



AMHERST COUNTY PUBLIC SCHOOLS STAFF NEWSLETTER

March
29
2024

A Message from Dr. Wells

Spring is in the air as we close out the month of March. The trees are beginning to bud and flowers are starting to bloom, the “rebirth” of the plants in spring makes this a great time of year. As we end the month, we also begin a much needed spring break. When we return from the break in April we will be in the home stretch of the school year with less than 45 days of school remaining. It will also be time to finalize our preparation for the end of year SOL tests and other end of year activities. This is a busy time of year but the end school year is in sight. As we get near the end of the year, I encourage you to keep the focus on providing quality instruction for our students.

There is a solar eclipse on Monday, April 8. Totality for our part of the country will be around 3:15 PM and we will have all but a small sliver of the sun blocked out during the eclipse. We need to be careful viewing the eclipse as it can cause eye damage if viewed without proper eyewear. For your protection and the protection of our students, we have purchased glasses for all students and staff. I encourage you to use the glasses if viewing the eclipse.

On March 3, 2024 we were saddened to hear of the passing of Ms. Kathy Stone. Kathy served as a Special Education Teacher at ACHS from January 2017 through the time of her death. Kathy continued to work through a long battle with cancer. She fought the good fight but in the end her cancer proved to be terminal. Kathy continued to work as much as possible even though she was suffering from the effects of her battle with cancer. We want to keep her memory with us especially the strength she showed during the final months of her life.

As the weather begins to warm, it is important for us to enforce the student dress code. Historically, during the spring season, students begin to push the limits of the dress code and wear clothing that is not appropriate for school. I encourage you talk with your students about wearing clothing that is appropriate for school. I also ask that our employees remember that we need to dress in a professional manner. Please ensure we are setting an appropriate example for our students.

March was a busy month for ACPS staff, students, and families. Amherst County Public Schools continued its dominance at the State Archery Tournament. Several students placed in the top 10 of the state and Elon Elementary School won the elementary division State Title for the second year in a row. A special congratulations goes to EES Students Carissa Rice and Jase Owen. Carissa had the highest score of any female archer in the state. She outscored all female elementary, middle and high school archers and Jase was the highest scoring male elementary archer and was 18th overall in the state. I also want to recognize Central Elementary for finishing 2nd in the State Archery Tournament.

The spring sports season has begun and our teams are off to a good start. Our Band and Show Choir students are in their performance season and have won many recognitions in their competitions. The ACHS Theatre team is preparing for their performance of Beauty and the Beast which they will perform April 11-13 at the ACHS Auditorium. I ask you to try and find some time to attend some of the spring events and support our students. Finally, I want to congratulate all of our students and sponsors/coaches for a job well done thus far and we are looking forward to a great spring season.

With Easter being early this year, our spring break will be the first week of April (this week). I encourage everyone to take a break from the demands of the school and recharge for the final push to end the year. I also hope everyone can spend some quality time with family and friends during the break. In response to multiple requests for additional planning days, the School Board approved Monday, April 8 as a teacher work day. I ask that you take advantage of the additional planning day and use your time wisely.

The #Show Up Amherst team will be hosting a Spring Community Tailgate at ACHS on April 19 from 5:00 – 7:00 PM. This will be a free event and we are encouraging all staff and their families to stop by and enjoy fellowship along with some freshly grilled food. This event is also open to the entire Amherst County community. I am asking you to be a good ambassador of the school division and invite families and community members to attend the tailgate. While you are there I hope you can take a few minutes to view the high school baseball, softball, and girls’ soccer teams in action as we host Jefferson Forest High School. It should be a great event and a good way to spend a Friday evening in April.

In light of the drug incident at Central Elementary and the number of secondary students that are being found in possession of THC/marijuana based substances at school, I felt it important to discuss the drug issues that are facing our schools and community. We have a problem with underage people gaining access to THC/CBD based products. We have a problem with the amount of Methamphetamine that is poisoning our community. We have a problem with other recreational drugs and pills that have infiltrated our community. Many of these drugs are being laced with Fentanyl. We need to be aware of this issue and start taking some type of action. I am asking our families to start having serious conversations about the dangers of these drugs with our students and community.

I was in a meeting this week with U.S. Senator Mark Warner regarding the Fentanyl epidemic that is affecting our community, state, and nation. During the meeting it was shared that seven out ten pills that are being confiscated by authorities have lethal amounts of Fentanyl. This really caught my attention because many of the people taking these pills do not even realize the pills contain Fentanyl. Teenagers and young adults are sharing pills that they believe are “safe”, but in actuality they are being poisoned and killed by lethal amounts of Fentanyl. Virginia averages five Fentanyl related deaths a day. These deaths are not just in the big cities, they are happening all across the state, even here in Amherst County.

Virginia has recently started a Fentanyl awareness campaign labeled “It Only Takes One.” The campaign is designed to educate everyone on the dangers of Fentanyl and the Opioid Crisis. The premise is that it only takes one pill to be lethal. One pill can kill. We can also take this messaging campaign in a different direction. “It Only Takes One” can also be our call for individuals to act. I am only one person, but if I make it a point to educate our students and community on the dangers associated with Fentanyl and other drug use, maybe I can make a difference. For our families and community, I am asking you as individuals to take on this challenge and be the one that makes a difference and does something about this crisis. If we all act, we will make a difference.

As we start the final nine weeks of the year, I want to thank you for everything you have done for your students. I know it has been a long haul since the Christmas break, but the spring break is finally here. I hope you are able to enjoy your time away from the schools and you can get some much needed rest.

As we finish up the year, let us remember that we are all on the same team (Team Amherst) and have the same objective, which is to provide the best education possible for our students. Let us continue to strive toward that goal and ensure our students are getting the instruction and attention they need to be successful in school and in life. Thank you again for all you do. I hope you all have a safe and relaxing spring break.

Sincerely,

William



Upcoming Events

April 1-5: Spring Break (No school for students or staff)

April 8: Teacher Work Day (No school for students)

April 24-25: Kindergarten Registration

Public Hearings

During the April 11 Regular School Board Meeting, two public hearings will be held. One public hearing will be held for the proposed 2024-2030 Comprehensive Plan and another public hearing will be held for the proposed Textbook Adoption for K-5 Reading, World Geography, and AP Psychology.

All interested citizens are invited to attend and express their views on the Comprehensive Plan and the adoption process and selection



2024-2025 Budget

During their March 19, 2024 meeting, the Amherst County Board of Supervisors approved the proposed budget providing ACPS with \$16,402,089.00 for the 2024-2025 school year. This year's budget includes a 4% pay increase for all staff. The School Board was focused on finding ways to provide a pay increase to ensure all staff were duly compensated.



I want to thank the School Board, the Board of Supervisors, and Mr. Bryant for supporting the budget process. I also want to thank Mrs. Kim Lukanich and the finance office for all of the work that went into the development of the budget.

Moving forward, we are waiting on final budget numbers from the state. The Governor and the General Assembly are still at odds regarding many bills that were passed by the General Assembly this year. The Governor has until April 8 to sign or veto legislation and the General Assembly will come back into session on April 17 to consider action on the Governor's vetoes. We are hopeful that the funding amounts included by the General Assembly in their budget for K-12 education will be included in the Governor's budget. However, for now we are in a holding pattern of sorts until a final budget is approved by the Governor.

To be completely open and transparent with you, if state funding dollars are drastically reduced we may be required to re-evaluate our budget and make adjustments. This would be a worst case scenario but you need to be aware that reductions in state funding would affect our budget. There is no need to panic, but with our budget we are at the mercy of the General Assembly and the Governor.

I will keep you updated as we get additional information regarding the state budget process. Please feel free to contact me if you have any questions.

ACPS Education foundation Student Showcase Luncheon

The Amherst County Public Schools Education Foundation hosted their annual Student Showcase Luncheon on March 25! Guests enjoyed a delicious meal & informative presentations by ACPS educators. Guests toured the construction site with Dr. Wells and participated in guided tours of the CTE classrooms led by several of our ACHS students. Thank you to Glad for their generous financial support of the Education Foundation! Their support has a direct impact on the students in our community.



CALENDAR UPDATES



During the March 14th Regular School Board meeting the School Board approved a change to their meeting calendar. The June 2024 Regular School Board meeting will now take place on Thursday, June 6, 2024. The meeting is scheduled for 6:00 pm at the School Administration Offices.



During the regular scheduled board meeting on March 14, 2024, the School Board approved a change to the current 2023-2024 school calendar. April 8, 2024 was originally scheduled as an instructional day for students, but it has now been changed to a teacher work day. Students will not report to school on April 8 and remote learning will NOT take place. This change will provide valuable time for our staff to prepare for our students as we approach end of year assessments.

Transportation Specialist Appreciation Day

During the month of March we celebrated our amazing transportation drivers and aides! These individuals see the sun rise and set each day as they safely transport our students from home to school and back again. They can be relied upon for field trips, after school activities, and sporting events. These faithful employees make it possible for our children to have the opportunities that education and extra curricular activities provide.



VSBA ART CONTEST

Each spring at the VSBA Regional Spring Networking Forums, an art contest is held to showcase art from the region. The VSBA Regional Art Contest was started in 1989 to promote the artistic talents of Virginia's public school students. For each of the nine VSBA regions, a winner is chosen for the elementary, middle, and high school levels. The winning art is framed and displayed in the offices of the VSBA in Charlottesville.



ACPS proudly acknowledges our division-level contest winners:

Elementary: William Curd with "Caribou in the Early Morning"

High School: Cameron Feyerherd with "Thelma's Homage"

We're delighted to announce that Cameron's artwork has achieved distinction as the 1st Place winner at both the district and regional levels in the High School category! Congratulations, Cameron!



YOUTH ART MONTH

During the month of March we celebrated and highlighted the important role of art in our schools.

We are so thankful for our art educators who allow students to express creatively. Check out artwork from each of our schools on display at 2nd Stage!

ELEMENTARY MATH 24 COMPETITION

3rd, 4th, and 5th graders from across the division competed in the annual Math 24 tournament last night. Students added, subtracted, multiplied, and divided to solve for 24 at rapid speeds.

Congratulations to winner, Finley Nipper, from Amelon Elementary!



Congratulations!

EES Archery State Champions!

MARCH IS
Women's History
Month



During the month of March, we celebrated the vital role women have played in our nation's history. Did you know that the windshield wiper, medical syringe, & refrigerator were all invented by women? Let's spend time learning more so that our past may inspire our future.

MARCH 14, 2024 SCHOOL BOARD MEETING

Our March 14 School Board meeting was full of recognitions! Dr. Wells recognized the Student and Staff of the Month from each school. Thank you to the ACPS Education Foundation and Sonny Merryman for sponsoring the program! The Real World Design Challenge team from ACHS was also recognized for their State Championship. Dr. Wells also recognized Ms. Brandy Hall-Matson as a recipient of the Lynchburg Living Top Teacher award.

MARCH 14,
2024
SCHOOL BOARD
MEETING



Student of the Month: Casey Harvey (ACHS), Kaylyn Gunter (AEC), Terrance Martin (AMS), Lyla Hayes (MMS), Charlie Murray (AMEL), Wren Campbell (AES), Timothy Fridley (CES), Keelan Richardson (EES), Anakin Berger (MHES), Abigail Etter (TES)

Staff of the Month: Christy Fore (ACHS), Kristen Braswell (AEC), Lisa Laub (AMS), Landon Fielder (MMS), Laura Tomlin (AMEL), Becky Johnson (AES), Audrey Tock (CES), Sara Primm (EES), Kandi Austin (MHES), Alexa Parrish (TES), Cleo Freeman (Transportation), Gwen Ellis (School Administration)

Real World Design Challenge Team: Violet Miller, Lillie Ryder, James Camp, Jeremiah Burford, Carter Hansen, Victoria Freeman, Phoebe Camp

➤➤➤ NATIONAL SCHOOL BREAKFAST WEEK

During the month of March we celebrated the rich tradition of breakfast during National School Breakfast Week from March 4-8. We ensure every child had access to a nutritious meal at school. Let's spread the spirit of ohana and foster a community where every child can thrive.



*This is
a free
event!*

April 19 @ 5-7 pm
Amherst County
High School
139 Lancer Lane
Outdoor Classroom



RSVP

ACPS Staff
receive free
admission with
their ID
badge!

SHOWUP
AMHERST

**COMMUNITY
TAILGATE**



MAINTENANCE STAFF APPRECIATION DAY

During the month of March, we also celebrated Maintenance Staff Appreciation Day! These hard-working individuals are problem solvers! They keep our buildings functioning properly & ensure that students & staff have a great environment to learn & grow in. Thank you, maintenance crew!

MAINTENANCE STAFF APPRECIATION DAY





Kitchen Chemistry-Part 1

Students began a 2-part lesson using household kitchen items to observe scientific processes. Elementary students discussed matter in the three forms of solid, liquid, and gas before conducting the “dancing raisin” experiment to see all three in action. Middle school students explored the topic of physical and chemical changes using Skittles and water.



Kitchen Chemistry Part 2

Students continued hands-on experiments with kitchen chemistry by creating lava lamps using water, oil, Alka-Seltzer, & food coloring. Middle-schoolers experimented with chemical changes using baking soda and vinegar. Science is truly fascinating!



Physical and Chemical Changes

Today in Bridges to Success, we got our hands messy with this science lesson on physical and chemical changes. Some students created oobleck, which can behave like both a solid and liquid depending on the amount of pressure applied to it. Grasp it firmly and it will feel hard like a ball. Relax your palm and it will flow through your fingers like slime!

Saltwater/Freshwater

This week students in Bridges to Success explored the rivers, watersheds, and estuaries of Virginia! Students reflected on how pollutants can impact important fresh and saltwater habitats. A colored topographical map and key demonstrated the students’ learning on this important topic.



Saltwater/Freshwater



Keeping your kidneys and bladder healthy



Our kidneys and bladder are like the cleaning crew that keep our bodies healthy. The kidneys filter all the blood in our bodies every 30 minutes, removing waste and extra fluid, which is then stored in and passed by the bladder as urine.

They generally work without us even noticing, but when problems develop, they can cause discomfort and potentially lead to more serious health issues. Common kidney and bladder disorders include:

Urinary tract infections (UTIs): UTIs are the second most common infection in the body.¹ They affect women and people with diabetes most, but men can get UTIs, too. Kidney infections and bladder infections are also types of UTIs.

Bladder control problems: Urinary incontinence is a common issue. It can range from a small leak when coughing or laughing to not being able to hold in urine and reach a toilet in time.

Kidney stones: Each year, more than half a million people go to the emergency room (ER) with kidney stones.² Kidney stones are pebble-like crystals formed from minerals and salt in the urine.

Chronic kidney disease (CKD): With CKD, the kidneys cannot filter blood as they should. That means too much fluid and waste stay in the body, which can lead to other health problems.

Be aware of the risk factors

Talk with your healthcare provider if you have any of these risk factors:

- Family history of kidney or bladder disorders
- High blood pressure
- History of kidney stones
- Obesity
- Type 1 or 2 diabetes

Article: Keeping your kidneys and bladder healthy.

Keep your kidneys and bladder healthy

Having a kidney or bladder infection can be painful, and chronic kidney disease raises the chances of having heart disease, heart attacks, and strokes. That's why it's best to prevent issues before they start by practicing healthy habits.

- Drink plenty of water to help flush your system.
- Have regular checkups, especially if you have risk factors.
- Keep your blood pressure in check.
- Limit caffeine and alcohol.
- Practice good hygiene.
- Stay active to help manage blood pressure, blood sugar, and weight.
- Stop smoking.
- Watch what you eat and avoid too much salt or sugar.

Know the symptoms

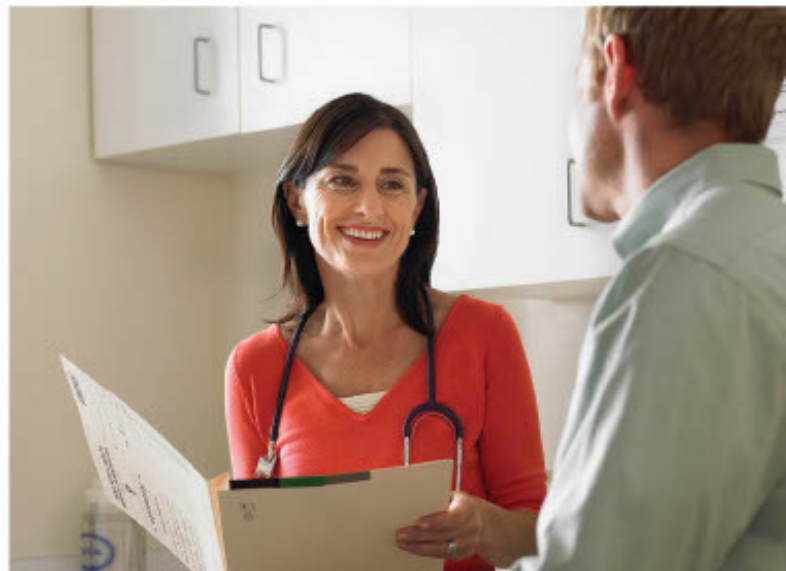
If you have any of the following symptoms, talk to your doctor, live chat with us on the SydneySM Health mobile app, or call the 24/7 NurseLine at the number on your health plan ID card.

- Persistent or worsening pain in your lower back, belly, or sides
- Blood in urine
- Frequent urge to urinate
- Pain or burning feeling while urinating
- Cloudy or foul-smelling urine

When and where to seek medical care

If you have symptoms, call your primary care doctor or connect with a doctor virtually through the Sydney Health app or on **anthem.com**. If you're unsure about your symptoms, you can also try the symptom checker on Sydney Health for guidance.

If your symptoms are accompanied by fever, chills, or vomiting, visit an urgent care center. For true medical emergencies, call 911 or go to the ER right away.



Find a doctor

To find a doctor or healthcare provider in your plan's network, use the Find Care and Cost feature on the Sydney Health app or at **anthem.com**.

Sources

Centers for Disease Control and Prevention. About Chronic Kidney Disease (accessed June 2023). [cdc.org](https://www.cdc.org/kidney)
National Institute on Aging. 15 Tips to Keep Your Bladder Healthy (accessed June 2023). [nia.nih.gov](https://www.nia.nih.gov/health/article/2018/05/15-tips-to-keep-your-bladder-healthy)
National Institute of Diabetes and Digestive and Kidney Diseases (accessed June 2023). [niddk.nih.gov](https://www.niddk.nih.gov/health-information/kidney-disease)

1 Urology Care Foundation. Understanding UTIs Across the Lifespan (accessed June 2023). [urologyhealth.org](https://www.urologyhealth.org)
2 National Kidney Foundation. Kidney Stones (accessed June 2023). [kidney.org](https://www.kidney.org)

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Services, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/healthplans](https://www.anthem.com/healthplans). In Connecticut: Anthem Health Plans of Connecticut, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICESM Managed Care, Inc. (RT) Healthy AllianceSM Life Insurance Company (HALIC) and HMO Missouri, Inc. RT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rady Mountain Hospital and Medical Services, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem Health Plan of Assurance, Inc. and Anthem HealthChoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 125. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WOC). CompCare underwrites or administers HMO or POS policies. WOC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

The Amherst County Public Schools Education Foundation, Inc. hosts the

21st Annual Captain's Choice

Golf Tournament

Friday, June 7th

Winton Golf Course

Morning Flight Only: 8am

\$90 per player

includes:

On-Course Snacks/Drinks and Lunch!

Golf Cart!

One Mulligan per player!

Great Sponsor Swag!

REGISTER YOUR TEAM TODAY!

To register, contact the
Education Foundation at
434-316-3900, email
educationfoundation@amherst.k12.va.us
or **REGISTER ONLINE** at
www.ACPSEducationFoundation.org

GREAT PRIZES IN EACH FLIGHT!

**Swing for a great cause and
support Amherst County
Public Schools!**

SPONSORSHIP OPPORTUNITIES

\$2,000 TITLE Sponsor

Title sponsor recognition!
Golf tournament entry for EIGHT players!
Large sponsor sign at golf tournament registration
Winter luncheon attendance
Exposure at all annual events
Public recognition in newspaper twice per year

\$1,000 Gold Sponsor

Golf tournament entry for FOUR players!
Large sponsor sign at golf tournament registration
Exposure at all annual events
Public recognition in newspaper twice per year

\$500 Silver Sponsor

Small sponsor sign at golf tournament registration
Hole sponsor sign on the course
Exposure at all annual events

\$250 Bronze Sponsor

Small sponsor sign at golf tournament registration
Hole sponsor sign at golf tournament

\$200 Hole-in-One Sponsor

Sponsor the designated \$5,000 Hole-in-One on the
course (selected by Winton management)
Small sponsor sign at designated hole

\$200 Longest Drive Sponsor

Sponsor the designated Longest Drive prize hole
(selected by Winton management)
Small sponsor sign at designated hole

\$100 Hole Sponsor

Hole sponsor sign on the course

\$50 Green Sponsor

A green sponsor sign in honor or memory of a
teacher, bus driver, etc.



WINTON
F A R M



You've Got a Friend Day

June 8th
1pm-5pm
City Stadium

3176 Fort Avenue • Lynchburg, VA 24501

You've Got A Friend Foundation Signature Event, fostering Police building positive relationships with youth and the communities they serve.

FREE Event
Inflatables

Meet "Moe" The VMI Mascot
K9 and Police Drones Demonstrations
Finger Print IDs
Police Vehicles and Police Displays
Dunk Crime in the Dunking Tank
Games



Limited Edition
Police Trading
Cards





VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program



Can't afford to buy groceries?

SNAP can help!

What is the Supplemental Nutrition Assistance Program (SNAP)? SNAP provides nutrition benefits to supplement the food budget of families so they can purchase healthy food.

- » SNAP benefits are calculated based on household size, income, expenses and other nonfinancial criteria.
- » You may be eligible even if you are working.
- » SNAP does not make you a public charge and will not be considered in a public charge determination.

It's easy to apply!

Online: commonhelp.virginia.gov

Call: 833-522-5582

Visit: **Your local department of social services**

Am I eligible?



Scan the QR code below to go to CommonHelp.virginia.gov to check your eligibility, apply online and, if you are a current customer, manage your account - all in one place!



From the CommonHelp homepage:

1. Click "Get Started"
2. Click "Check eligibility"
3. Answer short questions to check your eligibility.

This project has been funded at least in part with federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products or organizations imply endorsement by the U.S. Government.

This institution is an equal opportunity provider.

What Every Parent and Caregiver Needs to Know About **FAKE PILLS**



DRUG ENFORCEMENT ADMINISTRATION • Public Safety Alert

What is fentanyl?

- It is a deadly synthetic opioid that is being pressed into fake pills or cut into heroin, cocaine, and other street drugs to drive addiction.

FENTANYL IS
50 x
MORE POTENT
THAN HEROIN

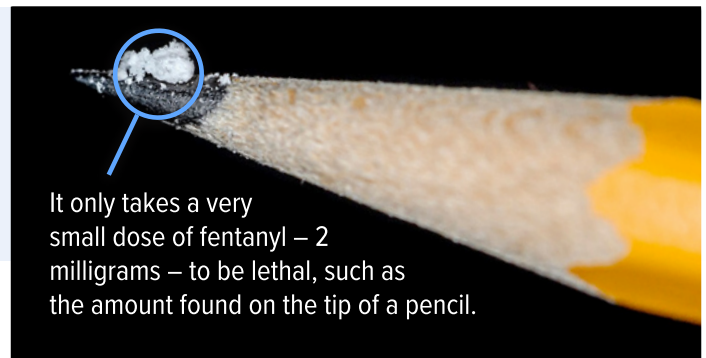
What are fake pills?

- The Sinaloa Cartel and Cartel de Jalisco Nueva Generacion are making fentanyl and pressing it into fake pills. Fake pills are made to look like OxyContin®, Xanax®, Adderall®, and other pharmaceuticals. These fake pills contain no legitimate medicine.
- Fentanyl is also made in a rainbow of colors so it looks like candy.



Why is fentanyl so dangerous?

- DEA lab testing reveals that seven out of every ten fake pills with fentanyl contain a potentially lethal dose.



What are the physical and mental effects of fentanyl?

- Fentanyl use can cause confusion, drowsiness, dizziness, nausea, vomiting, changes in pupil size, cold and clammy skin, coma, and respiratory failure leading to death.

Visit www.dea.gov/onepill for more information and resources for parents and caregivers

**Photos of fake pills do not represent all available fake pills.*

**ONE
PILL CAN
KILL**

Data as of September 2023

How would my child get fentanyl?

- Drug traffickers are using social media to advertise drugs and conduct sales. If you have a smartphone and a social media account, then a drug trafficker can find you. This also means they are finding your kids who have social media accounts.
- To learn about emoji codes used on social media, visit Emoji Drug Code Decoded on www.dea.gov/onepill.

PERCOCET® & OXYCODONE



XANAX®



ADDERALL®



Why you should be concerned.

- The drug landscape is dramatically different from when you grew up, or even from just a few years ago.
- All parents and caregivers need to be educated on current drug threats to be able to have informed talks with their kids.

Tips for Parents and Caregivers

- Encourage open and honest communication
- Explain what fentanyl is and why it is so dangerous
- Stress not to take any pills that were not prescribed to you from a doctor
- No pill purchased on social media is safe
- Make sure they know fentanyl has been found in most illegal drugs
- Create an “exit plan” to help your child know what to do if they’re pressured to take a pill or use drugs

Free: A

Parent’s Guide to Substance Use Prevention at www.getsmartaboutdrugs.com/publications



Visit www.dea.gov/onepill for more information and resources for parents and caregivers

**ONE
PILL CAN
KILL**

Department of Justice | Drug Enforcement Administration
FAKE PILLS FACT SHEET

FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL

DEA LAB TESTING REVEALS THAT
7 OUT OF EVERY 10 PILLS
WITH FENTANYL CONTAIN A POTENTIALLY
LETHAL DOSE



Fake pills often contain fentanyl and are more lethal than ever before.

DEA officials report a dramatic rise in the number of fake pills containing at least 2 mg of fentanyl, which is considered a potentially lethal dose.

Drug traffickers are using fake pills to exploit the opioid crisis and prescription drug misuse. In 2022, an estimated 110,757 people died by drug poisoning in the United States.

Fentanyl, the synthetic opioid most commonly found in fake pills, is the primary driver in this alarming increase in poisoning deaths.

Criminal drug networks are flooding the U.S. with deadly fake pills.

- Criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public.
- Fake pills are easy to purchase, widely available, often contain fentanyl or methamphetamine, and can be deadly.
- Fake prescription pills are easily accessible and often sold on social media and e-commerce platforms, making them available to anyone with a smartphone.
- Many fake pills are made to look like prescription opioids such as oxycodone (Oxycontin®, Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants like amphetamines (Adderall®).



AUTHENTIC
oxycodone
M30 tablet
s

***FAKE**
oxycodone M30 tablets
containing fentanyl

For more information about fake pills, go to [DEA.gov/OnePill](https://www.dea.gov/OnePill)

Data as of September 2023

*Photos of fake pills do not represent all available fake pills.



Fake pills are widely available across every state in the Country.

- DEA and its law enforcement partners are seizing deadly fake pills at record rates.
- Fake pills have been seized in all 50 states and the District of Columbia.
- Drug trafficking is also inextricably linked with violence.
- In 2022, DEA seized more than 59.6 million fentanyl pills and more than 13,000 pounds of fentanyl powder.
- Visit www.DEA.gov for the latest DEA fentanyl seizures.



Learn More



The only safe medications are ones that come from licensed and accredited medical professionals.

DEA warns that pills purchased outside of a licensed pharmacy are illegal, dangerous, and potentially lethal.

For more information about fake pills, go to DEA.gov/OnePill

Data as of September 2023



The Drug Enforcement Administration ensures the safety and health of the American public by fighting against violent criminal drug networks and foreign cartels trafficking in illicit drugs. To accomplish that mission, the Drug Enforcement Administration employs approximately 10,000 men and women throughout the world — Special Agents, diversion investigators, intelligence analysts, and chemists — across more than 250 domestic offices in 23 U.S. divisions and more than 90 foreign offices in nearly 70 countries.



James
River
ASSOCIATION



5 Days of River Fun!



On-the-water
explorations



Outdoor River Camp at our Upper James River Center

James River Association's Outdoor River Camp is located at the Upper James River Center located at Riveredge Park in Amherst County - directly across the river from Historic Downtown Lynchburg!

Campers will have the opportunity to kayak, canoe, paddle board, and float in tubes! Our on-the-water explorations engage students with new skills, scientific techniques, and historical insight to better understand and enjoy our waterways.

Fishing &
Paddling

2024 Camp Dates: Details:

Week 1: June 3rd - 7th

Week 2: June 10th-14th

Week 3: June 17th - 21st

Week 4: July 8th-12th

Week 5: July 15th - 19th

Week 6: July 22nd - 26th

- Camp runs 9 a.m. - 4 p.m.
- 5-day camp is \$300
- Optional 8:00 a.m. to 5 p.m. extended care is an additional \$50 per week.

Register:

Visit www.JamesRiverAdventures.org
Questions? Contact Sarah Coleman
at scoleman@thejamesriver.org



River Science



Sunday
May 5, 2024
3:00pm

*Starts and finishes at
Amherst County High School.
Runs through the Town of Amherst.*



SCAN QR CODE TO REGISTER TODAY!

runsignup.com/Race/VA/Amherst/IRON5k



ironlives.org