Street SouthEast, Suite L-13
Watertown, SD 57201
Phone: 605-882-0800

Capital Area Counseling Services

803 East Dakota Avenue
P.O. Box 148
Pierre, SD 57501
Phone: 605-224-5811

Carroll Institute

310 South 1st Avenue
Sioux Falls, SD 57104
Phone: 605-336-2556 or 1-888-254-4543

Choice Recovery Services

629 South Minnesota Avenue, Suite 101
Sioux Falls, SD 57104
Phone: 605-334-1822

City/County Alcohol/Drug Programs

Adam Street Facility
703 Adams Street
Rapid City, SD 57701
Phone: 605-716-2865

City/County Alcohol/Drug Programs**A Division of Pennington County Sheriff Office**

725 North LaCrosse Street, Suite 300
Rapid City, SD 57701
Phone: 605 394-6128

Community Counseling Services

220 North Prairie
Flandreau, SD 57028
Phone: 605-997-3771
www.ccs-sd.org

Community Counseling Services

208 South Main
Howard, SD 57349
Phone: 605-772-4574
www.ccs-sd.org

**Community Counseling Services
Alcohol and Drug Treatment Unit**

357 Kansas SE
Huron, SD 57350
Phone: 605-352-8596
www.ccs-sd.org

Community Counseling Services

914 NE Third Street
Madison, SD 57042
Phone: 605-256-9656
www.ccs-sd.org

Counseling Resources

707 East 41st Street, Suite 222
Sioux Falls, SD 57105
Phone: 605-331-2419

**Dakota Counseling Institute of Chamberlain
Stepping Stones**

200 Paul Gust Road, Suite 102
Chamberlain, SD 57325
Phone: 605-734-5290
www.dakotacounseling.com

**Dakota Counseling Institute
Stepping Stones**

901 South Miller
Mitchell, SD 57301
Phone: 605-996-9686
www.dakotacounseling.com

Dakota Drug and Alcohol Prevention

(Prairie View Prevention)
822 East 41st Street, Suite 235
Sioux Falls, SD 57105
Phone: 605-331-5724

**Dakotah Pride Treatment Center
Division of the Human Services Board of Sisseton
Wahpeton Oyate of the Lake Traverse Reservation**

388 Dakota Avenue
Sisseton, SD 57262
Phone: 605-698-3917 or 605-742-3114

East Central MH/CD Center Inc.**Chemical Dependency Unit**

211 Fourth Street
Brookings, SD 57006
Phone: 605-697-2850

Family Service Center

(Youth wise)
P.O. Box 433
Spearfish, SD 57783
Phone: 605-717-1212

First Step Counseling Services

4320 South Louise Avenue, Suite 200
Sioux Falls, SD 57106
Phone: 605-361-1505
www.takeyourfirststep.com

First Step Counseling Services

7020 Sunset Road
Brookings, SD 57006
Phone: 605-693-3629
www.takeyourfirststep.com

Glory House of Sioux Falls

4000 South West Avenue
P.O. Box 88145
Sioux Falls, SD 57109
Phone: 605-332-3273
www.glory-house.org

Human Service Agency

1303 East 4th Avenue, Suite 5c
Milbank, SD 57252
Phone: 605-432-4930

Human Services Agency

309 2nd Avenue East
Sisseton, SD 57262
Phone: 605-698-4793

Human Service Agency (Center Location)**Behavioral Health**

123 19th Street Northeast
P.O. Box 1030
Watertown, SD 57201
Phone: 605-886-0123 or 800-444-3989

Human Service Agency**Serenity Hills**

1500 North Highway 20

Watertown, SD 57201

Phone: 605-884-0650 or 605-884-3518 (CPN)

Human Services Center**Adolescent Chemical Dependency Treatment
(Steps Beyond Program)**

P.O. Box 7600

Yankton, SD 57078

Phone: 605-668-3316 or 605-668-3418

Human Services Center**Adult Chemical Dependency Treatment
(Gateway Program)**

P.O. Box 7600

Yankton, SD 57078

Phone: 605-668-3137

Keystone Outreach

7511 South Louise Avenue

Sioux Falls, SD 57108

Phone: 1-800-992-1921 Outpatient 605-335-1820

Keystone Treatment Center1010 East 2nd Street

P.O. Box 159

Canton, SD 57013

Phone: 605-987-2751 or 800-992-1921

Lewis and Clark Behavioral Health Services

Alcohol/Drug Program Outreach Office

Department of Social Services

Lake Andes, SD

Phone: 605-487-6082

Lewis and Clark Behavioral Health Services

Alcohol/Drug Program Outreach Office

28 East Cherry Street.

Vermillion, SD 57069

Phone: 605-624-9148

Lewis and Clark Behavioral Health Services

Alcohol/Drug Program

1028 Walnut Street

Yankton, SD 57078

Phone: 605-665-4606 or 800-765-3382

Main Gate Counseling Services

202 South Main Street
Winner, SD 57580
Phone: 605-842-3512

Martin Addiction Recovery Center

204 Main Street
P.O. Box 845
Martin, SD 57551
Phone: 605-685-6710

Mike Durfee State Prison

Correction Substance Abuse Program
1412 Wood Street
Springfield, SD 57062
Phone: 605-369-2201 Ext. 3279

Minnehaha County Detoxification Center

500 North Minnesota Avenue
Sioux Falls, SD 57104
Phone: 605-367-5297

Native American Advocacy Program

302 East 2nd Street
Winner, SD 57580
Phone: 605-842-3977 or 1-800-303-3975
www.nativeamericanadvocacy.org

New Dawn Center

19271 Highway 79
P.O. Box 198
Vale, SD 57788
Phone: 605-456-2968

Northeastern Prevention Resource Center (NEPRC)

123 19th Street Northeast
P.O. Box 1030
Watertown, SD 57201
Phone: 605-886-0123
www.humanserviceagency.org/neprc.html

Northern Hills Alcohol & Drug Services Inc.**Black Hills Recovery Center**

7205 Timberline Road
Black Hawk, SD 57718
Phone: 605-787-9200

Northern Hills Alcohol & Drug Services Inc.

115 East Hudson
Spearfish, SD 57783
Phone: 605-642-7093

Northern Hills Alcohol & Drug Services Inc.

1010 Ball Park Road, Suite 1
P.O. Box 277
Sturgis, SD 57785
Phone: 605-347-3003

Northern State University**Counseling Center**

1200 South Jay Street
Aberdeen, SD 57401
Phone: 605-626-2371

Northwestern Prevention Resource Center (NWPRC)**Three River Mental Health and Chemical Dependency Center**

11 East 4th Street
P.O. Box 447
Lemmon, SD 57638
Phone: 605-374-386
www.threeriverscounseling.com/

Ogalala Sioux Tribe – Anpetu Luta Otipi

“Living in a Red Day”

P.O. Box 275
Kyle, SD 57752
Phone: 605-455-2331
www.anpetulutaotipi.com/

Our Home, Inc. Rediscovery

40354 210th Street
Huron, SD 57350
Phone: 605-352-9098
www.ourhomeinc.org

ROADS, Inc.

520 Kansas City Street, Suite 210
Rapid City, SD 57701
Phone: 605-348-8026 or 605-399-2536

Rosebud Sioux Tribe Alcohol Treatment Program

#7 Hospital Lane
P.O. Box 348
Rosebud, SD 57570
Phone: 605-747-2342

Rosebud Sioux Tribe – Piya Muni Otipi

P.O. Box 428
Mission, SD 57555
Phone: 605-856-5530

**Solem Public Safety Center
Women's Chemical Dependency Program**

3200 East Highway 34
Pierre, SD 57501
Phone: 605-773-8470

**South Dakota Developmental Center
Chemical Health Services**

17267 3rd Street West
Redfield, SD 57469
Phone: 605-472-4487

**South Dakota State Penitentiary
Correction Substance Abuse Program**

1600 North Drive
P.O. Box 5911
Sioux Falls, SD 57117
Phone: 605-367-6060 or 605-367-5798

South Dakota Urban Indian Health

1714 Abbey Road
Pierre, SD 57501
Phone: 605-224-8841

South Dakota Indian Health

711 North Lake Avenue
Sioux Falls, SD 57104
Phone: 605-339-0420

Southeastern Prevention Resource Center (SEPRC)

1309 West 51st Street
P.O. Box 89306
Sioux Falls, SD 57109
Phone: 605-335-6474

Southern Hills Alcohol & Drug Referral Center

646 Jennings Avenue, Suite 2
Hot Springs, SD 57747
Phone: 605-745-6300 or 605-890-1539

Southern Hills Alcohol & Drug Referral Center

21 East Philadelphia Street
Rapid City, SD 57701
Phone: 605-716-7841 or 605-787-2491

STAR Academy for Youth

(State Treatment and Rehabilitation Academy for Youth)
12279 Brady Drive
Custer, SD 57730
Phone: 605-673-2521 (West Campus) 605-255-4835 (East Campus)

Three Rivers Mental Health and Chemical Dependency Center

Spiel Addition
P.O. Box 2040
Eagle Butte, SD 57625
Phone: 605-964-4210

Three Rivers Mental Health and Chemical Dependency Center

Prairie Community Health Building
118 North Main
Faith, SD 57626
Phone: 605-964-4210

Three Rivers Mental Health and Chemical Dependency Center

West River Health 2nd Avenue West
P.O. Box 361
McLaughlin, SD 57642
Phone: 605-823-4212

Three Rivers Mental Health and Chemical Dependency Center

210 East Grand Crossing
Mobridge, SD 57601
Phone: 605-823-4212

USD Alcohol and Drug Abuse Studies Department

Office Wing Julian Hall 304
414 East Clark Street
Vermillion, SD 57069
Phone: 605-677-5386

USD Student Counseling Center

336 Julian Hall
414 East Clark Street
Vermillion, SD 57069
Phone: 605-677-5777

Volunteers of America - Dakotas

Chemical Dependency Treatment Program/New Start

1309 West 51st Street

P.O. Box 89306

Sioux Falls, SD 57109

Phone: 605-334-1414 or 1-800-365-8336

www.voa-dakotas.org

Wellsprings, Inc**Chemical Dependency Treatment Center (Inpatient)**

1205 East St. James Street

P.O. Box 1087

Rapid City, SD 57709

Phone: 605-342-0345 or 605-718-4870

www.wellspringrc.org

Wellsprings, Inc.**Soaring Eagle Treatment (Outpatient)**

3402 Cottonwood Street

P.O. Box 1087

Rapid City, SD 57701

Phone: 605-718-4870

Western Prevention Resource Center (WPRC)

202 East Adams Street

P.O. Box 2813

Rapid City, SD 57709

Phone: 605-342-1593

Yankton Trusty Unit

Adult Male Substance Abuse Program

1000 West 31st Street

P.O. Box 9108

Yankton, SD 57078

Phone: 605-369-4420 605-369-2201 Ext 3279

Youth and Family Services

Administrative Offices (Main Facility)

P.O. Box 2813

Rapid City, SD 57709

Phone: 605-342-4195

Youth and Family Services Counseling

A Division of Youth and Family Services

202 East Adams Street

P.O. Box 2813

Rapid City, SD 57701

Phone: 605-342-4195 or 605-342-4303 or 605-342-4789

www.youthandfamilyservices.org

B.) Additional Referral Information

Alcoholics Anonymous (AA)

A.A. World Services, Inc.

P.O. Box 459

New York, NY 10163

Phone: 212-870-3400

Center for Disabilities

Sanford School of Medicine The University of South Dakota

1400 West 22nd Street

Sioux Falls, SD 57105

Phone: 605-357-1439 or 1-800-658-3080

www.usd.edu/cd

Center for Substance Abuse Prevention (CSAP)

Substance Abuse and Mental Health Services Administration

SAMHSA's Health Information Network

P.O. Box 2345

Rockville, MD 20847

SAMHSA's Toll-Free Referral Helpline

Phone: 1-800-662-HELP (1-800-662-4357)

www.samhsa.gov/prevention

Certification Board for Alcohol and Drug Professionals (CBADP)

3101 West 41st Street, Suite 205

Sioux Falls, SD 57105

Phone: 605-332-2645

March of Dimes Foundation (South Dakota Chapter)

1000 North West Avenue, Suite 230

Sioux Falls, SD 57104

Phone: 605-334-8203

<http://www.marchofdimes.com/home.asp>

National Clearing House for Alcohol and Drug Information (NCADI)

Phone: 1-800-729-6686

<http://ncadi.samhsa.gov/>

National Institute on Alcohol Abuse & Alcoholism (NIAAA)

5635 Fishers Lane, MSC 9304

Bethesda, MD 20892-9304

www.niaaa.nih.gov

National Organization on Fetal Alcohol Syndrome (NOFAS)

1200 Eton Court, Northwest
3rd Floor
Washington, D.C. 20007
Phone: 202-785-4585 or 1-800- 66NOFAS
www.nofas.org

South Dakota Advocacy Services

221 South Central
Pierre, SD 57501
Phone: 605-224-8294 or 1-800-658-4782
www.sdadvocacy.com

South Dakota Department of Health

600 East Capitol Avenue
Pierre, SD 57501
Phone: 605-773-3361 or 1-800-738-2301
www.state.sd.us/doh/

**South Dakota Department of Social Services
Prevention Program –Behavioral Health**

Nordstorm Building
521 East Sioux
Pierre, SD 57501
Phone: 605-773-3123 or 1-800-265-9684

South Dakota Developmental Disabilities Program

Department of Human Services, Division of Developmental Disabilities
Hillsview Plaza, East Highway 34
c/o 500 E. Capitol
Pierre, SD 57501
Phone: 605-773-3438 or 1-800-265-9684

**South Dakota Early Intervention Program for Infants and Toddlers with Disabilities:
Birth to 3 Connections**

Department of Education, Special Education Programs
Offices of Education Services and Supports
800 Governors Drive
Pierre, SD 57501
Phone: 605-773-3134 or 1-800-773-4478

South Dakota Narcotics Anonymous

Toll-Free Hotline: 1-888-334-7597

South Dakota Quit Line (Smoking)

Toll-Free Hotline 1-866-SD QUIT (1-866-737-8487)

East River Area: Narcotics Anonymous

Includes: Aberdeen, Brookings, Huron, Madison, Mitchell, Sioux Falls,
Watertown, and Yankton.

Local Phone: 605-360-0435 or Statewide Phone: 888-334-7579

West River Area: Narcotics Anonymous

Includes: Belle Fourche, Custer, Deadwood, Mission, Piedmont, Rapid
City, Spearfish, Sturgis, and White River.

Local Phone: 605-786-7421 or Statewide Phone: 888-334-7579

Resources:

FAS Handbook (2009). Sioux Falls, SD, University of South Dakota School of Medicine and Health Sciences, Center for Disabilities.

Information on inhalants use. Retrieved May 23, 2007 from National Inhalant Prevention Coalition. <http://www.inhalants.org/phys.htm>.

Information on methamphetamine use. Retrieved May 22, 2007 from MAPP-SD <http://www.mapp-sd.org>.

South Dakota Department of Health. Pregnancy: alcohol & tobacco use information sheet. Source: South Dakota perinatal health risk assessment report 2005. Retrieved March 13, 2007 from <http://www.state.sd.us/doh/famhlth/datasheets.htm>.

South Dakota Department of Social Services Prevention Program—Behavioral Health. <http://dss.sd.gov/behavioralhealthservices/community/index.asp> Retrieved December 23, 2011.